

# HAWAII ARMY WEEKLY

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INSIDE

## Army seeks public input at scoping meetings

MIKE EGAMI

U.S. Army Garrison-Hawaii Public Affairs

**POHAKULOA TRAINING AREA**— The Army held two public scoping meetings on the Big Island this week, to allow the public an opportunity to familiarize itself with the proposed modernization projects at the Pohakuloa Training Area, or PTA.

The scoping meetings were held in Hilo and Waimea

on Tuesday and Wednesday evenings, where informational poster displays and subject matter experts from the Army were on hand to answer questions.

“(The Army is) seeking public input to identify community concerns and issues,” said Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii. “Your input is extremely important to us as we consider the options before us. We welcome all comments.”

The Army is preparing the Programmatic Environmental Impact Statement, or PEIS, which will evaluate the potential environmental effects associated with the modernization of training ranges, infrastructure and support facilities at PTA.

The PEIS will also specifically evaluate the potential

**SEE PTA, A-10**

## 25th CAB prioritizes the needs of warriors, families

STAFF SGT. MIKE ALBERTS

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

**WHEELER ARMY AIRFIELD** — Amidst the joy of reuniting with loved ones, the unique needs of Soldiers returning from war, and their families, can be overlooked.

This oversight, however, has not been the case for the 25th Combat Aviation Brigade, 25th Infantry Division.

Leadership within the 25th CAB began prioritizing the needs of its Soldiers and their families upon the brigade's return from Iraq, last summer, with a robust Soldier Reset and Reintegration Program that targets physical, emotional, spiritual, family and social dynamics with activities and events.

In addition to extended and immediate physical training upon redeployment, 25th CAB Soldiers also have the opportunity to participate in the Warrior Adventure Quest Program, according to Capt. Joaquin Dequintanaroo, brigade adjutant, 25th CAB. The recreational program features paintball, team-building events and several ocean-based activities. It also integrates behavioral health specialists.

Additionally, every 25th CAB Soldier meets individually with a behavioral health consultant two separate times.

A series of spiritually-based Strong Bonds retreats for both married and single Soldiers are also hosted in various locations throughout Oahu. Military Family Life Consultants are assigned to Soldiers and their families.

Battalions and their respective companies host formal, semiformal and casual Organizational Days; “Welcome



Sgt. 1st Class Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade, 25th Infantry Division Public Affairs

Soldiers from Headquarters and Headquarters Company, 25th CAB, 25th ID, participate in a paintball game during the WAQ program at Marine Corps Base Hawaii, Dec. 3, 2010.

Home” events; and hails and farewells to welcome new Soldiers and recognize departing personnel.

In addition, more than 300 Soldiers and their families

have participated in a comprehensive Permanent Change

**SEE 25th CAB, A-10**

## Year in review

Units across U.S. Army-Hawaii reflect upon 2010.

**A-6, A-7, A-8 & A-9**

## Dealing with issues

The Army Family Action Plan and Community Health Promotion Council are working to make Army life better.

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## Flag football

Fort Shafter All-Stars clench intramural championship title.

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## Game on

Intramural soccer season begins on Schofield Barracks.

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Courtesy of 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

Lt. Col. Douglas Jones, commander, 3rd Bde. Special Troops Bn., 3rd BCT, 25th ID, leads his battalion during the brigade's last brigade-wide run of 2010.

## Bronco Brigade builds bonds, memories

STAFF SGT. AMBER ROBINSON

3rd Brigade Combat Team Public Affairs, 25th Infantry Division

**SCHOFIELD BARRACKS** — Throughout the past year, 3rd Brigade Combat Team, 25th Infantry Division, has seen a lot of water go under the bridge.

It has seen one command gracefully leave and another take the reigns. It has seen the regeneration of its ranks, the hard training of its new troops and, last but not least, it has seen bonds built, camaraderie established and had a lot of fun.

### RELATED STORY

• Read more about what U.S. Army-Hawaii units accomplished in 2010, on A-6, A-7, A-8 & A-9.

One of the year's most important events was the brigade's change of command. The command was relinquished by Col. Walter Piatt and Command Sgt.

Maj. Anthony Marerro, and turned over with pride to Col. Richard Kim and Command Sgt. Maj. Andrew Spano.

“Members of this division have always been known to be the best light-fighters in our Army,” Spano said, as he accepted the role of “Bronco” Brigade command sergeant major. “I am humbled to be amongst your ranks and formations.”

Shortly after the new command took charge, new Soldiers began to fill the brigade's ranks, as the brigade regenerated for its new and upcoming combat mission to Afghanistan.

“Everyday, we saw new Soldiers and their families coming to the brigade,” said Kristina Cusatti, family readiness support assistant, 3rd BCT. “It was exciting to see the enthusiasm from not only the Soldiers, but the families as well. We are looking forward

**SEE 3rd BCT, A-6**

## Army set to reach rebalancing goals

J.D. LEIPOLD

Army News Service

**WASHINGTON** — Despite budget cuts, Gen. George Casey Jr., Army chief of staff, said Jan. 6 that he expects the service to no longer be out of balance by the end of this fiscal year, and that the Army will soon reach the balancing goals it set in 2004.

“We will have finished rebalancing, moving Soldiers out of Cold War skills, to skills more relevant and necessary today,” he said. “It’s a fundamentally different Army than it was on Sept. 11, 2001. We had a good Army then, but we have a great combat-seasoned Army that is organized in a way that makes it much more versatile and relevant today.”

“I see we’re starting to breathe again, that people are getting – instead of 12 or 13 months at home between deployments – they’re getting 18 to 24 months,” Casey said. “And that’s a good thing. Believe me, we needed that.”

Casey said the Army expects that units will deploy with an expectation of one year out, to two years back for the active Army, and one year out, to four years back for the Reserve component, by fiscal year 2012.

He said the Army is close to finishing bringing in the additional 22,000 Soldiers, who had been authorized in 2007 by the Bush administration, and that the drawdown in Iraq has played a large role in the increase in dwell time.

“This war’s not over,” he said. “We’re involved in a long-term ideological struggle against the global extremist network that has attacked us on our soil. They’re not going to quit. They’re not going to give up.”

“I see that our greatest challenge, over the next three to five years, is the need to maintain our combat edge while we reconstitute this force and continue to build resilience for the long haul,” he continued.

To maintain the combat edge, Casey said the Army was working to bring back strategic flexibility. Keeping and maintaining a combat edge requires continuous adaptation,

**SEE CSA, A-10**

## 18th MDSC hosts first-ever Pacific Integration Medical Conference

Story and Photo by

SGT. 1ST CLASS RODNEY JACKSON

18th Medical Deployment Support Command Public Affairs

**SCHOFIELD BARRACKS** — Personnel from U.S. Pacific Command; 8th Field Army, Korea; U.S. Army-Pacific; Army Medical Department; 8th Theater Sustainment Command; 65th Medical Brigade; and the 18th Medical Deployment Support Command gathered to participate in the first-ever Pacific Integration Medical Conference, held at the 1st Lt. Nainoa K. Hoe Battle Command Training Center, here, Jan. 4-6.

Although 18th MDSC is not new to the Pacific region, its change of responsibilities to the medical theater enabling command and its move from Korea to Hawaii in 2008 were critical steps in recognizing many of the

participants’ roles, tasks and responsibilities during the conference.

“This is about getting the right answer for the whole theater,” said Brig. Gen. Keith Gallagher, commander, Tripler Army Medical Center and Pacific Region Medical Command, and host of the event. “Our job is to be able to build a robust Army Health Support System. Look in the mirror; you’re a part of change in the Pacific.”

This time was the first many of the participants were in one room together.

“Some of the issues discussed needed to be discussed in a forum like this one,” said Lt. Col. Johnny Manning, plans officer, 18th MDSC.

“(The) things we do here will give us a broader view of what Pacific integration is and gives us details of how

to do all medical tasks,” said Col. Fred Gellert, plans officer, USARPAC.

During the conference, the participants discussed everything from force structure under Medical Pacific Integration, relationships with one another, noncombatant evacuation operations and patient movement. The conference also helped facilitate clear lines of communication and reporting between generating and operational forces, to ensure a smooth transition to a single Army Service Component Command in the Pacific.

As the conference wrapped up, participants said they believed they had a better understanding of one another’s roles and tasks, and they would take these results to USARPAC and the 8th Field Army, Pacific Integration Conference, held Jan. 10-13.



# CSA: Casey committed to protecting programs

CONTINUED FROM A-1

due to the uncertainty and complexity of the environment — weapons of mass destruction, technology, trends and safe havens — but he feels confident in how far the Army has come.

“If you’d asked me in 2007, if we’d have been able to maintain the pace and the tempo that we do maintain, I’d have said, ‘you’re nuts,’” he admitted. “We’re still a volunteer force, so it’s a great tribute to the men and women in our armed forces that we’re able to do that.”

He said he had never seen better relationships between the Reserve components than today, adding that half of Army Reserve and National Guard Soldiers are combat veterans, “and that makes us a fundamentally different Army.”

Casey said the Comprehensive Soldier Fitness Program continues to grow and is a major part of the equation in building resilience for the long haul.

“We’ve been at war today for almost a decade, and the cumulative effects of war are still with us, and they’re going to be for a while, so we have to deal with those effects,” he said.

Casey said that active duty suicide rates for 2010 were down for the first time since 2004, crediting the efforts of Army suicide-prevention programs.

Casey also added he was committed to protecting family programs and assured they would not go by the wayside as budgets come down.

# PTA: Public comment period ends Feb. 7

CONTINUED FROM A-1

environmental effects associated with the construction and operation of an Infantry Platoon Battle Area at PTA.

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 or constructing roads and utilities at PTA.

The meetings were the first steps in the public involvement process of the PEIS, to provide information on the project and receive community input on cultural and environmental concerns under the National Environmental Policy Act.

“(The community’s) role tonight is to provide input on the community and environment issues or concerns you believe should be addressed and analyzed in the PEIS,” Mulbury said. “Your issues and concerns will help us to develop a plan to properly assess the potential impacts.”

The 45-day public comment period will continue until Feb. 7, and the public is encouraged to learn more about the PEIS at [www.garrison.hawaii.army.mil/PTAEIS](http://www.garrison.hawaii.army.mil/PTAEIS).

News Briefs

Send announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Traffic Updates**

*(For the latest traffic updates, visit [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil), click on “Post Information,” then “Traffic Updates.”)*

**Kolekole Pass** — Kolekole Pass, connecting the Waianae Coast to Schofield Barracks through Naval Magazine-Lualualei, will be will be closed Jan. 14, 20-21 and 27-28. Call 656-3152.

**McCornack Road** — Road construction is underway on McCornack Road, Schofield Barracks, across from Building 692, through Jan. 14. Call 656-2479.

**Pierce Street Bridge** — The bridge on Pierce Street, Fort Shafter, near the Post Exchange, is undergoing repair through Jan. 20. Traffic may be limited to one lane. Call 438-1314.

**Today Free Training** — Apply today for the free “Winning Through Customer Service” and “Growing Leaders” courses offered through the Workforce Development Office, U.S. Army Garrison-Hawaii. To register, send in an SF-182 “Authorization, Agreement and Certification of Training” application and UWSP supplemental form through your respective directorate training point of contact to [stephanie.ponciano@us.army.mil](mailto:stephanie.ponciano@us.army.mil). Registration is on a first-come, first-served basis; courses are limited to 25 employees per class. Call 655-9032.

