

INSIDE Single Soldiers speak out

DFMWR needs your opinion in the BOSS survey to help choose programs and activities.

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Art therapy

"Oncology on Canvas" helps cancer patients and families express themselves.

A-7



Night out

Community members and services join together to ensure safe neighborhoods.

B-1

Going to the dogs

Bring your best, four-legged friend to the "Dog Days of Summer" event, for a howling good time.

See MWR Briefs, B-2



Call to action

AFAP calls for delegates to help improve quality of life.

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Army announces nine-month deployment



Reduction for civilian workforce also announced

OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE
Public Affairs

WASHINGTON — Secretary of the Army John McHugh announced a change in the length of future unit operational deployments from 12 months to nine months, Aug. 5.

The Army also announced it will reduce the size of its civilian employee workforce by more than 8,700 people by Sept. 30, 2012.

The deployment change will be fully implemented by April 2012, and applies to division-level-and-below units. This policy will not affect personnel or units currently deployed or deploying prior to Jan. 1, 2012.

The deployment period for high-demand and low-density units and individual deployers will remain one year.

The reduced deployment length will improve Soldier and family quality of life while continuing to meet operational requirements, and it is an important step in sustaining the all-volunteer force.

This policy change is consistent with secretary of defense policies for use of the

SEE DEPLOY, A-4

COLA rate on Oahu increases by two points

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release

WHEELER ARMY AIRFIELD — Results from the Hawaii Cost of Living Allowance, or COLA, surveys, which were conducted March-May, are in and became effective Aug. 1.

On Oahu, the index increased by two points; the increase equates to about \$50 each month for a staff sergeant in pay grade E-6, with two dependents and 12 years of service.

COLA is a nontaxable allowance paid to military service members to partially offset their high costs when stationed overseas. The allowance helps them purchase about the same level of goods as in the continental U.S.

COLA affects approximately 260,000 service members at 600 locations overseas, including Alaska and Hawaii, according to the Defense Travel Management Office, or DTMO, website.

The Living Pattern Survey, or LPS, and the Retail Price Schedule, or RPS, determined Hawaii's COLA rates, according to Capt. Allison Morse, personnel officer; Morale, Welfare and Recreation and Well-Being Programs; U.S. Army-Pacific.

Uniformed service members with at least three months of duty in Hawaii, who did not reside in the barracks, completed the LPS throughout March. They were encouraged to complete the survey with their

families to ensure that their input actually reflected household shopping. The LPS evaluated their shopping patterns at retail outlets for goods and services off post.

SEE COLA, A-4

Q & A

Q: Do you know when the results from the recent Cost of Living Allowance, or COLA, survey will be finalized? Those of us who participated in the study are eager to see the results, particularly given the high cost of gasoline and food here in Hawaii.

A: The survey you are referring to and the one all military personnel received is called the Living Pattern Schedule, or LPS. At the completion of that survey, selected service members participated in the Retail Purchase Survey, or RPS. The results are now available.

(This question was received from a community member and answered by Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii.)

GI Bill changes include actual cost for in-state tuition

ARMY NEWS SERVICE
News Release

WASHINGTON — Congress made recent changes to the Post-9/11 GI Bill that took effect Aug. 1.

Upcoming changes to the Post-9/11 GI Bill include paying the actual net cost of all public in-state tuition and fees, rather than basing payments upon the highest in-state tuition and fee rates for every state.

"The Post-9/11 GI Bill is incredibly important because it reduces the financial burdens of higher education, so that veterans have an opportunity to achieve their education goals," said Gen. Allison Hickey, undersecretary for benefits, Department of Veterans Affairs. "The VA believes it is important for veterans to be aware of changes to the GI Bill this year, and (for veterans to) learn more about how these changes may affect them."

So far, more than 537,000 students have received more than \$11.5 billion in GI Bill benefits to help them take charge of their future, Hickey said.

Another change involves capping private and foreign tuition at \$17,500 per academic year, as well as ending payments during certain school breaks to preserve veterans' entitlement for future academic semesters.

Additionally, certain students attending private schools in select states can now continue to receive benefits at the same rate payable during the previous academic year.

Beginning Oct. 1, 2011, eligible individuals will be able to use the Post-9/11 GI Bill for programs such as non-college degrees, on-the-job training and correspondence courses. They will also be eligible to receive a portion of the national monthly housing allowance rate when enrolled only in distance-learning courses.

The VA is implementing the latest round of changes to the Post-9/11 GI Bill, and it has already begun processing fall 2011 enrollment certifications.

The VA has also worked to increase college and university participation in the Yellow Ribbon program, which helps students avoid out-of-pocket costs that may exceed the Post-9/11 GI Bill benefit. Today, more than 2,600 schools are participating in the Yellow Ribbon program.

"VA is committed to ensuring veterans have the information and tools they need to succeed," Hickey said.

To learn more about the Post-9/11 GI Bill, visit www.gibill.va.gov.



Staff Sgt. John H. Johnson III | 94th Army Air and Missile Defense Command Public Affairs

Changing commanders

FORT SHAFTER — Brig. Gen. James Dickinson (center left), incoming commander, receives the 94th Army Air and Missile Defense Command colors from Lt. Gen. Francis Wiercinski (right), commander, U.S. Army-Pacific, during the change of command ceremony, Aug. 4, on historic Palm Circle, here.

"There is ... no greater responsibility that can be bestowed upon an individual than that of command and the care of our nation's sons and daughters," Dickinson said. "I recognize this and fully accept the responsibility and challenges that command officers have, and I pledge my total dedication to the mission and Soldiers of the 94th AAMDC and the USARPAC team."

**Capt. Brandon
Phillips**
84th Eng. Bn., 130th
Eng. Bde., 8th TSC

Off-post military can find the closest area shelter from their local phone book, at www.oahucivildefense.com or call 523-4122.

Bridging the gap between American, Australian forces

Deployed Forces

Story and Photo by
SPC. JAY P. LAWRENCE
New York Army National Guard

CANBERRA, Australia — Australians and Americans may both speak English, but there are definitely times they’re speaking totally different languages. Much like the difference between Australian English and American En-

from California to China, and from under the sea to the upper atmosphere. When Soldiers need something from the Air Force — whether it’s fire support, transportation or intelligence — they go through the 5th BCD for the request. In turn, 5th BCD provides the Air Force with a real-time perspective of what’s happening on the ground, as well as



Col. Stephen Myers (right), commander, 5th BCD, USARPAC, and Australian Defence Force Lt. Col. Andrew Garrad, both commanders of liaison units participating in the biennial Exercise Talisman Sabre, visit the Roll of Honour, a tribute to Australia’s fallen at the Australian War Memorial in Kingston, Australia, July 25.

“...Who would want to put a million-dollar aircraft up there and not have it fulfill its capacity?”

— **Lt. Col. Curby Scarborough**
Planning officer, 5th BCD, USARPAC

glish, translating between each service’s processes means recognizing the nuances in each other’s language, said Lt. Col. Curby Scarborough, planning officer, 5th Battlefield Coordination Detachment, U.S. Army-Pacific, at Joint Base Pearl Harbor-Hickam. Fortunately, the mission of the 5th BCD is all about helping warriors from different military cultures, who use different military jargon and acronyms, talk to each other. “Each service talks a little differently and does things a little differently, and because of that, that’s why we’re here,” said Lt. Col. Robert Buscher, intelligence officer, 5th BCD. The 5th BCD is responsible for an area extending from Alaska to Australia,

support in planning and air defense. “We make sure that the air side knows everything they need to know about the land side,” Buscher said, “and we make sure that the land side can trust they have air assets to help them.” “We take it for granted in the Army, but the space above us needs to be carved out,” said Scarborough. “It’s a very detailed process, because who would want to put a million-dollar aircraft up there and not have it fulfill its capacity?” As part of Exercise Talisman Sabre, a biennial training activity sponsored jointly by the U.S. Pacific Command and the Australian Defence Force Joint Operations Command, the 5th BCD worked side by side with members of the

1st Ground Liaison Group to ensure that 14,000 U.S. and 9,000 Australian military personnel, participating in maritime, land and air operations exercises, had the integration they needed. “Just by interacting, we’ve learned a lot about the similarities and differences between our sides,” Scarborough said. “Our similarities allowed us to

easily understand our role. ... The different ways we learned how to do things may help us down the line.” To understand how the Air Force operates, 5th BCD Soldiers attend Air Force schools, learn Air Force terms and work at the 613th Air and Space Operations Center, or AOC. BCD Soldiers said interacting with

Australians, who normally do not operate around an AOC concept, showed them that learning also extends both ways in operations with other countries. The exercise with Australia forces increased the confidence that, if called to war, 5th BCD would be able to adapt and thrive in any mission, said Col. Stephen Myers, commander, 5th BCD.

