

Soldiers overcome challenges to earn EFMB

46 of 170 certify, graduate

“It’s not just a symbol of proficiency; it’s a symbol of the heart and the guts that it takes.”

— Lt. Gen. Francis Wiercinski
Commander, USARPAC

Story and photo by
1ST LT. GRANT TAULBEE
130th Engineer Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — One-hundred seventy Soldiers attempted to earn the toughest badge in the Army during the Expert Field Medical Badge train-up and assessment, here, Oct. 29-Nov. 8. “(The Expert Field Medical Badge) takes study, discipline, expertise, guts, physical effort and the desire to drive on and meet all the objectives,” said Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific.

“It’s not just a symbol of proficiency; it’s a symbol of the heart and the guts that it takes,” Wiercinski said.

Assessment began with a comprehensive written test, Nov. 3, which has about a 75 percent pass rate.

In the following days, Soldiers conducted three grueling combat test lanes specifically designed to simulate real combat scenarios and night and day land navigation.

Sgt. 1st Class Michael Thetchampa, platoon sergeant, 70th Engineer Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, was the noncommissioned officer in charge of the land navigation course.

“We’re here to make everyone sitting here on these bleachers successful,” he said, during the train-up.

“The candidates have been ‘getting it’ well. That really shows me they did some training before coming here,” Thetchampa

said. “It’s rewarding (to be a part of the train-up), because some of these guys are going to earn their badge.”

The train-up ran Oct. 29-Nov. 2 and paid off for a number of candidates.

Testing concluded with an arduous 12-mile road march around Wheeler Army Airfield. This final test was too much for a number of candidates, after experiencing severe mental and physical fatigue from the days prior.

“Nothing is guaranteed until you cross that line,” said Sgt. 1st Class Jerome MacDonald, senior medic, 130th Eng. Bde., 8th TSC, as he anxiously waited for one of his medics to cross the finish line.

Forty-six Soldiers made it to the graduation ceremony, receiving the Expert Field Medical Badge in a ceremony held at Area X, here, Nov. 8.

The pass rate was an unusual high of 27 percent; the average pass rate for the EFMB is around 17 percent.

“That’s huge,” commented Wiercinski, “and it’s not because the instructors, or graders, or the terrain was any easier (on) any other Soldiers going through their EFMB (testing). It’s probably tougher here because of the terrain.

“For those of you who did not make it ... next year. You know what you missed; you know how hard it was,” Wiercinski added. “Go out there and get the toughest badge we have in the United States Army!”

1st Lt. Rachel Hanlon, registered nurse, General Surgery Ward, Tripler Army Medical Center, drives on during the 12-mile road march, the culminating event of the EFMB certification, Nov. 8. Hanlon was among the few to successfully complete the arduous qualification course.

Hawaii government, military leaders target joint sustainability issues

Agreement signed at Honolulu city hall pledges mutual effort and support

Story and photo by
JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

HONOLULU — Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, along with other installation leaders from military bases round Oahu, put pen to paper and signed a Memorandum of Understanding

pledging closer collaboration between the City and County of Honolulu, here, Nov. 15.

Hawaii’s Army, Marine, Navy, Air Force and Coast Guard leaders signed the MOU on sustainability and solid waste management issues at Honolulu Hale, or city hall, here.

City and County of Honolulu Mayor Peter Carlisle hosted the MOU signing by military and city leadership at his office before about two dozen witnesses and media members.

The goal is to develop a comprehensive and integrated approach for solid waste management on Oahu that will assist the parties in

their individual solid waste management programs and support mutual solid waste and sustainability objectives.

“This is a great example of multiple government branches coming together to improve efficiency and foster understanding that benefits everyone,” Carlisle said. “The city and military have mutual interests in protecting the environment and helping create more sustainable practices for a better future.”

The MOU pledges cooperation in many ways, including by coordinating efforts to reduce, reuse and recycle wastes; considering economic benefits of new technologies for resource recovery; coordinating waste management programs; and working to contribute to the Oahu economy and quality of life for its citizens.

“The Army and our military partners believe that shared knowledge will lead to actions that benefit the entire community,” said Whitney.

The agreement establishes a working group that includes the City and County of Honolulu; Joint Base Pearl Harbor-Hickam; USAG-HI; Marine Corps Base Hawaii, Kaneohe Bay; and Coast Guard Base Honolulu.

“The key message here today is that we are all working together — our installations, along with the City and County of Honolulu — to make us less dependent on foreign fossil fuels,” said Navy Capt. Jess James, commander, JBPHH.

“We recognize the need to do everything we can to conserve energy, convert waste to energy and promote energy security,” James added.

Wolfhounds validate Battle Area Complex

SGT. DANIEL JOHNSON

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

SCHOFIELD BARRACKS — Soldiers of 1st Battalion, 27th Infantry Regiment, “Wolfhounds,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, helped validate the soon-to-be-completed Battle Area Complex, here, Nov. 7.

The Soldiers used the Mobile Gun System during the validation to test targeting and tracking systems with which the range is equipped. This occasion was the first time live rounds have been fired at the BAX.

“The BAX project started in 2005, and construction began in 2007,” said Kenneth Torre, training support manager for Range Division Hawaii. “It is scheduled to be completed mid-January.”

This expensive project will allow the Army to save money by training Soldiers on large weapons systems on Oahu rather than paying for expensive trips to the Big Island or Korea.

“Being able to train in our backyard will save the Army a lot of time, resources and money,” said Sgt. 1st Class David McLain, master gunner, 2nd SBCT. “It will allow us to become more proficient with our vehicles and weapons systems without the added expense of traveling to other places to train.”

The BAX is the only place on Oahu where the larger weapons systems can be used in live-fire training.

“This range will allow us to use and fire all the



Col. Daniel Whitney (front), commander, USAG-HI, comments on the signing of a MOU as City and County of Honolulu Mayor Peter Carlisle (center) and Capt. Jeffrey James (left), commander, JBPHH, listen in during a ceremony at Honolulu Hale, Nov. 15.

See MOU, A-5

See BAX, A-4

Town hall | A-3

Garrison will host
online forum, Tuesday.



Jobs | A-6

IMCOM announces
recruitment opportunities.

Museum | B-1

Photographs of deployed
Soldiers on display now at
Honolulu Museum of Art.



Health | B-7

Tricare offers
weight-loss tips, just in
time for the holidays.”

We want to hear from you...

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

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

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

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

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121 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 11/21/12.

Voices of Ohana



"I take it one day at a time."
1st Lt. Kevin Daley
Bn. S-3 training officer, 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"This is my first holiday season in Hawaii, but I have a very close family, and talking to them keeps me calm and unstressed."
2nd Lt. Jenn Fulco
Platoon leader, FSC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"Personally, family takes priority."
Sgt. Christopher Gray
Construction equipment repairer, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"I try to keep track of the training calendar and take note of major work activities."
Spc. Shannon Lohrli
HHC S-2, 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"In my opinion, you use single Soldiers on any major holiday, so married (Soldiers) or dependents can be with families."
Sgt. Christopher Lopez
643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC

POLICE CALL

Larcenies, traffic citations, assaults increase in October

COL. MARK JACKSON
Director, Emergency Services, U.S. Army Garrison-Hawaii, and Commander, 8th Military Police Brigade, 8th Theater Sustainment Command

The following are excerpts taken from actual blotter entries from the Schofield Barracks/Fort Shafter areas of operation.

Subjects are innocent until proven guilty, and maximum punishments are taken from the Manual for Courts-Martial, United States (2012 Edition) and other open sources.



Crime Statistics

Crime statistics are analyzed and reported courtesy of the Consolidated Community Criminal Intelligence, or CRIMINT, Fusion Cell.

Crime and incident statistics, captured in the accompanying chart, have been pulled and combined from the Schofield Barracks and Fort Shafter surrounding areas, which include Wheel-

er Army Airfield, Aliamanu Military Reservation, Helemano Military Reservation, Fort Shafter Flats, Red Hill Military Reservation, Fort DeRussy, Mendonca Park, Leilehua Golf Course, Piilaa Army Recreation Center, Dillingham/Mokuleia Beach Park, and Tripler Army Medical Center.

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

This data was gathered from Oct. 1-31.

The majority of the crimes/incidents show that traffic citations and traffic



Jackson

accidents were the highest during October's reporting period. The more serious offenses of larcenies and assaults have shown to be very prevalent in our communities.

Possession of a Controlled Substance and Resisting Apprehension

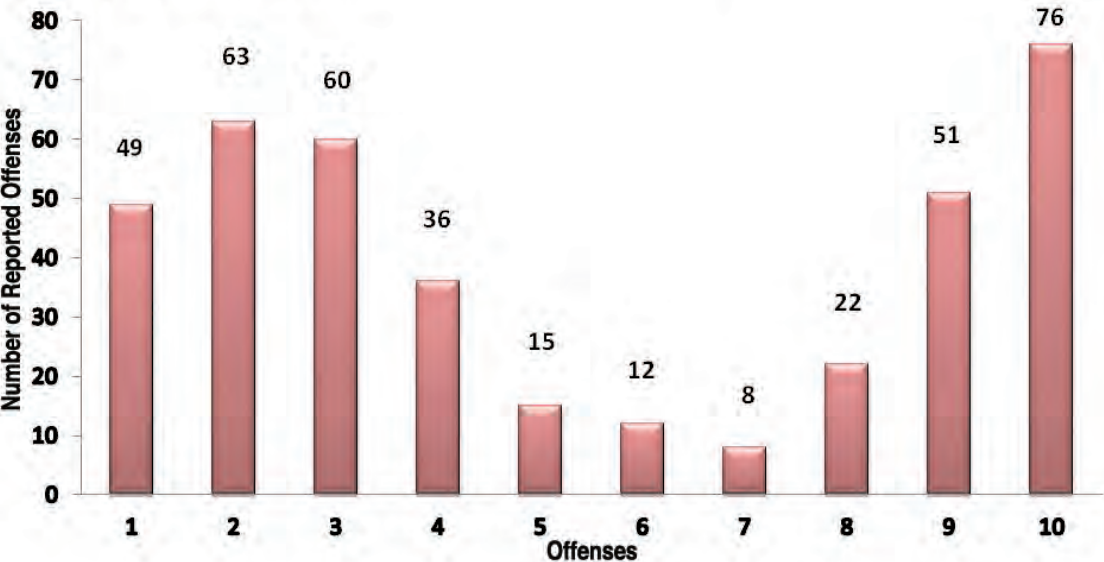
Subject No. 1: PV2/19 years old/male
Subject No. 2: PVT/20/male
Military Police, MP Investigators and the Drug Suppression Team responded to a call when a unit noncommissioned officer notified the Schofield Barracks Military Police station of a drug paraphernalia possession at the barracks, at 5:26 p.m., Oct. 19.

