



INSIDE 8th MPs train and compete with HPD



Leadership changes

25th CAB completes series of battalion and squadron changes of command.

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Election 2010

Don't know where to vote? Visit <http://hawaii.gov/elections/>.

See Ballots in News Briefs, A-8

Story and Photos by
PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

WAIPAHU – The mission of the Honolulu Police Department is “to make Honolulu the safest city in the nation to live, work and play.”

To also show the military's commitment to making Oahu safe, four military police from the 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, accepted invitations from HPD to participate in a refresher course at the Ke Kula Makai, HPD's training academy, here, Oct. 18-21.

“Unlike many states, here in Hawaii the military is part of the population, part of our economy, our way of life – you guys are local – and we have to work together,” said Police Capt. Gordon Shirraishi, executive officer, Training Command, HPD.

All police officers on Oahu take the refresher course every year to hone their skills, which includes cardiopulmonary resuscitation, first aid, tactical police driving and lifestyle skills such as nutrition, physical fitness and psychology.

“We wanted to show the military what we do, and they could draw their own parallels to what they do in their own garrison environment,” said Police Maj. Robert Green, commander, Training Command, HPD.

The MP skills and missions in a garrison environment have become more important as deployments slow down due to the drawdown of force in Iraq. MPs need refresher training for the full spectrum of missions they will undertake on a daily basis while in garrison.

“Law enforcement is a very perishable skill, (and) being gone for 12 months can cause you to lose that skill,” said Sgt. 1st Class Joseph Marcy, law and order cell, 728th MP Bn., 8th MP Bde. “Given the operation tempo with (overseas contingency operations), we've been gone a lot. The (Honolulu police officers) stay here; this is their sole mission.”

SEE 8th MPs A-7



Staff Sgt. Vern Grilliot, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, pushes a tire during physical training with HPD, Oct. 19.

Medics put battlefield medicine to the ultimate test

Strenuous course returns to Hawaii after seven-year hiatus from Oahu

Story and Photo by
SGT. MATTHEW COLEMAN
Tripler Army Medical Center Public Affairs

HONOLULU – Soldiers from the 25th Infantry Division and Tripler Army Medical Center participated in Expert Field Medical Badge training, Oct. 21, which returned to Schofield Barracks for the first time in seven years.

EFMB is a two-week course designed to test a Soldier's skills in battlefield medicine.

The curriculum includes a written test that requires Soldiers to tie in the first week's training with problem solving. Also, strenuous hands-on combat training lanes are mandated, in which candidates must successfully execute treatment from the time the injury is sustained in combat to the time they load the patient onto the evacuation vehicle.

The training culminates in a 12-mile road march that requires candidates to carry a heavy load and complete the march in less than three hours.

Previously, EFMB testing followed a specific list of

steps that must be properly completed. Following the changes to the program, EFMB now focuses more on the end result: casualty survival.

“The primary purpose of the EFMB is to test and expose our medics to the most realistic combat training, so that when the time comes, they're prepared for combat,” said Lt. Col. Stephen Innanen, deputy surgeon, 25th ID, and EFMB test board president. “The combat lanes cover more than just the medical aspect. They incorporate communications, warrior tasks, evacuations

SEE MEDICS A-7

Victory lane

Team Hawaii wins back-to-back Commander's Cups at 26th Annual Army Ten-Miler.

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Standdown touts safety vigilance

Specialist discusses his house fire ordeal to prevent future events

Story and Photo by
SPC. ASHLEY ARMSTRONG
94th Army Air and Missile Defense Command Public Affairs

SCHOFIELD BARRACKS – Soldiers are the most essential resource in the U.S. Army, which is why it is crucial to ensure that they are well protected against harm, both on and off duty, by providing proper education and thorough training.

That was exactly the intent of the Headquarters and Headquarters Battery, 94th Army Air and Missile Defense Command's Safety Standdown day, a day that 94th AAMDC Soldiers devoted entirely to safety training, here, Friday.

The Soldiers participated in various training to create and maintain a safer Army, with a focus on areas not typically covered in regulatory safety briefings.

