

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

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148 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 9/9/10.

Garrison Commander's Corner

Community town halls scheduled for Oahu

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

In line with our commitment to serve and support the Soldiers and families of our military communities, the community town hall meetings for our north and south residents on Oahu have been scheduled.

The quarterly meetings are intended to keep residents up-to-date on the latest happenings in their neighborhoods, as well as provide an opportunity to voice quality-of-life concerns before senior leadership and



Mulbury

agency representatives. These town hall meetings

complement other garrison customer service programs that require community feedback, which enables us to best serve our community and customers.

For example, an issue brought up in a previous town hall has been resolved. A resident asked to have more guards at the gates to give the post some much-needed security, particularly during Halloween.

In the past, scores of uninvited non-military youth and adults managed to find their way on to the installations dur-

ing the annual costume celebrations. For Halloween this year, all gates will be manned, and only registered vehicles and Department of Defense personnel are authorized access to the installations.

In the upcoming meetings, we will have updates from the Directorate of Emergency Services; Island Palm Communities, formerly known as Army Hawaii Family Housing; Directorate of Public Works; Directorate of Family and Morale, Welfare and Recreation; and the

Religious Support Office.

We encourage your attendance and participation, to make your voices heard and raise the issues that will benefit you and others in your community. You are our eyes and ears of our communities and we are here to listen.

Upcoming town halls

- Oahu North, Sept. 21, 6:30-7:30 p.m., at the Schofield Barracks Post Conference Room.
- Oahu South, Oct. 6, 6:30-7:30 p.m., at Aliamanu Military Reservation's Chapel.

Defender 6 sends

IMCOM community encouraged to put energy front, center

LT. GEN. RICK LYNCH
Commander, Installation Management Command

ARLINGTON, Va. — In the past, energy has been a side conversation for the Army. It tended to be an area of concern for some experts and specialists, but for a lot of us, whether Soldiers and civilians in the workplace or family members in the community, we did not give it much thought. Maybe we paid attention to the announcements reminding us to turn off lights, but that was about it.

However, with changing security concerns and increased demands on finite financial and natural resources, energy has become an issue that we all have to pay attention to. We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation, as well as for future generations. I intend to keep the issue front and center, and keep the dialogue focused on what the Installation Management community must do, can do and is doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

In January 2009, the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy. Also, the Installation Management Campaign Plan, a strategic document directing our actions, includes a section focused on energy efficiency and security. This section, Line of Effort number 6, was developed in support of the Army energy guidance. The keys to success for LOE 6 focus on reducing energy and water consumption, increasing energy and water efficiency, modernizing infrastructure and developing renewable and alternative energy supplies.

We have continued to work on LOE 6, in particular, refining the keys to success and developing meaningful metrics to measure our progress. Version two of the campaign plan will be released in October, which is national Energy Awareness Month, as it is fitting. The revised LOE 6 will show us the way ahead for achieving the energy security and efficiency that is a critical part of achieving and maintaining installation readiness.

While the campaign plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals. One example is metering, residential communities on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy-usage baseline every month. Provided with the meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.

I have always said that vision without resources is hallucination, so the energy portfolio also lists a number of

resource opportunities. These include Army and private programs, contracts and other vehicles through which installations can partner with private industry to gain expertise and resources to create innovative energy programs.

Finally, the energy portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy. These projects include a 12-acre solar power array, a vegetative roof project, a methane gas project, the first wind turbine and solar walls. The revised energy portfolio will expand on this, to provide ideas and inspiration to other members of the IMCOM community.

In October, I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within the IMCOM community.

“Focusing on our energy programs is truly non-negotiable.”

— Lt. Gen. Rick Lynch
Commander, IMCOM



When we look at the energy projects around our installations, we can see the IMCOM community has made a solid start in addressing energy issues. However, when we consider those issues, we can also see how far we still have to go. Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges. One key person is the garrison energy manager. Every garrison needs at least one full-time energy manager who can help leadership build a robust energy program. And every garrison needs leadership to back a robust energy plan. Leadership has to communicate that every Soldier, civilian employee and family member on the installation is responsible for doing his or her part.

Occasionally, someone who is less-than-committed to energy efficiency says to me, “Hey, quit going on about turning off the lights.” Here is an idea – do it and I will quit talking about it. When we have achieved the energy efficiencies that are possible, found ways to avoid energy costs, reduced unavoidable costs and limited our use of nonrenewable resources, then we can talk about other issues, such as which Soldier and family programs to apply the savings to.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services. We have to look to them to more securely position us to accomplish our missions, to provide an even better quality-of-life for Soldiers and families, and to help address some critical environmental issues, so that we do not pass them on to our children and their children. For all of these reasons, it is the right thing to do to get our energy programs right.

Support and Defend. Defender 6.

Army Combat Uniform may have female-only version in 2014

ALEXANDRA HEMMERLY-BROWN
Army News Service

WASHINGTON — Female Soldiers may be wearing a more form-fitting version of the Army Combat Uniform, featuring more room in the hips and legs, by 2014, according to developers at Program Executive Office Soldier.

PEO Soldier, which develops and tests new equipment for the Army, has been interested in creating a version of the ACU more suited to a woman's body since 2005.

After listening to focus groups of female Soldiers in 2008, PEO Soldier learned some features of the ACU that bother women: oversized shoulder seams, baggy overall shape and its non-curve-friendly fit.

“Women have so many different shapes and sizes, we're as not as 'straight' as men are,” said Maj. Sequana Robinson, assistant product manager for uniforms at PEO Soldier, who is currently testing one of the female-only ACUs.

Robinson admitted that when she first heard of the new test uniform, she doubted the need for a female fit.

“Once I put the uniform on, I immediately loved it,” she said. “The first thing I did when I tried on the uniform was to lift my knees up and squat, because I don't want something hugging or showing the contour of my body. It has even more room than I thought.”

Changes being evaluated in PEO's redesigned uniform include 13 different sizes in both the jacket and trousers, an elastic waistband, a more spacious hip area, a shortened crotch length, a more tailored jacket and repositioned rank and nametapes.

Approximately 500 women were measured to determine needed adjustments, and 600 female Soldiers are slotted to receive the uniform for a user evaluation starting January 2011, explained Kelly Fratelli, the project engineer responsible for the women's ACU.

Once the uniform has been evaluated, it will need to be approved by the Army Uniform Board before being issued to troops.

Martin Fadden, a uniforms assistant product manager at PEO Soldier, said women in the Army are sometimes hesitant to complain because they don't want to stand out or be seen as different.

“Female Soldiers just want to blend in,” Fadden said, noting that he thinks the uniform will be a hit. “I think, based on what we've seen, the new uniform will improve morale.”

Robinson agreed.

“I think the initial reaction to (the new uniform) would be ‘we don't need it,’ but once you try it on, you'll see it makes a world of difference,” she said. “I think that all female Soldiers will be very pleased and proud to wear this uniform.”



Photo Courtesy of PEO Soldier

The women's ACU, shown here, features more room in the hips and legs, repositioned rank and nametapes, and a more tailored jacket to better accommodate a woman's shape.

In support of National Preparedness Month, what simple steps can you take to prepare for emergencies in your home?

Photos by 311th Signal Command



“Buy bottled water for your home.”

Raymond Bennett
Senior analyst, systems; General Dynamics IT, Schofield Barracks



“Create a plan for different events, and rehearse it.”

Staff Sgt. Durell Brown
311th Signal Command



“Fireproof your home with fire extinguishers and fire alarms, and make sure both are operational.”

Spc. Chad Flynn
311th Signal Command



“Make sure you know where all your flashlights are, and that they have new batteries.”

Edward Nugent
Army retiree, Kailua



“Remove clutter and update your emergency kit.”

Nancy Tamez
Software manager

Voices of Ohana

2nd AAB hosts Purple Heart ceremony

1ST LT. JAY L. JONES
2nd Advise and Assist Brigade, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq – Someone once said that while serving in the Army, there are three awards that no one aspires to receive: the Medal of Honor, the Prisoner of War or Missing in Action Medal, and the Purple Heart.

Pfc. Kyle Abernatha and Pvt. Cody Miller, are the first two 66th Engineer Company, 2nd Advise and Assist Brigade, 25th Infantry Division Soldiers awarded Purple Hearts in the 2nd AAB, not given posthumously.

July 17, Abnernatha and Miller, along with members of their platoon, drove to the motor pool to change a tire and conduct routine maintenance on their platoon Strykers. Abernatha was filling the air in one of his tires when the first round impacted.

“No one moved at first,” Miller said. “I thought Abernatha had overfilled his tire and it had burst, so I walked around my vehicle to look.”

Shortly after, the second round impact-

ed, then the third.

“Everybody was running,” Abernatha said, recalling the event. “We all ended up huddled in the bunker together. We didn’t realize we were hurt until we got to safety.”

When the dust settled, Miller realized he had received injuries to his left leg and Abernatha had received injuries to his right shoulder.

If anything was just a little different – if the vehicles were positioned a little closer to the perimeter, if the Soldiers were exposed out in the open – it might have been the difference between what actually occurred and a grim alternative.

“This brings the realization that no matter where you are – on the base or not, doing a daily routine or out on a route clearance mission – it’s still dangerous out here,” said Capt. Christopher Pierce, commander, 66th Eng. Co.

Leadership and Soldiers filled the stands at Faulkenburg Theater, here, recently, to pay tribute to Abernatha and Miller as they received Purple Heart Medals.

“I’m very proud of both of them,” said 1st Sgt Keith Nordlof, company first ser-

geant, 66th Eng. Co. “They immediately wanted to go to back to work after their injuries.”

“I feel very fortunate that they are both here today,” said Staff Sgt. Robert Paredo, the Soldiers’ platoon sergeant. “It’s a blessing that they received only minor injuries.”

The Purple Heart is the oldest military decoration in the world presently in use. The Purple Heart is awarded to members of the U.S. armed forces who are wounded by an instrument of war in the hands of the enemy. It is also awarded posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action.

“It’s honored by all, sought after by none,” said 1st Lt. Garrett Haddad, a platoon leader with 66th Eng. Co., describing the Purple Hearts received by two of his Soldiers.

“It’s nice that our leadership is recognizing us,” Miller said, “I was just doing my job.”

“I’m proud to be a part of this,” Abernatha said.



