



Water survival

8th STB squares away Soldiers on drownproofing training.

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Cultural exchange

25th CAB hosts an Asian-Pacific American Heritage Month observance.

A-6

Transportation



Photos by Stefanie Gardin I U.S. Army Garrison-Hawaii Public Affairs

Col. Douglas Mulbury (second from left), commander, USAG-HI, and Command Sgt. Maj. Robert Williamson (left), senior enlisted leader, USAG-HI, render salutes alongside the 516th Sig. Bde., 311th Sig. Command's color guard, during a Memorial Day Remembrance Ceremony at the Schofield Barracks Post Cemetery, Monday. Family members and friends place flowers and flags next to gravestones at the Schofield Barracks Post Cemetery, Monday.

JOSEPH GEORGE OBINSON US NAV

USAG-HI pays homage to, honors those who served

JACK WIERS U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS - Soldiers, family members and Hawaii residents gathered at the Post Cemetery, here, for a Memorial Day Remembrance Ceremony, Monday.

"This is an occasion of remembrance and rededication – a commemoration of those who have fallen and a celebration of those who serve," said Col. Douglas

Mulbury, commander, U.S. Army Garrison-Hawaii.

Representatives from the Disabled American Veterans, the Military Order of the Purple Heart, the Veterans of Foreign Wars and the garrison command group paid their respects, as representatives placed wreaths under the half-staff flag during the ceremony.

The remembrance ceremony recognized the sacrifices that have been made in conflicts, past and present.

"To those who have paid the supreme sacrifice, and to those who continue to guard and defend our way of life," Mulbury said, "we remember you."

Salutes, including a three-volley salute by seven members of the 516th Signal Brigade, 311th Sig. Command's rifle firing squad, preceded honors to the national ensign, which was raised to the top of the flagpole and then lowered to half

staff.

The lonely and haunting playing of taps offered a final reminder of the ultimate sacrifice American service members have made since they first arrived for duty in Hawaii in 1898.

"I want to thank those young Soldiers that are still out on the front lines fighting for our freedom and our well-being," said Sammy Houseberg, senior vice

SEE MEMORIAL DAY, A-7



Story and Photo by SGT. PHILLIS WHITE 8th Theater Sustainment Command Public Affairs SCHOFIELD BARRACKS - Chosen Soldiers and noncommis-

Bus service for AMR children is cancelled due to funding.

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History lesson

8th TSC breathes life

into American military

history.

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I U A AS

Courtesy of 25th Infantry Division Public Affairs

ELRI

Homecoming

WHEELER ARMY AIRFIELD — Lt. Col Jeffrey Winston, 2nd Brigade Combat Team, 25th Infantry Division, is greeted by his family during a recent redeployment ceremony, here. Anyone who is interested in welcoming returning Soldiers at upcoming redeployments, throughout the month of June, can call 655-0112 or email amanda.p.mont gomery@us.army.mil. See the June 10 edition for redeployment coverage.

sioned officers from the 8th Theater Sustainment Command competed for the title of 8th TSC's 2011 Soldier and NCO of the Year during a three-day Warrior Challenge, here, May 23-25.

The Soldiers showed their knowledge and physical strength during land navigation, weapons qualifications, night urban orienteering, Warrior Task Training, an Army physical fitness test and a board.

'The competition has been pretty challenging, but the main objective is to do your best and still have fun," said Spc. Jacob Schatz, mechanic, 8th Special Troops Battalion, 8th TSC.

The Soldiers were pushed to the point of fatigue during the event, to make sure they put forth their best efforts and to prepare the winners for the next step of competing in the 2011 U.S. Army-Pacific Warrior Challenge.

"This has been a great opportunity to represent the 8th STB. I would like to take this time and thank all of my NCOs that have

SEE 8th TSC, A-4

Hawaii license plates to honor fallen military, families

HAWAII STATE HOUSE OF REPRESENTATIVES

News Release

HONOLULU - A bill was introduced this session to create Gold Star family plates for families who have lost loved ones in combat.

Rep. K. Mark Takai said he was pleased that Gov. Neil Abercrombie signed the bill into law at a ceremony in the governor's executive chambers, Tuesday.

The bill creates the Gold Star Family license plate for the children, spouses, parents, grandparents and siblings of fallen Soldiers. Currently, 47 states and Guam have Gold Star plates.

"The Gold Star not only represents the selfless sacrifice made by the deceased, but was intended to give their family a measure of pride and consolation," Takai said. "The very essence of our freedom to live in a free society is the direct result of the bravery by those whose heroic acts and deeds this license plate honors.'

Five Gold Star families were invited to

witness the signing of this important legislation.

"As a Gold Star father, it is extremely important that we honor our fallen heroes in ways that will remind the American people of the sacrifices our military and their family members are making everyday, to protect the freedoms we take for granted," said retired Col. David Brostrom.

Brostrom and his wife, Mary Jo, lost their son, 1st Lt. Jonathan Brostrom, who died of wounds sustained when his outpost was attacked with small-arms fire and rocket-propelled grenades from enemy forces in Wanat, Afghanistan, in 2008

Allen Hoe, combat-wounded Vietnam veteran, became a Gold Star father six years ago, when his oldest son, 1st Lt. Nainoa Hoe, lost his life on the battlefield in Mosul, Iraq.

"He fully understood the risks; yet, he chose to lead warriors in combat," Hoe said, "simply because his country had asked him to do so."



Courtesv Photo

Rep. K. Mark Takai (right) explains the importance of the Hawaii State Legislature's Military Appreciation Package to (from left to right) Rep. Henry Aquino; Sen. Will Espero; Tammy Duckworth, assistant secretary, U.S. Department of Veteran Affairs; and Gov. Neil Abercrombie, recently

According to Takai, Hawaii has several military-related and veteran-related license plates, but no plate had recognized the sacrifice of Hawaii's Gold Star families.

"The visibility of these special plates

on vehicles across the state will help remind us all that many of Hawaii's sons and daughters have made the ultimate sacrifice," Takai added.

SEE GOLD STAR, A-2

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 656-3488, 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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sk the Garrison Commander!

COL. DOUGLAS MULBURY Commander, U.S. Army Garrison-Hawaii

The "Ask the Garrison Commander" program is designed as a communication tool to allow Soldiers, civilians and family members to get their concerns addressed and questions answered.

Generally, I answer questions of communitywide impact. However, all submitted questions come directly to me. Directorates and support staff research queries and provide responses.

Several community members submitted questions to me via the Ask the Garrison Commander email address and through the U.S. Army Garrison-Hawaii web link at www.garrison.hawaii.army.mil/comments/contactgc.aspx.

These communication tools are provided to allow Soldiers, family members and civilians who live and work on the installation to get their concerns addressed and answered.

My family and I live in Wili Wili Circle, and we have heard about break-ins, sexual assaults and dog attacks from our neighbors - well after the events occurred. Why aren't we kept better informed as to these types of threats, so that we can be more vigilant and conscious of who is in our neighborhood? How can we get this information in a timely manner?

• As a father myself, I understand the concern • you have for the safety of your family. Unfortunately, I am unable to address the issues you mentioned occurring, as I simply do not have enough information. However, I can assure you that these incidents did not rise to the level of extreme danger to the residents, or they would have been elevated to my attention.

If a serious incident does occur on the installation, which presents a danger to the community,

Mulbury addresses safety, gate hours, security and access to Kolekole Pass

our housing partner, Island Palm Communities, and our law enforcement officials issue bulletins.

To keep our residents informed, criminal activity trends and related issues are briefed during the monthly Spouse Information Meeting and quarterly town halls, and I would encourage you and your neighbors to attend these meetings, whenever possible.

While we do our best to provide safe and secure communities for our Soldiers and families, we also rely on residents to inform us of anything that gives them reason to be concerned for their safety. If you have any questions or concerns relative to the safety of you and your family, call the Directorate of Emergency Services' operations officer at 655-6750.

Will military police/gate guards be at Helemano Military Reservation's gate 24/7, instead of just on a random basis? Also, what about the gates where the police wave people onto the installation before seeing their decals or even checking ID cards? Is this standard practice? We provide gate guards at HMR for approx-A: imately 18 hours a day, which is all we can provide based on current manning guidance from Installation Management Command and the associated funding we are being provided. While 24/7 staffing of the gate is not possible right now, we are conducting a traffic survey of all installation gates to identify and justify the requirement for additional funding and personnel required to provide gate guards 24 hours a day. Surveys take several months to complete and additional time will be required to analyze the results.

To help ensure an even flow of traffic onto the installation from 5-9 a.m., vehicles with current decals were being waived in without the need to show an ID card, before the force protection code was recently elevated to bravo. When vehicles are travel-



ing directly between Schofield Barracks and Wheeler Army Airfield, at any time of the day, there is no requirement for drivers to stop and show their IDs.

We were told we should take a drive U: through Kolekole Pass because of the beautiful view the trip offers. Although we have tried to do this at least six times, at varying times of the day, we can never seem to get there at the right time. What are the days and times the gate is open?

The drive through Kolekole Pass is very A: beautiful and offers some of the best ocean views of northern Oahu. The problems you encountered gaining access through the pass are the results of significant damage to the road caused by recent heavy rainstorms. Due to the extent of this damage, the pass must remain closed indefinitely. Information regarding its reopening will be published in the Hawaii Army Weekly and made available through various other outlets.

For future reference, the pass is open Monday-Friday, 5:30-11:45 a.m., for one-way traffic from Waianae to Schofield Barracks, and from noon-5:30 p.m., for one-way traffic from Schofield Barracks to Waianae. It is closed to vehicular traffic at all other times, including Saturdays, Sundays and holidays.

