

USARPAC builds partnerships one NCO at a time

Story and Photo by
STAFF SGT. CASHMERE C. JEFFERSON
U.S. Army-Pacific Public Affairs

SCHOFIELD BARRACKS — Soldiers from the New Zealand army attended the Warrior Leader Course, here, Feb. 1-24. WLC trains prospective and newly promoted sergeants of the active and reserve components in basic leadership skills on noncommissioned officer duties and responsibilities. Sergeants learn about the authority of NCOs and how to conduct basic warrior tasks and battle drills.

Wearing the rank equivalent to Army sergeants, Pvt. Sean Spivey, an infantryman, and Pvt. Kieran Manaena, supply technician, both with New Zealand army, joined the Army's future NCOs in training at the invitation of Command Sgt. Maj. Frank Leota, senior enlisted leader, U.S. Army-Pacific.

Leota visited the New Zealand army soldiers during their field training exercise, Feb. 22, to talk about their experiences during the course and to give the soldiers a better understanding of the importance of developing the NCO Corps.

“We don't teach sergeants; we refine them,” Leota said. “We refine what these sergeants have already been trained and developed on everyday and ensure that we haven't skipped a beat.”

As an example of NCO development, Leota explained that technology used at the NCO Academy was a great part of the educational program, but emphasized “sergeants train sergeants.” When equipment fails, he said, it is the responsibility of the NCO to get “back to the basics.”

Spivey and Manaena both agreed that what they experienced at WLC is “way” different from the way they train at home. They said they will take a lot of what they learned with them to share with their soldiers; in particular Army leadership, drills, ceremonies and military customs and courtesies.

“Everyone is a lot more formal when talking to NCOs,” Spivey said. “We have a lot more freedom where I come from when we talk to each other. I'm impressed by the respect shown here.”

Unlike the workday of an American Soldier, Spivey said his days are not so long.

“I'm not used to waking up at 4 a.m., that's for sure,” Manaena said. “I've learned a lot from my squad members, and the instructors are pretty good. It's a big change, but a good change, and everyone helps me along the way.”



1st Sgt. Frank Salajcik (left), commandant of the NCO Academy, and Command Sgt. Major Frank Leota (middle), senior enlisted leader, USARPAC, speaks to Pvt. Sean Spivey (top right) and Pvt. Kieran Manaena, both with the New Zealand army, Feb. 22, about the importance of the Army's NCO and Warrior Leader courses.

“The future of the Pacific relies on the partnerships and friendships,” Leota said. “Junior leaders are empowered with the authority, autonomy and responsibility that they will take on as NCOs.

“As the USARPAC command sergeant major,” he added, “I will continue to ask and request international students to attend WLC to expose them to the way we train and develop the future leaders of our Army.”

8th STB prepares for worldly natural disasters

SGT. GAELEN LOWERS
8th Theater Sustainment Command
Public Affairs

MAKUA MILITARY RESERVATION — “The lifeline of the Army is training,” said Command Sgt. Maj. Toese Tia, senior enlisted leader, 8th Special Troops Battalion, 8th Theater Sustainment Command. “To sustain the Army, you have to train the Army, so any type of training is developmental at all levels. From the lowest-ranking private to the highest-ranking officer, training will always make you better.”

The Soldiers of the 8th STB are no different.

During a typical field training exercise, or FTX, Soldiers shoot, move and communicate from position to position, routing enemies, defending positions and occupying terrain.

However, the 8th STB does not conduct typical missions.

The 8th STB conducted its inaugural command post exercise, or CPX, here, Feb. 27-Mar. 2, to train and prepare its Soldiers for the possibility of a natural disaster anywhere in the Pacific's area of operations.

“A (CPX) tests our ability to deploy to an



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

Soldiers with the 8th STB, 8th TSC, rush a mock casualty towards the MEDEVAC helicopter during the unit's CPX, held at the Makua Military Reservation, Feb. 27-March 2.

austere environment and communicate with our main command post that traditionally will be back in Hawaii,” said Lt. Col. Matthew Goodman, commander, 8th STB.

“We aren't using any blanks or pyrotech-

nics; we are simply testing our ability to deploy and communicate and support non-government relief efforts,” he added.

See 8th STB, A-3

Region's TBI open house to educate beneficiaries

PACIFIC REGIONAL MEDICAL COMMAND
News Release

HONOLULU — A brain injury awareness open house is scheduled to help educate beneficiaries about brain injury services and support systems available, here.

The open house, sponsored by Pacific Regional Medical Command's Traumatic Brain Injury Program, or TBI, will be held, 1-3 p.m., March 14, in Room 9B114, Tripler Army Medical Center.

The TBI program provides a continuum of integrated care and services for active duty service members and other beneficiaries with traumatic brain injuries.

TBIs are a disruption of function in the brain resulting from a blow or jolt to the head or penetrating head injury. Not all blows

TBI Support

To sign up for either a support group and/or an educational group call, Galsomenia (Gale) Nathan at 433-6405.

or jolts to the head, however, result in a TBI.

The severity of a TBI can range from mild, more commonly known as a concussion, to severe — involving an extended period of unconsciousness or amnesia.

TBIs are a major health issue for the military. Unlike other injuries

See PRMC, A-5



Soldiers can help Soldiers through AER Campaign

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS — The Army Emergency Relief Campaign, or AER, has kicked off and runs through May 15.

AER is a private, nonprofit organization that provides financial assistance to active duty Soldiers, single or married, and their family members; National Guard and Reserve Soldiers on continuous active duty for more than 30 days, under Title 10, and their family members; retirees and their family members; surviving spouses; and orphans of Soldiers who died while on active duty or after they retired.

The annual fundraiser gives Soldiers a chance to help fellow Soldiers, plus it creates a greater awareness and understanding of AER programs and benefits. This year's theme is "A Strong Tradition of Soldiers Helping Soldiers."

The fundraising goal for Hawaii's AER this year is \$285,000, according to Army Community Service; Directorate of Family and Morale, Welfare, and Recreation; U.S. Army Garrison-Hawaii.

Last year, the Hawaii campaign raised \$300,992 and assisted 2,206 Soldiers in Hawaii with no-interest loans totaling \$2,515,583 and grants totaling \$130,516.

Established in response to ensuring an agency was

See AER, A-3

“Wings of Lightning” | A-3

25th CAB maintains teaching role with ANA downrange.



Employee appreciation | A-4

USARPAC honors civilian workforce.

Prayer breakfast | A-4

USARPAC is holding a national resiliency prayer breakfast, 9:30 a.m., March 21, Nehelani, Schofield Barracks.

Vote | B-1

Make your voice heard by registering.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

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Exchange, JRB spread shoplifting awareness

Story and Photo by VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — The Exchange facility, here, continues to deal steadily with individuals who are stealing from their stores.

Stealing from the Exchange is essentially stealing from programs within the Army community.

To combat this growing problem on base, the Army and Air Force Exchange Service, here, teamed up with U.S. Army Garrison-Hawaii's Juvenile Review Board for a shoplifting awareness and prevention program to decrease shoplifting, March 2.

"The goal of this program is to spread community awareness of the impact and consequences of shoplifting and how it impacts the quality of life on a military base," said Floyd Wynn, general manager, Exchange-Hawaii.

Exchanges worldwide return roughly two-thirds of yearly earnings back into the community. In the past 10 years, the Exchange has contributed more than \$2.4 billion to quality of life programs on military installations.

"We want to help (youth) make the right decisions," said Brian Johnson, area loss prevention manager, Exchange-Hawaii. "I know firsthand how peer pressure effects the decision-making process."

When a shoplifter is a minor, he or she may be required to sit before the JRB, which is comprised of professionals from USAG-HI community services, directorates and other organizations, all coming together to help youngsters.

The JRB is a strong advocate in setting wayward Army youth in Hawaii straight.

"The JRB is not set up to punish people," said Command Sgt. Maj. Robert Williamson III, senior enlisted leader, USAG-HI, and president, JRB.

Addressing Wheeler Middle School students, Williamson said, "We try to help (youth) and figure out why they have gotten into trouble."

During the March 2 awareness program, 55 students from Wheeler Middle School were taken into the Exchange's surveillance room to witness a mock shoplifting scenario. Loss prevention personnel explained to them what happens once a person leaves the store with unpaid merchandise.