Sgt. Ricardo Branch | 2nd AAB Public Affairs, 25th ID

Lt. Col. Jeffrey Murray (left), battalion commander, Task Force 225, pins the Purple Heart on Pfc. Kyle Abernatha, 66th Eng. Co., 2nd AAB, 25th ID. Abernatha received wounds to his right shoulder during a mortar attack on FOB Warhorse in July, made a full recovery, and will continue to serve his current tour of duty in the Diyala province, Iraq.



Sgt. Benjamin Sparkman (center), team leader with Co. B., 1st Bn., 14th Inf. Regt., 2nd AAB, 25th ID, tells a Kurdish Regional Guard Brigade soldier “good job” after correctly identifying a point on a map during land navigation training, at the KRGB headquarters near Kirkuk, Iraq, Aug. 11.

2nd AAB builds confidence in Kurdish Regional Guard

Story and Photos by
PFC. JESSICA LUHRS
1st Heavy Brigade Combat Team, 1st Armored Division

KIRKUK, Iraq – After completing a week-long cordon and search course, senior leadership with the Kurdish Regional Guard Brigade began the land navigation and map reading portion of a three-monthlong infantry course with U.S. Forces at the brigade’s headquarters in Laylan, Iraq, Aug. 11.

The infantry training is being facilitated by Company B, 1st Battalion, 14th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, which is currently deployed to Forward Operating Base Warrior, here.

After the 50 KRGB senior noncommissioned officers complete this portion of the course, they will be able to plan missions more effectively, according to Sgt. Benjamin Sparkman, a trainer from Co. B., 1st Bn., 14th Inf. Regt., 2nd AAB.

“They will be able to plan a mission using terrain features and map reading instead of going into an area blind,” Sparkman said. “This is why it is very important they understand this training.”

Sparkman’s platoon sergeant agreed with him.

“While the KRGB soldiers are learning these fundamentals, they are also learning a very important skill – teaching others,” said Staff Sgt. Eric Gonzalez, Co. B., 1st Bn., 14th Inf. Regt., 2nd AAB, adding that trainers are letting KRGB soldiers assist in teaching throughout the course.

“The trainers have the KRGB soldiers stand-up in front of the class and teach, knocking out two birds with one stone,” Gonzalez said. “When they get up there to teach, it builds their confidence, and (it) tells us they have a good understanding of what is being taught.”

The Soldiers of Co. B hope this confidence will assist their partners in training their own Kurdish soldiers after the course is complete.

“These senior leaders came to us to learn the fundamentals of being a soldier, to (be able to share these) fundamentals with their soldiers,” Gonzalez said. “In the end, we expect all the KRGB to be on the same level.”



Staff Sgt. Jeremy Buef (right), squad leader with Co. B, 1st Bn., 14th Inf. Regt., 2nd AAB, 25th ID, assists a Kurdish Regional Guard Brigade soldier with correctly identifying a point on a terrain model during land navigation training in Laylan, Iraq, Aug. 11.

US forces accompany as Iraqis take lead, arrest wanted individuals

CAPT. TIMOTHY NASH
U.S. Division-North

SALAH AD-DIN, Iraq – Iraqi commandos cordoned off an area in the village of Zanjaliyah, here, and arrested five wanted individuals, Aug. 23. The mission was a combined operation, with U.S. Soldiers present to only provide support, if needed.

Soldiers of Company B, 1st Battalion, 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, were on standby to support the Commando Bn., 16th Iraqi army Bde., 4th Iraqi army Division.

“It was really more of an accompanied operation than a combined operation,” said Col. Jack Daniels, 4th IA Div. stability transition team chief and senior advisor. “All the intelligence data was Iraqi driven. The operations plan was Iraqi driven, and the majority of the troops that took part were Iraqi troops.

“We just provided support from 1st Bn., 27th Inf. Regt.,” he said. “Frankly, they could have done it as an independent operation.”

The operation began as an assessment of 4th IA’s capabilities to plan and exe-

cute a mission, and was developed with minimal support or assistance from U.S. forces.

Capt. Chris DeFiori, company commander, Co. B, 1st Bn., 27th Inf. Regt., 2nd AAB, said the Iraqi soldiers in the 4th IA need very little direct support during their missions.

“A lot of the times we have to provide a convincing reason for them to take us, because they are a lot more confident and can really handle a lot of this on their own,” DeFiori said. “In the past, they needed us for everything.”

According to Daniels, the mission was a great success and delivered a message to both the Iraqi security forces, here, and their U.S. counterparts. It showed that the ISF, and more specifically the 4th IA, are willing and capable to take over security from the U.S. military when the Soldiers leave Iraq in 2011.

The next step, Daniels said, is helping the IA work with Iraqi police, as well as local and federal court systems.

“What we are going to see in the 4th IA area, is more and more of the Army working collectively with the police to conduct combined missions,” Daniels said.



U.S. Army Courtesy Photo

Capt. Chris DeFiori (left), commander, Co. B, 1st Bn., 27th Inf. Regt., 2nd AAB, 25th ID, and Staff Brig. Gen. Emad (center), discuss the operation objective for a mission in Zanjaliyah Village in the Salah ad-Din province, Aug. 23.



POHAKULOA TRAINING AREA — Soldiers from the 3rd Brigade Combat Team, 25th Infantry Division enjoy some rest and relaxation by playing a game of hackey sack. 3rd BCT spent the month of August training on the Big Island.



Photos Courtesy of Paul Prorise

Taking a break

POHAKULOA TRAINING AREA — The Hawaii Gathering of Eagles shows its appreciation for Schofield Barracks’ 3rd Brigade Combat Team, 25th Infantry Division, after the Soldiers completed four weeks of training, here, on the Big Island. The Hawaii Gathering of Eagles greeted the three convoys of Soldiers with drinks, peanut butter sandwiches, hot dogs and other treats, along with some rest and recreation activities.

3rd BCT welcomes new command sergeant major

STAFF SGT. AMBER ROBINSON

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

SCHOFIELD BARRACKS — Soldiers of 3rd Brigade Combat Team, 25th Infantry Division, gathered, Sept. 2, to welcome Command Sgt. Maj. Andrew Spano, the “Bronco’s” new command sergeant major.

Spano comes to Schofield Barracks from Fort Drum, N.Y., where he served as the command sergeant major for 2nd Battalion, 87th Infantry Regiment, 3rd BCT, 10th Mountain Division.

“Members of this division have always been known to be the best ‘light fighters’ in our Army,” Spano said. “I am humbled to be amongst your ranks and formations.”

He has served in many leadership positions in the military, including fire team leader, squad leader, infantry scout, rifle platoon sergeant, first sergeant, battalion and brigade operations sergeant major, battalion command sergeant major, and the command sergeant major for the Broncos.

Spano’s most recent deployment was with the 10th Mtn. Div. to Afghanistan, so he is well versed in working with the people and the terrain of Afghanistan. His guidance will be a valuable asset to the Bronco Soldiers as they prepare for their combat mission to Afghanistan in the spring of next year.

“Our leaders must be prepared to ask their Soldiers to do more than they have ever done,” Spano said. “They must learn to separate the people of Afghanistan from the enemies of Afghanistan. They must develop the situation



Spc. Jazz Burney | 3rd BCT Public Affairs, 25th ID

Command Sgt. Maj. Andrew Spano (right), newly appointed command sergeant major for 3rd BCT, 25th ID, stands beside Col. Richard Kim, commander, 3rd BCT, during his Flying V ceremony, here, Sept. 2.

and use critical, conceptual thinking if we are to have success.

“These men and women are being trained hard, their bayonets are sharpened to a fine edge,” he said. “They will do well as long as we give them the best leadership.”

Spano rallied the Soldiers of the brigade in their mission.

“The Bronco brigade has a long and distinguished history, and many Soldiers have written the chapters in the history books of this division,” Spano said. “Now, the Soldiers that are represented by the guidons and colors on the fields before us, are about to write the next chapter.”

Survey: Army takes steps to protect health, safety of workers

CONTINUED FROM A-1

Each scenario considered four possible methods of contact, including incidental swallowing of soil containing DU, dust inhalation, skin contact with DU and direct exposure to gamma radiation.

Although access to the PTA impact area is tightly controlled and restricted to qualified, trained personnel, the Army is taking additional steps to ensure the health and safety of work-

ers and that the local community is protected.

For example, the Army submitted a license application, which the USNRC is processing, to possess the residual DU in the impact area. In addition, the Army requires that those allowed routine access to the PTA impact area are qualified and trained to identify DU, and follow appropriate safety precautions and notification procedures while on-site.

Fallen ‘Cacti’ challenges, inspires West Point cadets

STAFF SGT. AMBER ROBINSON
3rd Brigade Combat Team Public Affairs, 25th Infantry Division
WEST POINT, N.Y. — Throughout history, the fallen heroes of our armed forces have been honored in various ways. Those who have served with or



Chet Gordon | Times Herald-Record

Capt. Weston Amaya, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, gives a speech during at the end of the “Hyde Challenge” at the U.S. Military Academy at West Point, N.Y., recently. The Hyde Challenge was named for 1st. Lt. Daniel Hyde, a 2007 West Point graduate who was killed in Iraq, March 2009.

been influenced by these heroes have worked diligently to erect memorials in their honor.
For 1st Lt. Daniel Hyde, former 2nd Platoon Leader for Company A, 2nd Battalion, 35th Infantry Regiment, 3rd

Brigade Combat Team, 25th Infantry Division, his name has been commemorated through the actions of those who he has left behind.
Hyde was killed in combat March 7, 2009, during an ambush in Samarra, Iraq, but his memory lives on in the “Hyde Challenge,” which was implemented by Cadet Brittany Fraser, regimental commander, Cadet Basic Training at West Point, a position Hyde held when he attended the academy. The first Hyde Challenge began August 4.
More than 1,300 cadets from the West Point class of 2014, spent four days testing their skills in marksmanship, medical training, patrolling and other squad-level tasks. The challenge capped the cadets’ six-week basic training.
“The Hyde Challenge is a fitting tribute to his life,” said Capt. Weston Amaya, a close friend of Hyde and fellow platoon leader with the Cacti Bn. “Dan was the kind of man who possessed a never-quit dedication that would just make you thankful he was

on your side. Fully dedicated to victory, he was not willing to allow a mission to fail.”
The Hyde family, consisting of his mother, Glenda, his father, Brian, and his sister, Andrea, were present for the Hyde Challenge training.
“The Hyde family was very impressed with the training,” Amaya said. “It was good to have them there. They were able to visit Dan’s old barracks, where some of the cadets had painted a mural of him on the wall.”
“I felt like I lost one kid, and gained about 20 sons,” said Glenda Hyde, of her experiences since the loss of her son. “That’s one of the gifts Daniel left us.”
Hyde not only inspired the cadets of West Point, he has also played a pivotal role in motivating the troops of his former battalion as well. “Once a Cacti, always a Cacti” rings true with these Soldiers of 2nd Bn., 35 Inf. Regt., they formed “Team Hyde,” which has competed in the Honolulu Marathon, Swamp Romp and Ironman 70.3.

