



1st Lt. Kevin Higuchi, platoon leader, 2-27th Inf. Regt., 3rd BCT, practices ladder climbing in preparation for the upcoming Best Ranger Competition.

25th ID to be represented by the most dedicated at ‘Best Ranger’

Story and photos by
SGT. JESSICA A. DUVERNAY
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The first team member sprinted to the end of the platform and grabbed the rope, repelling to the bottom of the wall.

This task is only one of many that competitors in the Best Ranger Competition need to be proficient in to finish and win at Fort Benning, Ga., April 11-13.

The grueling, three-day, non-

stop competition will determine the best two-man buddy team in the Army.

“I joined the Best Ranger team because I wanted to push the limits of my body, push my mental and physical limits,” said 1st Lt. Edwin Phillips, executive officer, 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Inf. Division. “I also wanted to try and set the example for the younger guys in the company and battalion

about always trying to do your best.”

25th ID Soldiers who are either Ranger or Airborne qualified had the opportunity to volunteer for a slot on one of the three two-man teams that will compete.

“We put together a really good team, and I think that (we) can actually win this,” said 1st Lt. Kevin Higuchi, platoon leader, 2-27th Inf.

See RANGER A-4



1st Lt. Kyle Cobb, assistant operations officer, 1-21st Inf. Regt., 2nd SBCT, repels off a 60-foot tower. The competition to determine the best Ranger will be held at Fort Benning, Ga., April 11-13.

524th CSSB warriors return after nine-month OEF deployment

8TH THEATER SUSTAINMENT COMMAND
PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS — Sixty-four Soldiers from the 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, reunited, Sunday, following a 9-month Operation Enduring Freedom deployment.

Upon arriving in Afghanistan, the unit immediately took command of Task Force Hannibal and assumed the responsibility of sustaining U.S. and coalition forces in Regional Command-North.

Under 524th leadership, TF Hannibal’s successes included more than 140 tactical convoys, 900 equipment/supply loads and four forward operating base closures.

Hundreds of family members flooded the unit’s parking lot, holding homemade welcome home signs, cheering and waving as the buses arrived with their troops. Some of the smallest crowd members waited to meet their parents for the first time.

“He deployed while we were pregnant,” said Kristina Wellman, wife of Spc. Joshua Wellman,



Staff Sgt. Richard Sherba, 8th Military Police Brigade, 8th Theater Sustainment Command

Sustainment Soldiers of the 524th CSSB stand in formation during a redeployment ceremony, Sunday, following a 9-month deployment to Afghanistan. The warriors were greeted by a large and enthusiastic crowd of family and friends.

chaplain assistant. “He was there on Skype when I had Evan (five months ago). We are so excited for him to get home and meet his son for the first time.”

Spc. Jose Lopez, automated logistics specialist, held his 2-month-old son Peyton for the first time, moments after he got off the bus.

“Peyton is our first child, so I know he’s been counting down the days to finally hold him,” said Larysa Lopez.

The unit’s command quickly released the troops into the arms of their families.

95th Eng. practices ‘BIP’ demolition skills

Story and photos by
1ST. LT. CONNOR KILPATRICK
130th Engineer Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Handling demolitions is a dangerous task best left to qualified professionals, but even those professionals need practice.



Pfc. Jherarrd Crockett, engineer, 95th Eng. Co. (Clearance), uses binoculars to identify UXO prior to moving forward and emplacing a BIP charge to remove the threat during training at a demolition range, March 5.

That practice came for the Sappers of the 95th Engineer Company (Clearance) “Wolfpack,” 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, when they conducted a blow-in-place (BIP) demolition range, March 5, to reinforce the basic demolition instruction that combat engineer Soldiers receive during basic and advanced individual training.

The Wolfpack practiced unexploded ordnance (UXO) identification, charge construction and the inert grenade qualification course. For many of the young Sappers on the range, this practice was an opportunity to increase proficiency with Modern Demolition Initiator systems, an essential component to being an effective combat engineer.

While most Sappers have handled demolitions prior to arriving at their first duty station, demolitions ranges conducted by their Sapper companies are usually the first opportunity to become proficient.

The range was the perfect opportunity to

combine the traditional Sapper task of mine-field breaching with route clearance, a role many combat engineer companies have found themselves in during recent deployments in support of operations Iraqi Free-

dom and Enduring Freedom.

A standard BIP charge is generally comprised of the minimum amount of explo-

See BIP A-4

Door-to-door soliciting NOT allowed on post

Rules and regulations prevent sweet charity from turning sour

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — It’s that time of year again, when pesky annoyances threaten to invade our homes.

Yes, March often signals the start of allergy season, but with spring flowers and showers also come door-to-door solicitations for money to help send Jimmy Jr. to space camp or Little Susie to a dance competition on the mainland.

And while on-post fundraising is allowed by U.S. Army Garrison-Hawaii’s Directorate of Family and Morale, Welfare and Recreation, unauthorized soliciting on any Army Hawaii installation is strictly prohibited.

“Island Palm Communities’ policy is there is no door-to-door solicitation, regardless of if it is little girls and little boys selling treats for their scout troop or adults selling vacuum cleaners,” said Sheryl Ferido, community services manager, IPC.

“All of our community centers know this, and we send out emails to everyone as a reminder,” Ferido noted. “We abide by the policy, and the residents

See SALES A-4



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Police Call

Review Board discourages youth delinquency

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

Juvenile delinquency continues to be a concern for the U.S. Army Garrison-Hawaii (USAG-HI) community.

Family members, including juveniles, can be criminally prosecuted for any crimes committed while on post. Additionally, they can also be subject to various administrative actions, to include being barred from all USAG-HI installations. These administrative actions can be applied in response to crimes committed off post.

Family members, ages 10-17, who engage in dangerous, disruptive, disorderly or criminal behavior, may be invited to attend a Juvenile Review Board (JRB), pending approval from their sponsor.

The JRB consists of a panel of USAG-HI community leaders that review instances of juvenile misconduct and issues administrative actions, accordingly. They convene monthly.

For serious crimes and/or patterns of misconduct, juvenile offenders will be barred from post. For lesser offenses,

upon attending the JRB, they will be required to formulate a rehabilitation plan consisting of several hours of community service and various writing assignments. Juveniles who complete the rehabilitation program are allowed to stay on post while those who fail to follow through are barred.

Most felonies (burglary, drug distribution, rape, etc.) justify an indefinite bar order. Many misdemeanors (larceny/shoplifting under \$100, drug possession, vandalism, etc.) justify a two- to three-year bar order.

Since August 2013, three juveniles have been barred from post without the option of attending the JRB. In that same time frame, 14 juveniles have attended the USAG-HI JRB. Two individuals have been barred following the JRB; 12 juveniles have received a final letter of warning stating they will be barred should they commit another criminal offense.



Jackson

BRIDGING THE BASICS

Charger Brigade contributes to ‘Bridging the Basics’

SGT. 1ST CLASS DONNIE GROGAN
Field Artillery Advisor, 1st Battalion
196th Infantry Brigade

Based out of Fort Shafter, the 196th Infantry “Charger” Brigade is the only Training Support Brigade (TSB) in the Pacific.

As an active component/reserve component unit, its primary mission is to advise and assist partnered Army National Guard and Reserve forces around the Pacific theater. This type of unit is critical in ensuring Guard and Reserve components meet Army force generation aim points prior to deployment.

The 196th also has the task of standing up a consolidated training center initiative known as the Joint Pacific Multinational Readiness Capability (JPMRC) to provide enhanced home station training to active duty and partnered nation units in the theater. This task will be done with a solid base in



Grogan

Army Doctrine and Standards through consistent partnership and self-development.