‘Cacti’ take Afghan boy under company’s wing

Smallest victories and youngest Afghans can help change a country

Story and Photo by
SGT. 1ST CLASS MARK BURRELL
Combined Joint Task Force 1-Afghanistan

KUNAR PROVINCE, Afghanistan — Soldiers assigned to Company D, 2nd Battalion, 35th Infantry Regiment, “Task Force Cacti,” 3rd Brigade Combat Team, 25th Infantry Division, are trying to make a positive change in the lives of Afghans around Combat Outpost Honaker-Miracle, here.

The lives of thousands of Afghans have been unequivocally altered because of war, but Soldiers are looking for ways to help foster good relations in the community. A few years ago, an Afghan National army soldier worked as a cook on a base in Korengal Valley, here. One day, he went to a nearby village to get a lamb for dinner. He was ambushed and killed by the Taliban, leaving Shahidulla, 9, to care for his mother and younger sister. Today, Shahidulla, now 14, stands on top of a shipping container at COP Honaker-Miracle and directs other Afghan workers on where to put a pallet of bottled water. “When Shahidulla first came to us, I immediately saw an opportunity to bring someone in to work with us as a day laborer,” said Spc. German De la Roche, COP mayor, 2nd Bn., 35th Inf. Regt. “Rather than him having a bad experience with us and possibly making other choices in life, I wanted us to take that opportunity and seize it.”



Spc. German de la Roche (left), an infantryman and COP Honaker-Miracle mayor assigned to Co. D, 2nd Bn., 35th Inf. Regt., “TF Cacti,” 3rd BCT, 25th ID, explains a job to Shahidulla (center) and another Afghan worker in eastern Afghanistan’s Kunar province, July 31.

Shahidulla was offered a job with a contractor that helps run the busy COP. De la Roche saw an opportunity to help this Afghan teenager, because too many young Afghans fall in league with Taliban, said De la Roche, and he didn’t want to see that happen to him. “When I see a boy like (Shahidulla),” said De la Roche, “I say, what can we do to help him, so he can tell his friends, and one day say, ‘I worked with the Americans. I saw them every day. I saw how they lived, how they ate (and) how they treated us. They wanted to do the best for this country and for our people.’” “If he uses those words one day, that’s all we can ask for,” continued De la Roche. “If he spreads that message, at the end of the day, that’s much more effective

than whatever information campaign that we have.” “We can be the factor that gets him headed in the right direction and gets him to understand that America isn’t that bad, and we’re here to help,” said 1st Sgt. Matthew Bartel, 2nd Bn., 35th Inf. Regt. “We’ll take a small victory like that.” Here, it’s the small victories that can have lasting impressions, added De la Roche. “What we’re facing here, it’s only through generational change that the overall picture can stabilize,” explained De la Roche. “These kids are the ones that can change a country when they grow up. That’s why we’re here at the end of the day.”



Staff Sgt. Amber Robinson | 3rd BCT Public Affairs, 25th ID

Helping hands

JALALABAD, Afghanistan — Capt. Michael Barno (center), dentist, 3rd Brigade Combat Team, “Task Force Bronco,” 25th Infantry Division, hands out toothbrushes, toothpaste and dental floss to local schoolchildren in a small marketplace, here, recently. Barno also gave a dental class to the children about the proper way to brush and floss.

Mobile war-gaming prepares 130th Eng. Bde. for upcoming exercises

Story and Photo by
1ST LT. SCOTT RUPNOW
Headquarters and Headquarters Company, 130th Engineer Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers and officers took to the field to test their ability to share horizontal information among staff sections and vertical information between brigades and battalions, Aug. 1.

Information exchange is a common task during normal operations, but in an austere field environment, managing the flow of information can become a very complex task.

Operating under a theoretical, full-spectrum wartime scenario, the 130th Engineer Brigade, 8th Theater Sustainment Command, along with its subordinate 65th and 84th engineer battalions, set up computer networks to mirror the systems they would use in a wartime environment.

These systems need to be setup quickly and work soundly for the unit to be prepared for a land war where the frontlines are constantly shifting.

“These exercises are needed in order for us to practice the mobility aspect of our profession,” said Sgt. 1st Class Hans Drupiewski, chemical noncommissioned officer in charge, 130th Eng.

Bde. “In the current wars we are fighting, we have gotten away from having to constantly set up and tear down command posts. It’s becoming a lost art.”

Not for the 130th Eng. Bde., though.

“Seeing how seamlessly the staff sections at both brigade and battalion levels were able to fall back into regular battle rhythms was motivating,” said 1st Lt. Michael McDaniel, brigade adjutant for the 130th Eng. Bde.

In addition to testing out their mobility, the staff sections were also able to produce useful products that they will use in upcoming exercises on the Korean peninsula, including Ulchi Freedom Guardian 11. The upcoming, monthlong, theater-level UFG 11 exercise (with the 2nd Infantry Division and the Republic of Korea army) will benefit from the work that these Soldiers and officers did during the week.

“We were able to war-game multiple scenarios and produce solutions that would not have been possible, had we not been producing them in the field,” said Capt. Matthew Miller, plans officer, 130th Eng. Bde.

With the end of the command post and staff integration training, staff sections have little time to recover before they will apply what they



Soldiers of the 130th Eng. Bde., 8th TSC, set up a tent to house their mobile command post. This task was part of an exercise to test their ability to provide command and control in a field environment, in preparation for their upcoming exercises on the Korean peninsula.

learned in UFG 11. The end of the CP and SIT comes just a day before the beginning of UFG 11.

An advantage of this condensed timeline is that

all the lessons learned are still fresh in the Soldiers’ minds, and the 130th Eng. Bde. is ready to go “Sappers In.”

Deploy: Cuts based on president’s 2012 budget

CONTINUED FROM A-1

total force. Implementation of this change is based on the projected demand for Army forces, and the change is contingent on global security conditions and combatant commander requirements.

Civilian cuts are based on Department of Defense resource decisions as reflected in the fiscal year 2012 president’s budget. These decisions require a reduction of Army civilian employees to comply with decreased funding levels.

The Army has identified more than 30 different commands and agencies affected by these reductions, with nearly 80 percent of the cuts taking place within Installation Management Command, Army Material Command, Training and Doctrine Command, and Headquarters, Department of the Army.

“We are in a very challenging fiscal environment and understand the impact these cuts will have on our civilians and their families” said Thomas Lamont, assistant secretary of the Army for Manpower and Reserve Affairs. “Tough choices have to be made, but we’ll make them in a thoughtful and deliberate manner that best supports the Army’s mission.”

Affected commands and agencies will have 30 days to develop plans to accomplish their civilian workforce reductions, identify organizational and personnel actions to be taken, and develop a timeline for each of the actions and expected reductions.

Commanders will be responsible for shaping their workforce within their allocated budget and may use all available options to achieve reduction objectives while mitigating adverse



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

1st Sgt. John Keller, Headquarters and Headquarters Company, 25th Combat Aviation Brigade, 25th Infantry Division, embraces his wife during a welcome home ceremony held at Wheeler Army Airfield, July 12, 2010, after a successful 12-month rotation to northern Iraq. Future deployments should be shorter as Soldiers spend more time at home and take over civilian duties.

impact on the workforce.

Voluntary early retirement authority, or VERA, and voluntary separation incentive

payments, or VSIP, may be used to reduce the number of personnel to meet mission objectives.

