



POHANG, South Korea — M1A1 Abrams tanks are staged for off-load on the deck of U.S. Army Logistics Support Vessel Lt. Gen. William B. Bunker off the shore of Pohang, Republic of Korea, April 19. The vehicles drove to shore from the LSV over an Army trident pier system. The tanks were off-loaded during Combined Joint Logistics Over the Shore 2013, a biennial exercise. The LSV-4 is a part of the U.S. Army's 163rd Transportation Detachment. (Photo by Cpl. Mark Stroud, III Marine Expeditionary Force, Marine Corps Installations Pacific)

8th TSC mariners highlight mission for Sec. of Army

SGT. 1ST CLASS MARY FERGUSON
8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — As Defense Department leaders continue implementing the nation's new defense strategy, Secretary of the Army John McHugh met recently with a unit playing a pivotal role in the Army's "shift to the Pacific."

Army mariners from the 8th Theater Sustainment Command shared the critical and unique roles Army watercraft play in the Pacific theater — and a bit of what life is like on an Army ship — while McHugh was onboard the U.S. Army Vessel LTG William B. Bunker, Tuesday.

"As we rebalance our efforts in the Pacific, it's capabilities like this — and the Soldiers who make them possible — that are critical to the United States Army and to the United States of America," McHugh said. "This vessel's self-sufficient crew enables a level of readiness and ma-

neuverability that enhances all operations in the Pacific, to include humanitarian assistance and disaster relief."

The U.S. Pacific Command area of responsibility stretches 9,000 miles. More than one third of the region's 36 nations are small islands, with the majority of the population living within 200 miles of the coast. Army Watercraft are a heavily used resource in moving personnel, equipment and supplies where they are needed, when they are needed, throughout the region.

"Over the water transportation enhances readiness and speeds our ability to deploy sizable amounts of personnel and equipment," McHugh said. "Combined with land and air platforms, these watercraft complete a triad of movement, delivery and distribution modes."

McHugh traveled the passageways of the vessel, visiting where the 31-member crew lives and handles every aspect of the ship's operation —



Chief Warrant Officer 4 Francis Lloyd briefs Secretary of the Army John McHugh on Army logistic support vessel Lt. Gen. William B. Bunker. (Photo by Petty Officer 1st Class Cynthia Clark)

from engine maintenance and safety to food service and medical needs.

"We're underway about 210 days a year," said Chief Warrant Officer 4 Francis Lloyd, the vessel's

commander. "About 80 percent of that involves transporting equipment and supplies to the Big Island (the island of Hawaii) for training exercises that enable combat readiness for Pacific units."

The Besson Class Logistics Support Vessel (LSV-4) belongs to the 45th Sustainment Brigade and is considered a lighterage vessel, which is a small craft designed to carry and deliver cargo from ship to shore. It is one of the Pacific's 26 Army watercraft assets stationed, here, and at Yokohama North Dock, Japan.

The group includes various types of vessels, tugs, a barge crane, a modular causeway system, and a Harbormaster Command and Control Center.

LSV-4 recently joined its Pacific counterparts in demonstrating its synchronized capabilities in action during Combined Joint Logistics Over

See LSV-4 A-4

3-7th FA helps make a teen's wish come true

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

SCHOFIELD BARRACKS — Soldiers from 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, joined forces with Make-A-Wish® Hawaii, Monday, to bring Ryan Steinbach's dream of experiencing the armed forces a reality.

The Jeffersonville, Ind., native, always wanted to be a part of the military in memory of his great grandfather.

"I want to be able to pay tribute to those who serve," said Steinbach. "My great grandfather ... was actually killed at Pearl Harbor. He served on the USS Arizona."

The prognosis

Steinbach said he knew he was going to visit Schofield Barracks, but not what he was about to experience.

"I thought I would only be having breakfast with you guys and hang out for a little bit," said Steinbach.

What he got was a full day of activities, some of them very few people have ever had the opportunity to experience.

Lt. Col. George Hammar, battalion commander, introduced Steinbach and his family at the morning formation.

"It's an honor to have you with us today," said Hammar.

Hammar continued by saying that what Steinbach has been through in his life truly represents what it takes to be a "Never Broken" family.

At the age of 8, Steinbach was diagnosed with multiple dystrophy in his legs and feet. He had to



Ryan Steinbach, a native of Jeffersonville, Ind., receives instruction before experiencing what it is like to use a simulated Mine Resistant Ambush Protected vehicle at the Training Support Center, Monday. The visit to Hawaii was part of Steinbach's wish, through Make-A-Wish Hawaii, to experience what it is like to be in the armed forces.

have major surgery on both feet.

After several months of physical therapy following surgeries, doctors told him he would never be the same again and would always have to wear full leg braces.

When he was 9, Steinbach was diagnosed with renal failure, which caused him to spend weeks

in the hospital receiving treatment. When he was 11, he had to be placed on hemodialysis because of a major staph infection. By 14, he would need a kidney transplant.

The wish

After formation, Steinbach and his family went to the dining facility to experience an Army breakfast.

"I was expecting it to taste like slosh, but the food was actually pretty good," said Steinbach.

With a full stomach, the family continued to visit Area X to get a closeup look at Soldiers conducting warrior training tasks.

That afternoon Steinbach, along with his younger brothers, got the opportunity to operate the Mine Resistant Ambush Protected vehicle simulator and the Engaged Skills Trainer, firing simulated weapons as if the three boys were in a giant video game.

"Shooting the guns was really cool; they were so realistic," said Steinbach. "The rocket launcher was the best."

As the day drew to an end, battalion Soldiers set up a towed howitzer in front of the battalion headquarters to let Steinbach fire a blank round to sound retreat.

To finish the day, 3-7th FA Regt. command presented Steinbach with a commemorative 105 mm casing and a certificate of appreciation, along with a shirt from each battery commander, in honor of his visit with the unit.

Webinar held for combat veterans

SGT. CHRIS HUDDLESTON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Returning from a deployment can be difficult for Soldiers and their families.

Being a parent and a Soldier add another dimension to the transition.

Army OneSource is making an effort to put information in the hands of veterans to help smooth the transition from the combat zone to the home front.

An informative webinar, hosted Tuesday, by Army OneSource provided combat veterans with information resources about post-deployment parenting.

The webinar focused on community programs geared toward helping the "invisible" children of combat veterans.

Sid Gardner, president of Children and Family Futures, said that these children are not eligible for Veterans Affairs services unless the parent is seriously disabled or homeless.

"These estimated 355,000 children are largely invisible to the VA and local services systems until their problems become severe enough to come to the attention of local agencies and their schools," said Gardner.



Army OneSource provides this information in an effort to increase awareness of the issues that families face when a parent returns from deployment and to mitigate the effects a deployment can have on the children of returning veterans.

The webinar also provides links to free, online, age-based veteran parenting toolkits. These toolkits provide information on child development, reconnection techniques and managing common behavioral challenges.

Video Presentation
For a recording of the presentation, visit www.aosresourcecenter.com and www.ouhsc.edu/VetParenting.



Ryan Steinbach (third from left) receives a commemorative 105 mm casing from Lt. Col. George Hammar, commander, 3-7th FA. The day of experiencing Soldier life was made possible through Make-A-Wish Hawaii.



