



Happy birthday

Hawaii celebrates Army's history.

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PTA

Community leaders tour installation and military equipment.

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Safety first

Keiki and families learn ways to stay safe.

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USAG-HI to host realistic ATEX scenarios on post

Community participation, patience, understanding is vital to success

ELLIOTT W. ROSS
Directorate of Plans, Training, Mobilization and Security; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – U.S. Army Garrison-Hawaii will conduct its annual antiterrorism exercise, or ATEX, “Rapid Response 2011,” on Sills Field, here, June 23-24.

This exercise is a continuing effort to test, assess and validate emergency response plans and procedures to an act of terrorism.

The mass notification/giant voice system will begin with “exercise, exercise, exercise” and will announce general public information and all incidents that have occurred on post.

The system will initially state that everyone should remain indoors, stay off the roads and await further instructions. To alleviate confusion and anxiety, everyone is encouraged to follow instructions as the scenario unfolds.

However, do not be alarmed or panic. Real-world announcements would not begin with “exercise, exercise, exercise.”

Soldiers and civilians may also receive email updates with “exercise, exercise, exercise.”

All Schofield Barracks gates will close around 10:30 a.m., June 23, for about 10 minutes. Motorists should plan for additional travel time, due to expected traffic congestion.

Community members with appointments on post, like at the Schofield Barracks Health Clinic, are encouraged to either arrive very early for their appointment or postpone appointments occurring from 10-11 a.m., June 23.

Heightened security measures, including a temporarily increased elevation of force protection conditions, will also take place at all gates, here, throughout the exercise. USAG-HI’s Directorate of Emergency Services asks for the community’s patience at the entry control points.

Garrison response forces will implement baseline antiterrorism physical security measures, as well as random antiterrorism measures throughout the exercise.

Soldiers, families and civilians need to take this exercise and its actions seriously.

The ATEX takes proactive measures to ensure the installation and the workforce are prepared to react in case of a real act of terrorism. The ATEX also promotes the idea of situational awareness, safety and personal responsibility in preventing attacks.

Col. Douglas Mulbury, commander, USAG-HI, asks for the community’s patience and understanding, as the garrison conducts this important exercise that will enhance USAG-HI’s ability to protect its most valuable assets and resources: the Soldiers, families and civilians of USAG-HI.

While the ATEX scenarios may inconvenience

SEE ATEX, A-9

iWatch deters community threats

iWatch Army is a modern, online version of the Neighborhood Watch program.

It’s focused on the threat of terrorist activity and is designed to heighten public awareness about the indicators of terrorist activity.

Upon sighting, community members are encouraged to report suspicious behaviors or activities to the military police or local law enforcement agencies, so they can further investigate.

iWatch is important because the entire Army community is an extension of our overall protection, especially when members are empowered to help protect against terrorism.

Members of the Army community, both on and off military installations, may have information that could reveal a missing piece of a puzzle. When this information is reported to authorities, it could help thwart a terrorist plot.

(Editor’s Note: Information was compiled from Army news releases.)



Wave of the future

JALALABAD, Afghanistan — Staff Sgt. Javier Gutierrez (right) and Sgt. Caleb Meeker, both members of Headquarters and Headquarters Company, 3rd Brigade Special Troops Battalion, 3rd Brigade Combat Team, 25th Infantry Division, use a new metal-detecting wand and show Afghan customs police how to conduct a personnel search at the Jalalabad Customs House, here, June 11.

Read more about this training in the June 24th edition.

Major ACU changes forthcoming

Patrol cap to become default headgear, tapes can be sewn on

C. TODD LOPEZ
Army News Service

WASHINGTON – The voice of the Soldier has been heard; the Army has announced the patrol cap will replace the black wool beret as the default headgear for the Army combat uniform.

Also changing are the options for how Soldiers can attach certain items to their ACUs.

Army Chief of Staff Martin Dempsey said Soldiers will soon be able to sew on name tapes, service tapes, rank insignia and skill badges, instead of using Velcro.

The changes were made after Sergeant Major of the Army Raymond Chandler III gathered opinions from Soldiers in the field.

“I am a scout for Gen. Dempsey, who asked me to look into everything a Soldier wears from the top of his head to the bottom of his feet,” Chandler said. “These are changes that the field said they wanted to see.”

Chandler said he spoke with “several thousand” Soldiers and also received comments via social media sites, like Facebook. Post-deployment combat uniform

307th Expeditionary Sig. Bn. comes home

STAFF SGT. CRISTA YAZZIE
311th Signal Command Public Affairs

HONOLULU – Accomplishing a communications mission from one location is hard enough, but providing command, control, communications and computer capabilities for two theaters from four separate locations is quite challenging.

Still, that is exactly what the 307th Expeditionary Signal Battalion, 516th Sig. Brigade, 311th Sig. Command, managed to accomplish during the past year.

More than 170 Soldiers assigned to Headquarters and Headquarters Company and Co. B, redeployed here, June 5, after a yearlong deployment to Afghanistan, where they provided communications support as part of Operation Enduring Freedom.

“It made the whole year worth it, (just) to see my family,” said Spc. Anthony Wooley, installations management operator, 307th Expeditionary Sig. Bn., 516th Sig. Bde., whose wife and two children, ages 18 months and 7 years, greeted him at the welcome home ceremony. “Marching in and seeing them waiting for me and hugging them for the first time made all the stress and all the hard times downrange worth it.”

“These Soldiers did a phenomenal job,” said Lt. Col. Jacqueline Brown, commander, 307th Expeditionary Sig. Bn., 516th Sig. Bde. “Not only did they prepare to deploy in 120 days, but we went out there as part of (OEF). What this means is between HHC and Co. B, they deployed to austere locations, to not-yet-established forward operating bases. So, they went in there

SEE 307th, A-4



Recently announced changes to the ACU involve allowing Soldiers to sew on certain items to their uniform, like service tapes as shown here, in lieu of using the provided Velcro.

surveys were also used.

Typically, uniform changes come as a result of a board that meets twice a year. But Chandler said the ACU headgear and the use of Velcro were changes Dempsey wanted to bring to the secretary of the Army

SEE ACU, A-9



Staff Sgt. Crista Yazzie | 311th Signal Command Public Affairs

Sgt. Tim Flowers (right), 307th Expeditionary Sig. Bn., 516th Sig. Bde., 311th Sig. Command, is welcomed home, June 5, by his wife, Tiffany, and their children, 17-month-old Tatiana (left) and 3-year-old Tayshaun, after a yearlong deployment to Afghanistan.

715th MI Bn. wins Chief of Staff's logistics award for supply excellence

SGT. DAVID PADILLA
500th Military Intelligence Brigade

RICHMOND, Va. – The 715th Military Intelligence Battalion, 500th MI Brigade, received a Supply Excellence Award for an active duty parent organization, here, May 12.

The Chief of Staff’s Combined Logistics Excellence Awards, also known as “CLEA,” pulls together and awards units nominated for maintenance excellence, deployment excellence and supply excellence.

The CLEAs recognize the best logistics programs in the Army.

Sgt. 1st Class Kory Durham, senior enlisted logistician, 715th MI Bn., accepted the battalion’s award and a congratulatory letter from Lt. Gen. Mitchell Stevenson, deputy chief of staff of the Army for logistics.

To win the award, the 715th MI Bn., 500th MI Bde., achieved excellence on an evaluation of its battalion’s unit supply and arms room procedures.

Judges from the U.S. Army Transportation, Quartermaster and Ordnance centers traveled around the world to conduct on-site evaluations of command-nominated units.

Units were selected for the awards based on outstanding qualities they displayed for judges during these visits.

The award program was created during the Total Army Worldwide Supply Conference held November 1984. The program recognizes excellence at multiple unit and organizational levels.

(Editor’s Note: Content from this article was taken from an Army News Service press release.)



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.

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

262 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 6/16/11.

Voices of Ohana



"My father and I going to classic car shows and working on cars and trucks together."

Sgt. Brien Costello
Command driver, 18th MEDCOM (DS)



"Just getting back from OIF, and going to the 2004 U.S. Open golf tournament during Father's Day weekend with my dad."

Maj. Jacob Dlugosz
Chief, Operations, 18th MEDCOM (DS)



"I had sunk a sail boat. He said, 'If no one was killed or in danger of getting killed, then you don't have a problem; you have a situation. Those are the only two things you can't fix.'"

Lt. Col. Lillian Landrigan
Dental surgeon, 18th MEDCOM (DS)



"Taking my daughter, Marisa, to her eighth-grade, father-daughter dance."

Lt. Col. David Marquez
Chief, Resources Management, 18th MEDCOM (DS)



"My 2-year-old daughter, Khloe, and I were at a college, surrounded by college girls, and my daughter pointed at my wedding ring."

Staff Sgt. Calvin Tu
System team chief, 18th MEDCOM (DS)

Defender 6 sends

BRAC process is on time, remains on target

LT. GEN. RICK LYNCH

Commander, Installation Management Command

WASHINGTON — The past 10 years have brought a great deal of change to our Army.

Not only do our Soldiers continue to fight in two wars, but the Army is going through the greatest organizational change since World War II.

Between instituting the Army Force Generation model and reorganizing around modular brigades and the Base Realignment and Closure process, our Army looks very different than it did 10 years ago.

The BRAC process is a large part of that reorganization. With its completion on time and on target in September, the Army will have reshaped its infrastructure to better support Soldiers, civilians and families.

The BRAC commission made recommendations to the president about how to make the Department of Defense more efficient. The president presented them to Congress, and those recommendations became law in September 2005.

Of the 182 recommendations, 113

affected the Army.

