

7th Engineer Dive Det. touches down in Honolulu

Story and Photos by
1ST LT. ANDREW THOMA
65th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

FORT SHAFTER FLATS — Overshadowing the Pro Bowl, the Soldiers of the 7th Engineer Dive Detachment, scored the most acclaimed touchdown of the week as they landed at Honolulu International Airport shortly after 3 p.m., Feb. 1.

After a yearlong deployment to Kuwait, the Soldiers, who are part of the 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, stepped off the plane and were greeted by Lt. Col. Dan Koprowski, commander, 65th Eng. Bn., and Command Sgt. Maj. Joe Constante, senior enlisted leader, 65th Eng. Bn.

The Soldiers displayed a collective sense of relief and excitement as they realized that they had finally made it back home and would soon be reunited with family and friends.

The detachment represents a highly specialized skill set. Army divers’ missions include underwater construction, salvage, demolitions and hydrographic survey. They also conduct bridge reconnaissance, underwater cutting and welding, countermine operations, and search-recovery operations.

For this reason, Army divers must constantly train to be proficient in their diverse tasks and stand ready to deploy across the globe when their services are required.

The unit, based in Kuwait, conducted missions in Kuwait, Iraq, Afghanistan, Oman and Bahrain.

“Their ability to deploy small teams throughout Iraq and Afghanistan paid dividends for the U.S. and allied forces on a number of important missions,” Koprowski said.

Their missions included inspecting and surveying of major underwater ports, training local nationals in underwater demolitions, inspecting multiple dams in support of multimillion dollar engineering projects, and force protection in the form of security swims.

“Military dive operations are complex and extremely technical, which makes sustainment training critical, even on deployment,” Koprowski said. “As with most things, the 7th Eng. Dive Det. set a high standard in this regard,



Above — Family members welcome home redeploying 7th Eng. Dive Det., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, Soldiers following their redeployment ceremony, Feb. 1.

Right — Lt. Col. Dan Koprowski (left), commander, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, greets 1st Lt. David Guerdan, executive officer, 7th Eng. Dive Det., 65th Eng. Bn., as he steps off the plane after arriving at Honolulu International Airport, Feb. 1.



with every diver on the team earning their salvage diver rating through the course of the year.”

Despite operating in hazardous and austere conditions, the 7th Eng. Dive Det. suffered no casualties and brought every Soldier home safely.

Survey asks for PT uniform recommendations

ARMY NEWS SERVICE
News Release

WASHINGTON — The Army wants Soldier input about a potential upgrade to the Army’s physical fitness uniform.

Soldiers are being asked to complete an online survey developed by the Training and Doctrine Command to answer questions about how they use their current physical fitness uniform, how they would prioritize changes to the uniform and what capabilities they are looking for in a new physical fitness uniform.

The survey site officially launched Monday and will remain active for 30 days.

The survey is for all Soldiers, including active duty, National Guardsmen and reservists. Access to Army Knowledge Online is required for Soldiers to voice their opinions.

The uniform Soldiers currently wear during physical fitness training is called the “Improved Physical Fitness Uniform,” or IPFU, and it provides Soldiers with a multifunctional uniform for physical training and other Soldier-related activities.

Results from the online survey will help the Army decide if



Rob McIlvaine | Army News Service

Soldiers at the Army’s Physical Fitness School perform the third event in the new Army physical readiness test, the one-minute rower, during a demonstration. The Army is now asking Soldiers to complete a survey to consider changes to the PT uniform.

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Obama announces program to hire veterans in Job Corps

Story and Photo by
SGT. 1ST CLASS TYRONE C. MARSHALL JR.
American Forces Press Service

ARLINGTON, Va. — President Barack Obama continues his commitment to improving employment among veterans by introducing an initiative to hire them as the country’s first responders.

“In my State of the Union address, I proposed a new initiative called the Veterans Jobs Corps to put veterans back to work protecting and rebuilding America,” he said, “and today, we’re laying out the details of this proposal.”

Speaking at a fire station, here, to veterans, firefighters, police officers and national park employees, Feb. 3, Obama shared the venue’s significance before his remarks.

“This is a fire station that holds some special significance for our country,” he explained. “On Sept. 11, the firefighters of this house were among the first to respond to the attack on the Pentagon.

“You guys answered this nation’s call during its hour of need,” Obama added. “And in the years that followed, as Americans went to war, some of you answered that call, as well.”

The president encouraged the hiring of veterans to replenish the ranks of the nation’s first responders.

“First, we want to help communities hire more veterans as cops and firefighters,” he said. “Over the past few years, tight budgets have forced a lot of states, a lot of local communities, to lay off a lot of first responders.”

The country already has made progress in veterans’ employment, Obama said.

“Already, we’ve helped 600,000 veterans and their family members go back to school on the Post-9/11 G.I. Bill,” he said. “We’ve hired (more than) 120,000 veterans to serve in the federal government, (and) we’ve made it easier for veterans to

See VETERANS, A-9

Observance to pay homage to African-Americans

SPC. MARCUS FICHTL
8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 8th Military Police Brigade, 8th Theater Sustainment Command, and Team Equal Opportunity, invite Soldiers, civilians and families to the Army’s Black History Month observance at the Sgt. Smith Theater, here, 10 a.m., Feb. 15.

Libra Forde, founder and director, of Utopian Academics for Military Children, will speak as part of the event’s focus on “Black Women in American Culture.”

According to Army EO, the purpose of Black History Month is not to specifically talk about one ethnicity or race. The observance

Black History Month

To learn more about the Black History Month observance, call the 8th MP Bde.’s EO Office at 655-4901.

will celebrate the ethnicity and culture of America and the people who brought that culture to the nation.

“We are here to educate others on the accomplishments of the cultures that make up the Army,” said Sgt. 1st Class Judith

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Silver Scimitar 2012 | A-4

8th HRSC stays up to date.

Motorcycle safety | A-6

A unit that rides together, stays safe together.

Helping hands | B-1

65th Eng. Bn. re-stripes parking lot.

Robots | B-4

TAMC embraces the future of surgery with the da Vinci Surgical System.

DEPLOYED FORCES



Col. Jeffrey Drushal (left), commander, 45th Sust. Bde., 8th TSC, and Command Sgt. Maj. Roger Bynoe, senior enlisted leader, 45th Sust. Bde., uncasing the brigade's colors and highlight the TOA, Feb. 4, in Kandahar, Afghanistan.

Out with old, in with new for brigade

45th Sust. Bde. assumes responsibility in Afghanistan

Story and Photo by
SGT. 1ST CLASS MAURICE SMITH
45th Sustainment Brigade Public Affairs,
8th Theater Sust. Command

KANDAHAR AIRFIELD, Afghanistan — The 45th Sustainment Brigade, 8th Theater Sust. Command, officially assumed responsibility for sustainment operations after a transfer of authority ceremony, here, Feb. 4.

“Lightning Support” Soldiers stood in formation ready to take charge and exchanged responsibilities with the 7th Sust. Bde., based out of Fort Eustis, Va., marking the second Operation Enduring Freedom rotation for the unit.

The unit’s previous OEF deployment came in 2009.

The 45th Sust. Bde. also made history in 2006 during its deployment to support Operation Iraqi Freedom, becoming the first sustainment brigade to transfer authority to another in the history of the U.S. Army.

The 45th Sust. Bde. welcomed its newest additions to the unit: the 1297th Combat Support Sust. Battalion from Havre de Grace, Md.; the 365th CSSB from Jackson, Miss.; and the 375th CSSB from Mobile, Ala. These units will help with logistical operations for regional commands South, Southwest and West.

Following the formation of troops and opening remarks, the brigade’s colors were uncased by Col. Jeffrey Drushal, commander, 45th Sust. Bde., and Command Sgt. Maj. Roger Bynoe, senior enlisted leader, 45th Sust. Bde., which signified the transition of authority.

“This is a moment we have been anticipating for almost a year,” Drushal said. “To our U.S. military, civilian and z counterparts, we are prepared to sustain the force.

“The 45th (Sust. Bde.) will uphold its tradition of sustaining the fight, which stretches all the way back to 1936,” Drushal added. “We will not disappoint you. God bless the 45th Sust. Bde., the U.S. Army, and God bless America. Lightning Support.”

3RD BCT SECURITY



Photos by Sgt. Trey Harvey | U.S. Army Photographer

NANGARHAR PROVINCE, Afghanistan — Pfc. Joel Morsey (left), 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, uses the Handheld Interagency Identity Detection Equipment, or HIIDE, system on a local Afghan, here, Jan. 26.



Afghan National Army soldiers locate illegal poppy seeds in the, Memlah district, Jan. 26.



Soldiers with 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, search a local Afghan, Jan. 26.



Pfc. Ethan Mangum, 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, provides security, Jan. 26.

Annual Yama Sakura concludes, offers participants cultural exchange

Story and Photo by
SPC. BRANDY MORT
133rd Mobile Public Affairs Detachment

CAMP ITAMI, Japan — U.S. Army Soldiers and Japan Ground Self Defense Force, or JGSDF, members participated in Yama Sakura 61, here, Jan. 23-Feb. 6.

Yama Sakura is an annual, computer-driven, joint-bilateral exercise between U.S. Army-Pacific and JGSDF.

This exercise is designed to strengthen military operations between the two forces at the operational level and aid in the defense of Japan.

YS61 builds a working relationship between both countries and provides a platform to learn different work ethics.

Participating in Yama Sakura exercises proved to be a valuable tool during the relief efforts of the March 2011 northeast Japan earthquake and subsequent tsunami.

“Working together enabled us to seamlessly come together and work to support the JGSDF. I think that paid great dividends to the Japanese people,” said Lt. Gen. Francis Wiercinski, commander, USARPAC.

YS61 is the first iteration since the March 11, 2011, disaster. “This is an extremely important exercise,” said Maj. Miranda

Killingsworth, civil affairs planner, USARPAC Contingency Command Post. “It not only builds a relationship and understanding with our Japanese counterparts, it also reassures the Japanese and American people that there is a relationship between our two nations.”

Cultural events were offered to members participating in this iteration of Yama Sakura. Participants visited historical sites, including Kiyomizu Temple, Kinkakuji Golden Pavilion, Todai Temple and Osaka Castle. Visits to homes of JGSDF members were also offered to U.S. military personnel.

The exercise officially started with an opening ceremony and a bilateral press conference where Wiercinski, and Lt. Gen. Ryuichiro Arakawa, commander, Middle army, JGSDF, addressed both troops and media.

“I know one thing about this exercise, and that is, we will make mistakes and that’s a very good thing, because if we make the mistakes here, and we make the corrections here, we won’t make them when it counts,” Wiercinski said.

Primary units that participated in YS61 were USARPAC, 8th Army, U.S. Army-Japan and the JGSDF’s Middle army.

Elements of the U.S. Air Force, Navy and Marines Corps also participated, along with the National Guard and Reserve units.

This year, for the first time, the Australian Defense Force ob-



Capt. Brittany Woods, (right), operations officer, USARPAC CCP, works side-by-side with Capt. Kousei Matunaga, exercise operations officer, Exercise Plans and Operations Department, in preparation for YS61 at Camp Itami, Japan, Jan 23.

served the exercise. YS62 is slated for December with the Northeast army of the JGSDF in Sendai, Japan.

