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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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Defender 6 sends

Safety is the responsibility of everyone

LT. GEN. RICK LYNCH

Commander, Installation Management Command

ARLINGTON, Va. — As commanding general of the U.S. Army Installation Management Command, assistant chief of staff for Installation Management, and co-chair of the Services and Infrastructure Core Enterprise, my installation management and safety responsibilities extend beyond the boundaries of IMCOM.

My intent is to provide the facilities, programs and services required to support Army readiness, sustain the all-volunteer force and provide the infrastructure for current and future mission requirements.

Safety is key to accomplishing my intent. It involves the prevention of materiel loss, but the focus is really on saving lives. Each loss, whether in combat or in the garrison, has an impact on our force.

In September, I spoke at the Army Senior Safety Tactical Symposium to say thank you to almost 500 safety professionals for the work they do to keep Soldiers, civilians and families safe.

On a daily basis, their work impacts the conditions in which we train, work, live and play, both on and off duty, and includes driver training, home safety, child and family safety, weather conditions assessment, fire prevention, hazardous-material handling, and weapons and range safety. I thanked the safety professionals for their continuing diligence and efforts to monitor trends and address issues to prevent loss.

A recent example was 2009's six-month, Armywide fire-safety campaign. Launched to reverse the increasing number of military housing and facility fires, the campaign succeeded in netting more

than \$20 million in cost-avoidance in the second half of the year.

An ongoing example is a motor vehicle and motorcycle traffic safety program that is contributing to a downward trend in accidental fatalities. We are at the lowest level in more than seven years, and other military services are looking at our model.

These examples provide evidence that our safety program is working. However, we can never become complacent or act as if what we are doing is good enough, as long as we are still losing lives through senseless, preventable accidents.

Everyone is a safety officer. We all have an obligation to look out for ourselves and the Soldiers, civilians and families around us. The requirements are in place; we have the Army Safety Program, Army Regulation 385-10 and IMCOM's Safety Program Regulation, so we need to make sure we act on them.

First, we will not cut corners or funds to save money at the expense of our safety program; it would be fundamentally unwise to do so. Why would we want to negatively affect a program that saves lives? We should be allocating funds to improve the safety program. In doing so, we will have a positive impact in keeping the Army family intact.

Second, when we allocate resources for safety programs, we need to reach all members of the Army family, not just active duty Soldiers. Funds need to be allocated for our pro-

“We cannot be satisfied as long as we have a single accident.”

— Lt. Gen. Rick Lynch
Commander, IMCOM



grams to reach Soldiers of all components, retirees, civilians and families. Only by reaching every member of our communities, can we instill a culture that puts safety first, a culture that protects our Army family and keeps the Army mission-ready.

Third, everyone must support senior commanders, as they are responsible for the lives of every Soldier, civilian and family member on their installation. Everyone must embrace the safety program and be actively involved.

While the commander is ultimately responsible for mission accomplishment and the safety of his or her assigned people and resources, all of us must know the safety program and carry it out to standard.

Fourth, motorcycle simulators are necessary and should be made available at every IMCOM installation. Many people label motorcycles as unsafe. However, it isn't the motorcycle that is unsafe; it's the driver. That is why leaders need to make sure the appropriate safety training is available for brand-new riders. It is not wise for an untrained motorcycle rider to attempt



How do you respond to the changes in your life?

CHAPLAIN (CAPT.) JONATHAN R. SMITH

2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division

How you respond to and prepare for change can determine the level of stress you experience in life. You may like consistency and feel more comfortable when you can predict what will happen next; however, you will always be limited to how much control you have over life and everyday changes.

The weather changes from day to day and season to season, even in Hawaii. I grew up in Oregon, where the advent of fall meant getting out gloves and warm coats in preparation for cooler weather. It meant that students were back in school, football games were being played and hunting season was open.

We also experience seasons in our lives. Sometimes everything seems to be going so well; other times, everything seems to be falling apart. With each changing season, there are opportunities for different activities that can strengthen your life. It may be difficult to watch things change or to let go of the past, but time moves on. The only choice we have is how we are going to respond when it does.

Where do you turn when things don't go your way? The changing seasons remind us that nothing stays the same.

Or does it? The Bible says that God “is the same yesterday and today and forever,” according to Hebrews 13:8. That truth has been a source of stability and assurance for me in uncertain, changing times. All of us have the ability to choose what we believe and where we will place our trust. Trusting God during the good times will help turn you toward God during the difficult times.

I don't know what you have faced in the past, or what you will encounter in the future, but I do know that it will include change.

My family recently moved from Alaska to Hawaii. Several extreme changes we noticed right away. Not that one place was better than the other — just different. We immediately observed the increase in temperature and traffic. Other things were revealed, little by little, as we slowly adjusted to our new surroundings.

This autumn is my first in Hawaii. Going to football games in shorts and flip-flops is a new experience, one of the unforeseen blessings that have occurred because of a move or change I never planned. Moving is never easy and never permanent in the Army; yet the changes that all of us experience help shape us into the people we are today.

Instead of complaining about negative changes, try to focus on all the blessings that come through change. The next time you move, realize that God is right there with you. He will help you move past the challenges and the changes that take place in your life.

Remember God is still in control, and he will always love you. That is one thing that will never change — forever.



Smith



Daniel Kawasaki | Tripler Army Medical Center

During the Assumption of Responsibility ceremony held at Tripler Army Medical Center, Oct. 1, new Command Sgt. Maj. William Franklin (left) and Brig. Gen. Keith Gallagher, commanding general, TAMC, pass the noncommissioned officer sword.

Tripler welcomes new CSM

JAN CLARK

Tripler Army Medical Center Public Affairs

HONOLULU — In an Assumption of Responsibility ceremony at Tripler Army Medical Center's flagpole, Oct. 1, Commanding General Brig. Gen. Keith Gallagher passed the noncommissioned officer sword to Command Sgt. Maj. William Franklin, as he assumed the responsibilities of leading the enlisted Soldiers assigned to TAMC.

“A command sergeant major is a commander's right arm, confidante and enlisted advisor,” Gallagher said. “He listens to the troops and provides feedback to leaders — and whenever necessary, to the commander — about the morale and well-being of the Soldiers.

“His knowledge and experience are vast and valuable,” he said. “He is a natural teacher and educator. He influences change and ensures the standards are met; is the backbone of an organization, demanding respect; and has a special quality of building and fostering teams and cohesion. Command Sgt. Maj. Franklin has these qualities.”

Coming to TAMC from an assignment as command sergeant major of U.S. Army-Japan and 1st Corps Forward, Franklin began his career as a combat medic with the 82nd Air-

borne Division.

“Franklin's combat experiences, (which) include a deployment with me during Operation Iraqi Freedom 04-06, have seasoned this professional NCO,” Gallagher said. “His work with the thousands of Soldiers in Iraq proved instrumental (when) the mission demanded the combat support hospital (be) split into two units. He witnessed mass casualties and provided emergency-management planning that saved lives.

“His recent work in Japan demanded every faculty of his intellect and cultural fiber that resulted in building trust, stronger relationships and respect with both armies,” he said.

Following Gallagher to the microphone, Franklin thanked the general and proceeded to prove himself a man of few words.

“Today, I am a member of your team,” Franklin said. “As a member of your team, I consider you a member of my family, but I don't discuss family business in public. So ... I'm going to end this, and we are going to make some plans to discuss our private business, our family business, for a later time.”

Later, attendees joined Gallagher and Franklin in TAMC's Regimental Park for a little bit of “family business.”

Voices of Ohana



“The family, the ability to go out on weekends and enjoy the beach, free time, and being able to travel to different islands.”

Master Sgt. Jeremiah Eaton
HHC, 25th CAB, 25th ID



“My freedom to go out, go swimming, go snorkeling, be at the beach, wear civilian clothes and have fun!”

Spc. Elizabeth Fox
2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID



“My wife — not being able to have fun with her and take her places to spend time with her — and going out to the beach.”

Spc. Elin Garcia
Headquarters and Headquarters Troop, 2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID



“Going out with my wife and spending time with my kids.”

Sgt. Brian Mount
HHC, 2nd Attack Helicopter Bn., 25th Aviation Regt., 25th CAB, 25th ID



“The thing I missed the most about being deployed was having home-cooked meals with my wife and my dog, Indie.”

Staff Sgt. Peter Warner
HHC, 25th CAB, 25th ID

What did you miss the most when deployed?

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



Sgt. Jesus J. Aranda | 25th Infantry Division Public Affairs

Col. Mike Lundy (right), commander, 25th CAB, 25th ID, uncases the brigade colors with Command Sgt. Maj. Jess Ruiz, 25th CAB, during a redeployment ceremony honoring the brigade's return following a 12-month deployment to northern Iraq, at Wheeler Army Airfield, Oct. 5. During the ceremony, Soldiers, families, friends and guests witnessed the uncasing of respective colors of the squadrons and battalions of the 25th CAB — officially returning them to service in Hawaii.



Spc. Mahlet S. Tesfaye | 25th Infantry Division Public Affairs

Maj. Gen. Bernard Champoux (right front), commanding general, 25th ID; Col. Mike Lundy (left front), commander, 25th CAB, 25th ID; and Soldiers of the brigade render honors during the playing of the national anthem at 25th CAB's redeployment ceremony.