The first crucial step in the advise and assist role is a well-versed knowledge of current doctrine and tactics, techniques and procedures. The brigade conducts an observer controller/trainer-mentor (OC/TM) academy for all newly assigned Soldiers. This training is two-weeks and serves as indoctrination into the unit’s mission, expectations and how to properly engage with partnered units.

Also, the brigade executes various leader professional development (LPD) briefings covering a multitude of Army operations. Subjects for each LPD range from standard forms of maneuver to logistical support operations. These frequent briefings are all pillars to a greater purpose, which is the partnership with National Guard and Reserve components. Not only does this build credibility amongst these units, it also ensures the unit is current on all Army doctrine.

The term “partnership” is vague, but it cannot be underrated. Since the Guard and Reserve have only one weekend a month, two weeks a year in which to train and certify, every moment is pre-

cious. The 196th builds a working relationship with each battalion across the state’s National Guard and Reserve commands. It is not a superior/subordinate approach; rather, it is a mentorship and partnership program.

The battalion leadership is engaged through thoughtful conversation that provides a collaborative endeavor in reaching the unit’s training requirements. Influence is the most important tool in this process since the brigade does not have authority over the unit. Building trust and respect takes time, but in doing so, it provides a definitive conduit in understanding doctrine.

The 196th recently started participating, more consistently, in regular Army training events in the role of OC/TMs and advisors. There has always been an open invitation to operating in this capacity, but with the change in the contemporary environment, this relationship is called up with greater frequency.

Each OC/TM uses the same foundation in doctrine to approach regular units as partnered National Guard units. It is even more critical in these situations since the unit provides mentorship to activity duty units typically well versed in

waived, rendering sworn statements that implicated a fourth juvenile as the primary culprit for stealing the alcohol.

On July 10, 2013, MP investigators (MPI) interviewed the suspected juvenile, who confessed that he and two other teens had stolen the liquor and had committed several vehicle larcenies and burglaries since January 2013. MPI interviewed the two other juveniles, all of whom confessed to the same crimes. Of the three juvenile suspects, one was issued an indefinite bar letter with no option for a JRB. The other two attended a JRB and were subsequently issued indefinite bars from post.

Shoplifting

Jan. 12, the Army and Air Force Exchange Service Loss Prevention Office detained a juvenile who was caught attempting to exit the Schofield PX without paying for a wrist watch he placed in his backpack. The juvenile was detained, processed and questioned by MPI; he was released to his sponsor upon completion of processing.

The teen attended a JRB on Feb. 19, where he received 100 hours of community service and had his PX privileges revoked for one year.

FOOTSTEPS in FAITH

What’s the difference between butterflies and buffalos?

CHAPLAIN (LT. COL.) DON EUBANK
U.S. Army Garrison-Hawaii

Sitting down with married couples and talking about conflict, communication, finances and children have made one thing clear to me: Fulfilling marriages just don’t happen.

Fulfilling marriages are built on proven principles essential to the development of a warm and loving relationship.

Sometimes I’m baffled as I listen to a man complain about his wife’s coldness, while I am wondering how he can say something that cuts her to the core and an hour later expect her to respond to him romantically? Why does a man feel obligated to lecture his wife when he sees that her feelings are hurt, or give her the silent treatment when she’s crying and needs his compassion and concern?

Many of the problems couples experience are based on one simple fact: Men and women are totally different. These differences — emotional, mental and physical — are so extreme that if a couple doesn’t put forth a concentrated effort to

gain a realistic understanding of each other, it is nearly impossible for them to have a happy marriage.

The best example I can think of to illustrate these differences is comparing the butterfly with the buffalo.

The butterfly has keen sensitivity and ability to feel the slightest breeze. It flutters above the ground where it can get a panoramic view of its surroundings. It notes the beauty of even the tiniest flower.

Because of its sensitivity, the butterfly is constantly aware of all changes going on around it and is able to react to the slightest variation in its environment. The butterfly reacts with swiftness when it feels in danger or threatened.

Have you ever tried to catch a butterfly without a net? If a tiny pebble were



Eubank

taped to its body, the butterfly would be severely injured and die.

On the other hand, the buffalo is rough and calloused. It doesn’t react to a breeze, and is not even bothered by a 30-mile-per-hour wind or a blizzard. It just keeps on doing whatever it was doing.

The buffalo is not aware of the smallest flowers, nor does it appear to be sensitive to slight changes in its environment. Tape a pebble to the buffalo’s back, and it won’t even feel it.

The buffalo isn’t mean or stupid because it tromps on flowers. In fact, the buffalo’s toughness is a great asset. Its strength, when harnessed, can pull a plow that six strong men can’t pull.

The analogy should be obvious. The wife is the butterfly and the husband is the buffalo. He may tend to “plow” through circumstances, while the wife “feels” life with much more care and sensitivity.

The “pebble” on the butterfly’s wing may take the form of some sarcastic remark, sharp criticism, an indifferent attitude; it can hurt the wife, while the hus-

band may not even be aware of what he’s done.

I’m one of those tough buffalos plowing through my marriage, but I have learned and continue to learn how to be gentle, sensitive and romantic. I didn’t learn this on my own or by the mere passage of time. I have learned from experts: We went to marriage counseling, took many classes on couples’ communication and we regularly attend marriage enrichment seminars.

Each of us can learn, but we need help.

Learn More

Find out more about butterflies and buffalos here:
•Tuesdays, 5:30 p.m., Marriage Enrichment Class, Aliamanu Military Reservation Chapel; call 839-4319; or
•Wednesdays, 5:30 p.m., Family Resiliency Night, Schofield’s main post chapel; call 655-9198.

Voices of Ohana

March is National Nutritional Month.

“What is your favorite vegetable?”

Photos by U.S. Army Garrison-Hawaii Public Affairs



“Brussels sprouts.”

Matthias Allan, 8



“Broccoli.”

Alexandra Collins, 4



“Carrots.”

Diamond Hebert, 7



“Green beans.”