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CAB couples connect through Strong Bonds

Story and photos by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade
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25th Infantry Division

HONOLULU — Married couples of the 25th Combat Aviation Brigade, 25th Infantry Division, attended a recent Strong Bonds marriage retreat in Hon-

olulu to explore elements that make a good marriage.

The retreat brought couples to a relaxed environment to focus on creating strong connections with each other.

“This retreat was a great opportunity for us to explore more depths of our marriage,” said Sgt. Jacqueline Garza, a communications and network noncom-

missioned officer assigned to Headquarters and Headquarters Company, 25th CAB, originally from Tampa, Fla. “When you are home, you think about everyday life; here, you focus on your relationship with your spouse.”

The first topic covered was the “Five Love Languages” in which the couples discovered the different types of giving and receiving affection.

After the “Five Love Languages,” Chaplain (Lt. Col.) Eric Jackson, Family Life chaplain, 25th CAB, discussed hidden issues and solving problems in marriages. Jackson presented the couples with various communication skills needed to address hidden issues in marriages.

“One of the biggest obstacles in a marriage is communication,” said Chaplain (Capt.) Mike Derienzo, 2nd Squadron, 6th Cavalry Regiment, 25th CAB. “We give them the skills to work through a myriad of problems. Once Army spouses can understand each other, the better they can come to a resolution.”

One communication technique covered was the speaker-listener technique. This technique allows one person to express to a partner and have the partner repeat what was said. To better convey this technique, the couples performed a role-playing session on how the technique is used.



Sgt. Mathew Gray and his wife Minerva fill out a questionnaire on the “Five Love Languages” while attending the 25th CAB Strong Bonds Marriage Retreat.

“Seeing what other couples are going through and listening to how they cope with situations gives us a better insight on how things can be handled differently,” said Garza. “The role playing sessions of five love languages and speaker-listener technique shed light on how individuals interpret love. The main thing is to remember we are different people, and we need to learn how to work together as different people to achieve the same goal.”

Child care was provided for the couples to allow the parents to focus on the Strong Bonds classes and to give the parents a few hours together in the evening without the children, if desired.

BACKTObASICS

Upholding standards is responsibility of leaders

SGT. MAJ. EDWARD RODRIGUES JR.
100th Battalion, 442nd Infantry Regiment
9th Mission Support Command

Shortly after assuming his post as Sergeant Major of the Army, Raymond Chandler challenged the Non-commissioned Officer Corps to get “back to basics.”

Since issuing that challenge, volumes have been written by legions of senior NCOs about what back to basics means and how to get back to a point where basics are routine.

There is a saying that has become so colloquial that it defies attribution: “Do routine things routinely.” My point here is that if we do not enforce and execute simple basic standards, then as leaders, we are failing our Army, our Soldiers and ourselves.

What excuse can we possibly make for not enforcing the standards? During a visit to the Army’s Sergeants Major Academy, Chandler proffered to stop blaming the war for discipline problems in the ranks.

Truly, the greater part of an Army generation has grown up in a time of persistent conflict. However, this fact is not an excuse for a decline in discipline.



Rodrigues Jr.

The ground truth is persistent conflict has taken a toll on standards and discipline. This fact is inexcusable.

In times of conflict, discipline is all the more paramount. It is directly tied to mission accomplishment and survivability on the battlefield.

Our conventional force can ill afford to allow standards to slip. I emphasize conventional force because unconventional forces, i.e., special operations, are generally comprised of more senior and seasoned Soldiers who operate under a different set of environmental circumstances. Our conventional force, which experiences the constant flow of new, young Soldiers, must maintain itself by the virtues and attributes attained only through the intelligent and savvy upholding of standards by all leaders.

Upholding standards is a two-way responsibility. The obligation of leaders to regularly counsel their Soldiers is nonnegotiable. The responsibility of junior Soldiers to energetically and proudly adhere to standards is not only required, but should be expected.

A disturbing trend I’ve noticed over the last few years is for some Soldiers to take offense to an on-the-spot correction, no matter how gently or gingerly it is done. At times, leaders of these Soldiers will run to their side to defend their feelings when they ought to be reinforcing the standard.

Leaders must not back down in the face of this type

FiTSTEPS in FAITH

Life for Olympian Wilma Rudolph didn’t start out fair

World’s fastest had difficult start

CHAPLAIN (CAPT.) SAM OLMOS
30th Signal Battalion, 516th Signal Brigade
311th Signal Command

“It’s not fair!” protests the 5-year-old.
“Life isn’t fair,” her mother responds.

Maybe you remember your own mother telling you that life isn’t fair and struggling at how uncool that came across.

Often, life is not fair and such teaching is not realistically preparing our young people for its challenges.

Self-help author Dennis Wholey wrote, “Expecting the world to treat you fairly because you are a good person is a little like expecting a bull not to attack you because you are a vegetarian.”

Life certainly wasn’t fair to Wilma Rudolph, who was born premature at 4.5 pounds in 1940. At the age of 4, she contracted infantile paralysis that caused her leg and foot to become twisted, requiring her to wear a leg brace until the age of 9. For the next couple of years, she wore orthopedic shoes, but incredibly, by the

age of 12, she had become handicap free.

Once free to run, Wilma never looked back. At her first opportunity, she joined the high school basketball team, like her older sister, and set records for scoring. As a sophomore in high school, she was spotted by Tennessee State track and field coach Ed Temple and raced in the summer program with the “Tigerbelles.” Six years later, at the 1960 Olympics in Rome, Wilma Rudolph, the once brace-wearing, prematurely born, disabled child, won three Olympic Gold Medals!

She earned the title as the world’s fastest woman. Not only was the early physical life of this champion not fair, but her accomplishments were done during the challenging civil rights era at a time when black women were not encouraged to excel at such things.

Jesus once told a parable about a vineyard owner



Olmos

(representing God) who hired three separate groups of men — one in the morning, one at noon and one only an hour before quitting time — yet paid them all the same. The ones hired in the morning complained that it was only fair they should get more, but the owner gently replied, “I paid you our agreed price, and it’s my right to pay others what I likewise agreed for them.”

Perhaps you feel like life and God have not been fair to you. Whatever you’ve been given, God intends for you to use it to the best of your abilities. We can spend our time complaining about what we do not have or how unfair life has been to us, or we can be thankful for the things we do have and make the best of them.

Wilma Rudolph could have spent the remainder of her teenage years complaining about how life had dealt her an unfair hand. Instead, she took what was given to her, invested her talents and came out a champion.

I encourage you to take what you’ve been given, great or small, and invest it into something meaningful and productive. This method is what pleases God and what will make your life worth living.

Voices of Ohana

With temperatures soaring, we want to know:
How do you beat the summer heat?
Photos by Tripler Army Medical Center Public Affairs.



“Stay indoors with the a/c on.”

John Berry
Records manager, TAMC



“By visiting the beach with a picnic lunch with my daughter, and enjoying the sunshine.”

Staff Sgt. Jennifer Lloyd
Plans and operations NCO, PTMS, TAMC



“Stand in shade.”

Maj. Chris Morris
Chaplain, TAMC



“Drink water!”

