

# Quad D improvements include one-plus-one suites

Engineers, Garrison perform site blessing for renovation of ‘Wolfhounds’ barracks

**JOSEPH BONFIGLIO**  
U.S. Army Corps of Engineers-Honolulu District Public Affairs

SCHOFIELD BARRACKS — Officials from the U.S. Army Corps of Engineers, U.S. Army Garrison-Hawaii and contractor NAN performed a site blessing for the renovation of Quad D, here, Friday.

Quad D houses the 25th Infantry Division’s famous 27th Infantry Regiment: the Wolfhounds.

“When this project is complete, our Soldiers are going to have vastly improved quality of life because of the improved facilities they will have,” said Lt. Col. Barrett Bernard, commander, 2nd Battalion, 27th Inf. Regt. “Wolfhounds,” 3rd Brigade Combat Team, 25th ID.

“D Quad has been the home of the Wolfhounds since the 1920s, and it will be the home of the Wolfhounds forever,” Bernard continued.

“It’s a very proud regiment, and this means a lot. This renovation means so much to our veterans,” Bernard added.

The Quad D renovation continues the Corps’ strong partnership and commitment to creating quality facilities on time and under budget for USAG-HI and for Soldiers returning from deployments, said Maj. Sally Hannan, deputy commander, USACE-HD.

See **QUAD A-4**



**Vickey Mouzé** | U.S. Army Garrison-Hawaii Public Affairs

A sign in front of Quad D at Schofield Barracks alerts passersby of renovations to the home for the 25th ID’s 27th Inf. Regt., “The Wolfhounds.” Renovations are scheduled to be completed July 2014. Soldiers will live in two-man suites, which will come with a kitchenette and shared bath and other amenities.



**1st Lt. John Proctor** | 4-2nd, 2nd CAB, 2nd Inf. Div.

1st Lt. John Proctor, a pilot with 4-2nd., 2nd CAB, 2nd Inf. Div., delivers an attack on enemy targets during Joint Exercise “Gunsmoke” at Rodriguez Live Fire Complex, Korea, Sept. 6.

## ‘Wolfhounds’ conduct Joint Exercise ‘Gunsmoke’ in ROK

Army partners with Air Force for training

**SGT. DANIEL JOHNSON**  
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

RODRIGUEZ LIVE FIRE COMPLEX, Korea — Soldiers and airmen came together at the Digital Multipurpose Range Complex, here, Sept. 6, to conduct Joint Exercise “Gunsmoke” as part of “Operation Wolfhound Maul” conducted by 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division.

Soldiers of the 1-27th were joined by Army aviators from 4th Attack Reconnaissance Battalion, 2nd Aviation Regt., 2nd Combat Avn. Brigade, 2nd Inf. Division,

and Air Force pilots from the 36th and 25th Fighter Squadrons, 51st Fighter Wing, Osan Air Base, Republic of Korea.

Also participating in the exercise were five airmen from the 25th Air Support Operations Squadron, 1st Air Support Operations Group, from Wheeler Army Airfield. These joint forces were able to produce a realistic training environment for all assets to train.

“The purpose of today’s training was the integration of air assets, as well as indirect fire assets from mortars and artillery,” said Capt. Jason Stanley, fire support officer, 1-27th. “This allows the maneuver commander to have hands-on experience conducting a mission with multiple assets at his disposal.”

See **GUNSMOKE A-4**

## Engineers’ train at PTA; improve route, parking lot

**CADET TAISSIA PITUCH**  
561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

POHAKULOA TRAINING AREA, Hawaii — Soldiers with the 561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, are working on construction projects, here.

They arrived Aug. 6 to build a Main Supply Route, or MSR, and to improve a new Tactical Vehicle Parking Lot, or TVPL.

Both missions are scheduled to be completed in early October.

These construction projects are part of a company-level exercise that gives equipment operators a chance to train and provide a quality product that will serve the needs of future units training, here.

“The current mission is to improve construction on the TVPL in order to provide a staging area

for a battalion-sized element’s rolling stock,” said 2nd Lt. Charles Payne, officer in charge and project manager, 561st Eng. Co.

Soldiers worked 12-hour shifts to stay ahead of schedule.

“I am impressed with the Soldiers’ steady work-rate and proficiency on the equipment,” said Sgt. Jesus Miguel Rodriguez, vertical construction non-commissioned officer, 561st Eng. Co. “The Soldiers’ motivation increases each day as they see the project coming together.”

Despite the speed of the project, safety is paramount. Soldiers are required to wear personal protective equipment while working to ensure their safety.

“I am watching a lot of equipment moving side by side,” said Pfc. Raymond Williams, Combat Life-

See **PTA A-4**



**2nd Lt. Charles Payne** | 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC

Soldiers with the 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, load a Logistical Support Vehicle at Kawaihae Harbor, Hawaii, with heavy equipment. The equipment will be used to complete the Main Supply Route and Tactical Vehicle Parking Lot projects at PTA on the Big Island.

### 7th Eng. Det. jumps into ‘Deep Blue’| A-4

Army divers sail to Big Island for training.



### Female Mentorship | A-5

94th AAMDC initiates new program that pairs senior female Soldiers with junior Soldiers.

### Army Strength | B-1

Army dedicates Sept. 27 to suicide prevention stand down.

### Water polo | B-4

Wounded warriors from all services participate in inaugural event.

We want to hear from you...

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

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

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

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

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

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The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

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**Website:**  
www.hawaiiarmyweekly.com  
**Nonelivery or distribution**  
656-3155 or 656-3156

59 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 09/21/12.

# USAG-HI emphasizes need for preparedness during annual campaign

## Garrison’s emergency management officer suggests “better safe than sorry approach” is best

SARAH PACHECO  
Staff Writer

*“If you believe you can accomplish everything by ‘cramming’ at the eleventh hour, by all means, don’t lift a finger now. But you may think twice about beginning to build your ark once it has already started raining.” — Max Brooks, “The Zombie Survival Guide: Complete Protection from the Living Dead”*

WHEELER ARMY AIRFIELD — While a zombie apocalypse may not be an imminent threat (... yet), there are other very real disasters worth planning for in advance.

This month marks the ninth annual National Preparedness Month, or NPM, a commemorative event that emphasizes the importance of being prepared.

During this time, the Army focuses its efforts on educating, empowering and involving community members in preparedness activities that enhance the resiliency of the Army and increase our nation’s readiness for all forms of hazardous events.

“It’s not only for natural disasters; it’s for everyday living,” said Joe Barker, installation management emergency officer, Emergency Operations Center, located here.

“The importance (of NPM) is to notify people living here that they need to be prepared,” Barker explained. “People need to know that help’s going to come, but your help also lives here on the island, too, and will be making sure their own families are safe.

“So, for at least 72 hours, you need to be able to take care of yourself before our local help can get to you, and then at least seven to 14 days before outside assistance starts arriving,” Barker said.

Proactive awareness campaigns, such as Ready Army, encourage Soldiers, families and civilians to turn awareness into action by being informed, making a plan, building a kit and getting involved.



involved. “It’s always a good idea to be aware, have a kit in the advent that an emergency comes up and have a plan the whole family understands,” Barker added.

He suggested families practice their emergency plan at least twice a year and discuss ways to improve/change their plan to fit different scenarios.

“Here in Hawaii, we have volcanic activity,” Barker said. “An active volcano can create an earthquake, which can then create a tsunami. Even a 10-foot tsunami can cause enough damage to take out places like Waikiki.”

This September is particularly significant to the Hawaii Army community in light of the recent 20th anniversary observation of Hurricane Iniki.

On Sept. 11, 1992, the most powerful hurricane in recorded Hawaiian history made land-fall on Kauai, with 145 mph winds and 35-foot waves wrecking havoc on the island. Nearly 1,500 homes were destroyed, and another 5,000 were heavily damaged. Also, thousands of tons worth of debris was deposited 800-feet inland.

Though not directly in the path of Iniki’s eye, Oahu still experienced moderate damage from wind and storm surges. The Category 4 hurricane caused \$2 billion in damages, and six people were killed during the disaster.

In addition, the National Oceanographic and Atmospheric Association reported 2011 was the costliest and deadliest hurricane season in the U.S. in recent years. It also was the fourth deadliest and second worst active season for tornadoes.

This data, underscored by last month’s Hurricane Isaac, which caused millions of dollars in damages and losses in Louisiana, Mississippi and several other U.S. states, stresses the importance of proactive planning and due diligence.

“When Hawaii has a catastrophe, everything shuts down, and then you have to rebuild,” Barker said. “So, if you have time and knowledge, you’re going to have a kit, you’re going to have a plan, and you’re going to have to watch the news and stay informed.”

### Online Tools

To learn what to do before, during and after an emergency, visit the following websites:

- www.ready.gov.
- www.acsim.army.mil/readyarmy.
- www.redcross.org.
- www.citizencorps.gov.

- www.fema.gov.
  - www.garrison.hawaii.army.mil and click on “Emergency Management.”
- Download a free disaster preparedness handbook from the Hawaiian Electric Company at www.heco.com or call 543-7511.

### BE PREPARED

Emergency kits are essential tools for ensuring your family’s well-being during times of crisis. Suggested items to include in your home emergency kit follow:

- Water, at least one gallon per person per day and enough to last each person for at least seven days.
- Nonperishable food items that will last at least seven days, do not require cooking and will maintain freshness for several months, such as energy bars and freeze dried/dehydrated foods.
- Formula and diapers for infants.
- Food, water, other supplies and documents for pets.
- Manual can opener.
- Flashlight, battery-powered weather radio, battery-powered cell phone charger and extra batteries or hand-crank-powered devices.
- First aid kit and prescription medications.

- Sanitation supplies, such as moist towelettes, disinfectant and garbage bags.
  - Important documents — personal, financial and insurance — protected in watertight packaging. (Store copies in a safe, separate location, such as a safety deposit box or with relatives or a trusted friend.)
  - Five-gallon buckets with plastic bags, for use as a portable toilet.
  - Cash, in small denominations.
- Additional items that can be of use include these:
- Fire extinguisher.
  - Matches, in a waterproof container.
  - Any tools needed to turn off utilities.
  - Metal or plastic bowls.
  - Coats and rain gear.
  - Sleeping bags or other bedding.
  - A weather-appropriate change of clothes for each person.
  - Books, games, puzzles, toys and other activities for children.

