

58th MP Co. returns home after year in Afghanistan



Capt. Megan Spangler (front left), commander, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, and 1st Sgt. Andrew Shaw (front right), senior enlisted leader, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, stand in front of the 58th MP Co. during the unit's redeployment ceremony, held on Wheeler Army Airfield, June 20.

Story and Photos by
SPC. MARCUS FICHTL

8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

WHEELER ARMY AIRFIELD — More than 150 Soldiers of the 58th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, redeployed here from Kandahar, Afghanistan, June 20.

The unit, tasked with police mentorship training during its yearlong tour in support of Operation Enduring Freedom, augmented its mission by conducting more than 800 combat patrols and participating in more than 82 named operations.

"We can say that the overall security of the city was raised to a level not seen in a decade," said Capt. Megan Spangler, commander, 58th MP Co., 728th MP Bn., 8th MP Bde. "We saw the (Afghan) police embark on a greater level of professionalism and competency in their everyday

See **REDEPLOYMENT, A-5**

3rd BCT awards two with Silver Star

STAFF SGT. AMBER ROBINSON

3rd Brigade Combat Team Public Affairs Office
25th Infantry Division

SCHOFIELD BARRACKS — At first glance, Spc. Craig Middleton, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, "Bronco Brigade," 25th Infantry Division, and Spc. Jeffrey Conn, 2nd Battalion, 27th Infantry Regiment, 3rd BCT, appear to be two typical young Soldiers, unassuming, candid and humble. But they are anything but typical.

For their gallantry displayed in battles fought in the mountains of eastern Afghanistan, Middleton and Conn were awarded the Silver Star in a ceremony, here, June 18, for marked heroism in combat while supporting Operation Enduring Freedom XII.

Conn and Middleton were two Soldiers out of a brigade of about 3,500 Soldiers to receive this award for their time in Afghanistan with the Bronco Brigade.

Required gallantry for a Silver Star must have been performed with marked distinction, according to Army Regulation 600-8-22, "Military Awards."

Middleton was awarded his Silver Star for his actions on Nov. 16, 2011, in Nangarhar province. He effectively suppressed an enemy attack as a turret gunner despite severe shrapnel wounds. He also provided lifesaving medical aid to two Air Force comrades before stopping to assess himself.

See **SILVER STAR, A-4**



Maj. Gen. Kurt Fuller (left), commander, 25th ID, presents Spc. Jeffrey Conn, 2nd Bn., 27th Inf. Regt., 3rd BCT, with the Silver Star during a ceremony at F Quad on Schofield Barracks, June 18.



Fuller (right) also presents Spc. Craig Middleton (left), 3rd Sqdn., 4th Cav. Regt., 3rd BCT, with the highly coveted recognition.

Fireworks are prohibited on post

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — Residents, workers, patrons and visitors are reminded that fireworks are prohibited on all Army installations.

The installation prohibition includes all fireworks, such as firecrackers and sparklers.

Commercial fireworks, however, are permitted through supervised professional fireworks contractors for holiday celebrations.

U.S. Army Garrison-Hawaii will host an authorized, professional fireworks display at 8:30 p.m., July 4, here.

While trained professionals will be setting off the fireworks, bystanders should still take precautions, according to USAG-HI Installation Safety Office officials.

Spectators will be directed away from the firing points in the Commissary and Flagview Mall parking lots.

Department of the Army police will be posted near the Commissary parking lot, and military police will be patrolling the area.

Off-post guidelines

Fireworks ordinance guidelines on Oahu — for areas outside military installations — are as follows:

- Possession and use of consumer fireworks, including fountains and sparklers, are against the law. The exception is specifically for those who obtain a permit from the Honolulu Fire Department to use firecrackers on the Fourth of July and other cultural events. Permits cost \$25 for every 5,000 firecrackers.
- Possession and use of aerial and display fireworks are against the law, except by licensed professionals.
- It is unlawful to import, store, sell or keep any fire-

works within the City and County of Honolulu and on the island of Oahu. Licensed dealers are exempt.

- It is illegal for anyone under the age of 18 to possess, buy, sell or set off display (aerial) fireworks or firecrackers.
- Penalties for violating the law range from a fine of \$200 to \$2,000 and/or up to one year in jail.
- Property used to violate the fireworks law is subject to forfeiture.

Fireworks Safety

The following sources can answer your questions about fireworks:

- Before the Schofield Barracks Fourth of July Spectacular, call USAG-HI's Directorate of Installation Safety at 655-5369 regarding safety issues.
- During the event, military police will be patrolling the area, and will be available at the MP tent. Visit www.mwrarmyhawaii.com or call 655-0111/2 for event information.
- Get more details about fireworks safety at the National Council on Fireworks Safety at www.fireworksafety.com.

SEE MORE FOURTH ON

- B-1, B-2 and B-3.

84th Eng. Bn. hails regimental excellence

2ND LT. ROBERT LEEDHAM

84th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — As U.S. Army-Pacific senior leaders took their seats after the Pacific Army Week Golf Tournament, Soldiers with the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, stood to be recognized by Maj. Gen. Roger Mathews, deputy commander, USARPAC, here, June 12.

Mathews presented each Soldier with a coin on behalf of Lt. Gen. Francis Wiercinski, commander, USARPAC.

Each year, the Army Engineer Regiment presents six awards throughout the regiment recognizing excellence in engineering units, officers, warrant officers, noncommissioned officers, Soldiers and civilians.

Living up to its "Never Daunted" motto, the battalion earned three out of the six major awards, including the Itscher, Outstanding Engineer Warrant Officer and Sturgis Medal.

The Itscher Award is presented annually to the most outstanding engineer company in each Army component. The 643rd Eng. Company earned this honor during a series of missions throughout the Pacific. In recent years, the decorated company has served in Sri Lanka, Thailand, Mongolia,

Cambodia, the Republic of Palau and, most recently, the Philippines, where the unit supported Operation Balikatan 2012.

"It was a team effort by the commander, platoon leaders and platoon sergeants," said 1st Sgt. Hector Medina, first sergeant, 643rd Eng. Co. "Of course, none of it would have been possible without the hard work and dedication of the Soldiers who put a full effort into whatever task they were assigned."

Chief Warrant Officer 2 Weaver Prosper, construction technician, 643rd Eng. Co., and commander, 142nd Survey and Design Detachment, received the Outstanding Engineer Warrant Officer Award for his contributions to military engineering. Prosper produced more than 75 engineer designs, led 10 construction and survey missions, and developed the 84th Eng. Bn.'s Construction Standard Operating Procedures.

Sgt. 1st Class Robert McEntire, 561st Eng. Company, received the Sturgis Medal. This award is given to an engineer noncommissioned officer for technical and leadership abilities.

"I'm humbled by the recognition and need to say that none of it would have been possible without the leadership of

See **AWARDS, A-4**

Changes of Command | A-3

Units announce upcoming leadership changes.

Employees | A-6

USAG-HI recognizes workers for a job well done.

Spectacular | B-1

Music, fireworks, rides and more planned for Schofield's Fourth of July celebration.

Operation Purple | B-3

65th Eng. Bn. have a field day at YMCA's Camp Erdman.



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.

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BACK TO BASICS

Leadership principles lead to self-analysis

SGT. MAJ. STEPHIN KINZER
94th Army Air and Missile Defense Command



Kinzer

The term "Back to Basics" has been heard often in our Army, but I think that, with reminding ourselves of the 11 principles of leadership, the reasons why we wear the uniform will

be recaptured.

Also, these principles can remind us of why we recite the Noncommissioned Officers Creed: "No one is more professional than I."

When I initially entered the military in the early 1980s, many of my leaders and mentors applied these principles, which I believe were critical to the success of our organization.

My leaders at that time lived and breathed the 11 leadership principles. Often, I overheard my leader say not everyone can be a Soldier, and there are no bad Soldiers in the military, just bad leadership.

When referring to "Back to Basics" and developing leaders, we should use these principles as a guide. These 11

leadership principles will form a baseline of character traits and values that will

define our character as leaders. Also, these principles are an important tool

for identifying our own strengths and weaknesses.

The 11 Leadership Principles

- ◆ *Know yourself and seek self-improvement.* Develop a plan to keep your strengths and improve on your weaknesses.
- ◆ *Be technically proficient.* Not only do we know our duties and responsibilities, we know those of our team members. We look to our leaders and concern ourselves with learning their duties and responsibilities.
- ◆ *Seek responsibility and take responsibility for your actions.* We're not satisfied with performing just our duties to the best of our abilities, we look to grow and seek further challenges. When in charge, accept the consequences of your decisions, absorb the negative and pass on the praise.
- ◆ *Make sound and timely decisions.* Leaders must be able to reason under the most critical conditions and decide quickly what action to take.