Paul Russell (center), Exchange Safety and Security, and students from Wheeler Middle School watch a mock shoplifting scenario unfold during the Exchange and JRB's shoplifting awareness and prevention program, March 2.

"It doesn't matter how much or how little the item costs. Stealing is stealing," said Paul Russell, Exchange Safety and Security. "Once a person leaves the store, they are brought back to this room. No exceptions and no negotiations will be made. We call the MPs, and if the person is a minor, we call his or her parents — no matter what."

Whether a person steals a piece of candy, a page out of a magazine, or fills his or her free water cup with soda from the Food Court's soda fountain, the person will pay for the items and a \$200 administration fee. The person could also face additional consequences.

"If you are with someone who is stealing, you are considered an accessory and will be brought back here, as well," Russell said.

Russell told the students that the Exchange has more than 100 cameras set up at multiple angles and plain-clothes security personnel on the floor at all times.

"By informing their friends and classmates of the em-

barrassment (caused by shoplifting), their parents' presence at the sessions and the consequences faced, our hope, through events like this, is that these young people can certainly help deter this unnecessary crime on base," Williamson said. "Shoplifters are hurting their own military community and bringing shame to Army families."

Williamson explained to students what happens when shoplifters come before him and the types of punishments they can receive.

He said military identification card holders may have their Exchange privileges suspended for a minimum of one year and be barred from living on post. Family members under the age of 18 may be required to attend a JRB and perform community service, among other punishments.

"This program taught me to never shoplift or to hang out with someone who is stealing because it's not worth it," said Manny Sanchez, student. "Not only do you get in trouble, your parents also get in trouble."

UNCASING THE COLORS



Photos by Spc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Lt. Col. Ross Guieb (above left), commander, 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, awaits the unit's colors as Command Sgt. Maj. Scott Dooley (far right), senior enlisted leader, 728th MP Bn., guides the color guard during the unit's redeployment ceremony held on Hamilton Field, here, March 2.

Left — Lt. Col. Ross Guieb (left), commander, 728th MP Bn., 8th MP Bde., 8th TSC, and Command Sgt. Maj. Scott Dooley (right), senior enlisted leader, 728th MP Bn., uncased the battalion's color's on Hamilton Field, Schofield Barracks, March 2. The battalion spent a year near Kabul, Afghanistan, mentoring Afghan Uniformed Police.

51STEPS in FAITH

Freedom of the open road comes with great responsibility

a motorcycle represents.

With that freedom, comes great responsibility.

We have a responsibility to ride safely, obey the law and use our freedom in a way that preserves our pastime without becoming a liability to ourselves, our family and our community.

This responsibility reminds me of a scriptural principle that the apostle Paul wrote in the Book of Galatians: "For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another. For the whole law is fulfilled in one

word, in the statement, 'You shall love your neighbor as yourself.'"

When I get on my 1200cc horse, I want to let it ride. However, I have to ask myself if I am acting in a way that loves my neighbor, or if I am serving my own selfish needs.

About that time I see the speed limit sign and make sure I throttle down.

Whether I ride, or get into a heated discussion with the wife, I need to ask myself, "Am I acting in love or serving myself?"

With our freedom comes responsibility — the responsibility to act in love in everything we do.



Lowman

Voices of Ohana

How do you keep up with the world around you?

Photos by 25th Infantry Division Public Affairs



"I keep up with current events through CNN and Yahoo on the Internet."

Khyeese Bethea
Family Member



"I search about eight different news sites on the Internet each day."

Rick Black
Retired



"I am an FRG leader and stay connected through steering committee meetings."

Tammy Carter
Family Member



"Through my friends and by using the Internet."

Pfc. Nicholas Devol
3rd Bn,
25th Avn. Regt.,
25th CAB, 25th ID



"Through talking to my friends back home and my battle buddies."

Sgt. Andrew Mastarone
57th MP Co.,
728th MP Bn.,
8th MP Bde.,
8th TSC



Chief Warrant Officer 3 Jerald Jastillama, maintenance test pilot, Co. A, 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, performs a maintenance operational run-up of a UH-60 Black Hawk helicopter, Feb. 28.



An OH-58D Kiowa Warrior helicopter from 2nd Squadron, 6th Cavalry Regt., 25th CAB, 25th ID, returns to the flightline after completing a mission, Feb. 28.

Photos by Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

KANDAHAR PROVINCE, Afghanistan — Chief Warrant Officer 2 Kenley Kirkland (left), UH-60 Black Hawk helicopter pilot, Company A, 2nd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, assists a soldier from the Afghan National army on how to buckle in during static load training for an air assault mission led by the Kandahar Air Wing and ANA, here, Feb. 29.

25th CAB continues mentorship role with ANA, KAW

Story and Photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade
Public Affairs, 25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — As the sun broke the horizon line in the early morning hours, air crews from the 25th Infantry Division and soldiers from 1st Brigade, 205th Corps, Afghan National army, anxiously awaited as Mi-17 helicopters from the Kandahar Air Wing were heading their way.

When crews from the air wing arrived at the landing zone, ANA soldiers loaded onto the helicopters and headed out to conduct an air assault operation in the Kandahar province, here, March 1, to disrupt Taliban efforts.

The 25th ID contingent, drawn from Soldiers from the 25th Combat Aviation Brigade and the 1st Bde. Combat Team, Fort Wainwright, Alaska, accompanied the Afghan forces as mentors.

“The Afghan forces have shown strides in improvement towards conducting independent operations,” said Chief Warrant Officer 2 Kenley Kirkland, pilot, 2nd Battalion, 25th Avn. Regiment, 25th CAB. “Completing these missions helps build confidence, allowing them to be successful in the future.”

Although this type of operation was new to many Afghan troops, it’s becoming a more common occurrence in southern Afghanistan and improving security for the local population.

With the success of the second independently led air assault in two weeks by the Kandahar Air Wing and Afghan soldiers, the confidence level in planning, training and executing the mission has improved.

According to Brig. Gen. Habibi, commander, 1st Bde., 205th Corps, ANA, this air assault was a defining moment in the unit’s pursuit of conducting independent operations. By partnering with the ANA, the combat effectiveness of the corps has increased and will help facilitate its ability to conduct independent operations.

Much like the air assault completed a week prior, Kandahar Air Wing and ANA soldiers conducted a rehearsal training session, building their confidence and making them more familiar with the Mi-17 helicopters.



Mi-17 helicopters from the KAW come in for a dust landing during an air assault training mission with air crews from the 25th CAB, 25th ID, in the Kandahar province, Afghanistan, Feb. 29.

AER: Campaign creates awareness; generous funds can help others

CONTINUED FROM A-1

available that could provide prompt financial assistance for Soldiers and their families during World War II, AER provides emergency financial assistance in the form of no-interest loans or grants.

Also, AER provides scholarships to children and spouses of active duty and retired Soldiers, as well as financial support to widows and wounded warriors.

“The primary objective of the annual campaign is to create a greater awareness of how Army Emergency Relief helps Soldiers and their families,” said retired Lt. Gen. Robert Foley, director, AER. “By promoting a better understanding of AER benefits, easy access to AER funds and the flexibility, which AER officers worldwide exercise in responding to requests for financial assistance, Soldiers and families can receive well-deserved care and consideration in a time of need,” Foley said.

In 2011, AER provided \$77.5 million in assistance to more than 64,000 Soldiers and their families. Under the streamlined Command Referral Program, company commanders and first sergeants have the authority to approve AER loans for their Soldiers up to \$1,500.

AER assistance is based upon a valid need and is flexible in responding to all types of financial situations, officials said, adding that AER officers work toward “finding a way to say yes.”

No limit is placed on the amount of assistance that can be provided, and no limit is placed on the number of times a Soldier may make requests for assistance.

(Editor’s Note: Information compiled from Army news releases and ACS, Schofield Barracks.)

AER Campaign 2012
Now through May 15, unit points of contact will contact Soldiers for voluntary donations. However, making a donation is not a requirement to receiving AER assistance.
Donations can be made by allotment, cash or check; all contributions are fully tax deductible. Call Jackie Torres, AER officer, ACS, at 655-4227.

AER Scholarships
Applications are available through April 2 for academic year 2012-2013. Family members can apply for AER scholarships at •www.aerhq.org.