## 12 STEPS in FAITH

# Yom Kippur is a time to forgive

CHAPLAIN (LT. COL.) DONALD EUBANK  
U.S. Army Garrison-Hawaii

From Sept. 16 through October, Jewish people around the world will be observing the holiest days of their faith: Rosh Hashanah and Yom Kippur.

Yom Kippur means “day of atonement” or “day to forgive” and refers to the belief that through personal repentance, God covers and forgives the sins of his people.

This season of the Jewish year is an important reminder for each of us about the importance of forgiveness in our lives, including reconciliation with God and one another.

Matthew West’s song “Forgiveness” has become one of the top hits for 2012. West wrote the song after receiving a letter written by Renee Napier.

Napier’s daughter Meagan and Meagan’s best friend, Lisa Jo Dickson, were killed by Eric Smallridge, a drunken driver, in a car accident.

Smallridge, who was 24 years old at the time, was convicted of manslaughter and sentenced to two 11-year consecutive terms (22 years) in prison.

After Meagan and Lisa’s death, Napier made it her life’s mission to prevent more unnecessary deaths, like Meagan’s, by founding the Meagan Napier Foundation for driving under the influence awareness. Since 2002, Napier has organized events, speaking about the dangers of driving under the influence moving thousands of people with her story.

But, as Napier told songwriter Matthew West, she kept feeling like something was missing from her presentations.

“I knew from the beginning that, if I could have Eric with me in my campaign to stop drunk drivers, it would be very powerful,” Napier said.

She lobbied the court to have Smallridge join her in her presentations. Since 2010, the two have formed the unlikelyest of partnerships as they rally around a common cause, with Eric Smallridge escorted by a prison guard and speaking in his prison jumpsuit and shackles.

Over the months, compassion and forgiveness have filled her heart, as Renee Napier has listened to Eric Smallridge repeatedly tell his story — genuinely sorrowful and pleading youths to “not make the mistake I made.”

Last year the Napier and Dickson families appealed the court to reduce Smallridge’s sentence by allowing the two 11-year terms to be simultaneous, instead of consecutive.

The court agreed. Eric Smallridge will be released in November 2012, 11 years after his conviction.

The Napier and Dickson families found that the final step in healing their hearts from the loss of their daughters was linked to their forgiveness of Eric Smallridge, the man responsible for their deaths.

We could say that what Eric Smallridge did was “unforgivable.” Truly, it was.

It is only by God’s grace that we can do the impossible: forgive those who have so deeply wounded us.

*“Forgiveness”  
by Matthew West*

*“It’s the hardest thing to give away  
And the last thing on your mind today  
It always goes to those that don’t deserve.  
It’s the opposite of how you feel  
When the pain they caused is just too real  
It takes everything you have just to say the word  
Forgiveness.*

*It flies in the face of all your pride  
It moves away the mad inside  
It’s always anger’s own worst enemy  
Even when the jury and the judge  
Say you gotta’ right to hold a grudge  
It’s the whisper in your ear saying ‘Set It Free:’  
Forgiveness.*

*It’ll clear the bitterness away  
It can even set a prisoner free  
There is no end to what its power can do.  
So, let it go and be amazed  
By what you see through eyes of grace  
The prisoner that it really frees is you.  
Forgiveness.”*



Interested in submitting an article or photo to the Hawaii Army Weekly?

Send submissions to editor@hawaiiarmyweekly.com and visit www.hawaiiarmyweekly.com for more information regarding our editorial policy.

# Voices of Ohana

Gold Star Mother’s/Family Day is Sept. 30

## “Why is it important to recognize and honor Gold Star families?”

Photos by Tripler Army Medical Center Public Affairs



“It shows we care, not just about our service members, but about the families that support our service members.”

**Staff Sgt. Ngetiu Aitaro**  
Troop Command, TAMC



“Gold Star families make the ultimate sacrifice; they lose their child in service to our country. It is only right that our country support them back.”

**Edwin Gay**  
Department of Nursing, TAMC



“Gold Star families have given the ultimate sacrifice by giving their loved one to their country.”

**Joel Jenkins**  
Protocol Office, TAMC



“This recognition allows the family to have a sense that ... the sacrifice that the Soldier made is still being recognized.”

**Denise Lee**  
Customer Relations Office, TAMC



“Families are the backbone of this country. Why do you have an Army? To protect our country and our families.”

**George Robinson**  
Department of Logistics, TAMC

# USARPAC CSM discusses way ahead

Story and photo by  
**STAFF SGT. AMBER ROBINSON**  
U.S. Army-Pacific Public Affairs

SCHOFIELD BARRACKS — Suicide, sexual assault and Army standards were among the topics discussed at U.S. Army-Pacific’s Noncommissioned Officer Development Program sessions, Sept. 13.

Command Sgt. Maj. Frank Leota, senior enlisted leader, USARPAC, spoke to senior NCOs, here, in the morning, and then addressed Soldiers stationed at Fort Shafter in the afternoon. Leota’s main objective was to relay information from Sgt. Maj. of the Army Raymond Chandler III.

Leota addressed two issues that have taken precedence Armywide: suicide and sexual assault.

“It is up to us, as senior noncommissioned officers, to put a stop to these problems,” Leota said. “Soldier awareness and Soldier health starts with our leadership, and we have to take it seriously.”

Leota also addressed rapidly changing Army standards.

“We have to work toward what Sergeant Major of the Army (Chandler) refers to as the ‘new normal,’” Leota said. “We have to reshape our force with a new focus on training, quality of the force and getting back to basics.”

Leota reminded NCOs to maintain a positive relationship with their subordinates, which will foster a strong team built on trust.

“We have to have open and transparent communication,” Leota said. “Our Soldiers will be honest with us if we are honest and up front with them.”



Command Sgt. Maj. Frank Leota (right), senior enlisted leader, USARPAC, addresses senior NCOs during an NCOPD session at Fort Shafter, Sept. 13.

Leota also talked about setting the standard as a senior NCO.

“We have to set and maintain the highest standards,” Leota said. “We have to teach our Soldiers to be proud of what they do and learn to breed esprit at the lowest levels.”

Leota reiterated the emphasis Chandler and all senior leaders put on quality of the force.

“From now on, when a Soldier enlists,

he must be of the best quality,” Leota said. “Re-enlistments will only be granted to the most-qualified Soldiers, as well. Our focus is on quality over quantity.”

“When you serve, you set a quality example to others,” Leota said. “Sergeant Major of the Army (Chandler) is adamant that his senior noncommissioned officers are modeling the best behavior, and only those who are will move forward in our force.”

## TOP COP

# USAG-HI plans suicide prevention stand down

**COL. MARK JACKSON**  
Director, Directorate of Emergency Services,  
U.S. Army Garrison-Hawaii

The goal of this monthly column is to provide crime data to our military communities throughout U.S. Army Garrison-Hawaii and to increase awareness, which will aid in crime prevention.

The Directorate of Emergency Services, U.S. Army Garrison-Hawaii, uses crime statistics to determine patrol distribution and to maintain safety and security within our communities.

**Suicide Prevention Month**

The month of September has been selected as Army Suicide Prevention Month. To best explain the importance of this



Jackson

designation, I think it is most appropriate to quote an Army News Service announcement that was published Sept. 4.

This message states “a stand down has been directed by Vice Chief of Staff of the Army Gen. Lloyd Austin III for Sept. 27. The theme for the stand down is “Shoulder to Shoulder, We Stand Up for Life.”

“Leaders across our Army recognize that the health of our Soldiers, Army civilians, and family members is a top priority,” Austin said. “We remain committed to doing what is needed to care for our most precious asset — our people — thereby ensuring a healthy and resilient force for the future.”

Army leadership has concluded that, in many cases, there is a distinct relationship between a Soldier’s health and discipline. This means that acts of indiscipline, which include crimes, are often symptoms of a deeper health problem.

Since last month, I have noticed a 46-percent increase in speeding violations

### RELATED STORIES

•See “War on Suicide,” B 1.

within the Schofield Barracks area and a 69-percent increase in driving under the influence, or DUI, of an intoxicant arrests and apprehensions within the Fort Shafter area.

These are obviously acts of indiscipline and are cause for concern.

I highly encourage commanders at all levels, family members, friends and “battle buddies” to look for early signs of indiscipline within our force and families, and to ensure that those needing assistance get that help quickly.

*(Editor’s Note: Jackson is also the commander, 8th Military Police Brigade, 8th Theater Sustainment Command.)*

### Prevention Resources

Government agencies and national organizations offer a variety of suicide prevention tools and resources:

- National Suicide Prevention Hotline, (800) 273-TALK (8255).
- www.armyg1.army.mil/hr/suicide/default.asp.
- www.militaryonesource.mil.
- www.suicidology.org.
- www.suicidepreventionlifeline.org.

<b>Prevention Stand Down</b>	at Sgt. Smith Theater, Schofield Barracks. Adult family members are welcome, too:
Vice Chief of Staff of the Army Gen. Lloyd Austin III has ordered an Army-wide suicide prevention “stand down,” Sept. 27, as part of the Army’s Suicide Prevention Month.	•8-9:30 a.m.
U.S. Army Garrison-Hawaii personnel must attend one of four suicide prevention stand down sessions, Sept. 27,	•10-11:30 a.m.
	•1-2:30 p.m.
	•3-4:30 p.m.
	This training satisfies annual Suicide Prevention requirements for all.