VSAT keeps HR Soldiers combat ready

Story and Photo by
SPC. C. TERRELL TURNER
214th Mobile Public Affairs Detachment

FORT DEVENS, Mass. — Battles can be won or lost in the blink of an eye, making technological connectivity on today’s battlefield more crucial than ever.

In a rapidly changing combat environment, the ability for human resources units to establish, maintain and exchange reliable communications with leaders and other units



Staff Sgt. Atavis Taylor (right), second shift officer in charge, Casualty Operations, 14th HRSC, assists two Soldiers from the 8th HRSC, 8th TSC, in assembling the VSAT system during Silver Scimitar 2012. VSATs provide critical connectivity in an austere environment when other options are not available.

“I think the training was outstanding. They provided detailed information for us to perform our job when we are in theater.”

Staff Sgt. Tyra Thompson
Casualty Operations NCO, 8th HRSC, 8th TSC

about casualties, personnel issues and other information is vital.

During the Silver Scimitar 2012 training exercise, HR Soldiers assigned to casualty operations received training on how to operate the Very Small Aperture Terminal, or VSAT, a portable satellite system that can data-connect with other VSATs and with network architectures established in theater.

VSATs provide critical connectivity in an austere environment when other options are not available, and it has been used to support Army operations since at least 2003.

“Using VSAT has been a great experience. When our casualty assistance center communications went out several times in Kuwait, we had communications back up within minutes,” said Chief Warrant Officer 4 Stacy Malloy, HR technician, Casualty Operations Division, 14th HR Sustainment Center.

Malloy is one of a number of instructors and subject matter experts who have dealt with the technology while deployed. He can share valuable lessons learned with Soldiers participating in Silver Scimitar; he recalled the HR mission prior to the fielding of the VSAT and the significance of this technology for his Soldiers.

“Before this system, we worked through the (chief information officer), and they would provide static IP addresses,” he said. “We weren’t able to do it on our own. Now, this (technology) allows us to go anywhere and have communications: send emails, send casualty reports and (have) more capabilities through (voice over Internet protocol).”

While not all of the Soldiers training at Silver Scimitar have used the VSAT, many are familiar with it.

“I was first introduced to this system in 2006,” said Spc. Ronaldo Fajardo, HR specialist, 8th HRSC, 8th Theater Sust. Command. “I haven’t had a chance to use it, and these skills are temporary. If you don’t use the knowledge, you lose it.”

To get the hands-on experience needed, Soldiers assembled and disassembled the satel-

lite system and learned about its capabilities.

Despite not having operated the system, Fajardo was much more comfortable with using it after receiving the training.

“I like it,” Fajardo said. “It’s like plug and play. Once you follow the instructions, it’s pretty easy to put up.”

Soldiers appreciated both the depth of the instruction and the subject matter expertise of the instructors.

“I think the training was outstanding. They provided detailed information for us to perform our job when we are in theater,” said Staff Sgt. Tyra Thompson, casualty operations noncommissioned officer, 8th HRSC. “I have used the system before. The HRSC conducted multiple training events on how to set up and tear down the VSAT. I would definitely feel comfortable (with) setting up the system in the field.”

Silver Scimitar 2012

Silver Scimitar is the Army’s premiere training exercise for human resources professionals across components to prepare for their wartime missions.

Silver Scimitar, held annually at Fort Devens, Mass., is for HR what the National Training Center at Fort Irwin, Ca., is for combat arms and support.

Silver Scimitar 2012, held from Jan. 21-Feb. 2, trained more than 500 Soldiers from 22 different units, representing HR units from the U.S. Army Reserves, National Guard, as well as active duty, to provide theater-level sustainment for deployed Soldiers.

Sponsored by U.S. Army Reserve Command, it brought together trainers and advisers from multiple sources, including the Soldier Support Institute (the Adjutant General School), U.S. Army Central Command, the National Guard Bureau, Third Army/U.S. Army Central Command, Military Postal Service Authority and other government agencies.

By bringing together a diverse group of instructors and observers to conduct the exercise, the Army has created a unique way to provide HR sustainers the best tools available to help them carry out missions critical to serving its warfighters.

Though not an official validation exercise, Silver Scimitar has evolved among the HR community as the best way to train units preparing to deploy. The Adjutant General Corps is striving to validate Silver Scimitar, a process by which an exercise is certified by U.S. First Army. The validation serves to shorten the mobilization process, and get Soldiers, with their critical skills, to the battlefield quickly.

HR affects every Soldier on the battlefield, whether it’s delivering mail, processing casualty reports or conducting movements in and out of theater.

Silver Scimitar is the hub where the past, present and future of HR meet.

Since transformation, HR units across components have come to share the same missions and possess similar assets. What began as a reserve component annual exercise now trains Soldiers in all components, at every level.

(Editor’s Note: Information compiled from Army news releases.)

8th HRSC sharpens skill set during annual Silver Scimitar

SPC. C. TERRELL TURNER
214th Mobile Public Affairs Detachment

FORT DEVENS, Mass. — Soldiers from the 8th Human Resources Sustainment Center, 8th Theater Sust. Command, may soon be trading their tropical beaches for the wind and sun-blasted sands of Kuwait as they prepare for a deployment overseas.

8th HRSC Soldiers are receiving hands-on training for their next assignment downrange from the 3rd and 14th HRSCs, here, during Silver Scimitar 2012.

The 14th HRSC is also providing subject matter experts as trainers and observer controllers, many of whom are currently deployed to Kuwait and are on temporary orders to serve as instructors during the exercise, here.

The 14th HRSC’s knowledge represents the latest in HR doctrine and practices, and provides the “boots on ground” experiences vital to training.

Silver Scimitar, an annual two-week training event held, here, annually, brings together Soldiers from the active Army, Army National Guard, and U.S. Army Reserves for intensive hands-on training in HR operations.

Both civilian and military instructors volunteer from all Army components and multiple agencies within the Department of

Defense; they share their knowledge and experience with exercise participants.

“This exercise is the adjutant general’s version of (the National Training Center at Fort Irwin, Calif.) and (Joint Readiness Training Center at Fort Polk, La.),” said Sgt. Maj. Jerome Rice, senior enlisted leader, 8th HRSC.

“I believe all HR Soldiers need to come through this (training) because there is nothing more than getting hands-on assistance or knowing who you’re going to fall in on, or what you’re actually going to do in theater,” Rice explained.

Rice said his repeated visits to Silver Scimitar exercises throughout the years have provided him with the expertise he uses to give his Soldiers tools for success.

“This is my third rotation here,” Rice said. “It’s definitely given me an insight on what I need to train my Soldiers back at my home station. “Each year we progress. This year is more hands-on than doctrine, and I think having Soldiers touch a tangible object or system during training makes them retain things a lot faster.”

Col. Lynn San Nicolas, director, 8th HRSC, has also been to Silver Scimitar before and sees the growth of the event and the inherent value it provides to her Soldiers.

“I participated in Silver Scimitar in 2007, when it was at Fort McClellan, Ala., and that was a very rudimentary exercise,” San Nicolas said.

Back then, she said, instruction mostly involved PowerPoint slides and little hands-on training on the systems.

“A lot of classroom slides, and constant doctrine over and over and over,” she said. “When they got into the systems training, it was maybe 10-15 people huddled around one computer watching this system worked by a subject matter expert.

“Fast forward five years to 2012, and (now) each Soldier is sitting behind a system, actually working on the system themselves.”

The Soldiers have been preparing for their deployment for some time now, and this recent training has put them in a good position to maintain their success.

“At first, I didn’t know what my job was going to be downrange,” said Sgt. Loini Paaga, replacement staging onward movements sergeant, 8th HRSC. “Here, I’m learning what our actual job will be. It was good training coming here, and valuable.

“After meeting the people from downrange who came here to teach us what they did, I would be interested someday in coming back here and training Soldiers,” Paaga added.

HR casualty operations evolve to meet forces current, future needs

SGT. DAVID TURNER
214th Mobile Public Affairs Detachment

FORT DEVENS, Mass. — In the community of human resources professionals who provide essential services to troops on the battlefield, perhaps none are more critical than casualty operations specialists.

Casualty operations specialists track casualties from the front lines all the way until the casualties exit theater, and their work goes far beyond that.

To carry out their responsibilities, they must stay up-to-date on Army doctrine and current procedures.

For HR Soldiers preparing for upcoming deployments, Silver Scimitar 2012, an annual, two-week U.S. Army Reserve Command-sponsored, multi-component training exercise, gave them the chance to hone skills for an ever-changing environment.

Chief Warrant Officer Cynthia Johnson-Owens, casualty operations division HR technician, 8th HR Sustainment Command, 8th Theater Sust. Command, said she appreciated getting such fresh and relevant training.

She and her Soldiers are preparing to replace the 14th HRSC in Kuwait.

“It’s very beneficial to have them come back and train us on what’s going on,” Johnson-Owens said. “You don’t ever get away from the guidance on how it’s done, but it’s just in how it’s done; that’s what they bring to us.”

“We have a huge responsibility,” said Staff Sgt. Atavis Taylor, HR specialist, 14th HRSC.

During Silver Scimitar 2012, Taylor and Chief Warrant Officer 4 Stacy Malloy, HR technician, Casualty Operations Division, 14th HRSC, teach a course in casualty operations to HR Soldiers from all components: active Army, Army National Guard and U.S. Army Reserves.

“We’re (providing quality assurance and quality control for) the reports that are going to basically tell the story for the families as to what happened to their loved ones,” Taylor said.

“We have to get that story right,” Malloy added. While the 14th HRSC is currently deployed to Kuwait, 14 of its Soldiers are participating in Silver Scimitar 2012 as trainers, sharing their expertise and experiences with the Soldiers training here, some of whom will replace them in theater.

“We always teach schoolhouse doctrine first,” Malloy said. “That’s the baseline. It gets us to war and it get us home. But, we also want to teach reality, how it’s really being done on the battlefield.

“Over the years casualty operations have evolved, and what doctrine teaches doesn’t look the same downrange,” Malloy added.

Malloy and Taylor have both had multiple tours of duty in combat, and have taken part in Silver Scimitar several times. By participating as instructors, Malloy and Taylor not only get to train their future counterparts, but also have a hand in developing the exercise, which helps influence the future of HR doctrine.

Lt. Col. David Housh, chief, Senior Leader Training, Soldier Support Institute at Fort Jackson, S.C.,



Sgt. 1st Class Jo Hoots | 214th Mobile Public Affairs Detachment

During a briefing with Maj. Gen. Michael J. Terry (left), commander, 8th TSC, Silver Scimitar is discussed with exercise director Col. Robert Kay (center), 3rd HRSC.

said training is in a constant state of development.

“We are all sustainers, so we are constantly evolving,” Housh said.

Housh and other subject matter experts from a variety of fields helped provide the complete picture during the exercise.

The SSI is the home of the Adjutant General Corps, and lessons learned in-theater often help

update the training they provide for HR Soldiers.

For Housh, seeing Soldiers refresh their knowledge of AG doctrine is satisfying; training reinforces what they’ve learned and brings it into sharp focus.

“It’s amazing,” Housh said. “When we can get to that level, people say ‘I didn’t know that, (but) now I got it.’ That light bulb goes on (and) we love it.”