To submit an "Ask the Commander" question, send an email to AskTheCommander.usaghi@us.army.mil. For more information, call Bill Lenharr (656-0611) at USAG-HI Command Group, or call Aiko Brum (656-3155) at USAG-HI Public Affairs.

Legislature presents military appreciation package

HAWAII STATE LEGISLATURE News Release

HONOLULU - Members of the State Legislature unveiled the final package of successful bills, resolutions and appropriations in support and appreciation of

Hawaii's military community. The package includes 11 bills, seven resolutions, more that \$66 million in fiscal year 2011-2012 funds and more than \$63 million in fiscal year 2012-2013 capital improvements funds to build or improve facilities.

"The Military Appreciation Package was created to support the efforts of our men and women who have served throughout our history, and all who now serve in uniform and their families, as well as those Americans who have given their lives in defense of our freedoms we all enjoy today," said Rep. K. Mark Takai, coordinator of the Legislature's Military Appreciation Package.

"The pieces of legislation that comprise the Military Appreciation Package address some of the many challenges facing our military personnel and their families, including significant recruitment and retention issues, especially for the National Guard and Reserves," Takai said. "It honors, remembers, recognizes and appreciates all military personnel."

The highlights of the package include the following: •Designating a new, specially designed Gold Star family plate for children, parents, grandparents, spouses and siblings of fallen Soldiers, to be provided no later than Oct. 1.

 Making the Interstate Compact on Educational Opportunity for Military Children permanent, effective June 30, 2011.

•Awarding the Hawaii Medal of Honor for military

personnel with Hawaii ties who have been killed in action since 2003.

•Authorizing members of the Army and Air National Guard, qualified by training and authorized by commanders, to use electric guns when assisting civil authorities in disaster relief, civil defense or law enforcement functions.

•Funding for improvements to the Hawaii State Veterans Cemetery and other veterans cemeteries statewide.

"Freedom isn't Free' isn't just a catchy bumper sticker; it's a declaration that those who defend our country with their lives do so for the millions of other Americans they have never and will never meet," Takai said.

For additional information on the Military Appreciation Package, call 586-8455 or email rept akai@capitol.hawaii.gov.



NEWS & COMMENTARY

Nondelivery or distribution

problems in Island Palm Community housing areas? If so, call 656-3155 or 656-3488.

248 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 06/02/11.

45th Sustainment Brigade, 8th Theater Sust. Command In his article "The True Story of the Patton Prayer," Chaplain (Brig. Gen.) James O'Neil, 3rd Army, discusses the mystery behind the Patton Praver.

O'Neil has a firsthand account of the power of prayer. Gen. George Patton questioned him about how much praying the Soldiers of the 3rd Army were doing. He reluctantly answered that not much praying was going on, much to Llano the chagrin of Patton.

"Chaplain, I am a strong

believer in prayer. There are three ways that men get what they want: by planning, by working and by praying," Patton said to O'Neil. "Any great military operation takes careful planning or thinking. Then, you must have well-trained troops to carry it out; that's working.

"But between the plan and the operation, there is always the unknown," he continued. "That unknown spells defeat or victory, success or failure. ... I call it God. God has his part, or margin, in everything. That's where prayer comes in.

"If we all pray, it will be like ... plugging in on **CHAPLAIN (CAPT.) JOSH LLANO** current sources ... in heaven," Patton said. "I believe that prayer completes that circuit. It is power."

F STSTEPS in FAITH

Praying is not a sign of military weakness

Soon after this speech, the 3rd Army needed the weather to change to turn a possible defeat into victory. Patton called for the chaplain to pray for a miracle, for a change in weather, for a victory over his enemies.

Whether by help of divine guidance that was asked for in prayer or by just the normal course of events, the day after the prayer was issued, the weather cleared up and remained perfect for about six days. This timeframe was long enough to allow the Allies to break the backbone of the enemy's offense and turn a temporary setback into a crushing defeat for the enemy.

This story helps illustrate how we must continue to be people of prayer to receive God's blessing of victory and protection.

Matthew 6:6 says, "But you, when you pray, go into your room, and when you have shut your door, pray to your father who is in the secret place, and your father who sees in secret will reward you openly."

A good prayer life can help us face our daily battles with confidence and hope.

May God continue to bless you and answer your daily prayers.

Gold Star: New plates help honor loved ones

CONTINUED FROM A-1

The star tradition began during World War I, when white service flags were displayed from homes, business, schools and churches.

Military families are considered "Blue Star" if they have family members in the U.S. armed forces. They are considered "Gold Star" if family members died in service.

The proposed design for the license plate includes the symbol of the Gold Star pin to the left of the license plate numbers, with the words "Gold Star" and "Family," respectively, above and below the symbol, in purple.

"Families appreciate another opportunity to honor their loved ones," Takai said.

According to the legislation, Gold Star families will be able to begin receiving their new plates no later than Oct. 1, 2011.

June 14 is the Army's 236th birthday

If you could invite any Army historical figure to dinner, who would it be, and why?

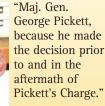
Photos by U.S. Army Garrison-Hawaii Public Affairs

"Gen. Ulysses Grant, because of his involvement in the Civil War.'

Pvt. Aaron Graham 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde. 8th TSC

"Former commander in chief and President Ronald Reagan, because he was a decent human being."

Pfc. Jeff Adamski 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC



1st Lt. Russell Marron 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC



Septimo 8th TSC

"Gen. Douglas MacArthur, because of his World War II accomplishments.

Spc. Anna 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde.,

Powell, because he paved the way for African Americans in the military.

Pvt. James DeBow 561st Eng. Co. 84th Eng. Bn., 130th Eng. Bde. 8th TSC

"Gen. Colin





Deployed Forces

SMA Chandler visits 'TF Bronco', answers questions

Story and Photo by SPC. HILLARY RUSTINE 3rd Brigade Combat Team, 25th Infantry Division

NANGARHAR PROVINCE, Afghanistan - Sgt. Maj. Raymond Chandler III, the 14th sergeant major of the Army, visited Soldiers in 3rd Brigade Combat Team, "Task Force Bronco," 25th Infantry Division, at Forward Operating Base Fenty, here, May 27.

Chandler discussed a variety of subjects with TF Bronco Soldiers during a luncheon at the dining facility. Among the topics were diversity, uniforms and the new Army physical fitness training program.

Chandler spoke most aggressively about Army diversity.

"Look up your chain of command, and if you see someone who looks like you, then we have a diverse Army," Chandler said. "We want to give everyone an opportunity to succeed."

When Chandler discussed Army uniforms, he relayed a variety of changes Soldiers may see in Army uniforms in the upcoming year, including a change from the Army beret to the patrol cap.

Decisions must still be made, he said, but the SMA explained he was collecting Soldiers' opinions on what would be preferred.

"This is your chance to interface with the most senior noncommissioned officer in the Army," said Command Sgt. Maj. Andrew Spano, senior enlisted leader, 3rd BCT. "Don't be afraid to ask him questions and tell him what you think; that is what he is here for.'

Although Chandler gathered information on what uniform changes Soldiers would like to see, he also provided sound guidance.

"No matter what changes we make, it is your responsibility as (NCOs) to see the standard, know the standard and enforce the standard," he said.

Chandler also spoke at length about the integration of the Army's new physical fitness training program, as TF Bronco Soldiers expressed great interest in the topic.

Although the integration of the test may take time, Chandler said, the new physical fitness training routine will be taught at all NCO development courses, such as the Warrior Leader Course and the Advanced Leaders Course.



Sgt. Maj. of the Army Raymond Chandler III (left), gets escorted to the flight line at FOB Fenty, May 27, by Command Sgt. Maj. Andrew Spano (right), senior enlisted leader, 3rd BCT, "TF Bronco," 25th ID.

After the luncheon, Chandler presented coins to TF Bronco Army, and that meant a lot. Soldiers who had been selected for recognition.

"It felt great to receive a coin from the sergeant major of the a coin today," Castellanos added. Army," said Spc. Jessica Castellanos, signal support systems specialist, Headquarters and Headquarters Company, 3rd BCT. "I realized this was the highest coin I can get on the enlisted side of the on Soldiers and NCOs throughout the brigade.

"It was also an honor to be the only female Soldier who received

After TF Bronco Soldiers said farewell to Chandler, they said the SMA's words of wisdom and guidance will have a lasting impact

'TF Steel' provides security, serves as guardian, enforcer of Torkham Gate

Story and Photo by **SPC. HILLARY RUSTINE** 3rd Brigade Combat Team, 25th Infantry Division

NANGARHAR PROVINCE, Afghanistan - Security of the border is a considerable concern for all International Security Assistance Forces, or ISAF, here.

Torkham Gate is the busiest conduit between Afghanistan and Pakistan for people and goods.

U.S. Army Soldiers and Afghan Border Police, or ABP, check each truck carrying cargo, each car carrying people and each person walking across the bridge.

Soldiers assigned to 3rd Battalion, 7th Field Artillery Regiment, "Task Force Steel," 3rd Brigade Combat Team, 25th Infantry Division, are guarding the gate and using the Handheld Interagency Identity Detection Equipment, or HIIDE System, for documenting and identifying biometric readings.