<b>North Oahu</b> The Schofield Barracks Provost Marshal Office (which includes Schofield Barracks, Wheeler Army Airfield, Helemano Military Reservation, Mendonca Park, Leilehua Golf Course, Piliilaau Army Recreation Center and Dillingham/Mokuleia Beach Park) reported the following cases for north installations in August:  <b>Assaults: 20</b> Those involving alcohol: 1 Service members apprehended: 12 Family members apprehended: 5 Civilians apprehended: 2  <b>Larcenies: 35</b> Unsecured/unattended: 30 In housing area: 27 In public area: 8  <b>Drugs: 7</b> Cocaine: 1 Spice: 2 Marijuana: 2 Anabolic steroids: 1 Hallucinogens: 1  <b>Traffic accidents: 56</b> Involving injuries: 2 Damage to property: 56  <b>Driving under the influence: 1</b> Service members apprehended: 3 Civilians apprehended: 1  <b>Traffic citations</b> Outlined below is a listing of traffic citations that were issued during this time period by the Schofield Barracks PMO. Cell phone violations: 3 Speeding violations: 71 Failure to stop as posted: 30	No insurance: 11 Expired safety inspection: 41 Failure to register vehicle: 12 Driving without a license: 10 Expired registration: 29 Unauthorized use of radar detector: 1 Defective equipment: 2 No seatbelt: 3 Failure to use turn signal: 3 Impeding traffic: 3 Following too closely: 6 Abandoned vehicle: 6 Failure to yield right of way at intersection: 1 Parking violations (in seeded area, unmarked stall, handicap stall, etc.): 5 Failure to stop at red traffic signal: 2 Failure to display safety sticker: 11 Unsafe movement: 15 Unattended child: 9 Driving while license suspended or revoked: 13 Failure to register out of state plates: 1 Failure to stop at flashing red light: 1 Expired driver’s license: 3  <b>South Oahu</b> The Fort Shafter PMO (which includes Fort Shafter, Fort Shafter Flats, Tripler Army Medical Center, Aliamanu Military Reservation, Red Hill Military Reservation and Fort DeRussy) reported the following cases for south installations in August:  <b>Assaults: 7</b> Those involving alcohol: 1 Service members apprehended: 6 Civilian apprehended: 3 Larcenies: 7 Unsecured/unattended: 7 In public area: 3 In housing area: 4	<b>Drugs: 2</b> Cocaine: 1 Marijuana: 1  <b>Traffic accidents: 18</b> Damage to property: 9 Driving under the influence: 16 Service members apprehended: 15 Civilian detained: 1  <b>Traffic citations</b> Outlined below is a listing of traffic citations that were issued during this time period by the Fort Shafter PMO: Cell phone violations: 2 Speeding violations: 19 Failure to stop as posted: 31 No insurance: 9 Expired safety inspection: 39 No registration in vehicle: 2 Failure to register vehicle: 2 Driving without a license: 8 Expired registration: 28 Defective equipment: 4 Failure to use turn signal: 2 Parking violations (in seeded area, unmarked stall, handicap stall, etc.): 11 Unsafe movement: 1 Driving while license revoked/suspended: 16 Following too closely: 1 Failure to use seatbelt: 1 Operating a vehicle with a driver’s permit and no licensed driver: 1 Failure to register out of state plates: 1 Impeding the flow of traffic: 1 Unattended child: 1  Report any suspicious behavior or witnessed criminal acts to law enforcement personnel at Schofield Barracks at 655-7114 or at Fort Shafter at 438-7114. Call 911 if off post or in an emergency situation.
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## BACKTObASICS — Standards guarantee professionalism

**SGT. MAJ. TIMOTHY FARMER**  
18th Medical Command (Deployment Support)

Throughout our Army and within our ranks we often hear the phrase, “We have to get back to the basics.”

However, many Soldiers fail to grasp the concept of the phrase. I have often heard Soldiers refer to this as reverting back to how the Army functioned in the previous 15-20 years.

The Army is going through a transition period as a result of the last 10 years of war; the Army now has Soldiers who are highly trained warfighters. But as wartime operations decrease, the Army has more Soldiers operating in a garrison environment.

Upon returning from the battlefield, Soldiers are challenged with reintegrating military customs and courtesies, personnel appearance and counseling back into the garrison. These areas are critical to maintaining the professional Army image.

The 18th MEDCOM has started a Junior Enlisted Professional Development program that focuses on training topics that will help get our Soldiers back to the basics.



Farmer

Getting back to the basics means getting back to standards that are outlined in Army doctrine. We have to retrain our Soldiers on military customs, such as the proper way to render a salute. Even though this gesture is simple, it’s a dignified way of showing respect and pride.

For example, Soldiers wearing civilian attire must know if they should put their right hand over their heart or salute when the national anthem is played. Knowing which is just one of the traditions of military courtesy that noncommissioned officers must teach and instill in Soldiers to foster an esprit de corps.

Another key focus in our unit is proper military personal appearance of our junior Soldiers. In accordance with Army Regulation 670-1, “Wear and Appearance of Uniforms and Insignia,” Soldiers are required to conform to the grooming and appearance standards as published.

We must train our Soldiers to understand that their appearance represents discipline and professionalism. Maintenance of our uniforms demonstrates the degree of respect and honor we hold to the military way of life.

Leaders at all levels need to invest time into counseling their Soldiers. Leaders must lead them from the front and not only set the example, but also be the example. Standards must be established. Standards come in the form of Army regulations, field manuals, training circulars, pamphlets and verbal orders by superiors.

NCOs need to take ownership of their profession and train junior leaders on how to enforce those same standards through counseling sessions. These standards are the basics.

## News Briefs

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

### Today

**POW/MIA Ceremony** — The Joint POW/MIA Accounting Command will honor former prisoners of war and fallen U.S. personnel who remain missing in action, 10 a.m., Sept. 21, during a ceremony commemorating National POW/MIA Recognition Day at the National Memorial Cemetery of the Pacific.

This event is free and open to the public; organizations are welcome to present wreaths or flowers in honor of the many sacrifices made by those who have served our nation.

Presentations must be delivered to the Punchbowl ceremony no later than 9:15 a.m., Sept. 21. Call Elizabeth Feeney at 448-1937.

**Schofield Traffic Delays** — The Hawaii Department of Transportation has announced the closure of the Wahiawa Bridge, for about 6 weeks, beginning Sept. 16.

Current detour plans may cause significant off-post traffic delays and backlogs to access control points during peak commuting hours to the Schofield Barracks area.

Traffic delays on Wilikina Drive, Kamehameha Highway, H-2 and Kunia Road may require drivers to anticipate and plan for an additional hour in worst-case scenarios.

**Schofield/Wheeler Gate Hours** — New hours of operation are currently in effect as follows:

- Kawamura Gate, Wheeler Army Airfield, 5 a.m.-9:30 p.m., seven days a week.
- Foote Gate, Schofield Barracks, 5 a.m.-9:30 a.m., seven days a week.
- Lyman Gate, SB, open 24 hours a day, seven days a week.
- Kunia Gate, WAAF, open 24 hours a day, seven days a week.

For details, call U.S. Army Garrison-Hawaii’s Directorate of Emergency Services at 656-6750.

**Voting Assistance Program** — The federal voting assistance web portal provides assistance with the absen-

# 7th Eng. divers set sail for ‘Deep Blue’ at Big Island

**1ST LT. ALESSANDRO LICOCOPOLI**  
7th Dive Detachment, 65th Engineer Battalion,  
130th Eng. Brigade,  
8th Theater Sustainment Command

KAWAIHAE, Hawaii — Army engineer divers from the 7th Engineer Dive Detachment, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, set sail for the Big Island aboard Army Logistics Support Vessel-2 to conduct “Deep Blue,” here, Aug. 20-Sept. 7.

Deep Blue is an annual deep water training exercise for dive supervisors and master diver candidates.

This year’s event took place in the waters off Kawaihae Harbor, here, a major U.S. Army Corps of Engineers port, which also serves as a critical debarkation area for U.S. forces conducting training at the Big Island’s Pohakuloa Training Area.

“A Deep Blue diving exercise is a critical event in a dive supervisor’s preparation for ALC (Advanced Leaders Course) and the culminating event in a master diver candidate’s preparation for SLC (Senior Leaders Course),” said Sgt. 1st Class Beau Woodcox, master diver, 7th Eng. Dive Det.

“Everyone likes to focus on the ‘cool guy’ stuff that happens beneath the surface — the underwater cutting, welding and demo — but ... the noncommissioned officers managing the stop-watches and supervising the personnel on the surface ... make or break any dive mission,” Woodcox said.

During the exercise, Woodcox supervised dive supervisors and master diver candidates during their three weeks of deep sea diving scenarios, which tested the divers’ knowledge of emergency diving procedures, as well as the operation of a recompression chamber to treat a diving casualty.

“The physical risk to a diver increases substantially at deeper depths,” Woodcox said. “Therefore, evaluations are focused on the diving supervisors to ensure that they can bring an imperiled diver safely back to the surface when a diving emergency arises. It also prepares Soldiers for the next level of responsibility and career development.”

Army divers perform tasks such as reconnaissance, demolition and salvage in underwater conditions. They specialize in either self-contained underwater breathing apparatus diving (below the surface of water) or deep-sea diving (longer periods of time in depths up to 190 feet).



**Sgt. 1st Class Beau Woodcox** | 7th Engineer Dive Detachment; 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

Sgt. Kevin Karraker, 7th Eng. Dive Det., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, executes a front-step entry into the water off of Kawaihae Harbor, Hawaii, during an annual deep-water dive supervisor training exercise, recently.

“It was a great introduction to the team,” said Pfc. Anthony Garcia, the newest member of the 7th Eng. Dive Det.

“We started with PT (physical training) in the

mornings and then worked straight through dinner, training on our dive equipment and procedures and, of course, diving,” Garcia said.

Divers increased their diving proficiency dur-

ing Deep Blue by completing more than 50 dives with an average bottom time of three hours per diver. Bottom time is the time lapse between the start of descent and start of ascent.



**Sgt. Daniel Johnson** | 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division

Pilots with 4-2nd, 2nd CAB, 2nd Inf. Div., fly an AH-64 D Apache over Soldiers of 1-27th,, 2nd SBCT, 25th ID, during .Joint Exercise “Gunsmoke” conducted at Rodriguez Live Fire Complex, South Korea, Sept. 6, as part of “Operation Wolfhound Maul.”

## Gunsmoke: Realistic operations test Soldiers, airmen

CONTINUED FROM A-1

“Air space deconfliction can be challenging without the proper experience,” Stanley continued. “It is critical for the fire support teams on the ground to be able to turn off artillery in order to allow air assets to provide support.

“Working with the Air Force is a common practice when deployed,” Stanley explained, adding that the experience Soldiers gain helps to prepare them for executing missions in real-world engagements.

“This is no easy task,” Stanley added. “The more assets you are managing, the more difficult it becomes to ensure everyone is on the same page. Successfully executing a mission as they have done today helps to boost their confidence.”

