

500th MI Bde. changes command

Frost bids farewell to brigade;
Mangan ready to lead

Story and photos by
STAFF SGT. DAVID PADILLA
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — Col. William Mangan took command of the 500th Military Intelligence Brigade from Col. Patricia Frost at Weyand Field, here, July 17. Maj. Gen. Stephen Fogarty, commander, U.S. Army Intelligence and Security Command, hosted the change of command ceremony.

During her speech, Frost thanked Fogarty for his participation in the ceremony and the opportunity for her to continue to serve INSCOM as the chief of operations.

Although leaving her command proved a challenge, Frost said she looks forward to her upcoming assignment.

“It is very difficult to step away from command, but it is a little easier knowing that I will be able to continue to serve not only this brigade, but also the other 15 INSCOM brigade commanders,” Frost said. “I am ready for the challenge.”

Frost also welcomed Mangan, who recently attended the Naval War College in Newport, R.I., and previously served as the deputy brigade commander/rear detachment commander with the 525th

See 500th MI Bde., A-4



Maj. Gen. Stephen Fogarty (right), commander, INSCOM, presents the unit colors to Col. William Mangan (left), incoming commander, 500th MI Bde., during the brigade change of command ceremony at Weyand Field, July 17.

Students can ride the bus

SCHOOL LIAISON OFFICE

SCHOFIELD BARRACKS — The Hawaii Department of Education, or DOE, has addressed safety concerns regarding the cancellation of the Wili Wili bus route to and from Wheeler Elementary School and Wheeler Middle School and will provide bus transportation to those affected Wili Wili students.

This news comes just days prior to the first day of school.

“This is great news for the students of the Wili Wili community,” said Tamsin Keone, director, School Support Services; School Liaison Office; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

“Ensuring that our youth get to school safely is a priority for U.S. Army Garrison-Hawaii and the Department of Education,” Keone said. “Students and parents can now focus on the learning that takes place in the classroom rather than how they will get to school each day.”

Mamo Miner, student transportation coordinator, Central District, DOE, played a large part in continuing bus service for students in the Wili Wili community. Miner worked with the bus company and school administrators to consolidate bus routes and accommodate students who will arrive to campus prior to the start of school.

School transportation was a major safety concern for Col. Daniel Whitney, commander, USAG-HI, as well. Representatives from USAG-HI’s Directorate of Public Works; Directorate of Family and Morale, Welfare and Recreation; Directorate of Emergency Services; Island Palms Community; Army Housing; and the Public Affairs Office were all directed to address this issue and provide recommendations to the garrison commander.

Fred Murphy, principal, Wheeler Elementary School, is pleased with the way this safety issue was addressed.

“The way the bus company and Army community have

See BUS, A-2



Col. Thomas Mackey (front row, center), incoming commander, 2nd BCT, 25th ID, and brigade staff lead the 2nd BCT in formation during the change of command ceremony at Weyand Field, July 20.

25th ID ‘Warrior’ Brigade welcomes new commander

Story and photos by
SGT. DANIEL JOHNSON
2nd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers, family members and friends of the 2nd Brigade Combat Team, “Warriors,” 25th Infantry Division, gathered on Weyand Field, here, to welcome Col. Thomas Mackey as the new commander during a change of command ceremony, July 20.

“I am honored to join the ranks of the Warrior Stryker Brigade Combat Team once more,” Mackey said. “My family and I are truly blessed, and we

feel like we have returned home.”

Mackey took command from Col. Christopher Vanek, outgoing commander, 2nd BCT, 25th ID, who served as the brigade commander September 2011–July 2012 and was awarded the Legion of Merit for that service.

Vanek guided the brigade to successfully complete multiple theater security cooperation program initiatives during his tour.

“This unit has been blessed with Tom and Lisa Mackey,” Vanek said. “Tom knows this BCT better than any other officer in our Army, and success is guaranteed as he brings his wealth of

experience, talent and commitment back to the 25th Infantry Division and the 2nd BCT.”

Maj. Gen. Kurt Fuller, commander, 25th ID, served as reviewing officer for the ceremony. He praised both commanders for their tireless efforts to ensure Soldiers are always trained to remain combat ready.

“Under the command of Col. Vanek, the Soldiers of this brigade have served these colors proudly,” Fuller said. “Col. Vanek, you have led by personal example in every area. You have inspired

See 2nd BCT, A-4

HHBN DFAC wins 25th ID Connelly

Story and photos by
SFC. KRISHNA GAMBLE
25th Infantry Division
Public Affairs Office

SCHOFIELD BARRACKS — The Headquarters and Headquarters Battalion, 25th Infantry Division Dining Facility was awarded the 25th ID Philip A. Connelly Field Feeding Award, July 18.

“Soldiers see us in the DFAC and say ‘They are just cooks,’ but we can do more than that.”

Spc. Rena Adonis
Food Service Specialist,
HHBN, 25th ID

“This was their first time participating in this event, and it was very difficult, especially coming off a deployment and the challenges of equipment reset and Soldiers PCSing in and out. I am very proud of what they did,” said Sgt. 1st Class Edwin Ezell, senior food services advisor, HHBN, 25th ID.

The Philip A. Connelly competition is an annual event that recognizes excellence in food service in Army dining facilities and field kitchen operations.

HHBN, 25th ID DFAC Soldiers set up a field feeding site at the 25th ID Non-Commissioned Officer Academy field site, here, to showcase their ability to feed Soldiers in any environment,



Spc. Rena Adonis (right), food service specialist, HHBN, 25th ID, serves breakfast to Soldiers at the 25th ID field feeding site on Schofield Barracks, July 17.

May 17–July 17.

“Soldiers see us in the DFAC and say ‘They are just cooks,’ but we can do more than that,” said Spc. Rena Adonis, food service specialist, HHBN, 25th ID.

“We set this up without any help,” Adonis added.

The field feeding requirements for the competition were to set up a standard field site with fighting positions, natural cover, security and the capacity to feed 50 Soldiers.

“This is the food service specialists’ biggest competition,” Ezell said. “This is our event, equivalent to the expert infantry badge or expert field medical badge. This is what we do; this is our

See DFAC, A-5

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Tiger Balm | A-3

‘Wolfhounds’ complete bilateral training exercise with Singapore army.

ATEX | A-4

USAG-HI concludes ‘Ikaika 2012’ exercise.



Koa Ohana Day | B-1

Army spouses experience a day in the life of a Soldier.

CrossFit | B-3

45th Sust. Bde. holds memorial workout for fallen comrades.

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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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AUGUST IS 'ANTITERRORISM MONTH

'If you see something, say something'

LT. GEN. FRANCIS WIERCINSKI
Commander, U.S. Army-Pacific

The Army's senior leadership has proclaimed August the Army's Antiterrorism, or AT, Awareness Month. This is of special significance as we approach the 11th anniversary of the 9/11 terrorist attacks on New York City and the Pentagon. With our recent successes against our



Wiercinski

enemies in Iraq and Afghanistan, enhancing our Soldiers', civilians' and family members' understanding of the nature of terrorism and the potential for retaliatory terrorist attacks on Army installations, stand-alone facilities and units is critical to our defense.

An essential part of the U.S. Army-Pacific AT Strategic Plan is to instill a level of awareness in every member of the USARPAC community so each member serves as a part of a protective shield.

By building a strong understanding of the threats, we teach our communities how to become less vulnerable to exploitation. Therefore, Soldiers at all

levels of command, family members and Army civilians are all a part of the solution.

This year's Army AT Awareness Month will be executed with the greatest degree of latitude delegated to commanders at the lowest levels.

The following Army themes were developed to help focus and guide commanders on high payoff tasks that directly support USARPAC's AT program:

- Recognizing and reporting suspicious activity — iWATCH;
- Performing threat analysis and information sharing;
- Leveraging the Command Informa-

tion Program and Public Affairs; and

- Reinforcing the importance of criticality assessments to evaluate and prioritize assets and guide resource allocation decisions.

I strongly believe that ensuring protection from terrorist acts is only successful by integrating AT principles with constant AT awareness into all of our activities and missions.

Consequently, I encourage all of you to be ever vigilant: If you see something, say something.

Mission success depends on our people, training and equipment, bonded together by solid leadership, teamwork and discipline.