"The HIIDE System is already doing its job," said Sgt. Richard Johnson, cannon crewmember, 3rd Bn., 7th FA Regt., 3rd BCT. "We're catching bad guys with it. If an improvised explosive device is found with fingerprints, we can identify that person. ... We're like cops out here, making sure bad people aren't doing bad things." The local population is agreeing to documentation, which is an important step toward generating a database of credentials. "Security is getting better," said Tahveed Jan, a tailor who makes the arduous journey from Pakistan to Jalalabad, Afghanistan, every month. "This is the first time I've been put into the HIIDE System. ... Security has im-



Pvt. Stephen Bennet (right), 3rd Bn., 7th FA Regt., "TF Steel," 3rd BCT, 25th ID, takes fingerprints for the HIIDE System at Torkham Gate, May 21. The process is helping to build a database for future identification.

proved over the time I've been com- more we show that we aren't here to making it safer for all."

ing to the gate; the HIIDE System is take their land from them, but (here) to make it more secure, it will help with understanding each other better. This understanding, coupled with better security, shows how important the ISAF partnership is. With a lessening threat to shipping and foot traffic, due to the security, commerce between the two nations can continue unhindered. "We're trying to make a difference, so (the security precautions are) good," Johnson said, adding that he understands how the long wait can wear on travelers' patience, but security is the most important part of his job. The extra time that it takes to be searched and put into the HIIDE System is paying off with less danger to the local population, Johnson added.

FY 2012 to focus on squad unit

Budget concerns, posture discussed at Senate Appropriations' Defense Subcommittee

C. TODD LOPEZ Army News Service

WASHINGTON - The Army will conduct a future analysis of its "fundamental fighting unit," the squad, to ensure everything is being done to prepare squad-level Soldiers for the fight.

Secretary of the Army John McHugh and Army Chief of Staff Gen. Martin Dempsey appeared before the Senate Appropriations Committee's Defense Subcommittee, May 17, to discuss the fiscal year 2012 budget and Army posture.

"We'll look at the squad as a collective whole, not nine individual Soldiers, and determine how to enable it from the bottom up - to ensure that the squad has the training, leadership, doctrine, power and energy, protection and lethality to win when we send them into harm's way," Dempsey told lawmakers.

"As an Army, no one can challenge is at the corps level, division level, brigade level or battalion level," he said. "I want to ensure we've done as much as possible to make sure that the same degree of overmatch exists at squad level.'

Secretary of Defense Robert Gates, in 2009, and a Gates-directed 27,000-Soldier reduction three or four years from now – to be taken out of the Army's permanent end-strength.

McHugh has been working with leaders in the Department of Defense to make sure the cuts happen, but they will not affect the mission or put other Soldiers at risk.

"We've spent a lot of time ... to make sure the way forward on this makes sense, that we are not buying an unreasonable amount of risk," McHugh said.

The reduction of 22,000 Soldiers is in the near term," but McHugh said that those troops are still needed, as the Army is concerned about the current operational tempo and how that reduction would affect the force.

The secretary of defense is allowing the Army to keep the 22,000 Soldiers in the force, until March 2012, with the drawdown in Iraq, and then making it possible for the Army to take the reduction "in stride."

The secretary of defense also directed a reduction in permanent endstrength of 27,000 Soldiers. That drawdown would be "conditions based," McHugh told legislators.

The 27,000-Soldier reduction is aimed

In April 2006, the ABP started requiring travelers crossing the border to possess valid travel documents, according to the U.S. Department of Defence website.

TF Steel and the HIIDE System are helping this slow, but ongoing process

The ISAF is partnering with the ABP to ensure proper processing and searching techniques are used, subsequently leading to a better understanding of cultural differences.

"Gate guard is all muscle memory and attention to detail," said Spc. Jonathan Smith, a cannon crewmember, 3rd Bn., 7th FA Regt., 3rd BCT. "I think the interaction is good. The

While Dempsey didn't say when a review would happen, he did say it wouldn't result in more gear given to individual Soldiers who are "already strained by the load they have to carry in combat."

The Army is facing two requirements to reduce the number of Soldiers in uniform.

They include a 22,000 Soldier reduction that accounts for the temporary end-strength increase authorized by at the 2014-2015 time frame, with the potential drawdown in Afghanistan.

But ultimately, McHugh said, a final decision would depend on input from the president, NATO allies and Gen. David Petraeus, commander, International Security Assistance Force and U.S. Forces Afghanistan.

"(If) conditions on the ground allow that to continue, we feel very comfortable that the 27,000 (reduction) is a very achievable target," McHugh said.

McHugh said the Army is working on how to shape the force with the drawdown and how to "ramp down" the numbers of Soldiers without "placing Soldiers at greater risk."

Army selects 3rd BCT, DOL as the top large unit deployer for 2011

VANESSA LYNCH

News Editor

SCHOFIELD BARRACKS - The 3rd Brigade Combat Team, 25th Infantry Division, took home top honors, as the Army's Large Deploying Unit at the 2011 Deployment Excellence Awards, or DEA, recently.

The objectives of the DEA program are to recognize units and installations for outstanding deployment accomplishments that meet or exceed established deployment standards, and to capture and share innovative deployment initiatives that have improved the deployment process.

"Being recognized is an honor in itself," said James Jefferson, chief and installation transportation officer, Trans. Div., Directorate of Logistics, U.S. Army Garrison-Hawaii. "Winning this sets us apart from every other deploying unit, and it means we did the right things the right way.'

The 26 DEA awards were presented at the 7th Annual Chief of Staff Combined Logistics Excellence Award Ceremony/Banquet, May 12, at the Greater Richmond Convention Center, Richmond, Va.

"We have set the bar high for ourselves," Jefferson said, adding that the award is a first for Hawaii, although DOL has been a runner-up many times before. "Now we can only get better and improve from here on out."

The 2011 DEA Board, consisting of 10 members representing the Army's Command structure, convened February 7-18, at Fort Lee, Va. It followed a numerical scoring system and selected two semifinalists in each Army component category, including Large Deploy-



Courtesy Photo

USAG-HI's DOL Trans. Div. played a critical role in assisting 3rd BCT, 25th ID, in meeting its deployment goals, while establishing the group's standards at a step above the competition. Gathered for a keepsake photo, pictured from left to right, are Kirby Lane. Jose Ortiz. Germaine Whitford-Jacang, Robin Jardin, Edward Blaser, Capt. Joshua Klaehn of 3rd BCT, Lynette Reyes and Gary Ross.

ing Unit, Small Deploying Unit, Supporting Unit and Installation, both continental and overseas.

DEA validation teams visited the semifinalist nominations at their unit/installation location during the month of March. Winners were determined by combining the DEA board and validation team numerical scores.

Operational Deployment category winners and runners-up, both large and small, were determined by only the observation teams scores

(Editor's Note: Jeffrey Schott, director, DOL, contributed to the content of this article. Content was also taken from the Div. Trans. Officer and Mobility Officer April-June 2011 Newsletter.)

8th MPs partner with Special Olympics to carry the torch

Story and Photo by SPC. MARCUS FICHTL 8th Military Police Brigade, 8th Theater Sustainment Command

HONOLULU – The lights shut off and a thunderous roar engulfed Les Murakami Stadium, as more than a thousand runners bearing torches and flags entered the arena, here, during the 25th Annual Troy Barboza Law Enforcement Torch Run for Special Olympics, May 27.

More than a thousand law enforcement, civilian and military personnel participated in the run, including the 8th Military Police Brigade, 8th Theater Sustainment Command – more than 250 Soldiers strong.

"All their life, they've been told they 'can't do this, can't do that,' but when the military comes through the stadium, it completely validates who they are," said Nancy Bottelo, president, Special Olympics-Hawaii, speaking about the Special Olympics athletes in attendance.

Named after the fallen Honolulu police officer who dedicated his time coaching Special Olympics athletes and his life protecting Honolulu, the Troy Barboza Law Enforcement Special Olympics Torch Run is part of a worldwide series of torch runs. The series stretches across all 50 states and 47 nations, and it marks the beginning of the Special Olympics season, while raising nearly \$40 million for its athletes.

This year, 25 torches were lit to commemorate the 25 years of the Torch Run, here.

According to Bottelo, the first run only had 20 participants. But from its humble beginnings, the event grew. And when the 8th MP Bde. moved to Hawaii from Korea, bringing nearly 1,000 Soldiers, friendships grew as much as the participation.

As the event gained momentum, deployed units in Iraq and Afghanistan started sending in photos from their own torch runs, taking it to "a whole different level of participation," Bottelo said.

"It really is a collaboration of all the law enforcement agencies in Hawaii," said Melissa Blake, director, Torch Run Development.

Being the son of a police officer and an avid runner, Pfc. Jonathan Rhodes, Headquarters and Headquarters Company, 8th MP Bde., knew the Torch Run was something he needed to be a part of, because giving back to the community was in his blood.

"Running surrounded by police officers, fire trucks dousing us with water and the crowds cheering us on, I was excited," Rhodes said. "When we turned into the stadium, I was moved."



Flags representing participating law enforcement agencies stream past cheering Special Olympics athletes during the 25th Annual Troy Barboza Law Enforcement Torch Run for Special Olympics at Les Murakami Stadium, Honolulu, May 27.



Spc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Capt. Kristen Loyd, commander, HHC, 8th STB, 8th TSC, shows her personal courage and participates with her Soldiers during water survival training, May 13, at Richardson Pool, Schofield Barracks.

8th Special Troops Battalion confronts water survival

SGT. PHILLIS WHITE 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Members of Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th Theater Sustainment Command, attended ongoing drownproofing training at Richardson Pool, here, May 13.

The training is being scheduled to ensure that every Soldier in HHC, 8th STB, satisfies the drownproofing requirement directed in accordance with TC 21-21.