The NCO was concerned for his Soldiers' safety and instructed a team leader to check on them. The team leader entered the Soldiers' rooms and found both Soldiers asleep. He then noticed a musky, smoky scent consistent with

See POLICE CALL, A-4

Combined U.S. Army Garrison-Hawaii

1. Assaults 2. Larcenies 3. Drugs 4. Domestic (Physical/Verbal) 5. Unattended Child 6. Suicide Attempts/Ideation/Gestures 7. Sex Crimes 8. DUI 9. Damage to GOV/Private Property 10. Traffic Accidents



FOOTSTEPS in FAITH

Thanksgiving is very American

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

During my first assignment overseas, when my family and I lived in Kaiserslautern, Germany, I learned how uniquely American the holiday we call Thanksgiving is for our nation.

Thanksgiving, as we know it, finds its roots in a proclamation given by the father of our country, President George Washington.

Several presidents followed Washington in making "Thanksgiving Proclamations." The efforts of Sarah Joseph Hale led to President Abraham Lincoln finally making Thanksgiving a national holiday with his 1863 Thanksgiving Proclamation. And in 1939, President Franklin D. Roosevelt ordered that the fourth Thursday in November be set aside as a national holiday of thanksgiving.

Traditionally, every president has issued a Thanksgiving Proclamation for this holiday. As you and your family celebrate Thanksgiving this weekend, I encourage you to consider President Washington's Thanksgiving Proclamation, and his personal conviction that "it is the duty of all nations to acknowledge the providence of almighty God."



Eubank

Thanksgiving Proclamation by George Washington, 1789

"Whereas it is the duty of all nations to acknowledge the providence of almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor;

and whereas both Houses of Congress have, by their joint committee, requested me to 'recommend to the people of the United States a day of public thanksgiving and prayer, to be observed by acknowledging with grateful hearts the many and signal favors of almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness';

Now, therefore, I do recommend and assign Thursday, the 26th day of November next, to be devoted by the people of these states to the service of that great and glorious being who is the beneficent author of all the good that was, that is, or that will be;

that we may then all unite in rendering unto him our sincere and humble thanks for his kind care and protection of the people of this country pre-

vious to their becoming a nation;

for the signal and manifold mercies and the favorable interpositions of his providence in the course and conclusion of the late war;

for the great degree of tranquility, union and plenty which we have since enjoyed;

for the peaceable and rational manner in which we have been enabled to establish constitutions of government for our safety and happiness, and particularly the national one now lately instituted for the civil and religious liberty with which we are blessed, and the means we have of acquiring and diffusing useful knowledge;

and, in general, for all the great and various favors which he has been pleased to confer upon us.

And also that we may then unite in most humbly offering our prayers and supplications to the great Lord and ruler of nations and beseech him to pardon our national and other transgressions; to enable us all, whether in public

or private stations, to perform our several and relative duties properly and punctually;

to render our national government a blessing to all the people by constantly being a government of wise, just and constitutional laws, discreetly and faithfully executed and obeyed;

to protect and guide all sovereigns and nations (especially such as have shown kindness to us), and to bless them with good governments, peace and concord;

to promote the knowledge and practice of true religion and virtue, and the increase of science among them and us;

and, generally to grant unto all mankind such a degree of temporal prosperity as he alone knows to be best.

Given under my hand, at the city of New York, the 3rd day of October, A.D. 1789."

George Washington, President of the United States of America

BACK TO BASICS — Standards are key

COMMAND SGT. MAJ. FORREST WACKER

4960th Multifunctional Training Brigade, 9th Mission Support Command

Standards, discipline, training and leadership are very large parts of our profession.

Knowing and understanding the Army standards and having the discipline to enforce these standards are a key component and hallmark of a well-functioning unit in our profession of arms.

Our standards come from multiple sources, which include U.S. law, Army regulations and standard operating procedures.

We learn many of these standards through three primary methods: repetitive training; various development opportunities, like Noncommissioned Officers Professional Development; and specialty schools, i.e., the NCO Education System/Officer Education System, or NCOES/OES.

In my unit, my team oversees and schedules all three arenas very closely.

Discipline to learn, know, understand and then interact within the standards normally grows individuals into leaders and leadership positions. This type of discipline is usually recognized and rewarded with advancement to schools and/or positions of greater responsibility.

Training time is one of our most precious resources in the Army

See B2B, A-4



Wacker

"How do you balance a demanding schedule during the holidays?"

Photos by 8th Theater Sustainment Command Public Affairs

IMCOM commanders give message of thanksgiving

**LT. GEN. MICHAEL FERRITER AND
COMMAND SGT. MAJ. EARL RICE**
U.S. Army Installation Management Command

Thanksgiving marks the beginning of the holiday season, a time of year when our thoughts naturally turn to home and family, reflecting on the past year and our good fortune.

We also honor and appreciate military families this month, and it seems only fitting to focus on what family means and the quality of time and attention we give them.

U.S. Army Installation Management Command is the Army’s home. Each day proves it is the people we serve and care for who are most important.

Now, more than ever, it’s important that we take care of each other. People are the heart and soul of the IMCOM mission. They are both our purpose and our greatest asset, creating a larger

family that includes co-workers, battle buddies, the Soldiers to our left and our right, along with all who are near and dear to our hearts.

For many, quality time will be spent gathered around the time-honored American tradition of Thanksgiving turkey. As you do so, remember that somewhere there is a young family, new to the Army, flying to its first overseas assignment right now.

They’ll be in lodging for the holiday and at the dining facility, or DFAC, for dinner. Welcome them into our family. Make sure the service they receive is world-class. Take the time to greet



Ferriter

them, to direct them and make them feel valued and wanted in their new garrison community.

Other members of our family, civilians and Soldiers alike, are deployed. Even far from home, a word of encouragement can make a difference.

Some of our family members may be giving thanks as their Soldiers return from deployment, while experiencing stresses related to reintegration, at the same time. The Army is a life of service!

To all who provide services on our installations — IMCOM; Medical Command, or MEDCOM; the Network Enterprise Center, or NEC; Dental Command, or DENCOM; and Army Ma-



Rice

teriel Command, or AMC — we’re proud to serve with each and every member of this team. You, and the work you do each and every day, are important to us. It’s critical to the lives of the Soldiers, civilians and family members we serve in garrisons around the globe.

While preparing for travel and attending celebrations, let’s all be vigilant; keep safety and responsibility at the forefront of all that you do.

As you enjoy this Thanksgiving holiday, we hope it will be a time for thanks, relaxation and renewal.

Remember your family and extended Army family as well — battle buddies, co-workers and the person next to you now. Be thankful, as we sincerely are, for their (and your) service and commitment to both the Army and this great nation.

Army Strong!

DEPLOYED FORCES

R&R is ‘Chicken Soup for the 25th CAB Soul’

Part One of a two-part series offers a glimpse at two special weeks

CAPT. RICHARD BARKER
25th Combat Aviation Brigade Public Affairs

KANDAHAR, Afghanistan — Regardless of a 25th Combat Aviation Brigade Soldier’s job and responsibilities, one thing is true for all — life is not easy.

Sure, deployed life may be better for some than others, but all Soldiers share the common ground of being separated from important things in their lives while deployed, here, and elsewhere in Afghanistan.

Perhaps this is why, from the day Soldiers arrive in theater, they begin counting down the days until they can momentarily return to a normal life: the day they can go on “rest and relaxation” with their families.

R&R stories shared by 25th CAB families are each a gem. They are stories that encompass the circle of life. They are stories so tender, that as a collection, they deserve the title, “Chicken Soup for the 25th CAB’s Soul.”

New Life

Spc. Shawn Knaus, with Company D, 3rd Battalion, 25th Aviation Regiment, 25th CAB, was scheduled to meet his wife, Sara, on R&R just in time for the birth of their fifth child. Sara, however, started experiencing contractions early. Too early.

The contractions lasted for 11 days, although they were all non-productive. On the twelfth day, Shawn flew home.



Photo courtesy Holly Pierce

WAIKIKI — Staff Sgt. Nathan Pierce, with Co. D, 2nd Bn., 25th Avn. Regt., 25th CAB, spends his R&R on the beaches, here, with wife Holly and their daughters. During his two-week leave, Nathan and Holly also renewed their wedding vows, celebrating more than 12 years of marriage.

“I picked my husband up at the airport and went into labor that night. We guess she was just waiting for her daddy,” Sara said.

Renewed Bonds

For some, R&R is a time to celebrate and renew strong family bonds.

Holly Pierce, wife of Staff Sgt. Nathan Pierce with Co. D, 2nd Bn., 25th Avn. Regt., 25th CAB, was in a panic. Nathan’s R&R dates had changed two times, and now, with a sudden third change, he was coming home in early April — only she was not there.