**Spice Law** — The Department of Defense will begin testing Soldiers for Spice in January. Possession and sale of five chemicals used in products with effects similar to marijuana, like Spice, became illegal Dec. 24, 2010. The U.S. Army-Pacific policy already prohibits use, possession, distribution or purchase of these substances. Soldiers and civilians who possess or sell these substances may face disciplinary action for violation of a federal law.

# 25th CAB: Reintegration needs total focus

CONTINUED FROM A-1

of Station Expo, designed to better prepare them for the unique challenges of PCS requirements in Hawaii.

Finally, the 25th CAB has sponsored 17 iterations of the Returning Warrior Program. During the RWP, Soldiers are receiving information from financial, behavioral health and reintegration subject matter experts, specifically in areas where redeploying Soldiers and their families often have the most difficulties.

The planning and design for the 25th CAB’s redeployment program began several months before the first Soldier left Iraq for home, with a combined effort between 25th CAB’s rear detachment and the deployed staff.

Conducting a comprehensive and deliberate personnel reintegration and reset was paramount, said Maj. Rick Onderko, former commander, 25th CAB rear detachment, and now the executive officer, 2nd Battalion, 25th Aviation Regiment, 25th CAB.

“With our nation conducting sustained combat operations for the past nine years, our all-volunteer force and their families have been faced with a lifestyle that has required multiple separations,” Onderko said. “The potential exists for there to be friction. Therefore, it was imperative that we do what we can to minimize this potential, and assist our Soldiers and families through the process of reintegration.”

Onderko explained that the process of reintegration requires a

“total Soldier and family” focus.

“Combat operations can affect a person in many ways,” he said. “To effectively reintegrate and reset, our approach (needed to be) comprehensive, which meant that it also needed to include family members. (To ignore families,) misses a very important part of our Soldiers’ lives.”

“When Soldiers first get home, they’re on a high,” said Sandra Crocker, mobilization and deployment specialist, Army Community Service, U.S. Army Garrison-Hawaii. “Allowing them time for block leave allows Soldiers and families to settle into life, which is when issues are often easier to identify.

“Once they settle in, it becomes more difficult to explain away symptoms like, ‘I am still having nightmares’ or ‘I am still not sleeping well’ or ‘I still have a short temper,’” she said. “Our goal is to help address those very real problems, and we do it in a variety of ways.”

One such way is the Act Resilient Training Program that uses improvisational comedy to decrease stress responses and restore resilience in half-day seminars for Soldiers called “Act Resilient.”

**Act Resilient**

For more information on the “Act Resilient” seminar, e-mail [Genie@GenieJoseph.com](mailto:Genie@GenieJoseph.com) or visit [www.Act-Resilient.org](http://www.Act-Resilient.org).



We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or e-mail editor@hawaiiarmyweekly.com.

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

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

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108 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 1/13/11.

Voices of Ohana



"Having a person named after me, my son."

**1st Lt. Anthony Barney**  
Assistant plans officer, 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"My wife calling me, while I was TDY in Thailand, to tell me she was pregnant. I couldn't wait to get home or to tell someone."

**Capt. John Borland**  
Plans officer, 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"Going to Germany to spend Christmas with my family for the first time in four years."

**Cecilia Cisneros**  
Family member



"Shark diving without a cage."

**1st Sgt. Robert McEntire**  
First sergeant, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"Graduating from nursing school."

**Karen Steese**  
Military spouse

Ask the Garrison Commander!

Mulbury addresses road repairs, installation passes and post running routes



Mulbury

COL. DOUGLAS MULBURY

Commander, U.S. Army-Garrison Hawaii

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

Due to newspaper space limitations, only a sampling of questions are printed or broadcast on TV2, a channel available on Army installations. Generally, I answer questions of community-wide impact.

All submitted questions go directly to me; directorates and support staff research queries and provide responses.

Several community members submitted questions to me via the Ask the Garrison Commander e-mail address, as well as at the U.S. Army Garrison-Hawaii web link at [www.garrison.hawaii.army.mil/comments/contactgc.aspx](http://www.garrison.hawaii.army.mil/comments/contactgc.aspx).

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

**Q:** *Who is responsible for making road repairs at the Aliamanu Military Reservation? In many areas, there are small depressions and potholes that need to be repaired, often six months or more after construction projects have been completed. The intersection of Bougainville and Aliamanu drives is a good example of where construction ended months ago, and the road damage has yet to be repaired.*

**A:** Island Palm Communities, our housing partner, is responsible for maintaining the roads throughout our housing areas. Although IPC makes every effort possible to monitor and make timely road repairs, there may be some rare instances where delays may be encountered.

If you identify potholes or other road repair work that you believe is not being completed within a reasonable time frame, please contact your community manager, and he or she will work with maintenance teams to address your concerns and conduct the repairs.

**Q:** *With the closure of the Fort Shafter Installation Access Pass Office, contractors*

*must make two separate trips to the Leilehua Golf Course to obtain passes. Considering the number of contractors serving the Army, this is a tremendous waste of our manpower, time and other limited resources. What can you do to improve this process?*

**A:** I fully understand your concerns about the time and inconvenience contractors are experiencing in gaining access to Fort Shafter and Schofield Barracks, and we have been working hard to identify how we can streamline the process of issuing and renewing contractor passes. Unfortunately, our Installation Access Pass Office at Fort Shafter has been closed due to funding constraints and will not be reopened.

However, our vehicle registration offices at Schofield Barracks and Fort Shafter will soon begin using a new process that allows them to issue and renew installation access passes. We are currently working on our internal procedures and training the staff.

**Q:** *During the last TV2 town hall, we were told that troops are not allowed to do physical training through the housing areas. However, Soldiers continue to use Carpenter Street on Schofield Barracks to run, call cadence and conduct road marches, etc. They often take up the entire road, and this creates traffic delays. What can be done to correct this issue?*

**A:** As was stated during our recent TV town hall, USAG-HI Policy Memo 1 clearly states that Soldiers participating in PT are only permitted to run on approved running routes and are strictly forbidden from running in or through any housing areas.

In addition, when jogging along main thoroughfares, streets and other areas where housing is located on both sides of the street, the calling of cadence is prohibited unless an exception is granted by USAG-Oahu's garrison manager. Although commanders, command sergeants major and other leaders have all been briefed on these restrictions, a meeting is scheduled with all installation sergeants major to readdress this command-wide policy.

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

Defender 6 sends

Installation Management community looks to future

LT. GEN. RICK LYNCH

Commander, Installation Management Command

Like many others during this time of year, I have been reflecting on the past 12 months and looking forward to the new year.

In my professional capacity, I am focusing on the future of the Installation Management Command community. Specifically, what should the Installation Management community look like a year from now?

I have been asking this question of Installation Management personnel during meetings, town halls and garrison visits. The dedicated professionals at the garrisons and headquarters are doing the work on a daily basis; they know what it takes to deliver the facilities, programs and services that support our Soldiers and families.

I have also been seeking feedback from Soldiers, families and leaders, including installation visits, the Family Forums at the Association of the U.S. Army annual conference, the Army Community Service focus groups and the Army Family Survey. This feedback is critical, because everything we do is focused on providing Soldiers and families the programs, services and facilities that support their well-being, resilience and readiness. We need to know where we are on target and where we are missing the mark.

I urge everyone – Installation Management personnel, Soldiers, family members and leaders – to continue to send me solid ideas that help answer the three fundamental questions: Are we doing the right things? Are we doing things right? What are we missing?

The point of asking for input from so many different people is to build a shared vision of where we are going in the next year. I am meeting with senior Installation Management community leaders this month to develop that vision, based on all of this input. The shared vision will enable us to begin with the end in mind.

Once we have a shared vision of what "right" looks like, we can figure out how to get there from here. We can eliminate random activities and focus all our efforts on the initiatives that will have the greatest impact on Soldiers, civilians and family members.

We started 2010 by producing version one of the Installation Management Command's Campaign Plan. The Campaign Plan laid out a vision, strategy and way ahead for providing the programs, services and facilities that support Soldiers and families. With the Campaign Plan and the three fundamental questions as our guides, we have continually challenged ourselves to improve our performance.

For example, based on feedback from Soldiers and families, we have enhanced delivery of several vital programs, including the Exceptional Family Member Program, Survivor Outreach Services, the

Total Army Sponsorship Program, the Army Substance Abuse Program and the Army Continuing Education System.

Many of our efforts will not be immediately apparent to those outside of our workforce. For example, we are reducing the number of administrative regions from six to four and integrating the Family and Morale, Welfare and Recreation

"Are we doing the right things? Are we doing things right? What are we missing?"

— Lt. Gen. Rick Lynch  
Commander, IMCOM



Command into IMCOM Headquarters.

Soldiers and families will see no difference in the quality of support or number of services they receive, but behind the scenes, we will be working smarter. We will streamline delivery of services to our customers and generate savings that can be applied to Soldier and family programs.

As we build a shared vision of what the Installation Management Command should look like in 2011, and lay out the plan to achieve that vision, we will continue to challenge ourselves to go beyond what we already know and are comfortable with. We will continue to look at the shape and size of our organization and workforce.

We will continue to reach out and build relationships with others committed to supporting Soldiers and families, including universities, businesses, non-government organizations and other government agencies. We will continue to identify, develop and align the resources, policies and processes needed to support family programs, safety, sustainability, energy security and other priorities.

The process of developing a shared vision can be difficult for some, since it carries the possibility of change, but it can also be energizing and is important for us to do if we take our jobs seriously. We owe it to our fellow citizens to be good stewards of all the resources entrusted to us.

We always have to be mindful of how we impact the environment, how we treat our people and how we spend taxpayer dollars. If we do our job well, if we are good stewards of the resources entrusted to us today, then we will have the resources that we need in the future.

An even more important reason for change is the Soldiers and families we support. We are committed to providing a strong, supportive environment in which they can thrive.

We do not chase change for change's sake, but if the only reason we do something is because we have always done it that way, then we can do better.

Support and Defend.



God won't disappoint his followers when it comes to expectations

CHAPLAIN (MAJ.) KEN HUBBS

Strong Bonds Chaplain, U.S. Army-Pacific

It seems that most folks who know the name Samuel Langhorne Clemens, or Mark Twain, have at least one or two favorite quotes by him.

One of mine is, "In the real world, the right thing never happens in the right place and the right time. It is the job of journalists and historians to make it appear that it has."

It gave me a chuckle, and then it gave me pause for thought. Like so many things attributed to him, the humor is inescapable, but deeper layers of thought are also present.



Hubbs

we thought.

New Soldiers come to the Army with certain expectations – colored by the veterans, families and friends they talked to before joining – only to find that ba-

How true it is that our lives rarely turn out as we plan. Or sometimes, we finally get something after working so hard to achieve it, but when we do, it's never like what

sic training is nothing like anyone predicted. The entire military career tends to follow the same unpredictable line.

Marriages rarely turn out like we think, or want. Retirement is never what it's cracked up to be. Children are determined to go their own way, frustrating every parent's expectations.

No amount of spin can change reality, though our perception of reality is always up for grabs. Disappointment is usually the product of our own frustrated perceptions.

The great thing about heaven is, no matter how wild your imagination may run, it will never match the reality of

eternity with God.

Sometimes in life, we set our sights too high. In the here and now, expectations often exceed reality, but in the hereafter, reality is set to shock and awe continuously.

Once we make a commitment to give our lives over to God, he most certainly showers blessings on us, although he also allows hardship and testing to be part of our lives for us to grow and mature.