‘Wings of Lightning’ officially return

SGT. 1ST CLASS TYRONE C. MARSHALL JR.

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

WHEELER ARMY AIRFIELD — The end of a deployment brings a sense of accomplishment, relief and esprit de corps to a unit.

The 25th Combat Aviation Brigade, 25th Infantry Division, recently held its redeployment ceremony, signifying its official return from a yearlong deployment to northern Iraq, here, Oct. 5.

A crowd of family, friends and fellow Soldiers joined the 25th CAB in celebrating the official end of its deployment and a job well done.

Hosted by Col. Mike Lundy, commander, 25th CAB, and Command Sgt. Maj. Jesus Ruiz, command sergeant major, 25th CAB, the ceremony also featured remarks from Maj. Gen. Bernard Champoux, commanding general, 25th ID.

“Today, we are witness to the ‘Wings of Lightning’ commitment, dedication and willingness to go for us to fight our nation’s war,” Champoux said. “Throughout the history of our country, the selfless spirit of duty runs deep (through) America’s soul ... these men and women standing before us today, heard and answered that call.

“Your pride, resilience and determination to do what is necessary to protect all that we hold dear, echoes in the heart of the ‘Tropic Lightning’ Division,” he said.

Champoux spoke of some of the 25th CAB’s achievements, as “Task Force Wings” helped set conditions for Operation New Dawn.

“Task Force Wings was the largest aviation brigade in the Army, with 196 aircraft and (more than) 4,000 Soldiers and Airmen,” he said. “Task Force Wings included units from the Tennessee National Guard, 12th (CAB), Task Force ODIN, Ohio Air National Guard and multiple Air Force weather teams.”

He added, “(The) 25th Combat Aviation Brigade had the highest operational flight tempo in the Army during combat operations, including the execution of (more than) 200 phase inspections on its 196 aircraft. In total, you flew (more than) 140,000 flight hours.”

Lundy also addressed his troops on the flight line, stating, “We stood here a little (more than) a year ago today, prepared to deploy and execute full-spectrum operations in support of (United States Division-North), headquartered by ‘Task Force Lightning’, then ‘Task Force Marne.’” he said.

“Now, we have returned home to our families and friends, and I know, having witnessed 12 months of combat operations with the outstanding Soldiers on this ramp before us, that they are, in fact, the best Soldiers and leaders I have served with in my 24-year career,” he added.

“Their record for mission accomplishment truly speaks for itself,” Lundy continued. “I could recite the hundreds of thousands of hours flown, the passengers and cargo moved, number of lives saved, enemies killed or captured, and the outstanding operational-readiness-rates maintained, but that means nothing next to the comments and accolades I routinely received from the Soldiers you supported on the ground.”

The 25th CAB supported complex missions and high-profile events like the Iraqi national elections, medical evacuation operations, movement of senior Iraqi and U.S. officials for key leader engagements, and the air-ground integration and air-assault training provided to Iraqi security forces.

Lundy also remembered those who made the ultimate sacrifice while serving in Iraq this past year.

“There was a cost, and we will always remember the sacrifice of Chief Warrant Officer 2 Matt Heffelfinger, Chief Warrant Officer 2 Earl Scott, Capt. Marcus Alford and Chief Warrant Officer 2 Billie Jean Grinder,” he said. “They will always be a part of the fabric of this brigade, and they will forever be remembered as heroes. Please keep their families in your thoughts and prayers.

“I am very proud of every Soldier and leader in this brigade, and (am) especially proud of the families who have sacrificed so much,” Lundy said. “(It) is great to be home with our Hawaiian ohana.”



Spc. Mahlet S. Tesfaye | 25th Infantry Division Public Affairs

Lt. Col. David Francis, commander, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, stands before a formation of his Soldiers during the redeployment ceremony at Wheeler Army Airfield.



Sgt. Jesus J. Aranda | 25th Infantry Division Public Affairs

Col. Mike Lundy (front left), commander, 25th CAB, 25th ID, salutes the brigade's color guard, alongside Maj. Gen. Bernard Champoux, commanding general, 25th ID, during a redeployment ceremony at Wheeler Army Airfield honoring 25th CAB's return to Hawaii following a 12-month deployment.

Deployed Forces

U.S. platoon shows new tactics to Iraqi army officers

Story and Photo by
SPC. ROBERT ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — Clouds of thick, green smoke billowed skyward and expanded across the thicket, obstructing the view through the densely vegetated forest. Commands were shouted back and forth across the grove, as four U.S. Soldiers sprinted to their next covered position in a trench between two rows of palm trees.

The Soldiers took up their ready positions and provided cover fire, allowing the next team to advance toward the objective.

Aside from the crowd of Iraqi army officers and soldiers observing from a footpath, blank firing adapters were the only indication that the event was a training demonstration. Soldiers from Company B, 1st Battalion, 21st Infantry Regiment “Gimlets,” 2nd Brigade Combat Team, 25th Infantry Division, provided a demonstration of platoon movement techniques in a woodland environment, Sept. 30, at the request of senior IA officers in Diyala province.

“The purpose of the demonstration is to give our IA counterparts an introduction into (the) training we’ll be providing in the next month,” said Capt. Rustin Jessup, commander, Co. B, 1-21st Inf. Regt., 2nd BCT.

The core of the training will consist of basic military fundamentals, such as the importance of constant situational awareness, communication and how to maintain individual sectors of fire. These simple skills are imperative to master before more advanced

tactical movements can be taught.

The Gimlets hope to instill in their IA counterparts, the confidence that each Iraqi soldier will perform the duties as required when he or she is called upon to do so.

An admirable quality possessed by U.S. Army Soldiers, which may be taken for granted at times, is the dedication to ensuring no Soldier is left behind, another under-



Pfc. Matthew Becerra, Co. B, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, advances toward an objective during a tactical demonstration, recently, at a palm grove near Baqubah in Diyala province, Iraq.

lying theme that will be stressed during the training cycle.

“We’re going to incorporate a couple simulated casualties, as well to teach (the IA soldiers) to take care of their wounded and not just leave them on the battlefield,” said Sgt. 1st Class Randy Robertson, platoon sergeant, Co. B, 1st Bn., 21st Inf. Regt., 2nd BCT.

IA provided an abandoned palm grove farm near Baqubah in Diyala province for training purposes. The orchard will be transformed into a simulated battlefield to assist in the IA’s next step toward self-reliance in full-spectrum security operations.

The necessity for training on clearance operations in a rural environment spawned from a recent IA clearance mission in a palm grove, during which IA soldiers suffered the losses of several officers while assaulting a smaller force of insurgents. The operation caused IA commanders to reassess their approach, as the IA focus shifts from urban to rural environments.

“Iraqi army forces were pinned down by a small group of insurgents, and it took them, like, six days to get the palm grove cleared,” Robertson said. “This (training is related to that event), because they needed better training on how to clear palm groves.”

Iraqi army soldiers have proven that they can operate tactically in urban locales, and this new training will give them the tools to effectively conduct missions in rural environments as well. The end result will be an Iraqi army that is fully capable of defending its country from enemy forces in any situation.

Agriculture exhibit unites community, 2nd BCT Soldiers

SGT. RY NORRIS
135th Mobile Public Affairs Detachment

CONTINGENCY OPERATING BASE SPEICHER, Iraq — An Agricultural Exhibition and Trade Show took place at Tikrit University, Iraq, Sept. 27 and 28.

The Salah ad Din Agricultural Task Force at Tikrit University and the Salah ad Din Provincial Reconstruction Team sponsored the exhibit.

On both days, the PRT made the trip with Soldiers from the 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, to observe the event.

“This was the first time the exhibit has taken place in Salah ad Din,” said Tom Pick, a SaD PRT agricultural advisor. “Normally, the exhibit is in Baghdad, not in the smaller provinces. However, during the Saddam

(Hussein) regime, the farmers were guaranteed profit since the government provided subsidized seeds in return for subsidized crops. Now, the farmers have to market their products. This (exhibit) is giving them that opportunity.”

Spectators walked through a crowded room as business owners and vendors displayed their merchandise. Products included fruit and vegetable packaging, supplies for hoop houses and plastic-covered greenhouses.

“You could barely walk through the place yesterday without bumping into someone,” said Saud Latif Ahmmed, a farmer. “There is a great variety of things for us to use.”

Most of the products were from Inma, or “growth,” in Arabic. Inma is an agricultural program set up by the U.S. Agency for In-

ternational Development, to work with the SaD PRT to assist the agricultural industry and market in Iraq.

Inma offered fruit and vegetable packaging free of charge at the event, to help farmers keep their produce fresh longer. With temperatures as high as 125 degrees Fahrenheit, fresh produce deteriorates at a rapid pace.

Other attendees, like Ayoub Mahmoud Ahmed, sought to increase sales at the event. Ahmed is an authorized vendor for a company that specializes in producing pumps and motors for deep-water wells.

“I like the idea behind this event,” Ahmed said. “It gives me a chance to display my products to many who might not have known about them. I hope to see an increase in sales from this (exhibit).”