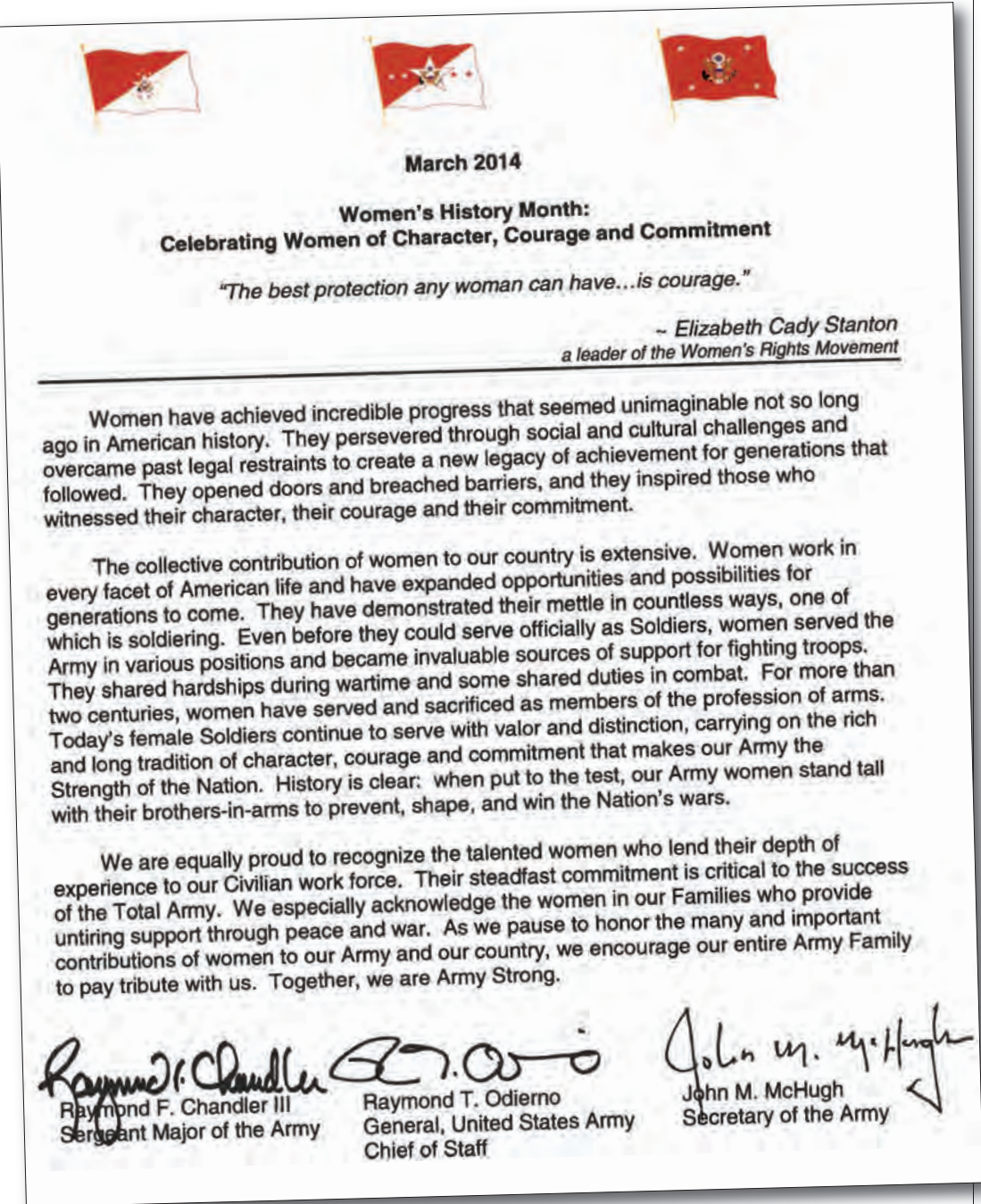
Lillian Musico, 8



“Carrots and corn.”

Robin Stadel, 8

Women are recognized



Professional development library opens at 45th Sust.

Story and photo by
SPC. ERIN SHERWOOD
45th Sustainment Brigade Public Affairs
8th Theater Sustainment Command

Soldiers of the 45th Sustainment Brigade have another resiliency tool at their fingertips: a brigade library.

The library, visualized by Col. Gregory Boyd, commander, 45th Sust. Bde., is a command team effort to encourage professional and personal development in the unit's Soldiers.

"We want to send the message the brigade cares about you and your future goals and aspirations, while aligning with the Comprehensive Soldier and Family Fitness Campaign (CSF2)," said Lt. Col. Gregory Wagnon, deputy commander of the brigade.

The library is located next to the staff duty desk at the brigade headquarters. This location provides access any time of the day for Soldiers of the brigade.

Wagnon, who maintained a library for his Soldiers as a battalion commander at Fort Bragg, N.C., jumped onboard immediately with the idea.

"My lieutenants wanted to cover stuff beyond military history during officer professional development classes like finance and career planning," said Wagnon. "Reading up on those topics makes individuals well rounded."

"Having a selection of books hand-picked for us is pretty cool," said Spc. Katherine Magnuson, intelligence analyst. "Once you read up on something, it changes your point of view and opens up a new way of thinking."

The books are a mix of donations by officers and noncommissioned officers, thrift shop titles and titles selected from local retail stores.



Spc. Audrey Graham, 45th Sust. Bde., reads a book from the relationships/family section of the library during a staff duty shift.

Some of the sections, like "self help" and "relationships," are topics requested by Soldiers; other sections, like "multicultural studies," compliment the Equal Opportunity events observed by the Department of Defense throughout the year.

"Our command team, as a whole, has a very aggressive approach to resiliency and professional development," said Wagnon. "This was another tool to add to our arsenal."

(Editor's note: Read the full story at www.hawaiiarmyweekly.com.)

Reading for Success

Soldiers can choose from many topics, including foreign travel, multicultural studies, investing, self-help, reference, relationships, biographies, leadership and military history.



Lt. j.g. Haraz Ghanbari, U.S. Navy

The DOD will remove 20 areas from its list of locations that qualify for imminent danger pay, starting June 1, in a move that is expected to affect approximately 50,000 service members.

Danger pay to end for 20 areas

GUV CALLAHAN
Army News Service

JOINT BASE MYER-HENDERSON HALL, Va. — The Department of Defense has removed 20 areas from its list of locations that qualify for imminent danger pay, starting June 1, in a move expected to affect about 50,000 service members.

DOD officials announced 20 areas would no longer receive the additional imminent danger rate of \$225 per month.

The areas follow:

- Nine land areas of East Timor, Haiti, Liberia, Oman, Rwanda, Tajikistan, United Arab Emirates, Kyrgyzstan and Uzbekistan.
- Six land areas/airspace above Bahrain, Kuwait, Qatar, Saudi Arabia, Serbia and Montenegro.
- Four water areas of the Arabian Sea, Gulf of

Aden, Gulf of Oman and the Red Sea.

- Water area & airspace above the Arabian Gulf.

Imminent danger pay (IDP) will remain in effect for Iraq, Afghanistan, Lebanon, Jordan, Pakistan, Syria, Yemen and Egypt within the U.S. Central Command area of responsibility.

The decision is expected to save approximately \$9 million a month, or \$108 million a year, said Navy Lt. Cmdr. Nate Christensen, DOD spokesman.

"Following the review, it was determined that the imminent threat of physical harm to members has been significantly reduced in many areas," Christensen said. "As a result, IDP will be discontinued in those areas."

According to Christensen, 194,189 service members received IDP in fiscal year 2012.

The last recertification process was completed in 2007, according to the DOD.

Ranger: Only the best will qualify

CONTINUED FROM A-1

Regt., 3rd BCT, 25th ID. “We are really excited to get out there and compete, but more than anything, it is a test for myself and to better myself as a Soldier.

Training that began in January will continue up until the day of the competition. The training focuses on physical capabilities, nutrition and the mental agility of the Soldiers.

“I think that is going to be the biggest challenge. You’re going to feel the pain, you’re going to feel tired (and) you’re going to get blisters,” explained Sgt. 1st Class Raymond Santiago, platoon sergeant, 2-35th Inf. Regt., 3rd BCT. “You have to be able to block that out of your mind and then just keep focusing on what you are competing for. Whether it is for a family name, a personal goal or if it’s for the unit, you need to be focused on what you are trying to accomplish.”

Santiago, a Best Ranger coach, won Best Ranger in 2013 as part of the Ranger Training Brigade. He dedicated himself and competed for four years in a row before placing first.

Since the competition is a volunteer one, dedication and motivation are things the competitors don’t lack.

“The motivation is pretty high,” said



Sgt. 1st Class Raymond Santiago (left), Best Ranger coach, checks the harness of 2nd Lt. John Bergman, 1-27th Inf. Regt., 2nd SBCT, to ensure it’s properly secured.

1st Sgt. James McGuffey, 2-11th Field Artillery, 2nd BCT. “They already know that just being able to compete is a big deal. Making it this far is a big deal, and if they finish, that is an even bigger deal.”

As the teams prepare to depart to Fort

Benning for the final part of their training, excitement is building.

“The unknown is what I’m excited for,” said 1st Lt. Jeramiah Solven, platoon leader, 1-27th, 2nd BCT. “I’m going to put myself on a new level doing this.”