The real payoff is later, and faith is trusting in that truth. The real deal is that God never disappoints, and he never fails to fulfill his promises.

What was your fondest memory of 2010?

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





Courtesy of U.S. Division-North Public Affairs

The “Ironhorse Strong” Soldier of the Week, Spc. Michael Hubbard, combat medic, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT, 25th ID, has earned recognition for his superior performance of duty, by displaying initiative above his pay grade and responsibilities.

# ‘Ironhorse Strong’ specialist works to better the organization

**NEWS RELEASE**  
U.S. Division-North Public Affairs

CONTINGENCY OPERATING BASE WARHORSE, Iraq – As U.S. forces lead the mission to train and mentor Iraqi Security Forces, U.S. Soldiers have assumed various tasks in addition to their primary responsibilities as the day-to-day security in Iraq.

Everyday combat medics, serving in U.S. Division-North, provide first aid and Combat Life Saver training for Iraqi army and Peshmerga soldiers, lead ISF in physical training and pull guard duty as part of Operation New Dawn.

Since deploying to northern Iraq last summer, the “Ironhorse Strong” Soldier of the Week, Spc. Michael Hubbard, combat medic, Troop A, 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, has shouldered medical responsibilities for his platoon, carried additional duties training ISF and tackled a special project through his own initiative.

Recruiting assistance from U.S., IA and Peshmerga forces, Hubbard led the implementation and installation of improved force protection measures at a combined security checkpoint where his Soldiers train ISF.

His hard work and initiative led to improve-

ments in traffic control and security at the checkpoint, ensuring vehicles slow down and funnel through one entrance, thus improving the command and control at the traffic control site.

“(Spc. Hubbard) had a great idea and we used it,” said Staff Sgt. Kome Blacksher, cavalry scout and section sergeant, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT. “He made the control point easier for the traffic, and he reinforced the control point.”

In addition to the new project, Hubbard maintained his daily duties and responsibilities as a combat medic.

“Our squads are so small that we often rely on medics to do other jobs,” said Command Sgt. Maj. Ruben Torres Jr., command sergeant major, 2nd Sqdn., 14th Cav. Regt., 2nd BCT. “Spc. Hubbard does this caliber of work on a daily basis – that’s why he was chosen as Ironhorse Strong.”

Hubbard made a great candidate for Ironhorse Strong Soldier of the Week by developing the problem-solving process and enabling ISF to be more self-sustaining, Torres said.

As a result of Hubbard’s hard work and initiative, the combined security checkpoint continues to evolve, along with relationships between the tripartite forces, he said.



Sgt. Brandon D. Bolick | 982nd Signal Company, Combat Camera

## ‘ID please’

DIYALA PROVINCE, Iraq — Spc. David Swan (right), 1st Platoon, Troop B, 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, stands guard with an Iraqi soldier (center) as a Peshmerga soldier checks a driver's identification paper at a checkpoint, here, recently. Iraqi, Peshmerga and U.S. Army Soldiers from Troop B, 2nd Sqdn., 14th Cav. Regt., 2nd BCT, searched vehicles as they passed through the checkpoints to maintain security.



Sgt. Brandon D. Bolick | 982nd Signal Company, Combat Camera

## Blood pressure

FORWARD OPERATING BASE WARHORSE, Iraq — Sgt. Omarsharif Castano (left), 2nd Platoon, 66th Engineer Company, 2nd Brigade Combat Team, 25th Infantry Division, gets his blood pressure checked by Spc. Matthews Lawrence, medic, 2nd Plt., 66th Eng. Co., 2nd BCT, in the Troop Medical Clinic, here, recently.



## Year in Review 2010



## 25th CAB pauses to reflect

‘Wings of Lightning’ redeploy, resent, reintegrate

**SGT. 1ST CLASS TYRONE C. MARSHALL JR.**

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

WHEELER ARMY AIRFIELD — The 25th Combat Aviation Brigade, 25th Infantry Division, has had a busy and productive year during and after its yearlong deployment in northern Iraq.

The aviation brigade held a redeployment ceremony, here, Oct. 5. The redeployment ceremony was hosted by Col. Mike Lundy, former commander, 25th CAB, and Command Sgt. Maj. Jesus Ruiz, command sergeant major, 25th CAB. It featured remarks from Maj. Gen. Bernard Champoux, commanding general, 25th ID.

A multitude of family, friends and fellow Soldiers came together with the 25th CAB to celebrate the official end of the deployment, but, most importantly, the CAB used the ceremony to show its appreciation for its Soldiers and families for their hard work and sacrifice.

Champoux highlighted some of the 25th CAB’s achievements, notably how “Task Force Wings” assisted in setting conditions for Operation New Dawn.

“TF Wings was the largest aviation brigade in the Army, with 196 aircraft and more than 4,000 Soldiers and Airmen,” he said. “The 25th CAB had the highest operational flight tempo in the Army during combat operations, including the execution of more than 200



Sgt. Jesus Aranda | 25th Infantry Division Public Affairs

Col. Mike Lundy, commander, 25th CAB, 25th ID, and Command Sgt. Maj. Jesus Ruiz, command sergeant major, 25th CAB, uncased the brigade’s colors during its redeployment ceremony at Wheeler Army Airfield, Oct. 5, 2010. The ceremony signified the official return of the 25th CAB to Hawaii.

phase inspections on its 196 aircraft. In total, the CAB flew more than 140,000 flight hours.”

In addition, the “Wings of Lightning” Brigade conducted a series of changes of command ceremonies that culminated in the brigade change of command ceremony at Sills Field, Schofield Barracks, Oct. 21, with Col. Mike Lundy relinquishing command to Col. Frank Tate.

Lundy gave a poignant speech, reflecting on his command time and the CAB’s milestones.

“On the field today, stands a true team of teams, focused, with the singular purpose of providing the very best attack, reconnaissance, assault, medical evacuations and heavy-lift aviation support to our Soldiers on the ground,” he said. “They are the best at what they do, not because of who the commander

was, but because of who they are as Soldiers and citizens of our nation. They exemplify everything that is great about our Army.”

The incoming commander, Tate, stated his desire for loyalty and the continuation of high standards and professionalism that have proven to be the hallmark for the 25th CAB.

In the time since the CAB has returned, it has reached many new milestones, including receiving new CH-47F Chinook helicopters and completing a unique aircraft reset program.

The Wings of Lightning Brigade also demonstrated its commitment to the total-Soldier reset concept. The unit participated in the Army’s Strong Bonds Program, assisted Soldiers with stress relief through the Warrior Adventure Quest Program, and held its first Level I Master Resiliency Training Course.

Throughout the course of the CAB’s redeployment and reintegration, the brigade also participated in numerous community relations events, including testing children’s hearing in partnership schools in the surrounding areas, cleaning up beaches and assisting cross-country events with Mililani Middle School and the Muscular Dystrophy Association.

The CAB resumed flight-training operations, Nov. 1, as it once again begins to travel the “Road to War” under the leadership of Tate.

The past year has been truly a great one for aviation brigade Soldiers and family members. The CAB has closed the chapter on one story and is preparing to write another that focuses on future operations and deployments.

## 2nd BCT meets challenges during first 100 days



Story and Photo by

**SPC. ROBERT M. ENGLAND**

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

FORWARD OPERATING BASE WARHORSE, Iraq — Despite the impending withdrawal of U.S. forces from Iraq, projected for later this year, evidence is visible that American troops are still very much “here.”

Soldiers from all battalions in 2nd Brigade Combat Team, “Warriors,” 25th Infantry Division, transitioned from combat operations to a greater advisory role, Sept. 1, 2010, as the conclusion of Operation Iraqi Freedom ushered in the beginning of Operation New Dawn.

This new mission is symbolic of a new era in Iraq, in terms of security, governance and Iraq’s position as a strategic U.S. partner. The 2nd BCT has spent more than 100 days in OND, and Col. Malcolm Frost, commander, 2nd BCT, reflected on the progress made in this short time.

“Iraqi army and police forces continue to gain in confidence and capability, while enemy influence and impact diminishes,” he said. “Local and provincial governments continue to develop and hone effective political and economic systems to support the people.”

The main objective remains the same: Return Iraq to a state of sovereignty so that the Iraqi people may relinquish their fears of terrorism.

Since the beginning of OND, Warrior

Brigade has been taking part in missions across northern Iraq, but its involvement has been much more reserved.

“Crime and insurgent attack rates are at eight-year lows and continue to trend downward as the police develop crime scene management and forensic capabilities, and sharpen their means to conduct counter-terror operations,” Frost said. “Nearly all of this is done routinely, each day, by the Iraqis, with only minor U.S. assistance.”

To adequately prepare Iraqis to assume complete responsibility for security in their provinces, Warrior Brigade Soldiers have conducted extensive training with IP and IA soldiers.

The 1st Battalion, 21st Infantry Regiment “Gimlets,” 2nd BCT, conducted 68 partnered training events with IA and IP in the southern Diyala province, focusing on infantry maneuvers at the platoon, squad and fire-team levels.

Gimlets provided training to IA soldiers on infantry tactics in a densely vegetated environment. In addition, Gimlets trained their Iraqi counterparts on battlefield first-responder tactics, to administer immediate medical treatment when necessary.

“During our first 100 days, the Gimlets rapidly adjusted to the unique demands of stability operations in the Diyala province,” said Lt. Col. Robert Molinari, commander, 1st Bn., 21st Inf. Regt., 2nd BCT. “The Soldiers successfully supported numerous Stability Transi-

tion Teams, while simultaneously partnering with IA and police units to improve efforts through training the Iraqi Commando Bn.

The 1st Bn., 27th Inf. Regt., “Wolfhounds,” 2nd BCT, is responsible for assisting ISF in the Salah ad Din province. The ISF in Salah ad Din are independently conducting more than 80-percent of operations against violent extremists, clearly indicating a shift from operations led by U.S. forces throughout the majority of the OIF campaign.

“The ISF have made tremendous progress during that time,” said Lt. Col. Donald Brown, commander, 1st Bn., 27th Inf. Regt., noting changes from previous deployments during 2005-2007.

“It’s putting the mechanics in place for the various Iraqi ISF and the intelligence agencies to synchronize their efforts and share that intelligence in a transparent manner,” he said.

The Warrior Brigade has demonstrated its commitment to seeing its mission through to a successful completion, supporting Iraqi government and military goals through advice and training as requested.

“In the first 100 days of OND, we have seen tragedy and challenges overcome by incredible progress by Iraqis in the complex environments of Salah ad Din and Diyala provinces,” Frost said. “While ... challenges remain, I am confident, ... if we stay committed, ... (in) the promise of a new dawn for Iraq.”

## We remember ...

- Sgt. Philip Jenkins, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID.
- Sgt. David Luff Jr., 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID.
- Pvt. James McClamrock, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID.
- Staff. Sgt. Aracely Gonzalez O’Malley, 307th Integrated Theater Signal Bn., 516th Sig. Bde., 311th Sig. Command.
- Spc. Jamal Rhett, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID.
- 1st Lt. Michael L. Runyan, Company B, 52nd Inf. Regt., 2nd BCT, 25th ID.

## 3rd BCT: Unit strengthens bonds

CONTINUED FROM A-1

to working for them during this deployment.”