“Overall, we have a stellar safety record because we have dedicated leaders and responsible Soldiers who incorporate safety in their actions,” said Capt. Matthew Inglis, commander, HHB, 94th AAMDC. “Despite this, as a unit we can continue

SEE 94th AAMDC, A-8



Soldiers with 7th EDT, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, prepare the squad's zodiac for a simulated body-recovery mission off the coast of the Big Island, recently.

7th EDT dives to prep for deployment

Story and Photos by
1ST LT. DAVID GUERDAN
7th Engineer Dive Team, 65th Eng. Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

HAWAII – Late in the evening, recently, Soldiers from the 7th Engineer Dive Team, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, set sail on board Logistic Support Vessel 2, “CW3 Clinger.”

Their mission was to train and fine-tune Soldier skills, as well as tactical and technical diving skills needed to be successful on their upcoming deployment

in support of Operation New Dawn.

Not only must Army engineer divers be competent warfighters, they must be proficient divers as a result of the unconventional missions they are called upon to complete.

“Everyone took this seriously because we know that in less than a year we will be in that situation,” said Sgt. John Hoover, engineer diver, 7th EDT, 65th Eng. Bn., 130th Eng. Bde.

SEE 7th EDT, A-8

Taking it to the mat

500th MI Bn. holds Level One Combatives Tournament.

B-5



Spc. Jacob Yangilmou, chemical, biological, radiological and nuclear specialist, HHB, 94th AAMDC, compares recent fire statistics on Oahu, while instructing safety training about house fire prevention, during the 94th AAMDC's Safety Standdown day, Friday.

USARPAC CCP builds muscle memory

Story and Photos by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Contingency Command Post Public Affairs

MARINE CORPS BASE HAWAII – Muscle memory is a term used often by Soldiers, referring not necessarily to literal muscles, but rather to a widely understood concept applied to training.

The U.S. Army-Pacific Contingency Command Post, the quick reaction command and control headquarters unit of the Pacific, recently exercised this muscle mem-

ory during its Validation Exercise, here, Oct. 12-29.

“Repetition builds proficiency, that's a fundamental tenant of anything we do in the Army,” said Maj. Keegan Leonard, aviation operations chief and deputy chief of operations for USARPAC CCP's Deployable Assessment Team. “This event shows the culmination of the muscle movements we've been practicing for over a year.”

CCP has been training to become fully operational

SEE USARPAC, A-6

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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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31 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 10/28/10.



Maj. Brian Watkins (on field at left), executive officer and commander of troops, 25th CAB, 25th ID, salutes Maj. Gen. Bernard Champoux (on reviewing stand, center), commander, 25th ID; Col. Mike Lundy (right), outgoing commander, 25th CAB; and Col. Frank Tate, incoming commander; during the "Wings of Lightning" Bde. change of command on Sills Field, Schofield Barracks, Oct. 21. Lundy relinquished command to Tate during the ceremony.

New commander takes reins of 'Wings of Lightning' Brigade

Story and Photo by

SGT. 1ST CLASS TYRONE C. MARSHALL JR.

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

WHEELER ARMY AIRFIELD – The changing of command is one of the oldest Army traditions and is a significant event in a unit's history, marking new beginnings for not only the unit, but the incoming and outgoing commanders.

The 25th Combat Aviation Brigade, 25th Infantry Division, recently completed a series of battalion and squadron changes of command, beginning the second week of October and culminating in the changing of the CAB's top leadership position.

The "Wings of Lightning" Brigade welcomed its new commander, Oct. 21.

Col. Mike Lundy relinquished command of the 25th CAB to Col. Frank Tate, who formerly commanded the 2nd Battalion, 25th Avn. Regiment, during the ceremony.

"For the past two years, the Wings of Lightning have flourished under the peerless leadership of Col. Mike Lundy," said Maj. Gen. Bernard Champoux, commanding general, 25th ID, who served as the reviewing officer. "He has a passion for Soldiers, for their families, for soldiering, for flying and for Army aviation."

"Lundy is a warrior, a ... leader and an aggressive combat leader who thrives in the most complex and demanding environments," he said. "You can give Col. Lundy the most difficult missions and tasks, and you know they will be accomplished, beyond all expectations, regardless of the challenge or personal hardship."

"Col. Lundy commands the best (CAB) in the U.S. Army because of your hard work and leadership, and because he is the best aviation brigade commander in the Army," Champoux said, to the troops on the field.