“My daughters and I were in Florida for my sister’s wedding at that time,” Holly said.

Holly spent most of her trip stressing that she would not arrive home before her husband.

“I didn’t want to miss days, hours or even minutes with him,” she said. “I was on the phone with every airline trying to get a different flight home before him. I was able to get the change fees waived, but not a single ticket for the three of us was under \$3,400.”

Nathan then was delayed in Afghanistan for an extra day, resulting in a cascade of events that made timing work out in their favor. Nathan was on schedule to arrive in Los Angeles about 45 minutes after the flight carrying Holly and their two daughters would arrive in Las Vegas. She and the children were set to arrive in Hawaii a little more than an hour before Nathan. To make the event even better, the children had no idea their daddy was coming home.

“We had a little over a two-hour layover in Vegas when I received a phone call from (my husband), and we talked for a few minutes,” Holly said. “He told me he was going to grab a bite to eat and would call me before we boarded.”

It was at this time that Holly’s youngest daughter, 2, began to run around a corner, causing Holly to chase after her.

“I stood up to go get her when she suddenly stopped, looking confused, and smiled,” Holly said. “Then, as I rounded the corner, there stood my husband.”

Nathan had managed to change his flight out of Atlanta so that he arrived in Las Vegas instead of Los Angeles. He was also booked on the same flight to Hawaii as his family.

“Made-for-TV reaction is an understatement,” Holly said. “The whole thing is a little bit of a blur because I was in shock. My husband said he was temporarily deaf from all of my screaming.”

At the gate, the airline cooperated and was able to get the entire family seated together.

“I hit a jackpot in Las Vegas and never had to spend a dime,” said Holly.

While home, Nathan was able to celebrate his younger daughter’s third birthday, and with Holly, they celebrated 12 years of marriage by renewing their vows on Waikiki Beach.

To top things off, Nathan was bumped from his return flight to Afghanistan and was able to spend one extra night with his family.

“After an overly tearful goodbye, needless to say, Las Vegas will always be a special place for us,” said Holly.

(Editor’s note: In Part Two of the series, Barker takes a look at the strength, adventures and new beginnings of other 25th CAB families.)

Tuesday town hall to address issues

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

WHEELER ARMY AIRFIELD — Garrison’s last Facebook Town Hall for 2012 is scheduled 6-7:30 p.m., Tuesday, Nov. 27, at www.facebook.com/usaghawaii.com.

“The quarterly event opens the door and encourages real-time interaction between the Soldiers, families and civilians living and working on Army installations, and the subject matter experts who can address questions about garrison services and programs,” said Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii.

Anyone with a question or concern should log into Facebook using a personal account, visit the USAG-HI page and click on the “Events” tab, located in the upper tool bar.

Queries can be posted both prior to and during the actual town hall timeframe. Questions posted after the town hall is completed at 7:30 p.m., or posted on the garrison’s wall, will not be addressed.

Subject matter experts from Island Palm Communities and the directorates of Emergency Services; of Public Works; and of Family and Morale, Welfare and Recreation will monitor the event page and answer as many concerns as possible.

All questions posted before or during the town hall will be answered in the days following the event, if they are not addressed that evening.

“The USAG-HI Facebook Town Hall allows attendees to easily participate without impacting their busy social and family lives or making them rearrange their schedules,” said Command Sgt. Maj. Philip Brunwald, garrison’s senior enlisted leader. “They can post a question on the page, before Nov. 27, and come back to see the answer, at their convenience, in the days following the event.”

Attendees visiting the digital town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions. For example, if asking about road conditions, provide the street name, installation and the closest cross streets, buildings or landmarks. This method will help DPW pinpoint the location in question exactly, which will pave the way for a faster response.

The same applies for questions directed to DES, DFMWR or IPC.

“Some of the local concerns for residents can’t be addressed at the garrison level — as we’ve seen in the recent Army Family Action Plan conference and previous town halls — and must be fixed at a higher level of command,” said Jim Duttweiler, deputy garrison commander. “However, we encourage residents to still bring those issues to our attention, so we can hear the voice of the community.”

Examples of issues that need to be addressed at the Department of the Army level include policy changes on how residents are charged for electricity, vehicle decals for access to military installations, policies banning sexual offenders from living on post, the lack of benefits for same-sex civil unions, and referral processes across military treatment facilities.

“USAG-HI’s mission is to support warriors, families and the community, and the Facebook Town Hall is a great tool to ensure our services are doing just that,” Whitney said.

Get Connected

Catch all the action at www.facebook.com/usaghawaii, under the “Events” tab, 6-7:30 p.m., Nov. 27.

Police Call: MPs discover drugs, pistol

CONTINUED FROM A-2

the smell of “spice” in the room and notified his NCOIC, who notified the MPs.

As the MP patrol gathered information from the Soldiers in question, the Soldiers attempted to run from the MPs. The MPs apprehended both Soldiers and transported them to the Schofield Barracks MP station, where they admitted to smoking spice and were charged with possession of a controlled substance (Article 112A, UCMJ) and resisting apprehension (Article 95, UCMJ).

Disposition of the Case: The Drug Suppression Team retained all evidence, and an investigation is ongoing.

Assault on a Law Enforcement Officer
Subject: PFC/22/male

On Oct. 30, a unit NCO notified the Schofield Barracks MP station of a suicidal attempt. MP patrols responded to the barracks to find the Soldier had consumed alcohol and an unknown amount of prescription medication and had lacerations on his arm.

The Soldier became belligerent with the MP patrols and kicked one patrol in the leg and head-butted another patrol. The Solider was taken to the Schofield Barracks MP station for processing and was released to his NCO.

The Soldier was charged with two counts of assault on a law enforcement officer (Article 128, UCMJ), disorderly conduct (Article 134, UCMJ) and resisting apprehension (Military, Article 95, UCMJ).

Disposition of the Case: Soldier was released to his unit NCO. No further investigation.

Medical Emergency Response
Subject: CIV/42/female

On Oct. 27, the Fort Shafter MP station was notified of a loud noise complaint on Tripler Army

Medical Center. MP patrols responded and made contact with a dependent who appeared to be highly intoxicated and screaming loudly.

Patrols attempted to calm the dependent, but she refused and began yelling profanities at them. Emergency medical servcices arrived, but medical attention was refused.

After calming down the dependent was taken to TAMC and admitted for further evaluation.

Disposition of the Case: This is the final report.

Possession of Marijuana Transfer, Possession of Firearms
Subject No. 1: CIV/19/male
Subject No. 2: CIV/22/male

On Oct. 27, the Fort Shafter MP station was notified of possible drug use. MP patrols responded and conducted a search, revealing marijuana and a .357 magnum.

The pistol was located in the shoe of one of the subjects. Honolulu police were notified, and both subjects were taken into custody.

Disposition of the Case: Investigation continues by Honolulu Police Department.

The chief of police uses the above crime statistics to develop the patrol operational schedule, which focuses patrols in areas where recent criminal activity has occurred.

Policing is a community effort!

We thank you for all of your support and encourage you to continue reporting criminal and suspicious activity.

Police Call
This bimonthly column provides crime data for our military communities throughout U.S. Army Garrison-Hawaii to increase awareness, which will aid in crime prevention.

BAX: Range will enhance training

CONTINUED FROM A-1

weapons systems on the Stryker variants,” McLain said.

The BAX is equipped with state-of-the-art electronic monitoring systems, with cameras and microphones placed around the range, as well as in vehicles.

“This type of monitoring improves the training value and provides an opportunity for crews to set and baseline and plan improvement,” McLain said.

Real-time video is also available to commanders observing the training, allowing them to make notes via radio corrections to the individual Soldier. This type of monitoring helps facilitate after-action reviews.

“After-action reviews are vital when you

are talking about gunnery operations,” McLain explained. “It allows the crew to identify the areas of improvement that are needed and identify specific moments that could have been executed better.”

The BAX project cost approximately \$42 million, said Torre. The range was built in the center of what used to be an impact area, and the depleted uranium from artillery rounds has added to the costs.

The new complex is one of the ways the Army is lowering costs while increasing Soldiers’ proficiency on Oahu. Training conducted there will help to create a more capable fighting force to conduct contingency operations in the Pacific.

B2B: Leadership must be trusted

CONTINUED FROM A-2

Reserve. Training schedules are developed and reworked multiple times to ensure maximum training value from the few precious hours we have available to us each battle assembly.

Military schooling is valuable because it provides knowledge that will be used in the future and provides an opportunity for interaction with peers that provides additional knowledge and insight.

Scheduling Soldiers for NCOES, OES or specialty schools, however, is a wrestling match, as our Soldiers are constantly balancing family responsibilities, their civilian jobs and annual training with when a particular military school is available. We try to set and control scheduling by management and involvement in the entire training process.

At the brigade level, this approach starts with an evaluation of the readiness and training level of the brigade to develop the yearly training calendar, or YTC, no later than late winter for execution starting the following October. We are looking for placement of the major muscle movements on the calendar, like field training exercises, or FTXs, range operations, Soldier Readiness Processing events and so forth.

