

HAWAII ARMY WEEKLY

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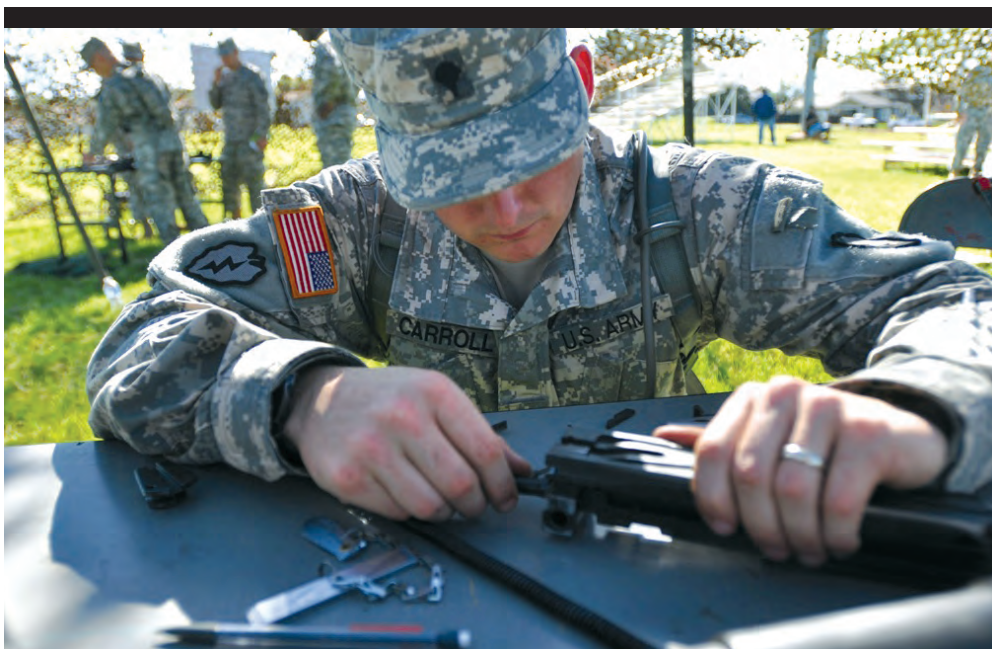
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Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Up for the challenge

WHEELER ARMY AIRFIELD — Spc. Deric Carroll, Company B, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, reassembles the firing bolt of a .50-caliber machine gun, during 25th CAB's Wings Challenge Competition, here, April 20.

Carroll and Pfc. Christopher Hamilton, also of Co. B., 209th ASB, 25th CAB, were named the winners of the brigade's challenge. They will go on to compete for 25th ID's Soldier and Noncommissioned Officer of the Year.

Warrior Ohana clinic opens

NICK SPINELLI

Tripler Army Medical Center Public Affairs

KALAELOA — After months of preparation and planning, the Warrior Ohana Medical Home Clinic opened, here, in a ceremony held April 20.

Brig. Gen. Keith Gallagher, commander, Tripler Army Medical Center and Pacific Regional Medical Command, said the new clinic is part of the Army Medical Command's larger medical home initiative.

"It's a program to improve primary care access and quality by bringing Army medicine closer to home for our Army families, through a standardized, cost-competitive system for health," he said. "Here at Tripler and at our military treatment facilities in the (PRMC), we have begun transformation to medical homes in clinics like family medicine, internal medicine, pediatrics (and the) Schofield Barracks Health Clinic. ... Our goal is to complete this transformation in two years."

The new clinic will make things easier on Army families living too far from TAMC, said Mary Nilges,

group practice manager for the clinic.

"Now, families living farther out won't have to make the drive to Tripler for basic medical care," she said.

The clinic is on the former Barbers Point Naval Air Station in Kalaeloa, and it is currently open to family members of active duty Soldiers. The clinic provides the full scope of family medicine one would expect to receive in any private-practice doctor's office.

The goal is to ensure all patients receive necessary care. Currently, the clinic hosts a staff of seven primary care managers, or PCMs, and its enrollment is approximately 1,355 per PCM.

"We will make every effort to ensure that the patient gets an appointment when they want it, including same-day appointments," Nilges said. "We strive to provide same-day access with the patient's health care team, so that (patients) will not have to rely on urgent care centers or emergency rooms for

SEE CLINIC, A-5



Photos courtesy of Tripler Army Medical Center Public Affairs

Leaders untie a maile lei to officially open the Warrior Ohana Medical Home in Kalaeloa, April 20. Pictured, left to right, are Maj. Gen. Michael J. Terry, commander, 8th Theater Sustainment Command; Michael Sakai, U.S. Army Corps of Engineers-Honolulu District; Craig McGinnis, Hunt Development Group; Mary Nilges, group practice manager, Warrior Ohana Medical Home; Staff Sgt. Uili Teo Allen, Lauren Allen and son Teo, the first family to enroll at the new clinic; and Brig. Gen. Keith Gallagher, commander, TAMC and PRMC.

FEB honors Army civilians, IMCOM-Pacific Region

Garrison's DFMWR, DPW, DES among this year's best, brightest

Story and Photos by
VANESSA LYNCH
News Editor

WAIKIKI — Wall space around the offices at U.S. Army Garrison-Hawaii is becoming a premium commodity, with so many awards and recognitions displayed.

Now, employees at USAG-HI have to make room on their walls for the awards they received in recognition of their outstanding service during the 55th Annual Excellence in Federal Government Awards Luncheon and Expo, April 21, at the Waikiki Sheraton Hotel, here.

"We are all here today to acknowledge and honor our best," said Gloria Uyehara, executive director, Honolulu-Pacific Federal Executive Board and event co-chair, about the more than 250 awardees in attendance.

A quick glance at the award list for the Installation Management Command-Pacific Region showed the strength of the Directorate of Public Works, the Directorate of Emergency Services and the Directorate of Family and Morale, Welfare and Recreation. IMCOM-Pacific members garnered seven out of the nine awards.

The IMCOM-Pacific Region itself was also selected as an Employer of Choice by the Honolulu-Pacific FEB. The IMCOM-Pacific Region was recognized for its ability to create a working environment that promotes and provides employees with opportunities to develop their skills and talents.

IMCOM-Pacific's Developmental Assignment and Mentorship programs were highlighted as keys to the region's ability to use its senior employees' experience to mentor junior-level employees, which in turn, results in a high percentage of employee retention.

"I'm happy that my hardworking staff is being recognized for the wonderful job that they do supporting Army families and their children's education while here in Hawaii," said Tasmin Keone, director, School Support

SEE FEB, A-7



From left to right, Mark Maddox, Byron Nagasako, Wendy Nakasone, Tasmin Keone and Wayne Yoshino, all with School Support Services, CYSS, DFMWR, pose with their Team Excellence award at the 55th Annual Excellence in Federal Government Awards Luncheon and Expo, April 21, at the Waikiki Sheraton Hotel.

FEB awardees

- Supervisor/Manager of the Year
Kent Watase, DPW
- Team Excellence
School Support Services, DFMWR
- Clerical and Assistant Employee of the Year
Jessica McKinney, DFMWR
- Trades and Crafts Employee of the Year
William Whaley Jr., DPW
- Leader of the Year
John Vierra, DES, Fire and Emergency Services, USAG-Pohakuloa Training Area
- Mentor of the Year
Monte Martin, DPW

18th MEDCOM specialists participate in Mongolia nursing exchange

18TH MEDICAL COMMAND
News Release

ULAANBAATAR, Mongolia — Nursing personnel assigned to the 18th Medical Command (Deployment Support) and Tripler Army Medical Center conducted a subject matter expert exchange, or SMEE, here, during the U.S. Army-Pacific Theater Security Cooperation program, recently.

Lt. Col. Frederick Davidson, Army public health nurse, 18th MEDCOM (DS); Maj. Cheryl Rivera, operating room chief, TAMC; Maj. Paul Ware, general surgical ward head nurse, TAMC; and Sgt. Maj. David Galati, chief clinical operations sergeant major, 18th MEDCOM (DS), made up the team of specialists that participated in the SMEE.

The objective was to share information between the U.S. Army Nurse Corps and the Mongolian armed forces medical and nursing professionals, to discuss



Photos courtesy of 18th Medical Command

Maj. Cheryl Rivera (center), operating room chief, TAMC, demonstrates operating room and nurse surgical scrub procedures to Mongolian army nurses during a USARPAC nursing SMEE in Ulaanbaatar, Mongolia.



Maj. Cheryl Rivera (center), operating room chief, TAMC, observes as a Mongolian army nurse demonstrates an operating room and nurse surgical scrub procedure.

SEE 18th MEDCOM, A-4

We want to hear from you...

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

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

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

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

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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.



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

213 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 4/28/11.

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.

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 Ask the Garrison Commander email address and through the U.S. Army Garrison-Hawaii’s web link at 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: *We live in a new house with the temporary sprinklers. People keep turning around in my driveway and breaking them, and since it takes a long time to have them fixed, a lot of water is wasted. The temporary sprinklers should be replaced with permanent ones, as this would save the housing office time and money to replace the broken ones every couple of days and also eliminate this problem for the residents.*

A: The temporary sprinklers are in place to help establish landscaping in the new housing areas and will be removed as soon as possible. We

Mulbury addresses sprinklers, recycling and parking issues

apologize for any inconvenience the broken sprinklers may cause you and appreciate your patience during the time it takes to make the necessary repairs.

To help expedite necessary repairs, please immediately report a broken sprinkler to your maintenance office so quick action can be taken, especially if it affects pedestrian walkways. Your suggestion to install permanent sprinklers is being forwarded to the Island Palm Communities’ construction liaison and development team for consideration.

Q: *How can we recycle when we are not given the proper containers? I think we should start recycling our food and yard waste for the farmers or plantations, as this would cut down on garbage and help local growers. I think this is a great way to help with the green lifestyle.*

A: IPC has been looking into the possibility of obtaining larger recycling bins for our residents and is planning to make a change. Although a specific date has not yet been identified, IPC will keep all residents posted. As to your suggestions regarding recycling food and green waste, this idea has been referred to our housing team for consideration.

Q: *I have read that all houses on Schofield Barracks have at least two parking places, but this is not true. I live on Floyd Street, and since the entire area in front of my house is painted red, I must park my car on the side road where Solomon Elementary School is located. Where is*

the second parking spot for my house?

A: IPC informs me that everyone on Floyd Street does have two parking spaces, which includes their enclosed garage and the driveway. Per the resident guide, “Residents who reside in a home with a garage or carport must use this for vehicle parking only. These areas may not be used for storage, auto repairs or any other purpose.” The street parking is available on a first-come, first-served basis.