BRAC is an important part of the Army's historic transformation and has affected many commands.

efficiency and cost control.

Joint installations improve training capabilities and eliminate excess capacity, while providing the same or better

"With its completion on time and on target in September, the Army will have reshaped its infrastructure to better support Soldiers, civilians and families."

— Lt. Gen. Rick Lynch
Commander, IMCOM



BRAC 2005 enabled the Army to reshape its infrastructure to support its forces. It repositioned our forces, making them more relevant and combat ready for the combatant commander.

It also created doctrinal efficiencies, consolidated schools into centers of excellence, and joined headquarters and other activities into joint or multifunctional installations for ef-

service at a reduced cost.

BRAC growth has been handled in an environmentally- and fiscally-sustainable way. New projects have been built that were designed to be Leadership in Energy and Environmental Design certified. New construction supports increased operational capacity and our warfighting capability.

On installations across the Army, you can see signs of success in meeting the goals of BRAC 2005. Construction alone has brought thousands of jobs to surrounding communities. Expanded installations have caused local busi-



Sgt. Mahlet Tesfaye | 25th Infantry Division Public Affairs

Members of the 1500 Gospel Dance Ministry perform an inspirational contemporary dance to a gospel song for service members during the 2011 Worship Experience-Iraq concert, which brought several services together to worship, praise and celebrate spiritual rejuvenation at Camp Liberty, Iraq, June 4.

Ministries unite for 'morale booster'

25TH INFANTRY DIVISION

Public Affairs

BAGHDAD — Service members from different denominations of faith on the Victory Base Complex, here, came together to worship, praise and celebrate spiritually with music and dance, June 4.

The 25th Infantry Division Chaplaincy and the Division Chapel's 1500 Gospel Service hosted a Worship Experience-Iraq concert for service members and civilian employees at Camp Liberty, Iraq, here.

"I thought participating in the concert would be a great experience and a great opportunity for fellowship and worship with other services on VBC," said Chief Warrant Officer 2 Dexter Allen, 2nd Brigade Combat Team, 25th ID, and also a member of the 1500 Gospel Music Ministry.

Several services on VBC participated in the concert, including Victory Gospel Experience, 1500 Gospel Dance Ministry, 1500 Gospel Music Ministry, the Ugandan praise team, Sather Band and the Filipino praise team.

One of the highlights of the night was the sergeants major music team that played some old gospel songs.

"(The Worship Experience-Iraq concert) was a morale booster for Soldiers," Allen said. "Most Soldiers who participated in this event were officers and senior enlisted noncommissioned officers, and to

see our leaders involved in something like that was an inspiration to all Soldiers, whether they have the same faith or not."

Service members participated in worshiping and praising during the concert; some sang songs using their own styles, while others danced or played instruments.

"This type of event creates a social atmosphere where people can come together in an environment that does not have a lot of pressure," said Chaplain (Maj.) Christopher Archer, 25th ID. "It gives Soldiers the freedom to participate and connect with each other, so they can continue building relationships, not only with each other, but from a religious persuasion (as well)."

One of the five pillars of the Army's Comprehensive Soldier Fitness program is spiritual fitness. The Worship Experience-Iraq concert reinforced this overall fitness, especially for Soldiers who are currently living in a combat zone.

"Part of the spiritual pillar has to do with what you believe in, and this environment provided a place for Soldiers to affirm what they believe and to join in a time of praise," Archer said. "Worshiping together strengthens their spiritual pillar. We always have to revisit ... what we know to be true, and it's more powerful when we do it as a group. It lets us know we are not alone."

7 STEPS in FAITH

Talking to God creates special moments

CHAPLAIN (MAJ.) STEPHEN SEXTON

Aliamano Military Reservation Chaplain

Special days and holidays are moments in time when we remember people and places that hold significant places in our hearts and history, such as Mother's Day, Father's Day, Memorial Day, birthdays and anniversaries.



Sexton

For those who have a relationship with Christ, the most important day is Easter. That special day reminds us that we are promised salvation, if we allow Christ into our life.

Christmas is also great, especially for stores and commercialism, but the ultimate gift comes from the heart, especially the heart of God.

The greatest gift we can give to one another is not store bought, but those things made with our own hands and hearts. We put handmade and heartfelt gifts on the mantle or bookshelf to show visitors our special gift that is equal to a pot of gold.

I love special days, especially the birthdays of my children and grandchildren. Those days remind me of the days of my children's youth. Those days are special because they don't last long, as children grow up too quickly in today's world.

Wedding anniversaries remind me of the day I married a beautiful, young woman, who chose me above all the other young men she could have had.

Special days are not just the run-of-the-mill days. Special days are those moments that make a mark, scar or impression on our minds and hearts. Scars are included as a special time because they affect us in such a way that we will always be reminded of that event. Those scars can either strengthen us or destroy us, if we allow them to.

Our heavenly father has special days. Every day we have a talk with him is a special day. Our prayers are like incense to him. When we come to the father in prayer, God is excited about the subject of the conversation.

Do you remember when your child wanted to talk to you about something? I always wondered what my child was going to say that day. Those little talks are the special moments in the life of a parent, special moments to be remembered for a lifetime.

Prayers are special talks with God, and our heavenly father remembers them. He writes them down, so that one day, he will open the book and share those special moments with us.

It's time for you to start working on those special moments with God.

June 19 is Father's Day

What is you fondest father-son/father-daughter memory?

Photos by 18th Medical Command (Deployment Support) Public Affairs

Hawaii-based units celebrate Army’s birthday, nation’s strength

WASHINGTON — This year marks the 236th birthday of the U.S. Army, which was established June 14, 1775, to secure the nation’s independence.

Since then, generations of Americans have stepped forward to defend our freedoms and security.

From the Revolutionary War to today’s current operations, Soldiers have remained committed to the Army’s values: loyalty, duty, respect, selfless service, honor, integrity and personal courage.

Soldiers have selflessly and continuously defended our rights at home, and they have protected the rights of our friends and allies in various conflicts throughout the world. In addition, the Army has contributed to society with science, exploration and medicine.

The Army will continue defending the nation, while assisting the global community in promoting peace and playing an important part in humanitarian assistance, civil support, security assistance and counter-terrorism.

“We will chart a path for America’s Army that preserves our legacy ... as we face the challenges ahead,” said Chief of Staff of the Army Gen. Martin Dempsey.

The Army’s birthday is an opportunity to celebrate the strength of the nation, and it gives us a chance to thank the Soldiers, civilians, families and veterans who have worked tirelessly to achieve a level of excellence.

(Editor’s Note: Information was compiled from Army news releases.)

On The

WEB

See more photos from this event at www.flickr.com/usaghawaii. Visit www.army.mil/birthday/236.



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

Command Sgt. Maj. Jesus Ruiz (left), senior enlisted leader, 25th Combat Aviation Brigade, 25th Infantry Division; Spc. Christopher Hamilton (center), Company B, 209th Avn. Support Battalion, 25th CAB; and Maj. Brian Watkins, executive officer, 209th ASB, 25th CAB, celebrate the Army’s 236th birthday and cut a cake at the 25th CAB’s “Wings of Lightning” dining facility, Wheeler Army Airfield, June 14.



Sgt. Cashmere C. Jefferson | Information and Sustainment Company, Headquarters and Headquarters Battalion, U.S. Army-Pacific

Winning the challenge

WAIKIKI — Sgt. Maj. Frank Leota (left), senior enlisted leader, U.S. Army-Pacific, and Lt. Gen. Francis Wiercinski (right), commander, USARPAC, congratulate Staff Sgt. Adam Connolly (second from right), 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, for winning the title of Noncommissioned Officer of the Year, June 10.

Sgt. Christopher Side (second from left), 1st Bn., 1st Air Defense Artillery Regt., Okinawa, Japan, was named Soldier of the Year.

The naming of USARPAC’s Warrior Challenge winners took place during the region’s Army Birthday Commemoration, held at the Hilton Hawaiian Village, here.

The Warrior Challenge is a competition designed to find the best NCO and Soldier in the Pacific. During the five-day competition, Soldiers were tested on their Army knowledge and their physical and mental stamina. At the end of the competition, points were tallied and the highest-scoring NCO and Soldier were chosen.



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

Lt. Col. Keriem Kvalevog (right), commander, 209th ASB, 25th CAB, 25th ID, serves a holiday meal celebrating the Army’s 236th birthday at the 25th CAB’s “Wings of Lightning” dining facility, Wheeler Army Airfield, June 14.



Sgt. Cashmere C. Jefferson | Information and Sustainment Company, Headquarters and Headquarters Battalion, U.S. Army-Pacific

The U.S. Army-Pacific color guard posts the colors at the regions’ 236th Army Birthday Commemoration, June 10, at the Hilton Hawaiian Village, Waikiki.



Sgt. Jesus J. Aranda | 25th Infantry Division Public Affairs

Brig. Gen. Bradley Becker (right), deputy commanding general, 25th ID, leads the division’s color guard during an organized run in commemoration of the U.S. Army’s 236th birthday, at Victory Base Complex, near Baghdad, June 14.



Courtesy of 25th Infantry Division Public Affairs

A 25th ID Soldier deployed to U.S. Division-Center, Iraq, cuts the Army’s 236th birthday cake there.



Liana Mayo | 311th Signal Command Public Affairs

Family members of a 307th Expeditionary Sig. Bn., 516th Sig. Bde., 311th Sig. Command Soldier cheer with anticipation as they prepare to be reunited, June 5, after the unit’s yearlong deployment to Afghanistan. Behind the family members are (from left) Brig. Gen. William Scott, commander, 311th Signal Command; Col. Dana Tankins, commander, 516th Sig. Bde., 311th Sig. Command, and Sgt. Maj. Michael Slocum, senior enlisted leader, 311th Sig. Command.