The YTC is validated and approved

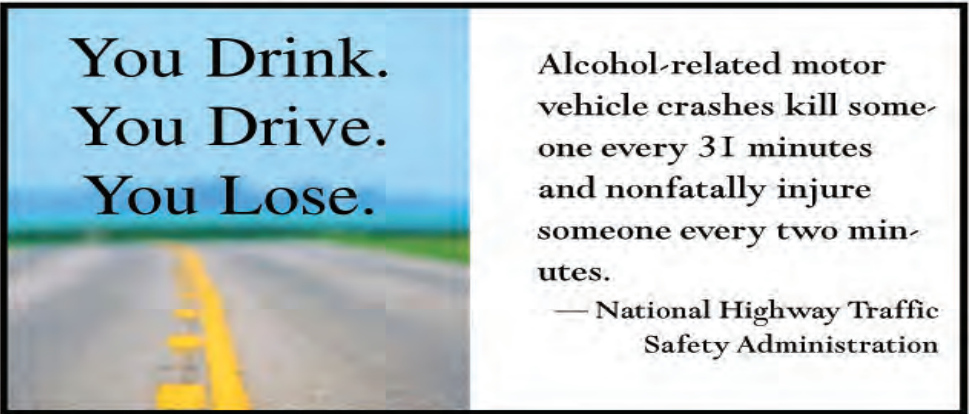
when briefed to the higher command by the commander and command sergeant major during the yearly training brief, or YTB, in the spring. Once the YTC and YTB are approved, a unit budget is also submitted, and then the detailed planning begins.

After something like an FTX or range fire, an after-action review, or AAR, is always conducted with maximum participation to capture the same items as above, but also to get input and perspective from the entire audience population. The specialist and the captain who participate usually have different takes and observations, and we need to listen to what they have to say, to try and understand it, and to work it as necessary.

Leadership sets, monitors and evaluates the environment and the actions of Soldiers. These actions happen in a continuous cycle, no matter if we are at our home station, a training site, on an exercise or deployed.

Leadership must be trusted by those under it. In the training and learning environment, if trust is not developed and fostered, then the training and learning will be at a slower level, if it happens at all.

Successful units in the profession of arms succeed because of standards, training, discipline, leadership and trust.



USARPAC Soldiers go for gold in series of events

Story and photos by
1ST LT. GRANT TAULBEE
130th Engineer Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers from nine different subordinate commands under U.S. Army-Pacific earned the German Armed Forces

Proficiency Badge after completing a series of athletic and military events, here, recently.

Soldiers, Sailors, Airmen and Marines of all ranks are allowed to earn the badge, which is a decoration of the Bundeswehr, the armed forces of the Federal Republic of Germany.

This contest was the third time the test has

been given in Hawaii.

“There were a few minor hiccups, but overall it was good,” said Master Sgt. Cornelious Kenan, noncommissioned officer in charge, Headquarters and Headquarters Battalion, USARPAC, and NCOIC for the event.

“We haven’t had as many folks disqualified as last time,” Kenan added. “Most of them are making it through.”

The testing began well before sunrise Nov. 5 with a 200-meter swim, followed by track and field events that included a sprint, distance run, bench press and high jump or long jump.

“The hardest part, I honestly think, was the swim,” said Staff Sgt. Peter Pena, combat engineer, 34th Sapper Company, 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command. “But I made it in time; it was no problem.”

Soldiers also said the distance run was more difficult than they had anticipated, because it was on a grass track, and by the time they got to the run, the sun was up and temperatures were high.

The first day of testing concluded with a first aid test for all Soldiers not currently certified on the Combat Lifesavers Course.

The second day of testing began with a 9-mile qualification on KR8A range, here. For most participants, the pistol qualification was the limiting factor on which medal they could earn. The gold medal required five out of five rounds on target; silver and bronze required four out of five and three out of five, respectively.

After scoring gold on the pistol range, Sgt. Elida Parra, human resources specialist, Headquarters and Headquarters Command, 130th Eng. Bde., was determined to score gold on the final event, the road march.

“I’m running the whole way; I don’t care if I get dehydrated or anything,” she said.

The standard for earning a gold on the road march is completing 7.5 miles in two hours, wearing full Army combat uniform and carrying a 33-pound rucksack.

Out of 191 Soldiers who attempted to earn the badge, a total of 121 were awarded, with 74 gold, 31 silver and 16 bronze.



Maj. Janet Thomas, S1 officer in charge, 130th Eng. Bde., 8th TSC, competes in the 9-millimeter shooting portion of the GAFPB testing at KR8A range, Nov. 6.



Sgt. 1st Class Jerome MacDonald, senior medic, 130th Eng. Bde., 8th TSC, competes in the 200-meter swim at Richardson Pool, Nov. 5.

MOU: Signing sets stage for future

CONTINUED FROM A-1

While a comprehensive and integrated approach to solid waste management — for the benefit of the entire community — is the goal, the cooperative nature of the working partnership also charts an important course for the future, according to both military and civilian leaders.

“This agreement between Oahu’s military installations and the City and County of Hon-

olulu serves as a foundation for future collaborations,” Whitney said.

“A lot of hard work has gone into this (MOU), and the signatures signify our commitment to work even harder to accomplish the mission,” Carlisle added. “We all create waste, and we all have an obligation to ensure disposal of waste moves us towards a sustainable future.”

(Editors note: The City and County of Honolulu and JBPHH Public Affairs each contributed to this article.)

IMCOM looks to expedite critical hiring at garrisons

INSTALLATION MANAGEMENT COMMAND
Public Affairs

Garrison commanders are recruiting for about 2,000 job openings. While the competitive process can be time-consuming, exceptions to the process allow for noncompetitive selection of current Installation Management Command employees, transitioning Soldiers, disabled veterans and certain others. At the same time, the Army still faces a new fiscal environment that could require more civilian workforce reductions in the future, so the headquarters will continue to closely oversee the filling of critical vacancies to ensure the command stays within sustainable end-strength numbers.

“There are steps the garrisons can take to speed the process.”

— **Karen Perkins**
Director, Human Resources, IMCOM

IMCOM started FY12 facing a mandatory reduction of more than 4,000 civilian positions, including in headquarters, regions and garrisons. In the interest of retaining a highly experienced and specialized workforce, the command approached the necessary reduction with a commitment to meet the end-strength target through

attrition and judicious filling of critical vacancies. This proactive approach to human resources management has succeeded to the extent that IMCOM has exceeded its reduction target through voluntary separations, retirement and cross-leveling through reassignment. The new personnel outlook is good news for protecting the workforce, but garrisons are now anxious to fill these nearly 2,000 openings to sustain its operations. “It’s great to see that we could continue to meet our mission requirements while still taking care of our civilian workforce,” said Lt. Gen. Michael Ferriter, commander, IMCOM. The federal hiring system is a competitive process, designed to evaluate applicants fairly, but not necessarily quickly, especially in recruiting from outside the government. However, federal regulations allow for non-competitive consideration of the very populations IMCOM seeks to help, including current employees, transitioning Soldiers and disabled veterans. “As we look at ways to expedite the approval process, there are steps the garrisons can take to speed the process, including streamlining the recruiting process, working in advance with the CPAC (Civilian Personnel Action Center) on determining the level of competition, getting job assessments ready, considering noncompetitive selections of the current IMCOM workforce, and



hiring veterans and family members,” said Karen Perkins, director, human resources, IMCOM. Most hiring actions still must go to the IMCOM Human Resources Management Board for initial screening and a recommendation to the commander. When the commander approves a hiring request, he or she specifies whether a vacancy must be filled by a current IMCOM employee or whether it can be recruited outside the command and even outside the federal workforce. The first step remains the IMCOM Enterprise Placement Program, or IEPP, which may provide a reassignment opportunity for a potentially vulnerable IMCOM employee who is willing to relocate. While the IEPP process is working, managers can begin the recruitment process to be ready if IEPP does not provide an eligible candidate. If managers want to consider using one of the special hiring authorities laid out under Title 5 of the Code of Federal Regulations, many ways exist to do so noncompetitively. One such authority is the Veterans’ Recruitment Authority, or VRA, which allows for non-competitive appointment to positions in grades up to GS-11 of disabled veterans or veterans who served on active duty during a war, a recognized campaign or expedition, or certain other military operations. The VRA also extends to recently separated veterans. Another opportunity is to appoint a veteran re-

tired from active duty with a disability rating of 30 percent or more. These appointments are 60-day temporary or term to start with, but may be converted to career or career-conditional at any time. No grade limits are imposed with a 30 percent disability appointment, as long as the applicant meets all qualification standards. Another talent resource is Army spouses, who normally wouldn’t qualify for noncompetitive appointment but often come with wide experience and varied skill sets that might not be readily available in the local talent pool. And former government employees eligible for reinstatement can be selected noncompetitively in any grade up to their former highest grade, as long as they meet qualifications. The installation CPAC is the local resource for all civilian hiring, especially when trying to expedite hiring through the use of noncompetitive appointments, so every action should be in consultation with them. With the need for balance between expedited hiring and sustainable end-strengths, garrison commanders need access to more than one option when filling a critical vacancy. The headquarters will likely stay very involved in the hiring process for the foreseeable future in the interest of sheltering the workforce from future adverse actions due to civilian reductions. Options do exist, however, and using the hiring authorities provided can help garrisons fill their critical vacancies while also providing opportunity for some very deserving candidates.

News Briefs

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

27 / Tuesday

Facebook Town Hall — Do you have questions about USAG-HI services, facilities or support, or about how to make the installation better? The next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, is scheduled from 6-7:30 p.m., Nov. 27, at www.facebook.com/usaghawaii, under the “Events” tab. All Soldiers, family members, retirees and civilians in U.S. Army-Hawaii can ask questions, address concerns and get responses. If your question does not pertain to the public at-large, email the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil>, or Ask the Garrison Commander at AskTheCommander.usaghi@us.army.mil. Call 656-3153.

CID Recruitment — The Army’s Criminal Investigation Command, or CID, is seeking qual-

ified, high-caliber Soldiers for CID special agents. Recruiting briefings are at 9:30 a.m., Tuesdays, at the Hawaii CID Office, Bldg. 3026, Schofield Barracks. Visit www.CID.army.mil or call 655-1989.

