

INSIDE



Tough competition

HHC edges out 95th Eng. Co. during the 65th Eng. Bn.'s Sapper Stakes competition.

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Capt. Vickee Wolcott (far right), commander, HHC, 18th MDSC, leads the way, as Spc. Lloyd Johnson, generator mechanic, 18th MDSC, and Sgt. Tia Wilson, human resources specialist, 18th MDSC, carry an “injured” Capt. Timothy Godbey, theater patient movement officer, 18th MDSC, out of a mock insurgent attack during the unit’s lane training exercises at Marine Corps Training Area-Bellows, Feb. 10-12.

Town Hall

Col. Douglas Mulbury, commander, USAG-HI, will host two employee town halls to present a garrison update.

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School spirit

84th Eng. Bn. interacts with the students of Mililani Uka Elementary School.

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18th MDSC maneuvers warrior training lanes

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

MARINE CORPS TRAINING AREA-BELLOWS – Soldiers from the 18th Medical Deployment Support Command were tested during an intense lane training exercise, here, Feb. 9-12.

The lanes were scattered with simulated improvised explosive devises, mock insurgents and various obstacles that the Soldiers maneuvered through with convoy and foot patrols.

“Getting to work with the radios hands-on and communicate back-and-forth with the tactical operations center – since that’s my job – was my favorite part about the training,” said Pvt. Christina Meekins, communications specialist, 18th MDSC. “Just going over the basics, like the three- to five-second rush, helped me remember and refine those skills.”

The four-day exercise took the Soldiers through phases of initial operations, deploying the unit, occupying a forward operating base, convoy and patrol operations off the FOB, and a re-deployment to home station.

“I appreciated the hard work and motivation from every Soldier that either participated in the training or helped with the support staff for the training,” said



Soldiers from the 18th MDSC put on their gas masks after a mock chemical attack during the unit’s lane training exercises at Marine Corps Training Area-Bellows, Feb. 10-12.

Capt. Vickee Wolcott, commander, Headquarters and Headquarters Company, 18th MDSC. “I really hope that Soldiers learned a lot and had fun doing it, too, and that it helps prepare them for the next time they deploy.”

The 18th MEDCOM is the Medical Theater Enabling Command for the U.S. Army-Pacific region and is quickly growing into its new role as the region’s single medical command and control unit, since moving from the Korean Peninsula to Fort Shafter, Oct. 2008.



Great Aloha Run

Military units, island-wide, participate in the annual event.

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Paintball, woodchips part of environmental discussion

Fencing to keep out wild pigs, goats is discussed during meeting

KAPUA KAWELO  
Oahu Army Natural Resource Program

HONOLULU – The Oahu Army Natural Resource Program, or OANRP, recently completed a series of meetings aimed at reviewing and guiding the Army’s natural resource conservation work with endangered species.

“We are very happy with the progress the Army is making towards satisfying the goals and objectives of the implementation plans.”

— Patrice Ashfield  
Program leader, USFWS Section 7

Recent projects included the completion of more than five kilometers of pig and goat fencing, 150 acres of weed control, the reintroduction of more than 1,500 endangered plants and rat control around 75 pairs of nesting Elepaio birds.

“I’m incredibly proud of the accomplishments of our OANRP,” said Alvin Char, chief, Directorate of Public Work’s Environmental Division. “When we first started this program back in the mid-90’s, ... there was a tremendous amount of work that needed to be done towards ecosystem management on Army lands. There challenge is still there today, but we can all be proud of what we’ve done and what we’ve accomplished over the years.”

OANRP also discussed progress made on the research and development front, including use of paintball equipment to deliver herbicide to target

weeds from a helicopter, a wood chipper for large-scale weed control projects, state-of-the-art rat control approaches and the approval of a slug bait to protect endangered plant seedlings in the forest.

Every year, the Makua Implementation Team gathers to review the Army’s progress in executing the “Makua Implementation Plan” conservation measures and to troubleshoot any unexpected challenges. The MIT is the Army’s sounding board for its natural resource program and also serves as a regulatory monitor of the Army’s progress in meeting Endangered Species Act requirements.

The MIT – which includes biologists, botanists, geneticists, ecologists, resource managers, ornithologists, land owners, nonprofit conservation organizations, academic specialists and government agency representatives – was formed as a result of the Army’s ESA consultation with the U.S. Fish and Wildlife Service to discuss training at Makua Military Reservation, and to bring together a team of experts to write a step-by-step plan for protecting the endangered species at MMR to offset any potential impacts from Army training.

The MIT prepared the MIP between 1998 and 2003. The MIP includes detailed fencing plans to protect native forest and endangered species from the damaging effects of wild pigs and goats; prescribes how to control introduced



SEE OANRP, A-8

USACE, TAMC assist wounded warriors

Story and Photo by  
JOSEPH BONFIGLIO  
U.S. Army Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER – A memorandum of agreement to implement a Work Reintegration Volunteer Program for Soldiers at the Tripler Army Medical Center’s Warrior Transition Battalion, at Schofield Barracks, was recently signed by Lt. Col. Douglas Guttormsen, commander, U.S. Army Corps of Engineers-Honolulu District, and Lt. Col. David Weisberg, commander, WTB.

USACE-HD and the TAMC-WTB developed the Work Reintegration Program to provide civilian workplace opportunities for wounded Soldiers and to help them reintegrate

TAMC-WTB Additional Resources

For more information on the WTB, call Sherielee Camacho-Fuentes at 433-8657 or Maj. Mitch Lester at 655-6802. For more details about USACE-HD appointments, call Maj. Daniel Segura at 438-1069 or Phillip Mun at 438-8386.

into the civilian workforce.

Selected program candidates from the WTB will be assigned to various USACE-HD organizational positions to learn and develop areas of career interest identified by each Soldier. To implement this program, the district agreed to various support:

- To advertise worksite opportunities to WTB points of contact and present briefings to Soldiers during training sessions;
- To match future goals of selected Soldiers with a comparable training opportunity within the district;
- To provide Soldiers time in their work schedule to attend all appointments, since the wounded warrior’s recovery is the highest priority;
- To conduct periodic after-action reviews with both trainees and supervisors to ensure that this program continues to meet program objectives; and
- To establish training objectives for each wounded warrior and train these Soldiers to meet the objects.

SEE WTB, A-8



## We want to hear from you...

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

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

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

150 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 2/24/11.

# Ask the Garrison Commander! Mulbury addresses CDCs, PT routes

**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.

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](http://www.garrison.hawaii.army.mil/comments/contactgc.aspx).

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

**Q:** *With one child attending the Fort Shafter Child Development Center and another about to start, I am concerned about the level of attention paid to the children during the day and the food – French fries for lunch and cookies for snacks – they are provided. I am also concerned about the attention and quality of care my child receives.*

*I don't know if these issues stem from the quality of employees or the lack of caring and concern by the directors, but it is an issue that is also shared by other parents. Is there anything that can be done to provide our children with care they deserve?*

**A:** All CDCs on Hawaii follow the same five-week cycle menu, which was developed by a nutritionist and approved by Tripler Army Medical Center's registered dietician. Additionally, all menus fully

comply with requirements of the U.S. Department of Agriculture's Child and Adult Care Food Program. Our centers serve whole wheat breads and 100-percent fruit juices. In an effort to improve the nutritional quality of our meals, brown rice was recently added to create a white/brown rice blend. Cookies are offered as a snack two times in the five-week cycle, and sweet potato fries are offered only once.

It is difficult to respond to your comments regarding the quality of care our children are being provided without specific knowledge of your concerns; however, it should be noted that during an August 2010 higher headquarters inspection, the Fort Shafter CDC was recognized as one of the best CDCs in the Army.

Coincidentally, the National Association for the Education of Young Children, during an unannounced visit, noted that the sustained high level of quality of this program was commendable.

Christy Morrissey, director, Fort Shafter Center, is highly qualified and completely dedicated to doing what is right for children. Although I am convinced we already have an outstanding program, improvement is always possible, and I would encourage you to call Debra Blanchard, coordinator, Child, Youth and School Services, at 656-0093, to discuss any issues, concerns or recommended program improvements.

**Q:** *I realize that Soldiers have to do physical training, but those of us who live on Wheeler Army Airfield, in the Wili Wili housing area, are very inconvenienced by the physical training that happens every morning. There is only one way in and one way out of our housing area. With Soldiers often running in the middle of the street, it makes it difficult to get our kids to*



Mulbury

*school on time without leaving at least 45 minutes early. It would be one thing if we could take an alternate route, but there isn't one. Can another road be identified?*

**A:** The ability for our Soldiers to conduct PT on any of our installations is severely affected by the limited amount of open space and the availability of lightly traveled streets. To help minimize the impact that Soldiers conducting PT have on our residents and workforce, we have designated specific running routes throughout our installations and limited the timeframe during which PT can be conducted.

Also, to help minimize traffic congestion throughout the installation during peak PT times, I recently directed that our civilian employees and contract workers not begin work prior to 7 a.m.

While the opportunity to identify alternate PT running routes, as you suggest, is very limited, my command sergeant major regularly briefs commanders, command sergeants major and first sergeants regarding such PT matters, including the size of their running formations, the requirement to run only to the right of the center line of the road, the use of single file formations for elements less than platoon size and the use of sidewalks, whenever possible.

If units continue to block entire streets or otherwise fail to comply with these established PT policies, and you are able to identify them, please report this information to Command Sgt. Maj. Robert Williamson, at 656-1153, with the date and time of the incident.