One of the most memorable Bronco events of the year was the annual visit of orphans from the Holy Family Home Orphanage, in Osaka, Japan. Each year, Soldiers from the 27th Infantry Regiment, in both 3rd BCT and 2nd BCT, host children from the orphanage. The visit gives the children the special opportunity to visit America, experience Western culture and visit with the “Wolfhound” Soldiers who helped to make their orphanage what it is today.

“I believe hosting these kids is one of the most important things that we do,” said Lt. Col. Daniel Wilson, commander, 2nd Battalion, 27 Inf. Regt., 3rd BCT. “In the future, we hope to be able to help fund scholarships for the orphans. When the kids are 18, we want to be able to continue to give them opportunities they would not have otherwise.”

As the year progressed, Soldiers dove hard into training. The infantry took to the ranges and staff sections bulldozed through various field training exercises, learning to transfer information around in a battlefield environment.

During the year, relationships were strengthened, bonds were made and 3rd BCT troops rose to each occasion with pride and valor.

The Bronco Brigade, currently engaged with its final and most intense training at the National Training Center, Fort Irwin, Ca., is slated to go to Afghanistan in April.

Although 2011 will hold the rigors of battle, Bronco Brigade’s previous year has provided enough memories and training to sustain the brigade.



# 2010 Year in Review

## 8th TSC reflects upon mission accomplishments

**MAJ. JEFFREY PARKER**  
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – In 2010, 8th Theater Sustainment Command fulfilled its mission to train, equip and tailor forces, and to provide support to military operations.

During the course of the year, logisticians from 8th TSC’s maintenance section transferred more than 4,000 pieces of equipment in and out of the Army’s Left Behind Equipment Program, or LBE, ensuring all equipment had obtained the Army’s highest standards and was ready for use.

Additionally, the maintenance section was a significant contributor in ensuring “reset” – a series of actions to return equipment to “mission ready status.” Equipment was submitted for repair in a timely manner and returned to units in time to meet training requirements.

Soldiers tracked and monitored more than 5,000 pieces of equipment for three brigades redeploying from Iraq and Afghanistan.

The maintenance section also monitored and assessed work performed by the 536th Maintenance Company, 45th Sust. Brigade, 8th TSC, with equipment for the 2nd Brigade Combat Team, 25th Infantry Division, preparing equipment for induction.

The 8th TSC hosted the U.S. Army-Pacific’s Defense Logistics Agency-Energy effort, to transfer the fuel mission in Okinawa, Japan, to DLA-Energy, no later than January 2012. The 8th TSC developed mission analysis and Army Knowledge Online management sites to track progress. It continues to host the council that includes eight Integrated Process Teams.

The 8th TSC established a monthly Class VII Redistribution Board for Major End Items, which recommended to USARPAC logistics that an additional 164 lateral-transfer directives between regions and/or Military Support Commands, be added to the 104 currently open.

This addition of transfer directives

will reduce more than 1,405 excess equipment line numbers in theater. Monthly boards target approximately 100 directives per month to reduce excess.

New procedures for identifying LBE excess are working, and LBE excess is now visible on the 8th TSC Class VII AKO website. Logisticians even collaborated with 19th Expeditionary Sustainment Command for visibility of Korea’s equipment excess on that website.

The 8th TSC also managed and reduced excess equipment throughout USARPAC’s area of responsibility. In support of its commanding general’s Property Accountability Policy, the 8th TSC initiated “Operation Clean Sweep,” March 2010. The operation ended May 31, after gaining \$1.8 million in turns, and gaining visibility on 2,118 containers, worldwide, of supplies and equipment.

During fiscal year 2010, 8th TSC munitions managers tracked all demilitarization tasks performed in the Pacific theater of operations by open detonation or open burning in country, netting a total of 1,252 short tons of unserviceable and nonrepairable munitions.

Throughout the year, the 8th TSC transportation section managed the deployment and redeployment of nearly 20,000 Soldiers in support of Operation New Dawn and Operation Enduring Freedom.

Units within 8th TSC competed for the Army Award for Maintenance Excellence, Supply Excellence Award, Deployment Excellence Award, and the Phillip A. Connelly Field and Large Garrison competitions. The 8th TSC won the AAME and the Phillip A. Connelly Field and Large Garrison competitions at the USARPAC level. These 8th TSC units are now competing at the Department of the Army level.

The brigade also supported exercises in 2010, including Keen Edge, Key Resolve, Makani Pahili and Ulchi Freedom Guardian.

## 8th MP Bde. protects military community locally, abroad

**PFC. MARCUS FICHTL**  
8th Military Police Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – The 8th Military Police Brigade, 8th Theater Sustainment Command, shaped the military landscape, here, and in ongoing contingency operations worldwide in 2010.

Following a quick reset from deployment, the brigade commissioned the Watchdog Memorial Grove, next to Hamilton Field, here, in June, commemorating the “Watchdog” Soldiers who died in combat during the brigade’s deployment in 2009.

In July, the 8th MP Bde. transferred the reigns from Col. Byron Freeman to Col. LaTonya Lynn, during a change of command ceremony.

Continuously throughout the year, the brigade also supported two schools that excelled with the unit’s support: Wai’alua Elementary School won the Blue Ribbon award, an award for excellence, and Haleiwa Elementary School survived being consolidated into other schools, keeping its rich 140-year heritage alive.

During the year, the 57th and 558th MP companies redeployed from Iraq, and the 552nd MP Co. deployed to Afghanistan.

The brigade continued to protect the military community here, while the 58th MP Co. and 728th Headquarters and Headquarters Detachment prepared to protect the nation abroad, and began gearing up for an upcoming deployment.

Even though the 728th MP Bn. was preparing for deployment while maintaining its law enforcement mission, the bat-

alion reignited links with the local community in 2010 that had not been as robust, due to ongoing deployments.

In October, the 728th MP Bn. began training with the Honolulu Police Department, sending Soldiers to take part in a certification program at the Honolulu Police Academy in Waipahu.

In November, the 728th MP Bn. expanded its multi-agency cooperation worldwide with a 2010 Hawaiian Islands Working Dog Competition – the second time this event has been hosted since 2001. The event brought in 37 working dog teams from civilian to military organizations, spanning from Korea to Fort Leonard Wood, Mo. The Schofield Barracks kennel placed first in the event.

The 71st Chemical Co. also continued to establish itself as an innovation leader in the Chemical Corps. The Decontamination Platoon helped define new doctrine for the new M26 Decontamination System. The Active Response Chemical, Biological, Radiological and Nuclear Platoon maintained its certification and participated in a joint agency exercise on Kauai, involving more than 30 different agencies and culminating with an exercise on a cruise liner.

The 8th MP Bde. comes into the new year, continuing to establish itself as the pre-eminent military police organization in the Pacific, from Korea to Hawaii and Alaska.



Sp. Tiffany Dusterhoft | 8th Theater Sustainment Command Public Affairs

The 8th MP Bde., 8th TSC’s, color guard marches past the 8th MP Bde.’s reviewing party during its change of command ceremony on Sills Field, Schofield Barracks, July 30, 2010.

## 45th Sust. Bde. trains, builds relationships through deployment cycle



Courtesy of 45th Sustainment Brigade, 8th Theater Sust. Command

Soldiers wait in a gas chamber as they prepare to recite their rank, name and social security number during the 45th Sust. Bde., 8th TSC’s, weeklong NBC training event.

**MAJ. ELIZABETH POWERS & SGT. 1ST CLASS JOSEPH GARCIA**

45th Sustainment Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – The 45th Sustainment Brigade, 8th Theater Sustainment Command, achieved significant accomplishments in 2010.

The year began with the brigade’s redeployment from Afghanistan. Several companies deployed and redeployed throughout the year to conduct training in support of combat missions, including the 40th Quartermaster Company, 303rd Explosive Ordnance Detachment, 130th Engineer Bde. and the 74th Explosive Ord. Det.

A brigade change of command occurred, during which Col. Dianna Roberson assumed command of 45th Sust. Bde. from Col. Clay Hatcher, June 9. The brigade also conducted a change of responsibility ceremony in March, bidding farewell to outgoing Command Sgt. Maj. Benjamin Ramos II, and welcoming Command Sgt. Maj. Roger Bynoe.

The 45th Sust. Bde. also participated in its first Nuclear, Biological and Chemical training since redeployment. Soldiers gained confidence and trust in the equipment they will use while deployed in theater.

Soldiers of the 45th Sust. Bde. and family members of deployed Soldiers participated in the second 45th Sust. Bde. Master Resiliency Leader Course, which taught attendees how to be resilient leaders and family members throughout the deployment cycle.

Soldiers also participated in the Save-a-Life-Tour at Wheeler Army Airfield. Soldiers learned how alcohol affects the body, the consequences of driving under the influence, and identification and prevention of sexually transmitted diseases.

Soldiers with the 303rd EOD participated in a Hong Kong Program Exchange, Oct. 25-Nov. 19. Soldiers provided subject matter experts, exercise controllers and evaluators to help train the Hong Kong Police EOD Bureau.

The brigade also hosted several events to build stronger relationships in the surround-

ing community and within the brigade.

Soldiers and families battled for bragging rights, but the 536th Support Maintenance Co. triumphed during the 45th Sust. Bde. Sports Day.

The 45th Sust. Bde Dining Facility, located at K Quad, competed and won the Army’s Philip A. Connelly Competition for best dining facility in the Army.

The 25th Transportation Co. cleaned up a local school property in Haleiwa. Soldiers cut grass and picked up litter at Sunset Beach Elementary School.

The brigade also assisted Kahuku Elementary, Intermediate and High schools throughout the year.

At the end of the year, Maj. Gen. Michael J. Terry, commanding general, U.S. Army-Hawaii, visited Sunset Elementary School to assist students in their studies.

Brigade Soldiers put on events, such as the Presidential Physical Fitness Awards Program, throughout the year. The brigade is also supporting the school’s robotics program.

## 130th Eng. Bde.’s missions take units on the road and off island

**CAPT. STEPHEN ROBINSON**

130th Engineer Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – The 130th Engineer Brigade, 8th Theater Sustainment Command, achieved significant accomplishments in 2010, when it consistently redeployed and reset multiple subordinate units and conducted major training in support of its subordinate units’ scheduled deployments.

During the past year, the brigade redeployed its Headquarters and Headquarters Company from Iraq, and it deployed the 34th Eng. Sapper Co., 65th Eng. Battalion, to Afghanistan.

A change of command occurred within 130th Eng. Bde., upon redeploying from Iraq. Col. Jeffrey Milhorn assumed command of 130th Eng. Bde. from Col. Fabian Mendoza, Aug. 11. The brigade also conducted a change of responsibility ceremony, Aug. 12, bidding farewell to outgoing Command Sgt. Maj. Dale Moran and welcoming Command Sgt. Maj. Roy Ward.

The 14th Eng. Detachment, Construction Management Team, became the newest addition to the 130th Eng. Bde., when it officially unfurled its colors, Oct. 6. The 14th Eng. Det. was originally activated at Schofield Barracks, Sept. 9, 1944, as the 1742nd Eng. Mobile Searchlight Maintenance Unit, and it served in the Asiatic-Pacific theater during World War II.

The 7th Eng. Dive Team, 65th Eng. Bn., 130th

Eng. Bde., set sail on board Logistic Support Vessel 2, “CW3 Clinger,” for Operation Deep Blue. The mission was to train and fine-tune Soldier skills and tactical and technical diving skills needed to be successful for an upcoming deployment in support of Operation New Dawn.

The 65th Eng. Bn. hosted its first Expert Sapper Competition to help observe tradition and the esprit de corps of combat engineers. The competition was modeled after the Best Sapper Competition held at Fort Leonard Wood, Mo., and was open to all military units in Hawaii.