‘NEVER DAUNTED’ TRANSITIONS



Vanessa Lynch | Honolulu Star-Advertiser

SCHOFIELD BARRACKS — Lt. Col. Jerry Farnsworth II relinquishes (front right) command of the 84th Engineer Battalion, “Never Daunted,” 130th Eng. Brigade, 8th Theater Sustainment Command, to Lt. Col. Aaron Reisinger (front center) on Hamilton Field, here, Feb. 1. The transfer of the guidon represents the transfer of responsibility for the accomplishment of the mission, and for providing for the welfare,

order and discipline of the Soldiers assigned.

The custodian for the guidon is the unit’s senior noncommissioned officer, Command Sgt. Maj. Raymond Theard (second row). During the ceremony, Theard passed the guidon, and all it represents, to Farnsworth, outgoing commander, for the last time. The outgoing

commander then relinquished his command by passing the guidon to the officiating officer, Col. Jeffrey Milhorn (front left), commander, 130th Eng. Bde. The officiating officer then passed the guidon, to Reisinger, incoming commander. This time-honored process is complete when the incoming commander returns the guidon to Theard, indicating the trust and confidence held in the unit’s senior NCO.



2nd Lt Robert Leedham | 84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

Lt. Col. Aaron Reisinger (holding guidon), incoming commander, 84th Eng. Bn., takes command of the “Never Daunted,” battalion on Hamilton Field, Schofield Barracks, Feb. 1. Reisinger is no stranger to his new command. His previous assignments include Operations, 130th Eng. Bde., and Operations, 65th Eng. Bn. from 2009-2011.



Vanessa Lynch | Honolulu Star-Advertiser

Lt. Col. Jerry Farnsworth II, outgoing commander, 84th Eng. Bn., poses with his wife, Kim Farnsworth, after his change of command ceremony on Hamilton Field, Schofield Barracks, Feb. 1.



Spc. Tiffany Dusterhoft | 8th Theater Sustainment Command Public Affairs

Spc. Christopher Lindholm, supply and services specialist, 8th TSC, conducts preventive maintenance and checks on his vehicle after a convoy roll out from Fort Shafter to Schofield Barracks, Jan. 25.

8th TSC ‘rolls out’ training

SGT. GAELLEN LOWERS
8th Theater Sustainment Command Public Affairs

FORT SHAFTER FLATS — In keeping with the Junior Leader Certification program set forth by the Maj. Gen. Michael J. Terry, commander, 8th Theater Sustainment Command, Soldiers with Headquarters and Headquarters Company, 8th Special Troops Battalion, executed a company roll out from their motor pool, here, Jan. 26.

A roll out teaches Soldiers the proper procedures of lining up vehicles and rolling them out in a convoy.

“This training will assist us in conducting more training down the road,” said Staff Sgt. Michael Thiel, information technician team chief, 8th TSC. “The Junior Leader Certification will require us to convoy to a lot of places, so this training is part of the foundation that we can build upon later.”

Knowing how to get a vehicle ready to go and following a convoy will come in handy for 8th TSC’s Soldiers, especially since their upcoming training will include land navigation while in a vehicle. They’ll also conduct a field

training exercise at the end of February. “This type of training really gives the Soldiers a chance to have hands-on experience with the vehicles and tools that they will be using in our future training missions, or if they are ever deployed downrange,” Thiel said.

According to Terry’s memorandum, the program’s philosophy requires junior leaders to be trained and certified in basic skills.

Lt. Col. Matthew Goodman, commander, 8th STB, echoed that same philosophy in his memorandum. Goodman stated that the battalion is the lead enabler to the 8th TSC and must train its leaders to exceed requirements to conduct its multifunctional skill set mission.

“We must be technically and tactically proficient while maintaining the ability to be agile and adaptive, in order to enable the TSC to complete sustainment operations in the Pacific,” Goodman wrote. “I believe that tough, relevant training that strives to get us back in touch with the basics will yield professional growth and high performance from our leaders.”

Local boy to play ball at West Point

Story and Photo by
SGT. GAELLEN LOWERS
8th Theater Sustainment Command Public Affairs

WAIKIKI — The first Wednesday of February marks the first day that a high school senior can sign a binding national letter of intent for college football with the National Collegiate Athletic Association.

This year, the state of Hawaii celebrated one of its own, Kyle Fleming, by watching him make the decision to sign with the U.S. Military Academy, at the Sheraton Hotel, here, Feb. 1.

Fleming, a middle linebacker for Waimea High School on the island of Kauai, had his choice of several schools, but chose to join the distinguished 1,000 or so cadets who are accepted into the academy.

“Coach (Payam Saadat, co-defensive coordinator and linebackers coach) flew out and stuck with me the whole time,” Fleming said.

Although the personal attention Fleming received from Saadat helped him make his decision, it was his trip to the campus in West Point, N.Y., that made him put ink to paper. “I took the trip out there last weekend, and that is what really opened my eyes to what West Point is all about, athletically and academically,” Fleming said.

West Point educates, trains and inspires its student body, or corps of cadets, so that each graduate is a commissioned leader of character committed to the values of duty, honor and country.

The Corps of Cadets numbers 4,400, and each year, about 1,000 cadets join the Long Gray Line as they graduate and are commissioned as second lieutenants in the U.S. Army.

“We’re very proud of him and his accomplishments, leadership and character,” said Allison Toma, Fleming’s mother. “That is what brought him to this point in his life. I believe West Point is a good institution. Not only will he get a good education, but (it will) also build (his) character.”

Fleming said that he was looking forward to the opportunity to join the ranks of fa-



Kyle Fleming, a middle linebacker for Waimea High School on the island of Kauai, signs his national letter of intent for West Point at the Sheraton Hotel in Waikiki, Feb. 1.

mous alumni: Buzz Aldrin, astronaut, and Gen. Douglas MacArthur, Medal of Honor recipient, as well as many other historical figures.

“I’m very excited,” Fleming said. “It’s a big step. I feel a little overwhelmed, but extremely honored. Me, a little guy from the island of Kauai, will be going to West Point and having this opportunity.”

Fleming has made a five-year commitment to the Army after his West Point graduation, but hasn’t quite decided what direction he wants to take his military career.

“I was initially looking at the Corps of Engineers, but I never realized that there were so many choices, so I will have to really look everything over and decide what fits me best.”

‘Wolfhound’ bikers rally in support of motorcycle safety

Story and Photos by
SGT. DANIEL K. JOHNSON

2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — The “Wolfhound” motorcycle riders of 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, are up to speed and on the right track.

Wolfhound Soldiers participated in a spiritual motorcycle ride along Oahu’s north shore, Jan. 27, in an effort to reinforce safety among the unit’s riders.

Unit leaders are aware that motorcycle riding in itself has a lot of inherent risk, and they are taking every step possible to ensure their Soldiers have the best training and mentorship available.

One effective tool is group riding.

“In the past, we’ve seen that accidents can happen regardless of rank,” said Sgt. 1st Class Les Miller, motorcycle mentor, 1st Bn., 27th Inf. Regt., 2nd BCT. “Events like this let Wolfhounds gather and talk about safety in a less formal environment, reinforcing the true importance of safety and not just repeating regulation.”

The ride began with an inspection of all the participating motorcycles using the 25th ID’s motorcycle safety checklist.

“We check all parts of the motorcycle,” Miller said, “from lights and tires, to the Soldier’s documents and certifications. It’s important to ensure they are ready to ride safely.”

Riding as a group also helps teach Soldiers proper safety practices needed to operate their machines.

“When you ride with other people, it’s easier to do the right thing,” said Chaplain (Capt.) Charles Lowman, chaplain, 1st Bn., 27th Inf. Regt., 2nd BCT.

“Riding in groups helps the Soldiers to maintain the standard because their peers and leaders are with them,” Miller said.

Motorcycle groups are not uncommon among military posts as their presence helps to ensure safer riding conditions as a whole.

“Groups on post help ensure young Soldiers learn the correct way to ride,” Miller said. “Riding is a learned skill, and having a mentor can greatly increase safety while learning.”

Spiritual fitness is a growth process, just as riding a motorcycle is, Lowman said. Having a mentor is equally important in both.

Group and unit motorcycle rides are another way the Army is trying to prevent motorcycle-related accidents and fatalities.

“The Army is helping to ensure Soldiers are safe when they



Above — Soldiers of 1st Bn., 27th Inf. Regt., “Wolfhound,” 2nd BCT, 25th ID, prepare to participate in a unit ride, Jan. 27, along Oahu’s north shore. The ride is part of an ongoing effort to improve motorcycle safety habits among Soldiers.



Right— Chaplain (Capt.) Charles Lowman, chaplain, 1st Bn., 27th Inf. Regt., “Wollfhounds,” 2nd BCT, 25th ID, performs pre-ride safety inspections on the motorcycles participating in the unit’s group ride, Jan. 27.

ride by organizing events like this,” Miller said. “Soldiers have some time off during the duty day to go do something they love, while their leaders are able to assess their abilities and safety habits.”

It’s important that leaders take an active role in the safety of their Soldiers, especially those who ride, Lowman said.

Leaders, even those who don’t ride, can help to ensure rider

safety by performing regular motorcycle inspections and spot checks on personal protective equipment.

Motorcycles can be an excellent way for Soldiers to enjoy their spare time. However, the risk involved in riding must be mitigated by proper training, supervision and personal responsibility.

News Briefs

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

Today

Employee Town Hall — Join Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, to learn the latest details about garrison’s budget and manpower changes, 10:30-11:30 a.m., Assembly Hall, 9th Mission Support Command, Fort Shafter Flats. All interested employees and Soldiers may attend, particularly impacted employees.

AMR Traffic — A lane closure on Kakui Drive, Aliamanu Military Reservation, will limit traffic, 8 a.m.-4 p.m., Feb. 10-15, Monday-Friday. Two-way traffic will be maintained with flaggers controlling traffic to accommodate alternating traffic flow.

15 / Wednesday

Change of Responsibility — The 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, will host a change of responsibility ceremony, 10 a.m., Feb. 15, at Hamilton Field, Schofield Barracks. Command Sgt. Maj. Joe Costante will relinquish responsibility to Sgt. Maj. Harold McVicker III.

FBI Careers — Information regarding potential FBI careers will be offered at 1:30 p.m., Feb. 15, Room 123, Soldier Support Center, Schofield Barracks. Get details on FBI careers at www.fbijobs.gov. Call 566-4330 or 703-254-3955.

22 / Wednesday

Hydrogen Vehicle Delivery — U.S. Army-Hawaii and other service representatives will take delivery of four hydrogen fuel cell vehicles at a ceremony, 10 a.m., Feb. 22, Palm Circle, Fort Shafter. The vehicles will improve energy efficiency and demonstrate Army Hawaii’s commitment to clean, renewable energy efforts and reducing dependence on oil. Local, state, congressional and industry leaders will participate.

29 / Wednesday

USAG-HI Facebook Town Hall — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support? If so, get ready for the online Facebook Town Hall, hosted by Col. Douglas Mulbury, commander, USAG-HI, from 6-7:30 p.m., Feb. 29, at www.facebook.com/usaghawaii, under the “Events” tab.