307th: Companies still supported Pacific’s mission in Alaska, Hawaii



Staff Sgt. Crista Yazzie | 311th Signal Command Public Affairs

Families of the 307th Expeditionary Sig. Bn., 516th Sig. Bde., 311th Sig. Command, cheer as their Soldiers march into the room, after a year of separation. The 307th Expeditionary Sig. Bn., 516th Sig. Bde., 311th Sig. Command, deployed to Afghanistan in support of OEF, the unit’s first deployment since the Vietnam conflict.

CONTINUED FROM A-1

and set up from scratch.” While supporting OEF, the battalion split up and supported two regions in Afghanistan, simultaneously. HHC supported Regional Command in the northern Afghanistan, and Co. B deployed to the southern region of Afghanistan and headquartered in Kandahar. “Their accomplishments have been monumental, and (this) says a lot about the Soldiers and their professionalism. They never quit,” Brown said. “If it was easy, they wouldn’t have sent us.” The battalion established tactical communications for 16 newly-established FOBs, trained Afghan National Army soldiers on using communication equipment, built a computer laboratory to expedite training and established the largest Morale, Welfare and Recreation facility in the Regional Command-South. While completing this mission in Afghanistan, the remainder of the battalion continued communication missions in the Pacific. The battal-

ion is responsible for the Pacific’s tactical command, control, communications and computers capabilities. “What the (307th Expeditionary Sig. Bn., 516th Sig. Bde.) was able to accomplish with a modular structure was to deploy parts to Afghanistan while leaving other parts engaged in the theater, Alaska and Hawaii, and that is impressive,” said Brig. Gen. William Scott, commander, 311th Sig. Command. Prior to the deployment, the battalion’s four companies supported USARPAC’s Theater Cooperation and Security Program, and during the deployment, Co. A and Co. C continued to support USARPAC’s signal needs. Co. A was attached to the 59th Sig. Bn. in Alaska, and Co. C. was attached to the 30th Sig. Bn., in Hawaii. “It’s great to be home,” Brown said. “Now, we just have to continue to be professional. And while our mission is complete, as far as coming home from Afghanistan, it is not complete as part of the reintegration. So, the next 90 days (are) the most critical (mission), which is the Soldiers reintegrating.”

‘Warriors’ reflect on OND challenges

SGT. ROBERT ENGLAND

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

CONTINGENCY OPERATING BASE WARHORSE, Iraq — With a yearlong deployment completed and a myriad of missions accomplished, Soldiers from the 2nd Brigade Combat Team, 25th Infantry Division, are beginning their next journey: redeployment. During the deployment to the Diyala, Salah ad Din and Kirkuk provinces in northern Iraq, the “Warrior Bde.” saw Operation Iraqi Freedom come to its conclusion and ushered in Operation New Dawn. Col. Malcolm Frost, commander, 2nd BCT, said significant challenges that his brigade faced included Kurd-Arab tensions, violent extremist groups, and rebuilding and restoration of essential services. Frost said if it existed in Iraq, it existed in the Warrior’s area of operations. He said his Soldiers never faltered in their diligence during the deployment and that their contributions had a greater impact on the future of Iraq than he could have imagined. “The most important technique we used to overcome these challenges was to simply learn as much as we could about the specific challenge and the conditions and the perceptions that affected it,” said Lt. Col. James Isenhower, commander, 2nd Squadron, 14th Cavalry Regt., 2nd BCT. “Then, we just fostered di-



Staff Sgt. Ricardo J. Branch | 2nd Brigade Combat Team Public Affairs,
25th Infantry Division

Soldiers from 2nd BCT, “Warriors,” 25th ID, move their gear to a pickup point in preparation for their flight home, June 7, from COB Warhorse, Diyala province, Iraq. vehicle mechanic, Company B, 225th Bde. Support Battalion, 2nd BCT. “Things are more different here than they are back in the rear; it was a very steep learning curve. I had to learn on the fly, so those two mixed together were quite frustrating.” OND also required Soldiers to adapt to ever-changing mission demands. most proud of is knowing that we are leaving this country in better condition than when we first arrived,” Andresen said. “We have contributed overwhelmingly to the success of multiple infrastructure developments for the Iraqi people and the creation of new jobs and businesses through the distribution of micro grants.” Soldiers have begun to anticipate their return to Hawaii, as reuniting with friends and family, reconnecting with loved ones and resuming a normal life ranks high on Soldiers’ priority lists. “I’m looking forward to seeing my family again, just being able to do things with my son again and getting to know my daughter,” Nunley said. “I’m looking forward to enjoying more of the things I took for granted before I left.” Despite the challenges Warriors faced during the last year, Frost noted that the tireless efforts of every Soldier, performing a variety of tasks, contributed to the overall success of the unit’s mission of advising, training, assisting and equipping the Iraqi Security Forces across three provinces.



Spc. Elizabeth Cole | 9th Mission Support Command

Brig. Gen. Michele Compton (center), commander, 9th MSC, and Brig. Gen. Mulyono (left), training director, TNI-IAF, Training and Doctrine Command, participate in the opening ceremony of Exercise Garuda Shield, recently, in Bogor, Indonesia.

U.S., Indonesia partner for Exercise Garuda Shield 2011

CAPT. CHRISTINA DOUGLAS

9th Mission Support Command

BOGOR, Indonesia — Hundreds of U.S. and Indonesian Soldiers gathered to participate in the opening ceremony of an annual bilateral exercise, here, recently. Sponsored by U.S. Army-Pacific and hosted by the Indonesian Armed Forces, Exercise Garuda Shield is the latest in a continuing series of rigorous, multifaceted exercises designed to promote regional peace and security. Soldiers of the 9th Mission Support Command and the Hawaii Army National Guard’s 29th Infantry Brigade Combat Team will serve as members of division, brigade and battalion staff, working closely with armed forces in the Tentara Nasional Indonesia, or TNI. This year’s exercise is comprised of three main components: a command post exercise, a field training exercise and a humanitarian civic action project. The CPX will focus on productive team-building efforts and staff processes for resolving complex security situations. The FTX, led by the Asia Pacific Counter Improvised Explosive Device Fusion Center, will consist of academics and small unit training designed to teach service members how to counter IEDs. U.S. Soldiers will train approximately 240 Indonesian soldiers on how to identify and react to potentially hazardous situations.

Additionally, Hawaii-based Army reservists of the 871st Engineer Detachment, 411th Eng. Battalion, 9th MSC, will partner with their Indonesian counterparts to complete a humanitarian civic project. This intense engineering effort will establish a large, modern community services building and public market in a rural district. Participants from U.S. and Indonesia will further strengthen their relationships and compete in sporting events and cultural activities during the exercise. “Garuda Shield is an opportunity for the Indonesian army and the U.S. Army to come together in a learning environment to share experiences and lessons learned with each other,” said Brig. Gen. Michele Compton, commander, 9th MSC, during the opening ceremony. “Of equal importance during this exercise is the opportunity to form and maintain close friendships and also to gain an enduring appreciation of each other’s customs.” Brig. Gen. Mulyono, training director, TNI-IAF Training and Doctrine Command, said the exercise is “expected to further strengthen the professionalism of (both countries’) Soldiers, as well as to deepen and strengthen cooperation between the Indonesian army and USARPAC, which is based on mutual respect.” Exercise Garuda Shield 2011 is slated to conclude June 22.

“I’m looking forward to enjoying more of the things I took for granted before I left.”

— Spc. Steven Nunley
Co. B, 225th BSB, 2nd BCT, 25th ID

ologue between the Iraqis to allow them to reach an Iraqi solution.” Each Soldier faced personal challenges, like coping with separation from family and friends, adjusting to the demanding operational tempo and performing different duties when compared to a garrison environment. “The hardest thing for me is being away from my wife and two kids,” said Spc. Steven Nunley, wheeled-

“Being able to adjust on a whim and adapt to any given situation required me to always be on top of my game and to never let complacency set in,” said Sgt. James Andresen, infantryman, Co. B, 1st Bn., 21st Inf. Regt., 2nd BCT. As the deployment draws to a close, Soldiers are reflecting on accomplishments, personal achievements and unit success. “As a unit, the thing that I am

All-hazards scenario tests 196th Inf. Bde., HIARNG



LT. COL. SEAN P. WILSON
196th Infantry Brigade, U.S. Army-Pacific

SAIPAN, Commonwealth of the Northern Mariana Islands – The island territory of Saipan conjures up images of hot and humid weather, tough and hilly terrain, and the long-forgotten battlefields of World War II.

However, this island was suitable for the 196th Infantry Brigade, U.S. Army-Pacific’s second annual all-hazards field training exercise, here, recently.

This year’s exercise was called “Konfitma,” which means “to confirm” in Chamorro, the language spoken, here.

The purpose of the exercise was twofold. First, the 196th Inf. Bde. trained the 93rd Weapons of Mass Destruction-Civil Support Team, or WMD-CST, a component of the Hawaii Army and Air National Guard; Guam’s 94th WMD-CST; and the 103rd WMD-CST, Alaska National Guard. Second, the exercise helped local and territorial officials confirm plans and review lessons learned.

Raymond Toves, director, WMD-CST Division, 196th Inf. Bde., designed the exercise’s scenario, with assistance from the Emergency Response Technical Institute, which included five target sites around the island of Saipan to test first responders and CSTs.

“The level of commitment and participation by the territory and local agencies in this year’s exercise is unprecedented,” Toves said.