"On the field today stands a true team of teams, (which is) focused with the singular purpose of providing the very best attack, reconnaissance, assault, medical evacuation and heavy-lift aviation support to our Soldiers on the ground," Lundy said. "They are the best at what they do ... because of who they are as Soldiers and citizens of our nation. They exemplify everything that is great about our Army."

"They are selfless, courageous, mission-focused and dedicated to the higher calling of serving our country, and protecting and serving their comrades on the (battlefield)," Lundy said, who has served in multiple command positions within the 25th CAB.

"When I stand in front of this stage today – after the colors have passed, the speeches are complete and when these magnificent Soldiers pass in review, I will certainly have a hole in my heart," he said. "I want each of the Soldiers and leaders on the field today to know that I am very proud to have been counted amongst your ranks."

For Tate and his family, it is once again time to serve with the Wings of Lightning.

"Having deployed multiple times with this great division and brigade, I know well the rich history of extraordinary service and sacrifice that proceeds this day," Tate said. "The Soldiers on this field, and those that went before them, have written a tale of honor and glory. As the division song says, 'We can always add another story.'"

"I am very proud to rejoin your ranks as we train for the challenges ahead in Afghanistan," he said. "I ask only for your loyalty and the continuation of the high standards and professionalism that have proven to be your hallmark. I can assure you that we will continue to live up to the motto of the 25th Avn. Regt., 'Lele Makou No Na Puali' – 'We fly for the troops!'"

Secretary of Defense changes discharge authority for 'Don't Ask' law

JIM GARAMONE

American Forces Press Service

WASHINGTON – Defense Secretary Robert Gates has directed that any discharges under the "Don't Ask, Don't Tell" law be made by the service secretaries, in consultation with the undersecretary of defense for personnel and readiness, and the defense general counsel.

Uncertainty over the law looms, as the 9th Circuit Court of Appeals approved a stay of an injunction, issued Oct. 12, on the law, that means Don't Ask, Don't Tell is once again the law of the land, after eight days of the injunction.

The court granted a stay of four days, said a senior defense official. The temporary stay lasted through Monday, to give the judges time to look at the government's request.

The Justice Department filed an emergency appeal Oct. 20, on behalf of the Defense Department, to halt a federal judge's injunction against Don't Ask, Don't Tell.

The emergency motion, filed in the 9th U.S. Circuit Court of Appeals, asks the court to stop, or "stay" U.S. District Judge Virginia Phillips' Oct. 12 indefinite injunction against the law that bans gays and lesbians from serving openly in the military.

The injunction, which took effect immediately upon Phillips' ruling, precludes congressional action on the law and "risks causing significant immediate harm to the military and its efforts to be prepared to implement an orderly repeal of the statute," the motion says.

The motion notes that President Barack Obama,

Gates and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, support repeal of the law. However, it needs more deliberation, planning and training, they said.

Gates set up a working group, earlier this year – chaired by Gen. Carter Ham, commander, U.S. Army-Europe, and Jeh Johnson, Department of Defense general counsel – to determine what changes the DoD would need to make if the law is repealed. The review panel is to report its findings Dec. 1.

Defense Department officials issued a statement recently that says the department "will continue to obey the law, and we will abide by the terms of the court's injunction, unless and until the injunction is stayed or vacated."

Changing the law overnight by court action makes for uncertainty within the force, an official said.

"Repeal of this statute that has been in place for more than 17 years should be done in an orderly way, informed by the recommendations ... (and) assessment of the DoD working group," the official said.

Phillips denied the request for a stay of the injunction, writing that the government's concern, for the disruption caused by invalidating the law, is superseded by her ruling that the law is unconstitutional. Phillips' ruling also says the injunction would not impede the department's goals of amending policies and regulations, and developing education and training programs.

The court may extend the stay through the length of the appeals process or allow the injunction, which would

FOOTSTEPS in FAITH

God is not a Republican, Democrat or a politician

CHAPLAIN (MAJ.) DAMON P. ONELLION

South Community Family Life Chaplain

One would have to be half asleep or completely in a daze not to be aware that next Tuesday, Nov. 2, is Election Day.

Driving around the island, I've seen the billboards.

I've watched the ads on TV for local elections, and I have found myself thinking, "I sure will be glad when this is over."