BACKTOBASICS

NCOs can use STT to get weekly 'Back to Basics'

COMMAND SGT. MAJ. WILLIAM JORDAN

307th Expeditionary Signal Battalion

Over the years, Army leaders have gradually allowed themselves to get away from the basics. Progressive Army-wide changes in operations tempo, Army force generation cycle and such have allowed us to get away from what senior leaders historically recognized as normal garrison operations.

Getting "Back to Basics" is our way of returning to the traditional garrison-style of leadership — using our experience and knowledge from operational assignments, institutional training and multiple deployments to Iraq and/or Afghanistan.

The perfect way of getting this style of leadership back is by implementing and enforcing Sergeant's Time Training, or STT, to emphasize the development of our junior noncommissioned officers while simultaneously training their own subordinates to standard.

STT is hands-on training for Soldiers given by their NCOs. As a young Soldier, I gained the technical and tactical knowledge that I needed to become a greater Soldier through STT. As an NCO, I developed my leadership skills by way of the "8 Step Training Model," which taught me to effectively plan, resource and conduct



Jordan

training to standard.

Over time, deployments and the operational tempo have taken away the effectiveness of STT. As a result, Soldiers are missing out on the opportunities that training provides them.

In the past, weekly STT developed Soldiers both technically and tactically. Weekly STT prepared Soldiers to become NCOs when it was their time to lead.

As a result of not receiving this fundamental training, current Soldiers are being promoted to sergeant without having the foundation that STT provided to their predecessors.

What better way to get Back to Basics than having our young sergeants plan, resource and train their Soldiers, re-establishing the foundation that leads to capable leaders.

NCOs must know how to plan training based on the assessments of their Soldiers by preparing a training outline, gathering the resources needed for training, conducting reconnaissance, rehearsing the training, executing the training, evaluating the training by conducting after action reviews, and retraining, if necessary.

Also, command sergeants major need to monitor and provide guidance for the STT to be effective. Training should be checked by senior NCOs in the unit to ensure standards are established and enforced.

Preparation is key to a successful STT program. Our job as leaders is to protect time on the training calendars so our Soldiers have the necessary time to prepare and conduct their training.

Bus: Routes restored

CONTINUED FROM A-1

come together to help our children is inspiring," Murphy said. "I am grateful for those who were able to help our children to and from school safely."

Two morning pickups are scheduled from the Wili Wili playground (see below).

Students will be dropped of at the Wili Wili playground at about 2:30 p.m.

As USAG-HI continues working with the DOE in support of our children, all bus routes have been restored with the exception of one discontinued at AMR to Radford High School. Ridership for this particular route will impact seven students from last school year.

School Bus Routes

Pickup locations and times for students in the Wili Wili community are at:

- Camp Stover Bus Shelter; 6:40 a.m.; all Camp Stover, WES and WMS students;

- Wili Wili Playground; 7:15 a.m.; all Wili Wili WES students; and

- Wili Wili Playground; 7:20 a.m.; all Wili Wili WMS students.

Bus passes will be sold on a quarterly/annual basis to avoid daily fluctuations in bus ridership. Purchase passes at the WES or WMS front office.

Call USAG-HI's School Liaison Office at 655-8326.

FIREFIGHTING EFFORTS



Spc. Marcus Fichtl | 8th MI Bde. Public Affairs, 8th TSC

SCHOFIELD BARRACKS — Federal Fire Department firefighters attend to a wildfire that started north of McNair Gate, here, Monday afternoon. The fire affected approximately three acres and was 100 percent contained Tuesday.

Voices of Ohana

Parents' Day is July 29.

Why are your parents special?

Photos by 311th Signal Command (Theater) Public Affairs



"My father ... has always inspired me to do and become better at everything I do. In turn, I have passed that down to my sons."

Sgt. Merrilyn Brissette
94th AAMDC



"They've done a lot for me, and my gift to them is to be successful and make them proud."

Pfc. Nicole Dudley
205th MI Bn., 500th MI Bde.



"My parents ... sacrificed many personal goals so that (my siblings and I) could reach ours."

Maj. Gustavo Murillo
311th Sig. Spt. Unit



"They fully supported all my decisions and provided me guidance during my younger years."

Jaybee Obusan
GI, 311th Sig. Cmd. (T)



"All of my dreams are based off of what my parents taught me to be: independent."

1st Sgt. Salelea Tuiulemotu
196th Inf. Bde.

‘Lightning’ strikes during Tiger Balm 2012 exercise

Story and photo by
SGT. ROBERT ENGLAND
2nd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — With the national defense focus for the U.S. military shifting back to the Pacific region, units in the 2nd Brigade Combat Team, 25th Infantry Division, have been working alongside strategic partners in India, New Zealand, Australia and now, Singapore.

Tiger Balm 2012 is an annual U.S. Army-Pacific Theater Security Cooperation Program combined training exercise between the U.S. and Singapore Armies with the intent of strengthen-

ing the partnership between the two militaries through training.

Soldiers with the 1st Battalion, 27th Infantry Regiment, “Wolfhounds,” 2nd BCT, 25th ID, and those from the 5th Battalion, Singapore Infantry Regiment, participated in field training operations, known as “Lightning Strike,” July 9-20.

Lt. Col. Todd Fox, commander, 1st Bn., 27th Inf. Regt., 2nd BCT 25th ID,said the combined training began with familiarization for both armies on each other’s weapons.

The two units then moved from the team-level to squad-, platoon- and company-level exercises, alternating between commanders from the U.S. and Singapore to familiarize themselves with each military’s tactics, techniques and procedures.

“At the platoon-level, we conducted military operations on urban terrain with simulated civilians on the battlefield,” Fox said. “The final stage was company-level operations, which was more combined or integrated, with U.S. and Singaporean platoons operating under a U.S. commander in the morning and a Singaporean commander in the afternoon.”

Combined training operations between the countries not only strengthens the ties between the two militaries, but also contributes to increased stability and security in the Pacific region, said Capt. Zishan Amir, commander, Company

A, 5th Bn., SIR.

“Lightning Strike is just one of many bilateral exercises that the Singapore army has with the U.S. Army, and essentially it allows us to forge a better relationship,” Amir said. “I think that’s just better for the region as a whole.”

Amir added the combined training during Tiger Balm and Lightning Strike has strengthened the relationship between Soldiers from the two Armies on a more personal level.

“What it has done for us is we got to know how the U.S. Army operates and for us to show them how we operate,” Amir said. “Apart from training, we also had a lot of cohesion activities such as daily physical training, and that just builds on the camaraderie.”

Fox also said that Operation Lightning Strike has provided the Wolfhound Soldiers their first opportunity to work with the Singaporean army, exposing them to different operating procedures as well as a new culture.

“The best part has just been watching (Soldiers) learn from each other,” Fox said. “Initially I think there was a little bit of apprehension as Soldiers work with soldiers from another army, trying to gauge where they are on their ability levels and how they do things. Then, in a matter of a couple days they realized that armies are armies and they have the same challenges we do. It’s been very interesting to watch them share in the building and learning process and growing together.

“The thing to remember is that the Singaporean soldiers are just like our Soldiers,” Fox added. “We have the same challenges, the same capabilities, we just view problems a little differently, and that’s what really increases the value of training events like these; we get to see another perspective, take a different approach and often times we learn a new way to do things that is more effective or more efficient than what we’re currently doing.”

With Tiger Balm 2012 under their belts, both the Wolfhounds and the Singaporean soldiers can take their experiences and apply what they learned from each other to future operations, strengthening security throughout the Pacific region.



Soldiers from the 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID (right), prepare to enter a compound as soldiers from the Singaporean army (left) pull security at Marine Corps Training Area Bellows, on July 17 as part of Operation Lightning Strike.

8th TSC warrant officer gets top Army honor

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

FORT SHAFTER — Chief Warrant Officer 3 Jose Rossy-Rodriguez, chief, mobility support opera-

tions, 8th Theater Sustainment Command, is modest about his accomplishments and his career. Luckily for him and his unit, his boss and peers aren’t quite as modest.

“People abuse the term ‘constant professional,’ but he really is, and he is our go-to guy here in the office,” said Maj. Joshua Ginn, officer in charge of mobility for the 8th TSC and Rossy-Rodriguez’s boss.