Lt. Col. Robin Neumeier
OBGYN product line chief, TAMC



“Wear cool clothing (the synthetic stuff), sunscreen, sunglasses, and take breaks and stay in the shade.”

1st Lt. Matt Tullia
Chief, PTMS, TAMC

Hagel details Defense ‘Plan B,’ if sequestration continues

JIM GARAMONE
American Forces Press Service

WASHINGTON — If sequestration continues into fiscal year 2014, the Defense Department will be forced to consider involuntary reductions in force for the civilian workforce, draconian cuts to military personnel accounts and a virtual halt to military modernization, Defense Secretary Chuck Hagel said in a letter to Senate leaders, July 10.

The senators had requested detailed information on how continued sequestration could affect the military.

In the letter, Hagel detailed the “Plan B” the department must confront if Congress does not pass legislation that averts sequestration in fiscal 2014. If the process continues, DOD will be forced to cut \$52 billion more from the budget that year.

Hagel stressed in the letter that he fully supports President Barack Obama’s fiscal 2014 budget request and noted that if sequestration remains in

effect, “the size, readiness and technological superiority of our military will be reduced, placing at much greater risk the country’s ability to meet our current national security commitments.”

Congress gave DOD some flexibility to handle the cuts needed for fiscal 2013, but more than 650,000 DOD civilians must still be furloughed without pay for 11 days. However, the cuts in 2014 are too great even for flexibility within accounts to handle.

DOD hopes to avoid furloughs in 2014, the defense secretary said, but if sequestration remains in effect, “DOD will have to consider involuntary reductions in force to reduce civilian personnel costs.”

Readiness has already been diminished this year, Hagel said, and it will continue to decline if sequestration continues in 2014. Hiring freezes will also continue and maintenance funds will further erode, he added.

If the sequestration mechanism is applied to military personnel fund-

ing, “DOD could accommodate the required reductions only by putting into place an extremely severe package of military personnel actions, including halting all accessions, ending all permanent change of station moves, stopping discretionary bonuses and freezing all promotions,” Hagel wrote.

He called on Congress to work with the department to avoid sequestration in fiscal 2014 and to approve the president’s defense budget request.

The president’s budget request slows military pay raises and raises fees for some military retiree’s health care. It also looks to retire older Air Force and Navy assets and calls for a new base realignment and closure program.

“If the cuts continue, the department will have to make sharp cuts with far-reaching consequences, including limiting combat power, reducing readiness and undermining the national security interests of the United States,” Hagel said.

PROMOTING MOM



HONOLULU — Three year-old Veronica “promotes” her mom, Deaundra Dotson, to Sgt. 1st Class , during a predawn promotion ceremony atop Koko Head Crater, recently. Dotson is noncommissioned officer in charge, Human Resource Directorate, U.S. Army Reserve Theater Support Group, 9th Mission Support Command. (Photo by Sgt. 1st Class John Lopez, U.S. Army Reserve Theater Support Group, 9th Mission Support Command)

SecDef announces 20 percent cuts to HQ staffs by 2019

KAREN PARRISH
American Forces Press Service

WASHINGTON — Pentagon leaders will reduce their staffs by 20 percent as the Defense Department works to craft a strategy-based spending plan that accounts for likely future spending cuts, Defense Secretary Chuck Hagel said Tuesday.

Speaking to reporters at Naval Air Station Jacksonville, in Florida, during a three-day visit to military installations in the Southeast, Hagel said his office and those of the chairman of the Joint Chiefs of Staff and the service chiefs will cut headquarters staffs by one-fifth from 2015 to 2019.

Pentagon Press Secretary George Little said in a written statement, Tuesday, that total savings from the reduced staffing could reach \$1.5-2 billion.

“Secretary Hagel’s announcement is based on the work of the Strategic Choices and Management Review, which scrutinized the department’s



NAVAL AIR STATION JACKSONVILLE, Fla. — Secretary of Defense Chuck Hagel (second from right) listens to members of Patrol Squadron 30 inside a P-8 aircraft during a visit, here, July 16. During his visit, Hagel announced that funding to the top DOD staffs will be cut by 20 percent, to take effect from 2015-2019. (Photo by Glenn Fawcett)

spending priorities and determined that these headquarters reductions should be pursued now, regardless of

future fiscal circumstances,” Little said. “These cuts will be implemented even if Congress lifts sequester-level bud-

get caps.”

In meetings with service members and civilians throughout his travels this week, the secretary has stressed that defense leaders are planning for the full range of sequester cuts that could total \$500 billion in defense spending reductions over a decade.

“Uncertainty is a tremendous enemy for all of us, for obvious reasons,” Hagel said. “I’ve got to prepare this institution and our people for the facts of life and the reality as it is and the law that is now in place.”

Hagel said his major objective for the review the department conducted earlier this year was to prepare for probable future cuts. In a letter to the Senate last week, the secretary outlined possible force cuts and civilian reductions in force that may ensue if sequester remains in place beyond the current fiscal year.

The secretary noted that reducing defense spending in postwar periods is

normal.

“In our history, we’ve had to go through this three or four times since World War II,” Hagel said. “The difference now is more uncertainty and the reality that we’re facing a steeper, deeper, more abrupt cut than probably ever before.”

Responding to a question about the reaction of defense civilians he’s spoken with, many of whom are now furloughed one day per week, Hagel said, “I don’t like to come out and tell people that they’re going to lose 20 percent of their pay. ... There’s nothing good about that.”

The secretary added that he feels it’s important to explain what led to the furlough decision, and to give employees an opportunity to ask questions.

“And I told them I hope we can do better,” Hagel said. “But I’m in a situation that we’re all in, and I’ve got to deal with what I’ve got to deal with.”

Standards review

1st in Soldier 2020

SPC. LEON COOK
Army News Service

JOINT BASE LEWIS-McCHORD, Wash. — The Army’s senior enlisted leader, Sergeant Major of the Army Raymond Chandler III, met with senior noncommissioned officers, here, to outline the direction the service is taking as it transitions.

As part of a Department of Defense requirement, the Army announced its “Soldier 2020” plan that describes how it will open up all the remaining combat arms career fields to qualified female Soldiers.

Part of the plan includes development of gender-neutral standards for every military occupational specialty. These new standards will aid leadership in selecting the most qualified Soldiers for any job, regardless of gender, Chandler said.

The new gender-neutral standards should be implemented by 2016, according to the Soldier 2020 plan.

A precursor to the development of these standards is the Training and Doctrine Command review of current standards for each military occupational specialty, which Chandler said has not been done for some career fields since the 1970s.

“Many of our standards are outdated and very old. What we’re doing now is looking at the physical requirements for any person, male or female, to serve in an MOS, and once the revised standard is implemented, that will be the standard for anyone to serve in that MOS.”

Chandler said this method allows the Army to better “manage talent and make sure that talent is best applied to the positions where it can best serve the Army and its needs.”

“As we move to a smaller force ... the demand to deploy, fight and win our nation’s wars is still very

high. We need to manage the available talent pool to the best of our ability. This is about maximizing an individual’s ability to serve in our Army the best they can so that we’re more effective and efficient,” Chandler said.

After addressing the audience, Chandler answered questions about the policy change, including one about misconceptions.

