

INSIDE ‘Tropic Lightning’ warriors don first combat patch



25TH INFANTRY DIVISION PUBLIC AFFAIRS
News Release

BAGHDAD — It wasn't their first day in the Army, but for some of the 176 Soldiers standing in formation, it was their first combat patch.

Soldiers in the 25th Infantry Division were awarded "shoulder sleeve insignia-former wartime service," commonly known as a combat patch, Jan. 14, during a ceremony at Camp Liberty, Iraq.

Command Sgt. Maj. Frank Leota, command sergeant major, 25th ID, said that while the division has deployed to Iraq and Afghanistan before, this deployment means something special to units of 25th ID Headquarters, as it's their first time assisting, training and advising Iraqi security forces in building a more stable and secure Iraq.

"These Soldiers know and understand that what they are doing is making a difference," he said.

Sgt. 1st Class April Murray, plans and casualty operations noncommissioned officer in charge, 25th ID, said that the gravity of the experience didn't hit her until after the ceremony.

"It was a most humbling experience, when you think about all the Soldiers who have served and sacrificed so much," she said.

Pfc. Puakaleihua Westbrooks, protocol specialist, 25th ID, received her first combat patch with her



Sgt. 1st Class Krishna Gamble | 25th Infantry Division

Col. Bjarne Iverson (right), chief of staff, 25th ID, awards "shoulder sleeve insignia-former wartime service," more commonly known as a combat patch, to a first-time deployed Soldier with 25th ID, during a ceremony at Camp Liberty, Iraq, Jan. 14.

SEE 25th ID, A-3

Fierce competition

2nd BCT Soldiers compete for top honors.

A-4



USARJ-SU

9th MSC unit encases its colors for the final time.

A-5

Traffis woes?

Receive on-post traffic updates via text message, e-mail or RSS feed. Click "Subscribe" under Post Information and Traffic Updates at www.garrison.hawaii.army.mil, or select a specific event for additional options.



Soldiers from 728th MP Bn., 8th MP Bde., 8th TSC, bow their heads in prayer during the invocation at the 728th MP Bn. deployment ceremony at Sills Field, Schofield Barracks, Jan. 19.

728th MP Bn. ready for deployment

Story and Photos by
PFC. MARCUS FICHTL

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

SCHOFIELD BARRACKS — More than 100 Soldiers of the Headquarters and Headquarters Detachment, 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, received recognition for their upcoming deployment to Afghanistan in support of Operation Enduring Freedom, here, Jan. 19.

During the ceremony, the battalion and the head-

quarters detachment cased their colors, signifying the transition from a garrison to a deployed status. When they uncased their colors, once again, in Afghanistan, the units will be tasked with transforming the Afghan police.

"We'll be partnering with Afghan National Police Regional Headquarters and with the Afghani Border Patrol," said Maj. Mathew Gragg, executive

SEE 728th, A-6

‘Avatars’ helping warfighters with PTSD

CHERYL PELLERIN
American Forces Press Service

WASHINGTON — The Defense Department is using virtual world interactivity to educate and help warfighters who are reluctant to seek more direct care to deal with post-traumatic stress, said an official at the National Center for Telehealth and Technology, or T2, Jan. 19.

The T2 Virtual Post-Traumatic Stress Disorder Experience, based in the internationally-populated virtual world called Second Life, is an immersive, interactive learning activity that educates visitors about combat-related, post-traumatic stress.

The kinds of immersive experiences available in virtual worlds are designed to appeal to tech-savvy service members and their families, said Greg Reger, a clinical psychologist and acting chief of the center's innovative technology applications division.

"Far too many of our warriors come home and, despite difficulties they are having, are not going to come and see a psychologist, a social worker (or) a psychiatrist," Reger said.

Researchers have declared traumatic brain injury and post-traumatic stress to be the "signature wounds" of the wars in Iraq and Afghanistan. About 19 percent of service members returning from combat screen positive for psychological health problems,

and just more than half seek help, the center's website says, noting that barriers for those who don't seek help include perceived stigma, physical access barriers and limited resources.

"We created an environment that lets people learn by doing, rather than reading text and watching videos."

— Kevin Holloway
National Center for Telehealth and Technology psychologist

"There's a lot of great work going on at (the Department of Defense) to address stigma, but it is still an issue," Reger said, "so we desperately need solutions to get resources into the hands of those who will not give us the opportunity to provide them basic care."

Virtual worlds are simulated environments where in users can interact with one other, objects and activities.

"An avatar is basically a computer-generated

SEE AVATARS, A-7

Gen. Casey visits ‘Broncos’ at NTC

Story and Photos by
STAFF SGT. SHELIA SLEDGE
13th Public Affairs Detachment

FORT IRWIN, Calif. — Training hard and conducting situational training exercises are just a few things 3rd Brigade Combat Team, "Broncos," 25th Infantry Division Soldiers are doing at the National Training Center, here.

Gen. George Casey Jr., Army chief of staff, visited them during their strenuous training in January.

As the Bronco Soldiers train and prepare for an upcoming yearlong deployment to Afghanistan, Casey stopped by to see the Soldiers train and to talk with Col. Richard Kim, commander, 3rd BCT.

"My main reason for coming out here today was to see how (NTC) was adapting itself, so when we have units come through to do training later this year, other than for Iraq or Afghanistan, we will be prepared to

SEE 3rd BCT, A-5



Gen. George Casey Jr. (right), Army chief of staff, visits Col. Richard Kim (left), commander, 3rd BCT, 25th ID, to talk about training at NTC, Saturday.

Army sees slight reduction in suicides

National Guard and Army Reserve suicides nearly double in 2010

ROB MCILVAINE
Army News Service

WASHINGTON — Gen. Peter Chiarelli, Army vice chief of staff, reported a slight reduction this past year in suicides committed by Soldiers on active duty, from 162 in 2009, to 156 in 2010.

"While we achieved modest success in reducing the number of suicides of these Soldiers on active duty, we saw a significant increase in the number of suicides of Soldiers not serving on active duty, to include a doubling in the Army National Guard," he said.

In 2009, the number of Guard and Reserve Soldiers who committed suicide while not serving on active duty

SEE SUICIDE, A-7

Cooking and cleaning

8th TSC brigades participate in a chili cook-off and Adopt-A-Highway.

B-1

This issue

Ask the Garrison Commander A-2

Footsteps in Faith A-2

Deployed Forces A-3

News Briefs A-6

FMWR B-2

Health B-3

We want to hear from you...

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

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

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

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

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Star-Advertiser, of the firms, products or services advertised.



Commander, U.S. Army Garrison-Hawaii
Col. Douglas S. Mulbury
Director, Public Affairs
Dennis C. Drake
Chief, Internal Communication

Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil

Managing Editor
Lacey Justinger, 656-3488
editor@hawaiiarmyweekly.com

News Editor
Vanessa Lynch, 656-3150
vanessa@hawaiiarmyweekly.com

Pau Hana Editor
Vickey Mouze, 656-3156
community@hawaiiarmyweekly.com

Layout
Nicole Gilmore
Web Content
Stephanie Rush, 656-3153
stephanie.anne.rush@us.army.mil

Advertising: 529-4700
Classifieds: 521-9111
Editorial Office: 656-3155/3488

Address:
Public Affairs Office
742 Santos Dumont Ave., WAAF
Building 108, Room 304
Schofield Barracks, HI 96857-5000

Website:
www.hawaiiarmyweekly.com

Nondelivery or distribution
problems in Army Hawaii
Family Housing areas? If so,
call 656-3155 or 656-3488.

122 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 1/27/11.

Voices of Ohana



"Being able to help people as a leader. Directing and guiding officers and young Soldiers daily, on the job and in their lives."

Lt. Col. Joyce Cowan
Nurse director of OB, TAMC



"I just like having access to a computer."

Sgt. Opal Evans
Property management, TAMC



"Helping an elderly patient feel better or watching a child take his first steps. These are tangible rewards most people don't get to see every day."

Donald Horner
Orthostist, TAMC



"Daily interaction with patients."

Spc. Shanna Lynk
Internal Medicine, TAMC



"Teaching. Being in a position to teach and influence officers younger than myself."

Capt. Teah Paulino
Nurse educator, TAMC

Ask the Garrison Commander!

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

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

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. However, all submitted questions come directly to me. Directorates and support staff research queries and provide responses.

Several community members submitted questions to me via the live TV2 town hall, at the Ask the Garrison Commander e-mail address, and through the U.S. Army Garrison-Hawaii web link at www.garrison.hawaii.army.mil/comments/contactgc.aspx.

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

Q: *Is there a family readiness group policy that governs the training of FRG members?*

A: Initial and ongoing training for all FRG members is a key element to the success of our family readiness programs. Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, emphasized the importance of this and identified specific training requirements for commanders, rear detachment commanders, family readiness support assistants and FRG members in his Nov. 15, 2010, memo, FRSA Program Guidance.

In support of this memo and Army Regulation 608-1, our local Army Community Service team hosts "FRG Boot Camp" training, once a month, which focuses on how we can equip FRG leaders with the resources needed to be successful in a new position.

