

Serving the U.S. Army Community in Hawaii ★ www.hawaiiarmyweekly.com

Col. Douglas Mulbury, commander, USAG-HI, will host two garrison employee town halls at 1 p.m., Oct. 24, Religious Activities Center, Fort Shafter, and 11 a.m., Oct. 28, Main Post Chapel, Schofield Barracks.



25th ID retires several
division members.

A-4



Sp. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Sgt. Evan White (above), 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, and his working dog, Brutus, emerge from underneath an obstacle during the endurance competition, part of the 2011 Hawaiian Islands Working Dog Competition, here, recently.

Left — Sgt. Ryan Cartwright, 94th Mine Dog Det., 1st Engineer Brigade, Ft. Leonard Wood, Mo., and his military working dog, Isaac, search for explosives on an airplane during an explosives detection scenario.

Hosted by the 13th MP Det., the Hawaiian Islands Working Dog Competition tested skills and built camaraderie among the dog handler community. Read the full article on page A-5.

Army Gold takes on
Army Black in
inaugural polo match.

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84th Eng. Bn. spouses
are "CrossFit."

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SEE USAG-HI, A-7

DEPARTMENT OF DEFENSE
News Release

WASHINGTON — The Department of Defense announced, Monday, the death of a Soldier who was supporting Operation Enduring Freedom.

Staff Sgt. Houston Taylor, 25, of Hurst, Texas, died Oct. 13, in Kunar province, Afghanistan, of injuries suffered when insurgents attacked his unit with small arms fire.

Taylor was a section leader for the Brigade Focused Targeting Force, 2nd Battalion, 27th Infantry Regiment, 3rd Bde. Combat Team, 25th Infantry Division.

This deployment was his third one.

Taylor's awards and decorations include the Bronze



Taylor

Star Medal, the Purple Heart, an Army Commendation Medal (two Oak Leaf Clusters), an Army Achievement Medal (three Oak Leaf Clusters), a Meritorious Unit Citation, an Army Good Conduct Medal, a National Defense Service Medal, an Iraqi Campaign Medal with three Bronze Stars, an Afghanistan Campaign Medal with Bronze Service Star, the Global War on Terrorism Medal, an Army Service Ribbon, an Overseas Service Ribbon with numeral three, a NATO Medal and the Combat Infantryman Badge.



Courtesy Photo

Top Army leadership renewed the AFC, the Army's formal commitment to support Soldiers and their families, with a resigning, Oct. 10, at the AUSA's Annual Meeting and Exposition in Washington, recently.

EVAN DYSON
Installation Management Command

WASHINGTON – Top Army leadership renewed the Army Family Covenant, or AFC, the formal commitment to support Soldiers and their families, with a recent signing at the 2011 Association of the U.S. Army's Annual Meeting and Exposition, here.

Secretary of the Army John McHugh, Chief of Staff of the Army Gen. Raymond Odierno and Sgt. Maj. of the Army Raymond Chandler III conducted the signing, Oct. 10.

"We talk a lot about the Army family," McHugh said. "We hear it on radio and on television. We read about it in virtually any Army publication, and it is important that we talk about it. It's important that we remind ourselves, but it can't just be a bumper sticker."

"(We must not forget that) with all these great Soldiers, men and women in uniform – forward deployed, wherever that deployment may take them (to in) more than 80 countries across this planet – that back home, there are folks like yourselves who are struggling as well and (are) holding that family together," he said.

SFC signing

The local resigning of the AFC was Thursday, at Schofield Barracks. See next week's Hawaii Army Weekly for full coverage of this event and the AFAP Conference, [here](#).

While acknowledging the hardships that the Army has endured during the past 10 years of conflict, Odierno said family programs must ensure that our families remain strong.

"The reason we're able to have an all-volunteer force is because of the support we get from families," Odierno said. "These are people who raised their right hand to say 'I want to serve' and that decision does not come alone."

SEE AFC, A-8

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 email 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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48 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 10/20/11.

Straight Talk

Resident Advisory Panel reaches out to community

GORDON L. WIBORG JR.
Law Enforcement Division, Area of Operations-North,
Directorate of Emergency Services, U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD – U.S. Army Garrison-Hawaii's Directorate of Emergency Services, with its Neighborhood Watch Program, is partnering with Island Palms Community's Resident Advisory Panel program to reach out to residents on post.

The National Neighborhood Watch Program, which works in close conjunction with the Army's iWatch Program, provides an opportunity for service members, Department of Defense civilians, family members and others residing within USAG-HI housing areas to directly interface with their local law enforcement officers.

Police stations at both Fort Shafter and Schofield Barracks have been actively reaching out to their respective communities to foster and sustain meaningful relationships and communication with one common goal in mind: to make their military communities a safe place to live, work and play.

Top Cop

Crime stats made available to community

COL. LA'TONYA D. LYNN
Commander, 8th Military Police Brigade, 8th Theater Sustainment Command, and
Director, Directorate of Emergency Services, U.S. Army Garrison-Hawaii

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

The Directorate of Emergency Services, USAG-HI, uses crime statistics to determine patrol distribution and to maintain safety and security within our communities.

From Oct. 1-14, the Schofield Barracks Provost Marshal Office, or PMO, reported a total of 49 cases for Area of Operations-North.

Seven assault cases took place, which resulted in the apprehension of five service members and four family members. In the above assault cases, four involved the use of alcohol.

A total of nine larcenies took place. Four of the larcenies took place in housing areas; items taken ranged from wallets to the keys for a motorcycle. The remaining five larcenies took place in common areas where the items were unsecured and unattended. The items taken ranged from a cell phone to \$600 in cash.

There was one traffic accident, involving injuries that resulted in the hospitalization of a service member and a

The Neighborhood Watch Program in each community is a key component in this process.

Working closely together, DES and IPC are also connecting with the community at the RAP meetings, which are held regularly for residents to ask questions, voice their concerns or register complaints.

"These meetings are a real opportunity for us as police officers and USAG-HI representatives, from either DES or IPC, to huddle with our valued community members and hear their concerns and suggestions," said Officer Mindy Dye, community policing officer. "It also gives us the chance to help educate the residents as to what they can do to make themselves safer and exchange important information that helps the garrison better service our residents."

Dye is excited about the program, but admits, "We've had very low turnout at the RAP meetings. We encourage the residents to come out and spend some time with us, but very few take advantage of this great, free opportunity for service from both IPC (and DES)."

family member, and three traffic accidents that did not involve injuries. There was one incident of driving under the influence, or DUI, that occurred on Schofield Barracks, which resulted in the apprehension of a service member.

The Fort Shafter PMO reported a total of 35 cases within AOR-South.

There were five larceny cases. Of the larcenies, four were against private property, two in the housing areas and two in public areas. The items taken were a scooter, a bike, an electronic book reader and credit cards. There was also a larceny of government property for an electronic emergency flare. An arrest was made in one larceny; the remaining larceny suspects are still at large.

There were a total of four DUIs that took place. The DUIs resulted in the apprehension of three service members and one civilian.

Larceny continues to be a crime of high occurrence, mainly because the items were not properly secured. This instance occurs when someone leaves valuables in a place that can be easily accessed by another person. The best way to ensure that you are not a victim of larceny is to secure your valuables, lock your car, put chains on your bikes and lock the doors to your house and garage.

Neighborhood Watch

Residents can contact the DES Neighborhood Watch Program through the Police Desk at 655-7114 or 438-7114 or through email at mindy.s.dye@us.army.mil or susan.manuma@us.army.mil.

Dye worries that if the attendance doesn't increase, the continued effort at the meetings may be lost.

"We don't want to lose this forum; I think it's one of the best we've had in years ... but, we need people to come out to them," Dye said.

DES and IPC encourage residents in all USAG-HI communities and housing areas to contact their local community center or IPC to find out when and where the next RAP meeting is in their neighborhood, as there are multiple opportunities each month.

"Come on out and spend some time with us; we are here to help," Dye said.

Traffic citations

Outlined below is a listing of traffic citations that were issued during this time period in both AORs:

Cell phone violations, 3
Speeding violations, 52
Failure to stop as posted, 10
No insurance, 7
Expired safety inspection, 23
Parking violations, 25
Improper turns, 5
No vehicle registration, 1
Failure to provide proof of Motorcycle Safety Course, 1
Failure to register, 2
Following too closely, 1
Failure to produce driver's license, 8
Expired registration, 5
Unattended child, 1
Unattended motor vehicle, 1
Defective equipment, 3
Failure to wear protective equipment, 10

Report any suspicious behavior or witnessed criminal acts to law enforcement personnel at Schofield Barracks at 655-7114 or at Fort Shafter at 438-7114.

POHAKULOA TRAINING AREA Army seeks input at public meetings

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

POHAKULOA TRAINING AREA – U.S. Army Garrison-Hawaii announced the availability of the Draft Programmatic Environmental Impact Statement, or DPEIS, for modernizing of training infrastructure, construction and operation of an Infantry Platoon Battle Area, or IPBA, here, recently.

The Army seeks public input to identify community concerns and issues as part of the PEIS process, which is being conducted pursuant to the National Environmental Policy Act, or NEPA, of 1969.

The proposed action involves upgrading existing ranges to current standards, constructing new ranges, updating and constructing new Soldier support facilities in the cantonment area, and improving and constructing roads and utilities, here.

The action would improve the current shortfall in collective, group live-fire training capabilities for units stationed in Hawaii.