- ◆ *Set the example.* Our personal example affects people more than any amount of instruction or form of discipline. We are the role models, and no aspect of leadership is more powerful.
- ◆ *Know your personnel and look out for their well-being.* Leaders must know and understand those being led. When individuals trust you, they will willingly work to help accomplish any mission.
- ◆ *Keep your followers informed.* Our team members expect us to keep them informed. When possible, explain the reasons behind requirements and decisions. Information encourages initiative, improves teamwork and enhances morale.
- ◆ *Develop a sense of responsibility in your followers.* Team members will feel a sense of pride and responsibility when they successfully accomplish a new task given to them. When

- we delegate responsibility to our followers, we are indicating that we trust them.
- ◆ *Ensure each task is understood, supervised and accomplished.* Team members must know the standard. Supervising lets us know the task is understood and lets our team members know we care about mission accomplishment and about them.
- ◆ *Build a team.* Leaders develop a team spirit that motivates team members to work with confidence and competence. Because mission accomplishment is based on teamwork, it's evident the better the team, the better the team will perform the task.
- ◆ *Employ your team in accordance with its capabilities.* A leader must use sound judgment when employing the team. Failure is not an option. By employing the team properly, we ensure mission accomplishment.

Army, TRADOC help Soldiers with job credentialing

SGT. 1ST CLASS KELLY JO BRIDGWATER
U.S. Army Training and Doctrine Command

FORT EUSTIS, Va. — The Army's Training and Doctrine Command, or TRADOC, is working to increase opportunities for Soldiers to receive civilian credentialing for attending military schools.

TRADOC is responsible for teaching roughly 150 military occupational specialties to enlisted Soldiers, using 15 schools across eight locations, providing nearly 200,000 Army professionals each year with opportunities to become experts in their field.

TRADOC and the Army are increasing their efforts to help Soldiers take those skills with them when they leave the Army and compete for jobs in the civilian sector through credentials earned with their military training and experience.

"The knowledge, skills and abilities Soldiers possess are very valuable and marketable to civilian employers," said Brig. Gen. Pete Utley, deputy chief of staff, operations and training, TRADOC.

At a June 12 roundtable meeting in Washington, D.C., hosted by the American Legion, Tony Stamilio, deputy assistant for Secretary of the Army, (Civilian Personnel/Quality of Life), along with representatives from TRADOC and civilian credentialing agencies, gathered to discuss how to achieve appropriate recognition of military training and experience through credentialing programs.

During the meeting, Stamilio stated each year between 80,000-100,000 Soldiers leave the Army after earning skills provided by Army schools.

"We need to make sure we do all we can to support

our Soldiers who have served and fought in war," said Stamilio, who believes another benefit of credentialing is to "further professionalize the force" while helping the Army to "fill gaps and improve training."

"Initiatives to assist Soldiers with job credentialing will ... increase employability prior to separation."

Maj. Neil Wahab
training, plans and operations, TRADOC

In particular, the Army is looking at 10 Military Occupation Specialties, or MOSs, that have a high volume and high unemployment rate.

"The guidance is to consider all MOSs, but we need to look closely at providing proper credentialing opportunities for the highly unemployed MOSs, such as infantrymen, combat engineers, military police, medics, human resources specialists, motor transport operators, wheeled vehicle mechanics, logistics specialists and food service specialists," said Stamilio.

According to Maj. Neil Wahab, training, plans and operations, TRADOC, the enlisted Soldier is the primary focus; however, the Army is also looking at initiatives for warrant and commissioned officers.

"In the next five years, roughly a million people will leave military service, and the Army spends one-half billion dollars per year on unemployment compensation," Wahab said. "Initiatives to assist Soldiers with job credentialing will enhance Soldier skills while serving and increase employability prior to separation."

Credentials can be provided from government agencies, like a commercial truck driver's license, or from non-government agencies, such as the National Institute for Automotive Service Excellence that provides credentials for mechanics.

"What is important is for Soldiers to understand that the Army's Career Tracker, or ACT, will assist them to find MOS-related credentialing and certification that maximizes the training they received," said Khadijah Sellers, Institute for NCO Professional Development, TRADOC.

"These technical certifications and credentials are valuable, whether you remain in the Army or leave and work in the civilian sector," Sellers said.

Soldiers may visit the Army Credentialing Opportunities On-Line, or COOL website, for information on how they can fulfill the requirements for civilian certifications and licenses that are related to their MOS.

Also, the COOL website allows Soldiers to see what jobs are potentially available to them based on the skills inherent in their MOS.

"The acquired skills of the professional Soldier are viable in the civilian market, and the credentialing and certification program is key in providing our veterans a smooth transition from warrior to civilian," Stamilio said.

FOOTSTEPS in FAITH

Fourth of July a is time to celebrate spiritual freedoms

CHAPLAIN (CAPT.) RONALDO PASCUA
Strong Bonds Chaplain, U.S. Army-Pacific

It is the Fourth of July week.

Right now we are preparing for festivities and to celebrate the birth of our nation as we enjoy a day off with family gatherings, barbecues, parades and, of course, fireworks.

It may be a busy time, with the planning, preparation and execution of activities, but in the hustle and bustle of celebrating, we must take time to remember that the freedom we enjoy in America today is because of the price that others have paid.

More than 200 years ago, men and women gave their lives for the sake of freedom. They left their homes, their comforts and ultimately died so that others could be free.

We must remember all of those who give their lives, even now, to keep our freedom.

We must also remember that freedom isn't free.

As I reflect on the sacrifices of these brave service members, it makes me reflect on my own faith and my belief in the one who died 2,000 years ago. The Bible teaches that he gave his life so that all people from every nation might be free. The Bible says, "He gave his life to purchase freedom for everyone. This is the message God gave to the world at just the right time."

I encourage you to reflect on your own faith as well.

I understand that the majority of religions seek to reconcile to God, in essence to free man from separation from God. As you reflect on the spiritual freedom offered by your faith background, I would like to share why I celebrate my spiritual freedom.

I am no longer a slave to sin. I believe Jesus paid the



Pascua

price for me. Jesus said, "I tell you the truth, everyone who sins is a slave of sin. A slave is not a permanent member of the family, but a son is part of the family forever. So, if the son sets you free, you are truly free."

I believe I have been freed from sin. Sin separates me from a holy God. That results in guilt, shame and feeling bound. But I discovered that because Jesus offers me forgiveness, I don't have to carry my guilt around with me. I am no longer bound by my past.

What a wonderful thing to reflect on — forgiveness of our sins and freedom from guilt, condemnation and hell. That is something I can celebrate every day and for eternity.

I hope we will all reflect on our own spiritual freedom, which is greater than political freedom. Call on God and trust him to be with you this week. The apostle Paul said, "But whenever someone turns to the Lord, the veil is taken away. For the Lord is the spirit, and wherever the spirit of the Lord is, there is freedom."

Voices of Ohana

Armed Forces Voters Week is June 28-July 7.

Why do you feel it is important to vote?

Photos by 311th Signal Command (Theater)



"It puts your voice out there for the changes that you want to see happen."

Staff Sgt. Mario Alfaro
196th Inf. Brig., Support Battalion



"As an American citizen, voting is the only true power we have over our government."

Spc. Kendrick Coleman
311th Signal Command (Theater)



"Voting is important for (Soldiers) because it allows us to indirectly express our views without publicly putting it out there."

Master Sgt. Jomo Daniels
516th Signal Brigade HHC



"Too many good guys have died for you not to."

Capt. Hans Rohr
USARPAC Operations



"You're voting for your political leaders, and if you want changes to be made, that vote will be the voice that gets your point across."

Donalynn Wolphagen
Army and Air Force Exchange Service



Units announce leadership changes

The Army Hawaii community is invited to attend upcoming changes of command ceremonies. The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another. The ceremonies, below, will take place at Weyand Field, Schofield Barracks, unless other-

wise noted. Times listed are start time for the change of command or responsibility. Awards ceremonies usually precede the change of command.
•July 10, 10 a.m., U.S. Army Garrison-Pohakuloa; Lt. Col. Rolland Niles will relinquish command to Lt. Col. Eric Shwedo. This ceremony will take place at Pohakuloa.

•July 11, 1 p.m., 94th Army Air and Missile Defense Command, Fort Shafter; Brig. Gen. James Dickinson will relinquish command to Brig. Gen. Daniel Karbler. This ceremony will take place at Palm Circle, Fort Shafter.
•July 17, 2 p.m., U.S. Army Garrison-Hawaii; Col. Douglas Mulbury will relinquish command to Col. Daniel Whitney.

•July 18, 10 a.m., U.S. Army Corps of Engineers-Honolulu District; Lt. Col. Douglas Guttormsen will relinquish command to Navy Lt. Cmdr. Thomas Asbery. This ceremony will take place at Palm Circle, Fort Shafter.
(Editor’s Note: Information listed is subject to change due to inclement weather. Contact the unit for more details.)

130th Eng. Bde. holds change of responsibility ceremony

Story and Photo by **2ND LT. LAUREN LOOPER**
65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 130th Engineer Brigade, 8th Theater Sustainment Command, held a change of responsibility ceremony, here, June 20.