COLA: Common costs evaluated

CONTINUED FROM A-1

Once the LPS was tabulated, U.S. Pacific Command then selected two service members from every military branch here on Oahu, from the Navy on Kauai and from the PACOM Quality of Life team, to collect prices for the RPS, according to Kathy Wooldridge, from PACOM’s Quality of Life team.

PACOM trained all participants, and then had them collect the price of 120 pre-determined items, from April through May, at stores identified by participants on the LPS survey, including local retail establishments, commissaries and exchanges.

Afterwards, PACOM packaged the RPS data and submitted it to DTMO.

COLA rates were determined by comparing prices of the 120 goods and services on each island with the average continental U.S. prices of these same items.

The DTMO’s Military Advisory Panel voted to recommend the following COLA index increases:

- Oahu, COLA index increase by two points, from 130 to 132.
- Maui, increase by four points, from 138 to 142.
- Big Island, increase by two points, from 134 to 136.
- Kauai, increase by six points, from 134 to 140 points.

A COLA calculator is available at www.defensetravel.dod.mil/site/colaCalc.cfm.

Munitions ID, removal, disposal demo at Ordnance Reef complete

NOAA and Army avoid injury to coral, underwater habitats during demonstration

U.S. ARMY GARRISON-HAWAII
Public Affairs

WAIANAE – The Army has completed the field portion of its technical demonstration, here, to evaluate new strategies to recover and destroy underwater military munitions.

The demonstration began July 11 and is part of the Department of Defense’s ongoing research of legacy underwater military munitions in U.S. coastal waters.

The demonstration was conducted at an area off the Waianae Coast, known as Ordnance Reef.

During the demonstration, the Army assessed the capabilities of two adapted technologies: the remotely operated underwater munitions recovery system, or ROUMRS, and the energetic hazards demilitarization system, or EHDS.

Overall, ROUMRS attempted to recover 152 small, medium and large items that appeared to be munitions. ROUMRS was able to

During the technology demonstration

- 80 items were recovered that appeared to be munitions.
- 2,300 small-arms munitions were recovered and destroyed.
- 74 munitions were treated.
- 330.8 pounds of explosives were destroyed, including 135 pounds of propellant.

recover 80 of these items, as well as approximately 2,300 small-arms munitions.

The EHDS successfully treated 74 munitions, destroying 330.8 pounds of explosives, 135 pounds of propellant, and all of the recovered small-arms munitions.

Preliminary results indicate that these technologies meet DOD requirements for the safe, remote recovery of underwater military munitions and their at-sea destruction in a manner that mitigates explosives safety risks and minimizes potential environmental impacts.

Concurrently, the Army conducted research in coordination with the Navy and National Oceanic and Atmospheric Administration. This research included obtaining metals from demilitarized munitions for corrosion studies, testing Army-developed technology that will be used to monitor locations where underwater military munitions are known to be present, and testing Navy-developed technology to assist in determining the content, or fill, of munitions.

The Army also assisted a team of local high school students with the placement of an underwater camera that students had developed to support their study of the impact of munitions on sea life.

“Collectively, the research conducted during this demonstration will advance DOD’s understanding of the potential impact of munitions on the ocean environment and of the ocean environment on munitions,” said J. C. King, assistant for munitions and chemical matters, Office of the Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health.

“The demonstration thoroughly tested the capabilities of ROUMRS and EHDS, and we believe this demonstration met or



Courtesy Photo

The Army’s ROUMRS and EHDS technologies helped prevent damage to the ocean environment and coral reef, like that pictured above, at Ordnance Reef, just off the Waianae Coast, during recovery and destruction of underwater munitions in July.

exceeded our objectives,” King said.

The Army achieved four main objectives:

- to perform a demonstration of technologies capable of remotely recovering underwater military munitions and destroying recovered military munitions safely;
- to provide for the safety of personnel supporting the demonstration and the public;
- to limit damage to the ocean environment and coral reefs during the recovery and destruction processes; and
- to restore the ocean environment to a more natural state following the project.

“This demonstration has provided us an opportunity to develop procedures and identify technical enhancements to improve the use of these technologies,” King said.

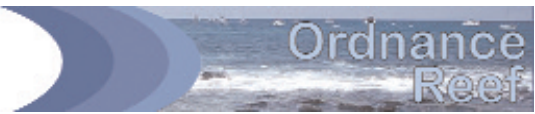
To avoid injuring coral, the Army did not recover munition-like objects that had substantial coral growth on or around them. Additionally, the Army found that some objects were so concreted to the ocean floor that they were not recoverable without specialized tools or excessive damage to coral and other underwater habitats. As such, the Army also left these objects in place.

NOAA assisted the Army and identified coral areas to avoid, if possible, and recommending specific munitions-like objects that

should be left in place to avoid destroying habitat. NOAA’s pre-demonstration efforts assisted the Army in avoiding coral injury.

NOAA will conduct a post-demonstration survey to determine whether any inadvertent damage may have occurred during the demonstration, in which case, it may recommend mitigation measures.

The Army will next develop and publish a report on the demonstration’s results. Prior to releasing the report, the Army will convene the Ordnance Reef Coordinating Council to discuss these results and other research it is conducting at Ordnance Reef, including sampling of sediment and aquatic life.



Ordnance Reef

For more information and videos of current efforts, visit www.ordnancereefhawaii.org, or search for “Ordnance Reef Hawaii” on Facebook and YouTube.

News Briefs

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

Today

Antiterrorism Awareness — August is Antiterrorism Awareness Month. Four themes are being emphasized:

- Recognize and report suspicious activity and indicators of high-risk behavior;
- Know active shooter response procedures for your office and for locations on post;
- Apply antiterrorism doctrinal principles; and
- Integrate antiterrorism into your operations process.

Reference materials and awareness products are posted at Army Knowledge Online at www.us.army.mil/suite/page/605757.

15 / Monday

Blood Drive — Tripler Army Medical Center's Armed Services Blood Program will hold blood drives at the following dates, times and locations:

- Aug. 15, 10 a.m.-3 p.m., Schofield Barracks Health Clinic.
- Aug. 16, 8 a.m.-1 p.m., Pollock Theater, Camp Smith.
- Aug. 17, 10 a.m.-2 p.m., 3rd Floor, Radiology Department, TAMC.
- Aug. 23, 8:30 a.m.-3 p.m., Kunia Tunnel.
- Aug. 24, 11 a.m.-3 p.m., Main Exchange, Schofield Barracks.
- Aug. 29, 6:30-9:30 a.m., Army ROTC building, University of Hawaii, 1311 Lower Campus Rd., Honolulu.
- Aug. 30, 10:30 a.m.-2 p.m., Tropics Recreation Center, Schofield Barracks.
- Aug. 31, 9 a.m.-1 p.m., Kaneohe Bay Chapel.

Call 433-6699 or visit www.militaryblood.dod.mil.

To learn about ASBP, make an appointment or organize a blood drive, call 433-6148 or visit www.facebook.com/militaryblood.

Temporary Closure — The Tropic Lightning Museum at Schofield Barracks will close for

interior renovations, Aug. 15-Sept. 29. Normal hours will resume Sept. 30; normal hours are 10 a.m.-4 p.m., Tuesday-Saturday. The museum is closed Sundays, Mondays and federal holidays. Call 655-0438.

18 / Thursday

First-Term Financial Training — This mandatory eight-hour training will teach students basic financial skills and financial planning.

Call 655-4227. Register at www.acsclasses.com. Classes are Aug. 18, 8 a.m.-4 p.m., Room 111, Building 330, Fort Shafter Aloha Center; and Aug. 22, 8:30 a.m.-4 p.m., Army Community Service, Schofield Barracks.

31 / Wednesday

Facebook Town Hall — Have questions about U.S. Army Garrison-Hawaii? Got an idea about how to make the USAG-HI community better?

Get your questions ready for the first-ever online Facebook town hall, hosted by USAG-HI, 6:30-7:30 p.m., Aug. 31, at www.facebook.com/usaghawaii.

On that date, all U.S. Army Hawaii Soldiers, family members, retirees and civilians can ask questions and get live responses. If your question does not pertain to the public at large, email AskTheCommander.usaghi@us.army.mil.