“There’s a misconception that female Soldiers won’t have to meet the same standards as male Soldiers or that we’re going to lower standards. That’s just not the case,” Chandler said. “This is about one standard applied equally across the force.”

Chandler acknowledged, however, that this change won’t, and shouldn’t, happen overnight.

“We are doing this deliberately and incrementally,” he said, noting that conducting needed surveys and developing policies and procedures takes time.

“The first and largest obstacle the Army must overcome for integration is the culture,” Chandler said. “There is still a perception in some parts of the Army that female Soldiers won’t be able to do the same things as their male counterparts, or that we won’t be as successful if we have them in combat arms organizations. I think the people saying these things are a vocal minority.”

“Female Soldiers have bled and died and sacrificed the same as men have for the past 12 years in this long war,” Chandler said. “If they can meet the requirements to be an infantryman or an armored crewman or an engineer or a field artilleryman, then so be it. We’ll be a better Army for it.”

(Editor’s note: Cook works with the 20th Public Affairs Detachment.)

LSV-4: Army ship delivers

CONTINUED FROM A-1

the Shore 13, the largest joint/combined exercise conducted in the Pacific theater in 20 years.

“Logistics over the shore is the process of loading and unloading ships without the benefit of deep draft-capable, fixed port facilities,” explained Chief Warrant Officer 4 Justin Trenary, an 8th TSC Army mariner and expert in Army watercraft capabilities. “CJLOTS 13 provided a joint/combined validation of that process on the shores of Dogu Beach, South Korea.”

During the exercise, more than 2,400 personnel and equipment from five services representing two

nations were guided by the Harbor Master Command and Control Center as they built a modular causeway system, dug a landing site and stabbed the beach with a 1,200 foot pier. The LSV-4 then transported cargo from the USNS Bobo directly to the pier for movement to the beach.

“This enhances the Army’s expeditionary capabilities,” McHugh said, “and like the Soldiers, here, it is a great asset providing tremendous flexibility and endurance for operations in the Pacific.

“It also validates something I’ve long believed,” he continued, “that some of our nation’s best Sailors are Soldiers.”

COMBAT PATCHES



MARZAR-E SHARIF, Afghanistan — Command Sgt. Maj. Marco Torres (front, right), senior enlisted leader, 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, congratulates Pfc. Thomas Adams (front, left), 524th CSSB, 45th SB, 8th TSC, for being selected as among the first members of Task Force Hannibal to receive the 45th SB combat patch as Lt. Col. James Droppleman (back, right), commander, 524th CSSB, 45th SB, 8th TSC, pins the patch onto fellow recipient Spc. Peter Vega, 524th CSSB, 45th SB, 8th TSC, during a ceremony at Camp Marmal, here, Saturday. (Photos by Capt. Jerry Garner, 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command)



Soldiers from the 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, proudly display the 45th SB combat patch they received from the battlaion’s commander and command sergeant major during a patching ceremony at Camp Marmal, here, Saturday. Pictured (from left) are Pfc. Thomas Adams, Spc. Peter Vega, Sgt. Latrice Gillespie and 1st Lt. David Perez.

We Recycle

Did you know that when you recycle, the Garrison earns money?

This year the Army Recycling Program was able to donate \$100,000 for the 4th of July event! **Keep recycling!**



‘Bulls’ of Battery B pull two-ton howitzers for PT

Story and photo by
2ND LT. DANIEL SIMMONS
3rd Battalion, 7th Field Artillery Regiment
3rd Brigade Combat Team, 25th Infantry Division

SCHOFIELD BARRACKS — The Battery B “Bulls” of the 3rd Battalion, 7th Field Artillery Regiment, epitomized the slogan “train like you fight,” as they ran down Trimble Road, July 9, while towing 105 mm howitzers and a fire direction center (FDC) trailer.

Fully immersing themselves into physical training like no other unit, the Bulls received many double takes and cheers as they ran and were cheered on by other Schofield Soldiers during PT hours.

One of the comments overheard from other Soldiers out for a run was “that’s real PT.”

The intent behind the training was to give Btry. B a feel for what would be required if the unit found itself conducting an expeditionary air movement.

What if battery personnel had to move from a runway to a suitable firing position and needed to work by the sweat of their brows to reach it? By doing so, the task would also examine if the battery was mentally willing to meet the task and the many other potential challenges it could face.

The Bulls resolved and rallied together to complete the task of muscling the guns and trailer, along with the howitzers’ base plates and the rest of the battery’s equipment, needed in order to conduct fire missions.

Putting their mettle to the test, the Bulls first staged five two-ton howitzers and the FDC at Quad E by 6 a.m.

With fervor, the Soldiers took off from their starting line like bulls that had been unleashed into the streets of Pamplona, Spain. They simultaneously taunted and cheered each other on as



“Bulls” with Btry. B, 3rd Bn., 7th FA, 3rd BCT, 25th ID, show their determination as they tow a 105 mm howitzer as part of physical training, July 9. In addition to the big guns, the Bulls pulled a fire direction center trailer and other equipment necessary to conduct battery fire missions.

they raced to be the first back.

The route ran up Trimble Road and turned around where it met Beaver Road, trailed by a safety humvee. The total run distance equaled 4.8 miles, and all six teams returned their load to

the starting point.

Congratulations went out among the Soldiers for the hard sweat and effort all put into the howitzer pull. The Bulls displayed the tenacity that it would take to not only take the fight to the ene-

my, but to finish the fight as well.

When a vision reaches paper “and then manifests in sweat, strained muscles and smiles, it’s awesome,” said Capt. Edward Harrison, commander, Btry B.



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

Today

ROTC — Army JROTC instructor wanted on the Big Island. Must be Army E7-E9 and retired within three years, with no exceptions. Call 808-327-4300, ext. 2272.

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.

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 will retire after 27 years of service. Call 656-6420.

HMR — A power outage will close portions of the Helemano Military Reservation physical fitness center, 10 a.m.-12 p.m. Normal operations will resume after the power is restored. Call 653-0719

Lane Closure — The

southbound direction of Kamehameha Highway between Whitmore Avenue and Kilani Avenue in Wahiawa will be closed 9 a.m. to 2 p.m. for road resurfacing on the approaches to the Karsten Thot bridge. During this time, the northbound lane will be contraflowed. Motorists are advised to allow for extra travel time.

29 / Monday

AMR — Today and July 30, lanes will be closed on Aliamanu Military Reservation on Aliamanu Drive at the intersection of Kukui Drive (at the intersection of Hibiscus Street) and on Kukui Drive (near Halawa View Loop), 8 a.m.-4 p.m. Call 655-7393.

August

10 / Saturday

Major Power Outage —

An electrical outage affecting all of Wheeler and East Range is scheduled 7 a.m.-4 p.m. Call 656-3065.

PAU HANA

“When work is finished.”
FRIDAY, July 19, 2013

www.hawaiiarmyweekly.com

FIELDS OF DREAMS



Three softball fields comprise the centerpiece of the newly renovated Stoneman Multi-Purpose Athletic Complex. The Family and Morale, Welfare and Recreation facility will support a variety of intramural activities (Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)

A revamped Stoneman Athletic Complex opens for play

SARAH PACHECO

Staff Writer

SCHOFIELD BARRACKS — Sports fanatics, young and old, are familiar with the 1989 classic “Field of Dreams.” The baseball flick is an essential for their home theater collections and often ranks among their top five picks for greatest sports films ever made.