Command Sgt. Maj. Roy Ward, outgoing command sergeant major, 130th Eng. Bde., relinquished responsibility of the brigade to Command Sgt. Maj. John Etter, incoming command sergeant major, 130th Eng. Bde. Ward exemplifies what a noncommissioned officer should be, according to Col. Jeffrey Milhorn, commander, 130th Eng. Bde., who began to rebuild the brigade with Ward after its headquarters returned from Iraq two years ago. “We embraced the task of re-building a team of teams and re-establishing systems of training management, maintenance and command sup-

ply discipline, many of which had atrophied as a result of 10 years of conflict,” Milhorn said. “(Ward) personally reinstituted a back-to-basics approach that contributed to improved unit pride, discipline, camaraderie and amplified the professionalism of the NCO Corps,” Milhorn said. Ward highlighted unit accomplishments, which included deployments to Iraq and Afghanistan for route clearance and construction operations, as well as missions in the Pacific where the brigade conducted humanitarian projects. In recognition for his service to the brigade, Ward received the silver de Fleury medal. “I am the proudest sergeant major in the world,” Ward said. “I’ve had the privilege of serving the nation’s finest Soldiers and their families.” Ward has been selected to become the first command sergeant major of the U.S. Army Corps of Engineers-Transatlantic Division, in Winchester, Va.



Command Sgt. Maj. John Etter (front left), incoming command sergeant major, 130th Eng. Bde., 8th TSC, accepts the mantle of responsibility from Command Sgt. Maj. Roy Ward (right), outgoing command sergeant major, 130th Eng. Bde., 8th TSC, during the brigade’s change of responsibility at Hamilton Field, June 20.

DEPLOYED FORCES

Garuda Shield 2012 gets underway in Indonesia

SGT. ANDREW REAGAN
304th Public Affairs Detachment

MALANG, Indonesia — Soldiers from the U.S. and Tentara Nasional Indonesia Army kicked off Garuda Shield 2012 with an opening ceremony at the headquarters of the TNI’s 2nd Infantry Division Kostrad, here, June 11. In its sixth year, this combined exercise improves peacekeeping and stability operations, and increases the disaster relief capabilities of both armies. The Army Reserve’s 303rd Maneuver Enhancement Brigade, 9th Mission Support Command, headquartered in Honolulu, oversees the exercise.



Staff Sgt. Tim Burton | 9th Mission Support Command

Lt. Gen. M. Munir (left), commander, Army Strategy Command, TNI, and Brig. Gen. Gary Hara, commander, Land Component Command, Hawaii Army National Guard, pass U.S. and TNI Soldiers standing in formation together during the opening ceremony for Garuda Shield 2012, held at the TNI’s 2nd ID Kostrad headquarters, in Malang, Indonesia, June 11.

“Garuda Shield has several overarching goals, including strengthening (international) relations and enhancing familiarity in military procedures,” said Kristen Bauer, consulate general, Surabaya, Indonesia. “This is a comprehensive partnership that will build strong ties between our peoples in many areas, especially in defense,” Bauer said. “In this way, Garuda Shield not only enhances (the) Soldiers’ expertise and technical efficiencies, but also improves our ability to cooperate in multilateral environments.” The U.S. participants are a mix of active component, reserve and National Guard Soldiers assigned to U.S. Army- Pacific Command, as well as a group of 22 ROTC cadets from universities throughout the U.S. They will train alongside more than 400 Soldiers from the TNI’s 2nd Inf. Div. U.S. and TNI soldiers work side-by-side on multiple projects. The Soldiers will build a community center and renovate a family welfare center in Malang, conduct a field training exercise to learn how to combat improvised explosive devices, and participate in a mock peace-keeping and humanitarian command post exercise. “This exercise is an important, interactive training experience for the Soldiers of the U.S. Army and the (TNI), and not just for military topics, as it connects us again as close partners in the Pacific region,” said Brig. Gen. Gary Hara, commander, Land Component Command, Hawaii Army National Guard. “I challenge all of you to participate fully in this training exercise, so that Garuda Shield 2012 is not only a successful exercise, but also a pure learning experience for everyone,” Hara said. “Look forward with this challenge at heart, and exercise the right to listen to and appreciate one another as you work together as one team.” “We are very happy to train together and to share our experiences and tactics during this exercise,” said Lt. Col. Agus-Subiyauto, vice chief of staff operations, 2nd Inf. Div., TNI. “What we do in this exercise will strengthen the U.S.-Indonesian partnership, build key leaders and enhance our abilities to respond in a crisis together,” Bauer said. “I hope you all take this opportunity to get to know each other and learn from each other. Truly the personal bonds that are formed in this exercise are the most important to take away. They will last decades and they will serve you, and they will serve our countries.”

Garrison to take pulse on services

Community survey requests your feedback on website

U.S. ARMY GARRISON-HAWAII
News Release

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii will field a community-wide survey July 1-31. The purpose of the survey is to gather customer feedback about the quality and importance of the services the garrison provides. Results will be used to design and develop new services, modify existing services or allow for the cutback on services that are not so important in order to focus more on those that are. The survey addresses about 60 services to include ID cards, child and youth services, housing, physical fitness centers and retirement services. The survey, which takes 15 minutes to complete, is open to all Soldiers, family members, retirees and civilians who use garrison services. This survey is a great opportunity for you, as a member of the Hawaii Army community, to help shape what the garrison does for you, both today and in the future. Responses to the survey are anonymous. They will be combined with others and will never be linked with you personally.

Community Survey
For questions about the survey or accessing the site, contact Gayle Yanagida at 655-8391. Access the survey at:
• www.surveymonkey.com/s/Community_Survey_2012

Silver Star: Two in Bronco Brigade are commended for actions

CONTINUED FROM A-1

“I thought we only had two wounded, as Middleton was reporting to me from his vehicle,” said 1st Lt. David Hubert, platoon leader, 3rd Sqdn., 4th Cav. Regt., 3rd BCT. “Only when we got to safety and he’d helped get those guys removed and prepped for air medical evacuation did he let anyone know he’d been hurt.”

“I was just thinking about making sure everyone was okay and doing my job to the best of my ability,” Middleton said. “I just didn’t think about the pain because there were other things that needed to be done. When it comes to times like that, attitude is everything; if you are good in (your head), then you are good everywhere else.”

Conn was honored for his actions during Operation Rugged Sarak from Oct. 8-16, 2011. Conn not only treated the wounded and saved numerous lives, but did so under heavy rocket-propelled grenade fire, small-arms fire, machine-gun fire and indirect fire. Conn also re-supplied ammunition, relayed reports, adjusted fire missions and personally defended his small base from a constantly attacking large enemy force.

“I was just doing my job,” said Conn, about his actions on Shal Mountain in the Kunar province of Afghanistan.

Although Conn is reserved when asked about

the actions that won him his Silver Star, his team leader is much more verbose.

“As a combat medic and as a U.S. Army Soldier, he is exemplary, outstanding. Physically and mentally tough, intelligent, dedicated to saving lives, he is fiercely intense but also a source of warmth and humor under the most dire of circumstances,” said 1st Lt. Sean Madinger, team leader, 3rd Sqdn., 4th Cav. Regt., under whom Conn served during his time in Afghanistan.

“If any of you has any doubts about the resolve and the courage and the dedication of the American Soldier, then look at (these young men),” Madinger added. “I promise that your faith in our Soldiers, our Army and our nation, will be born anew.”

“If any of you has any doubts about the resolve and the courage and the dedication of the American Soldier, then look at (these young men).”

1st Lt. Sean Madinger
Team Leader
3rd Sqdn., 4th Cav. Regt., 3rd BCT



Illustrated by Virginia Reyes | Air Force News Agency

The Silver Star is the third highest military award designated solely for heroism in combat.

Awards: Regt. gets 3 honors

CONTINUED FROM A-1

Lt. Col. Jerry Farnsworth and Command Sgt. Maj. Raymond Theard,” McEntire said. “Their guidance, along with the motivation I found every day from my Soldiers, was really the catalyst that allowed me to succeed as an NCO.”

“Winning these awards is a true reflection of the effort and professionalism of all Soldiers in the 84th Eng. Bn.” said Lt. Col. Aaron Reisinger, commander, 84th Eng. Bn. “But the job doesn’t end here. We look forward to being very competitive again ... given that our Soldiers are executing operations throughout the world, including Afghanistan, Philippines, Guam, Thailand, Hawaii, Arizona and California.”

DEPLOYED FORCES

Deployments don’t stop education

Story and Photo by
SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Soldiers in the 25th Combat Aviation Brigade are “arming” themselves through college courses available with assistance from the Kandahar Education Center, which hosted a graduation ceremony to honor service members who received their associate’s, bachelor’s and master’s degrees, here, recently.

Traditional college courses are held at a set time and place, making it difficult for Soldiers to attend. To make college more accessible, the Army created several programs that work with universities to allow enrollment in online courses and smaller classes taught at military installations around the world.

“Online classes have made going back to school more convenient,” said Chief Warrant Officer 2 Timothy Hill, command and control system technician, Headquarters and Headquarters Company, 25th CAB.

“I have been on numerous training exercises and deployments, and online classes have allowed me to pre-prepare for any upcoming assignments,” Hill said. “One weekend before going out into the field, I wrote four papers that were due during that time, so I did not have to catch up when I got back.”