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.

## USARPAC to hold change of responsibility ceremony

**RUSSELL DODSON**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER – “Follow me” is an infantry motto that Command Sgt. Maj. Joseph Zettlemoyer, command sergeant major, U.S. Army-Pacific, has lived by for more than three decades.

After 32 years of faithful service, Zettlemoyer is retiring; Command Sgt. Maj. Frank Leota will assume responsibility from Zettlemoyer at a USARPAC change of responsibility ceremony, 10 a.m., Feb. 25, at Palm Circle, here.

“First and foremost, I'll miss the people of USARPAC. I have served all over the world in many different places, but never have I served in a place where everyone was pulling on the oar to make the boat move in the same direction,” he said. “It is truly a one team effort, from the active (and) Reserve components to the professional Department of the Army civilians who work in this organization. It has been a fantastic tour of duty, and I will miss the people.”

Zettlemoyer has served as USARPAC's senior enlisted leader since November 2006. His career has spanned the globe with major assignments at Fort Knox, Ky.; Fort Hood, Texas; Germany and South Korea.

Zettlemoyer is also a combat veteran from operations Desert Shield and Desert Storm.



Zettlemoyer

His dynamic leadership has earned him the distinction of achieving the Army's highest enlisted rank and the epitome of success in the profession of arms.

“I have had the pleasure of serving with outstanding commanders,” he said. “It's been my commanders that have thought more about my personal abilities than I have. They have entrusted me to execute things that I didn't think I was capable of executing.

“Every unit I served in,” he continued, “I've had phenomenal commanders to work for and serve with,

and I've been blessed by that fact.”

Some of Zettlemoyer's military awards include the Legion of Merit, Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, and the Driver and Mechanics Badge.

Leota is no stranger to USARPAC either. He comes to the command from the 25th Infantry Division, where he was the division's command sergeant major. Leota is a combat veteran of operations Desert Shield, Desert Storm, Iraqi Freedom and Enduring Freedom.

In Iraq, Leota served most recently as the Multi-National Division North and Task Force Lightning 25th ID command sergeant major, and as the U.S. Div. Center and 25th ID command sergeant major.

Leota's awards include the Legion of Merit, Bronze Star Medal with four Oak Leaf Clusters, Meritorious Service Medal with one Oak Leaf Cluster, National Defense Service Medal with Bronze Star, Expeditionary Service Medal, Military Outstanding Volunteer Service Medal, Afghanistan Campaign Medal with the Bronze Star, Iraq Campaign Medal with four Bronze Stars, Global War on Terrorism Service Medal, Southwest Asia Medal with Bronze Star, Kuwait Liberation Medal (Kuwait) and the Kuwait Liberation Medal (Saudi Arabia).



## History show us the true meaning of servant leadership

**(CHAPLAIN (MAJ.) DAMON ONELLION**  
North Community Family Life Chaplain

As I write this column, it's Presidents Day weekend. Thinking about our forefathers reminds me of a story of servant leadership.

Many years ago, a gentleman farmer, a member of his country's representative leadership, was asked to serve as the leader of his people's military forces to defend against an invader. He left his family and farm, assumed command of the troops and went upon a campaign to drive out the invaders, despite being criticized by those who were not fighting the battle. Upon victory, he returned to his homeland, resigned his position of power and returned to his farm to work the land.

The individual described above is not, as one might assume, George Washington, but Cincinnatus, Consul of Rome in 460 B.C. He was called upon to defend the Roman Republic against an invasion by a tribe from northern Italy, called the Aequi. He received the powers of a dictator for six months to deal with the invasion, but was able to win a victory after just 16 days.

Subsequently, Cincinnatus resigned from his position, giving up the power it afforded. He returned to his family farm to work his fields. From that point forward, he was praised and hailed for his willingness to serve

selflessly and to set aside personal ambition for the sake of the people.

The similarities between Cincinnatus and Washington are neither insignificant nor accidental. Washington never asked to be commander of the Continental Army – although he did show up to the Continental Congress wearing his Virginia militia uniform. Though it took Washington more like five years to defeat the British, he stayed in the field with his men, even through harsh winters, while most of his officers took furloughs to be with their families, until the enemy was defeated.

At the end of the war, when Congress did not want to fulfill its debts to the Army, Washington could have followed the example of Roman general Sulla or Julius Caesar and called on the loyalty of his Army to march on the capital.

He did not. Instead, Washington resigned his commission, encouraged his men to remember the cause for which they had fought – the freedom and independence of the new nation. He laid down his sword

and returned to Mount Vernon.

King George, in England, expected Washington to accept appointment as the first king of the U.S. When he heard that Washington intended to step down from his position of power, he was quoted as saying that his actions would make Washington the greatest man in the world.

Washington knew his history. It is said that he was fond of the comparisons made at the time between him and Cincinnatus. I would like to think he was also mindful of the teachings of another great servant leader, Jesus Christ.

When Jesus was faced with conflict among his disciples, because two of them asked for the highest positions within his circle; he responded, “You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave – just as the son of man did not come to be served, but to serve, and to give his life as a ransom for many” (Matthew 20:25-27).

So, as we reflect on the meaning of Presidents Day, let us remember the examples set by Washington, Cincinnatus and Jesus. Seek to be the servant of all.



Onellion

# Voices of Ohana



“Soul food. People from all walks of life, young and old, enjoy soul food.”

**Spc. Monica Boyd**  
Co. C, 209th ASB, 25th CAB, 25th ID



“Intestinal fortitude. From slavery to civil rights we have overcome a lot.”

**Staff Sgt. James Cleveland**  
HSC, 209th ASB, 25th CAB, 25th ID



“Our essence or soul. The way we carry our selves – people all over the world try to emulate us.”

**Sgt. 1st Class Gary Williams**  
Troop B, 2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID



“Our music. It has crossed all color and cultural lines.”

**Jackie Williams**  
Civilian



“Our resiliency. Through trials and tribulations we have proven to be resilient as a people.”

**Warrant Officer 1 Corretta Wilson**  
Co. E, 2nd Assault Helicopter Bn., 25th Avn. Regt., 25th CAB, 25th ID

### What's the most unique aspect of African-American culture?

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



# Pfc. helps to bridge language gap in Thailand



Pfc. Ativut Son (left), utilities equipment repairer, 71st Chem. Co., 8th MP Bde., 8th TSC, is attached to 3rd Bn., 509th Parachute Inf. Regt., 4th BCT, 25th ID, for Cobra Gold 2011, and interprets the instructions of a Thai jungle expert on edible plants during a survival class for U.S. paratroopers at the Special Warfare School, in Thailand.

Story and Photo by  
**STAFF SGT. MATTHEW E. WINSTEAD**  
Army News Service

CAMP ERAWAN, Thailand — One Soldier stands out from all the rest who are working to bridge the language gap between Thai and U.S. leadership at Cobra Gold 2011.

Pfc. Ativut Son, utilities equipment repairer, 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command, was recently attached to the 3rd Battalion, 509th Parachute Infantry Regiment, 4th Brigade Combat Team, 25th Infantry Division, to work as an interpreter.

Son is fluent in both Thai and English and has been assisting communication efforts between the Thai and U.S. leaders.

“This is my first time to do anything like this for the Army,” Son said. “I’ve only been in the Army for about 15 months, so all of this is kind of new to me, but it’s nice to visit Thailand again. I’m getting a lot of experiences here ... I don’t think I would have gotten if I wasn’t selected to do this.”

Son’s chain of command picked him to assist U.S. forces training with the Royal

Thai army’s 3-31st Infantry Regiment, King’s Guard. The private first class helps to interpret for both U.S. and Thai instructors.

“What makes my job really easy is the fact that the Thai and American Army are already so similar in what they do, so explaining things isn’t all that hard,” Son said. “(They both) are pretty much already on the same page, even with the language differences. I just fill in the details.”

Keeping the two forces working closely together is at the very heart of Cobra Gold 2011, and Son’s leaders say he’s been an important communications link.

“Son has done an outstanding job in getting the point across for both sides,” said Command Sgt. Maj. Connie Rounds, command sergeant major, 3rd Bn., 509th Parachute Inf. Regt., 4th BCT. “He’s done his job well.”

Son expects to simply go back to his regularly assigned duties when he returns to his home base in Hawaii.

“I think I’ve gotten a little spoiled back here; I have to go back to just being a (private first class) again when I go back,” Son said.

# Signal team gives constant network support during Yama Sakura 59

Story and Photo by  
**2ND LT. JAMES P. MICCICHE**  
4th Signal Center Pacific/  
Pacific Theater Network Operation and Security Center

CAMP KENGUN, Japan — The 4th Signal Center Pacific/Pacific Theater Network Operation and Security Center, or PAC-TNOSC, overcame more than 4,000 miles and 19 hours of time difference to provide continuous network support to the annual U.S. Army joint exercise Yama Sakura, here, recently.

Every year, the Hawaii-based PAC-TNOSC plays a vital role in the success of the YS mission that simulates Japanese-U.S. military operations required to defend Japan, specifically in creating, supporting, operating and maintaining of multiple networks.

While the 29th iteration of YS officially started Jan. 27, the exercise started a long time ago for the officers, Soldiers and contractors of PAC-TNOSC.

Last November, the PAC-TNOSC team began assisting in the creation of a nonclassified Internet protocol router, a secret Internet protocol router and coalition networks. The team spent countless hours creating a product that would support many multinational users.