“He is a soft-spoken man with a heavy impact on the transportation world,” Ginn said.

Others have taken notice of Rossy-Rodriguez’s work, because at Fort Lee, Va., July 26, he was awarded the Army Regimental Transportation Award for Mobility, the top honor for warrant officers in his field.

“This is a big deal for me,” Rossy-Rodriguez said. “It’s the recognition for all the hard work I have put into my job since becoming a warrant officer.”

Rossy-Rodriguez began his career in the Army as a private first class in 1997 as a motor transport operator. He spent the next seven years in various units and countries, reaching the rank of staff sergeant. In 2005, with encouragement from his

wife, he put in his warrant officer packet and earned his warrant officer rank.

“She told me to just go for it,” Rossy-Rodriguez said of his wife. “I owe a lot of my success to her.”

Seven years later, Rossy-Rodriguez is conducting container management throughout the entire Pacific area of operations.

“Not only does he make the job of everyone here easier, but also the job of people in different countries,” Ginn said. “He built the container management system for our Korea units from the ground up. He’s one of the most capable people I have ever met.”

Despite the praise from his boss and the rest of the 8th TSC, Rossy-Rodriguez remains humble, and was surprised by the nomination and winning the award.

“It came as a big surprise, a real shock,” Rossy-Rodriguez said. “I was going against my counterparts down-range, so after I won at the (U.S. Army-Pacific) level, I kind of just forgot about it.

“I keep telling everyone that it’s not that big of a deal” Rossy-Rodriguez added, smiling. “I just do my job and help out where I can.”



Chief Warrant Officer 3 Jose Rossy-Rodriguez, mobility support operations officer, 8th TSC, recently won the Army Regimental Transportation Award for Mobility, one of the highest honors in his field.

News Briefs

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

Today

Change of Command — Col. La’Tonya Lynn, 8th Military Police Brigade, 8th Theater Sustainment Command, will relinquish command to Col. Mark Jackson, 10 a.m. July 27. This ceremony will take place on Hamilton Field, Schofield Barracks.

Chaplain Corps Anniversary — U.S. Army Garrison-Hawaii’s chaplains invite the community to help celebrate the Chaplain Corps’ 237th anniversary, starting at 10 a.m., July 27, at the Hawaii Polo Club, 68-411 Farrington Highway, Waialua. To RSVP, email david.besikof@us.army.mil or call 655-9196. The chaplain offices will be closed on the day of the celebration.

2013 Tricare Fees — The fiscal year 2013 Tricare Prime enrollment fees for uniformed service retirees and their families go into effect Oct. 1, 2012. The Prime enrollment fees for 2013 are \$269.28 for retirees, and \$538.56 for retirees and their family members. Visit www.tricare.mil.

Water Usage — USAG-HI’s Directorate of Public Works, or DPW, is asking that people living and working on Schofield Barracks restrict water usage through Aug. 8 due to a limited water supply. Use water only when necessary; please don’t wash cars or water lawns during this time. DPW is diligently working to replace one of the water pumps that services Schofield Barracks.

31 / Tuesday

CID Recruitment — The U.S. Army’s Criminal Investigation Command is seeking qualified, high-caliber Soldiers to become CID Special Agents. Recruiting briefings are 9:30 a.m. every Tuesday at the Hawaii CID Office, Bldg. 3026, Schofield Barracks, just inside of Lyman Gate.

Visit www.CID.army.mil or contact Sgt. First Class Jesus Goytia at 655-1989 or jesus.goytia@us.army.mil.

DEPLOYED FORCES

25th CAB shows respect for Ramazan thru Aug. 19

CAPT. RICHARD BARKER
25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — The appearance of the new moon July 20 marked the beginning of this year’s Ramazan, a sacred holiday celebrated by Muslims around the world.

Soldiers of the 25th Combat Aviation Brigade, 25th Infantry Division, work in partnership with Muslim soldiers participating in this celebration from the Kandahar Air Wing, the 2nd Afghan National Civil Order Patrol Special Weapons and Tactics Team, the 4th KANDAK of the Afghan Nation-

al Army, and the United Arab Emirates.

“This holiday is compared to our Christmas and Easter time,” said Chaplain (Maj.) Kent Walker, chaplain, 25th CAB.

During Ramazan, which will last through Aug. 19, Muslims will go without food, drink or intimate activity during daylight hours. Fasting is a process of purification, with the goal of attaining the consciousness of Allah and guarding against the schemes of Shaitan, or Satan.

“We try as a culture not to be offensive, so what we try to do is respect fasting during this time,” Walker said. “When we are with our partners, we also go

without food and water.”

Ramazan, considered the month of the Quran, is also a time for Muslims to reflect, show kindness, practice self restraint and display extra appreciation toward Allah.

“Our Afghan partners will do more daily prayers during this time, so those of us who work with them need to be prepared,” Walker said. “For example, we may need to get up earlier to eat a meal before meeting with them.”

One company that is adjusting its training out of respect for its Afghan partners is Headquarters Support Company, 209th Aviation Support Battalion, 25th CAB, which conducts maintenance training for soldiers of the Kandahar Air Wing.

“We are going to be conducting training in the mornings for two hours,” said 1st Lt. Andrew Garland, battalion maintenance officer, HSC, 209th ASB, 25th CAB.

“We adjusted the training from a knowledge-base to hands-on,” Garland said. “They will be getting drivers training during Ramazan, and then after we will transition back to an academic portion.”

Previously HSC, 209th ASB, 25th CAB, conducted training in the afternoons, but because Muslims participating in Ramazan can only eat breakfast before sunrise, conducting morning training while they still have energy is more convenient.

“This time of fasting is a time of spiritual growth,” Walker said. “It’s not laborious for them; it’s a special time for them. I hope that Soldiers will be aware this is a special time for their spiritual journey.”

Traditionally following Ramazan, Muslims gather for a large meal in celebration of their successes during their period of restraint. This year, the 25th CAB plans to participate in this celebration by inviting Soldiers from partnered units to join for a feast.



Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs; 25th Infantry Division

Due to the Ramazan holiday, 25th CAB, 25th ID, partnership training, such as this pathfinder training conducted in June by Company F, 2nd Battalion, 25th Aviation Regiment, 25th CAB, 25th ID, to train soldiers of the 4th KANDAK, 2nd Brigade, 205th Corps, Afghan National Army, will be minimized to shorter hours out of respect for the Muslim observance.

2nd BCT: Mackey returns to ‘Topic Lightning’ Division, SB community

CONTINUED FROM A-1

your Soldiers to hold themselves to a higher standard, a Warrior Standard.”

Fuller went on to talk about Mackey joining the Warrior Brigade.

“In Col. Mackey, the 2nd Brigade is getting another proven warrior as their commander,” Fuller said. “A seasoned veteran of numerous deployments, he is well prepared for the challenges of training Soldiers and leading them in combat.”

Mackey, who is no stranger to Schofield Barracks or the unit, served as the squadron commander in the 2nd Squadron, 14th Cavalry Regiment, “Strykehorse,” 2nd BCT, before moving on to other assignments.

“I should have purchased a lottery ticket when we received the news that we would be returning

to Hawaii, the Tropic Lightning Division and the Schofield Barracks community,” Mackey said.

“(Col.) Vanek has stated in a few forums this past week that the Warriors are moving at the speed of war,” Mackey added. “His observations could not be closer to the truth given all of the great things this team does well every day.

“Together we will continue to move forward at the speed of war as we build upon the solid foundation established during Vanek’s tenure,” Mackey said.

“Command Sgt. Maj. Michael Crosby and I look forward to working closely with all of you as we prepare ourselves for the next time our nation calls upon us,” Mackey added.

In keeping with Hawaiian customs, after the ceremony Mackey and his family received lei, which welcomed them into the brigade and back to the island.



Maj. Gen. Kurt Fuller (left), commander, 25th ID, passes the brigade colors to Col. Thomas Mackey (right), incoming commander, 2nd BCT, 25th ID, during the brigade’s change of command ceremony at Schofield Barracks’ Weyand Field, July 20.



The 2nd BCT color guard stands at attention during the unit’s change of command ceremony.

500th MI Bde.: Brigade hails new commander with ceremony

CONTINUED FROM A-1

Battlefield Surveillance Brigade, XVIII Airborne Corps.