“From a fire support role, this is truly full-spectrum operations,” he continued. “All indirect fire support systems, as well as combat aviation and close air support, were utilized in

this training.”

Besides mortar fire provided by the 1-27th, and artillery fire from 1st Bn., 15th Field Artillery Regt., 1st Armored BCT, 2nd Inf. Div., the Air Force provided two A-10/C Thunderbolt IIs and two F-16 CM Fighting Falcons to augment the close combat air support provided by two AH-64 D Apaches from 4-2nd, 2nd CAB.

Joint training, such as this, helps Army and Air Force personnel work together at the team level, said Air Force Tech. Sgt. Glen Derra, joint terminal tactical controller, 25th ASOS. Training at a live range allows airmen to get experience working with Army ground forces, which is critical for operators.

“Having the Air Force and the Army forces working so closely with each other helps to ensure security for the Pacific region by preparing our troops for future contingency missions by utilizing realistic training,” Derra added.

“We’ve gotten a lot of good training working with Soldiers on the ground,” said Capt. Michael

Harmison, commander, Company A, 4-2nd, 2nd CAB. “Talking air assets onto targets from the ground can be tough, so the more practice, the better.”

“We are much more effective and able to destroy the enemy quicker if we have an experienced crew on the ground that can rapidly talk the aircraft onto the target,” Harmison explained.

This joint mission was not a simple endeavor. Soldiers conducting the mission from the ground were required to manage multiple variables all while maintaining situational awareness of the battlefield.

“When we start putting infantry with aviation and then add in Air Force, the communication and the languages of our professions can cause some confusion,” Harmison said. “Being able to practice this communication in a training environment allows us to be better prepared for communicating in the future during combat operations.”

## Quad: Features include laundry, kitchenettes

CONTINUED FROM A-1

“With this site blessing for Quad D, the Corps of Engineers continues our efforts to build the highest quality facilities for our Soldiers,” Hannan said.

Chaplain (Capt.) John Smith, 1-27th, led the site blessing. He reminded participants of the importance of spiritual values in conducting their work.

Smith also invoked divine providence to protect all the workers and Soldiers as they proceed.

Participating in the site blessing were Hannan; Col. Jay Hammer, executive officer, USAG-HI; Wolfhound Soldiers and leaders; and Wilfredo Carreon, NAN.

The Honolulu District is committed to building and managing the construction of high-quality projects that improve the quality of life for service members and their families and that provide jobs and money, which stimulate the local economy.

The design-build construction contract was awarded to NAN in September 2011 for \$41.5 million.

The contract was programmed to provide two barracks (buildings 450 and 451) for 290 personnel. Contract completion date is scheduled for July 2014.

NAN has constructed other barracks for USAG-HI, including barracks at Fort Shafter.

Since NAN is incorporating high-performance and -efficiency features throughout the facility, the company is pursuing Leadership in Energy and Environmental Design, or LEED Gold certification.

LEED certification represents a suite of rating systems for the design, construction and operation of high-performance green buildings, homes and neighborhoods.

### D Quad Renovations

After D Quad’s renovation, Soldiers will live in two-man suites, which will come with a kitchenette and shared bath and other amenities:

- About 145 units in a “one-plus-one” configuration, consisting of two bedrooms with walk-in closets, one bath, kitchen and dining area and air conditioning.
- Laundry facilities on each floor and boot wash stations at each ground floor entry.
- A half basketball court.
- Motorcycle and bicycle shelters.

## PTA: Safety stressed during construction projects

CONTINUED FROM A-1

saver, 561st Eng. Co. “Soldiers are maintaining situational awareness, and as a result, no injuries are occurring.”

The maintenance team from the 561st Eng. Co. trained Soldiers on how to check fluids, change tires and replace fuses. While Soldiers made minor repairs, mechanics assessed and

repaired construction equipment.

“We are a tight-knit family,” said Spc. Peter Partridge, heavy equipment mechanic, 561st Eng. Co.

“If there is an issue that one can’t solve, everyone puts their minds together to get the vehicle up and running in order to complete the bigger mission,” Partridge added.

The noncommissioned officers and Soldiers

of the 561st Eng. Co. are working jointly in an effort to move ahead and construct the MSR. Given their work performance during the first month, they are displaying the Warriors’ world-class horizontal construction capabilities.

*(Editor’s Note: Pituch is an ROTC cadet at Valley Forge Military Academy in Pennsylvania. She is currently attached to the 561st Eng. Co. for training.)*



Female officers and Soldiers of the 94th AAMDC attend the unit’s inaugural meeting of the Female Mentorship Program at Fort Shafter Flats, Sept. 11.

# 94th AAMDC creates Female Mentorship Program

Story and photo by  
**STAFF SGT. JOHN JOHNSON III**  
94th Army Air and Missile Defense Command  
Public Affairs

FORT SHAFTER — The 94th Army Air and Missile Defense Command kicked off its Female Mentorship Program by hosting its first meeting at Fort Shafter Flats, here, Sept. 11. The program helps newly arrived junior female Soldiers to establish goals by mentoring them on acceptable behavior; the program also teaches decision-making skills. “Being in a new environment with a predominately male unit, new females will face unfamiliar situations and difficulties,” said Master Sgt. Ruth Anderson, chief, Information Systems,

94th AAMDC. “However, with females making up such a small portion of the unit, junior female Soldiers ... were without guidance or a senior female leader to turn to. Recognizing this need, the battery established the Female Mentorship Program.” Command Sgt. Maj. Ted Pritchard, senior enlisted leader, 94th AAMDC, provided opening remarks during the meeting. Pritchard outlined his expectations, goals and purpose of the program. The command’s enlisted female Soldiers and officers attended the first assembly. Senior female mentors introduced themselves and shared the program’s benefits and their past experiences with junior Soldiers.

“The Female Mentorship Program will benefit the command and the Army by equipping our young female Soldiers with a vast amount of knowledge on various subjects that will keep them combat ready and help them to perform at their full potential,” said Master Sgt. Veronica Atkins, logistics operations sergeant and senior female mentor, 94th AAMDC. “I enjoyed meeting everyone and listening to their concerns,” said Chief Warrant Officer 4 Doretha Magee, senior property account technician, 94th AAMDC. “The program is another avenue to reach out and bond with junior (female) Soldiers.” The program offers a safe place for females to express themselves and explore new ideas in a se-

cure and professional environment. The program is structured to allow young female Soldiers to take ownership of the program. “To ensure that females understand that this program is for them, during every meeting they vote on the topic of training for the following month,” Anderson said. “This method allows junior females to voice their areas of concern to their mentors and subject matter experts who conduct the training,” Anderson added. The program will host quarterly off-duty events, physical training activities and cultural awareness tours to provide females Soldiers with a means to develop professionally through senior level mentorship.

# Award-winning ‘Warrior Inn’ hosts Asst. Sec. of the Army

## 225th BSB uses visit to prep for upcoming Connelly food service competition

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

SCHOFIELD BARRACKS — Steam rose from shiny silver trays as their covers were removed revealing delectable treasures within. A spatula scooped out a sliced piece of lemon-baked fish, followed by greens and corn on the cob. Kalua pig, teriyaki chicken, steamed rice and mashed potatoes rounded out the “Hawaiian Meal” at the Warrior Inn dining facility, here, Sept. 14. The meal was served in honor of Assistant Secretary of the Army for Manpower and Reserve Affairs Thomas Lamont, during his visit, here. While Lamont focused on his working lunch with leaders from the 25th Infantry Division’s 2nd Stryker Brigade Combat Team and the 3rd BCT, Warrior Inn dining facility staff focused on serving lunch. Lamont’s visit to their dining facility gave the

food service specialists from the “Warrior Brigade” another opportunity to perfect their craft and showcase their talents to distinguished visitors before the final decision of the 2012 Philip A. Connelly Award, an Army-wide competition for food service units. These food service specialists with the 225th BSB, 2nd SBCT, have hosted other distinguished guests. Professional basketball players from the National Basketball Association dined with Soldiers from Schofield Barracks at the Warrior Inn during the USO’s “Hoops For Troops” tour in October 2011. Also, local celebrity Carole Kai visited the 2nd SBCT dining facility for lunch while filming her TV special, “Hawaii’s Stars,” in April. Staff Sgt. Lawrence Gerald, senior food service sergeant, Headquarters and Headquarters Company, 225th BSB, 2nd SBCT, said he thinks that preparing meals for distinguished visitors has helped to improve the skills of individual food service specialists, as well as the operational standards for the dining facility. “Any time we have distinguished visitors come



Lamont

through, it’s the Soldiers’ time to shine,” Gerald said. “Here at the Warrior Inn dining facility, we always put our best foot forward, but the Soldiers like to take it up a notch when DVs (distinguished visitors) eat here.” “One thing about a dining facility, it’s always up-tempo; there’s never a dull moment in food service” Gerald added. “We’re providing nutritious meals for Soldiers, so we’re constantly on the go. Anxiety levels may go up when we have dignitaries eating here, but at the end of the day, we’re still going to put out a good, quality, nutritious meal.” Gerald said that, earlier this year, judges inspected and observed the Warrior Inn dining facility during its daily operations. The Warriors rose to the challenge and bested about 10 other dining facilities throughout U.S. Army-Pacific, including those in South Korea, Alaska and Hawaii. With its victory at the USARPAC level, the 225th BSB, 2nd SBCT, dining facility will advance to Department of the Army judging, scheduled

later this year. Sgt. 1st Class Eduardo Valencia, a platoon sergeant for the food service specialists of the 225th BSB, 2nd SBCT, said judges from Fort Lee, Va., will inspect dining facilities representing their respective regional commands during October-November. The competition holds each dining facility to a high standard, but the Warrior Inn faces additional challenges in supporting training operations on Oahu, the Big Island and South Korea, Gerald said. “The hardest part for us is that we do have a lot of moving pieces,” Gerald said. “Even though we’re prepping for the Connelly, we still have other missions, other operations to support. There are so many dining facilities that participate across the Army, but only one gets to say that they won the Philip A. Connelly, the most prestigious award in food service.” Despite these challenges, Gerald expressed his faith in his comrades to bring the 2012 Philip A. Connelly Award home to the Warrior Inn dining facility while still accomplishing the mission. “I think we have a great chance of winning with the Soldiers and noncommissioned officers we have now,” Gerald said. “It’s a lot of work, but I think we have a great team and a great chance to win it.”