PAC-TNOSC sent a five-man team to set up and establish the tactical network team, or TNT, in Japan, almost two weeks before the exercise began, to sustain exercise operations in the Japanese theater. The personnel at TNT-Forward were a vital link between the exercise end users and the PAC-TNOSC tech-

nical experts in Hawaii.

“The presence of the TNT was invaluable,” said Maj. Benjamin Gardner, a PAC-TNOSC network engineer on-site for the exercise. “(The) ability to monitor the network status and provide real-time analysis to the leadership gave us constant situational awareness.”

As part of the Network Service Center Pacific, or NSC-P, the 516th Sig. Brigade, which is 311th Sig. Command’s TNOSC support staff, joined TNT-Forward’s troubleshooting mission.

From Jan. 21-Feb. 3, the TNT-Forward manned 24-hour operations and provided all exercise supporting units with real-time assistance for network issues throughout Japan and the Pacific theater.

NSC-P resolved more than 850 networks issues and provided daily teleconferences and updates between the center, senior mission commanders, exercise participants and leadership throughout the Pacific with network status and technical support.

“The ability to flatten the operational hierarchy has exponentially streamlined our ability to



From left to right, Sgt. 1st Class Raymond Elgiar, Staff Sgt. Judah Bowens, Staff Sgt. James Stinemire and Lt. Col. Curtis Tygart, all with PAC-TNOSC, monitor the exercise network on Camp Kengun, Japan.

mitigate issues for the warfighter,” said Capt. Alexander Vukcevic, operations officer, TNOSC.

“The exercise would not have been such a success without continuous flow of information.”



# The Quiet Professionals

## USAG-HI SUPPORTS DEPLOYMENT CYCLE

Directorate of Logistics

DOL civilian and contractor teams support the tactical warfighter during periods of pre-deployment, deployment and during re- and post-deployment phases.

Prior to deployment, DOL equips warfighters with mandatory organizational clothing items as dictated by the Department of the Army. DOL also transports all equipment and deploying Soldiers to local waterways or airports for further transport to their final destination.

During the 90-days leading up to deployment, the DOL coordinates use of contractor dining facility support to allow the warfighter to better prepare for deployment. Lastly, DOL coordinates storage of all personal effects and privately owned vehicles for single Soldiers desiring storage.

When Soldiers are deployed, DOL begins repairing the tactical equipment that is left behind and not used by the warfighter. Once deployments are complete, the returning equipment and Soldiers are transported from ports of debarkation to the installation.

During the reintegration phase, personal effects and POVs are delivered back to returning single Soldiers. The left-behind equipment is apportioned back to the unit, and the equipment that is returning from war is "reset" and issued back to units for training.

Once stabilization has occurred, DOL assists Soldiers in getting to their next duty stations, with transportation arrangements, and reconciles organizational clothing items issued to Soldiers when they first arrived.



File Photo

A maintenance noncommissioned officer with 545th Transportation Detachment, 25th Infantry Division, ground-guides an Army vehicle up a ramp to the USNS Piliiau on Ford Island, in 2003.

Directorate of Family and Morale, Welfare and Recreation

DFMWR provides support services and training to Soldiers and their family members throughout pre-deployment, deployment and post-deployment phases. Deployment support deliveries include a multitude of programs designed to address the five pillars of the Comprehensive Soldier Fitness program for both Soldiers and families, including child care services and Army Community Service programs.

With its robust mobilization

and deployment readiness program, DFMWR is able to offer a multitude of training to deploying units customized to a unit's individual needs.

Spouses and families of deployed Soldiers are invited to take part in the award-winning Blue Star Card program, a discount and activity program. As well, training is provided for family readiness assistants and groups on a monthly and quarterly basis, respectively, so they can better enhance the flow of information and increase the resiliency of their unit's Soldiers and their families.

Read more about how DFMWR supports Soldiers and families during deployments at [www.hawaiiarmyweekly.com/dfmwr-deployment](http://www.hawaiiarmyweekly.com/dfmwr-deployment).



File Photo

A Soldier with the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, hugs his son before deploying in support of Operation Iraqi Freedom, in 2006.

Island Palm Communities

Choosing to stay with IPC while a spouse is deployed is the best choice a family member can make. To assist families during deployments, IPC offers the following benefits to its residents:

- Maintenance Support. Bought a new entertainment center? Need help putting new furniture together? Let the IPC maintenance team assist you during your spouse's absence.
- Child Care. IPC provides five hours of child care, per child, on the third Saturday of each month for spouses of deployed service members.
- Lawn Care. IPC will mow your fenced-in backyard while your spouse is deployed.
- Resident Events. Stay involved in the community during your spouses' deployment. IPC staff members organize monthly events for adults and children.

If family members want to sign up for post housing deployment benefits, they only need to bring a copy of the spouse's deployment orders or their DFMWR Blue Star Card to the community center. IPC staff will sign them up immediately.

Visit [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com) for more details.



File Photo

Construction is completed on 241 new homes in the Wili Wili neighborhood at Wheeler Army Airfield, in 2010.

U.S. Army Garrison-Hawaii provides support services, installation facilities, family housing, training and recreational centers for more than 94,000 Soldiers, family members, civilians employees and retirees stationed on Oahu and the Big Island.

Headquartered at Wheeler Army Airfield, USAG-HI's sustainable services directly support the deployment cycle, aiming to meet current and future mission requirements, safeguard human health, improve quality of life and enhance the natural environment for joint warfighters, their families and the military community.

Directorate of Human Resources

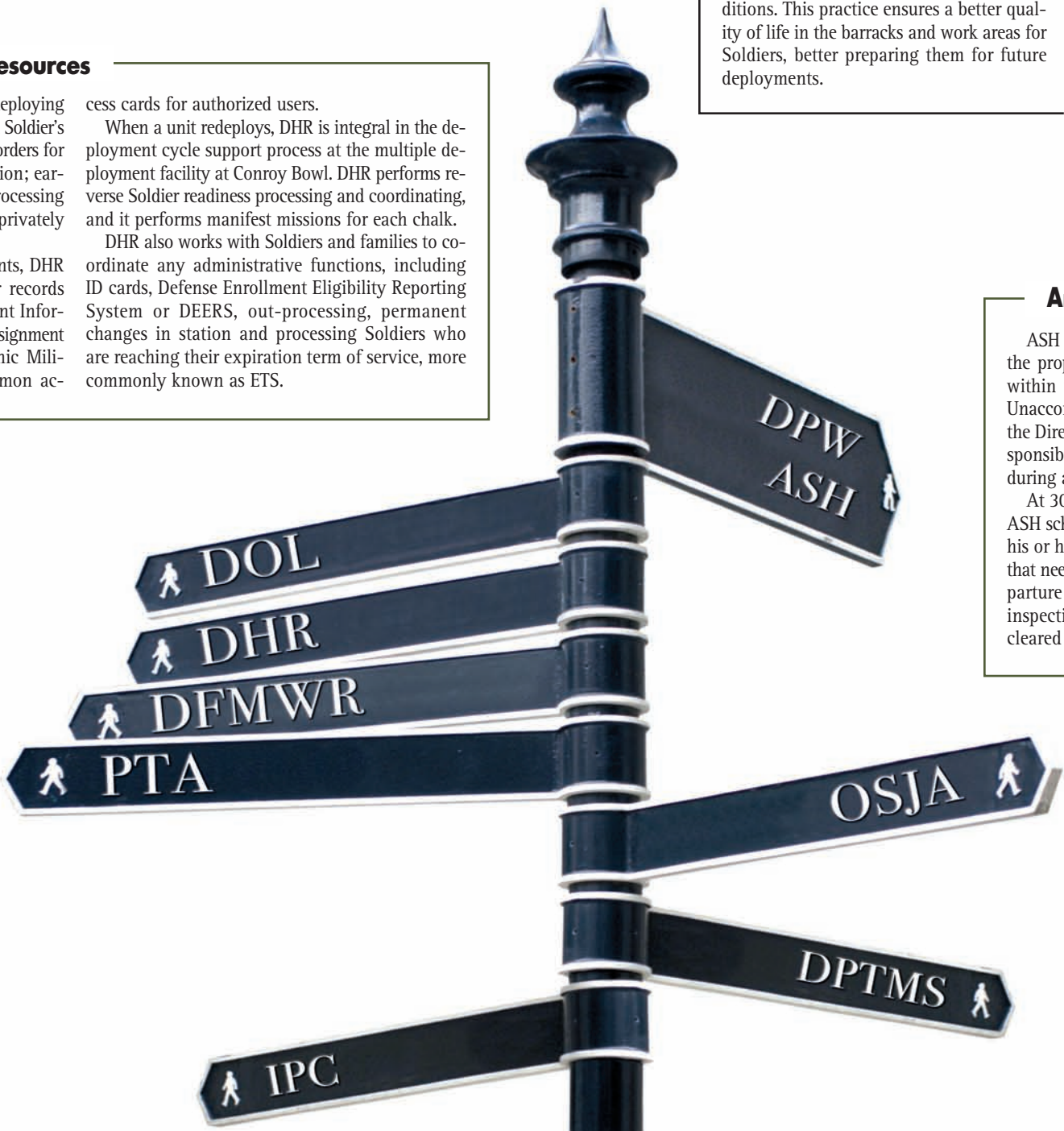
DHR provides a number of services for deploying Soldiers and their families, from validating a Soldier's eligibility to deploy; preparing and issuing orders for temporary and permanent changes of station; early return of dependents, if requested; to processing orders for storing household goods and privately owned vehicles.