Mulbury

Q: *The misuse of garages throughout Aliamanu Military Reservation’s housing areas for storage results in a greater use of curbside parking. This makes our streets less safe for our children and more difficult for emergency vehicles to pass. What can be done to enforce the proper use of garages?*

A: IPC patrols its housing neighborhoods on a daily basis. If an open garage is identified as being used for storage, and a resident’s car is illegally parked as a result, the resident is cited and asked to move his/her vehicle. While this process is designed to resolve most of the parking problems you mentioned, if this situation persists or if you see illegally parked cars after normal duty hours, please contact the military police.

To submit an “Ask the Commander” question, send an email 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.



Courtesy Photo

Honoring public service

HONOLULU — Tom Berg (right, holding certificate), Honolulu City Council member, presents a certificate of appreciation to Rocky Naeole, president, Waianae Military Civilian Advisory Council, or WMCAC, at the Honolulu City Council, April 20, while surrounded by other WMCAC and city council members. The certificate recognizes 32 years of public service and good relations between the military and the community.

Since 1979, WMCAC has been dedicated to helping the community and youth in Waianae make good life choices by providing positive roles models and encouraging strong values — for example, through sports like canoe paddling and golfing, programs like the annual Veterans Day Parade and Hoolaulea, and JROTC events.

Donations still needed to fund AER

U.S. ARMY GARRISON-HAWAII
Army Community Service

SCHOFIELD BARRACKS — The Army Emergency Relief fundraising campaign, here, continues through May 15.

Hawaii’s AER has raised \$168,787.04, so far this year, toward the \$300,000 goal. Last year, the campaign raised \$325,000, locally.

The annual campaign allows Soldiers to help their fellow Soldiers and creates a greater awareness and understanding of AER programs and benefits.

“Private donations are the only funds AER receives to support Soldiers and families in an emergency financial situation,” said Jackie Torres, AER officer, Hawaii. “This is Soldiers helping Soldiers.”

AER is a private, nonprofit organization that provides financial assistance to active duty Soldiers, single or married, and their family members; National Guard and Reserve Soldiers on continuous active duty for more than 30 days, and their family members; retirees; and surviving spouses and orphans of Soldiers who died while on active duty or after they retired.

Last year in Hawaii, 2,439 Soldiers and family members were assisted with no-interest loans totaling \$2,597,199, and grants totaling \$77,372.

In 2010, AER also granted \$7.9 million to help meet undergraduate-education needs nationwide, with

In 2010. . .



\$ 325,000 raised

2,439 Soldiers/families received aid

3,170 scholarships to children of Soldiers and 1,761 scholarships to spouses of Soldiers.

During the AER campaign, unit points of contact will call upon Soldiers for donations, which are completely voluntary. Making donations is not a requirement to receiving AER assistance.

Donations can be made by allotment, cash or check, and all contributions are fully tax deductible. (Editor’s Note: Vanessa Lynch, news editor, contributed to the content of this article.)

AER Donations

Visit www.aerhq.org to donate. For AER assistance or questions, contact your unit chain of command or the installation AER section at 655-7132; after business hours, contact the American Red Cross at (877) 272-7337.

FOOTSTEPS in FAITH

Traditions are important

CHAPLAIN (CAPT.) THEODORE P. VALCOURT
30th Signal Battalion, 516th Sig. Brigade, 311th Sig. Command

Traditions are important because they are a reflection of our beliefs and our connection to our family unit.

During Easter, the Christian celebration of the resurrection, some of us painted hard-boiled eggs, and others bought plastic eggs to prepare for the annual Easter egg hunt.

Some anxious parents flocked to various churches to hear their children recite Easter speeches. Others chose to relive the passion of Christ during Holy Week and Easter, and/or they attended services.



Valcourt

Not everyone celebrates Easter. Many families focus on Passover, the retelling of how God brought the children of Israel out of bondage in Egypt. Reliving this Jewish tradition and eating the Passover Seder meal, a Jewish ritual feast that marks the beginning of Passover, brings families and communities together while focusing on the importance of traditions.

We all have traditions that we hold dear, and practice and thinking about them brings fond memories. The traditions we adopt give meaning and purpose to our lives, as we pass them on to family and friends.

Emotional attachments to these traditions are often formed in our youth, which give them power and keep them alive. However, traditions aren’t exclusive to religious events or ceremonies.

We must not forget that we are constantly developing traditions in our family life that teach values and build solidarity. Eating as a family around the kitchen table, for example, is a tradition. If it is practiced in your home, you can make this a tradition and a habit. Also, family fun night can become a tradition, if it is important to you.

We have the power to create and change traditions through our level of commitment.

Similarly, the military has strong and meaningful traditions that we adopt while serving. One example is calling out your unit motto while saluting. This action does three distinct things: It identifies your unit to the senior ranking person, and it demonstrates your motivation and military bearing.

Another time-honored tradition is calling cadence. This traditional call-and-response singing and rhythmic pattern was designed to help Soldiers run or walk in unison. Many of the cadences are rooted in our history. When we use them, we are able to pass them on to another generation.

Traditions are important and their meanings help to shape and define who we are.

Constantly moving away from our extended families causes some of our traditions to lose that special feeling or importance. But traditions are like habits — if we build them, they can be reoccurring, meaningful and familiar.

Voices of Ohana



“It comes down to a personal decision.”

Sgt. Henry Guzman
Operations and movement supervisor, 302nd TTB, 9th MSC



“Learn about different cultures and be willing to understand them, even if you have different views.”

Sgt. 1st Class Nimfa Ilagan
Career counselor, U.S. Army Reserve



“Talk to people. You will quickly find people from all sorts of backgrounds who are interesting and whom you will want to know better.”

Chief Warrant Officer Kevin McSally
Legal administrator, 9th MSC



“Let people prove themselves to you. Let them define themselves. This gives better, more accurate information about someone.”

Capt. Ivan Padua-Ayala
HR officer, 9th MSC



“We have to be more tolerant and open-minded to religions other than our own.”

Sgt. 1st Class Milton Shelley
NCOIC, chaplain section, 9th MSC

April is Holocaust Remembrance/Diversity Month

What can we do to prevent stereotyping, racial or religious prejudice?

Photos by 9th Mission Support Command Public Affairs

USARPAC conducts Filipino medical exchange

MAJ. SHEA A. ASIS

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

QUEZON CITY, Philippines — Members of the U.S. Army-Pacific surgeon’s cell and those with the armed forces of the Philippines, or AFP, Nurse Corps, worked together during five days to exchange the latest medical practices during Balikatan 2011.

The focus of the symposium, held recently, at the V Luna Medical Center, here, was to further the relationship between AFP and U.S. medical professionals through joint training on various health care subjects.

Topics included advanced cardiac life support, tactical nurse combat care and treatment of blast trauma.

For Col. Phil Hockings, chief of medical plans and operations, USARPAC, this trip was his second to Balikatan, and he jumped at the opportunity to do the exchange again.

“With 33 members of the AFP Nurse Corps coming from all parts of the country to be here, it was a great success,” Hockings said.

The AFP particularly wanted training with the automated external defibrillator, used to revive a patient’s pulse by providing a shock to the heart. This learning process also proved to be riveting for the U.S. experts who led the training.

“It was great to take the nurses out of their comfort zone and discuss health support service planning,” said Lt. Col. Mark Stevens, medical

planner, USARPAC.

The subject of evacuation procedures proved to be another topic of great interest to AFP nurses, who were eager to learn from U.S. Soldiers, as evacuation missions have become the norm for U.S. medical teams because of the ability of the U.S. military to plan medical evacuations from remote locations.

“The AFP does not always have that capability to do evacuations like that, so getting the nurses to think at the higher level is what I wanted to teach to them,” Stevens said. “They really got the message.”

The group shared an understanding of the medical basics, which facilitated learning from each other, even with recognized differences in procedures.

“Most of the nurses had combat experience, so exchanging techniques and procedures on combat care was amazing,” Hockings said.

For the USARPAC contingent, the symposium was a great way to collaborate with colleagues on the common mission of caring for the sick and wounded. Planners are already looking at new subjects to cover during the next Balikatan exercise.

“As we build upon this, next year’s event will be even better,” Hockings said. “We hope, as each year progresses within Balikatan, this tradition will continue and become a lasting bond between both armies.”



Capt. Joby Denny | U.S. Army

AFP Nurse Corps members lead a tour of the AFP V Luna Medical Center during a medical exchange between the U.S. and Philippine armies. The five-day exchange was held during Balikatan 2011.



1st Lt. Kyle Miller | 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division

A MEDEVAC crew chief checks on his UH-60 Black Hawk helicopter after landing at COB Cobra, Iraq, April 16. Air assets have been realigned to ensure service members can be transported within an hour.

Crews deliver aerial assets to COB Cobra so troops can get timely medical care

SGT. DAVID STRAYER

109th Mobile Public Affairs Detachment

CONTINGENCY OPERATING BASE COBRA, Iraq — The golden hour is a phrase familiar to many service members and military medical personnel.

The golden hour is the window in which care must be provided to a wounded individual requiring urgent surgical attention.

To ensure that medical needs of service members are met at remote locations across U.S. Division-North, medical personnel reallocated two UH-60 Black Hawk helicopters, here, April 16.

More than 540 U.S. service members currently occupy the operational environment in Diyala province that will be serviced by these helicopters, including some from the 2nd Brigade Combat Team, 25th Infantry Division.

“The arrival of the (medical evacuation) crews greatly increases force protection for our Soldiers in northeastern Diyala province,” said Lt. Col. Joel Miller, executive officer, 2nd Squadron, 14th Cavalry Regiment, 2nd BCT.

In the past, if a U.S. service member’s injury occurred in the vicinity of COB Cobra or several Contingency Command Posts, air MEDEVAC assets had to be dispatched from and returned to Joint Base Balad, where the theater hospital is located. This process took slightly longer than the one-hour limit in which service members must receive care for injuries requiring urgent surgical attention.

Air assets have now been realigned, as a result of the secretary of defense’s plan to ensure critically injured service members can be transported to surgical care within the one-hour time frame, from anywhere in Iraq, said Lt. Col. Mary Krueger, surgeon, U.S. Division-North.

“The moving of the medical air assets to (COB) Cobra essentially cuts the amount of time (in half that) it takes for an air MEDEVAC to get a casualty to a facility where they can receive appropriate medical care,” said Sgt. 1st Class Edgardo Hernandez, flight operations noncommissioned officer in charge, Headquarters and Headquarters Company, 2nd BCT.

Army deploys gunshot detectors

KRIS OSBORN

Army News Service

ARLINGTON, Va. — U.S. Army forces in Afghanistan will begin receiving the first of more than 13,000 gunshot detection systems for the individual dismounted Soldier later this month, service officials said.