For the first modernization project, the DPEIS specifically is evaluating constructing and operating an IPBA that would include an Infantry Platoon Battle Course, a live-fire shoot house and an Military Operations on Urban Terrain facility.

The Army is considering three locations within the PTA impact area to construct the IPBA.

There is no proposed expansion or planned use above historic levels.

The DPEIS also considers the "No Action" alternative of not modernizing existing training ranges, training support

DPEIS Public Meetings

- Nov. 8
Aunt Sally's Kaleohano's Luau Hale, 799 Piilani St., Hilo
6:30-7:30 p.m. open house
7:30-9:30 p.m. open microphone
- Nov. 9
Waimea Elementary School, 67-1225 Mamalahoa Highway, Kamuela
6:30-7:30 p.m. open house
7:30-9:30 p.m. open microphone

infrastructure and facilities, here, which would be a continuation of the present course of action. Under the No Action alternative, the Army would continue to use current training lands and facilities, here, as efficiently as possible.

The public is invited to attend public meetings and encouraged to provide written or oral comments on environmental issues addressed in the DPEIS.

At the meetings, there will be tabletop poster displays and subject matter experts available to answer questions during the open-house session, and an open-microphone session for oral comments. Court recorders will be available for those who choose to have their comments recorded.

All written comments must be postmarked or received during the 45-day comment period. Written comments must be postmarked by Nov. 30, 2011, and mailed to PTA PEIS, P.O. Box 514, Honolulu, HI 96809. Comments may also be submitted through fax at 545-6808 or emailed to PTAELS@bah.com.

Choices bring us tricks or treats

CHAPLAIN (CAPT.) DOUGLAS WEAVER
1st Battalion, 21st Infantry Regiment,
2nd Brigade Combat Team, 25th Inf. Division

Have you ever stopped to reflect on the thousands of choices you make every day?

What should I eat? Whom should I vote for? Whom shall I marry? Should I stay in the Army? Should I end my marriage? Should I purchase this item on credit?

Our daily choices ultimately create our future, because every choice that we make will either cause us to be blessed or cursed.

The bottom line is, all choices have consequences. These consequences will either be for our betterment or will work to destroy us, and we are always responsible for our choices.

We are challenged with this in Deuteronomy 30:19: "This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live."

Our choices can bring blessings or curses, tricks or treats.

Many people either lack wisdom to make good decisions or have been tricked and deceived to believe that their chosen course of action will bring them happiness. They have made wrong decisions and have even been encouraged to continue in destructive behavior.

God wants to save us from tragedy, sickness, fear, anxiety and the turmoil of this world, as we can become caught up in a cycle of destructive pain. The cumulative results of successive bad choices

Weaver

can leave us feeling paralyzed, depressed and lonely.

The good news is that God wants to heal us. First, we must be willing to honestly reflect on our courses of action. Second, we need to accept new truths that allow us to recognize our mistakes and the source of our pain.

God has promised that we will never be left stumbling in the dark. When we earnestly search his word, we will find practical and healthy solutions to life's most difficult challenges. We must learn to stand upon the promises of God's word.

Psalms 119:105 says, "Your word is a lamp unto my feet and a light unto my path."

Finally, we must be willing to move to a place of healing and safety. Albert Einstein is credited with saying, "The true definition of insanity is doing the same thing over and over again, and expecting different results."

The healing of the soul, which is a cleansing process, takes place as we learn, accept and apply new truths through a close and personal relationship with God.

Sinful habits are gained through our thoughts and choices. We can gain victory over those habits by thinking God's thoughts. A person who feels unworthy and unacceptable can replace those negative feelings with the truth that he or she is created in the image of God and worthy of dignity and respect.

To change a habit of negative thinking, change that negative thought for its opposite. Instead of gossiping, say something nice about that person, instead. Very quickly, the negative habit will be broken.

To ensure our future is healthy and secure, and has God's blessing on it, we must allow God's wisdom to help us make decisions and yield to his spirit to enable us to live fruitful lives.

Voices of Ohana



"Avoid aggressive behavior, while in a vehicle or a public place."

Staff Sgt. Billy Charles
DES, USAG-HI



"You should watch how much you drink, and always drink in moderation."

Spc. Shawntea Jarone
HHC, 8th MP Bde., 8th TSC



"You should always have a designated driver."

Staff Sgt. Stanley Maszcak
222nd Broadcast Operations Detachment, 200th MP Command



"Always lock your door and windows when you are away or asleep."

Spc. Nana Sighrah
HHC, 8th MP Bde., 8th TSC



"Identify and mitigate the risk."

Capt. Timothy Zalesky
HHC, 8th MP Bde., 8th TSC

October is National Crime Prevention Month.

How do you stay safe?

Photos by 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Army transforms for future sustainability of Soldiers, installations

ROB MCILVAINE
Army News Service

WASHINGTON — To ready itself for the future, the Army is transforming installations and housing, as well as its use of fuel, water and energy.

The Army’s focus on energy is changing, and people are now realizing they have a stake in contributing to the success of the Army, said Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment, during a panel discussion at the 2011 Association of the U.S. Army’s Annual Meeting and Exposition, here, Oct. 12.

Hammack’s office develops Army energy use management programs.

“This (personal stake) is certainly apparent in theater, where if we reduce the amount of energy we use, this means fewer convoys, and fewer convoys means fewer casualties, so it has a direct impact on the Soldier,” she said.

Hammack also said that with budget tightening, better management of energy use on military installations stateside means freeing up money to do other things.

Energy security also plays a role in managing how the Army uses energy on its installations, she said. If the civilian power grid goes out on an Army installation, the Army can make enough of its own energy to sustain the mission there. Not being able to do so presents a security vulnerability, so the Army is looking at renewable energy sources to prevent such vulnerabilities.

“We have an energy initiative task force that was recently stood up to

help bring renewable energy onto our bases,” Hammack said. “We’re working with (the) private sector to bring about \$7 billion worth of investment (in energy projects) on Army bases, so if power goes out, the base is able to function.

“We have to manage the water that we use and that we re-use, and inject it back into the local aquifers, so that we’re not depleting clean water reservoirs, because right now, 98 percent of the water on this planet is nonpotable,” Hammack explained.

The goal is noble and green, she added, but more importantly, it helps the Army and it helps the warfighter.

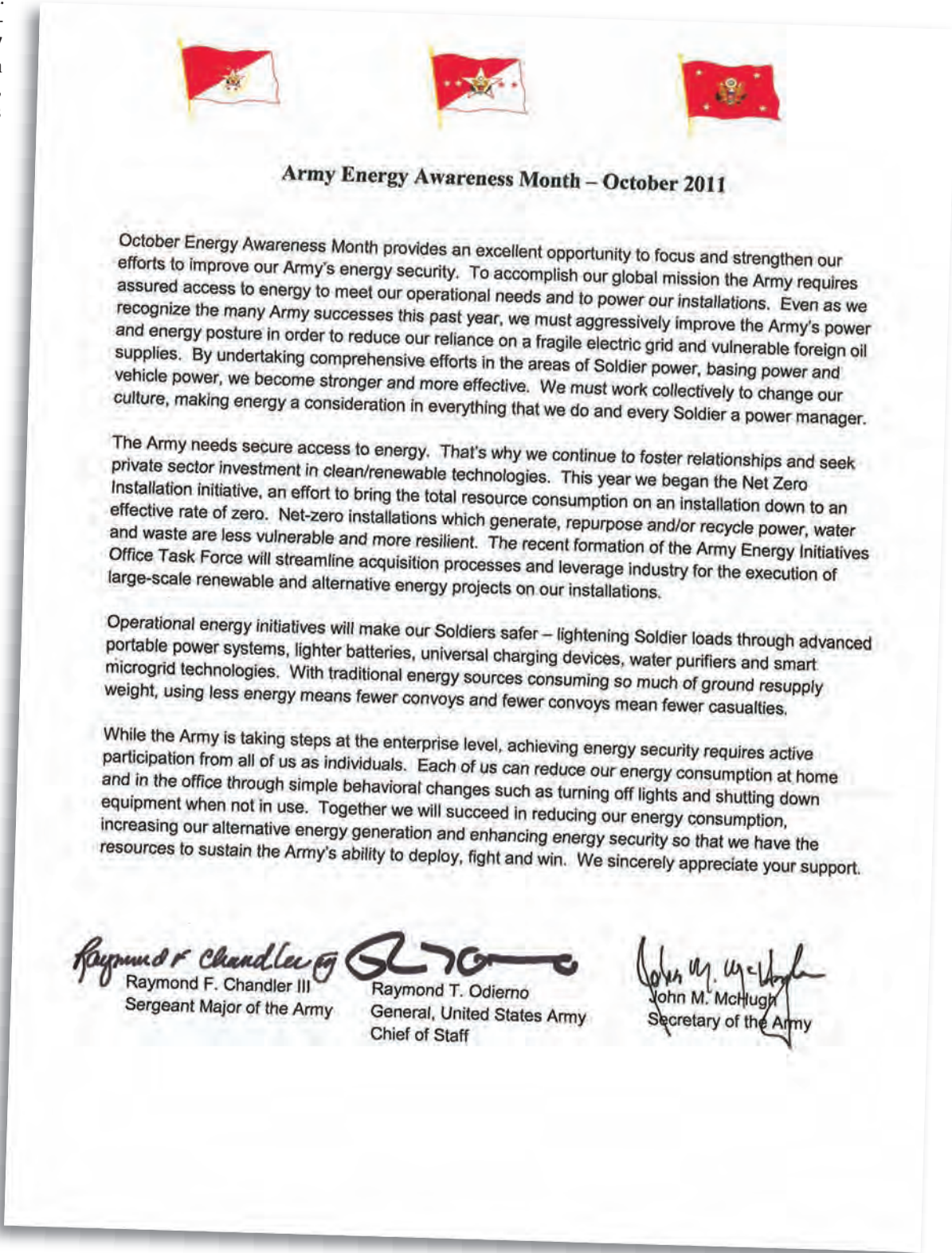
“Only two percent (of the world’s water) is fresh water and of that two percent, only one percent is easily accessible,” Hammack said. “So, if we don’t appropriately manage our water resources, that is going to be a restriction on us, and a restriction on our ability to perform our primary mission.”