“Never accept mediocrity,” a mantra of Hyde’s, continues to inspire Soldiers as they push their physical boundaries in honor of their fallen comrade. The unit and West Point cadets hope these words will also inspire future generations of Army Soldiers and officers.
The Hyde Challenge ended with an awards ceremony, attended by Hyde’s family, friends and the West Point command.
“Dan’s subordinates, superiors and peers shared a great deal of respect for Dan on both a professional and personal level,” said Amaya, in his closing remarks. “He always led from the front and inspired those around him. But, by no means does his story end there. So many people were positively influenced by Dan’s life that his legacy lives on. He possessed such a leadership presence that, even in death, he inspires greatness in ways that continue to amaze me.”
(Editor’s Note: Amaya contributed to the content in this article.)

USARPAC: CCP is a unique asset

CONTINUED FROM A-1

“We’re Soldiers first, and consider branch specifications afterwards, so professional initiative and tactical curiosity are the essential traits needed to make (the CCP) concept successful,” Kelly said.
The CCP is unique to the Army in terms of its specific mission as well. Its intention is to rapidly deploy throughout the Pacific, and establish command and control capability for USARPAC in support of U.S. Pacific Command contingency requirements.
“The CCP is important to the Army because it provides greater flexibility in terms of responding to global contingencies, in particular, the Pacific area of responsibility,” said Lt. Col. Rudy Aquino, protection directorate officer, USARPAC CCP.



Chief Warrant Officer Brendan Kelly (right), aviation officer and operations chief on USARPAC CCP's deployment assessment team, ties down equipment during the CCP's first Load Exercise with assistance from 1st Lt. Christopher Willingham (right) and Chief Warrant Officer Cleveland Hines, both from USARPAC CCP.

Specialists found guilty, are sentenced for various offenses

Q:

Why does the Hawaii Army Weekly publish courts-martial findings?

A:

The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

The Office of the Staff Judge Advocate, 8th Theater Sustainment Command, publishes the results of courts-martial to ensure there are no perceptions of unfairness or inequality of punishment.
Recently, a specialist from 561st Engineer Company, 84th Engineer Battalion, pled guilty to one specification of Article 86, being absent without leave; and one specification of Article 125, sodomy. The specialist was reduced in rank to private, and was sentenced to confinement for 30 months and will be dishonorably discharged.
A specialist from Company B, Warrior Transition Battalion, Tripler Army Medical Center, pled

guilty to two specifications of Article 91, disrespecting a noncommissioned officer; one specification of Article 95, resisting apprehension; one specification of Article 120, wrongful sexual contact; and one specification of Article 128, assault. The specialist was reduced in rank to a private, and sentenced to confinement for 340 days.
In addition to forfeiture of pay, confinement and a punitive discharge, the Soldier will also have a federal conviction that the Soldier must report when filling out a job application. A federal conviction strips the Soldier of many rights, such as the right to purchase and maintain firearms, and the right to vote.

News Briefs

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

Today

9/11 Salute – Plan to attend the 9/11 commemoration ceremony at Fort Shafter’s historic Palm Circle parade field, Sept. 10, 4:30 p.m.

13 / Monday

Road Closure – Leilehua Avenue between Macomb and Baldwin roads will be closed to vehicle traffic from Sept. 13 through Sept. 24, 9 a.m.-5 p.m., for completion of security upgrades. Macomb Gate will remain open. Plan for additional travel time in case of traffic. Call 656-6751/6750.

14 / Tuesday

Signal Corps Regimental Week – Celebrate the 150th Birthday of the Signal Corps; 311th Signal Command events include,

- “Ragged Old Flag,” a regimental address at the Nehelani, Schofield Barracks, Sept. 14, 3 p.m., followed by a social at 4 p.m., at the Kolekole Bar & Grill.
- The U.S. Army-Pacific Run on Fort Shafter, Sept. 15, 6:30 a.m.
- Four-person team Golf Scramble held at Coral Creek Golf Course, Sept. 15, 12 p.m. Call 438-3946 or 438-3894.
- A prayer breakfast at the Hale Ikena Golf Course Clubhouse, Sept. 16, 7 a.m.
- The Enterprise Service Management Framework grand opening ceremony in the 516th Conference Room, Building T-112, Fort Shafter, Sept. 16, 1 p.m.
- A senior leadership conference held at Fort Shafter’s Richardson Theatre, Sept. 16, 9 a.m.

For additional event information contact 438-4095 or liana.mayo@us.army.mil.

16 / Thursday

Military Scholarship Night – Military Scholarship Night will be held at James B. Castle High School, Kaneohe, Sept. 16, 6-9 p.m. Call 655-8326.

16 / Thursday

First-Termers – Financial Management Training is a mandatory eight-hour financial management course for first-term Soldiers, to provide them with a strong financial foundation. The next class is Sept. 16, 8 a.m.-4 p.m., Building 1599, Room 115, Fort Shafter Flats. Call 438-4499 to register.

24 / Friday

Town Hall – Col. Douglas Mulbury will conduct two U.S. Army Garrison-Hawaii employee town hall meetings to provide updates and new garrison information.

- Sept. 24, 1:30-2:30 p.m., Sgt. Smith Theater, Schofield Barracks.
- Sept. 28, 1-2 p.m., Religious

Ongoing

Hawaii Military Child Survey

The Hawaii Military Child Survey, which focuses on Hawaii military service personnel and their school-age children, is available at <https://apps3.jhsph.edu/hawaiiqol/>. The study explores a range of issues related to schooling and education (academics, safety, school climate and parental involvement), expectations (such as what people had heard about Hawaii schools, life in Hawaii and educational expectations), and family and child history. Call 438-4177.

Civilian GAT

The Global Assessment Tool, or GAT, is now available for Army civilians. The civilian GAT provides immediate results that allow individuals to identify their personal strengths and weaknesses. Individuals can immediately begin training on online comprehensive resilience modules. Visit <https://www.sft.army.mil/> or call 438-4177.

Voting Assistance

The Federal Voting Assistance Program, opened its 24/7 call center, which makes voting information accessible to voters living in various time zones and ensures that all issues are addressed. Voters can call (800) 438-VOTE, e-mail vote@fvap.gov or chat online at www.fvap.gov to access an easy flow of absentee voting assistance and information. Soldiers can also contact their unit voting assistance officers. Call 655-8945.

ACAP Briefings

Visit the Army Career and Alumni Program to learn if you are eligible for a pre-separation briefing or if you are interested in job assistance workshops. Go to the Soldier Support Center, Building 750, Room 134, Schofield Barracks. Hours are 7:30 a.m.-4 p.m. Call 655-1028 or visit www.acap.army.mil.

Shafter ACS Closure

The Fort Shafter Flats Army Community Service office will be closed until further notice. ACS services are available at the Tripler Army Medical Center office, Building 127A, Krukowski Road. For Army Emergency Relief assistance, call 438-4499 or 655-4227.

Blue Star Card

The Blue Star Card is a Family and Morale, Welfare and Recreation deployment discount card for spouses of deployed Soldiers. The card offers discounts at FMWR facilities and activities throughout the deployment. Visit www.bluestarcardhawaii.com.

Uniform Guidance

Soldiers are reminded to wear their Class B uniforms while visiting the USS Arizona Memorial. Personnel may be turned away if not dressed appropriately.

9th MSC: Citizenship dream becomes a reality

CONTINUED FROM A-1

nation stands for: freedom, opportunity, equality and service,” Compton said. “I am honored to call you my comrades-in-arms and today, it is my privilege to call you my fellow citizens.”

The naturalization process was a combined effort between the U.S. Army Reserve’s 9th MSC and U.S. Citizenship and Immigration Services.

The process was initiated in October 2009, when Maj. John Adams, former Army Reserve Center installation commander, here, found out that some of his Soldiers, who had previously deployed to Iraq, had been unsuccessful in completing the naturalization process while in theater, according to Col. Michael Phipps, commander, Theater Support Group.

Adams said that the process would have required the Soldiers to travel, at their own expense, to Hawaii to complete the paperwork and the final interview process, Phipps said.

David Gulick, director of U.S. Citizen and Immigration Services, District 26, and two of his USCIS team members traveled to American Samoa to complete the final interviews for the Soldiers. Gulick also administered the Oath of Allegiance to the Soldiers, making their dreams of citizenship become a reality.

Under the Immigration and Nationality Act, qualified members of the U.S. armed forces are exempt from certain naturalization requirements, including residency and physical presence in the country. Service members who have served honorably on active duty or as a member of the Reserves on or after Sept. 11, 2001, are eligible to file for immediate citizenship under special wartime provisions in Section 329 of the INA.

Additionally, the National Defense Authorization Act of 2004 allows for overseas military naturalization ceremonies.

U.S. citizenship provides Soldiers with additional opportunities throughout the U.S. and within the Army, as some Army jobs require Soldiers to have their citizenship.

“Having your citizenship makes it much easier to get jobs in the U.S.,” said Pfc. Auvae Naomi, a supply specialist with the Forward Support Company, 411th Engineer Battalion, who added getting her citizenship is important because she wants to provide more opportunities for her children.

For Staff Sgt. Rachael Manning, a supply sergeant in the TSG’s American Samoa Detachment, becoming a citizen will open new doors of opportunity for her career in the military.

“Now I can finally say I’m a U.S. citizen,” Manning said. “I’m grateful to the TSG and USCIS for their efforts and for bringing this ceremony to my hometown, so my family could be here to see me when it happened.”

JTF-HD: Group helps coordinate defense

CONTINUED FROM A-1

said Army Col. David Norton, joint staff operations officer, JTF-HD. “The opportunity to exercise with our interagency partners is critical in understanding where and how the military fits in the process of disaster response.”

JTF-HD is designated as the Homeland Defense coordinating agency between DoD and the civilian authorities in Hawaii, Guam, American Samoa and Commonwealth of Northern Mariana Islands, as well as foreign governments, including the Federated States of Micronesia, Republic of Marshall Islands and the Republic of Palau. JTF-HD maintains situational awareness, helps coordinate implementation of a comprehensive Critical Infrastructure Protection Program and when required, coordinates and provides DoD resources to help save lives and prevent extensive property damage.