Mangan thanked the brigade Soldiers for their efforts in representing the brigade and ensuring the ceremony’s success.

“To the Soldiers standing here today representing the brigade, thank you!” Mangan said. “You look great, are doing well, and we appreciate your efforts in making this ceremony possible.”

Mangan went on to thank his predecessor for the impact she had during command.

“Col. Frost, I also want to extend my personal thanks on behalf of the countless Soldiers, to include myself,” Mangan said. “You and your family have had an impact not just here in the 500th Military Intelligence Brigade, but also other formations in the Pacific you have led or influenced.”



Col. William Mangan (far left), incoming commander, 500th MI Bde.; Lt. Col. Christopher Sweeney (middle), deputy commander, 500th MI Bde.; and Col. Patricia Frost (right), outgoing commander, 500th MI Bde., salute the colors while reviewing the brigade formation during the unit’s change of command ceremony at Schofield Barracks’ Weyand Field, July 17.

ATEX ‘Ikaiki’ ends

USAG-HI wraps up annual antiterrorism exercise

DONALD MURRY
Directorate of Plans, Training, Mobilization and Security;
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii conducted its annual antiterrorism exercise, “Ikaika 2012,” or ATEX “Ikaika,” here, July 16-20.

Multiple directorates and agencies from USAG-HI, along with Army civilians and Soldiers from USAG Daegu, South Korea, came together to conduct the exercise.

USAG Daegu personnel served as evaluators during the exercise, which was part of a continuing effort to test, assess and validate emergency response plans and procedures in response to possible acts of terrorism, as well as a test of participants’ abilities to coordinate and communicate.

ATEX participants took proactive measures to ensure the installation and its workforce are prepared to react in case of a real act of terrorism. It promoted the ideas of situational awareness, safety and personal responsibility in preventing attacks.

USAG-HI successfully used available resources to respond to possible chemical release and to active shooter scenarios, including hostage negotiation procedures and downed aircraft.

During the scenarios, response forces from police, fire and medical moved in, assessed the situation, processed a hostage situation and quickly took out the shooter while making sure additional victims were protected from further harm.

Working in the USAG-HI’s emergency operations center, liaisons from the Schofield Barracks Health Clinic coordinated communications with medical personnel, as is the case in any emergency medical response scenario.

The Federal Fire Department, Tripler Army Medical Center and SBHC arrived at each scene to treat and evacuate mock victims from the incident sites.

USAG-HI’s Directorate of Emergency Operations initially locked down Fort Shafter, Fort Shafter Flats and Wheeler Army Airfield to secure the scene. The garrison commander then gave the order to raise the Force Protection Condition, or FPCON.

Upon successful completion of the exercise, the FPCON was lowered.

All agencies involved in the exercise satisfactorily demonstrated knowledge of emergency response plans and procedures, and adequately implemented force protection measures.

HOLY FAMILY HOME ORPHANAGE VISIT



Sgt. Robert England | 2nd Brigade Combat Team, 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS, Above — Yuko O'Reilly (center), honorary “Wolfhound” mother, tells four Japanese orphans about the rank worn by Maj. Gen. Kurt Fuller (right), commander, 25th Infantry Division, during a ceremony welcoming the orphans to Oahu, held at the Nehelani Club, here, July 23.

Right — Sgt. 1st Class Marvin Lautieri (right), personnel section noncommissioned officer in charge, Headquarters and Headquarters Company, 2nd Battalion., 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th ID, greets two Japanese orphans at a welcoming ceremony, here. The orphans arrived from the Holy Family Home orphanage in Osaka, Japan, and will stay for two weeks with four host families from the Wolfhounds’ 1st and 2nd battalions.



Warrior Inn DFAC tastes victory with Connelly win

Story and photo by
SGT. DANIEL JOHNSON
2nd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — The Warrior Inn Dining Facility of 2nd Brigade Combat Team, 25th Infantry Division, won the Philip A. Connelly Award by outperforming other dining facilities in the U.S. Army-Pacific command this month during a strenuous evaluation of their facilities and personnel.

The Philip A. Connelly Award recognizes excellence in the preparation and serving of food in Army troop DFACs and during field kitchen operations. The competition is held annually and determines which DFAC is the best among those that compete.

“You’re competing against every food service specialist in the Army,” said Sgt. 1st Class Floyd Dodwell, manager, Warrior Inn DFAC, 2nd BCT, 25th ID. “The Connelly Award is a strenuous and stressful competition that evaluates all aspects of DFAC operation.”

As the winner of the USARPAC-level award, the Warrior Inn DFAC will now compete at the Department of the Army level against all other major command winners in the fall.

“Now that the Soldiers know they are part of the seven or eight DFACs competing for the DA-level award, the pressure is on to be number one,” Dodwell said.

“It means a lot to the Soldiers to be recognized for the hard work they put in,” said Spc. Jennifer McCain-Gomez, food service specialist, 225th Brigade Support Battalion, 2nd BCT, 25th ID.

“Motivation is up, and everyone comes in ready to give their all,” McCain-Gomez added.

Competition in the Phillip A. Connelly awards is optional; however, some commanders insist their unit be involved.

“The brigade commander said that ‘You will win this,’ and I took it as a personal challenge,” Dodwell said. “It has involved a lot of



Spc. Jennifer McCain-Gomez (left), food service specialist, 225th BSB, 2nd BCT, 25th ID, prepares a dish that will be served at lunch at the Warrior Inn DFAC on Schofield Barracks.

long hours and weekends spent cleaning.”

The Warrior Inn DFAC sets the bar high for other DFACs in the region. The Warrior Inn outperformed all other DFACs in Hawaii and Alaska to take the USARPAC award by closely adhering to Army standards and producing better results when evaluated by the panel.

“The standards in this DFAC are a lot higher than where I’ve

been stationed previously,” McCain-Gomez said.

The DFAC serves approximately 1,200 meals each day to Soldiers located on Schofield Barracks. Ensuring those meals are the best in the region is the mission of the 92Gs at the Warrior Inn.

“Winning (at) USARPAC impacted our Soldiers greatly,” Dodwell said. “It’s nice to be able to say we are the best food service specialists in USARPAC.”

DFAC: Soldiers prove abilities outside of kitchen in field feeding competition

CONTINUED FROM A-1

competition to see who is the best of the best in the Army.”

“(Feeding) the Soldier is a remarkable job,” said Chief Warrant Officer 4 Brock Sanders, food service technician, HHBN, 25th ID.

“This is a great training opportunity for the Soldiers, and we intend to bring the win back to Hawaii,” Sanders said.

HHBN, 25th ID, will now compete against all U.S. Army-Pacific teams in the field feeding competition in hopes to represent USARPAC at the Department of the Army competition in the fall.



Soldiers with the HHBN, 25th ID DFAC food service staff pose for a picture after winning the 25th ID Philip A. Connelly Field Feeding Award, July 18.

USACE-HD supports DOD Small Business Forum

Story and photo by
ANGELA KERSHNER
U.S. Army Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER — Department of Defense small business advocates on Oahu participated in the 10th annual DOD Hawaii Small Business Forum at the Honolulu Country Club in Honolulu July 12.

University of Hawaii’s Minority Business Development Agency Business Center sponsored the event.

The event provided an interactive forum for industry representatives to network with acquisition professionals from the U.S. Army Regional Contracting Office; the U.S. Army Corps of Engineers; Tripler Army Medical Center; Naval Supply Systems Command Fleet Logistics Center Pearl Harbor; Naval Facilities Engineering Command Hawaii; Pacific Air Forces Headquarters; Marine Corps Base Hawaii; U.S. Coast Guard, Defense IT Contracting Organization Pacific; Tripler Army Medical Center; Defense Logistics Agency; and the Small Business Administration.

After opening remarks and a presentation by the Minority Business Development Agency, a panel of DOD professionals shared upcoming contracting opportunities, as well as advice for working with their respective organizations.

Tony Paresa, deputy district engineer for programs and project management, represented U.S. Army Corps of Engineers-

Honolulu District and stressed the importance of open communication.

“Success is based upon everyone going in the same direction, when everyone understands what the goal is,” Paresa said. “If you are unsure, ask questions. Don’t assume; ensure we have a common understanding. Listen to what we are telling you; we will commit to listen to what you are telling us.

