

Model 1905 field gun restored, still serving 3-7th FA

Story and photo by
SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — After months of restoration, “Lucky 7,” a Model 1905 3-inch field gun, was unveiled at Quad C, here, July 3.

“This is fantastic, for it espouses our unit history, our lineage and basically our core roots when we were activated in 1917,” said Lt. Col. George Hammar, commander, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division. “This weapon has been with the unit since it was activated.”

The restoration project to this point all started in the regiment’s motor pool in January, explained 1st Lt. Tyler Weaver, Headquarters and Headquarters Battery, 3-7th FA.

“I remember feeling like I was ready to pass out,” said Weaver. “Our commander brought us to the motor pool to show us this field gun.”

However, this time was not the first occasion the lieutenant had seen the gun. In fact, at one point in the past, he was actually searching for a way to turn it in.

“I worked in the S-4 (property management office) shop for a while, and our previous executive officer wanted us to turn this gun, to get it completely off the books,” said Weaver.

Turning in a weapon of this caliber turned out to be a harder task than what was originally thought, according to Weaver. Before he could find a way to get rid of the gun, the command changed, and the new commander had a whole different idea of what to do with the rusted-out piece of field artillery.

“Our new commander came in, who loves history, and basically said restore it,” said Weaver.

“When I took command, I tasked the lieutenants to restore the field gun,” said Hammar.

Now with a new task to accomplish, Weaver re-



A restored Model 1905 3-inch field gun, known as ‘Lucky 7,’ on display during 3rd BCT, 25th ID’s Week of the Bronco closing ceremony in Quad C, July 3. Lucky 7 will be dedicated in an upcoming ceremony and placed in the 3-7th FA headquarters.

cruited 2nd lieutenants Joshua Checki, Sam Lloyd and Jose Campos, all assigned to 3-7th FA.

“Commander wanted it done, so I said alright, might as well start working on it,” said Weaver.

Once he got started working on the project, it took on a life of its own, according to the gentle-

men working on it.

With more than 200 hours of restoration work completed, the Model 1905 Field Gun is almost ready to be placed in its resting spot.

“We still have a little tweaking to do to it, a couple more parts to restore,” said Hammar.

“Once finished, it will be put on display in Quad E under the battalion headquarters in the arch.”

The field gun will be dedicated during a small ceremony on the 3-7th FA Regimental Day, July 16.

Afterwards, Lucky 7 will be used for parades, changes of command ceremonies and other formal events.

“This has been a great experience, another opportunity to learn new things,” said Weaver.

New ACU-A uniform offers better fit options than 1 fits all

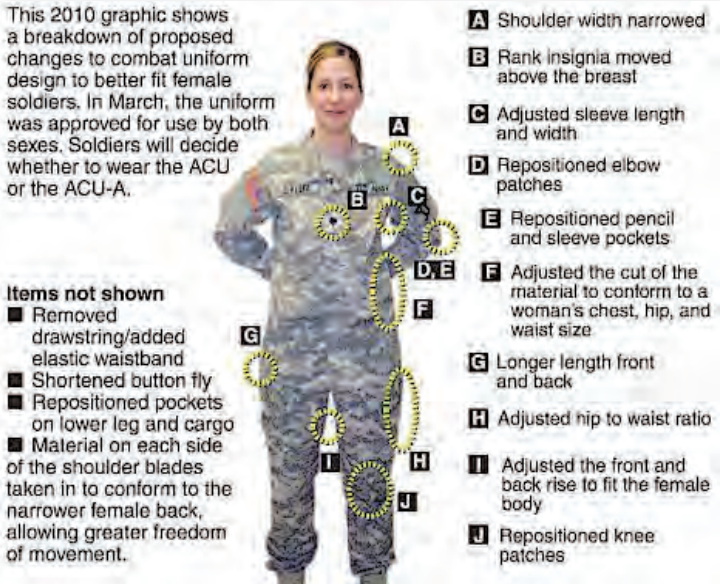
SPC. DANIELLE GREGORY
Army News Service

FORT SILL — A new Army Combat Uniform with special consideration to the female form is now at Fort Sill, and it is being issued to new Soldiers going through basic combat training.

The uniform, several years in the making, was initially considered as being the first female-only uniform, but instead is now approved for both sexes and is being called ACU-A for Army Combat Uniform-Alternate.

“We started issuing them slowly in April, and we’ve since been issuing them more frequently as our fitters get more comfortable placing Soldiers in them,” said Trevor Whitworth, Central Initial Issue Point project manager, where new Soldiers are first issued their uniforms, here.

“They were initially designed for female Soldiers, but we were told if we find male Soldiers that these would fit better than the ACUs, then we can issue it to them as well,” Whitworth said. “It’s more about the fit and the body



Army Combat Uniform-Alternate. (Image courtesy ARNEWS)

type.”
“If it makes you more comfortable in wearing that, then I think it’s well worth it,” Whitworth said. “When you’re low

crawling or doing a lot of physical training, it’s nice to have a pair of trousers that have a little give-and-take in them. I think having made uniforms for a fe-

male body type, will make a big difference for female Soldiers.”

Compared to the original ACUs, which were designed principally by males for males, the new ACU-As are created to fit a wider range of body types, so there are also a lot more sizes to choose from — 13 sizes in both the jacket and trouser.

“The old uniform was meant to be one size fits five sizes; these are more tailored,” Whitworth said.

“With our uniforms now, it’s like it’s either too tight or too big; it doesn’t feel right as they are now,” said 1st Lt. Beatriz George, dietitian, Reynolds Army Community Hospital.

Although interested in the new uniforms, she said if they were created to be noticeably different, she wouldn’t want to wear them.

“What’s great about the military is that everyone is equal, and it’s one of the few professions where men and women are paid the same, but if you can’t tell, and they are unisex, then I’m OK with it,” George said.

What’s different about the ACU-A?

The following list states what’s different:

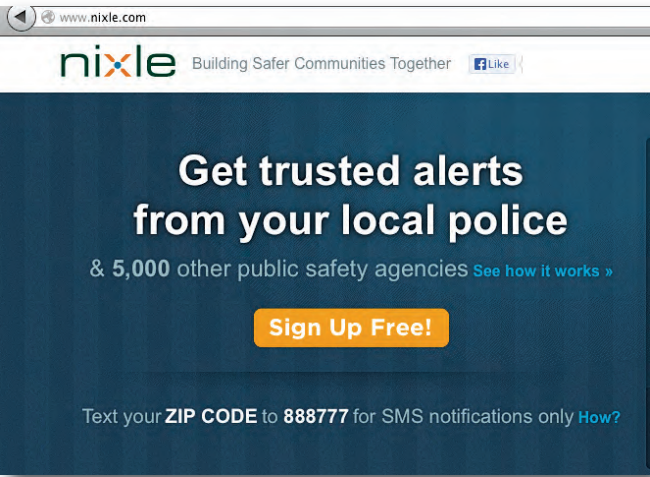
- wider areas at the hips, waist and backside;
- elastic around the waistband, instead of a pull string;
- adjusted pockets and kneepad inserts;
- shortened crotch length;
- adjusted rank and nametape positioning;
- adjusted pockets and elbowpad inserts;
- slimmer shoulders;
- a thinner and more fitted waist;
- a longer and wider coat bottom; and
- buttons replace the Velcro pockets.

See ACU-A A-4

On-post population can receive emergency alerts

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — U.S. Army Garrison-Hawaii has added a new technology to its family of emergency message and dissemination techniques: Nixle.



(Courtesy screenshot)

Nixle is a free service that Soldiers, families and Department of the Army civilians can join to have emergency information sent via text message or email, or viewed online at <http://local.nixle.com/>

us-army-garrison-hawaii-emergency-response.

“We are leveraging technology to improve and enhance our response and communication timeliness so the USAG-HI community is well informed,” said Col. Daniel Whitney, commander, USAG-HI. “Maintaining and enhancing safety and security is one of our most important strategic goals.”

Current techniques to alert the Army family of important and timely information comprise USAG-HI’s Facebook and Twitter accounts, which link with other social media pages to spread and share messages; with community bulletins; Big Voice speakers; Directorate of Emergency Services megaphones and physical measures; and Island Palm Communities’ resources, like CallMax and email lists.

Nixle alerts will overlap with these resources to ensure emergency and safety messages are saturating and filtering through the impacted audience, which is anyone who lives or works on any Army installations on Oahu.

Alerts for on-post personnel may include man-made or natural threats, disasters and hazards,

Want to sign up? It’s easy!

- Visit www.garrison.hawaii.army.mil, fill out the form in the lower left column and click submit.
- Visit www.nixle.com.
- Text 96857 to 888777.
- Make sure “U.S. Army Garrison-Hawaii Emergency Response” is included in the list of alerts you would like to receive.

Already a Nixle subscriber? Log in to adjust your “Settings” to add “U.S. Army Garrison-Hawaii Emergency Response” alerts.

Live in a different zip code? Log in to add additional “Locations,” such as work and home.

“U.S. Army Garrison-Hawaii Emergency Response” alerts are based in the 96857 zip code.

and traffic accidents causing gate or road closures, among others. Messages will include actions to take, like shelter in place, evacuate, avoid the area or contact the Military Police with or for more information.

Other agencies Nixle user audiences can opt to receive are emergency messages that include Hawaii’s departments of Emergency Management

See NIXLE A-4

9/11 GI Bill policy set to change Aug. 1

Transfer of benefits to require another four years in Army

C. TODD LOPEZ
Army News Service

WASHINGTON — Beginning Aug. 1, every Soldier who elects to transfer his/her Post-9/11 GI Bill benefits to a family member will incur an additional four years in the Army, without regard to time in service.