Staff Sgt. Rachael Manning, a supply sergeant, FSC, 411th Eng. Bn., recites the Oath of Allegiance during the military naturalization ceremony in American Samoa, Sept. 2.

Corps restores aloha to historic Fort Shafter welcome center

GERALD D. YOUNG &
DINO W. BUCHANAN

U.S. Army Corps of Engineers-Honolulu District

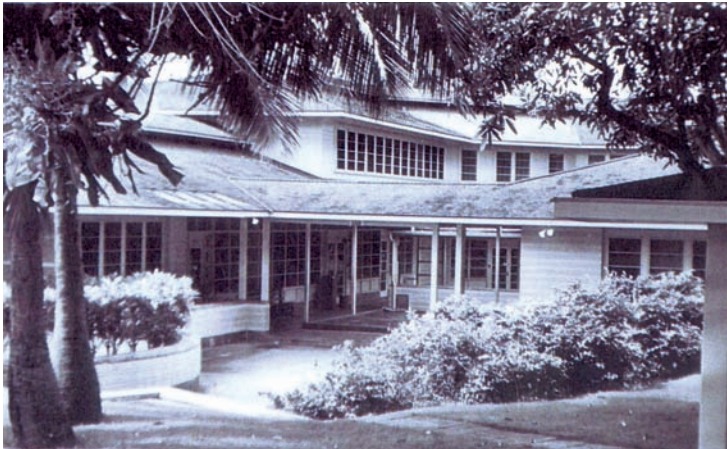
FORT SHAFTER — The Fort Shafter Aloha Center is well-remembered by Soldiers, families and those who lived, worked or traveled through Fort Shafter during the past 70 years.

The U.S. Army Corps of Engineers-Honolulu District recently completed a two-year, nearly \$7 million, rehabilitation and restoration project of the welcome center.

Constructed in the 1940s, the Aloha Center welcomed thousands of Soldiers, civilians and families to the post, and provided them with their first taste of the U.S. Army’s aloha spirit.

During recent years, the offices located at the Aloha Center – officially known as Building 330 – were a place where personnel would go to pick up travel tickets, obtain base vehicle passes or get identification cards.

But due to its advanced age, the building was in need of major restoration since most of the internal structure was unstable from termites. Also, be-



Courtesy Photo

This photo shows the entrance to Fort Shafter’s Aloha Center’s courtyard as it appeared in the early 1960s. Constructed in the 1940s, the Aloha Center has welcomed thousands of Soldiers, civilians and families to the post.

cause of historic preservation requirements, specific portions of the building could not be demolished, essentially making engineers rethink how to reconstruct on and around untouchable sections of the facility.

“Honolulu District is proud to refurbish this historic building and renew its

aloha spirit for future generations of Soldiers,” said Lt. Col. Douglas Gutmorsen, commander, COE-HD. “Our engineering team and contractor worked tirelessly to preserve history and restore the luster of this building.”

Working closely with the U.S. Army Garrison-Hawaii’s Directorate of Pub-

lic Works; Maydean Martin, COE-HD’s architect; and Ken Hays, architectural historian; the contractor carefully removed almost 65 percent of the original structure, restored the facility to its original exterior appearance from the 1940s and brought the facility up to current building codes, in addition to adhering to current anti-terrorism and force protection requirements.

Challenges during the current construction included removing the old roof in sections and lifting it off of the building, retrofitting in new fire sprinkler lines and installing blast-resistant windows around steel tubing frames.

Specific repairs included replacing the roof, floors, windows, doors and all utilities; constructing new bathrooms; reconfiguring office and administration spaces; installing new air conditioning, electrical, telecommunications and water systems; as well as constructing an exterior gate and upgrading handicap access.

U.S. Army organizations scheduled to move back into the building include Army Community Service; De-

fense Military Pay; Department of Human Resources; Directorate of Family and Morale, Welfare and Recreation; and U.S. Army-Pacific’s deputy chief of staff office.

Small business 8(a) contractor Alutiq-Mele, completed the Corps’ fiscal year 2008 project at a cost of \$6,694,077. An 8(a) business is a company under the Small Business Administration’s business development program, created to help small businesses compete in the American economy and access the federal procurement market.

COE-HD project construction oversight was done by Gerald Young, project engineer, and John Kawaakoa, construction representative. Jenelle Kim was the project manager. The majority of the redesign effort was done by an in-house COE-HD design team consisting of William Yuen, architect; Cynthia Wong, electrical engineer; and Victor Abril, structural engineer. Mechanical design was performed by contractor Mechanical Enterprise, and the fire protection design was by contractor S.S. Danaway and Associates.

APCSS celebrates 15th anniversary with new wing groundbreaking

MARY MARKOVINOVIC

Asia-Pacific Center for Security Studies Public Affairs

HONOLULU — A new addition to the Asia-Pacific Center for Security Studies will soon be a reality, as APCSS broke ground for an additional learning-center wing in a ceremony held here, Sept. 2.

The groundbreaking ceremony took place during the commemoration for APCSS’ 15th anniversary and the official welcoming for Lauren Kahea Moriarty, APCSS’ new academic dean.

Sen. Daniel Inouye, a founder of the center, along with Sen. Daniel Akaka and retired Lt. Gen. Ed Smith, director APCSS, participated in the ceremony. The Rev. William Hiiakaikapoliopele Kaina blessed the project and the aina, or land, where it is being built.

Major construction activity for the \$12.7 million expansion project, awarded to Sumo-Nan Jv li, of Honolulu, is

estimated to be complete in April 2012. The Army Corps of Engineers-Honolulu District, is leading the project management team for the Asia-Pacific Center.

The construction project will add a 10,000-square-foot single story building to serve as a state-of-the-art Information Integration Learning Laboratory, which includes space for more than 100 people, six seminar rooms, audio-visual and computer server rooms, required ancillary spaces and an ethno-botanical garden.

The new wing’s integrated design concept was to provide a place where security practitioners could collaborate and cooperate in focused critical thinking, analyzing facts and conceptualizing challenges, according to Smith.

The project calls for a U.S. Green Building council Leadership in Energy and Environmental Design rating system

rating of silver or better, according to the COE.

The center was first located in the Waikiki Trade Center when it was established by U.S. Pacific Command, Sept. 4, 1995. It moved into its current facilities at Fort DeRussy in June 2000.

The APCSS is a Department of Defense academic institute that addresses regional and global security issues. Uniformed and civilian representatives of the U.S. and Asia-Pacific nations participate in a comprehensive program of executive education, professional exchanges and outreach events, both in Hawaii and throughout the Asia-Pacific region.

APCSS’ mission is to educate, connect and empower security practitioners to advance Asia-Pacific security.

APCSS has had representatives from 96 countries, territories and international organizations attend courses.



Stephanie Hika | Asia-Pacific Center for Security Studies

A group gathers at the groundbreaking for a new wing at the Asia-Pacific Center for Security Studies, including (left to right) Lauren Kahea Moriarty, dean, College of Security Studies, APCSS; Maj. Gen. Peter Pawling, U.S. Pacific Commander representative; Sen. Daniel Inouye; Lt. Gen. (Ret.) Ed Smith, director, APCSS; Sen. Daniel Akaka; Navy Captain (Ret.) Dick Sears, dean, Business Operations and Admissions, APCSS.



Keep your eyes on the hands



The Schofield Barracks hula class students performs the song "Ke Aloha" during the Hui O Na Wahine "Super Sign Up" membership drive at the Nehelani, Aug. 30. Soldiers and their families can learn more about the hula at free workshops; Tuesday, at Aliamanu Community Center, and Thursday, at Schofield Barracks' Sgt. Yano Library, from 5:30-7 p.m.

Office of the Native Hawaiian Liaison to sponsor hula workshops



Bailey Godwin learns to perform hula with a piko, a hula instrument made of split bamboo, which is used to enhance the rhythm of the hula performance.



Melissa Lyman, Office of the Native Hawaiian Liaison, USAG-HI, leads the Schofield Barracks hula class with an ipu, a hula instrument made from a bottle gourd, which is used to provide a beat for hula dancing.

Story and Photos by
VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS — Hawaii.

Ah, just the very sound conjures up images of gentle, tropical breezes, lightly scented with plumeria flowers; endless miles of white, sandy beaches; catching the perfect wave; and learning the hula.

Soldiers and family members will get the chance to learn about the hula Tuesday and Thursday when kumu hula (teacher) Ladd Haleloa presents two free workshops about this unique dance.

Sponsored by the Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, in partnership with Army Community Service, and Sgt. Yano Library and Aliamanu Community Center, the workshop will include information about kahiko (ancient) and auana (modern) hula.

"We are excited to give our Army community a chance to meet with other families, and learn the diverse aspects of our Native Hawaiian culture, like lei-making, playing an ukulele or dancing hula," said Annelie Amaral, Native Hawaiian liaison, USAG-HI. "We welcome all Soldiers and their families to join us next week for our hula workshops at the Sgt. Yano Library and Aliamanu Community Center."

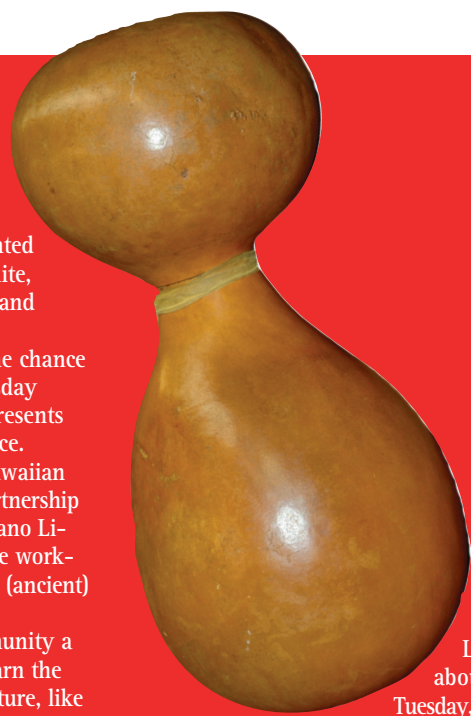
Haleloa, a kapuna (elder) who teaches Hawaiian language, oli (chants), mele (songs) and dance at Ala Wai School, Honolulu, also teaches free basic and advanced hula lessons for Soldiers and family members, Monday nights at the Kalakaua Community Center, Schofield Barracks.