In addition to the formal training, an FRG "Smart Book" disk, with information such as sample standard operating procedures and other essential information, is provided to each FRG member. The next class is scheduled for Jan. 25, 9 a.m.-1 p.m., at the Schofield Barracks ACS. Call 655-4227.

Q: *Why does it take so long for the Schofield Barracks Health Clinic website to get updated after new or revised information has been submitted? I have been told these delays are caused because people lack the authority required to make the changes. Soldiers and families rely on this site, and we should have access to the correct information.*

A: After reviewing your comments and concerns, the commander of the Schofield Barracks Health Clinic took immediate action to correct this problem. As a direct result of your inquiry, the clinic has implemented changes to both website and administrative controls that will allow it to better support patients, and provide us the accurate and timely information we all require.

Mulbury addresses FRGs, access to hiking trails and bullying



Mulbury

Q: *How do you obtain permission to hike on Schofield Barracks?*

A: To obtain approval to hike the beautiful trails located on Schofield Barracks and other Army land, send a short letter to the Directorate of Public Works Real Estate Office, which includes the date of the requested hike, the number of people in the party and contact information. Your letter must be signed and submitted to our Real Estate Office within 10 business days of the date you intend to hike.

Requests should be sent via e-mail to bobbie.puahala@us.army.mil, by fax at 656-8200, or by mail to U.S. Army Garrison-Hawaii, Directorate of Public Works, 947 Wright Ave., Bldg 104, WAAF, Schofield Barracks, HI, 96857. Upon receipt and approval of your request, a letter of approval with specific info regarding installation access procedures and other information relevant to your visit will be sent to you. This letter must be carried with you while you are conducting your hike. Please be aware that hiking is only available on weekends from sunrise to sunset. Call 656-3259.

Q: *What can be done to increase post knowledge and compliance with the policy regarding standards of dress and prohibited attire on Army installations here in Hawaii? I make an average of 15 to 20 on-the-spot corrections every time I enter any of our post's facilities, but without consequences, this policy is not very effective. Maybe this policy should be sent to all Soldiers or discussed at an all-hands brief.*

A: As you suggest, the garrison's policy regarding standards of dress is currently briefed at every Pre-Command Course for in-bound first sergeants and commanders. It is further reinforced at each quarterly Command Sergeant Major Council Meeting to help ensure maximum visibility, awareness and compliance. Additionally, the USAG-Oahu command sergeant major recently published a message through the Installation Operations Center to every Army command and tenant activity on Oahu, which clarified this policy, emphasized its importance and described the consequences for those who fail to meet prescribed standards of dress.

Q: *My wife and our four children live in a five-bedroom house at Aliamanu Military Reservation, and were recently told that upon moving out, we would be responsible for paying to have the house painted. I would like to paint it myself, but understand this is not an option. We cannot afford the \$800-\$1,000 it would cost to repaint, and don't understand why we cannot do it ourselves as a self-help project. Also, the community center has no tools available for cutting the grass and only one electric weed whacker for the entire complex.*

A: As disclosed in the lease agreement with Island Palm Communities and the resident guide, it is our housing partner's policy that residents are responsible for painting costs associated with any damages to walls upon move-out. If there is no damage, there is no

cost. While I can understand your concern about having to pay \$800 or more to repaint your house when you move, this is not likely to be an issue if you and your family simply take care to minimize any damages. However, should the move-out inspection disclose damages to walls and you are unable to repay the amount in full, Island Palm Communities is willing to work with you to develop a convenient payment plan.

Regarding the limited number of tools available to maintain your lawn, the community centers are aware of this problem and are making plans in their fiscal year 2012 budgets to increase the self-help inventory of lawn trimming tools and equipment.

Q: *It is my understanding that our Post Exchange considers Hawaii a location outside the continental U.S., and as such, honors manufacturer's coupons for up to six months past their expiration date. Why does the Commissary not consider Hawaii OCONUS, as well, and honor coupons similar to the way the PX does?*

A: The Defense Commissary Agency's ability to accept expired coupons is controlled by DODI 1330.17, the Armed Services Commissary Operations Instruction, which identifies commissaries in Alaska and Hawaii as part of the 50 states and not overseas. Additionally, Chapter 7 of DeCA Directive 40-6 states, "At (continental U.S.) commissaries, including Alaska and Hawaii, a coupon is considered invalid, and will not be accepted, if presented later than the expiration date."

DeCA's ability to accept expired coupons in true overseas commissaries is based on a non-written "gentleman's agreement" between DeCA and the manufacturers, due to the limited availability of coupons, such as the coupon inserts in Sunday papers, in areas outside the 50 states. If DeCA expanded the six-month expiration policy to commissaries in Alaska and Hawaii, this act would jeopardize the agreement and could result in the loss of its ability to accept expired coupons anywhere.

Q: *Bullying is a major issue in our schools today. What can be done to educate our Soldiers and noncommissioned officers on this matter, and how they, in turn, can better inform their family members?*

A: The Hawaii Department of Education is aware that bullying is an issue that schools are facing both here and across the nation. Face-to-face encounters and online cyber bullying are on the rise. Our schools are addressing this issue by including parent information on bullying in their newsletters, teaching about it in the classroom and making sure that counselors and staff are trained to deal with it on campus. Soldiers and families can get more information about bullying from the Army Community Service, Family Advocacy Education Program at 655-4227, or the School Liaison Office at 655-9818.

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



God promises to always be beside his believers

CHAPLAIN (MAJ.) DAVE SHOFFNER

130th Engineer Brigade, 8th Theater Sustainment Command

When I was a teenager, many years ago, my parents used to send me to summer camp in the mountains near Sonora, Calif., for a week. We always had a blast, and we learned a lot.

It was a church camp, so we always had a camp pastor. One year, it was Pastor Lo. He was an older man. Of course, every adult seems old to a teenager, but we thought he was cool because he did tai chi every morning in the field near the stream.

One evening, Pastor Lo began his sermon by telling us that he, "Lo," was the only living person who was actually mentioned in the Bible. He quoted Matthew 28:16-20, which is often called the "Great Commission."

In the text, Jesus is preparing to return to heaven, and he is giving his final instructions to his disciples and, by extension, to us. He ends the commission by reminding the disciples that, "Lo, I am with you always"; thus, Pastor Lo's claim that he, "Lo," was the only living person mentioned in the Bible.

This pun was a funny story and a unique way to start a sermon, but it stuck with me during all these years.

The point that Jesus was making to them, and us, is that he is always with us. Why would Jesus end his final message to his disciples with this statement?



Shoffner

The answer to that question is located in the events that took place during the time Jesus spent with the disciples. Think about what they had gone through together. In three years, they had gone from being ordinary people, doing ordinary jobs, to following Jesus.

The disciples had seen miracles. They had watched as crowds grew to the thousands to hear him speak, heal and do the miraculous. The crowds had praised Jesus for what he was doing for them and what they thought he would do for them in the future.

The disciples had seen those same cheering crowds become disgruntled, and in the end, they were the same ones who would yell, "Crucify him." They had watched their leader be mocked, beaten, humiliated and publicly executed.

They had felt the fear, wondering if they were the next to be hunted down, arrested and killed. They had rejoiced three days later, when Jesus rose from the dead. After his resurrection, they had spent 40 days with the risen Christ, who made frequent appearances to guide, teach and comfort them.

After all this, Jesus is telling them that he is leaving them to return to heaven. They must have felt like they were on the world's largest emotional roller coaster. At the end of all of the ups and downs, as he is giving them his last directive, Jesus interjects with this small but incredibly powerful promise.

He promises that no matter where we are or what we are going through, he will be right there with us. Good times or bad, rain or shine, up or down, "Lo (insert your own name here), I (Jesus) am with you always, even until the end of the age."

I don't know where you are right now in life. You may be up or down, in a good place or struggling. It may seem like the sun will never shine on you again, or it may be sunny all the time. Wherever you are, whatever you are going through, remember, Jesus is always with you.

What is the best part of your job?

Photos by Tripler Army Medical Center Public Affairs

"Daily interaction with patients."

Spc. Shanna Lynk
Internal Medicine, TAMC



Staff Sgt. Nicholas Cademartori (left), first squad leader, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, instructs Iraqi soldiers with 1st Co., 4th Bn., 21st Bde., 5th IA Div., to lock and clear their weapons after reaching the limit of advance, during a squad live-fire exercise at Kirkush Military Training Base, Jan. 16.

Gimlets conduct dry runs during live-fire after ‘Tadreeb Al Shamil’

Story and Photo by
SGT. COLTIN HELLER
109th Mobile Public Affairs Detachment

KIRKUSH MILITARY TRAINING BASE, Iraq — The rain fell steadily as Soldiers from Company A, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, conducted training with squads of Iraqi soldiers from 1st Co., 4th Bn., 21st Bde., 5th Iraqi Army Division, here, Jan. 16.

The live-fire exercise took place after two weeks of training during a 25-day rotation of Tadreeb Al Shamil, Arabic for “all inclusive training,” here, when Iraqi soldiers developed multiple infantry squad-level techniques and battle drills.

“This was a culmination event using squad movement and squad reactions to (conduct) techniques,” said Sgt. 1st Class Franklyn Rosario, platoon sergeant, Co. A, 1st Bn., 21st Inf. Regt. 2nd BCT. “We oversee squad training and train the Iraqi leadership to be more involved.”