“We commit to you ... we will keep the communication flowing,” Paresa added. “We commit to being very honest with you.”

In the afternoon, participants attended breakout workshops covering Multiple Award Task Order Contracts, or MATOCs; safety success on Navy contracts; how to obtain GSA Federal Supply Schedules; and how to do business with the Veterans Administration.

Lou Muzzarini, construction branch chief, USACE-HD, and Kent Tamai, contracting officer, USACE-HD, presented “The ABC’s of Multiple Award Task Order Contracts” to approximately 30 workshop attendees.

“Safety is very important to us, and I think we all have a moral responsibility to get our employees home to their families in the same way they came to work,” Muzzarini said.

“I want to help you learn to work better with the Corps so that we can work together to build higher quality projects done ontime, safely and within budget so we can turn them over to our customers on the day we said we would,” Muzzarini added.



Cathy Yoza (middle), deputy for small business programs, U.S. Army Corps of Engineers-Honolulu District, meets with small business representatives to discuss opportunities with the Corps during the 10th annual DOD Hawaii Small Business Forum at the Honolulu Country Club in Honolulu, July 12.



Courtesy photo Skydive Hawaii

Spc. Travis Anderson (bottom), an intelligence analyst with HHC, 311th Sig. Cmd. (T), shows his enthusiasm high above Oahu’s North Shore during his first tandem jump to celebrate his six-year re-enlistment in the Army, July 16.

Soldier re-enlists with skydive

CAPT. LIANA MAYO

311th Signal Command (Theater) Public Affairs

WAIALUA — “I’ve gotta do this again!” Spc. Travis Anderson exclaimed as his parachute drifted to the ground behind him, excited eyes confirming his words were true and that he has a shot at earning his wings in airborne school.

Anderson, an intelligence analyst assigned to Headquarters and Headquarters Company, 311th Signal Command (Theater), raised his right hand and re-enlisted in the Army for six years at Dillingham Airfield, here, July 16. Anderson; his wife, Sara; and four other Soldiers celebrated his decision by skydiving tandem with a local skydiving company.

The jump was Anderson’s first and was intended to be a beta test of sorts, as his re-enlistment contract includes a \$26,000 bonus for electing to attend airborne school.

“I know it’s completely different than the Army style of parachuting, but it solidified for me that I really do enjoy parachuting or skydiving,” Anderson said.

“Travis is an outstanding intelligence Soldier who operates at a higher capacity than his current rank and will go far with his Army career,” said Capt. Faith Fisher, intelligence officer, 311th Intelligence Office, and Anderson’s re-enlistment officer.

“I was honored when he asked me as an Active Guard Reserve military intelligence officer to conduct his re-enlistment and to skydive,” added Fisher, who also made the jump with her husband, Chief Warrant Officer Stanley Fisher III, Company B., 301st Military Intelligence Battalion.

Spc. Roberto Morales, an intelligence analyst assigned to HHC, 311th Sig. Cmd. (T), and Capt. Liana Mayo, public affairs officer, 311th Sig. Cmd. (T), also skydived with the couples.

“For those on the fence about whether to get out or stay in, I suggest they give the Army a second chance and see where it will take them,” Anderson said. “There are so many opportunities and a variety of experiences everywhere the Army takes you.”

Anderson will attend airborne school at Fort Benning, Ga., as part of his Permanent Change of Duty Station next summer.

Contact

For details about joining the 311th Signal Command (Theater)’s team of active component, reserve and active guard reserve Soldiers and Dept. of Army civilians, email Master Sgt. Roxanne Salisbury at roxanne.s.salisbury.mil@mail.mil.

84th Eng. Bn. spouses become SOLDIERS for a day



Photos by 2nd Lt. Carolyn Johnson | HHC; 84th Eng. Bn; 130th Eng. Bde, 8th TSC

(Top) Spouses of the 84th Eng. Bn., 130th Eng. Bde, 8th TSC, compete in the leader's reaction course during Koa Ohana Day, here, July 14.

(Below) Soldiers from the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, provide safety for spouses as they conduct the leader's reaction course.

Soldiers and spouses from the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, participate in round of tug-of-war.

2ND LT. ROBERT LEEDHAM,
84th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Spouses of the 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, got a taste of the Army life, here, July 14.

Koa Ohana Day offered a chance for spouses to experience and learn various tasks and responsibilities of their Soldier.

The event was designed to build friendships and develop camaraderie across the battalion and families.

The day started with a safety briefing; spouses then formed teams and conducted a modified Army physical fitness test consisting of pushups, sit-ups, and a shuttle run. Afterward, teams conducted Soldier tasks including carpentry and a leader's reaction course.

"It was really a great experience for all of the spouses," said 1st Lt. Danielle Monroe, platoon leader, 26th Concrete Detachment, 84th Eng. Bn., 130th Eng. Bde., 8th TSC. Monroe served as a team leader for the day's events.

"They all were extremely motivated and enjoyed getting a taste of life as a Soldier. My team especially liked the leader's reaction course," Monroe said. "It was surprising to see how well they were able to work as a team after only meeting each other a couple hours earlier."

Teams then moved on to what many considered the main event of the day; spouses marched toward the M16, M9 and M249 ranges to test their marksmanship abilities. No special treatment was given as they donned personal protective equipment including interceptor body armor, advanced combat helmet, eye protection, ear protection and gloves – the same standards experienced by their Soldiers.

"The event was enjoyed by everyone involved," said 2nd Lt. Scott Kantner, platoon leader, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. Kantner served as the officer in charge for the weapons ranges. "It's something special when we are able to give our Soldiers' families an opportunity to have fun and get dirty. You could see their excitement throughout the whole thing."

At the end of the day, awards were presented to the winners. Participants then welcomed each other to a

barbeque and enjoyed each other's company as they replayed the days events.

DFMWR offers Fort Shafter patrons new dining options



DFMWR officials say more than 20 new items have been added to the new evening dining menu for Mulligan's Bar and Grill at the Hale Ikena. Fort Shafter patrons received free samples during an open house, July 19.

Story and photos by
JENNY DUONG

Directorate of Family and Morale, Welfare and Recreation

FORT SHAFTER — Mulligan's Bar and Grill menu makeover has resulted in a new evening full dinner service.

Directorate of Family and Morale, Welfare and Recreation officials are hoping to change the image of the dining facility with the introduction of the evening service.

The restaurant, long known to many patrons as a golfer's snack bar that services neighboring Walter J. Nagorski Golf Course patrons, introduced more than 20 new dishes, July 19, as well as new evening food service, here, for the installation.

"Offering dinner service allows for our Soldiers and families to enjoy time to dine together as a family unit without having to travel far from home," said Katy Carter, business manager, Hale Ikena/Mulligan's, DFMWR. The greatest benefits are the location and the cost. Our dinner service menu options are offered at a reasonable price and Fort Shafter, Aliamanu Military Reservation and Tripler Army Medical Center residents don't have to travel far to enjoy our dining experience."

Along with new dinner hours came a restructuring of the current menu. Aside from soups, salads and sandwiches, the chefs and food and beverage managers worked to expand the menu selection to satisfy different taste palettes.

"It was time to add some variety, more health conscious options, and incorporate some of the food trends

we are seeing in the industry," said Rhonda Hunter, chief, Business Operation Division, DFMWR.

The enhanced menu includes more appetizers, entrées and desserts, prepared with fresh ingredients and made to order. The chefs and cooks were trained by the chef staff from the Hale Koa Hotel to output many diverse meals in the most efficient manner.

"This allows our regular lunch-goers to have many options to choose from and gives our families an evening option for casual dining during the week," Carter said.

Community members sampled new menu offerings at the event that served as a testing ground for the new menu roll-out Monday.

"The Open House was a great experience and I'm looking forward to trying many more (Mulligan's) items," said Master Sgt. Veronica Valentine, Post Police Sr. NCO, U.S. Army Garrison-Hawaii.

Kolekole Bar and Grill on Schofield Barracks, another DFMWR eatery, will unveil its new menu Aug. 2, with new menu items that were developed in a similar fashion to the Mulligan's approach.

"We want all of our DFMWR programs to be the 'first choice' for our military community based on the level of guest service, quality and value they receive," Hunter said.