Ongoing

Wright Avenue Lane Closures — Portions of Wright Avenue, between Robbins and Elleman roads, will be completely closed through Dec. 6 for reconstruction (subject to change pending weather delays). This project is phased so that east- and west-bound lanes of the divided portion are paved at alternate times. Call 656-2532.

Flu Vaccinations — Tricare beneficiaries can still receive their flu vaccine at military medical treatment facilities. Vaccines are now available. Visit www.tamc.amedd.army.mil/flu.

Suicide Prevention — The National Suicide Prevention Lifeline is a free, 24-hour crisis intervention hotline available to anyone in suicidal crisis or emotional distress.

Call (800) 273-TALK (8255) or visit www.suicidepreventionlifeline.org.

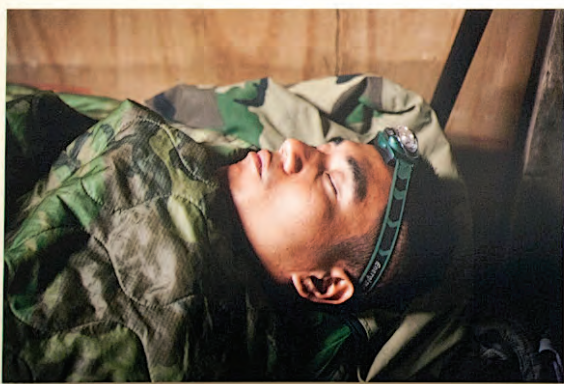
Unemployed Veterans Education Assistance — Veterans ages 35-60 can apply for new benefits to cover education costs up to one year through a joint Department of Veterans Affairs and Department of Labor program. A Veteran Retraining Assistance Program allows qualifying veterans to receive up to 12 months of assistance equal to the full-time Montgomery GI Bill. The active duty rate is currently \$1,473 per month.

Army Substance Abuse Program Survey — The Inspector General for Installation Management Command-Pacific is seeking anyone who has sought ASAP services to complete a short, confidential survey. Information from the survey will be helpful in understanding better ways to ser-

vice Soldiers, civilians and family members. Visit <https://pacweb.hawaii.army.mil/asapsurvey>.

Mystery Customer Program — USAG-HI is looking for volunteers to participate in a new program aimed at evaluating customer service in its facilities. The Mystery Customer Program helps the garrison provide world-class customer service to Soldiers, family members, retirees and civilians. Call 655-9026.

‘Courage and Strength’



Photos courtesy Honolulu Museum of Art

Honolulu Museum of Art presents the contemporary photography exhibition "Courage and Strength: Portraits of Those Who Have Served," through Feb. 24. Five internationally acclaimed artists captured intimate looks at those who have served in Iraq and Afghanistan. Photojournalist Tim Hetherington's photographs (above) are intimate portraits taken over several months in 2007 and 2008, while he was embedded with American troops stationed in Afghanistan's Korengal Valley. Hetherington's work was also incorporated into a film documentary that was nominated for a 2011 Academy Award for Best Documentary Feature.

Honolulu Museum of Art exhibit reflects service member sacrifices

Intimacy and emotions is captured with portraits of those who have served

JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

HONOLULU — Combat has been graphically photographed since the beginning of the Civil War.

The "Courage and Strength," photo exhibition, at the Honolulu Museum of Art, however, displays the conflicts in Iraq and Afghanistan through a different lens.

Five prominent photographers search for intimacy and feelings through images of Soldiers who have served in combat deployments during the past decade.

"The photographs on view do not depict the tension and horror of combat, but rather offer glimpses into the minds and hearts of service members in quiet moments during and after their tours of duty," said exhibition curator James Jensen.

Museum officials sought the exhibition to develop closer ties to the Hawaii military community, but they wanted to connect in a way other than political.

"This is about people," said Stephan Jost, Honolulu Museum of Art director.

Senior military leaders, including retired Gen. Dave Bramlett, were consulted as the exhibit was taking shape in an effort to ensure the exhibition resonated as "true" when service members came to view it, according

to Jost.

"Impressive" was the immediate response from Sgt. 1st Class Karry James, senior enlisted leader, Public Affairs Office, 94th Army Air and Missile Defense Command. "It brought up a lot of memories from deployments."

The contemporary photography exhibition features work by Nina Berman, Ashley Gilbertson, Peter Hapak, Tim Hetherington, and Suzanne Opton, five internationally acclaimed artists.

"My (images) comments on the experience of the soldier. It's brotherhood..."

— Tim Hetherington
Photographer

Hetherington's photographs were taken over several months in 2007 and 2008, when he was embedded with American troops stationed in Afghanistan's Korengal Valley.

"It's all about the men," Hetherington said, describing the images. My (images) comments on the experience of the Soldier. It's brotherhood ... to see the men in an intimate way ... to get to know them and how they lived."

Hetherington's experience in Afghanistan also became the basis for the documentary

"Restrepo," which he co-directed. The film was nominated for an Academy Award in 2011 for Best Documentary Feature and won the Grand Jury Prize for documentary at the 2010 Sundance Film Festival.

In April 2011, however, while on assignment in Ajdabiya, Libya, Hetherington was killed while chronicling the Libyan uprising.

The five artists employed a variety of strategies in their photography in an effort to shed inhibitions and also gain what was termed an honesty to the portraits.

"The subjects in the images have had as important a role in shaping the works as the photographers who took them," Jensen said. "Their willingness to sit, lie down, stand and bare themselves heightens our attentiveness and leads the eye and mind to a deeper, richer place, where we might not otherwise linger."

The exhibit also offers texts written by the featured service members, reflecting their feelings on the effects of war on both them and those involved in their lives. Jost came away from the viewing convinced of a common theme among the service members.

"What comes through is a deep love for the military — even from the severely injured," said Jost.

"Courage and Strength" was specifically created to recognize service men and women, so the museum extends free admission for military personnel for the duration of the exhibition, through Feb. 24, 2013.

(Editors note: The Honolulu Academy of Art contributed to portions of this article.)

Honolulu Museum of Art

The Honolulu Museum of Art is a world-class art museum that presents international-caliber special exhibitions, in addition to offering collection of works ranging from Hokusai, van Gogh, Gauguin, Monet, Picasso and Warhol, as well as traditional Asian and Hawaiian art.

The Honolulu Museum of Art was formerly known as the Honolulu Academy of Art. In 2011, the Contemporary Museum gifted its assets and collection to the museum, and in 2012, the combined museum changed its name to the Honolulu Museum of Art.

Located in two of Honolulu's most beautiful buildings, the museum includes two cafés and gardens, and hosts various films and concerts.

- Hours: Honolulu Museum of Art; Tuesdays-Saturdays, 10 a.m.-4:30 p.m.; Sundays, 1-5 p.m.; closed Monday.
- Free days: First Wednesday of every month.
- Bank of Hawaii Family Sunday: Free to the public on the third Sunday of the month, 11 a.m.-5 p.m., courtesy of Bank of Hawaii.
- Café: lunch only, Tuesdays-Saturdays, 11:30 a.m.-2 p.m.

Visit www.honoluluuseum.org or call 532-8700.



WHAT: Courage and Strength: Portraits of Those Who Have Served

WHO: Photographs by Nina Berman, Ashley Gilbertson, Peter Hapak, Tim Hetherington and Suzanne Opton

WHERE: Honolulu Museum of Art

WHEN: Through Feb. 24

ADMISSION: Free admission to all active duty ID holders and family members



Briefs

Today

Holiday Card Lane — All units, staff offices, agencies and organizations are invited to participate in Holiday Card Lane displays. Complete and return an entry form to the FMWR Special Events Office. Find the entry form at himwr.com and fax completed entries to 655-1780.

Entries will be judged on craftsmanship/artistic quality, expressiveness of message and overall appearance. Awards will be presented during holiday tree lighting ceremonies, Dec. 4, at Schofield’s Generals Loop, and Dec. 6, at Shafter’s Palm Circle.

24 / Saturday

Stand Up Paddleboarding — Enjoy the beautiful coastline with Outdoor Recreation, 8:30 a.m.-12:30 p.m. Cost is \$54. Call 655-0143.

26 / Monday

ACS Financial Training — Mandatory first-term Soldier training focuses on basic financial skills to help develop self-reliance and personal responsibility, 8:30 a.m.-4:30 p.m., Nov. 26, Schofield ACS. Instruction is offered every Monday (except federal holidays). Soldiers must bring an end-of-month leave and earnings statement, or LES. A certificate is awarded for completion. Call 655-4227

27 / Tuesday

AFTB Level I Training— Attend 8 a.m.-3:30 p.m., NCO Academy, located on Higgins Road, Schofield Barracks. Call 655-4227.

Survivor Support Group — Meeting for survivors and battle buddies, 5-8 p.m., Nov. 27, at the SOS Center, Room 104, Bldg. 330, FS Aloha Center. Call 438-4227.

Small Business Seminar — Event is 5:30-7:30 p.m., Nov. 27, with free small business advice and mentoring to Soldiers in transition and their families, SB Soldier and Family Assistance Center, Bldg. 692. Call 655-4227.

28 / Wednesday

BOSS Meeting — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers’ South meeting 10 a.m., Nov. 28, AMR Chapel. Call Sgt. Rayburn at 655-1130.