# PA graduates to serve at Schofield health clinic

**STEPHANIE BRYANT**  
Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center’s Interservice Physician Assistant, or PA, Program, or IPAP, Class 10-3, graduated in the chapel, here, Sept. 7.

The graduates — 1st Lt. John Ernst, 1st Lt. Travis Kaufman, and 1st Lt. Felipe Salazar — who were promoted from officer candidates to first lieutenants during the ceremony, will practice at U.S. Army Health Clinic-Schofield Barracks.

Ernst, Kaufman and Salazar each received a master’s in Physician Assistant Studies from the University of Nebraska Medical Center, the affiliated academic institution for TAMC’s IPAP.

Maj. Jude Abadie, chief, Core Laboratory, TAMC, was keynote speaker. From 2009-2011, Abadie served as branch chief of chemistry for the U.S. Army Medical Department Center and School and course instructor for the IPAP Biochemistry and Clinical Laboratory Medicine course.

“I am especially honored that I was invited to be the guest speaker by John, Travis and Felipe because they had to listen to me pontificate ad

nauseam for an entire trimester at the AMEDD Center and School (in IPAP Phase I),” Abadie said, jokingly.

“My parting wish for you is that you continue to develop your own professional and personal stories on passion, perspective and leadership, so that you gain confidence to guide your successes, not only through your professional career, but through your personal lives, as well.”

As part of the ceremony, a credentialed provider presented the graduates with a white coat as a symbol of the profession’s commitment to professionalism, responsibility and humanism. White coats have been the most common symbol of physicians since 1889.

To close out the ceremony, IPAP graduates presented Jun Eligino, certified PA, Internal Medicine Clinic, TAMC, with the Capt. Sean Grimes Outstanding Preceptor Award.

Grimes, who was killed in Afghanistan in 2005, was the first PA killed in action during overseas contingency operations. This award honors his sacrifices and recognizes the sacrifices made by those involved in the training of physician assistants.

“I have had a lot of great practitioners, mentors



**Soraya Robello** | Tripler Army Medical Center Visual Information

Maj. Steward Miller (right), PA, Emergency Dept., TAMC, administers the oath of commissioned officers to (left to right) 1st Lt. John Ernst, 1st Lt. Travis Kaufman and 1st Lt. Felipe Salazar during the IPAP graduation ceremony at TAMC, Sept. 7. Miller is clinical coordinator, IPAP Phase 2, TAMC.

and preceptors along the way, and what they don’t tell you is the amount of emotions that are invested in these students,” Eligino said. “All the emotions are offset when you see (their accomplishments). ... It makes being a preceptor worth it.”

# TAMC’s Sleep Disorders Center earns accreditation



Spc. Mary Stewart, 84th Engineer Battalion, 130th Eng. Bde., 8th Theater Sustainment Command, participates in a daytime sleep study at the Sleep Disorders Center, TAMC, Sept. 30.

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

HONOLULU — Tripler Army Medical Center’s Sleep Disorders Center recently earned accreditation from the American Academy of Sleep Medicine.

After more than a year of preparation, the center was granted the accreditation, which covers areas such as clinical operations, in-lab sleep studies and out-of-center sleep testing for a period of five years.

TAMC’s Sleep Disorder Center is Army Medicine’s third military treatment facility, or MTF, to house an accredited Sleep Disorder Center. Adding to that achievement, the center is the first non-fellowship-affiliated Army MTF to meet national standards.

“When there is a fellowship at a hospital, it means that there is a lot of manpower and training already in place, so when a new clinic comes up (that) doesn’t have that guidance ... and achieves that accreditation, it is a great accomplishment,” explained Richard Suvanarat, su-

pervisor, Sleep Lab, Sleep Disorders Center, TAMC. “The whole point of being accredited is to live up to the highest standards.”

The four-bed center has evolved into a Sleep Disorder Center that provides a full range of sleep medicine services.

“(The military) population is unique, and it has unusual conditions, like narcolepsy, that require day studies, so we do many day (and night) studies, (but most importantly,) we follow up with all patients,” said Dr. Christine Fukui, sleep medicine physician.

Fukui worked closely with Suvanarat and Dr. (Lt. Col.) Sean Dooley, former physician of TAMC’s Sleep Disorder Center, to ensure the lab and center met standards set forth by the American Academy of Sleep Medicine.

“Our command really supported us achieving this goal of accreditation since the Sleep Lab was first opened in October 2012,” Dooley said. “The accreditation validates the rigor of our program. It reinforces how we are approaching sleep medicine.”

Recently, the Sleep Disorders Center wel-

comed Dr. (Lt. Col.) Wanhee Choi, medical director for the center. Under Choi’s direction, the center will continue a new initiative to incorporate portable home sleep monitoring.

This initiative will help capture an additional 10-20 percent of the patient population that TAMC still refers to outside centers.

Also, this initiative will ultimately allow the center to keep more than 50 percent of the center’s patients in-house, instead of referring them to another sleep lab or center.

“Not having to refer patients off-post will save them a lot of time and taxpayer dollars,” Dooley said. “The ultimate goal is to increase services and improve patient care.”

The Sleep Disorder Center is currently increasing staff numbers and expanding its capabilities. It is transitioning from a four-night-a-week operation to a seven-night-a-week operation, as well as adding more sleep medicine services.

The Sleep Disorders Center works on a referral system. Patients must first visit with their primary care manager in order to have the referral placed.



Soldiers from the 71st Chem. Co., 8th MP Bde., 8th TSC, decontaminate a vehicle during a technological demonstration for the HaMMER family of systems at Area X-Ray at Schofield Barracks, Sept. 6.

# HaMMer decon system saves time

## 8th MPs’ 71st Chem. Co. wraps up testing at Area X

Story and photo by  
**SGT. MARCUS FICHTL**  
8th Military Police Brigade Public Affairs,  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Sixty years of chemical and biological decontamination doctrine may soon change as the 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command, tested new decontamination equipment and technologies designed for all armed services at Area X-Ray, here, Aug. 6-Sept. 12.

Other chemical elements from U.S. Army-Pacific and from Marine Corps Base Hawaii, Kaneohe Bay, also participated.

Soldiers tested the Hazard Mitigation, Material, Equipment Restoration, or HaMMER, family of systems. Comprised of multiple new technologies, HaMMER reduces the time it takes to decontaminate equipment at the team level and beyond by using triage, simplicity and minimal use of water.

According to Sgt. Maj. Simeon Nedlic, with Chemical, Biological, Radiological, Nuclear and High-Yield Explosives, or CBRNE, and Protection, at USARPAC, HaMMER incorporates three basic suites:

- The first suite is the Mobile on the Move, or MOM, bag that individuals can carry.
- The second suite is Mobile Support designed for internal decontamination at bat-

talion level.

- The third suite is Large Scale Stationary Support, a more robust suite issued at a chemical company-level to help augment battalions and larger-scale decontamination missions.

One of the key elements of HaMMER is the yellow-misted disclosure spray.

“If you suspect your vehicle is hit with any kind of contamination, you spray your vehicle with the disclosure spray,” Nedlic said. “Your vehicle will change color to red where it’s contaminated. After you spot the contamination ... you can quickly put yourself back into the fight.”

While the reaction process may need high-level chemistry and biology to understand, the effects and application do not. Nedlic attributes this to the demand warfighters, like those from 71st Chem. Co., have placed on the military technological development.

“It’s huge to modernize doctrine, but to be a part of it is even better,” said 1st Lt. Chris Parker, decontamination platoon leader, 71st Chem. Co. “We’re making sure it makes sense, and not only from a warfighter position, but from a CBRNE Soldier position.”

Parker said Soldiers consistently ask questions, such as, “Is this going to be quicker” or “Can we incorporate this into what we already do?”

Nedlic said the large-scale decontamination mission that the 71st Chem. Co. currently trains for would require every vehicle, regardless of the level of contamination, to

“The first couple of weeks were slow, but after we began figuring things out, it’s been nothing but a high-speed push.”

— **1st Lt. Chris Parker**  
Decontamination platoon leader,  
71st Chem. Co., 8th MP Bde., 8th TSC

go through a process that can take hours. However, using HaMMER’s disclosure spray can decrease the amount of time needed to determine whether a vehicle is contaminated.

“Hours of time are chopped off using this technology,” Nedlic said. “In my eyes, it has a lot of potential to change how we do decon today.”

Parker has noticed incredible gains after a tough learning curve.

“The first couple of weeks were slow, but after we began figuring things out, it’s been nothing but a high-speed push,” Parker said.

The 71st Chem. Co. will continue to train on the equipment for the next 12 months and play a leading role in the coming years in shaping decontamination doctrine for the warfighter, if the military implements HaMMER.

## News Briefs

CONTINUED FROM A-3

tee ballot process at [www.FVAP.gov](http://www.FVAP.gov). Call FVAO at 703-588-1584, or toll free at (800) 438-1584. Email the program at [vote@fvap.gov](mailto:vote@fvap.gov).

The Installation Voting Assistance office is located at the Schofield Barracks Soldier Support Center, Bldg. 750, 673 Ayers Ave., Room 103, or email [usaghi.voting@us.army.mil](mailto:usaghi.voting@us.army.mil), or call 655-7182.

**Flu Vaccinations** — Tricare beneficiaries can start receiving their flu vaccine at military medical treatment facilities, Sept. 21.

Vaccines will be available at post exchanges throughout October and at local schools in October and November.

For a complete listing of clinic operating hours or scheduled vaccinations at post exchanges, visit [www.tamc.amedd.army.mil/flu](http://www.tamc.amedd.army.mil/flu).

**27 / Thursday**

**Suicide Prevention Stand Down** — Required training is scheduled at Fort Shafter and Schofield Barracks Sept. 27, per Armywide policy. For Fort Shafter, email Maj. Cruder at [mecredi.m.cruder@mail.mil](mailto:mecredi.m.cruder@mail.mil) or call 438-5812.

For Schofield Barracks, attend the “Shoulder-to-Shoulder” presentation at Sgt. Smith Theater at 8:30 a.m., 10 a.m., 1 p.m. or 3 p.m.