“We’re really trying to ensure that every Soldier is protected,” said Brig. Gen. Peter Fuller, Program Executive Officer Soldier.

The Individual Gunshot Detector, or IGD, consists of four small acoustic sensors worn by the individual Soldier and a small display screen attached to body armor that shows the distance and direction of incoming fire.

The small sensor, about the size of a deck of cards, detects the supersonic sound waves generated by enemy gunfire, and it instantaneously alerts Soldiers to the location and distance toward the hostile fire, said Lt. Col. Chris Schneider, product manager for Soldier Maneuver Sensors.

“When you get fired on, instead of trying to figure everything out, you will have technology to assist you in knowing what happened and where the shot was coming from,” Fuller said.

The entire IGD system, procured by PEO Soldier and the Army’s Rapid Equipping Force, weighs less than two pounds, Schneider said.

The idea is to strategically disperse the systems throughout small, dismounted units to get maximum protective coverage for platoons, squads and other units on the move, Schneider explained.

During the next 12 months, the Army plans to field up to 1,500 IGDs per month, he said.

In the future, the Army plans to integrate this technology with its Land Warrior and Nett Warrior systems. These are network situational-awareness systems for dismounted units, complete with a helmet-mounted display screen that uses GPS digital-map-



Courtesy Photo

A Soldier demonstrates how the IGD, which shows distance and direction of incoming fire, is worn. The first of 13,000 of these systems will be sent to Afghanistan later this month.

ping display technology, Fuller said.

“The next thing we want to do is try to integrate this capability with other capabilities. For example, we have Land Warrior deployed in Afghanistan, and we’re going to have Nett Warrior coming into the force,” Fuller said. “How about, if you get shot at, not only do I know where that came from, but others know where it came from, because I can network that capability.”

“It’s about how to leverage technology to improve your survivability and situational awareness,” Fuller explained.

SMA Chandler discusses warrior issues during symposium

SHAYNA E. BROUKER

Installation Management Command

SAN ANTONIO – Despite the stress on Soldiers after nearly a decade at war, the Army is doing well, said Sgt. Maj. Raymond Chandler III, sergeant major of the Army, during the Association of the U.S. Army symposium, April 21, here.

He acknowledged problems facing the Army as it begins another decade engaged in war, but noted that last year the Army met its recruitment and retention goals.

“You all are a large part of that,” he said, addressing the Installation Management Command workforce and Department of the Army civilians. “IMCOM is a flexible, adaptable organization that provides what our Army asks for. Thank you for what you do to make Soldiers’ and families’ lives seamless.”

Chandler then focused on the biggest issues facing the Army, including the recent repeal of the “don’t ask, don’t tell” policy and mental health problems in Soldiers returning from war. He condemned the plague of sexual harassment and assault within Army ranks.

“It is against Army core values and the warrior ethos to allow people to sexually harass and sexually assault each other,” he asserted. “It is not okay. I expect my battle buddies to tell me if I’m way out in left field. That is the attitude we need to incorporate.”

In a moment of candor, Chandler disclosed that he has benefited from behavioral health counseling himself, for the past two years, and that Gen. George Casey, former Army chief of staff, selected him as sergeant major of the Army with full knowledge of that fact.

He encouraged other Army leaders to “walk the talk,” too, to help dispel the stigma against mental health counseling.

Chandler also called on leaders to look out for their subordinates



Luke Elliot | Installation Management Command Headquarters

Sgt. Maj. Raymond Chandler III, sergeant major of the Army, discusses Soldier issues at the AUSA Institute for Land Warfare Installations Symposium, held in San Antonio, April 21.

and said leadership was the key to solving the suicide problem.

“The young men and women we’ve asked to serve are thirsty for your leadership,” he said. “We need to find those 10 minutes to make a difference in that person’s life. We’ve got to go the extra mile to make sure they’re okay.”

Chandler acknowledged that the Army is “tired, but not broken.”

“We’ve got a great Army family, all committed to excellence,” he said. “There are lots of challenges ahead, but we know the business at hand and what our country expects of us. We are an Army of action, and we are going to take charge.”



Courtesy Photo

Capt. Christopher Gensler, 82nd Eng. Support Co., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, gives swimming lessons to children as part of his Civic Action Team’s community service on the island of the Republic of Palau.

Capt. brings home coveted ‘Grizzly’ award

1ST LT. BRIGIDIA SANCHEZ

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

SCHOFIELD BARRACKS – A Soldier recently received a “Grizzly” for work with his Civic Action Team in the Republic of Palau.

Capt. Christopher Gensler, 82nd Engineer Support Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, took home the coveted Engineer Regimental Award, which recognizes the best engineer company, lieutenant, noncommissioned officer and enlisted Soldier for outstanding contributions and service to the regiment and to the Army.

“The Grizzly award is a very prestigious award; it is an award that a young leader will carry throughout his (or her) career,” said Lt. Col. Diane Cummins-Lefler, chief, Engineer Personnel Development Office, Fort Leonard Wood, Mo. “Not only

is he recognized, but his unit is recognized and his platoon is recognized for supporting him.”

A Fort Leonard Wood panel judges the submitted packets. A winning packet is one that contains a yearlong display of exemplary work, leadership, professional development, commitment to training, physical readiness and volunteerism, according to Cummins-Lefler.

“I found out about the essay submissions for the awards from my peers. They encouraged me to submit the essay knowing how involved I was with my platoon and my (civic action team),” Gensler said. “I also encouraged my team sergeant, along with one of my stellar Soldiers to submit essays, as well.

“What made me stand out from the rest was the quality of NCOs and Soldiers that I worked with, which was a clear demonstration of the individuals that have completed a variety of tours and offered professional knowledge,” Gensler added.

News Briefs

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

30 / Saturday

National Prescription Take Back Day

– U.S. Army Garrison-Hawaii and the Pacific Regional Medical Command are supporting this event that encourages everyone to turn in unused or expired medications for safe, anonymous disposal. Soldiers, family members and civilians can dispose of unwanted and unused prescription drugs, April 30, from 10 a.m. to 2 p.m.:

- Schofield Barracks’ Main Pharmacy waiting area, Building 676.
- Tripler Army Medical Center’s Main Pharmacy waiting area, 4th floor, Mountainside.

The off-post population can drop off medications:

- Kahala Mall, 4211 Waiālae Ave., 8 a.m.-noon.
- Federal Building, 300 Ala Moana Blvd., 10 a.m.-2 p.m.
- Town Center of Mililani, 95-1249 Meheula Pkwy., 10 a.m.-2 p.m.
- Windward Mall, 46-056 Kamehameha Hwy., 10 a.m.-2 p.m.

May

3 / Tuesday

Days of Remembrance

– Guest speaker for this annual event is Carol Danks from the U.S. Holocaust Memorial Museum. Headquarters and Headquarters Company, 516th Signal Brigade, 311th Sig. Command, is the event sponsor. Call 438-4161.

Dates and locations follow:

- May 3, noon, Building 1554, Fort Shafter Flats.
- May 4, 1 p.m., Sgt. Smith Theater, Schofield Barracks.

4 / Wednesday

Advisory Meeting

– The PXmarket and Hale Ikena Advisory Meeting for the Oahu-South community is set for 10:15-11:15 a.m., May 4, at the Hale Ikena, Fort Shafter. All Oahu-South community members are invited. Call 438-0428.

10 / Tuesday

AFCEA Luncheon

– This Armed Forces Communications and Electronics Association event is 11 a.m., May 10, Hale Ikena, Fort Shafter. Guest speaker is retired Lt. Gen. John Goodman, director, Center for Excellence in Disaster Management and Humanitarian Assistance. Goodman will discuss “COE DMHA’s Current Mission and Its Japan Disaster Role.” For reservations, visit www.afceahawaii.org or call 441-8524.

24 / Tuesday

USAG-Oahu

– A casing of the colors ceremony to observe the disestablishment of U.S. Army Garrison-Oahu is set for 11 a.m., May 24, at the gazebo on Palm Circle, Fort Shafter. After USAG-Oahu has been disestablished, an Installation Coordinator’s Office will be located in Building 344, Fort Shafter. The ICO will be the focal point for referral, coordination and integration of installation management operations within Oahu-South.

Visit www.garrison.hawaii.army.mil.

Ongoing

Lyman Road Construction

– A sewer upgrade that will take place along Lyman Road, Schofield Barracks, is tentatively starting in early May; substantial completion is projected for May 2012. Traffic control areas will either have lanes open to traffic during construction nonwork hours, may be closed with detours or may be diverted to a single lane. Motorists are urged to take appropriate steps to limit traffic during these periods and use caution.

Inclement weather may cause some delays. Call 656-3295.

Get the latest U.S. Army Garrison-Hawaii traffic updates at www.garrison.hawaii.army.mil; click on “Post Information,” then “Traffic Updates.”

PARC Seawall

– Repair work on portions of the Piliāau Army Recreation Center, or PARC, is underway now through the end of May.

Recreation activities will be limited around the work site, as there will be temporary bar-

ricades and construction equipment staged near the project.

Beach users should take appropriate safety precautions when around this area. Caution signs will be posted around the work area. Call 656-3159.

JROTC

– Instructors are needed nationwide to teach and mentor high school students. Retired Army personnel (E-6 through O-6), who have at least 20 years of active duty service and are receiving a retirement paycheck, as well as those who have not been retired for more than three years, can apply for certification as a JROTC instructor.

Active duty personnel within one year of retirement may apply for certification with retirement orders. Visit www.usarmyjrotc.com, email toni_correia@notes.k12.hi.us or call 203-5535.

Work and Careers Websites

– Visit www.militaryspousejobsearch.org and www.myarmylifetoo.com to learn job search techniques, get resume writing tips and obtain information on the Army Spouse Employment Partnership. Call Army Community

Service at 655-4227.

Testing Services

– The Schofield Barracks Army Education Testing Center offers a variety of military and civilian tests, such as the ACT, SAT, national certification exams, interest surveys, placement and online college exams. Most tests are fully funded for active duty and reserve military personnel. Call 655-9776.

Financial Counseling

– Army Community Service’s Financial Readiness Program offers one-on-one counseling to Soldiers and family members. Topics for discussion include credit repair, consumer affairs and complaints, budget/spending plan, identity theft, car and home buying, investing, insurance and retirement. Call 655-4227.

ACAP Center

– Army Career and Alumni Program Center briefings and workshops have temporarily moved to other locations or been cancelled through May, due to construction noise at the Soldier Support Center, Building 750, 673 Ayers Ave., Schofield Barracks. Call 655-1028.