Carolyn Simmons, an Army spouse who has been in the class since February 2009, said she encourages spouses to take the class. "I tell them that participating in the hula class is a great way to meet new people and learn history of the hula. By doing so, you can take a piece of Hawaii with when you leave."

"I am fortunate to learn not only the dance but all about the Hawaiian culture and traditions that come along with the dance," Simmons continued. "Also, I get lots of exercise. Dance practice is not only fun, but it is an incredible workout all over your body."

Haleloa said he enjoys sharing the Hawaiian culture at the classes.

"It seems that most of the people that I come into contact (with) here at Schofield love the hula and they have this yearning to learn, they really do," he said. "My beginning class has spent five weeks to learn one song."



Learn more about the hula, Tuesday, at Aliamanu Military Reservation's Community Center, and Thursday, at Schofield Barracks' Sgt. Yano Library, from 5:30-7 p.m. to learn the history of the hula and some basic steps. Call 655-8002 for registration and information.

The Schofield Barracks hula class recently performed at the Hui O Na Wahine spouses club "Super Sign-Up" at the Nehelani, Aug. 30.

"They did just a wonderful job (that night)," Haleloa said. "As a kumu, I'm trying to teach my students what I've learned, what I've grown to learn in the hula world." Haleloa has been a kumu for 12 years.

He said that all ages and abilities can learn the hula. While some of his younger students at Schofield have tap and ballet experience, others, such as a mother of eight, come to hula without any dance experience and do just fine.

"Two of her children are in the class, also," Haleloa said, speaking about the mother of eight. "I think that's just fantastic."

RELATED STORY

•Check out the MWR Calendar briefs on B-2, for additional Office of the Native Hawaiian Liaison, USAG-HI, events like hula classes and Hawaiian language workshops.



Aliea Wilkerson (pink T-shirt) and Carolyn Simmons (gray T-shirt) practice a "calling out" movement at the Schofield Barracks hula class.



Today
Operation Rising Star — Show your support for your favorite vocalist at the Operation Rising Star semi-finals at the Tropics Recreation Center, Sept. 10, 6 p.m. Finals are Sept. 17, same place, same time.

Contestants are Soldiers or family members 18 years of age or older. Prizes will be awarded to first, second and third place winners, as well as to the unit or family readiness group that has the loudest participation. The unit or FRG with the loudest applause will win \$300.

Visit www.OpRisingStar.com or call 655-5697.

Hale Koa Hotel Luau — Today is the deadline to register for the special rate the Hale Koa Hotel is offering Blue Star Card holders for its luau, Sept. 23, 4-9:30 p.m.

Ticket prices for adults 18 and older are \$30, and children under 17 are free. Ticket prices are not combinable with any other offer. Limited transportation will be provided from Schofield Barracks.

Reserve tickets through the Blue Star Card Program and not through the Hale Koa Activities Office or through ITR for this particular show.

Call 655-0002 or e-mail sarah.chadwick@us.army.mil to reserve your space. Tickets are limited.

Family Fun Friday — Enjoy great family-friendly fun at Family Fun Friday. Rotating theme nights feature food, fun and games. Free pizza is served on a first-come, first-served basis.

Call 655-5798 for updates on locations or visit www.mwrarmyhawaii.com.

Fantasy Football — Morale, Welfare and Recreation patrons from all five branches of the U.S. military are invited to play in a free fantasy football league with \$100,000, a trip to Super Bowl XLV and championship rings on the line.

Participants can create an account and begin drafting teams to compete in the Rapid Draft Fantasy Football League at www.mwrfantasysports.com. Fantasy football revolves around the individual statistics of players throughout the National Football League.

Registration and all drafts must begin by Sept. 12, 8 a.m., EDT. Draft rooms could be full and computer servers can get overloaded, so draft early.

11 / Saturday
Locker Installation — Starting Sept. 11, new lockers will be installed at the Martinez Physical Fitness Center. The men's locker room/showers/



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

Bargains galore

SCHOFIELD BARRACKS — Vendors display their handiwork and wares at the “Super Sign-Up” membership drive held by Hui O Na Wahine, Schofield Barracks’ all-ranks spouses’ club, at the Nehelani, here, Aug. 30. To find out more about the Hui O Na Wahine, e-mail info@schofieldspousesclub.com. See more photos from the event at www.flickr.com/photos/usag-hi/sets/.

bathrooms/sauna will be closed Sept. 11-19, and will reopen Sept. 20, 5 a.m. The women's locker room/showers/bathrooms/sauna will be closed Sept. 18-20, and will reopen at Sept. 21, 5 a.m.

Showers are available at the Schofield Barracks Health and Fitness Center and Richardson Pool during the closures; both facilities open at 6 a.m., each weekday.

Individuals should remove their personal belongings and locks from the lockers.

Call Martinez PFC at 655-0900/4804, Richardson Pool at 655-9698, or Schofield's HFC at 655-8007.

Read to the Dogs — Children who can read on their own can sign up for a 15-minute session to read to a dog, Sept. 11, at the Sgt. Yano Library from 11 a.m.-12:15 p.m. This program improves children's reading and communication skills through the powerful method of reading to a trained service dog.

Call 655-8002 to reserve a session. Sessions are available on a first-come basis.

12 / Sunday
Mosaic Workshop — Create a mosaic stepping stone at a two-session workshop under the guidance of North Shore artist Shannon Rae, Sept. 12 and 19, 1-3 p.m. Schofield Barracks Arts and Crafts Center. Cost is \$25 and includes all materials.

Space is limited; register by calling 655-4202.

Call 864-1083/1022 for more information.

Duathlon — Early registration continues through Sept. 11 for the Joint Base Pearl Harbor-Hickam Duathlon, held Oct. 2. The 5K run, 25K bike course and second 5K run begins and ends at Hickam Harbor.

Cost is \$25 with a T-shirt and \$15 without a T-shirt; late registration is \$20 with no T-shirt. Late registration begins Sept. 12 and runs through the morning of the race.

A race brief will be held Oct. 1, 3 p.m., at the Hickam Fitness and Sports Center. This event is open to all authorized base users and their guests. Call 448-2214.

Simply Ballroom — The Armed Services YMCA is offering ballroom classes that cover the basic techniques and patterns of the American style of ballroom dance for \$10 per class, per person. Participants aren't required to find their own partner before registering for a class.

Classes for adults are every second and fourth Saturday, 10-11 a.m.

Classes for children ages 6-18 are every second and fourth Tuesday of the month, from 3:30-4:30 p.m. E-mail wheeler@asymcahi.org or call 624-5645.

Hawaii Noseriding Championship — The 13th Annual “Walk on Water” Hawaii Noseriding Championship will be held Sept. 11-12, 8 a.m.-5 p.m., at Queen's Beach, Waikiki. This longboard contest is open to all amateur longboarders with no age and special divisions.

This year's contest proceeds will go to Hawaii's foster and adopted keiki. Entry forms are available at Surf Garage, Koa Boardsports and T&C Surf shops. For more information, visit www.hopeinc.hawaii.org.

Adventure Hiking — Enjoy a nice relaxing hike around the island with Outdoor Recreation, Sept. 12, 7 a.m.-12 p.m. Cost is just \$10. Round trip transportation from Schofield Barracks is available.

Call 655-0143.

13 / Monday
Hula Classes — The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, 6-8 p.m., Monday nights, at the Kalakaua Recreation Center, Schofield Barracks. Beginners' class starts at 6 p.m.; advanced class begins at 7 p.m. Classes feature the different types of hula and fundamentals of hula steps, movement and posture. E-mail nhliaison@gmail.com or call 655-9694.

15 / Wednesday
Hawaiian Language Workshop — Attend the free Hawaiian language workshop, presented by the Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, every Wednesday, 6-8 p.m.

Classes teach Hawaiian vocabulary, including colors, numbers and shapes. Bring a list of five Hawaiian words you'd like to learn how to pronounce.

Classes are conducted at Army Community Service, Building 2091, Kulekole Avenue., Schofield Barracks.

E-mail nhliaison@gmail.com or call 655-9694.

Digital Photo Class — Learn ba-

12 / Sunday
Shop and Win — Schofield commissary shoppers may win “Best of the Hawaiian Isles” vacations by filling out a free entry form at the Hawaiian Isles Kona Coffee and Water Company display, through Sept. 12. The entry provides a chance to win a seven-day trip to the neighbor islands and tickets to Oahu's most popular family attractions. Call 839-3222.

14 / Tuesday
Entrepreneurship Program — “How to Start a Business” is an entrepreneurship class at Kapiolani Community College to help would-be business owners get started, every Tuesday and Thursday, Sept. 14-Nov. 9, 5:30-8:30 p.m., at the KCC campus.

The class helps people focus on what they want to achieve, create a business plan and identify funding sources. Topics include identifying the right customer, crafting the right message, structuring a winning business plan and employing sound financial practices and business techniques to help avoid expensive mistakes. Call 734-9153.

Keiki Tuesday — Kid-friendly entertainers will delight the whole family at free celebrations each Tuesday, 10:30 a.m.-12 p.m., at the Pearlridge Center Downtown Center Court. Bring keiki for crafts, balloons, storytelling, face painting, silly songs and more.

•Sept. 14: Paradise Jugglers.
•Sept. 21: Oogles-N-Goggles.
•Sept. 28: Mad Science of Hawaii.

sic camera operations and editing skills at the basic digital photo class. The class includes four sessions for \$40.

Class starts Sept. 15, 6:30-8 p.m. at the Schofield Barracks Arts and Crafts Center.

Call 655-4202.

16 / Thursday
Tropics Bunco and Texas Hold 'em — The Bunco and Texas Hold 'em tournament starts Sept. 16, 6 p.m., at the Tropics Recreation Center, Schofield Barracks. All ID card holders ages 18 and older are welcome; it's free with no buy-in.

Call 655-5798.

Teen Theater Thursday — Learn the basics of stage acting in the ongoing theater program for teens ages 12 and up. Meetings are held the first and third Thursdays of the month at the Sgt. Yano Library, Schofield Barracks, 4-5:30 p.m.

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

21 / Tuesday
Salsa Dip and Dance — Aliamanu Library celebrates National Hispanic Heritage Month, Sept. 15-Oct. 15, with a salsa (dip) contest, Sept. 21, 5:30-7 p.m. Bring a three-cup sample of the best salsa recipe for judging and voting. Contestants must register at the library beforehand and arrive promptly to the event. The library will provide chips and fruit punch. Also, come learn a few basic salsa (dance) steps. Call 839-2821.

cians stationed in Hawaii are invited to submit applications and demo tapes to USO Hawaii by Sept. 30, to qualify for “Just Jazz,” a competition held Nov. 20, at Blaisdell Concert Hall, Honolulu.

