

The Last  
*Aloha*  
President John F. Kennedy waves  
goodbye to Hawaii for the last  
time, June 10, 1963, after attend-  
ing a conference of U.S. mayors.  
He was fatally shot 50 years ago  
today in Dallas, Texas. (Archival  
photo)



REPUBLIC OF THE PHILIPPINES — U.S. service members and Philippine civilians unload relief supplies in response to the aftermath of Super Typhoon Haiyan/Yolanda. (U.S. Navy photo by Mass Communication Specialist Seaman Beverly Lesonik)

# Philippine recovery effort takes on great energy

**CHERYL PELLERIN**  
American Forces Press Service

WASHINGTON — The goal of thousands of American service members engaged in areas of the Philippines devastated by super typhoon Haiyan is to restore normalcy to people's lives, the commander of the U.S. military task force contributing to the relief effort said, Tuesday.

Marine Corps Lt. Gen. John Wissler, commander, 3rd Marine Expeditionary Force, spoke with the Pentagon Channel via satellite from his Joint Task Force 505 headquarters in Manila. The task force was officially activated Monday to lead humanitarian assistance and disaster relief operations in support of the Philippine government.

"Our short-term goals are literally to get relief supplies to the Philippine people," Wissler said. "We want to restore some normalcy in their lives, and what that particularly means is food, water and shelter."

Wissler noted that numerous organizations are taking part.

"The recovery effort has taken on a great energy over the last two days and has shown a great

infusion of Philippine military, government of the Philippines, international aid and U.S. Agency for International Development organization support through the ongoing operation," he said.

Wissler said the devastation wrought by the super typhoon looked, to him, as if an F5 tornado 60-miles wide tore a great swath through the islands of Samar, Leyte and Cebu. Such destruction, he said, would have been difficult for any country to overcome.

"But the resilience of the Philippine people and the coordination of both the Philippine government with the U.S. military joint force that's here, and also with the international and USAID organizations, is making a great difference every day," Wissler said. "It's saved lives."

According to the Philippines National Disaster Risk Reduction and Management Council, 3,982 people have died, 18,266 have been injured, and 1,602 are missing as a result of the typhoon.

Wissler said 13,000 U.S. Soldiers, Sailors, Airmen and Marines are engaged in the relief effort. Troops have delivered 1,300 tons of relief sup-

plies, logged nearly 1,000 flight hours moving 1,200 relief workers into Tacloban, and airlifted more than 8,000 survivors out of affected areas.

Wissler said U.S. service members have made a difference in the Philippines by going into the devastated areas, living very austere lives of their own and working exhaustively long hours to aid those who have been traumatized by the storm.

"They have assisted many injured and elderly onto aircraft so they could be evacuated from the heart of the disaster, and they've taken it on themselves to assist in local neighborhoods with the distribution of food and water and assessing how we can make lives better here in the Philippines," Wissler said.

Relief efforts also are going well on the ground, he added.

"We'd begun an air bridge between Manila and the city of Tacloban that had initiated a significant surge in the relief supplies," Wissler explained. "From Tacloban we've pushed supplies to other areas, Ormoc and Guiuan, and from there... to people outside those major hubs, in a hub-and-spoke system that has worked very

well."

He said the World Food Program has performed significant work in reestablishing sea- and ground-based lines of communication and distributing food assets so the military forces could eliminate their early reliance on the air bridge between Manila and Tacloban.

"The use of aviation assets to deliver large amounts of supplies, while effective in time, is inefficient in quantity," Wissler said. "Their ability to mobilize commercial trucks, ships and other capabilities in order to provide this has allowed them to provide great support to the people of the Philippines."

The biggest challenge facing the Philippine people is not the relief effort, which is going well, but rebuilding, said Wissler. "The long, ongoing reconstruction is already beginning, with great planning by the Philippine government and with aid and assistance from the United States government and many other governments across the world, as well as international organizations that are bringing aid and support to begin that effort," Wissler said.

## 8th TSC deploys for super typhoon relief

**8TH THEATER SUSTAINMENT COMMAND**  
Public Affairs

FORT SHAFTER — Soldiers from the 8th Theater Sustainment Command departed for the Philippines this week to assist in Super Typhoon Haiyan/Yolanda relief efforts.

Approximately 30 select logistics experts from TSC's headquarters left Sunday, and troops from 18th Movement Control Team (MCT), 45th Sust. Brigade, departed Schofield Barracks, Tuesday.

The unit's logistics experts are now filling key positions in Combined Joint Task Force (JTF) 505, the Department of Defense's lead agency in the relief efforts, where they are coordinating the flow of supplies into and throughout the country. The 8th TSC Soldiers' goal is to make a difference in the relief efforts by synchronizing and integrating logistics for all service components involved.

Upon arrival to the Philippines, the MCT troops will assist in the move-

ment of personnel and materiel, like fuel and water, to designated areas and distribution locations. Soldiers with the 8th MCT also will assist where they can with the transportation of supplies and generally make life better for the citizens affected by the typhoon.

As of Monday, U.S. military assets have delivered more than 1,300,000 pounds of relief supplies and equipment provided by U.S. Agency for International Development (USAID) in support of the government of the Philippines. U.S. military aircraft have also moved more than 2,000 relief workers into Tacloban and have airlifted nearly 8,300 survivors from the affected areas.

The task force is led by 3rd Marine Expeditionary Force; the 8th TSC is part of the broader U.S. government effort to support the Philippines' request for humanitarian assistance that involves coordination by the U.S. Department of State and USAID in constant consultation with Philippine authorities.



A select group of logistics experts from 8th TSC embark on a mission to the Philippines, Nov. 17, to assist in logistical and rescue operations in support of the Super Typhoon Haiyan/Yolanda relief efforts. (Photo courtesy 8th Theater Sustainment Command)

## CCP team preps for disaster response

Story and photo by  
**STAFF SGT. KYLE RICHARDSON**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Nations in the Pacific region deal with changing weather patterns on a yearly basis. Some of these changes will funnel in heavy rains, hurricanes, tsunamis and typhoons, along with volcanic eruptions and earthquakes.

The U.S. Army-Pacific and the Pacific Command has a team prepared to assist the Pacific region during these disastrous situations.

The Contingency Command Post (CCP) is a rapid response team capable of deploying within 24 hours of a major event.

A diverse element of USARPAC and PACOM trained and prepared to face disasters and humanitarian crises, the CCP is comprised of more than 100 Soldiers, with various military occupational specialties, adding to the versatility of the team.

"The Contingency Command Post came about because there was a real need while we were supporting two different theatres in Iraq and Afghanistan," said Col. Thomas Kunk, deputy chief of staff, CCP.

"There was a need to have an element to come out and support other countries around the world," Kunk explained.

The CCP is broken down into three elements, and each element can operate independently of one another or deploy as a larger contingency. Soldiers assigned to the team remain on call to help if needed.

The organization is currently going through a restructuring, increasing the unit's capabilities and manpower.

"Working with the CCP and the Humanitarian Assistance Survey Team (HAST) is great," said Chief Warrant Officer 3 Jeremy Drage, operations officer, HAST.

"I believe we're in the best position," Drage continued. "This is the best thing that we can do, being centrally located within the Pacific. We have the capabilities to assist and

get to places quickly, if called upon. These teams are very important, and I think we need to have more."

The CCP, along with the HAST, has a very unique mission that involves creating disaster plans with nations and determining what assistance would be needed before disaster strikes.

"It's important to have professional Soldiers who know how to operate the equipment and are ready to deploy at a moment's no-

tionally train on equipment and conduct disaster relief exercises and exchanges with partner nations throughout the year.

"Being well-trained almost guarantees the success of our mission," said Kunk. "Our particular skill sets are perishable, so we have to remain ready. At any time we could get that call, and what we do can help determine the outcomes of nations we work with."

As the organization continues to



Col. Thomas Kunk (left), deputy chief of staff, CCP, discusses the functionality of the command post with Gen. Vincent Brooks, commander, USARPAC, during a walk-through of the organization's equipment.

tion wherever and whenever our nation needs us to go," said Gen. Vincent Brooks, commander, USARPAC.

"This is part of what U.S. Army-Pacific does as a member of the joint team called PACOM," Brooks noted. "This capability that we have is similar to what was committed into the Philippines right now."

Soldiers and leaders with the CCP

train and remain ready to provide relief, the unit provides unique opportunities for the Soldiers.

"I didn't know what to expect when I got to the team; it was new to me, but I was looking for an experience," said Spc. John Miles, information specialist, CCP. "I can say I got that experience and more. I'm glad I got this experience; we're truly doing great things."