“This policy was drafted in 2009 and takes effect Aug. 1, 2013. It is important that we inform Soldiers of this existing policy regarding the Post-9/11 GI Bill benefits,” said Lt. Col. Mark Viney, chief of the Enlisted Professional Development Branch, Army personnel.

See GI BILL A-3



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Police Call

Neglect increases loss of Army property

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

A number of cases have occurred related to the neglectful loss of government property. Soldiers can be held financially liable for any loss of government property should an investigation find them at fault.

In addition to financial liability, Soldiers are also subject to potential violations of the Uniform Code of Military Justice:

Army Regulation 190-51 para 3-8(c) specifics all organized clothing and Army-issued individual equipment (TA-50) of personnel living in barracks must be secured in a locked wall locker/footlocker or in a locked duffel bag, which is then further secured to the building structure or in a separate, locked room.

Soldiers put themselves at risk of liability by leaving their TA-50 unsecured. Also, many units have policies prohibiting storage of TA-50 in privately owned vehicles, and Soldiers who ignore these policies can receive disciplinary action under the UCMJ.

Service members who willfully or negligently sell, damage, destroy or lose their assigned equipment may violate Article 108 of the UCMJ, Destruction of Government Property, and be subject to a bad conduct discharge, forfeiture of all pay and allowances, and confinement for one year.

Military Police Blotter
The following are excerpts of actual MP blotter entries from the U.S. Army Garrison-Hawaii area of operations. Subjects are innocent until proven guilty.

All three cases involve loss of government property through neglect.

•Dec. 11, 2012, Directorate of Emergency Services was notified of a larceny of government property that occurred between Dec. 6 and 10. A Soldier reported that an unknown individual had removed TA-50 gear, which had been left unsecured and unattended in his barracks room.

Trial counsel determined there was sufficient evidence to charge the Soldier



Jackson

with loss of government property through neglect because the property was left unsecured. The service member was advised of his legal rights, which he invoked. He was further processed and then released.

•Jan. 21, a Soldier notified DES of a larceny of government property that occurred Jan. 20. The Soldier reported that an unknown individual had removed a helmet and one government-issued camelback that had been left unsecured and unattended in his vehicle.

The service member was advised of his legal rights, which he waived to render a sworn statement admitting to leaving his equipment unsecured in his car. The Soldier was further processed and released to his unit representative.

•April 25, a Soldier walked into the Schofield Barracks Police Station to report a larceny of government property that occurred between Feb. 25 and April 19. The individual claimed that he had been storing his TA-50 in his car for the past several months. He took his vehicle in for repairs to Firestone in February and left it there unsecured and unattended for two months. Upon pickup, he noted that his TA-50 was gone, with no signs of forced entry.

The Soldier was advised of his legal rights, which he waived in order to make a sworn statement admitting to leaving his TA-50 in his POV for convenience. He was apprehended and charged with the loss of government property through neglect, processed and released to his unit representative; an investigation continues.

It's important to note that while several of the instances above led to the reporting Soldiers being charged with an offense, Soldiers should not hesitate to report suspicious activity or thefts to MPs.

Upcoming Community Events

- July 14: Bike Rodeo for Cub Scout Pack #166 at Wheeler Community Center.
- July 15: Army Community Service Home Alone Class, Aliamanu Military Reservation Community Center.
- July 16: ACS Home Alone Class, Kalakaua Community Center.
- Aug. 6: National Night Out at Kaena Community Center.
- Aug. 10: Leilehua Summer Concert Series, featuring Kaika Kahiapo, at Leilehua Golf Course.

BACKTObASICS

Mission accomplishment comes with knowing

COMMAND SGT. MAJ. RANDY HARR
303rd Maneuver Enhancement Brigade
9th Mission Support Command

According to the Noncommissioned Officers Creed, the two basic responsibilities of NCOs are mission accomplishment and the welfare of Soldiers.

These two responsibilities are both mutually reinforcing and dependent on each other.

You cannot accomplish the mission yourself — you need your Soldiers. If your Soldiers are untrained, unready and unwilling, you will not accomplish the mission.

Senior NCOs must understand that mission accomplishment is critical. However, many do not understand the importance of knowing their Soldiers and how this knowledge supports mission accomplishment.

For Soldiers with the right attitude,



Harr

aptitude and motivation, the Army provides leadership training: Warrior Leaders Course, Advanced Leadership Course and the Senior Leadership Course. These training opportunities lead to mission accomplishment and improve the welfare of Soldiers.

The NCO Creed states the second basic responsibility of the NCO is the welfare of Soldiers. "My Soldiers" implies that the NCO takes ownership and responsibility for those people under his charge. Therefore, the NCO is personally involved in taking care of her Soldiers. So, what does this mean?

Good training is the key. Training is the NCO's primary role in the U.S. Army. Train the troops.

Good training will keep Soldiers alive in combat and keep them in the Army in peacetime. Soldiers enlist for many reasons, but they stay in the Army if they are being well trained.

As senior NCOs, we must be creative and innovative. In the current environment of diminishing resources, the Army will be asked to complete our mission with less.

Leverage your unit's assets to over-

come shortfalls. Give your junior NCOs and Soldiers opportunities to plan, develop and execute training. Inform your Soldiers of your unit mission, commander's intent, mission essential tasks and training priorities. However, do not sacrifice the long term for the immediate.

Keep in mind that the overall goal of training and mission readiness is long term, not just for an event or battle assembly weekend.

Be willing to take the risk to develop younger NCOs. Senior NCOs must allow junior NCOs to conduct squad, platoon and company training, even if it means making mistakes.

Use the civilian skills of your Soldiers. In my unit, I have computer programmers, firefighters, police officers, state civil defense, teachers, students, life guards, doctors, nurses, lawyers, carpenters, machinists, pilots and dock workers. Every unit, active or reserve, has a great pool of talent and experience.

If you know your Soldiers, and their capabilities, you have a tremendous resource of knowledge and experience from which you can tap.

FOOTSTEPS in FAITH

Truth for turbulent times helps us endure, persevere

CHAPLAIN (CAPT.) JAMES FRYER
325th Brigade Support Battalion
3rd Brigade Combat Team
25th Infantry Division

As many are beginning to make a permanent change of station this summer, and many families and single Soldiers are coming and leaving the islands of Hawaii, the challenges of tearing up the roots of relationships and routines that have formed are real.

Saying goodbye to friends and co-workers in the transitional times of life can add to the complexity of life day-by-day and week-by-week.

Additionally, the pressures, deadlines and preparing self and family for a new home and new relationships can, in itself, bring a measure of uneasiness and perhaps disorientation.

Individuals may find themselves asking the questions of life that come during

transitional periods, wondering what will happen in the new situation or how they or their family members will be able to manage the change.

Often, the way to resolving a challenging situation, like uprooting self and family, begins with the acknowledgment that help is needed to react to potential dilemma in a constructive way. Unless one sees a predicament as their responsibility to face in an act of self-confrontation, he/she will never take the steps necessary towards resolving of the difficulty.

Untold and complicated difficulties



Fryer

are encountered often in the life of the average U.S. Army household. Yet, without a strategy to tackle those difficulties, the race of life can frequently become overwhelming. At times, smaller problems unaddressed can slowly progress into something where we need to pursue one greater than ourselves in order to overcome.

Psalms 121:1b-3 of the Old Testament offers the answer:

*"From whence shall my help come?
My help comes from the LORD,
who made heaven and earth.
He will not allow your foot to slip;
He who keeps you will not slumber."*

Indeed, the Psalm writer states that the one who keeps our lives "will neither slumber nor sleep" (Ps. 121:4).

What great comfort available to the

heart of man! In light of this heaven-sent help, I am able to face whatever happens to me in life.

Individuals should logically never come to the conclusion that things are hopeless and beyond repair. When we are able to sit back and think about the variety of options we face in fixing a problem situation, we can constructively approach the need.

However, we should not think that we are all-powerful within ourselves, but defer much to God who has made us and graciously cares for our world.

It is my belief that in light of our human nature, that God intends for man to depend upon him and seek him in a personal relationship.

Therefore, may we each be encouraged that God always extends his help to us to have the strength to endure and persevere in difficult times.

Voices of Ohana

We'd like to know:

"What song is always on your playlist?"

Photos by 8th Theater Sustainment Command Public Affairs



"'Cruise,' by Florida Georgia Line. Ever since I heard this song, I just can't stop listening to it."

Sgt. 1st Class Heather Hamilton
S6 NCOIC,
205th MI Bn.,
500th MI Bde.



"'My Apocalypse,' by Escape the Fate. It gets me pumped for my workout."

Pvt. Chris Herman
Behavioral health
specialist,
TAMC



"'Tennessee Love,' by Yelowolf. It's a mellow song, and it has a deep meaning."

CW2 Joel Meeks
Brigade network
engineer,
516th Sig. Bde.,
311th SC(T)



"'Rock of the Ages,' by Def Leppard. I like the tunes from one of my favorite rock bands."

Spc. Edward Paul
Cook,
18th MEDCOM
(DS)



"'Dear Mama,' by 2Pac. I like this song because it always reminds me of my mom."

Spc. Lawrence Stone
Early warning system
operator,
94th AAMDC

Garrison commander thanks community for July 4th

COL. DANIEL WHITNEY
Commander
U.S. Army Garrison-Hawaii

A very special mahalo to our U.S. Army Garrison community and sister services for your tremendous support and participation in this year’s 4th of July Spectacular at Schofield Barracks.

With most Army units home after 10 years of deployment, this year’s event was limited to DOD ID cardholders due to safety concerns of Schofield’s field capacity.