8th STB: CPX preps unit for disaster relief

CONTINUED FROM A-1

Although hosted by the 8th STB, Soldiers from other 8th TSC units participated in the scenario of a disaster relief effort on the island of Tonga. More than 70 Soldiers from the 45th Sust. Brigade; the 73rd Signal Bn., 45th Sustainment Bde.; and the 130th Engineer Bde. learned about mass casualties, how to engage with civilian media and other situations associated with disaster-relief missions.

The main objectives of the FTX, however, was to test the unit’s ability to deploy, communicate and support non-government relief efforts, Goodman said.

“Looking at our role in the Pacific rim, the 8th TSC is the senior sustainment headquarters in the Pacific,” he said. “Any of those types of scenarios would come down to us first.”

Goodman said that practicing these types of situations are essential to training Soldiers and preparing them for possible events in the future.

Medical evacuation is an integral part of what the 8th STB oversees during a relief mission. Usually working with contractors and not actual Army helicopter crews, the Soldiers got a chance to work directly with Evergreen Helicopters, Inc. on evaluating and evacuating casualties.

“One of the best parts of this training was working with real helicopters,” said Sgt. Samir Kenny operations training noncommissioned officer, 8th TSC. “The helicopter crew was great and answered all of our questions.”

For many of the Soldiers, this FTX was the first time they had participated in an 8th TSC exercise.

“It’s a good experience,” said Pfc. Arlyn Medina-Rivera, 8th TSC. “I am still learning a lot, so this is a great way for me to build upon what I already know and make myself a better Soldier.”

The next 8th TSC training event is set for the end of May at the Pohakuloa Training Area on the island of Hawaii.



Soldiers with the 8th STB, 8th TSC, jog along the beach for physical training during the unit’s CPX, held at Makua Military Reservation, Feb. 27-March 2.

USARPAC recognition ceremony honors civilian employees

STAFF SGT. CASHMERE C. JEFFERSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — U.S. Army Pacific held its annual Army Civilian Recognition Awards ceremony at the Hale Ikena, here, Feb. 29.

Lt. Gen. Francis Wiercinski, commander, USARPAC, was the ceremony’s host and keynote speaker and recognized civilian employees in several categories.

Started by former USARPAC commander, Lt. Gen. Benjamin Mixon, the event sold out for the second year in a row. Wiercinski promised he would continue recognizing Army civilians for their outstanding dedication to service.

“Over the last 10 years, our civilians have shouldered the weight of our Army while we have been away, and we could not do our jobs without you,” Wiercinski said. “You have been the continuity and the strength of the Pacific, and from all of us in uniform ... we thank you.”

At the conclusion of Wiercinski’s keynote address, lunch was served before presenting individual and group awards.

Kerry Abramson, environmental law attorney, U.S. Army Garrison-Hawaii, took top hon-

ors and was named Federal Employee of the Year, in the Professional category.

“I am extremely grateful to have been given my award at such a wonderfully organized and choreographed venue,” Abramson said. “Like the rest of the Army civilians, I work hard every day and realize that my efforts act to further the Army’s mission. Having the (USARPAC commanding general) present my

award emphasized to me that I am an integral and necessary part of the Army team.”

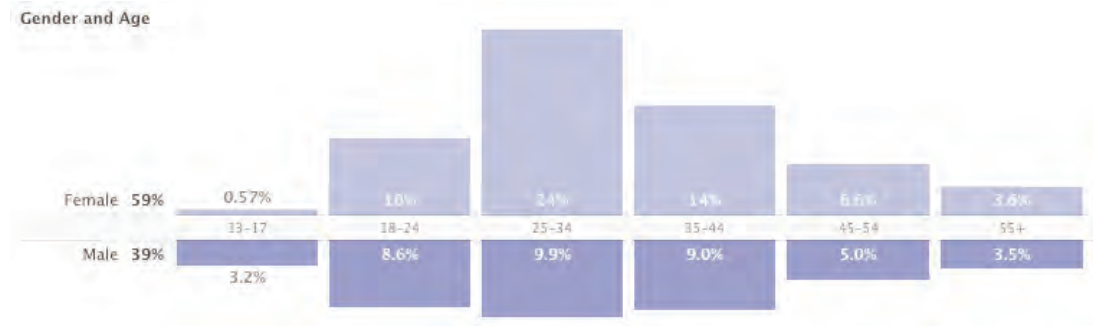
“You really are incredible people, and ‘unsung heroes’ is a perfect way to describe a well-deserved civilian workforce,” Wiercinski said. “We appreciate what you do every single day. (We appreciate) what you have done, and what you’re going to do in the future as ‘One Team.’”

Army Civilian Recognition Awardees Kerry Abramson, USAG-HI, Professional Sharon Cofer, 25th Infantry Division, Supervisor/Manager/Leader Emily Harrison, 25th ID, Administrative Support Candace Lotomau, U.S. Army Corps of Engineers-Honolulu District, Emerging Leader Clifford Olivera, USACE-HD, Trades and Crafts	Team Excellence Honorees USARPAC G6 Information Assurance Team Dave Boucher	Renee Dela Cruz Una McClenning Dominic Monteleone Tom Prest Jennie Rachauskas Cory Tomoyasu Danny Torrez
Unsung Heroes Russell Dodson, USARPAC Public Affairs Marie Kennedy, USARPAC G2 John Kurashige, USARPAC G1 Reuben Park, USARPAC G3 Kent Tamai, USACE-HD Cory Tomoyasu, USARPAC G6		



Marc Parrone | Department of the Army Photo Lab

Kerry Abramson, USAG-HI, receives the award for Employee of the Year, in the Professional category, during USARPAC’s Army Civilian Recognition Awards ceremony held at the Hale Ikena, Fort Shafter, Feb. 29.



This chart shows the gender and age demographics of people who “like” and interact on the USAG-HI Facebook page.

Facebook town hall addresses issues

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

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii hosted its third Facebook town hall, here, Feb. 29, to address community issues and concerns.

Representatives gathered from Island Palm Communities; the Directorate of Public Works; the Directorate of Emergency Services; the Directorate of Family and Morale, Welfare and Recreation; and the USAG-HI command group, including the commander, deputy commander and command sergeant major.

Questions submitted for Tripler Army Medical Center, the Exchange and the Commissary were forwarded to respective subject matter experts for response.

More than 115 initial questions were posted, more than 405 follow-up comments or questions were posed and more than 920 “likes” were logged.

“This is a great venue to keep track of the communities’ pulse points, or the issues they are concerned about and areas we need to address,” said Col. Douglas Mulbury, commander, USAG-HI. “Especially with the current and future budgets for Army operations, we’re going to be taking a closer look at what programs the garrison needs to support and what services it can sustain.”

A repeating issue that occupied the majority of interaction during the event was the proposed changes to Aliamanu Military Reservation gate hours. With numerous comments and questions posed from community members concerning this change, DES and the command team listened to the queries, revisited the decision and reversed the proposed changes.

Other concerns addressed child supervision, the mock and live billing programs, traffic and safety.

Residents also took time to thank or compliment garrison services, like caregivers at the Helemano Military Reservation Child Development Center, DPW and IPC maintenance teams and response times, IPC’s community center staff members and the garrison itself for hosting a convenient forum in which they could express themselves.

The Facebook format replaced both in-person town halls and televised town halls due to lack of participation in both venues. The Facebook Town Hall will continue to be a quarterly event.

“The beauty of the Facebook town hall is that anyone with a Facebook account can participate, no matter where they are,” said Dennis Drake, director, USAG-HI Public Affairs.

“They have the opportunity to converse directly with the people who help make decisions about on-post programs and services.”

Stay Connected

- Social Media.* Service and family members can connect to USAG-HI social media pages to stay informed about events and changes on post. Visit www.facebook.com/usaghawaii or www.twitter.com/usaghawaii.
- Other Methods.* If service or family members have concerns that they wish to be kept private, they can visit at this site <http://ice.disa.mil/> or you can send email to askthecommander.usaghi@us.army.mil.

Stay Informed

- USAG-HI policies — like child supervision, pets and physical training — can be found at www.garrison.hawaii.army.mil, under the “Command,” “Command Publications” then “Policies” tabs.