Additionally, in operations in Iraq and Afghanistan, water must often be transported by convoy, and those convoys put Soldiers’ lives at risk. More efficient use of water, Hammack said, means less usage overall, fewer convoys and fewer lives lost.



Courtesy Photo

Energy conservation leads to fewer water and resources convoys.



196th Inf. Bde. prepares Guam reservists for future deployments

Story and Photo by
SGT. 1ST CLASS CHARLES D. BACON
Support Battalion, 196th Infantry Brigade,
U.S. Army-Pacific

SCHOFIELD BARRACKS — The job of the Support Battalion, 196th Infantry Brigade, U.S. Army-Pacific, here, is to prepare deploying units for life and death decisions that are made in a matter of seconds. One such unit to recently undergo the training is the 368th Military Police Detachment, a Reserve unit from Guam that is deploying to Afghanistan.

The Support Bn. is primarily comprised of Soldiers who have recently returned from Afghanistan and Iraq. These knowledgeable and experienced Soldiers oversee the mobilization training for National Guard and Reserve units and provide Soldiers with techniques needed for success on the modern battlefield.

While here for their training, the 368th MP Det. Soldiers participated in a training exercise known as “The Shoot House,” a house which contained several rooms without any ceilings. Troops entered each room in the facility, with their weapons drawn, and reacted if they saw a cut-out photo of an enemy combatant.

During the first portion of the training, MPs fired blanks, but they used live rounds in the final phase. Support Bn. Soldiers oversaw this training from the “rooftops” above the walls.

After completing the live-fire exercise, trainers and reservists critiqued their performance and conducted an after-action review through video monitors, which had recorded the action as teams moved through the complex. The video provided them with real-time feedback to critique, improve and maximize their training opportunities.

Detachment Soldiers also received instruction in improvised explosive device awareness, combat lifesaving techniques and mine-resistant, am-



Guam Reserve Soldiers with 368th MP Det. (left) conduct “Shoot House” training at Schofield Barracks, recently. Detachment Soldiers are being trained by the Support Bn., 196th Inf. Bde., USARPAC, and are being evaluated on their ability to conduct tactical movements before their upcoming deployment to Afghanistan.

bush-protected vehicle training to better prepare for their upcoming deployment.

Both trainers and trainees agreed

that the realistic, mission-oriented training will enhance and improve the unit’s capabilities and preparedness for its upcoming deployment.

Ceremony honors ‘Warriors’

25th ID retires 12 NCOs from unit and service

SGT. ROBERT M. ENGLAND
2nd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — Twelve Soldiers were recognized during a ceremony that closed the final chapter of their Army careers and their time with the 25th Infantry Division.

“As we rejoice with these selfless servants during their moment of accomplishment, we also anguish at the loss of such dedicated and committed ‘Warriors’ and leaders,” said Col. Christopher Vanek, commander, 2nd Brigade Combat Team, “Warriors,” 25th ID, during a retirement ceremony at the Nehelani, here, Oct. 5.

In their combined 41 years of service, Sgt. 1st Class Jason Boe, field artilleryman, 2nd Battalion, 11th Field Artillery Regiment, 2nd BCT, and 1st Sgt. Philip Castle, senior enlisted leader, Company C (Medical), 225th Bde. Support Bn., 2nd BCT, agreed that taking care of Soldiers ranked among their top contributions to the Army.

“I hope my legacy has been taking care of Soldiers,” Castle said. “I strived to put their needs before mine. It’s the Soldiers that are most important. It’s important to teach them the same thing, so that when they come up in the ranks, they send more of their focus down to their Soldiers.”

Boe said the essence of teamwork in the Army is something he will take with him as he prepares for the next chapter of his life.

“I liked the teamwork,” Boe said. “I liked how people from all branches of life could come together and work as a team to get the job done.”

Castle talked about the importance of adaptability in the Army.

“I learned how to work with all kinds of people in a diverse environment,” Castle said. “I learned how to adapt to any situation.”

This adaptability, something both retirees instilled in their Soldiers, will prove vital to the success of the organization as the Army continues to change.

“The Army has changed dramatically,” Castle said. “It’s a more-educated and adaptable Army than when I

came in. It has different strengths, and I really believe the ability of the leadership on all levels has increased.”

As noncommissioned officers, the two retirees saw improvements in the structure and operation of the NCO Corps throughout their careers.

“I think the Army is headed back to discipline, back to standards,” Castle said. “I think you’re going to see (NCOs) holding their ranks for longer to build their capabilities and perspectives in those ranks.”

“I believe the NCO Corps is going to continue to improve ... (in) the NCO education system and the changes being made to improve it for future generations,” Boe said.

Boe and Castle offered advice for the future generations that will continue to serve the nation.

“Take advantage of all the programs the Army has to offer,” Boe said. “Use the system, stay motivated and make yourself useful to the Army.”

“Don’t take your service for granted,” Castle said. “Remember all the programs and benefits of being in the Army. Above all else, keep your service to the nation in the forefront of your mind.”

With their decades of service behind them, these 12 retirees have paved the way for the generations of Soldiers who will continue to serve in the U.S. Army and continue the Army’s legacy.



25th ID retirees

- Staff Sgt. Ulysses Becker
- Sgt. 1st Class Jason Boe
- 1st Sgt. Philip Castle
- Sgt. 1st Class Charles Cleveland
- Staff Sgt. Paul McQuown
- Sgt. Chris Nomura
- Staff Sgt. Morgan Querau
- Staff Sgt. Anthony Rowley
- Sgt. 1st Class Zsolt Szabo
- Chief Warrant Officer 3 David Waybright
- Sgt. Randy Winkler
- Chief Warrant Officer 4 David Yarber



A military working dog darts by onlookers as he goes in for a bite during the “hardest hitting dog” competition, part of the 2011 Hawaiian Islands Working Dog Competition, recently. Seventeen Army and Air Force working dog teams from across the nation competed and were tested on their dog handling abilities. Teams were also able to showcase the trust between military members and their best friends.

Working dogs are a Soldier’s best friend in battle, competition

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

SCHOFIELD BARRACKS — Man’s best friend follows him in times of peace, war and even in competition.

Seventeen Army and Air Force military working dog teams from around the globe competed, here, in the 2011 Hawaiian Islands Working Dog Competition, recently.

As the only military working dog competition in the Department of Defense, the event tested competitors on their dog handling abilities, but most importantly, showcased the trust between military members and their best friends.

The competition was hosted by the Schofield Kennel, 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command.

“(It’s) a celebration of dog handling,” said Sgt. 1st Class Timothy Timmins, head judge, 2011 Hawaiian Islands Working Dog Competition and U.S. Army-Pacific Military Working Dog coordinator.

The weeklong competition showcased events to challenge dogs and handlers, while providing a week of fellowship for handlers to learn from each other.

The working dog teams, comprised of one handler and one working dog, competed in events ranging from drug detection in a plane graveyard to a grueling obstacle course where handlers competed with their dogs on their backs.

The competition tested and ultimately rewarded the faith demonstrated between the handlers and the dogs. In these teams, small body nuances replace words and a primal trust develops, according to Timmins. Trust builds a bond as strong as any family, he added.

“A dog is not a rifle, it’s not a system and you can’t program it,” Timmins said.

Sgt. Jennifer Rader, 13th MP Det., tapped into that primal trust when she took off her night vision goggles and relied on her partner of two years, Benny, to help guide her through a maze of buildings under complete darkness and with gunfire surrounding her during the tactical detection scenario.

She relies on that trust every day when she completes her patrols. “When I’m more alert, he’s more alert, (and) he reads off my vibes when the situation gets intense,” she said.

Participating teams displayed true partnership throughout the competition, as well as determination to get the job done.

Rader said teams displayed a lot of experience and a lot of different techniques, but handlers have to learn what works best for their dogs, as what works with one dog might not work with another dog.

Sgt. Richard Morrison, 13th MP Det., and his dog, Bo, won “Top Dog” and many trophies, while displaying a fast, unique, tough style that awed crowds, especially during the “hardest hitting dog” portion of the competition.

When the dust had settled and the competition had ended, the team from U.S. Army-Korea took “Top Kennel.”



Above — Sgt. Ryan Cartwright, 94th Mine Dog Det., 1st Engineer Bde., Ft. Leonard Wood, Mo., and his military working dog, Isaac, search for explosives on an airplane, during an explosives detection scenario.



Right — Spc. Giovanni Gonzalez, 13th MP Det., 728th MP Bn., 8th MP Bde., 8th TSC, carries his working dog, Lasso, up a hill during the endurance portion of the working dog competition, which tested both the Solider and his canine partner.