All Soldiers, family members, retirees and civilians can ask questions, address concerns and get responses. If your question does not pertain to the public at large, use the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil>, or email AskTheCommander.usaghi@us.army.mil, to get support.

Call Lacey Justinger, digital media specialist, USAG-HI Public Affairs, at 656-3153, or email lacey.a.justinger.civ@mail.mil.

Ongoing

Traffic Lights — All traffic lights at the intersections on Schofield Barracks will be flashing red, 8 p.m.-6 a.m., daily. All

motorists should stop at the intersection with the flashing red, yield to cars with the right of away and then proceed with caution. Call 655-1333.

Ohana Clinic — Tripler Army Medical Center’s Warrior Ohana Medical Home is accepting enrollment. The center is a full-service, primary care clinic and is open 8 a.m.-4:30 p.m., Monday-Friday, at 91-1010 Shangrila St., Ste. 100, in Kalaeloa. Call 433-5401/5402.

TARP Training — Hawaii’s Army Counterintelligence Office holds monthly Threat Awareness and Reporting Program, or TARP, training throughout different locations in Hawaii. Call 655-1306/9501 for locations.



Eric Moller (right), deputy fire chief, PTA, USAG-HI, swabs the inside of his cheek during the fire department's bone marrow drive, Jan. 26, while fellow PTA firefighter Robert Madrigal waits to collect the sample.

Firefighters respond to a different emergency

Story and Photo by
BOB MCELROY
Pohakuloa Training Area Public Affairs

POHAKULOA TRAINING AREA — The Fire Department, here, responds to fires, emergencies and calls for assistance year-round. However, firefighters responded to a special call for assistance when they held a bone marrow registration drive, Jan. 26-27.

Robert Madrigal, PTA firefighter, said the idea for the drive came when the firefighters learned that an Oahu firefighter's niece has leukemia and needed a bone marrow transplant.

"They can't find a match and it's hard to find matches," Madrigal said. "We thought we could hold a bone marrow registration drive that might find someone here who could help her or someone else in need."

By the end of the drive, firefighters had registered 46 donors, Madrigal said.

While most were civilian employees, about a half-dozen were Marines training at PTA.

Madrigal said that registering to be a donor is easy and painless.

"When I saw how easy and painless it was to register — it's a simple swab; there's no needle — it's worth it to save a life," he added.

PTA donors filled out a form and then rubbed four cotton swabs on the inside of their cheeks. The samples were sealed and sent with the form to the C.W. Bill Young/De-

partment of Defense Marrow Donor Center in Washington D.C.

The bone marrow center tests the samples to determine the donor's tissue type and enters it into the DOD and National Marrow Donor Program Registry. Medical teams from the U.S. and other countries can search the registry for a potential match for a patient who needs a transplant.

If a sample is a match, the bone marrow center contacts the donor and asks if he or she wants to follow through and donate his or her marrow. The center's lab takes another blood sample to confirm the match and to test for infectious diseases. If the sample is a match and the infectious disease testing is acceptable, the center requests the person as a match.

All of the procedures, from the swab to the marrow donation, including travel and the hospital stay, are free for the donor.

Madrigal said that there is still no match for the Oahu firefighter's niece, but her family still hopes to find a donor, perhaps among the samples he and the PTA fire department collected.

"I'd want the same thing if my family member was sick," Madrigal said.

(Editor's Note: Information for this article was compiled from www.dodmarrow.org and <http://marrow.org>.)

Bone Marrow Donation

Active duty military and their family members, Department of Defense civilians, Reservists, National Guard and Coast Guard service members who would like to learn more about donating, holding their own bone marrow drive, or requesting a single test kit can e-mail the DOD Marrow Donor Program at recruitment@dodmarrow.com or visit the center's website at www.dodmarrow.org/index.htm.

Non-DOD civilians interested in being a bone marrow donor can visit "Be The Match Registry" and fill out the registration form at http://marrow.org/Join/Join_the_Registry.aspx. The registry will mail you a kit that includes swabs that you must use to swab the inside of your cheeks.

When you return the swabs, you will be added to the registry.

USACE-Honolulu awards \$28.3 million contract

U.S. ARMY CORPS OF ENGINEERS-HONOLULU DISTRICT PUBLIC AFFAIRS
News Release

FORT SHAFTER — The U.S. Army Corps of Engineers-Honolulu District awarded a \$28.3 million contract to Watts Constructors, Honolulu, Jan. 27, for a fiscal year 2012 project to build a central vehicle wash facility at Schofield Barracks.

The central vehicle wash facility is essential for the 25th Infantry Division to meet its future mission requirements, which will include having the capability to deploy anywhere within 96 hours.

Currently, no central vehicle wash facilities are available for units stationed on Oahu.

The central vehicle wash facility will include a pre-wash bath, 10 wash stations consisting of six-single and two-tandem wash bays, and a separate four-bay maintenance facility for detailed washing of tactical vehicles prior to maintenance.

Supporting requirements included in the construction are utilities, exterior lighting for security and nighttime washing operations, sanitary and industrial waste systems, paving, storm drainage, erosion control measure and signage.

Work is slated to begin in April or May.

The contract was awarded after competition by sealed bidding. Fourteen bids were received, and award was made to the lowest responsible bidder.



Sgt. Smith Theater enters 21st century with upgrades



Although the theater’s outside still reflects its Art Deco style from 1933 construction, more spacious and modern seating has been installed inside the theater’s lower auditorium.

The seating capacity itself decreased from 1,500 to 1,280, but, knee and leg space has increased.

Renovations give theater more spacious feel, ambience

Story and Photos by
VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — The Sgt. Smith Theater, here, received a \$600,000 Department of the Army facelift.

The Exchange is providing an additional \$160,000 for upgrades, currently in progress.

The theater closed for renovations July 18, 2011, and reopened Jan. 25.

The lobby has a new coat of paint, the birthday party room’s walls have been stripped of out-dated carpeting, walls were repainted and the stage received a new hardwood floor to entice more A-list entertainment.

The first half of the theater’s overhauls were completed by General Trades and Services, Inc.; Bauske Environmental; Narito Sheetmetal and Mechanical Corp.; the Directorate of Public Works, U.S. Army Garrison-Hawaii, oversaw the contract. The Exchange Facilities Maintenance Office is completing the second phase of the renovation.

“The stage renovation will allow more variety of shows and support of community events,” said Lori Maggard, food court manager, Hawaii-Exchange.

More spacious and modern seating were installed in the lower auditorium. While the seating capacity itself decreased from 1,500 to 1,280, knee and leg space increased.

“We tried to create a more comfortable and spacious moving-going experience for our patrons,” said Mike Carboni, assistant food court manager, Hawaii-Exchange. “The sound and picture quality will greatly improve once all of our renovations are completed later this year.”

Other upgrades to the auditorium include new carpeting and the installation of light emitting diode floor lights, as well as Americans with Disabilities Act-compliant seating.

The Exchange, the entity that operates the theater, is contributing to the venue’s modernization still in progress. Upgrades include new menu boards at the snack stand, a new screen, new advertising boxes outside the building, new amplifiers for the sound system and a new digital projector.

The concession stand was also upgraded and reconfigured to serve patrons more quickly and efficiently, Carboni said.

Upgrades to the Dolby Digital Sound System will be effective mid-March, according to Maggard. This upgrade is in preparation for the digital projection system due in fiscal year 2013.

“We hope to see you at the movies,” Carboni added.

PT: Soldiers’ opinions needed

CONTINUED FROM A-1

a new uniform is needed, and if so, what changes are being asked for by Soldiers.

The potential uniform upgrade will focus on comfort, fit, appearance, durability, reflectivity and ease of maintenance. A new uniform might also feature a quick-drying capability and antimicrobial properties.

The potential new uniform must also provide a full range of motion and accommodate the full range of seasonal environments without compromising Soldier performance.

The survey was created in response to the chief of staff of the Army and sergeant major

PT Uniform Survey

The survey can be found through a common access card-enabled site:

- <https://ipfusurvey.natick.army.mil>,

or through a non-CAC site:

- <https://surveys.natick.army.mil/Surveys/ipfu.nsf>.

of the Army’s approval of the Army Uniform Board’s recommendation and tasking to do a complete review of IPFU requirements.

8th MP: Spouse tells her story

CONTINUED FROM A-1

Atkinson, EO advisor, 8th MP Bde. “We want everyone to be aware and talking about these cultures.”

To spark the conversation, Forde, a military spouse and motivational speaker, will tell her story.

The UAMC, a foundation she created with her husband, Shawn Forde in 2009, helps children of military families continue their education while transitioning from one school to another.

“(Forde) loves Soldiers; she loves Schofield Barracks,” Atkinson said. “She brings passion with everything she does.”

“(Forde) loves Soldiers; she loves Schofield Barracks. She brings passion with everything she does.”

Sgt. 1st Class Judith Atkinson
EO advisor, 8th MP Bde., 8th TSC

Join Forde and the 8th MP Bde. to learn more about a culture that’s enriched the American community.

Veterans: President lauds them for their resolve, skills and experience

CONTINUED FROM A-1

access all sorts of employment services.”

When he first became president, Obama said one of his first actions was to ensure state and local governments received assistance through the Recovery Act to avoid laying off first responders.

“Thousands of firefighter jobs were saved because of the actions we took,” he said, “but, budgets are still tight, and that’s a problem we need to fix. Jobs that protect our families and our communities shouldn’t be the first on the chopping block. They should be one of our highest priorities as a nation.”

Obama emphasized he wants to restore local communities and national parks, noting Secretary of the Interior Ken Salazar’s presence.

The Department of the Interior manages and sustains the country’s lands, water, wildlife and energy resources, among its other responsibilities.

“He needs some help,” Obama said of Salazar, “and our veterans are highly qualified to help him. They’ve already risked their lives defending America. They should have the opportunity to rebuild America. We’ve got roads and bridges in and around our national parks in need of repair. Let’s fix them.”

Veterans Affairs secretary Eric Shinseki said that the new three-part Veterans Job Corps initia-

Obama’s Veterans Job Corps Agenda

- New incentives to hire veterans as first responders.
- Putting veterans to work preserving and restoring America’s land and resources.
- Supporting veteran entrepreneurship by building the next generation of small business leaders.
- Creating two new veterans’ tax credits.
- Challenging the private sector to hire or train 100,000 veterans and their spouses by 2013.
- Increasing access to intensive reemployment services.
- Developing online tools to boost veteran employment.
- Increasing hiring of veterans in healthcare-related fields.

tive “will ensure our veterans don’t have to fight for jobs once they come home.”

Shinseki called on employers to “enlist veterans in the work of rebuilding our nation.”

The nation owes those who volunteered to serve in uniform after 9/11 “a debt of gratitude,” Shinseki said, “and we must ensure that veterans who come home from Afghanistan and Iraq get the opportunities they deserve.”



President Barack Obama, flanked by firefighters, national park employees and police men and women, talks about his new Veteran Job Corps initiative to replenish the nation's first responders at Fire Station #5 in Arlington, Va., Feb 3.

Obama lauded veterans for their resolve and “unparalleled skills and experience.”

“They’ve saved lives in some of the toughest conditions imaginable,” he said. “They’ve managed convoys and moved tons of equipment over dangerous terrain. They’ve tracked millions of

dollars of military assets.