Since I vote by absentee ballot in my home of record, Washington – that is, when I remember to return the ballot before the deadline – information about the local elections is at best a curiosity, and at worst, an annoyance.

Yet, a couple of weeks ago as I was spending time in my devotions, I had an interesting experience. The text for the day was from 2 Chronicles 7:14: "If my people, who are called by my name, will humble themselves, pray, seek my face and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and will heal their land."

As I meditated on this passage, I was reminded of an experience I had after a previous election, a few years ago.

I was insulated from most of the election hoopla in 2004, as I was stationed in Germany, and my unit had just returned from Iraq in July, as part of Operation Iraqi Freedom. I was preparing to head back to the states to attend the Chaplain Captains Career Course at Fort Jackson, S.C.

Though the Germans were getting ready for their own elections, I could only read a little German, so their billboards were little more than a curiosity.

American Forces Network didn't run election ads either, so we were not exactly bombarded with election coverage.

In January, when I started my course, most of the hype was only a memory, but there were still a few bumper stickers on cars in the parking lots. I still remember one that caught my eye: "God is not a Republican," it said, in bold letters.

I knew this vehicle was a member of the Chaplain's Career Course cadre. My first response was to be a little annoyed – well, maybe a little more than a little – as I felt this senior leader was misusing his or her position to try to influence others.

As I got a little closer to the sticker, I was able to read the rest of the small print: "He is not a Democrat, either."

I walked the rest of the way to the classroom and thought about this sticker and the truth it contained. Too often we think, "God is on our side." We tend to believe that because we support a particular politician, then obviously God must support them as well.

Maybe we need to ask the question, "Are we on God's side?"

As I remembered this story, during my devotion on the Scriptures, my mind traveled to the privilege it is to live in a country where we have a voice in who runs the government.

As we think about Election Day, I encourage you to cast your ballot according to your conscience.

But, at the end of the day, we need to remember it is not the politicians who will heal our land. It is the Lord, if his people, who are called by his name, humble themselves and pray, and seek his face.



Onellion

Voices of Ohana

What was your best Halloween costume?

Photos by 84th Engineer Battalion Public Affairs, 130th Eng. Bde., 8th TSC



"(I dressed up) as a scary clown. No kids would come (near) me."

Sp. Emanuel Ambriz
Heavy construction equipment operator, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"(I) dressed (up) as a mariachi."

Master Sgt. Juan Azucena
Battalion operations NCOIC, HHC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"Once, when I was working for Disney in Florida, my friends painted me all silver with white hair."

Capt. Matthew Chase
Commander, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"When I was in high school, I dressed up as a lunch lady."

Staff Sgt. Zachary Cianciosi
Battalion aid station NCOIC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC



"I went as a Care Bear one year. My grandma helped me make the costume."

Shannan Kalili
Family readiness support assistant, 84th Eng. Bn., 130th Eng. Bde., 8th TSC

Protected health information available to commanders, when needed

JERRY HARBEN

U.S. Army Medical Command Public Affairs

SAN ANTONIO – Soldiers might wonder if their commanders will be told when they seek help from the troop medical clinic for a medical condition.

Such concerns may lead Soldiers to avoid medical care, perhaps until a condition becomes a serious health hazard.

However, commanders need to know if Soldiers can't perform their duties or have conditions that might present a hazard to themselves or others in the unit.

Army leaders are trying to resolve these competing needs by clarifying and emphasizing requirements and procedures for informing commanders about Soldiers' protected health information, or PHI.

"Commanders play a critical role in the health and well-being of their Soldiers, and therefore, require sufficient information to make informed decisions about fitness and duty limitations," said Gen. Peter Chiarelli, Army vice chief of staff, in a message distributed in May.

"We must balance the Soldier's right to the privacy of his/her protected health information with mission requirements and the commander's right to know," Chiarelli continued. "It would be counterproductive for Soldiers to perceive increased stigma, or not seek medical care, because of the inappropriate release of PHI."

As a general rule, PHI can't be released without the patient's authorization. But privacy laws and regulations recognize that military missions sometimes requires commanders to know information that otherwise is protected.