Soldiers of Co. A instructed Iraqi soldiers on several basic individual and collective infantry skills and tasks prior to the live-fire exercise.

“We are teaching them formations and techniques we use, (and) then how to adapt it to their own (techniques, tactics and procedures),” Rosario said.

25th ID Soldiers taught Iraqi units squad movement techniques, how to perform direct and suppressive fire, and how squad elements maneuver while under fire.

“It’s all put together out here,” said Sgt. Travis Herman, an instructor and team leader, Co. A, 1st Bn., 21st Inf. Regt. 2nd BCT. “The training starts with dry runs for familiarization, and then moves on to live-fire.”

In addition to movement and fire techniques, Soldiers

taught Iraqis to effectively communicate as teams and squads. The units coordinated their actions by using verbal commands, with hand and arms signals, and by throwing brightly colored flags.

“Communication between units is vital at all levels,” Rosario said. “Nothing gets done without talking. We stressed its importance with each aspect of the training.”

In addition to fire and movement techniques, the 1st Bn., 21st Inf. Regt. Soldiers stressed the leadership of noncommissioned officers, facilitating the IA soldiers’ understanding of a noncommissioned officer’s role within the squad.

“We showed the NCOs how to take charge and plan a mission,” said 1st Lt. Philip Kautz, platoon leader, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT. “After we did that, we stepped back and let them run the training.”

U.S. Soldiers operated in an advise and assist capacity, monitoring range safety and letting the Iraqi NCOs conduct the actual training.

The exercise provided Iraqi soldiers with crucial skills, improving their capabilities.

“This training fostered esprit de corps and a team concept,” Kautz said.

Despite the rain, driving wind and ankle-deep mud, Iraqi soldiers maintained discipline and a positive attitude.

“Morale was higher than expected,” Rosario said. “This is good training, as (the Iraqis) must be prepared to operate and adapt in any condition.”

U.S. Soldiers then instructed the Iraqi soldiers to take the training back to their units to maintain the standard and continue to improve.

Rosario said he is confident in the skills of Iraqi units trained by the 1-21st, to provide external security for Iraq.

“Good progress was made here to ensure they can protect their country and themselves,” he said.



Sgt. Brandon D. Bolick | 982nd Combat Camera

Security detail

DIYALA PROVINCE, Iraq — Lt. Col. Robert Molinari (right), commander, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, speaks to members of the Iranian Resistance Organization at Ashraf the Mujahideen-e-Khalq Compound, here, recently. U.S. Army forces provided security for members of the United Nations during their visit to Ashraf.

25th ID: Units support OND

CONTINUED FROM A-1

husband, Pfc. David Westbrooks, mechanic, 25th ID.

“This whole experience has been insane,” she said. “We’ve been together more than two years, (though) it will be our first year married in May. We joined (the Army) together, got stationed together out of (Advanced Individual Training), deployed together and now this.”

“Tropic Lightning” Soldiers arrived at Camp Liberty, December 2010, for a 12-month deployment to support Operation New Dawn’s advise and train mission.

“Since 1933, the 25th ID has made significant contributions in every conflict, and you are now a visible part of those accomplishments,” said Maj. Gen. Bernard Champoux, commanding general, 25th ID. “We’re going to ask a lot of you ... and I know every man and woman here is up to the challenge.

“I am very proud of you,” he said.



Sgt. 1st Class Krishna Gamble | 25th Infantry Division Public Affairs

Command Sgt. Maj. Frank Leota, command sergeant major, 25th ID, places the division’s patch onto “Bleckie,” a military working dog, during the division’s combat patch ceremony held at Camp Liberty, Iraq, Jan. 14.



Sgt. Brandon D. Bolick | 982nd Combat Camera

Visiting reporters

DIYALA PROVINCE, Iraq — Lt. Col. James Isenhower III (above, center), commander, 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, talks with U.S. Army and Peshmerga Soldiers at a checkpoint, here, recently.

Isenhower (right), points out the Iran border to Jack Healy, a reporter from “The New York Times,” at a checkpoint, here, recently. “Times” reporters accompanied senior ranking officers as they visited Soldiers at checkpoints to raise morale.



‘Ironhorse Strong’ sergeant refuses to just check the block

SPC. THOMAS BIXLER

109th Mobile Public Affairs Detachment, U.S. Division-North

CONTINGENCY OPERATING BASE SPEICHER, Iraq – U.S. forces cannot afford to simply check a block in their ongoing mission to advise, train and assist Iraqi Security Forces.

When an Iraqi army battalion commander requested that his troops be trained to sustain their tactical and technical competency, Capt. Brian Deiffenbach, commander, Battery A, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, looked across his ranks to find a good candidate for the task at hand.

Deiffenbach said he selected a noncommissioned officer with a reputation for taking training to the next level, based on the recommendation of senior NCOs assigned to Battery A, 2nd Bn., 11th FA Regt., 2nd BCT.

Sgt. Nicholas Hellen, cannon crew member, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT, earned recognition as the “Ironhorse Strong” Soldier of the Week for his professionalism instructing Iraqi soldiers of 1st Bn., 17th Bde., 4th IA Div. He taught the Iraqis how to correctly conduct unit training.

In preparation for his assignment, Hellen conducted research on the topic online, searching for different approaches to teach the class. Hellen reviewed after-action reports from other units and then incorporated lessons learned into his training plan.

Once Hellen completed planning, he began training the IA soldiers, employing a hands-on approach to prepare the Iraqi units to conduct personnel and vehicle searches, and more importantly, to continue the domino effect of a well-executed train-the-trainer style class.

“He’s a very good NCO,” said 1st Sgt. Marvin Walters, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT. “He has a reserved demeanor and a professional attitude; we use him a lot to train.”

Walters said Hellen knows how to motivate Soldiers,



U.S. Army Photo

Sgt. Nicholas Hellen, cannon crew member, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT, 25th ID, planned and conducted thorough training with his Iraqi counterparts to foster good relationships and a professional approach to the advise, train and assist mission.

and he teaches in a way that keeps students involved and to make sure everyone is paying attention and absorbing the information. Further, Hellen puts in the time and effort to make sure his classes are as informative and effective as possible, he said.

As a direct reflection of his attention to detail and professionalism, Hellen set his Iraqi partners on a path to success, Walters said.

Hellen’s commitment to the mission and his exemplary attitude made him the Ironhorse Strong Soldier of the Week.



Staff Sgt. Adam Connolly, cannon crew member, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT, “Warriors,” 25th ID, reassembles an M249 squad automatic weapon during the Warrior of the Year Competition, Jan. 12, at COB Warhorse.

2nd BCT names Warrior Soldier and NCO of the Year

Story and Photo by
CPL. ROBERT ENGLAND

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

CONTINGENCY OPERATING BASE WARHORSE, Iraq – Select Soldiers of 2nd Brigade Combat Team, “Warriors,” 25th Infantry Division, represented their units and competed to determine who had the right to claim being the 2010 Warrior of the Year.

Seven Soldiers and noncommissioned officers competed against one another during the Warrior Soldier and NCO of the Year competitions, here, Jan. 11-12.

Staff Sgt. Adam Connolly, cannon crew member, Battery A, 2nd Battalion, 11th Field Artillery Regiment, 2nd BCT, surpassed the competition to be named Warrior NCO of the Year.

Pfc. Mark De Alencar, cannon crew member, Battery B, 2nd Bn., 11th FA Regt., 2nd BCT, took the title of Warrior Soldier of the Year.

“There are about 4,000 Soldiers in the Warrior Bde.,” said Command Sgt. Maj. William Hain, command sergeant major, 2nd BCT. “You all that competed today, represent the top seven for the year 2010, and that’s a big deal.

“Regardless of where you ended up or where you placed, your battalions, squadrons, companies, troops and batteries are all extremely proud of you,” he said, commending all of the participants at the awards banquet at the conclusion of the competition.

The first day of the competition tested competitors’ mental resolve, as the Soldiers competed in a brigade-level military board, covering topics ranging from Army field manuals to current events.

Hain served as the president of the board, while the battalion sergeants major assumed the role of board members and assessed each competitor’s comprehension of various Soldier skills and composure in stressful situations.

“The board was definitely the most challenging aspect for me,” Connolly said. “I’d been prepping for it (for) a

month before my promotion board back in September of last year.”

The second competition day began promptly at 6 a.m., with a physical fitness test that challenged each Warrior’s physical endurance. Soldiers completed two minutes worth of push-ups and sit-ups, before a timed two-mile run around the base.

Competitors then advanced to the weapons range, where they adjusted the settings on their assigned weapons. With the weapons fine-tuned to their personal preferences, Soldiers shot 40 rounds of ammunition, firing at specific targets in a predetermined sequence.

After a short break, the competition

Warrior NCO of the Year

Staff Sgt. Adam Connolly, Battery A, 2nd Bn, 11th FA Regt., 2nd BCT, 25th ID

Warrior Soldier of the Year

Pfc. Mark De Alencar, Battery B, 2nd Bn, 11th FA Regt., 2nd BCT, 25th ID

reconvened at the soccer field, here, where the competitors demonstrated land navigation and first aid.