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Col. Daniel W. Whitney  
**Garrison Command Sergeant Major**  
CSM Philip J. Brunwald  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154  
**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
aiko.brum@us.army.mil  
**News Editor**  
John Reese, 656-3488  
news@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers, 656-3157  
community@hawaiiarmyweekly.com  
**Staff Writer and Photo Editor**  
Sarah Pacheco, 656-3150  
sarah@hawaiiarmyweekly.com  
**Layout**  
Estrella Dela Cruz-Araiza  
**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
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Police Call

# DES notes alarming increase in drunken driving

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

What do you risk by getting behind the wheel after having a few drinks?

Operating a vehicle under the influence of an intoxicant (OVUII) is the equivalent of driving under the influence (DUI) in Hawaii. A first-time OVUII charge can lead to 72 hours of community service, up to five days of imprisonment and a fine of up to \$1,000. It can also result in mandatory attendance at a 14-hour substance abuse rehabilitation program, as well as a one-year revocation of driver's license and mandatory installation of an ignition interlock device on any vehicle operated by the offender. Soldiers may face punitive actions under the Uniform Code of Military Justice and/or adverse administrative actions, to include a general officer memorandum of reprimand and separation from the service under other than honorable conditions.

Recently, there has been an abundance of OVUII incidents by members of the U.S. Army Garrison-Hawaii community. Between July and October, there were 74 cases of OVUII reported to the Directorate of Emergency Services. Of

these, 23 cases occurred on USAG-HI installations, while 51 were off-post incidents involving Soldiers. In October alone, there were 21 reported cases of OVUII.

When the Honolulu Police Department arrests a service member, the incident is reported to the Hawaiian Armed Services Police (HASP), a military liaison unit. The Military Police blotter is the official method used to notify the service member's chain of command of off-post offenses. Service members are responsible for the initial notification to their chain of command.

**Always establish a simple plan before going out, to include the following:**

- Have a designated driver, go out with battle buddies or have enough money to take a cab or rent a hotel room.
- Call someone (a friend or supervisor) to request a ride.
- If all else fails, call Soldiers Against Drunk Driving (377-0549 or 224-1907). This is an anonymous volunteer service that offers free rides to Soldiers and family members who have had too much to drink.

There are many resources available to



Jackson

help prevent you from making the mistake of driving while intoxicated.

The following are excerpts of MP blotter entries from the USAG-HI area of operations. Subjects are innocent until proven guilty.

**Operating a Vehicle Under the Influence of an Intoxicant (OVUII)**

- Oct. 20, an MP patrol found an unresponsive Soldier slumped over the steering wheel of an SUV at the Foote Gate gas station. The vehicle was parked, but the engine was still running. While attempting to get the Soldier's attention, the MP smelled alcohol. When the Soldier finally awoke, the MP asked if the Soldier needed medical attention, which was declined. The MP administered a standardized field sobriety test, which the Soldier performed poorly. The patrol also administered a preliminary breath test to the Soldier, which resulted in a BRAC of 0.158 percent.

The MP arrested the Soldier for OVUII and transported her to the Schofield Barracks Police Station, where she submitted a breath sample resulting in a BRAC of 0.152 percent.

The Soldier was further processed,

issued a citation for OVUII and released to her unit representative. A private contractor towed her vehicle.

The Soldier has been administratively flagged, preventing promotion, PCS or school attendance, pending outcome of the case. The case is pending review by the Special Assistant U.S. Attorney for potential prosecution in Federal District Court.

•Nov. 2, an HPD officer stopped a Soldier driving a sedan in Honolulu for failure to maintain his driving lane. During the stop, the officer noticed the smell of alcohol coming from the Soldier's breath as he spoke. The officer administered a standardized field sobriety test, which the Soldier performed poorly.

The officer arrested the Soldier for OVUII and transported him to the Honolulu Police Station, where he submitted a breath sample resulting in a BRAC of 0.143 percent.

HPD processed the Soldier and released him on \$500 bail.

The Soldier has been administratively flagged, preventing promotion, PCS or school attendance, pending outcome of the case. The Soldier is pending receipt of a general officer memorandum of reprimand and is pending trial in state court.

## BRIDGING THE BASICS

# Leaders set standards, ensure they're followed

**COMMAND SGT. MAJ. EDWARD WILLIAMS III**  
30th Signal Battalion, 516th Sig. Brigade  
311th Sig. Command (Theater)

*"I will lead by example, never requiring a Soldier to attempt any task that I would not do myself."*  
— Drill Sergeant's Creed

Leaders are the standard-bearers for all organizations. Soldiers are a reflection of their leaders. Don't lead by example, be the example.

Being the example starts with setting attainable goals and reasonable standards. A leader's discipline level is measured by the standards he sets. Leaders should not set standards that they themselves cannot achieve and then expect their Soldiers to achieve them.

Leaders must ask themselves, "Do my

Soldiers know what the standards are?" Then, ask yourself, "Do my Soldiers know how to achieve and exceed those same standards?"

Soldiers look up to their leaders and are always watching their leaders to see what they do and how well they do it. Leaders have a responsibility to ensure that standards are never neglected.

When standards are ignored, a new set of standards is created.

Leaders adhere to the seven Army values of loyalty, discipline, respect, selfless-service, honor, integrity and personal courage. These values form the standards by which our Army is governed.

We, as leaders, are trained to counsel, teach, coach, mentor and encourage our subordinates and peers to give their all, in every situation. Leaders should



Williams III

## FOOTSTEPS in FAITH

# Couples must spin out of 'crazy cycle' to 'reward cycle'

**CHAPLAIN (CAPT.) CARLOS MOLINA**  
Headquarters and Headquarters Battalion  
25th Infantry Division

"Love, love, love! Love is all you need."

That's what The Beatles proclaimed in their song "All You Need Is Love." And it resonates with us.

For decades, family and friends have been repeating the same message: "If you just love him or her, then that will be enough." But they were wrong!

In the early 1990s, psychologist Dr. Emerson Eggerichs rediscovered a truth at least 2,000 years old, tucked away in the pages of the Bible. There, in the book of Ephesians, in the last chapter, the Apostle Paul talks about how spouses are to love and respect each other, presenting a new paradigm for marriage. Paul concludes his letter with:

*"However, each one of you also must love his wife as he loves himself, and the wife must respect her*

*husband."*  
— "Ephesians 5:33

In his book "Love & Respect," Eggerichs states: "A woman needs love like she needs air to breathe. A man needs respect like he needs air to breathe." That is not to say that men do not need love or that women do not need to be respected. They do. The point is that men and women differ in what they consider to be their primary need.

The results of a survey answering the following question are interesting: "During a conflict with your spouse, do you feel unloved or disrespected?" Eighty-three percent of men said they felt disrespected, and 72 percent of the women said they felt unloved.

How does this help us today?

The first thing we need to recognize is that men and women are different. From the anatomy of our bodies to how our



Molina

brains work, men and women are different. The good news is that more than likely, these differences account for many of the misunderstandings in our relationships.

For instance, when a woman says, "I don't have anything to wear," she usually means that she needs to go shopping for a new dress. Her girlfriends hear her and totally understand what she is saying. On the other hand, when a man says, "I don't have anything to wear," he usually means his clothes are dirty. It's like women speak through a pink megaphone, see through pink glasses and hear through pink ear pieces while men do all of the above through blue megaphones, glasses and ear pieces. Can you see how this could create a problem?

The fact is that men don't know how to express love naturally, and women don't know how to express respect naturally. As a result, many times we come

across as unloving or disrespectful to our spouses, even though we never meant to hurt them.

When this happens, we can fall in to what Eggerichs calls the "crazy cycle." Without love, a woman reacts without respect; without respect, a man reacts without love. The longer we stay in this cycle, the worse it gets. But when one of the two decides to get out of it and starts coming across in a loving or respectful way, then the couple can move into what Eggerichs calls the "rewarded cycle": "Her respect motivates his love; his love motivates her respect."

This simple recipe for a marriage relationship is anything but simplistic. Instead, it acknowledges our gender differences, accepts them and seeks to understand each individual's strengths and weaknesses.

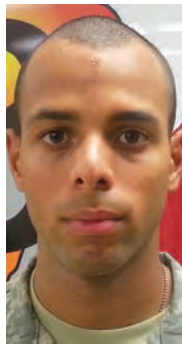
In time, decoding your spouse's language will become second nature. This won't entirely end the crazy cycle, but it will greatly limit how much you spin in it and get back to the reward cycle.

# Voices of Ohana

Thanksgiving is Nov. 28.

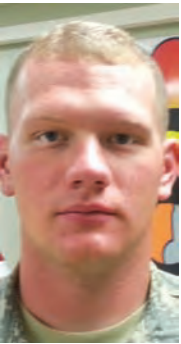
**"What is your favorite Thanksgiving Day tradition?"**

Photos by 3rd Brigade Combat Team Public Affairs, 25th Infantry Division



"Family and friends getting together to celebrate the holiday."