For Soldiers assigned to rear detachments, DHR continues to update enlisted and officer records briefs, and issues Total Officer Management Information System, Enlisted Distribution and Assignment System, Personnel Network, and electronic Military Personnel Office accounts and common ac-

cess cards for authorized users.

When a unit redeploy, DHR is integral in the deployment cycle support process at the multiple deployment facility at Conroy Bowl. DHR performs reverse Soldier readiness processing and coordinating, and it performs manifest missions for each chalk.

DHR also works with Soldiers and families to coordinate any administrative functions, including ID cards, Defense Enrollment Eligibility Reporting System or DEERS, out-processing, permanent changes in station and processing Soldiers who are reaching their expiration term of service, more commonly known as ETS.



Directorate of Public Works

DPW is responsible for sustaining, restoring and modernizing most of the facilities Soldiers live, work and play in. During a unit's deployment, DPW is committed to providing the best facilities possible within the resources and guidance provided for Soldiers.

Taking advantage of the deployment cycle, DPW plans renovations and upgrades to coincide with when the unit is away. Hence, when the unit redeploy, most Soldiers are greeted with better living and working conditions. This practice ensures a better quality of life in the barracks and work areas for Soldiers, better preparing them for future deployments.



File Photo

Crews work on an aquatic facility with a swimming pool and spray park that is among the highlights of the Wilikina Community Center in the Wili Wili neighborhood at Wheeler Army Airfield, in 2010.

Army Hawaii Soldier Housing

ASH is the contracted company that serves as the property manager for all barracks spaces within the garrison. The Housing Division's Unaccompanied Personnel Housing section in the Directorate of Public Works has overall responsibility of barracks management before, during and after a deployment.

At 30 days prior to a Soldier's deployment, ASH schedules a pre-termination inspection of his or her barracks room to identify any areas that need action. On the Soldier's scheduled departure date, ASH performs a final check-out inspection and, if applicable, the Soldier is cleared to deploy. If a Soldier is unwilling or

unable to be cleared, applicable administrative actions are taken.

While deployed, ASH works with the unit's rear detachment personnel to ensure empty barracks rooms are clean and unoccupied, with no maintenance issues. These inspections enable the rooms to be ready for when the unit redeploy.

When a unit redeploy, ASH assigns Soldiers rooms based on input from the unit. Upon return, each Soldier gets briefed on how to submit work orders if anything needs maintenance and security measures in his or her new room.

Office of the Staff Judge Advocate

The 8th Theater Sustainment Command and garrison's OSJA provide ongoing legal support to deployed and deploying Soldiers and their families. In addition to deploying legal support forward with the command, OSJA supports deploying forces through its Client Services Office.

The Client Services Office provides attorneys who brief single Soldiers, married Soldiers and their spouses on legal issues, such as powers of attorney, wills, advance medical directives, claims, child custody, family care plan issues, the Servicemember's Civil Relief Act and federal tax extensions.

OSJA also provides legal briefings. At these briefings, OSJA members staff information tables where Soldiers and family members receive answers to general questions about pre-deployment legal topics. Upon request, OSJA also presents deployment and re-deployment briefings to company-sized elements for Soldiers and family members.

Deploying Soldiers receive first priority services and appointments at the Legal Assistance Office, located in Building 2037, Schofield Barracks, and Building 718, Fort Shafter.

### Directorate of Plans, Training, Mobilization and Security

DPTMS's Battle Command Training Center at Schofield Barracks provides facilities and staff to support deploying units' battle command training programs and brigade-level full-spectrum exercises.

Technical support includes extending connections from the Joint Training and Experimentation Network to the BCTC's network distribution infrastructure, assisting in using fiber connections between communications rooms, and assigning voice over Internet protocol phones, switches, Internet service provider drops and DSN phone lines. Exercises train deploying brigades and validate their readiness for deployment.

DPTMS's Training Support Center provides humvee egress assistance; mine resistant ambush protected, or MRAP, egress; engagement skills; and MRAP driver training for deploying units. In addition, the TSC provides tactical improvised explosive device, or T-IED, and IED effects simulation training devices, along with resuscitation mannequins and war-wound moulage kits to give realism to unit training.

The TSC also provides medical training via the Medical Simulation Training Center, plus a wide variety of training aids, devices and graphic training aides.

DPTMS also mans, maintains and operates the training ranges.

**Soldier Training Division**

During a unit's reset cycle, when they are at the home unit gearing up for future deployments, the Soldier Training Division provides classroom support and access to the Digital Training Management System for all units at the brigade and battalion level. Military training teams are formed and administer any training the unit needs, such as Advance Leaders Course, for a number of military occupational specialties, or MOS; Short Range Marksmanship, Sniper, Reconnaissance and Surveillance Leader courses; High Risk Personnel Security Course; and Joint Fires Operations Course.

DTMS managers are able to align a unit and its personnel, prior to a deployment, by using the Soldier Training Division's digital systems.

**Installation Security Office**

Prior to a unit's deployment, Installation Security Office staff work with the unit's intelligence section, or S2, to proactively identify security clearance requirements for deploying Soldiers. Upon receipt of unit identification codes of deploying units, the ISO provides security rosters to cognizant S2s, allowing them to identify clearance/investigation shortfalls and submit investigation re-



File Photo

Soldiers in 25th Transportation Company, 25th Infantry Division, man a turret during a virtual convoy on the Reconfigurable Vehicle Tactical Trainer.

quests to the ISO.

The ISO places top priority on processing investigation requests for deploying Soldiers and makes every effort to have at least interim clearances in place prior to a Soldier's deployment. For those Soldiers already in theater for whom a clearance/investigation requirement emerges, the ISO communicates with the unit S2 and applicants via telephone, e-mail and physical mail to complete security clearances.

When a unit returns from deployment, the ISO continues to work with units to satisfy periodic reinvestigation requirements that were permitted to be delayed up to 90 days from re-deployment.





Spc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Sgt. Brett Davis (left) instructs Spc. Jose Bonifaz, both with 65th Eng. Bn., 130th Eng. Bde., 8th TSC, on techniques for placing “Bangalore” demolition effects into working orders during the battalion’s Sapper Stakes competition at Schofield Barracks, Feb. 8-10.

# HHC victorious in 65th Eng. Sapper Stakes competition

## 2ND LT. STEPHEN MARTHY

65th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, put its combat engineer Soldiers to the test in the annual Sapper Stakes competition, here, Feb. 8-10.

Squads representing the battalion’s Headquarters and Headquarters Company, 95th Eng. Route Clearance Co. and the 70th Eng. Co. competed in the three-day event.

The best Sapper squad was determined by how well the Soldiers applied their skills in grueling squad-level situational training exercises.

The competition was designed to challenge competitors, giving them little rest during the 72-hour period and forcing squads to find ways to press on through adversity.

Squads earned points through their performances in a diverse set of events that simulated situations these combat engineers could very well face in war.

On the first day, squads completed zero qualifications on a range and then immediately moved to the day land navigation event. The night continued with a series of lanes, including squad defense, navigating a triple-standard concertina fence, a hand-emplaced explosive breach, and construction and emplacement of an urban breach.

The next day kicked off with Soldiers facing

more lanes with a road crater, an enemy obstacle recon, demo calculations, a “Bangalore” breach and an 11-row anti-vehicular wire obstacle. By night, squads would plot a course through a land navigation course.

A 12-mile foot march capped off the event the following and final morning.

2nd Lt. Jason Oliver, HHC, 65th Eng. Bn., 130th Eng. Bde., said he implored his squad “to keep pushing because every point was going to count, and each individual lane was going to be the decider.”

Indeed, every point did count, as HHC edged out the 95th Eng. Co. by two points to take first place.

Oliver credited his squad’s performance to the amount of time the Soldiers prepared and trained.

“Soldiers knew their individual engineer tasks prior to going into the competition,” he said.

For others, encouragement from unit leaders made all the difference when times got tough.

“Having our company’s leadership out with us at some of the lanes, to keep us motivated and cheering us on at the end of our 12-miler, also contributed to our squad’s win,” said Spc. Aaron Winder, HHC, 65th Eng. Bn., 130th Eng. Bde.

Lt. Col. Daniel Koprowski, commander, 65th Eng. Bn., 130th Eng. Bde., and Command Sgt. Maj. Christopher Morse, command sergeant major, 65th Eng. Bn., 130th Eng. Bde., presented the winning squad with Army Achievement Medals.

# 196th Inf. Bde. provides CBRNE scenarios for civil support teams

## 196TH INFANTRY BRIGADE PUBLIC AFFAIRS, U.S. ARMY-PACIFIC

News Release

GUAM — Local and federal agencies participated in an interagency chemical, biological, radiological, nuclear and explosive field training exercise to enhance readiness and training, here, Jan. 24-28.

The 196th Infantry Brigade, U.S. Army-Pacific, conducted the training that included Guam’s Homeland Security Office, the Office of Civil Defense and the National Guard’s 94th Civil Support Team, which analyzes and mitigates CBRNE hazards.

“The exercise provided an opportunity for participating agencies to work together toward the mutually beneficial goal of timely and effective information sharing in a dynamic operational environment in order to continually improve the communications process,” said Ray Toves, CST-Weapons of Mass Destruction Training Division. “The two-day exercise was designed around conditions to reinforce interoperability among local and federal stakeholders.