September

1 / Thursday

Deployment Club — Deadline to register is Sept. 1 for workshops sponsored by Families Overcoming Under Stress, or FOCUS.

Keiki, ages 5-12, whose parent is either deployed or about to deploy, can attend this four-part workshop, 1:30-5 p.m.; Sept. 8, 15, 22 and 29; Kalakaua Community Center, Schofield Barracks. Call 257-7774 or email Hawaii@focusproject.org or tanisha.brown2@us.army.mil.

Ongoing

Single Soldier Survey — Choose the types of programs and activities you want by filling out the Directorate of Family and Morale, Welfare and

Recreation survey now. Based on your location, go to one of these sites:

- North <https://www.surveymonkey.com/s/North-Single-Soldiers>.
- South <https://www.surveymonkey.com/s/South-Single-Soldiers>.

Ohana Clinic — Tripler Army Medical Center's Warrior Ohana Medical Home is accepting enrollment. The center is a full-service, primary care clinic. Call 433-5401/5402.

The clinic is open Monday-Friday, 8 a.m.-4:30 p.m., at the former Barbers Point Naval Air Station in Kalaeloa, located at 91-1010 Shangrila St., Ste. 100.

IG Hotline — U.S. Army Garrison-Hawaii personnel can now contact the Inspector General, U.S. Army Installation Management-Pacific, at 438-1750 or DSN (315) 438-1750.

This IG hotline is an alternative to the normal chain of command for garrison personnel with concerns or allegations dealing with inefficiency, misconduct, impropriety, mismanagement or violations of law within the U.S. Army.

Tour SBHC — Beneficiaries who get their health care at the Schofield Barracks Health Clinic can take a guided tour, starting at 2:30 p.m., the third Thursday of every month. Call 433-8504.

AER — The amount of Army Emergency Relief, or AER, loans has increased from \$1,000 to \$1,500. Also, the repayment period has been extended from 12 to 15 months.

All other requirements of the Commander Referral Program remain the same. Call 655-7132.

New Hours — New hours for the Fort Shafter Army Community Service, or ACS, and Survivor Outreach Services, or SOS, are 7:30 a.m.-4:30 p.m., Monday-Friday. Call 438-9285 or email michael.tanigawa@us.army.mil.

Motorcycle Safety Program — U.S. Army Garrison-Hawaii offers classes on creating and managing a unit motorcycle safety program and "Train as You Ride" programs. Email william.n.maxwell@us.army.mil or call 655-6746.



Angela E. Kershner | U.S. Army Corps of Engineers-Honolulu District Public Affairs

Hawaiian blessing

SCHOFIELD BARRACKS — Kahu Kauila Clark (center) leads a Hawaiian blessing at the groundbreaking ceremony for the new Tactical Equipment Maintenance Facility, here, Aug. 3. Blessing participants included Col. Jeffrey Milhorn (left), commander, 130th Engineer Brigade, 8th Theater Sustainment Command; David Kitamori (second from left); and Maj. Daniel Segura (right), deputy commander, U.S. Army Corps of Engineers-Honolulu District.

The facility is expected to be completed by February 2013 and is projected to be used by the 130th Eng. Bde. The project is a standard-design vehicle maintenance complex and will include a large tactical equipment maintenance shop, hardstand, organizational vehicle parking, as well as storage for deployment equipment storage, petroleum oils and lubricants, and hazardous materials.

Deployment Support — The Deployment Support Social Work Care Management Program at Tripler Army Medical Center can help Soldiers and their families decrease their difficulties before, during and after deployments.

Services include counseling (individual, couple and family), links to relevant resources and crisis intervention. Call 433-8273.

Deploying Units — The Directorate of Family and Morale, Welfare and Recreation is available to come to pre-deployment family readiness group meetings to explain the benefits of the Blue Star Card program and to answer questions. Call 655-0002.

Palm Circle Restrictions — Parking on Palm Circle Drive is restricted to residents and their

guests only. All unauthorized vehicles will be ticketed. Call 656-6750.

Job Postings — Civilian health care professionals can find Department of Defense job listings at CivilianMedicalJobs.com. The website is continually updated with the latest openings and it also details benefits offered to Army Medicine Civilian Corps employees.

‘Oncology on Canvas’ touches lives of Soldiers, families, TAMC staff

TRIPLER ARMY MEDICAL CENTER
Public Affairs

HONOLULU — Sharing one’s feelings during or after a life-altering experience can be difficult.

To help combat that, the “Oncology on Canvas” event held at Tripler Army Medical Center, here, July 26-27, brought 250 people together to share these types of similar emotions.

The event provided a means of artistic expression to any individual who has been directly or indirectly affected by any form of cancer.

“Whether it’s physical or physiological, everyone’s experience is different. Oncology on Canvas assists in finding a voice of expression that may have been lost through their experience,” said Pat Nishimoto, oncology clinical nurse and the driving force behind Oncology on Canvas. “The program has allowed many loved ones to find a common ground through never-spoken words.

“The program helps families communicate,” she added. “We do this as a nursing intervention, so they have time to reflect on their cancer journey.

The TAMC outreach program has hosted the Oncology on Canvas event to reach out to as many people as possible during the past five years.

“Many of our patients are active duty service members who have charged through their diagnoses and treatment, returning back to their unit,” Nishimoto said. “With this quick return, they encounter stress and hardship, from duties, team members and leaders. Mounting aggression and stress promote worsened health conditions and possible personal conflicts.

“Each individual in need of an outlet can use art as a vehicle,” Nishimoto said.

After losing her mother to brain cancer just months prior, Heather Del Carmen, nursing student and event volunteer, attended for the first time this year with her son, to share their own emotions with art.

“I shared my feelings of my mother’s loss, today, through art,” Del Carmen said. “Showing two hands reaching for each other, that’s the vision I continue to have of my mother’s hands, and that was what I drew.”

The Kimball family, one of many families to participate, rallied in support of 7-year-old Aurora, who was diagnosed with leukemia

in May. Her father, Air Force Master Sgt. Jeffery Kimball; her mother, Tonya; and her 5-year-old brother, Chandler, were present to express their own feelings and to show support for Aurora.

“The program is wonderful; the kids are all over it,” said Jeffery.

“This program allows us to express ourselves in our own medium,” Tonya added. “It isn’t a have-to or mandated-by policy. It’s just to express yourself however you see fit.

“So, for my son, who doesn’t have a diagnosis, it allows us to see his emotions as he deals with seeing his sister go through everything,” she said.

The burdens that come with holding in emotions and the feelings of isolation are major barriers that individuals diagnosed with cancer face. Those feelings and burdens rarely only affect the recipient of the disease; frustrations and pain also influence family, friends and everyone directly and indirectly associated with each individual.

“Oncology on Canvas is one of many therapeutic methods the TAMC staff uses to give cancer patients the opportunity to reflect on their journey,” Nishimoto said. “We also hold oncology support group picnics three times yearly, and celebrate the success of completion of therapy with patient handprints on department walls and ceilings.

“Whatever it takes, we’re there,” Nishimoto said.



Jan Clark | Tripler Army Medical Center Public Affairs

Diagnosed with cancer at age 5 and soon-to-be 11 years old, Logan Myrick is in remission. Logan said he found the “Oncology on Canvas” event at TAMC, July 26, to be a good opportunity for patients and families to display their feelings.

Cyber threat grows more destructive, crosses borders

KAREN PARRISH
American Forces Press Service

WASHINGTON — The U.S. is facing an increasing cyber threat that is accessible to a wide range of enemies, according to Deputy Defense Secretary William Lynn III.

The Department of Defense is working to defend its own networks and support the Department of Homeland Security’s mission

“At some point, you’re going to see a marriage of capability and intent, and that is what we should truly worry about.”

— Deputy Defense Secretary William Lynn III

to protect systems important to national security, Lynn said.

Individuals need to take personal responsibility about what they post.

“Most of what we see today is exploitation; that’s theft (and) stealing secrets, either commercial or military,” Lynn said. “We know the tools exist to destroy things, to destroy physical property, to destroy networks, to destroy data (and) maybe even take human lives.