Get Involved

- When encouraged to attend, some residents commented during the Facebook Town Hall that they had never heard of DES’s Neighborhood Watch program or IPC’s neighborhood Resident Advisory Panels.

Both of these programs are great opportunities to address concerns in person, offer suggestions and keep up to date with trends in each community.

To get involved with Neighborhood Watch, call 655-7114 or 438-7114, or email mindy.s.dye@us.army.mil or susan.manuma@us.army.mil.

To attend a RAP, visit www.islandpalmcommunities.com to find a schedule of meetings.

News Briefs

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

Today

Change of Command — The U.S. Pacific Command’s change of command ceremony is 10 a.m., March 9, at the PACOM Headquarters, Camp Smith. Navy Adm. Robert Willard will relinquish command to Adm. Samuel Locklear III.

Willard will retire from the U.S. Navy after nearly 39 years of active service.

USAG-HI Website — The U.S. Army Garrison-Hawaii website is now located at www.garrison.hawaii.army.mil. Update your bookmarks, as the old site is no longer in use and contains old and outdated information.

Call Lacey Justinger, USAG-HI Public Affairs Office, at 656-3153.

20 / Tuesday

Medication Turn In — Turn in unused, excess, unwanted, expired or potentially dangerous medications for safe disposal at Tripler Army Medical Center, 8 a.m.-4 p.m., March 20-22. Signage will direct customers to go to the TAMC Outpatient Pharmacy refill window to drop off their medications.

21 / Wednesday

Prayer Breakfast — U.S. Army-Pacific will conduct a National Resiliency Prayer Breakfast for Hawaii-based Soldiers and Department of Defense civilians, 9:30 a.m., March 21, Nehelani, Schofield Barracks. Soldiers can contact their unit chaplains for free tickets. Call 655-1204 or email heather.j.simon@us.army.mil.

22 / Thursday
Employee Town Halls — Col.

Douglas Mulbury, commander, USAG-HI, will brief the latest information regarding the command’s manpower situation, plans for realigning excess personnel and Installation Management Command’s Employee Placement Program, 10-11 a.m., March 22, Sgt. Smith Theater, Schofield Barracks and 2:30-3:30 p.m., March 23, 9th MSC Assembly Hall, Building 1554, Fort Shafter Flats.

30 / Friday

Education Survey — Deadline is March 30 to complete a Hawaii State Department of Education survey that will help schools set priorities for improving programs and services. Parents whose children are enrolled in grades 4, 5, 7, 8, 9 and 11 are being asked to complete the survey.

Individual survey responses are confidential. Email questions to sqs@notes.k12.hi.us or call 733-4008.

Great Minds Service Awards — Deadline is March 30 to submit nominations for Hispanics in Science, Technology, Engineering, and Math, or STEM.

Visit www.greatmindsinstem.org for nomination package requirements. Send Department of the Army Form 1256, “Incentive Award Nomination and Approval” with nomination data to the attention of Kenrock K.S. Higa.

Call 655-9372.

Ongoing

Resiliency Training — Families Overcoming Under Stress, or FOCUS, offers resiliency training for Army families. During individual family sessions, families can learn skills to improve communication and identify strategies for dealing with deployment reminders. Training services are free of charge to military; confidential sessions are available during family-friendly hours. Call 257-7774 or email hawaii@focusproject.org.

Brain Injury Awareness Month puts the spotlight on TBIs

KEITH HAURET
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — March is Brain Injury Awareness Month and provides an opportune time to learn more about traumatic brain injuries, or TBIs.

Active duty service members are at increased risk for a TBI compared to their civilian peers. According to the Defense and Veterans Brain Injury Center, 29,255 service members were diagnosed with a TBI in 2009 and 30,380 were diagnosed in 2010.

TBIs also occur among family members and retirees of all ages.

More than 1.7 million Americans are treated each year for a TBI, according to the Centers for Disease Control and Prevention. This statistic includes 1.4 million people who are treated in emergency rooms, 275,000 who are hospitalized, and 52,000 who die from the injury.

The CDC estimates the yearly cost for TBIs to be \$76 billion, which includes costs for medical treatment and rehabilitation, lost wages, decreased productivity at work and impact on family members.

Many Americans sustain a TBI each year and are not treated in emergency rooms, making it difficult to know how many TBIs actually occur. Also, many individuals with TBIs are treated in outpatient clinics, but many never seek any medical attention.

The American College of Sports Medicine estimated in a December team physician consensus statement that there are 3.8 million mild TBIs (concussions) each year, just from participation in sports and recreational activities.

TBIs are caused when external forces are applied to the head and brain. These forces can result from a blow or jolt to the head, an object penetrating the head/brain, “whiplash” (as in a car crash) or pressure caused by a blast or explosion.

TBIs range from mild, a brief change in mental status or consciousness, to severe, an extended period of unconsciousness or amnesia after the injury.

With deployments in Iraq and Afghanistan, the leading causes of TBI for the U.S. civilian population are different compared to the leading causes for military service members.

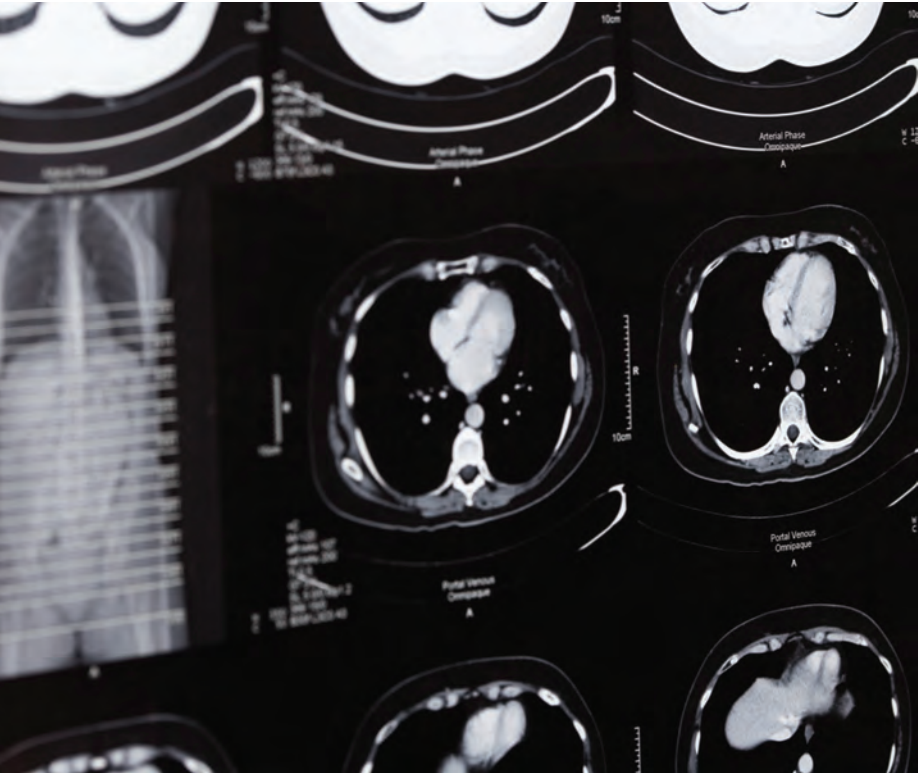
For the civilian population, falls (35 percent), motor vehicle crashes (17 percent), and striking the head by or against an object (17 percent) are the leading causes of TBI, according to the CDC.

By comparison, a report by the U.S. Army Public Health Command says 69 percent of the TBIs that required deployed Soldiers to be hospitalized in Iraq and Afghanistan in the years 2004–2009 were from battle-related causes, such as bullets, fragments and blasts.

Leading non-battle causes for TBIs included motor vehicle crashes (12 percent), falls (6 percent) and sports (2 percent).

Service members and their families should be aware of TBI and its symptoms. Sometimes, symptoms will not be noticed for days, weeks or even months after the injury occurs. This fact is especially true with mild TBI.

TBI symptoms can also be hard to distinguish from other common health problems, such as



Courtesy Photo

Images from an MRI, like the one pictured above, are used to identify areas of damage to the brain.

post-traumatic stress disorder or depression.