In the scenario, participants reacted to a Russian mafia organization that was attempting to take ad-

vantage of the island’s economic downturn to solidify its power. Another scenario incorporated a crew boat with widespread symptoms of infection and sickness, including headaches, low-grade fevers, nausea, aches and incapacitation. Responders and CSTs quarantined the boat in port and transported passengers to a hospital for infectious disease treatment.

Other incidents also broke out across the island. At the water reservoir, a device in a pump station was contaminating the island’s water supply, making hundreds of civilians sick. Simultaneously, an explosion rocked a quiet community, trapping civilians in a collapsed structure.

Elsewhere, an active shooter and rogue terrorist, armed with a biological weapon, wreaked havoc at a high school. The perpetrators were taken down and apprehended, and the students were evacuated.

Later, a terrorist’s improvised explosive device lab was found in an abandoned textile factory. The lab was producing low-grade nerve gas and synthesizing E. coli bacteria into a biological weapon.

CSTs, stressed by multiple events, conducted several surveys to determine the causes of the incidents and to mitigate the various hazards. Likewise, local and territory leaders responded effectively.

At the conclusion of the 30-hour exercise, CST members, state and territory officials, and first responders were thoroughly exhausted from intensive operations in the harsh climate. However, the pain and exhaustion experienced during the exercise will yield better-trained and more capable leaders to protect the citizens of Saipan.



Photos by Raymond Toves | 196th Infantry Brigade, U.S. Army-Pacific

Soldiers with the 93rd WMD-CST, HIARNG, and local firefighters sort through the rubble of a suspected terrorist safe-house in Kagman, Saipan, during an all-hazards exercise, recently.



Soldiers with the 94th WMD-CST move out to inspect a water treatment facility for potential contaminates during the “Konfitma” field training exercise, in Saipan, recently.



Soldiers with Guam’s 94th WMD-CST enter a contaminated boat at Saipan’s main port during a scenario. CSTs quarantined the boat in port and transported passengers to a hospital for infection control.

June is National Safety Month

Personal choices help all drivers stay safe

In part one of a two-part series, DIS looks at motorcycle accidents, driver inattention

DIRECTORATE OF INSTALLATION SAFETY U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – Every year, safety professionals across the Army look at accident statistics to predict what trends are developing both on and off post.

Not surprisingly, the causes of most accidents remain the same, year after year.

The leading cause of death for Soldiers in Hawaii has been untrained motorcycle riders in single-vehicle accidents, according to Sammy Houseberg, director, Directorate of Installation Safety, U.S. Army Garrison-Hawaii.

Hawaii’s year-round tropical temperatures and sunny skies make it an optimal place to own and ride a motorcycle.

“Motorcycles are a fun way to get around,” said Bill Maxwell, safety specialist, DIS, and a motorcycle safety instructor for 22 years. “Here in Hawaii, we enjoy good riding weather nearly every day, and this may account for the large numbers of registered motorcycles on posts here.”

Unfortunately, these large numbers increase the accident rate for motorcyclists, Maxwell added.

Unlike cars, even a minor incident on a motorcycle can cause abrasions and broken bones, as motorcycles do not offer any type of buffer for their riders. After all, you don’t need to balance a car on two small-contact patches, Maxwell said, further stressing why rider training is key.

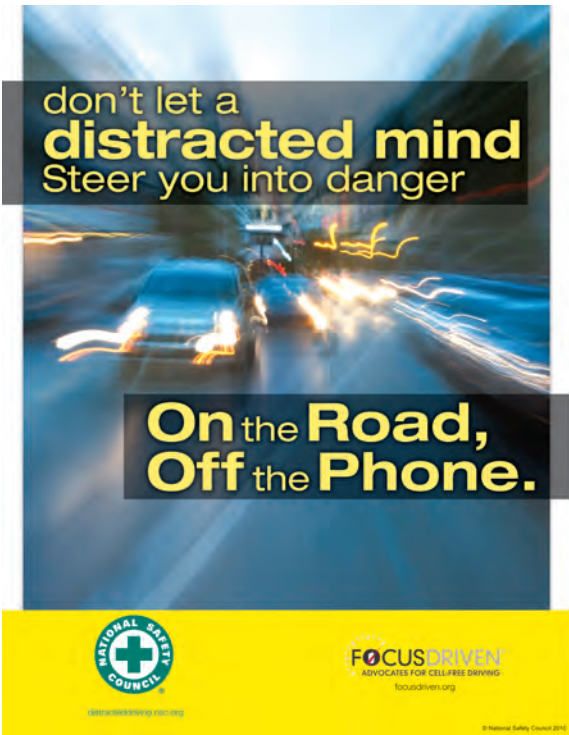
Maxwell said Basic or Experienced Rider courses focus on areas that riders need help with, including quick stops, swerving and negotiating curves. Untrained riders often haven’t learned counter-steering techniques to make the bike turn quickly, and they may run off the road or into oncoming traffic, resulting in disaster.

Inexperience is the primary cause for most of the fatal accidents involving Soldiers, here, during the last six years, according to Maxwell.

“Trained riders still find themselves in precarious situations. But nearly all of the fatal accidents (here) were with untrained riders, showing that training is an important first step,” Maxwell said.

Speed, alcohol and inattention are the leading causes for roadway accidents, according to Clint German, safety manager, DIS.

“On the road, inattention or distraction can turn a quick errand into a life-changing experience,” German said. “A distraction is when your attention is diverted due to something in or out of the



vehicle. Inattention is doing something that keeps your attention away from driving.”

To help combat this, the City and County of Oahu has banned using hand-held electronic devices while driving, following the lead of many states with similar laws.

Talking on a phone or texting while driving reduces the driver’s ability to control the vehicle and provide all attention to the road. Studies have shown that drivers talking on a cell phone drive as badly as a driver under the influence of drugs or alcohol.

As most road trips in Hawaii tend to be reasonably short, generally less than 30 minutes, German suggests letting the call go to voicemail. Drivers can return the call when arriving at their destination. If drivers must make a call, find a safe spot to pull over and then give full attention to the call.

When on the road, maintain awareness of drivers using cell phones and watch for erratic speed and weaving within lanes.

(Editor’s Note: In part two of the series, next week, DIS discusses common safety issues in the home and workplace.)

DIRECTORATE OF PUBLIC WORKS U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – The Environmental Protection Agency recently released U.S. Army Garrison-Hawaii’s consumer confidence report, or CCP, to its water users, here.

These reports are designed to educate the public on the origin of drinking water and provide water quality information for the previous year.

USAG-HI’s CCR regions include Aliamanu Military Reservation, Fort Shafter, Schofield Barracks and Tripler Army Medical Center.

The AMR CCR covers both the Aliamanu and Red Hill housing areas, while the Schofield Barracks’ report covers Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation areas.

In Hawaii, the primary drinking water supply for all garrison installations comes from underground aquifers that are fed by rainfall. Naturally occurring minerals, radioactive material and other substances, resulting from animal or human activity, may be dissolved by rainfall and percolate into the aquifers. The EPA, however, sets limits on the amount of such contam-

News Briefs

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

Today

Arrival Ceremony – The Joint POW/MIA Accounting Command will conduct an arrival ceremony, 9 a.m., June 17, Hangar 35, Joint Base Pearl Harbor-Hickam, to honor fallen U.S. personnel whose identities remain unknown. Call 448-1934 or email pao_mail@jpac.pacom.mil.

20 / Monday

Noise Alert – Demolition activities producing excessive noise will take place at Helemano Military Reservation.

A portable rock crusher will be used at the Tactical Equipment Maintenance Facility, 8:30 a.m.-5 p.m, June 20-July 1 (Monday-Friday, only).

The portable rock crusher is a machine designed to reduce large rocks into smaller rocks, gravel or sand using compression.

The crusher will be used to recycle the existing concrete on the project site for sub-surface backfill under the new concrete pavement of the facility. Call 347-0631.

22 / Wednesday

Facility Closure – The Installation Supply Support Activity will be closed June 22-28 for physical inventory.

Only high-priority emergency requests will be processed during this time. Normal operations will resume June 29.

For emergency services during this period, call 656-0744 or 656-2277.

23 / Thursday

Antiterrorism Exercise

– U.S. Army Garrison-Hawaii will conduct its annual antiterrorism exercise, “Rapid Response 2011,” June 23-24, on Schofield Barracks. This exercise assesses and validates emergency response plans and procedures.

The mass notification/giant voice system will begin with “exercise, exercise, exercise” and will announce general public information and all incidents that have occurred on post.

All Schofield Barracks gates will close around 10:30 a.m. June 23, for about 10 minutes.

Motorists should plan for additional travel time – especially for appointments at health or dental clinics – due to expected traffic congestion. Call 656-5397 or 656-0152.

Career Fair

– A Virtual Career Fair for Veterans is set for June 23 at www.veteranscareerfair.com. Participation is free for jobseekers.

The fair will bring veteran-friendly public and private employers, veterans and spouses together, as if in person. Job-seekers can visit employer booths, chat with recruiters and apply for jobs.

Employers are invited to participate, too. Details are available at www.veteranscareerfair.com.

National Safety Month

The months between Memorial Day and Labor Day are historically among the most dangerous for the Army family.

Therefore, every year, the U.S. Army Combat Readiness /Safety Center emphasizes safety during the high-risk critical days of summer.

In June, the nation also observes National Safety Month. During the observance, military and civilian agencies coordinate efforts to focus on safety awareness, particularly since accidents usually peak during the summer months.

All Army personnel – service members, families and civilians – must maintain vigilance and look out for one another during the weeks ahead, during breaks for vacation and during leisurely outings.