“At some point, you’re going to see a marriage of capability and intent, and that is what we should truly worry about,” Lynn added.

Pentagon officials recently released DOD’s first strategy aimed at countering cyber threat. The DOD alone has 15,000 networks and more than seven million computing devices.

“We’re protecting those military capabilities,” Lynn said, “but we need to go further. Working through the Department of Homeland Security, we need to think about how we might use better defensive capabilities to protect the power grid, the transportation network (and) the financial sector.”

The DOD is not committing to protecting the entire Internet, Lynn said.

“We’re talking with our allies about how we have a collective defense,” he said. “We’re working with them to share technologies (and) to share understandings of the threat, so that we have a collective defense approach to this important problem.”

Defending the cyber domain requires a new way of thinking, Lynn said.

“It’s different than land, sea, air and space,” he noted. “It’s largely privately owned. It crosses borders. It doesn’t respect sovereignty, and the speed at which it moves, keystrokes on one side of the globe can have an impact on the other ... in the blink of an eye.”

The DOD doesn’t monitor or scan commercial networks in the U.S., Lynn said.

“We’re trying to work with the appropriate agencies — the FBI, with law enforcement (and) the Department of Homeland Security — for protection of critical infrastructure to provide capabilities that the Defense Department has that might be used for those critical missions,” he said. “But we don’t have the primary role.”

Operational Security online tips

- Do not post exact deployment dates or redeployment dates.
 - Do not reveal deployment details like camp locations, including nearby cities, unless military officials have officially announced the information.
 - Do not post detailed information on the mission, capabilities or morale of a unit.
 - Do not share details concerning security procedures, response times and tactics.
 - Don’t discuss equipment or lack thereof, to include training equipment.
 - Don’t speculate about future operations.
 - Don’t post anything that could be misconstrued or used for propaganda purposes.
 - Avoid the use of count-up or count-down tickers to deployment or redeployment.
 - Avoid images that show significant landmarks near a base of operations or black out last names and unit affiliations.
 - Do not post information about casualties before the official release of information.
 - Do not pass on rumors.
- Contact your unit’s OPSEC manager with any questions.



USAG-HI, IPC focus on safety prevention

‘National Night Out’ shows Army families how to live safer lives, create safer communities on, off post

VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS – Stryder Somers, 5, is learning how to protect himself by breaking boards in half with his feet. He jumps, kicks and yells – loudly – as he kicks the board. Making loud noises, like yelling, attracts attention and scares off the bad guys, said Ervin Dixon, who owns Dixons Taekwondo, the school Stryder attends. Dixon, along with Stryder and nine other students, participated in National Night Out at the Kalakaua Community Center, Aug. 2, here. National Night Out teams up communities, law enforcement agencies and civic groups one night a year to focus on crime and drug prevention.

U.S. Army Garrison-Hawaii and Island Palm Communities co-partnered the event, here, and at Aliamanu Military Reservation, to teach residents not only how to fight crime but also general safety techniques.

IPC estimated that between 400-500 residents attended the North community event and that between 200-300 residents attended the South community event.

“Stryder has become more confident since he started taking taekwondo lessons,” said his mother, Sharon, whose husband is assigned to the 25th Combat Aviation Brigade, 25th Infantry Division. Stryder has been enrolled in taekwondo for about a year.

Dixon’s school was just one of 25 organizations at the event. Other activities included a bicycle rodeo, fingerprinting for keiki, and the military working dog section from the 13th Military Police Detachment, 8th MP Brigade, 8th Theater Sustainment Command.

As Master Sgt. Anthony Doucet, noncommissioned officer in charge of the Schofield Barracks Police Station, watched the working dog demonstrations, here, that evening, he said communities must come together to help MPs reduce crime.

Doucet thinks the Neighborhood Watch program is one of

SEE NNO, B-5



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

Stryder Somers (in black uniform) prepares to break a board in half with his foot by first leaping over a classmate. Students from Dixons Taekwondo demonstrated self-defense techniques at National Night Out, Schofield Barracks, Aug. 2.



Mark Brown | Island Palm Communities

Kevan Miller (right), fire inspector, Federal Fire Department, shows Emma Bernal how to extinguish a controlled fire at National Night Out, Schofield Barracks, Aug. 2.

Federal Fire Dept. teaches fire prevention safety to IPC communities, keiki

ANGELA SANDERS
Federal Fire Department

JOINT BASE PEARL HARBOR-HICKAM – The Federal Fire Department’s Prevention Division actively participated in the 28th Annual National Night Out at Schofield Barracks, Aliamanu Military Reservation and here, Aug. 2.

The Prevention Division, along with firefighters from various stations, educated community members about the importance of fire prevention.

Keiki learned how to stop, drop and roll; learned the sound of a smoke detector; and learned what number to call in case of an emergency.

“Overall, the program went very well, and we hope to be invited back next year,” said Kevan Miller, fire inspector.

Miller demonstrated hands-on fire extinguisher training and explained how to properly use a portable fire extinguisher.

Sparky the Fire Dog made a guest appearance and also extinguished a controlled fire for the keiki.

National Night Out heightens crime- and drug-prevention awareness, generates support for participation in local anti-crime programs, strengthens neighborhood spirit and the police-community partnership, and sends a message to criminals, letting them know that neighborhoods are organized and fighting back.

Last year, more than 37 million people participated in National Night Out events throughout the U.S., its territories, in Canada and at military bases worldwide.

Federal Fire Department

To learn more about the Federal Fire Department’s fire-prevention efforts, call 471-3303, ext. 617, or email angela.sanders1@navy.mil.

Crime fighting resources

USAG-HI, along with DA, offers a variety of ways to report and to fight crimes against persons and personal property. Here’s a listing of handy phone numbers and websites, all focused on empowering you and your family:

Report suspicious activity

- On post
Fort Shafter Police Station at 438-7114
Schofield Barracks Police Station at 655-7114

- Off post
Call 911.

Report sexual assault and domestic violence

- MPs at Fort Shafter, 438-7114
- MPs at Schofield Barracks, 655-7114
- 24/7 victim advocate SAFE line at 624-7233

Contact family advocacy

- Army Community Service, Schofield Barracks, at 655-4779
- ACS, Fort Shafter, at 438-9285
- Schofield Barracks Health Clinic at 433-8579
- Tripler Army Medical Center at 433-6606
- Child Protective Services at 832-5300

Get involved

- Neighborhood Watch
For Schofield Barracks, call 655-7114 or email mindy.s.dye@us.army.mil.
For Fort Shafter, call 438-7114 or email susan.manuma@us.army.mil.

- IPC Resident Advisory Panel
Call your community manager for details and volunteer opportunities.

- Anonymous Crime Tip Program
Visit www.militarycrimetips.com.

- Army iWATCH
Visit www.myarmyonesource.com to learn about the antiterrorist awareness program.

- Questions and rumor control
Address with USAG-HI’s DES at 656-6750.

Use crime fighting tips

DES offers the following tips to fight crimes of opportunity:

- Lock your vehicle at all times, even when the vehicle is in the driveway. Don’t leave property, such as iPods, wallets, cameras or money, in vehicles.
- Lock your residence, including windows and sliding doors.
- Document all electronics’ serial numbers and take photos. Any documented information will be helpful if property is stolen and is a great record for insurance purposes.
- Whenever there is an incident, such as a hit-and-run accident or a suspicious vehicle, get the vehicle plate number. This action will help MPs solve the crime.



Mark Brown | Island Palm Communities

Valerie Jargo-Fowler (left) plays a trivia game with Teresa Thibodeau, property management coordinator, IPC, at IPC’s Safety Booth that shared home safety tips and information with keiki and parents.



Today
Single Soldier Survey – Choose the types of programs and activities you want by filling out the Directorate of Family and Morale, Welfare and Recreation survey now. Based on your location, go to one of these sites:
•North
<https://www.surveymonkey.com/s/Noth-Single-Soldiers>.
•South
<https://www.surveymonkey.com/s/South-Single-Soldiers>.