Changes are coming in performance rating, skills development

Cadets, officers and NCOs will all see changes in personnel management

MASTER SGT. DOUG SAMPLE
Army News Service

WASHINGTON — The all-volunteer force can expect several changes in terms of promotion, evaluation and professional development, as the Army looks at new strategies for overhauling its personnel management system.

During a panel discussion, Oct. 13, at the 2011 Association of the U.S. Army’s Annual Meeting and Exposition, here, Army leaders briefed Soldiers and civilians on what they can expect as the service looks to 2020.

Thomas Lamont, assistant secretary of the Army for Manpower and Reserve Affairs, said Army management for manpower will transform during the next nine years.

“The Army of 2020 must retain high-quality individuals,” he explained. “We must be more flexible and informed (and be) better able to identify and draw on the unique skills and talents within the force to more easily address specific missions.

“Our goal is to create institutional agility, so that we are able to expand and contract the force to meet new missions, changing environments and emerging crises,” he said.

To achieve that goal, Lt. Gen. Thomas Bostick, deputy chief of staff, personnel headquarters, said the Army must maintain and manage the talent it has within the force.

“We are very, very good at developing leaders, and we are focused now on how do we do it better,” Bostick said. “You can talk to any industry out there, and they will look at the U.S. Army as a great example of how we develop young leaders, officers, noncommissioned officers, warrant officers and civilians. We want to keep that reputation as we move forward.”

Bostick said, during the next year, the U.S. Military Academy and the Training and Doctrine Command will roll out a new initiative called broadening. This initiative will allow officers to gain knowledge, skills and abilities through various assignments outside their core competency. The new initiative provides opportunities to work as fellows with government and civilian agencies, participate in military exchange programs, train within industries and teach at colleges and universities.

Other changes include implementing a senior rater box on the officer evaluation report for all grades, brigadier general and below, with the exception of chief warrant officer 5, and incorporating comments on Officer Efficiency Reports, or OERs, for the 360 assessment.

The 360 assessment allows peers and subordinates to rate a Soldier’s performance through the past three years. Bostick compared the 360 assessment to an after-action review, adding that officers need to become “comfortable with the dialogue” in the assessment.

Sgt. Maj. Tom Giles, personnel headquarters, said the Army also plans to develop its NCO Corps, through changes in schools and training. Soldiers can now take structured self-development training, which Giles said encompasses “all the key things that we don’t have time to get to in institutionalized training — things like the culture and traditions of the service, information that is critical to young service members.”

Giles said the NCO evaluation report, or NCOER, will change, adding that the document has “had its day.”

“We need to get back to accountability,” he said.

Additional recommendations for improving the NCO rating system include a multi-source assessment tool and ways to increase senior rater and rater accountability.

The National Guard and Reserves are also looking at ways to overcome challenges and provide the training needed to develop strong leaders.

“We want our NCOs and our Soldiers to have the developmental opportunities they need,” said Maj. Gen. Ray Carpenter, acting director, Army National Guard. “Our challenge is to make sure that they have the same education and the same training as their active duty counterparts, so they can have the same opportunities they deserve.”



Courtesy Photo

Maj. Gen. Ray Carpenter (left), acting director, Army National Guard; Lt. Gen. Jack Stultz (center), chief, Army Reserve; and Lt. Gen. Thomas Bostic, deputy chief of staff, personnel headquarters, speak on coming changes to the personnel management system for Soldiers, at the 2011 AUSA’s Annual Meeting and Exposition, held in Washington, recently.

Civilian workforce development on track

C. TODD LOPEZ
Army News Service

WASHINGTON — In the last year, the Army has moved closer to transforming its civilian work force of more than 320,000 employees.

During the 2011 Association of the U.S. Army’s Annual Meeting and Exposition here, Oct. 13, Under Secretary of the Army Joseph Westphal highlighted some of the progress made toward some short-term goals that he laid out a year earlier.

Included in those goals was mapping civilian employees to a career program and also developing a “scalable hiring process proof-of-concept” to reduce hiring times for civilian employees, Westphal said.

Currently, the Army Career Tracker, or ACT, is available to some 50,000 civilian employees. The online tool is designed to integrate training and education into one website and allows an employee and leadership to track careers and monitor education and training resources.

These civilians have been mapped to one of 31 career programs, and the target is to have 100 percent mapped to a career program under ACT by Sept. 30, 2012.

To speed up civilian hiring, the Army conducted a hiring reform test, aimed at reducing timelines for hiring actions.

“We invested in civilian employee professional development,” Westphal said. “We have also developed the (ACT), an online tool for tracking employee skills and training requirements. The ACT will help employees and their supervisors try and navigate a roadmap of professional success.”

Westphal said that progress in civilian workforce transformation “has not been easy,” and that transformation is still “embryotic.”

He said studies have shown the Army has to improve how it hires civilians, manages civilian careers, trains and develops leaders, and adapts the workforce to changing national requirements.

“The primary goal (of civilian workforce transformation) is to ensure that every civilian that comes into the Army has a career path,” Westphal said. “That career path can be tracked, (and) ... people will be able to receive education training and development in those career paths, so they can grow in the Army and provide greater expertise in their jobs.”

Developing education for civilian employees, something similar to what is available for Soldiers, is also critical, he said.

“If you’re a Soldier today, whether you are a noncommissioned officer or an officer, the Army invests a significant amount of money in your education,” he said. “We’ve got probably the best-educated military in the world. We need to do the same thing for our civilians. Putting money into that, in a tight economy, is going to be a struggle, but I am going to make sure we do the best we can.”

USAG-HI: Community makes a connection during first-ever Ohana Day

CONTINUED FROM A-1

Division, Directorate of Public Works, explained how the Army balances its mission with the environment. Attendees were then turned loose to explore a tactical equipment display complete with a Chinook, a Black Hawk, a humvee, a Stryker and personal protective equipment.

The stop at a residence in the Kalakaua Community introduced attendees to Army housing, and the improvements made possible through the Army's partnership with Island Palm Communities.

Meanwhile, at the E Quad barracks, a DPW historian explained how the garrison has preserved the rich history of the installation during modernization efforts.

Sgt. Arthur Stevenson, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th ID, also briefed at E Quad, sharing his personal experiences before he and his team of Soldiers led a tour of the 3rd BCT's living quarters.

"When I first joined the Army, I shared a four-man room," he told attendees. "Now, every Soldier has his own room, and that's amazing to me."

Stevenson also highlighted the Soldiers assisting him with the barracks tour.

"These Soldiers live in the barracks;

they're proud of it, and I couldn't be more proud of them," he said.

The event culminated with lunch at the K Quad dining facility.

During one last question-and-answer forum there, one attendee asked what the origin of the event was. True to the day's focus, Mulbury once again pointed to the Soldier.

"We've sensed that Soldiers and families have lost some of the connection to the local community because of the military pace of life and recurring deployments," he said. "We want to help rebuild that connection, in part by showcasing the quality of our Soldiers, as well as our installation and services. We also want to show you what your taxpayer dollars are doing to support today's all-volunteer Army."

Brig. Gen. Roger Mathews, deputy commander, U.S. Army-Pacific, also made an appearance at the lunch and thanked attendees for taking time out of their busy schedules to learn more about the Army community.

"The strength of our Army and the strength of our Soldiers comes from the strength of their families and the communities, here, that they call home," he told attendees. "You are a big part of the ohana that keeps our Army strong."

USAG-HI plans to continue its outreach efforts with similar Community Ohana Days in the future.



Aiko Brum | U.S. Army Garrison-Hawaii Public Affairs

A 25th ID Soldier gives a community member a tour of the inside of a humvee during Community Ohana Day, Oct. 14.



Aiko Brum | U.S. Army Garrison-Hawaii Public Affairs

Soldiers and community members get the opportunity to become more acquainted during the first-ever Community Ohana Day event. Island neighbors toured the installation and learned about the daily lives of Soldiers, families and the garrison.



Jack Wiers | U.S. Army Garrison-Hawaii Public Affairs

A 25th ID Soldier helps a community member don a piece of personal protective equipment during Community Ohana Day on Weyand Field.



Courtesy Photo

The number of Soldiers abusing prescription drugs is low, and the Army just signed a contract to develop a marketing campaign intended to keep that number low.

Army inoculates force against prescription drug abuse

C. TODD LOPEZ
Army News Service

WASHINGTON — The number of Soldiers abusing prescription drugs is very low, and the Army is working to help keep that number low.

The Army has a campaign to educate Soldiers, leadership and family members about the addictive nature of prescription drugs.

The measure is preventative in nature, and the first wave of campaign material should appear in January 2013.

“We see an ever-increasing threat, from a national level, of the potential for abuse of prescription drugs,” said Dr. Les McFarling, director, Army Substance Abuse Program. “We’ve seen the abuse of pain killers, oxycodone for example, and that’s something that’s rising very fast in the national scene.”

McFarling said some consider drugs to be a miracle due to their speed and effectiveness in relieving pain. At the same time, he said, there’s the potential that once a Soldier starts taking such a drug, he or she might not stop.

“It doesn’t take much,” McFarling said. “These are very, very dangerous drugs, in terms of their addictive quality.”

McFarling said there isn’t much indication that prescription drugs such as amphetamines, methamphetamines, codeine, morphine, oxycodone or oxymorphone are being abused in great numbers.

Army data shows that in fiscal year 2011, among the 507,502 drug tests conducted for amphetamines, about 0.13 percent of Soldiers were subsequently confirmed to have been using the drug illicitly. For methamphetamines, about 0.07 percent were shown to be using illicitly. For codeine, that number was 0.05 percent, oxycodone was at 0.08 percent and oxymorphone was at 0.15 percent.