18th MEDCOM: SMEE fosters understanding

CONTINUED FROM A-1

similarities and differences in military nursing practices and to continue to build and strengthen a partnership between U.S. Army nurses and Mongolian military and civilian nurses.

The partnership began with the first nursing SMEE in 2010.

The exchange consisted of USARPAC’s classroom presentations, briefings from Mongolian armed forces’ nurses, a hospital tour and hands-on skill exercises between the USARPAC team and Mongolian armed forces’ nursing personnel. Topics included public health nursing, operating room nursing, critical care nursing and infection control.

Attendees included military and civilian nurses along with physicians.

Portions of the nursing SMEE were broadcast on two separate television stations: the Ulaanbaatar Broadcasting System and TV 9 Mongolia. A Mongolia military member also interviewed USARPAC team members, and content was published in “Soyombo,” the Mongolian armed forces’ newspaper.

Service members need to retake the Global Assessment Tool survey

J.D. LEIPOLD
Army News Service

WASHINGTON — Within the next couple of weeks, Soldiers will begin to see reminders that they must re-measure their resiliency and psychological health and take the Global Assessment Tool, or GAT, survey again.

One reminder will be seen on the Army Knowledge Online, or AKO, portal. Splash screens will show an additional button under “my professional data,” which will be glowing red if Soldiers have not taken the GAT a second time.

As the front-line tool for Comprehensive Soldier Fitness, the GAT allows Soldiers to assess their inner strengths in the emotional, social, spiritual, mental and familial areas. After completing the 105-question online survey, those elements are quickly evaluated from scientifically-validated scales and displayed in a graph showing weakest and strongest areas.

Soldiers can then immediately look through a variety of comprehensive resilience modules and decide the areas they need to work on, and what skills they need to become more flexible in

dealing with the challenges of daily life in and outside the Army.

“The skills that can be learned from the modules can be applied in almost every aspect of your life, be it on deployment, in combat, back at the garrison, in your family life and civilian community,” said Capt. Paul Lester, a psychologist with CSF. “We’re not trying to teach what to think, but how to think and approach challenges, then how to negotiate those challenges.”

The Army kicked off the GAT survey about 18 months ago, making it mandatory for all non-deployed Soldiers to complete on an annual basis. In February 2011, the number of Soldiers who had been assessed through the GAT reached 1 million.

“We’re not seeing a major difference in resilience between genders, so we know men and women are equally resilient,” he said. “We’re not seeing major differences between ranks, so there’s a wide dispersion of psychological resilience across the force, specifically along demographic lines.

“We know, based on what they’re telling us, 78 percent of the suicidal gestures, ideations or

attempts have come from the 15 percent of the Soldiers, who for whatever reason, were unable to go through the training during the initial in-processing,” he said.

Initially the feedback given to Soldiers was just basic, but that has been evolved as the number of modules has increased every few months. About six months ago, the evaluation team talked with all ranks of Soldiers who said they wanted help in making meaning of the scores. Feedback is now “light years ahead” of where it was a year ago, Lester noted.

Instead of receiving just a general narrative and overview of the scores, Soldiers taking the GAT now will see a tailored narrative that tells them what areas they’re strong in, as well as weak in, and it will identify some potential areas where they could improve, Lester said.

Soldiers are also able to compare their scores to their peers’, based on age, military occupational skill, marital status, times deployed, rank and other criteria that give a better perspective of where they stand relative to others.

“It shows me how well my scores are com-



Visit csf.army.mil to learn more about CSF and GAT.

pared to everyone else who’s a captain, so it just helps you keep your scores in perspective,” Lester said. “If you score pretty low on something, it doesn’t mean you’re failing, it just shows where you need to improve within your demographic lines.”

The CSF folks realize psychological resilience isn’t a one-size-fits-all program, so they’re also working on tailoring the training specifically to the individual, he said, but that will take another year or two of development.



Mary Nilges (far left), group practice manager, Warrior Ohana Medical Home, provides a tour to guests during the clinic’s grand opening, April 20.

Clinic: Staff will go the extra mile

CONTINUED FROM A-1

primary care.”

For services unavailable at the Warrior Ohana Medical Home Clinic, licensed practical nurse care coordinators will work with patients to set up specialty appointments and other PCM-referred care. Clinic staff will also book follow-up appointments and procedures.

The clinic is not an urgent care center, so if patients go to the emergency room or receive care outside of the clinic, they should contact their Warrior Ohana Medical Home team, as soon as they can.

According to Nilges, there’s a very good reason why the word ohana, Hawaiian for family, is a part of the clinic’s name.

“We will go the extra mile to ensure that when patients need

care, they get it from their own health care team — the doctors and nurses who know them and their families,” she said. “We encourage that continuous relationship, because medical research tells us that patients with access to a personal health care team are healthier.”



Sgt. 1st Class Rodney Jackson | 18th Medical Command (Deployment Support) Public Affairs

Distinguished honors

GREENSBORO, N.C. — Col. Leana Fox (left), chief, clinical operations, 18th Medical Command (Deployment Support), and retired Gen. Clara Adams-Ender, pose for a photo at the naming of the Distinguished Professorship at North Carolina Agricultural and Technical State University, here, April 8, after Adams-Ender, who was the first black Army Nurse Corps officer to graduate from the U.S. Army War College. Fox was the event’s guest speaker.

Uncle Sam needs you to watch what you post

Pictures, posts reveal detrimental information

MINDY CAMPBELL
Installation Management Command

BAMBERG, Germany — During World War II, the U.S. government adopted the slogan “loose lips might sink ships” to warn people to be careful when talking in public and that casual conversations about sensitive information could tip off enemies.

The same slogan could be used in relation to today’s tweets, posts and published photos in the online world of social media.

Terrorists and media organizations could use seemingly innocent comments or posts to negatively affect the military. Soldiers, spouses and civilians need to be aware that what they post, however innocent, can have ramifications.

Social media sites are great. They allow Soldiers and their families to stay connected with friends and family worldwide or share thoughts, photos and events throughout deployments.

“Social media provides the opportunity for Soldiers to speak freely about what they’re up to or what their interests are,” according to the U.S. Army Social Media Handbook. “However, Soldiers are subject to (the Uniform Code of Military Justice), even when off duty, so talking negatively about supervisors or releasing sensitive information is punishable under the UCMJ.”

Spouses and family members, while not subject to the UCMJ, also need to be careful about what they post.

“Sharing what seems to be even trivial information online can be dangerous to loved ones and the fellow Soldiers in the unit — and may even get them killed,” the handbook says. “America’s enemies scour blogs, forums, chat rooms and personal websites to piece together information that can be used to harm the U.S. and its Soldiers.”

Unclassified information can be the most harmful. Those small bits of information can be added to other items already

Army social media regulations

To read more about the Army’s social media regulations, visit www.slideshare.net/USArmySocialMedia/army-social-media-handbook-2011 or www.slideshare.net/pastinson/killing-with-keyboards.

posted or future posts. For example, you generalize and say that your husband has deployed to Afghanistan. While looking through your photos, someone might be able to see the unit patch on your husband’s Army Combat Uniform or notice you are a “fan” of a specific unit’s family readiness group.

Those little pieces of information can be put together to give the enemy a larger picture.

“Our adversaries are trolling social networks, blogs and forums, trying to find sensitive information they can use about our military goals and objectives,” wrote Kenneth Preston, former sergeant major of the Army, in the U.S. Army Social Media Handbook. “Therefore, it is imperative that all Soldiers and family members understand the importance of practicing good operations security measures.”

Terrorists, former girlfriends and boyfriends, divorced spouses, angry neighbors, disgruntled coworkers and even identity thieves could use the information posted, the handbook states.

If information on social media sites is being used by the enemy, is the answer to stay off the Internet highway? Realistically, the answer is no. Social media sites are here to stay and are becoming an even more important tool in communication.

However, you can take some precautions to help keep both you and your loved ones safe.

“When using social media, avoid mentioning rank, unit locations, deployment dates, names or equipment specifications and capabilities,” the social media handbook says.

Take a close look at all privacy settings. Often, the website administrators will change or add security features without letting customers know.

Do not reveal sensitive information about yourself, such as schedules and event locations. Ask, “What could the wrong person do with this information?” and “Could it compromise my safety or that of my family or my unit?”

Look at photos. Geotagging is a feature that reveals your location to other people within your network, the social media handbook states. Consider turning off the GPS function of your smart phone. In the same way, videos can be damaging, as well. Make sure the videos don’t give away sensitive information.



Courtesy Photo

A Soldier accesses the www.Army.mil mobile application on her smart phone. The Army urges individuals to think twice about what they post on social medial sites and on the Internet.

Military service can help Soldiers gain U.S. naturalization

8TH THEATER SUSTAINMENT COMMAND
Staff Judge Advocate Office

HONOLULU — Current members of the U.S. armed forces who are permanent residents may be eligible for naturalization through their military service, under Section 329 of the Immigration and Nationality Act.

Qualifying military service is generally in the U.S. Army, Navy, Air Force, Marine Corps and Coast Guard, and certain components of the National Guard and the select Reserve units.

Service members should complete Form N-400, Application for Naturalization, and Form N-426, Request for Certification of Military or Naval Service, to apply for naturalization based on military service.

Service members are not charged for filing or biometrics fees. Every military installation should have a designated point of contact to handle the application and certify the Request for Certification of Military or Naval Service.

Service members will need to get fingerprints taken as part of the application process. Active duty military members do not need an appointment and will be accepted on a walk-in basis at any Application Support Center, or ACS, in the U.S. Bring your military identification card. Once the packet is complete, submit it to the Nebraska Service Center. Once your application is received, NSC will review the application and send it to the U.S. Citizen and Immigration Services office closest to your location. The USCIS office will set a date to interview you to deter-

mine your eligibility for naturalization.

If your application for naturalization is approved, USCIS will inform you of the date you can take the oath of allegiance.

If you need to rush paperwork due to a pending military deployment, extreme emergency or humanitarian situation, contact the local USCIS office or the USCIS Military Help Line. If you are set to deploy and have not submitted your application, write in bold letters “I HAVE AN UPCOMING DEPLOYMENT” at the top of your application.

Naturalization POCs

If you need further immigration assistance, consult a legal assistance attorney at 655-8607, or visit the local USCIS/ACS office at 500 Ala Moana Blvd., Building 2, Room 429, Honolulu.

- The first Friday of the month is military day at the USCIS office; service members may walk in to receive assistance without an appointment.

- Naturalization forms can be found at www.uscis.gov.

- The application POC is James Castillo at the Soldier Support Center, Building 750, Schofield Barracks, or call 655-7182.

- Mail completed packets to NSC, P.O. Box 87426, Lincoln, NE 68501-7426.