Framing Workshop – This event is 9 a.m.-noon, Aug. 12, Arts and Crafts Center, Schofield Barracks. Cost is \$25 and includes supplies. To register, call 655-4202.

DFMWR Expo – Learn about Directorate of Family and Morale, Welfare and Recreation programs, 10 a.m.-2 p.m., Aug. 12, at the Schofield Exchange.

Rising Star 2011 – Support your favorite singer at this yearly singing competition. Semifinals and finals are 6:30 p.m., Aug. 12 and 19, Tropics Recreation Center, Schofield Barracks. Family readiness groups and units can win \$300 in unit funds for showing the most spirit. Call 655-5698.

13 / Saturday
"Dog Days of Summer" – This event is 3-7 p.m., Aug. 13, Weyand Field, Schofield Barracks. Activities include contests for dog/owner look-alike, costume, cutest, ugliest and most talented. All dogs must be on a leash, in a carrier or stroller at all times. Only social dogs are allowed. No dogs in heat. Watch "Beverly Hills Chihuahua" as the sun sets. Call 655-0111/2 or visit www.himwr.com.

15 / Monday
Aha Aina – RSVP by Aug. 15 for "Hee Nalu (Surfing): Hawaii's Gift to the World," 6 p.m., Aug. 26, at the Nehelani, Schofield Barracks, sponsored by U.S. Army Garrison-Hawaii and the Native Hawaiian Liaison Office. Guest speaker is Fred Hemmings, a champion surfer and founder of professional surfing in Hawaii.

This Aha Aina, formerly known as the Distinguished Lecture Series, includes a complimentary dinner. Call 655-9694 or email nhliaison@gmail.com.

Free Hula Classes – The Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com.

community calendar

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

Today
At the Exchange – The Schofield Exchange is hosting the following special events during August:
•Immunization awareness table: Aug. 12, 9 a.m.-3 p.m., get informed and win an Exchange gift card.
•Customer Appreciation Day: Aug. 13, noon-2 p.m., includes activities and giveaways.
•Chili Cook-off: Setup your homemade entry at the Exchange, Aug. 27, 1 p.m.; judging begins at 2 p.m. This contest is limited to the first 20 participants; sign up at the Schofield Exchange Customer Service Center. Prizes are a \$200 or \$50 Exchange gift card.
•\$100 essay contest: Keiki 6-17 years of age can write an essay of 200 words or less on either "Why I Cannot Wait to Go Back to School," or "Why I Deserve Another Month Off." Drop off essays at Schofield Exchange Customer Service Center by Aug. 27; the winner will be notified Sept. 1.

Waipahu 5K Cane Haul Run/Walk – To qualify for early registration fees, individual (\$25) and team (\$15 per participant) entries for this third annual event must be postmarked by Aug. 12 for individuals and by Aug. 16 for teams. The run/walk starts at 7 a.m., Sept. 25, 94-695 Waipahu St., Hawaii's Plantation Village. Visit canehaulrun.blogspot.com, call 589-8448 or

Classes are held at the following days and locations:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, Community Center, Aliamanu Military Reservation.

Martinez PFC Closures – Portions of the Martinez Physical Fitness Center will be closed at various times now through October to move exercise equipment and to paint. Call 836-0338. Locations and dates follow:

- Free weight room, Aug. 15-20. Use the Schofield Barracks Health and Fitness Center, Aug. 15-19, 5 a.m.-8 p.m.
- Air-conditioned cardio equipment room, Sept. 12-14.
- Nautilus equipment room, Oct. 4-17.
- High ceiling cardio equipment room, Oct. 3-19.

16 / Tuesday
Bowling Buddies on Survivor Tuesdays – This group will bowl, 5-8 p.m., Aug. 16, at the Fort Shafter Bowling Center.

EFMP – Families enrolled in the Exceptional Family Member Program, or EFMP, can share experiences and learn about community resources. Call 655-4791/1551. Times and locations for the SHARE Support Group follow:
•Aug. 16, 6-7 p.m., Aliamanu Military Reservation Chapel.
•Aug. 24, 6-7:30 p.m., Schofield Barracks Main Chapel.

Open Mic Night – Show off your talent, no matter what it is, and enjoy an evening of food and drink specials, 6 p.m., Aug. 16, Tropics Recreation Center, Schofield Barracks. This event is held every first and third Tuesday of the month. Call 655-5698.

17 / Wednesday
Free Hawaiian Workshops – Registration is underway for the following workshops conducted by the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii. Reserve your seat today by emailing nhliaison@gmail.com or calling 655-9694.

- Classes follow:
- Lei-making, 5:30 p.m., Aug. 17, Army Community Service, Schofield Barracks. Make a flower lei; materials will be provided.
 - Nui weaving, 5:30 p.m., Aug. 24, ACS, Schofield. Make bracelets, hats or headbands from coconut palm fronds; materials will be provided.
 - Beginner's ukulele, 5:30-6:30 p.m.; Sept. 1, 8, 15, 22 and 29; Aliamanu Community Center, Aliamanu Military Reservation. Ukuleles will be available, but you can bring your own if you'd like.

Secrets of Car Buying – This workshop is 9-10:30 a.m., Aug. 17, Army Community Service, Schofield Barracks, and will cover financing, purchasing and trade-ins. Call 655-4227.

Financial Planning for Deployment – This class is 9-10:30 a.m., Aug. 17, Army Community Service, Schofield Barracks, and will show how to prepare finances for deployment. Call 655-4227.

email.canehaulrun@yahoo.com.

13 / Saturday
Keiki Tradewind Triathlon – Check in at 5 a.m., Aug. 13, at Hangar 101, Marine Corps Base Hawaii, Kaneohe Bay; events start at 6:30 a.m. Age group 7-10 starts with a 100-meter swim, followed by a three-mile bike ride and finishes with a .8-mile run. Age group 11-14 starts with a 200-meter swim, followed by a six-mile bike ride and finishes with a 1.2-mile run. Both races start and finish at Hangar 101. This triathlon is open to the general public. Register and pay at the K-Bay Semper Fit Center. Visit www.mccshawaii.com/cgfit.shtml.

Heart Walk – Registration for the 18th Annual Oahu Start! Heart Walk starts at 6:30 a.m., Aug. 13, Kapiolani Park, Honolulu; walk starts at 7:30 a.m. Choose either a 4.5-mile route around Diamond Head or a one-mile route around Kapiolani Park. Routes are noncompetitive and sponsored by the American Heart Association. Visit www.oahuheartwalk.org or call 457-4967.

Baseball Tryouts – Tryouts for the Indians baseball team are 1-3 p.m., Aug. 13, Wheeler Baseball Field, for military keiki 8-10 years old. Keiki from Schofield Barracks and Wheeler Army Airfield can try out for seven open slots. The team will play off post. Call (917) 557-5274 or email eric.m.santiago@us.army.mil.

14 / Sunday
Tradewind Triathlon – Check in at 5 a.m., Aug. 14, at Hangar 101, Marine Corps Base Hawaii, Kaneohe Bay; events start at 6:30 a.m. Triathlon consists of a 500-meter swim, followed by an 11.1-mile bike ride and finishes with a 5K race. This triathlon is open to the general public. Register and pay at the K-



Courtesy of Directorate of Family and Morale, Welfare and Recreation

Knockin' 'em out

FORT SHAFTER — Contestants, in teams of two, race to knock out as many push-ups as possible in two minutes during Right Arm Night at the Hale Ikena, here, Aug. 5. Headquarters and Headquarters Battalion, U.S. Army-Pacific, won the contest with 178 push-ups. The next Right Arm Night is Sept. 9 at the Nehelani. Call 655-4466.

Pajama Storytime – Keiki of all ages are invited to "Catch a Falling Star" at the bedtime story hour, 6:30 p.m., Aug. 17, Sgt. Yano Library, Schofield Barracks. Call 655-8002.

18 / Thursday
Anger Awareness – This interactive class, 3-4:30 p.m., Aug. 18, Army Community Service, Schofield Barracks, teaches useful techniques to cope with feelings of anger. Call 655-0596.