Commanders have unrestricted access to some medical information, including the following:

- Department of Defense drug testing results;
- Medical readiness and fitness for deployment, like immunization status, profile, flight status, etc.;
- Medical line-of-duty investigation determinations;
- Changes in duty status due to medical conditions, like appointments and hospitalization;
- Army weight control program documentation;
- Medical conditions or treatments that are duty limiting – providers will notify commanders

about medication side effects that affect duty performance, but are not required to identify the medication or diagnosis; and

- Any perceived threat to life or health, such as violent or suicidal behavior.

Commanders won't be notified of conditions that don't affect Soldiers' abilities to perform duties, such as self-referrals for behavioral health services or prescriptions for birth control.

Warrior Transition Units are a special case, where commanders have access to PHI without authorizations. Using PHI in a WTU is considered treatment and care coordination.

Family members' PHIs aren't ordinarily provided to a commander. Family members' PHIs can only be released to commanders when the family is enrolled in the Family Advocacy Program, or when they're enrolled in the Exceptional Family Member Program, and their condition affects the Soldier's fitness for duty.

Medical Command has prepared training packages for medical treatment facilities to use in ensuring medical providers and administrative personnel know the rules about communicating

with commanders. Providers also must inform Soldiers when they will share information with the commander.

"What we want is to enhance communication between the providers and the commanders regarding the health of Soldiers," said Tom Leonard, Patient Administration Division, headquarters, MEDCOM.

Specific procedures for transmitting PHI to commanders are listed in Office of the Surgeon General/MEDCOM Policy Memo 10-042, issued June 30.

Chiarelli also requires that medical treatment facilities inform commanders when Soldiers don't show up for medical appointments. The average rate of no-shows among active duty Soldiers is 11 percent, according to Michael Griffin, senior managed care specialist, Tricare division, MEDCOM Headquarters.

"Each no-show appointment represents a lost opportunity to provide health care services to our population, and hampers our ability to meet access-to-care standards and beneficiary expectations," Griffin said.

Online resources now available to screen for signs of depression

JERRY HARBEN

U.S. Army Medical Command Public Affairs

SAN ANTONIO – The Army marks National Depression Awareness Month in October, with a theme of "Depression is Treatable – Get Screened – Seek Care."

Clinical depression is a serious medical condition that, if left untreated, may lead to other complicated medical conditions.

Seeking treatment for a medical condition, however, is not a sign of weakness. Seeking treatment may prevent a good Soldier from becoming a casualty.

The National Institute of Mental Health has reported that a depressive disorder affects some 14.8 million people in the U.S.

Signs and symptoms of depression may

include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, withdrawing from friends and family, or trouble concentrating or making decisions. Depression also may produce body aches and pains, irritability, anxiety, overeating or loss of appetite, or thoughts of suicide or death.

Unfortunately, many people believe their symptoms are a normal part of life. Hence, two-thirds of people who suffer from depression fail to seek the care needed.

The truth is, more than 80 percent of clinical depression cases can be treated effectively with medication, psychotherapy or both, so treatment should not be dismissed.

Anonymous depression screenings are available:

- At Department of Defense, www.militarymentalhealth.org/Welcome.aspx or by calling 877-877-3647.
- At Department of Veterans Affairs, www.mentalhealth.va.gov/depression.asp.
- At civilian organizations such as www.mentalhealthscreening.org/programs/military/. The screening sites also provide information about how to get treatment. For more details about depression, visit www.behavioralhealth.army.mil/, www.resilience.army.mil, www.army.mil/csf/ and www.militaryonesource.com.

Smart phone application helps track post-deployment emotional health

**U.S. DEPARTMENT OF DEFENSE,
OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE, PUBLIC AFFAIRS**
News Release

JOINT BASE LEWIS-MCCHORD, Wash. – The Department of Defense announced the release of a free smart phone mobile application, Monday, that will make it easier for service members and veterans to track their emotional health after deployments.

The National Center for Telehealth and Technology developed the T2 Mood Tracker to help users monitor trends of emotions and behaviors from therapy, medication, daily experiences and changes in their environment, such as work and home.

"Therapists and physicians often have to rely on patient recall when trying to gather information about symptoms over the previous weeks or months," said Perry Bosmajian, a psychologist with T2. "Research has shown that information collected after the fact, especially about mood, tends to be inaccurate. This application can improve the quality of the treatments for the provider and the patient."

"The best record of an experience is when it's recorded at the time and place it happens," he added.