The Army’s Safe Summer campaign, “What have you done to save a life today?” is currently underway. It emphasizes safety during beach activities, camping, backyard grilling and driving, among other topics. The USACR/Safety Center also provides information for unit-level briefs and other educational and motivational tools. Visit <https://safety.army.mil> for details.

(Editor’s Note: Information was compiled from Army news releases.)

EPA releases USAG-HI’s water quality reports

inants present in drinking water; therefore, the garrison monitors the drinking water to help ensure that no contaminant level is exceeded.

The Directorate of Public Works, USAG-HI, encourages residents and workers to look at the online report for the installation where they live and/or work. DPW works hard to ensure residents and employees have the highest water quality possible on post.

Installation residents can also read the article about CCRs in the July issue of the Island Palms Community newsletter, which will be emailed to IPC residents at the beginning of the month.



CCRs can be found online at www.garrison.hawaii.army.mil/sustainability/DrinkingWater.aspx.



POHAKULOA TRAINING AREA

Community leaders, senior government officials gather at PTA

Story and Photo by
MIKE EGAMI
U.S. Army Garrison-Hawaii Public Affairs

POHAKULOA TRAINING AREA – Big Island senior government officials and community leaders attended the Community Leaders Day, here, Tuesday.

In a seminar-style gathering, attendees were provided information that highlighted the Army’s future plans for PTA, sustainability and Saddle Road improvements.

About 100 people attended this annual event.

Attendees also celebrated the Army’s 236th birthday, here, during Community Leaders Day. Debra Zedalis, regional director, Installation Management Command-Pacific, and Dennis Cabanting, a veteran and Purple Heart recipient, cut the cake in the traditional ceremony.

Static displays of the equipment that Soldiers and Marines at Bradshaw Army Airfield, here, use were also part of the installation tour.

Attendees talked with Army helicopter crews, explored the helicopters’ interiors, observed Marines firing an artillery round and watched a Hawaii Army National Guard artillery unit prepare for a convoy mission.

“We believe the forum enabled both the military and community leaders to share ideas and discuss issues directly affecting Army garrison installations throughout Hawaii,” said Lt. Col. Rolland Niles, commander, PTA. “We will continue to discuss, listen and work toward the improvement of all our installations.”



Senior government officials and community leaders toured PTA during Community Leaders Day, Tuesday. Attendees also talked with Army helicopter crews, explored the helicopters’ interiors, observed Marines firing an artillery round and watched a HIARNG artillery unit prepare for a convoy mission.

PAIO provides tools, resources to resolve service issues at the installation level

PLANS, ANALYSIS AND INTEGRATION OFFICE
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – Providing personalized customer service and responsive feedback for the garrison are top priorities.

The Plans, Analysis and Integration Office, U.S. Army Garrison-Hawaii, is committed to facilitating quality service delivery.

The office welcomed its newest team member, Roselina Stone, who will continuously gather customer input to help garrison leadership identify and resolve service issues at the installation level.

Stone will use various methods, including on-line systems, community surveys and public forums to respond to customers.



Stone

Garrison resources
SIM and Resident Advisory Panel. The garrison

collects customer input through monthly Spouse Information Meetings, in both the north and south communities, and through the Island Palm Communities’ Resident Advisory Panels.

ICE. Perhaps one of the garrison’s best-known feedback mechanisms is the Interactive Customer Evaluation, or ICE, system. ICE provides all members of the community with a reliable and convenient online method to give direct feedback to garrison service providers at any time.

In addition, ICE gives service providers a tool to help gauge their customer service levels, keep track of customer concerns and discover any systemic issues early in the process. Leaders can also use ICE to identify and reward exceptional performance.

Town Halls. USAG-HI’s town halls, including live TV2 town halls, have provided real-time input from the customer population. These town halls often include social media outlets, like Facebook and Twitter, to make feedback more practical for customers.

IAC and AFAP. Another venue is the Installa-

tion Action Council, which is a quarterly meeting designed to resolve garrison-level issues gathered from the community. Members include a Soldier and spouse representative from each brigade and command on island, plus representatives from constituent groups such as retirees, veterans and single Soldiers.

The IAC discusses community issues that can’t easily be resolved at the provider level. Garrison leaders then prioritize these issues for resolution. Issues beyond the garrison’s scope continue to be worked through the Army Family Action Plan process. IAC and AFAP work hand-in-hand to answer the concerns of the entire community.

Surveys. Lastly, PAIO sends out periodic surveys to the community and tenant units to identify what is being done right and what still needs improvement in the garrison environment. Community members’ and tenant units’ participation allows for a 360-degree view of services and helps shape those services.

PAIO’s customer relations section will also conduct surveys on an as-needed basis, whenever

a service provider wants a more focused view on a given service or product.

Communication is the key to success for all these methods. All service members, families, civilians and contractors need to participate in the communication process.

All issues are welcome.

USAG-HI staff will work diligently to resolve them through whichever path is most appropriate. Regardless of what process is used, results will be shared with the community.

The garrison is customer-focused and feedback-driven. Our commitment is to always provide a professional, polite and positive experience, while working together to do what is right for our customers and each other.

Customer Service

For customer relations, call 655-9033 or email roselina.stone@us.army.mil.

ATEX: Personal defensive measures reduce vulnerability of attacks

CONTINUED FROM A-1

community members temporarily, the positive outweigh the negatives, with Soldiers, civilians and families learning what to do and how to react instinctively in a man-made disaster.

Part of the intent of this year's exercise is to demonstrate the ability to execute an aggressive antiterrorism program that protects USAG-HI personnel, families, facilities and material resources against a terrorist attack.

Antiterrorism is a defensive action intended to reduce the chance of an attack using terrorist tactics at specific points, or to reduce the vulnerability of possible targets to such tactics.

When properly employed, these defensive measures reduce the

ATEX

For more information about the ATEX, call 656-5397 or 656-0152.

In case of an actual emergency situation on post, information would be posted at the following sites:

- www.garrison.hawaii.army.mil,
- www.hawaiiarmyweekly.com,
- www.facebook.com/usag-hawaii, and
- www.twitter.com/usaghawaii.

Information would also be provided to Island Palm Communities for further distribution on its websites and to its community resident managers for mass email notification to on-post families.

vulnerability of individuals and property to terrorist acts. Defensive measures include USAG-HI's military and civilian forces' response and containment of a situation.

Every individual has a personal responsibility to employ force protection and antiterrorism countermeasures daily.

For the duration of the ATEX, there will be an increased visibility of first responders, such as law enforcement, federal firefighters and health clinic personnel. They will be responding to assist Soldiers, who are acting as victims, spectators and witnesses.

Antiterrorism Tips

The threat of terrorists attacking our Army communities is real.

Terrorists can strike anytime and anywhere.

Antiterrorism is the defensive measure used to reduce the vulnerability of individuals, information and facilities to terrorist acts. The following tips can help thwart terrorism.

- Maintain situational awareness of your surroundings at all times. Report suspicious activity or behavior to local authorities.
- Protect your personal information at all times. Do not reveal details of your personal life, such as where you live and work, your association with the military and your email address or phone numbers to anyone you don't know and trust.
- Do not discuss personal information or military missions in public, on the telephone or on the Internet.
- Take extra precaution using social media networks, such as Facebook, Twitter and blogs. Avoid posting or providing personal information.
- Make sure your home's doors and windows are always

locked.

- Participate in a Neighborhood Watch program to establish a shared responsibility for the safety and security of your local community.

- Be prepared for an emergency that may require your family to "shelter-in-place" or relocate on short notice. Make a family emergency plan and ensure all family members understand what to do in each of these scenarios.

- Know the emergency evacuation procedures for the place where you work.

- Know the bomb threat procedures and how to report threats to local law enforcement or security authorities.

- Understand what to do in an "active shooter" threat scenario.

- Know the locations of safe havens and carry emergency telephone numbers.

- Avoid civil disturbances or demonstrations of any kind. These events can turn violent with little to no advanced warning.

- Never travel alone; always travel in groups of two or more. Think ahead and choose safe travel modes and routes.

(Editor's Note: Information was compiled from iWatch.)



ACU: Implementation dates still to be set

CONTINUED FROM A-1

immediately.

"Soldiers didn't like the fact that the beret was hot; it was not something that they wore the majority of the time," he said. "They didn't like the fact it didn't shade the sun (and that) it took two hands to put on, and they didn't like to carry two pieces of headgear to do different functions during the day."

The beret has been the standard headgear for the Army's ACU, but most Soldiers still needed to switch to the patrol cap based on the work they were doing, making them have to carry two pieces of headgear with them at all times.

The new policy will make the patrol cap the standard. However, the beret will remain as the standard for the Army Service Uniform, and it will be an optional uniform item with the ACU, at the discretion of commanders.

"They could choose to say for an event, like (a) change of command, that they want them to wear the beret," Chandler said.

The change in the beret policy will save the Army about \$6.5 million through the lifecycle of the ACU. New Soldiers had been issued two berets; now they will be issued one.

Also included were Velcro fasteners that allowed pockets to be sealed shut, sleeves to be cinched down, and rank insignia, name tapes, service tapes, patches and skill badges to be added and removed at will.

The Army's new policy on attaching accouterments to the ACU will allow Soldiers to sew on rank insignia, the name tape and the service tape.

Additionally, skill badges such as the airborne, pathfinder, combat action, combat infantryman and expert infantryman will also be authorized for sewing.

Currently, those badges are provided in painted metal and have to be pinned to the uniform. Pinning badges to the uniform can be a lengthy process because they have to be aligned using a ruler.