The reason for the film’s mass appeal isn’t in the action and spectacular plays — though seeing legendary figures like Shoeless Joe Jackson alive again is a dream come true for many — but in the game, the field and all the sights, smells, sounds that come with it.

“The one constant through all the years, Ray, has been baseball,” says the character Terrence Mann (James Earl Jones) in a conversation with Ray Kinsella (Kevin Costner).



Members of the 706th Explosive Ordnance Disposal Company play their archivals the 74th EOD, Tuesday night, in a game won by the 706th, 10-3. (Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)

“America has rolled by like an army of steamrollers,” Mann continues. “It has been erased like a blackboard, rebuilt and erased again, but baseball has marked the time. This field, this game, it’s a part of our past, Ray. It reminds us of all that once was good, and it could be again. Oh ... people will come, Ray. People will most definitely come.”

Mann’s sentiments, voiced in Jones’ smooth baritone, would have been a perfect compliment to the unveiling of the new Stoneman Multi-Purpose Athletic Complex, here, July 8.

For more than a year, construction crews and equipment had been the main players on the grassy expanse following demolition of Stoneman Softball Field, Gimlet Field and Stoneman Stadium in 2012. But after a grand opening and ribbon-cutting ceremony, the diamonds were abuzz again with teams to mark the beginning of the inaugural intramural softball games.

A brief rundown of the new complex’s stats include three softball fields, complete with high-tech Turface field surfacing and Musco lighting; a lighted soccer/football field hedged with a 400-meter rubber track; a fitness trail that runs about a mile in length around the perimeter of the complex, with eight workout stations interspaced along the entire route; and a concession stand and restrooms.

“There’s more variety for people to work out; we thought it would be a nice addition for people in the community,” said Ron Locklar, chief, Community Recreation Division; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

Sustainable features include LED lights as well as a pervious parking and drainage system that directs water back into the underground aquifer, all of which earned the complex a LEED (Leadership in Energy and Environmental Design) Silver certification from the U.S. Green Building Council.

“By doing certain things, you receive more points, and it speaks more to how ‘green’ your facility is,” Locklar said. “It goes LEED Platinum, Gold, Silver, Bronze, so LEED Silver means your facility is pretty environmentally strong.”

While functional, the new Stoneman complex also was designed with aesthetics in mind: Green fencing seamlessly blends with the surrounding neighborhood, and tropical plants, such as hibiscus and palms, lend a relaxed, park-like atmosphere to the landscape.

“In the plaza, we put in large trees that when they grow up will provide shade for people when they sit there and eat, and the way the hedges are set, when they grow in, they’ll hide cars,” Locklar said. “It looks much more like a park than it did before.”

reservations for the softball fields by contacting these personnel:
•Jimmy Burghart, 655-8678 or James.h.burghardt.naf@mail.mil, or
•Mike Kim, 655-0922 or Michael.e.kim.naf@mail.mil.



Col. Daniel Whitney (second from right), commander, U.S. Army Garrison-Hawaii, helps untie the maile lei to officially open the new Stoneman Multi-Purpose Athletic Complex, July 8. Also in attendance were (from left) Mary Himic, chief, Installation Management Command G-9; Brig. Gen. Todd McCaffrey, division deputy commander-support, 25th Infantry Division; and Michael Amarosa, director, Family and MWR, USAG-HI. (Photo courtesy Directorate of Family and Morale, Welfare and Recreation)

The Stoneman Athletic Complex is a nonappropriated fund (NAF) major construction project, meaning it was built without benefit of taxpayer dollars.

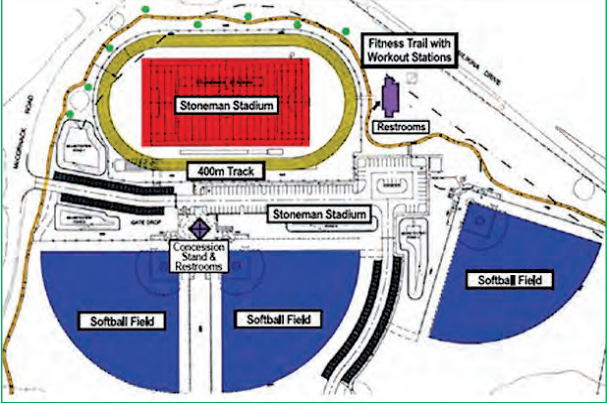
Planning began in 2008, with an original completion date of 2012; however, as the athletic complex is part of the historical Cambry neighborhood, Locklar explained that the updated design needed to fit within the context of 1920-1946.

“That’s the time frame that’s historical, so you want to keep the facility looking similar to that time period,” Locklar stated. “We worked with all the environmental groups — SHPO (State Historic Preservation Office), the Outdoor Circle and the Hawaiian Historical Society, and they have all praised this program and facility.”

“It was a real partnership in developing the area,” he added. “Ultimately, the product is something that we’re very pleased and proud about.”

The end result is a dynamic, practical, green space that Locklar believes will help the garrison better meet its mis-

sion to serve its Soldiers.
“They’re state-of-the-art fields, which give us a lot more flexibility,” Locklar said. “We can run larger and more full intramural programs, we can have more compacted league schedules, and the softball fields could be set up for soccer or football, so it gives us a lot more fields to run larger and/or shorter leagues that would fit better with Soldiers’ training and deployment cycles.
“As much as it can be, we got it right,” Locklar said.



The rendering above shows the layout of the new athletic complex. (Courtesy drawing)



The Stoneman soccer/football field offers multiple workout choices for Soldiers and family members, be it a friendly game of flag football or a leisurely stroll around the 400-meter track. (Photo by Jack Weirs, U.S. Army Garrison-Hawaii Public Affairs)



Briefs
Today

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

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 volleyball, horseshoes, 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.

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

24 / 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.
•Teen class, 2-3 p.m., \$25.
All supplies included; preregistration required. Call 655-4202.

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.

•South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.
•North meetings, 2 p.m., 1st and 3rd Wednesday, Tropics Warrior Zone.
Call 655-1130.

JUNIOR OLYMPICS



HONOLULU — Jordan Edwards (No. 3723), age 8, and son of Master Sgt. Esrun Edwards, Headquarters and Headquarters Company, 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th Infantry Division, sprints ahead of the pack for a first-place finish in the 200 meter dash during the 2013 USA Track & Field Hawaii Junior Olympic Championships at the University of Hawaii, Saturday. Also completing the race for a third-place victory is Xzavier King (No. 3725), 8, and son of Jennifer King, a civilian employee with Medical Command, Tripler Army Medical Center. (Photos by Jason Borean, Jason Borean Images)



Parrish Borean, age 10, and son of Sgt. Jason Borean, U.S. Pacific Command, crosses the finish line for second place in the 400 meter dash during the 2013 USA Track & Field Hawaii Junior Olympic Championships, Saturday.

25 / Thursday

Clay Hand Building Workshop — Learn to work with clay from the experts at the SB Arts and Crafts Center, 1-3 p.m., Thursdays. Initial session is \$25; additional sessions are \$5. Call 655-4202 for preregistration.