“They’ve handled pieces of equipment that are worth tens of millions of dollars,” Obama continued. “They do incredible work. Nobody is more skilled, more precise, more diligent, more disciplined.”

DOD official provides tax tips, investment advice for troops

LISA DANIEL
American Forces Press Service

WASHINGTON — As service members begin preparing for the annual tax season, they may want to consider a new savings plan designed for young people, a Defense Department tax official said Feb. 3.

Service members and their family members who earn less income today than they expect to earn in the future, such as those in junior ranks who look forward to getting promoted to higher grades, should consider investing in the Thrift Savings Plan’s new Roth option, said Army Lt. Col. Evan Stone, director, Armed Forces Tax Council.

“The Roth TSP is a good option for service members who are paying less tax now than they expect to pay later,” Stone said, during an interview with the Pentagon Channel and American Forces Press Service.

The traditional TSP defers taxes on earned income until the money is withdrawn, Stone explained. The Roth option allows a member to contribute after-tax dollars that grow tax free and are not taxed upon withdrawal, he said.

Both plans allow a maximum annual contribution of \$17,000, he said, up from \$16,500 last year. Few other changes apply to service members and their family members this tax season, Stone said.

A new calculation for imminent danger pay does not change service members’ eligibility for income tax exclusions. The pay was changed from a flat \$225 per month to an amount prorated per day.

Stone said there has been no change to federal income tax brackets in the past two years. They remain at 10, 15, 25, 28, 33 and 35 percent of taxable income, he said.

Still, Stone said, many people don’t realize that income is taxed on a progressive scale, so as a person’s income increases and they move into a higher tax bracket, only the new proportion of pay is taxed at the higher rate, not all of their income.

While few people enjoy writing a check to Uncle Sam, Stone also noted that the military is a good employer come tax time because military allowances, such as those for housing and meals, are not taxable.

“Military members have a tax advantage by having a chunk of their regular pay as tax-exempt income,” he said.

Stone said he wants to remind service members that they and their family members can get free tax preparation by IRS-trained volunteers at almost every military installation in the world.

“The military has an excellent program for tax preparation worldwide,” he said.

Deployed service members, he added, do not have to sign the tax forms if their spouse has power of attorney privileges.

Military OneSource

Military OneSource offers free tax-related phone consultations seven days a week, 7 a.m.-11 p.m., at (800)730-3802.

Hawaii Army Tax Center

The Hawaii Army Tax Center at Schofield Barracks is open to all ranks, family members and retirees for free assistance in organizing and completing 2011 income tax forms, on an appointment-only basis, 7 a.m.-4 p.m., Monday-Friday, through April 29, at Building 648, next to the Sgt. Smith Theater.

The Hawaii Army Tax Center at Fort Shafter is located in the Aloha Center, and its hours are 9 a.m.-3 p.m., Tuesdays and Thursdays.

Soldiers, family members and retirees can schedule their appointments for either location by calling 655-1040.

For a complete list of what tax documents to bring and updated wait times for walk-ins, visit:

- www.Facebook.com and search for “Hawaii Army Tax Centers.”

Community volunteers



Thorin Jean (first from left) and fellow Girl Scout Troop 066 members prepare to distribute 850 paper lei Thorin made to redeploying 25th ID Soldiers, recently.

Girl Scouts deliver lei, cookies to Soldiers

Story and Photos by
CRIZTINA JEAN
Brownie Troop 039

SCHOFIELD BARRACKS — The Schofield Barracks-based Kolekole Service Girl Scout unit, comprised of more than 18 troops, has recently completed several community service projects.

Thorin Jean of Troop 066, here, recently finished her Girl Scout Silver Award, a project that required more than 65 hours of community service to complete.

Her team project included supporting a Directorate of Family and Morale, Welfare and Recreation Blue Star Card event by making and delivering 850 lei to redeploying Soldiers from Iraq.

“It was fantastic to see a young lady organize a group of kids to take the time to make sure that all of the returning Soldiers were welcomed home properly,” said Master Sgt. Dan Stanton, 25th Infantry Division, one of the redeploying Soldiers from Iraq. “Leadership, thoughtfulness and patriotism like

that sets the example for every American to follow.”

Troop 344, led by Kristina Mixon, participated in a Bronze Award event by singing Christmas carols to single Soldiers living in the quads, here. As part of the project, Junior Girl Scout Sorennna Jean gathered and delivered homemade cookies while caroling to show appreciation to single Soldiers far away from family during the holidays.

Other community service projects included a food drive, an animal shelter supply drive and welcome home cards for Soldiers.

The Girl Scouts also supported the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division Memorial Association Remembrance 5K, here.

Cookies, however, remain, a cornerstone of Girl Scout character building. Cookie sales help fund activities, purchase supplies and reach out to the community.

“Girls that once did not have the confidence to speak in front of others, learn acceptance, courage and life skills,” said Alyssa Edwards, one of the Troop 066 leaders, .



Maj. Gen. Bernard Champoux (right), commander, 25th ID, presents Thorin Jean, Girl Scout Troop 066, with the Girl Scout Silver Award, at Schofield Barracks, recently.

“So, this spring, look for those young ladies in front of various businesses with their booths of cookies,” Edwards added.

“Consider that your \$5 per box can make a difference, not only in the life of a young girl, but in the community she will reach out to.”

65th Eng. supports Helemano Plantation

Story and Photo by
2ND LT. KYLE SUCHOMSKI
65th Engineer Battalion,
130th Eng. Brigade,
8th Theater Sustainment Command

WAHIAWA — With federal and state funding at a near all-time low, area nonprofits welcomed the helping hands of an 8th Theater Sustainment Command unit.

Soldiers of the 65th Engineer Battalion, 130th Eng. Brigade, 8th TSC, coordinated a volunteer event to clean up and re-stripe the Helemano Plantation’s main parking lot, here, Jan. 29.

The Helemano Plantation is a local nonprofit that serves Oahu’s elderly and developmentally disabled populations.

The 65th Eng. Bn. has had an ongoing relationship with the Helemano Plantation. When available, the battalion’s volunteers provide manpower and resources for numerous projects.

“This is the latest project in our long-standing relationship with the Helemano Plantation and we’re glad we could help,” said Lt. Col.

Daniel Koprowski, commander, 65th Eng. Bn. “The 65th Eng. Bn. has supported Helemano for nearly 30 years and our Soldiers always get a lot of satisfaction out of it.”

Spc. Mathew Quinones, an analyst from the battalion’s 70th Geospatial Company, said that he was “more than happy to help out wherever and whenever he could.”

For several of the Soldiers, this project was their first time volunteering on the island.

“I’ve never volunteered with the battalion,” said Pfc. Paul Wojciechowski, a fueler from the Forward Support Company. “I really had a good time working with the team and the Helemano Plantation.”

The 65th Eng. Bn. looks forward to coordinating future projects with the Plantation and will continue to reach out to similar organizations.

During the past several months, the unit’s Soldiers and families have volunteered at Mililani Middle School and Tripler Army Medical Center’s Fisher House. The unit has also worked with the Mililani Boy Scout program.



Spc. Travis Killion, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, repaints a parking stall at the Helemano Plantation, Wahiawa. Killion was one of 12 Soldiers from the 65th Eng. Bn. to volunteer for the project, Jan. 28.

Local students prepare for CyberPatriot National Finals

NICK SPIRIDIGLIOZZI
Leilehua High School JROTC

WAHIAWA — A local team of students from Leilehua High School is headed to the Washington, D.C., area March 22-24 as a finalist in the national championship round of CyberPatriot IV, the National High School Cyber Defense Competition.

Team members Mark Gitschlag, Jhalil Tyson, Viktoria NatalRoman and Selena Peebles — who are all Army family members of parents stationed at Schofield Barracks — will compete in the competition that replicates real-life cyber security situations faced by com-

puter administrators.

The program, created in 2008 by the Air Force Association, provides teenaged students hands-on learning about cyber security.

“Each year this competition draws in very determined students who demonstrate great energy, motivation and excitement in their involvement with CyberPatriot,” said Bernie Skoch, commissioner, CyberPatriot.

The Army JROTC team at Leilehua High School is one of 12 finalists for the competition’s All-Service Division.

This year’s two-track competition logged public, private and home school registrants in the open division, while JROTC units and Civil Air Patrol squadrons filled the all-service division.

More than 1,000 teams registered to partici-

pate, representing all 50 states and U.S. Department of Defense Dependent Schools in Europe, the Pacific and Canada.

The All-Service Division began with more than 600 teams registered. After two rounds of competition, 40 teams advanced to round 3.

The teams earning finalist berths received all-expenses-paid trips to the CyberPatriot National Finals Competition in National Harbor, Md., where teams will compete face-to-face and defend virtual networks from a professional aggressor team.

“We have to congratulate all the students for their hard work,” said Bernard Skoch, commissioner, CyberPatriot. “We look forward to the great amount of enthusiasm they will bring with them to the national finals competition in March.”

CyberPatriot

CyberPatriot, a national high school cyber defense competition, was created to inspire high school students toward careers in cybersecurity or other science, technology, engineering and mathematics fields.

Now in its fourth phase, CyberPatriot IV is open to all high schools, Civil Air Patrol squadrons, JROTC, and accredited home school programs around the country. For more information visit the website:

• www.uscyberpatriot.org.

(Editor’s Note: Spiridigliozzi is an Army retired lieutenant colonel and the senior Army instructor at Leilehua High School.)

Ret. Gen. Powell pays a visit to Hawaii JROTC Cadets

Story and Photo by
TIM SCHILLER
Kahuku JROTC

HONOLULU — For former secretary of state and retired Army Gen. Colin Powell, his ROTC days were where he “found himself.”

Powell met with Hawaii JROTC cadets at Punahou School, here, Jan. 31, after accepting an email invitation from retired Army Lt. Col. Robert Takao, senior Army instructor, Punahou JROTC.

During his visit, Powell described joining the ROTC during college as one of the happiest experiences of his life. He discovered something he loved and could do well.

“Once I was in college, about six months into college ... I found something that I liked, and that was ROTC,” Powell said, “and I not only liked it, but I was pretty good at it.”

Powell was a Soldier for 35 years, holding a variety of command and staff positions. He rose to the rank of four-star general and became the chairman of the Joint Chiefs of Staff.

“It was a real honor to meet Gen. Powell,” said Cadet Lt. Col. Jayce Young, battalion

commander, Kahuku JROTC.