Courtesy of 2nd Brigade Combat Team, 25th Infantry Division

A Kurdish soldier places a nasopharyngeal aspiration device in the nose of Sgt. Alan Williams, 2nd Sqdn., 14th Cav. Regt., 2nd BCT, 25th ID during combat lifesaving training.

2-14th Cav. Regt. medics teach combat lifesaving

1ST LT. LAWRENCE A. WILLIAMS
2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division

FORWARD OPERATING BASE COBRA, Iraq — Medics from 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, conducted their first Combat Lifesaver Courses for 19 soldiers from the Kurdish 3rd Regional Guard Brigade, or Peshmerga, here, Sept. 20.

This three-day course consisted of 24 hours of basic casualty evacuation, airway management, treatment of penetrating-eye trauma, chest injuries, controlled bleeding, trauma-patient assessment, practical exercises, a hands-on exam and a final written exam.

The combat medic is synonymous with the combat Soldier. No matter what type of terrain, mission or battlefield Soldiers may find themselves in, the combat medic is always close by, providing combat health support.

However, due to the design of Army battle doctrine (supporting an Army that is mobile and operating on an immense battlefield), the ability to provide medically licensed personnel at every foothold is not feasible. This fact is why the combat lifesaver is factored into the equation.

“Combat lifesavers are nonmedical Soldiers who are trained in basic medical skills, which enable (them) to provide first aid, lifesaving measures on (themselves) or others, as the combat mission allows,” said Staff Sgt. John Wilkerson, noncommissioned officer in charge of the Squadron Aid Station, 2nd Sqdn., 14th Cav. Regt., 2nd BCT.

Thanks to their first aid training, these Soldiers are also able to assist combat medics in the performance of their duties and have become invaluable assets due to the paucity of medically licensed personnel at the numerous points of injury, Wilkerson added.

The Peshmerga class, here, was quite diverse in ranks and experience. All students participated in the class wholeheartedly, and even though there was a language barrier, it did not hinder the training or experiences students and instructors gained from one other.

At the end of three days of training, the 3rd RGB soldiers were sated with medical information, and they were ready to go forth and share their new knowledge with their fellow soldiers.

The 3rd RGB soldiers will continue to carry out the craft of the combat lifesaver.

2nd BCT ‘represents,’ executes mission

Deployed Forces



Photos by Spc. Brandon D. Bolick | 982nd Signal Company, Combat Camera

DIYALA PROVINCE, Iraq — U.S. Soldiers with Company C, 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, gather for a company photo at the Baiji Oil Refinery during a recent change of command ceremony, here.



DIYALA PROVINCE, Iraq — Sgt. Jacob Woo, Company C, 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, provides security in Baiji Oil Refinery, here. U.S. forces conducted a weeklong Technology Training Conference, called “Golden Fleece,” which focused on teaching and providing Iraqi chemists and technicians with new technology used to counter oil extortion.



DIYALA PROVINCE, Iraq — Master Sgt. Roger Johnson, Headquarters and Headquarters Company, 2nd Brigade Combat Team, 25th Infantry Division, performs a bench press in Cash Gym, at Forward Operating Base Warhorse, here, Sept. 30, when Morale, Welfare and Recreation hosted a weight lifting competition in FOB Warhorse.

Pacific Regional Medical Command re-enlists en masse

JAN CLARK

Tripler Army Medical Center Public Affairs

HONOLULU — With the ambiance of the tropics and a beautiful beach backdrop, the re-enlistment of 60 Soldiers from the Pacific Regional Medical Command, held at Sea Breeze on Hickam Air Force Base, Oct. 1, proved an inspiring event, bringing with it a sense of tradition, service and family.

With continued service to their country utmost on their minds, members of Tripler Army Medical Center, the Schofield Barracks Health Clinic, the U.S. Dental and Veterinary commands, and the 18th Medical Deployment Support Command raised their hands and took the oath — one more time.

“Today is a great day because we are going to re-enlist Soldiers into our Army to stay in boots,” said Brig. Gen. Keith Gallagher, PRMC commander. “These Soldiers are re-enlisting to stay in anywhere from a couple of years, to several years, or indefinitely, and that is very instrumental now, because we are a nation at war. These Soldiers joined the Army at war — many of them did, and they are going to continue to serve in the Army while our nation is at war.”

The ceremony was used as a platform to express how proud PRMC is of the job its Soldiers have done so well, and to recognize their contributions for the patient care they provide, the deployments they undergo, and how thankful the command is for the Soldiers signing on and continuing that service.

Master Sgt. John Kiehl, senior career counselor, PRMC, coordi-



William Carnes | Tripler Army Medical Center

The No. 68 jersey-donned Pacific Regional Medial Command Soldiers pose with former Pittsburgh Steeler, Chris Fuamatu-Ma'Afala, following a mass re-enlistment ceremony at Hickam Air Force Base, Oct. 1. The Career Management Field “68” applies to all enlisted medical Soldiers’ Military Occupational Specialty.

nated the event and was impressed by the numbers.

“We have 75 Soldiers re-enlisting today throughout the Pacific, including Japan, Guam and Okinawa, for the PRMC,” Kiehl said. “That’s a combined total of 330 years of service: men and women dedicated to the United States Army and the United States of America. They are why I do my job.”

“The Army is also about families,” Gallagher said, adding that many Soldiers’ families were in attendance to witness the ceremony. “Let’s bring the family members up to join their Soldier before we issue the oath. Why? Because this is about the Army re-enlist-

ing the entire family, not just the individual Soldier.

“It is the families that talk to the Soldier about the decision they are going to make,” he said. “It’s the families that discuss what the future and the career is going to be, and it is the families that are certainly very influential in what the Soldiers do.”

Gallagher expressed his appreciation to the Soldiers and their families, and his honor to re-enlist them.

“I look forward to working with each and every one of you, today, tomorrow or anytime in the future — here, or anywhere in the world,” he said.

SOS: Center provides care for families’ needs

CONTINUED FROM A-1

cooperation between the various services and programs designed to help bereaved military families.

“(Lt.) Gen. Lynch saw that Survivor Outreach Services, Army-wide, would need dedicated space to provide the long-term care that survivors are entitled to,” Terry said.

Support for the program has resulted in its steady growth.

“The Army has established the Survivor Outreach Services program within every Army Community Service office, partnering with Casualty Assistance Centers across the world,” said Col. Douglas Mulbury, commander, USAG-HI, at the ceremony.



See additional photos of this event at www.flickr.com/photos/usag-hi.

SOS centers will also be installed in Army National Guard armories and Army Reserve centers in communities that do not have active Army garrisons or ACS programs.

“(This will ensure) that any surviving family member, no matter where they live, can be reached and provided the care

the Army has promised, for as long as necessary,” said Mulbury.

About two years ago, Lis Olsen, ACS outreach director, began researching the Defense Civilian Intelligence Personnel System to compile a database of families in Hawaii and the Pacific who might be helped by a survivor center. It was a daunting task, because DCIPS records include long fields of data for each fallen Soldier.

“The challenge of locating families is exacerbated by the geographic distances of our islands in the Pacific,” Terry explained, “but this is an effort which we take very seriously.”

“All I wanted to know was, ‘Who was that Soldier? Who were the parents, the wife, the siblings? Where are they? Let’s reach out,’” Olsen said.

Her persistence paid off. Aided by volunteers, Olsen developed a list of the loved ones of approximately 248 fallen Soldiers from the Hawaiian Islands, Guam and American Samoa.

“It’s our responsibility, as the Army family, to reach out to them and do what (Lt.) Gen. Lynch said: Provide care for them for as long as they need it,” Olsen said.

Furnished with quilts and comfortable chairs, and built to allow for growth as new and additional services are offered, the SOS Center is the first of its kind in Hawaii and the Pacific.

Hali’a Aloha will serve Hawaii’s survivor families of Army active duty, National Guard and Reserve, coordinating resources and referrals for Army, state and local programs.

Olsen has already identified a specific category of survivor whose needs, she believes, might be served by Hali’a Aloha.

“We tend to forget the Soldiers who fought side by side (with the deceased), whether they were downrange or here in the unit,” she said. “(When) one of them loses his or her life, the suffering that those battle buddies experience is tragic as well. Battle buddy support groups are on my agenda for the future.”



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

Soldiers of 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, compete in a softball game during Cacti Banner Day at Schofield Barracks, Oct. 1.

Cacti meet challenges in Banner Day contests

STAFF SGT. AMBER ROBINSON
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers of 2nd Battalion, 35th Infantry Regiment, “Cacti,” 3rd Brigade Combat Team, 25th Infantry Division, gathered recently to give their competitive spirit a boost during Cacti Banner Day, held here, Oct. 1.

The Cacti Bn. Banner Day was comprised of a number of sports, pitting each of the unit’s companies against one another to vie for overall winner in each event.

Events included soccer, basketball, softball, flag football, combatives and a physically-intensive team competition.

With Banner Day, Cacti Bn. created a competitive environment to strengthen unit camaraderie and challenge each Soldier physically and mentally.

“It was good for everyone to get an opportunity to build cohesion and get used to operating with a team mentality,” said 2nd Lt. Tyler Weaver, officer in charge of soccer games, 2nd Bn., 35th Inf. Regt., 3rd BCT.