Army Community Service Birthday — The festivities begin, 1 p.m., at the Schofield ACS building with a short ceremony unveiling the completed ACS historical wall. All ACS locations will be hosting celebrations with refreshments from 1-3 p.m. Call 655-4227.

26 / Friday

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food, 11 a.m.-1 p.m., every last Friday of the month at SB Kolekole Bar & Grill (655-4466) and at FS Mulligan’s Bar & Grill (438-1974). Cost is \$14.95.

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.

August
3 / Saturday

Ladies Golf Clinic — Ladies can experience a free 30-minute golf lesson from PGA professionals. By appointment only, call 655-4653.

9 / Friday

FS Right Arm Night — Enjoy “End Of Summer” beginning at 4 p.m. at the Hale Ikena. Tickets are \$5 in ad-

vance or \$8 at the door; on sale at the Hale Ikena. Call 438-1974.

Ongoing

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

New SKIES Unlimited AMR Studio — Now open and offering classes in Lil Ninjas, Kenpo Karate, Rock School, Beginner Dance, Intermediate Dance, Hip Hop and Hula at the AMR SKIES Studio. Call 655-9818 or visit www.himwr.com.

Youth Sports Volunteer Coaches — Serve as a positive role model by participating in the Youth Sports program. Call 836-1923.

August
3 / Saturday

Garden Open House — Board of Water Supply and the Friends of Halawa Xeriscape Garden host the 25th annual Halawa Xeriscape Garden Open House and Unthirsty Plant Sale, 9 a.m.-3 p.m., Aug. 3, in Halawa Valley’s Central Park Industrial Area.

5 / Monday

Photography Competition — The Waikiki Aquarium invites amateur and professional photographers ages 18 and older to compete for a chance to be featured in the 2014 Aquarium Calendar. Entries will be accepted through the Aquarium’s Facebook page until Aug. 5. Visit www.waquarium.com.

community
Calendar

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

Today

Army Hawaii Ten-Miler Qualifier — Entry submission is now through 4 p.m., July 24, for active duty Soldiers only, at the FMWR Sports, Fitness and Aquatics office. The 6:30 a.m., July 27, race is the qualifier for the Army Ten Miler, Oct. 20, in Washington, D.C.
Contact Mike Kim, 655-0922 or michael.e.kim.naf@gmail.mil.

Orchid Society Show — Annual show, 9 a.m.-5 p.m. Friday and Saturday, 9 a.m.-3 p.m., Sunday at Ewa Elementary School, 91-1280 Renton Rd. Includes a plant sale.

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.moanaluangardensfoundation.org or call 839-5334.

Ready2React — Emergency preparedness event, 10 a.m.-2 p.m., July 20, at Pearlridge Center. City, state, federal and military first-responders offer advice about how to react for any emergency or disaster on Oahu.

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.

Sesame Street — Sesame Street’s “Can’t Stop Singing” ends its run of performances, July 21, at the Blaisdell Concert Hall. Tickets range from \$12-\$28 and can be purchased at the Blaisdell box office, all Ticket-

master Outlets, online at www.ticketmaster.com or by phone at (800) 745-3000. Visit www.sesamestreetlive.com.

22 / Monday

Pet Microchipping — The Hawaiian Humane Society is teaming 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 southbound direction between Whitmore Avenue and Kilani Avenue, for road resurfacing on the approaches to the Karsten Thot bridge, weather permitting.

During this time, the northbound lane will be contraflowed. Motorists are advised to allow for extra travel time.

24 / Thursday

Free Magic Classes — The In-

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

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

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)

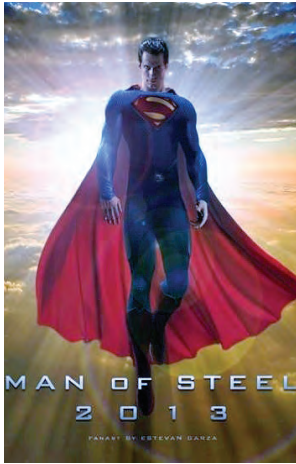
•Friday, 7 p.m. at MPC Annex Room 232

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.



Man of Steel

(PG-13)
Fri., July 19, 7 p.m.
Sat., July 20, 2 p.m.
Sun., July 21, 2 p.m.



This is the End

(R)
Sat., July 20, 6 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Army Community Service honors 48-year history

FERNE CONROY

Army Community Service
Directorate of Family and Morale,
Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — For generations, Army spouses have operated lending closets and thrift shops, raised funds to help the needy, assisted in emergencies, taught and trained the inexperienced, provided care and comfort to the ill and bereaved, and, through a grassroots understanding of the Army community, contributed significantly to its stability.



Army Community Service volunteers receive service pins and uniforms in this photo from Dec. 11, 1958. (Photo by Spc. John Schoenhoff, U.S. Army Photo Pictorial Branch, Fort Shafter)

An adverse effect of volunteer Army spouses running these social service programs had been that the programs often disappeared or stagnated when their originators transferred or were no longer associated with the service.

Now, celebrating a 48th birthday on July 25th, Army Community Service (ACS) has been designed to create continuity and provide a framework for the operation of a viable system of social services within the Army community.

An important resource for Soldiers and their families who were having financial difficulties began in the 1940s as the Army Emergency Relief (AER). Funded by donations of the American public and proceeds of the Irving Berlin Broadway hit “This is the Army,” AER offices were located at Army posts throughout the United States. This organization, through an interesting coincidence, provided the framework for the development of ACS more than 20 years later.

Lt. Col. Emma M. Baird was assigned to AER and Personnel Affairs Offices as the allowance and allotment officer. This experience formed the insights she would use when planning the structure and organization of a “Family Services Program,” which would eventually become ACS.

July 25, 1965, Gen. Harold K. Johnson, Army Chief of Staff, dispatched a letter to all commanders announcing the approval and establishment of

ACS. By 1967, the majority of continental U.S. installations had initiated ACS centers, and by 1969, 155 ACS centers and points of contact were established Armywide.

From the initiation of ACS, and throughout its history, its volunteers (primarily Army spouses) have ensured the success and support of ACS programs. One Army spouse who made many notable contributions to ACS was Joanne Patton, wife of Gen. George S. Patton.

Joanne was appointed as ACS volunteer consultant to the Department of the Army in 1980. In this role, she helped to achieve meaningful assistance from ACS in order to meet the needs of exceptional family members.

In 1978, a revised regulation incorporated the Army Child Advocacy Program (ACAP) into ACS; established the Army Child Support Services Program; incorporated standards for child health and safety protection at military facilities offering temporary care for children; established criteria for financial support; and established program requirements, personnel

ACS Resources

ACS continues to grow and evolve to meet the ever-changing needs of the global Army family.

Core programs and services have grown to include these:

- Army Family Action Plan,
- Army Family Team Building,
- Army OneSource,
- Army Volunteer Corps,
- Exceptional Family Member,

functions and duties.

New programs that focused on areas, such as budget counseling and debt liquidation, relocation assistance and an information program were also introduced at many ACS centers.

In 1982, the Family Advocacy and the Family Member Employment Assistance programs were officially established, and in 1988, the Relocation Assistance Program was officially rooted.