**Health Promotion Fair** — Coinciding with the Suicide Prevention Stand Down, a Health Promotion Fair will be held 9:30 a.m.-3 p.m., Sept. 27, at the Fort Shafter Physical Fitness Center.

At 2:30 p.m., local expert Pua Kaninau-Santos (a recipient of the Suicide Prevention Action Network, or SPAN, USA Sandy Martin Grassroots Award and a national winner of the “Influencing State Policy” award) will provide a presentation. Topics include the family aspects of suicide. Spouses are invited.

**29 / Saturday**

**National Take Back Initiative** — Turn in your unused or expired medications for safe, anonymous disposal, 10 a.m.-2 p.m., Sept. 29, at the Schofield Exchange, near the Flower Shop.

Other NTBI locations include the Pearl Harbor Navy Exchange main lobby, Mililani Town Center’s bandstand area and Hawaii State Capitol’s South King Street side.

**30 / Sunday**

**Gold Star Mother’s Day** — Gold Star mothers and family members will present a Lei of Honor and Remembrance ceremony at the base of the Lady Columbia statue, 10:30 a.m., Sept. 30, at Punchbowl cemetery as part of the national Gold Star Mother’s Day observance.

A blessing ceremony and words of remembrance will be provided. The public is invited. Call 438-9285.

# WAR on Suicide

## Risks, recognition, prevention are stand down issues

MYLINDA MORRIS

Army Substance Abuse Program

SCHOFIELD BARRACKS — Using the theme “A Healthy Force is a Ready Force,” the Army is emphasizing Suicide Prevention Awareness this month, with a Suicide Prevention Stand Down ordered for U.S. Army Garrison-Hawaii, Sept. 27.

“We believe that suicide can be prevented,” said Pamela Jinnohara, director, Army Substance Abuse Program.

Suicide prevention efforts focus on total Army family well-being, resilience, stigma reduction and positive results achieved by getting involved and reaching out for help.

“...Suicide can be prevented.”

— Pamela Jinnohara  
ASAP, USAG-HI

“My intent (for the Sept. 27 stand down) is for all USAG-HI Soldiers, families and civilians to be aware of the resources available to them to preserve life, increase resilience and improve the health and strength of the garrison community,” said Col. Daniel Whitney, commander, USAG-HI.

### Risk Factors

Risk factors include any person who is in a stressful situation. Perhaps someone has a strained relationship with a loved one or has recently faced the loss of a loved one.

Maybe someone is having financial or legal difficulties.

Another concern may be moving, changing jobs or transitioning in or out of the military. All of these situations put a person at higher risk for strained coping.

### Recognizing Risk

“We want our community to become more resilient and aware of the warning signs,” Whitney said, adding, “and (to) become familiar with the tools and services available at their respective location to increase resilience and reduce suicides throughout the force.”

Potential suicide warning signs are frequently tied to observable behaviors that may vary from person to person. They include the following:

- Someone who is giving away prized possessions;
- Someone starting to drink alcohol or use prescriptions or illegal drugs in a way that is harmful; and
- Someone who becomes angry or depressed and demonstrates behavior changes.

If you are tuned into risk factors and warning signs, you may be able to help someone find the resources they need to get help.

Local efforts to recognize suicidal tendencies include training in an “Ask, Care, Escort – Suicide Intervention” class at 9 a.m., Sept. 27, at the Schofield Barracks Installation Training Center. To sign up, call 655-9105.

Feedback from people who have attended this course has been very positive.

### Suicide Prevention Stand Down

The Army is holding a mandatory Suicide Prevention Stand Down, also, on Sept. 27.

On this day, ASAP Suicide Prevention team members will present four sessions of “Shoulder to Shoulder: Finding Strength and Hope Together” and ACE training throughout the day at the Sgt. Smith Theater, here, at 8 a.m., 10 a.m., 1 p.m. and 3 p.m.

Each session is 90 minutes long.

Active duty Army and civilians are required to attend a session; retirees and adult family members are welcome to attend, too.

### “Ask, Care, Escort” Class

This suicide intervention class is scheduled for 9 a.m., Sept. 27, at the Schofield Barracks Installation Training Center. The four-hour interactive class uses scenarios to facilitate peer support for Soldiers, DA civilians and family members.

To sign up, call 655-9105.

Vickey Mouzé | U.S. Army Garrison-Hawaii

## ‘Let us encourage one another’

CHAPLAIN (COL.) MICHAEL DUGAL AND  
CHAPLAIN (LT. COL.) DAVID BOWERMAN  
U.S. Army-Pacific

FORT SHAFTER — September is designated by Army leaders as Suicide Awareness and Prevention. Thursday, Sept. 27, all Soldiers in the Army family will pause to focus on suicide prevention.

In our careers as chaplains, we constantly meet people whose lives have been touched by suicide — whether it’s someone who has contemplated or attempted suicide, or friends and family members dealing with suicide’s nightmare and aftermath.

We hear the emotional pain of Soldiers and family members pushing them to consider such a desperate act, and we journey with the survivors of suicide who are plagued with the question of “why?”

Every one of us is a “first line responder” when it comes to combating suicide. Every one of us has the skill and opportunity to encourage others.

The greatest means to combating suicide is to be connected with individuals and communities who truly care for us. We find fulfillment and purpose when we are involved in meaningful and healthy relationships. After all, we were created for relationship.

The word encourage means “to breathe life into” another. Many times just taking the time to hear what is going on in someone’s life can birth the opportunity to encourage.

You don’t have to be a trained counselor or a chaplain to encourage another individual. Simply being present with a friend, colleague, peer, subordinate or family member allows encouragement to naturally happen.

This week we invite you to intentionally work on being an encourager. Practice being present with those you work with and those in your family. Allow your faith to fuel words of encouragement as you hear the Divine’s voice whisper, “You are my beloved.”

Our Army family has been greatly touched by suicide.

One suicide is one too many, and the ripple effects of suicide continue to flow far and wide.

Thursday, Sept. 27, please join your command as we work together to reach out and help solve this problem that impacts our entire Army community, our Pacific ohana.

Let us encourage one another.

*(Editor’s Note: Dugal is the command chaplain, USARPAC, and Bowerman is world religions chaplain, USARPAC.)*

### “Stand Down”

Vice Chief of Staff of the Army Gen. Lloyd Austin III has ordered an Armywide suicide “stand down,” Sept. 27, as part of the Army’s Suicide Prevention Month. The stand down is one way to empower leadership to prevent further loss of life due to suicide.

The stand down is meant to familiarize all members of the Army family with the health promotion, risk reduction, suicide prevention and comprehensive Soldier and family fitness resources available in the Army.

### Suicide Prevention

Government agencies and national organizations offer a variety of suicide prevention tools and resources:

- National Suicide Prevention Hotline, (800) 273-TALK (8255);
- www.armyg1.army.mil/hr/suicide/default.asp;
- www.militaryonesource.mil; and
- www.suicidology.org.

### Resources

See videos and get more information on the Army Suicide Prevention Program:

- www.armyg1.army.mil/hr/suicide/spmonth/default.asp;
- www.facebook.com/InstallationManagementCommunity;
- twitter.com/armyimcom; and
- www.youtube.com/watch?v=RzceLmVnj6A.



Briefs

**Today**  
**Garrison Sports Office Relocation** — The USAG-HI Sports, Fitness and Aquatics Branch Office has moved from the Kaala Community Center to the first floor, Bldg. 690 (next to the EEO Office), SB.

**Drags n’ Drifts Car and Bike Show** — Register your car or bike at himwr.com, Sept. 21, or until 10 a.m., Saturday, at the Tropics Warrior Zone for this annual car and bike show. Then, display your sweet ride beginning at 11 a.m., Sept. 22. Call 655-5698.

**ODR Canoe Paddling** — Enjoy the beautiful coastline with Outdoor Recreation, from 7:30-11:30 a.m. Call 655-0143.

**23 / Sunday**  
**NFL Sunday Ticket Kickoff** — Come to the Tropics on Sundays and catch all the games. Facility opens a half hour before the first game starts. Patrons 18 and older are welcome; call 655-5698.

**Sunday at the Clubs** — Enjoy Sunday breakfast at the SB Kolekole Bar and Grill from 9 a.m.-1 p.m., or Sunday brunch at the dining room at the FS Hale Ikena, 10 a.m.-1 p.m. Call 655-4466, SB, or 438-1974, FS.

**24 / Monday**  
**Monday Night Football** — Enjoy \$5 football pupu platters and prizes at the SB Nehelani. Event is open to all ages. Mongolian barbecue starts at 5 p.m., Mondays. Call 655-4466.

**26 / Wednesday**  
**Afterschool at the Library** — Elementary-age children can enjoy stories and a craft activity, 3 p.m., at the Sgt. Yano Library, SB. September’s program is based on the story “Create a God’s Eye.” It’s free and no registration is required. Call 655-8002.

**27 / Thursday**  
**Operation Rising Star** — Support Soldiers and family members while they sing their hearts out, 5 p.m., in the finals at the Nehelani. Family readiness groups can enter the Spirit Award Category for a chance to win cash prizes. Visit himwr.com or Tropics Warrior Zone for more information. Call 655-5698.

**28 / Friday**  
**Retro City Party** — Come dressed in your favorite retro outfit, 9



community  
Calendar

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

**Today**  
**AFAP Conference Issues** — Coordinators of the Army Family Action Plan are now seeking community issues for consideration at the upcoming conference, Oct. 29- Nov. 2. AFAP is for the entire Army family of Soldiers, family members, Department of the Army civilians, retirees, National Guard, Reservists and survivors. Submit issues at www.mwrhi.com.

**Schofield Traffic Delays** — The Hawaii Department of Transportation has announced the closure of the Wahiawa Bridge, for approximately 6 weeks. The southbound (Honolulu-bound) lane is open for passenger vehicle traffic, emergency vehicles and school buses, only, from

GRAND OPENING



U.S. Army Garrison-Hawaii chaplains and senior leadership celebrate the grand opening of the garrison's newly renovated Chaplain Family Life Center, here, Sept. 13. Pictured, from left, cutting the ceremonial maile lei are Chaplain (Col.) Peter Mueller, chaplain, USAG-HI; Chaplain (Maj.) Kelly Porter, Family Life chaplain, USAG-HI; Chaplain (Maj.) Chris Wilson, Family Life chaplain, USAG-HI; and Col. Daniel Whitney, commander, USAG-HI.