For the land navigation portion, each Soldier entered waypoints into an electronic navigation device to locate points around the base. The first aid portion of the competition tested each competitor’s ability to evaluate a simulated casualty and treat simulated wounds such as arterial bleeding and an open fracture.

Sgt. 1st Class Jim Clanton, operations sergeant, 2nd BCT, said the goal was to make event scores as even as possible so that no event took more precedence than another.

The winners of the competition had the highest cumulative score tallied from each event.

USARJ-SU encases, inactivates its guidon

LT. COL. STEVE LAI
9th Mission Support Command

FORT SHAFTER FLATS — The battle cry, “All things are possible,” and the majesty of Mount Fuji reflected the pride of Hawaii’s Army Reserve citizen Soldiers for the last time, Sunday, as members of the 9th Mission Support Command’s U.S. Army-Japan, Support Unit encased their guidon at an inactivation ceremony, here.

USARJ-SU was inactivated due to broader Army Reserve requirements throughout the Pacific.

Activated Jan. 16, 1998, at Fort Shafter Flats, the mission of the Reserve’s USARJ-SU was to provide trained and ready battle staff to U.S. Army-Japan, in the event of increased hostilities or as required. The unit had participated in numerous Pacific rim exercises, including Cobra Gold, Thailand; Keris Strike, Malaysia; Keen Edge, Japan; and Garuda Shield, Indonesia.

“When I look back on my career, this unit will stand out in my heart and mind as one of the best I have ever commanded and been a part of,” said Col. Gary G.K. Kamauoha, commander, USARJ-SU, 9th MSC.

Kamauoha’s civilian occupation as the mobilization officer for U.S. Army Garrison-Hawaii complements his duty as a member of the U.S. Army Reserve.

“My job often involves mobilizing the Reserve Soldiers of 9th MSC, including Soldiers I work with as a commander in the Reserves,” he said. “I’ve got a great working relationship because of my dual status, but in all that I do, it’s all about taking care of Soldiers.”

“I feel a real connection in this unit because my parents are from Japan, and I have enjoyed the camaraderie and the close, lasting relationships I built over the years of serving here,” said Sgt. Tien Enga, intelligence analyst, USARJ-SU, who has been with the unit since it stood up in 1998. “Being an intelligence analyst really complements my civilian job, because troubleshooting and analyzing data is common to both disciplines.”

Kamauoha and Command Sgt. Maj. Raymond Irie, command sergeant major, USARJ-SU, rolled up the familiar blue and white guidon and tied the knot on the end of its case for the last time. They said they celebrate the opportunity to have shared in the lives and in the service of the best Soldiers in the Army — the Reserve Soldiers of USARJ-SU.



Pfc. Phil Regina | 9th Mission Support Command

Brig. Gen. Michele Compton (center), commander, 9th MSC; Command Sgt. Maj. Raymond Irie (right), command sergeant major, 9th MSC; and Col. Gary G.K. Kamauoha, commander, USARJ-SU; case USARJ-SU’s colors during an inactivation ceremony at Fort Shafter, Sunday.



Gen. George Casey Jr. (left), Army chief of staff, visits Col. Richard Kim (right), commander, 3rd BCT, 25th ID, and Maj. Daniel Gibson (center), fires support officer, 3rd BCT, to talk about training at NTC, Saturday.

3rd BCT: NTC looking to improve training

CONTINUED FROM A-1

do that,” Casey said.

Casey said that Kim told him how pleased he was with the stressful nature of the exercise, and how the exercise has made him react to different situations throughout the training.

“My team and I will leave here performing as a team and better prepared for this upcoming mission,” Kim said, to Casey.

The training at NTC will help prepare the Broncos Bde. for its deployment.

“We are receiving the exact environmental training while in the ‘box,’” Kim said. “This training is very realistic and challenging, and it will prepare (3rd BCT Soldiers) better for the environment and terrain that we will face in Afghanistan.”

Even though the training is catered to Afghanistan, right now, NTC is looking for ways to improve training, so future Soldiers can be trained on several regions throughout the world.

“I think the biggest changes you will see (are in) the versatility that needs to be here, so we can train units on Iraq and Afghanistan or other specific missions, but at the same time, train them for a range of missions,” Casey said.

Casey added that Soldiers have to be versatile enough to train for Afghanistan one day and then for a different rotation the next day, because Soldiers never know what will happen next.

Casey also spoke about the changes of manpower throughout the Army.

He stated that the Army has enlisted more than 100,000 troops during the last five years with the intent that once the Soldiers, like the ones from Bronco team, return home from deployment, they could have two years of stabilization with their families before deploying again, instead of 18 months.



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

‘Thank you’

FORT SHAFTER — Jackie Duncan (left) applauds as Maj. Gen. Michael J. Terry (center right), commander, 8th Theater Sustainment Command, flanked by his wife, Cathy, presents a Volunteer of the Quarter award to Staff Sgt. Vern Grilliot, 58th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th TSC, Friday. Grilliot accepted the award on behalf of his wife, Staff Sgt. Grace Grilliot, 58th MP Co., 728th MP Bn., 8th MP Bde.

JTF-HD prepares for annual joint Lightning Rescue 2011

Story and Photo by
DARRELL D. AMES
Joint Task Force-Homeland Defense Public Affairs

FORT SHAFTER — The focus of Lightning Rescue 2011, Joint Task Force-Homeland Defense’s annual joint-interagency disaster preparedness and response exercise, is responding to the threat of infectious disease and/or a biographical threat.

The exercise, slated for later this year, will include joint-interagency table top and command post exercises.

“We want to concentrate our efforts on the joint-interagency response to a possible threat,” said Robyn Romero, contract support team exercise planner, JTF-HD. “The exercise will provide a forum for Department of Defense, federal, state, city and county, and private sector organizations’ participants to discuss potential scenarios for the exercise.”

The exercise will also provide all parties the opportunity to improve their own biological threat response planning, to synchronize response efforts under the National Incident Management System and National Response Framework, and to exercise coordinated efforts in responding to a wide range of disasters in Hawaii and across the Pacific.

“The possibility of an infectious threat and/or biological disaster is a very real threat,” said Brian Espenshade, training/exercise planner, JTF-HD. “Exercising cooperation and coordination between DoD and our interagency partners to con-

duct Defense Support of Civil Authorities operations is essential for our nation.”

Exercises are designed to test concepts, identify and discuss issues, explore trends, examine processes, educate, train and develop relationships.

Romero, speaking at a recent Lightning Rescue 2011 Initial Planning Conference, said this year’s event “will also be a good opportunity to confirm roles and responsibilities within the response community and to define DoD support roles and functions.”

The exercise is a joint effort of more than 20 organizations, including DoD installations and organizations, interagency partners from civilian governments at all levels, private companies and nongovernment organizations. The event showcases the capabilities of all these organizations, while providing the opportunity to train in medical response, disaster planning and interagency communications.

“Preparing now can help mitigate the severity of a disaster and can save lives,” said Mel Garcia, operations deputy, JTF-HD. “The opportunity to exercise with our interagency partners is critical in understanding where and how the military fits in the process of disaster response.”

JTF-HD, with its Defense Coordinating Element, is based, here, and is designated as the Homeland Defense coordinating agency between the DoD and civilian authorities in Hawaii, Guam, American Samoa, the Commonwealth of Northern Mariana Islands, the Federated States of Micronesia, the Republic of Marshall Islands and the



The crowd listens during the JTF-HD Lightning Rescue 2011 Initial-Planning Conference, Jan. 18, at Sam Snead’s Tavern and Restaurant, Navy-Marine Golf Course. Lightning Rescue 2011 is an annual exercise designed to prepare federal, state and civil authorities with the ability and expertise to respond to a threat of infectious disease and/or a biographical threat.

Republic of Palau.

Working closely with Department of Homeland Security, Department of State and military organizations in the Pacific, JTF-HD maintains situational awareness, helps coordinate implementa-

tion of a comprehensive Critical Infrastructure Protection Program across the Joint Operations Area and, when required, coordinates and provides DoD resources to help save lives and prevent great property damage.

728th: MPs case battalion colors

CONTINUED FROM A-1

officer, 728th MP Bn., 8th MP Bde. “We’ll be hard at work, building and mentoring their staffs, systems and processes; (and) partnering up with their like counterpart, their (personnel office with ours), our (intelligence) with theirs, and so on.

“In Iraq, our officers were coordinating with police chiefs and (setting) up police stations around the nation,” Gragg continued. “The learning curve for these now more senior officers should be less than (it was) when they were junior officers in Iraq.”

However, not every Soldier in HHD, 728th MP, 8th MP Bde., is a seasoned veteran. For Pfc. Daryl Tippens, intelligence analyst, HHD, 728th MP Bn., 8th MP Bde., this deployment will be his first.

“I’m excited, but at the same time, you’re getting into the zone, especially as someone who hasn’t deployed before. You don’t know what to expect, you hope it goes smoothly, and more importantly, you hope you come back in a year,” Tippens said. “I’m confident about the mission. When I joined the military, we were currently involved in two operations: one in Iraq, one in Afghanistan. ... We were told this is where we’re going, and this is our job.”