Eight to 10 contestants or groups will be selected from the demos submitted, to compete at Just Jazz and vie for first, second and third place prizes.

Application information and competition guidelines are available at www.affiliates.uso.org/hawaii or by calling 422-1213.

Beginning mid-October, tickets can be bought for \$30 the Blaisdell Box Office, Ticketmaster outlets and ticketmaster.com, or charged by phone at (800) 745-3000. All proceeds will benefit Hawaii's military troops.

Kaneohe Bay Airshow — BayFest will join forces with the Kaneohe Bay Airshow, Sept. 25-26, to provide free entertainment for the public at Marine Corps Base Hawaii-Kaneohe Bay. BayFest will host band performances after the last planes land, Sept. 25, including the Kings of Spade, Mike Corrado, Willie K and Natural Vibrations, topped off with a dazzling display of fireworks.

Carnival rides are available throughout the weekend, as well as inflatable bouncers, mechanical keiki rides and miniature golf.

Gates open at 9 a.m. Premium seating is available for purchase online. For tickets and event details visit www.kaneohebayairshow.com.

Playmorning — Playmorning is an interactive playgroup for children up to age 5, and their parents or caregivers, and features a variety of age-appropriate activities, crafts, songs and more. No preregistration is required; however, a \$1 fee per child (or \$10 for 11 visits) applies. Call 624-5645.

Worship Services

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

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

Buddhist Services

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

Catholic Mass

•Tuesday & Thursday, 8 a.m. at AMR
•Saturday, 5 p.m. at TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
-8 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
•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 AMR and HMR

community Calendar

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

Today
Signal Corps Golf Scramble — Today is the last day of registration for the annual Signal Corps four-person team Golf Scramble, Sept. 15. This year's event will be held at the Coral Creek Golf Course in Ewa Beach, with a shotgun start at noon. Cost is \$50 per player and includes greens fees, cart and a raffle ticket. This event is open to all players. Call 438-3946/3894.

5K Grueler — Show the mountain what you're made of during the 14th Annual Camp Smith 5K Grueler; Sept. 10, 11:30 a.m. The 5K foot race starts and ends at Bordelon Field, Camp Smith. Call 254-7590.

11 / Saturday
Scheduled Power Outage — An electrical power outage is scheduled for parts of Schofield Barracks, Sept. 11, 8 a.m.-4:30 p.m.

The outage is necessary to allow high voltage electricians access to a part of the overhead distribution lines that run along Beaver Road. The work will increase the electrical capacity of the overhead lines which serve a part of the Soldier training facilities.

For a list of affected facilities/housing areas, visit www.garrison.hawaii.army.mil, click on “Post Information” and then select “Post Events.”

This Week at the MOVIES Sgt. Smith Theater

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

Charlie St. Cloud

(PG-13)
Fri., Sept. 10, 7 p.m.

Despicable Me

(PG)
Sat., Sept. 11, 4 p.m.

The Karate Kid

(PG)
Sat., Sept. 11. 7 p.m.



Cats and Dogs: Revenge Of Kitty Galore

(PG)
Sun., Sept. 12, 2 p.m.

Salt

(PG-13)
Wed., Sept. 15, 7 p.m.

The Sorcerer's Apprentice

(PG)
Thurs., Sept. 16, 7 p.m.

No shows on Mondays or Tuesdays.

Ongoing

Just Jazz — Military jazz musi-

Siblings reunite while deployed

STAFF SGT. MELISSA APPLEBEE
1st Infantry Division, U.S. Division-South Public Affairs

CAMP VIRGINIA, Kuwait — Selfless service, according to the Army values, means placing the welfare of the nation, the Army, and your subordinates before your own. In some cases, the commitment to selfless service goes beyond the individual and encompasses entire families with a rich military tradition.

Siblings Capt. Tanya Rosa and 1st Sgt. Greg Harvey have 35 years of combined military service, more than five of which was spent in a combat zone. However, the combat zone was a friendly place this rotation, when Rosa and Harvey recently reunited in Kuwait.

This was the first time Rosa and Harvey had seen each other in five years, and they have seen more of each, here in a combat zone, rather than in the U.S.

Harvey is the first sergeant for Troop A, 2nd Squadron, 6th Cavalry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division. Rosa is currently deployed with the 1st Infantry Division as a public affairs officer.

While the miles may separate them, serving in the Army together has strengthened the bond Rosa and Harvey had since they were kids.

“We already were very close, but I’d say (military service) has definitely made us appreciate the times we get to spend together,” Rosa said.

“I consider us very close and sup-

portive of each other,” Harvey said. “We can relate easily (to one another).”

Being in the same branch of service has given them a level of understanding for one another that cannot be quantified.

“It’s a comfort to me to know if I need either a brother’s advice or a first sergeant’s advice, I have the absolute best of both just a phone call away,” Rosa said.

Rosa said having a sibling in the military makes it easier to understand each other’s needs. “My brother is a hero,” she said. “Several of his comrades have given the ultimate sacrifice, (but) my brother, of course, does not allow this to stop him. He’s the first sergeant after all, and he must take care of the troops.

“At that time, my mission was to be his ‘sis,’” Rosa said, of the support network the siblings share for difficult times. “I’ve noticed that’s what he calls me when he needs me.

“I always followed my brother around as a child,” she added. “He was always doing the ‘cool’ things and had the best imagination ... I once again had to follow my big brother,” Rosa said, about her reasons for joining the Army.

While brother and sister were to-



Courtesy Photo

Capt. Tanya Rosa (left), a public affairs officer with the 1st Infantry Div., and 1st Sgt. Greg Harvey, Troop A, 2nd Sqdn., 6th Cav. Regt., 2nd AAB, 25th ID, saw each other for the first time in five years while both were in Kuwait. Rosa is wearing her maiden name on her nametape.

gether, Rosa changed her nametape to “Harvey” for a photo opportunity to surprise their father.

“My parents ... have pride that both of their children are now Soldiers and combat veterans,” she said. “I don’t remember a time in my life that my father didn’t hang an American flag outside our door, something that didn’t seem to catch on in many households until after Sept. 11.”

Rosa also visited with her nephew, Spc. Wayne Harris, from Fort Bragg, N.C., when he passed through Kuwait, proving the combat zone is sometimes a home away from home.



Capt. Pete Cox | 2nd Bn., 11th FA Regt., 2nd AAB, 25th ID

Dinnertime

SAMARRA JOINT COORDINATION CENTER, Iraq — Lt. Col. Andrew Preston, commander, 2nd Battalion, 11th Field Artillery Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, helps cook kabobs during a Iftar dinner, here, Aug. 29



Staff Sgt. Raymond O'stil, a paralegal noncommissioned officer for HHC, 2nd AAB, 25th ID, samples sounds in the studio he created in his housing unit at FOB Warhorse, Diyala province, Iraq, Aug. 30.

Warrior Brigade sergeant produces music downrange

Story and Photo by
SPC. ROBERT ENGLAND

2nd Advise and Assist Brigade Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — The term “recording studio” spawns mental images of small, dimly lit rooms; one blanketed in an eerie silence with a lone microphone in the center, the other sporting a control panel littered with a myriad of dials and sliding adjusters. Staff Sgt. Raymond O'stil has redefined this term based on his environment, here.

O'stil, a paralegal noncommissioned officer, Headquarters and Headquarters Company, 2nd Advise and Assist Brigade, 25th Infantry Division, is a music producer and recording artist who brought his talent and tools with him to Iraq.

Being deployed was not going to stop O'stil from indulging his creative passion, so he packed all the necessary

equipment into overseas containers that were shipped to the Middle East.

“I knew I wanted to bring my studio because it was just sitting in my house, and I wanted to do something creative with this stuff,” O'stil said.

This “stuff” comprised a laundry list of professional-quality recording tools that help him capture, place and edit audio files in a digital format. The costly equipment required three large, plastic storage boxes for packing and shipping.

“I brought my keyboard, Macbook Pro and Akai MPC 1000 for sampling and drumming,” O'stil said. “I also brought two studio monitors, a mixer, an MBOX 2 for audio interfacing, a terabyte (of) external hard-drive for storage, studio headphones and an microphone with a microphone stand.

“I brought a lot of records for sampling and a lot of cables,” he added. “Packing

it all up was hard, but when the container arrived in Iraq, it took me no more than 15 minutes to put it all together.”

O'stil has worked with Soldiers in 2nd AAB, providing beats and even recording with them. Maj. Matthew Vinton, officer in charge of the unit's Legal Office, collaborated with O'stil on a few songs.

“I play bass guitar, and I have since high school,” Vinton said. “We decided to merge our creative efforts and throw together a couple songs with Hawaiian-themed background music.”

“My number one payoff is when people come over here, make some music and they leave happy,” O'stil said. “They forget that they’re in Iraq for just that short amount of time.

“I can express myself this way and it gets the message across,” O'stil said. “You can reach somebody through music more

easily than just through spoken words. At the end of the day, are you putting out a message? Are you saying something to somebody or do you just want people to hear your voice?”

He draws from his own experiences, as well as the expertise of his peers, to move his music, striving to constantly improve as an artist as well as a producer.

“I just like to be surrounded by talent,” O'stil said. “If the people I record with are good, it makes me want to be better as an artist, too.”

O'stil said he finds gratification in providing other Soldiers with an outlet that allows them to figuratively escape the stress of being deployed. He said certain songs will strike a chord in people, as his songs are inspired by his own challenges and tell stories with deep meanings.

516th Signal Bde. hosts PTSD workshops, retreat for deployed Soldiers’ spouses

CHAPLAIN (MAJ.) RICHARD P. GRAVES
516th Signal Brigade, 311th Signal Command

FORT SHAFTER — The 516th Signal Brigade, 311th Signal Command, hosted a series of workshops led by Dr. Bridget Cantrell, a nationally-acclaimed health care provider, author and lecturer on post traumatic stress disorder and combat operational stress, Aug. 31-Sept. 5.

Cantrell met with more than 60 chaplains and chaplains’ assistants at the Religious Activities Center, here, Sept. 2. She spoke about the effects of combat stress on those who minister to, and serve with, combat Soldiers downrange.

“Caregivers are notorious for neglecting their own well-being and not taking care of themselves,” Cantrell said. “They are so busy taking care of others that they often put their own issues on hold and keep their concerns to themselves ... it is imperative that the caregivers have a confidante, someone they can talk to and share their feelings.”