Briefs

Today

TAMC PFC Resurfacing — The basketball court and racquetball courts at the TAMC Physical Fitness Center, Buildings 300 and 304, will be closed, July 27-28, for resurfacing.

Hawaiian Luau Lunch Buffet — Every last Friday of the month, enjoy the Hawaiian Luau Lunch buffet at the Dining Room at the Hale Ike-na, FS, or Kolekole Bar and Grill, SB. Cost is \$12.95 per person. Call 438-1974 (FS) or 655-0660 (SB).

28 / Saturday

BOSS Super Hero Party — The Tropics Warrior Zone will host this Better Opportunities for Single Soldiers, or BOSS, event, 9 p.m., July 28. Call 655-1130.

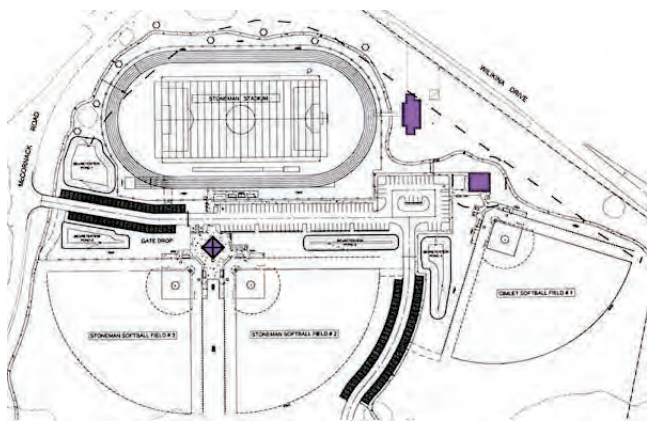
30 / Monday

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

SB fitness complex underway

LAURESSA REESE
Directorate of Family and Morale, Welfare and Recreation;
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Construction is underway on the Stoneman Sports Field Complex, here, designed to provide new efficiencies and amenities for



physical training and intramural sports.

The new complex will contain three lighted softball fields, a running track, a lighted soccer/football field, a 400-meter rubber track, a fitness trail with eight workout stations and restrooms. Demolition and construction work is projected to be completed June 2013.

“This new complex is intended to be state-of-the-art and a source of pride for our entire U.S. Army-Garrison-Hawaii community,” said Michael Amarosa, director, Directorate of Family and Morale, Welfare and Recreation, USAG-HI.

The complex is designed to support Soldiers and family members for PT, intramural and competitive sports, personal fitness and community activities.

Construction updates

- www.himwr.com

nhliaison@gmail.com.
Class dates follow:
•Mondays, SB Kalakaua Community Center.
•Tuesdays, AMR Community Center.

August

1 / Wednesday

Swimming Lessons — Session dates follow:
•HMR Pool Session 3, Aug. 8-18;

registration is Aug. 1-7.
•AMR Pool Session 3, Aug. 6-18; registration is Aug. 1-8.
•Richardson Pool Session 6, Fort Shafter, Aug. 13-23; registration is Aug. 4-5.
•TAMC Pool Session 6, Aug. 13-24; registration is Aug. 2-11.
Registration takes place at the desired class site. Keiki must be registered with CYSS. Visit himwr.com.

BOSS Meetings — Single Sol-

diers and geographic bachelors are invited to attend Better Opportunities for Single Soldiers, or BOSS, meetings every Wednesday of the month.
•North meetings are held at 3 p.m., Tropics Warrior Zone, SB, every first and third Wednesday. Save the dates: August 1 and 15.
•South meetings are held at 10 a.m. at the AMR Chapel every 2nd and 4th Wednesday of the month.

See FMWR Briefs, B-5

HALE KULA ELEMENTARY SCHOOL

First day of school approaches

The first day of school for children attending Hawaii public schools for the 2012-2013 school year is July 30, unless otherwise noted.

Educators recommend that parents contact school front offices concerning student meal accounts and bus transportation payments.

Hale Kula Elementary

www.halekula.k12.hi.us, 622-6380.
The parking area directly in front of the school is for staff only, from 7-8:15 a.m. and 1:30-2:30 p.m. Parking is available in the lot across the school on Ayres Avenue and in the lot across from the Soldier Assistance Center.
During peak morning and afternoon hours, only one drop-off/pick-up lane is available.

Helemano Elementary School

www.helemano.k12.hi.us; 622-6336.
•Aug. 2: Kindergarten list posting at 8:30 a.m. and kindergarten parent orientation.
•Aug. 8: Kindergarten, first day of school.

Shafter Elementary School

www.shafter.k12.hi.us; 832-3560.
•July 30: First day of school; parents of kindergarteners only (no children) in the cafeteria.

Solomon Elementary School

www.solomon.k12.hi.us; 624-9500.
•Aug. 3: Open house for grades 1, 2, 3 at 5, 5:30-7 p.m.
Solomon Elementary requires a local telephone number for all parents.

Wahiawa Elementary School

www.wes.k12.hi.us; 622-6393.
•July 30: First day of school; separate schedule for kindergarteners.
•Aug. 16: Open house
Uniform shirts will be available for purchase at the front office.

Wheeler Elementary School

www.wheeler.k12.hi.us; 622-6400.
•July 30: First day of school; orientation for kindergarten students.
Uniform pick-up to be determined.

Wahiawa Middle School

www.wahiawamiddle.org; 622-6500.
•July 30: First day of school.

Wheeler Middle School

www.wheelm.k12.hi.us; 622-6525.
•July 30: First day of school; 7:45 a.m.

Leilehua High School

www.leilehua.k12.hi.us; 622-6550.
•July 30: Freshmen orientation; schedule pick-up for incoming 9th graders, only; and fee payments, 8:30 a.m.-noon, in the cafeteria.
•July 31: First day of school for all students, 8:30 a.m.
Parents who would like to apply for free/reduced lunches will need to bring their current Leave and Earnings Statement. All deposits into student meal accounts should be made with cash or check only.

School Supplies

School supply lists can be picked up at school front offices and at some retail stores, including the Main Exchange, Navy Exchange, Longs, Wal-Mart, Kmart and school websites.

Public School Bus Passes

Parents whose students who are entitled to free bus passes must complete an application form at <http://iportal.k12.hi.us/GBT>. Rate schedules and eligibility requirements for school bus services are also available at this website.
Contact the child’s school or the Department of Education Student Transportation Services Branch at 586-0170.

Child Safety

Keiki less than 10 years of age are not permitted be left unsupervised at a bus stop and are not allowed to walk to school alone. Keiki less than 10 years of age must be escorted by a parent or sibling 12 years of age or older. U.S. Army Garrison-Hawaii’s Policy Memorandum 34, “Child Supervision Policy for Army Installations in Hawaii,” states the conditions under which children must be supervised.

School Calendars

For additional school information and individual school calendars, visit:
• <http://doe.k12.hi.us/calendars1213>

community Calendar

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

Today

Community Survey — U.S. Army Garrison-Hawaii is conducting a community-wide survey through July 31. The survey will gather customer feedback about the quality and importance of garrison services, and is open to all Soldiers, family members, retirees and civilians who use garrison services. Access at https://www.surveymonkey.com/s/Community_Survey_2012. Responses are anonymous. Call 655-8391.

28 / Saturday

Camp Smith Run — The Camp Smith 5K Grueler will be run at 6:30 a.m. July 28, on the hill above Halawa, providing a scenic view of Pearl Harbor. Cost to participate is \$30. Race day on-site registration is permitted. Call 254-7590.

31 / Tuesday

Schofield Thrift Shop Reopens — The Schofield Barracks Hui `O Na Wahine spouses club serving Schofield Barracks will reopen the thrift shop at 9 a.m., July 31.

August

1 / Wednesday

ACAP Career Fair — The Army Career and Alumni Program, or ACAP, will host a career fair, 11 a.m.-2 p.m., Aug. 1, Room 123, Building 750, Soldier Support Center, SB.

Recruiters from a variety of companies will be available. Call 655-1028.

4 / Saturday

Evento Latino — This Spanish-speaking event for military families will be held 10 a.m.-2 p.m., Aug. 4, Main Post Chapel, 790 McCormack Rd., Schofield Barracks. This event includes special music, grilled food, a jump house, a climbing wall and shaved ice.
Call 655-6644/438-1996. Se habla Español.