The T2 Mood Tracker can record emotional experiences from a few days to several months, to see results over time, and the information can also be shared



More information about the T2 Mood Tracker is available at www.t2health.org/apps, or contact 253-968-4880 or joseph.jimenez@amedd.army.mil.

with therapists and physicians to monitor a patient's behavior throughout treatment.

The application is now available for smart phones using the Android operating system. It is expected to be available for iPhone users, early next year.

T2 is a component of the Defense Centers for Excellence for Psychological Health and Traumatic Brain Injury.



Maj. Gen. Tony Cucolo (left), commanding general, Task Force Marne, pins the Purple Heart on Capt. Brian Canny, commander, HHC, 1st Bn., 14th Inf. Regt., 2nd BCT, 25th ID.

Purple Heart ceremony honors three I-14th Inf. Regt. 'Golden Dragons'

Story and Photo by
SPC. JESSICA LUHRS

1st Heavy Brigade Combat Team, 1st Armored Division

KIRKUK, Iraq — Three "Golden Dragon" Soldiers from 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, received the military's oldest award that is still bestowed to service members, the Purple Heart, during a ceremony at Contingency Operating Site Warrior, here, Oct. 7.

The brigade's awardees included Capt. Brian Canny, Spc. Robert Markwell and Spc. Nicholas McGehee.

"It's an honor to receive the award and be able to walk away from the ceremony."

— **Spc. Nicholas McGehee**
1st Bn., 14th Inf. Regt., 2nd
BCT, 25th ID

Washington during the Revolutionary War. It was then known as the Badge of Military Merit, awarded to men who were wounded or killed in combat. It eventually became the Purple Heart, but its significance remains the same. The award features Washington's silhouette and coat of arms in recognition of its history.

After explaining the history of the Purple Heart to Soldiers, Cucolo pinned the award on each of the recipients. Following the ceremony, the Soldiers recognized and expressed how it felt to receive the Purple Heart.

"It's an honor to receive the award and be able to walk away from the ceremony," McGehee said, about being injured when an improvised explosive device hit his convoy. "I just hope anyone who receives this award is able to do the same."

Canny, commander, Headquarters and Headquarters Company, 1st Bn., 14th Inf. Regt., 2nd BCT, said he was honored to receive the award and thinks it sends an important message to Soldiers and their families.

"As combat operations in Iraq come to an end, it is important for people to realize there are still times when Soldiers can be engaged in combat," he said. "Although this isn't our primary mission, every Soldier must be ready to engage the enemy if the situation presents itself."



Michael Tolzman | Army News Service

Target on

FORT BENNING, Ga. — Spc. Lawrence England, a sniper with the 25th Infantry Division, looks over his rifle at a downrange target during the 10th Annual International Sniper Competition here, which was held Oct. 10-15.

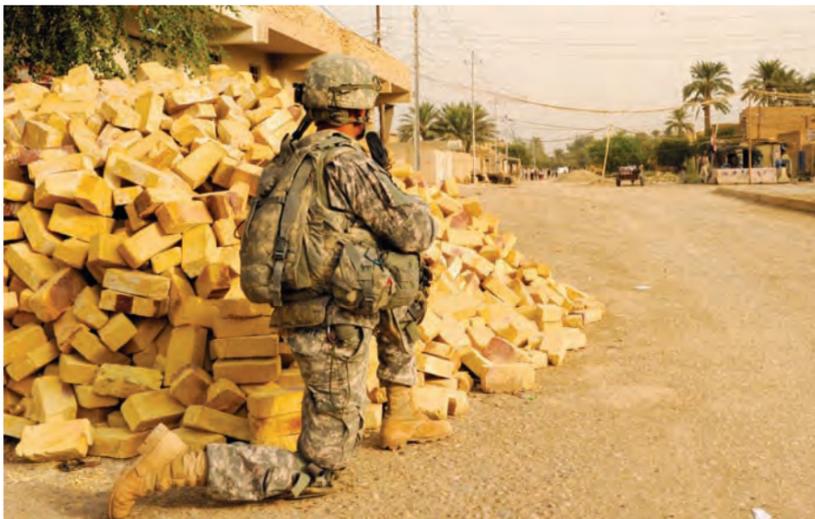
Conducting joint search missions

Deployed Forces



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

BAQUBAH, Iraq — Spc. Clifford Holland (left), a scout with Headquarters and Headquarters Company, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, takes a biometric fingerprint of an Iraqi man found with a fake identification card in his possession, here, recently.