Combat and unit patches on the left and right sleeves, and the U.S. flag will remain Velcro-only, Chandler said.

Additionally, the ACU will continue to come with Velcro in the same locations as it does now. Where a Soldier is authorized to sew something on, they will sew it on top of the Velcro.

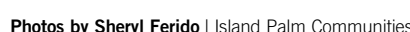
Implementation dates for the announced changes have not yet been decided.

Soldiers should wait for direction from their commands before implementing any uniform changes.

ISLAND PALM COMMUNITIES
News Release

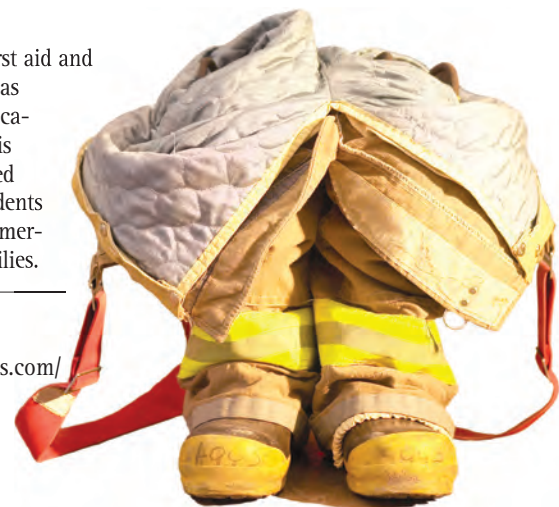
"It's really great to see the kids get involved with the Keiki ID program, and it's a huge benefit for parents in the event something happens to their child," said HPD's Wendy Atabay. "HPD really enjoys coming to

- 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command
- American Red Cross
- Animal Control, USAG-HI
- D.A.R.E.
- Federal Fire Department
- Home Alone Awareness Program; Army Community Service; Directorate of Family and Morale, Welfare and Recreation; USAG-HI
- IPC Safety Team
- MADD
- McGruff the Crime Dog
- Military and Family Life Consultants, ACS
- Neighborhood Watch, DES, USAG-HI
- SRT, Schofield Barracks
- TEAM Cardio Kickboxing
- HPD
- USACE-HD



"If you're not from Hawaii and have limited knowledge about the ocean, you may not know the dangers and unpredictability of the ocean," said Angela Jones, park ranger at USACE-HD's Pacific Regional Visitor Center at Fort DeRussy. "That's why we try to educate everyone through classes and events just like this."

Visit www.islandpalmcommunities.com/Calendar-of-Events to learn about upcoming events, such as National Night Out, Aug. 2, Schofield Barracks.



ISLAND PALM COMMUNITIES
News Release

Visit www.islandpalmcommunities.com to fill out the survey; participants will automatically be entered to win prizes in a random drawing after July 15.

hear from hundreds or even a thousand more of our families," he said. "It also will help us prioritize what programs are most important, so we can identify organizations from throughout the local community to partner with and offer meaningful programs and services to our families."



Members of Schofield's SRT assemble to share information about the Neighborhood Watch program with residents at the Safety & Compliance Expo. Pictured are (left to right) Spc. Luke Schmidt, 728th MP Bn., 8th MP Bde., 8th TSC; Police Officer Camille Abreu, Police Officer Mindy Dye, Police Officer Patrick Rodrigues and Sgt. Roland Saint-Aimee, all of the DES, USAG-HI.



Today
Summer Reading Program – This year's theme is "A Midsummer Knight's Read" and runs now through July 16. Participants need to read at least one book a week and visit the library for one prize per week, while supplies last. Registration is mandatory, but participants can join anytime. Weekly story times at all libraries start at 10 a.m.; free weekly entertainment begins at 3 p.m. Call 655-8002, 438-9521 or 839-2821. The program is open to the following groups:

- Keiki, ages 3-5 ("Read to Me" program).
- Keiki, ages 6-12.
- Teens, ages 13-18.
- Adults.

Family Fun Friday – Enjoy free pizza and activities at the Tropics Recreation Center, 6 p.m., June 17. Call 655-5698.

Ceramic Mold Pouring – Stop by the Schofield Barracks Arts & Crafts Center for a session of ceramic mold pouring, noon-1 a.m., June 17. Cost is \$25. Call 655-4202 to register.

18 / Saturday
Woodshop Safety – Join this class at the Schofield Barracks Arts & Crafts Center, June 18, 8-10 a.m. Class is only \$10 per session. To register, call 655-4202.

19 / Sunday
Father's Day Bowling – Join dad for a game of bowling, June 19, 10 a.m., at the Schofield Bowling Center or Fort Shafter Bowling Center. Call 655-0573 (SB) or 438-6733 (FS).

20 / Monday
Outdoor Adventure – Keiki can learn how to snorkel, among other outdoor activities, with the Experience, Develop, Grow and Excel program, or EDGE, and Outdoor Recreation, 8 a.m.-1 p.m., June 20-24. Visit www.mwrmilitaryhawaii.com or call 655-0143.

Free Hula Classes – The Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes at Schofield Barracks and Aliamanu Military Reservation. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Classes feature the different types of hula, fundamentals of hula steps, movement and posture. Call 655-9694 or email nhliaison@gmail.com. Classes are held at the following days, times and locations:

- Mondays, 5-7 p.m., Army Community Service, Schofield Barracks.
- Tuesdays, 5-7 p.m., Community



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

Today
Pets of Patriots – Foster families are needed for the Hawaiian Humane Society's Pets of Patriots program that provides pet care assistance for military personnel deploying on short notice. Active duty military personnel who have a pet that needs temporary care are eligible. Call 356-2217 or email nlukashevsky@hawaiianhumane.org.

Hawaiian Cultural Experience – Bring the entire family to the Armed Services YMCA for a Hawaiian cultural experience, 5:30-7:30 p.m., June 17, at Wheeler Army Airfield. Disney's Lilo and 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 ASYMCA Wheeler branch, which allows you to participate in each of the islands' activities from paddling lessons to lei making to sampling of Hawaiian foods to take-and-make items for beach-time fun. Call 624-5645.

18 / Saturday
Pet Adoptions – Pets of all sizes and colors will be available for adoption



Courtesy Photo

Give a high-five

ALIAMANU MILITARY RESERVATION — Joshua Rapacz (left) and Lise Peacock, outreach director, Armed Services YMCA, here, celebrate the completion of Josh's Eagle Scout project. He and 20 other volunteers designed and built a Hawaiian rock wall sign, which will make it easier to locate the ASYMCA.

The group also cleaned out sheds and cleaned up toys that support family and children's programs. The project was a way to give back to the community, as the ASYMCA hosts Troop 304 where Josh's troop meets each week.

Center, Aliamanu Military Reservation.

21 / Tuesday
Blood Drive – Better Opportunities for Single Soldiers, or BOSS, will host a blood drive, 10:30 a.m.-2 p.m., June 21, at the Tropics Recreation Center, Schofield Barracks. Call 655-1130.

Mini Flag Football – Mini Flag Football registration is set for June 21-July 12. Children born in 2006 or 2007 are eligible. Cost is \$15. To register, stop by Parent Central Services at either Schofield Barracks or Aliamanu Military Reservation. Call Youth Sports Office at 655-6465 or 836-1923.

Open Stage – Show off your talent, 6 p.m., June 21, at the Tropics Recreation Center, Schofield Barracks. Sessions are every first and third Tuesday. Call 655-5698.

23 / Thursday
Mom and Tots – Moms can spend quality time with their keiki and create an art project, 10-11 a.m., June 23. Cost is \$4. Moms and Tots is held every Thursday. Call 655-4202 to register.

July
4 / Monday
4th of July – Celebrate the Fourth of July Spectacular, 9 a.m.-9 p.m., at Weyand Field (adjacent to Sills Field),

through the Hawaiian Humane Society at Schofield Barracks 10 a.m.-2 p.m., June 18, in front of the Exchange, Schofield Barracks. Adoption fees include behavior screening, spaying or neutering, a health exam and vaccinations. All adoptions also include two weeks of post-adoption medical support, as well as lifetime behavior support. Call 356-2225.

23 / Thursday
Brown Bag & Buddhism – The Schofield Barracks community is invited to attend "Brown Bags Buddhism," an introduction to Buddhism discussion group, 11:45 a.m.-12:45 p.m., June 23, 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.wahiawashinbuddhists.org.

Disaster Preparedness Workshops – Kanu Hawaii and the Hawaii Red Cross will hold several free "Get Ready" 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.).

These workshops cover key information specific to Hawaii residents, like when and where to evacuate, and they

Schofield Barracks. All gates will be open to the public, but everyone over the age of 16 must have a state or federal government ID card to gain entry on post.

Activities will include rides and inflatables, a military working dog demo, an arts and crafts bazaar, entertainment and fireworks. Call 655-0111/2. Visit www.mwrmilitaryhawaii.com to register for the 5K Fun Run and Children's 1-Mile Run.

Ongoing

Arts and Crafts Contest – The Army's 2011 Arts and Crafts contest is open for entry submission through June 30. Compete for cash prizes against the best artists and artisans in the Army. Enter your 2-D and 3-D original art or crafts work in this annual contest. Visit www.armymwr.com and click on "Arts & Crafts" for entry forms. Call 655-4202.

Deploying Units – The Directorate of Family and Morale, Welfare and Recreation can explain the Blue Star Card at pre-deployment family readiness group meetings. Call 655-0002.

No-Show Policy – Blue Star Card holders who register for an event and can't attend need to cancel the reservation by noon the day before the event. Without cancellation, BSC holders

clear 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 livealoah@kanuhawaii.org or call 343-2428. Visit www.kanuhawaii.org or www.hawaiiredcross.org.