Each company in the battalion produced some of its most athletic Soldiers to compete in the events. The team competition was the most physically demanding event, and gave each company a chance to showcase its strongest warrior-athletes.

“We really had to push each other,” said Sgt. 1st Class Chris Desierto, Scout Platoon sergeant, 2nd Bn., 35th Inf. Regt., 3rd BCT, and the leader of the winning platoon. “As the scout platoon for the commander, we have to make sure we are maintaining a high standard. We are the eyes and ears for the commander during combat, so we wanted to

make sure we excelled and pushed ourselves to our limits, to show what we were made of.”

Many Soldiers are already aware of how team cohesion and a drive to win will prepare them for combat in the future, especially in battle-focused events like combatives and the team competition, where Soldiers competed in activities that might come in handy in a combat environment.

“Events like the litter carry, which was part of the team competition, required us to work as a team and rely on each of our teammates,” Desierto said. “The event gave Soldiers an understanding of the exhaustion they will feel in combat and forced them to mentally overcome (the exhaustion) to succeed.

“We treated the competition like any other mission, performing a walk-through rehearsal the day before (and) scouting the stations where we would stop to perform our tasks,” he said. “We even ran the competition route in our combat vests to get a taste of what it would be like.”

Those not competing in events were more than happy to come and show their support for their fellow Soldiers. Family members were also welcome.

“I was surprised at how full the stands were for the games,” Weaver said. “We had tons of Soldiers and family members come out to show their support. The morale during the day was great. People were showing up to cheer on their teams and were having a great time.

“Fun days like this create a break in the routine and provide a time for Soldiers to relax from the daily grind of infantry life,” he added.

The Cacti Bn. transformed C-Quad into a social meeting area for Soldiers, families and competitors to mingle, complete with food and even some music.

3rd BCT: Teams learn combat skills

CONTINUED FROM A-1

use equipment they may never have trained on before,” said Capt. Matthew Urban, 2nd Bn., 35th Infantry Regiment, 3rd BCT. “The Soldiers were able to train on the M17 Decontamination System, a high-powered, pump-driven washing device.”

The weeklong training included lessons on decontaminating casualties and oneself, surveying and marking radiological- and chemically-contaminated sites, how to call in a nine-line medical evacuation on a chemically-contaminated casualty and how to transport a chemically-contaminated casualty to a pickup site.

The competition began with a nine-mile ruck march, after which Soldiers completed for time and accuracy in six testing lanes.

Lanes included a series of basic chemical tests, donning a protective mask and decontaminating oneself, decontaminating a casualty, assembling and disassembling various weapons systems, surveying and marking chemical and radiological sites, and a written test.

Dragon Week culminated Oct. 1, with a series of physically intensive battle-focused lanes.

“It was basically like a stress shoot for the Chemical Corps,” Urban said.

The 2nd Bn., 27th Inf. Regt.; 2nd Bn., 35th Inf. Regt.; 3rd Squadron, 4th Cavalry Regt.; and 3rd Bde. STB, all units in 3rd BCT, participated in the competition. A two-man team of Chemical Corps Soldiers represented each unit.

The team from 3rd Bde. STB was the overall winner of the competition, with 2nd Bn., 35th Inf. Regt., coming in second.

“It was a challenging competition, and the Soldiers really put their all into it,” Urban said. “(The competition) provided our Chemical Corps Soldiers (with) a chance to see what their combat potential may be and how they would react in those extreme conditions.”

“The feedback we received from the chemical Soldiers was very positive,” Meir said. “Their enthusiasm showed during the training, and they hope they will be given more opportunities like this in the future.”



Capt. Matthew Urban | 3rd Brigade Combat Team, 25th Infantry Division

A chemical Soldier with 3rd BCT, 25th ID, carries a chemically-contaminated casualty to a pickup location during a simulation exercise, which was part of the brigade’s Dragon Week.

25th CAB: DFAC receives special award for running two facilities

CONTINUED FROM A-1

25th CAB to recognize their efforts operating two food service operations simultaneously, both downrange and at home station,” Zedalis said. “The unit’s leadership took the challenge to split their team, so that the home station DFAC could compete in this year’s competition. It was

a risky, bold move on the part of the unit, and they were recognized for going that extra 10,000 miles.”

The extra effort cannot be overstated. The unit was not only splitting food service personnel between Iraq and Hawaii, but also was competing with less than two weeks of preparation after massive facility renovations.

Additionally, the DFAC competed with inexperienced Soldiers who had arrived directly from Advanced Individual Training.

“This competition was really unique,” said Sgt. 1st Class Toby Vereen, DFAC noncommissioned officer, 2nd Squadron, 6th Cavalry Regiment, 25th CAB, who has participated in eight Connelly competitions in his 14-year career.

“We not only had to overcome being short-handed – in terms of personnel – and light on experience, but we were also only open for about a week before the competition.

“I could not be more proud of our young Soldiers,” he said. “Right out of school, they were motivated, willing to learn and met all of our objectives.”

Tripler urges retirees, spouses to get checks, primary care manager

Story and Photos by
VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS — Retirees and spouses convened at the Nehelani to get flu shots, blood pressure checks and current information at the annual Retiree Appreciation Day, held here, Saturday.

Sponsored by the Army Retiree Council-Hawaii, RAD features information tables and briefings of interest to retirees and spouses. Briefings provided the latest information concerning retiree health care, the U.S. Army Garrison-Hawaii and veterans' organizations.

The day started with a speech from retired Lt. Gen. Allen Ono, chairman of the Army Retiree Council-Hawaii, who welcomed attendees. Besides providing useful information, Ono noted, the event also serves as a reunion.

"Look around and you will see others who have served our proud nation for a long time, and now are retirees," he said.

After Ono, retired Command Sgt. Maj. Donald Devaney, who co-chairs the council, presented a tribute to deceased retirees from the past year. A lone bugler played a moving rendition of taps, and then Devaney read 75 names of the deceased, with ranks ranging from specialist to general.

Next, Brig. Gen. Keith Gallagher, commanding general, Pacific Region Medical Command and Tripler Army Medical Center, urged audience members to designate a primary care manager, whether through Tricare or through private insurance.

"Nineteen thousand, five hundred of you (retirees and spouses) are not enrolled in Tricare Prime/Plus at Tripler," Gallagher said. "It is important to you that you have a primary care manager, whether it's at Tripler, downtown or elsewhere on the island.

"If you have chronic medical problems, it's imperative to get a primary care manager so that he or she can provide you the advice, medicine and education to maintain your health status, or better yet, to improve it," he said.

Citing guidance from the American Academy of Family Physicians, Gallagher said that people older than 50 should get either colorectal screenings or colonoscopies to rule out colon cancer. He recom-



Retirees and spouses receive health care information at the annual Army Retiree Appreciation Day, Saturday. The Army Retiree Council-Hawaii hosted the event.



Retirees and spouses could get flu shots and gather health care information at the annual Army Retiree Appreciation Day, Saturday.

mended that women get regular mammograms and cervical screenings. He also recommended yearly head-to-toe skin-cancer screenings.

"All of these screenings are crucial to the well-being of a person, and I recommend highly that you get these procedures done if you fall into this age category," he said, adding that the screenings are even more urgent for individuals with a family history of these cancers.

"All of you out there look marvelous; each one of you looks healthy," he said. "That's what it's all about — staying healthy and living a great life."

Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, then discussed ongoing and planned improvements within USAG-HI. He was followed by representatives from the Department of Veterans Affairs, the Office of Veterans Services and Tripler patient education.

News Briefs

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

Today

Make a difference —

Here's your chance to make a difference. Adopt a one-day community project for U.S. Army Garrison-Hawaii's "Make a Difference Day," Oct. 23.

This national event provides a perfect opportunity for Soldiers and their families to get involved in their communities. Also, directors, managers and supervisors are encouraged be a part of this team effort to reach out to the Army community.

Units, offices and individuals can call 655-1657 or e-mail amanda.k.koren@us.army.mil.

Lane Closures — Humphreys Road from Lyman Road to Kolekole Avenue is being resurfaced through Oct. 15. View a map and full details of road closures at www.garrison.hawaii.army.mil. Click on "Post Information" and then "Traffic Updates," or call 656-2525.

Ongoing

Education Study — Pacific Command, in partnership with Johns Hopkins University, has launched the Military Child in Hawaii Longitudinal Study.

This study examines the attitudes of military families in Hawaii regarding educating their children in public, private or homeschools; how parents choose their children's schools; what they hear about schools prior to arrival in Hawaii; and whether those perceptions change over time. The study is located at www.hawaiikids.org.

C-IED Center — U.S. Army-Pacific's newly established Asia-Pacific Counter-Improvised Explosive Device Center provides service members stationed in the Pacific access to cutting-edge training in the fight to defeat IEDs, which are currently the leading cause of casualties to troops deployed in Afghanistan and Iraq.

IEDs are defined as makeshift or homemade bombs often used by enemy forces to destroy military convoys. To schedule unit training, contact 438-5828 or e-mail cy.a.ross@us.army.mil.