**Spc. Joey Castro**  
Co. A, 2-35th Inf.Regt.,  
3rd BCT, 25th ID



"I like the food and the football. Go Eagles!"

**Pfc. Brian Galligan**  
HHBN, 3-7th FA,  
3rd BCT, 25th ID



"Spending time with family."

**Sgt. 1st Class William McInnis**  
HHC,  
3rd BCT, 25th ID



"My favorite thing about Thanksgiving is the food; I love pecan pie!"

**Spc. Dustin Nguyen**  
Co. F,  
2-27th Inf.Regt.,  
3rd BCT, 25th ID



"I love all the cooking and having a house full of hungry friends and family!"

**Staff Sgt. Christine Reel**  
HHC,  
3rd BCT, 25th ID



# Seagoing troops restoring LSV 7

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

PEARL HARBOR — Mastering the inner workings of an Army vessel can be challenging, especially when there’s more than one vessel requiring proficiency.

Waterborne Soldiers of the 45th Sustainment Brigade, 8th Theater Sust. Command, and Army Reserve mariners from 9th Mission Support Command, are currently learning the ins and outs of the 9th MSC’s logistics support vessel 7 (LSV 7) SSGT William T. Kuroda.



Staff Sgt. Rhoan Davis (right, at controls), 45th SB, 8th TSC, practices operating a lifeboat from the LSV 7 William T. Kuroda during a weeklong licensing process.

“We had this vessel sitting in our port,” said Sgt. 1st Class Eric Rink, senior enlisted leader, 545th Transportation Detachment, 45th Sig. Bn. “The thought was that we could use this one as well.”

The 545th is most familiar with their primary vessel, LSV 4 William T. Bunker. However, due to a busy schedule and mechanical issues with the watercraft, there is push to get the reservist’s vessel up and running as an alternate.

The active-reserve teamwork makes a lot of sense in light of the Army’s shift to reliance on watercraft for transportation of materials.

The exercise fulfills two purposes: to provide a supplementary crew for the 9th MSC, and to restore the LSV 7 to working condition.

“With the recent budget cuts, the reserves have been struggling,” said Rink. “Combining our crew with theirs allows both of us to stay strong and accomplish much more in terms of mission.”

“There are a lot of minor differences you need to know in order to work the big picture,” said Pfc. Jenna Davis, watercraft operator, 545th Trans. Det., 45th Sig. Bn. “I’ve never worked on a vessel other than the LSV 4, so it’s new to me.”

Some of those differences are ramp operation, the bow and stern structure, and the vessel’s hydraulics system.

The crew must also familiarize itself with the layout of the vessel for safety reasons. In case of a fire, a different plan will be set into motion based on the specific layout of the vessels fire safety tools.

Training at the beginning of the month focused on operation of the vessel’s lifeboat.

“The best way to compare it is with driving,” said Rink. “You have a license, you know how to drive, but a humvee demands different knowledge. You have to get comfortable with all the parts of the humvee and be able to conduct maintenance on it.”

While there aren’t any future missions set in stone for LSV 7, heavy reliance on Army watercraft make it likely the vessel will be put to good use in the future.

## WARRIOR TRANSITION BATTALION



SCHOFIELD BARRACKS — Col. Lawrence Connell (right), chief of staff, Pacific Regional Medical Command, passes the colors to Maj. Raymond O'Donnell, incoming commander, Warrior Transition Battalion, Tripler Army Medical Center, during the battalion's change of command ceremony, here, Nov. 15. O'Donnell took command of the WTB from Lt. Col. Stanley Garcia. (Photo by Sgt. 1st Class James Waggoner, Warrior Transition Battalion Public Affairs, Tripler Army Medical Center)

# 94TH AAMDC hosts Armed Services Blood Program drive

Donations benefit military, veterans, retirees & families

**SGT. LOUIS LAMAR**  
94th Army Air and Missile Defense Command  
Public Affairs

FORT SHAFTER — The 94th Army Air and Missile Defense Command hosted a unit blood drive in the command’s battery conference area, here, Nov. 13

The drive drew 30 units to help replenish the Department of Defense’s blood supply. The blood went to the Armed Services Blood Program

(ASBP), the agency that will get it to where it’s needed, especially to deployed service members.

“Soldiers should donate, because a person has to think, that could be me, deployed, wounded and in need of blood, or a family member or close friend might need the blood,” said Spc. Lisa Novak, paralegal specialist, 94th AAMDC. “If you think about it like that, it hits home, and you re-

alize that you are making a bigger impact than you think when you donate.”

ASBP provides blood products for service members, veterans and their families. As a joint operation among the military services, the ASBP has many components working together to collect, process, store, distribute and transfuse blood worldwide.

“I think that a blood donation truly is a gift of



life that a healthy individual can give,”said Pfc. Chastoni Jones, supply specialist, 94th AAMDC.

“My brothers and sisters in arms overseas may not know who I am personally, but the fact that I made a positive and helpful donation that could save a life is all that matters to me.”

Novak donated because her buddies are currently deployed.

“I have the rarest blood type that the Army is always in need of,” said Novak. “When they figure out that I have a rare blood type, they always get excited, so when I see them get excited, it makes me think that me donating blood actually makes a difference.”



PTA

POHAKULOA TRAINING AREA

1-27th Strykers try new gunnery training at PTA

Story and photo by  
**1ST LT. HANNAH SMITH**  
1st Battalion, 27th Infantry Regiment  
2nd Stryker Brigade Combat Team  
25th Inf. Division

POHAKULOA TRAINING AREA, Hawaii — Stryker gunnery crews from 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, trained on gunnery ranges, here, Nov. 5-6.

These ranges served to qualify crews on the M2 .50 caliber machine gun and MK-19 grenade launcher using the Remote Weapon System in a Stryker.

Sgt. 1st Class Charles Harris, Company C, and Sgt. 1st Class Terrance Johnson, Co. B, both senior noncommissioned officers with the 1-27th Inf. Regt., spearheaded the development of the new training plan for Stryker Gunnery, here, as this training that could not be carried out at Schofield Barracks.

“The Stryker Gunnery Skills Test has 19 tasks that crews can complete at

Schofield Barracks, but that is only half of what can be done at PTA,” Harris said. “Sgt. 1st Class Johnson and I made a checklist of common problems we see in Stryker gunnery crews and made that our central training plan for getting crews qualified at PTA.”

The Wolfhound’s plan at PTA included four days at Range 8 completing the training that Harris and Johnson created on common problems of crews, followed by four days at the Digital Multipurpose Battle Area Complex to qualify on each weapon system.

“We go through all the agony and pain of fixing things out at Range 8 before heading over to the BAX to qualify,” Harris explained. “It’s been a team effort.

“The great thing about PTA is that we get the full attention of gun teams while here,” Harris continued. “Soldiers don’t have appointments and taskings to go to, so the whole crew is available for training all day, and so



Lt. Col. Chuck Bergman (left), commander, 1-27th Inf. Regt., 2nd SBCT, 25th ID, awards Sgt. 1st Class Charles Harris and Sgt. 1st Class Terrance Johnson, Army Achievement Medals for their Stryker Gunnery Skills Training plan, Nov. 6.

that’s what we do.”

“The last time the Wolfhounds got to qualify like this was back in Korea over

a year and a half ago,” said 2nd Lt. Dave Forrester, platoon leader, Co. C, 1-27th Inf. Regt., who ran the qualifica-

tion range at the BAX.

“The time and dedication Sgt. 1st Class Johnson and Sgt. 1st Class Harris have put into ensuring teams are trained on something they haven’t done in a while is really giving us an advantage,” Forrester stated.

Lt. Col. Chuck Bergman, commander, 1-27th Inf. Regt., also took note, saying he was very satisfied with the Stryker gunnery at PTA.

“When the government shutdown occurred, it completely demolished our plan to go to PTA,” said Bergman. “We waited and waited, and by the time the government turned back on, we could only send our Stryker gun crews to qualify without interfering with our Contingency Response Force-level mission in January.”

The training couldn’t have been successful without Johnson, Harris and their instructors, added Bergman.

For their efforts, Johnson, Harris and six trainers were awarded the Army Achievement Medal.

Wolfhound volunteers expedite Habitat for Humanity project

Story and photo by  
**2ND LT. SHEME HICKS**  
1st Battalion, 27th Infantry Regiment  
2nd Stryker Brigade Combat Team  
25th Inf. Division

WAIMEA, Hawaii — Soldiers from 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, and from 2nd Bn., 11th Field Artillery Regt., 2nd SBCT, joined Habitat for Humanity’s Neighborhood Renovation Initiative, here, Saturday.