Hill earned a Master of Science in information technology and a graduate certificate in Foundation of Information Assurance from the University of Maryland’s University College. He also holds a master’s degree in information technology from Trident University and one in education at Phoenix Online, in addition to his bachelor’s degree in information systems with a minor in culinary arts from Wayland Baptist University.

Standing next to Hill to receive his Master of Science in information technology management with a graduate certificate in chief information officer was Capt. Brandon Murphy, automations officer, HHC, 25th CAB.

“In the last two years, I have not had many nights and weekends off,” said Murphy. “Sometimes, the homework lasted late into the night. I just focused on the long-term, looked at where I wanted to be at the end of my career, and based the classes on that.”

Allan Berg, vice president and Europe director of

UMUC, conferred the degrees.

“I know, for the troops, to get a degree while working on active duty is incredibly challenging,” said Berg. “The challenges are huge. They have to be disciplined and tenacious to get their degrees. I have so much respect for the students who got their degree with a full-time job.”

One challenge Soldiers do not have to worry about, however, is how to pay for college classes.

“Tuition assistance paid for 95 percent of my classes that I have taken in my Army career,” Hill said.

“I used TA, grants and scholarships, and the Post 9/11 G.I. Bill to pay for my classes,” Murphy added. “If you have the opportunity to go back to school, take advantage of the opportunity and the programs the Army has to offer. Education is worth it.”



Chief Warrant Officer 2 Timothy Hill (left), command and controls system technician, HHC, 25th CAB, and Capt. Brandon Murphy (right), automations officer, HHC, 25th CAB, pose for a photo with Col. Frank Tate, commander, 25th CAB, before receiving their master’s degrees during the Kandahar Education Center graduation ceremony on Kandahar Airfield, recently.



Staff Sgt. Miguel Valdez (right), flight medic, Co. C, 3rd Bn., 25th Avn. Regt., 25th CAB, instructs what signs to watch for while assessing a patient with Kushmal Muslimyar, flight medic, KAW, during a training session held on Kandahar Airfield, Afghanistan, June 19.

25th CAB shares MEDEVAC skills

Story and Photo by
SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade
Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Army Staff Sgt. Miguel Valdez, flight medic, Company C, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, taught medical evacuation, or ME skills, to soldier Kushmal Muslimyar, flight medic, Kandahar Air Wing, here, on June 19.

Since January, Co. C, 3rd Bn., 25 Avn. Regt., 25th CAB, has been conducting flight medic training to prepare Afghan flight medics to treat other Afghans in need during MEDEVAC missions.

During the training session, Muslimyar was shown how to receive, assess and administer care to patients who are in flight to a medical facility.

“The assessment is very important,” Valdez said. “It is the basis for everything we need to do for a patient.

“During your assessment, you get feedback from the body,” Valdez added. “Our training is progressive because one subject leads to the next. One of the most

important things to remember is that all patients are different.”

Aspects covered in training included properly assessing the patient, which involved a visual inspection for bleeding or noticeable injuries, followed by a tactile inspection for unseen injuries or bleeding from head to toe. Also, the medic learned how to receive a patient for landing, load the patient and administer proper care in an aircraft, as well as how to hook up and read a defibrillator.

“Every part is important — the learning, teaching and treating of the patient,” Muslimyar said. “This course is more in-depth than the training we previously had. This is the first time I get to receive this training on an important part of our mission.”

Since the start of transitioning operations, Afghans have been trained in aviation maintenance, ground maintenance, air assault operation and medical treatment.

Future training will involve using the Afghan soldiers’ supplies and go further in depth with treatment and reactions to medications.

DEPLOYED

FORCES



1st Sgt. Robert George, first sergeant, Co. B, 3rd Bn., 509th Inf. Regt., gives an Afghan boy a high-five during a dismounted patrol in Kuygar village, Afghanistan, June 14.

706th EOD Co. helps in IED sweep

Story and Photo by
STAFF SGT. FRANK INMAN
7th Mobile Public Affairs Detachment

PAKTYA PROVINCE, Afghanistan — Soldiers with the 706th Explosive Ordnance Disposal Company, 303rd EOD Battalion, 45th Sustainment Brigade, 8th Theater Sustainment Command, assisted in disabling an improvised explosive device, or IED, in Kuygar Village, here, June 14.

Earlier in the day, soldiers with 2nd Platoon, Company B, 3rd Battalion, 509th Infantry Regiment, and the 3rd Coy, 1st Kandak, Afghan National Army, or ANA, had discovered an IED while on patrol in Kuygar Village.

Villagers approached and informed the patrolling ANA soldiers that insurgents had placed the IED near a culvert.

“The villagers trust the ANA in our area; the ANA regularly get information from the people,” said 1st Lt. Jeffery Dannemiller, platoon leader, 2nd Plt., Co. B, 3rd Bn., 509th Inf. Regt.

The initial mission called for ANA soldiers to patrol Kuygar Village in the early morning hours to push insurgents out to one of three blocking positions set up by the paratroopers. Once villagers told the ANA about the IED, the mission changed. However, discovering an IED is still considered a success, said Dannemiller.

Once paratroopers secured the village and location of the IED, Soldiers from the 706th EOD Co., 303rd EOD Bn., 45th Sust. Brigade, arrived and safely detonated the IED, which contained 60 pounds of explosives.

Staff Sgt. Caleb Wood, 706th EOD Co., 303rd EOD Bn., 45th Sust. Brigade, approached the IED with caution before disabling the pressure plate trigger.

“Anytime we take an IED off of the battlefield without any men or equipment being damaged is a success to me,” Dannemiller said.

Redeployment: Families endure time apart

CONTINUED FROM A-1

mission policing their community.”

While the unit overcame cultural barriers in a foreign land with their own knack and know-how, another barrier closer to home existed within the unit — distance from those they loved.

Unique to this unit were nine dual-military families that for the last decade have been alternating deployments, doubling the average time most families have spent apart.

One such couple is Spc. Kristine Ramsey, human resources specialist, Headquarters and Headquarters Co., 8th MP Bde., and Staff Sgt. Tyrone Ramsey, MP, 58th MP Co., 728th MP Bn., 8th MP Bde.



Family members welcome home Soldiers of the 58th MP Co., 728th MP Bn., 8th MP Bde., who have spent the last year stationed in Afghanistan, during the unit’s redeployment ceremony, held on Wheeler Army Airfield, June 20.



K-Quad crew lets the food fly

SPC. MARCUS FICHTL

8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Confidence, not bravado, is the secret ingredient served at the 8th Theater Sustainment Command’s 45th Sustainment Brigade Consolidated Dining Facility, located in K-Quad, here, as the DFAC prepares for the results of the U.S. Army-Pacific-level Phillip A. Connelly Awards Competition in the large garrison DFAC category. Results will be announced July 15.

The Connelly competition recognizes excellence in the preparation and serving of food and showcases the professionalism of food service personnel.

“We work on our craft every day,” said Spc. Antonio Graham, cook, Forward Support Company, 65th Engineer Battalion, 130th Eng. Brigade, 8th TSC. “We practice, we see ourselves progress and we push even harder.”

In the K-Quad kitchen, Soldiers may hail from any of the three brigades in the 8th TSC — 8th Military Police Bde., 45th Sust. Bde or the 130th Eng. Bde. — but their mission is the same: serve their fellow Soldiers.

Helping Soldiers reach their fullest potential is Sgt. 1st Class Billie Jean Afflick, dining facility manager, who serves as inspiration for her Soldiers in the culinary arena.

“I love what I do; my Soldiers see that,” Afflick said. “They feed off of me and I feed off of them.”

During the course of her tenure, Afflick developed new and innovative menus and managed to maintain a fully functional kitchen. When one Soldier goes down, the rest pick up the slack, no questions asked. And with 25,000 meals served a month, there are no breaks.

“Regardless of what happens, we stand tall, and that says a lot about this building,” Graham said. “We clash, but we always, always stay and fight.”

In what the Soldiers of K-Quad call the “Olympics of food service” — Thanksgiving being the “Super Bowl” — they rest easy in knowing they represent the best the military has in warrior chefs.

“Even if we don’t win, we already won,” said Graham. “The amount of hours, the amount of pride we put in every day, you can’t take that away.”

“Each Soldier is showing their skill, and they are proud of their skill and they want to show it to the Army,” Afflick said.

Personal pride and dedication are the ethos of the K-Quad dining facility, but two simple words are all the Soldiers need to hear from their customers to know they’ve done their job, Connelly award or not: “That’s good.”



Photos by Lacey Justinger | U.S. Army Garrison-Hawaii Public Affairs

USAG-HI employees gather for a keepsake photo with Col. Douglas Mulbury (second from left), commander; Jim Duttweiler (fifth from left), deputy commander; and Command Sgt. Maj. Robert Williamson III (far right), senior enlisted leader, at Tuesday’s ERP, at the Nehelani, Schofield Barracks.



Kelly Evans, formerly a management assistant with PAIO, displays her Achievement Medal for Civilian Service.

Garrison honors exemplary employees for service

AIKO ROSE BRUM

Chief, Internal Communication

SCHOFIELD BARRACKS — Thirty-three stellar employees received recognition for their performance and the impacts they have made in U.S. Army Garrison-Hawaii during an Employee Recognition Breakfast at the Nehelani, here, Tuesday.