Even with the low numbers, McFarling said, prescription drug abuse is a problem that’s “very, very, very hard to correct. This is one of the most addictive drug families you can have. It’s much

National Take Back Initiative

Turn in unused or expired medication for safe, anonymous disposal on National Take Back Initiative Day, Oct. 29:

- Schofield Barracks’ Army and Air Force Exchange Service Post Exchange, 10 a.m.-2 p.m.
- Marine Corps Exchange, 10 a.m.-2 p.m.
- Pearl Harbor Navy Exchange, 10 a.m.-2 p.m.
- Federal Building, 300 Ala Moana Blvd., Honolulu, 10 a.m.-2 p.m.
- Kahala Mall, 4211 Waialae Ave., Honolulu, 8:00 a.m.-noon.
- Town Center of Mililani Bandstand, 95-1249 Meheula Pkwy., 10 a.m.-2 p.m.
- Windward Mall center court, 46-056 Kamehameha Hwy., Kaneohe, 10 a.m.-2 p.m.

easier for us to prevent Soldiers from becoming addicted than it is to help them get rid of their addiction.”

The Army campaign is aimed at making Soldiers aware of the risks and addictive nature of many prescription drugs. The format of the campaign might be similar to what the Department of Defense is doing with its “That Guy” campaign to educate service members about alcohol abuse.

In addition to the anti-prescription drug abuse campaign, the service already has other efforts in place to prevent an epidemic of prescription drug abuse. Prescription drugs are being tracked across the DOD to ensure Soldiers aren’t inadvertently prescribed multiple doses of the same addictive drug or that Soldiers don’t seek out multiple prescriptions.

Also, now limits are in place on the amount of time a Soldier is allowed to use a prescription, even if pills are left over in the bottle.

By the middle of fiscal year 2013, oxycodone will become part of the standard drug test.

AFC: Army affirms its stance on families

CONTINUED FROM A-1

and their families with a quality of life commensurate with their service and sacrifice.

In the time since, a variety of programs have been developed and enhanced, including Survivor Outreach Services; Child, Youth and School Services; Exceptional Family Member Respite Care; and New Parent Support.

“We have two families,” Odierno

said. “We have our biological family, and we have our Army family. We need both, and we need to make sure that all of you have confidence that your Army family will be there for you when you most need them.”

While the Army adjusts to a new fiscal reality, leadership reaffirmed its commitment to continue providing Soldiers and families with quality programs and services to support their daily lives and sustain their well-being.

“We will not make family programs the bill payers for other kinds of initiatives,” McHugh said.

Odierno stressed the importance of feedback in identifying what programs provide the most benefit to the Army family. Discussions like the Army Family Action Plan Conference are critical to informing leadership about what needs to be done to continue to provide quality programs and services to Soldiers and families.

News Briefs

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

27 / Thursday

TARP Training — The Threat Awareness and Reporting Program, or TARP training, is held every Thursday at 9 a.m. The next training session is Oct. 27, Main Auditorium, Camp Smith. Call 655-1306/9501.

31 / Monday

Education Counseling Services — On the last workday of each month, the Schofield Barracks Army Education Center and the Fort Shafter/Tripler Education complexes will curtail Army guidance counselor services, 1-5 p.m., to allow for employee training. Call 655-0800.

November

2 / Wednesday

PXmarket and Hale Ikena Advisory Meeting — This meeting for the Oahu South Community is 10:15-11:15 a.m., Nov. 2, at the Hale Ikena, Fort Shafter. All South community members are invited to attend to provide input. Call 438-0428.

Ongoing

Ohana Clinic — Tripler Army Medical Center’s Warrior Ohana Medical Home is accepting enrollment. The center is a full-service, primary care clinic and is open Monday-Friday, 8 a.m.-4:30 p.m., at 91-1010 Shangrila St., Ste. 100, in Kalaeloa. Call 433-5401/5402.

Free Overnight Hotel Vouchers — Active duty service members traveling to or leaving the U.S. can present their ID card and a copy of their official travel orders at the Honolulu International Airport USO to get a free overnight hotel voucher. This offer is good through Dec. 31. For

a list of participating hotels, visit www.salutetosoldiers.com. Call 422-1213 or email elsmith@uso.org or btroegner@uso.org.

Notary — Soldiers, military families and veterans can use NotaryNow for free during 2011. This technology allows users to notarize remotely by connecting to a notary over webcam. Visit www.notarynow.com/signing/s-for-soldiers.

Lyman Road Construction — Through July 2012, construction work will be underway, Monday-Saturday, on the Lyman Road Sewer Upgrade and Reclaimed Water Transmission Project at Schofield Barracks and Wheeler Army Airfield.

Construction will start at the Schofield Barracks Waste Water Treatment Plant and will continue to the intersection of Lyman and Hewitt roads.

Most construction will take place during the day; however, some night work is anticipated to relieve rush hour impacts. Night work will be limited to nonresidential areas, away from homes.

Drivers are encouraged to take alternate routes and drive with caution. For current traffic advisories, visit www.garrison.hawaii.army.mil, click on “Post Information,” then “Traffic Updates.” Call 674-7656.

PT Routes — Units are asked to observe authorized Schofield Barracks and Wheeler Army Airfield physical training routes. Units are also asked to show courtesy while conducting formations and PT on installation fields adjacent to family housing areas. Details are outlined in USAG-HI Policy Memorandum “Authorized Schofield Barracks and Wheeler Army Airfield Physical Training (PT) Routes and Pedestrian Rights and Duties.”

Questions can be addressed with the USAG-HI command sergeant major at 656-1153.

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.

Counseling Sessions — Military OneSource offers nonmedical behavioral health counseling sessions for service members and their families. These counseling sessions provide face-to-face counseling through affiliate providers; short-term, solution-focused telephonic consultations; and online consultations. Authorization is on a case-by-case basis. Visit www.MilitaryOneSource.com or call (800) 342-9647.

Suicide Prevention — The National Suicide Prevention Lifeline is a free, 24-hour crisis intervention hotline at (800) 273-TALK (8255), as well as an online service at www.suicidepreventionlifeline.org. Services are available to anyone in suicidal crisis or emotional distress, to include all military members and their families.

Work and Careers Websites — Visit www.militaryspousejobsearch.org and www.myarmylifetoo.com to learn job search techniques, get resume tips and obtain information on the Army Spouse Employment Partnership. Call Army Community Service at 655-4227.

Civilian Education System — Army civilians can apply for leader development and education opportunities by visiting www.amsc.beilvoir.army.mil. Open the tab “Academics” to review specific courses available to Army civilians. Email iamscregistrar@conus.army.mil or call (703) 805-4461.

Language Survival Kits — Deploying troops can download free language survival kits at <https://lmds.dliflc.edu>. The Defense Language Institute also offers new language DVD programs that teach 80 hours of survival phrases in Arabic, Dari and Pashto. Users must register and receive DLIFLC account approval before placing an order. Call (831) 242-5376 or email scott.t.swanson@us.army.mil.



Army Gold player Mark Becker (forefront) attempts to advance the ball ahead of Army Black player Chris Dawson during Army Polo at Palm Circle, Fort Shafter, Saturday.

Army Gold

vs.

Army Black

Inaugural Army Polo match honors Soldiers, families, wounded warriors

Story and Photos by
SPC. TIFFANY DUSTERHOFT
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – Army Polo is back in Hawaii.

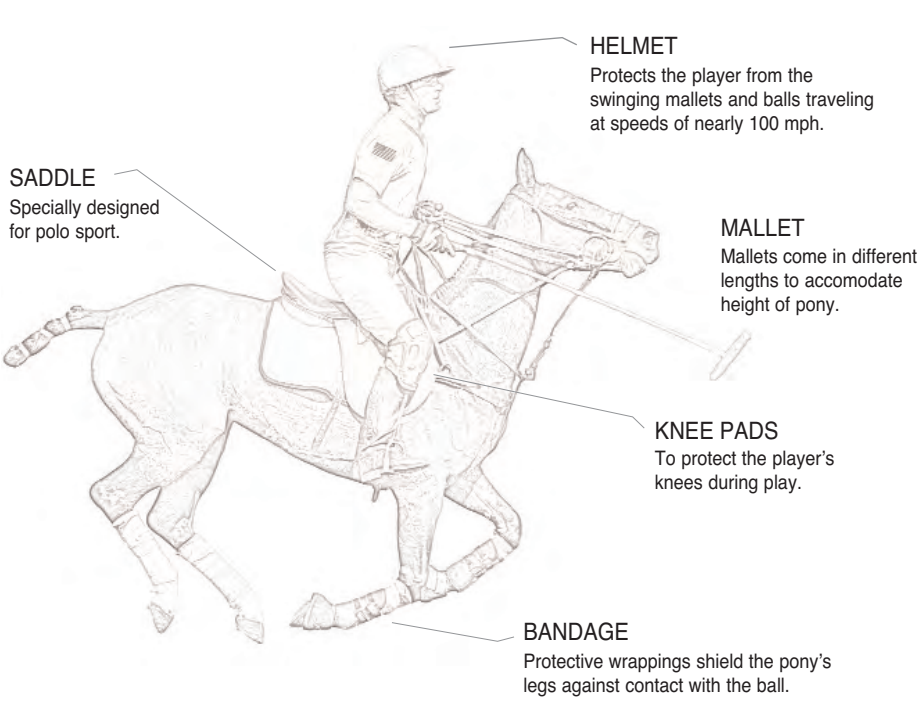
The inaugural polo match pitting Army Gold against Army Black was played on the grounds of Palm Circle, here, Saturday.

Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific, hosted the event.

“One of the special things we are trying to do here in the next year is bring back our traditions,” said Wiercinski. “We have a rich history and rich culture in this U.S. Army, and this is the start of that.”

The earliest origins of Army Polo are tied to cavalry units around the world, with the U.S. Army here in Hawaii carrying on the tradition. One of the most notable players of all time, here, Gen. George Patton, led the Army team during matches at Kapiolani Park. Patton, a lieutenant colonel at the time, lived at Palm Circle.

To continue this tradition, a partnership was recently formed between the Association of the U.S. Army, or AUSA; the Hawaii polo community; and the U.S. Polo Association. Their mission is simple: to revive the longstanding tradition of polo in Hawaii, honor Soldiers and their families, and raise awareness and funding in support of wounded warriors and returning



combat Soldiers.

Devon Dailey, number three rider for Army Gold, has been playing polo since he was 12 years old. He plays Army Polo not only for the excitement, but also for the support it gives the community.

“I play because it’s one of the most exciting things that you could do,” said Dailey. “Army Polo is also involved with wounded warriors.”

This match between Army Gold and Army

Black was the high point of the first polo season for Army Polo here in Hawaii. The season has included five other games; every game was a benefit for the AUSA, which supports Soldiers, families and wounded warriors.

For this event, service members and their families showed up from all over the island to watch the game and cheer on the team of their choosing.

“This is a great first experience for me,” said Staff Sgt. Courtney Hunter, counter-narcotics maritime analyst, Joint Interagency Task Force-West, while enjoying her first game of polo. “I’m really enjoying the game, and the atmosphere is great. I’m happy to be a part of such a historical event.”

U.S. Army Garrison-Hawaii’s Directorate of Family and Morale, Welfare and Recreation supported the polo match with food and beverage tents, and Blue Star Card family activities. The free event was open to all Soldiers, families and civilians in the community.

At the end of the game, those who rooted for Army Gold celebrated their victory. Champagne and awards were presented to both teams for their winning support of Soldiers, families and wounded warriors.

Army Polo will continue its tradition of Army support next season.

Talk about a yearly game on Fort Shafter’s historical Palm Circle has already begun.



Lt. Gen. Francis Wiercinski (left), commander, USARPAC, throws out the starting game ball to players during Army Polo at Palm Circle, Fort Shafter, Saturday.



Today

Basketball Youth Clinic — Youth ages 9-18 are eligible to register for a professional basketball youth clinic. Registration will open at noon, Oct. 21, at www.himwr.com, for the first 100 children. Clinic is 3:30 p.m., Oct. 27, Martinez Physical Fitness Center, Schofield Barracks.

Limited basketballs are available for use; please bring your own. All registered participants need to arrive by 3 p.m. for check in.

Come later and watch a live game with professional basketball players and Soldiers, 7 p.m., Oct. 27.

Call 655-0111.

"The Rocky Horror Show" — Army Community Theatre performances of this live musical are Oct. 21-22, 28-29 and 31, at the Tropics Warrior Zone, Schofield Barracks.

Doors open at 7 p.m., with a preshow at 7:30. Show starts at 8 p.m., with after-parties on Saturday nights.

Purchase tickets for \$15 at the door, online at www.hiwmr.com or at Army Leisure Travel Services. Beverages and pub food will be available.

No one under the age of 18 will be admitted. Call 438-4480.

See additional photos and videos of the cast at www.flickr.com/usaghawaii.

Friday Night Entertainment Series — Enjoy live entertainment each Friday night at Kolekole Bar and Grill, Schofield Barracks. From Latin and hip-hop to open mic night, there's something for everyone. Call 655-0664.

Army vs. Marines — The Army's Her-ricanes Powder Puff Flag Football team will take on the Marines, 6 p.m., Oct. 21, Fort Shafter.

For more information or to join the team, call (706) 814-8609.

22 / Saturday

Snorkeling — Snorkel with Outdoor Recreation, 6 a.m.-1 p.m., Oct. 22. Cost is \$25. Call 655-0143.

23 / Sunday

Adult Book Club — Join the discussion of "Lord of Misrule" by Jaimy Gordon at this event, 3:30-5 p.m., Oct. 23, Fort Shafter Library. Call 438-9521.

24 / Monday

Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, 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.

Classes are held the following days



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

Today

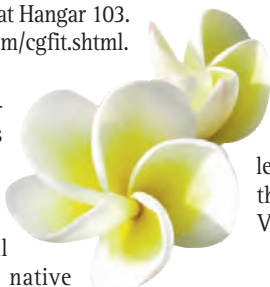
Craft and Gift Fair — This event is 5-9 p.m., Oct. 21; 9 a.m.-7 p.m., Oct. 22; and 9 a.m.-4 p.m., Oct. 23, at the Blaisdell Exhibition Hall. Cost is \$3. Call 683-6064.

22 / Saturday

Splash and Dash Biathlon — Cheer on your favorite athlete at this biathlon, 7 a.m., Oct. 22, at Marine Corps Base Hawaii. This event consists of a 500-meter swim and then a scenic 5K that begins and ends at Hangar 103. Visit www.mccshawii.com/cgfit.shtml.

Makahiki — Personnel with base access can attend the Makahiki at Hickam Harbor Beach, 9 a.m.-1 p.m., Oct. 22. Attendees will experience and learn native Hawaiian culture at this Hawaiian festival of thanksgiving. Families and keiki are encouraged to bring beach chairs and mats.

This event is sponsored by Navy Region Hawaii and Joint Base Pearl Harbor-Hickam in partnership with the



Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan

AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and Recreation
FRG: family readiness group
HMR: Helemano Military Reservation

IPC: Island Palm Communities
SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
WAAF: Wheeler Army Airfield



Sgt. 1st Class David Wheeler | 8th Theater Sustainment Command Public Affairs

A strange journey

SCHOFIELD BARRACKS — The cast of "The Rocky Horror Show" rehearse in costume at the Tropics Warrior Zone, here. Performances are Oct. 21-22, 28-29, and a special Halloween performance, Oct. 31. Doors open at 7 p.m., with a preshow at 7:30 p.m. Show starts at 8 p.m. You can purchase tickets at www.mwrarmyhawaii.com or at the door. Due to adult situations and sexual content, no one under the age of 18 will be admitted. Call 438-4480.

and locations:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, AMR Community Center.

ESL — English as a Second Language classes are 9 a.m.-1:30 p.m., Monday and Wednesday, through Nov. 21, at ACS, Schofield Barracks. Call 655-4227.

21 / Thursday

Theater Thursdays — Learn the basics of stage acting in a theater program for teens (12-18) and adults, 4-5:30 p.m., Oct. 27. Call 655-8002.

Oil Painting for Beginners — Learn oil basics and technique at the Schofield Barracks Arts and Crafts Center. Finish a completed painting by the end of the fourth session.

Classes run 6-8 p.m., Oct. 27-28. Cost is \$45 and includes supplies. Call 655-4202.

Temporary Closure — The Fort Shafter Physical Fitness Center, Building 665, will closed 9 a.m.-5 p.m., Oct. 27. Call 438-1152.

28 / Friday

Hawaiian Luau Lunch Buffet — Enjoy a local Hawaiian cuisine buffet for \$10.95 at the Hale Ikena at

Fort Shafter or Nehelani at Schofield Barracks.

The luau lunch buffet is every last Friday of the month, excluding November and December. To make a reservation, call 438-1974 for Hale Ikena or 655-4466 for Nehelani.

November

1 / Tuesday

Knit & Crochet Workshop — Bring your yarn, tools and works in progress to the library. All sessions are 5-6:30 p.m. Location and dates follow:

- Fort Shafter Library, Nov. 1 and Dec. 6; call 438-9521.
- AMR Library, Nov. 21 and Dec. 19; call 839-2821.

5 / Saturday

2012 NFL Pro Bowl Presale — Tickets will go on sale at the Schofield Barracks Army Leisure Travel Services office, Nov. 5.

Tickets will be sold on a first-come, first-served basis.

Limit six tickets per person on the first day of sale.

Ticket purchaser must have a military ID card and be 18 years of age or older. Purchasers must be in line; no stand-

ins are allowed. Call 655-9971.

Ongoing

UH Football Tickets — Buy University of Hawaii tickets at Army Leisure Travel Services, Schofield Barracks.

Limited quantities are available; buy early and avoid the lines at the Aloha Stadium gate.

Visit the office or call 655-9971.

Free Fitness Classes — Soldiers and family members can attend a variety of free fitness classes at the Schofield Barracks Health and Fitness Center.

Visit www.himwr.com.

TAMC Physical Fitness Classes — Active duty Soldiers and their family members can show their military ID at TAMC's Physical Fitness Center to sign up for free classes.

Cost for Army civilians is \$4 per class or \$25 per month. Call 433-6443.

Zumba — Classes are offered at the Fort Shafter Physical Fitness Center, 5:30-6:30 p.m., Thursdays.

Classes are free for active duty and family members; cost for all other eligible patrons is \$4 per class (cash only). Visit www.himwr.com.