BIP: 95th Eng. adds grenade, 9-line medevac classes

CONTINUED FROM A-1

sive required to destroy small UXO or improvised explosive device throughout a mission. The small, versatile charge is eas-

ily portable and provides quick and effective clearance of point minefields while on a clearance mission.

The 95th Eng. Co. also conducted an inert grenade qualification course as con-

current training. This course prepared them for an upcoming live grenade range, which will allow many young Sappers to throw a live grenade for the first time since basic training.

In addition, the unit incorporated training on communication equipment and 9-line medical evacuation requests into the BIP range, allowing Soldiers to retain proficiency on basic warrior tasks and battle drills.

Staff Sgt. Caleb Smith, a squad leader who taught the UXO identification class, said he felt the training was effective and important, especially for the younger Soldiers.

“Explosive hazards don’t care about your age or job,” said Smith. “Everybody is responsible for being able to identify and react to them.”

Younger Soldiers on the range also said they were challenged by the mentally engaging training.

“It prepared me for current overseas operations,” said Spc. Steven Billings, Sapper, 95th Eng. Co., following the training. “It was good to go back to the basics.”

Participants said that, overall, the BIP range was a successful training event, challenging them to display confidence when constructing and emplacing demolitions while determining how to clear specific types of UXO. It allowed the Sappers of the 95th Eng. Co. to become more adept at accomplishing their wartime function of clearing the way for a maneuver task force.

(Editor’s note: Kilpatrick is with the 95th Eng. Co., 84th Eng. Bn.)



Pfc. Jesus Velez, 95th Eng. Co. (Clearance), prepares to detonate a charge he placed to clear the range of a simulated UXO at a BIP demolition range, March 5.

Sales: Soliciting barred

CONTINUED FROM A-1

understand.”

“Any door-to-door fundraising or door-to-door sales is not authorized,” reiterated Rhonda Hunter, chief, Nonappropriated Funds Support Management, DFMWR.

“If we were to let that happen, then we allow an opportunity for people to prey on our Soldiers and families without having to prove their business is legitimate,” Hunter explained.

Though commercial soliciting is a strict no-no, according to Hunter, Soldier units and family readiness groups can fundraise on Army property; however, the fundraiser must comply with the following:

- Have a specific purpose/identity,
- Have an informal funds account created in which to deposit monies raised, and
- May only take place at designated locations on base.

“You can’t just stand out and ask for money; you have to be selling something, and (the price) has to be voluntary donations,” Hunter said. “There are regulatory restrictions on fundraising, and each request that comes in, we do a complete overview on and run through the (USAG-HI) Legal department.”

“(The rules are in place) to limit fundraising, because otherwise it’s just endless,” said Stephanie Caires, operations assistant, DFMWR.

“(The rules) are meant to establish good order and discipline so that you don’t have fundraisers popping up all over, and to ensure that they’re authorized,” Hunter added. “There are many instances where people are fundraising, and it’s for personal gain, and that’s not something the Army wants happening on its installations.

“We’re not in the business of saying no,” Caires added. “We want people to fundraise and support their causes. It’s just protecting everyone involved.”



Courtesy Photo

It isn’t just a sign on a housing area residence. Door-to-door soliciting is not permitted on post.

Fundraising Information

If you would like to schedule a fundraiser on a U.S. Army Garrison-Hawaii installation, contact Stephanie Caires, operations assistant, Directorate of Family and Morale, Welfare and Recreation, USAG-HI, at (808) 656-0129 or email usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil.

Allow a minimum of 10 business days for approval of basic requests, such as car washes.

For additional information about installation fundraising policies and procedures, or to download a fundraising request form, go to the “Fundraising” page under the “Support Services” tab on himwr.com.



Sgt. Jesse Untalan, 8th Theater Sustainment Command Public Affairs

8th TSC warriors and Soldiers from other USARPAC commands (plus one civilian) practice to become master fitness trainer qualified. Training that began Feb. 10 ended Friday.

MFT prevents injuries, enables warfigher readiness

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

WHEELER ARMY AIRFIELD — Preventing injuries is the idea behind the master fitness trainer (MFT) program, which is why 49 Soldiers and one civilian with the 8th Theater Sustainment Command (and across the island of Oahu) dedicated four weeks (Feb. 10-March 7) to train and become MFT qualified.

The program is designed to lead units’ Soldiers in their daily physical readiness training (PRT) and prepare them for the rigors of war.

“It’s really fun to see the non-PRT believers fully embrace the program,” said Devan Icsman-Wethington, personal trainer and MFT instructor. “They typically become the program’s biggest supporters and implementers.”

The first two weeks are mostly in the classroom, where students learn about exercise and muscle physiology, said Icsman-Wethington, but in weeks three and four, students apply what they’ve learned and pump up the workouts.

In the fall of 2012, Army Field Manual “Physical Readiness Training” became doctrine. The

following year, mobile training teams began traveling to Army installations across the globe.

“Depending on the number of cadre needing training, that will determine the number of monthlong classes the teams will hold,” Icsman-Wethington said.

Warriors who graduated the training agreed with the program’s training and philosophy.

“We want to train like we fight,” said Sgt. Tarisha Sanders, plans noncommissioned officer, 8th Special Troops Battalion, 8th TSC. “We need to be ready and effective, and injuries will prevent

us from being combat ready. We learned the fundamentals of PRT and how to execute the program properly by using precision, progression and integration. The precision aspect of the training really cuts down on injury.”

After graduating, Soldiers return to their units with the title of MFT, and with that title come obligations, said Icsman-Wethington.

“We hope that every person we graduate will go forward with the principles they learned over the past month and apply them to their lives and, of course, with their Soldiers,” she concluded.



Staff Sgt. Richard Sherba, 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Soldiers, federal agents and firefighters are confronted with different aspects of crisis management during all hazards training, hosted by the 8th MP Bde., 8th TSC.

Hazards drill tests teamwork

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

SCHOFIELD BARRACKS — Hostage negotiations, chemical attacks and home explosions are the types of unpredictable events that demand instant, collaborated response from all agencies.

That coordinated effort is what Soldiers, federal agents and firefighters teamed up to prepare for during an all hazards exercise, here, Feb. 26-27.

The training, hosted by the 8th Military Police Brigade, 8th Theater Sustainment Command, tested the integration of different aspects of crisis management within scripted scenarios.

“The exercise really showed us what our strengths and weaknesses are,” said Maj. Sean Dublin, the 8th MP current operations officer. “We were able to bring together Soldiers, civilians and federal employees from a multitude of agencies and learn each other’s talk and procedures.”

Explosive ordnance and chemical teams, federal firefighters, incident command personnel,

special law enforcement agencies and military police represented just a few of the organizations involved in testing the interagency response to consequence management incidents.

The exercise ended with the 71st Chemical Company earning full certification to conduct missions against a broad spectrum of contingency operations, and the 728th Military Police Battalion Special Reaction Team continuing its certification for conducting quick response to special threats.

The Directorate of Emergency Services, U.S. Army Garrison-Hawaii, was able to stand up its incident command, which successfully exercised its ability to conduct interagency support.

The success of the exercise was due in large part to the efforts of the Soldiers, civilians and federal employees involved, said Dublin.

Every individual and organization got something out of it and were able to share their particular skills sets with one another.

PTA

POHAKULOA TRAINING AREA, HAWAII

Air traffic controller is named Employee of Quarter

Aaron Carpenter, a member of Bradshaw Army Airfield’s air traffic control tower team, was recognized as Employee of the Quarter at a town hall, Feb. 26.

In a very short period, Carpenter mastered tower operations at Bradshaw and then actively sought to train and educate others in order to overcome personnel shortages.