“It stressed interagency collaboration, tested a ‘strike team’ CST response to multiple incidents and challenged all to maintain situational awareness and operational procedures during an incident of national significance,” he continued.

The exercise itself started in the early morning hours, Jan. 25, at a commercial port.

In the scenario, a forklift operator mishandled a container, causing it to fall on its side and exposing the damaged contents. The contents inside included sulfuric acid, sodium hydroxide and a radiological source shipped in from the mainland.

Upon investigating the damage, the forklift operator suffered skin irritation and acute respiratory distress. The Port Police responded, then notified the Guam Fire Department and Office of Civil Defense in an attempt to mitigate the hazard.

Additional resources were required, and the Guam Homeland Security Office requested for the National Guard’s 94th CST to respond.

Later that day, a one-ton chlorine cylinder leak occurred at 11 a.m., at a waste-water treatment facility. Local authorities immediately requested for the 94th CST to deploy a strike team to mitigate the hazard and, at the same time, tend to the incident at the commercial port.



Courtesy of 196th Infantry Brigade Public Affairs, U.S Army-Pacific

Soldiers with the 196th Inf. Bde., USARPAC, participated in an interagency CBRNE field training exercise, in Guam, Jan. 24-28.

At 8 p.m., the local FBI requested the assistance of the Guam Police Department’s Special Weapons and Tactics team to take down known terrorists located in a residential area in a village. Upon rendering the homes clear, the SWAT team commander immediately requested assistance from the fire department and the 94th CST, based on what appeared to be a makeshift chemical laboratory.

After mitigating the hazard, it was determined that the terrorist lab was manufacturing the chemical dichlorolacetone for future dissemination to government offices on the island. Similar to tear gas, dichlorolacetone has no industrial use and may be manufactured with malice in mind.

On the morning of Jan. 26, the 94th CST mitigated the threat and the exercise concluded.

The goal of the simulation was to test the coordinated response among various first responder and disaster mitigation agencies in Guam, identify gaps in response times and work communications, and collectively participate in response to simulated, but realistic threats.

Unlike a stateside training support brigade, the 196th Inf. Bde. is USARPAC’s executive agent to provide training and readiness oversight for three Pacific-based CSTs, including units in Guam and Alaska.

This mission falls on the CST-WMD Training Division, which spends nearly 250 days on the road each year, coordinating, planning and executing these types of training events for the three Pacific CSTs.



# 3rd BCT’s newly activated STT to support integrated tactics

Story and Photo by  
**SPC. HILLARY RUSTINE**  
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers with the 3rd Brigade Combat Team, 25th Infantry Division, unfurled the newest guidon joining the brigade and activated the Stability Transition Team at F Quad, here, Feb. 16.

The STT is assigned to 3rd BCT to mentor and teach Afghan national partners while deployed. Each seven-person team is assigned to assist with intelligence, communications, fire support, logistics and infantry tactics with Afghan security forces.

The overall goal is to improve security for Afghan civilians by working to train and improve their indigenous security forces.

Each STT also observes and reports on the abilities of the new security forces. The Soldiers work with their Afghan counterparts to develop understanding of the rule of law and human rights.

“One of the traits of the STT is flexibility,

which is key to working with Afghan partners,” said Lt. Col. Craig Wagoner, STT, 3rd BCT.

STT members trained for approximately 60 days at a training center in Fort Riley, Kan. They focused on seven core competencies, including combat skills, force protection, team support processes, technical and tactical training, advisor skills, counterinsurgency operations and understanding the Afghan culture.

Training for the STT was solely focused on the Afghanistan environment, even including language training in Dari and Pashtu.

Soldiers were selected based on the amount of experience each one has in their area of expertise from all parts of the Army. Personnel for the STT began to arrive, here, in October 2010, with the latest members arriving in mid-February.

The STT will be subdivided into six teams, plus one headquarters team. All teams are organized to reflect the missions and the areas in which the teams will be deployed.

“We are looking for great results in the future,” said Col. Richard Kim, commander, 3rd BCT.



Col. Richard Kim, commander, 3rd BCT, 25th ID, speaks at the stand-up of the STT, at F Quad, Schofield Barracks, Feb. 16.

# Ceremony celebrates, pays tribute to African-American culture

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

SCHOFIELD BARRACKS — African-Americans have had an important role in the U.S.’s military history, from the Battle of Lexington more than 200 years ago, to overseas contingency operations, today.

During February, the Army celebrates and pays tribute to African-Americans and recognizes the important contributions they have made and continue to make.

“We take time during this month to celebrate the many achievements and contributions of black Americans who, throughout our history, have done so much to make the U.S. the culturally diverse and prosperous nation it is today,” said event emcee, Sgt. 1st Class Nathan Chromczak, Equal Opportunity advisor, 516th Signal Brigade, 311th Sig. Command. “During Black History Month, we can gain insight into the experiences of black Americans and the vital role this community has played throughout our nation’s history.”

The 311th Sig. Command, Team EO and Equal Employment Opportunity-Hawaii sponsored this year’s observance with a presentation titled “African Americans and the Civil War,” at the Sgt. Smith Theater, here, Feb. 16.

It seemed fitting to invite Hari Jones, assistant director and curator of the Washington-based African-American Civil War Freedom Foundation and Museum, to be the event’s guest speaker, said Sgt. 1st Class Ava Williams, EOA of the event, 311th Sig. Command.

“This is one of the most inspiring American stories we have, as it speaks to the strength of our nation,” Jones said, who retired from the U.S. Marine Corps in 1997, after more than 20 years of service. “I want-



Hari Jones (far right), assistant director and curator of the Washington-based African-American Civil War Freedom Foundation and Museum, signs an autograph and talks with Command Sgt. Maj. Phillip Rowland, senior enlisted leader, 94th Army Air and Missile Defense Command, after his “Glorious March to Liberty: African-American Contributions in the Civil War” presentation at the Sgt. Smith Theater, Schofield Barracks, Feb. 16.

ed to share the story with those who defend our way of life today, because they walk in the traditions.”

Jones’ presentation captivated the nearly 800 Soldiers in attendance, but one part of his presentation especially struck a cord with Pfc. Justin Ravenell, Company E, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

“He said we are all Americans as opposed to just being African-Americans,” Ravenell said. “As a young Solider, being able to learn about how African-Americans became Soldiers in this Army was inspiring.”

Attendees were treated to the singing of both the national anthem and the “Black National Anthem” by Spc. Marcus De-France, Headquarters Support Co., 209th

Aviation Support Bn., 25th Combat Avn. Bde., 25th ID; a musical instrumental from Spc. Mark Bryant, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, and Spc. Jonathan West, 8th Military Police Bde., 8th Theater Sustainment Command; and an original poem titled “The Price of Freedom,” performed by Chief Warrant Officer 2 Paulette Montgomery, 536th Maintenance Co., 524th Combat Service Support Bn., 45th Sustainment Bde., 8th TSC.

“As a white person, I see my history all the time, and you don’t see the history of minority groups,” said Lt. Col. Darren Holbrook, program manager, Team EO, U.S. Army-Pacific. “Our job, through putting on these presentations, is to bring someone in to educate people and teach them something new.”

## Army honors African-American history, contributions in February

**SGT. 1ST CLASS ANTHONY FLORENCE**  
Army News Service

WASHINGTON — Every year during the month of February, the Army pays special tribute to African-American Soldiers and civilians.

This year’s African-American History Month officially began Feb. 1; the U.S. Census Bureau deemed this observance as the “time to recall and honor the many contributions to our nation made by people of African descent.”

In 1926, G. Carter Woodsen, a black historian, helped raise cultural awareness by starting Black History Week. In 1976, the week was lengthened to a month and observed in black schools and churches around the country.

President Harry Truman’s Executive Order integrated the U.S. armed forces in 1948, and since that time, the Army has been racially diverse and provided equal opportunities to all Soldiers.

African-Americans, however, have been involved with the U.S. military for more than 200 years, beginning with the Revolutionary War and continuing on to today’s conflicts in the Middle East and other overseas operations.

In 1986, President Ronald Reagan proclaimed the month of February as National Black (African-American) History Month.

As we focus on the contributions from African-Americans in the armed forces, many examples from the past and present stand out or have close ties to our own lives.

These examples include President Barrack Obama, who was elected the first black president of the Harvard Law Review; he broke down more barriers when he became the first African-American commander in chief of the U.S. armed forces.

A second example is Cathay Williams. In 1866, Williams became the first black female to enlist in the Army when she disguised herself as a man to serve her country as a Buffalo Soldier.





Vanessa Lynch | Honolulu Star-Advertiser

## Gourmet touch

WHEELER ARMY AIRFIELD — Spc. Antawn Dansbury, a food service specialist, assigned to Company E, 2nd Assault Helicopter Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, discusses the spread his team made in preparation for the 36th Annual Culinary Arts Competition, at the 25th CAB Dining Facility, here, Tuesday.

The team will travel to the Joint Culinary Center of Excellence at Fort Lee, Va., March 3-9, to compete in the Army's premier culinary competition — the biggest culinary competition in the U.S.

To see more photos from this event, visit [www.flickr.com/photos/usag-hi/sets/](http://www.flickr.com/photos/usag-hi/sets/).

# OANRP: Army makes progress in conservation

CONTINUED FROM A-1

plants (weeds) to favor native forest restoration within these fences; and a strategy for conducting rare plant reintroductions, including the best pot size for greenhouse production and the expected survivorship. This plan also contains information about rare tree snail populations and identifies priorities for conservation.