16 / Wednesday

Turkey Trot — Deadline to register online for this event is 4:30 p.m., Nov. 16. This 10K race starts at 7 a.m., Nov. 19, Marine Corps Base Hawaii, Kaneohe Bay. The race will start and finish at Pop Warner Field and is open to the public. Register at www.mccshawaii.com/cgfit.shtml.

Ongoing

RAP Meeting — Get involved in your community by attending your community's Resident Advisory Panel. IPC residents can develop and strengthen their relationships with property management and fellow residents through the RAP. All IPC communities have RAP groups; contact your community manager for details and volunteer opportunities. Visit www.IslandPalmCommunities.com.

Operation Kid Comfort — This local quilting group creates comfort quilts and pillows for children of deployed service members. Call 473-3398 or email pearlharbor@asymcahi.org.

Zumba — Classes are offered Saturday mornings at the Armed Services YMCA, WAAF. Pre-registration is required. Cost is \$20 a month and includes the class and on-site child care for the duration of the class. Call 624-5645.



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

The Smurfs

(PG)
Fri., Oct. 21, 6 p.m.



Columbiana

(PG-13)
Fri., Oct. 21, 8:30 p.m.

Spy Kids: All the Time in the World

(PG)
Sat., Oct. 22, 4 p.m.

The Help

(PG-13)
Sat., Oct. 22, 7 p.m.
Sun., Oct. 23, 2 p.m.
Thurs., Oct. 27, 7 p.m.

The Debt

(R)
Wed., Oct. 26, 7 p.m.

No shows on Mondays or Tuesdays.

Credit card fees impact Schofield’s Main Exchange

ARMY AND AIR FORCE EXCHANGE
News Release

SCHOFIELD BARRACKS — Soldiers patronizing the Main Exchange, here, probably don’t give a second thought as to which credit card to use at checkout.

What they may not be aware of, however, is that the use of bank-issued cards at the Exchange ultimately costs the Schofield’s community thousands annually.


This year alone, bank-issued card processing expenses at Schofield’s facilities are already up 8.35 percent compared to last year. These expenses have sapped more than \$1,008,000 from the Exchange and, in turn, from critical funds that could be used for morale, welfare and recreation programs.

In 2010, total credit card fees for the entire year at the Main Exchange, here, were \$1,873,660.

One way military families can help reduce costs and strengthen their Exchange benefit is to take advantage of the Exchange’s exclusive Military Star Card. Unlike bank cards, profits generated from the Military Star Card are shared with military communities through contributions to the military service’s quality of life funds.

“Using the Military Star Card is one of the easiest ways for troops to directly impact their Exchange, and morale, welfare and recreation benefits,” said Jeffery Gardner, store manager, Main Exchange. “Reducing these unnecessary expenses can go a long way in maximizing the dividend the Exchange annually returns to the military community.”

The Military Star Card is accepted at all Army and Air Force, Navy, Marine Corps and Coast Guard Exchange activities, as well as the Exchange Catalog and the Exchange Online.



Military Star Card

Authorized Exchange shoppers can learn more about the Military Star card at www.shopmyexchange.com. Click on “Credit Services.”

Shoplifting at the Exchange hurts community

WAYNE YOSHINO
Juvenile Review Board, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — The Exchange facility, here, continues to deal steadily with individuals who are stealing from their store.

Although many cameras are situated at strategic areas, customers still believe they won’t be caught and can get away with this crime.

When a person shoplifts from the Exchange, that individual is “stealing from his/her own.”

To make up for the stolen items, the Exchange will then raise prices to make up for the differences, and that action affects all military families and retirees.

The Army and Air Force Exchange Service was formed to assist military families in purchasing goods at lower prices than the outside economy. However, with the continual waves of shoplifting taking place at the stores, concern is high within Army leadership and among the great majority of residents that prices will not stay competitive.

A number of recent offenders have been minors and juveniles. The need is growing to get the message to our young people that shoplifting anywhere is wrong and needs to be stopped immediately.

Here are some simple tips to curb shoplifters:

- Report any suspicious incidents to a store employee.
- Spread the word that shoplifting is not tolerated.
- Teach family members to resist and prevent shoplifting.
- Be proactive and vigilant towards potential shoplifters.

If Soldiers and Army families will make shoplifting prevention a team project, and not depend on a few individuals, shoplifting can and will be eradicated considerably.

Be a part of the solution to prevent shoplifting at stores and businesses in your community.



Aiko Brum | U.S. Army Garrison-Hawaii Public Affairs

In this photo, a teenager simulates shoplifting a candy bar at the Main Exchange, Schofield Barracks. Shoplifting hurts not only the Exchange, but its patrons also.

USAG-HI Juvenile Review Board committed to setting youth straight

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

SCHOFIELD BARRACKS — When it comes to getting wayward youth back on track, the U.S. Army Garrison-Hawaii Juvenile Review Board is ready to step in and do its part.

The JRB is made up of professionals from USAG-HI community services, directorates and other organizations, all coming together to help youngsters, and it is a strong advocate in setting Army youth in Hawaii straight.

The types of infractions committed by juveniles vary from underage drinking, criminal property damage, home break-ins, trespassing, assault, school bus misconduct and harassment.

Shoplifting is also among the crimes committed, despite the many cameras and presence of plain-clothes security personnel at Army and Air Force Exchange Service facilities. Shoplifters’ Exchange privileges can be suspended if they are caught.

“Through the efforts of the JRB, we would like to curb the shoplifting incidents by the word-of-mouth sharing of those young people that came before the board in previous sessions,” Wayne Yoshino said.

Yoshino has been a board member for nine years.

“By informing their friends and classmates of the embarrassment, parents’ presence at the sessions and the consequences faced, these

young people can certainly help deter this unnecessary crime on base,” he said.

“Shoplifters are hurting their own military community and bringing shame to the Army families.

“The best marketing tool we have are those young people that have come before us and endured the consequences,” Yoshino added. “Videos, posters and verbal messages can only do so much. Hopefully, our parents will instill honesty and trustworthiness in our youngsters that will deter this shameful crime among our young people.”

Mandatory participation in community service projects is required after a youth appears before the JRB.

Halloween happenings

22 / Saturday
Exchange Halloween Events – The Schofield Exchange is sponsoring the following events:

- Halloween dessert contest: Set up your homemade entry at the Exchange, 10 a.m., Oct. 22; judging begins at 11 a.m. Sign up at the Schofield Exchange Customer Service Center. Prize is a \$100 Exchange gift card.
- Costume contest and trick or treat: For babies and youth up to age 17, 4 p.m., Oct. 29.
- Scary poem contest: Youth 6-17 years of age can drop off entries by Oct. 29 at the Schofield Customer Service Center. The winning poem will be read Oct. 29, at the costume contest.
- Halloween book reading and keiki costume event: Starts at noon, Oct. 30, at the flower shop; for youth up to age 10.

25 / Tuesday
Halloween Costume Contest – Keiki can show off their costumes, Oct. 25, at the Fort Shafter Library. Keiki ages 5 and under and ages 6-12 can win prizes for the best costumes. Judging will be from 3:30-4:15 p.m.; winners will be announced at 4:20 p.m. Keiki can make a Halloween craft also.

Fright Night – This event is 6 p.m., Oct. 25, at Kapolei Public Library, 1020 Manawai St. Highlights include picture-taking with costumed characters from the Pacific Outpost 501st Legion and Hawaii Costumers Guild, a costume contest and goody bags for keiki. This 90-minute program is suitable for all ages. Visit www.librarieshawaii.org or call 693-7050.

26 / Wednesday
Pajama Storytime – Keiki can listen to spooky stories, 6:30 p.m., Oct. 26, at the Sgt. Yano Library, Schofield Barracks. Call 655-8002.

27 / Thursday
IPC Halloween Events – IPC is hosting the following events for residents.

- Halloween Costume Contests

The following community centers

are holding costume contests for keiki. Prizes, refreshments and candy are available while supplies last.

- Kaena Community Center, 5485 Gallup St., Schofield Barracks, 3-4 p.m., Oct. 27. RSVP at 275-3730.
- Canby Community Center, 190 Morris Rd., Schofield Barracks, 3-4 p.m., Oct. 28. RSVP at 275-3760.
- Kalakaua Community Center, 2635 Waianae Uka Ave., Schofield Barracks; 3-4 p.m., Oct. 28. RSVP at 275-3750.

- Halloween Bash

Aliamanu Community Center, 182 Kauhini St., AMR, 2-4 p.m., Oct. 31. Parents and keiki are encouraged to wear costumes. RSVP at 275-3840.

- Halloween Spooktacular

Porter Community Center, 1301 McCornack Rd., Schofield Barracks, 3-5 p.m., Oct. 31.

The entire family is invited to this safe, kid-friendly party zone. Activities include make-and-take arts and crafts projects, dancing in the Boo-gie Down Zone, drawing and costume contests and a Halloween movie. RSVP by emailing porter_events@hotmail.com or calling 275-3770.

- Halloween Tricks and Treats

Patriot/Hamilton Community Center, 206 Thomas Paine Ct., Schofield Barracks, 3:30-4:30 p.m., Oct. 31. Costume contest consists of four age groups, with one winner in each age group: 0-3, 4-6, 7-10 and 11 and up. Winners will be selected on the most votes. Each winner will receive a \$50 Walmart gift card; a parent must be present to sign for the gift card. Light refreshments will be served and candy passed out. To RSVP and to register for the contest, call 275-3720 or visit the community center.