During a training break at the Pohakuloa Training Area, Chaplain (Capt.) Carlos Whitley showed Soldiers a new way to serve by volunteering alongside Habitat for Humanity West Hawaii for a home restoration project in which the Soldiers provided roof work, painting and cleanup on the home of a local family.

Habitat for Humanity West Hawaii has been a proactive organization in the communities of Hawaii Island; specifically, in Waimea, they have restored three homes on the same block in the



Sayer Houseal (left), Habitat for Humanity project site manager, guides Cpl. Adam Parga, Co.B, 1-27th Inf. Regt., 2nd SBCT, 25th ID, during a volunteer home restoration project, Nov. 16.

past year.

“Most homes in this area have bugs and mold and are in need of plumbing and electrical repairs,” said Sayer Houseal, project site manager.

The Neighborhood Renovation Initiative allows for community homeowners to receive the repairs they need with a lessened financial burden.

“It is important for us to give back to the community for allowing us to train here at PTA,” said Whitley.

The battalion deployed to Hawaii Island in order to qualify crews on the M2 .50 caliber machine gun and MK-19 automatic grenade launcher using the Stryker Remote Weapon Station, as PTA provides the best location for the Wolfhounds to conduct live-fire training necessary to qualify crews.

“It is great to serve during training breaks,” said Sgt. Dallas Keck, section chief, 2-11th FA Regt. “It is actually my first time volunteering in uniform.”

Keck also noted that participating in events like this helps to promote a great image of Soldiers on Hawaii Island.

“Instead of just seeing us riding in our vehicles, they now see us on the ground assisting in the community,” he said.

Aniku Chong, the third of six children of the renovated home, was just as excited working with the Wolfhounds.

“It’s a blessing for my family to receive help from volunteers around the community, but it’s a new experience to interact with Soldiers. You guys are cool,” said Aniku.

Community elders showed their gratitude by preparing a huge meal for the warriors.

Upon completion of the work, Houseal acknowledged that the help from the Soldiers had put the Chongs’ house project ahead of schedule.

“You guys accomplished in one workday what would have taken my team more than a week and a half,” Sayer said.





Four dining facilities each will serve service members, families, retirees and authorized guests Thanksgiving meals. In addition to breakfast and lunch, the 8th Theater Sustainment Command DFAC will serve an evening Thanksgiving supper.

An “aloha crisp” dress code will be in place, meaning diners should be in aloha wear/casual dress; open-toe shoes, shorts and T-shirts are not allowed. Soldiers may choose to wear either dress code attire or their Army service uniforms.

Thanksgiving Menu

Menus vary slightly between dining facilities — check with your DFAC for specifics. The entrees for the evening meal served at the 8th TSC DFAC are roast turkey, tender prime rib with au jus and savory roast pork loin.

Shrimp cocktail	Green bean casserole with sautéed onions
Roasted turkey	Honey-glazed carrots
Glazed ham	Cranberry sauce
Steamship round of beef	Seasonal fresh fruits and salads
Fried catfish	Fresh baked breads and dinner rolls
Fried shrimp	Pumpkin, Dutch apple and blueberry pies
Garlic mashed potatoes	Other assorted desserts, treats and drinks
Baked sweet potatoes with maple glaze	
Savory bread dressing	
Seasoned broccoli spears	

Meal Costs

Fees for Thanksgiving Day 2013:	•Active duty officers and enlisted on basic allowance for subsistence: \$7.60
•Meal cardholders: No charge	•Retirees and authorized civilians: \$7.60
•Family members of E-4 and below: \$6.45	•Guests of accompanied authorized diners: \$7.60
•Family members of E-5 and above: \$7.60	

DFAC Meal Hours

- The following dining facilities will be open Thanksgiving Day, Nov. 28, during the times listed:
- 25th ID DFAC, C-Quad, Bldg. 357, Schofield Barracks  
*Breakfast*, 7-8 a.m.; *Thanksgiving Day meal*, 11 a.m.-2 p.m.;
  - 8th MP Bde., 8th TSC DFAC, K-Quad, Bldg. 780, Schofield Barracks  
*Breakfast*, 7-8 a.m.; *Thanksgiving Day meal*, 11:30 a.m.-2 p.m.; *Dinner*, 3:30-5 p.m.
  - 25th CAB, 25th ID “Wings of Lighting Inn,” Bldg. 102, Wheeler Army Airfield  
*Breakfast*, 7-8 a.m.; *Thanksgiving Day meal*, 11 a.m.-2 p.m.
  - 2nd SBCT, 25th ID “Warrior Inn,” Bldg. 2085, Schofield Barracks  
*Breakfast*, 7-8 a.m.; *Thanksgiving Day meal*, 11 a.m.-2 p.m.

# SIA empowers, educates

Story and photo by  
**SGT. ARIANA CARY**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Sisters in Arms (SIA), a program developed to train, mentor and empower female Soldiers, hosted its inaugural breakfast, here, Nov. 13.

“We’re at a point of change,” said Brig. Gen. Todd McCaffrey, deputy commander, 25th Infantry Division.

“We’ve been at war for 13 years, and we have had to rely on Soldiers, not male, not female — Soldiers. The Army is recognizing that fact, and we’re evolving because of it,” McCaffrey noted.

Women have been serving in the military since the United States declared its independence in 1776. These ladies traveled with the Continental Army during the Revolutionary War, braving the battlefields to care for the wounded and enduring the same hardships as uniformed Soldiers. They carried messages, transported contraband and gathered information as spies for the cause. Many women traveled with their husbands, often taking their places when the men fell to enemy fire. Others even disguised themselves as men in order to fight.

“They weren’t even paid for their service; imagine that kind of sacrifice,” said Lt. Col. Makalena Shibata, personnel officer and member of the executive committee, 25th ID SIA.

“Women have always had a hand in the Army,” Shibata continued. “This program is designed to bring us together to mentor and empower female Soldiers to be successful leaders.”

SIA originated from the 3rd Inf. Div. in Au-

gust, Maj. Gen. Kurt Fuller, senior commander, U.S. Army Garrison-Hawaii, and commander, 25th ID, directed the brigades to develop a female mentorship program; Gen. Vincent Brooks, commander, U.S. Army-Pacific, officially launched SIA Oct. 10.

The program is open to all female Soldiers, regardless of rank or military occupational specialty, and supports the Sexual Harassment and Assault Response and Prevention program, 25th ID’s Lightning Strong Campaign and Rape Aggression Defense Training.

“It’s a chance for us to come together as a team,” said Spc. Nikita Richardson, resource specialist, Intelligence and Sustainment Company, Headquarters and Headquarters Battalion, 25th ID.

“And, instead of pulling each other down or having drama, SIA will be a positive environment,” Richardson added. “We’re professional women, and we’re sharing our experiences.”

SIA also is a forum to discuss and correct women-oriented issues within the division at the lowest level, such as pregnancy, post-partum physical training and Warrior Leaders Course attendance.

“Female Soldiers have unique issues,” said Sgt. Vanessa Carter, resource specialist, IS Co., HHBN, 25th ID.

“SIA will provide an environment where those issues are heard and understood,” Carter said. “Women in the military have to look out for each other.”

SIA meets on the second Wednesday of every month. Although it’s a female empowerment program, anyone interested in the program is invited to participate, regardless of gender or rank.



Col. Makalena Shibata (standing, left), member of the SIA executive committee, discusses the RAD training and introduces the RAD point of contact, Staff Sgt. Mandy Walskey (standing, right), at the SIA inauguration breakfast, Nov. 13.



# DOD/TSA partner for ‘Precheck’ at 100 airports

All military are eligible for expedited screenings

**U.S. DEPARTMENT OF DEFENSE**  
Office of the Assistant Secretary of Defense  
Public Affairs

WASHINGTON — As part of the ongoing effort to move away from a one-size-fits-all security approach and provide more of the traveling public the ability to participate in expedited screening, the Transportation Security Administration and the Department of Defense announced a partnership to expand TSA Precheck expedited screening benefits to all service members, including those serving in the Coast Guard, Reserves and National Guard.

As a result of the agreement, these individuals will be able to enjoy the benefits of the program at the 100 participating airports across the country, beginning Dec. 20.

Currently, members of the U.S. Armed Forces can use TSA Precheck lanes at 10 domestic airports by presenting their Common Access Card. The partnership expands the program to the military at all 100 airports offering TSA Precheck, allowing service members to keep their footwear on (as well as light outerwear and belts), in select

screening lanes. They also may keep their laptop in its case and their 3-1-1 compliant liquids/gels bag in a carry-on, in select screening lanes.

“Expanding TSA Precheck screening benefits is great news for our service members and is a tangible sign of this nation’s gratitude for the men and women who serve this nation bravely each and every day,” said Mary Snavelly-Dixon, director, Defense Manpower Data Center.

“We will continue to work with the Transportation Security Administration to help expand this program further,” Snavelly-Dixon said.