This job may define the future of Afghanistan. “Our piece of the Afghanistan mission is to help train the Afghan police, so they secure their nation and reach an end state, where the legitimate Afghan government provides a safe environment for the Afghan people to live in,” said Sgt. Maj. Clayton Sneed, operations sergeant major, 728th MP Bn., 8th MP Bde.

As the Army approaches its 10th year in persistent conflict, this unit’s hopes are high,

morale is up and its ability to accomplish the mission is unwavering.

“The Army doesn’t send you anywhere you aren’t trained for,” Tippens said.



Lt. Col. Ross Guieb (left), commander, 728th MP Bn., 8th MP Bde., 8th TSC, cases the battalion colors during the deployment ceremony at Sills Field, Schofield Barracks, Jan. 19. Casing the colors symbolizes a transition from garrison to deployed status.

News Briefs

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

Today Traffic Updates — For the latest traffic updates, visit www.garrison.hawaii.army.mil, click on “Post Information,” then “Traffic Updates.”

- An entry lane will be closed on Jarrett White Road, Tripler Army Medical Center, 9 a.m.-6 p.m., daily, now through April 10, as construction is underway to add a third entry lane. Outgoing traffic won’t be affected.

- A lane will be closed on Wright Avenue, between intersections Sperry Loop and Lilienthal Road, Wheeler Army Airfield, to install a new sewer manhole, Jan. 28-Feb. 1. Call 656-0619.

Free Training — Seats are still available in 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. Registration is on a first-come, first-served basis; courses are limited to 25 employees per class. Call 655-9032.

GSA Inventory — The General Services Administration Customer Supply Center at Joint Base Pearl Harbor-Hickam will close Jan. 28 for inventory. Customers can shop at the GSA Schofield Barracks store during this time. The GSA Schofield Barracks store will close Jan. 31-Feb. 4 for inventory. Customers can shop at the GSA Joint Base Pearl Harbor-Hickam store during this time. Call 448-8937, ext. 241, or 655-0280.

31 / Monday Tax Center — Soldiers in all ranks, families and retirees can have their taxes prepared for free at the Schofield Barracks Tax Center, Building 648, next to the Sgt. Smith Theater, 7 a.m.-4 p.m, Monday-Friday, on a walk-in basis.

Also, Soldiers and their families can file federal and state taxes for free at www.militaryonesource.com.

February

2 / Wednesday Fort Shafter PXmarket Meeting — The next Fort Shafter PXmarket Meeting for the Oahu South community is set for 10:15-11:15 a.m., Feb.

2, Hale Ikena, Fort Shafter. All Oahu South community members are invited to attend. Call 438-6996.

3 / Thursday “All About Sex” — This program is set for 1-2 p.m., Feb. 3, Sgt. Smith Theater, Schofield Barracks, and is sponsored by the Army Substance Abuse Program. Call 655-4655

5 / Saturday WAAF Power Outage — Brief power outages will take place in several areas at Wheeler Army Airfield, 1-3 p.m., Feb. 5, to work on the electrical power system. Areas affected are Bowen Court, Fernandez Court, Fleek Court, Lambers Court, Martinez Court, Peterson Court and Steindam Court. Call 656-3065.

Ongoing

Free Overnight Hotel Vouchers —Active duty service members traveling to or leaving the U.S. can present their ID card and a copy of their official travel orders at the USO at Honolulu International Airport to get a free overnight hotel voucher. The offer is good through Dec. 31. For a list of participating hotels, visit www.salutetosoldiers.com. Call 808-422-1213 or e-mail elsmith@uso.org or btroegner@uso.org.



Courtesy of National Center for Telehealth and Technology

The welcome center for the T2 Virtual Post Traumatic Stress Disorder Experience is based in the internationally-populated virtual world called Second Life. This immersive, interactive learning activity is a public site designed for warfighters and their families. It educates visitors about combat-related post-traumatic stress and offers resources for seeking help.

Avatars: T2 helps build connections

CONTINUED FROM A-1

representation of oneself,” Reger said, adding that users create these computer characters to navigate around the environment to explore and learn.

When avatars come into the virtual space, Reger said, they land at a welcome center that offers information about different deployment-related difficulties and a map of activities available in the T2 virtual experience.

“They leave that area and go into an area that teaches about the causes of post-traumatic stress disorder,” Reger said. “They enter a space where they get into a humvee and are taken through a computer-generated simulation that includes (intense fighting on an Afghan street and) an explosion.

“As this occurs,” he continued, “they receive audio instruction about what we think causes post-traumatic stress disorder, and this sets the stage for the rest of the experience.”

Users then take a simulated flight home, during which they watch a video about post-traumatic stress.

“We know that many of the difficulties that our



Visit www.t2health.org/vwproj/ to log into the virtual world.

warriors have, result in increased social isolation and diminished interest in getting outside the home and interacting with other people,” Reger said. “This space (can help) to really get some of these folks connected with each other in a meaningful way that might be helpful.”

T2 is a component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, which leads a collaborative global network to promote the resilience, recovery and reintegration of warriors and their families.

“We created an environment that lets people learn by doing, rather than reading text and watching videos,” said Kevin Holloway, the psychologist who led T2’s virtual-world development, in a statement. “They can learn something new each time they visit.”



The PVS-7 and PVS-14 night vision goggles are the latest generation night vision technology from the U.S. Army. The goggles allow the warfighter to spot infrared illuminators not visible by the naked eye.

Army’s night vision technology improves

Story and Photo by
MARQUES CHAVEZ

Research, Development and Engineering Command Public Affairs

SAN ANTONIO — Night vision technology developed by the U.S. Army now allows the American warfighter to own the night.

The PVS-7 and PVS-14 are third-generation binocular and monocular night vision goggles currently being used by the Army infantry Soldier. The goggles have evolved significantly from previous generations, as the Army continues its effort to empower, unburden and protect the warfighter.

The improvements to these products are a result of the partnership between the fighting force that is using the products in combat and the Army science and technology community.

“Our biggest asset is getting feedback from Soldiers in the field,” said Tony Tice, U.S. Army Night Vision Lab. “Our engineers modify technology after working with the warfighter to critique it in a manner that will be more beneficial to (the Soldiers) in several different ways.

“We want our Soldiers to

own the night,” he added.

The evolution of night vision technology has resulted in the PVS-7 and PVS-14 having increased durability, less weight, batteries with extended power and length of life, and improved ability to distinguish objects in the field of vision. The goggles run off two AA batteries rather than previous versions that ran off battery packs, resulting in heavier equipment.

The goggles are part of the U.S. Army Research, Development and Engineering Command.

“We all appreciate the warfighters, but seeing this technology really gives you a sense of what they do for us,” Tice said, “and it’s an honor when they share their appreciation to us, too.”

Suicide: Study to examine triggers

CONTINUED FROM A-1

was 80. In 2010, that number nearly doubled to 145.

“In 2010, we’ve got two obvious questions: First of all what happened, and second, we have to be able to respond and tell people what we are doing about it,” said Maj. Gen. Ray Carpenter, acting director of the Army National Guard.

According to Carpenter, the analysis for 2010 shows that suicide is not a deployment problem, because more than 50 percent of the people who committed suicide in the Army National Guard had never deployed. Suicide is not a problem of employment, either, because only about 15 percent of the people who committed suicide were without a job.

“Part of it is a significant relationship problem, because over 50 percent of those who committed suicide had some sort of a partner problem that they were dealing with, whether it was marriage, divorce or boyfriend, girlfriend, that kind of thing,” Carpenter said.

To help understand the factors involved with suicide, the Army has partnered with the National Institute of Mental Health on a program called Army STARRS, a study to assess risk and resilience in service members.


During this five-year study, researchers hope to identify the risk and protective factors that affect a Soldier’s psychological resilience, health and potential for self-harm.

“Some of our programs are beginning to work, but more important than anything else, our leaders are fully engaged with this problem right now,” Chiarelli said. “We’re getting at the stigma issue, we’re getting people the help that they need, and I hope you’re going to see these numbers go down significantly in the coming year.”

Suicide is the fourth-leading cause of death among 25- to 44-year-olds in the U.S. In 2008, the suicide rate in the Army exceeded the age-adjusted rate in the civilian population — 20.2 out of 100,000 versus 19.2.

While the stresses of the current wars, including long and repeated deployments and post-traumatic stress, are important potential contributors for research to address, the study will examine a wide range of factors related to and independent of military service, including unit cohesion, exposure to combat-related trauma, personal and economic stresses, family history, childhood adversity and abuse, and overall mental health.

“When we put more time between deployments, that is going to be a huge factor in helping get at a lot of these problems,” Chiarelli said. “I really believe that dwell (time) is one of the things we have to look at, and (it) has an impact on all kinds of problems, not just suicides, but ... relationship issues to drug and alcohol abuse, to high-risk behavior, to all those things. The more time we can get between deployments, the better off we’ll be.”



The Army’s comprehensive list of suicide prevention programs and information is available at www.preventsuicide.army.mil. Soldiers and families can contact the National Suicide Prevention Lifeline, 24 hours a day, seven days a week, 365 days a year, at 800-273-TALK (8255) or by visiting www.suicidepreventionlifeline.org.