In 2005, the Army also completed an Oahu Implementation Plan for conserving rare species potentially affected by training at all the other Oahu ranges, outside of Makua. The OIP was reviewed by the MIT, and both plans were wrapped into the same annual review process.

The USFWS had a large presence at this year's meeting and review, and considered the gathering a great success. Attendees were incredibly pleased with the massive effort the Army is putting toward the conservation of Hawaii's imperiled plants and animals.

"We are very happy with the progress the Army is making towards satisfying the goals and objectives of the implementation plans," said Patrice Ashfield, program leader, USFWS Section 7.

"We appreciate the amount of effort the staff from these various agencies and organizations have put in to help us make our efforts as scientifically sound as possible," said Michelle Mansker, Natural Resource Program manager. "Without them, we would have had a hard time achieving the success we have seen to date."

## News Briefs

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

### I / Tuesday

**Town Hall Meeting** — Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, will host two employee town halls to present a garrison update. Dates and times are:

- 10:30-11:30 a.m., March 1, Fort Shafter Religious Activities Center.
- 10:30-11:30 a.m., March 3, Sgt. Smith Theater, Schofield Barracks. A hearing impaired interpreter will be present.

**Change of Responsibility** — Command Sgt. Maj. Thomas Sivak will assume responsibility from Command Sgt. Maj. Norwood Patterson, 8th Military Police Brigade, 8th Theater Sustainment Command, at Hamilton Field, Schofield Barracks, 9 a.m., March 1.

**AER Annual Campaign** — The Army Emergency Relief annual campaign will run March 1-May 15.

Voluntary contributions allow AER to fulfill its mission of helping Soldiers in time of distress and misfortune. Call 655-7132.

### II / Friday

**Prayer Breakfast** — The National Resiliency Prayer Breakfast is set for 7-9 a.m.,

March 11, at the Nehelani, Schofield Barracks. Guest speaker will be Chaplain (Brig. Gen.) Eugene Woolridge III. Soldiers can purchase tickets from unit command sergeant majors; civilians can purchase tickets by contacting Sgt. 1st Class Stephen Chinen at 656-4481 or [stephen.chinen@us.army.mil](mailto:stephen.chinen@us.army.mil). Donations will be accepted at the door.

## Ongoing

**Education Study** — Parents or youth between 10-18 years of age are eligible to fill out the Military Child in Hawaii Longitudinal Study. Youth who complete the survey are eligible to win iTunes gift cards, MP3 players and a flat-screen TV. The study is located at [www.hawaiikids.org](http://www.hawaiikids.org). Sponsored by U.S. Pacific Command, in partnership with Johns Hopkins University, this study examines attitudes of military families in Hawaii regarding educating their children in public, private or homeschools.

**USAG-Oahu Disestablishment** — Get full details about the disestablishment of U.S. Army Garrison-Oahu at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). Programs, functions and services currently executed by USAG-O and its subordinate organizations will be transferred to other directorates within USAG-Hawaii by March 31. A casing of the colors ceremony is set for 1 p.m., May 17, at the gazebo, Palm Circle, Fort Shafter.

# WTB: MOU helps warriors to reintegrate

CONTINUED FROM A-1

Conversely, the TAMC-WTB agreed to work closely with the district to screen and nominate Soldiers to work as trainees, and to facilitate full and open communication to maintain situational awareness of trainee opportunities within the USACE-HD.

Through the MOU, USACE-HD is helping to support the Army Family Covenant and the Wounded Warrior Program.

In 2007, the Army established the Army Wounded Warrior Program, or AW2, to support returning wounded Soldiers from overseas contingency operations. The Army Medical Command established WTBs on specific installations to serve severely wounded, injured and ill Soldiers, veterans and their families for "...as long as it takes."

Recognizing that every Soldier is unique, the AW2 assists these Soldiers in transitioning to civilian life and careers, or in returning to duty. In 2009, AW2 served more than 12,000 wounded Soldiers and families in active duty, the National Guard and the Reserves, nationwide.

AW2 assists these Soldiers as they work through treatment, rehabilitation and transition to post-injury life.

"The success of our organization is rooted in our ability to provide AW2 Soldiers and families with the best personalized support possible for as long as it takes," said Col. Jim Rice, former AW2 program director.



Lt. Col. David Weisberg (left), commander, WTB, and Lt. Col. Douglas Guttormsen, commander, USACE-HD, show off the signed MOU to implement a Work Reintegration Volunteer Program for TAMC's WTB.





# Racing for a cause in the *Great Aloha Run*

## 8TH THEATER SUSTAINMENT COMMAND PUBLIC AFFAIRS News Release

HONOLULU – Thousands of runners cheered on the "Sounds of Freedom," as formations of service members, singing cadence, made their way to the start line of the Great Aloha Run, Feb. 21, here.

More than 27,000 people ran in the race, about 3,000 more than last year's event.

Participants filled the streets with their sneakers laced, energy pumping and minds set to complete the 8.15-mile race, which stretched from Aloha Tower to the field in Aloha Stadium.

The Sounds of Freedom was comprised of military members from all services stationed on Oahu, who were running in formation and led by unit guidons. Most service members wore distinctive unit T-shirts.

Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, and Maj. Gen. Michael J. Terry, commanding general, 8th Theater Sustainment Command, kicked off the Sounds of Freedom portion of the Great Aloha Run. Mixon also gave the opening remarks.

Soldiers from all major Oahu-based Army units such as USARPAC,

8th TSC, 25th Infantry Division, 9th Mission Support Command, 94th Army Air and Missile Defense Command, 311th Theater Signal Command and Tripler Army Medical Center were front and center, running and also volunteering at water stations along the route.

"It was an honor to be able to continue the historical bearing of division colors and what they represent," said Staff Sgt. Ted Cleverly, Headquarters Support Company, Headquarters and Headquarters Battalion, 25th ID. "It is nice to see the combined effort of the military along with local populous."

1st Sgt. Oubrinahyn Stonewall, Headquarters and Headquarters Battery, 94th AAMDC, said the sheer number of troops in formation was impressive. Although his group only made up a small part of the Army contingent, Stonewall said the Soldiers made their presence known.

"We received some great encouragement and feedback when one of the (noncommissioned officers) in the battalion-sized element in front of us kept turning around and stating, 'Wow, you all really sound great, especially for such a small group,'" he said. "I had only six cadence callers. They all did an amazing job, keeping the formation motivated and moving forward."

SEE GAR, B-4



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

Lt. Gen. Benjamin Mixon (in front of flags, left), commanding general, USARPAC, and Maj. Gen. Michael J. Terry (in front of flags, right), commanding general, 8th TSC, lead the "Sounds of Freedom," a military-only formation.



Spc. Uriah Walker | 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

"Lightning Horse" Soldiers with the 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, stretch before the 8.1-mile Great Aloha Run at Forward Operating Base Warrior, Kirkuk, Iraq, Feb. 6.



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

The Great Aloha Run is an 8.15-mile race along the Honolulu harbor from Aloha Tower to Aloha Stadium. The "Sounds of Freedom" features military units running in formation.



Spc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Lt. Gen. Benjamin Mixon (front, left), commanding general, USARPAC, and Maj. Gen. Michael J. Terry (front, right), commanding general, 8th TSC, salute the crowd as they lead the "Sounds of Freedom" through downtown Honolulu.



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

Soldiers with the 65th Engineer Battalion, 130th Eng. Brigade, 8th TSC, keep motivated by singing cadence.





Today

**New CYSS Office** – The Child, Youth and School Services registration office located at Kaala Community Center, Building 556, Schofield Barracks, will close Feb. 25-28 to move to its new office at Youth Support Services, Building 1283, Schofield Barracks. Regular office hours resume March 1.

**"Showstoppers"** – This best of Broadway revue replaces "Chicago" and runs Feb. 25-March 13 at the Richardson Theatre, Fort Shafter. Times follow: •7:30 p.m., Fridays and Saturdays; •3 p.m., Sundays.

All seating is reserved; call the box office at 438-4480, 10 a.m.-2 p.m., Monday-Friday.

26 / Saturday

**Whale Counting** – Trip is set for 7:30 a.m.-noon, Feb. 26. Cost is \$10; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

**UFC 127** – Watch the Ultimate Fighting Championship, 5 p.m., Feb. 26, at the Tropics Recreation Center, Schofield Barracks. Admission is \$10. Call 655-5698.

28 / Monday

**Hula Classes** – The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays, 6-8 p.m., at Army Community Service, Schofield Barracks. Beginner classes are 6-7 p.m.; advanced classes are 7-8 p.m. Classes feature the different types of hula, fundamentals of hula steps and movement and posture. E-mail nhliaison@gmail.com or call 655-9694.

March 1 / Tuesday

**Illustrator Contest** – Aspiring artists ages 14 and older have until March 1 to submit the first page of Eddie the Eagle's deployment storybook. The book's first page reads, "Today Eddie's dad left for a very, very, very long trip. Eddie and his family said goodbye to his dad at the top of a hill."

The winning artist will illustrate the rest of the story. E-mail scanned submissions to sarah.chadwick@us.army.mil or deliver completed drawings to the Recreation Activities Office at the Schofield Barracks Arts and Crafts Center. Call 655-0002.

**New Computer Lab Hours** – Starting March 1, the computer lab for Soldiers and family members at Army Community Service Center, Schofield



Capt. Christopher Ren | 84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

Pvt. David De La Paz (left), FSC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, and Spc. Cody Burkett, FSC, 84th Eng. Bn., 130th Eng. Bde., play board games with students at Mililani Uka Elementary School's "Book Fair and Board Games" event, Feb. 9.