A Memorial Award for Outstanding Volunteers was created to honor Baird. Since 1988, the award has been presented to volunteers who have demonstrated extraordinary dedication and service to ACS.

Today, ACS supports the Armed Forces Generation (ARFORGEN) cycle through Soldier and Family Assistance centers, Soldier Readiness Processing, Operation READY, mobilization and deployment support to family readiness groups and rear detachments, and Military and Family Life Consultants.

- Family Advocacy,
- Financial Readiness,
- Information and Referral,
- New Parent Support,
- Relocation Readiness,
- Sexual Assault and Response,
- Soldier and Family Assistance Center,
- Spouse Employment,
- Survivor Outreach Services,
- Transitional Compensation, and
- Victim Advocacy.

State DOE overhauls website to improve communications

**HAWAII STATE
DEPARTMENT OF EDUCATION**

News Release

HONOLULU — The Hawaii State Department of Education (DOE) has launched HawaiiPublicSchools.org, a redesigned website to better serve parents, students, teachers, staff and the broader public.

The website overhaul was one of the specific targets of focus outlined in the DOE and Board of Education’s 2011-2018 Strategic Plan. The new site took nearly a year of research and public and staff input.

“We made a dedicated effort to ensure parents and students could easily access informa-

tion and increase transparency of our reporting systems,” said Superintendent Kathryn Matayoshi. “In today’s technological world, we strive to better communicate the excellence and transformation occurring in our public school system. Our new website also allows for a stronger connection with our communities.”

HawaiiPublicSchools.org is a key component of the Department’s communications and community engagement plan to inform the community about Hawaii’s public schools. The website covers everything from educational initiatives and reform to school-level data and college- and career-readiness efforts, as well as programs supporting student life and health

and opportunities for the community to contribute to public education.

Equipped with multimedia elements, such as videos and photo galleries, the website includes a “Success Stories” section showcasing achievements of schools, students, staff, partners and volunteers. A redesigned “Employment” section is available for those interested in working for the 25,000-strong Department.

The DOE invested \$1.7 million of federal “Race to the Top” funds to build its new website. The funds will also be used to develop an employee intranet, set to launch in the fall, to boost operational efficiency, information sharing and collaboration among the various DOE

Hawaii Education Online

The DOE welcomes comments from site visitors through a “Contact Us form or by emailing the Communications and Community Affairs Office at doe_info@hawaii doe.org.

Visit HawaiiPublicSchools.org.

offices.

The latest versions of Internet Explorer, Chrome, Firefox and Safari are recommended when accessing the website. Older and out-of-date browsers may face difficulties in displaying multimedia.



Keiki perpetuate the traditional Hawaiian dance form hula. (Photo courtesy Hawai‘i Tourism Authority)

Hula appreciation gains

Hula hālau take root across the world

TRISHA KEHAULANI WATSON
Native Hawaiian Liaison Office
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — People across the world have come to know and love hula, the traditional Hawaiian dance form, which, according to Kumu Hula Paulani Kauila, “is a form of storytelling, where the expression of a story is told through the dancer.”

Hula workshops made available to the U.S. Army Garrison-Hawaii community through the Native Hawaiian Liaison Office are among the most popular workshops offered.

Yet, those who take up hula need not give it up once they leave the islands.

Hula has become so popular across the globe that classes are taught in nearly every state and in dozens of foreign countries, including countries like Japan and Germany.

“Our goal is to introduce the Army community to hula through the USAG-HI Native Hawaiian Liaison workshops, and our hope is that an appreciation of hula will grow into a passion that stays with students for a lifetime,” said Matt Sproat, Native Hawaiian cultural practitioner for the Native Hawaiian Liaison office.

“We want people to realize hula can be a lifelong pursuit. Even if you don’t live in Hawai‘i, chances are there is a hula school nearby. It is a wonderful global community. People all over the world actively dance hula.”

The liaison program offers hula workshops weekly.

- Beginning hula workshops are held every Monday and Tuesday at 5 p.m.
- Monday workshops are held at the Aliamanu Military Reservation Community

Center.

- Tuesday workshops are held at the Kalākaua Community Center.

New students are welcome, and no experience is necessary. Workshops are for adults and children ages 6 and up; however, younger children are welcome to attend with their parents and to participate to the extent possible.

“Once students have experience, they can move into the intermediate workshops or even look into studio classes, hula schools or hālau in communities outside the installation. Hula schools offer a range of opportunities, from studio hula classes to competition hālau,” said Sproat.

Studio classes allow students to drop in when they are available. These are better for students who cannot commit to attending regularly. Hālau often require regular attendance and more commitment. These groups may compete or perform publicly.

Summer is a great time for new students to join hula schools. Most hula schools often open new recruitment periods during the summer or fall.

Prince Lot Festival

Summer offers some wonderful opportunities to enjoy community hula performances, such as the 36th Annual Prince Lot Hula Festival, 9 a.m., Saturday, July 20, at Maunalua Gardens. It is the largest noncompetition hula festival in the state and features numerous hālau, hula schools from across the state. This event is free.

Where to Go

The website Mele.com maintains a comprehensive listing of hula schools in Hawai‘i and across the world. Staff at the Native Hawaiian Liaison Office are also available to answer questions about joining off-post hula classes.

A summer scheme’s remembered

On any given summer night, the teens of our great nation take to the streets of their respective towns, in search of something to do. They can be seen outside pizza joints, ice cream stands and movie theaters, doing what teenagers do best: hanging out.

Except for parachute pants, banana clips and Pat Benatar, things were pretty much the same when I was a teenager.

After summer chores, like grass cutting and weeding green beans, sometimes supplemented with an hour of laying out coated in tanning oil, I was released by my parents to search for fun in our little western Pennsylvania town.

The first step in hatching a plan for the evening was a telephone call to my best friend, Patti (except for that boring summer when she had a boyfriend), on the rotary candlestick phone in my bedroom. The second step was to confirm that neither of us was invited to a party (a rarity) or had a date (not a chance). The final step was to decide on transportation, which was almost always my dad’s enormous 1977 Chevy Blazer.

I’d pick Patti up at her house, and after applying copious amounts of lip gloss and making sure our bangs looked just right, we’d cruise the town.

Our journey always started with a drive by the local arcade. “Games 101” was a hangout of sorts, and although Patti and I didn’t really give two shakes about Asteroids or Ms. Pac-Man, we knew that the arcade was a veritable command center, where all information on teenage social events was collected and disseminated.

Sometimes, we scored big and received word of a bonfire in Bennett’s woods or a party at the house of a classmate we all referred to as “Meatball,” but usually, Patti and I drove around for hours, all glossed up, trying to not look too desperate.

Some nights, we’d scrape together a few goofy girlfriends and go to the local drive-in movie theater, the Palace Gardens. Refusing to spend our hard-earned grass cutting/ice cream scooping money on overpriced admission, we employed certain well-known strategies for avoiding the normal admission price.

For example, on nights when the Palace Gardens offered a one-price-per-carload special, we’d pack nearly a dozen teenage girls, big bangs and all, into one vehicle. On regular ad-



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

mission nights, we’d reduce our costs by hiding two unlucky girls into the dog crate my father built into the back of the Blazer. It was a struggle to keep straight faces while driving by the ticket booth.