Sgt. Karl Williams | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Top honors

WHEELER ARMY AIRFIELD — Col. Frank Tate (front right), commander, 25th Combat Aviation Brigade, 25th Infantry Division, and Command Sgt. Maj. Jesus Ruiz (front left), brigade command sergeant major, hold the Commanding General’s “Tropic Lighting” Award for “Excellence in Retention Fiscal Year 2010,” as retention noncommissioned officers, first sergeants, battalion and squadron command sergeants major, and officers throughout the brigade take part in the presentation, here, Jan. 21.



8th Theater Sustainment Command

'Wild Dogs' go after trash



Story and Photo by
1ST LT. THOMAS BAZEMORE
130th Engineer Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers with the 3rd Platoon, "Wild Dogs," 95th Sapper Company, 65th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, didn't go to the beach on their four-day weekend, but instead, spent Jan. 14 picking up trash.

Meeting at their company area in the early morning, the 17 Soldiers drove to Kaneohe, on the windward side of Oahu. After arriving, they cleaned up the unit's three Adopt-A-Highway miles on the Likelike and Kahekili highways.

"I've been trying to find a way for this platoon to give back to the community, and Adopt-A-Highway sounded like a great idea," said Staff Sgt. Jonathan Wilson, 95th Sapper Co., 65th Eng. Bn., 130th Eng. Bde., who organized the entire event. "We were able to clean up the roads, but it really helped us bond as a platoon, as well. You can't beat that; it's a win-win."

The platoon, along with family members, collected 20 bags of trash from the sides of the highways.

For some Soldiers, the Adopt-A-Highway event was their first introduction to their new platoon and their new community.

"I'm not sure when we will do it again, but I had a great time," said Pvt. Matthew Charette, 95th Sapper Co., 65th Eng. Bn., 130th Eng. Bde. "It's all the way on the other side of the island, next to the Marines, so it's good to get some representation from the Army over there."

Two road signs designate 3rd



Soldiers with the 3rd Platoon, "Wild Dogs," 95th Sapper Co., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, adopted three miles of highway in Kaneohe, on the Likelike and Kahekili highways.

Platoon's area of responsibility.

Wilson hopes to make the trip with the platoon at least once a month to clean up the sections.

"Who knows, maybe next time we can have a barbecue on the beach and reward these Soldiers for taking their own time to do the right thing," Wilson said.



The 3rd Platoon, "Wild Dogs," 95th Sapper Company, 65th Engineer Battalion, 130th Engineer Brigade, 8th Theater

Sustainment Command, volunteered for community service through the Adopt-A-Highway Program.

Overseen by the State of Hawaii Department of Transportation, the program encourages volunteers to pick up litter along the state's highways.

Groups adopt a two-mile portion of a state highway for a minimum of two

years and pick up litter on that highway at least four times a year.

DOT provides safety vests, trash bags, gloves and safety information. DOT crews will also pick up the bagged trash. The department also erects a sign to recognize the group's efforts.

Visit www.hawaii.gov/dot or call 831-6815.

Hot peppers, spices heat up engineers' tailgate social, chili cook-off

CAPT. STEPHEN ROBINSON
130th Engineer Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The strong aroma of simmering chili peppers, spices and lots of heat set the table for a chili cook-off between the Soldiers and family members of the 130th Engineer Brigade, 8th Theater Sustainment Command, here, Jan. 8.

The varieties of chili were taste-tested to discover the winning combination during an event that had the feel of an indoor tailgate party.

"I think it's a great morale-building event," said Col. Jeffrey Milhorn, commander, 130th Eng. Bde. "It gives everyone the opportunity to get together in more of a relaxed social gathering."

Milhorn and his wife, Debbie, hosted the event.

Participants voted for their favorite chili based on color, aroma, consistency and taste.

Capt. Thomas Elison and his wife, Nina, 84th Eng. Battalion, 130th Eng. Bde., took first place

after winning over the judges' taste.

"We're pretty excited about winning," Elison, said.

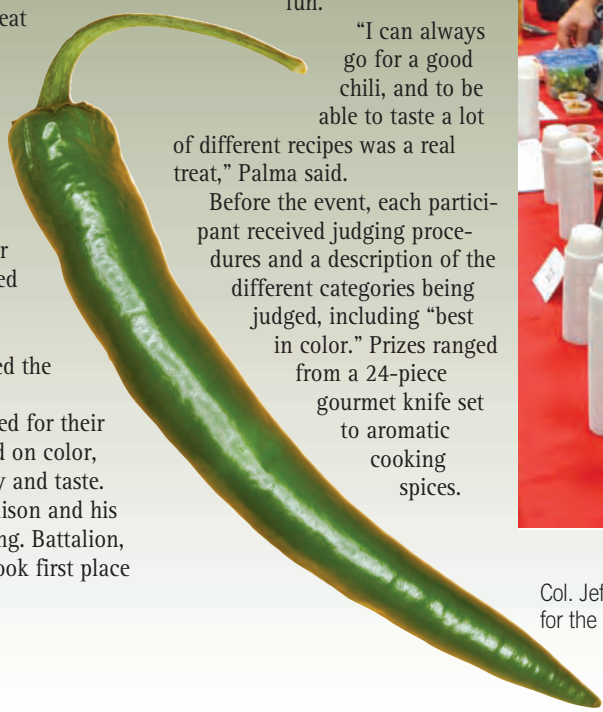
Elison held on to the family secret as he talked vaguely about the special ingredient that helped him win.

"I added a touch of special, hot spices to give a smooth kick," he explained.

For Soldiers like Capt. Mark Palma, assistant brigade planner, 130th Eng. Bde., the variety of smells and tastes made the perfect ingredients in a recipe of fun.

"I can always go for a good chili, and to be able to taste a lot of different recipes was a real treat," Palma said.

Before the event, each participant received judging procedures and a description of the different categories being judged, including "best in color." Prizes ranged from a 24-piece gourmet knife set to aromatic cooking spices.



Capt. Chris Ren | 130th Engineer Brigade, 8th Theater Sustainment Command

Col. Jeffrey Milhorn (far right), commander, 130th Eng. Bde., 8th TSC, and other participants perfect their chili recipes for the unit's chili cook-off at Schofield Barracks, Jan. 8.



Today

BOSS Barbecue – Single Soldiers can play volleyball and then enjoy a barbecue, 1-5 p.m., Jan. 28, courtesy of Better Opportunities for Single Soldiers. Call 655-1130.

Valentine's Day Workshop – Make a personalized card at the Schofield Barracks Arts and Crafts Center. Adults can make cards, Jan. 28; children, Feb. 5. Time for both days is 10 a.m.-12 p.m. Cost is \$12 per session and includes all supplies. Call 655-4202.

29 / Saturday

Hike/Whale Watching – Hike and watch the whales, 9 a.m.-12 p.m., Jan. 29. Cost is \$10; round-trip transportation from Schofield Barracks is included. Call 655-0143.

30 / Sunday

Pro Bowl – Watch the Pro Bowl for free, 2 p.m., Jan. 30, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

31 / 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. 31, at the Kalakaua Community Center, Schofield Barracks. 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. Upcoming classes are Feb. 7, 14 and 28 and will be held at Army Community Service, Schofield. E-mail nhliaison@gmail.com or call 655-9694.

Chinese New Year – Keiki can usher in the Year of the Rabbit, Jan. 31, at the Aliamanu Military Reservation Library; Feb. 1, Fort Shafter Library; and Feb. 2, Sgt. Yano Library, Schofield Barracks. Time for all programs is 3-4 p.m. Keiki can watch a puppet show and make a dragon craft. Call 833-4851, 438-9521 or 655-8002.

February

1 / Tuesday

Adult Sports – Men and women can register for intramural racquetball, basketball, volleyball and triathlons. Women can register for soccer. For intramurals, call 655-8056; for All-Army Sports, call 655-9914. Visit www.mwrrarmyhawaii.com.

2 / Wednesday

Soul Food – Enjoy soul food every

Wednesday during February at the Tropics Recreation Center, Schofield Barracks. Lunch and dinner plates are \$7.50. Call 655-5698.

3 / Thursday

Theatre Thursday – Teens can learn the basics of stage acting at Sgt. Yano Library, 4-5:30 p.m., Feb. 3. Call 655-8002 to register; walk-ins are also welcome.

4 / Friday

Valentine's Day Crafts – Create a Valentine craft while enjoying free pizza at Family Fun Friday, Tropics Recreation Center, Schofield Barracks, 6 p.m., Feb. 4. Call 655-5698.

Right Arm Night – Enjoy fun, food and entertainment at Right Arm Night, 4:30 p.m., Feb. 4, at the Hale Ikena, Fort Shafter. Tickets are \$5 in advance or \$8 at the door. Right Arm Night is an adult event. Call 655-4466.

5 / Saturday

Free UFC 126 – Watch the Ultimate Fighting Championship 126, with middleweight titleholder Anderson Silva versus Vitor Belfort, 5 p.m., Feb. 5, on the jumbo screen at Martinez Physical Fitness Center, Schofield Barracks.