# 84th Engineers volunteer to play games

2ND LT. JYMETTE WATROUS

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

MILILANI – Soldiers from the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, wearing red, white and blue lei, interacted with students at Mililani Uka Elementary School's "Book Fair and Board Games" night, here, Feb. 9.

"We are so blessed to have the 84th Engineers as our partners," said Norma Tansey, school volunteer coordinator.

Engineer Soldiers regularly volunteer at the school, helping with anything needed, but their greatest contribution on this night was simply being another playmate or reading-buddy for children, added Tansey, who directed the event.

"The military is invaluable to our school," Tansey said. "(Soldiers are) coming in and reading to our students ... playing games, letting kids know that they are important and, especially when their parents are deployed ... (letting them) know that there's other (Soldiers) here that are supporting them."

Providing support for families and children who have one or sometimes both parents deployed has become a common theme among the military-infused community participating in the book fair. What might seem like a sim-

ple act, such as playing a game with a little boy, can also mean the world to a mother or father whose spouse is deployed.

Shandra Harris and sons, Isaac, 7, and Benjamin, 5, will be facing that very situation in a few months, as her husband deploys in May 2011. Her sons played chess with Spc. Cody Burkett, motor transport operator, Forward Support Company, 84th Eng. Bn., 130th Eng. Bde.

"I feel very grateful when other Soldiers take my children under their wing and show them that daddies, husbands and Soldiers are all the same – loving men and women who serve America – and that they can do the same if they want to when they get older," Harris said. "That helps me and (my children) cope through the hard times, as we see others reaching out and loving us as well."

Whether it is by playing board games or reading aloud, the 84th Eng. Bn. Soldiers know their presence is making a difference in the lives of those families, no matter how small.

"It's definitely a good thing to let the community know that the military is around to help the kids and to help anybody that needs it," said Pfc. Jeremy McAllister, petroleum supply specialist, FSC, 84th Eng. Bn., 130th Eng. Bde. "I hope to be here, (doing this again) in the future."

Barracks, will be open as follows:

- Monday, Thursday and Friday, 7:30 a.m.-4:30 p.m.; and
- Tuesday and Wednesday, 7:30 a.m.-9 p.m.

Computers include Internet access, Microsoft software and Skype. Call 655-4227.

Sgt. Yano Library at Schofield Barracks also offers computer services, including Internet access and Microsoft software. Printing is available for a fee. Call 655-8002.

2 / Wednesday

**Happy Birthday, Dr. Seuss** – Celebrate Dr. Seuss' birthday, 3 p.m., March 2, Sgt. Yano Library, Schofield Barracks. The Cat in the Hat will read

Seuss classics such as "Green Eggs and Ham" and "One Fish, Two Fish, Red Fish, Blue Fish." This free program is for children of all ages. Call 655-8002.

4 / Friday

**Family Fun Friday** – Enjoy free pizza and games 6 p.m., March 4, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

**Latin Night** – Deejay Ever will teach salsa, meringue and other Latin dances, 8-9 p.m., March 4, at the Kolekole Bar and Grill, Schofield Barracks. Call 655-4466.

5 / Saturday

**K-Bay Sandbar** – Take a trip to

Kaneohe, 6:30 a.m.-1 p.m., March 5, 6:30 a.m.-1 p.m. Cost is \$65; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

**Swimming Lessons** – At Richardson Pool, Schofield Barracks. Registration is 9-11 a.m., March 5-6, for the first session, which is March 7-17. Children must be registered with Child, Youth and School Services. Registration is on a first-come, first-served basis. Visit www.mwrarmyhawaii.com.

7 / Monday

**Newborn Care I** – Class is set for 9-11 a.m., March 7, Kalakaua Community Center, Schofield Barracks. E-mail shannon.yogi@us.army.mil.

**Schofield Chapel Family Night** – Sessions for deployed spouses about marriage and finances are conducted Wednesdays at the Schofield Barracks Main Chapel. Youth group and Bible clubs also meet then. Meals are served at 5:30 p.m., with sessions starting at 6 p.m. Child care for keiki up to 4 years old is free with RSVP.

Aliamanu Military Reservation Chapel's Family Resilience Nights are Tuesdays. Call 655-6645 or e-mail ktfamaaoni@hotmail.com. Find out more at www.garrison.hawaii.army.mil. Click on "Religious Support," under the "Directorates & Support Staff" menu. Call 655-6644 or 833-6831.

**Troops to Teachers** – Troops to Teachers directly supports military members who have chosen teaching as a career. This program provides direct resource support, including hiring, and it allows up to a \$10,000 bonus for teaching in high-need schools. Call 586-4054, ext. 409.

**Parent Participation Preschool** – This program is for children ages 3-4, and it helps preschool children make a smooth transition into the structure of kindergarten. Preschool days are 12-2 p.m., Tuesdays and Thursdays, Wheeler Army Airfield. Cost is \$40 per month. Call 624-5645 to register.

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

## Worship Services

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

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

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

Single Soldiers' Bible Study

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

Worship Service

- Sunday, 6 p.m. at SC.

## community Calendar

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

Today

**Building Resilience** – An in-depth workshop, 8 a.m.-3 p.m., Feb. 25, Tripler Army Medical Center Chapel (Room 3D), is targeted toward clinicians, educators and caregivers. Guest speaker is Dr. Ken Ginsburg, a pediatrician and authority on developing resilience in children and adolescents, and a consultant for the Army's Child, Adolescent and Family Behavioral Health Office. Registration is limited and is on a first-come, first-served basis.

•RSVP by e-mailing cindy.l.morita@us.army.mil or howard.reyes@us.army.mil.

**Photography Contest** – Deadline is Feb. 25 to submit images to the Third Annual Survey Exhibition of Contemporary Photography in Hawaii.

Sponsored by University of Hawaii-Manoa Outreach College's Pacific New Media, the exhibition is open to all artists using photographic processes: traditional silver or color prints, digital imaging, alternative processes and mixed media explorations.

Hawaii residents (amateurs and professionals) can submit original works, created within the past two years that haven't been previously exhibited and show evidence of a photo process in their creation. Visit www.outreach.

hawaii.edu/pnm; e-mail pnmphoto@gmail.com or call 956-3422.

26 / Saturday

**Swamp Romp** – Registration closed Feb. 23, but you can still cheer on your favorite team, 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. Visit www.mccshawaii.com or call 254-7590.

# Ongoing

**Hawaii Military Child Survey** – Visit www.hawaiikids.org to fill out the Hawaii Military Child Survey. This 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 (what you had heard about Hawaii schools, life in Hawaii and educational expectations before arriving) and family and child history. Call 438-4177.

**Hui O'Na Wahine Executive Board** – Nominations for the Hui O'Na Wahine (Schofield Spouses Club) 2011-2012 executive board are due by 5 p.m., March 9. The executive board consists of president, first vice president, second vice president, secretary, operations treasurer, and scholarship and welfare treasurer. Visit www.schofieldspousesclub.com or e-mail huiparlamentarian@gmail.com.

**Hui O' Wahine Welfare and Scholarship Drive** – Visit

www.huispirit.com for the 2011 Hui O' Wahine (Fort Shafter Spouses Club) Scholarship and Welfare forms. Welfare forms must be postmarked by March 15. For questions about welfare applications, e-mail huiowahine welfare@gmail.com.

Scholarship applications must be postmarked by March 31. You (or your parent) must have held membership in the Hui O' Wahine, Jan. 31, 2011, to be eligible.

**Hui O'Na Wahine Welfare and Scholarship Drive**

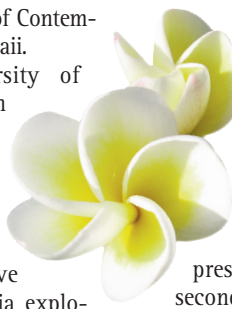
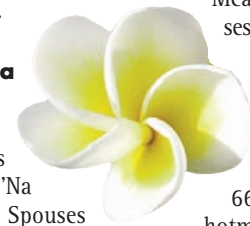
– Applications for the 2011 Hui O'Na Wahine (Schofield Spouses Club) drive are now being accepted. Scholarship applications are due March 20; welfare applications are due March 26. Visit www.schofieldspousesclub.com.

**Running Club** – 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.

E-mail mary.siegel@amedd.army.mil or call 655-9123.

**Children's Waiting Room** – The Armed Services YMCA children's waiting rooms offer on-site child care for healthy children, while their parents or siblings have medical appointments in any of the Schofield clinics or at Tripler Army Medical Center. No fee is charged for this service, but donations keep the programs running.

Monday-Friday hours for the Schofield Barracks Health Clinic Chil-



## This Week at the MOVIES Sgt. Smith Theater

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



True Grit

(PG-13)  
Fri., Feb. 25, 7 p.m.  
Sat., Feb. 26, 7 p.m.  
Thur., March 3, 7 p.m.

Tron: Legacy

(PG)  
Sat., Feb. 26, 4 p.m.



Tangled

(PG)  
Sun., Feb. 27, 2 p.m.

Country Strong

(PG-13)  
Wed., March 2, 7 p.m.

No shows on Mondays or Tuesdays.