Symptoms of TBI include the following:

- Loss of consciousness
- Headaches
- Dizziness
- Excessive fatigue

- Trouble concentrating
- Forgetting things (memory problems)
- Irritability
- Balance problems
- Vision changes
- Sleep disturbance

PRMC: Research aids in diagnoses

CONTINUED FROM A-1

that change appearance, brain injuries can’t be seen.

According to the Army’s TBI program, the majority of people with TBI recover with little or no specific medical intervention, because most TBIs are mild, also known as “mTBIs.”

"The Defense Department maintains a traumatic brain injury database, which shows that 202,281 service members sustained a TBI between 2000-2010," explained Dr. Sarah Miyahira, director of the TBI program, PRMC. "Approximately 85-90 percent of combat-exposed troops who sustain a mild TBI experience a complete resolution of symptoms within the first several days to weeks after the incident."

However, some people with TBI require specialty evaluation and intervention if they have had a more severe injury or are not recovering quickly from a mild injury. Beneficiaries requiring extra care will work with a diverse team of health care professionals.

The medical team may vary depending on the type and severity of injury and the needs of the patient. The team may include a wide range of physicians, nurses, behavioral health specialists and rehabilitations specialists.

"We utilize a family-centered approach, to include educational and group treatment programs for both wounded warriors and their spouses," said George Husky, liaison officer,

TBI program, PRMC. "Our program provides state-of-the-art, continuously improving care for wounded warriors with TBI and mTBI to optimize functional outcomes and facilitate a return to duty."

The Department of Defense’s TBI research portfolio has grown, reflecting the department’s understanding of these injuries, which will translate into improved clinical care and outcomes.

TBI research continues to be fast-tracked to assist service members in improved care in collaboration with line commanders, medical and research communities.

DOD will continue to provide a continuum of TBI screening and care from in-theater to post-deployment, including transitions to Veterans Affairs, ensuring the military health system properly screens and cares for service members with TBI.

Prevention of TBI is the safest and most cost-efficient course of action. DOD and each of the branches of service are working diligently to improve today’s helmet designs, reduce the risks of blunt impact, provide greater ballistic protection and guard against blast injury.

"Most TBIs occur in non-deployed settings," Husky said, "so the Defense Department has launched an aggressive TBI prevention campaign emphasizing the use of seatbelts and protective eyewear and gear when service members are engaged in daily and recreational activities."

What causes traumatic brain injury?

A traumatic brain injury, or TBI, is a disruption of function in the brain resulting from a blow or jolt to the head or a penetrating head injury. Causes of traumatic brain injuries may include falls, motor vehicle crashes, assaults and combat events, such as blasts.

Medical providers classify TBIs as mild, moderate, severe or penetrating, primarily based on initial symptoms.

Most TBIs are mild and are more commonly known as concussions. Receiving prompt medical care is essential to maximizing recovery.

The Army has invested more than \$530 million to improving access to care, quality of care, research, and screening and surveillance of Soldiers with TBIs.

Army TBI enterprise management provides a standardized, comprehensive program that delivers a continuum of integrated care from point-of-injury to return to duty or transition from active duty.

In late 2009, the Army implemented a new mTBI/concussive injury management strategy: Educate, Train, Treat, and Track, and in June 2010, a Depart-

ment of Defense Directive Type Memorandum outlined new guidelines for TBI care in the deployed setting.

The DTM directs that any deployed Soldier who is involved in a potentially concussive event, such as being within close proximity to a blast, must undergo a medical evaluation and have a minimum rest period.

Medical and rehabilitation providers deployed far forward on the battlefield promptly treat Soldiers with concussion, refer them to higher levels of care, if needed, and conduct medical evaluations before returning these Soldiers back to duty.

According to the DOD’s Military Health System, more than 132,000 Soldiers have sustained a TBI since January 2000. TBIs not only impact mission integrity and force health protection, but they also affect family members.

The Army remains committed to providing world-class healthcare for its wounded Soldiers and their families.

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

Keeping a food journal may be the secret to losing weight

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — Did you know more than half of American adults are overweight or obese?

Imagine a map of the U.S. showing the Mississippi River. Then imagine everyone west of the river is obese.

According to the U.S. National Library of Medicine and the National Institutes of Health, the actual number is 66 percent.

The problem is just that big.

According to the American Dietetic Association, if you're overweight or obese, you're at a higher risk of the following conditions:

- Heart disease,
- Stroke,
- Diabetes,
- Certain cancers,
- Liver and gallbladder disease, and
- Infertility.

You've probably heard that, with proper diet and exercise, you can lose weight and keep it off. But you may not know about this other little secret to weight loss: keeping a journal.

"Keeping a food and exercise log can help you achieve the weight loss

results you want," said Meghean Cook, health coach, TriWest Healthcare Alliance. "A log is a way to hold yourself accountable for the foods you put into your mouth and the activity you choose to do."

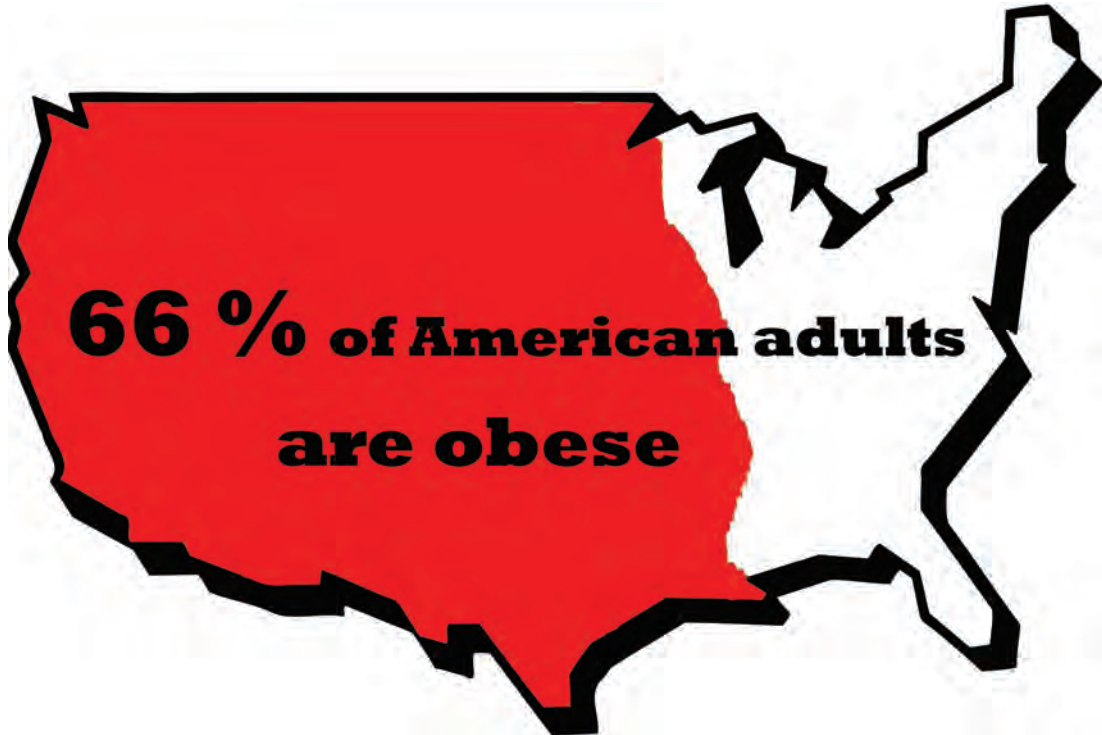
Cook said keeping a food journal may reveal habits you didn't even know existed.

Do you grab a snack every time you pass the candy jar at work? Do you nibble all day, then eat a huge meal at night? Do you drink too many high-calorie beverages in the morning?

Keeping a journal just doesn't work for food, but for exercise, too.

"Recording your exercise can be very motivating to see your progress. You may notice you can walk farther, longer or faster," Cook said. "Or you may notice you are stronger in your daily tasks because of the strength training you have been doing."

Healthy Living
For more healthy living tips, visit
•www.TriWest.com/HealthyLiving.



Source: U.S. National Library of Medicine and the National Institutes of Health

Ergonomics ensures office workstations fit the needs of individual employees

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

ABERDEEN PROVING GROUND, Md. — When people stick with something year after year, they demonstrate they are in it for the long haul.

They learn to take the good with the bad.