"I really enjoy anything to do with water, and if I can bring something that I am really good at and teach others (with it to) get the confidence out of them, then I'm all for it," said Staff Sgt. Jason Kennedy, drownproofing instructor, HHC, 8th STB, who has 10 years of experience as a diver. "This training is important because primarily, one, we are on an island, and, two, you never know what kind of contingency that a Soldier might face while downrange in Kuwait or Iraq." For this training, Soldiers wear summer physical training attire underneath Army Combat Uniforms, complete with boots. The boots, a new addition this year, added more weight to make the training more challenging.

be used at the same time, while also being able to breath.

"The scariest component of the whole training is having the confidence (to jump) off heights (while) paying attention to detail, which is really important when you are doing this type of water survival training," he said.

Some of the requirements for this drownproof training include Soldiers treading water for two minutes, with and without a weapon; jumping off the 12-foot-high diving board, with and without a weapon; and step-entry, with and without their weapon, while swimming the full length of the pool.

8th TSC: Engineers capture titles

CONTINUED FROM A-1

helped me train for this event," Schatz said.

The competitors were put to the test during the three-day event, racing against time and battling heat and exhaustion, while trying to retain everything that they have been training for.

"The competition has given people the opportunity to get out and be active with land navigation and physical training, and (it) has made me feel like a real 'hooah, hooah' Soldier," said Sgt. Jesse Singleton, visual information operations maintainer, HHC, 8th STB.

"This competition has also given me the opportunity to establish some camaraderie with my competition in the other units," Singleton added.

At the end of the final day of competition, the board was a defining factor in determining which Soldiers and NCOs personified the values and characteristics that 8th TSC was looking for in the competition.

Command Sgt. Maj. Roy Ward, senior enlisted leader, 130th Engineer Brigade, 8th TSC, and fellow command sergeants major presided over the board and made the final decisions.

"I want to personally thank all organizations for setting up, executing and evaluating these events. It was a pleasure working with these professional noncommissioned officers and Soldiers," Ward said. "The success of the event was purely due to their hard work and dedication." The operations section of Headquarters and Headquarters Company, 8th STB, had been preparing for the event since April to ensure the competition went off without any major problems or situations. All of the planning and rehearsals were done to make sure the event ran smoothly and Soldiers could focus on their tasks with a minimum of delays.

"This is my first event. It has been challenging, but I am looking forward to doing many more," said Sgt. 1st Class Ernest Smith, event coordinator, HHC, 8th STB. "We've had some issues – nothing major, but as NCOs, we do what we have to do to overcome any obstacles to make sure that the mission happens."

In the end, Spc. Clarissa Wood was named the 2011 8th TSC Warrior Challenge Soldier of the Year, and Sgt. Kyle Thomas was named NCO of the Year. Both are with the Forward Support Co., 84th Eng. Bn., 130th Eng. Bde.

These two Soldiers will compete in the US-ARPAC 2011 Warrior Challenge, June 6-10, here.

NCO of the Year

Sgt. Kyle Thomas, FSC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC

Soldier of the Year

Spc. Clarissa Wood, FSC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"The hardest part for the Soldiers is that they lack the ability and endurance to swim," Kennedy said. "Although they do regular PT, this training is a lot different. It requires different muscles to

and poon

1st Sgt. Curtis Rucker, company first sergeant, and Capt. Kristen Loyd, commander, both with HHC, 8th STB, were in attendance for most of the scheduled trainings. Even though the commander is not a strong swimmer, she decided to show her Soldiers that she too can possess personal courage and face her own adversity and fears.

"It was fun. We got to jump with weapons, which

- made the training a lot hard-
- er," said Spc. Courtney Patton,
- HHC, 8th STB. "It was a good

experience."

Spc. Clarissa Wood, FSC, 84th Eng. Bn., 130 Eng. Bde., 8th TSC, maintains her professionalism and bearing before a board at the NCO and Soldier of the Year competition, held May 23-25, at Schofield Barracks. Woods took home the title of Soldier of the Year.

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K Quad DFAC, staff honored for service

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

SCHOFIELD BARRACKS – K Quad Dining Facility staff received two plaques for participating in the Philip A. Connelly Awards Program for Excellence in Army Food Service, here, recently.

Col. Charles Maskell, acting commander, 45th Sustainment Brigade, 8th Theater Sust. Command, presented the awards.

K Quad staff won the Installation Management Command-Pacific level award in the Large DFAC category, and the U.S. Army-Pacific level award in the Field Kitchen category in this year's competition.

"Food service is absolutely a life-and-death part of military life," Maskell said, adding that he is an advocate for awarding and recognizing professionalism in food service.

Soldiers need to be focused on the mission when they are in the field, not dealing with adverse effects of their meals, Maskell said.

The Philip A. Connelly Awards Program for Excellence in Army Food Service honors those professionals, Soldiers and Department of the Army civilians who rise above the standard and continually demonstrate excellence in food service.

The program is managed by the Quartermaster School and Joint Culinary Center of Excellence, Fort Lee, Va.

It is cosponsored by the International Food Service Executives Association, or IFSA, and the Department of the Army.

The program's goal is to improve the professionalism of Army food service personnel and to provide the best quality food service to Soldiers.

The Armywide competition has several categories, including large garrison, small garrison and field kitchens.



K Quad DFAC's field kitchen team, along with command teams from the 45th Sust. Bde., 8th TSC, and 45th Special Troops Battalion, 8th TSC, receive a plaque honoring their achievements in the Philip A. Connelly Competition, May 26.



Spc. Russell Gray (driving), motor vehicle operator, 25th Trans. Co., 524th CSSB, 45th Sust. Bde., 8th TSC, operates the PLS-A1 and E-CHU, as Spc. Brian Percy, 25th Trans. Co., 524th CSSB, 45th Sust. Bde., gives proper hand signals for the loading and unloading of a container.

25th Trans. Co. tests latest field equipment

Story and Photo by **SGT. PHILLIS WHITE** 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Instructors from Honeywell Technology Solutions, Fort Drum, N.Y., came, here, to ensure that Soldiers of the 25th Transportation Company were properly trained to safely operate new equipment.

The 25th Trans. Co., part of the 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, received training on the Palletized Load System A1, or PLS-A1, and the Enhanced Container Handling Unit, or E-CHU, May 9-13, at the company's motor pool, here.

The PLS-A1 and E-CHU support combat units, and the equipment helps with performing cross-country movement of configured loads of ammunition and other supplies loaded in containers.

The 25th Trans. Co. is only the third unit in the Army to receive the fielded equipment.

The equipment training was conducted through classroom lecture, live demonstrations and practical exercises.

"It's going to be a lot easier for them to do their jobs. They understand how the equipment works and safety is one of the biggest things," said Dennis Ketchum, heavy-wheel vehicle instructor, Honeywell Technology Solutions.

"(This was a) really good learning experience," said Spc. Russell Gray, motor vehicle operator, 25th Trans. Co., 524th CSSB, 45th Sust. Bde. "The civilians are a lot more proficient ... and they can teach us a lot more detail on how this equipment works without tearing it up."

The U.S. Army has received the first batch of 11 next-generation PLS-A1 cargo vehicles.

The PLS-A is the Army's base model, but it is being replaced by the PLS-A1.

"The main difference is the controls are positioned in different places, the turning radius is a lot better on the new trucks and they drive a whole lot better than the old ones," Gray said. "The PLS-A1 is faster for us and the units that we are supporting."

The new PLS features design improvements that create a more secure and robust vehicle for logistics missions with increased combat exposure.

The newly designed PLS-A1 vehicle has a Long Term Armor Strategy-compliant cab, a 600-horsepower engine and a six-speed transmission. It also uses independent suspension on the front axles, which provides greater off-road mobility and enhances protection in harsh terrain.

With the help of the E-CHU, the PLS-A1 has been designed to load and unload a variety of heavy-payload cargo, including ammunition and other critical supplies in the battlefield.

"The E-CHU eliminates the flat racks. You can just drop your load and go," Gray said. "The E-CHU does it all. You don't need anything else as long as you got the E-CHU."

The PLS-A1's hydraulic arm can load or unload containers from the truck in less than one minute, or move supplies from both truck and trailer in less than five minutes.

The truck-and-trailer combination can also haul a cargo container at full-payload capacity while climbing a 30-percent grade.

"The reason the training is so important is because, when we go downrange, the Soldiers receiving the training (here) will be the subject matter experts on the equipment and will be able to train other Soldiers on how to properly operate the vehicle," said Sgt. Hendry Mitchell, motor vehicle operator, 25th Trans. Co., 524th CSSB, 45th Sust. Bde.

"It was like good hands-on training with the instructors right there," Mitchell said. "We need more training like this. (We need to) have more civilians come out and actually train us with the newer equipment that the Army is bringing into the field."

Story and Photo by SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – Today's Army is composed of diverse religions, races, ethnicities and cultures.

To pay tribute to those differences, the 25th Combat Aviation Brigade, 25th Infantry Division, hosted an observance for Asian-Pacific American Heritage Month at the Sgt. Smith Theater, here, May 25.

Members of Halau-okekai and the Hawaii Naginata Federation presented pieces of their cultures for members of the U.S. Army-Pacific community who were in attendance.

Halau-okekai performed music and dances from the islands of Hawaii, Tahiti and Samoa, which showcased the islands' rich heritage.

"It is great to attend events like this, especially as a Soldier," said Sgt. 1st Class Jeff Loyd, operations noncommissioned officer in charge, Headquarters and Headquarters Company, 25th CAB. "As leaders, you work with everyone, and it is important to have an understanding of the ... people you work with.

"We hold a lot of culture as an Army and as a country. These events allow (us) an opportunity to receive a better understanding of the cultures in our Army and in our country," Loyd explained.

The Hawaii Naginata Federation performed Jikishinkage Ryu Naginata-Jutsu; the performances showcased different weapons and demonstrated how they are used in combat.