Whitney

Even so, our attendance was large; yet, people were very respectful of the rules and exhibited a behavior in the true spirit of aloha. We sincerely thank each of you for that.

In every way, this year’s event was excellent and a recent Interactive Customer Evaluation, or ICE comment, said it all:

“I just wanted to thank the folks at Schofield Barracks for one of the best 4th of July events I’ve attended in my life... possibly the best demonstration I’ve seen of good planning leading to perfect execution. From the pleasant greeting we received at the gate through the exceptional entertainment and finally (what I dreaded the most) our easy exit from the base, everything seemed to flow perfectly.”

A special thank you to our garrison’s Family and Morale, Welfare and Recreation directorate, which coordinated all aspects of the event, in-



Members of the armed forces community celebrate the Fourth of July at Schofield Barracks. (Photo by Kayla Overton, U.S. Army Garrison-Hawaii Public Affairs)

cluding entertainment, music, rides, food and crafts ... an exceptional effort!

Hats off to the 8th Military Police Brigade and to our garrison’s Directorate of Emergency Services, both under the great leadership of Col. Mark Jackson. His law enforcement professionals planned and implemented a flawless effort for all of us who attended, from crowd security and assistance to parking and traffic flow. It was a job extremely well done.

Please note, however, that 14 children became separated from their parents and families during the event, each a fearful experience in the midst of 30-40,000 people. Thankfully, every child was reunited with loved ones, again due to the efficient work of our law enforcement and FMWR

personnel.

But this brings-up a critical point: When a child goes missing, there is a very short time window to determine if the child is lost or was abducted, requiring an intensive manpower effort.

As Col. Jackson noted at our recent community town hall, “More than 100 professionals respond to every call of a missing child; every missing child is treated as a potential child abduction.”

Parents and guardians have a critical responsibility to supervise their children. Let’s make this a community effort. Get to know your neighbors and their kids. Watch out for one another.

We are shortening the installation curfew period for unattended youth. It will now be ending at 10 p.m., rather than 11 p.m., all to focus on safeguarding our children.

Please ensure your children over 10 years of age carry a DOD ID card. We can never do enough nor be too vigilant in protecting our youth.

Thank you all again for a wonderful Fourth of July celebration.

Army HRC outlines transfer of Post-9/11 G.I. Bill benefits

MASTER SGT. CHRISTINA STEINER
U.S. Army Human Resources Command

FORT KNOX — Service members wanting to transfer their Post-9/11 GI Bill benefits to dependent children must do so before they retire, and their children will need to be full-time college students enrolled in the Defense Enrollment Eligibility Reporting System by age 21.

The benefits must also be transferred by the time the dependent is 23, and the dependent has until age 26 to use them, said Teddi Embrey, a human resource specialist who works in the Education Incentives Branch of the Adjutant General Directorate, U.S. Army Human Resources Command.

Failure to comply with the transfer before retirement and transfer by the time the dependent is 23 are the top two reasons Soldiers are denied transfer benefits, said Sarah Rowley, chief of the Education Incentives Branch. Soldiers sometimes file erroneous congressional inquiries

based upon this, she added.

Dependents must take an active interest in college yearly because the DEERS staff regularly checks its enrollment status, and dependents will be dropped from DEERS if they’re not full-time students, Rowley said.

Soldiers interested in transferring Post-9/11 G.I. Bill benefits to qualifying children start the process through the Education Incentives Branch, Embrey said. They must also be on active duty or a selected Army Reserve Soldier.



“We’re not having many problems with the Post-9/11 GI Bill itself,” Rowley said. “It’s with the transferring process and people not getting all the information correct.”

Rowley explained that the U.S. Department of Veterans Affairs keeps numbers on overall service members who use the GI Bill. Since the transfer process began nearly two years ago, 58,000 Soldiers have transferred their benefits, including National Guard Soldiers, she said.

“Different agencies work the transfer process, depending upon

what type of category the Soldier falls into — enlisted, officer, warrant officer, and depending upon career field,” Rowley said.

“We are administrators of the program, but the Department of Veterans Affairs makes the legislation,” Rowley added.

Veterans Affairs Education

Call VA (Education) at 1-888-4551 or visit www.gibill.va.gov.

Requests to transfer benefits begin by using the DOD’s Transferability of Education Benefits website at <https://www.dmdc.osd.mil/TEB/>.

Steps include these:

- Check “Post-9/11 G.I.Bill Chapter 33.”
- Edit the information for any transferees.
- Check all the “Transferability” acknowledgments.
- Print a copy for records and submit electronically.

Upon receiving DOD approval, apply through the Veterans Affairs online application at <http://vabenefits.vba.va.gov/vonapp/main.asp> and use Form 22-1990E.

For more information on the Post-9/11 GI Bill transfer process or other education services, call 1-888 ARMYHRC (888-276-9472) or email the Education Incentives Branch at hrc.tagl.post911gibill@conus.army.mil.

What else should you know?

Additional notes defining eligibility for transferability of education benefits include these:

- Not barred for re-enlistment or flagged due to adverse personnel actions;
- Have at least six years of service on the date of request; and
- Have completed a minimum of six years in the armed forces and agree to serve another

four years from the date of request.

or

- Have at least 10 years of service on the date of election and not be able to commit four more years due to a retention-control point or mandatory retirement date (MRD) and commit to serve for the maximum time allowed by either the Retention Control Point or the MRD as the date of request, or
- Have served at least 20 years on or before

Aug. 1, 2009; therefore, no additional service is required.

If enlisted Soldiers experience problems, they should contact their retention noncommissioned officer/career counselor office.

Officers between the ranks of first lieutenant to lieutenant colonel and warrant officer 1 or selected reserves should contact the HRC Education Incentives Branch officer at 1-800-872-8272.

‘Hiring Our Heroes’ reps visit IMCOM headquarters ACAP

U.S. ARMY INSTALLATION MANAGEMENT COMMAND
News Release

SAN ANTONIO — Representatives of Hiring Our Heroes, a nationwide initiative to help transitioning service members, veterans and military spouses find employment, visited the U.S. Army Installation Management Command headquarters to discuss how the organization could improve access to its online resources.

Hiring Our Heroes, a program of the non-profit U.S. Chamber of Commerce Foundation, provides both hiring fairs and job search tools for past and present service members and their spouses.

The Hiring our Heroes group met with members of IMCOM’s Army Career and Alumni Program team primarily to gather information for writing a step-by-step guide to using its online services. The guide is designed to help navigate the Heroes website, which may prove to be a useful source of post-military service employment information and options.

The U.S. Chamber of Commerce Foundation is an affiliate of the U.S. Chamber of Commerce.

The Army Career and Alumni Program (ACAP) is a centrally funded and administered program that provides transition and job assistance services on major installations. The installation ACAP Transition Service manager can provide information and assistance with many different resources, such as Hiring Our Heroes.

ACAP counselors have professional experience from varying backgrounds and an un-



Ross Cohen of the U.S. Chamber of Commerce Foundation speaks to a working group at IMCOM headquarters, recently. (Photo by Mitchell Lee)

derstanding of military careers as well as civilian careers.

Resources

Call the IMCOM Plans Division (G3) Integration-Synchronization Team at (210) 466-0119, or visit www.hiringourheroes.org

GI Bill: Policy change affects eligibility

CONTINUED FROM A-1

The rule largely affects senior officers and enlisted Soldiers who are retirement eligible. As of now, these Soldiers may be able to transfer benefits to their loved ones with anywhere from zero to three years of additional service.

Soldiers who are not retirement eligible and elect to transfer their GI Bill benefits to a family member must re-up for an additional four years.

Come Aug. 1, that rule will apply to all Soldiers, whether they are retirement eligible or not.

“The Post-9/11 GI Bill ... Soldiers are entitled to the benefit for their own use, but to transfer to dependents, that is used as a recruiting and retention tool,” said Viney.

Viney also serves as the policy proponent for the Army’s Post-9/11 GI Bill Transfer of Education Benefits Program.

“We want Soldiers to be informed of the impact of this policy,” Viney said. “This is going to impact their decisions and their families, and whether or not they are going to have this money available to fund their dependent’s education.”

Veterans Affairs also has eligibility requirements for transferability. A Soldier must have six years of active duty in order to transfer his/her GI Bill benefits.

In some cases, if a Soldier has incurred additional time in service in order to transfer GI Bill benefits to a family member, and is afterward unable to serve that additional time in service, he or she may be required to pay back those benefits.

Viney said that as the Army draws down, some Soldiers will be involuntarily separated under force-shaping initiatives. Soldiers who



The policy of transferring Post-911 GI Bill benefits earned as a Soldier to family members is set to change Aug. 1. (Courtesy photo)

are separated early under such circumstances and who had previously transferred their Post-9/11 GI Bill education benefits to their dependents may retain the transferred benefits, without needing to repay them to the VA.

Soldiers who were retirement-eligible after Aug. 1, 2009, and before Aug. 1, 2012, and who are considering transferring their benefits to their dependents should review their service obligation before doing so.

All Soldiers will incur a four-year service obligation after Aug. 1, 2013, if they transfer their benefits to their dependents.

Soldiers with questions about transferring their Post-9/11 GI Bill education benefits to their dependents should contact their approving official.