Later that afternoon, she spoke to military chaplains, clergy and civilian mental health profession-

als at the Main Post Chapel, Schofield Barracks, about the causes and symptoms of PTSD. She said that she dislikes the inclusion of the term “disorder” and much prefers the word “condition.”

“I believe that the term disorder is misleading, as it implies that there is something negative about the diagnosis, when in fact, what these individuals are experiencing is a normal response to an abnormal situation,” Cantrell said.

Cantrell was also the featured speaker for a three-day retreat at Turtle Bay Resort on the North Shore, Friday-Sunday, which was sponsored by the 516th Signal Bde. About 30 spouses of deployed Soldiers from the 307th Expeditionary Signal Battalion, headquartered at Helemanu Military Reservation, attended.

Cantrell explained how deployments can affect relationships between Soldier and spouse, Soldier and child, and spouse and child. She emphasized the importance of communication, planning in advance for a deployment and networking with other spouses.

She gave the spouses presentations on combat operational stress and PTSD. She spoke about changes that spouses may notice in their Soldier when he or she returns from deployment, and offered techniques on how to identify, expect and cope with certain behaviors and mannerisms that may have been acquired downrange.

Also, she discussed the effects of performing a job while maintaining high levels of situational awareness and alertness for long periods of time, as service members often must do during deployment. These effects include hypervigilance, road rage, withdrawal, startled reflexes and strong language.

In a group discussion Saturday afternoon, Cantrell opened the floor and took suggestions and comments from the spouses, allowing them to talk openly and frankly about their issues, frustrations, concerns and questions.

As a result, many of the

spouses addressed individual and common challenges, and met others who have had similar or shared experiences. They shared ideas and advice, made new friends and found mentors.

The retreat continued Sunday with a morning session, led by Mel Kinoshita, Army Community Service, focused on well-being and self-care.

Cantrell has been working with veterans and PTSD for more than 20 years. She is a private practitioner and a mental health provider for the Washington State Department of Veterans’ Affairs. She has published three books: “Down Range, To Iraq and Back,” “Once a Warrior, Wired For Life,” and “Souls Under Siege.”

8th TSC specialist performs at ‘Sawed-Off Saturday’

Story and Photo by
SGT. PHILLIS WHITE
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – Spc. Jessie Singleton Jr., otherwise known as “UNO,” is a rapper who performed during an album release concert recently, at the Tropics Recreation Center, Schofield Barracks.

Singleton, a video teleconferencing technician with Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th Theater Sustainment Command, has been performing and writing lyrics since he was 8 years old. Beginning with the clarinet, Singleton’s continuous drive and the persistent push from his mother made him want more out of music.

“I used to sing around the house all the time when I was younger,” Singleton said. “It has always been a passion of mine to do something in the music industry.”

The up-and-coming record company Sawed-Off Entertainment sponsored Singleton during a recently held concert, “Sawed-Off Saturday,” at the Tropics.

Singleton’s parents continue to support his music career. His dad told Singleton that if he wants to do something, then just do it. His mother, who was Singleton’s manager, supported him and pushed him to do more.

“She knew what her son was capable of,” Singleton said, adding that his mother wanted success for her son just as much as he did.



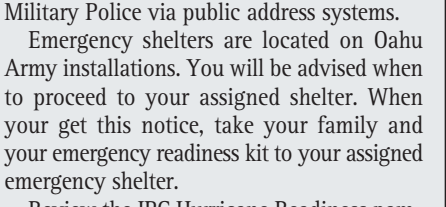
Spc. Jessie Singleton Jr. (right), HHC, 8th STB, 8th TSC, performs with another member of Sawed-Off Entertainment during “Sawed-Off Saturday,” at the Tropics Recreation Center, Schofield Barracks, Aug. 21.

While Singleton has been performing for awhile, he is always looking for that one outlet that can make him famous.

“He is a real good guy,” said Sgt. Naron Young, a computer system detection repairmen with the 536th Maintenance Co., 45th Special Troops Battalion, 45th Sustainment Brigade, 8th TSC. “We met at a show and became best friends right away, because of our love for music. He is really like a brother to me.”

Recently married, Singleton knows he has to maintain a solid foundation for his family, and will continue to be a fulltime Soldier, for now.

“My ultimate goal is to make a career out of (rapping),” Singleton said. “I love the military, but everyone has dreams.”



Prepared for a hurricane?

Military Police via public address systems.

Emergency shelters are located on Oahu Army installations. You will be advised when to proceed to your assigned shelter. When your get this notice, take your family and your emergency readiness kit to your assigned emergency shelter.

Review the IPC Hurricane Readiness pamphlet, now, which lists Oahu Army emergency shelters and items you should have in your readiness kit. Download the pamphlet at www.garrison.hawaii.army.mil – under the Emergency Management link on the left side, “Hurricane Readiness Guide.”

Call 655-0497 or 438-6996 for more details about Army disaster preparedness.

Off-post military and families must determine their area shelter from the local phone book, www.scd.state.hi.us or call 523-4122.



Maj. Gen. Michael J. Terry (second from right), commanding general, 8th TSC, and Col. Latonya Lynn (right), commander, 8th MP Bde., 8th TSC, listen as a student from the Waialua Elementary School discusses afterschool programs, Aug. 18.

Terry visits local schools sponsored by 8th TSC

Story and Photo by
SGT. PHILLIS WHITE
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – Leaders from 8th Theater Sustainment Command recently visited Waialua Elementary School and Haleiwa Elementary School.

Maj. Gen. Michael J. Terry, commanding general, 8th TSC, and Col. Latonya Lynn, commander, 8th Military Police Brigade, 8th TSC, were also accompanied by several 8th MP Soldiers on their visits to the schools.

The 8th TSC shares a partnership with these schools through the Joint Venture Education Forum, or JVEF. The joint partnership helps local schools with textbooks, computers, playgrounds, and repair and maintenance projects. JVEF involves the military, public schools, businesses, the legislature and others in the goal of facilitating communication and actions about schooling in Hawaii.

“We have a deep interest in what’s going on (in local schools),” Terry said.

“Our main focus is to find out what our sponsored schools need, and what the partnership can do to help,” said Lt. Col Sandra Muchow, commander, 8th Special Troops Battalion, 8th TSC.

Soldiers volunteer their time and efforts to take part in some of the local activities of the schools, while helping build relationships

throughout the community. Many 8th TSC Soldiers have been chosen based on their long-term availability, knowledge and personal skills.

“I like to interview and hand pick the Soldiers I am sending to the schools, to make sure they are aware of the commitment they are about to take part in,” Muchow said.

Through the partnership, military personnel provide additional staffing for programs, help develop one-on-one relationship with students, extend a helping hand beautifying and painting school grounds, and help students improve self-esteem, positive attitudes and behavior through individualized tutoring and assistance.

“We want to make sure that the Soldier is committed to the program, and that the students have consistency and are able to develop a bond with that Soldier,” Terry said.

“Any opportunity that a child has to meet a military person leaves a positive effect on (the child),” said Twila Richvalsky, Parent Community Network Center liaison, Waialua Elementary School. “Soldiers are very important to us.”

The positive involvement and encouragement of adults helps to inspire students’ higher test scores and grades, better attendance, higher completion rate of homework, higher graduation rates and greater enrollment in higher education.



Suicide Prevention Week

Family members are the first to notice signs of distress

SHARI LOPATIN

TriWest Healthcare Alliance

PHOENIX — Your service member recently returned from a deployment, and you noticed some changes.

Some may be part of the “new normal.” But others you might wonder about, like bursts of anger, withdrawal from friends and family, trouble sleeping or sleeping too much.

Should you brush it off as just a phase?

Absolutely not. Family members are often the first to recognize symptoms of stress, depression or post-traumatic stress. They can be the help needed for a loved one, before it’s too late.

Many resources are here to help, even online, through TriWest Healthcare Alliance, the company that administers the Tricare benefit throughout 21 western states, including Hawaii.

For life issues such as stress management, relationship problems and self-esteem, Soldiers or family members can connect with a counselor 24 hours a day, seven days a week, using chat and web video from any Internet connection.

Also, the Tricare Assistance Program, or TRIAP, is available and offers non-medical, non-reportable video counseling sessions; for anyone meeting the following criteria,

- An active duty service member; this includes National Guard/Reserve members who’ve been activated;
- An active duty service member’s spouse;
- An active duty family member 18 years or older;
- Guard/Reserve members who’ve purchased coverage under Tricare Reserve Select; or
- Anyone eligible for Tricare benefits under the Transitional Assistance Management Program.

Visit www.triwest.com/OnlineCare to get started.

TriWest and Tricare have many other resources available to support military members and family members during predeployment, postdeployment and during deployment. The Behavioral Health Crisis Line, is available 24 hours a day, seven days a week, at 866-284-3743.

For information about current behavioral health benefits and help finding a counselor, call Behavioral Health Contact Center, 888-TRIWEST (874-9378).

Visit www.triwest.com/BH, which is filled with number of resources, from literature on coping with stress and parenting problems, to a map of national support organizations.

There is also a free “Help from Home” video series that offers advice from other families and experts who’ve lived through deployment stressors, available at www.triwest.com/HelpFromHome.

Behavioral health options available for military couples

TRICARE

News Release

FALLS CHURCH, Va. — It’s important for military couples to talk to someone about marital struggles or stress they may be experiencing, so professional behavioral health interventions, including marital, couples and family therapy, are available to eligible married couples enrolled in Tricare Prime, Prime Remote and Prime Overseas.

“Military life can often cause stress for couples and families,” said Rear Adm. Christine Hunter, deputy director of Tricare Management Activity. “Long deployments, worries about job-related danger and frequent moves can take their toll. For these reasons, Tricare considers marital therapy an essential part of behavioral health care.”

Marital therapy can be covered by Tricare Prime when it’s based on a behavioral health diagnostic evaluation by a Tricare provider, and Prime-enrolled spouses of active duty service members can seek mar-

ital therapy in the U.S. or overseas as part of the first eight outpatient behavioral health care visits allowed per fiscal year. This can be done without a referral from a primary care manager or prior authorization from their regional health care contractor.

Active duty service members need a referral for all behavioral health care received in the Tricare network.

Professionals in the network authorized to provide marital therapy include psychiatrists, psychologists, certified psychiatric nurse specialists, clinical social workers and certified marriage and family therapists. Tricare-authorized pastoral and mental health counselors can also provide therapy or counseling services under a physician’s supervision.