Carpenter made significant contributions to the garrison, such as revising and updating PTA’s flight data computers, volunteering for numerous projects and training additional personnel. He also personally assisted in training two Marine air

traffic controllers to supplement PTA staff, helping them extend unit training time.

Carpenter’s coworkers describe him as an incredibly hard worker who can always be counted on.

“Aaron was lauded by both military and civilian aviation personnel for his ‘going above and beyond’ attitude,” said Blake Doll, air traffic control facility chief and Carpenter’s supervisor.

Carpenter has been with the PTA family for more than three years and continues to contribute to his ever-changing career field.



Photo courtesy U.S. Army Garrison-Pohakuloa Public Affairs

Aaron Carpenter (center) is awarded Employee of the Quarter during PTA’s recent town hall meeting by Command Sgt. Maj. Jonathan Lutgens (left) and Lt. Col. Eric Shwedo, commander, USAG-Pohakuloa.



Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

For an up-to-date listing of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

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

16 / Sunday

H1 Freeway Closures — As the H1 Freeway Rehabilitation Project gets closer to completion, full freeway closures will be necessary. HDOT advises motorists of an upcoming two weeks of nighttime full H1 freeway closures in the westbound direction, from Vineyard Boulevard to Halona Street, at 8 p.m.

Closures will occur on Sunday nights through Friday mornings from today through March 28. The eastbound side of the freeway will continue to have shifting lane closures, with one lane open from 9 p.m. to 5 a.m., nightly, also on Sunday nights through Friday mornings. In addition, there will be ramp closures.

Ramp closure information will be updated daily on H1Rehab.com and through the media.

Additional full freeway closures will be scheduled in the last few months of the project for paving and restriping. When the project is completed this summer, the H1 freeway will have an additional lane in both directions that continues from Punahou Street to Likelike Highway, which will help to address traffic congestion through the corridor.

The project includes reconstruction of freeway pavement, widening of the Nuuanu Stream Bridge and Palama Separation, upgrades of lighting, glare screens, drainage improvements, resurfacing and restriping.

HDOT has scheduled these full freeway closures during a time when many schools have spring break in order to lessen the impact on the driving public. Drivers are advised to avoid the area if possible and to use alternate routes.

For more information on the H1 Freeway Rehabilitation Project lane closures and maps of alternate routes, go to H1Rehab.com. Also, like the HDOT on Facebook and follow HDOT on Twitter.

17 / Monday

Erin Go Bragh! — Be it a parade or a pint, enjoy St. Patrick’s Day responsibly. Designated drivers with the Service Members Against Drunk Driving program are available, 11 p.m.-4 a.m., for free, and give confidential rides home if a Soldier has had too much to drink. Call 377-0549 or 224-1907 for more information or to become a volunteer. Visit <http://vimeo.com/76240205>.

NEWS Briefs

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

Today

Guns & Arrows — Pohakuloa Training Area on Hawaii will open for archery and shot-gun hunting this weekend, 5 a.m.-7:30 p.m. Hunting passes will be provided at check-in stations beginning at 5 p.m., today. Hunting areas will be monitored by federal and local law enforcement agencies. Bag limits apply. Call (808) 969-3474 or visit www.garrison.hawaii.army.mil/pta and click the hunting tab.

Travel Recruits — U.S. Army Recruiting Command seeks travel photos highlighting areas around Army installations to show potential recruits the places around the world they could possibly go. If you have interesting off-post photos, here, or at your last duty station, send them to news@hawaiiarmyweekly.com.

Scam ‘o the Week — Recently, some myPay users received a fake email asking for the answers to myPay security questions. You should NEVER share the answers to your myPay security questions with anyone. The Defense Finance and Accounting Service, myPay, or SmartDocs, will never ask you for this in-

formation. If you responded to this email request with the answers to your myPay security questions, log into myPay and change your security questions immediately!

VA ID Card — The Department of Veteran Affairs announced the phased roll out of newly designed, more secure Veteran Health Identification Cards. The new cards are distinguished by additional security features and will have a different look and feel. All enrolled veterans are encouraged to get a VHIC. Enrolled veterans can get more information about the VHIC by visiting www.va.gov/healthbenefits/vhic, their VA medical facility enrollment coordinator, calling 1-877-222-VETS (8387) or visiting their local VA health care facility.

18 / Tuesday

MOH — President Barack Obama will present 24 Army veterans of World War II, Korea and Vietnam with the Medal of Honor in one of the largest MOH ceremonies in history. Each of these Soldiers’ bravery was previously recognized by award of the Distinguished Service Cross, the nation’s second highest award. That award will be upgraded to the Medal of Honor.

Learn more about these heroes by visiting www.army.mil/medalofhonor/valor24.

19 / Wednesday

Celebrate Women’s History — Join the Equal Employment Opportunity office to celebrate Women’s History Month, 11 a.m., at Wheeler chapel. The 2014 theme is “Character, Courage and Commitment.” Call 655-9378.



Sgt. Frank Poppa (front right), 13th MP Det., 728th MP Bn., 8th MP Bde., 8th TSC, goes over the rules of the road with children before heading out on a ride around neighborhoods near Wheeler Community Center, Wednesday, as part of the first-ever Bicycle Safety Bonanza.

‘Bicycle Bonanza’ teaches keiki rules of the road

Story and photos by
SARAH PACHECO
Staff Writer

WHEELER ARMY AIRFIELD — Bicycle safety is a hot-button issue on Hawaii roadways these days.

Honolulu Mayor Kirk Caldwell announced, earlier this week, plans to create a bike-only lane that would run through downtown streets, bringing the city one step closer to being a cyclists-friendly area.

And while U.S. Army Garrison-Hawaii installations resemble little of a busy urban spread, the topic of bike safety is at the fore-

front of conversation, here.

Recently, USAG-HI’s School Liaison Office (a component of the Directorate of Family and Morale, Welfare and Recreation) received an Interactive Customer Evaluation (ICE) comment from a concerned resident about young children riding their bikes unsupervised on Army bases.

SLO’s Tamsin Keone said her office immediately contacted on-post schools to find out what they are currently doing to educate students on bike safety.

“They said that they do a fourth-grade bike safety class, but for students who are younger than that or who PCS (make a permanent change of station move) in after the class, there wasn’t anything for them,” Keone recalled. “When parents have a concern, we want to make sure we address it, so we wanted to go one extra step.”

Creation of Bicycle Safety Bonanza

SLO partnered up with Island Palm Communities (IPC) and the Directorate of Emergency Services (DES) to go the extra mile and put on a Bicycle Safety Bonanza at Wheeler Community Center, here, Wednesday.

“Spring break is coming up; then summer-time is just around the corner. There’s going to be a lot of children on the roads, so that’s why we’re doing this event,” said Sheryl Ferido, community services manager, IPC.

“Another reason for this event is to raise awareness of the actual rules that are in place for bike riding, because when they’re followed, the chance of someone getting hurt goes way down,” said Sgt. Frank Poppa of the 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command.

“That’s what we’re emphasizing, and helmets play a huge role in that,” Ferido added. “And a lot of parents don’t realize that when they buy a bike, they should buy a helmet.”

An estimated 30 children, ages 3-14, with parents in tow, attended the first-time event, where they were treated to a hands-on “Rules



Spc. Thomas Loomer (left, center), 13th MP Det., shares safety regulations with young bike riders at Wednesday’s Bicycle Safety Bonanza.

of the Road” lesson before getting behind their two wheels to tackle a bike rodeo course and a ride along with the DES Bike Patrol around the adjoining neighborhood.