The Kahuku unit is partnered through the Hawaii-military school partnership program with 25th Transportation Company, 524th Combat Sustainment Support Battalion, 45th

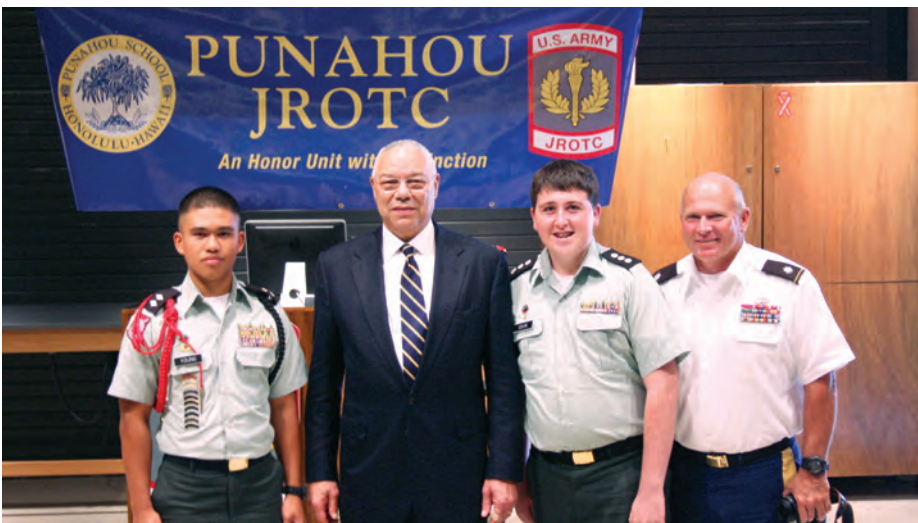
“Meeting Gen. Powell was something that can only happen once in your life, to meet a great American hero.”

Cadet Capt. Taylor Cook
Battalion operations officer, Kahuku JROTC

Sust. Brigade, 8th Theater Sust. Command.

Kahuku has 115 JROTC participants this year. “His message to me was, it doesn’t matter where you come from, or what school you went to, or what college you graduate from,” Young said, recalling his meeting with the general. “Anything can be accomplished as long as you put your mind and heart into it.”

Cadet Captain Taylor Cook, battalion operations officer, Kahuku JROTC, was also in-



Retired Gen. Colin Powell (second from left) poses with (left to right) Cadet Lt. Col. Jayce Young, battalion commander, Kahuku JROTC; Cadet Capt. Taylor Cook, battalion operations officer, Kahuku JROTC; and retired Army Lt. Col. Tim Schiller, senior instructor, Kahuku Army JROTC, at Punahou, Honolulu, Jan. 31.

spired. “Meeting Gen. Powell was something that can only happen once in your life, to meet a great American hero and someone that rose to the very top of military command.

“His message was clear. You can achieve

your dreams if you work hard, enjoy what you’re doing and never give up,” Cook said.

(Editor’s Note: Schiller is a retired Army lieutenant colonel and the senior Army instructor for Kahuku Army JROTC.)



Today

Chant Workshop — Sign up now for the interactive workshop on Hawaiian chanting, 5:30-7 p.m., March 21, Sgt. Yano Library, Schofield Barracks. Workshop participants will be introduced to various styles of Hawaiian chanting and voice techniques.

To register, call the Native Hawaiian Liaison Office, USAG-HI, at 655-9694 or email nhliaison@gmail.com.

Friday Night Entertainment — Enjoy new acts Friday nights at KoleKole Bar and Grill, Schofield Barracks, Enjoy pau hana specials before the show. Call 655-4466. The schedule follows:

- First Friday is Comedy Night, for mature audiences only.
- Second Friday is live bands.
- Third Friday is Colby Benson Band.
- Fourth Friday is Taking Care of Business Band.

11 / Saturday

Read to the Dogs — Keiki who can read on their own can sign up for a 15-minute session to read to a dog, Feb. 11, Sgt. Yano Library. To register, call 655-8002.

12 / Sunday

Adventure Surfing — Surf with Outdoor Recreation, 6:30-11:30 a.m., Feb. 12. Cost is \$48. Call 655-0143.

13 / Monday

Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, welcomes all Soldiers and families to participate in free hula classes. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com. Classes are held the following days and locations:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, AMR Community Center.

Bowl Your Brains Out — Enjoy unlimited bowling for \$10 per person every Monday and Tuesday from 1-4 p.m. in February at the Fort Shafter Bowling Center, if lanes are available. This offer doesn't apply to group or party reservations. Call 438-6733.

14 / Tuesday

Valentine's Dinner — Enjoy prix fixe menus, Feb. 14, at the Hale Ikena at Fort Shafter or the Nehelani at Schofield Barracks. Reservations are required. Call 438-1974 for the Hale Ikena or 655-0660 for the Nehelani.

15 / Wednesday

One Buck Bowl Wednesdays — Bowl for \$1 every Wednesday, 1-4



Family members and friends of the 25th CAB, 25th ID, form a heart to show their love and support of their Soldiers deployed to Afghanistan before the unit's "Walk to Afghanistan and Back" event, on Wheeler Army Airfield, Feb. 3.

25th CAB begins 'Walk to Afghanistan'

Story and Photos by
SGT. KARL WILLIAMS

25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Family members and friends of Soldiers of the 25th Combat Aviation Brigade, 25th Infantry Division, kicked off their "Walk to Afghanistan and Back" program with a torch passing ceremony, here, Feb. 3.

"Walk to Afghanistan and Back is a program where Army spouses and family members of deployed Soldiers log their miles and submit them to their battalion to be totaled by the 25th CAB," said Emily Harrison, family readiness support assistant, Headquarters and Headquarters Company, 25th CAB.

"Spouses and family members can complete miles by logging any type of aerobic or fitness activity, to include walking, jogging, running or swimming," Harrison added.

During the ceremony, the 3rd Brigade Combat Team, 25th ID, lighted the 25th CAB's torch, symbolizing the close of the 3rd BCT's Walk to Afghanistan and Back program and the opening of the 25th CAB's walk program.

"The initial goal is for the brigade to 'walk' 15,528 miles at least once, but we hope to do this multiple times in support of our troops," Harrison said.

The 15,528 miles is the total distance from Wheeler Army Airfield to Kandahar, Afghanistan, and back.

Hqs. and Hqs. Battalion, 25th ID, also closed out its Walk to Iraq and Back program by extinguishing its torch at the ceremony. The unit recently returned from a deployment in support of Operation New Dawn. HHBN was the last division headquarters to serve in Iraq.

"It's very exciting to see so many people here in support of our Soldiers," said Maj. Chris Carter, rear detachment commander, HHBN.

The event included a family wellness expo. More than 30 community agencies set up booths and demonstrations to educate family members on available resources to help them cope with deployment. The expo included a yoga demonstration, a hula mini-class, and a Zumba demonstration.

"We hosted the torch passing ceremony and well-



Beverly Tate (left), senior spouse, 25th CAB, 25th ID, and Maj. James Fischer, rear-detachment commander, 25th CAB, lead Soldiers and family members during the unit's "Walk to Afghanistan and Back" event at Wheeler Army Airfield, Feb. 3.

ness expo, so we could bring families together," said Maj. James Fischer, commander (rear), 25th CAB.

"We can show them how we can support them and how they can support each other throughout the deployment," Fisher added. "Families are an important part of our brigade, and they deserve all of the support we can give them."

25th CAB family members posed in red clothing for an aerial photo of themselves standing in the shape of a giant heart. The photo and video messages will be sent to deployed spouses on Valentine's Day.

"Standing side-by-side with the other families to create the heart photograph was something positive," said Danielle Danet, spouse of a deployed Soldier in Co. D, 3rd Bn., 25th General Support Avn. Bn., 25th CAB. "I am sure the Soldiers will be happy to hear about it downrange."

pm., Feb. 15, at the Fort Shafter Bowling Center. Shoe rental isn't included. Call 438-6733.

16 / Thursday

Teen Craft Circle — Learn how to crochet, make collages or sew, 4-5 p.m., Feb. 16, Sgt. Yano Library,

Schofield Barracks. The session topics are open to the group. Call 655-8002 to register.

Keiki Craft Night

— Keiki can enjoy craft night, 5 p.m., Feb. 16, Hale Ikena, Fort Shafter. Enjoy making a different craft with your kids ev-

ery month while dining at the Hale Ikena. Call 438-1974.

19 / Sunday

Parking Lot Closure — The Martinez Physical Fitness Center parking

See MWR Briefs, B-5

community Calendar

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

Today

USO Concert — Actor Gary Sinise and the Lt. Dan Band perform at 7 p.m., Feb. 10, at the Freedom Tower, Joint Base Pearl Harbor-Hickam, and at 7 p.m., Feb. 11, at Dewey Square, Marine Corps Base Hawaii, Kaneohe Bay. This trip marks the band's fifth USO tour to Hawaii, having visited and entertained more than 3,900 military families in February 2011.

18 / Saturday

Air Soft Warriors — This group is hosting an air soft tournament, 8 a.m.-4:30 p.m., Feb. 18-19, at the Military Operations on Urban Terrain area at Schofield Barracks. Air soft enthusiasts are encouraged to bring their own air soft weapons and safety equipment. However, a vendor on scene will have pellets and other equipment available. Registration costs \$25; all funds raised will go to the Wounded Warrior Project. Visit www.airsoftwarriors.org.

24 / Friday

Scholarships for Military Children — Applications for the 2012 Scholarships for Military Children program are available through Feb. 24 at commissaries and at www.militaryscholar.org. The program awards at least one \$1,500 scholarship to a student at each commissary. Get more details on page B-3.

29 / Wednesday

USAG-HI Facebook Town Hall — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support? If so, get ready for the next online Facebook Town Hall, hosted by Col. Douglas Mulbury, commander, USAG-HI, from 6-7:30 p.m., Feb. 29, at www.facebook.com/usaghawaii, under the "Events" tab.

Soldiers, family members, retirees and civilians can ask questions, address concerns and get responses. If your question does not pertain to the public at large, use the Interactive Customer Evaluation System, or ICE, at http://ice.disa.mil, or email AskTheCommander.usaghi@us.army.mil, to get support.

Call Lacey Justinger, digital media specialist, USAG-HI Public Affairs, at 656-3153, or email lacey.a.justinger.civ@mail.mil.

Ongoing

Food for Families — The Armed Services YMCA at WAAF has an emergency food locker that assists military families who are experiencing financial difficulty with a supply of canned goods, frozen food, dry goods and personal care items. Call 624-5645.

Parent Participation Preschool — This program is for children ages 3-4, and it helps preschool children make a smooth transition into the structure of kindergarten. Preschool days are 12-2 p.m., Tuesdays and Thursdays, Wheeler Armed Services YMCA, WAAF. Cost is \$40 per month. Call 624-5645 to register.

RAP Meeting — Get involved in your community by attending your community's Resident Advisory Panel. IPC residents can develop and strengthen their relationships with property management and fellow residents through the RAP. Contact your community manager for details and volunteer opportunities. Visit www.Island-PalmCommunities.com.

Making the Grade — Students can cash in on the Exchange's "You Made the Grade" program that recognizes

above-average academic achievement. Qualifying students will receive a coupon booklet that includes free admission to an Exchange Reel Time Theater as well as other coupons.

Students must present a valid military ID and proof of an overall "B" or better average to their local Exchange.

Veterinary Treatment Facility — The Schofield Barracks Veterinary Treatment Facility sees patients five days a week, with extended hours every third Wednesday of the month until 7 p.m. Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call 655-5893 or 655-5889.

Recycling Bin — Fort Shafter Elementary invites the community to use its recycling bin in front of the school, as all monetary proceeds will benefit the school.

The following items will be accepted loosely, not in plastic bags: aluminum cans (rinsed), glass bottles and jars (rinsed, lids removed) and plastic containers (rinsed, lids removed).