In the company of their co-workers and senior leaders, the employees received praise from Col. Douglas Mulbury, commander, USAG-HI, for making a difference.

“Thank you for what you do,” Mulbury said to the honorees. “To you supervisors and leaders, I want to also thank you for recognizing your people.”

Among awardees, Kelly Evans, formerly a management assistant with the Plans, Analysis and Integration Office, received an Achievement Medal for Civilian Service. She was commended for varied accomplishments, including helping facilitate lines of effort working groups to develop the garrison’s 2012-2015 Strategic Plan.

Charles Brauer and Wesley Nakamoto, both in the Directorate of Public Works’ Housing Division, received Special Act awards.

Brauer, a Residential Communities Initiative program analyst, was recognized for spearheading the revision of electrical rates for all DPW reimbursable customers. His actions accurately captured actual usage rates.

Nakamoto, in the RCI Asset Management Branch, successfully led numerous and complex real estate actions to completion, as well as RCI’s annual Ground Lease Compliance site visit.

“We need to continually recognize top-notch employees like these,” said Jocelyn Chang-Chuck, chief, Workforce Development Division, Directorate of Human Resources. “We need to show them we appreciate them; they are valuable to us.”

Before the presentation wrapped up, seven had received certificates of achievement; two, certificates of appreciation; four, commander’s coins; and two, time-off awards. Six personnel received a commander’s Certificate of Outstanding

Service for “dedication and diligent service” to the federal government.

The Directorate of Family and Morale, Welfare and Recreation presented two special group awards to child development center teams. One team received commendations for surmount-

ing difficult standards to earn the National Association for the Education of Young Children accreditation. The other CDC team received recognition for creating inspirational child environments that encourage children’s growth and development.

Achievement Medal for Civilian Service

Kelly Evans, PAIO

Special Act Award

Charles Brauer, DPW
Wesley Nakamoto, DP
Certificate of Achievement
Haunani English, DFMWR
David Higa, DFMWR
John Miller, DHR
Robert Stevens, DHR
Michael Tanigawa, DFMWR
Maria Tobin, DFMWR
Leonard Webster, DFMWR

Certificate of Appreciation

Pebbles Moniz, DFMWR

Allan Tokuda, DFMWR

Commander’s Coin

Michelle Chillingworth, DES
Susan Manuma, DES
Marie Siliezar, DES
Chad Spencer, DES

Time-Off Award

Naomi Oshiro, DOL
Kervin Peters, DOL

Length of Service Award

30 years, Aiko Brum, PAO
30 years, Neal Peyton, DES
30 years, Jose Sierra-Sierra, DOL

25 years, Vickey Mouzé, PAO
10 years, Jack Wiers, PAO
5 years, Amy Bugala, PAO

Key:
DES – Directorate of Emergency Services
DFMWR – Dir. of Family and Morale, Welfare and Recreation
DHR – Dir. of Human Resources
DOL – Dir. of Logistics
DPW – Dir. of Public Works
PAIO – Plans, Analysis and Integration Office
PAO – Public Affairs Office

Employee Recognition Program

Get a keepsake photo from the ERP at:

- www.flickr.com/usaghawaii



News Briefs

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

Today

Prescribed Burn —Army fire, safety and environment specialists, in coordination with the Federal Fire Department, will conduct a prescribed burn of 800 acres, at Schofield Barracks live fire range and impact area, June 29.

The prescribed fire will reduce over-

all fire danger in the area by eliminating fire-prone vegetation, according to officials of the U.S. Army Wildland Fire Program, the supervising agency. Contingency dates of July 5-6 have been established if rainfall and unfavorable weather two days prior to the target burn-date occurs.

Residents should not be alarmed if

they see or smell smoke.

30 / Saturday

Temporary Schofield VCC — Due to upcoming construction on Lyman Gate, the Schofield Barracks Visitor Control Center, or VCC, will be relocated to Kawamura Gate on Wheeler Army Airfield, as of 5 a.m., June 30.

Construction begins July 5 and will last about six-eight weeks. Drivers should anticipate a change in traffic patterns on the installation and allow for extra time in their commute.

Call the Directorate of Emergency Services at 656-0247, or visit www.garrison.hawaii.army.mil/des/default.htm.

TAMC expands outreach

STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — In 1989, when U.S. Sen. Daniel Inouye of Hawaii introduced a bill to Congress to create a care-outreach program at Tripler Army Medical Center, here, the bill secured the bond between Tripler and Pacific Islanders across the region.



Jan Clark | Pacific Regional Medical Command Public Affairs

Alma Tolenoa, a 10-year-old from Kosrae, Federated States of Micronesia, is a patient referred to TAMC through PIHCP for treatment of Juvenile Polyposis, a genetic condition that causes polyps in the intestine.

That bond continues today with the Pacific Island Health Care Project, or PIHCP. Federally funded through U.S. Army Medical Command, the project provides humanitarian care to the underserved indigenous peoples of the U.S. Associated Pacific Islands. The project also provides TAMC staff and residents with graduate-level medical education experiences. Because of the geography in the Pacific region, a program like PIHCP offers health care for those who do not have access to or the resources to receive care. Mary Takada-Naito and her husband, Uchel, are originally from the Republic of Palau. In October 2002, Uchel was diagnosed with hairy cell leukemia, a rare, slow-growing cancer of the blood, and was referred to TAMC for treatment. “I actually never knew nor had heard of the PIHCP until my husband came to TAMC for his medical treatments,” Mary Takada-Naito said. While her husband was receiving treatment, she volunteered to assist other patients from Palau who required an interpreter. In March

2005, she officially became coordinator for the Palau Medical Referral Program and case manager for patients who come from Palau through PIHCP. “My role is to coordinate patients’ appointments, make sure our patients get to their appointments on time and be available to interpret for them as well as be their support system,” she said. Humanitarian care is only half of the reason the program is special to TAMC and the region. Its educational value also makes PIHCP a great asset to the medical training center. “There are incredible learning opportunities through this program,” said Col. Mark Burnett, medical director, PIHCP, and physician, Pediatric Infectious Disease and Travel Medicine, TAMC. “As people travel more and are deployed all over the world, I think it is really helpful for our doctors in training here,” added Burnett, who was a resident at Tripler from 1993-97. “When I was here in the early ‘90s, we would get calls from doctors in the islands, and patients would be sent. We would get very little information about the patients prior to their arrival (at Tripler),” Burnett said. Slowly, the program equipped many of the islands with computers, digital cameras, scanners, video cameras and printers to support the Web-based electronic consult and referral system that was created for it. By 2001, 10 different sites were equipped for the Web-based program. “There are between 60-80 physicians with personal computers who are able to upload records and refer patients to be seen from their clinics now,” Burnett said. “When a seriously ill patient on a small island in the Pacific is told ... he is being referred to TAMC, it sparks within the patient and his family a hope for cure,” Mary Takada-Naito added. “The PIHCP is about people, about giving hope, and it is about life.”

PIHCP Islands
Islands that are supported by PIHCP include American Samoa; Guam; the Commonwealth of the Northern Mariana Islands; the Republic of Palau; the Republic of the Marshall Islands, which includes Ebeye and Majuro; and the Federated States of Micronesia, which includes Chuuk, Kosrae, Pohnpei and Yap.



Soraya Robello | Tripler Army Medical Center Visual Information

Capt. Michelle Maust (left), class leader, presents her 113 peers who make up the Class of 2012 during TAMC’s annual GPHEC ceremony, held at TMAC, June 15.

GPHE grads earn diplomas

STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center hosted its annual Graduate Professional Health Education Commencement ceremony, here, June 15. More than 100 health care professionals received diplomas during the ceremony. The class consisted of 101 Army officers, one Air Force officer and 12 civilians, of whom 98 are physicians, 13 are psychologists, two are pharmacists and one is a health care administrator. Five of the physicians are civilian residents sponsored by the Department of Veterans Affairs. Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and TAMC, acknowledged the graduates’ long hours, hard work and dedication. “As your commander, I want to thank you for embracing our TAMC vision for being the most trusted organization in the world,” Gallagher said. “You have learned how significant that trust becomes and have witnessed firsthand how much the patients cherish this relationship, your advice and the engagement established by you and your team.” The keynote speaker was Dr. Emmanuel Cassimatis, an Army veteran who is currently president and chief executive officer of the Education Commission for Foreign Medical Graduates. He is also chair of the board of directors for the Foundation for the Advancement of International Medical Education and Research. Also, he has served as director of Psychiatry Residency Training at the former

Walter Reed Army Medical Center and as director of medical education for the Army Medical Department. “Globally speaking, you are in a small, very fortunate minority, (and) I know it is not always easy,” Cassimatis said. “Frequent deployments in recent years have provided those of you in the military with the opportunity to repeatedly practice ... good medicine in bad places. “Bad places can be dangerous places, and they are far away, but they are not far from your colleagues, those who work with you and support you,” Cassimatis added. “(We deploy with those) who, for all our sakes, put themselves in harm’s way. And we need to treat their wounds and illnesses so that they can survive those bad places and come back alive to their loved ones.” Forty of the military graduates will move to operational assignments in Korea, Germany, Honduras, Alaska, the mainland or stay here in Hawaii. Sixty-two Army graduates and four civilian graduates will continue additional residency or fellowship training starting in July. The remaining eight civilian graduates will start new jobs or pursue other professional and personal goals. Tripler has 13 physician training programs, with 220 resident positions.