Car Buying — Learn how to negotiate the best deal and how much

TAMC HOLIDAY BASKET COMPETITION



Stephanie Rush | Pacific Regional Medical Command Public Affairs

HONOLULU — Christie Thies, credentials and certificates specialist, Department of Nursing, Tripler Army Medical Center, helps judge Thanksgiving baskets on presentation, originality and holiday spirit in the TAMC Anuenue Café, here, Nov. 15. The competition, which was organized by the Junior Officer Council, invited all clinics, departments and offices to put together baskets containing canned goods, nonperishable food items, table decorations, utensils and anything else a family would need to prepare a traditional Thanksgiving meal. Twenty-one units and offices participated, creating 25 holiday gift baskets. The top four baskets each went to a Soldier and his or her family, and the remaining 21 baskets were given to families within local communities across the island. The Junior Officer Council worked with the Hawaii Foodbank to find families, and the executive board personally delivered the baskets to each family. The top four baskets were created by the Pediatric Intensive Care Unit, the General Surgery Unit, the Mother Baby Unit and the OB-GYN Unit. See more photos online at www.hawaiiarmyweekly.com.

you can afford, 10-11:30 a.m. Get a free Carfax, too, at the SB ACS. Call 655-4227.

EFMP Movie Night — Enjoy a free movie, 3-4:30 p.m., Kalakaua Community Center, SB. Call 655-4227.

29 / Thursday

Master Resiliency Training — Help Soldiers in transition understand their emotions and behaviors, 12-1 p.m., Soldier and Family Assistance Center, Bldg. 692, SB. Event is for Soldiers in transition and family members assigned to the Warrior Transition unit. Call 655-4227.

December 1 / Saturday

AMR Holiday in Paradise — Holiday festival begins with Breakfast with Santa, 7:30 a.m., at the AMR Community Center. Seating for breakfast begins at 8 a.m., followed by free keiki activities and pictures with Santa, inflatable bouncers, door prizes and more. A fee is charged for food items and some festival activities and games. Visit HiMWR.com for a list of festival activities, or call 655-0110.

3 / Monday

Basketball Court Reopens — The SB Martinez Physical Fitness Center will reopen, noon, Dec. 3 following the installation of new basketball basket support structures/arms. Call 655-4804.

4 / Tuesday
SB Holiday Tree Lighting — Ceremony begins 6 p.m., Generals Loop. Every 6 week to 18-year-old child present and registered with CYSS will receive an age-appropriate toy. Children must be accompanied by a responsible adult for their safety. See appearances by costumed characters, get pictures with Santa, and enjoy entertainment and light refreshments. Call 655-0115.

6 / Thursday
FS Holiday Tree Lighting — Ceremony begins 6 p.m., Palm Circle. Every 6 week to 18-year-old child present and registered with CYSS will receive an age-appropriate toy. Children must be accompanied by a responsible adult for their safety; free entertainment and light refreshments. Call 655-0115.

Ongoing

The “A” Game — Keiki 18 years of age and under can bowl one free game for every two As they get on a report card. Call 438-6733 (FS) or 655-0573 (SB).

ACS Aloha Center — The new phone number for Shafter’s ACS is 438-4ACS (438-4227).

Pro Bowl Tickets — 2013 NFL Pro Bowl tickets are available at the Schofield and Shafter Leisure Travel offices.

NFL Sunday Ticket Kickoff —

Come to the SB 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, 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).

NFL Sunday Ticket Kickoff — Catch all the games Sundays at the Tropics. Facility opens a half hour before the first game starts. Patrons 18 and older are welcome; call 655-5698.

Bowling Special — Bowl 7 a.m.-4 p.m., Wednesdays, \$1 per game, FS Bowling Center. Cost is \$1 per game; shoe rental is not included. Offer is subject to availability and doesn’t apply to group or party reservations. Call 438-6733.

Teen Wednesdays — Teens can cosmic bowl for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m., Wednesdays. Get free shoes with a two-game minimum. Call 656-1745.

Texas Hold’em — Every Thursday, beginning at 6 p.m., the Tropics Warrior Zone hosts a free tournament that tests your poker skills against the best Army players around. All ID cardholders 18 and older are welcome; no buy in.

See FMWR Briefs, B-5



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

Today

Black Friday — The Schofield Main Exchange will open its doors at 4 a.m., Friday, Nov. 23, for “Black Friday” sales. Call 622-1773.

Military Spouse of the Year — “Military Spouse” magazine opened nominations for the 2013 Armed Forces Insurance Military Spouse of the Year. The 6th annual award honors military spouses from all branches of the service and all ranks. Nominations can be submitted at msoy.militaryspouse.com through Jan. 4. Installation, state and district winners will be selected via an online vote, Jan. 22. Six branch level winners will be selected from installation level winners in a subsequent online vote, Feb. 5. Then, these six finalists will be considered for the 2013 Armed Forces Insurance Military

Spouse of the Year award. The winner will be announced May 9 at the awards luncheon in Washington, D.C.

27 / Tuesday

Facebook Town Hall — The next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, is scheduled from 6-7:30 p.m., Nov. 27, at www.facebook.com/usaghawaii, under the “Events” tab. All Soldiers, family members, retirees and civilians in U.S. Army-Hawaii can ask questions, address concerns and get responses. Call 656-3153.

December 3 / Monday

Tree Lighting Ceremony — Tripler Army Medical Center will kick off the holiday season with its annual ceremony, 5-7 p.m., Monday, Dec. 3, on the Tripler lawn. Afterwards, light refreshments will be served and families can participate in holiday-themed activities. Santa Claus and his elves will make an appearance. Call 433-5106.

Other tree lighting ceremonies will be held Tuesday, Dec. 4, 6 p.m., at Schofield’s Generals Loop and Thursday, Dec. 5, 6 p.m., at Fort Shafter’s Palm Circle. See MWR briefs or Visit www.himwr.com.

Ongoing

Exchange Holiday Layaway — Schofield shoppers can select their gifts for layaway and stop by customer service to complete the layaway process for free. “For free” means that, while the Exchange collects an initial \$3 processing fee for new layaways, the amount is returned to customers via an Exchange Merchandise Gift Card, upon final payment. A deposit of 15 percent is required when starting the layaway process. Visit Exchange Customer Service for details and eligibility.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist military families in need. Call 624-5645.

Freeway Service Patrol — This

service is operational on Hawaii’s freeways and sponsored by Hawaii’s Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.

The free service provides assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and providing an emergency gallon of gasoline. The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

Hiking Club — The Hawaiian Trail and Mountain Club leads weekly hikes around various Oahu locations. For membership information, visit htmclub.org. Visiting hikers are welcome.

Hui Thrift Shop — The Hui Thrift Shop at SB offers great bargains and a chance to volunteer. Located at 2107 Ulrich Way, behind ACS, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month. Consignment hours are 9-11 a.m. Call 624-3254 or email huitrifthshopliaison@gmail.com.



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

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

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

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

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

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

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

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

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

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

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



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

Ice Age: Continental Drift

(PG)
Fri., Nov. 23, 4 p.m.



End of Watch

(R)
Fri., Nov. 23, 7 p.m.
Sat., Nov. 24, 7 p.m.
Thurs., Nov. 29, 7 p.m.

House at the End of the Street

(PG13)
Sat., Nov. 24, 4 p.m.
Wed., Nov. 28, 7 p.m.

Paranorman

(PG)
Sun., Nov. 25, 2 p.m.

Calendar abbreviations

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

- 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

Schofield power outage scheduled Dec. 1, impacted areas announced

U.S. ARMY CORPS OF ENGINEERS
Honolulu District

SCHOFIELD BARRACKS — A power outage has been scheduled from 7:30 a.m.-6:30 p.m., Dec. 1, in preparation for construction of the new Warriors in Transition Barracks, here.

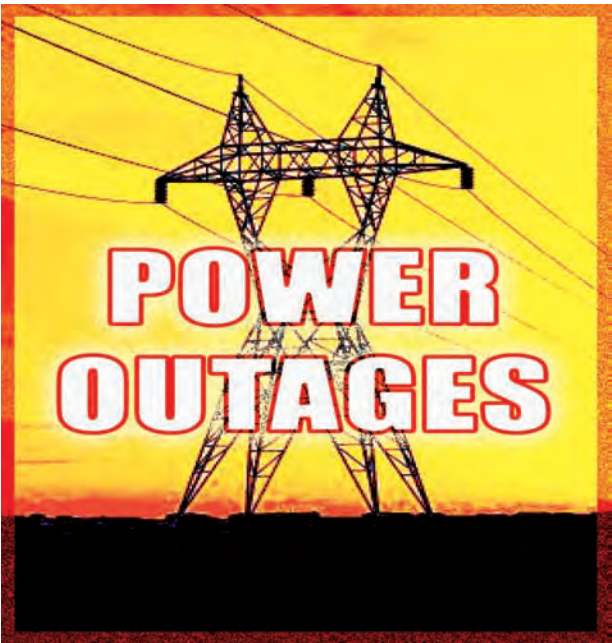
Preparation for construction will require the U.S. Army Corps of Engineers-Honolulu District to access an electrical manhole on Waianae, which will necessitate the power outage for certain areas on post.

- Impacted areas include the following locations:
- 9000 block of Hamilton housing area;
 - The bachelor officer quarters;
 - All trailers on Ayers Road;
 - Building 9091, the Youth Center;
 - Building 9098, the Child Development Center;
 - Building 750, the Soldier Assistance Center;
 - McNair Gate; and
 - Stoneman Field.

USACE representatives indicate that power outage times are approximate, and power will be restored as soon as possible.


Beginning at 9 a.m., Dec. 1, to help prevent food from spoiling, a thousand 20-pound bags of ice will be available, free of charge, to impacted areas. The free ice will be available until supplies run out and can be picked up in the parking lot across from Hamilton Field along Grimes Street.

Work is scheduled to be completed in a timely fashion, and



apologies are offered for any inconvenience created during this construction.