Foot Gate — Starting Nov. 1, Foot Gate at Schofield Barracks will be open 5 a.m.-11 p.m., each day. The gate was previously open 24 hours a day. Lyman Gate, the visitors' gate, and Macomb Gate will still be open 24 hours a day. For a complete listing of gate hours, visit www.garrison.hawaii.army.mil.

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.



FIRE PREVENTION

Smoke alarms provide a sound people can live with

INSTALLATION MANAGEMENT COMMAND PUBLIC AFFAIRS

News Release

SAN ANTONIO, Texas – While Fire Prevention Week was Oct. 3-9, Installation Management Command safety officials, from headquarters to garrison level, say such concerns remain a constant priority.

That’s especially true as Army installations have experienced more than 300 reportable fire incidents in the first three quarters of fiscal year 2010 – resulting in three deaths, nine injuries and \$18 million of damages.

This year’s theme for the weeklong event was “Smoke Alarms! A Sound You Can Live With,” to educate people on the importance of smoke alarms, while encouraging everyone to take the steps necessary to update and maintain their home smoke alarm protection.

Having a working smoke alarm in all buildings is a first step to preventing possible disaster.

Two basic types of smoke alarms are ionization and photoelectric. A combination of the two sensors will detect slow- and fast-developing fires.

Smoke alarms provide an early audible warning of a potential fire, allowing residents precious, but limited, time to escape, which could reduce the risk of dying in a fire by almost half.

Some smoke alarms have strobe lights, called visible notification appliances, which signal people with hearing loss.

Army family housing leases executed after Oct. 1, 2006, and renewals or extensions of existing leases after Oct. 1, 2007, require hard-wired, interconnected smoke alarms throughout the home. Leases executed prior to those years have smoke alarms installed in hallways leading to bedrooms. Occupants can, at their own expense, install additional smoke alarms.

Army barracks have smoke alarms installed in all sleeping areas.

A smoke alarm is a time-tested, proven lifesaving device no home or business should be without.

(Editor’s Note: Russell Sellers of the Fort Rucker, Ala., Public Affairs contributed to this story.)

The basics of smoke alarms

- Install and maintain a smoke alarm on every level of a home.
- Never remove or disable smoke alarms.
- Test smoke alarms, monthly, by pushing the test button.
- If an alarm chirps, the battery is low, so replace the battery right away.
- Replace batteries at least twice a year.

Most workplace fires can be prevented

ARMY COMBAT READINESS/SAFETY CENTER

News Release

To help prevent the occurrence of a workplace fire in your environment, follow the methods below:

- Practice good worksite housekeeping habits. Do not let trash and waste material accumulate. Empty trash bins regularly. Oily rags must be stored and disposed of in covered metal containers.
- Do not store materials or allow clutter to accumulate around exits and stairways. Fire doors should be kept closed. Fire exits should always remain free and accessible.
- Follow machinery or equipment operating guidelines to prevent overloading and overheating. Follow manufacturer’s instructions in using and maintaining equipment.
- Check electrical equipment regularly for signs of trouble such as damaged cords or worn insulation. Never overload circuits and never force circuit breakers to remain in the on position. Only qualified and authorized personnel should carry out electrical repairs and maintenance.
- Understand the fire hazards of the materials. They may be combustible, flammable, explosive or reactive.

Read the labels and know where to locate the Material Safety Data Sheet for further information. Carefully follow any instructions when using any materials that might pose hazards.

- Observe smoking restrictions. Smoke only in designated areas. Smoking in unauthorized areas such as storage rooms has resulted in serious fires. Do not empty ashtrays until smoking materials are cold.
- Observe security policies and be alert to any suspicious persons or activities. Many workplace fires are set by arsonists.

Do you know what to do?

Answer these questions to ensure readiness in case of a possible workplace fire:

- What is your responsibility in case of fire – to report the fire, fight it or leave the building?
- Where is the fire alarm located?
- Where are the fire extinguishers located?
- Do you know how to use the fire extinguisher?
- Do you know how to use other fire emergency equipment, such as fire blankets, hoses and sprinklers?
- What safety procedures should you carry out in case of a fire? Are you responsible for shutting down equipment or operations before you leave?
- Do you know where you and your coworkers are supposed to meet for a head count after leaving the building?

523rd Engineer Co. fights wildfires, guinea grass

Story and Photo by
SPC. JASON MURPHY

523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

KUAOKALA FOREST RESERVE – Five Soldiers from the 523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, teamed with members of the Oahu Army Natural Resources Program, here, recently, to help mitigate the spreading of wildfires.

The project was coordinated through the unit’s community outreach program.

The team, armed with weed wackers, embarked on a 45-minute drive up the rugged, mountainous terrain to the ridgeline of the Kuaokala Forest Reserve, at the northwest corner of Oahu.

Their target was Guinea grass. While Guinea grass is not native to the Hawaiian islands, the species thrives, here. Guinea grass grows in thick mats and suppresses other plant life, often dominating large areas and forcing other plants to die. Dead plants are the foremost contributor to wildfires.

The live Guinea grass plant, however, is fire tolerant. So, after a fire, Guinea grass thrives, continuing a dangerous cycle.

The team arrived at the Nike station, an old radar station that has been converted into a plant nursery, where more than 50 species of endangered native plants are being preserved. The area is fenced to keep predators from destroying the endangered plant species, and a dirt road serves as a firebreak for the protected area.

However, the Guinea grass had nearly overrun the firebreak. Now, it was up to the Army to clear a path to protect the sanctuary.

After unloading the gear, a call came over the radio stating that a wildfire had been spotted about eight miles from the team’s current location.

“From where we were, we could see the smoke from the wildfire, and I realized how important the job was,” said Spc. Jason Duncan, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

Smaller teams branched off and made their way down the road, cutting down large patches of the invasive grass. Carrying only a weed wacker and his water, one of the Soldiers commented that the work was akin to getting an entire week’s worth of physical training – in one day.

After five hours of clearing, it was time for a new challenge: the hike back up to the top of the ridgeline.

Members of the Oahu Army Natural Resources Program informed Soldiers that the dead plants would quickly decompose and give native plants an opportunity to thrive in the area again.

“I really feel like I have accomplished something today,” said Spc. Nicholas Weisner, 523rd Eng. Co., 84th Eng. Bn.,

130th Eng. Bde.

The Soldiers witnessed firsthand the effects of introducing foreign plant life into an ecosystem, and how something as simple as Guinea grass can drive multiple species of plants to near extinction.

“Without projects like this, Hawaii would be at risk,” explained Sgt. Michael Johnson, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “It feels good to help.”



(Left to right) Sgt. Ronnie Kenedy, a construction equipment mechanic; Spc. Jason Duncan, an armorer; and Pvt. Courtney Ligibel, a construction equipment operator, all assigned to the 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., use weed wackers to control alien plant invasion at Kuaokala Forest Reserve, recently, as part of an environmental outreach program.



Today

Mystery Dinner – Register by Oct. 15 for the Blue Star Card event, “Mystery Dinner” at the Towne Center of Mililani, Oct. 26, 5-9 p.m. Enjoy an evening of fun, food and mystery as you put your detective skills to work.

This event is for adults only; child care will be provided. RSVP at 655-0002 or by e-mail to Sarah.Chadwick@us.army.mil. Space is limited.

Rocktoberfest – Put on your lederhosen and rock out with Kilroy to celebrate Rocktoberfest, Oct. 15, starting at 6 p.m., at the Nehelani, Schofield Barracks. German food and other Rocktoberfest fare will be available for purchase. Enjoy live music, adult-oriented games and prizes at this adult event. No cover charge applies. Call 656-0097.

“Zombie Prom” – Enjoy “Zombie Prom,” a romantic rock ‘n’ roll love story, at the Richardson Theatre, Fort Shafter. Performances are Fridays and Saturdays at 7:30 p.m., and Sundays at 3 p.m., Oct. 15-31. Call 438-4480 or visit www.mwrarmyhawaii.com for pricing and reservations.

Family Fun Friday – Enjoy great family-friendly fun, with a Hawaiian theme, at Family Fun Friday, 6-9 p.m. Free pizza is served on a first-come, first-served basis. Call 655-5797 for updates on locations, or visit www.mwrarmyhawaii.com.

Tutor.com – Tutor.com is holding the following free events during October:

- Oct. 15, 9-10 a.m., Sgt. Yano Library: “Tutor.com for Families.” Learn how Tutor.com can help your family with homework, studying, college classes, resume writing, career transitions and more during a special interactive presentation.

- Oct. 19, 5:30-6:30 p.m., Aliamanu Military Reservation Library: “Tutor.com for Fort Shafter and Aliamanu families.” Tutor.com will be at Aliamanu Library to explain how the program works for Soldiers, spouses and students.

- Oct. 20, 6-7 p.m., Sgt. Yano Library: “Tutor.com for Families.” Learn how Tutor.com can help the family, from K-12, to college, to career transitions.

Tutor.com offers Army families free, online, live tutoring for kindergarten through college-prep students, 24/7. Tutoring services are available in all grade levels of math, science, English and social studies at no cost to Army families.

Call Sgt. Yano Library at 655-8002, or AMR Library at 833-4851.

To learn more about tutor.com, call 655-9818 or visit www.myarmyonesource.com/cyss_tutor.