Bag/box the following items before depositing: newspapers (magazines and glossy inserts removed), corrugated cardboard (flattened), and white and colored bond paper.

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 and FD
- 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)

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers' Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

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



Mission Impossible: Ghost Protocol

(PG-13)
Fri., Feb. 10, 7 p.m.
Sat., Feb. 11, 7 p.m.
Wed., Feb. 15, 7 p.m.



Happy Feet Two

(PG)
Sat., Feb. 11, 4 p.m.

Family Matinee Day:
All Admissions \$2.50 for the 4 p.m. showing

The Adventures of Tintin: The Secret of the Unicorn

Sun., Feb. 12, 2 p.m.
Thurs. Feb. 16, 7 p.m.

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
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and Recreation
FRG: family readiness group
HMR: Helemano Military Reservation

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



Maj. Gen. Michael J. Terry (left), commander, 8th Theater Sustainment Command; and his wife, Cathy (right); pose with 8th TSC Volunteers of the Quarter winners, Jan. 27, at Fort Shafter. Chali Hindbaugh (second from left), 45th Sust. Brigade, won in the youth category; Angela Bergeron, 8th Special Troops Battalion, won in the adult category.

8th TSC honors volunteer excellence

Story and Photo by
SGT. GAELLEN LOWERS
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – The 8th Theater Sustainment Command honored fourth quarter volunteers for their selfless service, Jan. 27, at the Palm Circle home, here, of Maj. Gen. Michael J. Terry, commander of the 8th TSC.

Nominees and winners were selected for demonstrating devotion, selfless dedication and unwavering support to the Army community.

Angela Bergeron, of the 8th Special Troops Battalion, was recognized as Volunteer of the Quarter.

Bergeron volunteered more than 236 hours during the quarter. She was recognized for her participation in a number of activities, including currently serving as president of the Aliamanu Military Reservation Chapel’s Protestant Women of the Chapel, and also assisting as a dedicated Girl Scout Troop leader and “room mom” for all three of her daughters.

At AMR Chapel family nights, Bergeron serves meals and teaches children’s Bible classes. On Sundays, she teaches children’s church and volunteers her time working at the Fisher House of Hawaii.

The nominees in the adult category were also recognized. They included Rebecca Gutierrez, from the 130th Engineer Brigade; Matilda Toro, from the 45th Sust. Bde.; and Caroline Grimsey, from the 8th Military Police Bde.

Chali Hindbaugh, of the 45th Sustainment Brigade, won Youth Volunteer of the Quarter.

Chali volunteered more than 100 hours during the quarter. She contributed more than 30 hours to the preparation and execution of Operation Eagle Ohana, raising more than \$1,000 for the event, while also attending all meetings, cre-

ating 15 signs and preparing 100 deployment back packs.

Chali spent more than 35 hours building a spreadsheet of deploying Soldiers, entering more than 12,000 pieces of data. She also assisted with the remodeling and preparation of the 45th Sustainment Brigade’s Family Readiness Group

Chali volunteered more than 100 hours during the quarter. She contributed more than 30 hours to the preparation and execution of Operation Eagle Ohana, raising more than \$1,000 for the event, while also attending all meetings, creating 15 signs and preparing 100 deployment backpacks.

Resource Center, by laying carpet, putting furniture together and building shelves.

In the youth category, nominees included Zachary Fullerton, from the 8th MP Bde., who was also recognized.

Terry and his senior enlisted leader, Command Sgt. Maj. Nathan J. Hunt III, presented the Volunteer of the Quarter awardees a framed certificate of appreciation, as well as a premier parking pass that can be used at the commissary and exchange in “Volunteer of the Year” spots — at any Hawaii military installation.

Army Family Team Building endures

This article is the first of a two-part series

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

SCHOFIELD BARRACKS — The Army Family Team Building is a series of training modules designed for Soldiers, family members and Army civilians.

The modules aim to enhance knowledge about the military and develop leadership skills of participants.

The program also strengthens self-confidence and independence and provides participants the opportunity to meet new people and get involved in the community.

In 1992, senior leaders and spouses created the AFTB as a way to educate family members as a result of lessons learned following the Gulf War.

AFTB is essentially an education program. Three levels of classes are offered with a three-pronged goal of learning, growing and leading.

The first level is an introduction to military life style (learn), the second level of instruction promotes personal development (grow), and AFTB level three (lead) helps develop positive attributes we see in others and admire.

AFTB classes

Classes are offered at Schofield Barracks and Fort Shafter. To learn when classes are scheduled or to volunteer as an instructor, call 655-0671 or email ferne.r.conroy@us.army.mil.

Classes are available to units and family readiness groups, and can be modified to meet the needs of the community.

An online version of classes is offered at

- www.mymilitarysource.com.



Courtesy Photo

Nicole Roames (center), AFTB instructor, teaches an AFTB class that promotes personal development and growth at the Army Community Service Center, Schofield Barracks, recently. Soldiers, family members and Army civilians can enroll in the AFTB program.

School Behavioral Health Team tests its expertise in the community

Team partners with Queens to test care model at off-post school

STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — Since 2008, the School Behavioral Health Team from Child and Adolescent Psychiatry Services, here, has been providing a comprehensive array of school-based behavioral health programs and services to support military students, families and the community.

The SBHT is comprised of a multidisciplinary team that consists of two child and adolescent psychiatrists, five social workers and two psychologists.

“(The SBHT clinicians) try to promote a social emotional health at the school,” said Dr. Stan Whitsett, clinical director, SBHT.

“We figure that, if the climate a child is spending six to eight hours a day in is healthy,

then the child has a better chance of thriving.”

From its establishment, the team has supported five on-post schools on island: two on Schofield Barracks; two on Wheeler Army Airfield; and one on Marine Corps Base Hawaii, Kaneohe Bay.

Whitsett said since the teams’ integration at the middle school on WAAF and the elementary school on MCBH, a 50-percent reduction has been noted in behavioral reports at those schools, which are used to document behavior issues in school.

“The last few years that we have been there, the mentality and the feeling of the schools have changed dramatically,” said Mindy Delmonico, administrative officer, SBHT.

Recently, the team has started supporting five of the island’s child development centers. The team also supports Wahiawa Elementary, a public school off post.

The SBHT has wanted to support the public,

off-post schools since its origin, but because of federal regulation it hadn’t been able to make the move.

Delmonico said the reason the expansion is now possible is because Queens Medical Center, which admires the SBHT model of care, offered its support for collaboration.

Queens built a parallel team to the SBHT, and the SBHT trained the team on their model of community behavioral health. With TAMC covering Department of Defense beneficiaries and Queens supporting non-DOD children, Whitsett said the partners will be able to “provide blanket behavioral health services to any child who needs it at this elementary school.”

“Wahiawa is a trial for us,” Whitsett explained. “We are testing a clinical model of service delivery that is dependent on a partnership that has, as far as we know, never been achieved anywhere else.”

Since the beginning of the current school year, the SBHT has been building its caseload at Wahiawa Elementary, and currently each team supports about 10 children.

“I have been a clinician for close to 30 years now,” Whitsett said. “I have practiced in virtually every setting that a psychologist can practice in, and I have never seen services work as well as these do. The model works, and works well.”

The SBHT falls under the leadership of Child, Adolescent and Family Behavioral Health Offices, or CAF-BHO, of the U.S. Army. The model originated in Hawaii, at TAMC, back in the early 90s, by Dr. Michael Faran, the current director of CAF-BHO.

The SBHT community model of care is also being used at Joint Base Lewis McChord, Wash.; Fort Campbell, Ky.; Fort Carson, Colo.; Fort Meade, Md.; and Landstuhl and Bavaria Medical Department Activity, Germany.

Military student program deadline approaches for scholarship applications

DEFENSE COMMISSARY AGENCY
News Release

FORT LEE, Va. — Eligible students who want to apply for the Defense Commissary Agency’s 2012 Scholarships for Military Children program still have time, but the clock is ticking.

Applications must be completed and delivered — not postmarked, but delivered — to a commissary by close of business Feb. 24.

The following are key reminders for scholarship applications, which are also available in greater detail at www.militaryscholar.org:

- Current military ID.** Applicants and their sponsors must be enrolled in the Defense Enrollment Eligibility Reporting System, or DEERS, database and have a current military ID card.
- Military family member.** Applicants must be a dependent, unmarried child — no older than 21, or 23 if enrolled as a full-time student at a college or university — of a service member on active duty; a reservist, guardsman or retiree; or survivor of a service member who died



while on active duty or survivor of a retiree.

- College bound.** The student must be planning to attend, or already be attending, an accredited college or university, full time in the fall of 2012, or be enrolled in a program of studies designed to transfer directly into a four-

year program.

- Essay.** The essay must be 500 words or less, stapled to the application and written in the following format: typed, double spaced, no more than two pages, applicant’s name in upper right-hand corner of each page. The essay topic is “Whose four faces would you place on a 21st century Mount Rushmore-type monument, and why?”
- The person must be a nonfictional, U.S. citizen, male or female, and the time frame for the selection is 1850 to 2011.
- Correct address.** Applicants must provide their permanent home address on the front page of the application — not their college address.
- Complete package.** The submission package must include a transcript or copy of the applicant’s grades; essay with applicant’s name on each page; parent or guardian’s signature, as well as the applicant’s signature on the application; and the applicant’s high school College Board Code number, if available.
- Copies.** Applicants should maintain their

Scholarships for Military Children

Scholarship applications are available in commissaries and online at www.commissaries.com; choose the “News & Info” tab and then the “Scholarship Info” tab.

At least one \$1,500 scholarship will be awarded at every commissary with qualified applicants. For details, call scholarship managers at (856) 616-9311 or email militaryscholar@scholarshipmanagers.com, or directly access the scholarship site and applications at

- www.militaryscholar.org

own copy of their application and essay.

- One submission.** Applicants can only submit their application to one commissary. Submitting to more than one store will disqualify the applicant from consideration.
- Faxes or emails.** Faxed or emailed applications will not be accepted.

TAMC surgical robot helps increase patients’ quality of life

Story and Photos by
STEPHANIE BRYANT
TAMC Public Affairs

HONOLULU — Two of Tripler Army Medical Center’s otolaryngologists have embraced the da Vinci Surgical System, a type of robotically as-
sisted surgery, since May 2011.
They are reaping bountiful rewards now.
Otolaryngology is a branch of medicine and surgery that specializes in the diagnosis and treatment of ear, nose, throat, and head and neck disorders.

“You don’t have to be in the same room to control the robot. You can be on another continent. ... It would allow a surgical specialist here at Tripler to operate on a wounded warrior in Afghanistan.”