Among the people who attended the cultural observance, sever-

News Briefs

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

Today Palm Circle Restrictions

- As a reminder for all those working and visiting Fort Shafter's Palm Circle, parking on Palm Circle Drive is restricted to residents and their guests only. All unauthorized vehicles will be ticketed. Call 656-6750.

Patch Gate Open – Effective immediately, Fort Shafter's Patch Gate will be open 4-6 p.m., Monday-Friday, with the exception of Thursdays, when the gate will be open 3-5 p.m. for traffic exiting the installation.

2nd BCT Greeters – Anyone who is interested in greeting returning Soldiers at one or more of the 2nd Brigade Combat Team, 25th Infantry Division's upcoming redeployments, throughout the month of June, is asked to call the Blue Star Card program coordinator at 655-0112, or email Amanda. P.Montgomery@us.army.mil for more details.

Santos Dumont Con**struction** – The major closure of Santos Dumont Avenue, Wheeler Army Airfield, from Nakamine Street to Kawamura Gate, will continue through June 10 for drainline construction and road reconstruction. The section of Santos Dumont Avenue between Warhawk and Nakamine streets will be closed for road reconstruction until June 10. Get more traffic updates at www.garrison. hawaii.army.mil. Click on "Post Information," and then "Traffic Updates."

Attire for military is Army Dress Blues/Mess; for civilians, formal evening wear. Rooms can be reserved at the Hilton Hawaiian Village for \$149, plus tax. Call 949-4321 or visit www.hiltonhawaiianvillage.com for reservations and ask for the "Army Birthday Commemoration."

11 / Saturday

Closure – The Paradise Shoppette, located at Schofield Barracks, is closed through June 11 for renovation. During renovation, the Schofield Car Care Center, located at Foote Gate, Schofield Barracks, will be open 24/7.

Patrons can also shop at the Kolekole Shoppette and Sunset Mini-Mall, both at Schofield Barracks. Call 423-8632.

14 / Tuesday

Luncheon – The Armed Forces Communications and Electronics Association of Hawaii will hold a buffet luncheon, June 14, 11 a.m., at the Hale Ikena, Fort Shafter.

The guest speaker will be Capt. Nicholas Mongillo, commanding officer, Pacific Missile Range Facility, and the topic will be "PMRF – Current Ops and Future Plans."

Visit www.afceahawaii.org or call 441-8524. All military and civilians are welcome.

Army Birthday - In celebration of the Army's birthday, several dining facilities will have a special menu for their lunch meal, June 14. The cost of the meal is \$7. Participating DFACs include 2nd Brigade Combat Team, Schofield Barracks; K Quad, Schofield Barracks; 25th Combat Aviation Brigade, Wheeler Army Airfield; and the Noncommissioned Officer Academy, East Range. Menus include salmon primavera, grilled streak, Asian barbecue turkey, eggplant parmesan, shrimp salad, barbecued pork sandwiches and chicken fajitas, along with sides such as salads, fruits, vegetables, desserts and standard options. Call 655-8799.

al distinguished guests showed their support and appreciation for the event, including Command Sgt. Maj. Iuniasolua Savusa, senior enlisted leader, U.S. Pacific Command, who was the guest speaker.

"Diversity is the blending of all our strengths (and) the weaving together of the invaluable contributions of our fellow Asian-Pacific American Soldiers, civilians and families into the social, political and cultural dimensions of our country," said Lt. Col. Keriem Kvalevog, acting commander, 25th CAB. "It is one of our greatest strengths."

Asian-Pacific American Heritage Month

May is a celebration of Asians and Pacific Islanders.

The observance originated in a congressional bill in 1977, through a House resolution that called upon the president to proclaim the first 10 days of May as Asian-Pacific Heritage Week.

Sens. Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate. Both were passed in 1978, and then, in 1990, President George H. W. Bush designated May for a monthlong observance.

Asian-Pacific Islanders make up 4 percent of active duty and Reserve Soldiers, and 2 percent of the National Guard.

(Editor's Note: Information was compiled from www.a rmy.mil/standto.)



Members of the Hawaii Naginata Federation execute a weapons demonstration during an Asian-Pacific American Heritage Month observance at the Sgt. Smith Theater, Schofield Barracks, May 25.

9 / Thursday Prescribed Burn – The S Army Wildland Fire Pro-

U.S. Army Wildland Fire Program will conduct a prescribed fire at Schofield Range, June 9, including ignition of 700 acres of primarily guinea grass.

The prescribed fire shall be conducted in the late spring months during cooler temperatures and increased relative humidity.

A contingency date is June 16, if there is rainfall and unfavorable weather two days prior to the target burn date.

Residents should not be alarmed if they see or smell smoke. Call 653-0209.

10 / Friday Army Commemoration

– U.S. Army-Pacific invites Soldiers, Army civilians and government contractors, retirees, ROTC cadets and family members to celebrate 236 years of Army tradition at the Army Commemoration, 6 p.m., June 10, at the Hilton Hawaiian Village Hotel's Coral Ballroom, Waikiki.

The evening includes dining, dancing and entertainment. Tickets are \$70 each. Call 271-5561 or visit www.usarpac.arm y.mil/236birthday.

15 / Wednesday Mandatory Training –

U.S. Army Garrison-Hawaii's Equal Employment Opportunity Office will conduct EEO/ Prevention of Sexual Harassment and No Fear Act training for all civilian employees and military supervisors at Fort Shafter's Hale Ikena:

•June 15

Employees: 8:30 a.m., 1 p.m. Supervisors: 10 a.m., 2:30 p.m. •June 16

Employees: 10 a.m., 2:30 p.m. Supervisors: 8:30 a.m., 1 p.m. A sign language interpreter will be available at the June 15, 8:30 a.m. session. Call 655-9382.

20 / Monday

Facility Closure – The Installation Supply Support Activity will be closed June 20-24 for physical inventory. Only high-priority emergency requests will be process during this time. Normal operations will resume June 27.

For emergency services, call 656-0744 or 656-2277.



A lone Sailor plays taps during USAG-HI's Memorial Day Remembrance Ceremony at the Schofield Barracks Post Cemetery, Monday, to honor all fallen service members, past and present.



Flowers are placed on the graves of those who lost their lives protecting their country during a Memorial Day ceremony at the Schofield Barracks Post Cemetery, Monday.



Memorial Day: Ceremony pays tribute

CONTINUED FROM A-1

commander, Disabled American Veterans, who was among the ceremonial wreath presenters.

Dozens of friends and family members were also present throughout the morning. They placed fresh flowers and lei at the gravesites of loved ones.

For others, including Mulbury, this day of remembrance was a personal reminder.

"It's a very emotional time for me because I have commanded in combat, and I've lost Soldiers in combat," he said. "It's something that you live with for the rest of your life, but you want to honor them today, and always."





Command Sgt. Maj. Robert Williamson, senior enlisted leader, USAG-HI, salutes the flag at the Schofield Barracks Post Cemetery, Monday.



Old Glory and colors billow in the wind during a Memorial Day ceremony at the Schofield Barracks Post Cemetery, Monday. Ceremonial wreaths are placed as the base of the flagpole, with the flag at half staff, at the Schofield Barracks Post Cemetery, Monday, to pay respects to fallen servicemen and women, both past and present.



Members of the 516th Sig Bde., 311th Sig. Command's rifle firing squad give tribute to fallen service members with a three-volley salute during the ceremony, Monday.

Col. Douglas Mulbury, commander, USAG-HI, addresses the crowd gathered at the Schofield Barracks Post Cemetery, Monday.



See additional photos of this event at www.flickr.com/usag hawaii.



America's Military History Comes to Zife

Cheyenne Bateman, 8, navigates and explores the inside of an 8th TSC humvee with a Soldier during Living History Day at the U.S. Army Museum of Hawaii, located at Fort DeRussy, in Waikiki, May 21.

Re-enactors lend authenticity to Armed Forces Day event

Story and Photos by SPC. MARCUS FICHTL 8th Military Police Brigade, 8th Theater Sustainment Command

WAIKIKI – From hardtack to Meals Ready to Eat, and muskets to machine guns, the U.S. Army Museum of Hawaii at Fort DeRussy, here, breathed life into American military history.

Soldiers with 8th Military Police Brigade, 8th Theater Sustainment Command, and 130th Engineer Brigade, 8th TSC, joined with veterans, military re-enactors and history enthusiasts in sharing the Army's story to crowds, as part of Living History Day, May 21.

The day's events were part of local Armed Forces Day celebrations. The occasion, first celebrated in 1949, recognizes all five service branches for their contributions to American society and encourages civilians to participate in open houses, ceremonies and events. plosives and apprehend suspects. Spectators were also invited to don a

protective suit to feel like they were part of a current military mission.

Emma Rundle, a spectator from Sydney, Australia, leapt at the opportunity to see what the 13th MP Det.'s dogs were capable of.

"It was fun. You can really feel the bite," Rundle said, after Arko, a military working dog, spun her around.

"We love bringing the dogs out here to community events like this," said Staff Sgt. Donald Rizzo, military working dog handler, 13th MP Det. "We have the opportunity to show what we do, inform (the community) of our military working dog adoption program and have the public participate in our demonstrations."

"The dogs were awesome," said Ian Malone, 10. "Their bites were ferocious."



Armed Forces Day is held in addition to branch-specific appreciation days, and it has become one of the cornerstones of Military Appreciation Month.

"It's awesome to be part of something that shows how we as a military and nation have come from sheet tents and wool uniforms to what we are today," said Sgt. Michael Kirchner, 130th Eng. Bde.