That's why David Alberth, radiation safety expert, U.S. Army Public Health Command, kept working for the Army for nearly 40 years.

Although his office chair was uncomfortable, his computer screen was getting harder to see, and the space in his office was getting increasingly narrower. Still, he hung in there because that's what he felt devoted employees do.

But recently, Alberth's coworkers and supervisor began to notice a problem.

"David had a huge collection of files, and his office space was so constrained that he could barely move around," said Lt. Col. Constance Rosser, health physics program manager, USAPHC.

Mobility was getting more difficult for Alberth, who suffers with arthritis and other orthopedic problems from his activities as a

long-distance runner in earlier years.

With a few phone calls, even more paperwork and a lot of heavy lifting, Alberth's coworkers voluntarily reconfigured his office.

The office's reconfiguration and design was completed under the professional direction of USAPHC's Ergonomics Program members.

Today, Alberth's new workspace boasts state-of-the-art amenities, including an adjustable keyboard, an oversized monitor, a workstation that allows him to stand at intervals, and of course, plenty of space for him to maneuver around effortlessly.

John Pentikis, an ergonomist, said the program is in high demand for office reconfigurations from customers throughout the federal workforce. Each month, an average of two reconfigurations are completed.

"The teams identify risk factors in an office and come up with solutions to mitigate those factors," Pentikis said.

The make-up of these office reconfiguration teams varies, but they often include ergonomists, physical therapists, occupational therapists and engineers.

A key goal of the program is injury reduction.

"We want to prevent injuries to our workforce," Pentikis said. "Research shows that virtually all musculoskeletal injuries can be prevented."

The goal is also to ensure employees can perform their jobs safely and comfortably, according to Col. Myrna Callison, Ergonomics Program manager.

Ergonomics
Ergonomics isn't one size fits all. To make your workstation fit your needs and to have your office workstations surveyed, call Preventative Medicine, Industrial Hygiene, Tripler Army Medical Center, at 433-2960.

USAPHC
Learn more about USAPHC's Ergonomics Program at
•<http://phc.amedd.army.mil/topics/workplacehealth/ergo/Pages/default.aspx>.



Primaries, general elections are fast approaching

Service and family members must register, send ballots before deadlines to participate

VANESSA LYNCH
News Editor

WHEELER ARMY AIRFIELD — The direction of the economy, scheduled Department of Defense budget cuts, taxes and a draw-down of U.S. forces all combine to serve as potential hot-button issues for the upcoming general election.

For many Soldiers and family members, Nov. 6 will be their opportunity to help choose a commander in chief.

However, to participate in state primaries and the November general election, American citizens must be registered to vote in their legal home of residence.

For overseas Americans, uniformed service members and their family members of voting age, in most states, the Federal Post Card Application, or FPCA form, provides them opportunity to both register and request absentee ballots — but registration rules vary.

“This November, you and your family members will have the opportunity to exercise your right to vote in upcoming elections, and I encourage you to do your part and make your voice heard on issues that are important to you,” said Sgt. Maj. of the Army Raymond Chandler in a recent public service announcement. “Wherever you are, it’s not too late to vote. You can make a difference. If you have questions, see your voting assistance officer. It’s a freedom you defend. Vote.”

Voting is a constitutional right that American citizens 18 years and older can freely exercise. Soldiers, civilians and family members who are of eligible voting age and neglect to vote relinquish the right to speak to significant issues by choosing a candidate

who best addresses their concerns.

The website for the Federal Voting Assistance Program, www.fvap.gov, contains all the information needed to determine whether you’re eligible to vote, as well as links to applications, ballots, other forms, polling places and candidates for the entire country and its four territories.

All states remind voters to add in time for postal mail delivery, if electronic or fax capabilities aren’t available. Also, state secretaries remind voters that they must meet various dates: for registration, for requesting absentee ballots, for voting.

Online tools

The Internet contains a wealth of resources to aid voters in picking a candidate, as well explanations about the process.

Among popular web sites are CanIVote.org, which offers state-by-state, in-depth voting information.

Still others, like www.democratsabroad.org and www.republicansabroad.com, offer reviews of issues, positions and candidates for mobile overseas citizens and service members and their families who are out of touch with their local, state or national news.

Project Vote Smart (www.vote-smart.org) provides a library of factual information about candidates: where they stand on issues, candidates’ voting records and background information.

Declare Yourself (www.declareyourself.org) and Rock the Vote (www.rockthevote.org) aim to engage younger voters in the political process.

The League of Women Voters (www.lwv.org) is a longstanding, traditional source of election information.

(Editor’s note: Some information pulled from news releases.)

Rules and deadlines for absentee voters will vary from state to state

The Uniformed and Overseas Citizens Absentee Voting Act, or UOCAVA, covers all active duty members of the uniformed services and their families and U.S. citizens who reside overseas. UOCAVA assists them in exercising their right to vote.

The 55 states and territories manage elections individually. This fact means that there are 55 sets of rules for absentee voting by UOCAVA citizens, but the basic steps are simple:

- Citizens register to vote and request an absentee ballot by filling out the Federal Post Card Application, or FPCA, and then mail the ballot to their local election official in the state in which they are eligible to vote.
- The election official approves/disapproves the FPCA or requests additional information.
- If the FPCA is approved, the election official sends an absentee ballot to the citizen.
- The citizen votes and returns the ballot to their election official by their state’s deadline.

To successfully vote absentee, UOCAVA citizens should be mindful of the following:

- Allow plenty of time to request, receive and return a ballot.
- Notify your local election official each time your mailing address changes.
- Become familiar with your state’s absentee voting laws, procedures and deadlines to make sure your ballot is properly executed and will be counted.

Learn more about UOCAVA at www.fvap.gov and choose the “Get Started” button under the category of UOCAVA citizen that describes you.

Visit www.fvap.gov/resources/media/2012_ballot_mailing_days.pdf for mailing days.



Voting information
Visit www.fvap.gov.

Voting assistance officers

Each subordinate command in U.S. Army-Hawaii has a voting assistance officer to answer questions during the election season:

U.S. Army-Pacific Voting Assistance Action Hotline
438-8678

Headquarters and Headquarters Battalion, USARPAC
Chief Warrant Officer 2 Ruth Zorndrager
438-3624

25th Infantry Division
Maj. Angelica Riveradiaz
655-1803

8th Theater Sustainment Command
Maj. Jose Torres
438-5665

311th Theater Signal Command
Maj. Dwayne Hamasaki
438-2401

94th Army Air and Missile Defense Command
Maj. Lisa Walsh
438-2988

18th Medical Command

Lt. Col. Shauna Snyder
438-5987

*Tripler Army Medical Center
and Pacific Region Medical Command*
Capt. Marie Cabel
433-6633

Installation Management Command-Pacific
Robert Perkins
438-3219

U.S. Army Garrison-Hawaii
Charlene Shelton
655-8945

196th Infantry Brigade
Lt. Col. William Crawford
438-0182

500th Military Intelligence Brigade
Sgt. 1st Class Monica Adams
655-4784 ext. 1

599th Transportation Brigade
Sgt. 1st Class Joanene Lassiter
656-7620



Upcoming Primaries

Voters from the states listed should visit the FVAP.gov web portal to register and request their absentee ballot for the primary elections listed herein.

•March 20
IL

•March 24
LA

•April 3
DC, MD, TX, WI,

•April 24
AL, CT, DE, NY, PA, RI

•May 8
IN, NC, WV,

•May 15
ID, NE, OR, AR, KY, TX

•May 22
AR, KY

•May 29
TX

•June 5
CA, IA, MT, NJ, NM, SD

•June 12
AR, ME, NV, ND, SC, VA

•June 26
CO, NY, OK, SC, SD, UT



Today

March Madness — Get free digital access of the NCAA Men's Basketball Tournament for computers, iPhone/iPod Touch, iPad and select Android phones. Preregister your .mil email address at www.ncaa.com/armedforces and receive access to a unique link to create a 2012 NCAA March Madness LiveT account.

A military email address isn't needed for your account but you do need to use the link to begin. A unique link will be assigned to you and your household.

Once the account is created log in at www.ncaa.com/marchmadness and download NCAA March Madness LiveT apps.

Email mmllivehelp@turner.com or call (855) 566-5483.