Power Outage Tips

 Areas impacted by the power outage are asked to follow these tips to prevent refrigerated food from spoiling:

- 1) Keep freezer doors closed and use provided ice in coolers for beverages. If your freezer is fairly empty, freeze some gallon jugs of water as doing so will help maintain cold temperatures. Be sure to only fill the jugs no more than 75 percent full to allow for the water to expand when freezing.
- 2) Freezer foods will remain frozen for at least one day — as long as freezer doors are not opened.
- 3) Ice cream will get soft quickly, so the best thing to do is splurge the night before, if possible.

- 4) Refrigerators will keep food cold and unspoiled for about six hours. Typically, condiments will be fine for longer than six hours, but leftovers (meat, poultry, fish and eggs) will be questionable after that time frame. Use a cooler to store items that could spoil and keep items in it to eat throughout the day.
- 5) If you have a neighbor on post who is not affected by the outage, ask if you could bring some items over for his or her freezer or refrigerator.
- 6) Power down all computers to avoid loss of data prior to 7 a.m., Dec. 1.
- 7) Fully charge all battery-operated devices, such as iPods, iPads and cell phones. In most cases, they will last for the duration of the outage.

SALUTING 8TH TSC VOLUNTEERS



Sgt. Tiffany Fudge | 8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Volunteers with 8th Theater Sustainment Command receive recognition for their service rendered in the 3rd Quarter, calendar year 2012, in a ceremony held at the home of Maj. Gen. Stephen Lyons (left), commander, 8th TSC, on Palm Circle, here, Nov. 15. Lyons recognized them for their outstanding devotion, selfless dedication and unwavering support to the Army community. Nominated by their respective units were (with lei, from left) Michelle Talbert, 8th Military Police Brigade; Nicki Wyatt, 130th Engineer Bde.; and Karen Pipkin, 130th Eng. Bde.

‘Culture of Trust’ emphasized by TAMC seminar

GENIE JOSEPH AND RICHARD RIES
Contributing Writers

HONOLULU — When we aren’t feeling well, and we don’t know what’s wrong, we want to be able to trust our health care providers.

We want answers and we want them now! If we trust our doctors and clinicians, we’re more likely to follow their recommendations.

The feeling of trust is so important in successful patient care that Medical Command, or MEDCOM, senior leadership encouraged Tripler Army Medical Center employees to take new training called the “Culture of Trust.” This seminar examines different ways that trust affects interactions with patients and with each other.

The issue of trust is not new to Army life, according to Lt. Gen. Patricia Horoho, Army Surgeon General.

“Trust is the foundation of everything we do,” said Horono. “Our Soldiers trust we will get them from the battlefield to an aid station or hospital as quickly as possible. This trust extends to Army families who are confident that they will receive the finest care.”

Relationships are based on shared expectations, and they do better when trust is in place. When interaction with the health care provider offers a sense of trust, a patient is more likely to follow instructions, and feel hope and optimism about getting well.

What exactly is trust? According to the training, “trust is an emotional response to the quality and characteristics of the relationship between two or more people.”

Trust is a feeling, and is sensed when at low level. When trust is low, commitment levels drop and patients may become less compliant with their doctor’s recommendations.

Earned Trust. Not everyone has the same approach to giving and receiving trust. During training, some people display “earned trust,” meaning that in order for this type of person to feel trust, the other party needs to earn it through certain specific behaviors over time.

Given Trust. On the other hand, some people have what is called “given trust,” meaning that their default mode is to trust another, and in order to lose that trust, someone would have to do certain things that fall outside of their standards and values.

Given trust types will extend trust as a general rule, and will only withdraw it when demonstrated negative behaviors have occurred. For those who are on the earned trust spectrum, trust is only extended once a person has demonstrated trustworthiness over time.

“Trust supports the foundation of healthy organizations,” said Lt. Col. Heather Moriyama, registered dietitian and chief of Nutrition Care Division, TAMC. “We are dedicated to nurturing positive, new initiatives to ensure that everyone who wants to be heard has a venue for their voice.”

“It has been really useful to understand that people have different trust styles,” said Bobbie Blaskowski, from the Warrior Ohana Medical Home, who took the five-day training. “This makes working together much smoother.”

(Editor’s note: Joseph is a Chaminade University professor and serves as an Army Family Team Building instructor for Army Community Service. Ries is a resiliency training instructor, TAMC, Pacific Regional Medical Command.)

TAMC Partners in Trust

The TAMC Partners in Trust have collaborated to create an electronic “voice box” and three physical “voice boxes,” or comment boxes, that will be posted at Tripler’s two main entrances. The third will be passed around at Care Provider Support Program Resiliency classes.

Soldiers and employees at TAMC can expect a series of command luncheons, wherein they can make suggestions directly to those in the top command. Sign up for the command luncheon at tamc.pit@amedd.army.mil.

USAPHC tests, approves trial ballistic underwear

Health Command testing a step towards implementing

CHANEL WEAVER
U.S. Army Public Health Command
ABERDEEN PROVING GROUND, Md.
— The Army is one step closer to issuing an updated version of its ballistic underwear after a recent review and approval by the U.S. Army Public Health Command.
Experts in the command’s Health Hazard Assessment Program completed an occupational health assessment of the new protective outer garments and undergarments, and provided recommendations on how to minimize any risks.
“We evaluated these items to identify any occupational hazards that could arise from wearing them,” said Robert Booze, an industrial hygienist project officer at the USAPHC. “Our goal was to mitigate any risks to Soldiers before the protective outer garments and undergarments were distributed to the user.”
After a thorough review, the HHA Program approved the protective outer garments and undergarments for military use.
Military work is inherently dangerous, but officials at the USAPHC believe that Soldiers in combat should not be placed at a disadvantage or at unusual risk because their protective clothing is deficient.
Although these undergarments look similar to a set of men’s bicycle pants, they are no ordinary underwear.
“They are designed to use protective fabric and withstand injuries to the pelvic region that may result from the blast of an improvised explosive device,” said Booze.
From 2003 to 2011, more than 600 Soldiers suffered injuries to the genital region during



the wars in Iraq and Afghanistan. Although Soldiers are well protected by body armor on their torso, some injuries to the lower body are so severe that they can cause Soldiers to lose all or part of their genitals. This loss of the reproductive organs can have devastating psychological effects.
The Health Hazard Assessment Program was not the only program within the USAPHC that helped complete the assessment of the pelvic protection system.
Wilfred McCain, senior toxicologist, said the USAPHC Toxicology Portfolio conducted an evaluation of the materials that were used in the underwear to see if they posed any potential risk to the wearer’s skin.
“We evaluated the fabric and did not see any threats to the user,” said McCain. “The safety of our Soldiers is a top priority.”
The garments must also be comfortable, using breathable fabrics like cotton, according to specifications requested by the Army.
Booze, who once served as an infantry officer in the military, said he feels blessed to perform a job that helps ensure protection of the troops. The HHA Program reviews not just personal protective clothing, but weapons systems, equipment and training devices as well.
“I am grateful that I still have a job that allows me to support our Army in a meaningful way,” he said.
Now that the USAPHC health hazard assessment is complete, the Army will conduct several more reviews before the outer garments and undergarments are adopted in the field.
The Army is expected to have 75,000 pair ready this fall.

Health Command urges people to reconsider the liberal use of antibiotics

LISA YOUNG
U.S. Army Public Health Command
ABERDEEN PROVING GROUNDS, Md
— Imagine the following exchange.
Child: I don’t feel so good. Achoo! My nose is so stuffy and my throat hurts.
Parent 1: You know how frustrating it is trying to help your kids when they’re sick. A visit to the doctor’s office can be a challenge. So, I want to get my child on some antibiotics.
Nurse: As a parent, you want to help make your child feel better as fast as possible. It’s tempting to think that antibiotics are the answer when your child is sick. However, viruses can cause a lot of illnesses, and antibiotics don’t work on viruses.
Parent 2: I’m a doctor and the mother of two kids, so I’ve seen my share of waiting rooms. He’s right; if antibiotics are used too often for things they can’t treat — like colds, flu or other viral infections, they can stop working effectively against bacteria when you really need them.
Nurse: Antibiotics are not always the answer. Let’s see what else we can do.
Antibiotic resistance is a worldwide public health problem. Resistance occurs when a previously effective antibiotic can no longer kill bacteria, and the bacteria continue to grow. According to the Alliance for the Prudent Use of Antibiotics, if resistance to treatment continues to spread, our globally connected world may find itself back in the dark ages of medicine — before today’s miracle drugs existed.
Misuse and overuse of antibiotics is believed to be the cause of antibiotic resistance among bacteria.
The U.S. Centers for Disease Control and Prevention estimates that more than 50 percent of antibiotics are unnecessarily prescribed for upper respiratory infections, like coughs and cold illnesses, most of which are caused by viruses. In addition, many people don’t complete the full dosage of the antibiotic because they feel better or want to save some for the next time they are ill. This practice leaves some bacteria alive and contributes to the bacte-

Keep in mind: Antibiotics kill bacteria, not viruses.
ria’s future resistance to antibiotic treatment.
Limited access to medical care and effective treatments may also lead to self-medication misuse, such as sharing or using leftover antibiotics.
The American College of Physicians states that both physicians and patients have a role to play in decreasing the misuse of antibiotics. Physicians should only prescribe antibiotics when tests indicate that a bacterial infection is present.
As a patient, you can prevent antibiotic resistance by doing the following:
•Not requesting antibiotics from your doctor or taking antibiotics for a viral infection like a cold or the flu.
•Not sharing prescriptions or using a prescription that was not written for you.
•Taking all prescribed doses of the antibiotic.
•Taking the antibiotics exactly as the doctor directs. Don’t skip any doses.
•Returning for care if symptoms persist.
A wise use of antibiotics is encouraged, and keep in mind — antibiotics kill bacteria, not viruses.
Antibiotics will not keep other people from catching the infection. Taking antibiotics for a viral infection not only wastes time and money, but also contributes to increased antibiotic resistance.
For the health of future generations, do your part to improve appropriate antibiotic use.