Hundreds of people paraded through Fort DeRussy and the museum, here, mounting humvee turrets, donning body armor, enjoying Civil War cuisine and jamming out to Vietnam-era rock and roll.

The 13th MP Detachment, 728th MP Battalion, 8th MP Bde., culminated all displays with a working dog demonstration.

The detachment showcased its working dog teams' ability to sniff for drugs and ex-

While visitors expressed their appreciation to Soldiers, many of the Soldiers were just honored to have the opportunity to show what they do.

Pvt. Chelsea Taylor, 558th MP Co., 728th MP Bn., 8th MP Bde., with just a month on the job, had an eye-opening experience.

"Seeing all the people, all the little kids, that's awesome," Taylor said. "It makes you feel proud of yourself knowing that you do something not many people can do, and that people appreciate you for doing it."

"Living History Day shows how the (service members) of the past are connected to the (service members) of today, and that we are all an extension of each others' lives," said Brian Ching, Hawaii Historic Conservation Society and a Vietnam veteran.

"When and where we fought may have been different, but the camaraderie binds us all together," he added. "I hope the people here today saw that." Staff Sgt. Donald Rizzo (left), military working dog handler, 13th MP Det., 728th MP Bn., 8th MP Bde., 8th TSC, and Arko (center), a military working dog, give a female participant a live demonstration of their skills.



Left — A child gets the chance to play a Soldier, as he operates an M240 machine gun attached to an MP humvee, at Fort DeRussy, May 21.



A re-enactor displays a typical Civil War meal to share historical information with attendees.



Spc. Robert Cledera (left), 130th Eng. Bde., 8th TSC, helps Ian Malone, 10, put on body armor during Living History Day, an Armed Forces Day event at Fort DeRussy.



Today

Arts & Crafts Contest - Compete for cash prizes against the best artist and artisans in the Army. Enter your 2-D and 3-D original art or craft works in this annual contest. Complete entry form at www.artscrats.fmwrc.army.mil. Call 655-4202.

Family Fun Friday Cancelled -

Family Fun Friday, scheduled for tonight, has been cancelled. The next Family Fun Friday is scheduled for June 17. Enjoy free pizza and games, 6 p.m., at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

Sharks Swim Team Tryouts -Come join the Sharks Youth Swim Team! Club fee is \$35 monthly.

You must be a Level 4 or higher swimmer to join the team.

Call 655-9698 for more information.

Kids Bowl Free – The Fort Shafter and Schofield Barracks bowling centers are participating in the Kids Bowl Free program as a low-cost activity for children up to age 15 through July.

Parents must sign their children up at www.kidsbowlfree.com/BowlArmyHI and will then receive weekly coupons via email for two free games per child.

Normal shoe rental rates apply. Additional coupons for discounted bowling are available for other members of the family to bowl.

Kids Bowl Free hours and contact information follow:

•Fort Shafter: Monday-Tuesday, noon-5 p.m.; Wednesday, 9 a.m.-5 p.m.; Thursday-Friday, 11 a.m.-5 p.m. Call 438-9996

•Schofield Barracks: Monday-Friday, 11 a.m.-5 p.m. Call 655-0573.

4 / Saturday

Learn To Swim – Register today for learn to swim classes at Army Hawaii pools, June 4-9.

racks. Call 655-9698.

itary Reservation. Call 833-0255.



Schofield Advisory Council Meeting – The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting will be June 6, 10:15-11:15 a.m., at the Nehelani. Send announcements a week prior

CAB, here, May 10.

Army Medical Center. Call 433-5257.

Child, Youth and School Services.

mation.

All children must be registered with

Registration will be verified. Visit

www.himwr.com for additional infor-

6 / Monday

Hawaiian Liaison Office, U.S. Army

Garrison-Hawaii, welcomes all Soldiers

and families to participate in free hula

classes, Mondays, 5-7 p.m., at Army

Community Service, Building 2091,

Schofield Barracks. Beginner classes are

5-6 p.m.; advanced classes are 6-7 p.m.

hula, fundamentals of hula steps, move-

7 / Tuesday

email nhliaison@gmail.com.

Classes feature the different types of

Free Hula Classes – The Native

This bimonthly forum of representatives allows the council and patrons to exchange ideas and information.

7 / Tuesday

Cost is \$25 for the first class and \$5 for subsequent classes. Call 655-4202.

WHEELER ARMY AIRFIELD — Soldiers from Company B, 3rd Battalion, 25th General Support Aviation

School student on the proper way to wear Army flight equipment during his school's visit with the 25th

Bn., "Hammerheads," 25th Combat Avn. Brigade, 25th Infantry Division, instruct a James Campbell High

Exploring aviation opportunities

Capt. Ozzie Santiago Smith III | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Ongoing

Vehicle Safety Inspection – Don't forget to check your vehicle inspection sticker, located on its rightrear bumper. Is yours about to expire?

Head to your nearest Auto Skills Center. No appointments are necessary; first come are first served. Visit www. himwr.com for hours of operation and

Auto Skills Center - Rent storage sheds from either the Fort Shafter or Schofield Barracks Auto Skills Center. Call 438-9402 or 655-9368.

Picture Framing - Learn customized framing at the Schofield Barracks Arts and Crafts Center. Cost for one session is \$45 and includes instruction and materials. Framing is available

sion group, June 23, 11:45 a.m.-12:45 p.m., at the Wheeler Chapel.

Find out how Buddhism is applicable to our complex modern world. The facilitator will be the resident minister of the Wahiawa Hongwanji Mission. Bring your lunch and questions.

Call 656-4481 or visit www.wahi awashinbuddhists.org.

Disaster Preparedness Work-

shops – Kanu Hawaii and the Hawaii Red Cross will hold several free "Get daily, 9 a.m.-12 p.m. Call 655-4202.

Homeschool PE Classes – Army Youth Services offers physical education for the homeschooled child, 10-11 a.m., at Aliamanu and Fort Shafter; call 836-1923.

Schofield, Helemano and Wheeler Army Airfield classes are Wednesdays, 11 a.m.-12 p.m. Call 655-6465.

BSC Printer Station Moves -

The Blue Star Card printer station has been moved from Tripler Army Medical Center to the Army Community Service located at the Aloha Center, Building 330, Clark Road, Fort Shafter.

Regular Blue Star Card registration requirements apply. Email sarah.chad wick@us.army.mil or call 655-0002.

The printer station at the Schofield Barracks ACS is still available and unaffected by the move.

Sgt. Yano Library, Schofield Barracks, also offers computer services, including Internet access and Microsoft software. Printing is available for a fee.

The contest is limited to the first 20 registrants; sign up by June 27 at BayFestHawaii.com or call 254-7653.

Ongoing

Volunteers Needed - Both military and civilian volunteers are needed for BayFest 2011, taking place July 15-17 at Marine Corps Base Hawaii at Kaneohe Bay.

Worship

COMMUNITY

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 Fort DeRussy Chapel FD: FS: Fort Shafter Chapel HMR: Helemano Chapel Main Post Chapel, MPC: Schofield Barracks Aloha Jewish Chapel, PH: 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 and FD •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, 12 p.m. 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, FS, MPC and
- TAMC chapels
- -9 a.m. at WAAF chapel,
- Lutheran/Episcopalian
- -10 a.m. at HMR
- -10:30 a.m. at AMR

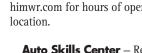
Single Soldiers' Bible Study •Wednesday, 11:30 a.m. at SC. Lunch is provided.

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









ment and posture. Call 655-9694 or

Music Festival – The Waimea Vallev Music Festival is 11 a.m.-5 p.m., June 4, 59-864 Kamehameha Highway. Kamaaina and military adult prices are \$10; children are \$6.

to publication to community

@hawaiiarmyweekly.com.

Visit www.waimeavalley.net or call 638-7766.

O-bon Festival - Hawaii's Plantation Village is getting ready for its annual Japanese Buddhist ritual, which honors ancestral spirits, 4 p.m., June 4, 94-695 Waipahu St., Waipahu.

Dancers of all ages can enjoy the annual celebration. Call 677-0110.

6 / Monday

PWOC – The Protestant Women of the Chapel will host the following events at the Main Post Chapel Annex, Room 212.

•June 6, there will be no PWOC due to Vacation Bible School's "PandaMania: Where God is Wild About You!" VBS is 9 a.m.-noon, June 6-10, Main Post Chapel. Email schofieldpw oc.watchcare@gmail.com.

•June 14-July 26, attend Summer Bible Study. Topic is "The Best Question Ever: Learning to Foolproof Your Life.'

Teens 4 Animals - The

Hawaiian Humane Society will hold its inaugural "Teens 4 Animals Summer Experience" for high school students with an interest in animals and animal welfare.

This opportunity will provide nearly 90 hours of hands-on time with animals.

Students will be trained in a variety of animal welfare skills and exposed to a broad scope of animal careers.

Sessions will run Monday through Friday, 9:30 a.m.-1 p.m., June 6-July 15, or 1:30-5 p.m., June 13-July 22. Cost is \$95. Registration forms are available at www.hawaiianhumane.org/teens4 animals.html.

Free Yoga Classes – Yoga classes begin at 9 a.m., Tuesdays and Thursdays, at the Wheeler Community Center, behind Wheeler Chapel, Wheeler Army Airfield.

Bring your own yoga mat and any blocks or straps. Classes are for all levels: beginner, intermediate and advanced. Call 275-3790 or 778-8696.