Family Life Center christened

Story and photo by  
**SARAH PACHECO**  
Staff Writer

SCHOFIELD BARRACKS — The U.S. Army Garrison-Hawaii community received a new Chaplain Family Life Center, or CFLC, with a grand opening celebration, here, at the Chapel Annex, Sept. 13.

After a ceremonial untying of a Hawaiian maile lei, guests toured the renovated counseling and training facility.

The Center includes a large reception area appropriate for families with young children; a counseling room capable of seating larger families, but also of providing an intimate setting for individuals or couples; an observation room with audio and video equipment to monitor counseling sessions and train up to 15 chaplains in basic pastoral counseling skills; and office space for the CFLC staff.

“This center now meets the intent of the Chief of Army Chaplains,” said Chaplain (Maj.) Chris Wilson, Family Life Chaplain, USAG-HI.

“This directly will affect our overarching mission,” added Col. Daniel Whitney, commander, USAG-HI.

Whitney noted that through CFLC counseling, the Hawaii Army force will be better trained to address increasing suicide, domestic violence and sexual assault rates.

The CFLC is a marriage and family counseling center operated by Family Life Chaplains who have completed a master’s degree and internship in marriage and family therapy.

“Family Life Chaplains have more training than most providers,” Wilson explained. “In addition to a marriage and family therapy degree, we also hold advanced theological degrees that train us to think differently and provide more comprehensive assistance to the community.

“(Also), the confidentiality policy is greater than for

any other helping agency in the Army,” Wilson added. “What is said in the counseling room is between the chaplain, the counselee and God.

“We are the counseling center for the community,” Wilson continued, “and the community needs to know they will receive a different kind of help when they come to the CFLC.”

**CFLC**

The Chaplain Family Life Center is located at the Schofield Barracks Chapel Annex, Bldg. 791, McCornack Road. For more information about the center, its hours of operation or to schedule a session, call 655-9355.

For south communities, a second CFLC is located at the Aliamanu Military Reservation Chapel, Bldg. 1790, 1050 Bougainvillea Loop. Call 839-2413.

**FAMILY LIFE MINISTRY**

Family life ministry features a range of activities undertaken by all Unit Ministry Teams to enable Soldiers to build and maintain personal spiritual health and build/restore healthy relationships.

Faith-based counseling is available to single Soldiers, as well as couples, families or extended families, and offers support in areas such as family-life education, finances, parenting, relationship patterns and deployment stress.

“Family life education is preventive in nature and provides resources for Army constituents to develop healthy relationships on every level, so that they are able to thrive under the pressures of military life,” said Chaplain (Maj.) Kelly Porter, Family Life Chaplain, USAG-HI.

p.m., Tropics Warrior Zone.

Who will win the prize for the best rendition of Madonna?

Men, how’s your Michael Jackson impersonation? Call 655-5698.

**Hawaiian Luau Lunch Buffet** — Enjoy a Hawaiian luau lunch buffet every last Friday of the month at Mulligan’s Bar and Grill, FS, or Kolekole Bar and Grill, SB. Call 438-

1974 (FS) or 655-0660 (SB).

**October 5 / Friday**  
**Kolekole Rocktoberfest** — A taste of Germany with a thirst for Rock and Roll highlights the annual Rocktoberfest at SB Kolekole Bar and Grill, Oct. 5. Enjoy food, great drinks and

entertainment with no cover charge at this adults-only event. Call 655-4466.

**Ongoing**  
**New Menus** — New menus are now available at the Kolekole Bar and Grill, SB, and Mulligan’s Bar and Grill, FS. Call 655-4466 (SB) or 438-1974

5-9 a.m., Mondays through Fridays, excluding holidays for the duration of the project.

Traffic delays on Wilikina Drive, Kamehameha Highway, H-2 and Kunia Road may require drivers to anticipate and plan accordingly.

**23 / Sunday**  
**Sunday Service Location Change** — The Lutheran/Episcopal worship service normally conducted at Wheeler Army Airfield Chapel every Sunday morning will take place, 9 a.m., at the Hale Koa in Honolulu. The service will return to its normal location at WAAF Chapel on Sept. 30.

**27 / Thursday**  
**Health Promotion Fair** — Coinciding with the Army’s Suicide Prevention Stand Down Day, Sept. 27, a Health Promotion Fair will be held 9:30 a.m.-3 p.m. at the Fort Shafter Physical Fitness Center.

At 2:30 p.m., local expert Pua Kaninau-Santos will provide a presentation on the family aspects of suicide. Spouses are invited.

Santos is a recipient of the Suicide Prevention Action Network, or SPAN, USA Sandy Martin Grassroots Award and a National Winner of the “Influencing State Policy” award.

**29 / Saturday**  
**Blue Angels** — The Kaneohe Bay Air Show, Sept. 29-30, will feature the U.S. Navy’s Blue Angels. Visit www.kaneohebayairshow.com.

**National Take Back Initiative** — Turn in your unused or expired medications for safe, anonymous disposal, 10 a.m.-2 p.m., Sept. 29, at the Schofield Exchange, near the Flower Shop.

Other NTBI locations include the Pearl Harbor Navy Exchange main lobby, Mililani Town Center’s bandstand area and Hawaii State Capitol’s South King Street side.

**30 / Sunday**  
**Gold Star Mother’s Day** — Gold Star mothers and family members will present a Lei of Honor and Remembrance ceremony at the base of the Lady Columbia statue, 10:30 a.m., Sept. 30,

at Punchbowl cemetery as part of the national Gold Star Mother’s Day observance.

A blessing ceremony and words of remembrance will be provided. The public is invited. Call 438-9285.

**October 1 / Monday**  
**New Boat Storage Lot** — The SB Auto Skills Center is accepting applications for RV, boat and Jet Ski storage, beginning Oct. 1. The \$40 monthly stall fee can be purchased at the Auto Skills Center, Bldg. 910, at the corner of Lyman and Duck roads.

Valid government ID, state registration for boat and trailer, proof of both safety check and insurance are required. Call 655-9368.

**11 / Thursday**  
**Closure** — The Schofield Barracks Health and Fitness Center will be closed Oct. 11-Jan. 15, 2013, for renovation.

During renovations, group exercise classes will be moved to the Martinez Physical Fitness Center, Bldg. 488, SB. Call 655-8789/8007.



worship  
Services

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

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

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

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

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

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

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

**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex

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

**Single Soldiers’ Bible Study**  
•Wednesday, 11:30 a.m. at SC; lunch is provided.

**Worship Service**  
•Sunday, 6 p.m. at SC.



This Week at the  
MOVIES  
Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.

**Ice Age: Continental Drift**  
(PG)  
Fri., Sept. 21, 4 p.m.  
Sat., Sept. 22, 4 p.m.  
Sun., Sept. 23, 2 p.m.



**The Campaign**  
(R)  
Fri., Sept. 21, 7 p.m.  
Sat., Sept 22, 7 p.m.  
Wed., Sept. 26, 7 p.m.

**The Bourne Legacy**  
(PG-13)  
Thurs., Sept. 27, 7 p.m.

<b>Calendar abbreviations</b> 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	ASYMCA: Armed Services YMCA 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 PFC: Physical Fitness Center 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
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No shows on Mondays or Tuesdays.



Soldiers from the Pacific Regional Medical Command’s Warrior Transition Battalion (green caps) engage in some friendly competition against Marines (yellow caps) from the Wounded Warrior Battalion-West, stationed at Kaneohe Bay, in an adaptive water polo tournament held at Richardson Pool, Sept. 7.

# Inaugural water polo win for WTB

Story and Photo by  
**STEPHANIE RUSH**  
Pacific Regional Medical Command Public Affairs

SCHOFIELD BARRACKS — The Pacific Regional Medical Command’s Warrior Transition Battalion sponsored a joint service adaptive water polo tournament, Sept. 7, at Richardson Pool, here.

Standing water polo and inner tube water polo are just one of the many adaptive sports programs that play a major role in the recovery and healing process of wounded, ill and injured service members.

“With the WTB, everything is so focused on traditional types of treatments, but this is (more of an) out-of-the-box treatment,” explained Michael Esquibil, licensed clinical social worker, Company B, WTB. “You’re using a different part of the brain. The whole intention of doing adaptive sports is to one, keep Soldiers physically active, and two, keep Soldiers mentally healthy.”

Getting services members in transition out of their office or medical clinics where they’re seen for treatment is an important part of adaptive sports programs, which offer wounded service members the opportunity to participate in physical training while having fun in a competitive environment.

“First and foremost, the adaptive reconditioning program gives folks the opportunity to participate,” said Sgt. 1st Class Norbert Fuata, platoon sergeant, Co. A, WTB, and team captain for the winning team. “It gives everyone the chance to play, regardless of his or her injuries. It also gets them out of the office or clinics.”

Not all service members assigned to the WTB transition back into the Army when their recovery is done. Some will transition into civilian status.

“Adaptive sports are good for morale,” said Sgt. 1st Class Fetuosasae Sua, who is currently assigned to Co. A, WTB, but plans to leave the Army and return home to Samoa after his recovery is complete.

“It’s one Army, but there are a lot of ethnic groups here in the WTB. (Playing adaptive sports) is a bonding experience and a really good way to prepare for going home,” he said.

A Marine in transition echoed Sua’s sentiments. Joining the WTB’s six teams was a seventh team made up of Marines in transition from Wounded Warrior Battalion-West at Marine Corps Base Hawaii, Kaneohe Bay.

“For us to be able to practice and actually compete in sports like volleyball and water polo really helps boost morale and makes us want to get better quicker,” said Marine Cpl. Bryson Walker from Kaneohe’s Wounded Warrior Battalion-West.

Walker, who is from Hawaii, is planning to transition out of the Marine Corps after he’s recovered. He plans to go to school to become a psychologist.

“I want to help fellow wounded warriors,” Walker said. “I understand what they’re going through and can give them the best advice I can give them.”

WTB Water Polo Tournament

View more photos online at [www.flickr.com/TriplerAMC](http://www.flickr.com/TriplerAMC).