25 / Saturday
Military Appreciation Day – The USO Hawaii and the Waikiki Aquarium have organized Military Ohana Family Fun Day, 9 a.m.-3 p.m., June 25. A free shuttle service will run 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 elsmith@uso.org.

July
4 / Monday
Runway 5K Run – This event is 7 a.m., July 4, at Marine Corps Base Hawaii, Kaneohe Bay, and open to the public. The course will start and finish at Hangar 104 and goes along the length of the runway. Entry fees are \$20 for individuals and all entries include a race T-shirt. Call 254-7590. Register and pay at Semper Fit Center, MCBH, Kaneohe Bay, or online at www.mccshawai.com/cgfit.shtml. Online registration closes at 4:30 p.m., June 29.

will be considered no-shows, resulting in being placed on a wait list for the following month's events. Email amanda.p.montgomery@us.army.mil.

Blue Star Punch Card – Blue Star Card holders who attend BSC events will get a BSC Superstar punch card. Turn in completed punch cards for a free BSC T-shirt. Call 655-0002 or email sarah.chadwick@us.army.mil.

Feedback – Call 655-0002 or email sarah.chadwick@us.army.mil with questions or comments regarding the Blue Star Card program and other deployment programs.

Kids Bowl Free – Through July, 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. 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.

Ongoing

Survivor Family Camp – Survivor Outreach Services and Operation Military Kids are hosting a family camp at Camp Erdman on the North Shore for all youth who have lost a parent in the military. This camp, July 15-17, will give children the chance to meet other youth who have dealt with a loss. The camp will focus on nurturing supportive relationships, self-esteem, stress management, resiliency and peer buddy-building. Campers will have access to hiking, archery and the Odyssey and Alpine Course. Spaces are limited. Call 438-1955/9285 or email jennifer.koranyi@us.army.mil or omk@cta.hr.hawaii.edu.

BayFest 2011 – Join the Marines and Sailors of Marine Corps Base Hawaii for the largest music festival in Hawaii, July 15-17, aboard MCBH, Kaneohe Bay. Performers include Cecilio and Kapono, Hoobastank, Puddle of Mudd and Joe Nichols. Besides music, this three-day event includes watersports and contests, carnival rides, midway and military displays.

- Volunteers Needed:** Military and civilian volunteers are needed for 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,

SEE COMMUNITY CALENDAR, B-4

Worship Services

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

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
FS: Fort Shafter 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 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.

This Week at the MOVIES Sgt. Smith Theater

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



Water for Elephants
(PG-13)
Fri., June 17, 7 p.m.
Wed., June 22, 7 p.m.



Rio
(G)
Sat., June 18, 4 p.m.
Family Matinee Day:
All admissions are \$2.50.

Sun., June 19, 2 p.m.

Something Borrowed
(PG-13)
Sat., June 18, 7 p.m.

Hoodwinked Too! Hood vs. Evil
(PG)
Thurs., June 23, 7 p.m.

No shows on Mondays or Tuesdays.

Spouses Club gives \$130,000 to help service members, families thrive

JENNIFER KELLING
Hui O Na Wahine

SCHOFIELD BARRACKS – The Hui O Na Wahine, the Schofield Barracks Spouses Club, presented more than \$100,000 worth of scholarships and welfare grants, here, May 2.

The club presented \$130,000, which is comprised of profits from the club’s thrift store and yearly fundraisers – more than double that of previous years.

Scholarships were awarded to local military youth who are high school seniors, and adults who are continuing their education.

Local organizations received welfare grants to help service members and their families. Grants included \$500 for a Brownie Girl Scout troop to plant flowers at the Tripler Army Medical Center’s Fisher House, and \$10,000 to Access Surf Hawaii, which provides programs for wounded warriors.

The club’s thrift shop, here, is the biggest provider for the scholarship and welfare fund. The club’s annual fundraisers also contribute to the fund; the annual “Make It, Bake It, Fake It” auction brought in nearly \$7,000 alone.

Hui O Na Wahine is a nonprofit organization open to all military spouses, and it shares the spirit of aloha through friendship and community outreach.

Local cadet graduates from West Point

DEPARTMENT OF THE ARMY U.S. MILITARY ACADEMY
News Release

WEST POINT, N.Y. – Cadet Robert Edward Thompson Jr. graduated from the U.S. Military Academy, here, recently.

Thompson is a local boy who was born and raised on Oahu. He’s the son of Debra Thompson of Mililani, and he graduated from Saint Louis School in Honolulu in 2007.

As a boy, Thompson volunteered at 25th Infantry Division’s Tropic Lightning Museum and later served as platoon leader during the Cadet Training Leadership Program with the Headquarters and Headquarters Battalion, 25th ID, in July 2010. Also, he has a family history with the division, as his mother was attached to 125th Signal Bn., 25th ID.

While at West Point, Thompson concentrated his studies in electrical engineering. He was commissioned as a second lieutenant in the U.S. Army within the Signal Corps branch.

The mission of the U.S. Military Academy is to educate, train and inspire cadets, so that each graduate is a commissioned leader of character who is committed to the values of duty, honor and country. Graduates are prepared for a career of professional excellence and service to the nation as an Army officer.

The U.S. Military Academy is a four-year, coed, federal, undergraduate, liberal arts college, located 50 miles north of New York. Founded in 1802, as America’s first college of engineering, it consistently ranks as one of the top colleges in the nation.



For more information, about the Army’s U.S. Military Academy, visit www.westpoint.edu.



Courtesy Photo

Cadet Robert Edward Thompson Jr., a local boy with ties to Schofield Barracks and the 25th ID, graduated with the class of 2011 from the U.S. Military Academy at West Point.



Photos Courtesy of David Seeholzer

A rainbow of flowers

WAHIAWA — Top – Betty Akiyoshi (left) and Amy Tsukuda display floral bouquets they crafted that would later decorate gravesites at the Schofield Barracks Post Cemetery on Memorial Day. Akiyoshi and Tsukuda belong to the Wahiawa Rainbow Seniors, as does the lei-stringing group in the photo below. The Rainbow Seniors make lei and floral bouquets each year for Memorial Day – an island tradition.



TAMC gets a helping hand in surgery from robot

Story and Photo by
NICK SPINELLI

Tripler Army Medical Center Public Affairs

HONOLULU — Surgeons at Tripler Army Medical Center have completed their third robot-assisted thyroidectomy, or surgical removal of all or part of the thyroid gland, here, recently.

The new procedure reduces scarring in patients.

“Traditionally, in order to perform a thyroidectomy, the surgeon would make a four- to eight-centimeter incision in the neck, which leaves a pretty noticeable scar,” said Lt. Col. Christopher Klem, one of the TAMC’s surgeons trained on the procedure.

Now, the robot-assisted surgery makes a six-centimeter incision in the patient’s armpit, resulting in a smaller scar in a less-noticeable area.

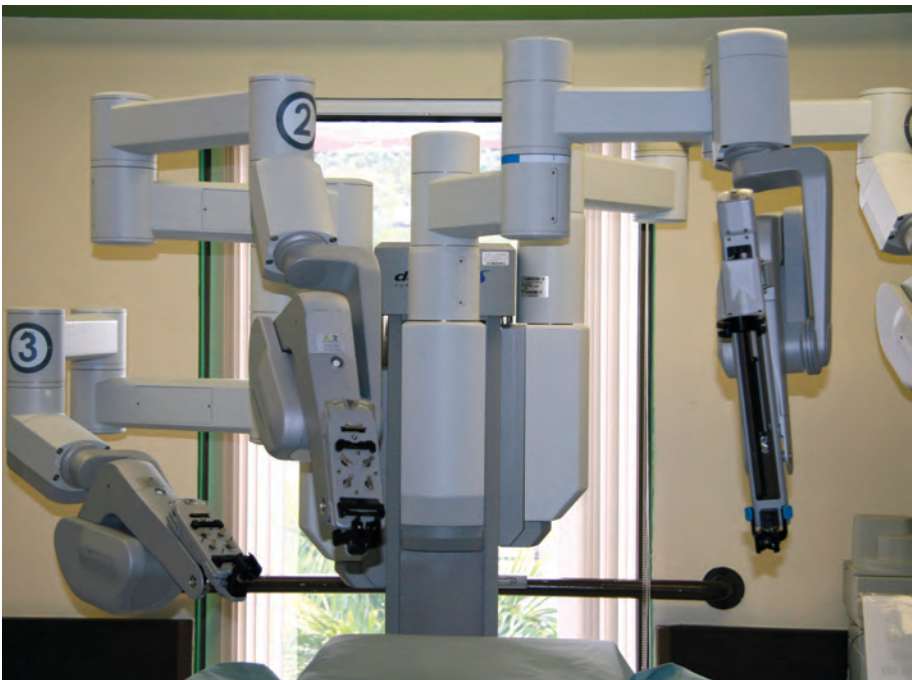
The new procedure was popularized in Korea. It has only recently spread to the U.S., with about 20 surgeons currently performing the procedure, none of who have completed more than 30 surgeries.

The only robot commercially available for the procedure costs between \$1-2 million dollars. It uses four arms — one with a camera and three with surgical instruments — all of which possess greater dexterity than human hands.

For this reason, Klem said, the system is already accepted all over the country for prostate, gynecology and cardiac surgeries. Thyroid surgery is just the latest use.

“I was very excited,” said Cynthis Boone, who had her thyroid surgery using the robotic system, May 18. “I knew they hadn’t had a lot of experience yet, but I asked around, and I became very confident about their abilities.”