# Community learns how to get fit at education fair

ISLAND PALM COMMUNITIES  
News Release

SCHOFIELD BARRACKS — A free education fair was held, here, Feb. 17. “Live and Learn 101,” located at Porter Community Center, was sponsored by Island Palm Communities and drew about 500 residents. Events and activities focused on health and fitness, family support services and community safety, and included live music from Schofield Barracks’ Teen Center band, Delayed Resistance. The crowd could watch taekwondo students breaking boards and Zumba demonstrations, and learn about the benefits of healthy diet and exercise at the Army’s public health booth. The Directorate of Family and Morale, Welfare and Recreation’s Outdoor Recreation Center offered safety tips on mountain biking and paddle boarding. Army Community Service, DFMWR, offered schedules of future classes and activities. “I’ve been able to talk to several people about what we offer,” said Brandy Gray, ACS. “This event has been a great opportunity for getting the information to them.”

USAG-HI’s Native Hawaiian Liaison Office taught families how to string a flower lei, weave a lauhala bracelet and strum an upbeat tune on an ukulele. The Hawaii Nature Center, Schofield’s Arts and Crafts Center, the Parent-Child Development Center and Solomon Elementary School’s Coral Reef Awareness team also offered make-and-take activities. Other organizations participating in the Live and Learn 101 event included the Department of Public Works’ Environmental Division, Sgt. Yano Library, Cub Scout Pack 166, the iWatch crime prevention team and Island Palm Communities’ Resident Advisory Panel.



Check out the latest community activities [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com).



Master Sgt. Jim Guzior | 25th Infantry Division Public Affairs

## Hollywood in Hawaii

SCHOFIELD BARRACKS — Actor D.B. Sweeney greets 25th Infantry Division Soldiers at a newcomers reception, Feb. 17, at the Nehelani, here. Sweeney signed autographs, handed out DVDs and addressed the crowd about his gratitude for their service. Sweeney travels throughout the world to visit deployed Soldiers. Later this year, he will visit deployed troops in Afghanistan.

# American Heart Month aims to improve cardiovascular health

DANIELLE MARTIN  
U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — Cardiovascular disease is the number one killer of both men and women in the U.S. Almost 2,300 Americans die every day from cardiovascular diseases; that is one person every 38 seconds. Cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined. Every year, about 785,000 Americans have their first heart attack. Another 470,000 Americans, who have already had at least one heart attack, will have another one. Because of these high statistics, February has been proclaimed as “American Heart Month,” since 1963. The American Heart Association, or AHA, leads this effort. In 1999, the AHA set impact goals to reduce cardiovascular disease and risk by 25 percent by 2010. The 2010 goals were met, with a 27.8-percent decline in the cardiovascular death rate. However, statistics have also shown an increase of 27 percent in the total number of in-patient cardiovascular operations and procedures. A new impact goal has been set for 2020. This

goal is aimed at improving the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular disease by 20 percent. Steps can be taken to increase cardiovascular health by knowing the risk factors for cardiovascular disease: high cholesterol, high blood pressure, diabetes, tobacco use within the past year and diets high in saturated fats, cholesterol, high salt and high sodium. Also, physical inactivity, obesity, excessive alcohol use and a family history of cardiovascular disease are risk factors.



The Tricare Assistance Program offers non-medical, professional counseling via chat, phone or the Web. Licensed therapists are available to talk about issues, such as stress or relationship problems. These discussions are completely non-reportable, unless required by law, and are available 24 hours a day, seven days a week. Visit [www.triwest.com/OnlineCare](http://www.triwest.com/OnlineCare).

Americans are urged to take steps to lower their risk of developing cardiovascular disease:

- Eat a healthy diet.
- Maintain a healthy weight.
- Exercise regularly.
- Quit smoking.

- Limit alcohol use.
- Have your cholesterol checked.
- Monitor your blood pressure.
- Manage your diabetes.
- Take your medicine.
- Talk with your health care provider.

# Laughter can help reduce stress, improve everyone’s heart health

SHARI LOPATIN  
TriWest Healthcare Alliance

PHOENIX — When people laugh at a funny joke, they’re helping their hearts. The body’s arteries — the blood vessels that carry oxygen-filled blood from the heart to the rest of the body — respond to laughter in a positive way, according to a Harvard Health Letter published in November 2010. In fact, laughter could improve blood flow and long-term, overall health. Studies are also showing how laughter not only improves mental well-being, but also makes hearts smile. In 2000, the University of Maryland Medical Center published the first study stating that laughter may help prevent heart disease. Researchers found that people with heart disease were 40 percent less likely to laugh, in any situation, than people of the same age without heart disease. Those with heart disease were actually less likely to recognize humor at all. They also tended to display more anger and hostility in general.

Psychology experts commonly agree that laughter and humor are great ways to help reduce stress. According to a 2005 report published in the Journal of the American College of Cardiology, stress can cause a person’s blood pressure to rise. High blood pressure is at least twice as likely to predict a death as smoking or high cholesterol. All these reasons are why relieving stress on a regular basis is important to keeping one’s blood pressure down. “Humor is absolutely a coping strategy for dealing with stress and adversity,” said Dr. Blake Chaffee, a psychologist and vice president of Integrated Health Care Services at TriWest Healthcare Alliance. “If you can see the humor in something, you can mitigate the stress and the negative effects it has on you.” Chaffee added, when stress is not dealt with, you are at increased risk of heart disease, sleep problems, digestive problems, depression and obesity.



Learn more about heart-healthy habits at [www.americanheart.org](http://www.americanheart.org) and [www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease).





Courtesy of 25th Infantry Division Public Affairs

Maj. Gen. Bernard Champoux (front, center), commanding general, 25th ID, leads the division headquarters during the down-range Great Aloha Run in Baghdad, Feb. 8. More than 2,000 individuals from units across U.S. Division-Central participated in the Iraq-GAR.

# GAR: Army-Hawaii shows aloha spirit

CONTINUED FROM A-1

The annual road race is Hawaii’s second largest race. Race proceeds go to the Carol Kai Charities’ philanthropic fund, which has donated more than \$6.8 million to more than 150 local charities, including military morale, welfare and recreation programs.

“I am really enjoying myself, because this is such a great opportunity to help others,” said Staff Sgt. Daniel Cromer, HHC, 8th TSC, who was one of the volunteers providing water to runners.

Many Soldiers – such as Staff Sgt. Ted Janado, HHC, 8th TSC – have run or volunteered in the race for several years.

“I thought volunteering would be a good opportunity to support Carol Kai and her organization,” said Janado, who was in charge of a water point. “I had a blast. This is my second year doing it. It’s just a great opportunity to have fun. It’s a happy run, a very family-oriented event.”

“It took the Sounds of Freedom an hour-and-a-half (to

complete the race), but during that time, we saw all variety of persons out there enjoying the event (and) having themselves a great day in Hawaii,” said 1st Sgt. Curtis Rucker, who led HHC, 8th TSC, during the run. “I have participated for the last four years, and I will do it again. It’s just an awesome event.”

The event ended with a post-run ceremony to recognize civilian and military personnel for their individual participation and achievements.

Mixon presented awards to military participants following the run. The Army received the award for being the largest branch of service participating in the run, with about 3,900 Soldiers in formation; the 25th Infantry Division took the award for the largest unit in formation.

In Iraq, 2,130 deployed Soldiers in 25th ID showed their support with a run at Camp Liberty, Feb. 11, dubbed the Iraq Great Aloha Run. Video footage of their deployed run played on the Aloha Stadium’s big screens as military units entered the stadium, here.



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

Soldiers from throughout Army-Hawaii, including Soldiers from the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, ran in the GAR.



AFTER

Photos Courtesy of Julie Totive



# Consistent exercise is key to successful weight loss, fitness

VANESSA LYNCH  
News Editor

SCHOFIELD BARRACKS – No diet pills. No tricks. No hocus-pocus. Just good old-fashioned walking.

That’s how Julie Totive, military spouse and mother of five, managed to drop eight dress sizes and almost 60 pounds in six months, here.

“I’m not a group workout type of person, and the gym is not for me,” Totive said. “I walk two hours a day, everyday, no matter what the weather is.”

Because of her weight loss, Totive was recently featured in the Jan. 31 issue of “Women’s World” magazine.

After losing control over her weight, Totive took action.

“No one can tell me to control my weight but me,” she said. “Walking gave me back that control. When I’m walking it’s my ‘me’ time.”

While surfing the Internet one day, an ad popped up asking for diet testers. Thinking nothing of it, Totive signed up. Much to her surprise, weeks later, she was contacted by the magazine to participate in the diet test.

Out of the 2,600 applicants, Totive was one of eight people selected to be a diet tester. After losing 12 pounds – the most weight lost in the group during the one-week test period – the magazine opted to feature her.

“I’m not skinny; I’m just a normal person,” she said. “But, during the photo shoot, I felt like a model. When I saw the pictures, I looked like a supermodel, like I belonged in a magazine.”

Part of her motivation to lose weight came when her husband, Staff Sgt. Simoa Totive, 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Brigade Combat Team, 25th Inf. Division, deployed last June.

Although she kept him in the loop about her weight loss, Totive said, when her husband came home for rest and recuperation during the holidays, he couldn’t believe her transformation.

“He nearly had a heart attack when he saw me,” she said.

Totive said the best part about losing all the weight is gaining her self-confidence back.

“I feel good that I don’t have to hide behind my kids in pictures anymore, and that I can buy clothes off the rack,” she said. “If I can do this, anyone can.

“It’s all about taking back control over your life and having the determination to make a change and stick with it,” she added.