If we were feeling particularly daring (or cheap), we’d sneak into the Palace Gardens by crawling through an opening in the fence. On one such occasion, six of us made the attempt.

We had heard rumors that the management was cracking down on teens who refused to pay by lacing the fence with some kind of foul concoction made from watered down cow manure. We all knew that nothing could ruin one’s chances of getting a boyfriend like stepping in poo, so we were particularly cautious that night.

Using hand signals, as if we were executing a special ops raid on an Al-Qaeda compound, we snuck through the woods and permeated the fence without any mishaps.

Or so we thought.

The nightly double feature included the new hit “Porky’s,” but once inside the fence, we headed straight for the large group of loitering teens near concessions. On the way, we realized that one of our comrades had been hit.

“What’s that smell?” Peggy whispered.

Our sniffing noses soon found the source of the pungent odor: Andrea’s Jordache jean cuff had been tainted by the enemy’s foul biological weapon.

Poor Andrea spent the evening at a distant picnic table so as to avoid humiliation, but the rest of us had a great time mingling among the cars under the stars on a balmy summer night.

And now, when I see today’s teens acting out their own midsummer night’s scheme, I remember my youth, smile and hope that all their dreams of summer fun come true.

(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.themeatandpotatoesoflife.com; follow @MolinariWrites.)

Precautions help combat heat exhaustion danger

KYLE RUSSELL
Army News Service

FORT RUCKER, Ala. — Summer is a beautiful time of year; however, we should always be aware of the associated dangers lurking around the corner.

Heat exhaustion, heat cramps and heat rash are serious conditions, and they are the body's way of signaling you are overheating.

The human brain actually begins to die when the body's core temperature is not kept at equilibrium.

Every year, thousands of people die from heat-related illnesses and injuries. But here's what astonishes me: Almost all heat illnesses and injuries are preventable. Folks just need to prepare for the elements and do thorough prior planning before engaging in activities in hot weather.

Heat exhaustion is a heat-related illness or injury that most often develops after several days of exposure to high temperatures and inadequate or unbalanced fluid replacement. Those most prone to heat exhaustion are people with high blood pressure, individuals working or exercising in the heat and the elderly.

Heat exhaustion symptoms include heavy sweating, pale skin, muscle cramps, weakness,



Heat cramps, heat exhaustion (exertional heat injury) and heat stroke are injuries typically associated with hot weather, with heat stroke being the most dangerous. When a Soldier suffers heat stroke, his or her body's temperature regulatory system is overcome. What can result is serious, permanent injury or death. (Photo courtesy U.S. Army)

dizziness, nausea or vomiting and fainting.

When someone is suffering from heat exhaustion, the skin often will be cool and moist or clammy. A high pulse rate and fast, shallow breathing are also cues. In extreme cases, the skin will be warm and dry. When this happens, the individual is at risk for heat stroke.

Staying hydrated is the most important thing a person can do to avoid the dangers of the sweltering summer sun.

The skin is the body's largest organ, and it's in the most danger from the sun's powerful rays. Sunscreen will protect your skin from the damaging ultraviolet exposures, and sunglasses will protect your vision.

Do not take the summer lightly. It is important that during these nice, sunny days you remember how easy it is to become dehydrated.

If you are thirsty, get something to drink. Don't forget to protect yourself from the heat, and always prepare before setting out for a day outdoors.

(Editor's note: Russell works with the Defense Contract Management Agency.)

Tick bites increase during summer season, require caution

CHANEL WEAVER
U.S. Army Public Health Command Public Affairs

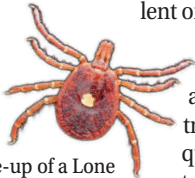
ABERDEEN PROVING GROUNDS, Md. — Civilian furloughs are not the only side effect of sequestration.

Individuals living and working on Installation Management Command installations may notice that the grass is a little higher than normal in some areas.

Army operation and maintenance accounts have been reduced, and as a result, mowing operations have been reduced at many posts.

What represents a lessened workload for Directorate of Public Works employees creates abundant employment for some on-post residents — the ones with eight legs and the potential to cause serious human and animal disease.

Ticks can thrive in long grasses, according to Ellen Stromdahl, an entomologist at the U.S. Army Public Health Command, who manages DOD's Human Tick Test Kit Program. Although most ticks are not infected with human dis-



A close-up of a Lone Star tick. (Photos courtesy U.S. Army Public Health Command)

eases, some ticks in the U.S. can carry such diseases as Lyme disease, ehrlichiosis, Rocky Mountain spotted fever and viral diseases.

Infected ticks have to attach to a person and remain on that individual for a long period of time (one to three days) in order to transmit most diseases, Stromdahl said.

One of the first things people can do to prevent a tick bite is to recognize tick habitat and avoid it.

"Ticks stay in, or on the edge of, shady, brushy areas," said Stromdahl. "You can find them in tall grass, especially in wooded areas. They need layered shade and moist air."

Stromdahl recommends the use of insect repellent to prevent tick bites.

"For maximum protection, use DEET repellent on your skin, and permethrin repellent on your clothing," said Stromdahl. "Permethrin-treated clothing is the best defense against tick bites. When ticks touch the treated fabric, they try to get away as quickly as possible. If they stay on the treated fabric, they die."

Permethrin clothing spray can be found in hunting sections of stores, and perme-

thrin-treated clothing is available from major outdoor clothing suppliers.

Another step to preventing tick bites involves checking belongings.

"If you have been in tick habitat, leave your shoes outside and don't leave your clothes near your bed," said Stromdahl. "You'll be giving ticks the whole night to find you. Ticks may survive on clothes in the washing machine, but a hot cycle in the dryer will kill ticks."

Stromdahl also recommends bathing or showering as soon as possible after coming indoors to wash off and more easily find ticks that are crawling on the body.

Army preventive medicine experts say that prompt removal of a tick is one way to reduce risk of disease transmission.

"When patients locate an engorged tick on them, they should not panic and should take their time to remove the tick properly," said Staff Sgt. Arvey Jones, the noncommissioned officer in charge of preventive medicine at the Kirk Army Clinic, Aberdeen Proving Ground, Md. "If you remove attached ticks promptly, you can prevent tick-borne disease."

In order to remove a tick, Stromdahl recom-

mends certain guidelines.

"Remove the tick with tweezers," said Stromdahl. "Do not burn it or use soap, gasoline, Vaseline or other chemicals. Once the tick is removed, thoroughly cleanse the bite with alcohol and apply antibiotic ointment."

Most tick bites cause irritation and itching immediately, but Stromdahl said this does not indicate disease transmission.

Finally, Stromdahl said ticks that have been removed from people should be saved for identification and testing. Military personnel and Department of Defense civilians should place the tick in a jar or zip plastic bag, and take it to the local military treatment facility. The MTF will forward the tick to the U.S. Army Public Health Command, here.

The USAPHC will identify the ticks and then perform disease testing of the tick through the DOD Human Tick Test Kit Program. The results of identification will be reported to the submitting MTF upon receipt of the tick, and test results (negative and positive) will be reported within a week.



A close-up of a deer tick.