“Bicycle safety is important, especially now, at these ages,” said Hope Metzler, mom to sons Ryan, 7, and Zachary, 8, and a volunteer on the Parent Teacher Student Organization (PTSO) at Wheeler Elementary School.

“We’ve taught them bicycle safety at previous posts, as Mom and Dad, but (the message) is not as strong as when it comes from the MPs,” Metzler stated.

Following the ride along, each child had to complete an additional safety out brief and test that underscored the importance of riding aka-mai (smart).

“It was awesome!” said Zachary Metzler of the safety course.

“It was fun,” agreed brother Ryan. “I liked

going on the lap around (the neighborhood) and back.”

“I learned that not all helmets are the same,” Zachary added. “Some are made for skateboarding, but you need to wear ones that are for bicycles.”

“The response that I’ve gotten so far has been very positive,” said Ferido, noting that plans are in the works to hold a similar event for USAG-HI south residents in the future.

“It’s good for the community to come together and have different programs work together,” Keone added, “and then just providing something for the community and for the children, because, you know, sometimes the parents can teach their children, but maybe going through it with DES and being a part of this group will reinforce those lessons. If just one kid can take away something from this, then I feel this event was a success.”



Sgt. Frank Poppa and Spc. Lakisha Miller, both with the 13th MP Det., show that skateboard helmets (in Poppa’s hand) are different than bicycle helmets, and are not interchangeable.



Sgt. Frank Poppa guides 4-year-old Alexandra Collins through the bike rodeo course.

Bike Safety Checklist

Bicycle riding is a fun, healthy activity and a fun way to get around while enjoying Hawaii’s beautiful scenery. However, the Directorate of Emergency Services, U.S. Army Garrison-Hawaii, reminds everyone that a bike is not a toy — it is a vehicle, and should be regarded in the same manner as a car or motorcycle.

Before your next ride, review the following basic safety tips:

- Inspect your bike to make sure all parts are secure and working properly.
- Adjust your bicycle to fit.
- Wear neon, fluorescent or other bright colors. Also, wear something that reflects light, such as reflective tape or



markings, or equip your bike with flashing lights.

- Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.

- Remain vigilant of road hazards, such as potholes, broken glass, gravel, puddles, leaves and dogs.

- Avoid riding at night or in the rain.

- And, most importantly, ALWAYS wear a properly fitted bicycle helmet.

For more information, read the National Traffic Safety Administration publication “Easy Steps to Properly Fit a Bicycle Helmet” online at www.nhtsa.gov/people/injury/pedbimot/bike/doom.EasyStepsWeb.zzy/doom.index.doom.htm.





Briefs

Today

Tropics Band Madness — Every Friday in March, two bands will perform, and the winner will be announced on the last Friday of the month. All types of music welcome. Sign up at SB Tropics. Call 655-5698.

15 / Saturday

Father/Daughter & Mother/Son Dance — FS Hale Ikena invites fathers and mothers to take their prince and princesses to a memorable evening, 5:30-7:30 p.m., which includes refreshments, great music and a dance contest. Tickets are \$12 per adult, \$8 for keiki ages 5-12. Open to the general public; call 438-1974.

16 / Sunday

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

17 / Monday

Guard Start American Red Cross — Tripler swimming pool will host sessions, 8:30-10 a.m., March 17-18 and 20-21; they will cover American Red Cross standards. Cost is \$60 per child, with payment due first day of class. Participants will need to bring a towel and sunscreen.

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

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

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

18 / Tuesday

Bling My Cell — Show off your cell phone to see who has the most “bling,” every Tuesday in March, at SB Tropics. Call 655-5698.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for

JAMMING TO THE ‘HITS’



Courtesy Photo

HONOLULU — Roller Derby returns for the second match of the season Saturday at Palama Settlement Gymnasium, 810 N. Vineyard Blvd., at 7 p.m. Tropic Thunder will play the Leahi Diamond Dolls in fast-paced action.

Above, the jammer (2nd from left, wearing the black helmet) is working on making her way up the track. The blockers closest to the jammer are aware of her track presence. They are communicating where the jammer is on the track and to wall up to block her. The opposing team’s jammer (left, wearing the gray helmet cover and green star) is out of bounds and is just about to get back on the track.

For more information, visit www.facebook.com/PacificRollerDerby.

\$4.99. Call 655-4466.

19 / Wednesday

Sgt. Yano Library Afterschool — Elementary-aged children are invited to hear a story and see how Betsy Ross helped create the first American flag. Free and no registration required. Call 655-8002.

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, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
•South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

20 / Thursday

Mom & Tots Crafts — Parents and keiki can make a creative project

together, 10-11 a.m., Thursdays, during March, at the SB Arts & Crafts Center. Class is \$5. Call 655-4202.

Clay Hand Building Workshop — SB Arts and Crafts Center experts offer basic instruction with coil, pinch pot and slab construction, 1-3 p.m., Thursdays, during March. First class is \$25; additional classes \$5 and include supplies. Call 655-4202 for pre-registration.

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.

Tropical Thursdays — Free weekly Texas Hold’em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

22 / Saturday

SB Arts & Crafts Center — Enjoy the relaxing art of ceramic mold pouring, 9 a.m.-noon, March 22. One session is \$25 and includes supplies. Call 655-4202 to register.

26 / Wednesday

Manga Club — Teens are invited to discuss anything Manga, fan art

and anime, 3 p.m., at SB Sgt Yano Library. Manga Club now meets twice a month on the second and fourth Wednesday of each month. Call 655-8002.

31 / Monday

2014 Youth Track & Field Registration — CYSS Youth Sports hosts new developmental program. Registration ends March 31 at the nearest Parent Central Services. Cost is \$40, at registration, for youth born between 1996-2007.

Ongoing

SKIES Unlimited Driver’s Education — New program is \$381; military receive a 5 percent discount. Earn additional savings by referring a friend to the same class to get \$25 off. Call 655-9818.

SKIES Unlimited School of Academics — New classes at SKIES studios include preschool reading, preschool writing, math, reading and writing workshops. Call 655-9818 for class availability or visit www.himwr.com.

SKIES Unlimited Music Classes for Teens — Free instruction at Schofield and AMR. Call 655-9818.

Community Calendar

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

Today

First Hawaiian Auto Show — Annual three-day event begins March 14 at noon and ends March 16 at 7 p.m. at the Hawaii Convention Center. March 15 is military two-for-one admission, with ID. Visit www.motortrendautoshow.com/honolulu.

15 / Saturday

Pacific Aviation Museum — Capt. Sharyn Emminger Dey, the first female pilot to fly for Hawaiian Airlines, who captained the highly publicized flight of the first all-women flight crew of a U.S. scheduled air carrier, will be honored, 10 a.m.-4 p.m. The special aviation day features hands-on workshops, a career fair, a flight lab, interactive science exhibits and remote control aircraft flying. Call 441-1000 or visit www.PacificAviationMuseum.org for tickets and information.

16 / Sunday

Waimea Valley Family Day — Each 3rd Sunday is La’Ohana (Family Day) at Waimea Valley, through the end of the year. Kama’aina and military families will receive half off admission with valid ID. Call 638-7766 or visit www.waimeavalley.net.

18 / Tuesday

Ikebana — Annual exhibition runs 9:30 a.m.-4:30 p.m., March 18-21, Honolulu Hale (City Hall), and displays seven different styles of Japanese floral artistry and culture. Docents from various schools will be on hand throughout the free exhibition.

19 / Wednesday

Women’s History Day — Event will celebrate “Women of Character, Courage and Commitment” at 11 a.m., March 19, WAAF chapel. Hosted by the 25th ID. Contact Sgt. 1st Class Dukes at 719-200-5556.