Domestic Abuse Prevention – The Family Advocacy Program,



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

‘Twinkle, twinkle, little star’

SCHOFIELD BARRACKS — Lt. Col. Marvin Anderson, chief, Plans Branch, G4 (logistics), U.S. Army-Pacific, helps daughter Samantha, 7, learn a chord at the free ukulele workshop at Sgt. Yano Library, here, Oct. 6. Taught by kumu (teacher) Steven Cupchoy, the class included the ukulele’s history and how to play several chords. By the end of class, participants could play “Twinkle, Twinkle, Little Star.”

The workshop is one of a continuing series of events co-sponsored by U.S. Army Garrison-Hawaii’s Native Hawaiian Liaison Office and Army libraries, designed to introduce Soldiers and family members to Hawaiian culture. To find out more about upcoming Hawaiian cultural events, contact the Native Hawaiian Liaison Office at nhliaison@gmail.com. To learn more about Hawaii’s Army libraries, visit www.mwrarmyhawaii.com. See more photos from the workshop at www.flickr.com/photos/usag-hi/sets/.

Army Community Service, Schofield Barracks, has the following events planned in support of Domestic Abuse Prevention Month:

- Oct. 15, 9 a.m.-3 p.m.: Food drive and information booth, Schofield Barracks and Fort Shafter commissaries.
- Oct. 19-20, 9 a.m.-3 p.m.: Empty plate/silent witness display and information, Tripler Army Medical Center, mountainside entrance.
- Oct. 27, 5 p.m.: Domestic Violence Awareness Month Candlelight Vigil, McCoy Pavilion, Ala Moana Park.
- Oct. 28-29, 9 a.m.-3 p.m.: Empty plate/silent witness display and information, Tripler, mountainside entrance. Call 655-4227 for more details.

16 / Saturday

Newcomers Island Tour

Check out the free newcomers island tour. The tour departs at 8 a.m., from Schofield Barracks’ Army Community Service, Building 2091, the second and fourth Saturday of the month, and from Fort Shafter Flats’ ACS, Building 1599, the third Saturday of the month. Call 655-4227 or 438-4499.

17 / Sunday

“Books with a Beat”

Teens can share what inspires them by filling out a musical note at any Army library during Teen Read Week, Oct. 17-23. Teens also can cast votes for the Teen Top Ten books. Prizes will be awarded. Call 655-8002.

Free “War of the Worlds” – Join Richardson Theatre, Fort Shafter, Oct. 17, 24 and 31, for the classic radio-play “The War of the Worlds.” This event is a Reader’s Theatre Production and admission is free. Shows start at 7:30 p.m. Call 438-4480.

“Shaken, Not Stirred” – Better Opportunities for Single Soldiers will host “Shaken, Not Stirred,” a mixer for single Soldiers, Oct. 17, 7-10 p.m., at the Tropics, Schofield Barracks. Tickets are available for purchase at the Tropics or from BOSS representatives, and are \$7 before the event or \$10 at the door. Visit mwrarmyhawaii.com or call 655-1130.

18 / Monday

Education and Employment Symposium

– An Employment and Education Symposium is scheduled for Oct. 18, 9-10:30 a.m., Army Community Service, Schofield Barracks. Attendees can talk with employers about opportunities in Hawaii and learn about educational resources. Call 655-4227.

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., Mondays. October classes will be held at the Kalakaua Community Center, Schofield Barracks.

A beginner’s class starts at 6 p.m.; an 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.

21 / Thursday

Texas Hold ‘em and Bunco

– Do you have the best poker face on post? Find out Oct. 21, 6 p.m., at the Tropics Recreation Center, Schofield Barracks. Play for your chance to win cold hard cash against the best player on the island. Call 655-5698.

22 / Friday

Haunted House/Dance

– Middle school and high school students are invited to the Haunted House/Dance, Oct. 22, 7-9:30 p.m., sponsored by the Schofield Barracks Middle School/Teen Center. Student admission for Child, Youth and School Services members is \$3; nonmembers, \$4; and civilians, \$5. Call the Schofield Barracks Middle School/Teen Center at 655-0451.

23 / Saturday

Parent’s Night Out

– Parents Night Out for the North Community (Schofield Barracks) is set for 6-11 p.m., Oct. 23. Reservations will be accepted on a first-come, first-served basis at Parent Central Services Office.

To enroll in Parent’s Night Out, children must be registered with Child, Youth and School Services, no later than Oct. 20, at noon. Call Schofield Barracks Central Registration at 655-5314.

28 / Thursday

Free Halloween Magic Class

– Learn Halloween magic for free, Oct. 28, 6 p.m., at the Kalihi-Palama Library. Sponsored by the International Brotherhood of Magicians Ring 185, the class will teach you how to make spooky effects. Adults will need to accompany children and youth too young to drive.

Adults are invited to remain for the club’s two-hour meeting that starts at 7 p.m. Call 234-5262, or visit www.hawaii.magicclub.com. For more information about the club, call 542-3738.

Ongoing

Father-Daughter Ball – Tickets are still available for the fourth annual Armed Services YMCA Father-Daughter Ball, Nov. 6, 5:30-9 p.m., at the Nehelani. Tickets are \$40 per father-daughter pair and \$15 for each additional daughter. Call the Wheeler Army Airfield ASYMCA at 624-5645 for details.

Halloween Costumes – Need a new-to-you Halloween costume? The Fort Shafter Thrift Shop is selling and accepting consignment Halloween decorations and costumes throughout the month of October. The Fort Shafter Thrift Shop is open Tuesdays and Fridays, 9 a.m.-1 p.m., and Thursdays, 12-4 p.m.

The Thrift Shop is located on Pierce Street, Building 342, Fort Shafter, past the Post Exchange. Call 842-1074. Volunteers are always welcome.

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: Helemanu 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
- 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

This Week at the MOVIES Sgt. Smith Theater

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

Ramona and Beezus

(G)
Sat., Oct. 16, 4 p.m.



Takers

(PG-13)
Sat., Oct. 16, 7 p.m.



Toy Story 3

(G)
Sun., Oct. 17, 2 p.m.

Going the Distance

(R)
Wed., Oct. 20, 7 p.m.

Machete

(PG-13)
Thurs., Oct. 21, 7 p.m.

No shows on Mondays or Tuesdays.

community Calendar

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

Today

SpouseBUZZLive – Military spouses can register online today at www.SpouseBUZZLive.com for the free SpouseBUZZ LIVE event, Nov. 8, 8:30 a.m.-2 p.m., at the Nehelani. SBL is an outgrowth of www.spousebuzz.com, Military.com’s “virtual support hub” for military spouses. Spousebuzz.com is a place where military spouses from all over the world can click and connect.

Military spouses can expect a day of relaxation, fun and fellowship with other military spouses. SBL features panel sessions with SpouseBUZZ authors, including “A Humorous Look at the Mil-spouse Experience” and “Spin the Wheel of Milspouse (Mis)Fortune.”

Connect with SpouseBUZZ at www.facebook.com/spousebuzz or on Twitter at @SpouseBUZZ.

Free Family Camp Weekend – Applications are now being accepted for the free Family Camp Weekend, Nov. 19-21, at Camp Erdman. The camp is hosted by the Armed Services YMCA in conjunction with the Sierra Club and geared for school-age children. A cabin and three meals a day are provided.

Pick up applications at the ASYMC, 1262 Santos Dumont Ave, Building 122, Wheeler Army Airfield. Applications

can be requested and returned to wheeler@asymcahi.org. Deadline for application submission is Nov. 8.

While all ranks are welcome to apply, the target audience is families whose sponsor is a junior-enlisted Soldier. Families will be notified of their acceptance starting Nov. 9. Call the ASYMCA at 624-5645.

Veterans Day Game

– All residents who currently live in or are on the wait-list to live in an Island Palm Communities home, have a loved one who is currently deployed, have been deployed within the past year, or will be deployed within the upcoming six months are eligible to enter “From the Front Line to the Goal Line.”

In honor of Veterans Day, residents have the chance to celebrate their Soldier-hero at a Tennessee Titans game.

The winning entry will win four VIP-suite tickets to the Tennessee Titans versus the Washington Redskins game, Nov. 21, at LP Stadium; an all-expenses paid, round-trip transportation to Nashville, Tenn., for up to four people; hotel accommodations for three nights; \$500 cash; an opportunity to attend a private Tennessee Titans practice the morning of the game; and VIP passes to be on the field during pre-game and halftime events.

Entries must be submitted at www.facebook.com/islandpalmcommunities, click on the “Events” page for details. The winning essay will be published in several media outlets and websites.

The contest closes at midnight, Oct. 25.

16 / Saturday

Yard Sale Mania

– Treasure hunters, this may be your lucky day! Island Palm Communities will host a com-

munity-wide yard sale, Oct. 16, 8 a.m.-3 p.m. Yard sales will take place at Aliamanu, Fort Shafter, Helemanu, Red Hill, Schofield Barracks, Tripler Army Medical Center and Wheeler Army Airfield.

Log on to www.IslandPalmCommunities.com for a list of communities and locations.

Family Fun Run – Hale Kula Elementary School, Schofield Barracks, will hold its monthly “Family Fun Run,” Oct. 16, 9 a.m. The two-mile runs, held one Saturday each month, are a great way for families to run together. All families, even those who do not attend Hale Kula, are welcome to participate. Call 622-6380.