PWOC Kickoff Rally

Protestant Women of the Chapel, or PWOC, Pacific Region, will host a kickoff rally 9-11 a.m., Aug. 4, at Ka Makani Community Center, Joint Base Pearl Harbor-Hickam.
PWOC is a women’s Bible study group that meets in lauraservinghim2012@gmail.com.

6 / Monday

Preschool Registration — Parents can register for all classes that start Aug. 6-7, at the Armed Services YMCA, 1262 Santos Dumont, WAAF. Two levels of preschool are offered:
•Parent Participation
Preschool is a foundational program wherein children are introduced to a more structured learning environment that supports independence.
Classes are Mondays and Wednesdays, 9-11 a.m., for ages 2 1/2-3 1/2. Cost is \$70 per month.
•Kinder-prep encourages children to explore academics and learn daily routines. Classes are 8:30-11:30 a.m., Tuesdays and Thursdays, for ages 3 1/2-4 1/2. Cost is \$120 per month. Call 624-5654.

worship Services

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

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

Buddhist Services

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

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex

Protestant Worship

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

Single Soldiers’ Bible Study

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

Worship Service

•Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

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



Snow White and the Huntsman

(PG-13)
Fri., July 27, 4 p.m

Rock of Ages

(PG-13)
Fri., July 27, 7 p.m.
Thu., Aug. 2, 7 p.m.

Madagascar 3: Europe’s Most Wanted

(PG-13)
Sat., July 28, 4 p.m.
Sun., July 29, 2 p.m.

That’s My Boy

(PG-13)
Sat., July 28, 7 p.m.
Wed., Aug. 1, 7 p.m.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building

AMR: Aliamanu Military Reservation
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and Recreation
FRG: family readiness group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
SB: Schofield Barracks

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

8TH TSC COMMANDERS' RUN



Sgt. Gaelen Lowers | 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Maj. Gen. Stephen Lyons (front left), commander, 8th Theater Sustainment Command, runs with his company commanders, July 25,, here, to encourage esprit de corps and professional development. The morning run was followed by a commander’s call focusing on the future of the command.

DEPLOYED FORCES

45th SB dedicates memorial CrossFit competition

Story and photo
SGT. CHRIS HUDDLESTON
45th Sustainment Brigade Public Affairs,
8th Theater Sust. Command

KANDAHAR AIRFIELD, Afghanistan — Soldiers and officers of the 45th Sustainment Brigade gathered for a memorial CrossFit Workout of the Day, or WoD, honoring Staff Sgt. Robert Massarelli at 8th TSC’s 45th Sust. Bde. CrossFit Gym, July 16, here.

The workout consisted of three rounds of four exercises: a waiter’s walk with 135 pounds for males, 95 pounds for females; and 15 pull-ups; 15 wall ball tosses; and 15 sledgehammer strikes.

“It was good because it was for my friend,”

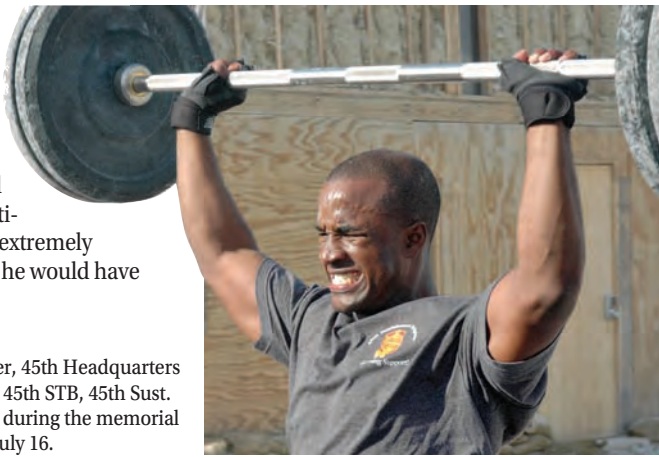
said Sgt. Tuan Nguyen, motor transport operator, 96th Transportation Company, 117th Combat Sust. Support Battalion, 45th Sust. Bde. “We did this for Staff Sgt. Robert Massarelli and please don’t forget his driver, Sgt. Michael Strachota, who also passed. This WoD is for them.”

According to his unit, Massarelli was an avid CrossFitter. Massarelli and Strachota both paid the ultimate price June 24 while conducting logistical operations just outside of Kandahar Airfield.

Nguyen and other Soldiers from the 96th Trans. Co. motivated each other during the competition by holding up posters with Massarelli’s photo when the going got tough.

“(Today’s workout) is to make it known that he is always in our thoughts and in our hearts,” said Staff Sgt. Victoria Burns, 96th Trans. Co., 117th CSSB, 45th Sust. Bde. “It was good for esprit de corps, very motivational. The work out was extremely challenging. It’s something he would have loved.”

Capt. Walter Ivory, commander, 45th Headquarters and Headquarters Command, 45th STB, 45th Sust. Bde., performs a waiter’s walk during the memorial CrossFit Workout of the Day, July 16.



Briefs

CONTINUED FROM B-2

- Save the dates: Aug. 8 and 22. Call 655-1130.
- 2 / Thursday**
Mom and Tots Art — This event is at 10-11 a.m., every Thursday at the SB Arts and Crafts Center. Cost is \$5. Call 655-4202 to register.
- New Menus** — New menus are now available at Kolekole Bar and Grill, SB, and Mulligan’s Bar and Grill, FS. Call 655-4466/438-1974. See related story on B-1.
- 3 / Friday**
Right Arm Night — The Nehe-lani Showroom opens at 4 p.m, Aug. 3. Tickets are \$5 in advance or \$8 at the door. Enjoy a Backyard Barbecue

- Buffet. Spouses and civilians are welcome. Call 655-4466.
- 4 / Saturday**
Adventure Surf Lessons — Enjoy a surfing lesson for \$54 with Outdoor Recreation 7:30 a.m.-12:30 p.m., Aug. 4. Everything but the sunscreen and snacks provided. Class size limited to 12. Call 655-0143 to reserve a spot.
- Ladies Golf Clinic** — Every first Saturday of the month, Leilehua Golf Course holds a free ladies golf clinic from 1:30-3:00 p.m. Call 655-4653.
- 9 / Thursday**
10-Mile Race Around Wheeler — Entry deadline is Aug. 9 for the Aug. 19 Army 10 Mile Race Around Wheeler. Run starts promptly at 6:45 a.m., Aug. 19. Call 655-0856/9914.
- Ongoing**
Flag Football League — The USAG-HI Sports Office is accepting applications for the 2012 flag football league. The season starts Sept. 10. Entry deadline is Aug. 24. Call 655-0856/655-9652.

Fisher House collects boots for run

PACIFIC REGIONAL MEDICAL COMMAND
HONOLULU — In memory of fallen service members, the Tripler Fisher House, here, is collecting more than 6,500 pairs of boots for the 2012 Fisher House Hero and Remembrance Run, Walk or Roll, scheduled Aug. 18.

Each pair of boots will represent a service member who has died since Sept. 11, 2001, and will be displayed with a photo of the service member. The boots will line the path of the run.

Donated boots do not need to be new; in fact, donors are encouraged to include a note with the boots about themselves or the path the boots have traveled.

The Fisher House Hero and Remembrance Run, Walk or Roll, is scheduled 7 a.m., Aug. 18, at the Pacific Aviation Museum on Ford Island. The event will include a Keiki Fun Run. A military ceremony will also be held to honor the fallen and recognize the Gold Star families and friends left behind.

Following the run, attendees can partake in the museum’s Biggest Little Air Show Family Fun Day, which will feature interactive military static displays, information booths to include the Fisher House, an air show and entertainment. There is no cost to register for the run and shirts will be available for purchase.

The military unit with the most participation will

be awarded the “Bronzed Traveling Boots” for this year.

This is the first year the Tripler Fisher House has organized the run, but it plans to make the event an annual occurrence.

The Fisher House Hero and Remembrance Run, Walk or Roll is being held to raise awareness of the Fisher House and the importance of supporting military families during a medical crisis or loss. The event and Family Fun Day are open to service members, Department of Defense civilians, families and the general public.

Tripler Army Medical Center is home to two Fisher Houses and provides lodging to service members, retirees and their families from throughout the Pacific region.