- Halloween Candy Bucket

Visit any IPC community center, 3-5 p.m., Oct. 31, for Halloween candy treats while supplies last.

Hallowbaloo – Billed as “four

nights of spirited sounds and masquerade mayhem,” this annual music and arts festival runs Oct. 27-30, Nuuanu Street, Honolulu. Visit www.hallowbaloo.com for a listing of bands and to buy tickets.

28 / Friday
Halloween Party – Keiki can wear costumes at this event, 2-4 p.m., Oct. 28, at ACS (across from Richardson Pool), Schofield Barracks. The ACS-Sgt. Yano Library event includes a trick-or-treat lane, ghost stories, games and prizes. The first 100 Blue Star card keiki get a special treat. Call 655-4227.

Haunted House – This annual event is 6-9 p.m., Oct. 28-29, Ewa Beach Community Center, Ewa Pointe Marketplace, 91-1001 Kaimalie St. Admission is \$7 for adults and \$5 for students. Keiki ages five and under are free. Call 330-8438 or 595-2865.

Treats and Tails – This event is 5:30-7:30 p.m., Oct. 28-29, at the Honolulu Zoo. Take a Halloween tour with treats along the way. Cost is \$16 for adults; \$12 for ages 3 to 12; or \$14/\$10 for members. Call 971-7195 or visit www.honolulu zoo.org.

29 / Saturday
Halloween Bash – Get in the spirit by celebrating at one of the bowling centers, Oct. 29. Locations and times follow:

- Schofield Barracks Bowling Center, 5 p.m.-midnight; enjoy great food, games and a live disc jockey. Buy one game of bowling and get another game free if you're in costume. Limitations apply. Call 655-0573.
- Fort Shafter Bowling Center, 6 p.m.-midnight. Get one free game if you're in a costume. Buy a hamburger mac dinner and get one free game. Limitations apply. Call 438-6733.

Halloween Bash – This family-friendly event is 11 a.m.-9 p.m., Oct. 29, at Bellows Air Force Station. Highlights include a scavenger hunt, pumpkin carving and costumes contests and a haunted village. Call 259-4136/7 or visit www.bellowsafts.com.

Spookilau – Dive into the world of ghost

hunters as the Spooky Kine Investigators share their equipment, techniques, stories and experiences at one of Hawaii's most historical sites, the Mission Houses Museum, 6-9 p.m., Oct. 29, 553 South King St., Honolulu. Cost is \$10 per person; purchase at www.missionhouses.org.

Trunk or Treat – This event is 11 a.m.-1 p.m., Oct. 29, Children's Discovery Center entrance, 111 Ohe St., Honolulu. Enjoy creepy crafts and goodies. Call 524-KIDS (5437).

Walk with the Dead Ghost Tour – Historian Steve Fredrick will take guests on a journey to the dark side of Honolulu, 9 p.m.-1 a.m., Oct. 29-31, on this special adults-only Halloween tour. Cost is \$35, and participants should wear comfortable walking shoes. Reservations are required 48 hours prior to tour date; email filmguy54@hotmail.com or visit www.stevetoursandfilms.vpweb.com.

31 / Monday
Lunch Special – Enjoy this spooktacular lunch buffet with some “pumpkin flare,” 11 a.m.-1 p.m., Oct. 31, at the Hale Ikena, Fort Shafter. Call 438-1974.

Trick Or Treat Hours – Authorized Halloween trick-or-treat hours for the Fort Shafter and Schofield Barracks areas are 5:30-9 p.m., Oct. 31. Children under the age of 10 require an adult escort. Residents not participating

should indicate so by placing a “SORRY, NO TRICK OR TREATING HERE” sign on their door. If no one answers a door after one or two knocks/rings, move on to the next residence.

Children should carry a flashlight or a chem-lite and be dressed in light-colored clothing or have reflectors on dark clothing.

Ongoing

Haunted Lagoon – The Haunted Lagoon at the Polynesian Cultural Center, or PCC, 55-370 Kamehameha Hwy., Laie, consists of a spooky canoe ride through the PCC lagoon and runs through Oct. 31. A keiki-friendly ride is available. Visit www.HauntedLagoon.com.

Pumpkin Patch Festival – This annual event is 8:30 a.m.-5 p.m. weekends, at Aloun Farms, 91-1440 Farrington Highway, Kapolei, through the end of October. Pick your own pumpkin and enjoy tractor-pulled hayrides, pony rides. Cost is \$1; free for ages 2 and under. Cash only. Call 677-9516, ext. 14; or visit www.alounfarms.com.





Courtesy of 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

Capt. Emily Hannenberg (left), training, advising and counseling officer, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, leads 2nd Lt. Diana Worth (right) in a CrossFit exercise, at Schofield Barracks, Sept. 9. Hannenberg developed the workout regimen for the battalion’s Soldiers and spouses.

‘Never Daunted’ spouses get CrossFit

2ND LT. DIANA WORTH
84th Engineer Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — At 6 p.m. on a weeknight, most Soldiers and spouses would prefer to be at home, kicking their feet up and unwinding.

However, spouses from the 84th Engineer Battalion, “Never Daunted,” 130th Eng. Brigade, 8th Theater Sustainment Command, can be found in Martinez Gym, here, dead-lifting weights, bear-crawling and swinging kettle bells.

These members of the Never Daunted family are participating in the battalion’s CrossFit for Spouses program, an intense fitness program that emphasizes all-out circuits of functional exercises, which change from workout to workout to maximize the muscular strength and endurance of those completing exercises.

Capt. Emily Hannenberg, the battalion’s training, advising and counseling officer, developed and began leading the CrossFit for Spouses program in March. Having recently earned her certification as a CrossFit trainer, she wanted to bring this fun, effective workout regimen to 84th Eng. spouses.

“I wanted to introduce the spouses to CrossFit because it is a great way to get in shape, which

improves their quality of life,” Hannenberg said. “I also enjoy training and mentoring, especially when it comes to fitness, so CrossFit for Spouses is a win-win situation.”

Each Monday, Wednesday and Friday, the battalion’s spouses and Soldiers meet to work out. They start with a warmup and progress to the workout of the day.

“I love it,” said Nicole Adamson, a CrossFit for Spouses participant. “CrossFit has really gotten me in shape. It’s great because it teaches you about how far you can push your limits, and it’s really motivating. I love it because it teaches self-confidence, and Capt. Hannenberg is a great instructor.”

With Hannenberg’s CrossFit training, Adamson has achieved her goal of passing the Army Physical Fitness Test and has joined the Army. She will attend basic training soon.

“It’s great to see spouses accomplish these amazing feats,” Hannenberg said. “They’re doing things they may have never imagined they could do, breaking their own boundaries. I would encourage everyone to try CrossFit. The benefits are innumerable.”

Thanks to the CrossFit for Spouses program, 84th Eng. Bn. spouses will continue sweating, breaking boundaries and having fun.

Cross-training improves golf game, health

KRISTY OSBORN
Health and Fitness Center; Directorate of Family and Morale,
Welfare and Recreation; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Whether you’re an avid or recreational golfer, starting a strength-training program can help you build a healthy, balanced body that stays free of chronic back pain, frozen shoulders and golfer’s elbow.

Every fitness plan has the same base structure revolving around the five components of fitness: endurance, cardio, strength, flexibility and nutrition.

Exercises will differ from sport to sport, but these five components will always be the focus. Golfers should focus on increasing strength, flexibility and power, while decreasing injuries.

Strengthening core muscles is the first step in any training program. Once you’ve got a strong base, you can branch out to your limbs and work on increasing strength, flexibility, balance, coordination, power and endurance.

Golfers who participate in cardio cross-training can lower their body fat percentage, and therefore, have greater range of motion, or ROM,

through the mid-section and hips, generating more power. Cardio training will not only help decrease unwanted body fat, which will increase ROM, but also help increase endurance and strengthen lower body muscles.

If, by the time you get to the 16th hole, your body is tired and your muscles become weak, you will discover you don’t have high endurance. Once your body is exhausted, you’ll start to experience mental fatigue and your entire

game will suffer.

Strength training can generate power in your swing. Strengthening muscles is key to improving power, but a muscle can only contract as forcefully as its opposing muscle can relax, so muscles should be stretched as well.

The main muscles used in a golf swing are chest, shoulders, lats, glutes, legs, core and rotator cuff muscles. Tight muscles and ROM limitations will lead to muscle compensations that increase the likelihood of injury.

The goal is to improve strength in these muscles and develop the ability to apply that strength and power in your golf swing. That strength will help to improve club head speed and ball distance. Generating this explosive power is key to improving yardage.

Flexibility is just as important as endurance, cardio and strength training. If ROM can be increased by even one more degree, more power will be generated and yardage increased.

Golf injuries also come from muscle overuse. Since the golf swing is performed on the same side of the body every time, it creates a tremendous imbalance. This fact is why bilateral strength training and stretching for flexibility are so important. Back, wrist, shoulders and elbows should be stretched as often as possible to reduce chronic pain.

Also, understanding nutrition will help you to be more focused, have more energy and perform better throughout your entire round of golf.

(Editor’s Note: This article contains information from www.nsca-lift.org/perform.)



Courtesy of 18th Medical Command (Deployment Support)

Lt. Col. Shauna Snyder, chief, Human Resources, 18th MEDCOM (Deployment Support), tees off during the annual Armed Forces Golf Championship, Fort Jackson, S.C., recently. She finished fourth overall for the ladies and first for the Army ladies. The championship was held Sept. 28-Oct. 1.