GPHE Graduation
View more photos at:

- www.flickr.com/TriplerAMC



Nation's independence to be celebrated at Schofield

U.S. ARMY GARRISON-HAWAII
Public Affairs Office

SCHOFIELD BARRACKS — The public is invited to celebrate Independence Day at the annual Fourth of July Spectacular, here.

The daylong event annually attracts between 30,000-50,000 attendees, according to Directorate of Family and Morale, Welfare and Recreation officials. Activities begin at 6:30 a.m. and conclude with an 8:30 p.m. fireworks show.

The day is designed to provide a variety of activities, games, food and entertainment for all ages: from pony rides for keiki, to top entertainment from the national music scene, as well as midway rides and games for keiki.

The day's activities gradually shift from rides and games on Sills and Desiderio fields over to the main stage area of Weyand Field in the late afternoon. Popular Southern California bands Jack's Mannequin and Hoobastank occupy the main stage beginning at 4 p.m.

By the time Hoobastank leaves the main stage, shortly before 5:30 p.m., the Weyand Field crowd is expected to reach an estimated 40,000-plus for the entire day, according to DFMWR officials.

Those attendance figures annually make the event one of the largest military Fourth of July celebrations, worldwide, DFMWR officials said.

That size also poses planning and logistics challenges that require an entire year of preparation and culminates with 160 DFMWR team members who log a combined 1,300 hours to stage the holiday event.

Kathy Giannetti, DFMWR project officer, is working her 26th straight “Spectacular.”

“Every year, there is something new; yet, it's also reassuringly the same every year, and that's what brings back people year after year,” said Giannetti.

Noise Warnings

Residents and visitors on post will hear the cannon rehearsal and performance, July 3, 6-10 p.m., and July 4, 7:15-8:30 p.m.

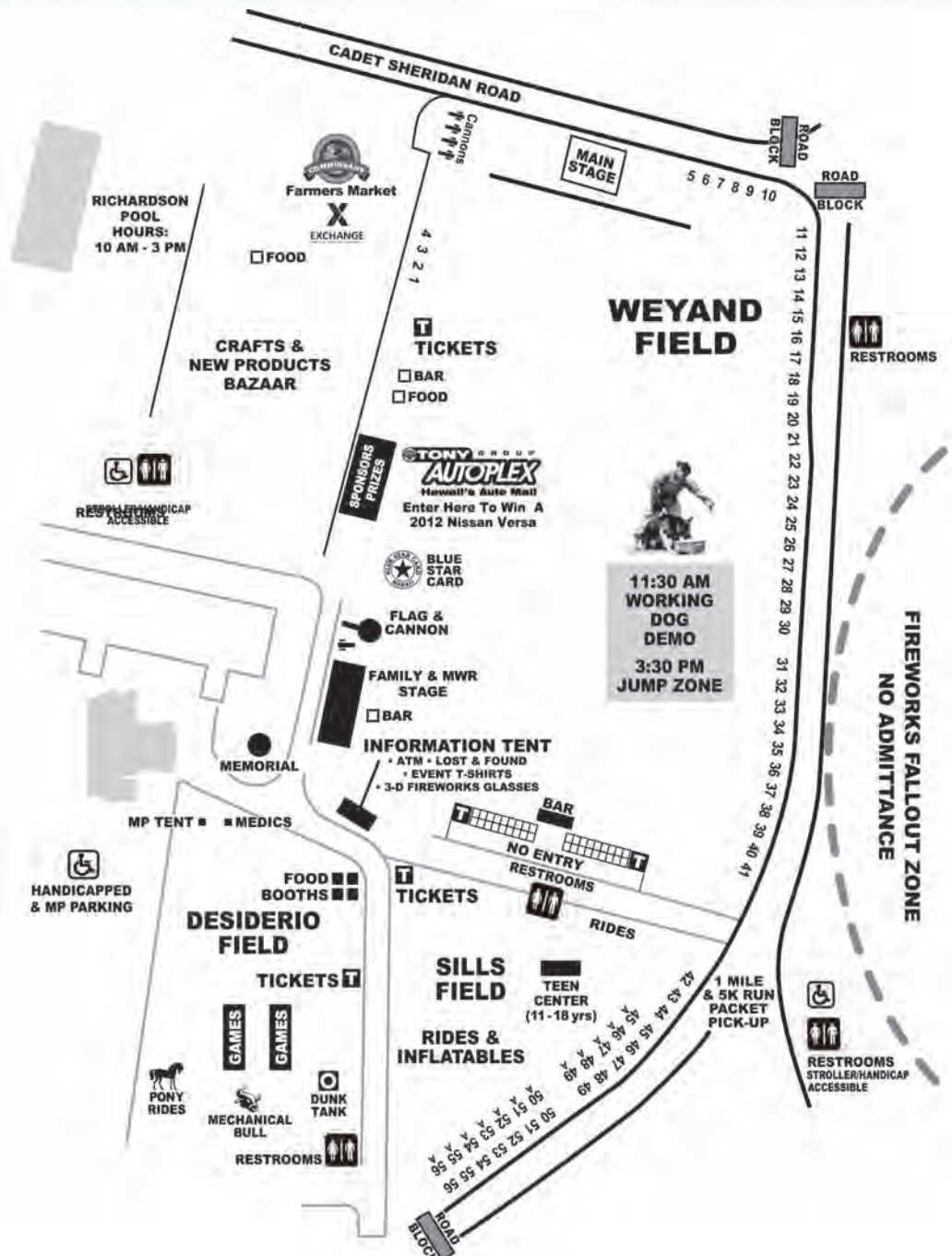
Schedule of Events

Here's what's happening during the daylong festivities:

- 6:30 a.m., Late registration for 5K Run/packet pick-up.
- 8 a.m., 5K Run starts. The top three male and female finishers receive awards in the following age groups: 17 and under, 18-29, 30-39, 40 and above.
- 8 a.m., Registration starts for One-Mile Children's Fun Run.
- 9 a.m., One-Mile Children's Fun Run; entry is free. Information booth, event T-shirt sales, ATM, lost and found open.
- 10 a.m.-6 p.m., Games and Midway rides open; tickets required. New \$20 option for unlimited keiki rides from 10 a.m.-2 p.m., not including pony rides. Also, Crafts and New Products Bazaar, Commissary Farmers Market, Mini PX open.
- 10 a.m.-6:30 p.m., Pony rides area opens.
- 10 a.m.-7 p.m., Mechanical bull riding opens.
- 10 a.m.-9 p.m., Food booths open.
- 11:30 a.m., Military working dog demonstration.
- 3:30 p.m., Parachute jump by Skydive Hawaii.
- 5:25 p.m., Flag retreat.
- 8:30 p.m., Professional fireworks display from the Commissary parking lot

At the Family and MWR Stage

- 10:30 a.m., Youth Puppet Show.
- Noon, 25th Infantry Division Band.
- 1 p.m., CYSS Rock School, EMKE.



At the Main Stage

- 2:30 p.m., Dita Holifield.
- 4 p.m., Hoobastank.
- 5:35 p.m., Jack's Mannequin.
- 7 p.m., Tony Group 2012 Versa prize drawing.
- 7:30 p.m., 25th ID Band Concert, featuring “1812 Overture” and 50-state patriotic salute.

Fourth of July Spectacular

For details, call 655-0111 or visit:
• www.mwrarmyhawaii.com



Important Information

Participants and spectators are reminded of the following items that apply during the July 4 celebration:

- No pets are allowed on Weyand Field, Sills Field or Desiderio Field.
- All personal fireworks and firecrackers are prohibited on post, including sparklers.
- Attendees may want to bring blankets and low-back chairs, preferred for seating.
- Open flame or charcoal cooking is not permitted, except in picnic areas.
- Canopies/umbrellas are allowed on the field until 4 p.m., and then must be lowered for all concerts.
- Lost children may be found at the Military Police Control Tent on Desiderio Field. Lost and Found will be located at the Information Booth on Weyand Field.

Traffic

Traffic patterns will be modified to accommodate the Fourth of July Spectacular movement.

- The loop from Cadet Sheridan Road to Trimble Road, Humphreys Road and Kolekole Avenue on Schofield Barracks will be closed.
- Due to security requirements, 100-percent ID and vehicle checks will be in progress. Vehicle drivers and all passengers 16 years of age and older are required to show a valid state or federal government ID at the gates. Visitor passes will not be issued for the Fourth of July Spectacular.
- Residents are encouraged to walk to the event if they live on post.
- The Commissary and Flagview Mall stores are closed July 4. The parking lots will close at 9 p.m., July 3, and reopen at 6 a.m., July 5.