“TSA joins with the American people in showing its appreciation for the service and sacrifices of our men and women in the Armed Forces,” added TSA deputy administrator John Halinski, a 25-year Marine Corps veteran.

“Providing expedited screening while on travel is the least we can do for these courageous

men and women,” Halinski noted.

The new process being established under this agreement allows service members to use their DOD identification number when making reservations, to be used as their Known Traveler Number. When arriving at the airport, service members will then be permitted access to TSA Precheck lanes for official or leisure travel on participating airlines.

More than 18 million passengers have experienced TSA Precheck since it launched in October 2011. TSA has recently expanded this expedited screening program to 60 new airports, in addition to the existing 40, bringing the total number of airports with TSA Precheck to 100.

TSA has long recognized our men and women in uniform, as nearly a quarter of TSA’s workforce is a veteran or currently serves as an active duty service member in the U.S. Armed Forces.

note this survey is only for Soldiers and DA civilians.

## 26 / Tuesday

**USPS Deadline** —To ensure timely delivery of holiday wishes by Dec. 25, send cards and packages to military APO/FPO/DPO addresses overseas no later than the following mailing dates:

- Nov. 26, space available;
- Dec. 3, Parcel Airlift;
- Dec. 3, Priority and first-class letters addressed to ZIP codes beginning with 093;
- Dec. 10, Priority and first-class letters; and
- Dec. 17, Express (except ZIP codes beginning with 093).

## 9 / Monday

**Paws Pause** — Fort Shafter Veterinary Clinic will close for renovations, today, and reopen September 2014. Clients may schedule appointments for their pets at the JBPHH Veterinary clinic, Building 1864, Kuntz Avenue, Hickam AFB (449-6481); or the MCBH Veterinary Clinic, 455 Pancoast Place, Kaneohe Marine Corps Base (257-3643).



The Traffic Report notes Army and Hawaii Department of Transportation advisories received by press time. For an up-to-date and complete list of traffic advisories, visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).

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

## 23 / Saturday

**Turkey Trot and Keiki Run** — A run hosted by 2nd Stryker Brigade Combat Team and SHARP will impact traffic on Schofield Barracks. The

route is from Weyand Field, up Trimble, through Area X, up to the first gate going to Kolekole Pass, and back. Registration is at 6 a.m.; the trot begins at 7 a.m. Expect traffic delays 6:30-8:30 a.m. Call 655-0226.

## 25 / Monday

**Rice Loop Closure** — There will be a full road closure along Fort Shafter’s Rice Loop, beginning today. One lane along Rice Street, between Rice Loop and Herian Place, will be closed, 7 a.m.-5 p.m., Dec. 2-20. Another one-lane closure along Rice Street, between Herian Place and the Rice Street Bridge/Stream, goes into effect 7 a.m.-5 p.m., Dec. 22-Jan. 3, 2014, and Jan.6-17, 2014.

**HMR Closures** — Partial and complete road/lane closures take place on Helemano Military Reservation, from Apono to

Kai Ehu courts, and from Kai Ehu to Ka Ni’o courts, 8 a.m.-4:30 p.m.

## 1 / Sunday

**TAMC Closure** — Construction work will take place on Tripler Army Medical Center’s Krukowski Road, today-Dec. 31. There may be a partial road closure near Buildings 102 and 104, 8:30 a.m.-2:30 p.m., daily. One lane will be open for two-way traffic.

## 2 / Monday

**AMR Closure** — Lane closures take place on Aliamanu Drive near Hibiscus Street, 8 a.m.- 4 p.m., until Dec. 6. Flaggers will help control thru traffic for alternating flow. The lane closures are necessary for the Design/Build contractor on the Hibiscus Neighborhood Housing Project to perform required sidewalk, roadway and utility work.



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

## Today

**Survey** — In support of the Army’s Ready and Resilient Campaign, your feedback is needed in order to determine better ways we can communicate to our Soldiers and civilians about “Health of the Force” issues. Please take a few minutes to provide your input through a survey on AKO at <https://www.us.army.mil/suite/page/687440> (CAC log-in required). Your feedback is wanted, regardless of whether or not you are familiar with these topics. However, please



# Keys to Change

## USAG-HI ohana voice top issues at AFAP

**SARAH PACHECO**  
Staff Writer

SCHOFIELD BARRACKS — “Your role, as delegates, is to let leadership know your top concerns and issues,” said Mele Stender, program manager, Army Family Action Plan 2014, in her opening address to the individuals seated at the Main Post Chapel Annex, here, Nov. 13.

“You, as delegates, represent the different demographics of the Army community, and your job is to give a voice to that group,” Stender emphasized. “You guys are the keys to change.”

Clearly, serving as an AFAP delegate is no small task.

Delegates are Soldiers, retirees, Department of the Army civilians and family members who volunteer (or are “volun-told”) to identify and prioritize issues that will improve the standard of living in the Army through the yearly AFAP conferences.

This feedback to leaders results in policy changes that become tangible end-products at garrisons across the Army.

“The Army doesn’t know what to fix unless it knows what’s not working, and the AFAP conference isn’t just about shining light on what’s not working; it’s about coming up with potential resolutions,” explained Stender, who serves under the Army Community Service; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

“Just because it’s always been that way, doesn’t mean it has to continue that way,” Stender said.

AFAP is the Army’s primary tool to communicate to leaders issues of importance and ways to improve the well-being of the overall Army family.

What began 30 years ago as spouse action

groups now is a year-round process that covers all Army demographics to resolve issues at either the installation or Headquarters-Department of the Army level.

“You have relative strangers, with different backgrounds and different values, all coming together and working together for a common goal: to make improvements to the Army,” said Stender.

“It was fun how a diverse group could come together on issues,” agreed delegate 1st Lt. Melissa Dabney, 209th Aviation Support Battalion, 25th Combat Avn. Brigade, 25th Infantry Division.

“I knew nothing about AFAP until I became a part of it this year,” Dabney added, “but I would definitely recommend the experience to others.”

Over the course of two-and-a-half days, last week, delegates converged in their respective work groups (which cover areas involving family support and employment, housing and facilities, medical and dental, and force support, benefits and entitlements) to review issues and concerns submitted by the USAG-HI community.

In addition to the delegates who attended the conference, numerous volunteers worked behind the scenes as facilitators, recorders, subject matter experts and issue supporters for the five different AFAP work groups.

“I love working with other ACS staff members and the volunteers,” Stender said. “Some had been through the AFAP conferences here in the past, and so I drew from their experiences — what worked, what didn’t. Everyone pulled together; I had so much support, that although it was a little chaotic, with the support, it was a smooth process.”

The conference concluded with a Report Out at the Nehelani, Nov. 15, during which a

representative from each work group presented senior leadership with an outbrief of the two issues his/her group felt to be of highest importance.

“Most of the issues that were submitted can be resolved at the local level, and I think the same issues come up each year — more spaces for children at Child Development Centers, traffic safety around schools, issues involving youth sports groups schedules — but the (issue) that really stood out and that I think will continue on to (be addressed by) big Army is children with type 1 diabetes in the CDCs,” Stender said. “There was a really good discussion after it was presented, and Brig. Gen. (Todd) McCaffrey was very interested in this issue.”

“I applaud your efforts to make a difference,” said McCaffrey, deputy commander-support, 25th ID, to the delegates following the Report Out.

“It’s your voice that helps us identify the cracks and seams and helps us prioritize,” he noted. “AFAP, as a process, has had a remarkable impact on our community and families.”

To date, AFAP has identified 683 issues Army-wide, which has driven legislative changes, Army policy and regulatory changes, as well as improved programs and services, including the Post 9/11 GI Bill, Temporary Lodging Expense, Earned Income Tax Credit and Servicemen’s Group Life Insurance.

“To see the process in action — delegates discussing, resolving and coming up with a scope for two issues — was the main focus throughout conference,” Stender said.

“It’s about making a change,” she concluded, “and it’s voices being heard from different walks of life throughout the Army family and making an improvement.”

### AFAP online

The Army Family Action Plan 2014 conference for the U.S. Army Garrison-Hawaii prioritized the following issues:

- Traffic Safety — Hale Kula School Zone;
- Visibility/Transparency of Oahu Commissary prices;
- Active duty Basic Allowance for Housing (BAH) in privatized housing;
- Soldier As Out-of-Pocket Expenses at Schofield Barracks Inn;

- Admissions wait times for scheduled surgeries at Tripler Army Medical Center;
  - Malpractice at military medical facilities;
  - Limited Child Development Center services for preschool children with type 1 diabetes;
  - Wait time for child care services;
  - Skate parks on Schofield Barracks; and
  - Healthy teen relationships.
- To view issues that have been submit-

ted, resolved, remain open or have been closed, go to [www.mymilitarysource.com](http://www.mymilitarysource.com) and select “Army Family Action Plan” under the “Family Programs and Services” tab.