Lt. Col. James Droppleman (front left), commander, and Command Sgt. Maj. Marco Torres (back left), senior enlisted leader, both with the 524th CSSB, 45th Sust. Bde., 8th TSC, salute the battalion's colors during a transition of authority ceremony between 524th CSSB and 1034th CSSB, Iowa National Guard, at Camp Marmal, July 2. (Photo by Staff Sgt. Tomie Miller, 1245th Transportation Company, Oklahoma National Guard)

524th CSSB assmumes command in Afghanistan

CAPT. JERRY GARNER
524th Combat Sustainment Support Battalion
45th Sustainment Brigade
8th Theater Sustainment Command
MARZAR-E SHARIF, Afghanistan — Lt. Col. Wesley Golden, outgoing commander of the 1034th Combat Sustainment Support Battalion, handed over authority to Lt. Col. James Droppleman, commander, 524th Combat Sustainment Support Battalion and Task Force Hannibal, during a transition of authority ceremony at Camp Marmal, July 2.
“My desire today is to say thank you to Soldiers of the 1034th and the many partners who have made our tasks this year possible,” Golden said.
Golden spoke about the coalition partners

he’d worked with, thanking them for their leadership and cooperation during his time in Regional Command North.
Droppleman then addressed Golden and his staff. He acknowledged the difficult challenges facing Afghanistan’s future and the mission at hand. He said he has every faith and confidence in the unit’s ability to rise to the occasion.
“You and your team have been invaluable during our transition, and every member of the 1034th can and must take deep pride in your many accomplishments,” said Droppleman.
Task Force Hannibal will be in charge of all logistics in Regional Command-North, until spring of 2014.
(Editor’s note: Garner is the 524th CSSB’s battalion adjutant.)

Nixle: Alert messaging available to all

CONTINUED FROM A-1
and Public Safety, and Honolulu Police and Fire departments, among others.
Google has a partnership with Nixle, so if a user is typing in a keyword in a Google search or map, and if USAG-HI or other agencies have issued an alert in that area, then the alerts will be visible on top of the normal search results.
Standard message and data rates apply for texts and accessing emails if using a cell phone or web-enabled device, according to personal service providers and plans.

18th MEDCOM welcomes new commander

STAFF SGT. NICOLE HOWELL
18th Medical Command (Deployment Support)
Public Affairs

FORT SHAFTER — Selection to command a unit is a privilege awarded to carefully chosen officers within the ranks of the U.S. Army. As a commander, individuals are not only responsible for the missions with which they are tasked, but also with the health and welfare of each and every Soldier under their charge.
July 3, Col. Judith Bock, the departing commander for the 18th Medical Command (Deployment Support), passed the unit’s colors to Col. Bret Ackermann, signifying his acceptance to command the unit.
Prior to Bock’s departing speech, Brig. Gen. Dennis Doyle, commander, Pacific Regional Medical Command and Tripler Army Medical Center, spoke accolades to Bock’s performance over the past two years.

“You have lived up to the charter placed on all military leaders by the American people to successfully defend our nation, to keep our Soldiers trained and ready to fight, and to take great care of America’s sons, daughters and their families,” said Doyle.
Although times of transitioning can be bittersweet, Bock thanked the many individuals who helped her succeed through her tenure as commander, but made it a point to thank the Soldiers under her command.
“I am extremely proud and humbled to have been your commander,” Bock said, tearfully. “It has been a great ride, and I am grateful for having had a front-row seat.”
As Bock stepped aside, Ackermann took the reigns as commander, where he provided some insight to the way ahead for the Pacific Knights.
“As our nation rebalances here in the Pacific, 18th MEDCOM will remain responsive, agile and professional, ready to lead the health service support in this area of responsibility, or anywhere needed by our great nation,” Ackermann said.



Col. Bret. Ackermann, incoming 18th MEDCOM (DS) commander, addresses attendees at the unit's change of command ceremony, July 3. (Photo by Master Sgt. Rodney Jackson, 18th Medical Command (Deployment Support))

Ackermann, who left his position as an emergency medicine physician at TAMC, is now charged with conducting medical theater security cooperation between the U.S. Army Pacific Command and more than 25 different nations, creating a healthy climate for members of 18th MEDCOM to work, perform and answer to ongoing requirements from higher echelons.
In closing, Doyle spoke words of confidence about Ackermann’s skill sets and abilities to continue the successful way ahead for the 18th MEDCOM.
“Thank you for all of your dedicated service that resulted in your selection to command again,” said Doyle. “That experience, and your proven leadership skills, will serve you well in the next two years.”

ACU-A: New design improves fit

CONTINUED FROM A-1
Program Executive Office Soldier, the program that develops and improves military uniforms and equipment, developed the new uniforms by letting male and female Soldiers wear the uniform and provide feedback. This method came about after a 2008 focus group of female Soldiers showed PEO Soldier that ACUs have a non-female friendly fit.
Many females in the focus group reported that the kneepad inserts fell on their shins, that they didn’t have as much mobility because of the poor fit and that they felt they had an overall unprofessional appearance.
PEO Soldier is also in the process of developing female body armor and a flight suit, which are still in development stages.

45th Sustainment Bde. welcomes new commander

SPC. ERIN SHERWOOD
45th Sustainment Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Col. Gregory Boyd took command of the 45th Sustainment Brigade, 8th Theater Sust. Command, from Col. Jeffrey Drushal during a ceremony on Hamilton Field, here, Monday.

Boyd thanked the Soldiers for their hard work and motivation through some difficult unit transitions.

With an audience of more than 100 fellow senior leaders, Boyd addressed a formation of troops that proudly displayed the unit’s colors in front of a large “lightning support” patch.

“This has been a challenging, exciting and fulfilling command ruled by one constant ... and that is change,” Boyd said. “I can’t say enough about how quickly the 45th came together and the high level of performance our junior officers, noncommissioned officers and Soldiers achieved during our deployment to Afghanistan.”

Presiding over the event, Maj. Gen. Stephen Lyons, commander, 8th TSC, highlighted the important role Drushal played in the progress made by 45th Sust. Bde. during his two years in command.

“This brigade is incredibly diverse and capable by my count,” said Lyons. “These Soldiers and their accomplishments are perhaps the best measure of Col. Jeffrey Drushal and his outstanding leadership.”

The brigade’s 1,300-plus Soldiers provide at

least 25 unique capability sets down to the platoon level, in some cases being the sole source of a capability for the Pacific theater.

During deployment, the brigade was responsible for sustaining 55,000 Army, joint and multinational forces personnel, working across three regional commands with an area nearly half the size of the state of Nevada, said Lyons.

He added that upon redeployment, Drushal’s brigade immediately turned its focus toward preparing the 524th Combat Sust. Support Battalion. that deployed in June, and the 536th Spt. Maintenance Company that departed for Afghanistan, Sunday, just one day before the change of command.

“Col. Drushal has continued the 45th Sust. Bde.’s proud lineage of successfully accomplishing seemingly impossible missions,” said Lyons.

In Drushal’s final months of command, 45th Sust. Bde.’s watercraft capabilities played a crucial role in exercise Combined Joint Logistics over the Shore 2013 in Korea, the largest joint/combined exercise conducted in the Pacific theater in the past 20 years.

Drushal’s next assignment is at the Pentagon, where he will serve as executive officer for Lt. Gen. Raymond Mason, Deputy Chief of Staff of the Army, G4 (Logistics).

Incoming commander Boyd most recently served as the director of stability for Regional Command-South/Combined Joint Task Force-82, Kandahar, Afghanistan.

“I’m very mindful of the huge responsibility



Col. Gregory Boyd (front left) prepares to take command of the 45th Sust. Bde., 8th TSC, as Col. Jeffrey Drushal (front right), outgoing commander, passes the guidon to Maj. Gen. Stephen Lyons (center), commander, 8th TSC, during a ceremony on Hamilton Field, Monday. (Photo by Sgt. 1st Class Mary Ferguson, 8th Theater Sustainment Command Public Affairs)

that comes with this command. I’m committed to giving the fine Soldiers of the 45th Sust. Bde. our absolute best,” Boyd said. “I look forward to

being part of this unsurpassed team as we add to the great reputation and incredible history of this unit.”

8th STB combines official ‘aloha’ with change of command

Story and photo by
SGT. 1ST CLASS MARY FERGUSON
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — The 8th Special Troops Battalion, 8th Theater Sustainment Command, officially welcomed a new command team during a combined change of command and change of responsibility ceremony at Palm Circle, here, Wednesday.

During the ceremony, Lt. Col. Mark Parsons took command of the 8th STB from Lt. Col. Matthew Goodman, as Command Sgt. Maj. James Shuman simultaneously took responsibility of the unit from Command Sgt. Maj. Toese Tia Jr.

As home to the 8th TSC headquarters’ personnel and general staff, the STB’s success depends on a command team that fosters cooperation and teamwork between three echelons of leadership while ensuring personnel, equipment and mission readiness remain paramount, said Col. Glenn



Lt. Col. Matthew Goodman (front right), outgoing commander, 8th STB, 8th TSC, passes the battalion colors to Col. Glenn Grothe (front left), chief of staff, 8th TSC, signifying his relinquishment of command to Lt. Col. Mark Parsons, July 10.

Grothe, the 8th TSC chief of staff and host of the ceremony.

“Lt. Col. Goodman has served the Soldiers of 8th STB with unparalleled vigor, enthusiasm and optimism for the future of this organization,” he said. “Command Sgt. Maj. Tia is an out-

standing motivator, whose enduring pride and contagious enthusiasm in the Noncommissioned Officer Corps has sparked a fire in the hearts and minds of our NCOs.”

Grothe credited the team for doing a tremendous job in leading an organi-

zation with 10 colonels, 31 lieutenant colonels and 16 sergeants major.

“But what’s more important than the numbers of senior leaders is what these numbers demonstrate,” he said. “This command team has effectively led its peers in a tough and demanding environment with constant competing requirements.”