Left — Staff Sgt. Adam Daponte, a scout with HHC, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, provides security in Baqubah, Iraq, recently. U.S. and Iraqi forces were conducting a joint cordon and search for suspected terrorists.

Here's a Sobering Thought

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking. Play it safe. Don't start drinking until you've finished riding.



(800) 446-9227 • www.msf-usa.org

Celebrating Hispanic Heritage



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

DIYALA PROVINCE, Iraq — Sgt. Sumy Guzman (right), 2nd Brigade Combat Team, 25th Infantry Division, performs a traditional flamenco dance in the dining facility at Forward Operating Base Warhorse, here, Oct. 15.



Spc. Michelle Lopez (left), 2nd BCT, 25th ID, teaches a fellow Soldier some reggaeton dance moves in the dining facility, during Hispanic Heritage Month.

Keeping vehicles and weaponry mission ready



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

JOINT BASE BALAD, Iraq — Pfc. Kira Hansen, mechanic, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, repairs a M777A2 155 mm howitzer, here, Oct. 10. Soldiers and mechanics work diligently to ensure vehicles and weaponry are mission ready.

HAZMAT training readies 2-14th Cav. for CBRN threats

SGT. JOEL ALEXANDER

2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division

FORWARD OPERATING BASE COBRA, Iraq — Soldiers from the 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, conducted Toxic Industrial Chemical Protection and Detection, or TICPDE, training here, Oct. 8-18.

The "Rebels," Company D's chemical, biological, radiation and nuclear reconnaissance platoon, trained on Level A and B hazardous materials overgarments and on a variety of sensors used to detect and identify HAZMAT.

The training provides 2nd BCT with first responders capable of handling CBRN threats and incidents involving potentially hazardous industrial chemicals and chemical warfare agents.

Keeping up their CBRN readiness for Operation New Dawn, the Soldiers learned how to maintain and operate sensors such as the Ahura First Defender, Hazmat ID, Drëgur test tubes and the Multi-RAE, which is used in both civilian and military operations to detect and identify chemical hazards.

In addition, they learned the proper procedures in planning and executing chemical and biological sensitive-site exploitation and sampling procedures. During the training, Soldiers used the protective suits, along with the self-contained breathing apparatus equipment that is required for Soldiers to operate with while under extremely dangerous or unknown contaminated areas. The different levels of protective overgarments defend against solid, liquid or gas and vapor chemicals.

The final training focused on technical decontamination methods that are geared toward the TICPDE operations. It culminated with a scenario-based exercise that involved all aspects of



1st Lt. Joseph Lewandowski | 2nd Sqdn., 14th Cav. Regt., 2nd BCT, 25th ID

Soldiers from Delta Troop's CBRN reconnaissance platoon with the 2nd Sqdn., 14th Cav. Regt., 2nd BCT, 25th ID, conduct an unknown-substance analysis during TICPDE training.

techniques and procedures the Soldiers learned.

The Rebel Platoon is now the brigade's only chemical reconnaissance team prepared to react to all CBRN and hazardous material threats. The platoon uses Stryker nuclear, biological and chemical reconnaissance vehicles that are capable of reacting quickly to any CBRN threat, that provide critical information to higher headquarters and that survey the extent of the contamination or hazards on the battlefield.



Pfc. Rachael Montes | 205th Military Intelligence Battalion, 500th MI Brigade

Open for business

FORT SHAFTER FLATS — Col. Keith Geiger (left), intelligence officer, U.S. Army-Pacific; Lt. Gen. Benjamin Mixon (middle), commander, USARPAC; and Col. Patricia Frost, commander, 500th Military Intelligence Brigade, cut a ribbon, Oct. 7, signifying the official dedication of the USARPAC Intelligence Enterprise Network and Analysis Center.

The dedication ceremony marked the culminating event in providing world-class intelligence, surveillance and reconnaissance support to U.S. Pacific Command, USARPAC, and Intelligence and Security command commanders. The IENAC capabilities provide Army and joint intelligence analysts, at all echelons, access to hundreds of data sources that span multiple classification levels. This enabler-source uses advanced analytic tools, which enhance operators' ability to better understand norms; detect changes; discern linkages; and identify, track and provide targeting data of hostile forces in a timely and effective manner.