To get involved in next year’s AFAP conference and make a difference for families Army-wide, call (808) 655-1703 or go online to [www.himwr.com/getting-involved/army-family-action-plan](http://www.himwr.com/getting-involved/army-family-action-plan).



Command Sgt. Major Philip Brunwald (left photo, from left), senior noncommissioned officer in charge, USAG-HI; Howard Johnston, deputy to the garrison commander, USAG-HI; and Brig. Gen. Todd McCaffrey, deputy commander-support, 25th ID, listen to delegate presenter 1st Lt. Melissa Dabney (right photo), 209 ASB, 25th CAB, 25ID, at the 2014 AFAP conference Report Out at the Nehelani, Nov. 15. (Photos by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)



## Teen speaker makes impact at annual family conference

**JACK WIERS**

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — The voice of U.S. Army Garrison-Hawaii’s teens echoed with poise and assurance at this year’s Army Family Action Plan conference Report Out, held at the Nehelani, here, Nov. 15.

Eliana Vargas, a 13-year-old from Wheeler Middle School, spoke with authority as she outlined the issues USAG-HI teens wanted to bring forward, which included help with educating teens about dating violence.

“I asked to be a part of AFAP to specifically bring up this issue,” said Vargas.

The issue evolved from Vargas’ personal experience and from recent experiences of a friend.

She came into the AFAP armed with supporting facts that place a figure of 1.5 million high school students nationally who experience physical abuse from a dating partner in a single year.

Her report out made an immediate impact. “This is where we have to start,” said Brig.

Gen. Todd McCaffrey, deputy commander-support, 25th Infantry Division, in immediate response to Vargas’ plea for Army help with teaching teens about unhealthy relationships and curbing violence.

McCaffrey indicated the teens’ issue, outlined by Vargas at the AFAP, was “a cousin” to the Army initiative of sexual assault awareness and prevention, an issue that is gaining an increasing profile and importance at the Army installation level.

“I was eager to present this, and hopefully

make a difference,” Vargas said following her presentation.

Vargas’ mother, Maddie Martell, who works for USAG-HI’s Army Community Service, said her daughter came away satisfied from the AFAP experience.

“She felt she accomplished what she wanted people to know,” said Martell.

Knowing her daughter, Martell anticipates Vargas will continue to work to help implement any new teen-awareness program that may evolve from the AFAP conference.





**Aloha Friday Barbeque** — Leilehua Grill offers a Friday barbeque lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbeque chicken, pork chops, baked beans, cole slaw, potato salad and corn bread; items cost \$8-\$10. Call 655-7131.

**23 / Saturday**  
**SKIES Hula Classes** — Hula classes are offered as follows:  
• AMR, 8:30 a.m., Saturdays;  
• Schofield Hula 101, 9:15 a.m., 4 p.m. and 4:45 p.m.; Intermediate, 5:30 p.m., Wednesdays.  
Call 655-9818 for class availability or visit [www.himwr.com](http://www.himwr.com).

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

**Kolekole Sunday Football** — Doors open 30 minutes before kick-off of first game. Breakfast tailgate buffet costs \$5 until noon; pupu and crowd-pleasers start at 11 a.m. Games and prizes are offered throughout the morning.  
Are you SB Kolekole's hardest working fan? Punch in every time you watch football at Kolekole, and get a chance to win a 32-inch TV at the Super Bowl party. The fan with the most clocked hours by Jan. 30, 2014, wins. Call 655-4466.

**25 / Monday**  
**Schofield Bowl Special** — Schofield Bowl offers "Monday Dollar Days," with a \$1 game of bowling, shoes, nachos and hot dogs, 9 a.m.-10 p.m., Mondays, except holidays, through Dec. 30. Call 655-0573.

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

**Fort Shafter Bowl** — A game of bowling will be \$1.50 every Monday and Wednesday, 7 a.m.-3 p.m., and Thursday, 2-9 p.m., during November. Call 438-6733.

**26 / Tuesday**  
**Stained Glass Workshops** — Learn the basics of foil assembly as

COMMISSARY FESTIVAL



SCHOFIELD BARRACKS — Local entertainers, food vendors, commissary officials and members of the authorized U.S. Army Garrison-Hawaii community join forces for a Hawaiian holiday festival at the commissary parking lot, here, Friday-Sunday.

The event highlights locally produced Hawaiian products while also serving to launch the holiday season.

(Top photo) Gregory McGruder (back row, left), Schofield Barracks Commissary store director, takes a break to share a photo opportunity with participants and sponsors.

(Right) Santa Claus joins the festival activities by sharing photo opportunities with young visitors. Additional Santa sightings at the Commissary are anticipated throughout the season, say commissary officials.

Defense Commissary Agency officials are also promoting holiday specials, beginning this week, to include the sale of Commissary gift cards worldwide, as well as special in-store promotions. Customers are asked to check dates and details of special promotions with their local store.

(Photos courtesy Schofield Barracks Commissary)



you select, cut and solder glass into a charming island-theme sun catcher, 5-8 p.m., Tuesdays through Nov. Workshop cost is \$70 and includes all supplies except glass. Glass may be purchased in the SB Arts & Craft store. Call 655-4202.

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

**Dominoes tournament** — Every Tuesday night in November at SB Tropics Warrior Zone; finals are Nov. 26. Sign up at 5:50 p.m.; play begins promptly at 6.

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

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming

programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.  
Attend these meetings:  
• South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.  
• North meetings, 2 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.

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

**Tropics Blackjack Tournament** — Every Wednesday during November at SB Tropics Warrior Zone. Sign up at 5:30 p.m.; play begins at 6. The free weekly tournament is open to all ID cardholders, ages 18 years and older. Call 655-5698.

**29 / Friday**  
**Online NAF Property Sales Deadline** — Purchase items at a discount with online anonymous bids at [himwr.com/nafe-auction](http://himwr.com/nafe-auction). Each month there are different excess items for sale. Auctions open the first Friday each month. This month's auction bidding ends Nov. 29.

All winning bids for an individual item will be contacted within 48 hours of the last day of the auction to arrange payment and pick-up. Call 438-3503. All items are sold "as is"; no refunds or exchanges.

**30 / Saturday**  
**Nagorski Pro Shop Sale** — The FS Nagorski Pro Shop offers a 20 percent off all non-sale items more than \$20, through Nov. 30. Call 438-9587.

Ongoing

**Winter Golf Sale** — Leilehua Golf Course Pro Shop's annual winter sale will last until Dec. 31. All items will all be 10-50 percent off, except special orders. Call 655-4653.

**Storage Shed Rental** — Rent a storage shed from either the FS (438-9402) or SB (655-9368) Auto Skills centers. Fee is \$40 (8x6x5, metal) or \$60 (8x6x6, plastic) per month.

**Christmas Lights Trolley Tour** — Leisure Travel Services is selling tickets, for 90-minute Honolulu City Christmas Light Trolley Tours, 6 p.m., Dec. 9 and 17. Cost is \$13.

Community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**Education Survey Cards** — Parents are urged to fill out and return survey cards issued to public school students in Hawaii, by Nov. 25. The survey cards were issued Nov. 18-22 and will help determine millions of dollars in federal funds that benefit both the military and local communities through the Federal Impact Aid Program. For more information, contact the USAG-HI School Liaison Office at 655-8326.

**Museum Closure** — The Tropic Lightning Museum will be closed Friday and Saturday, Nov. 22-23, for termite tenting. Museum will resume normal operations Sunday, Nov. 24.

**Health Fair** — The Learning Dis-

abilities Association sponsors a Keiki Health Fair at Waianae Mall, featuring activities, prizes, lunch and a free health screening.

**Tell Me a Story** — Webling Elementary School hosts this free event for keiki ages 4-12, 5:30-7 p.m., as part of the Military Child Education Coalition Parent-to-Parent program. Hands-on activities and snacks offered. Email [ptop.schofield@militarychild.org](mailto:ptop.schofield@militarychild.org) to RSVP, or call 785-383-2867. Visit [www.militarychild.org](http://www.militarychild.org).

**HPU Winter Concert** — Hawaii Pacific University conducts a free holiday concert, 7 p.m., at the Central Union Church, featuring the HPU Band, International Vocal Ensemble, Chorale and HPU Symphony Orchestra.

**23 / Saturday**  
**2SBCT Fun Run** — The 2nd Stryker Brigade "Warrior" Turkey Trot and Keiki Run begins at 7 a.m., at Weyand Field, SB. All Soldiers, family members and DOD-affiliated individuals are invited to participate in the 7.2-mile fun run up Trimble to

Area X. Portions of Trimble will be closed from 6:30-8:30 a.m. Call 655-0226.