- The USCIS Military Help Line is available at (877) 247-4645.



Courtesy Photo

Cora Yahiku (center), facility manager, DLA, JBPHH, shows Michael Becker (left) and Miyuki Watts, both with the U.S. Army-Pacific Training Division, a sample of the large format color printing DLA Document Services can produce.

Document Services is more than just a DoD copier, printer

DEFENSE LOGISTICS AGENCY
News Release

SCHOFIELD BARRACKS — Some call the Defense Logistics Agency the “Department of Defense’s printer.”

Others call DLA the “quick copy guys,” but DLA Document Services has evolved to be much more than what the basic description implies.

Formerly called Defense Automation and Production Services, DLA Document Services has been serving DOD for more than 62 years and provides a full portfolio of best-value document services, ranging from traditional offset printing to online document services.

DLA Document Services currently manages two facilities in Hawaii, at Building 2038 on Schofield Barracks, and Building 550 on Joint Base Pearl Harbor-Hickam.

The department is the catalyst for document automation in DOD, and is actively functioning as a transformation agent to move the department toward online documents and services. In fact, online document services are now the largest part of the business.

DLA Document Services can build libraries of digital documents allowing for online access, convert paper documents to standard digital formats and print from networks, copies, faxes and scanners in customer workspaces.

For example, DLA Document Services is using an electronic document management service to assist the DLA Distribution Center in electronically capturing, processing, managing and storing millions of documents used in supplying U.S. military units worldwide. This process manages more than 21 million pages of documentation, annually, such as invoices, packing lists and bills of lading that identify receipt, transportation and inventory transactions from 26 distribution sites worldwide.

DLA Document Services’ capabilities are wide-ranging:

- Online.** Web-based ecommerce access allows customers to shop and order online from their desktop.

- Electronic document management.** This service builds complex digital libraries of documents with online access to enhance a customer’s business by providing discipline and workflow functionality for daily processes.

- Distribution and print services.** Distribution of standard digital document files can be made to any DLA Document Services production facility worldwide.

- Equipment management solutions.** DLA Document Services is one of the government’s largest providers of output and scanning equipment, directly to customer workspaces.

- Conversion services.** This service converts hard copy pages to electronic copies.

- Assessments.** DLA Document Services conducts objectives analysis, which provides an inventory of office copiers, printers, faxes and scanners in customer workspaces, to determine the current cost and make solid recommendations to save money.

For more information about DLA Document Services, visit www.daps.dla.mil, or call (877) DAPS-CAN.

USACE-HD civilian employee receives prestigious national award

ANGELA KERSHNER
U.S. Army Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER — A U.S. Army Corps of Engineers-Honolulu District civilian employee will receive a prestigious national award, next month, in Bellevue, Wash.

Kris Young, executive administrative assistant, USACE-HD, will receive the Federal Asian Pacific American Council's Excellence in Individual Achievement award during the 26th FAPAC National Leadership Training Confer-

ence, to be held May 9-13.

"(Young) distinguishes herself in all that she does," said James Proctor, interim chief of staff, USACE-Pacific Ocean Division.

"We're very proud of her, and this great accomplishment. Her attitude and can do spirit are an inspiration."

Young is currently on special assignment at USACE-POD as an executive administrative assistant. She worked with the Family and Morale, Welfare and Recreation Command, at the Hale Koa Hotel and at the Nehelani



Young

Banquet Center, Schofield Barracks, before joining USACE-HD, in September 2009.

Young was nominated for her contributions to the district's administrative staff that have created a more collaborative and efficient working environment, saved numerous man-

hours and dollars, and solved a variety of longstanding processing problems.

"She has an unparalleled work ethic," which led her to be recognized as employee of the month within her first nine months with the district, according to Todd Barnes, chief, Engineering and Construction Division, USACE-HD.

She received the district's Ikaika Loa Award for Administrative Support Employee of the Year, for her high level of achievement in adminis-

trative responsibilities. She also recently received recognition from the Honolulu-Pacific Federal Executive Board as one of the Federal Employees of the Year, in the category of Clerical and Assistant.

"We're very lucky to have (Young) here at the Corps," Barnes said. "Her outstanding work makes the district an even better place to work than it already is."

In addition to her work duties, Young participates and volunteers in many of the district's committees.

FEB: Civilians win awards

CONTINUED FROM A-1

Services; Child, Youth and School Services; DFMWR; about her team receiving the Team Excellence award.

A record-breaking 1,300 federal workers attended the luncheon this year, which was sponsored by the FEB, to recognize the best in Hawaii.

"I get to work with school liaisons all over the Pacific theater, but the (school liaison officers) here in Hawaii are the most dedicated when it comes to sup-

porting Army families," said Douglas Kelsey, school support specialist, CYSS, IMCOM-Pacific.

Jessica McKinney, operations clerk, Nehelani, Schofield Barracks, DFMWR, said she feels honored to be a part of the USAG-HI community.

"I appreciate the recognition," she said about receiving the Clerical and Assistant Employee of the Year award. "There are lots of employees who deserve this award just as much as I do, so it means a great deal to me."



McKinney



Vierra



Watase



Whaley



Martin



Courtesy of Kilauea Military Camp

Preserving the past

KILAUEA MILITARY CAMP, Hawaii — The Eisenhower House, here, has been selected to receive a preservation award at the Historic Hawaii Foundation's 2011 Annual Preservation Honor Awards, April 19.

These awards are Hawaii's highest recognition of preservation, rehabilitation, restoration or interpretation of the state's architectural, archaeological and cultural heritage. Built in 1934 as the general's quarters, this plantation/ranch style guest house welcomed Gen. Dwight Eisenhower, the supreme commander of the allied forces in Europe during World War II, as its guest in May of 1946.

For more information on the Eisenhower House and KMC, visit www.kmc-volcano.com or call (808) 967-8333.



Courtesy of Island Palm Communities

Creeping, crawling and slithering creatures draw festival-goers to the Hawaii Department of Agriculture exhibit that showcased several invasive species.

Garrison celebrates Earth Day

ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS — "You guys really pack 'em in," exclaimed Cory Larrieu about the crowds attending the fourth Annual Earth Day Festival, here, April 20.

Larrieu, a member of the Hawaii Coral Reef Initiative, was among dozens of community, civic and Army organizations participating in the annual event that drew more than a thousand family members, Soldiers and civilians to Sills Field, here.

U.S. Army Garrison-Hawaii, Island Palm Communities and various community organizations teamed up to share a wealth of knowledge

about environmental sustainability.

Participants enjoyed live entertainment and raffles. Displays showcased new technologies like the Army's Smart-Charging Micro Grid that provides a clean source of energy through solar panels. Also,

Hawaii's Department of Agriculture displayed live creatures that are prohibited by the state, such as a python, Madagascar hissing cockroaches and coqui frogs that can harm the natural environment.

Haiku Contest

The following individuals have been named winners in the Earth Day event cosponsored by Sgt. Yano Library, USAG-HI, and Island Palms Communities.

Kindergarten through sixth-grade

- 1st Place, Madison Sundahl
- 2nd Place, Bailey Godwin

Seventh-grade through 12th-grade

- 1st Place, Kiara Springle
- 2nd Place, MacKenzie Branch

Past Earth Day Festivals focused on exhibits and activities for families, but this year an effort was made to bring in programming that would interest Soldiers, too.

"We just finished a course on solar grids, so I let my staff come over to see the micro grid," said Staff Sgt. Adam Konkle, Company A, 249th Engineer Battalion, "Prime Power," U.S. Army Corps of Engineers.

The IPC utilities booth offered information on how families can conserve energy at home, like taking showers that last less than 10 minutes. Sisters Daniella and Lauryn McCoy, who live in the Kalakaua community, stopped by the booth to learn new tips.

"I put my TV on the sleep mode, so if I fall asleep it will turn off," said Lauryn, 11. "And, I also turn off my sister's TV if she falls asleep."

Organizations participating in the event included USAG-HI's Directorate of Public Works, Directorate of Emergency Services and the Native Hawaiian Liaison Office; the U.S. Army Corps of Engineers; and the Department of Entomology, Tripler Army Medical Center.



Maj. Sterling Packer, Communications Office, USARPAC, won the men's division in the 10K race of the second National Geographic Earth Day Run, in Manila, Philippines, April 10. Packer's winning time was 41 minutes, 19 seconds. He was in Manila with the Joint Exercise Support Group that participated in Balikatan 2011.

Soldiers run to save earth

Story and Photo by

MAJ. SHEA A. ASIS

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

MANILA, Philippines — For some members of the Joint Exercise Support Group, Balikatan 2011 was not all work and no play.

Four members of U.S. Army-Pacific and 45th Sustainment Brigade, 8th Theater Sust. Command, ran in the second National Geographic Earth Day Run, here, April 10.

"I don't mind helping out a good cause, and saving the earth is a great cause to race for," said 1st Lt. Jake Moore, assistant operations officer, 524th Combat Service Support Battalion, 45th Sust. Bde.

USARPAC Soldiers were here for Balikatan 2011, a Republic of the Philippines-U.S. bilateral military humanitarian assistance and training exercise, held April 5-15. USARPAC is executive agent for Balikatan.

Maj. Sterling Packer, Communications Office, USARPAC, ran the 10K race. He finished first in the men's division with a winning time of 41 minutes, 19 seconds. Packer collected various prizes, including running shoes and cash.

Because of his deployment duties, Packer didn't train as he normally would for such an event. He said his preparation lacked the normal roadwork and was limited to running on the hotel treadmill. The change in routine did not seem to slow him, as he won for the second time in his running career.

Packer said he definitely is looking forward "to coming back next year and defending my crown."

The race was a chance the group could not pass up.

"I had no idea what to expect," Packer said. "I registered, and I knew it was a big race with some great runners."

Maj. Nathan Rauch, with USARPAC's Surgeons Cell, considered the race a way to get in a good workout while supporting a good cause.

"I like to run for ... good causes," Rauch said. "I don't focus on any particular cause. I just like to contribute, and I also get something out of it, too."

The annual race raised funds for the "Light Stars; Brighten Minds" program of the Mind Museum, the country's world-class science institution currently under construction.



Kayla Overton | U.S. Army Garrison-Hawaii Public Affairs



Courtesy of Island Palm Communities

Festival participants build worm farms out of cups and recycled materials.

Creating murals celebrating the International Year of Forests is one of the events at the festival.



Today

Free Show – The “Sesame Street/USO Experience for Military Families” is coming to U.S. Army Garrison-Hawaii. Army families and their keiki can enjoy Elmo and his friends Rosita, Cookie Monster and Grover, and their new friend Katie, a military kid who is moving to a new place. Call 655-0111/2/3 or visit www.sesamestreet.org/tlc or www.uso.org.