9 / Thursday Safety & Compliance Expo -

Island Palm Communities will host a Safety & Compliance Expo at Schofield's Porter Community Center, June 9, 4-6 p.m. Get all of your safety questions answered by the Honolulu Police Department, Military Police, Mothers Against Drunk Driving, Military Family Life Consultants, Red Cross, Army Community Service, water safety specialists and more. This event is free and open to all IPC residents. Call 275-3159.

17 / Friday Hawaiian Cultural **Experience** – Bring the

entire family to the Armed Services YMCA for a Hawaiian cultural experience, June 17, 5:30-7:30 p.m., at Wheeler Army Airfield. Disney's Lilo & Stitch will be playing on the lawn at 8 p.m.

Immerse yourself in the tastes, activities and sounds of the Hawaiian Islands. Pick up your "Passport to the Islands" for \$6, per person, at the ASYM-CA Wheeler branch.

The passport allows you to participate in each of the island activities, from paddling lessons to lei making, to sampling of Hawaiian foods, to take-andmake items for beach time fun. Call 624-5645.

23 / Thursday

Brown Bag & Buddhism - The Schofield Barracks community is invited to attend "Brown Bags Buddhism," an introduction to Buddhism discusReady" workshops at public libraries in June and July, to ensure families, neighborhoods and communities are ready for emergencies and disasters of all types in Hawaii.

•June 23, 5:30-6:30 p.m., Salt Lake Library (3225 Salt Lake Blvd.)

•June 25, 10:30-11:30 a.m., Kapolei Library (1020 Manawai St.)

•July 19, 6:30-7:30 p.m., Kahuku Library (56-490 Kamehameha Hwy.)

The workshops cover key information specific to Hawaii residents like when and where to evacuate, and clears up the difference between hurricane and tsunami shelters. Participants will also learn about a "go bag," if home evacuation is needed, and a "stay home" kit, when the safest place is off the roads and at home.

Email livealoha@kanuhawaii.org or 343-2428. Visit www.kan call uhawaii.org or www.hawaiiredcross.org.

25 / Saturday Military Appreciation Day -

The USO Hawaii and the Waikiki Aquarium have organized Military Ohana Family Fun Day, June 25, 9 a.m.-3 p.m.

A free shuttle service will be available from the Pearl Harbor NEX, Schofield Barracks, Fort Shafter and Kaneohe Bay.

Live Entertainment will start at 10 a.m., and will include the Royal Hawaiian Band, the Air Force Small Kine Ensemble and the Navy Pacific Fleet Band.

Call 422-1213 or email elsmi th@uso.org.

27 / Monday BayFest Emcee - Ma-

rine Corps Community Services is searching for talented military members to emcee the BayFest main stage, July 15-17. All active duty, reservists and National Guard members stationed in Hawaii are invited to compete in the Emcee Maniac Contest, 7 p.m., June 30, at Kahuna's Sports Bar & Grill, Marine Corps Base Hawaii.

Volunteer opportunities include drivers, retail, food and beverage, ticketing and more. Certain positions have age restrictions and other requirements.

Various shifts are available. All volunteers receive admission to general BayFest attractions, a T-shirt, meal coupon and more. Call 257-7787/7790.

Scholarships Available - The University of Phoenix and AMVETS, a vocal advocate for veterans' education, are awarding \$350,000 through \$7,000 scholarships to active duty service members, family members and veterans to pursue a degree through University of Phoenix Hawaii Campus.

Applications will be accepted through Aug. 11, and scholarship recipients will be notified by Nov. 11.

Visit www.phoenix.edu/tuition_and_f inancial_options/scholarships/amvet s-scholarship.html.

Health Study – The Department of Defense is participating in the largest long-term study of children's health, ever done in the U.S., and eligible military families stationed on Oahu are encouraged to participate.

The study will help provide answers to childhood problems like asthma, autism, obesity and diabetes. Call 692-1920, email ncsuhm@hawaii.edu or visit Hawaii.NationalChildrensStudy.gov.

The National Children's Study will include children from before birth to age 21. Study researchers hope to learn how children's genes and their environment work together to affect children's health and development.

BayFest Bathtub Re-

gatta - Build your own boat and race to victory! Sign up for this annual event at Marine Corps Base Hawaii, Kaneohe Bay, July 17. Race starts at 12:30 p.m.

Visit www.bayfesthawaii.com or call 254-7590.

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



Soul Surfer

(PG) Fri., June 3, 7 p.m. Wed., June 8, 7 p.m.



Rio

(G) Sat., June 4, 4 p.m. Sun., June 5, 2 p.m.

Madea's Big Happy Family

(PG-13) Sat., June 4, 7 p.m. Thurs., June 9, 7 p.m.

COMMUNIT **IPC prepares USAG-HI for Energy Consumption Program**

ISLAND PALM COMMUNITIES News Release

SCHOFIELD BARRACKS - U.S. Army Garrison-Hawaii and Island Palm Communities hosted town hall meetings, May 23 and 24, to help answer questions about the Army's Energy Consumption Program that will go live with utility billing next month.

Attendees received clarification on several program details, including how home profiles are determined, how baselines or monthly averages are calculated, what communities will begin live billing and when other communities will start, as well as when credits or bills will be issued.

To ensure the program is implemented fairly, USAG-HI will go live with utility billing in neighborhoods where homes are of equal standards.

All homes built after 2004 will begin live billing July 1, and residents will receive their first actual statement in August.

Families living in renovated and unrenovated homes will continue to receive consumption statements, but will not be credited or billed. Billing for these families will begin when all homes in the community have been renovated and brought up to the same standard, and a 120-day notice will be issued prior to the start of live billing.

Residents not sure if they are part of live billing can simply refer to the bottom of their energy consumption statement from ista - the billing agent – which will verify if they will go live or not in July

During the meetings, residents asked questions about home profiles, specifically why the number of family members is not part of the criteria.

"The Army determines the criteria for profiles, and similar profiles are used at other Army installations," said Tom Adams, director of property management, IPC.



He added that consumption is impacted more by the size and energy characteristics of the home. The habits of people in the home also impact energy consumption, such as how often people use air conditioners and other electronics, like entertainment equipment. However, cooling and lighting a home, or turning on a TV, uses the same amount of energy, regardless of the number of people in a home.

Adams also reminded residents that the highest and lowest 10 percent of users are excluded from the baseline calculation.

'We're removing families that fall into these categories, (and) removing unoccupied homes and partial billings that account for move-ins and move-outs, to minimize skewing the average consumption," he explained.

Additionally, a buffer is established above and below the baseline. The Army authorizes a five-percent buffer above and below the baseline to account for slight variances in calculations. However, since Hawaii has one of the highest electricity rates in the nation, the garrison has requested a 10-percent buffer for IPC.

"Approval by the Army is still pending, but we are hopeful consent will be given in time for live billing," Adams said.

High electricity rates in the islands were also taken into consideration when determining when a payment would be required, if a credit is due or a bill is owed. Army utility programs typically issue a credit or bill for a payment when the amount is \$15 or more. At IPC, credits or bills will be issued when the amount owed or

rebated is \$50 or more. "A higher 'trigger' will cut down the amount of administrative

work it takes to issue small credit amounts, and likewise, it benefits residents who are over the baseline," Adams said. "They won't have to write checks for small amounts every month."

Families receiving significantly high-energy consumption statements can contact ista to have a home energy audit done.

Calculating the baseline

A baseline is the average energy consumption for a home, and USAG-HI uses a rolling baseline.

This means energy consumption from the current month is used to calculate the current month's baseline, so the baseline will change monthly.

Once profiles are defined and homes are placed into a profile, a baseline is determined for each profile.

To calculate the current baseline per profile, IPC removed homes that are not occupied, have partial billing periods for move-ins and move-outs, or are the highest and lowest 10 percent of energy users.

Contact ista customer service at (800) 569-3014, email inquiries@ista-na.com or visit www.islandpalmcommun ities.com. Go to "Resident Programs," and click on "Utility Consumption Program."

Exchange strives to offer value at the pump for its authorized patrons

ARMY AND AIR FORCE EXCHANGE SERVICE-PACIFIC REGION Public Affairs

SCHOFIELD BARRACKS - A recent Chicago Sun Times article quoted oil industry experts predicting that gas prices could hit \$5 a gallon, possibly in the next few months.

This potentially large spike in gas prices has the Army and Air Force Exchange Service, otherwise known as the Exchange, reaching out to ensure drivers are aware of the procedures that determine pump prices, here, as well as the benefits available to authorized patrons.

While overall energy prices are beyond the Exchange's control, the Military StarCard can help curb added expenses, and in turn, save Soldiers money when filling up.

"Anytime a customer uses a bank-issued debit or credit card, the retailer pays a portion of the transaction to a third-party financial institution," said Floyd Wynn, general and area manager for Exchange-Hawaii. "Because the Military Star Card is administered by the Exchange Credit Program, our fuel pump locations are not sub-



ject to the additional fees incurred through other 'pay at the pump' options. As a result, we're able to pass savings on to authorized shoppers by taking a nickel off each gallon dispensed."

In addition to the five-cents-a-gallon savings Military Star Card holders enjoy every day, Exchange facilities periodically offer steeper discounts during certain holidays.

Exchange expresses, gas stations and car care centers also rely on a survey process to ensure prices are fair and competitive within the local community.

The Exchange conducts daily surveys of at least five locations selling motor fuel, deemed by the local general manager to be the competition. Pump prices are then set equal to the lowest price surveyed for each grade of fuel available.

"Because market-based pricing is not contingent on cost, we survey and change prices as frequently as necessary to remain competitive," Wynn said. "In fact, even though Exchange facilities charge sales tax on gasoline, the surveys can result in prices that are actually even below cost."