Intramural Tennis — Deadline is March 9 for men and women to register for intramural tennis; game dates are March 26-30. Call 655-0856.

Army Training Holiday Bowling — Enjoy two free games with the purchase of a daily lunch special or any sandwich combo meal deal from 11 a.m.-4 p.m., March 9. Call 438-6733.

Bowling Break — Take a break from school or work at Schofield and Wheeler Bowling Centers, March 9-16. Cost is \$1.75 per game and includes shoes. Call 655-0573.

10 / 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, March 10, Sgt Yano Library, Schofield Barracks. Preregistration is required, call 655-8002.

Ceramic Mold Pouring — This class is 9 a.m.-noon, March 10 and 24, Schofield Barracks Arts and Crafts Center. Cost is \$25 per session and includes supplies. Call 655-4202 to register.

11 / Sunday

Adventure Surfing — Surf with Outdoor Recreation, 6:30-11:30 a.m., March 11. Cost is \$54. To register, call 655-0143.

Sunday at the Clubs — Enjoy Sunday Breakfast at Kolekole Bar and Grill, Schofield Barracks, 9 a.m.-1 p.m., or Sunday Brunch at the Dining Room, Hale Ikena, Fort Shafter, 10

HAMMING IT UP



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

MILILANI — The 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, continued its partnership program with Mililani Uka Elementary School, here, by celebrating Theodor Seuss Geisel's (more commonly know as Dr. Seuss) 108th birthday, March 2. Spc. Forrest Bushey (left), Spc. Carlton Baxter (center), and Spc. Mark Louis-Jeune (right) were among the soldiers who read some of Dr. Seuss's most popular rhymes to kindergarten, 1st and 2nd grade classes. Upon arrival to the library, Soldiers were greeted with a helping of green eggs and ham as they prepared to emphasize the importance of reading and imaginative thinking to the students.

a.m.-1 p.m. Call 655-4466 (Schofield) or 438-1974 (Fort Shafter).

12 / Monday

Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, conducts free hula classes for Soldiers and families. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com. Class dates follow:

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

14 / Wednesday

After School — Elementary age keiki (ages 6 and older) can listen to Irish tales and legends, from 3-3:45 p.m., March 14, Sgt. Yano Library, Schofield Barracks. Call 655-8002.

Digital Photography — Learn digital photography techniques, 10-11:30 a.m., March 14, 21 and 28 at the Schofield Arts and Crafts Center. Class is \$35; bring your digital camera. Call 655-4202 to register.

15 / Thursday

Texas Hold 'em Poker — The Tropics Warrior Zone, Schofield Barracks, hosts a 6 p.m. free monthly

tournament for ID cardholders 18 and older. Call 655-5698.

Keiki Craft Night — Keiki and parents can make a different craft every month and have dinner, 5 p.m., March 15, Hale Ikena, Fort Shafter. Call 438-1974.

Teen Craft Circle — Learn new crafting techniques, 4- 5 p.m., March 15, Sgt. Yano Library, Schofield Barracks. Call 655-8002.

17 / Saturday

Stand Up Paddleboard Lessons — Learn to paddleboard with Outdoor Recreation, 7:30 a.m.-1 p.m. Cost is \$59. Call 655-0143 to register.

St. Patrick's Day Bowling Special — Come in with a green shirt and buy one game and get one free, 9 a.m.-5 p.m., March 17, Schofield Barracks Bowling Center. One offer per person for the day. Call 655-0573.

Saturday Night Strikes — Play cosmic bowling every third Saturday of the month while listening to DJ Bennie James at the Fort Shafter Bowling Center. Includes food and beverage specials. Call 438-6733.

21 / Wednesday

Chant Workshop — Enjoy 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 at 655-9694 or email nhliaison@gmail.com.

27 / Tuesday

Track and Field — Keiki born 1994-2005 have until March 27 to register for track and field. Practice will be held at Watts Field for Schofield, Wheeler and HMR participants and Tripler track for AMR and Fort Shafter participants. Contact Joe Washington, Hawaii Army youth track and field director, 433-2176.

Ongoing

Vehicle Safety Inspection — Don't forget to check your vehicle expiration date. Call Fort Shafter's Auto Skills Center at 438-9402 or Schofield Barracks at 655-9368. No appointment required.

One Buck Bowl — Bowl for \$1 every Wednesday, 1-4 pm., Feb. 29, at the Fort Shafter Bowling Center. Shoe rental isn't included. Call 438-6733.

Ongoing

Museum Reopens — The Tropic Lightning Museum, Schofield Barracks, has reopened, following completion of a renovation project. Normal operating hours are 10 a.m.-4 p.m. daily, Tuesday-Saturday. The museum is located at Building 361, on the corner of Waianae Avenue and Flagler Road. Call 655-0438.

Hui Thrift Shop — The Hui Thrift Shop at Schofield Barracks offers great bargains and a chance to volunteer.

Located at 2107 Ulrich Way, behind Island Community Service, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month. Consignment hours are 9-11 a.m.

Call 624-3254 or email huihthriftshopliaison@gmail.com. Visit www.schofieldspousesclub.com or search for "hui-thrift-shop" on Facebook.

Food for Families — The Armed Services YMCA at WAAF has an emergency food locker that assists military families who are experiencing financial difficulty. Supplies include canned goods, frozen foods care items. Call 624-5645.



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

Today

Free Movie — The Main Post Chapel is providing a free screening of the movie "Courageous," 6 p.m., March 9, at the Schofield Barracks Chapel sanctuary. This police drama is not recommended for keiki.

13 / Tuesday

Live and Learn 101 — The community is invited to join Island Palm Communities and 30 other partners at the Live and Learn 101 event, 2-4 p.m., March 13, at the Kaena Community Center, across from Solomon Elementary School, Schofield Barracks.

Hands-on, educational, and interactive exhibits will feature health, fitness, nutrition, early/higher education, environmental impact, work skills, arts and crafts, water and home safety. Call 275-3159.

17 / Saturday

Safety Seat Check up — Safe-guard your keiki with a free car safety seat checkup, 9-11:30 a.m., March 17, Schofield Barracks, across the street from the police station on Lyman Road and Flagler Avenue. This preventative inspection is sponsored by the Military Police, Tripler Army Medical Center and the Keiki Injury Prevention Coalition. Call 655-0794 or 433-2842 for more details.

24 / Saturday

Animal Adoptions — The Hawaiian Humane Society will have dogs and cats available for adoption from 10 a.m.-1 p.m., March 24, in front of the Schofield Barracks Exchange. A small adoption fee includes benefits and services valued at more than \$250. All adoptions also include two weeks of post-adoption medical support, as well as lifetime behavior support. Call 356-2223 or visit www.HawaiianHumane.org.

Warrior Dash — This fierce 5K event invites all athletic abilities to conquer 14 obstacles over more than three miles of extreme terrain, 9 a.m., March 24, Dillingham Ranch. Visit WarriorDash.com, <http://www.warriordash.com> or call (515) 321-4847.

28 / Wednesday

Tell Me A Story — The Educa-

tion Coalition Schofield Barracks Parent to Parent team will be presenting "Tell Me A Story," 5:30-7 p.m., March 28, Wheeler Elementary School.

This free family literacy event will feature Wally "Famous Amos" reading "Giraffes Can't Dance" by Giles Andreae. Each family attending will receive a free copy of the book.

RSVP to ptop.schofield@militarychild.org or call 888-0285 or 910-977-8980.

29 / Thursday

Palm Circle Tour of Homes — The Hui O' Wahine Fort Shafter Spouses Club is hosting a Tour of Homes, noon-4 p.m., March 29, Palm Circle, Fort Shafter. Tickets are \$15 and can be purchased at Hui O' Wahine events or the Fort Shafter Thrift Shop. This event is open to the public. Email tourofhomes@huiowahine.com.

31 / Saturday

Hawaiian Scottish Festival — The Hawaiian Scottish Association, or HAS, is hosting this annual festival starting at 9 a.m. each day, March 31-April 1, at Kapiolani Park, Honolulu. This free family event includes entertainment, games, dancing competition, keiki activities, Scottish food and wares.

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

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



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

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

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

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC

•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

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

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

Jewish Shabbat (Sabbath)
•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.



Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.



Red Tails

(PG-13)
Fri., March 9, 7 p.m.