This tour is part of Sesame Street’s “Talk, Listen, Connect” initiative for military families. Dates and times follow:

- May 21, 2 p.m. and 5 p.m., Martinez Physical Fitness Center, Schofield Barracks.
- May 25, 4 p.m., Aliamanu Physical Fitness Center.

Book Fair – The Scholastic Carnival Book Fair is set for 2-6 p.m., April 29, Schofield Barracks Middle School/Teen Center. A family event will be held 11 a.m.-3 p.m., April 30, at the same location. Family-friendly activities include face painting and prize drawings. The Teen Center band, Delayed Resistance, will perform. Call 655-0451.

Ceramic Mold Pouring – Stop by the Schofield Barracks Arts and Crafts Center for a session of ceramic mold pouring from 9 a.m.-noon, April 29. Cost is \$25. Call 655-4202 to register.

30 / Saturday

BOSS Volleyball – Single Soldiers can join in a friendly yet competitive game of volleyball, 1-4 p.m., April 30, at the Tropics Recreation Center, Schofield Barracks, courtesy of Better Opportunities for Single Soldiers. Food and beverage specials will be available. Call 655-1130.

May

1 / Sunday

Strong B.A.N.D.S. – Authorized Family and Morale, Welfare and Recreation customers can celebrate National Sports and Fitness Month in May by participating in “Strong B.A.N.D.S.,” which stands for Balanced lifestyle, Actively motivated, Nutritional health, Determined to excel, Strength and conditioning.

This FMWR promotion encourages community members to live a healthy lifestyle. Visit <http://sfa.hawaii.ice.com/bands> or call 655-9650. Log into www.facebook.com/TheAllArmySports each day in May for prize giveaways.

Spouses Appreciation – Army spouses can enjoy a free Sunday brunch, May 1, 15, 22 and 29, at the Hale Ikena, Fort Shafter. This offer ex-



2nd Lt. Laura Beth Beebe | 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

Storytime for students

MILILANI — Sgt. Matthew Rosania, a heavy equipment operator with the 561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, reads to first-grade students at Mililani Uka Elementary School, here, April 15. The 8th TSC’s School Partnership Program supports the Army’s Partnership of Ohana program that teams military units with area schools to provide mentors and volunteers.

cludes Mother’s Day Brunch Sunday, May 8.

Reservations are required; call 438-1974. Spouses must present a valid military dependent ID card.

2 / Monday

Free Hula Classes – The Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays in May, 5-7 p.m., at Army Community Service, Building 2091, Schofield Barracks. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Classes feature the different types of hula, fundamentals of hula steps and movement and posture. Call 655-9694 or email nhliaison@gmail.com.

Mother’s Day Cards – Single Soldiers can make a Mother’s Day card during the week of May 2 at the Tropics Recreation Center, Schofield Barracks. Call Better Opportunities for Single Soldiers at 655-1130.

3 / Tuesday

Open Stage Night – Show off your talent at 6 p.m. every first and third Tuesday of the month at the Tropics Recreation Center. Call 655-5698.

Ball Room Dancing – Learn the International Rumba during ballroom dancing May 3, 5, 17, 19 and 26 at the Hale Ikena, Fort Shafter. Two sessions are available each night: 6:45-7:30 p.m. and 7:45-8:30 p.m.

Learn line dancing for free, starting at 6:15 p.m., with purchase of ballroom dance class instruction. Cost is \$6 for one ballroom dance class consisting of six lessons. Payment is cash only. Call 438-1974.

Mums for Mother’s Day – Teens can make a bouquet of flowers out of old magazines for free; supplies and directions will be provided. Times are 4-5 p.m. at these locations:

- Sgt. Yano Library, May 3.
 - Aliamanu Library, May 4.
- Call 655-8002 (Sgt. Yano) or 833-4851 (AMR) to register.

5 / Thursday

Poker Tournament Finale – The Tropics Annual Tournament finale is set to start 6 a.m., May 5, at the Tropics Recreation Center, Schofield Barracks. All ID card holders 18 and older are welcome; it’s free with no buy in. Register at mwrarmyhawaii.com or call 655-5698 for information.

Chess Club – This event starts at 5 p.m., May 5, 12, 19 and 26, at the Tropics Recreation Center, Schofield Barracks. Studies have shown that chess improves mental fitness, concentration, logical thinking and social skills. This club is a featured event of the “Strong B.A.N.D.S.” initiative throughout May. B.A.N.D.S. stands for Balanced lifestyle, Actively motivated, Nutritional health, Determined to excel, Strength and conditioning. Call 655-9650.

6 / Friday

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

7 / Saturday

K-Bay Sandbar – Join Outdoor Recreation and take a trip to Kaneohe, 6:30 a.m.-1 p.m., May 7. Cost is \$65 and round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

20 / Friday

Intramural Volleyball – Register today for men’s and women’s volleyball; entry deadline is May 20. Call 655-0856. Visit www.mwrarmyhawaii.com to learn more about intramurals and the All-Army Sports program.

Ongoing

Deploying Units – The Directorate of Family and Morale, Welfare and Recreation can explain the Blue Star Card at pre-deployment family readiness group meetings. Call 655-0002.

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.

Computer Lab Hours – Hours for the computer lab for Soldiers and family members at Army Community Service Center, Schofield Barracks, follow:

- Monday, Thursday and Friday, 7:30 a.m.-4:30 p.m.
- 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.



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

Today

Family Camp – RSVP now through May 5 for the Survivor Outreach Services and Operation Military Kids Family Camp, July 15-17, at YMCA Camp Erdman on the North Shore. This free camp is for military families with children and teens (infants-age 19) who have lost a parent through active duty military service.

One parent or caregiver per family is asked to attend the camp along with keiki. To RSVP, call 438-9285 or email jennifer.koranyi@us.army.mil. Learn more about Operation Military Kids by calling 956-4125 or emailing omk@ctahr.

Golf Tournament – Sign up today to hit the greens with the Waianae Military Civilian Advisory Council at the annual Golf Tournament, May 20, at Makaha Valley Country Club (Makaha East Golf Course). Check-in is open from 10:30-11:30 a.m., and the tourney begins with a shotgun start at noon. An awards banquet will follow. Cost for this three-person scramble is \$100 per player. To register, contact George Kaeo at 386-3951.

May

1 / Sunday

North Shore Marathon – Support your favorite runner at the first-ever North Shore Marathon, 5:15 a.m.-noon, May 1, starting in historic Haleiwa town. The marathon will wind through Haleiwa’s back roads, through Mokuleia and finish at Haleiwa. Email 808race@gmail.com.

Soldiers from the Special Operations Recruiting Battalion, Medical Recruiting Brigade and the local Army recruiting station will be located at the finish line, with information about Soldier and civilian career opportunities. Call 655-4397 or visit www.bragg.army.mil/sorb.

Scholarship – Wives of service members can apply through May 1 for the 2011 Saban Military Wife Educational Scholarship. Fifteen \$8,500 scholarships and five \$10,000 scholarships will be awarded for tuition for vocational training in the medical field.

Two \$30,000 scholarships will be awarded for tuition for vocational nursing programs. Visit www.operationhomefront.net/scholarship.

4 / Wednesday

Golf Tournament – Deadline is April 29 to register for the Society of American Military Engineers Scholarship Golf Tournament, May 4, at the Pearl Country Club.

The tournament, co-sponsored by the Army Corps of Engineers, funds

scholarships for local students pursuing their education in engineering, mathematics and the sciences.

SAME membership isn’t required to participate. Call 833-3711, extension 581.

11 / Wednesday

May Day Program – Parents are invited to this event, 9 a.m., May 11, at the Hale Kula Elementary School, Schofield Barracks. Call 622-6380.

Living History Day

– This event commemorating Armed Forces Day 2011 is set for 11 a.m.-3 p.m., May 11, at the U.S. Army Museum of Hawaii at Fort DeRussy in Waikiki. Conducted by the U.S. Army Garrison-Hawaii, this event will feature interactive exhibits, military memorabilia and re-enactors in period uniforms. Parking is available across the road from the museum. Call 438-2825 or email dorian.travers@us.army.mil.



Ongoing

Maui Marathon – Soldiers can get discounted rates now through May 31 to run in the Maui Marathon, Sept. 17-18. Discounted military rates are \$95 for the full marathon and \$85 for the half-marathon. Rates increase June 1-Aug. 31 to \$110 for the full marathon and \$95 for the half-marathon.

The run starts in Kahului and ends in Kaanapali. Individual runners can register at www.mauimarathonhawaii.com. Deadline for military

teams to run in the Sept. 18 Armed Forces Challenge is Aug. 31; email huber_rudy@yahoo.com.

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 email huithriftshopliaison@gmail.com. Visit www.schofieldspousesclub.com or search for “hui-thrift-shop” on Facebook.

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.

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



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

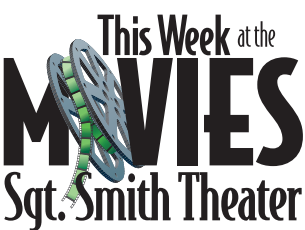
- Sunday Services
 - 9 a.m. at FD, FS, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers’ Bible Study

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

Worship Service

- Sunday, 6 p.m. at SC.



Battle: Los Angeles

(PG-13)
Fri., April 29, 7 p.m.
Sat., April 30, 7 p.m.
Thurs., May 5, 7 p.m.



Rango

(PG)
Sat., April 30, 4 p.m.
Sun., May 1, 2 p.m.

Paul

(R)
Wed., May 4, 7 p.m.

No shows on Mondays or Tuesdays.

Representatives, military, educators meet for interstate compact

KAREN S. SPANGLER
Contributing Writer

PEARL CITY — Mainland representatives from the National Interstate Compact Commission in Kentucky met with members of the Hawaii State Educational Opportunity for Military Children, here, April 15.

The group is also referred to as the Military Interstate Children’s Compact Commission or MIC3. Attendees discussed ways to improve the quality of education and addressed unique challenges for children of military families.

Rep. K. Mark Takai from the Hawaii House of Representatives, military leaders, Hawaii Department of Education officials and educators convened at Lehua Elementary School, here, the host school for the session.

“Our military children, just like our local children, deserve the very best,” Takai said. “We work tirelessly to meet the special needs and demands of being a military child.”

Lehua is one of 45 schools in Hawaii that has a significant population of military students. Faye Toyama, principal, Lehua Elementary, said that 61 percent of her students are military, according to the school’s official enrollment count day in August 2010.

“The interstate compact is important for all students to continue their education ... with the least amount of interruption, especially at the pri-


mary school level when the basic foundations are established for lifelong learning,” Toyama said.