Lt. Col. Joseph Snizek
Chief, Otolaryngology, Department of Surgery, TAMC

Lt. Col. Joseph Snizek, chief, Otolaryngology, Department of Surgery, TAMC, and Lt. Col. Christopher Klem, chief, Head and Neck Surgery, in Otolaryngology, are excited that the robot has found its way to head and neck surgery.
Since last May, the specialists have performed about eight thyroidectomies and about a dozen transoral resection surgeries, or TORS.
“These are surgeries we are familiar with, but (now) we have a new tool,” Snizek said. “It takes a little different thought process for how to approach it ... it sort of is a fresh way to do a surgery that we do all the time, and the patients do better, so it is exciting.”
Tripler is the first Department of Defense



A simulation tool is set off on the da Vinci Surgical System table for surgeons and residents to practice on. The surgeon sits at the console and looks through two eye holes at a 3-D image of the procedure, while maneuvering the arms with two foot pedals and two hand controllers.

medical treatment facility and the first hospital in the state of Hawaii to do these two types of head and neck surgeries using the robot.
One of the major advantages of using the robot to perform these surgeries is dramatically better cosmetic results.
The neck and head are difficult areas of the body to access, Snizek explained.
“We would have to do pretty radical procedures like big incisions to open the face or splitting the jaw in half,” Snizek explained. “The robot allows us to just use the arms of the robot and a camera placed through the mouth, a natural orifice, and then we can resect the tumor without having to split the mandible or do facial incisions.”
Snizek added that this procedure applies to thyroidectomies, as well, because instead of removing the thryroid through the neck, in certain cases surgeons can enter through the arm pit.
For TORS, Klem said the recovery time is much quicker for the patient and typically less chemotherapy and radiation are required.
Snizek and Klem are excited about the possibilities that this technology gives surgical specialties.
After the technology was created in the early 1990s, Snizek said, the Defense Advanced Research Projects Agency became interested in supporting it because of its potential to allow surgeons to operate remotely on Soldiers wounded on the battlefield.
“You don’t have to be in the same room to control the robot,” Snizek said. “You can be on another continent.”
In December, Klem and Snizek started performing head and neck surgeries at Queens Medical Center in Honolulu, and one of the surgeries involved the robot.
“This is a great resource sharing agreement between Tripler and Queens that I think is a great example of the partnership between military and civilian medical resources,” Snizek said.
Tripler and Queens use the same kind of robot to perform surgeries.



Lt. Col. Joseph Snizek, chief, Otolaryngology, Dept. of Surgery, TAMC, explains how to operate the controls of the da Vinci Surgical System.

“I think it’s important to get the word out that military medicine has the same cutting edge treatment for these difficult cancers as anyone does,” Klem said.
“We are committed to staying on the cutting edge of advancements in surgical treatments, particularly for cancer therapies,” Snizek added. “Tripler is offering the very latest in techniques and technologies that are available.”

- Milestones**
Tripler Army Medical Center is on the cutting edge of surgical treatments.
•TAMC is first DOD facility and first Hawaii hospital to use the robots for otolaryngology.
•Robot yields better cosmetic results, quicker recovery.
•Patient typically gets less chemotherapy and radiation.
•TAMC and Queens Medical Center are benefiting from shared resources.

Lifestyle changes lead to healthy heart

CARRIE SHULT
U.S. Army Public Health Command

ABERDEEN PROVING GROUND — In the U.S., heart disease is the leading cause of death in men and women.
Heart disease affects millions of Americans. The American Heart Association estimates that someone will have a heart attack about every 34 seconds.
Research about heart disease risk factors suggests that making even small lifestyle changes can reduce the risk of coronary artery disease, heart attack, stroke and other serious cardiovascular conditions.
Here are some ways to take care of your heart:
•Get moving! If you sit a lot, try to sit less.
•If you have a job where you are at your computer a lot, add a reminder to your electronic calendar every hour to stand up and walk away, do 15 push-ups, get some fresh air.
•Take the stairs instead of the elevator.
•Avoid being the parking lot shark — lurking around waiting for an open spot in front. Park away from your destination, so you can get some extra steps in.
•Step, march or jog in place for at least 15 minutes while watching television. Exercise at least 30 minutes a day for five days a week or more.
•Walk. Get a step counter and set a goal to walk at least 10,000 steps, daily. Just get moving.

- Heart health**
For more information about taking care of your heart, visit these sites:
• American Heart Association, www.americanheart.org
• National Institutes of Health, www.nhlbi.nih.gov

- Maintain ideal weight. Being overweight increases the risk of heart disease and stroke. To achieve long-term weight loss, don’t skip meals, but eat 200-300 calories less each day. These calories amount to one slice of bread, one pat of butter or one-half cup of regular soda. Again, eat smaller portions and do eat breakfast every day.
- Make a yearly date with your doctor. Get your blood pressure, cholesterol and blood sugar checked. Put the date on the calendar as a special date, just like birthdays or anniversaries or the Super Bowl.
- Control high blood pressure. Blood pressure that is higher than 120/80 is known to increase the risk of heart disease. By managing your blood pressure you are lowering your risk of heart attack.
- Quit tobacco use. Smoking reduces the amount of oxygen in the blood and raises blood pressure. Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones and digestive organs.
- Cut down on alcohol. Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. If you drink alcohol, drink a moderate amount, which equates to an average of one drink for women and two drinks for men per day.
One drink is a 12-ounce can of beer or 4 ounces of wine, or 1-1/2 ounces of liquor.
- Manage your stress. People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Learn how to manage your stress by using relaxation methods, such as deep-breathing exercises, counting to 10 and meditation.
Overall, do your part. Note to self that heart disease is preventable. Take charge of your health by making positive lifestyle changes to reduce your risk of heart disease.
Small steps count, so start today.

Walking lowers disease

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — Regular walking can reduce your chances of heart problems by about 30 percent, according to Harvard Health Publications.
Those results came from the analysis of 18 studies between 1970 and 2007. Study participants who walked 5.5 miles each week began showing benefits to their heart. And the more they walked, the greater the benefits.
While countless activities are available to try—such as cycling or yoga—walking has the lowest dropout rate, said Meghean Cook, health coach, TriWest Healthcare Alliance.
Regular walking will accomplish the following:
•Lower your risk of heart disease.
•Improve your blood pressure and blood sugar levels.
•Lower your bad (LDL) cholesterol, while raising your good (HDL) cholesterol.
•Help maintain your weight.
•Lower the risk of obesity.
•Reduce your risk of type 2 diabetes.
Also, walking quickly 35 minutes a day, five days a week, will make you feel better if you’re depressed.
A Harvard Health study published in 2005 proved such activity had a significant influence on mild to moderate depression. If walking five days a week is too often, you can substitute 60 minutes a day, just three times a week, for the same results.

- Walk your way to health**
If you’re tired of walking alone, or need new motivation to get up and move, start your own walking club.
The American Heart Association will “walk” you through the steps at www.mywalkingclub.org.
If you’re not up for starting your own club, you can also browse nearby clubs based on your zip code. Walking clubs can develop into a great social bonding experience with new or existing friends.
For more tips, visit TriWest’s Healthy Living Portal:
• www.triwest.com/HealthyLiving

All-Army loses stranglehold on Armed Forces boxing title

Story and Photo by
TIM HIPPS
Installation Management Command Public Affairs

MARINE CORPS BASE CAMP PENDLETON, Calif. – For the first time in 21 years, the All-Army Boxing Team lost its stranglehold on the gold, Feb. 3 at the 2012 Armed Forces Boxing Championships, here, Feb. 3.

With two seconds remaining in the final bout of the tournament a Marine scored a 14-13 victory over the Army’s Sgt. Marvin Carey, stationed at Schofield Barracks, in a super-heavy-weight bout that gave the Marines their first Armed Forces crown since 1992.

Carey nearly shut the left eye of Marine Corps Sgt. DeJesus Gardner with his quick hands, and Carey finished with a swollen left hand.

“Down to the last 10 seconds, man. ... I don’t think Steven Spielberg could write anything better or more dramatic than what happened tonight.”

Charles Leverette
All-Army Coach

“Carey hurt his hand, and I tried to will him through,” All-Army coach Charles Leverette said. “I think it was a little tender before the bout even started, and once he landed or deflected a couple of punches, he came to the corner grimacing.

“I told him, ‘You can’t show it. Let me see if you’ve got the grit,’” Leverette explained.

Carey gritted it out until the bitter end. “My teammates were telling me, ‘Twenty years. It’s all riding on your shoulders,’” Carey said. “I wasn’t thinking about that, though. I was just trying to stay calm and fight my fight.”

Gardner won the first round, 3-2, but Carey was leading 8-6 entering the third and final stanza.

“I put a lot of power into my shots and was trying to get him out of there, but he’s a pretty sturdy guy,” Carey said.

Gardner had a crazed look in his eyes as he brawled his way to victory and landed the decisive punch just before the final bell sounded.



All-Army boxer Sgt. Marvin Carey (left) of Schofield Barracks, Hawaii, scores with a right jab to the head of Marine Corps Sgt. DeJesus Gardner in the superheavyweight final of the 2012 Armed Forces Boxing Championships on Feb. 4 at Marine Corps Base Camp Pendleton, Calif.

“He (Gardner) came with it in the third round,” said Carey, 27, a Chicago native. “It was real close. I was hearing my teammates screaming that, ‘The score is tied. Score is tied.’ They were saying it’s 13-13 with 10 seconds left, then he got one more punch. “We both gave it our all, and that’s all that matters. It felt good to give my all and put everything on the line.”

Leverette could not recall a tournament ending as dramatically as this one unfolded before a boisterous crowd at Paige Field-house, where the Pentagon Channel filmed a series scheduled to debut March 9.

“Down to the last 10 seconds, man,” Leverette said, with a shake of the head. “You can’t get it written no better for another movie. I don’t think Steven Spielberg could write anything better or more dramatic than what happened tonight. I can say I’m

Armed Forces Boxing broadcast
The Pentagon Channel filmed Armed Forces Boxing, and the series is scheduled to debut March 9.

proud to be part of it. “Iknew it was going to be like this, but I didn’t know it was going to be such high intensity. You can never expect anything like this. It was great for Armed Forces Boxing; I can tell you that. The Marines did something that hadn’t been done in a long time. “We’ve got another whole year to think about it,” Leverette added. “We’ll be in Fort Huachuca (Ariz.) next year, and we’ll get that gold medal back.”



CONTINUED FROM B-2

lot at Schofield Barracks will be resurfaced in two phases:
Through Feb. 19, Phase 1,

the Kolekole area (parking lot in front of Martinez entrance). Feb. 20-March 4, the tennis court area will be closed. Parking will be limited. Call 655-8006.

21 / Tuesday
FRG Fundraising — Family readiness groups can learn about fundraising opportunities, 10 a.m., Feb. 21, at

the Schofield Barracks Arts and Crafts building. FRGs will be able to run a game or food booth at the USAG-HI Fun Fest and Earth Day Festival, April 7. Call 655-0115.

Ongoing
Pay Nine, Play 18 — For the month of February, pay for nine holes and play 18 at

Nagorski Golf Course, Fort Shafter. This offer is valid Monday-Friday, except holidays, and applies to green fees only. The course is open to the public with proper visitor pass information. Call 438-9587.

Kids \$1.99 Meal — Every

Wednesday night, children under 10 can eat for \$1.99 at the Kolekole Bar and Grill at Schofield Barracks or Mulligan’s Bar and Grill at Hale Ikena.

Cosmic Bowling — Cosmic Bowling starts at 3 p.m. on

Saturdays and 1-5 p.m. on Sundays at Fort Shafter Bowling Center. Cosmic Bowling at Schofield Bowling Center starts at 10 p.m. on Fridays, 8 p.m. on Saturdays and 6 p.m. on Sundays. Call 438-6733 for Fort Shafter or 655-0573 for Schofield.