19 / Friday
Family Fun Friday – Enjoy free pizza and activities, 6 p.m., Aug. 19, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

Ceramic Mold Pouring – This class is 9 a.m.-noon, Aug. 19, Arts and Crafts Center, Schofield Barracks. Cost is \$5. To register, call 655-4202.

Employment Orientation – This event is 9-10:30 a.m., Aug. 19 and 26, Army Community Service, Schofield Barracks. Get a resource packet to get

started on your career search here in Hawaii. Call 655-4227.

21 / Sunday
Oama and Halalu Fishing – Go fishing with Outdoor Recreation, 6:30 a.m.-noon, Aug. 21. Cost is \$35. To register, call 655-0143.

Ongoing

FMWR Outprocessing – Starting Sept. 1, outprocessing Soldiers in the Fort Shafter/Aliamanu and Tripler Army Medical Center areas can be cleared for Directorate of Family and Morale, Welfare and Recreation services at the Aliamanu Military Reservation Physical Fitness Center, Building 1780, 176 Kauhini Rd. Call 836-0338.

Soldiers in the Schofield Barracks/Helemano Military Reservation and Wheeler Army Airfield areas can still clear at the Outdoor Recreation Center located at Building 556, Heard Ave., Schofield Barracks; call 655-0143.

visit www.schofieldspouses.com. The Hui also has a group page at www.facebook.com.

19 / Friday
Obon Dance and Festival – The Obon tradition was brought to Hawaii by Japanese immigrants and evolved into a social, cultural and religious custom designed to honor ancestors through an evening of dance and music. Dance begins at 7 p.m., Aug. 19-20, Mililani Hongwanji Mission, 95-257 Kaloapau St., Mililani. Visit www.mililanihongwanji.org or call 625-0925. For more obon festival listings, visit www.gohawaii.com.

25 / Thursday
Super Sign Up – The Fort Shafter Hui O Wahine all-ranks Army spouses club is hosting its free, annual Super Sign Up free membership event, 5-7:30 p.m., Aug. 25, at the Nehelani, Fort Shafter. All Army spouses are welcome. Visit www.HuiSpirit.com.

26 / Friday
Wounded Warrior Charity Weekend – Warriors for Warriors, a nonprofit organization, will host the following activities for this annual charity event:
•Aug. 26, 5 p.m., sit-down dinner, Joint Base Pearl Harbor-Hickam Officers' Club; keynote speaker is Navy Adm. Robert Willard, commander, U.S. Pacific Command.
•Aug. 27, Golf Scramble at Hawaii Prince Golf Course, Ewa Beach.
•Aug. 28, doors open for spectators at 6:15 p.m., for the military hockey game with Army/Air Force versus Navy/Marine/Coast Guard, Ice Palace, Honolulu.
Email puckmann212002@yahoo.com or call (949) 870-7277. Purchase tickets at www.warriors4warriors.org.



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

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

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

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF 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, noon. at MPC
•Sunday, 12:30 p.m. at AMR

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

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

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

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

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

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



Joint Base Pearl Harbor-Hickam Memorial Theater

Call 448-2297 for movie listings or go to aaafes.com under realtime movie listing.

Monte Carlo
(PG)
Fri., Aug. 12, 6 p.m.
Sat., Aug. 13, 7 p.m.



Bad Teacher
(R)
Fri., Aug. 12, 8:30 p.m.

Judy Moody and the Not Bummer Summer
(PG)
Sat., Aug. 13, 4 p.m.

Cars 2
(G)
Sun., Aug. 14, 2 p.m.

Larry Crowne
(PG-13)
Wed., Aug. 17, 7 p.m.

Mr. Popper's Penguins
(PG)
Thurs., Aug. 18, 7 p.m.

No shows on Mondays or Tuesdays.

Issues, delegates needed for 28th Annual USAG-HI AFAP Conference

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS – Community members can help improve their quality of life by submitting suggestions or becoming a delegate for the fiscal year 2012 U.S. Army Garrison-Hawaii Army Family Action Plan Conference, Oct. 18-20, at Building 647, near the Sgt. Smith Theater, here.

The opening ceremony starts at 8:30 a.m., Oct. 18. The closing ceremony will be held in conjunction with a resigning ceremony of the Army Family Covenant, Oct. 20, at the Tropics Recreation Center, here.

Training will be provided for delegates and subject matter experts. Free child care and lunch will be provided for delegates and conference volunteers throughout the week.

AFAP is an Armywide program that helps improve quality of life issues. Through AFAP, all members of the Army, including active, Reserve and National Guard Soldiers; family members; retirees; surviving spouses and Army civilians have a forum to voice concerns to Army leadership and make recommendations for change. AFAP remains the pre-eminent means for commanders at all levels to seek solutions to the concerns of their communities.

AFAP was created in 1980 through focus groups but was fully developed with the first official AFAP Conference held July 1983. Its mission is to help Army leaders address the needs and concerns of the total Army family.

USAG-HI AFAP FY 2012

- Submit AFAP issues by Sept. 20 online at www.myarmyonesource.com or in person at the Army Community Service Center at either Building 2091, Kolekole Avenue, Schofield Barracks, or at the Fort Shafter Aloha Center, Building 330, Montgomery Avenue.
- To become an AFAP delegate, call 655-0705 before Sept. 20. Delegates from all ranks are being recruited. Delegates are Soldiers, family members, retirees, survivors and Army civilians.
- The Youth Center will select delegates and issues for the Teen AFAP that will be held Oct. 15.

All Army spouses invited to Super Sign Up

HUI O NA WAHINE
News Release

SCHOFIELD BARRACKS – The Hui O Na Wahine all-ranks Army spouses club will host its annual Super Sign Up membership event at the Nehelani, here, 5:30 p.m., Wednesday.

All Army spouses can sign up to join the club at the aloha-themed open house.

A year’s dues are \$25 for August-May. Those who sign up at the event will get a free shopping bag that can be used for monthly discounts at the Hui Thrift Shop. New members also get a membership pin, exclusive items from vendors and opportunity tickets to win prizes.

The event will offer pupus, entertainment, community information and opportunities to meet current members.

“The overall theme of the Hui sign up is ‘Sharing the Aloha Spirit,’” said Jennifer Kelling, president, Hui O Na Wahine. “In addition, this year we are using the sub-theme of the ‘Hui Would Go!’

“Super Sign Up is all about exposing past and new members to all things Hui,” Kelling said. “It’s about what we do: our monthly luncheons, the Hui Thrift Store, activities, clubs, welfare and scholarships. We also invite community agencies, charitable organizations and vendors to come share their information



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

Local vendors, like the ones pictured here at the Aug. 30, 2010, Hui O Na Wahine Super Sign Up at the Nehelani, will set up at this year’s Super Sign Up, Wednesday, also at the Nehelani. Hui O Na Wahine means “Club of the Women” in the Hawaiian language.

and wares.”

Community service agencies attending the event include Army Community Service; the Leukemia & Lymphoma Society; Protestant Women of the Chapel; Moms of Preschoolers, or MOPS; and Hawaii Fi-Do Service Dogs.

Commissaries look to add local flavor

AMERICAN LOCAL LOGISTICS
News Release

WAIKIKI – Local ice cream, honey, salsa and sizzling marinated beef will be among the tasty items displayed at the 14th Annual American Local Logistics Hawaii Food Show, 8:30 a.m.-2:30 p.m., Aug. 17, at the Hawaii Prince Hotel, here.

About 80 small business owners from Hawaii will showcase their products to buyers, including key buyers from the Defense Commissary Agency, or DeCA.

Buyers will review products grown, produced or distributed in Hawaii. About 2,000 products will be showcased, including cookies, coffee and biodegradable paper goods.

Buyers are looking for products that reflect the unique tastes and culture of the Hawaiian Islands to satisfy military shoppers looking for products made in Hawaii.

Of the almost 1,000 products presented during last year’s show, 211 new items were



To learn more about the ALA Hawaii Food Show, visit www.supporthawaiicompanies.wordpress.com. This show is open to buyers only.

selected for inclusion in the commissary system on Oahu.

Since 1998, almost 1,800 local products have been added to commissary shelves. Some of those products are now sold in commissaries worldwide.