Big Miracle

(PG)
Sat., March 10, 4 p.m.

Man on a Ledge

(PG-13)
Sat., March 10, 7 p.m.

Puss in Boots

(PG)
Sun., March 11, 2 p.m.

Big Miracle

(PG)
Wed., March 14, 7 p.m.

No shows on Mondays or Tuesdays.

ACS restructures Soldier, family program services

ARMY COMMUNITY SERVICE
Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Despite a reduction in staff, Army Community Service, or ACS, and Survivor Outreach Services offices, or SOS, will continue to provide services for units, Soldiers and families located in the south community.

Programs affected include Information, Referral and Relocation; Financial Readiness; initial in-processing and processing paperwork for the Exceptional Family Member Program, or EFMP.

ACS continues to offer the following classes and activities at Schofield Barracks and Fort Shafter:

Unless otherwise noted, get more information or register by calling 656-4277.

Upcoming
Installation Volunteer of the Year, March 9

— Deadline is 4:30 p.m., March 9, to submit nomination packets. Submit digital packets to either to amanda.k.koren.civ@mail.mil or www.himwr.com; hand-carry hard copies to Army Community Service, Schofield Barracks (across from Richardson Pool). Visit www.himwr.com for details.

Federal Resume Seminar, March 15 — Learn how to write a resume for federal jobs, 9-11 a.m., March 15-16, ACS, Schofield Barracks. Classes will cover how apply for jobs at www.usajobs.gov.

EFMP Town Hall Meetings, March 21 — Participating military families can learn about changes in the EFMP Respite Care Program at these sites:

- March 21, 6-8 p.m., Aloha Center, ACS, Fort Shafter (south community)
- March 22, 6-8 p.m., ACS, Schofield Bar-

racks (north community).

- March 23, 2:30-2 p.m., USAG-HI conference room, (Building 106), WAAF.

Active Military Families, March 26 — This seven-part series focuses on teaching parents how to communicate and build close connections. Attendance at each session is encouraged, but not mandatory. Call 655-1866 or 655-0669 to register.

Session 2:

- March 26, 6-7:30 p.m., ACS Training Center, Building 647, Schofield Barracks.
- March 29, 6-7:30 p.m., ACS, Fort Shafter.

Child Abuse Prevention Month and Sexual Assault Awareness Month, March 30 — The community is invited to witness the signing of these annual proclamations, 10:30-11:30 a.m., March 30, Main Post Conference Room, Schofield Barracks. Call 655-4787.

Army Family Team Building
AFTB is a series of classes that focus on basic Army subjects, such as customs and courtesies, stress management and leadership. Designed to teach spouses about the Army, classes are also open to Soldiers. To sign up for class or to volunteer as an instructor, call 655-0671.

The following AFTB classes are scheduled for March:

- AFTB Level I, 8 a.m.-3:30 p.m., during March, at the Noncommissioned Officers Academy, Schofield Barracks. Call 655-0671 for dates.
- AFTB Level I, 5-9 p.m., March 13-14, Brostrom Community Center, Fort Shafter. To register call 655-0671 or 655-0670.
- AFTB Level III, 9 a.m.-1 p.m., March 20-22, ACS Training Center, Building 647, located next door to the Sgt. Smith Theater, Schofield Barracks.

Learn more about becoming an AFTB volunteer instructor, 10:30 a.m.-noon, March 28, Brostrom Community Center, Fort Shafter.

524TH CSSB INDOOR SOCCER WIN



Photo by Spc. Marcus Fichtl | 8th Military Police Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Sgt. 1st Class Jose Alfaro, team captain for the 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th

Military Police Brigade, indoor soccer team, takes a goal shot at the Army's Hawaii indoor soccer tournament's championship game, here,

Feb. 29. Alfaro, also the team captain for the Army and Armed Forces soccer team coached and led his team to a 4-0 victory

Hui O Na Wahine offers a ‘Better You’

ALICIA PARTRIDGE
Hui O Na Wahine

SCHOFIELD BARRACKS — The Hui O’ Na Wahine all-ranks Army spouses club is hosting a luncheon about unlocking talents and developing success strategies.

The “Better You” luncheon begins at 10:30 a.m., March 22, at the Nehelani, here, March 22.

The luncheon features guest speaker Kathy Davenport, local motivational speaker and owner of Focus Point Success. Davenport will lead a discussion to help attendees achieve their “ideal life.” The goal is to make lives better every day in some way, whether health, fitness, career-related, or simply having more fun.

“I had the opportunity to hear Ms. Davenport speak at this year’s Joint Spouses Conference,” said Jennifer Kelling, president, Hui O Na Wahine. “She gave us tools to help us take responsibility for making our lives what we wanted them to be and to believe that it is possible,” said “It is a pleasure to be able to bring her to share her knowledge with the Hui.”

The luncheon will feature mini-stations from local organizations with opportunities and ideas of how to make “a better you.”

“We don’t want to give away our secrets and surprises, so everyone will just need to come and find out what we have in store for them,” Kelling said.

As always, members will have the opportunity to shop with

Hui vendors and socialize with other spouses.

Members are also encouraged to wear their Hui membership pins and prepare their purses for random opportunity drawings.

The event opens at 10:30 a.m. for shopping with a buffet lunch from 11 a.m.-1 p.m. The event costs \$15 and includes the Nehelani lunch.

The March donation basket goes to the Armed Services YMCA Food Pantry. Members can bring boxed and canned nonperishable foods, personal hygiene products and cleaning supplies in return for free opportunity tickets.

Reservations must be placed by March 16. Hui O’ Na Wahine members with last names beginning with A-L can email huiereservationsal@gmail.com; members with last names beginning with M-Z, email huiereservationsmz@gmail.com.

Spouses must be 2011-2012 members of the Hui to attend the luncheon. Applications are available online and annual fees (\$12.50) will be accepted at the event.

Luncheons are held monthly and range in themes.

Hui O’ Na Wahine
Email huionawahine@gmail.com or visit

•www.schofieldspouses.com.

Online classes give extras to military keiki

March 31 is registration deadline

U.S. PACIFIC COMMAND
News Release

CAMP SMITH — Middle and high school students in military families can become online learners for free.

The Hawaii Virtual Learning Network will provide free, online learning opportunities through a grant from the Department of Defense Education Agency.

Students can access instruction from anywhere in the world via an Internet-capable computer and will get access to courses not otherwise available at their school of record.

Military dependent students will have priority registration to enroll in 28 new online HVLN courses for school year 2012-2013. The priority registration period ends March 31. Courses include advanced placement classes and regular core subject areas in science, math, English and social studies.



Hawaii Virtual Learning Network
Interact with HVLN at these links:

- http://hawaiiivln.k12.hi.us/dodea for a list of classes.

Register for a 30-minute informational webinar, March 20,

- http://hawaiiivln.k12.hi.us/dodea.

Schofield Exchange pledges competitive pricing

ARMY AND AIR FORCE EXCHANGE SERVICE
News Release

SCHOFIELD BARRACKS — With smart phones becoming more prevalent as shopping tools, price matching is becoming increasingly popular.

With this in mind, the Army & Air Force Exchange Service’s “We’ll Match It!” program is ensuring military shoppers at Schofield Barracks will pay the lowest price possible.

Depending on the item, price matches can be made, with or without a competitor’s ad:

- A price difference of less than \$10 is matched on the spot; or
- Pricing discrepancies greater than \$10 are matched with a current local competitor’s ad.

Of course, in either scenario, products must be identical.

“We even offer a 14-day price guarantee on any item originally purchased from the Exchange,” said the Schofield Exchange’s Floyd Wynn. “So, if an item is sold at a lower price by the Exchange, or any local competitor, the price can be matched up to two weeks after the purchase.”

According to a recent article by “PC World,” more than half of U.S. adult mobile phone owners used a handset for shopping assistance while in stores during the 2011 holiday season.

Also, a quarter of these shoppers went online to see if they could find a better price for a product they were considering buying.

The Exchange Catalog and shopmyexchange.com also match lower prices (including shipping and handling) from other online retailers on identical items available for sale and delivery in the customer’s area.

‘We’ll Match It’ program
Complete details regarding the Exchange’s price matching policy, as well as exceptions, can be found at

•www.shopmyexchange.com/CustomerService/priceMatch.htm.