Live Atomic Aftermath – Watch mixed martial arts fighters Tasi "The Tyrant" Edwards versus Jason Guida live, 7-11 p.m., Feb. 5. Tickets are on sale now at the Information, Tickets and Registration offices at Schofield Barracks: \$30 presale and \$35 at the door. Call 277-1371.

Read to the Dogs – Keiki can sign up for a 15-minute session to read to a dog at Aliamanu Military Reservation Library, Feb. 5, from 9-10:15. Call 833-4851 to reserve a session.

12 / Saturday

Super Saturday Child Care – Free Super Saturday Child Care for Blue Star Card holders is set for 9 a.m.-2 p.m., Feb. 12, at Petersen Child Development Center, Schofield Barracks, and the Schofield Barracks School Age Center. Families can use this benefit starting 30 days before deployment, during deployment and up to 90 days after deployment. Super Saturday Child Care doesn't count against the 16 free hours of child care provided through the Army Family Covenant.

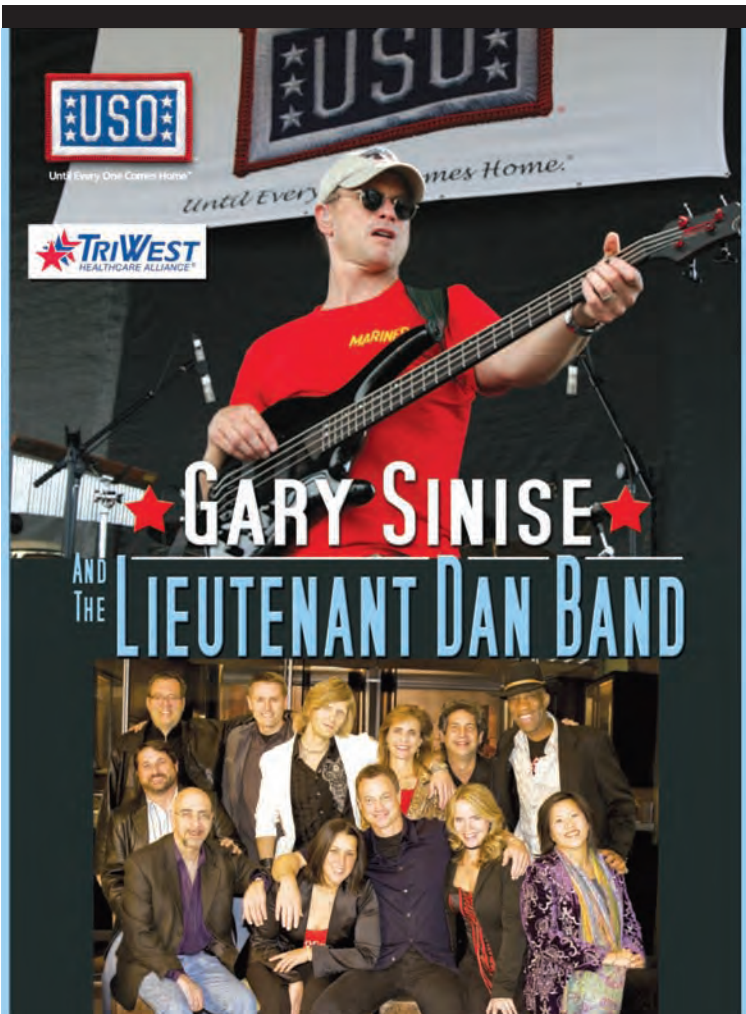
Space is limited; register by calling 655-5314 or 833-5393.

17 / Thursday

Ice Skating – Blue Star Card holders can skate, 6:30-9:30 p.m., Feb. 17, at the Ice Palace in Honolulu. This event is family friendly. Round-trip transportation will be provided from Schofield Barracks. Space is limited; RSVP by Feb. 11, by calling 655-0112 or e-mailing amanda.p.montgomery@us.army.mil.

Ongoing

Biggest Loser – Enter the weight loss contest at the Fort Shafter Physical Fitness Center or the Schofield Barracks



Courtesy Photo

Rockin' with Lt. Dan

SCHOFIELD BARRACKS — Save the date for the free Lt. Dan Band concert, 7 p.m., Feb. 12, Sills Field, Schofield Barracks. Blue Star Card holders can get free reserved seating by registering for reserved seating wristbands by Feb. 9, at www.bluestarcardhawaii.com. Pick up the wristbands the day of the concert by presenting a valid Blue Star Card at the Directorate of Family and Morale, Welfare and Recreation tent. By registering, entrants can win a chance to meet the band.

Before the concert, the community is invited to the Rock' N Wellness health and fitness expo, 3-7 p.m., Sills Field.

Health and Fitness Center. Winners will be selected based on the percentage of body fat lost throughout the contest period. Contest ends April 1. Call 438-1152 or 655-8007.

Change of Hours – Temporary hours of operation for the Schofield Barracks Auto Skills Center are 9 a.m.-4 p.m., Tuesday-Saturday, through Feb. 1, due to Lyman Road resurfacing. Call 655-1367.

TAMC Physical Fitness Classes – Active duty Soldiers and their family members can show their military ID at Tripler Army Medical Center's Physical Fitness Center to sign up for free physical classes. Classes for Army civilians are \$4 per class or \$25 per month. Classes include step aerobics and Zumba. Call 433-6443.

Holiday Pool Hours – Tripler and Richardson Pool will be open 10 a.m.-5 p.m., Presidents Day (Feb. 21).

Newcomers Island Tour – Sign up for the free newcomers island tour that

departs from Schofield Barracks' Army Community Service, Building 2091, or Fort Shafter Flats' ACS, Building 1599. Call 655-4227 or 438-4499.

Twitter – Follow FMWR on Twitter at www.twitter.com/FMWR_Eddie.

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. Choose from two sizes: metal 8x6x5, \$50 per month; or plastic 8x6x6, \$60 per month. Call 438-9402 or 655-9368.

State Vehicle Safety Check – The Auto Skills Shop at Fort Shafter or Schofield Barracks can perform state vehicle safety checks on a first-come, first-served basis; appointments aren't necessary. Call 438-9402 or 655-9368.



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

Today

Dance Classes – Children ages 6-18 can learn ballroom dancing, 4-5 p.m., Jan. 28, Armed Services YMCA, Wheeler Army Airfield. 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.

29 / Saturday

ARC Classes – The American Red Cross will offer cardiopulmonary resuscitation/automated external defibrillator/first aid training classes, 8 a.m.-3 p.m., Jan. 29, Building 750, Schofield Barracks. Military discounts are offered. Call 655-4927.

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. 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. Spouses of uniformed service members (active duty, National Guard and Reserve, retirees and survivors) from any branch or rank can apply.

February

2 / Wednesday

Running Club – All levels of runners and walkers can join the free Hawaii Running Project Wednesday Run Club at Schofield Barracks, which 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 or call 655-9123.

Ongoing

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 by clicking on the link. Call 656-3153.

New AAFES Vendors – The Army and Air Force Exchange Service has added the following vendors. All locations are at the Schofield Barracks PX unless otherwise noted.

•Mobile phone center offering authorized service from major phone carriers. Operating hours are 9 a.m.-9 p.m., daily. Call 624-1060.

•Car rental service has returned. Hours of operation are 8 a.m.-6 p.m., daily. Call 624-2324.

•Commercial income tax preparation, located in the customer service area. Hours of operation are 10 a.m.-6 p.m., Monday-Saturday; closed Sunday. Call 853-4725.

•Food Vendors – In the near future, food vendors will open at Fort Shafter Flats, Helemano Military Reservation and Wheeler Army Airfield. Currently, a food vendor is located at Fort Shafter in front of Building 503B (the old dining facility). Call 423-7302.

Hui Thrift Shop – The Hui Thrift Shop at Schofield Barracks offers great bargains and a chance to volunteer. Located at 2107 Ulrich Way, behind Army Community Service, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month. Consignment hours are 9-11 a.m. Call 624-3254 or e-mail huihthriftshopliaison@gmail.com. Hui information is available at www.schofield spousesclub.com or search for "hui-thrift-shop" on Facebook.

Hawaii Military Child Survey – Visit www.hawaiikids.org to fill out the Hawaii Military Child Survey. The survey focuses on Hawaii military service personnel and their school-age children. The study explores a range of issues related to schooling and education, such as academics; expectations, such as what people had heard about Hawaii schools, life in Hawaii and educational expectations; and family and child history. Call 438-4177.

Food for Families – The Armed Services YMCA at Wheeler Army Airfield has an emergency food locker that assists military families who are experiencing financial difficulty with a supply of canned goods, frozen food, dry goods and personal care items. Call 624-5645.

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; the Sounds of Freedom formations consist of active military units running in formation.

Cost for the footrace is \$40 until Jan. 31; \$45 cash or with credit card at the GAR Expo. Visit www.greataloharun.com. Call 655-9650 for Sounds of Freedom applications.

Swamp Romp – Register your team for the dirtiest race on Oahu. Six-member teams will run 5 miles through the mud and dirt, starting at 7 a.m., Feb. 26, at Marine Corps Base Hawaii, Kaneohe Bay. The course goes through the Nuupia Ponds and down Fort Hase Beach, plus over and under obstacles that challenge the strongest of competitors. This event is open to the public.