The Exchange, as a U.S. government instrumentality, is immune from state and local taxes, but Congress waived the immunity specific to fuel. The Exchange provides a tax-free benefit on almost everything, except gas. The Exchange and its customers are required to pay federal tax pursuant to the U.S. code that covers gasoline.

Accordingly, Exchange pump prices include state, federal and local motor fuel taxes, as well as underground storage fees. Federal and state taxes, and other applicable fees, are included in the gas price, and they are paid to the appropriate taxing authority.

"Gas pricing is a very complex issue, impacted by world markets, political and economic factors," Wynn said. "With that said, we remain focused on delivering the best value possible to drivers at Schofield Barracks.'

AMR school bus service cancelled

SCHOOL SUPPORT SERVICES Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation

ALIAMANU MILITARY RESERVATION - Children who have been riding the bus to and from Red Hill Elementary School, here, will no longer receive that service beginning Aug. 1.

U.S. Army Garrison-Hawaii's financial situation requires that the bus service be cancelled at the end of this school year.

A letter signed by Col. Douglas Mulbury, commander, USAG-HI, will be distributed through Island Palm Communities to affected residents, notifying them of the change.

AMR residents living in Red Hill Makai, Hibiscus and Valley View areas will be expected to transport their children to school or make other transportation arrangements.

One option would be to use the AMR School Age Services' Before and After School Program, which not only provides transportation to and from Red Hill Elementary School, but also provides care before and after school, on school holidays and during other no-school days.

Another alternative would be to partner with neighbors whose children also attend the school, to coordinate a carpool program.

Parents are reminded that USAG-HI Policy Memorandum No. 34, the Child Supervision Policy for Army Installations in Hawaii, states that children less than 10 years old cannot walk to and from school alone.

Parents are encouraged to take advantage of current transportation options available and to create a responsible plan for their children to get to and from school safely.



Call the School Support Services Office at 655-9818 or email tamsin.keone@u s.army.mil with any questions. Call 833-5393 to register for the AMR Before and After School Program.



Sgt. David Padilla I 500th Military Intelligence Brigade Public Affairs Graduating with colors

WAIALUA — Soldiers assigned to the 715th Military Intelligence Battalion, 500th MI Brigade, participate in the graduation ceremony of Waialua Intermediate and High schools, May 21, here, as part of their school partnership program.

Hale Kula Robotics Team tackles challenges, places in two events

TAMI SEGO

Hale Kula Elementary School Robotics Team

SCHOFIELD BARRACKS - During the last four months, the Hale Kula Elementary School Robotics Team has been meeting during the early morning hours, before school, in preparation for the 1st Annual Leilehua Complex Elementary Robotics Competition.

The Hale Kula team earned first place in the Lift the Blocks Challenge and second place in the Soccer Challenge, as well as awards for robot design and sportsmanship during the recent competition.

The team, sponsored by the Society of American Military Engineers, was under the guidance of Lt. Col. John Henderson, then-deputy commander of U.S. Army Corps of Engineers-Pacific Ocean Division.

The team and competition was implemented as a way to expose young students to the fields of science and engineering in a fun and exciting way.

The Wahiawa Middle School Robotics Team hosted the competition that consisted of three different challenges: kicking a soccer ball from various distances, lifting a block onto platforms of different heights and navigating through a maze. Each challenge tested the students' problem-solving skills.

Hale Kula's Robotics Program is in its third year, but this year is the first year that the school has formed a robotics team to compete with other schools.

Hale Kula's team was comprised of third-, fourthand fifth-grade students: Hank Botters, Austin Green, Davey Hall, Luke Henderson, Thorin Jean, Sorenna Jean, Lauren Moore, Matthew Molinari, KeAndre Murray, Macayla Potts and Jeffrey Ransom.

Coaches for the team included Henderson, Carmen Pita, Vera Yamanaka and Tami Sego.

The competition was the culmination of months of hard work and dedication, and it was the highlight of this year's robotics program.



Kazuko Yamauchi I Hale Kula Elementary School

Lt. Col. John Henderson (left), then-deputy commander, USACE-POD, helps (from left to right) Jimmie Yoon, Thorin Jean and Hank Botters, all student members of the Hale Kula Elementary School Robotics Team, program their robot.



Vera Yamanaka | Hale Kula **Elementary School**

Sorenna Jean (left) and Hank Botters, students on the Hale Kula Elementary School Robotics Team, use their robot as a forklift. They placed first.

Healthy fathers are essential to military family relationships

THERESA K. JACKSON

U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. - If you ask a sample of Soldiers why they chose to join the military, many suggest the reason was one or both of their parents were in the military.

Given that nearly 50 percent of military children enter or consider entering the military, we know that military children learn from their parents about a potential career and commitment to their country.

But what are they learning from their parents, particularly their fathers, about health?

Think back. When you were a child, who made your doctor appointments and took you to the doctor? Who ensured you had your immunizations? Who encouraged you to eat your broccoli and prevented you from eating French fries at every meal? For some, it was dad. For most, it was mom.

The Men's Health Network suggests there is a

begins in childhood, with "suck it up" or "take it like a man."

Males are told to push through the pain and rewarded for being tough and ignoring their aches, pains and feelings.

Once they are adults, men make half as many appointments as women with health care professionals for prevention. They are also more likely



silent health crisis today among U.S. men, which to engage in risky behaviors like tobacco use and alcohol abuse than women, and they are less likely to seek help if something is bothering them.

These habits lead to negative health outcomes later in life. Men live five years less than women, on average, and they are more likely to die of heart disease, cancer, injuries, stroke, lung disease, diabetes, HIV, suicide and homicide.

Health is everyone's issue, so remember the acronym F.A.T.H.E.R .:

Fight the silent men's health crisis. Talk to buddies about health issues, and advocate for your health and your friends' health. Challenge the norms.

Always take care of yourself. Pay attention to your body. When you don't feel well, go to the doctor. If something is worrying you, talk to someone.

Talk to your kids. Strong emotional bonds are important to child development and family cohesion. Talking with your kids fosters a family unit yours, will be stronger because of it.

that is safe, supportive and loving.

Have fun with health. Show your kids that health can be fun. Play catch, ride bikes, jump waves or visit a farmer's market. These activities don't just keep your family active; they also allow you to spend time together and make positive memories.

Encourage and engage in healthy behaviors. How many of us tell children not to smoke or drink alcohol, when we ourselves cannot follow our own advice? Live a healthy lifestyle with exercise, enough sleep, nutritious foods and limited alcohol intake - without tobacco.

Remember you're your child's role model. Make your own health appointments and attend theirs when you are home. Teach children that health is a man's responsibility, too. By remaining fit, you teach your children that taking care of their bodies is important.

More than four out of 10 male Soldiers are parents. Live as F.A.T.H.E.R.s - the Army family, and

Breathing out helps out when you're stressed out

BRIAN P. SMITH TriWest Healthcare Alliance

PHOENIX – You're waiting to hear if you got that job, you're watching as your daughter starts her first piano recital, you're waiting for the daily email from your deployed spouse, or you're walking through the mall, still trying to get used to crowds after deployment.

All these instances can be stressful situations. Stress is a part of everyday life for service members, veterans and families dealing with multiple deployments, homecomings and all the other demands of a military life.

Sometimes taking a deep breath is all you need to do to get through a stressful situation.

When you are stressed, focus on your breathing, though, most of the time, breathing is an automatic process.

Slowing down and concentrating on your breathing can help you react in stressful situations.

During stress and times of anger, everyone's first reaction is often to inhale and hold his or her breath.

However, breathing out slowly helps take the

body out of that instinctive fight-or-flight mode.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, or DCoE, work to promote the resilience and recovery of military members and their families. Its research shows that breathing exercises can help decrease the body's fight-or-flight response to stress.

The center offers tips on breathing exercises that also help control anger and anxiety.



DCoE's National Center for Telehealth and Technology has created tools to help manage breathing, track moods and teach about post-traumatic stress. Visit www.t2health.org/apps. Read articles, find links and take selfassessments at www.triwest.com for stress relief, parenting and relationships.

MRSA affects mission readiness

WAYNE COMBS U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. - Methicillin-Resistant Staphylococcus Aureus, or MRSA. is a potentially dangerous type of staph bacteria that is resistant to certain antibiotics and may cause skin and other infections.

A breakout of MRSA can have a devastating impact on unit readiness and accomplishing the mission.

Americans visit the doctor approximately 12 million times each year to get checked for suspected MRSA skin infections, but a few simple steps can prevent and reduce the spread of MRSA.

Recognizing signs and receiving treatment for MRSA skin infections in the early stages reduces the chances of the infection becoming severe.

It is especially important to contact a health care professional if a fever accompanies signs and symptoms of an MRSA skin infection.

Most staph skin infections, including MRSA, appear as a bump or infected area on the skin that may be red, swollen, painful, warm to the touch and full of liquid.

MRSA is spread through direct contact with another person's infection.

Sharing or touching personal items, such as towels, razors or used bandages, can spread MRSA.

If you suspect an MRSA skin infection, cover the area with a bandage and contact your health care professional.

Treatment for skin infections may include having a health care professional drain the infection and possibly prescribe an antibiotic.

Do not attempt to drain the infection yourself. Doing so could worsen the infection or spread it to others.

If you are given an antibiotic, be sure to take all of the doses even if the infection is getting better, unless a health care professional tells you to stop taking it.

Protect yourself, your family and your unit against MRSA skin infections. Know the signs of MRSA skin infections and get treated early.

Keep cuts and scrapes clean and covered. Encourage good hygiene, such as cleaning hands regularly. Discourage sharing of personal items, such as towels and razors.



For more information and prevention tips, visit www.cdc.gov/MRSA.