During its tenure, the STB enabled the expansion of the 8th TSC’s expeditionary capabilities through multiple theater-level exercises that demonstrated the unit’s ability to rapidly respond with its forward command post and serve as the lead on logistics in the Pacific theater.

Goodman began his remarks with praise and applause for the formation of 8th STB Soldiers on the field, all wearing their Army Service Uniforms.

He said, “This is going to be one of those historic photos one day, befitting of a two-star headquarters.”

He also credited his teammate, Tia,

with making the STB’s growth and success throughout their two years in command possible. He said that from building a NCO Corps that Maj. Gen. Stephen Lyons, commander, 8th TSC, assessed as the best he has ever seen, to ensuring that the newest private out on gate guard was trained and thirsting to be one of those NCOs, Tia has proven himself to be the epitome of all that is right about the Army.

Goodman ensured Parsons that the STB is “a disciplined, trained and professional team ready to follow yours and Command Sgt. Maj. Shuman’s lead without question.”

Parsons spent the past year as the 8th TSC’s G5 plans chief, and Shuman most recently served in the 21st TSC in Germany.

“I am thrilled, honored and humbled to take command,” Parsons said. “Command Sgt. Maj. Shuman and I will work to build on your successes.”



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

Today
Sequestration — For updates on sequestration furlough impacts within the garrison, visit www.garrison.hawaii.army.mil/command/documents.htm?tab=4 or call 656-3155/3153.

Island Palm Communities is not impacted by furloughs, and all offices and services will operate normally, including its leasing offices that secure on-post housing for inbound families and those wanting to move from off post to on post. Call 275-3177.

15 / Monday
CIF Closure — The Schofield Central Issue Facility is closed two weeks for an inventory and will reopen July 29. All emergencies and special circumstances outside of core hours will continue to be handled on a case-by-case basis. Call 655-8120.

Deadline — Today is the last day to apply for the U.S. Army Parachute Team. To be selected, an individual must be on active duty status, have completed 100 free falls and have a good background record. Call (910) 396-4800. But don't wait — you need your chain of command's endorsement!

20 / Saturday
Road Closure — Ponciano and Walker drives on Fort Shafter along the elementary school and the water pump station will have restricted access for construction. Call 835-4242.

BRONCOS ASSEMBLE



SCHOFIELD BARRACKS — More than 2,200 Soldiers of the 3rd Brigade Combat Team, 25th Infantry Division, stand in the shape of the unit's emblem in honor of the 50-year history of the brigade during the final day of their Week of the Bronco celebration, July 3. The Week of the Bronco is a three-day sports event between battalions of the unit, emphasizing comraderie and esprit de corp, shared with family and friends of the Bronco Brigade. (Photo by Sgt. Brian Erickson, 3rd Brigade Combat Team, 25th Infantry Division)

22 / Monday
Traffic Alert — Fort Shafter's Loop and Stream roads will be fully closed for construction. Access will be allowed for local traffic only on Loop Road heading northwest from Suehiro Road up to the full lane road closure, and only on Stream Road heading southwest from Signal Street up to the full lane road closure. Call 835-4247.

23 / Tuesday
599th TSB — Col. Gust Pagonis will relinquish command of the 599th

Transportation Surface Brigade to Col. Shannon Cox during a change of command and retirement ceremony at 1 p.m., July 23, aboard the Battleship Missouri at Ford Island. Pagonis retires after 27 years of service.

Lane Closure — The southbound direction of Kamehameha Highway between Whitmore and Kilani avenues in Wahiawa will be closed 9 a.m.- 2 p.m. for road resurfacing on the approaches to the Karsten Thot Bridge. During this time, the north-

bound lane will be contraflowed. Motorists are advised to allow for extra travel time.

Ongoing
DOD Seeks Lending Input — The Department of Defense is seeking input on the need to revise the department's existing regulation implementing the Military Lending Act (MLA) to provide for certain limits on credit extended to service members. In particular, DOD is interested in

comments on the scope of the definition of "consumer credit" and on alternative programs or products available to service members seeking small dollar credit. The Consumer Financial Protection Bureau is working with DOD as a consulting agency to support efforts to examine and consider improvements to the MLA rules. Visit <https://www.federalregister.gov/articles/2013/06/17/2013-14321/limitations-on-terms-of-consumer-credit-extended-to-service-members-and-dependents>.

Attention to detail is a key to moving

MITCH CHANDRAN

Headquarters Public Affairs
Surface Deployment and Distribution Command

Each year, at this time, a phenomenon in the transportation industry called the “peak moving season” takes place.

Peak moving season runs May through August each year. About 225,000 Department of Defense and U.S. Coast Guard household good shipments are slated for movement during the summer months.

The Army’s Military Surface Deployment and Distribution Command’s Personal Property Directorate manages the Defense Personal Property Program, or DP3, for DOD.

With proper planning and attention to detail, service members, federal employees and their families can help facilitate a smooth move for household goods even during peak moving season.

USAG-HI Transportation Office Support

Upon receipt of orders, bring them to the U.S. Army Garrison-Hawaii Transportation office, Building 690, Room 1C, or fax a copy to 655-8971.

The Personal Property and Travel Office will review your orders, have you complete a personal property worksheet, give you information about the moving process and set-up either an individual counseling appointment or group counseling briefing.

Call to schedule for outbound property support at 655-1868.

The alternative is to use the Defense Personal Property System, or DPS, which is accessed through the website move.mil. This website is the portal for DPS and the one-stop shop where members can completely manage their move process.

Members using move.mil for the first time will find online training videos and presentations explaining how to navigate through the move process.

A virtual move assistance center is open at the Aloha Center, Building 330, Room 201, Fort Shafter, to arrange personal property/house-



Saying aloha to Hawaii is a common summertime experience for thousands of Soldiers and family members each year who are assigned a permanent change of station, or PCS, during the peak moving season. Planning and organizing are keys to a less-stressful moving experience. (Courtesy photo)

hold goods movement online. Visit noon-4 p.m., Monday-Friday. No appointments are necessary. A counselor is on site to help you navigate through the screens.

SDDC Moving Tips

“As soon as you receive your permanent change of station orders, you should start your move process,” said John Johnson, branch chief for SDDC’s Personal Property Directorate

Quality Assurance Division. “Requesting your pickup and delivery dates as soon as possible will ensure a better chance of getting the dates you want.”

•*Calendar.* Create a personal moving calendar with checklists, phone numbers and links to critical moving processes and information.

•*Contact Transportation Office.* Your Transportation Office (TO) or Personal Property Shipping Office (PPSO) is the primary point of

contact for customer service. It is never too early to ask questions.

•*Move Ahead with Orders.* Once you get your orders and know the dates you want to move, immediately start the moving process. Contact your TO/PPSO to learn all options available to you, including a Personally Procured Move. The sooner you start, the better

See SDDC B-4

IPC encourages planning to ease clearing quarters stress

ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS — Whether you are transferring to a new duty station, retiring or moving off-post, your lease agreement with Island Palm Communities requires you to notify your community center in writing no less than 28 days prior to vacating your home.

“We strongly encourage our families to submit the required ‘Notice to Vacate’ form to their community center as early as possible, especially during the busy summer PCS (permanent change of station) season,” said Tom Adams, IPC’s director of property management. “Securing inspection dates and understanding what a resident’s responsibilities are to clear a home early on can help for a smooth transition for spouses, kids and even family pets.”

Upon completing IPC’s “Notice to Vacate” form and submitting it to their community center, IPC’s community staff will advise residents of upcoming dates for move-out briefings, provide them with information on what they are responsible for as they prepare to clear their home and schedule a date for final inspection.

Once a move-out date is confirmed, it cannot be changed; an inbound family has likely been given a move-in date based on its travel plans.

If someone other than the service member will be taking care of vacating a home, an “RCI Special Power of Attorney” form is required from the service member, which allows the individual to act on his or her behalf.

The “Notice to Vacate” and “RCI Special Power of Attorney” forms can be found on IPC’s website or at any IPC community center.

Move-out Briefing Sessions

Upon receiving in writing a Notice to Vacate, IPC staff will acknowledge its receipt, confirm the move-out date and inform the resident of upcoming weekly move-out briefings.

Briefings are important and highly informative. Information provided helps families prepare for home inspections, and topics cover everything

from proper cleaning of homes, patios and yards to what to do with unwanted personal items.

Families will gain an understanding of what to expect during their final inspection and have the opportunity to ask questions about the move-out process.

What to Expect During a Final Inspection

During a final inspection, IPC’s staff will provide residents with a final cost assessment for damages residents might owe, and any need for additional estimates for repair or replacement also will be determined.

At this time, residents also are required to pay for the following:

- Any damages assessed during the inspection process, including applicable cleaning charges;
- Unpaid rent; and
- Outstanding fees (including utility charges).

Residents must also show that all persons and personal property have been cleared from the home and are required to complete the following:

- Return house keys, garage door openers and other access items, such as keys, to the community center’s fitness facility and swimming pool. Residents will be assessed a fee for any unreturned items.
- Provide IPC staff with an accurate forwarding address and telephone number.

Resident Cleaning Responsibilities

Following policies in IPC’s “Resident Guide and Community Standards Handbook,” residents are required to clean their home prior to final inspection. Details can be found in IPC’s “Move-Out Guide” available online at IPC’s website or at an IPC community center.

Getting a jump-start on cleaning and following the checklist of requirements can help make a family’s move and final inspection smooth.

All questions surrounding the move-out process can be best answered by a resident’s community center. IPC’s staff will do its best to work with residents to help ensure an easy, efficient move.