Live & Learn 101 Festival — IPC hosts this annual family event, 2-5 p.m., Kaena Community Center, SB. Visit www.islandpalmcommunities.com or call 275-3159.

21 / Friday

Kunia Orchid Show — The

60th annual show is 9 a.m.-5 p.m., March 21 and 22, and 9 a.m.-4 p.m., March 23, at the Leilehua High School gym, Wahiawa. The show features 22 plant vendors along with Department of Agriculture specialists, as well as food booths.

22 / Saturday

Pearlridge Farmers’ Market — Browse more than 40 booths featuring Oahu produce and locally inspired artisan foods, 8 a.m.-noon, every Saturday, Pearlridge Center downtown, in the Sears parking lot. Visit www.haleiwafarmersmarket.com/pearlridge.html.

Jazz & Barbershop — Two original American musical art forms featuring Jimmy Borges with DeShannon Higa’s big band and the Sounds of Aloha Chorus and quartets will perform two shows at 2:04 and 7:34 p.m. at the Hawaii Theatre. Tickets are \$15-\$35 with \$5 discounts for seniors, students, military. Order tickets at 528-0506 or www.hawaiitheatre.com.

Bellows St. Patrick’s Glow Run — Bellows Air Force Station will host an evening fun run and family festival, with 6 p.m. check-in. Provides entertainment continuing until 9 p.m. Runners should bring a head-

lamp or flashlight. Call 259-4112; no preregistration required.

23 / Sunday

AMR Chapel — Lent Reconciliation service is 6 p.m.

31 / Monday

Wheeler Army Airfield Chapel — Lent Reconciliation service is 6 p.m.

April

1 / Tuesday

U.S. Army Museum of Hawaii April Closure — A maintenance and repair project will close the Fort DeRussy museum facility, April 1-June 9. The museum store, however, will be open Monday-Friday, 9 a.m.-3:30 p.m., on the east side of Building 32 during construction. Call 942-0318.

2 / Wednesday

IPC Resident Scholarships — Scholarship grant application deadline is April 2, with awards starting at \$1,000 and announced in May, for the WiningEdge scholarship program. For eligibility log on to www.islandpalmcommunities.com/go/WiningEdge to download the full application. packet and details.

Worship Services

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

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

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

This Week at the MOVIES Sgt. Smith Theater

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



That Awkward Moment

(R)
Fri., March 14, 7 p.m

Winter’s Tale

(PG-13)
Sat., March 15, 2 p.m.

Endless Love

(PG-13)
Sat., March 15, 6 p.m.



The Lego Movie

(PG)
Sun., March 16, 2 p.m.
Thurs., March 20, 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

EFMP, Navigators help solve IEP puzzle

ADAM FABEL
Exceptional Family Member Program;
Army Community Service; Directorate of
Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Is your child enrolled in school and in need of special assistance?

Does your child struggle with learning?
If the answer is yes, rest assured you are not alone.

Many children have difficulties in learning, particularly those children who are diagnosed with a disability.

Fortunately, there are programs in place that you can access right now to help your child flourish in the school system. Your child might be eligible for an Individualized Education Plan (IEP) or a 504 plan.

Individualized Plans

Both the IEP and 504 were established to help a child who has been found with a disability.

The IEP is tailored to the individual student’s needs, to help children reach educational goals and maintain equal footing throughout the educational experience. The IEP helps teachers and related service providers understand the student’s disability and how the learning process is affected.

The IEP and 504 are programs created by the school in conjunction with input from the family and other supports to make necessary accommodations to support children with disabilities in order to make the educational experience a level playing field for all children.

If you need help with this process and don’t understand how to go about getting this accommodation for your children, you can contact the Exceptional Family Member Program (EFMP) and work with a Systems Navigator who can guide you through the process from requesting the eligibility of an IEP all the way through the appropriate implementation of the IEP by the school.

System Navigators

EFMP Systems Navigators have been assisting families through the IEP process for several years and have established relationships with schools both on and off post.

“Navigators provide a level of support to the families we serve that is unparalleled,” said Leonard Webster, EFMP coordinator. “They are truly looking out for the best interest of your child.”

While a family may attend one or two IEP meetings, a year, a Navigator may attend 40 to 50 a year. This training allows them to gain insight into the needs of children that makes them uniquely qualified to provide advocacy to your family through this confusing process.

One Soldier and his spouse discussed their EFMP experience.

“EFMP has helped us get better services for our child in Hawaii, and they could help direct them in the right direction for their special needs child,” said the Soldier, who is the father.


The EFMP strives to support the individual needs of each family. Each child has a specific set of needs during an IEP, which the EFMP can help establish at the school to ensure success by working with the family.

Having the involvement of the EFMP can alleviate some of the stress on your family because you can be assured that you are not the only person advocating for your child. The EFMP takes a professional and child-focused approach to ensure the validity and appropriateness of the IEP or 504.

Through advocacy, education and encouragement the support of the EFMP can be noticed throughout the process.

Contact EFMP

For more information on where you can find assistance through the EFMP, call 655-4227 or visit www.himwr.com.



‘Special needs’ son tries, succeeds

Although I don’t talk much about it any more, my husband and I raised a child with what has become known as “special needs.”

When I gave birth to him in April of 1995, there was no indication that he was anything other than a healthy 9-pound baby boy, but three years later, a developmental pediatrician would rock our world.

“In my opinion,” the Air Force doctor at RAF Lakenheath said, looking into our widened eyes, “Your son has Atypical Autism.”

A couple of hours later, we were frantically grabbing every book on the subject in the library, determined to prove the doctor wrong.

I recall one passage in an outdated book that painted a grim picture of the “typical” scenario: Parents receive the diagnosis and are determined to get their child all appropriate treatments. They are encouraged when their child makes progress with aggressive interventions. But as the child grows, the gap between him and his peers widens.

As an adolescent, he wants friends, but is confused by non-verbal cues, facial expressions and gestures. Unable to develop peer relationships, he seeks the comfort of his daily routine — watching the same television shows every day and pacing around the perimeter of his backyard. The parents realize that their son’s delays are insurmountable and accept that he will never lead a normal life.

We put that book back on the shelf. It was the only time in our marriage I would ever see my husband cry.

This prognosis was too painful to consider, so we did whatever we could. The next eight years were a blur of home therapies, speech therapies, occupational therapies, physical therapies, gluten-free/casein-free diets, prescription vitamins, sensory integration regimens, individualized education program meet-



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

ings, monitored peer play dates, doctors’ appointments and mountains of insurance claim forms.

Fortunately, in the fourth grade, our son’s doctor told us that, while he should continue to work through lingering social delays and sensory issues, he no longer fit the diagnostic criteria for autism or any other developmental disorder. We were ecstatic about our son’s progress, but kept our lifestyle of combating autistic symptoms in place — just in case.



Photo courtesy Lisa Smith Molinari

The author's son is a fit in the role of J.B. Biggley in his high school's production of "How to Succeed in Business Without Really Trying."

Now 18, our son will most certainly “lead a normal life.” He is in his senior year at his third high school, and has already been accepted to colleges. He has earned four varsity letters in football, is a gifted musician, has taken eight Advanced Placement courses and is an Eagle Scout.

Despite his obvious success in conquering a serious developmental disorder, we still have regular moments of worry because our son is still “quirky.” There are days when we see

autism creeping around like a phantom, threatening our son’s future. A far away look in his eye. The sound of him muttering to himself in the shower. His stubborn aversion to certain textures in food and clothing. His social awkwardness. His tendency to avoid interaction.

We try to put it out of our minds and hope that these ghosts of his past are simply personality traits that won’t stop him from forming meaningful relationships in life. But I still worry.