**Bellows Fun Run** — Bellows Air Force Station hosts its annual Turkey Trot run. Check-in is at 7 a.m., start is at 8 a.m., followed by an all-day Makahiki, featuring Lanai and Augie and a Cyril Pahinui concert. Includes Hawaiian games and ceremonial procession. Free events open to military and family members with value DOD ID. Call 864-0144.

**24 / Sunday**  
**Hawaii Symphony** — Active duty military personnel are able to purchase \$20 tickets for 2013 Hawaii Symphony Orchestra fall concerts, including the Grand Russian Music performance, 4 p.m., Nov. 24, at the Blaisdell Concert Hall. Tickets must be purchased at the Blaisdell Box Office. Two discount tickets may be purchased the week of the performance per military ID.

**26 / Tuesday**  
**Family Night Programs** — AMR and SB chapels invite the public to family night programs. The weekly

event features dinner, classes and activities for children ages 4 through high school and adults. A nursery service, staffed by CYSS, is provided for children ages 6 months-4 years who are registered with CYSS or CDC. Weekly schedule follows:  
• AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m.  
• SB Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m.  
Call 833-8175 (SB) or 839-4319 (AMR).

**30 / Saturday**  
**Hawaii vs. Army Football** — College football kick-off is at 6 p.m., Nov. 30, at Aloha Stadium, featuring the University of Hawaii Warriors. Active duty military, DOD civilians and retired military eligible for 50 percent discount on select adult tickets (eight maximum) to all UH home sporting events. Valid ID required when purchasing tickets at event. Visit [www.hawaiiathletics.com](http://www.hawaiiathletics.com).

See COMMUNITY CALENDAR, B-6

Worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://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](http://aafes.com) under realtime movie listing.

**Carrie**  
(R)  
Fri., Nov. 22, 7 p.m.  
Sat., Nov. 23, 6 p.m.



**Escape Plan**  
(R)  
Sat., Nov. 23, 2 p.m.

**Captain Phillips**  
(PG-13)  
Sun., Nov. 24, 2 p.m.

**Machete Kills**  
(R)  
Sun., Nov. 24, 6 p.m.



**Gravity**  
(PG-13)  
Thurs., Nov. 28, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	Reservation
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	IPC: Island Palm Communities
	FMWR: Family and Morale, Welfare and	PFC: Physical Fitness Center
		SB: Schofield Barracks





Mililani High School JROTC cadets struggle to pull a humvee uphill as Soldiers from the 25th ID offer motivaion during the Junior Lightning Warrior Challenge, recently.

# 235th tests JROTC cadets with Lightning Warrior Challenge

Story and photos by  
**CADET IRIS CORRALES**  
Mililani Army Junior Reserves Officer Training Corps Public Affairs

SCHOFIELD BARRACKS — Junior Re-serves Officer Training Corps cadets from high schools across the island competed in the Junior Lightning Warrior Challenge, here, recently.

Sixteen local high school JROTC programs participated in the event, which was hosted by 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, and judged by noncommissioned officers from the surrounding Sgt. Audie Murphy Clubs (SAMC).

The event helped test the cadets’ leader-ship skills, physical fitness abilities and also helped to further develop their team-build-ing processes.

Each school was allowed to enter two teams of three male and three female cadets.

“The focus of the event is to make it con-sistent across all schools that in order to complete each event, you had to finish as a team,” said Cadet Darius Osborne, Mililani Army JROTC. “I just moved here from Eng-land, and it was a great opportunity for me to compete with all these great cadets.

“I bonded so quickly with my team, I think I have made lifelong friends from just this one event,” Osborne added.

The competition pushed the cadets to their limits by testing them in four separate events: a Modified Physical Fitness Test (MPFT), medical testing, a Makahiki event and the Warrior Challenge.

The first challenge was the MPFT, which measures cadets’ overall strength and fit-ness level through challenges consisting of push-ups, sit-ups, chin-ups, dips and a 1-mile run.

After finishing the MPFT, Cadets were giv-en a magnetic compass and were required to navigate to their huts, where they were to spend the night.

Day two was to be the most challenging day of any of these cadets’ lives.

The first task was to conduct a 2-mile ruck march from Area X to Weyand Field, next to the Richardson Pool. Before beginning the ruck march, each cadet was weighed while wearing a ruck sack, which held between 15-20 pounds of essential supplies, including MREs, extra clothes and water. The required supplies were not only a part of the chal-lenge; they were also a tool put in place to ensure everyone competing was enforcing the most important standard: safety.

“Our No. 1 priority is safety,” said Sgt. 1st Class Nelson Martinez, Junior Lightning Warrior Challenge NCO in charge, and

See JROTC, B-6

# Hale Kula strives to help needy with ‘Turkey Trot’

Story and photo by  
**ESTHER PARK**  
Hale Kula Elementary School

SCHOFIELD BARRACKS — Hale Kula Ele-mentary held its annual Turkey Trot school-wide event, here, Nov. 13.

The pre-Thanksgiving event gathers canned food items that later are donated to charity.

This year, Hale Kula collected a total of 1,316 canned food items, exceeding its previ-ous record set last school year.

Every year, the student council teams up with the physical education teachers to orga-nize the event. A running course was set up around the school campus, accompanied by a fun and upbeat music playlist.

“I think it’s great that we raised so many cans. We’re going to give the cans to the people who may not have a Thanksgiving dinner.”

— **Lizzie Skaggs**  
Student council president  
Hale Kula Elementary School

The idea is simple: one canned food item provides an admission ticket to the fun run zone. The students then have 20 minutes to drop off their donations and run or walk around the course.

Grade levels took turns throughout the morning to participate.

Student council officers and homeroom representatives worked shifts to help out with the event. The students are in charge of counting the col-lected cans, packing the cans into boxes and guiding the run for their peers.

“I think it’s great that we raised so many cans. We’re going to give the cans to the people who may not have a Thanksgiving dinner,” said Lizzie Sk-aggs, student council president. “It’s also a great way for us to get exercise and have



Stephen Wogomon II (front right), Hale Kula Elementary School student council member, helps collect canned food items from students in anticipation of the ninth annual Turkey Trot, Nov. 13.

fun!”

Hale Kula’s current student enrollment stands at 894. Their goal was to raise at least 1,200 canned food items this year; the Hale Kula ohana demonstrated its spirit of by ex-ceeding that goal by 116 cans!

All canned food items are being donated to the Hawaii Foodbank. The Hawaii Food-bank is the only nonprofit agency in Hawaii that collects perishable and non-perishable foods in mass quan-tities to distribute to its 250 member agencies.

“It’s important to help out other people so they can have a good Thanksgiving, too,” said student council member

Stephen Wogomon II. “The Turkey Trot was fun because I like to run and because we exceeded our goal.”

(Editor’s note: Park is a teacher at Hale Kula Elementary School.)





# Divers salute ‘Old Glory’ and veterans underwater

**DONNA KLAPAKIS**  
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Scuba divers from around Oahu came together on Veterans Day at a popular dive site to “fly” an American flag in the ocean to honor American veterans.

Four dive clubs and two dive shops, along with civilian divers and military divers from all services, converged at Kahe Point, also called Electric Beach, on the West Side of the island for the American flag dive.

Air Force Lt. Col. Todd Toman, deputy commander, 599th Transportation Brigade, here, said the flag was raised at sunrise, 6:30 a.m., and lowered at 5 p.m. for retreat, just as all flags are flown on military bases.

“We kept a diver in the water at the base of the flag almost the entire time. Non-divers volunteered to run a ‘base camp’ on-shore to help with food, dive gear and supplies,” Toman said.

Spc. Jonathan Nguyen, health care specialist in the Hematology-Oncology Clinic at Tripler Army Medical Center, said the group was encouraged by the enthusiastic participation of both divers and non-divers.

“While it only took about six divers to actually set the flag up and take it down, we had close to 30 divers in the water for the opening ceremony,” Nguyen said. “Even though the ceremony was scheduled to start at 6:30 a.m., we had people arriving as early as 4 a.m. to help with the setup.”

Toman said the divers were very careful to set up the flag in a respectful manner and so that it would remain stable throughout the day.

“We carried the flag pole, with the flag wrapped around it, into the water, along with a



Spc. Joshua Martin, TAMC, salutes the flag as Sgt. 1st Class Michael VanHise (to left of flagpole) secures the colors during an underewater retreat ceremony, Nov. 11. (Photo by Spc. Jonathan Nguyen, Tripler Army Medical Center)

weighted stand and veteran escorts,” Toman explained. “We swam out about 100 yards from the shore and then submerged. We placed the stand in place and set the flagpole into the stand and then, using guylines, stabilized the flagpole due to the water current.

“All divers then rendered honors to the flag as it was unfurled,” Toman added.

Although club members and shops set up

and sponsored the event, all were welcome to participate.