The 65th Eng. Bn. also took great



2nd Lt. Brigida Sanchez | 65th Eng. Bn., 130th Eng. Bde., 8th TSC

Staff Sgt. Joshua Williams, combat engineer, Company A, 3rd Bde. Special Troops Bn., 3rd Brigade Combat Team, 25th Infantry Division, carefully searches for a mine on one of the 14 testing lanes of the Expert Sapper Competition, hosted by the 65th Eng. Bn., 130th Eng. Bde., 8th TSC, Sept. 27, 2010. The competition was open to all military units in Hawaii.

pride in celebrating its 83rd birthday. The U.S. Army activated the 65th Eng. Bn., Oct. 18, 1927, an organization that has served the Army with great audacity on numerous occasions.

During the year, the 82nd Eng. Support Co., 65th Eng. Bn., 130th Eng. Bde. – a detachment of military engineers – deployed to southern California in response to a request for Department of Defense assistance, submitted by the U.S. Border Patrol, San Diego sector. The mission was to conduct, repair and upgrade 3.5 miles of border road, used by border patrol agents near the Tecate Port of Entry, located southeast of San Diego.

Soldiers of the 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., also battled the elements and terrain to complete their Joint Task Force-North road mission to support U.S. Border Patrol, El Paso sector. They completed a monthlong deployment to the U.S.-Mexico border, near Fort Bliss, Texas.

In 2010, Soldiers from the 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., teamed up with members of the Oahu Army Natural Resources Program at the Kuaokala Forest Reserve, to help mitigate the spreading of wildfires. For nearly three weeks, Soldiers honed their construction skills by repairing runways and roads on the Big Island.

The 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., also completed construction on the Air Assault Village and Pre-Ranger Course at East Range Training Complex, here.





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

Flanked by survivors, at center, Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, joins Maj. Gen. Michael J. Terry, commanding general, U.S. Army-Hawaii, in unveiling the plaque that was placed in the new Survivor Outreach Services Center, at Fort Shafter, during a dedication ceremony, Oct. 13, 2010.

# USAG-HI builds, maintains, strengthens relationships between units, community

**LACEY JUSTINGER**  
Managing Editor

**WHEELER ARMY AIRFIELD** — U.S. Army Garrison-Hawaii exists to support Soldiers and families assigned to Hawaii, ensuring the people in uniform, and their supporters, remain a strong and resilient team, both now and in the future.

Throughout 2010, USAG-HI fulfilled its mission to offer programs and services that sustain Soldier, family and civilian readiness and well-being; workforce development; installation readiness and safety; and energy, efficiency and security.

The mission, which includes strategic partnerships and responsible stewardship of resources, strives to improve processes and ensures a positive, efficient and effective relationship between the U.S. Army, Soldiers, families, civilians and the surrounding community in Hawaii.

In March, Army leaders joined with Native Hawaiian organizations and community groups to sign a formal Native Hawaiian Covenant. The pledge signified the Army's commitment to forging a stronger relationship of cooperation, appreciation and understanding of Hawaii's native culture and resources. The pledge also recognized the Army's role in Hawaii and the public's willingness to welcome Soldiers into local communities.

That same month, senior leaders resigned of the Army Family Covenant and recommitted themselves to improving quality of life services to Soldiers and family members here in Hawaii. Maj. Gen. Michael J. Terry, commanding general, U.S. Army-Hawaii; Command Sgt. Maj. George Duncan, command sergeant major, 8th Theater Sustainment Command and USARHAW; Col. Matthew Margotta, commander, USAG-HI; and Command Sgt. Maj. Robert Williamson, command sergeant major, USAG-HI, all rededicated and committed themselves to helping USARHAW families and service members thrive.

USAG-HI received the Historic Hawaii Foundation 2010 Preservation Award — Hawaii's highest honor for preservation projects — in April, for the restoration of the only remaining quad theater at Quad F, Schofield Barracks. USAG-HI also opened the newest Soldiers' barracks

at Fort Shafter, which is Leadership in Energy and Environmental Design Silver-certifiable, and will house 156 Soldiers with 30-percent less energy than older barracks.

In May, USAG-HI joined with local and civil organizations to sign a memorandum of understanding formalizing the Waianae Mountains Watershed Partnership, which is a commitment to protecting Oahu's primary source of freshwater.

Halfway through the year, USAG-HI leadership held the Army Family Action Plan Conference to address more than 15 quality of life issues and meet the needs of US-ARHAW families.

In June, USAG-HI also dedicated a new School Age Center to children of all fallen Soldiers in Hawaii, named "Napua Koa," which is Hawaiian for the children of the warrior.

That same month, the USAG-HI community bid aloha to Col. Matthew Margotta, outgoing commander, USAG-HI, and welcomed Col. Douglas Mulbury, incoming commander.

In July, USAG-HI launched a Department of Defense utilities conservation program that requires Soldiers and their families to become more accountable and responsible for their electricity usage on post.

In September, USAG-HI released results of the Army's recent depleted uranium Baseline Human Health Risk Assessment for the Pohakuloa Training Area impact area on the Big Island, which indicated there are likely no adverse effects to current and potential future persons working on or living near PTA, due to DU presence.

USAG-HI opened the doors of its new Survivor Outreach Services Center, called "Halia Aloha," Hawaiian for cherished or loving memory, to honor fallen Soldiers and to comfort, serve and support their families, in October. The center serves families of active duty, National Guard and Reserve, and center staff coordinate resources and referrals for Army, state and local programs.

At the end of the year, USAG-HI hosted Oahu's military installations in signing the Collaborative Qualified Recycling Programs Partnership MOU to formalize a unified commitment to reduce solid waste and enhance recycling to protect and conserve the environment.

# Corps of Engineers' work, contracts benefit military, community

**U.S. ARMY CORPS OF ENGINEERS-  
HONOLULU DISTRICT PUBLIC AFFAIRS**  
News Release

**FORT SHAFTER** — The U.S. Army Corps of Engineers-Honolulu District completed another successful fiscal year in 2010, awarding more than 680 high-value contract actions while also enhancing partnerships with U.S. Army-Hawaii and citizens of Hawaii.

USACE continues to provide high-quality facilities to the armed forces of the U.S., as the district awarded contract actions totaling more than \$272.63 million, including more than \$147 million to small business firms.

Among the many contract awards in FY 2010 were those for architect-engineer services for the design of FY's 2011-2015 projects, phases one through four, of a command and control facility complex — the future home of U.S. Army-Pacific's headquarters at Fort Shafter, for \$21.52 million.

In January, USACE also awarded a \$1.53 million contract to replace a roof and install two photovoltaic systems on Aliamanu Military Reservation buildings. The 47-kilowatt and 37-kilowatt photovoltaic systems were part of an American Recovery and Reinvestment Act-funded project.

In addition, a \$2.72 million ARRA contract was awarded in January for the replacement of Schofield Barracks' water treatment plant generator.

The new \$27 million state-of-the-art, six-story Soldiers' barracks complex on Fort Shafter officially opened April 15. The USACE-built complex houses 156 single Soldiers in 78-room units, boasts a special interior moisture-resistant wall paint and consumes 30-percent less energy than older barracks.

USACE also awarded a \$9.2 million contract in August, to construct a new single-story, 10,000-square foot conference and technology learning center for the Asia-Pacific Center for Security Studies at Fort DeRussy in Waikiki. The building will include a 108-person plenary space, seminar rooms and an ethno-botanical garden.

In September, a two-year, \$7 million rehabilitation/restoration of Fort Shafter's Aloha Center was completed after having over-

come several building challenges. Specific portions of the center could not be demolished because of advanced age and need of major restoration/historic preservation requirements. Contractors carefully removed almost 65-percent of the original structure and then restored the facility to its original exterior appearance from the 1940s.

USACE completed a \$874,000 renovation of Schofield Barracks' historic 97-year-old Soldiers Chapel in October, which included repairing the sanctuary/altar area, adding an office addition, replacing damaged exterior wood siding and installing a new sidewalk around the chapel.

Throughout 2010, district personnel also provided guidance and expertise for several annual environmental events in Hawaii, including Earth Day, World Water Monitoring Day and National Public Lands Day. These events help protect and improve the lives of the people of Hawaii and the region.

More than 60 volunteers, including those from the Punahou High School JROTC program and members of the North America Taiwanese Association Hawaii Chapter, plus USACE employees and family members, joined forces April 10, to clean up the beach and berm behind USACE's Pacific Regional Visitor Center at Fort DeRussy and the shoreline revetment at Kakaako Waterfront Park, as part of the City and County of Honolulu's Earth Day 2010.

The district also partnered with the City and County of Honolulu Storm Water Quality Branch, the Hawaii Water Environment Association, Punahou High School Mamiya Science Center and nearly 120 Washington Middle School students, Sept. 21, for the first part of Oahu's annual World Water Monitoring Day activities in the Makiki and Ala Wai watersheds.

More than 100 volunteers once again scoured Fort DeRussy and Kakaako Waterfront parks in Honolulu for trash, as part of National Public Lands Day, Sept. 25.

Soldiers from the 84th Engineer Battalion, Punahou High School JROTC students, the North America Taiwanese Women's Association Hawaii Chapter and USACE employees attended the district-coordinated event.



Joseph Bonfiglio | U.S. Army Corps of Engineers-Honolulu District Public Affairs

Cadets from the Punahou JROTC program clean up the beach berm at Fort DeRussy, April 10, 2010, as part of the USACE's and City and County of Honolulu's Earth Day 2010 Mauka to Makai Environmental Expo.



# 2010 Year in Review



Soldiers from 18th MDSC move a casualty out of a mock-village that was overrun by insurgents to a safe area, during lane training exercises at Marine Corps Training Area-Bellows, Feb. 3-6, 2010.

# 18th MDSC wraps up 2010

## New teams are assigned

Story and Photo by  
**SGT. 1ST CLASS RODNEY JACKSON**  
18th Medical Deployment Support Command Public Affairs

FORT SHAFTER — The year 2010 was fast paced for the 18th Medical Deployment Support Command, and the beginning of the new year has yet to show that things are slowing down.

Since its activation in Hawaii in 2008, the unit has accomplished many first-time and first-ever events. One historical event happened when Tuskegee Airmen pilots visited during the 2010 Black History month observance, here. Another first, was the patch ceremony for the 124th Optometry Team, assigned to 18th MDSC, in February.

The U.S. Army Medical Department hosted its annual Best Warrior Competition and brought the competition to Hawaii for the first time in 2010. The 18th MDSC hosted the event in March, bringing medical Soldiers, Armywide, to Oahu to compete for the title.

In April, the unit welcomed back one of its Soldiers from a 12-month deployment to

Afghanistan. Lt. Col. Gus Gogue, deputy chief of staff for logistics, 18th MDSC, was greeted with lei and hugs, April 28, at the Honolulu International Airport.

April was also a month for one of the many medical training exercises and subject matter expert exchanges, as 18th MDSC members deployed to Mongolia for their first nursing exchange with the Mongolian armed forces.

The 8th Forward Surgical Team arrived in June, becoming the second unit assigned to the 18th MDSC. The team transitioned to the 18th MDSC after returning from a 12-month deployment to Afghanistan.

In July, the 124th Optometry Team received its deployable optometry packages and is currently preparing for an upcoming deployment. The first Strong Bonds marriage retreat was also held in Waikiki that month.