The ALA is a voluntary, nonprofit organization of manufacturers, representatives, brokers, distributors, publishers and other companies that sell or provide products and services to the military.



Molly Hayden | File Photo

Eliichi Hirayama, of EMIRI company, dishes out tofu gelatin dessert to accent sushi samples at a past ALA Hawaii Food Show. DeCA buyers will taste an array of treats from many cultures, evaluating each one for possible sale in commissaries.



Courtesy Photo

JROTC meets HIARNG

WHEELER ARMY AIRFIELD — Soldiers assigned to Company B, 29th Brigade Special Troops Battalion, 29th Infantry Brigade Combat Team, Hawaii Army National Guard, display an unmanned aerial vehicle for JROTC cadets from Punahou; St. Louis; and Waimea, Kauai, schools, here, recently. The UAV briefing was part of the cadets’ annual summer leadership camp at Schofield Barracks, recently.

Healthy eyesight, check up can help students succeed in school

WENDY LAROCHE

U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — One of the best ways to help your children in school is to ensure their vision is checked at least every two years by an eye care professional.

Vision and eye health are key to a student’s ability to do well in the classroom and when studying at home.

Children with poor visual skills may struggle to read, have a short attention span, perform poorly in sports and develop low self-esteem.

In most cases, unless a child complains about a vision problem, parents don’t ask questions concerning their vision. Research also demonstrates that children tend to not complain about subtle problems with their eyesight.

Some common signs that may indicate a problem with vision or eye health are tearing, squinting, unusual light sensitivity, eye redness or discharge, a jiggle in one or both eyes, persistent head turning, frequent headaches, droopy eyelids or a misalignment of the eyes.

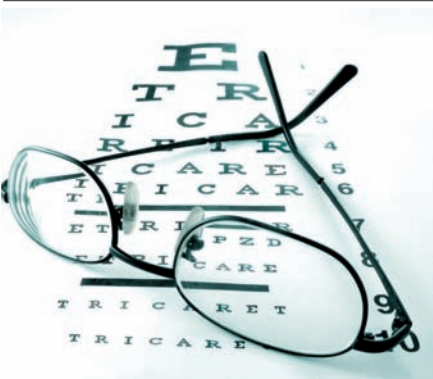
As with any condition, early diagnosis leads to better outcomes.

Other signs to look for are changes in your child’s academic performance, including trouble focusing on reading, reversals in writing and reading, and holding materials closer than normal. Talk with your child’s teacher and prima-

ry care physician, or PCP, if you witness any of these signs.

Taking advantage of regular screenings is one way to check your child’s vision.

Elementary schools might offer vision screenings that are carried out by volunteer profession-



Optometry appointments

- To make an appointment for the optometry clinic at either Tripler Army Medical Center or Schofield Barracks Health Clinic, call Central Appointments at 433-2778.

- Learn more about children’s eye health at www.tricare.mil/mybenefit/home/Vision/EyeExams.

als, school nurses and/or properly-trained persons. These individuals conduct screenings quickly, accurately and with minimum expense. These screenings detect the more common eye and vision problems, like nearsightedness or farsightedness.

If you suspect that your child may have a vision problem, make an appointment with an eye care professional, either an optometrist or ophthalmologist.

Take the screening information from your PCP with you, as it will be beneficial when assessing your child’s vision.

Although screenings are an important way to determine changes in vision, they are not a complete eye exam and do not evaluate eye health. Routine vision and health examinations are recommended, even for children who do not require vision correction.

The American Optometric Association recommends that all children receive a professional eye and vision examination at critical stages in their visual development: by six months of age, at 3-years-old, before first-grade and every other year between the ages of 6 and 18.

Tricare Prime, Standard and Extra cover vision screening for children up to age 6 during well-child exams. For school-aged children beyond 6 years of age, Tricare generally covers yearly exams for active duty families.

Tricare’s Young Adult retroactive coverage closing

TRICARE PUBLIC AFFAIRS

New Release

FALLS CHURCH, Va. — The opportunity to purchase retroactive Tricare Young Adult, or TYA, coverage expires Sept. 30.

Retroactive TYA provides coverage for young adults back to Jan 1, or the day they became eligible, if it was after Jan 1.

TYA allows eligible adult children to purchase Tricare coverage after their eligibility for regular Tricare coverage ends at age 21, or 23, if enrolled in a full course of study at an approved institution of higher learning.

TYA-eligible beneficiaries may choose to purchase retroactive coverage if they’ve had significant health care expenses that weren’t covered by other insurance.

Once enrolled in TYA, beneficiaries may file a claim for reimbursement of costs for covered care.

Additionally, young adults in the Continued Health Care Benefit Program, or CHCBP, may elect to purchase retroactive TYA coverage and receive a refund for their CHCPB fees.

Those interested in purchasing retroactive TYA coverage must ensure the regional or overseas health care contractor receives their application form by Sept. 30. All premiums — both retroactive and the initial three-month payment — must be submitted with the application. The application and payment can be dropped off at a Tricare Service Center, or mailed or faxed to the regional or overseas health care contractor.

To be reimbursed for covered services, receipts for care must be included when a claim is filed.

TYA launched in May 2011, and it has shown a steady increase in enrollment numbers. As of July 31, almost 7,700 young adults have purchased TYA, which currently offers Tricare Standard coverage for \$186 a month.

To qualify for TYA, uniformed services family members must be under age 26, unmarried and not eligible for their own employer-sponsored health care coverage.

A premium-based Tricare Prime benefit is scheduled to be available later in 2011.

Tricare resources

- Sign up for Tricare email updates at www.tricare.mil/subscriptions.

- Connect with Tricare on Facebook and Twitter at www.facebook.com/Tricare and www.twitter.com/Tricare.

- Before choosing to purchase TYA, beneficiaries should carefully consider all of their health care coverage options and balance all the costs. Complete information and application forms are available at www.tricare.mil/tya.



Mark Brown | Island Palm Communities

Isabella Henderson (center) and her sister Emma Henderson (right) prepare to complete a keiki I.D. card with help from their dad, Michael Henderson.

NNO: Event empowers families

CONTINUED FROM B-1

the best ways to do that.

“Neighbors can meet once or twice a week at the community’s park and get to know one another,” he suggested.

Doing so offers a forum for neighbors to raise concerns and offer solutions.

“(Neighbors’) kids know more about you than (your neighbors) do, because (kids are) outside all the time,” Doucet said. “Kids know when you leave for work and when you return. And they know when you go on vacation.”

USAG-HI’s Neighborhood Watch was resurrected earlier this year, after a recommendation to do so was made at the garrison’s Army Family Action Plan Conference, here, in February. However, despite the recommendation, the program has suffered from low participation. To be viable, residents must participate.

“The No. 1 concern of the community is reducing crime,” said Col. Douglas Mulbury, commander, USAG-HI. “We’ve had a lot of interest in community-oriented policing, so I’m hoping residents will participate in the Neighborhood Watch program.”

Two Department of the Army police officers are assigned to each area: Officer Mindy Dye is at Schofield Barracks and Officer Susan Manu-

ma is at Fort Shafter.

Manuma and Dye meet with community leaders and members; attend Resident Advisory Council, or RAP, meetings; train volunteers to work within their communities; and strengthen the Neighborhood Watch Program.

Crimes within U.S. Army Hawaii generally fall into three categories: crimes against property and persons and traffic offenses, such as driving under the influence on and off post.

Assaults and child abuse make up crimes against persons; 73 percent of USARHAW crimes are domestic assaults, according to USAG-HI’s Directorate of Emergency Services.

Burglary, housebreaking, larceny and damage on private property are categorized as crimes against property. Most of these in USARHAW are “crimes of opportunity,” according to DES. Many could be prevented by using crime-fighting tips, such as securing or locking vehicles and residences, instead of leaving them open for intruders.

However, residents and employees should not take any of these short-term statistics as trends, said Gordon Wiborg Jr., deputy chief of police, Area North, Law Enforcement Division, DES. Many crimes of opportunity are cyclical in nature, rising and falling during summer vacations and school holiday breaks.