“When students are enrolled after the school year starts, they are missing out on learning, as well as

tive state models in the nation.

“Other states monitor what is being done here,” he said. “This is what the compact is about.”

So far, 36 states have joined the interstate



“When students are enrolled after the school year starts, they are missing out on learning, as well as the social aspects of being among peers.”

— **Principal Faye Toyama**
Lehua Elementary School

the social aspects of being among peers,” Toyama added. “The compact allows for students to transition as smoothly as possible when their parents are transferred from one duty station to another.”

Norman Arflack, retired brigadier general and executive director, National Interstate Compact Commission, and Rick Masters, legal counsel to the commission, highlighted the significance of military families and the importance of the compact for military children.

“If every state had the organization and structure Hawaii has, there would no challenges. You have broken the code here in Hawaii,” Arflack said.

Masters noted that other states look to Hawaii as a model and that Hawaii is one of the most ac-

compact. According to Arflack, the 36 states that are currently members of the compact represent almost 78 percent of the military student population in the nation.

The goal is for all 50 states and U.S. territories to eventually be part of the compact. Six states, including New York, Pennsylvania, Vermont, Nebraska, North Dakota and Nevada, currently have pending legislation.

Arflack said that Hawaii also has the largest number of representatives in military uniform; the participation between all military branches and the Department of Education is an important part of Hawaii’s program, which makes it so successful.

“It’s important to have (military) senior lead-

ers sitting around the table with educators and making decisions,” Arflack said.

“We have considerable participation from all branches of the military (Department of Defense) and homeland security with the Coast Guard,” Takai said. “We go to the mainland, and we are one of the models that other states look to for guidance.”

“We have a really nice working model here (in Hawaii),” said Kathleen Berg, a retired brigadier general who serves as the state commissioner for Hawaii for MIC3. “There needs to be a lot of sharing among states.”

Hawaii joined the Interstate Compact on Educational Opportunity for Military Children for two years in 2009. Currently, the legislature is discussing reauthorization of the law, which was introduced by Takai.

(Editor’s Note: Spangler is the managing editor of the Hookele newspaper, Navy Region Hawaii Public Affairs.)



To learn more about the Interstate Compact on Educational Opportunity for Military Children, visit militaryfamily.k12.hi.us or www.mic3.net.

65th Eng. Soldiers, families hop, hide, hug through Easter celebration

Story and Photo by
2ND LT. KYLE SUCHOMSKI
65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — The Easter Bunny arrived early for Soldiers and families of the 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, here, April 16.

Soldiers brought their spouses and children to hunt for Easter eggs and to snap a photo with the Easter Bunny.

Battalion Soldiers began preparing for the kid-friendly Easter event weeks in advance.

“It’s an unwritten rule that we’re supposed to be giving back to the children, and that’s what I’m doing here,” said Sgt. Cedric Burton, Forward Support Company, 65th Eng. Bn., 130th Eng. Bde.

Spc. Derek Jones, 70th Geospatial Co., 65th Eng. Bn., 130th Eng. Bde., and his son, Davyn, participated in several events, including the aptly named “Chubby Bunny Challenge.” Contestants

had to stuff as many marshmallows into their mouths as possible. Jones won the adult competition with a grand total of 11 marshmallows at one time.

Spc. Jason Weaver, Headquarters and Headquarters Co., 65th Eng. Bn., 130th Eng. Bde., attended the event with his wife, Samantha, and daughter, Adaline. This Easter was the family’s first together, and he said although it’s “tough being away from family, it makes us cherish the moments at home.”

When asked about some of his favorite Easter traditions, Spc. Kelly Bond, 95th Route Clearance Co., 65th Eng. Bn., 130th Eng. Bde., said that his favorite Easter traditions were “hanging out with my wife and children and cooking all day.”

Other battalion events included an Easter egg hunt, a bounce house, an egg toss and spoon races. Prizes ranged from candy treats to three- and four-day passes for parents.

“I’m single and live in the barracks, so I wanted to take some of the burden off of others with

families,” said Sgt. James Reeder, FSC, 65th Eng. Bn., 130th Eng. Bde., who helped with the event.



Keiki dye Easter eggs, one of the events at the 65th Eng. Bn., 130th Eng. Bde., 8th TSC Easter celebration at Schofield Barracks, April 16.

April is Alcohol Awareness Month

Energy drinks, alcohol are a deadly combination

BREANNA WALTON
Army News Service

FORT RUCKER, Ala. — Energy drinks continue to gain in popularity as people seek to increase their stamina, gain mental focus and consume supplements that are good for the body.

What people may not know is that these energy drinks can harm their bodies and potentially cause adverse affects — even death — if mixed with alcohol.

Vodka mixed with an energy drink is a familiar drink at many bars. Many believe the energy drink is taking the edge off the alcohol, since they do not feel as inebriated, but what they do not understand is that the energy drink has no affect on the alcohol.

These individuals may be driving impaired in addition to the effects going on in their body, according to Theresa Osteen, a registered dietitian at Preventive Medicine Services, Lyster Army Health Clinic, here.

“When mixing alcohol and energy drinks, your impairment is off and that’s a big deal,” Osteen said. “From the health perspective, you have the stimulant that is increasing your heart rate and blood pressure, which can affect your body.”

Energy drinks are stimulants and alcohol is a depressant. The combination of effects has been known to be fatal, according to Osteen. The side effects of a stimulant, such as caffeine, are increased respiratory rate, increased heart rate, increased alert-

“Most energy drinks have products in them the Army says Soldiers cannot take.”

— **Theresa Osteen**

Registered dietitian, Lyster Army Health Clinic

ness and reduced fatigue. Depressants slow brain function, decrease heart rate and blood pressure, and dilate blood vessels. They also impair coordination, motor skills, judgment and memory, and can cause blackouts, Osteen added.

Stimulants can give people the impression they aren’t impaired, but no matter how alert people may feel, the alcohol mixed with the energy drink is raising the blood-alcohol concentration in the body, just like an alcoholic drink, she said.

Once the stimulant’s effects wear off, the depressant effects of the alcohol remain. Serious alcohol-induced sickness, such as vomiting while asleep or respiratory depression, can occur. Other effects may include panic attacks, increased anxiety, insomnia, increased gastric acid, bowel irritability and cardiovascular failure.



Courtesy of U.S. Air Force

Although energy drinks like these are popular, labels should be checked before consuming as ingredients could be harmful.

Then there are alcoholic energy drinks, which are typically malt liquor, vodka or another alcoholic beverage combined with caffeine or other stimulants. Stimulants that might be included in the mixture could include caffeine, ephedrine, taurine, ginseng and guarana.

Alcoholic energy beverages look similar to popular energy drinks that contain no alcohol. To recognize an alcoholic beverage, examine the container. Alcoholic drinks are required to show the alcohol volume on the container.

Not only are energy drinks dangerous when mixed with alcohol, but caffeine and other ingredients in energy drinks can be harmful to the body as well.

Caffeine has a half-life of up to six hours. For example, after drinking 200 milligrams of caffeine, people can still have 100 milligrams of caffeine in their system six hours later.

“Most energy drinks have products in them the Army says Soldiers cannot take,” Osteen said.

Soldiers should play close attention to the ingredients listed on the back of each product’s label and remain aware of what chemicals they may or may not consume, Osteen added.

If an energy drink is listed as straight caffeine, Soldiers can still drink them.

“Energy drinks are not appropriate at all for those on flight status; it can actually ground them,” Osteen said. “A lot of Soldiers do not know what is in energy drinks, and that is an important thing to know when consuming them.”

(Editor’s Note: Walton is a staff writer at The Army Flier, Fort Rucker, Ala.)

New vaccine should reduce respiratory illnesses

MATT PUESCHEL

Office of Force Health Protection and Readiness

FALLS CHURCH, Va. — In partnership with the pharmaceutical industry, the U.S. Department of Defense Military Health System has developed a new vaccine to prevent febrile respiratory illness.

This illness is caused by adenovirus types 4 and 7 that often occur among military members.

Adenovirus can cause severe flu-like illness; it’s commonly transmitted person-to-person in sites where people live in close quarters, like basic training, barracks and deployed environments.

The Food and Drug Administration Center for Biologics Evaluation and Research recently approved the Adenovirus Type 4 and Type 7 Live Oral Vaccine.

This vaccine will be used to prevent febrile acute respiratory disease, and it is approved solely for use in military populations, ages 17 through 50.

The current DoD policy is to administer the vaccine only to new military recruits. DoD will be the only user of the vaccine, which is primarily aimed at ensuring the health and safety of new service members.

“It makes for a smoother basic training program; these adenovirus illnesses are preventable,” said John Lucas, deputy director, Medical Countermeasures Directorate, Office of Force Health Protection and Readiness.

DOD will administer the vaccine to recruits during in-processing at basic training locations starting this summer. A single vaccine dose consists of two tablets taken orally; one tablet each for adenovirus types 4 and 7. Each tablet should be swallowed

whole, without chewing, to avoid releasing the virus in the upper respiratory tract, before it gets to the intestinal tract where adenovirus replicates and induces immunity.

Lucas said recruits should use proper hygiene and sanitation techniques, such as thorough hand washing after receiving the vaccine during the shedding period.

“The vaccine provides immunity by increasing your antibodies and protects you against disease,” he advised.

The new vaccine is contraindicated in pregnant women who will be exempted from receiving it. Vaccine administration will be postponed in recruits who experience a severe allergic reaction, vomiting or diarrhea, or among those who are unable to swallow a whole tablet. The safety and effectiveness of the vaccine has also not been evaluated in immunodeficiency individuals.

Military Vaccine Agency officials do not anticipate any significant adverse events to occur with the new vaccine, adding that any cases with a possible adverse event would be treated symptomatically through DoD health care providers.



For more information about DoD’s immunization programs and policies, visit www.vaccines.mil or www.fhpr.osd.mil/MedicalCountermeasures.



CONTINUED FROM B-2

12-2 p.m., Tuesdays and Thursdays, Wheeler Armed Services YMCA, Wheeler Army Airfield. Cost is \$40 per month. Call 624-5645 to register.

State Parks — Summer hours for eight Oahu state parks have started and run through Sept. 5 (Labor Day). Hours are 7 a.m.-7:45 p.m. for Keaiwa Heiau, Malaekahana, Puu Ualakaa, Sand Island, Waihala Ridge, Wahiawa Freshwater, Kahana Beach Park, Ka Iwi Shoreline and Makapuu Lighthouse. Visit www.hawaiiistateparks.org.