In August, the unit successfully achieved initial operation capable status in a certification exercise during Ulchi Freedom Guardian.

The 18th MDSC accomplished many things last year, and it looks forward to the challenges of this year.

# 9th MSC serves as executive agent for USARPAC exercises

**9TH MISSION SUPPORT COMMAND**  
News Release

FORT SHAFTER — The year 2010 proved to be another busy and successful year for the U.S. Army Reserve's 9th Mission Support Command.

Throughout the year, Soldiers of the 9th MSC participated in more than 20 military exercises, including Key Resolve, Balikatan, Yama Sakura, Khaan Quest, Tiger Balm, Transmariner and Makani Pahili.

Most notably, the command served as the executive agent for U.S. Army-Pacific exercises Keris Strike in Malaysia and Garuda Shield in Indonesia, and provided operational control, logistical coordination planning and life support for participants and key personnel. The result was a strengthened relationship between the U.S. and its Asian partners, as well as an increased peace-support operational capability of all those who participated.

Reservists from the 9th MSC continued to play a vital role in overseas contingency operations, serving in Iraq,

Afghanistan and Kosovo. The 305th Mobile Public Affairs Detachment and 30th Military History Det. deployed to support stability operations in Iraq. Additionally, many reservists volunteered to augment other units abroad.

The command also welcomed home Soldiers of the 411th Engineer Battalion and 322nd Civil Affairs Brigade.

In May, the 9th MSC welcomed its new commanding general, Brig. Gen. Michele Compton, and bid farewell to Brig. Gen. Alexander Kozlov in a change of command ceremony.

During the year, Soldiers continued to train and support Joint Task Force-Homeland Defense, which is a USARPAC mission geared toward emergency response to natural and man-made disasters.

In September, the command honored 49 of its U.S. Army Reserve Soldiers in a Humanitarian Service Medal Award presentation, for providing disaster relief efforts immediately following the tragic 2009 tsunami in Samoa, as a part of JTF-Homeland

Defense.

This year was also the first time the command facilitated the naturalization of American Samoan Soldiers, resulting in the first-ever naturalization ceremony being held in the territory.

The command completed numerous facility improvements for Soldiers throughout the Pacific, including opening computer labs in locations such as Guam, American Samoa and Saipan, and unveiling a new Army Reserve Center in Hawaii.

Medical readiness also remained a high priority for the command, which resulted in holding consolidated Soldier Readiness Processing events in Guam, American Samoa, Alaska and Hawaii. These events brought the command up to the highest levels of readiness.

The 9th MSC looks forward to continued mission success in the years ahead.



Christina Douglas | 9th Mission Support Command Public Affairs

Sgt. 1st Class Riki Riordan (standing), operations noncommissioned officer in charge, U.S. Army Japan-Support Unit, 9th MSC; and Malaysian Lance Cpl. Mohd Fuad, intelligence mapping specialist, 3rd Infantry Division; plot points together on a map during Keris Strike 2010.



# Issues, delegates needed for 27th annual AFAP Conference

**VANESSA LYNCH**  
News Editor

SCHOFIELD BARRACKS – The Army’s quality of life is only as good as the people behind it. Community members can help improve their quality of life by submitting suggestions or becoming a delegate for the 2011 U.S. Army Garrison-Hawaii Army Family Action Plan Conference, Feb. 8-11, at the Schofield Barracks Education Center in the Sgt. Yano Library, here.

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.



To become an AFAP delegate, call 655-1696, before Jan. 21.

Submit AFAP issues by filling out a conference issue sheet at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com); click “ACS” from the dropdown menu.

Return issue sheets by Jan. 21; either by e-mail, [heather.mills@us.army.mil](mailto:heather.mills@us.army.mil), by fax 655-1654, or by dropping it off at Army Community Service Center, 2091 Kolekole Ave., Schofield Barracks, or at Building 127A, Krukowski Road, Tripler Army Medical Center.

“Anyone can be a delegate,” said Heather Mills, program specialist, Army Community Service. “No issue is too big or too small.”

Training will be provided for delegates and subject matter experts.

The conference begins at 12:30 p.m., Feb. 8, and runs from 8 a.m.-4 p.m., Feb. 9-10. Opening ceremonies will be held at the Tropics Recreation Center, 4-5 p.m., Feb. 8, and closing ceremonies will be held at the Nehelani, 10-11 a.m., Feb. 11. Free child care and lunch will be provided for delegates and conference volunteers throughout the week.

The effectiveness of the USAG-HI AFAP Conference depends on convening a group of delegates and subject matter experts who discuss the issues, select the ones they deem most important to the community and report these concerns to the command with specific recommendations.

Information provided through the AFAP process gives commanders and leaders insight into current satisfaction detractors, quality of life needs and expectations of Army constituents. Leadership then uses the information to implement changes that improve standards of living and support programs. These changes foster a satisfied, informed and resilient Army community.

“An issue is a problem that affects the readiness and well-being of our installation, community or the U.S. Army,” according to Col. Douglas Mulbury, commander, USAG-HI. “We need the cooperation of commanders, supervisors, Soldiers, family members, civilian personnel and retirees, to ensure the success of the 2011 USAG-HI AFAP Conference.”

AFAP is a year-round process that begins at the installation or unit level, allowing commanders at all levels to learn and seek solutions for community concerns.

In essence, AFAP provides the Army community a voice in shaping the standards of living and identifying issues related to the current environment.

“It gives us a voice in our own communities,” said Shelly Hinzman, military spouse and AFAP volunteer. “The ability to transfer GI Bill benefits and programs like Better Opportunities for Single Soldiers came from someone, on an installation somewhere, who filled out an issue sheet.”

Since its inception in 1983, AFAP has been responsible for 117 legislative changes, 162 Department of Defense or Department of the Army policy changes, and 178 improved programs or services.

The Army is the only service with a program like AFAP.

“The Army has proven that they do care

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“The Army has proven that they do care



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

Delegates log issues that impacted quality of life on Army Hawaii installations at the 2007 AFAP Conference held at the Nehelani, Schofield Barracks.

about what we have to say, and the Army is asking us how we can make life better,” Mills said. “It’s our responsibility to respond.”



Maj. Gen. Michael J. Terry, commander, U.S. Army-Hawaii, emphasizes a point at the Community Health Promotion Council, Jan. 4, at Schofield Barracks.



Council attendees discuss behavioral health services for Soldiers. The council includes Army Hawaii senior leadership and focuses on initiatives and recommendations that help improve everyone’s quality of life.

# Community Health Promotion Council discusses behavioral health services

Story and Photos by  
**VIKEY MOUZÉ**  
Pau Hana Editor

SCHOFIELD BARRACKS – Behavioral health services for Soldiers were among the topics discussed at a U.S. Army Garrison-Hawaii-sponsored meeting, Jan. 4, here.

The Community Health Promotion Council safeguards human health, improves the quality of life and enhances the natural environment for joint warfighters, their families and the military community. It was hosted by Col. Douglas Mulbury, commander, USAG-HI, and chaired by Maj. Gen. Michael J. Terry, in his role as Army Hawaii’s senior commander.

Terry thanked the senior leaders for ensuring that Hawaii’s Soldiers and families remained safe during the holidays.

“(There was) a lot of leadership involvement during the holidays, and getting out there and getting into what’s going on with our Soldiers and families,” Terry said.

Col. C.J. Diebold, chief, Department of Psychiatry, Tripler Army Medical Center, and psychiatry consultant to the Army Surgeon General, discussed ways to help combat the perceived stigma associated with seeking behavioral health, or BH, services.

He said the stigma has been around for a number of years. Many Soldiers think that seeking BH services is a sign of weakness and that they will be ostracized by their peers. The civilian sector also shares that perception.

Diebold, who has been an Army

psychiatrist for 20 years, said the military BH community has learned that leaders have a big role in helping combat the stigma attached to seeking help for behavioral issues and ensuring Soldiers keep BH appointments.

Due to increased leadership involvement, no-show rates since June 2010 have dropped from “almost 50 percent to less than 10 percent now,” according to Brig. Gen. Keith Gallagher, commander, TAMC. Gallagher said that the key to decreasing the no-show rate is involved leaders.

TAMC and the Schofield Barracks Health Clinic staff continue to improve and add to BH services.

“One of the big things we’re doing is bringing behavioral health services into primary care,” Diebold said.

Soldiers may feel more comfortable speaking with their primary care providers, thus negating any concerns over being seen going to a BH clinic. Soldiers can be seen quickly, referrals to specialty clinic aren’t needed and Soldiers consult directly with primary care providers.

Primary care-based BH programs at Schofield Barracks include Respect-Mil, an Armywide program where medical staff are trained in BH screening and treatment, and each Soldier is screened for depression and post-traumatic stress

disorder. Complicated cases are referred to the BH clinic.

Diebold also said that TAMC is providing better care of depression. BH providers are embedded in Family Medicine, Internal Medicine and OB/GYN Clinics. The initiative streamlines screening and treatment of Soldiers, and will be expanded to family members to emphasize healthy and resilient relationships.

Another BH pathway is the Soldier Assistance Center at Schofield Barracks. Services include suicide prevention and awareness training. Soldiers can participate in post-deployment stress and anger management groups or pursue individual therapy.

TAMC’s Department of Psychology also offers programs that promote healthy lifestyles, to include weight reduction and smoking cessation, and directly supports the Army’s initiative of Comprehensive Soldier Fitness.

The Confidential Alcohol Treatment and Education Program is another BH program at Schofield Barracks. One of the Army’s three pilot sites, the Schofield Barracks program encourages Soldiers to self-refer, with the option of command involvement, if Soldiers meet the criteria for the program. The program offers increased privacy, with available evening hours. Diebold added that more officers and senior noncommissioned officers are self-referring.

Also, Tripler will get a tele-health cell in the near future. Diebold said that Soldiers are comfortable with tele-health, a technology that is similar to Skype video chat. A similar program to serve family members is currently under development.







Today

**Lt. Dan Band** — Save the date for 6 p.m., Feb. 12, when the Lt. Dan Band rocks Sills Field, Schofield Barracks, with a free concert, courtesy of the USO and Family and Morale, Welfare and Recreation.

Before the concert, stop by the Comprehensive Soldier Fitness Expo, starting at 5 p.m., to learn about programs for Soldiers and families.

Check the Hawaii Army Weekly and [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) for details as they develop.

**Family Fun Friday** — Enjoy great family fun, 6-9 p.m., Jan. 14, Tropics Recreation Center, Schofield Barracks. Free pizza is served on a first-come, first-served basis. Call 655-5797 or visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com).

17 / Monday

**Hula Classes** — Learn hula at free classes sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii. Soldiers and families can participate in the classes, Jan. 17, at the Kalakaua Community Center, Schofield Barracks. Classes are held every Monday in January.

A beginners' class starts at 6 p.m.; an advanced class is at 7 p.m. Classes feature the different types of hula and fundamentals of steps, movement and posture.

E-mail [nhliaison@gmail.com](mailto:nhliaison@gmail.com) or call 655-9694.

18 / Tuesday

**Soldier Show** — Nominations for performer and technician positions in the 2011 U.S. Army Soldier Show are being accepted through Jan. 18. Soldiers may self-nominate by sending packets to the Army Entertainment Division.

Nominations must include a Department of the Army photo, copy of the Soldier's enlisted or officer record brief, current physical test score and a copy of the latest Noncommissioned Officer Evaluation Report or Officer Evaluation Report. Performers must submit a video audition on DVD, and technicians are required to submit a resume and photos of past work. Visit [www.armymwr.com](http://www.armymwr.com).