Historic train tours Ewa area

HAWAIIAN RAILWAY SOCIETY
News Release

EWA BEACH — Tickets are still available for the 90-minute long July 4 holiday train ride, which includes historic narration, grade crossings, train whistles and flag-waving, through Ewa and Kapolei to Kahe Point before returning to the Ewa Train Station.

This special charter ride features a historic narrow gauge train that will depart the Ewa Train Museum at 9:30 a.m. and at 2 p.m. The rails are on the National Historic Register of Historic Places and maintained by the Hawaiian Railway Society.

The railway is the original used by narrow gauge steam locomotives that date back to the 1880’s and Kingdom of Hawaii. King David Kalakaua chartered the original railway line that was later used to carry Queen Liliuokalani to her North Shore retreat.

Passengers will ride in World War I-era Army flatcars converted to passenger cars by members of the Hawaiian Railway Society. The train engines are World War-II Navy diesel locomotives that hauled ammunition, including 16-inch shells, and troops for the USS New Jersey, USS Iowa and USS Missouri.

Other historic points of interest along the trip include the former Barbers Point Naval Air Station, Fort Barrette and Battery Arizona, where guns from the USS Arizona were located.

The train ride can accommodate wheelchairs. Advance reservations are needed to prepare the train configuration. Currently, six passenger cars and a parlor car “caboose” are scheduled for each train ride.

July 4 Train Rides

Reserve tickets for the third annual July Fourth Birthday Train Ride. Cost of tickets:
•Adult tickets, \$12,
•Seniors (older than 62 years of age), \$8
•Keiki ages 2-12 are \$8; keiki under 2 years of age are free.

Visit or email before the Fourth of July
• Email gm@4Ewa.org
• www.4Ewa.org



Courtesy Photo

This historic train, which used to carry Queen Liliuokalani to her North Shore retreat, will offer patriotic rides, July 4.

SIGNS OF SUPPORT



Photo Courtesy Island Palm Communities

WHEELER ARMY AIRFIELD — Sgt. Chad Meadows (left) and Cpl. James Hall (right), both from the Directorate of Emergency Services, U.S. Army Garrison-Hawaii, join teenagers from the Teen Center to bring awareness to drivers about speeding hazards on WAAF. DES and Island Palm Communities, with support from USAG-HI leadership, launched the Slow Down Now! campaign, recently, to address concerns about speeding on post, especially in residential neighborhoods. IPC residents, the local Boy Scouts and Cub Scouts, and the Teen Center are helping with the sign-waving campaign to bring awareness to drivers about the dangers of speeding. The campaign is focused on high-traffic areas across USAG-HI installations.

‘Operation Purple’ camps aid keiki

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

MOKULEIA — Soldiers with the 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, assisted with Operation Purple at YMCA Hawaii’s Camp Erdman, here, recently.

Soldiers with the 65th Eng. Bn., and other units from Schofield Barracks, plus service members from the Navy, Coast Guard and Marines, provided a variety of interactive displays for camp members.

In an effort to alleviate the stress and challenges that keiki of deployed Soldiers endure, the National Military Family Association runs Operation Purple summer camps. Six of the battalion’s seven companies participated. (The seventh, 95th Eng. Co., is currently deployed to Afghanistan.)

Military keiki participated in crafts, outdoor activities and events that helped them cope with their parents being deployed.

“It’s a chance to bring the kids together and interact with kids who are facing similar things in their lives,” said Andrew VanDerWege, senior program director, Hawaii YMCA. “They build friends, grow and work through some of the things they’re facing.”

Displays spanned across YMCA’s Camp Erdman located along Oahu’s North Shore.

The 7th Dive Detachment, 65th Eng. Bn., set up next to the pool and showed children a video about Army divers. The detachment also used plastic bottles to demonstrate how a hyperbaric stretcher

works to provide oxygen therapy for diving accidents.

Near the 7th Dive Detachment, the 70th Eng. Company (Geospatial), 65th Eng. Bn., demonstrated mapmaking and geospatial computer programs. Each child left with a map of the North Shore.

Across the road, Headquarters and Headquarters Company, 65th Eng. Bn., ran a paintball station, one of the most popular lanes of the day. Soldiers coached children and served as safeties while shooting at targets from behind barriers.

The 34th Eng. Co. (Sapper), 65th Eng.

Bn., let keiki use a Buffalo mine-protected clearance vehicle to investigate a simulated improvised explosive device, or IED.

The 82nd ESC, 65th Eng. Bn., demonstrated backhoe loading by picking up and crushing wooden pallets.

The FSC, 65th Eng. Bn., used radios to teach children radio communication and sending reports.

“Operation Purple is a great way to let the kids know that they are part of the Army family even while their parents are deployed,” said 2nd Lt. Michael Bowers, safety officer, HHC, 65th Eng. Bn.



Pvt. Zachary Trulson, Maintenance Platoon, Forward Support Company, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, demonstrates how to use a radio to campers at Operation Purple, recently.



CONTINUED FROM B-2

Vet Center— The Fort Shafter Veterinary Treatment Facility is now seeing pets throughout the week from 8:30 a.m.-4 p.m. The vet clinic is located beside the PX Mart and Post Office on Fort Shafter.

Book an appointment for affordable preventative care, to obtain a mandatory airline health certificate required within 10 days of air travel and more. Call 433-2271; leave a voicemail.

Freeway Service Patrol — This service, now operational on Hawaii’s freeways, is a pilot program sponsored by Hawaii’s Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.

The free service can provide assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and providing an emergency gallon of gasoline.

The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

Club Beyond — Middle school and high school students in grades six-12 are invited to participate in the Club Beyond. Email kschmidt@clubbeyond.org or call 372-1567.

Troops to Teachers — Troops to Teachers directly supports military members who have chosen teaching as a career. This program provides direct resource support, including hiring, and it allows up to a \$10,000 bonus for teaching in high-need schools. Call 586-4054, ext. 409.

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.

Hui Thrift Shop — The Hui Thrift Shop at Schofield Barracks offers great bargains and a chance to volunteer. Located at 2107 Ulrich Way, behind ACS, 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 huithriftshopliaison@gmail.com. Visit www.schofieldspousesclub.com or search for “hui-thrift-shop” on Facebook.

Operation Postcards — Operation Postcards is a free service that allows anyone to send real, personalized postcards to active duty U.S. military personnel with an APO or FPO address. Visit www.operationpostcards.com, select a photo, fill in the mailing address for any active U.S. service member with an APO or FPO designation, type a brief message, then send it. A real, personalized postcard will be delivered to the Soldier, Airman, Sailor or Marine in a matter of days, via the U.S. Postal Service.

Zumba — Classes are now of-

fered Saturday mornings at the Armed Services YMCA, WAAF. Pre-registration is required. Cost is \$20 a month and includes the class and on-site child care for the duration of the class. The exact time is tentative; call 624-5645.

Running Club — Runners and walkers can join the free Hawaii Running Project Wednesday Run Club at Schofield Barracks, which meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road.

The club runs loops around the base of Kolekole Pass; workouts can

be customized from two to eight miles. Email mary.siegel@amedd.army.mil or call 655-9123.

Sexual Assault Prevention — Visit the Army’s sexual assault prevention program website as part of its “I. A.M. Strong” campaign at www.preventsexualassault.army.mil.

Civil Air Patrol — Civil Air Patrol’s Wheeler Composite Squadron meets every Tuesday, 5:30-8:30 p.m., at WAAF. The squadron regularly accepts new members, ages 12-18. Email tony4atmos@aol.com.

Skin cancer reduction urged

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — Skin cancer is the most common cancer in the U.S.

That means more people get skin cancer than breast cancer, lung cancer and colon cancer.

And while not all forms of skin cancer are deadly, they can disfigure your skin and cause much discomfort.

Melanoma: Watch out for it!

Melanoma is the most deadly form of skin cancer. That’s because it affects skin cells called melanocytes, which add color to your skin and hair. Melanoma can spread very quickly to other tissues in your body, which is why it’s deadly.

A government study published recently showed that while most common cancers are declining, cases of melanoma are increasing. Experts attribute this rise to the use of tanning beds, which is very dangerous to the skin.

For best results, you need to detect and treat

melanoma as early as possible — and avoid tanning beds altogether.

Prevent cancer with these five tips. Everyone knows to wear sunscreen. But beyond that, leave it to the Centers for Disease Control and Prevention to offer the best tips for preventing skin cancer:

- Seek shade, especially during midday hours;
- Wear clothing to protect exposed skin;
- Sport a hat to shade the face, head, ears and neck;
- Wear sunglasses that block both ultraviolet A and ultraviolet B rays; and
- Avoid indoor tanning.

Skin cancer information visit:

- <http://1.usa.gov/SkinCancer>
- www.triwest.com/healthyliving
- www.Facebook.com/TriWest
- www.Twitter.com/TriWest



Jack Wiers | U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Noelani Abatang, 5, (left), and sister Kamealani, 2, (right), daughters of Staff Sgt. Bradford Abatang, 82nd Expeditionary Command, 130th Engineering Brigade, 8th Theater Sustainment Command, and wife Naomi, enjoy a summer afternoon at the Kaena Community Center, Tuesday. Medical experts endorse preventative skin care measures while enjoying outdoor activities, even during cloudy periods.