Pets share move transition

SARAH PACHECO

Staff Writer

SCHOFIELD BARRACKS — Now that all of your belongings and mementos have been safely boxed up and stowed away, the next important step before a permanent change of station (PCS) move is to make sure each and every family member is prepared, and that includes Fido or Fluffy.

According to the website Military OneSource, military families sometimes forget to include pets on their to-do list when PCSing, which can mean surrendering the animal to a shelter or relative because of poor planning.

To ensure a stress-free transition for both pets and their humans, the following are pieces of advice pulled from the Military OneSource website:

•Research the pet policies at your next duty station. Some destinations, like Hawaii, have strict regulations and quarantine requirements, which may spell a longer (and costlier) preparation process. A quick call to your sponsor, family service center or veterinarian at the next



(File Photo)

installation can help you better understand pet policies in housing, animal laws in the state or country, pet-friendly hotels and any other transport specifications.

•Double-check that all veterinarian certifications are in order. Use a military vet, if possible, as they are more familiar with the paperwork required for PCS moves. When traveling, have your signed veterinary statement at the ready to indicate your pet is healthy and has all its current vaccinations.

•Call the airline or go online to find out about any flight restrictions your pet may face. For example, some airlines impose a “pet embargo” at certain times of the year on dog breeds that have respiratory issues due to the structure of their face. Many airlines also may

See PETS B-4

Veterinary Treatment Facility

Book an appointment with the Schofield Barracks Veterinary Treatment Facility (936 Duck Road) to obtain a mandatory airline health certificate for travel off Oahu or for the new Wellness Package for affordable preventative care.

Plan ahead! Appointments must be made four weeks out for regular appointments and six weeks out for health certificates. Walk-ins will not be accepted.

Also, note travel to locations other than the continental U.S. (CONUS) may require more preparation. For this type of move, schedule an appointment no less than three months in advance.

The clinic is open five days a week, with extended hours every third Wednesday of the month, until 7 p.m. Call 655-5893 or 655-5889.

Online resource

Military OneSource is a Department of Defense-funded program that provides comprehensive information on every aspect of military life, including a permanent change of station, at no cost to active duty, Guard and Reserve service members and their families.

Its website is an excellent source to find detailed information to prepare yourself and your animal for your move, with numerous checklists and samples of military pet care plans to browse through.

For more tips, visit www.militaryonesource.mil/moving.



Briefs

Today

Youth Sports Volunteer Coaches — Serve as a positive role model by participating in the Youth Sports program. Call 836-1923 (AMR/FS) and 655-6465 (SB).

Right Arm Night — Have “Summer Fun” time with drink specials and a pupu buffet, 4 p.m., July 12, Nehelani. Spouses and DOD civilians welcome for this adult event. Tickets are \$5 in advance or \$8 at the door. Tickets are on sale at the Nehelani. Call 655-4466.

“101 Dalmatians” Auditions — SB SKIES Classroom Unlimited will hold auditions, 6:30 p.m., July 12, registration at 7 p.m. Auditions at the SKIES classroom, 241 Hewitt St. Call 655-9818.

13 / Saturday

Summer Concert Series — FMWR and the Native Hawaiian Liaison Office present the third event, 6-7:30 p.m., July 13, at the Leilehua Golf Course Bar and Grill. Mike Ka’awa will be the featured artist.

Free admission, with food and drinks available for purchase. No outside food, beverages or coolers are allowed. Contact usaghi.nhl@gmail.com or call 656-0114.

16 / Tuesday

FS Preschool Storytime — Take your toddlers to the library; different theme and story each week at 10 a.m., every Tuesday.

17 / Wednesday

Sgt. Yano Library Preschool Storytime — Take your toddlers to the SB library; different theme and story each week at 10 a.m., every Wednesday. Call 655-4707

Drawing Classes — Learn basic cartoon drawing at the SB Arts and Crafts Center, with creativity and confidence, by taking the mystery out of drawings.

Wednesday sessions follow:
•Adult class, 10 a.m.-12 p.m., \$35.
•Teens class, 2-3 p.m., \$25.
All supplies included; pre-registration required. Call 655-4202

19 / Friday

Lei-making Workshop — SB Arts and Crafts Center hosts the great Hawaiian tradition of lei making every third Friday of the month from 1-3 p.m. Call 655-4202 for preregistration.

community Calendar

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

Today

Relay For Life Volunteers — American Cancer Society is seeking relay volunteers, individuals and groups, now, for July 20-21 at Magic Island, for the largest worldwide fundraiser of its kind. Inquire at MagicIslandRelayVolunteers@gmail.com.

Sesame Street — Opening night of Sesame Street’s “Can’t Stop Singing” is July 12 at the Blaisdell Concert Hall, and continues through July 21. Tickets range from \$12-\$28 and can be purchased at the Blaisdell box office, all Ticketmaster Outlets, online at www.ticketmaster.com or by phone at (800) 745-3000. Visit www.sesamestreetlive.com.

13 / Saturday Pacific Aviation Museum — A



The 1-14th Bn., 2nd SBCT, 25th ID, held its first Golden Dragon Boxing Smoker, July 1-2, during which 15 fighters from across the battalion competed to earn the title of champion in their weight class. Members of the Hawaiian USA Boxing Association supported 1-14th Inf. by officiating the event. (Photos by Spc. Antonio Huerta, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division)

Golden Dragon’s host boxing

1ST. LT. TIMOTHY MCCrackEN

1st Battalion, 14th Infantry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from across the 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, participated in this year’s inaugural Golden Dragon Boxing Smoker tournament as part of the battalion’s Organizational Day events, spanning two evenings.

Fifteen Soldiers participated in the event, which was open to all 1-14th Inf. Soldiers at the Tropics Warrior Zone.

The two-day event featured preliminary fights July 1 and culminated with the final fights the following night.

“I thought it was very well-planned and put together as far as the organization piece, and was proud to see everyone there,” said Sgt. 1st Class Michael Cook, platoon sergeant, Company B, 1-14th Inf. “It looked like the guys who fought really trained hard in order to compete and win. I’m glad we’re doing events like this in 1-14th Inf. now.”

For safety, officials from the Pearl Side Boxing Club traveled up from Kapolei to supervise. They left excited to see boxing being revitalized, here.

The final day consisted of five fights within five different weight classes. The winning Soldiers were named champions and awarded trophies. More than 500 spectators showed up to show support for the event, setting the stage for similar events in the future.



Spc. Pablo Gonzales (right), the light heavy weight champion from the 66th Eng. Co., 1-14th Inf., 2nd SBCT, 25th ID, squares off against Spc. Eric Greene, Co. C, 1-14th Inf., during the final bouts of the Golden Dragon Boxing Smoker.

The next event is scheduled for early August during the Week of the Warrior, when there will be another boxing smoker with competitors from all across 2nd Brigade.

20 / Saturday

“Grill Your Way Into Summer”

— Grill your own hamburger and hot dog, beginning at 5 p.m., at the Tropics Warrior Zone. Summer series event features volleyballs, horse-shoes, limbo and more. Call 655-5698.

“Spinning Into Summer”

— Late-night party, no cover, beginning at 8 p.m., features a DJ contest. Tropics Warrior Zone is an 18-and-older

facility. Call 655-5698.

23 / Tuesday

Youth Flag Football/Cheerleading Season — Registration ends July 23 at CYSS Registration offices for youth born from 1997-2008. Cost is \$55 per person for flag football and \$55 per person for cheerleading, or \$20 per person for cheerleading if applicant already has a uniform. Season runs Oct. 26-Dec. 21.

26 / Friday

Battalion-level Intramural Volleyball — 2013 tournament registration ends 4 p.m., July 26, for Aug. 5-9 tournament at Martinez Physical Fitness Center Gym. Registration opens for battalion-level and separate company-level, active duty Army, Reserve and Army National Guard units. Entries must be submitted to the Sports, Fitness and Aquatics Office, Bldg. 690. Call 655-0922/8678.

new exhibit honoring Pacific Aviation pioneers officially opens 3-4:30 p.m., July 13, Hangar 36. Free with paid museum admission. Call 441-1007, email SpecialEvents@PacificAviationMuseum.org or visit www.PacificAviationMuseum.org for tickets and information.

14 / Sunday

“Flutter: A Green Experience”

— Runs during center hours through July 14 as Pearlridge Center’s 16th annual free summer exhibit for families. The museum-quality display features a host of eco-friendly, hands-on educational activities, including a Butterfly Pavilion, Keiki Exploration Station and educational workshops.

Admission to the Butterfly Pavilion is 10 a.m.-8 p.m., Monday-Saturday, and 10 a.m.-6 p.m., Sunday. Cost is \$3; keiki under 8 are free with a paying adult.

“Cat on a Hot Tin Roof” — One of Tennessee Williams’s best-known works and winner of the Pulitzer Prize for drama, will run Thursday-Sunday, through July 14, at the Actors

Group Theater, Dole Cannery Square.

Military discount tickets, \$12. Make reservations at www.taghawaii.net or call 722-6941.

20 / Saturday

Prince Lot Hula Festival

— The largest noncompetitive hula event in Hawaii, 9 a.m.-4 p.m., July 20. Honors Prince Lot Kapuaiwa, who reprised the once forbidden hula in the district of Moanalua, at historic Moanalua Gardens. The event will feature both hula kahiko (ancient hula) and chant, and hula auana (modern hula) performances. Dancers will perform on one of the few remaining pa hula (hula mounds) in Hawaii. Visit www.moanaluagardensfoundation.org or call 839-5334.

21 / Sunday

Ukulele Festival — This 43rd annual event is the largest event of its kind in the world, 10 a.m.-4 p.m., Kapiolani Park Bandstand. Visit www.ukulelefestivalhawaii.org.