Send nominations to U.S. Army Soldier Show, Attn: 2011 Selection Committee, PO Box 439, Fort Belvoir, Va., 22060.

20 / Thursday

**Keiki Craft Night** — Keiki can prepare arts and crafts for Valentine's Day, 6-8 p.m., Jan. 20, Hale Ikena, Fort Shafter. Call 438-1974.

**Teen Theater Thursdays** — Teens



Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**Survey** — Submit your ideas and comments today about the Hawaii Army Weekly. Is the HAW your main source for what's going on? Do you use Facebook or Twitter? Let the U.S. Army Garrison-Hawaii Public Affairs Office know what you think.

Take our quick HAW survey at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil), and click on the survey link. Call 656-3153.

**Great Aloha Run** — Register for the Kaiser-Permanente Great Aloha Run, taking place Presidents' Day weekend. The GAR offers four days of events highlighting family, health, fitness and charity.

GAR features a three-day Sports, Health and Fitness Expo, Feb. 18-20; Silverstreaks Sunrise Walk, Feb. 19; Keiki Fun Run, Feb. 19; and the 8.15-mile foot race, Feb. 21.

Military divisions in the foot race include DoD civilians, and the Sounds of Freedom formations are made up of active military units running in formation.

Cost for the footrace is \$35, until Jan. 22; then \$40, until Jan. 31; and \$45 cash or with credit card at the GAR Expo. Visit [www.greataloharun.com](http://www.greataloharun.com). Call 655-9650 for Sounds of Freedom applications.



Michelle Hashimoto | Courtesy Photo

For a good cause

TRIPLER ARMY MEDICAL CENTER — From left, Spc. Jana Trhikova, Staff Sgt. Paul Walker and Staff Sgt. Erick Garcia — all attached to Tripler Army Medical Center — present a check for \$750 to Theresa Johnson, manager, TAMC Fisher House, and Anita Clingerman, assistant manager, Fisher House, in a brief ceremony held Jan. 3.

The Soldiers presented the donation on behalf of all 19 of the 2010 Honolulu Marathon medical van driver volunteers. Johnson said she is grateful for the donation and proud that the volunteers, Soldiers and civilians, make an effort to raise money for the Fisher House, every year.

can learn the basics of stage acting in a free, ongoing theater program at Sgt. Yano Library, Schofield Barracks. The next meeting is 4-5:30 p.m., Jan. 20.

Call 655-8002 to register. Walk-ins are welcome.

**Texas Hold 'em and Bunco** — Do you have the best poker face on post? Find out, Jan. 20, 6 p.m., at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

21 / Friday

**Right Arm Night** — Enjoy fun, food and entertainment at Right Arm Night, 5 p.m., Jan. 21, at the Nehelani, Schofield Barracks.

Come out and cheer on your favorite team as the 500th Military Intelligence Brigade defends its Right Arm Night Unit Champion title for a chance to win \$250 toward a unit function at a Family and Morale, Welfare and Recreation facility.

Right Arm Night is an adult event. Call 655-4466.

27 / Friday

**Hawaiian Chanting** — Learn about Hawaiian chanting at an interactive workshop, 5:30-7 p.m., Jan. 27, Sgt. Yano Library, Schofield Barracks. Sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, the workshop will focus on the various types of Hawaiian chanting and

voice techniques, used to document Hawaiian genealogy, establish protocol, give blessings and tell a story. Call 655-8002.

Ongoing

**Picture Framing** — Learn customized framing at the Schofield Barracks Arts and Crafts Center. Cost for one session is \$45 and includes instruction and materials. Framing is available daily, 9 a.m.-12 p.m. Call 655-4202.

**Auto Skills Center** — Rent storage sheds from either the Fort Shafter or Schofield Barracks Auto Skills Center. Two sizes are available to choose from: metal 8x6x5 (\$50) or plastic 8x6x6 (\$60) per month. Call 655-9368 or 438-9402.

**State Vehicle Safety Check** — Stop by the auto skills shop at Fort Shafter or Schofield Barracks to renew your state vehicle safety checks. Safety checks are performed on a first-come, first-served basis; appointments aren't necessary. Call 438-9402 or 655-9368.

**Arts and Crafts** — Visit the Schofield Barracks Arts and Crafts Center for creative fun:

•Make lei, 12-2 p.m., every Thursday. All ages are welcome. Cost is \$10. Call 655-4202.

Wahiawa. Types of music include acoustic bluegrass, newgrass, mountain, roots, traditional country, Hawaiian, Americana, folk, western, Celtic and Irish.

Bring a potluck plate or dish to share, soft drinks and a warm sweater. Coffee will be available. Call 206-3459, e-mail [caroline@bluegrasshawaii.com](mailto:caroline@bluegrasshawaii.com) or visit [www.bluegrasshawaii.com](http://www.bluegrasshawaii.com).

17 / Monday

**3rd Annual King Parade** — This event begins at 9 a.m., Jan. 17, proceeding from Magic Island down Kalakaua Avenue to Kapiolani Park, where a Unity Rally will be held. Music, entertainment, food, a children's playground and community booths will be available.

19 / Wednesday

**Running Club** — All levels of runners and walkers can join the free Hawaii Running Project Wednesday Run Club at Schofield Barracks. The club meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road.

The club runs loops around the base of Kolekole Pass; workouts can be customized from two to eight miles.

Go green and bring your own water bottle. E-mail [mary.siegel@amedd.army.mil](mailto:mary.siegel@amedd.army.mil) or call 655-9123.

**Aviation Explorers** — Aviation Explorer Post #2437 will hold its orientation night, 6:30 p.m., Jan. 19, at Bishop Museum's Atherton Halau. Students between the ages of 14 and 20 who have an interest in aviation can attend with their parents.

Applications to the program will only be accepted at orientation, and only 15 students will be invited to experience the 10-week educational program.

Bring the completed application and a letter of recommendation from an

•Join Mom and Tot Crafts and create a fun project with your 3-5-year-old, 10-11 a.m., every Thursday. Cost is \$3 and covers class and supplies. Call 655-4202.

**Homeschool PE Classes** — Army Youth Services offers physical education for the homeschooled child, 10-11 a.m., at Aliamanu and Fort Shafter; call 836-1923. Schofield, Helemano and Wheeler Army Airfield classes are Wednesdays, 11 a.m.-12 p.m.; call 655-6465.

**Family Child Care** — Individuals interested in caring for children in their home should inquire with the Child, Youth and School Services' Family Child Care program. Call 655-8373 or 837-0236.

**Woodshop Safety Class** — Get certified for the woodshop at the Arts and Crafts Center, Schofield Barracks. Cost is \$10. Call 655-4202.

**Ceramics** — Searching for something artistic to do? Visit the Schofield Barracks Arts and Crafts Center for a ceramic pouring class and let your imagination lead the way. Cost is \$25 and covers classes and supplies.

Live on the south side of the island? Enjoy classes at Fort Shafter, as well.

Call 655-4202 (Schofield) or 438-1315 (Fort Shafter) for more information.

adult mentor such as a teacher, coach or minister. For an application, visit [www.IslandAir.com/Explorers](http://www.IslandAir.com/Explorers).

Aviation Explorer Post #2437 is an affiliate of the Boy Scouts of America and is hosted by Island Air.

26 / Wednesday

**Tell Me a Story** — Families are invited to a free literacy event, 5:30-7 p.m., Jan. 26, Webling Elementary School in Aiea. Lt. Col. Sandy Muchow, commander, 8th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, will read "The Three Questions" by Jon Muth.

Each family in attendance will receive a copy of the book. Group discussion, craft and snack will follow the reading. RSVP as space is limited. E-mail [ptop.schofield@militarychild.org](mailto:ptop.schofield@militarychild.org) or call 910-977-8980.

28 / Wednesday

**Dance Classes** — Children ages 6-18 can learn ballroom dancing, 4-5 p.m., Jan. 28, Armed Services YMCA, Wheeler Army Airfield. Adult classes will be held 10-11 a.m., Jan. 8 and 22. Classes cover basic techniques and patterns in the American style of ballroom dance.

Cost is \$10 per class, per person. Participants aren't required to have a partner. Don't wear slippers. Call 624-5645.

31 / Monday

**Spouse Scholarships** — Military spouses have until midnight EST, Jan. 31, to apply for the National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarship Program at [www.militaryfamily.org](http://www.militaryfamily.org). Scholarships up to \$1,000 are awarded to military spouses to obtain professional certification or training, complete a two- or four-year degree, or attend graduate school.



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

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

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Tuesday & Thursday, 8:30 a.m. at AMR
- Saturday, 5 p.m. at TAMC and WAAF chapels
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

- Sunday, 12 p.m. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

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

Single Soldiers' Bible Study

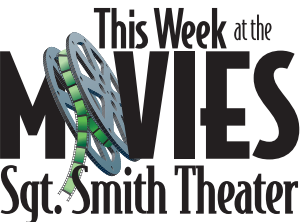
- Wednesday, 11:30 a.m. at SC. Lunch is provided.

Sunday Contemporary Service

- Sunday, 11:45 a.m. at SC.

Bible Study and Fellowship

- Wednesday, 11:45 a.m. at SC



Call 624-2585 for movie listings or go to [aaefes.com](http://aaefes.com) under reeltime movie listing.

Burlesque

(PG-13)  
Friday, Jan. 14, 7 p.m.

MegaMind

(PG)  
Sat., Jan. 15, 4 p.m.  
Family Matinee:  
Admissions are \$2.50.



Love & Other Drugs

(R)  
Sat., Jan. 15, 7 p.m.

Tangled

(PG)  
Sun., Jan. 16, 2 p.m.

Unstoppable

(PG-13)  
Wed., Jan. 19, 7 p.m.

Harry Potter and the Deathly Hallows

(PG-13)  
Thurs., Jan. 20, 7 p.m.

No shows on Mondays or Tuesdays.



# 84th Eng. Bn. faces off against 524th CSSB

Soccer intramurals start on post

Story and Photos by  
**VANESSA LYNCH**  
News Editor

SCHOFIELD BARRACKS — Soldiers from team United Football Club, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, battled Soldiers from team 524th Combat Sust. Support Bn., 45th Sust. Bde., 8th TSC, to kick off the 2011 eight-person, battalion level, intramural soccer season at Stoneman Stadium, here, Tuesday.

With their cleats laced and their shin guards up, Soldiers in the 524th CSSB team dominated the first half, with the match's first goal coming from Spc. Allen Atehortua, 524th CSSB, 45th Sust. Bde.

Going into the second half, the United Football Club transitioned from playing a defensive game to maintaining possession, answering the first goal scored against the team with two back-to-back goals scored by Spc. Nazir Ijayia, Forward Support Company, 84th Eng. Bn., 130th Eng. Bde.

With victory nearly within United Football Club's grasp, the 524th CSSB fought back with a goal from Sgt. Jan-Michael Nattoo, 524th CSSB, 45th Sust. Bde.

Now tied 2-2, the game went into an overtime shootout. After netting all three of its attempts, United Football Club came out victorious with a score of 5-3.

Team 524th CSSB netted one of its three shots on goal.

"The game went very, very well," said Sgt. Joseph Perez, FSC, 84th Eng. Bn., 130th Eng. Bde., and United Football Club's coach. "We practiced twice a week, and they controlled the ball and communicated, which helped us come out with the win."