Register at www.mccshawaii.com or call 254-7590. Registration closes 4:30 p.m., Feb. 23. Pick up packets at the Swamp Romp Expo, 9 a.m.-4 p.m. Feb. 24-25, Kahuna's Community Ballroom, MCBH, Kaneohe Bay.

Scholarships – Deadline to turn in applications for the 2011 Scholarships for Military Children is close of business, Feb. 22. Dependent, unmarried children, younger than 21 (or 23 if enrolled as a full-time student at a college or university) of a service member on active duty, a reservist, guardsman or retiree, or child of a service member who died while on active duty or while receiving military retirement pay, can apply. Pick up applications at any military commissary or visit www.militaryscholar.org. Call (856) 616-9311 or e-mail militaryscholar@scholarshipmanagers.com. The Defense Commissary Agency sponsors the \$1,500 scholarships.



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

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

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

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF and FD
•Sunday services:
– 8:30 a.m. at AMR
– 10:30 a.m. at MPC Annex
– 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship
•Sunday, 12 p.m. at MPC
•Sunday, 12:30 p.m. at AMR

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

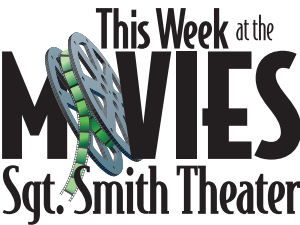
Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

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

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

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

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



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



Tron: Legacy

(PG-13)
Fri., Jan. 28, 7 p.m.

Yogi Bear

(PG)
Sat., Jan. 29, 4 p.m.
Sun., Jan. 30, 2 p.m.



Little Fockers

(PG-13)
Sat., Jan. 29, 7 p.m.
Wed., Feb. 2, 7 p.m.

Harry Potter and the Deathly Hallows

(PG-13)
Thurs., Feb. 3, 7 p.m.

No shows on Mondays or Tuesdays.

Fitness Facts

Exercise is beneficial for pregnant women

KRISTY OSBORN
Health and Fitness Center

SCHOFIELD BARRACKS — Regular exercise during pregnancy can help to improve posture, decrease back pain, relieve stress and build stamina.

Pregnant women who were physically active before their pregnancy should be able to continue their regimen with only moderate adjustments. Women who weren't physically active before pregnancy can begin an exercise program after consulting with their health care provider.

Pregnant women should consult a doctor if there are risks; slow the activity pace or replace the activity as the pregnancy continues; and use low-impact cardio machines (such as the elliptical, stationary bike or treadmill) or do water aerobics or swim laps. They should also continue smooth-breathing techniques during exercise; dress in cool, layered clothing to prevent overheating; drink plenty of water to prevent overheating or dehydration; and modify the exercise or intensity, immediately, if overheating does occur.

Pregnant women need to ensure they warm up and cool down. During pregnancy, the body produces a hormone that causes ligaments to stretch and become more lax, increasing the risk of injury.

They should continue exercises to avoid gaining excess weight, but stop exercising if chest pain, abdominal pain, pelvic pain, headaches or vaginal bleeding occur, or if they feel faint, dizzy, nauseous, light-headed, cold or clammy.

Pregnant women should not choose an exercise that requires extensive jumping, hopping, bouncing or running. They also should avoid full sit-ups, double-leg raises or straight-leg toe touches. They should not engage in contact sports such as football, softball, basketball, skiing, skating or scuba diving.

Pregnant women should not hold their breath during any activity, exercise on an empty stomach or exercise to the point of exhaustion. Also, they should not stretch while lying down after the fourth month or do abdominal exercise while lying down after the first trimester.

Women who have asthma, heart disease or diabetes should not exercise during pregnancy. Women who experience discomfort or pain during exercise should stop and see their physician as soon as possible.

Exercise will help women have a less stressful pregnancy and labor, but risks are always possible with any workout program.
(Editor's Note: Information was compiled from WebMD.com and "The New York Times Book of Health.")



Osborn

Moderation helps prevent overtraining

LISA YOUNG
U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — Exercise is essential for a healthy body and mind, but it's possible to get too much exercise.

Overtraining can result when people push their bodies too hard and don't take time to recover with adequate time, rest and nutrition. Aerobic exercises like running, biking or swimming, and resistance exercises such as weightlifting can cause overtraining.

Overtraining happens when exercise volume or intensity exceeds what a person should be doing for an extended period of time.

Training volume can be excessive if more exercises are added, additional repetitions or sets are performed, or the frequency of the exercise is increased for too long.

In contrast, overtraining due to excessive intensity occurs when too heavy a resistance is used for an extended time. These principles apply to elite athletes as well as to individuals who exercise for general health and fitness.

Regular exercise and physical training are healthy habits that should make people

feel better, not worse. If people experience overtraining signs and symptoms, they may be pushing too hard. All signs and symptoms of overtraining don't necessarily need to be present, and the presence of a few symptoms don't necessarily mean people are overtraining. The true test of whether overtraining is taking place is whether performance is impaired or at a plateau.

The American College of Sports Medicine cites frequent signs of overtraining include the following:

- Decreased performance in strength, power, muscle endurance or cardiovascular endurance.
- Decreased training tolerance and increased recovery requirements.
- Decreased coordination, reaction time or speed.
- Altered resting heart rate, blood pressure and respiration patterns.
- Decreased body fat and post-exercise body weight.
- Increased basal metabolic rate.
- Chronic fatigue.
- Sleep disorders.
- Decreased appetite and weight loss.
- Menstrual disruption.
- Headaches or gastrointestinal distress.

- Muscle, joint and tendon aches and stiffness.
- Decreased rate of healing and increased occurrence of illness.
- People are encouraged to take steps to alleviate and correct overtraining, which include the following steps:
 - Adding one or more recovery days to each training week.
 - Incorporating exercise programs that gradually alter training variables to allow the body to progress in stages and have adequate recovery.
 - Ensuring that training volume and exercise intensity are inversely related.
 - Avoiding monotonous exercise by increasing training variety.
 - Avoiding doing too many exercises, sets and/or repetitions.
 - Avoiding performing every set of every exercise of every session to absolute failure in resistance training.
 - Remembering to take into account the cumulative training effect of different kinds of exercise.
- Exercise programs should include regular periods of recovery and reassessments. Done properly, exercise can bring lifelong benefits to mind and body.



Chief Warrant Officer 2 Christopher Mahoney | 25th Combat Aviation Brigade, 25 Infantry Division

Testing, testing, 1-2-3

MILILANI — Spc. Dustin Kornegay, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, tests the hearing of a second-grader at Mililani Mauka Elementary, Jan. 19. The 25th CAB has established partnerships with local schools to provide hearing testing for children throughout Oahu.

Glaucoma can take sight without warning; eye exams key to early detection

AMERICAN OPTOMETRIC ASSOCIATION
News Release

ST. LOUIS — Early detection and treatment is critical to maintain healthy vision and protect the eyes from the effects of potentially blinding diseases, such as glaucoma, according to the American Optometric Association.

Glaucoma begins by attacking peripheral vision, typically causing objects to appear less clearly. At first, squinting or turning the head may help people to focus better. These changes may seem minor, but glaucoma can accelerate quickly, causing eyesight to rapidly and irreversibly deteriorate.

Studies show that during the next 10 years, the number of Americans diagnosed with glaucoma will increase by more than one million; yet, Americans are still not doing as much as they should to help protect their vision.

Although glaucoma is the second leading cause of blindness in the U.S., awareness of the disease is relatively low. According to data from the AOA's latest American consumer survey, less than a quarter of all Americans know glaucoma causes damage to the optic nerve.

The survey also indicated six in 10 Americans incorrectly believe glaucoma is preventable. While the disease is not preventable, it's treatable. Regular, comprehensive eye exams play a critical role in successful outcomes for patients.

The survey found 20 percent of adults who don't wear glasses or contacts have never been to an eye doctor. However, the AOA recommends eye exams every two years for adults under age 60, and an exam every year thereafter. Eye doctors may recommend more frequent appointments based on an individual's overall health, risk factors or

family history.

"Those individuals who do not visit their eye doctor on a regular basis are putting their vision and quality of life at risk," said Dr. Kerry Beebe, chair, Clinical and Practice Advancement Group Committee, AOA. "Glaucoma is often referred to as 'the sneak thief of sight' because it can strike without pain or other symptoms. Vision lost to glaucoma cannot be restored, so early detection and treatment is paramount."

Americans also aren't aware of factors that put them most at risk for developing glaucoma. Only 20 percent of those surveyed indicated knowing that race or ethnicity may increase their risk. According to the Glaucoma Research Foundation, African-Americans ages 45-65 are 14-17 times more likely to go blind from glaucoma than Caucasians.



January is National Glaucoma Awareness Month. To learn more about glaucoma, talk with a health care provider. Other resources include www.cdc.gov/visionhealth, www.nei.nih.gov/health/glaucoma and www.hooah4health.com.

Other risk factors for glaucoma include people who have a family history of glaucoma, are older than 60 years old or have had severe eye trauma. Some studies suggest nearsightedness, cardiovascular disease and diabetes may also be risk factors for the development of glaucoma.