22 / Monday

Pet Microchipping — The Hawaiian Humane Society is team-

ing up with more than 20 veterinary clinics around Oahu to sponsor throughout July; \$10 microchip implants for dogs and cats. Call 946-2187 or visit www.hawaiianhumane.org.

23 / Tuesday

Wahiawa Lane Closure — The Hawaii Department of Transportation advises Oahu motorists of lane closures, 9 a.m.-2 p.m., July 23, on Kamehameha Highway in the south-bound direction between Whitmore Avenue and Kilani Avenue, for road resurfacing on the approaches to the Karsten Thot bridge, weather permitting. During this time, the north-bound lane will be contraflowed. Motorists are advised to allow for extra travel time.

24 / Thursday

Free Magic Classes — The International Brotherhood of Magicians hosts magic classes, 6 p.m., Kalihi-Palama Library. The fourth Thursday of every month features a free introductory class to the public. A different aspect of beginner’s magic is taught every month, except November and December. Contact www.hawaiimagicclub, or call 216-9672.

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.



The Purge

- (R)
- Fri., July 12, 7 p.m.
- Sat., July 13, 6 p.m.
- Thurs., July 18, 7 p.m.



The Internship

- (PG-13)
- Sat., July 13, 2 p.m.
- Sun., July 14, 2 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

Survivors unveil quilted remembrance of fallen

JACK WIERS
Pau Hana Editor

SCHOFIELD BARRACKS — Members from families of fallen warriors unveiled, for the first time, a quilted American flag honoring fallen warriors of the Hawaii and the Pacific region at the Fourth of July Spectacular celebration, here, July 4.

The 9-feet by17-feet quilted flag features pictures of fallen service members with Hawaii and Pacific ties, along with letters and stories written by family members or battle buddies.

The two-month assembling, sewing and quilting of the flag was described as a “labor of love” by Army Survivor Outreach Services’ participants and event organizer Elisabeth Olsen, family support officer, Army Community Service, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, and a mother and survivor of a fallen Soldier.

The meaning of the project for the many family members and friends was officially expressed with an accompanying displayed letter that shared the sentiments of the survivors, according to Olsen.



Wife Tia Briggs (left), along with daughters Mylia (center) and Chelsea (right) and son Kai, family of fallen Air Force Staff Sgt. Ray Briggs, points out their fallen Airman’s memorial squares — containing photos, patches and letters — on the SOS quilt flag after its unveiling, July 4 . (Photo by Lacey Justinger, U.S. Army Garrison-Hawaii Public Affairs)

“... It is with heavy hearts but great pride

that the families of America’s fallen service members have undertaken this flag quilt.

No one is truly gone, as long as one person remains who remembers them.

Through this labor of love, we endeavor to share our ohana with the rest of you, and to give you a chance to know our loved ones, their sacrifice, their love for our country, and to give you a chance to remember them alongside us.

It is through this quilt that we share their stories — not how they died, but how they lived.

On this special day, our nation’s birth-day, please join us in remembering, not so much the pain of loss, but of the love we shared with our fallen service member, and the love they shared for their country and for all of you.”

The commissioned letter was written by SOS member Paul Wessel, father of Spc. Kevin Wessel, who was killed in action April 19, 2004, in Iraq.

Family members, including many children, assisted in the creation and the official unfurling during the Fourth of July Spectacular event.

The Fort Shafter-based Survivor Outreach Services program assists families and friends of the fallen from all service branches.

The quilt is scheduled to be on display in the coming months at a number of locations around Oahu.

DeCA begins Internet ordering, curbside pickup

RICK BRINK
Defense Commissary Agency Public Affairs

FORT LEE, Va. — It’s called “CLICK2GO,” and commissary shoppers, here, were the first to buy groceries online and pick them up at the store curbside, Wednesday.

The Defense Commissary Agency is testing a new Internet-ordering and curbside pickup service, here, as it seeks to provide what commissary customers want and as it keeps pace with evolving shopping trends without driving-up operating costs, according to Joseph Jeu, DeCA director and CEO.

“Throughout its history, the commissary benefit has adapted to meet its customers’ needs, and we must not ignore the increasing use of online and smart phone technologies — what’s called e-commerce and m-commerce — as ways to provide the commissary benefit of the 21st century,” Jeu said.

CLICK2GO is a straightforward process. Authorized commissary shoppers access the system from DeCA’s website. Customers may select from a wide variety of commissary products offered online based on the store’s stock assortment. They shop online, check out and select an available pickup time. Customers go to the commissary curbside location at the designated pick-up time, and pick up and pay for the products they ordered.

CLICK2GO is being tested, here, first, followed later this year at two other stores — the commissaries at Travis Air Force Base, Calif., and Offutt Air Force Base, Neb., to iron out any operational glitches before the service is offered on a wider basis.

“We’re looking at everything from customers’ expectations to our ability to deliver such a service efficiently and effectively,” Jeu said. “This is all part of our commitment to understand our customers and deliver a 21st century commissary benefit.”



Shoppers may access the agency’s website for detailed information about the program, but briefly, here is how it works.

The Process

An authorized commissary customer logs on to DeCA’s website, www.commissaries.com, any time day or night, authenticates his or her identity, and then chooses from among nearly 21,000 items. It’s the full assortment of grocery or center-store items, and a refined assortment of the top-selling, random-weight items, such as fresh meat, deli and bakery items, and fresh seafood.

As the customer shops online, the virtual shopping basket is updated to reflect the items and prices.

At checkout, the customer selects a designated pickup time presented by the system. The pick-up time is at least four hours from the order time.

Once the order has been received at the commissary, a fulfillment worker will gather the items the customer has chosen in accordance to the scheduled pickup time.

The customer pays for the groceries at curbside without leaving their vehicle.

“Determining all the nuances and costs of this way to provide the commissary benefit are major goals of our test,” Russ said. “During the test, we’ll be learning and adapting, engaging our customers to shape the 21st century commissary.”

Commissary Online

Check out the latest news, find a store near you, see what’s on sale, create a shopping list, learn of food and product recalls, scan employment opportunities, read frequently asked questions and submit a customer comment form online through DeCA’s “Your Action Line” and more.

Visit www.commissaries.com.

Dog days ‘in tandem with ours’

In the fragile darkness of morning, birds chirp outside our bedroom window, heralding the start of another day.

I hear my husband snort, scratch, then hit a couple of buttons on his bedside clock to ward off the inevitable alarm bells.

My sports swatch emits a beep, but I slap my wrist to make it stop and curl onto my side, snuggling into my pillow. Just 10 more minutes.

From under the foot of our bed, comes an elongated yawn, beginning deep and low, and finishing with a high-pitched squeal and a few jaw-smacking clucks. It’s Dinghy, our aging labradoodle, whose 110-pound body clock is now considerably working in tandem with ours.

A bit of a late bloomer, Dinghy took his sweet time maturing, despite the fact that everyone told us that “dogs take two years to settle down.” We picked him out of a litter of fat pups on a farm in rural North Carolina in 2006, and named him Dinghy, an homage to our life as a Navy family.

Although a bit naughty — stealing socks, sampling toilet water and turning the backyard into Swiss cheese, Dinghy became our constant companion, comforting and entertaining us through deployments and permanent change of station moves.

Now, in his eighth year, Dinghy is technically as old as my husband and me, and we’re all showing our age. Like us, Dinghy no longer faces each day with unbridled enthusiasm and spontaneity, but instead, thrives on routine.

As we drag our weary bones out of bed and to the bathroom to wash and brush, Dinghy begins each day with his own morning self-cleaning ritual.

As a male dog, he starts with the unmentionable area that males find most important. Then, he comically turns himself into a pretzel in order to scratch inside his ears with his long awkward hind feet. Inevitably, he misses the first few times, haphazardly wrapping his neck and the back of his head, until he finally finds that sweet spot under his floppy ear. Without



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer



Dinghy, the Molinari family labradoodle, naps on the couch after a long day of duties. (Photo from Lisa Smith Molinari)

looking, we know he’s found it when we hear him grumble deeply as if to say, “Oh yea, that’s the ticket.”

Once done scratching, he cleans his paws in preparation for what is arguably one of the cutest things you’ll ever see. Alternating each enormous front foot, Dinghy wipes his own face over and over, and then, with paws daintily crossed, he licks them one last time.

Despite this elaborate cleaning ritual, Dinghy faces each day looking like a dirty bathroom rug, with shaggy legs and a perpetually dripping, foul-smelling beard.

Once downstairs, we pour coffee, as Dinghy slurps water from his nearby dish, waiting for the subtle signals that we’re ready to take him on a walk: putting on our shoes, filling a travel mug with coffee, grabbing his leash from the hook in the garage.

For that moment, he turns into an adolescent again, excited to experience the sights, sounds and flavors outside. Every morning, he marks the same trees, nibbles the same grass patches and makes his daily deposit conveniently close to the neighborhood pet waste bin.

Once home, Dinghy takes inventory of the family and then eats his breakfast. By the time he’s done, there’s a path of slimy drips and kibble shards trailing out of the laundry room.

Belly full, he licks his chops and belches, before finding a suitable spot to sleep the remainder of the day. Usually, he prefers to climb slowly onto the couch in the den and circle around for what seems like forever before lowering his body in one slow, groaning plop.

Other than a brief, frisky period when the

See DOG DAYS B-7

Furlough Closure
Hawaii commissaries, including the Schofield Commissary, are closed on Mondays for furlough.