Splash & Dash Biathlon – Open to the public, the Splash & Dash Biathlon is set for Oct. 16, at Marine Corps Base Hawaii, Kaneohe Bay. The race begins with a 500-meter, open-water swim, followed by a 5K-foot race around the flight line. Start time is 7 a.m., at Hangar 103. Pick up race packets, Oct. 15, 9 a.m.-4 p.m., at the Kaneohe Bay Semper Fit Center, Building 3037, MCB Hawaii.

Visit www.mccshawaii.com.

23 / Saturday

Musicians’ Swap Meet – The Performing Artist Academy will host its first Musicians’ Swap Meet, 10 a.m.-3 p.m., Oct. 23, at 91-1034 Lauia St., Kapolei Business Park. A variety of items related to music, such as instruments, sound systems, music gear and more, will be on sale. For more details, call 682-5857 or 255-9081.

Walk-Run for Hunger – River of Life Mission, Honolulu, is sponsoring its eighth annual Walk-Run for Hunger



Commissary survey results indicate all guests are welcome

VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — Allowing guest access to the Schofield Barracks Commissary has been an ongoing topic of concern for commissary patrons on post.

During the televised town hall, July 18, one of the questions concerned the commissary’s guest policy.

The question read, “Aloha, I have concerns about the Schofield Commissary allowing guests to enter/shop the store. Everyone is aware that guests can’t actually make purchases, but why continue to allow guests into the commissary? Other commissaries on Oahu have banned all guests from entering, so why not Schofield?”

Recurring queries and concerns raised questions about overcrowding, abuse of privileges and a reduced inventory. Such concerns indicated that the same or a similar policy might be appropriate for the commissary, here.

The current practice, here, is an open policy: any individual/guest is allowed entry into the commissary, although purchases must be made by an authorized ID cardholder.

Maj. Gen. Michael J. Terry, commanding general, U.S. Army-Hawaii, who was in attendance at the town hall, said that, as the senior commander, it was his decision whether or not a commissary changed its policy on guests. He then asked community members to send in their feedback on the issue.

To help facilitate customer feedback, Susan Sturgeon-Campbell, commissary manager, and Ophelia Isreal, customer service officer, U.S. Army Garrison-Hawaii, later collaborated on a short survey.

“We planned to survey during the whole payday weekend, but we hit our target number of 389 responses on the first day, Friday, so we didn’t need to do it any further,” Isreal said. “The results were sent to Col. (Douglas) Mulbury, (commander, USAG-HI), who later briefed (Maj.) Gen. Terry.

“At this time, (Terry) has not asked for a change in the policy,” she said.

The intent of the Schofield Barracks Commissary ID card survey was to determine if a change in the guest policy was necessary, here, and, if so, to what extent.

Isreal said survey participants were patrons who voluntarily showed their authorized ID card, wore an active duty uniform or who were purchasing items at the cash register. Participants completed a written three-question survey regarding duty status, commissary usage and a preference to a particular “guest” policy.

“We are a service organization, plain and simple, and the customers we serve and support are our Soldiers, their families and our military community,” Mulbury said. “To best know how to provide our services, requires feedback from our customers.

“Are we meeting their needs?” he asked. “How can we improve? We rely on our community to tell us how we’re doing and what needs to be changed.”

According to the results obtained from commissary patrons, survey participants chose to allow guests in the commissary ,with varying degrees of control, Isreal said.

Resiliency training can benefit Soldiers, families, civilians

GINA PEIRCE
Family Advocacy Program, Army Community Service

SCHOFIELD BARRACKS — Master Resilience Training, or MRT, is now being offered to Soldiers, families and Army civilians, here.

Offered through Army Community Service, classes teach problem solving, assertive communication, stress/anxiety management, energy management and much more.

MRT uses the fundamentals of Comprehensive Soldier Fitness to teach the five dimensions of holistic well-being: social, emotional, family, spiritual and physical. The concept is based on proven results of positive psychology, in numerous environments.

Training aims to increase self-awareness, self-regulation, optimism, mental agility, character strengths and connections. Resiliency training is for singles, married couples, parents or professionals looking to improve their effectiveness and discover greater purpose.

Units, family readiness groups and communities can request tailored classes. Also, regularly scheduled classes will be offered in different locales throughout the community.

The first round of MRT classes will be held in conjunction with Family Night at the Main Post Chapel, Schofield Barracks:

- Oct. 20: “Seeking Hope: How managing our thoughts influences our reactions to stressful events and energy management.”
- Oct. 27: “Thinking traps, and identifying deep beliefs and core values that fuel out-of-proportion emotion.”
- Nov. 3: “Problem solving and putting it into perspective.”
- Nov. 10: “Character strengths and real-time resilience.”
- Nov. 17: “Assertive communication and active, constructive responding and praise.”

To register, call an ACS resiliency trainer at 655-4227, or e-mail regina.peirce@us.army.mil. Preregistration is requested.

Dinner will be served at 5:30 p.m., and classes will run 6-7:30 p.m.

Child care is available for children registered with Child, Youth and School Services.

Army celebrates Living History Day

U.S. ARMY GARRISON-HAWAII
News Release

SCHOFIELD BARRACKS — Re-enactors clad in period military uniforms roamed the Tropic Lightning Museum’s grounds at the annual Living History Day, here, Saturday.

Static and hands-on exhibits of modern and historic military



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

Eric Mueller portrays a Civil War-era Union Army infantry Soldier at the Tropic Lightning Museum’s Living History Day, Saturday. In real life, he has served as a commissioned officer in the Navy.

equipment, military memorabilia and restored military vehicles were also part of the annual event.

The celebration pays homage to the 25th Infantry Division, which was activated here Oct. 1, 1941. The “Tropic Lightning” Division has participated in military engagements throughout the world, including areas like Guadalcanal, the Solomon Islands, Korea, Vietnam, and the Philippines, where it set a record for serving 165 days of active combat in 1945.

Today, the division continues to support Overseas Contingency Operations in Iraq and Afghanistan.

Among the re-enactors was Eric Mueller, who portrayed a Civil War-era Union Army infantry private. He said that he enjoys helping educate the public about the Civil War. Wearing the “blue and gray” of the North, he explained the necessary steps of loading a (reproduction) Enfield Rifle-Musket, which completed his period uniform. He also discussed period camp life in general, while standing in front of a Civil War-era tent.

Fran Kramer portrayed a World War II-era Women’s Army Corps captain. Wearing a WAC khaki shirt and slacks, she said that she is an re-enactor at the U.S. Army Museum at Fort DeRussy, where she also portrays a World War II-era Army Nurse Corps lieutenant colonel. Either uniform, however, gets the attention of young military service members at the museum.

“They recognize the rank, but not the uniform,” she said, adding that they’ll render a salute, just to be safe.

Both Kramer and Mueller have served as actual commissioned officers, Mueller as a Navy officer and Kramer as a WAC officer.

Mammograms can help save lives

SHARI LOPATIN

TriWest Healthcare Alliance

PHOENIX — In 2006, more than 110 women died every day — from one disease: breast cancer.

According to the Centers for Disease Control and Prevention, the statistics are factual. However, here’s the kicker: That death rate is an improvement.

The Susan G. Komen website states that in the past 35 years, the death rate from breast cancer has declined in white and Hispanic women. Unfortunately, the rate for black women has increased slightly. As screening programs have become more popular, more cases of breast cancer are caught early, making the cases more treatable.

That screening boils down to one word: mammogram.

October is Breast Cancer Awareness Month, a time when women and their families come together and bring awareness to this deadly disease. As part of that mission, women can take action to lower the breast cancer death rate even more, by getting their mammograms.

A woman who saves her life is doing it for others besides herself — her husband, children, siblings, friends and maybe even her parents. No one wants to bury a mom or child be-

cause of breast cancer.

The CDC says that mammograms, or X-rays of the breasts, are the best methods to detect breast cancer early, when it’s easiest to treat. For women 40 years or older, the CDC recommends having a mammogram every one to two years.

Women who are Tricare beneficiaries can receive their mammograms at no-cost. Tricare covers one mammogram every 12 months, for women older than 39. If a woman is considered high-risk for breast cancer, she can begin receiving mammograms at 35 years old.

So this October, don’t just wear the shirts or sport the pink ribbons. Take action. Get a mammogram. Help slow down the number of women that breast cancer claims each day.



For healthy living tips, follow TriWest at www.facebook.com/triwest and www.twitter.com/triwest, or visit www.cdc.gov/cancer/breast/.

Parents play key role in childhood immunizations

JULIE KALAKAU

Tripler Army Medical Center

HONOLULU — The fear and anxiety that builds up in a child’s mind is far more stressful than the actual experience itself, especially when it comes to getting an immunization.

Working together to create a less stressful experience is the key, parents play an important role in creating a calmer visit for the children.

Parents can begin this process early on. They should remain calm and supportive, beginning with the very first visit. The fact is, children need frequent checkups in their early childhood years. These checkups are part of a well baby, a healthy child and school physicals, and often include immunizations.

By the time children have reached age 2, they’ve experienced about 20 vaccines. The 4- and 5-year-old checkup requires children to receive another four to six vaccines.