Recently, our son landed the role of J.B. Biggley in his high school’s production of “How to Succeed in Business Without Really Trying.” We didn’t know anything about the musical, and as usual, our son was not forthcoming with any details.

We arrived on the night of the first public showing. Buying our tickets and finding our seats, several parents accosted us, gasping, “Your son is the one playing J.B. Biggley? He is amazing! He steals the show!”

Knowing our son’s lack of interpersonal skills, we thought they might be misinterpreting his quirks as character acting. However, when he made his appearance on stage, we understood what everyone was talking about. Simply put, our son blew everyone away.

At the curtain call, the actors took their turns bowing to the audience. When our son stepped up and bent at the waist, the crowd jumped to its feet, giving him the loudest standing ovation. And no one knows he was once diagnosed with autism.

See SON, B-6



Staff Sgt. Dionisio Darang, Higher Headquarters Company, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command Sgt. Elidio Aguilar, engineer, 95th Engineer Company, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, demonstrates how to move the MARCbot, using its controls, before letting the students try it on their own during a field trip, hosted by the 84th Eng. Bn., for the second-grade students of Mililani Uka Elementary School, recently.

84th hosts ‘action-packed’ field trip

1ST LT. JOSEPHINE KIM
84th Engineer Battalion Public Affairs
130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Wandering eyes, pointing fingers and the question, “What is that?” filled the air when 2nd grade students from Mililani Uka Elementary School stepped off a bus, here, recently, to learn about Army engineers.

The field trip was one of many events 84th Engineer “Never Daunted” Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, facilitates as part of its partnership with the school.

“This was a great action-packed field trip,” said Marlene Ohira, their teacher.

The students quickly saw there is more to being an Army engineer than what is seen in the movies. Students witnessed construction and combat engineer equipment in action, to include the grader, the scraper, the buffalo and the MARCBots, which are small robots used for inspecting suspicious objects.

The demonstration showed how big the tires are on a scrap-

er and allowed the students to honk the Humvee and buffalo vehicle’s horns. They learned how mine detectors, MARCBots and buffalos all play crucial roles in route clearance missions, and the step-by-step process of using survey equipment along with graders and scrapers to create a construction site.

Parent Community Network Center Facilitator, Norma Tansey, said the students were engaged, enthralled and excited. Several asked the engineers if they could come back for more visits.

“Our military Soldiers have provided a much better understanding of what their jobs are about, and that it’s more than just weapons,” she continued. “There are many technical skills required (in the Army), and (the kids) saw they could someday have a future in the military.”

The students wrote thank you letters to the “Never Daunted” Soldiers sharing the wonderful time they had.

The Soldiers said the letters were gratifying and showed them they were positive role models impacting the students’ lives.

**USE YOUR HEAD
WEAR A HELMET**



Sufficient sleep is vital to finding a healthy balance

LISA YOUNG
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — What happens when you are asleep? The brain stays active during sleep performing activities that allow a person to feel rested and energetic, to learn and make memories. Sufficient sleep is followed by spontaneous awakening that leaves a person feeling refreshed and alert. Vital tasks carried out during sleep help maintain good health and enable people to function optimally. Not getting enough sleep can be dangerous to mental and physical health. In fact, having adequate sleep is so important that it is an element of the Army’s “Performance Triad,” the idea that we all need a balance of sleep, activity and nutrition to lead a healthy lifestyle.

How much sleep is enough?
Sleep needs vary from person to person, and they change throughout life. How much sleep is needed depends on genetic and physiological factors and will vary by age, sex and previous sleep amounts. Most adults, including older adults, need seven to eight hours of sleep each night. Children and adolescents have greater sleep needs, depending on how old they are.



Air Force Tech. Sgt. Denoris Mickle

A healthy sleep of seven or eight hours does a lot for health and performance. Here, Spc. Steven McGovern sleeps while in Afghanistan.

Does deprived sleep change performance?
A recent study from the National Health Interview Survey found that 30 percent of workers reported sleeping six hours or less per night. This kind of sleep restriction produces negative consequences for performance, health and quality of life, with profound personal and public safety consequences. The study also indicates that although performance declines as sleep restriction increases, the person’s assessment of his/her sleepiness levels off after a few days. This fact means that sleep-restricted people are likely to be unaware of their continuing deterioration in alertness and performance. We need to sleep to think clearly, react quickly and improve memory. Cutting back by even one hour can make it tough to focus the next day. Slow response time, may result in making bad decisions and taking more risk. This behavior can result in poor performance on the job and increase the risk for an accident or car crash.

Does insufficient sleep affect our mood?
Insufficient sleep can make a person irritable and is linked to poor behavior and trouble with relationships, especially among children and teens. People who

chronically lack sleep are also more likely to become depressed.

What is the effect of sleep on long-term health?
Studies have shown that sleep restriction of four hours per night on just one to two nights has significant effects on the body. Not getting enough sleep or getting poor quality sleep on a regular basis increases heart rate and blood pressure, increases inflammation, impairs glu-

cose tolerance (which can lead to the development of diabetes) and increases appetites that could promote obesity. During sleep, the body produces hormones that help build muscle mass, fight infections and repair cells. A summary of studies from the past 30 years has shown that compared with individuals who sleep seven to eight hours a night, there is an increased risk of dying in people who sleep substantially less than seven hours or substantially more than nine hours per night.

What are the clues to an overly sleep-restricted life?
Symptoms include difficulty awakening in the morning, such as sleeping through the alarm clock, needing stimulants like coffee to wake up or get going each morning, difficulty remaining focused and productive when sitting for a while, negative mood or poor memory. *(Editor’s note: Young is a health educator at USAPHC.)*

Son: He’s OK

CONTINUED FROM B-4

Sitting in our seats in total disbelief, it was as if all our years of hard work had come to fruition. Like comprehending the vastness of the infinite cosmos, my mind was boggled by the magnitude of our son’s potential and the promise of his happy future. He’s going to be just fine.



Photo by Christopher Chang

Tripler Army Medical Center staff, along with senior leaders Lt. Gen. Patricial Horoho (front row, second to left), Army Surgeon General, and Brig. Gen. Dennis Doyle (front row, middle), commander, Pacific Regional Medical Command and Tripler Army Medical Center, proudly display TAMC's Joint Commission accreditation during a ceremony, recently.

Tripler earns certification

ANA ALLEN

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center has earned accreditation from The Joint Commission, the nation’s oldest and largest standards setting and accrediting body in health care, by demonstrating compliance with national standards for health care quality and safety.

To receive the recognition, Tripler underwent a rigorous five-day survey where important functions relating to the care of patients and hospital management were evaluated.

“Surveyors spoke glowingly about Tripler’s sophisticated processes and practices,” said Brig. Gen. Dennis Doyle, commanding general for Pacific Regional Medical Command and Tripler Army Medical Center, about the visit. “Our staff really engaged with the survey team, especially when the surveyors were in teaching or consulting mode.

“This survey will make us a better, safer hospital and inspire us to become a high reliability

health care organization,” Doyle added.

To earn and maintain accreditation, an organization must undergo an on-site survey by a Joint Commission team at least every three years.

“Some hospitals start ramping up for the surveyors six months prior to the review,” said John Henry, quality services division director for TAMC. “At Tripler, this is a daily commitment. We have a very structured plan that starts the day the surveyors walk out the door to the day they come back three years later.”

“With Joint Commission accreditation, we are making a significant investment in quality on a day-to-day basis from the top down. Joint Commission accreditation provides us a framework to take our organization to the next level and helps create a culture of excellence,” said Henry. “

The Joint Commission evaluates and accredits more than 20,000 health care organizations and programs in the United States.