Drew Brown (left), a guitarist for the band OneRepublic, tests out a gun at the engagement skills trainer during a visit to the Soldiers and family members of the 73rd Signal Company, 45th Sustainment Brigade, 8th Theater Sust. Command, July 3. (Photos by Spc. David Innes, 8th Theater Sustainment Command Public Affairs)

Music group OneRepublic samples training, taste of the Soldier life

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

SCHOFIELD BARRACKS — The music group OneRepublic received the rare opportunity to train like the Army, July 3, and to give back to their fans who give everything for their nation.

More than 100 Soldiers and family members of the 73rd Signal Company, 45th Sustainment Brigade, 8th Theater Sust. Command, as well as approximately 30 wounded warriors were on hand to meet, greet and train the band in a multitude of simulators and equipment.

“For us, it’s the very least we can do,” said Eddie Fisher, drummer and percussionist for OneRepublic. “You guys put your lives on the line for us every day. It’s an honor for us to be here with you.”

The band began its day by climbing inside two different Mine-Resistant Ambush Protected vehicles. Members were able to sit in the cargo hold, stand up in the gunner’s turret, and sit in the driver’s seat of both MRAP trucks.

Afterwards, the band members moved to the engagement skills trainer, a virtual simulator that provides realistic marksmanship and combat scenario training of the most common small arms, crew-served weapons, and individual anti-tank weapons in the Army inventory.

“This is the first time we have been able to do the simulators,” said Fisher. “That

was so awesome. We all thought it was really cool to shoot the guns in the torrents, but I couldn’t imagine trying to do it if people were actually shooting back.”

The band then watched service members use the Egress Training equipment. Egress Training is when a Soldier quickly and safely exits a vehicle that has been tipped over.

After a day of training, OneRepublic went to the dining facility to eat with the Soldiers and have a quick meet and greet.

“It’s pretty cool that we got a chance to sit down and meet the band one-on-one during lunch,” said Spc. Aaron Hagman,

the wheel vehicle mechanic with the 40th Quartermaster Co. “They were all really down to earth, and I think they enjoyed seeing a little glimpse of what we do on a regular basis.”

Many other Soldiers expressed their excitement, but it was the band members themselves who were the most humbled by their experience.

“I’m so proud of what you do on a daily basis,” said Fisher. “You guys are the most courageous men and women on the planet. It takes a special kind of person to be a part of this military. It takes more than muscles; it takes heart and courage.”



Zach Filkins, lead guitarist for the band OneRepublic, tests out the gun turret in an Army Mine-Resistant Ambush Protected vehicle during a visit to the Soldiers and family members of the 73rd Signal Co., 45th Sust. Bde., 8th TSC, July 3.

SDDC: Plan ahead

CONTINUED FROM B-1

chance you have to lock in your preferred move date.

- Be Flexible.* Since preferred pickup and delivery dates may not be available during peak season, flexibility is important, and building extra time into your schedule for unforeseen circumstances is recommended.
- Confirm Dates.* Once your move dates are requested, don’t assume they are set. Move dates are not confirmed until you coordinate with your Transportation Service Provider (the company contracted to do your move).
- Be Available.* Pack, pickup and delivery dates are usually scheduled on weekdays. You or your designated representative must be available between the hours of 8 a.m. and 5 p.m. You don’t want to miss your move dates as this will cause unnecessary hardship on everyone and possibly extra expenses for you.
- Know Your Weight Limits.* Have a good estimated weight of your personal property. A quick method for estimating your weight is to calculate 1,000 pounds per room.
- Pare Down.* Moving is a good time to dispose of unnecessary items. This paring down will help you avoid excess weight charges if your shipment is close to the authorized weight allowance. You don’t want to ship and pay for something you don’t want.
- Re-weigh.* You can request a re-weigh of your personal property shipment at no cost to you. This re-weighing is done when you are near or over your weight allowance.
- Separate Shipments.* If you are making more than one shipment, make sure you clearly separate them at your residence. Packing and loading for multiple shipments should be scheduled on separate days to avoid confusion.
- Direct Delivery.* If you have a delivery address for your personal property, it is important to work closely with your moving company to arrange delivery. and avoid your personal property being placed in temporary storage.

Resources

Find the “It’s Your Move,” “Shipping Your Privately Owned Vehicle” and “Storing Your POV” pamphlets at www.move.mil.

PETS: Plan for Fido

CONTINUED FROM B-1

limit the number of pets on each flight, whether they are flying with passengers or in cargo. Find out, as soon as possible, all shipping regulations specific to your airline, including those associated with cabin temperature, weight requirements and training.

- Crate-train your pet.* Long stays in a crate can spell trouble if your pet is not accustomed to being in an enclosed space for hours at a time. Introduce the crate slowly and allow a few months for your animal to adjust. Also, be sure your crate fits on the plane, is correctly labeled and has your name, your pet’s name and your destination address clearly written on it.

And, while you can never fully plan for everything during a PCS, taking the proper steps, now, to prepare your entire family for the big move will go a long way toward putting everyone, both two-legged and four-legged members, at ease.

4TH OF JULY SPECTACULAR



The sunset over the Wainane Mountain provides a picturesque backdrop as OneRepublic finishes its set. Following Siwitchfoot and OneRepublic, the 25th Infantry Division Band played the ‘1812 Overture’, with cannons, while state flags were presented. (Photo by Kayla Overton, U.S. Army Garrison-Hawaii Public Affairs)



Service members and families watch the unveiling of the Survivor Outreach Service's flag quilt at the 42nd annual 4th of July Spectacular, July 4. (Photo courtesy Directorate of Family and Morale, Welfare and Recreation)



Schofield Barracks' skyline sparkles during a 20-minute firework show, closing out the day's festivities with a bang. (Photo by Lacey Justinger, U.S. Army Garrison-Hawaii Public Affairs)



The 42nd annual 4th of July Spectacular offers military families a day filled with midway games and rides, including bouncy houses, bull riding, dunk tanks, swings, train rides and more. Service members, military families and Department of Defense civilians also enjoyed food trucks, bands and a military working dog demonstration during the Independence Day festivities. (Photo by Lacey Justinger, USAG-HI Public Affairs)

Barbecue, food safety merit extra summer attention

STEPHEN YAMADA
Tripler Army Medical Center

HONOLULU — Cooking outdoors was once only a summer activity, but now more than half of Americans say they are cooking outdoors year-round.

Such activities come with some hazards if not done properly.

The Centers for Disease Control and Prevention estimates that each year roughly 1 out of 6 Americans (or 48 million people) get sick, 128,000 are hospitalized and 3,000 die of food-borne diseases.

It's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing food-borne illnesses. Use these simple guidelines from the U.S. Department of Agriculture for grilling food safely.

From store to home
When shopping, buy cold food like meat and poultry last, right before checkout.

Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination, which can happen when raw meat or poultry juices drip on other food, put packages of raw meat and poultry into plastic bags.



Drive directly home from the grocery store to and place perishables in a cooler. (Courtesy photo)

meat that won't be used in one or two days; freeze other meat within four to five days.

Thaw safely
Completely thaw meat and poultry before grilling, so it cooks more evenly. Use the refrigerator for slow, safe thawing, or thaw sealed packages in cold water. For quicker thawing, you can microwave defrost if the food will be placed immediately on the grill.

Marinating
A marinade is a savory, acidic sauce in which a food is soaked to enrich its flavor or to tenderize it. Marinate food in the refrigerator, not on the counter.

Poultry and cubed meat or stew meat can be marinated up to two days. Beef, veal, pork and lamb roasts, chops and steaks may be marinated up to five days.

If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.



Marinate food in a refrigerator, not on a counter. Be careful about reusing marinade on raw and cooked food. (Courtesy photo)

Transporting
When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40 degrees or below. Pack food right from the refrigerator into the cooler immediately before leaving home.

Keep cold food cold
Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in.

Pack beverages in one cooler and perishables in a separate cooler.

Keep everything clean
Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean



Make sure to cook to recommended internal temperatures. (Courtesy photo)



To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Make sure to cook to recommended thoroughness. (Courtesy photo)

cloths and moist towelettes for cleaning surfaces and hands.

Precooking
Precooking food partially in the microwave, oven or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

Safe minimal internal temperatures
Whole poultry, poultry breasts, ground poultry should be 165 degrees; ground meats, 160 degrees; and beef, pork, lamb and veal (steaks, roasts and chops), 145 degrees. Allow to rest at least 3 minutes.

Cook thoroughly
Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature.

NEVER partially grill meat or poultry and finish cooking later.

Reheating
When reheating fully cooked meats like hot dogs, grill to 165 degrees or until steaming hot.

After cooking meat and poultry on the grill, keep it hot until served, at 140 degrees or warmer.

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200 degrees, in a chafing dish or slow cooker, or on a warming tray.

Serving food
When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

In hot weather (above 90 degrees), food should never sit out for more than one hour.

Leftovers
Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than two hours (or one hour if temperatures are above 90 degrees).

(Editor's note: Stephen Yamada is the Infection Control & Epidemiology Program manager, Department of Preventive Medicine, at TAMC.)



Discard any food left out more than two hours, or one hour if temperatures are above 90 degrees. (Courtesy photo)

Dog Days: A lifestyle

CONTINUED FROM B-3

kids get home from school, Dinghy's middle aged eat-walk-sleep routine continues late into the evening, when he follows us back upstairs for the night.

As my husband and I nestle into the well-worn spots in our bed, Dinghy plops down with one final groan as if to say, "Whew, these dogs'r barkin'."

As a Navy family still on the move after more than 20 years, we couldn't have said it better ourselves.

(Editor's note: A 20-year Navy spouse and mother of three, "The Meat and Potatoes of Life" appears in military and civilian newspapers and on "Stripes Military Moms" website, www.meatandpotatoesoflife.com; follow @MolinariWrites.)

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