Dangerous MRSA can be transmitted at work

KARLA SIMON
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — Some workplace settings have risk factors that make it easier to transmit Methicillin-Resistant Staphylococcus Aureus, or MRSA.

MRSA is a potentially dangerous type of staph bacteria that is resistant to certain antibiotics.

It typically causes skin infections but can also affect the bloodstream, lungs, heart, bones and joints.

This infection is transmitted most frequently by direct skin-to-skin contact, or by contact with shared items or surfaces that have come into contact with someone else’s infection, such as used towels and bandages and equipment at gymnasiums.

Workplace settings with high risk factors include the following characteristics:

- Crowding;
- Frequent skin-to-skin contact;
- Compromised skin, such as cuts or abrasions;
- Contaminated items and surfaces; and
- Lack of cleanliness.

To prevent MRSA, practice good hygiene.

Wash your hands thoroughly with soap and water or use an alcohol-based hand sanitizer. Shower immediately after working out on gym equipment.

Cover your wound. Keep cuts and scrapes clean and covered with a bandage until healed.

Don’t touch. Avoid contact with other people’s wounds or bandages.

Don’t share personal items. Avoid sharing personal items that touch bare skin, such as towels, razors, uniforms and personal protective equipment.

If you think you have an MRSA infection, see your health care provider, and follow your health care provider’s advice about returning to work.

Unless directed by a health care provider, employees with MRSA infections shouldn’t be routinely excluded from going to work. Exclusion from work should be reserved for those with wound drainage that can’t be covered and contained with a clean, dry bandage and for those who can’t maintain good hygiene practices.

Employees with active infections should be excluded from activities where skin-to-skin contact with the affected skin area is likely to occur until their infections are healed.

If you suspect that your uniform, clothing, personal protective equipment or workstation has become contaminated with MRSA, do the following:

- Wash uniforms, clothing, sheets and towels that become soiled in a washing machine set to the hottest water setting, with added bleach, if possible.
- Dry the washed items in a hot dryer, rather than air drying.
- Clean contaminated equipment and surfaces with detergent-based cleaners. Environmental Protection Agency-registered disinfectants are effective at removing MRSA from the environment.

Tripler Army Medical Center Advice

Dr. (Maj.) Megan Kloetzel, deputy chief, Department of Preventative Medicine, TAMC, advises seeing a health care professional right away if you think you have an infection.

TAMC PM Office: 433-3682.

MRSA

To learn more about MRSA, call 800-232-4636, or visit:

- www.cdc.gov
- <http://epa.gov>



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except holidays, at the Nagorski Golf Course, Fort Shafter. Course is open to the public. Limited-time special. Call 438-9587.

Teen Wednesdays at Wheeler Bowling Center
— From 2-4 p.m., Wednes-

days, teens 13-19 can cosmic bowl for \$2 per game. Free shoes with a two-game minimum. Call 656-1745.

Keiki Night — Every Wednesday night, kids under the age of 10 eat from the keiki menu for only \$1.99 from 5-8 p.m. at Kolekole Bar and Grill, Schofield Barracks, or Mulligan’s Bar and Grill, Fort Shafter. Call 655-0660 for Kolekole or 438-6712 for Mulligan’s.

Sunday at the Clubs — Enjoy Sunday Breakfast at Kolekole Bar and Grill, Schofield Barracks, from 9 a.m.-1 p.m., or Sunday brunch at the dining room at

the Hale Ikena, Fort Shafter, from 10 a.m.-1 p.m. Call 655-4466, SB, or 438-1974, FS.

Smoothies Concession
— Rich’s Daily Grind and Smoothies is now open at the Martinez Physical Fitness Center, Building 488, Schofield Barracks. Call in orders at 438-0128. Schedule follows:

- Mon.-Fri., 8 a.m.-8 p.m.
- Sat.-Sun., 9 a.m.-5 p.m.

Free Kids Bowl — Register your keiki at www.kids-bowlfree.com/BowlArmyHI. Via email, and receive free bowling passes. Weekly registration required during the summer to bowl two free

Pets provide healing support, research documents

THERESA DONNELLY
Contributing Writer

HONOLULU — With uncertainly in the military family, due to constant moves and deployments, one stabilizing factor providing comfort in stressful times is our four-legged family members.

These loyal, furry companions not only help those serving our nation, but are ideal friends to anyone in need.

In fact, research is backing up what pet lovers already know: Canines provide therapeutic benefits for those suffering from life’s invisible scars.

Susan Luehrs is the founder of Hawaii Fi-Do, a not-for-profit program where trained therapy dogs visit troops at Army and Marine wounded warrior battalions

“It’s the unconditional love of the dog that makes this all possible,” Luehrs said. “They don’t care what color you are, if you can read, if you have a missing limb. They’re just there for that touch and (the dogs) give that back.”

In the April-June issue of the Army Medical Department Journal authors retired Col. Elspeth Ritchie and Col. Robinette Amaker write that the “acceptance of canines in Army medicine and in the civilian world has virtually exploded.”

They cite several examples, such as canines, used to help children cope with autism, of shelter dogs trained as services dogs and of therapy dogs that help Soldiers suffering from post-traumatic stress disorder, or PTSD.

According to the American Humane Association, an animal-assisted therapy

dog can improve a patient’s social, emotional or cognitive functioning. Pet therapy is used in hospitals, nursing homes, prisons, mental intuitions and wounded

warrior clinics, schools and veterans centers. Researchers have documented the positive benefits of animal-assisted therapy. In a 2005 study, the American Heart Association found that a 12-minute visit with a therapy dog reduced blood pressure and levels of



“acceptance of canines in Army medicine ...has virtually exploded.”

Army Medical Department Journal

Staff Sgt. Regina Machine | 13th Public Affairs Detachment

Maj. Alisa Wilma, Area Support Group-Kuwait, command veterinarian, shows Luka, Red Cross volunteer and member of the human-animal bond program, a treat during a recent visit with troops. Through programs like this, the Army is taking care of the emotional and physical needs of deployed service members while continuing to educate leadership on how to better take care of their soldiers.

TAMC Human Animal Bond Program
Learn more about Tripler Army Medical Centers’ Human Animal Bond Program by calling 433-6631, or visit:
• www.tamc.amedd.army.mil/services/humananimnal.htm

stress hormones, and eased anxiety among hospitalized heart failure patients.

Other studies have been conducted with Alzheimer’s patients, school children in reading programs and at the Department of Defense’s National Intrepid Center of Excellence, where at least 100 service members have participated in the canine therapy program.

Many organizations provide a qualifying process for pet owners to begin therapy work. One example is Tripler Army Medical Center’s Human Animal Bond Program.

A collaborative effort with the American Red Cross and Army Veterinary Services, dogs are screened by going through a series of temperament and health tests to verify that they’ll make good candidates for visiting hospital patients.

The growing field of pet therapy shows that professionals are now seeking alternative therapies to help patients deal with stressful circumstances. As this treatment gains widespread acceptance within different professions, more pet owners can enjoy pet therapy as a way to bond with their pets and the people they’re helping.

94th finds motivation, PT challenges on Koko Head trail

Story and Photo by
SGT. LOUIS C. LAMAR
94th Army Air and Missile Defense Command Public Affairs

HONOLULU — Soldiers from the 94th Army Air and Missile Defense Command participated in a motivational unit hike at the Koko Head Crater Trail, June 21.

The hike was conducted to challenge Soldiers mentally and physically, and to add variation to the unit’s physical training program.

“My favorite part of climbing the Koko Head Crater Trail was the full body physical endurance,” said Sgt. 1st Class Justin Thorp, operations noncommissioned officer, 94th AAMDC.

“It was a great opportunity to bond with my son and for us to challenge each others’ physical endurance,” said Lt. Col. William Johnson, chief, current operations, 94th AAMDC. “It also was good to do something different and outside of the box, instead of basic physical training.”

Climbing Koko Head Crater Trail posed specific PT challenges.

“Climbing the trail was very hard,” Thorp said. “The trail was like doing lunges all the way to the top and back down. It was a great team-building exercise.”

Changing up physical training serves as an organizational morale boost, Johnson explained. “Having a variation in physical training is important. It keeps you fresh, and it’s a change from doing the basic stuff every-day.

“It also adds camaraderie by letting you invite your

family and friends to participate in unit physical training, away from the base, while enjoying Hawaii,” Johnson added.

“Physical training like this breaks up the normal push up and sit up sessions. It also adds some variety and a beautiful view of the city,” Thorp said.

A view of Oahu serves as the reward for those who make it to the top of the Koko Head trail.

“When I reached the top of the trail, I had a sense of relief and accomplishment,” Thorp said. “I set a goal of making it to the top as quickly as possible.”

“Climbing the trail was hard,” said Johnson, “but doing it with members of the unit pushed me to complete the trail.”

“I had fun while doing it, and after reaching the top, I got to see how beautiful Hawaii really is,” Johnson continued. “I also felt a sense of pride and accomplishment because I didn’t think I would finish the trail.”



94th AAMDC Soldiers and family members pose on the top of the Koko Head Crater Trail after completing the climb, June 21.