“We placed the flag at a depth of about 20 feet and selected the spot because of the location,” Nguyen said. “Almost anyone entering the water to go diving or snorkeling would eventually see it on the way out; we wanted to be sure people could see it.”

Sgt. 1st Class Michael “Mike” VanHise, the

“Almost anyone entering the water to go diving or snorkeling would eventually see (the flag) on the way out; we wanted to be sure people could see it.”

— **Spc. Jonathan Nguyen**  
Health Care Specialist  
Tripler Army Medical Center

future operations noncommissioned officer in charge for the 8th Military Police Bde., 8th Theater Sustainment Command, had the initial idea for the flag dive, and served as the chief organizer of the dive, as well.

He said the event ended up fostering harmony among dive organizations.

“My take on the event is that, it’s normally very hard to get multiple dive shops/clubs to share the same battle space. But because it was to honor our vets, they all came together to pull it off,” VanHise said.

Nguyen agreed: “It was really nice to see groups normally competing for business rally together in one event, under one flag, for the common goal of paying tribute to our veterans. We also had a collection set up to take in canned food and other items that will later be donated to homeless veterans at U.S. Vets in Barbers Point.”

VanHise said he plans for this to be the first of many diver recognition events to come.

“I am already working on the next event and the Memorial Day event; stay tuned,” he said.



# JROTC: Cadets endure test’s physical challenges

CONTINUED FROM B-3

SAMC, 25th ID.

“We had to make sure the cadet team leaders were enforcing cadets to hydrate on the move during the march,” Martinez added.

As soon as cadets arrived in timed intervals to Weyand Field, the medical event tested cadets on how to treat a casualty.

“I was able to use what I have learned this year in JROTC and apply it to this situation,” said Cadet Owen Miyahara, Mililani Army JROTC. “It was just a little more real, since I was

the one to evaluate the casualty, while my other team members treated him.”

The third phase of the competition was the Makahiki event at Richardson Pool, which consisted of a relay swim, an underwater equipment recovery and a swimming challenge.

“I loved these events because I have been swimming for many years,” said Cadet Alec Lee, Mililani Army JROTC.

“I had no idea how demanding this Makahiki competition was going to be,” added Cadet Joy Sanchez, Mililani Army JROTC. “To work together as a team and finish as a team was what I got out of it. It really opened my eyes,

and showed me, personally, some areas that I need to improve on, like swimming underwater.”

The fourth part of the competition was the Warrior Challenge, which was divided into separate events that began with an obstacle course.

“I enjoyed running through the course,” said Cadet Kayla Cosme, Mililani Army JROTC. “The Soldiers who guided us really motivated us to finish each leg of the course.”

To complete the Warrior Challenge, cadets endured physical fitness challenges most had never participated in, including flipping over a large tire, lifting a short telephone pole while going down on every other step to the ground and finally, finishing by successfully pulling a 5,200-pound vehicle uphill with a large rope.

The final event was held at Area X, where cadets constructed a rope bridge, threw a spear through several hoops, lifted 5-gallon water storage containers and did multiple sets of push-ups.

“Our goal is to get the cadets motivated and have a safe competition,” said Martinez. “Leaders set the example, and every one of these cadets are leaders. They never quit and motivated all of us from their determination and energy.

“Our focus is to get them to work as a team,” Martinez added. “You cannot accomplish these tasks by yourself, and that was our primary focus: to build teamwork.”



Mililani High School JROTC Cadets (from left) Kayla Cosme, Lofa Fasavalu and Rebecca Israel evaluate and treat a combat casualty during the medical event portion of the Junior Lightning Warrior Challenge.



CONTINUED FROM B-2

**TAG Tryouts** — The Actors Group is holding tryouts for the acclaimed August Wilson play “Radio Golf,” 3-6 p.m., Nov. 30 and Dec. 1, at the TAG theatre, Dole Cannery Square, 650 Iwilei Rd. Suite 101, Honolulu. The play runs Jan. 31 - Feb. 23, 2014.

## December 2 / Monday

**Chanukah Menorah Lighting** — This second annual celebration and observance of Chanukah for the Jewish members of the garrison is open to all community members, 6-8 p.m., Dec. 2, SB Main Post Chapel.

## 3 / Tuesday

**SB Tree Lighting and Holiday Concert** — Activities begin at 5 p.m., General’s Loop, with tree-lighting ceremony beginning at 6 p.m. The 25th ID Band will entertain, and appearances by Santa and light refreshments are included. Call 655-0113.

## 5 / Thursday

**FS Tree Lighting** — Holi-

day concert, featuring the 25th ID Band, begins at 5 p.m., with tree-lighting ceremony scheduled at 6 p.m.

Refreshments, pictures with Santa and more will be included. Call 655-0113.

## Ongoing

**Jewish Services** — Weekly worship services are now held at 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit [www.chabadofhawaii.com](http://www.chabadofhawaii.com).

Saturday services are available at the Ala Moana Hotel. Call 735-8161.

**Children’s Waiting Room** — The ASYMCA Children’s Waiting Room offers on-site child care for healthy children whose parents or siblings have medical appointments in any of the Schofield clinics or at TAMC.

SB program hours are 8 a.m.-noon and 1-4 p.m. weekdays, (433-8410); TAMC (833-1185) hours are 8 a.m.-3 p.m.

There is no fee for the service.



# Health officials report thirdhand smoke dangers

**BETHANN CAMERON**  
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — Have you ever noticed the smell of cigarette smoke in an area where no one appears to be smoking, or the lingering smell of cigarettes in a hotel room previously occupied by smokers?

Cigarette smoke clings to hair, clothing, cushions, carpeting, furniture and toys after a cigarette is put out. It also clings to food and dust. This is referred to as “thirdhand smoke” — left-over residue with the strong scent of smoke that remains on the surfaces of objects long after secondhand smoke has cleared. Thirdhand smoke is considered a hazard because it contains toxic gases and chemicals (i.e., nicotine, tar, butane, paint thinners, arsenic, lead and carbon monoxide) that you cannot see. These chemicals pose a health risk because they combine with the air and other pollutants to make cancer-causing substances. They are absorbed through the skin by touching contaminated surfaces, inhaling dust or by ingestion (eating or drinking). Young children can get these chemicals on their hands especially if they are crawling or playing on the floor. People are also exposed through shared ventilation, air ducts and leaky walls in apartment buildings.

According to the Mayo Clinic, it can take two to three minutes for a smoker to stop exhaling the toxins of smoke after their last puff. Thirdhand smoke can remain on the smoker long enough to settle in places considered smoke-free.

Studies have shown that it takes two hours for the air quality to return to normal after a single cigarette was smoked in a bedroom. In addition, thirdhand smoke can accumulate. One study showed that thirdhand smoke contamination remained on surfaces to include house dust even after a home

was vacant for two months and cleaned. To reduce the hazard, many parents smoke when their children are out of the house. People turn on fans to ventilate the room or open a window in a car to get rid of the smoke. These actions do not protect people from thirdhand smoke.

The only way to protect non-smoking family members completely is for all family smokers to quit. Protect your loved ones and promote a healthier air space.

- Strategies**
- If you smoke, here are some tips to reduce thirdhand smoke contamination:
- Get help with quitting smoking.
  - Wash your hands, change clothes and brush your teeth after smoking and before holding or feeding babies and young children.
  - Keep your home and car tobacco-free. Detoxify your home and car.
  - Open windows and doors to let in fresh air or use a high-quality



Thirdhand smoke still contains toxic gases and chemicals. (Photo by Graham Snodgrass, U.S. Army Public Health Command)

- ty indoor air purification system.
- Do a thorough cleaning of your home. Wash clothing, bedcovers, drapes and furnishings including windows, doors, walls, ceilings, kitchen cabinets, light fixtures, blinds and shades.
  - Steam clean carpets and upholstery with a cleaning agent, not just a deodorizer.
  - Remove smoke-filled wallpaper.
  - Replace all heating and air-conditioning filters regularly.
  - Use several coats of non-toxic sealant and paint on walls to prevent odors and nicotine from leeching through the paint.
- Thirdhand smoke is considered a hazard because it contains toxic gases and chemicals (i.e., nicotine, tar, butane, paint thinners, arsenic, lead and carbon monoxide) that you cannot see. These chemicals pose a health risk because they combine with the air and other pollutants to make cancer-causing substances.

**Learn more**

For further research regarding the dangers of thirdhand smoke, visit the following websites:

- [www.ucanquit2.org](http://www.ucanquit2.org);
- [www2.massgeneral.org/ceasetobacco](http://www2.massgeneral.org/ceasetobacco); or
- [www.mayoclinic.com/health/thirdhand-smoke/AN01985](http://www.mayoclinic.com/health/thirdhand-smoke/AN01985).