Klem said those abilities are hard won, as the



TAMC now offers robot-assisted surgery using the machine pictured above. During a procedure, such as a thyroidectomy, a surgeon controls the robot from a console, while watching images through a monitor.

training to use the system is very detailed.

At first glance, the system looks like a video game.

The surgeon controls the robot from a console, while watching camera images through a monitor. A technician is on hand at all times.

“Training takes (more than) several months and includes different classes in various locations around the country,” Klem said. “It’s also carefully controlled by the hospital. Even after the train-

ing, there is credentialing criterion that still has to be met.”

Boone said her recovery process is going smoothly.

“I am very satisfied with the procedure and the doctors,” she said. “Not only were they very professional, but they were also pleasant and understanding, which I think was necessary to put me at ease, as this was such a new procedure.”

Tricare covers additional cervical cancer screening test

TRICARE
News Release

FALLS CHURCH, Va. — More than 12,000 women are diagnosed with cervical cancer every year, and 4,000 women die from this disease.

The disease was once the leading cause of death among women.

The number of cervical cancer deaths has decreased dramatically due to regular cervical cancer screenings, according to the Centers for Disease Control and Prevention.

Tricare has added coverage for an enhanced cervical cancer screening test that helps detect the presence of the human papillomavirus, or HPV. This test is done to find a high-risk HPV infection that can cause cervical cancer. To perform the HPV test, cells are collected from the cervix at the same time as a Pap test is performed.

“The addition of HPV testing increases the chance that a woman’s health care team will discover a cervical cancer (cell) early,” said Navy

more than

12,000

women are diagnosed with
cervical cancer every year

4,000

women die from this disease

Rear Adm. Christine Hunter, deputy director, Tricare. “Early detection allows prompt treatment and improves survival.”

The HPV test is covered as a cervical cancer screening under Tricare’s clinical preventive services, when performed in conjunction with a Pap smear for women aged 30 and older.

Coverage is based on national guidelines for the use of HPV testing and is retroactive to

Sept. 7, 2010.

Preauthorization for HPV testing isn’t required, and beneficiaries have no copayments or cost-shares for routine cervical cancer screening under Tricare.

Tricare also covers the CDC-recommended HPV vaccine series to prevent HPV infection.

The HPV vaccine is recommended for girls 11 or 12 years of age, but doctors may start the series in girls as young as 9 years old. Doctors can also give catch-up vaccinations for women through 26 years of age, if they haven’t completed the vaccine series.

Tricare covers screening for breast, colorectal and prostate cancer without cost shares or copays.

Preventative services

To learn more about Tricare cancer screenings, visit www.tricare.mil/preventiveservices.

Tricare screenings key to detection of cancer forms

SHARI LOPATIN

TriWest Healthcare Alliance

PHOENIX — Nearly 12 million Americans are alive today after being told they have cancer, according to the Centers for Disease Control and Prevention.

That’s as many people as the state of Ohio’s population.

Due to medical advances, cancer is no longer a death sentence. More and more people are surviving because of early detection methods.

However, without screenings that lead to early detection, cancer can kill.

Tricare covers a variety of preventive screenings to help catch cancer early — at no cost to beneficiaries.

Here are four screenings that help Tricare members and health care professionals detect cancer early and save lives:

Breast cancer screening: Tricare covers one mammogram every 12 months for women older than 39. If a woman is considered high risk for breast cancer, she can begin receiving mammograms at 35 years old.

Cervical cancer screening: Test for cervical cancer with regular Pap tests. Tricare covers both pelvic exams and Pap tests together, when necessary, or every year beginning at age 18. Once a woman has three consecutive normal Pap tests, Tricare will cover screenings once every three years, unless a doctor recommends otherwise.

Colon cancer screening: Several testing options are available under Tricare. The CDC recommends one colonoscopy every 10 years for people ages 50 and older. If you have a history of colon cancer in your family, talk with your doctor about when and how often to have screening tests.

Prostate cancer screening: Tricare covers prostate screening tests for men who are older than 50; for men older than 40, who have had a vasectomy; or men ages 40-49, who have a family history of prostate cancer.



Cancer prevention

- www.triwest.com/prevention
- www.cancer.gov/cancertopics/prevention

‘Script your future’ campaign message focuses on proper medication adherence

TRICARE
News Release

FALLS CHURCH, Va. — Nearly three out of four Americans don’t take their medications as directed, a problem known as medication nonadherence.

Tricare is joining the National Consumer League, or NCL, and other partners in launching the “Script Your Future” campaign to encourage patients to take their medications as directed.

According to NCL, one in three Americans never fills their prescriptions, and a third of hospital admissions are linked to poor adherence. Medical nonadherence is especially true for people with chronic health conditions that can worsen quickly without proper medication use.

The NCL also reports that up to \$290 billion a year in medical costs can be attributed to poor medication adherence.

The Script Your Health campaign’s primary goal is patient education and awareness, focused on patients with three serious chronic conditions — diabetes, respiratory disease and cardiovascular disease.

The campaign will provide information for proper use of medication and medical devices, like asthma inhalers, strategies for making it easier to remember to take medications, and communication tips for doctors and pharmacists about all the patient’s over-the-counter and prescription med-

ications. It will also address negative health affects of poor medication adherence.

“The least effective and most expensive pill Tricare provides is the one a beneficiary never takes,” said Navy Rear Adm. Thomas McGinnis, chief, Tricare Pharmacy Operations. “Following the labeled directions for prescription medications is one of the easiest ways to help protect and improve overall wellness.

“(Beneficiaries should) read the instructions carefully, and contact a doctor or pharmacist with any questions,” McGinnis said.



Script your future

Visit www.tricare.mil/pharmacy or www.scriptyourfuture.org for tips and tools to help individuals improve adherence, including a question builder to help patients start conversations with their doctor, printable lists to keep track of medications and worksheets to help build a plan to take medications as prescribed.

Beneficiaries cautioned about benzocaine

TRICARE
News Release

FALLS CHURCH, Va. — The Food and Drug Administration has issued a warning about the use of over-the-counter products containing benzocaine, a local anesthetic often given to babies who are teething.

Benzocaine products, which come in the form of gels, sprays, liquids and lozenges, are also used to relieve pain in the mouth and gums from a variety of other conditions, like canker sores.

Benzocaine has been associated with a rare, but serious condition, called methemoglobinemia, which reduces the amount of oxygen carried in the bloodstream and can result in death, in the most severe cases.

Patients who develop methemoglobinemia may experience pale, gray- or blue-colored skin, lips and nail beds; headaches; lightheadedness; shortness of breath; fatigue and a rapid heart rate. In some cases, symptoms of methemoglobinemia may not always be evident or be attributed to the condition.

The signs and symptoms usually appear within minutes to hours of using benzocaine.

Conditions such as anemia, heart disease and lung disease may exacerbate the toxicity of methemoglobinemia.

Parents and caregivers should not use over-the-counter benzocaine products on children under 2 years of age, except under the advice and supervision of a health care professional.

If benzocaine products are used, they should be used sparingly and only when needed, but not more than four times a day.

Benzocaine symptoms

Tricare beneficiaries or their children who develop symptoms after taking benzocaine should seek medical attention immediately.

Report side effects or medication errors from the use of benzocaine to the Food and Drug Administration MedWatch program at (800) 332-1088.



CONTINUED FROM B-2

a T-shirt, meal coupon and more. Call 257-7787/7790.

•**Emcee:** Talented military members are being sought 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, MCBH. The contest is limited to the first 20 registrants; sign up by June 27 at BayFestHawaii.com or call

254-7653.

•**Bathtub Regatta:** Build your own boat and race to victory, 12:30 p.m., July 17. Visit BayFestHawaii.com or call 254-7590.

4th of July Train Ride —

Reserve your tickets now for the July 4th Patriotic USA Birthday Party Train ride through west Oahu. A preboarding ceremony featuring a Marine color guard and rifle salute team starts at 9 a.m. The historic narrow-gauge train will depart the Ewa Train Museum at 9:30 a.m.

Adult tickets are \$8.50; tickets for keiki ages 2-12 are \$7.50. Tickets must be booked in advance; email gm@hawaiiin.com. Visit www.hawaiianrailway.com for directions.

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.

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 schol-

arship recipients will be notified by Nov. 11. Visit www.phoenix.edu/tuition_and_financial_options/scholarships/amvets-scholarship.html.

Veterinary Treatment Facility

— The Fort Shafter Veterinary Treatment Facility is now seeing pets throughout the week, from 8:30 a.m.-4 p.m. The vet clinic is located beside the PX Mart and Post Office on Fort Shafter. Book an appointment for affordable preventative care, or to obtain a mandatory airline health certificate required within 10 days of air travel and more. Call 433-2271; leave a voicemail.

Food for Families — The Armed Services YMCA at

Wheeler Army Airfield has an emergency food locker that assists military families who are experiencing financial difficulty with a supply of canned goods, frozen food, dry goods and personal care items. Call 624-5645.

State Parks

— Summer hours for eight Oahu state parks run through Sept. 5 (Labor Day). Hours are 7 a.m.-7:45 p.m. for Keaiwa Heiau, Malaekahana, Puu Ualakaa, Sand Island, Wahila Ridge, Wahiawa Freshwater, Kahana Beach Park, Ka Iwi Shoreline and Makapuu Lighthouse. Visit www.hawaiistateparks.org.

Freeway Service Patrol

— This service, now operational on Hawaii’s freeways, is a pilot

program sponsored by Hawaii’s Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services. The free service can provide assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and providing an emergency gallon of gasoline. The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

Club Beyond

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