Remembrance Run Boot Collection

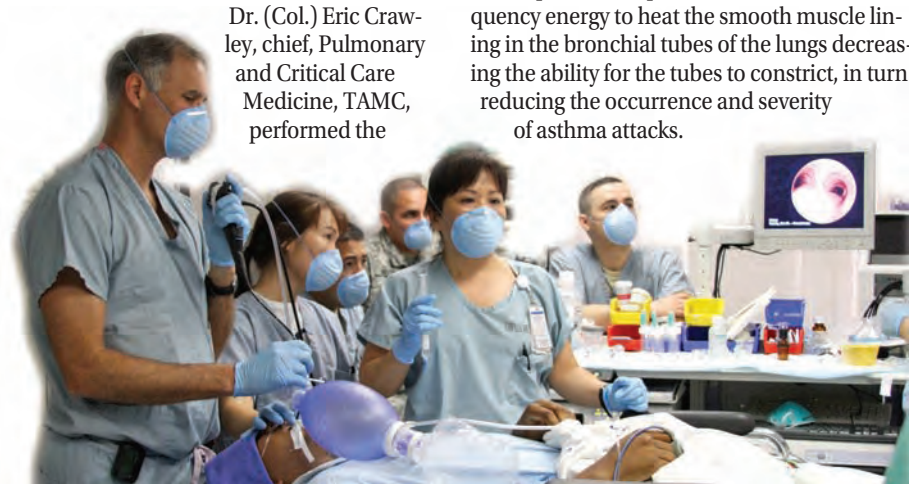
Boots need to be collected no later than Aug. 4 and can be dropped off at either Fisher House at Tripler Army Medical Center, or mailed to 317 Krukowski Rd., Honolulu, HI 96819.

Units can their own collection sites and can do so by coordinating with Theresa Johnson, Fisher House manager, at 561-7423, or theresa.m.johnson2@us.army.mil

TAMC offers promising therapy for severe asthma

Story and photo by
STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — By using radiofrequency energy, pulmonologists at Tripler Army Medical Center, here, are leading the way in the treatment of severe asthma for Army Medicine beneficiaries.



Dr. (Col.) Eric Crawley (left), chief, Pulmonary and Critical Care Medicine, Tripler Army Medical Center, performs a Bronchial Thermoplasty on Spc. Thomas Richberg, food service specialist, 558th MP Co., 728th MP Bn., April 12. The procedure uses radiofrequency energy to heat the smooth muscle lining in the bronchial tubes of the lungs decreasing the ability for the tubes to constrict.

first bronchial thermoplasty not only within the Army, but for the State of Hawaii April 12. The Food and Drug Administration-approved therapy aids in asthma control in severe asthmatics, and may help the Army retain Soldiers who may otherwise be medically discharged. The permanent procedure uses the radiofrequency energy to heat the smooth muscle lining in the bronchial tubes of the lungs decreasing the ability for the tubes to constrict, in turn reducing the occurrence and severity of asthma attacks.

The fairly new treatment is performed by a board-certified pulmonologist and consists of three sessions over the course of six weeks. The exciting option is directed at severe asthmatics who cannot manage their asthma well with medication. So far, Crawley said, TAMC has treated two patients using the therapy and are seeing encouraging results. “In the near future TAMC’s Pulmonary Medicine is planning to perform a research study to determine if this technology may improve asthma control, so that service members with disqualifying asthma might be able to be retained on active duty,” Crawley said. “The first patient completed his final treatment May 30 and the second patient (completed) his Wednesday. Several other patients are in the pipeline.” Even though the therapy came too late to retain Spc. Thomas Richberg, food service specialist, 8th Military Police Brigade, 8th Theater Sustainment Command. Richberg was Crawley’s first bronchial thermoplasty patient and said he couldn’t be happier about being better able to manage his asthma. The 26 year-old, who is originally from Savannah, Ga., developed asthma during a deployment to Iraq in 2007-2008.

Despite being medically discharged from active duty because of the severity of his asthma, Crawley called Richberg right away when he heard about receiving the grant for the technology. As Richberg continues to plan for his future after his expected discharge sometime next month, he is excited as he prepares to attend culinary school in North Carolina. He can literally breathe a little easier because of his experience at TAMC’s Pulmonary Clinic. “(After each session, staff from) the hospital’s Pulmonary Clinic called to check up on me and still call (to make sure I am doing well),” Richberg said. Even though the therapy is showing promising results, it is not a cure for asthma. “(Patients will) still have asthma and they will still have to take their medication,” Crawley said. Although it is still too early to tell how much the therapy will ease the attacks for severe asthmatics, Crawley said based on the first patients, the therapy’s outlook is good. “My hope is that if this is successful, we may be able to save tax payers money per patient (and) retain Soldiers who would have been otherwise separated,” Crawley said.

TriWest preps for school year

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — That time of year is right around the corner — back-to-school madness. So, when you’re driving around to pick up new clothes and pencils, don’t forget the most important stop for your child: the doctor’s office. The Centers for Disease Control and Prevention, or CDC, recommends that most children be vaccinated against these diseases:

- Tetanus;
- Diphtheria;
- Hepatitis B; and
- Measles, Mumps and Rubella, or MMR. The vaccine is an all-in-one shot.

All of these diseases can cause serious health problems, and many schools won’t allow children to attend unless they are current on their vaccinations. And even though it’s early now, remember to begin planning for your child’s seasonal flu shot. Nine out of 10 healthy people who get one, don’t get the flu, but Tricare covers these vaccinations, too. Before visiting the doctor’s office, remember to complete these tasks:

- Update the Defense Enrollment Eligibility Reporting System, or DEERS.

Make sure your information in DEERS is correct.

- Bring your military ID card. Your ID card is what the doctor’s office will use to confirm your Tricare eligibility. Tricare staff will make a copy of your ID card.

Tricare Coverage

Tricare will cover all age-appropriate vaccinations, as recommended by the CDC, visit:

- www.cdc.gov/vaccines

For more healthy living tips, visit:

- www.TriWest.com/HealthyLiving

Users can view all their primary care manager’s information online. Register for an account at:

- www.triwest.com

Schofield Clinic Hours

Walk-in hours for the Schofield Pediatrics and Schofield Family Practice clinics are 8:30-11 a.m., and 1:30-3 p.m. daily. For appointments at U.S. Army Health Clinic-Schofield Barracks, call the central appointment line at 433-2778.

Strep not a typical sore throat

LT. COL. PATRICIA MCKINNEY
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — People often think that any painful sore throat is strep throat and that antibiotics are needed to make it better. This belief isn’t true. Strep throat is an infection of the throat and tonsils caused by streptococcal bacteria. The throat gets irritated and inflamed causing a sudden, severe sore throat. Most other sore throats are caused by a virus. Sore throats caused by a virus are also painful. If you have cold-like symptoms such as a runny or stuffy nose and coughing, you probably do not have strep throat. **The most common symptoms of strep throat are:**

- Sudden, severe sore throat;
- Pain when you swallow;
- Fever over 101 degrees Fahrenheit (38.3 degrees Celsius);
- Swollen tonsils and lymph nodes; and
- White or yellow spots on the back of a bright red throat.

People spread the bacteria by sneezing, coughing, shaking hands or close contact with people who are infected. You can also pick up strep by touching areas that were touched by an infected person such as phones, doorknobs, and tables and then touching your eyes, nose or mouth. **To prevent infection:**

- Avoid close contact with an in-

fecting individual;

- Do not share toothbrushes or eating and drinking utensils;
- Wash your hands frequently;
- Strengthen your body’s ability to fight off infections with a healthy diet, regular exercise, a good night’s sleep and managing your stress; and
- Wipe down your phone.

Strep throat can’t be accurately diagnosed by symptoms or by a physical exam alone. Diagnosis is made by swabbing the back of the throat for a culture to identify the presence of strep bacteria. Sore throats should only be treated with antibiotics if the strep test is positive. Penicillin or amoxicillin are usually the antibiotics prescribed to treat strep throat infection. Antibiotics should be taken for the entire 10 days, even though symptoms are usually gone after a few days. If antibiotics are not taken for the full course of treatment, the infection may reoccur and stronger antibiotics may be needed to treat the infection. Remember strep throat is not your average sore throat. If you suspect that you may have strep throat, see your healthcare provider.