Soldiers from team 524th CSSB, 45th Sust. Bde., 8th TSC, warm up with soccer drills before their game against the United Football Club.



1st Lt. Jared Hoffman, executive officer, FSC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, kicks a pass to a teammate during their warm up, before taking on team 524th CSSB at Stoneman Stadium, Schofield Barracks, Tuesday.

During the second game of the evening, the team from the 30th Signal Bn., 311th Sig. Command, defeated the 715th Military Intelligence Bn., 500th MI Bde., 1-0.

Last year's champion, the 9th Mission Support Command, is also back to defend its title.

The Fort Shafter season will begin Tuesday.

This battalion-level competition league is open to battalion and separate company-level active duty Army, Reserve and National Guard units across U.S Army installations on Oahu.

Games will be held at 6 p.m., Tuesdays and Thursdays. Teams from the north community will play at Stoneman Stadium on Schofield Barracks, and teams from the south community will play at Takata Field at Fort Shafter.

Tournament play is slated to run from March 7-18.

The Directorate of Family and Morale, Welfare and Recreation Sports Office coordinates a wide variety of intramural, joint service or All-Army sports program leagues, scheduled throughout the year.

For more information, call 655-9914/0856.



Laura Bratcher | Directorate of Family and Morale, Welfare and Recreation

The Fort Shafter All-Stars, in orange jerseys, battle against the Schofield Barracks All-Stars in flag football at Wheeler Army Airfield, Jan. 5. Fort Shafter triumphed, 34-26.

## All-Star Flag Football challenges north, south community teams

LAURESSA REESE

Directorate of Family and Morale, Welfare and Recreation

WHEELER ARMY AIRFIELD — As family members and friends filled the stands, Jan. 5, at the football field, here, players' adrenaline and morale were high.

Players sprinted up and down the field and ran drills in preparation to win the last flag football game of the season. They had played 10 regular games and three playoff games, but the contest came down to this last game.

"(It's a) great sport for the Soldiers," said Staff Sgt. Paul Awong, 30th Signal Battalion, 516th Sig. Brigade, 311th Sig. Command. "It shows good sportsmanship, camaraderie and builds morale."

Richard Kam at the Sports Office came up with the idea of pitting the best players from the southside, Fort Shafter and Tripler Army Medical Center, against the best from the north, Schofield Barracks and Wheeler Army Airfield.

The Fort Shafter All-Stars won the final game, 34-26, against the Schofield Barracks All-Stars.

"Soldiers have an opportunity to come together and meet new people," said Spc. Alvin Jenkins, 1st Bn., 14th Infantry Regiment, "Golden Dragons," 2nd Brigade Combat Team, 25th Infantry Division. "The activities boost our morale and give us something to look forward to after work. The staff is always nice and fair."

The game was the first-ever All-Star Flag Football game, here, and the Soldiers loved it.

"Intramural sports offer so many benefits to Soldiers," Jenkins said. "Soldiers are able to stay active outside of regular (physical train-

ing) and enjoy something they love. Combining high-adrenaline activities and organized teamwork provides opportunities to accomplish missions outside of the normal duty day. Soldiers are not only motivated to complete their mission at work, but also (to win) a game on the field."

Sgt. 1st Class Donald Wright, 536th Maintenance Company, 45th Sustainment Bde., 8th Theater Sust. Command, was pumped about the game.

"Sports are a good break for Soldiers; it allows us to get away from the unit and have fun," Wright said.

"Families are also an intricate part of intramural sports," Wright said. The support they provide created an amazing atmosphere to the game. Children played and danced, as their dads ran up and down the field; wives smiled happily at their husbands, enjoying themselves, and friends cheered on their favorite team."

"I enjoy coming to the games," said Danielle Montgomery, whose husband, Justin, was playing for the Fort Shafter All-Stars.

"My husband loves playing. (Intramurals are) very organized and taken seriously here," Montgomery added. "At our last duty station, it was not taken as serious."



Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) to learn more about FMWR's sports programs like volleyball and tennis.



# HPV can cause cervical cancer, issues for women, men

**BETHANN CAMERON**

U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — The human papilloma virus, or HPV, is the most common sexually transmitted infection, or STI.

HPV is the leading cause of cervical cancer, and in the U.S., about 12,000 women get cervical cancer per year, and about 4,000 deaths occur each year.

January is National Cervical Cancer Awareness Month, and understanding this STI can help save lives, as well as prevent other non-life-threatening conditions.

According to the Centers for Disease Control and Prevention, about 20 million Americans are currently infected with HPV. Another six million new people become infected each year.

More than 40 different types of HPV can infect the genital areas of both males and females. At least 50 percent of sexually active men and women get it at some point in their lives.

Some types of HPV can cause genital warts, cancers and other health problems, even when an infected partner has no symptoms. There is no way to know if a person who gets HPV will develop cancer or other health problems.

Most people with HPV usually have no symptoms or health problems from it, and they pass the virus on to a partner without knowing they have done so. In 90 percent of cases, the immune system clears HPV naturally within two years.

Signs and symptoms of HPV-related problems include genital warts and cer-

vical cancer. Genital warts are a small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower. Usually, no symptoms warn of cervical cancer until abnormal bleeding occurs at an advanced stage.

Other health problems related to HPV include cancers of the vulva, vagina, penis, anus, and head and neck. Cancers might not show signs until they are at an advanced stage and hard to treat.

People can lower their chances of getting HPV by using condoms, limiting their number of sex partners, practicing abstinence or taking the HPV vaccine, as recommended by the CDC.

The vaccine works by preventing the most common types of HPV that cause cervical cancer and genital warts. It is

given as three shots. The vaccines work best when given before becoming sexually active.

Two vaccines, Cervarix and Gardasil, are available as protection against certain types of HPV that can lead to cervical cancer and genital warts.

The Cervarix vaccine was approved for women 10-25 years of age. Cervarix protects against the types of HPV that cause most cervical cancers. The Gardasil vaccine protects against the most common types of HPV that cause cervical cancer and genital warts. It is available to males and females, 9-26 years of age.

The HPV vaccines have been made available by the Army for Soldiers and family members. Contact your local health care provider to find out which

vaccine may be the right choice for you and your family members.

Because the vaccine does not prevent all types of cervical cancer or other sexually transmitted diseases, women should continue to get routine screenings for cervical cancer with the Pap smear and the HPV test.



To learn more about HPV, cervical cancer and the HPV vaccines, visit [www.cdc.gov/std/HPV/STDFact-HPV.htm](http://www.cdc.gov/std/HPV/STDFact-HPV.htm) and [www.cdc.gov/hpv/vaccine.html](http://www.cdc.gov/hpv/vaccine.html).

## Cervical cancer is nearly preventable with screening, education

**TRIPLER ARMY MEDICAL CENTER**

News Release

HONOLULU — Cervical cancer is one of the most preventable cancers in society.

The American College of Obstetricians and Gynecologists recommends women start Pap smear screening at age 21, continue every two years from ages 21-29, then every three years at ages 30 and above, if all prior exams were normal.

Evaluations for other gynecologic conditions and screening for sexually

transmitted diseases may occur during these visits.

Abnormal Pap smear results do not usually mean that a cancer is present, but may represent a precancerous condition. Women with abnormal test results should have follow-up exams with a gynecologist or other specially trained provider.

Follow-up exams usually include a colposcopy examination. The health care provider will apply a vinegar solution to the cervix, then take small samples to be tested. Sometimes a mi-

nor procedure is required to remove the abnormal precancerous tissue.

The human papilloma virus, or HPV, is a common sexually transmitted virus responsible for the majority of abnormal Pap smears and cervical cancers.

Education regarding safe sex practices and the HPV vaccination series, consisting of three injections, help prevent HPV effects on the cervix, vagina or external genitalia. Vaccinations should be given to young women between 9 and 26 years of age. Vaccinations can also be admin-

**Treatment and Evaluation**

To learn more about the treatment and evaluation for cervical abnormalities, contact a primary care manager who may refer you to the Obstetrics and Gynecology Clinic at Schofield Barracks or Tripler Army Medical Center.

istered to women 26 years of age and older, and to male patients, at the discretion of their providers.

January is Cervical Health Aware-

ness Month. Celebrate a success in the fight against cancer in women and schedule an appointment for a Pap smear if you are due.

*(Editor's Note: References for this article include the American College of Obstetricians and Gynecologists Practice Bulletin Number 109, December 2009; the American College of Obstetricians and Gynecologists Committee Opinion Number 467, September 2010; and the American College of Obstetricians and Gynecologists Committee Opinion Number 463, August 2010.)*

## New Year can bring new you

**CAPT. BENJAMIN WUNDERLICH**

Tripler Army Medical Center

HONOLULU — To help New Year's resolutions of losing weight and getting fit, Tripler Army Medical Center's registered dietitians offer the following tips to help you lose weight:

- Substitute low-calorie drinks for diet for high-calorie drinks.

Liquids filled with calories, including soda, fruit juice, multi-vegetable drinks, energy drinks, sports beverages, alcohol and sweet tea are one of the main reasons that Americans add one more notch to their belt loops each year.

These beverages add a large percent of calories, per meal, without any real nutritional value, and most Americans don't even think about it.

Make smarter choices by choosing reduced or sugar-free beverages such as water, black coffee, diet soda, 50-percent juice and sugar-free energy drinks. Also, substitute artificial sweet-

ener for sugar in powdered drinks or sweet tea.

- Eat more fruits and vegetables.

Try drinking 16 ounces of apple juice, observe the length of time it takes to consume and how full you are 30 minutes later.

At a different time, eat two large apples, record how long it takes to eat the apples and observe how full you are 30 minutes after. Which took longer to consume and which one kept you full longer?

Fruits last longer because they contain fiber. Fiber helps control blood sugar, contains zero calories and keeps you full. Weight Watchers recently changed its point system to make all fruits and vegetables zero points. You can have as many fresh or frozen mangos, green peas, grapes or kale leaves that you want, stay full, and lose or maintain weight.

*(Editor's Note: Wunderlich is a dietitian at Tripler's Nutrition Care Clinic.)*

**SHARI LOPATIN**

TriWest Healthcare Alliance

PHOENIX — While the best way to survive cervical cancer is to catch it early by screening regularly with a Pap test, lesser-known risk factors may be linked to this disease.

**Birth control pills.** According to the Centers for Disease Control and Prevention, using birth control pills for five years or more can increase a woman's risk for cervical cancer. However, the American Cancer Society stresses that the risk returns to normal about ten years after the pills are stopped.

**Giving birth to three or more children.** Although experts can't pinpoint why this factor is a risk, the American Cancer Society's website explains a few theories. Studies have indicated hormonal changes during pregnancies could make a woman more receptive to developing cancer or human papilloma virus, or HPV. Pregnancies might weaken a woman's immune system, also making her more susceptible to HPV infection or cancer development.

**HIV.** According to the CDC, having HIV (the virus that causes AIDS), or another condition that makes it hard for the body to fight infection, is a risk factor for developing cervical cancer. The American Cancer Society states that HIV also makes it more difficult for the body to fight off the HPV infection,



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which is a large risk factor for cervical cancer.

**Smoking.** "Women who smoke are about twice as likely as nonsmokers to get cervical cancer," according to the American Cancer Society website, because smoking exposes the body to cancer-causing toxins and elements that affect other organs, besides the lungs.

For all the reasons above, remember to get regular Pap tests to screen for cervical cancer. Pap tests are a Tricare-covered benefit.