After the first eight visits, non-active duty beneficiaries must get authorization from their regional health care contractor to continue treatment. To reduce their out-of-pocket expenses, beneficiaries are en-

couraged to use a network provider.

Active duty family members enrolled in Tricare Prime or Prime Remote can call their regional behavioral health care provider locator and appointment assistance line for help locating and making appointments with network behavioral health care providers in their area.

Tricare Prime Overseas beneficiaries can get information about host nation providers from their local military treatment facility or Tricare Service Center.



Visit the Mental Health Resource Center at www.tricare.mil/mentalhealth. To find a behavioral health care provider in the West Region, call 866-651-4970.

Living in the barracks doesn’t have to be unhealthy

TRISH MUNTEAN

Army News Service



FORT WAINWRIGHT, Alaska — It really is possible to live in the barracks and still have a healthy lifestyle, said Capt. Thomas Johnston, officer in charge of the Nutrition Care Division at Bassett Army Community Hospital, here.

“Every Soldier has a choice,” Johnston said. “We all have a choice. It our responsibility of which choice we make. We can choose to get out and do physical training every day, or we can choose to overeat every day. It is really about making the right decision and that decision will really either make us or break us.”

With microwave ovens often being the only choice for cooking in the barracks, Soldiers need to educate themselves what some quick-and-easy healthy choices are for when browsing the freezer section at the commissary.

When shopping for microwave dinners “the number one thing folks should look for is calorie content,” Johnston said.

People need about 1,600 to 1,800 calories a day, and he recommends that that they should get between 500 and 600 calories per meal.

Johnston said that many meals meant for hearty appetites have more than 1,000 calories and high sodium content as well. If those meals are eaten on a regular basis, they could lead to weight gain, problems with blood pressure and other health problems.

Eating right doesn’t mean giving up snacking.

There are healthy snack options in the barracks even without a refrigerator.

“A handful of nuts is a great option,” Johnston said. “You can also have fruit.”

People don’t often think of dried foods such as beef jerky as a healthy snack, but Johnston said that it is very high in protein and very low in fat. However, he recommends watching portion size and sodium content. Another snack option is popcorn.

“Popcorn is healthy, as long as you restrain how much butter you put on it,” Johnston said. “Popcorn itself is fairly low in calories, without the butter. If you put too much butter on, it is like putting too much salad dressing on a salad; you’re going to make it very calorie-dense and increase your likelihood of weight gain.”

Choosing what to drink is just as important as what you eat, Johnston said.

“While fruit juices are nutrient-dense, they are also very calorie-dense as well,” he said. “Alcohol is calorie-dense, just like soda. Most sodas are about 150 calories for 12 ounces. Beer is about 110 calories for a light beer, to about 190 calories for a darker beer. If you’re having two or three of those a day, those calories add up.

“Weight control is very important,” Johnston added. “Anyone who has good weight control is more likely to have good stamina, good cardiovascular capacity and be able to endure situations on the battlefield or in a training environment. You’re just more physically fit if you’re an appropriate weight for your size.”

(Editor’s Note: Muntean works for Public Affairs at Fort Wainwright, Alaska.)

Competitors ‘TRY’ something new at PARC

TARA SCULLY
Pihilaau Army Recreation Center

PILILAAU ARMY RECREATION CENTER — Excitement filled the air, as competitors in the first Pokai TRY gathered near the starting line, here, Aug. 28. Shelly Leslie, PARC’s director and Pokai TRY race organizer, gave a 15-second warning. Then, she counted down, “3-2-1-GO!,” and the competitors were off.

There were three events in the Pokai TRY: 1,000-meter run, 1,000-meter swim and 1,000-meter paddle on a paddleboard. Leslie said that smaller events, like this one, give competitors a chance to build up their confidence by training and learning about the events.

“There are a lot of people who want to try a triathlon but don’t know where to start, especially since the distances of the events are so lengthy and the field of competitors is usually so intimidating,” Leslie said.

“That’s why we named it TRY,” she added. “The goal was to get people to try new things.”

Waianae High School Junior ROTC cadets guided runners along the beach for the run, manned kayaks to ensure water safety during the swim and passed paddleboards to competitors for the paddle portion. PARC lifeguards and Schofield Barracks’ Outdoor Recreation water safety staff encouraged and coached athletes through each leg of the event.

Although competitor’s skill levels



Katy Kluck | Directorate of Family and Morale, Welfare and Recreation

Competitors participate in the first leg of the Pokai TRY, a 1,000 meter run, before tackling the 1,000 meter swim and 1,000 meter paddle, here, Aug, 28.

varied, people participating in the event embraced the spirit of the competition, and were supportive of one another. Many competitors even stood at the finish line after they had finished the race, to cheer on other competitors that hadn’t made it in yet. In one case, a mother waited for her son on the beach, at the end of the paddle portion, so they could cross the finish line together.

Capt. Tae Rose, 303rd Ordnance Battalion, (Explosive Ordnance Disposal), 8th Theater Sustainment Command, who arrived in Hawaii in July, learned about the Pokai TRY at a Directorate of Family and Morale, Welfare and Recreation newcomers’ orientation.

“I really thought the PARC Pokai TRY event was perfect for those looking to try new things when arriving to Hawaii,” Rose said, who finished third in his division.

“It’s also a great way to meet new people with similar interests,” Rose added. “Not only that, it gives people who are into these types of events, a chance to push themselves to improve their personal best scores. I’m so glad I entered. Now I have memories that will last a lifetime.”

The Aug. 28 event was the first of a three-part series. The next Pokai TRY event is set for Oct. 30. Call 696-6026 for more information.

Results			
Males 35 and under		Females 35 and under	
1st – Zachary Taron, 19:44		1st – Julia Fox, 25:46	
2nd – Robert Plotts, 20:46		2nd – Eunhae Jones, 27:10	
3rd – Justin Kanoho, 22:22		3rd – Bonnie Wood, 28:43	
Males 36 and over		Females 36 and over	
1st – Teddy Buckley, 20:39		1st – Marybeth Williams, 26:34	
2nd – Wayde Nakai, 21:50		2nd – Angie Baca, 27:14	
3rd – Tae Rose, 30:44		3rd – Debra McNamara, 48:58	

Commuters encouraged to practice safe bicycling on roads

ALLIED BARTON SECURITY SERVICES
News Release

CONSHOHOCKEN, Pa. — Sharing the road with bicyclists is very important, especially when commuting on busy city streets, and bicycling has become popular as an environmentally friendly and cost effective transportation alternative, as well as a fun and healthy recreational activity.

Novice and experienced cyclists need to make safety a top priority. Commuters should follow these tips on bicycle safety:

- Obey traffic laws.** Is riding on the sidewalk safer than riding in the street? Cycling on the sidewalk means having to dodge pedestrians, pets, garbage cans, parking meters and signs. Bicycles are considered vehicles and cyclists should obey the same traffic laws as motorists. Travel on the right side of the road with traffic, and do not ride on the sidewalk. Obey all stop signs, traffic lights and lane markings. Use proper hand signals before making any lane changes or turns.
- Choose a route that is safe.** When considering a route, don’t think like a motorist, think like a cyclist. Ask if the Department of Transportation has a bike route map. Talk to a professional at a local bike shop or bike club to find out what routes are the safest. Additionally, many cities have implemented bike lanes specific for bicycle commuters. Be aware of other users on bike paths, such as folks with strollers or dogs. Announce that you are passing on the left, when overtaking someone on the bike path.
- Perform regular maintenance and repair.** Make sure all parts are in good repair, and check brakes, tires and gears often. Have a bike expert teach the basics so that you can continue routine maintenance. The most com-

mon repair a commuter will encounter is a flat tire, but also monitor brake wear. Many bicycle shops, community colleges, adult education programs or bicycle organizations offer workshops or classes in bike repair. Commuters should replace a chain every 2,000 miles; clean and oil the chain frequently, especially after riding in the rain; and replace it regularly. It is also important to carry small repair and first aid kits. For minor repairs, an everyday bike commuter should carry a patch kit, a spare inner tube, an air pump and a multitool.

- Park securely.** More than half of the one million bikes stolen every year weren’t locked up. Find a solid object, like a street sign or post, and secure the bike onto it with at least one good lock to discourage theft. Make sure that the pole has something on top that will prevent the bike from being slid over it. The safest object to lock a bike onto is a bike rack. Ask a manager or supervisor for a storage area where they’ll let commuters leave bikes during the day.
- Wear safety equipment.** Safety equipment begins with the helmet. Wearing an approved helmet can reduce the risk of a head injury up to 85 percent in the event of an accident.
- Avoid riding at night.** If commuting in the dark, riders will need effective lighting and reflective equipment. Most states require some kind of front illumination, and it is safer to have both a headlight and rear flashers. Additionally, clothing should be bright and have reflective strips.



IMCOM offers safety tips for traveling to and from school

INSTALLATION MANAGEMENT COMMAND
News Release

WASHINGTON — Now that school is back in session, parents should make sure children arrive and return from school safe and sound.

By being aware of school travel risks, adults can take actions to keep children safe.

School Bus

If the child’s school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the bus. If the child’s school bus does not have lap/shoulder belts, encourage the school to buy or lease buses with lap/shoulder belts.

Ensure children wait for the bus to stop before approaching it from the curb. Do not allow children to move around on the bus. Make sure children know to check to see that no other traffic is coming before crossing, and to always remain in clear view of the bus driver.

Driving

All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat. Children should ride in a car safety seat, with a harness, as long as possible and then ride in a belt-positioning booster seat. Children should ride in a belt-positioning boost-

er seat until the vehicle’s seat belt fits properly, usually when the child reaches about 4 feet 9 inches in height and is between 8-12 years of age.

All children under 13 years of age should ride in the rear seat of vehicles. If an adult must drive more children than can fit in the rear seat, like when carpooling, move the front-seat passenger’s seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly without it.

Biking

Adults and children should always wear a bicycle helmet, no matter how short or long the ride. They should ride on the right side of the road, in the same direction as auto traffic, and use appropriate hand signals. Parents need to ensure children respect traffic lights and stop signs, and know the rules of the road. Children also should wear bright color clothing to increase visibility.

Walking

Adults need to make sure the child’s walk to a school is a safe route, with well-trained adult crossing guards at every intersection. Parents need to be realistic about their child’s pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not a child is ready to walk to school without adult supervision.

Again, make sure children are wearing bright colored clothing, as this will make them more visible to drivers.