Parents should be aware that if they have an anxiety or fear of needles, their child will pick up on these feelings, which may have a negative impact on the child’s experience.

Parents can also prepare their child with simple and truthful explanations. If the child asks, “Am I going to get a shot?,” it is best to be honest. For example, you can reply, “You will be getting a shot today, and I am going to be there with you.” If you are unsure, tell the child that you will ask the doctor.

Ask children what they think might help them cope: counting, deep breaths or playing a favorite sedentary game such as “I Spy.” Reassure them that their shots will be done

as quickly as possible, and then focus on what the next activity of the day will be.

Always remember that doctors, nurses and medical staff are available to work with parents; however, parents know their child best and parental involvement is key!

(Editor’s Note: Kalakau is a child-life specialist at TAMC.)

Tips for a less stressful immunization experience:

- Bring something for comfort or distraction. It’s important that children have something to do while waiting, such as books, hand-held games or small, stuffed animals.
- Keep informed by asking the primary care provider questions. Doing so will lessen parental anxiety, and in turn, lessen the child’s. Parents’ resolve in knowing the importance of protecting a child against preventable diseases will help a child be less fearful. The focus should be that immunizations are for protection.
- Remain calm. This can be the greatest gift to a child. Calm parents tend to create a calm and matter-of-fact experience, which leads to the child remaining calm.
- Never use a shot as a threat. This adds fear both now and in the future.
- Some children may try to stall. Stalling behaviors really make the situation worse. Work with the nurse to support a child in getting the shot quickly.



Healthy lifestyles help reduce risk of breast cancer

KAREN HAWKINS

Defense Commissary Agency Dietitian

FORT LEE, Va. — Making healthy choices in your diet, exercising regularly and maintaining a healthy weight can be helpful in preventing breast cancer.

October is Breast Cancer Prevention Month, so look for foods that promote breast health awareness and cancer research when shopping at the commissary.

Many food manufacturers are partnering with organizations dedicated to raising awareness for research funding to find a cure. Look for the pink logo to help support the fight against breast cancer.

Here are several ways to live a healthy lifestyle:

Maintain a healthy weight.

Research has proven there is a link between obesity and breast cancer. If you gain more weight later in life, especially after menopause, you may be at higher risk of developing breast cancer. Fat cells provide estrogen, and breast cancer is linked to how much estrogen you are exposed to during your lifetime.

Stay physically active.

Research has shown that women who participated in more than five hours a week of strenuous activity had a lower risk of invasive breast cancer, compared with less-active women. Try to get at least 30 minutes of exercise most days of the week, according to the U.S. Dietary Guidelines, available at www.health.gov. Start slowly and build up to a targeted goal if you haven’t been exercising regularly. Also, don’t forget that weight-bearing exercise such as walking or weightlifting keeps bones strong.

Eat healthy.

This includes limiting fat in a diet and choosing fruits and vegetables high in antioxidants, such as spinach and other dark, leafy greens. The average person needs no more than 60 to 70 grams of fat each day. To help protect against breast cancer, limit alcohol consumption to less than one drink a day, as there is a strong link between the two.

Get screened.

Monthly breast self-exams may have a limited effect on finding breast cancer, so talk with a health care provider about when and how to do them. Also, talk with a health care provider about when to start having mammograms. Remember that a healthy lifestyle may be the best protection against breast cancer.

130th Eng. Bde. runs for abuse awareness

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

SCHOFIELD BARRACKS — Soldiers with the 130th Engineer Brigade, 8th Theater Sustainment Command, helped kick off National Domestic Abuse Awareness Month, with a brigade run followed by domestic abuse awareness training presented by Army Community Service, here, Oct. 1.

As the formations lined up, three exhibits standing on the field helped Soldiers realize that this wasn't a typical brigade run.

One exhibit on the physical training field consisted of "The Empty Place at the Table," a display born out of a desire to grieve the loss and celebrate the lives of men, women and children who were killed in acts of domestic violence.

The "Silent Witness" display consisted of 26 freestanding, life-sized, red, wooden figures, each bearing the victim's name and description of the incident. A 27th figure represented the uncounted victims whose murders went unsolved or were erroneously ruled accidental.

Finally, the "Clothesline Project" display consisted of T-shirts hanging on a clothesline to help raise awareness about those who are victims of domestic violence.

"I'm always honored (to be a) part of the domestic abuse demonstration," said Damarys Ramirez, lead victim advocate, ACS. "Displaying the three events on the field was very instrumental in capturing the Soldiers' attention, and served as highly effective visuals."

Ramirez helped coordinate the event, which also was the first time that Col. Jeffrey Milhorn, commander, 130th Eng. Bde., ran with the entire brigade staff and Soldiers.

"I always enjoy getting out of the office and joining Soldiers during morning (physical training) sessions," Milhorn said. "However, this run was special, because it seized the opportunity to provide the Soldiers (with) effective awareness-training on subjects such as domestic abuse."

"Furthermore, when the Soldiers read the victims' stories, which were attached to some of the exhibits, this helped them to identify with the horrific stories from actual victims of domestic abuse," he said.

"The ACS presentation awarded the Soldiers of 130th Eng. Bde. an opportunity to form as an entire unit, with one goal of building esprit de corps along with strong unit cohesion," said Command Sgt. Maj. Roy Ward, 130th Eng. Bde. "Also, the intent of having the ACS team on the PT

field was to promote unit readiness and to combat domestic violence amongst our own ranks."

Milhorn and Ramirez both concluded that having the domestic abuse demonstrations on the field educated the Soldiers about free, confidential counseling services available through ACS on any problems or concerns.

"Domestic violence is a real issue on the island ... these events this morning serve as good reminders for us all," said Lt. Col. James Horton, deputy brigade commander, 130th Eng. Bde. "The ACS team did an outstanding job displaying silhouettes of the actual victims, providing an impact for the Soldiers to visualize."



For more information on The Empty Place at the Table, Silent Witness and Clothesline Project displays, visit www.nrcdv.org, www.silentwitness.net, and www.clotheslineproject.org. Read the full schedule of ACS Domestic Violence Abuse Awareness events in MWR Briefs, B-2.



Mike Egami | U.S. Army Garrison-Hawaii Public Affairs

Swinging away

LEILEHUA GOLF COURSE — Stan Masamitsu, president, Tony Hawaii Automotive Group, tees off at the 19th annual Commercial Sponsorship Mahalo Invitational Golf Tournament, here, Oct. 8. The annual event recognizes corporate support of Family and Morale, Welfare and Recreation programs at U.S. Army Garrison-Hawaii.

Healthy bones are integral for an active lifestyle for all ages

KRISTY OSBORN
Health and Fitness Center

SCHOFIELD BARRACKS — Being healthy is more than skin deep when it comes to a person's bones.

Bones are living tissues like muscles that are built up in response to stress. They will also start to break down as soon as this stress dissipates. Bone is constantly being broken down and rebuilt.

Any time the breakdown exceeds the build up, there is a net bone loss that can lead to osteopenia, low bone density, or osteoporosis, porous bone. This is why it is so important to continuously stick to a healthy diet and an exercise program that includes weight-bearing exercise and resistance training, or weightlifting.

Bone is mostly made up of collagen and calcium, giving bones strength and flexibility. Collagen creates bone flexibility that helps to protect

the bone from breaking, while calcium gives bone its strength.



Osborn

fortified dairy products, egg yolks, saltwater fish and liver. Calcium comes from low-fat dairy products, such as milk, yogurt, cheese and ice cream; dark green, leafy vegetables, such as broccoli, collard greens and spinach; sardines and salmon

Vitamin D is also important in order for the body to absorb calcium from a diet. If a body can't absorb enough calcium, it will take this calcium from the bones, causing a weakened bone system.

People can create enough vitamin D in their bodies through sunlight, or through foods such as

with bones; tofu; and almonds. Some foods have added calcium, such as orange juice, cereals and breads. If someone is still concerned about calcium intake, calcium supplements are also available.

The main factors that contribute to strong bone health are a diet rich in calcium, continuing a healthy active lifestyle that includes weight-bearing and strength-training exercises, and a smoke-free lifestyle.

Peak bone mass is reached around age 30. After this age, bone resorption exceeds bone deposition, which leads to overall bone mass loss. That's why it's so important to keep encouraging everyone to stay active. People who stay active and reach their peak bone-density around age 30, are less likely to suffer the effects of major bone loss and/or osteoporosis.

The best way to fight bone loss is with weight-bearing exercises that work against gravity. These

exercises not only help to build and/or maintain bone mass, but also help to increase stability, reaction time and coordination to prevent a life-threatening or bone-breaking fall.

The National Academy of Sciences says that an adequate intake of calcium is 1,200 milligrams a day, or four glasses of milk, for men and women age 51 and older; 1,000 milligrams a day for adults aged 19-50; and 1,300 milligrams a day for children aged 9-18.

Remember that bones act like a storehouse for minerals that our bodies need. In order to live a long, strong, healthy life, people must continuously put stress on their bones with exercises such as walking, jogging, hiking, dancing and playing sports.

(Editor's Note: Information was compiled from www.emedicine.com and "The New York Times Book of Health.")