# State hunting and fishing day supports Hawaii Food Bank

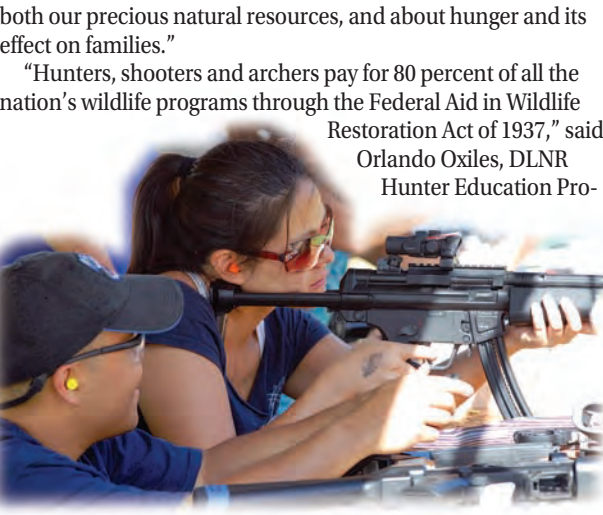
**HAWAII DEPARTMENT OF LAND AND NATURAL RESOURCES**  
News Release

HONOLULU — The Department of Land and Natural Resources invites the public to take part in Hawaii’s 22nd annual Hunting and Fishing Day, from 10 a.m.-4 p.m., Sept. 22-23, at the Koko Head shooting complex in East Oahu.

This annual event provides opportunities for people to help their neighbors while experiencing safety education and fun; participants will experience hands-on activities that highlight the shooting sports and recreational hunting and fishing.

Participants are encouraged to bring canned goods or make a donation to support the Hawaii Food Bank. For every can of food or \$1 donated, an activity coupon is provided that is good for various firearms, archery or fish-casting activities. Each registered participant will also receive the Hunter Education Program’s popular “First Aid and Survival” bandana, and be eligible for door prizes.

“We salute the commitment of Hawaii’s sportsmen and women, and everyone else who recognizes the critical need for food donations in these challenging times,” said William Aila Jr. DLNR chairperson. “Their generosity shows they care about



A participant learns proper shooting techniques and proper weapons handling in a monitored environment at the annual Hunting and Fishing Day, at the Koko Head shooting complex, last year.

gram manager.

“This act imposes a 10.5- to 11-percent tax on firearms, ammunition, archery gear and accessories. Over \$22 billion has been raised since the creation of the act,” Oxiles explained.

Children 8 and under (and adults) can participate in archery with lightweight compound bows. They can fly, spin and surf cast, courtesy of the Hawaii Freshwater Fishing Association and Kakaako Kasting Club.

Participants who complete every “hands-on” activity will receive a certificate of recognition.

Last year, the Hunting and Fishing Day raised more than 1,400 pounds of food contributions and \$2,600 in monetary donations for the Hawaii Food Bank.

22nd Annual DLNR Hunting and Fishing Day

Koko Head shooting range is located off Kalanianaʻole Highway. From Hawaii Kai, going towards Waimanalo, take the first left driveway past Hanauma Bay to 8102 Kalanianaʻole Hwy. For more details about Hunting and Fishing Day, call the DLNR Hunter Education Program at 587-0200.

# National prescription turn-in day set for Sept. 29

SARAH PACHECO  
Staff Writer

SCHOFIELD BARRACKS — The Drug Enforcement Administration, or DEA, has scheduled a National Prescription Drug Take-Back Day, 10 a.m.-2 p.m., Sept. 29, here, and at other locations on Oahu and around the state.

Officials said this is a great opportunity for those who missed previous events or who have subsequently accumulated unwanted or unused prescription drugs to safely dispose of those medications.

“Pharmacies are not permitted by law to take back any medication or prescription drugs at their counters,” said Brent Oto, instructor, Army Substance Abuse Program, here.

“If these meds are dumped in the landfill, rain or storms have been known to wash these meds into the oceans or onto the shores of beaches,” Oto said, adding, “unfortunately, we have (also) seen people who dumpster-dive for drugs in the trash.”

According to the DEA, the most-recent National Prescription Drug Take-Back Day, held April 28, was an overwhelming success, as citizens turned in a record-breaking 552,161 pounds (or 276 tons) of unwanted or expired medications for proper disposal at the 5,659 take-back sites available in all 50 states and U.S. territories.

Locally, Oto said more than 2,000 pounds of medications were collected statewide during the April initiative.

To date, the DEA and its state, local and tribal law enforcement and community partners have removed more than 1.5 million pounds (774 tons) of medication from circulation.

“We are pleased at the response of the American people once again, and we thank them for participating and contributing to the battle against prescription drug abuse,” said Michele Leonhart, administrator, DEA, in a news release.

Leonhart said 4,268



## Prescription drug abuse on the rise, fosters prevention strategies

Simply put, good medicines paired with bad behavior can cause very negative outcomes.

Just a brief look at history reveals a list of talent lost to the effects of prescription drug abuse: Judy Garland, Marilyn Monroe, Jimi Hendrix, Keith Moon, Elvis Presley and, more recently, Heath Ledger and Michael Jackson.

With each new medicine discovered to cure disease and relieve pain, there also are individuals who misuse and abuse the prescription drug to the point where it can be just as dangerous as street drugs.

The Centers for Disease Control and Prevention reported that the number of deaths from prescription narcotics increased four-fold during the past 10 years, classifying prescription drug abuse as an epidemic.

Also, the Office of National Drug Control Policy found that prescription drug abuse is the nation’s fastest-growing drug problem, with prescription painkillers now causing more drug overdose deaths than cocaine

and heroin combined.

In 2011, the Prescription Drug Abuse Prevention Plan was created to expand upon the Obama Administration’s National Drug Control Strategy. The plan includes education for both public and health care providers:

- to increase awareness of the dangers of prescription drug abuse;
  - to enhance and increase use of prescription drug monitoring programs;
  - to develop consumer-friendly and environmentally-responsible prescription drug disposal programs; and
  - to support law enforcement agencies in expanding their efforts to shut down “pill mills” and stop “doctor shoppers” who contribute to prescription drug trafficking.
- More information about prescription drug abuse, initiatives and strategies — specifically those for military families and veterans — can be found online at [www.whitehouse.gov/ondcp/prescription-drug-abuse](http://www.whitehouse.gov/ondcp/prescription-drug-abuse).

and DEA thanks each and every one of them for their efforts on behalf of the American people,” Leonhart said.

“While a uniform system for prescription drug disposal is being finalized, we will continue to sponsor these important take-back opportunities as a service to our communities,” Leonhart continued. “Our take-back events highlight the problems related to prescription drug abuse and give our citizens an opportunity to contribute to the solution.”



## RX Drop-off Locations on Oahu

National Prescription Drug Take-Back Day is scheduled 10 a.m.-2 p.m., Sept. 29, at various sites on Oahu. Bring all unwanted, unused or expired medications in a sealed plastic bag for safe, anonymous disposal to any of these locations:

- Schofield Barracks PX, main lobby, near flower shop;
  - Navy Exchange, main lobby, near escalator;
  - Marine Corps Exchange, in front;
  - Kapolei Police Station, parking lot;
  - Mililani Town Center, bandstand area;
  - Windward Mall, center court area; or the
  - State of Hawaii State Capitol.
- The service is also offered at the following neighbor island locations:
- Big Island of Hawaii’s National Guard Aviation Facility, the Hawaii County Police Department or the Kona Police Station (parking lot);
  - Maui County Police Department (parking lot); or
  - Kauai Police Department (parking lot).



POHAKULOA TRAINING AREA

# Boy Scouts learn PTA engineering from 561st

Story and photo by  
**2ND LT. JAKE OBERLECHNER**  
561st Engineer Company, 84th Eng. Battalion,  
130th Eng. Brigade  
8th Theater Sustainment Command

POHAKULOA TRAINING AREA, Hawaii — The 561st Engineer Company, 84th Eng. Bn., 130th Eng. Bde., 8th Theater Sustainment Command, hosted the local Boy Scouts of America’s Order of the Arrow chapter, here, on the island of Hawaii, recently for a demonstration of PTA construction engineering.

The Order of the Arrow’s visit was part of the group’s annual three-day conclave involving approximately 30 Boy Scouts and volunteers from three chapters, located on the islands of Oahu, Hawaii, Maui and Kauai, who came, here, for fellowship and training.

“The conclave allows Boy Scouts from ages 14 to 18 the chance to get away from home and ... get a meaningful experience, as well as the ability to expand and grow,” said Edwin Chung, Scouts advisor.

The company gathered some of its best operators to teach the Scouts about construction through the use of five different pieces of construction equipment.

Various equipment was on display at the site: a CS-433C motorized roller, an M916 truck-tractor with an M870 40-ton trailer, a CAT 120M grader, a 580 SPR M backhoe loader and a D7 dozer. Equipment operators provided a brief description and demonstration for each piece of equipment, explaining the purpose, function and importance of conducting daily equipment maintenance.

Boy Scouts operated the vehicles with assistance from Soldiers in the unit.

Specialists Virgilio Data and Robert Deathrage, both with the 561st Eng. Co., added to the demonstration by supervising the Scouts as they operated the grader and dozer. In addition, the Scouts were also able to see a Stryker combat vehicle on display, supported by other elements conducting training, here, from the 25th Infantry Division.

“Not only is the display a great opportunity to give back to the community, but also a chance for the leadership to see how well our operators know their equipment,” said 2nd



A Boy Scout with the Order of the Arrow chapter test-drives a 130G grader during a static display hosted by the 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC.

Lt. Charles Payne, Maintenance Platoon leader, 561st Eng. Co.

Logan Matsuoka, a 14-year-old Scout, looked at the demonstration as valuable information for his future.

“I plan to join the Army engineers and follow in my father’s footsteps in construction,” said Matsuoka.

Volunteers act as mentors for the Boy Scouts, who hold various leadership positions within their sections. For example, 18-year-old section chief Andrew Cowland is a recent high school graduate who planned and coordinated the conclave.

Respect and admiration underscored the learning experience for both the Scouts and engineers. Before departing, the Scouts warmly thanked Soldiers for their time and service. Some even went so far as to obtain autographs from the Soldiers.