Freeway Service Patrol — This service, now operational on Hawaii’s freeways, is a pilot program sponsored by Hawaii’s Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services. The free service can provide assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and

providing an emergency gallon of gasoline. The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

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

Operation Postcards — Operation Postcards is a free service that allows anyone to send real, personalized postcards to active duty U.S. military personnel with an APO or FPO address.

Visit www.operationpostcards.com, select a photo, fill in the mailing address for any active U.S. service member with an APO or FPO designation, type a brief message, then send it.

A real, personalized postcard will be delivered to the Soldier, Airman, Sailor or Marine in a matter of days, via the U.S. Postal Service.

Zumba — Classes are now offered 9-10 a.m. Saturdays at the Armed Services YMCA, Wheeler Army Airfield. Pre-tires, jump-starting vehicles, \$20 a month and includes the class and on-site child care for

the duration of the class. Call 624-5645.

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

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 email ktfaamaoni@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.

Civil Air Patrol — Civil Air Patrol’s Wheeler Composite Squadron meets every Tuesday, 5:30-8:30 p.m., at Wheeler Army Airfield. The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education. Email tony4atmos@aol.com.

Sexual Assault Prevention — Visit the Army’s sexual assault prevention program website as part of its “I. A.M. Strong” campaign at www.preventsexualassault.army.mil.

Military Order of Foreign Wars — The Military Order of Foreign Wars is establishing a command in Hawaii. Commissioned and warrant officers from all armed services who served overseas during foreign wars (and their hereditary descendants) are eligible. Email HI_MOFW@army.com.

Military Order of the Purple Heart — Are you on active duty or a veteran that has been wounded in combat? Have you been awarded a Purple Heart for those wounds? If so, you are invited to join the Military Order of the Purple Heart. The Oahu chapter meets the second Saturday of every month. Visit www.purpleheart.org or call 433-0428 or 772-1963.



Alcohol can have negative impact on careers, families

DEPARTMENT OF DEFENSE

Military Pathways

WELLESLEY HILLS, Mass. — Do you feel guilty after drinking too much? Do you fail to do what is expected of you because of drinking? Do friends suggest your drinking might be a problem?

If you answered yes to any of these questions, alcohol may be negatively impacting your life. It might be time to check things out.

To help you better understand your relationship with alcohol, and in observance of April’s Alcohol Awareness Month, Military Pathways is encouraging Soldiers and their families to assess their drinking IQ in a brief, anonymous questionnaire either online, over the phone or at military installations worldwide.

Military Pathways is a Department of Defense-funded program.

“The alcohol screenings give service members an opportunity to see if their drinking could be posing a problem to their health or safety,” said Bill Smith, the Alcohol Abuse Prevention Specialist, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif. “We have been participating in the program since 2008, and I would say half of the people who come through our center for treatment come as a result of this screening program.”

Since the Drinking IQ campaign launched, more than 17,000 people have taken an alcohol screening online through the Military Pathways program. Of those who scored positive for symptoms of an alcohol-use disorder, more than 25 percent answered yes to the question, “Do you plan to seek further evaluation?”

“The goal of this program is to get service members and family members to think about how, when and why they drink. Not everyone who scores positive on the assessment requires treatment, but research shows that screening and brief intervention can be key in getting people to cut back on their alcohol use,” says Air Force Lt. Col. Hans Ritschard, director, DoD Psychological Health Strategic Operations, Office of Force Health Protection and Readiness.

WHAT’S A STANDARD DRINK?

In the United States, a standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Below are U.S. standard drink equivalents. These are approximate, since different brands and types of beverages vary in their actual alcohol content.



Alcohol Awareness Resources

Soldiers and their families can assess their drinking IQ by taking a brief, anonymous questionnaire at www.DrinkingIQ.org, on the phone at (877) 877-3547 or at military installations worldwide.

- Contact the Army Substance Abuse Program, Schofield Barracks Health Clinic, at 433-8700/8706.
- Active duty, Guard, and Reserve service members and their families can call (800) 342-9647 or visit www.MilitaryOneSource.com for free, private and confidential assistance.
- Check out the DrinkingIQ campaign at www.youtube.com/militarypathways.
- Search Twitter for keyword “DrinkingIQ.”

The Hawaii Army Weekly wants to hear from you.

Are you interested in submitting content to the HAW? Do you have an interesting photo or story idea?

Please email content, story ideas, comments and photos to editor@hawaiiarmyweekly.com, or call 656-3488 to find out how to get your voice heard.



Staff Sgt. Shawn Grace, 94th AAMDC, takes the ball down court at the 2011 Army Hawaii Intramural Basketball Championship game, recently, at Fort Shafter. Grace led the 94th AAMDC team to victory.

94th AAMDC captures basketball championship, 69-64

Story and Photos by
STAFF SGT. JOHN H. JOHNSON III
94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — The 94th Army Air and Missile Defense Command won the 2011 Army Hawaii Intramural Basketball Championship, here, recently.

The team defeated the 536th Maintenance Company, 45th Sustainment Brigade, 8th Theater Sust. Command, 69-64, winning the championship for the second year in a row.

The 94th AAMDC delivered a season-long streak of victories, culminating with the final game of the championship, which marked the end of an undefeated season.

Staff Sgt. Shawn Grace, 94th AAMDC, led the team with 22 points, multiple rebounds and a strong leadership style that kept the team's heads held up high throughout the season.

Grace's basketball achievements include two stints on the All-Army Basketball Team, a run with the USA Basketball Team, as well as coaching the junior basketball league in Aliamanu Military Reservation during both 2010 and 2011 seasons.

"The hardest part of winning the final game is keeping everybody focused and playing together as a team," Grace said. "Even in the championship game, we were pretty good at keeping leads, taking care of the ball and closing games out."

While the 94th AAMDC team has no official

coaching staff or personal trainer, Grace used his experience to lead the team to the championship. "There were times we only had four players, which meant we had to borrow players from the opposite team," he said.

Sgt. Antwuann Tarron Goodson, a member of the 94th AAMDC team, believed in Grace's leadership and used his own momentum to help the team to win the championship.

"Grace is an outstanding player and a coach," said Goodson. "I love to play basketball, and I have great pride in representing my unit and my team, which gives me a great sense of accomplishment in winning the championship a second year in a row. I hope to do the same next year."

"The hardest part of winning the final game was accepting some of the calls made by the referee and staying focused on the game," he added.

The 94th AAMDC team is currently awaiting the All-Star Game, in which players will represent Fort Shafter and play against the Schofield Barracks team.



Search for "94th Army Air and Missile Defense Command" at www.facebook.com to view more basketball championship photos.



Staff Sgt. Shawn Grace, 94th AAMDC, controls the ball with his winning style that led the 94th AAMDC team to victory at the 2011 Army Hawaii Intramural Basketball Championship game. The 94th AAMDC team is now undefeated — two years in a row.



Courtesy Photo

Pfc. Johnny Robertson, Network Enterprise Center, 30th Signal Battalion, 516th Sig. Brigade, 311th Sig. Command, bowls at the "Strike Out Sexual Assault" event at the Fort Shafter Bowling Center, April 21.

SAPRP hosts bowling event for cause

ARMY COMMUNITY SERVICE
Directorate of Family and Morale, Welfare and Recreation

FORT SHAFTER — Army-Hawaii single Soldiers bowled to "Strike Out Sexual Assault" at the bowling center, here, April 21.

The Sexual Assault Prevention Response Program, or SAPRP, and the Better Opportunities for Single Soldiers, or BOSS, Program partnered for the event.

The bowling tournament raised awareness for Sexual Assault Awareness Month, and the detrimental impact that sexual assault has on Soldiers, families and the military in general.

Ten teams competed for trophies and prizes. The teams were comprised of active duty single service members in the Army, Navy and Marines, or military support agencies.



Courtesy Photo

Sgt. Allyson Layport (left), 8th Theater Sustainment Command, and Summer Rosa-Mullen, SAPRP victim advocate, play the wheel to win prizes at the bowling event.

"The tournament was a great way to bring together service members to educate and build awareness against sexual assault," said Carren Ziegenfuss, Installation Sexual Assault Response Coordinator, U.S. Army Garrison-Hawaii. "It was a great success."

The free bowling tournament's focus was single service members who represent the target age of 18-24. This age group represents more than 50 percent of sexual assault victims, according to a Department of Defense 2010 annual report.



Sexual assault prevention resources

Contact any of these sources for help or information about sexual assault:

- TAMC's Safe Place at 433-5083.
- Military Police at Schofield Barracks, 655-5555; at Fort Shafter, 438-7114.
- The 24/7 (Army) victim advocate SAFE line at 624-7233, www.SafeHelpline.org or (877) 995-5247.
- The Child Protective Service Switchboard at 832-5300.
- The Department of Defense sexual assault prevention and response at www.sapr.mil.
- Army sexual assault awareness at www.sexualassault.army.mil.
- National Sexual Violence Resource Center at www.nsvrc.org/saam; search for "Army."
- Army One Source at www.armyonresource.com; click on "Family Programs and Services," then "Family Advocacy Program."



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

Leading the way

SCHOFIELD BARRACKS — Maj. Gen. Michael J. Terry, commander, 8th Theater Sustainment Command, leads his first 8th TSC Noncommissioned Officers Run, here, April 15.

Green grabs gold at Punahou relay race

Story and Photo by
PETER BURKE
Directorate of Family and Morale, Welfare and Recreation

PUNAHOU — A Soldier assigned to the 715th Military Intelligence Battalion, 500th MI Brigade, is now the fastest human in Hawaii.

Pfc. Chris Green represented Army-Hawaii, here, April 16, and grabbed the title of "Fastest Human in Hawaii" at the Punahou Relays.

The relays are a high school event that features the fastest human race. High school, collegiate and military athletes could previously enter. But as the events have national recognition, they attracted runners to fly in, run, win and leave. As a result, resident restrictions were imposed for the Punahou Relays, but waived for military athletes assigned in Hawaii.

The crowd cheered at the start, yelled as runners progressed and applauded at the finish. They applauded again when Green was declared the winner at 11.06 seconds.

Green has previously set records in the 40-yard dash and 200-meter run during the Intramural Sprint Challenge at Stoneman Field, Schofield Barracks, April 8-9.

Staff Sgt. Michael Sapp, Company A, Tripler Army Medical Center, also set a new record in the 400-meter event during Schofield's Sprint Challenge and competed in the Punahou's fastest human race.

The Punahou Relays director and staff complimented both Sapp and Green on their deportment and conduct. They said they look forward to both Soldiers returning in 2012.



Pfc. Chris Green (middle of track), 715th MI Bn., 500th MI Bde., finishes a practice start at the Punahou Relays, April 16. Green would later win the title of "Fastest Human in Hawaii" 100-meter dash with a time of 11.05 seconds.