Using Antibiotics
For more information on the appropriate use of antibiotics and antibiotic resistance, visit the U.S. Centers for Disease Control and Prevention at www.cdc.gov/getsmart/healthcare/index.html.

TAMC educates with diabetes wellness fair

PACIFIC REGIONAL MEDICAL COMMAND
News Release

HONOLULU — More than 100 active duty and retired service members and their families braved the rainy weather and attended a diabetes health and wellness fair at Tripler Army Medical Center, here, Nov. 17.

This is the second year that TAMC’s Nutrition Care Division has sponsored a fair, with assistance from clinical staff across TAMC, Army Public Health Nursing, the Defense Commissary Agency and Naval Health Clinic-Hawaii.

The fair’s theme, “Do You Know Your Numbers,” focused on A1C and cholesterol levels. Both of these levels determine if a patient is diabetic or at risk of developing diabetes.

According to Mary Eiger, fair coordinator and dietitian, Nutrition Care Division, TAMC, the fair’s purpose was to educate people on ways to negotiate their life outside of Tripler when they are dealing with diabetes, which is in line with the Army Surgeon General’s vision and campaign to influence and improve beneficiaries’ life space.

“It is important for diabetic patients to understand there is a lot more than just (diet) that impacts your numbers, and it is more than eating right and showing up to your appointments,” Eiger said. “Many things impact your diabetes. It is a lifestyle, and there is a culture to diabetes.”

Attendees were able to meet with DeCA vendors to learn how easy it is to buy healthy foods at the commissary; to visit Army Public Health Nursing booths, which provided foot exams, blood pressure screenings and body mass index screenings; and to speak with patient educators about a variety of topics, including disaster planning for diabetics.

The fair kicked off with special presentations and lectures by Dr. Mark Verschell and Dr. Michael Kellar, both of the Behavioral Medicine Clinic, Department of Psychology, TAMC.

Verschell, who is a clinical psychologist and director of the LEAN Healthy Lifestyle Program, spoke about the importance of weight management for diabetics; local and national rates of obesity, as they correlate with diabetes; and strategies for controlling diet.

Kellar, who is the chief of the Behavioral Medicine Clinic and director of the Tobacco Cessation Program, spoke about tobacco use and how it affects diabetes.

Because diabetes becomes a patient’s lifestyle, the fair was a important resource for both diabetic patients and, also, family members.

“I wanted to come (to the fair) to get information for my sister who is diabetic,” said Rhonda Plum, family member. “As a volunteer here, I have many friends who are diabetic. I wanted to get more information to share with all of them.”

Plum, who has volunteered at TAMC for the past 22 years, attended the fair with her husband, a retired Sailor. She said she enjoyed all of the interactive sessions and information booths, but learned the most from the presentation on tobacco use and diabetes. The Plums picked up helpful information they can share with their family.

“It’s great to see (Tripler) looking out for people with diabetes and doing this to help people learn,” Plum said. “I hope they continue holding this fair for those who have diabetes or know someone who does.”



Jessica Trueblood (right), registered nurse, Army Public Health Nursing, TAMC, performs a blood pressure check for Chris Bisquera, cook, Anuenue Café, TAMC, during a diabetes health and wellness fair at TAMC, Nov. 17.



Photos by Stephanie Rush | Pacific Regional Medical Command Public Affairs

Dr. (Lt. Col.) Robert Oh (left), physician, Family Medicine Clinic, TAMC, and 1st Lt. Carolyn Rittermann (right), wellness dietitian, Nutrition Care Division, TAMC, speak with Rhonda Plum, family member, about how simple lifestyle changes make managing diabetes easier, such as switching out sugar with sugar-free substitutes, during a diabetes health and wellness fair held at TAMC, here, Nov. 17.

More Photos

View more photos online at www.flickr.com/TriplerAMC.



CONTINUED FROM B-2

Non-players are invited to enjoy the atmosphere and featured menu items. Call 655-5698.

Dinner Service — New dinner service is now available at Mulligan’s Bar and Grill at FS. Dinner service includes a brand new menu and new hours from 5-8 p.m., weekday evenings. Call 438-1974.

Keiki Night — Every Wednesday night, 5-8 p.m., kids under the age of 10 can eat from the keiki menu for

\$2.99 at the SB Kolekole Bar and Grill and the FS Mulligan’s Bar and Grill. Call 655-0660 (SB) or 438-6712 (FS).

New Gym Hours — New HMR and AMR physical fitness center hours are 6 a.m.-9 p.m., Mondays-Fridays. The gym is closed Saturdays, Sundays and holidays. Call HMR at 653-0719 and AMR at 836-0338.

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

Mongolian Barbecue — Dinner is served starting at 5 p.m., Mondays, at Kolekole Bar and Grill, SB, and Thursdays at Mulligan’s Bar and Grill, FS. Cost is 65 cents per ounce. Call 655-4466 (SB) or 438-1974 (FS).

Army Public Health Command ensures food safety

MASTER SGT. LENNARD BOOKMAN
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — One of the duties of the U.S. Army Public Health Command is to ensure that preparing and handling food safely becomes engrained in the Department of Defense culture and becomes common practice at home, as well as in the workplace.

“Great food safety habits can start simply and lead to a healthier lifestyle,” explained Chief Warrant Officer 5 Ronald Biddle, US-APHC senior food safety officer. “Food safety begins and ends with proper hand washing.”

But hand washing is just one piece in the total food safety picture.

USAPHC’s Veterinary Services Portfolio provides food quality, safety and defense guidelines, policies and procedures for Army veterinary service personnel worldwide. These guidelines enable Army veterinary food inspectors to provide their customers with a high-quality and wholesome food supply.

“They perform sanitation inspections of facilities, to include inspection of products received, stored and sold,” said Biddle. “They provide these services to the Army and Air Force Exchange Service establishments; Defense Commissary Agency establishments; Morale, Welfare, and Recreation facilities; and troop feeding activities. These inspections are

performed on Navy and Marine installations throughout the nation and abroad.”

Ken Salazar, secretary of the U.S. Department of the Interior and a farmer/rancher, notes the importance of food safety and defense.

“I think it is paramount that we take proper steps to ensure the safety of our food supply and domestic livestock herd,” said Salazar.

Col. Paul Whippo, Food Protection Program manager, said Salazar’s comment not only reminds individuals of how important the safety and security of the food supply is, but how it is integrated from farm to fork.

“As members of Public Health Command, we develop and implement food safety policies for the Army. We also work in support of our sister services to ensure that the DOD food supply is safe for service members, retirees and their family members,” explained Whippo.

“We work with other federal and foreign regulatory agencies to make sure that we cover as much of the total picture as possible. The bottom line is, without the inspector — in the commissary; Troop Issue Subsistence Agency, Meal, Ready-to Eat plant; MWR; AAFES facilities and the auditor in the commercial plants — our system and the safety and security of our military food supply would not exist. They ensure our military forces and their families are not at risk,” said Whippo.



Photo by Christina Graber

FORT MEADE, Md. — A U.S. Army Public Health Command employee inspects a shipment of carrots at the Commissary, here.

Tricare offers strategies to help solve weight loss puzzle

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — You’ve changed the foods you eat to include more fruits and veggies.

You’ve cut back on the soda, and you’ve started exercising three times a week.

And yet, you’re not losing weight ... or at least, you’re not losing enough. Why?

It really all boils down to two very small, but significant words: portion control.

“Many individuals are totally unaware of how much is an appropriate amount of food,” said Lynne Campagne, a registered dietitian with TriWest Healthcare Alliance.

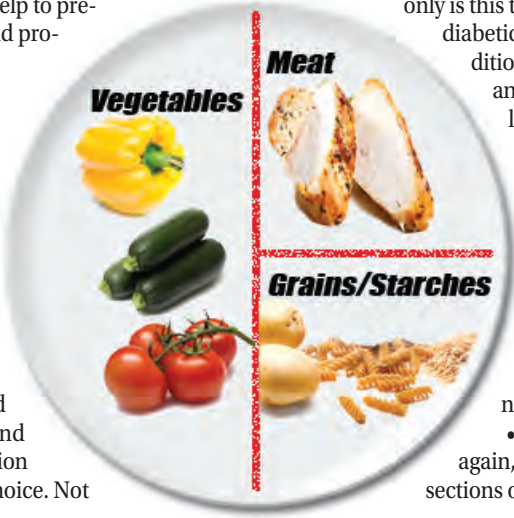
How many calories are you really consuming each day? For example, a single serving of meat, like chicken or steak, is roughly the size of your palm. Reducing the number of calories

you eat or drink can help to prevent weight gain ... and promote weight loss.

The key to controlling calories lies in portion control.

“Create Your Plate”

Did you know the American Diabetes Association has a tool to help you control your portions better? It’s called “Create Your Plate,” and it focuses first on portion sizes and then food choice. Not



only is this tool meant to help diabetics manage their condition, but it can also be an effective weight-loss tool.

You can apply the basics of “Create Your Plate” easily at home. Here’s how it works:

- Put a line down the middle of your empty dinner plate.
- On one side, cut it again, so you have three sections on your plate.

- Fill the largest section with non-starchy veggies (i.e., green beans, spinach, mushrooms).
 - In one of the smaller sections, place starchy foods, such as whole grain breads or potatoes.
 - Fill the other small section with meat, such as chicken or salmon.
 - Add an eight-ounce glass of low-fat milk or a six-ounce container of light yogurt.
- Walla, you have obtained portion control!

Eating Healthier

For more healthy eating tips, visit TriWest.com/HealthyLiving.