The targeting data can be rapidly mined, fused and visualized geospatially to achieve an unprecedented understanding of the operational environment.



Sgt. Kevin Blankenship, USARPAC HSC, works with fellow Soldiers to assemble tents at the field training site of the CCP's validation exercise, to provide shelter for Soldiers during the 24-hour training.

USARPAC: CCP aims to become fully capable

CONTINUED FROM A-1

capable, since August 2009, conducting a number of exercises and testing various ways of setting up and establishing a self-sustaining command center in a short amount of time.

The CCP's goal is to become fully operational capable during Exercise Balikatan 11, a combined exercise conducted annually in the Philippines.

"We have portable communications, some sparse tentage and power generation, so the idea is that (when we) can get there, (we can) set up a warm base of operations and have immediate conversations with the tactical operations center back here in Hawaii," Leonard said. "Ultimately, we want to see how quickly we can be up and running as a viable function for the USARPAC commander."

The CCP is a small entity with 96 personnel and 73 different job specialties represented.

"This organization is the first I've been in that is so top heavy with senior noncommissioned officers and field grade officers. Normally you've got a lot of junior enlisted that do the work of setting up," Leonard said, "but here at the CCP, we just pitch in and everyone does a job."

USARPAC's Headquarters Support Company provided all the life support to the command post during the exercise.

"We take care of everything from force protection, power generation, fuel support ... all the food, water and any of the behind-the-scenes support that you can imagine," said Capt. Gregory Edgreen, commander, USARPAC HSC. "We had everyone from our colonels to sergeants major putting up tents, running power cables ... carrying fuel cans and setting up concertina wire. It was a true team effort."

The first few days of the exercise was conducted as a 24-hour operation to test the amount of set-up time needed.

"The iterations we've gone through have made us better, so we've greatly reduced our set-up time," Leonard said. "Because we exercise our communications capabilities on a routine basis, we were able to show up here, get our communications up and running, and provide that footprint for the CCP."

"This was my first time handling this equipment, but it went smoothly, and I was confident getting it up and running due to the training I received prior to the exercise," said Sgt. Lauren Hart, an information systems technician and the advanced team's communications NCO, who set up the satellite communications within 30 minutes.

"I am impressed with the amount of teamwork that has been displayed with HSC, CCP and all of our attachments," said Edgreen. "We all have one mission, one cause, and we've been working extremely well together. We hope to leverage these relationships as we move forward to Balikatan 11."



Sgt. 1st Class Hargis Fulton, USARPAC CCP, guides a forklift operator during the USARPAC CCP validation exercise.

Spc. auditions for 'Golden Knights'

CHIEF WARRANT OFFICER 2 CHARLES HAAS

301st Military Intelligence Battalion, 500th MI Brigade

PHOENIX — Spc. Kama Mountz likes to fall — free fall that is — from a perfectly good aircraft. A passion that started 17 years ago, now has the intelligence analyst from Company A, 301st Military Intelligence Battalion, 500th MI Brigade, training with the U.S. Army's elite parachute team, the "Golden Knights."

The Golden Knights team is a premier aerial demonstration and competition unit known for its patented pre-game entrances from the heavens, onto some of the nation's most popular sports fields.

The Golden Knights was originally conceptualized by Brig. Gen. Joseph Stilwell as the Strategic Army Corps Sport Parachute Team in the mid-1950s, to thwart the Soviet Union in its quest for dominance in the world parachuting arena. The benefits from this unofficial unit's successful participation in parachute competitions provided assistance to the military in the development of modern parachuting techniques and better equipment, and it provided support for Army public relations and recruiting.

The original team consisted of 13 military parachutists. Currently, it consists of men and women who comprise two demonstration teams, a four-way relative work team, a style and accuracy team, and a tandem section.

The U.S. Army Parachute Team has support elements consisting of aviation, headquarters, media relations and supply sections.

The team was formally recognized in 1959, and was later redesignated as the Army's official aerial demonstration unit June 1, 1961.

Looking at the history of the Golden Knights, it's easy to see how Mountz could fit in so well.

"Prior to joining the Army, skydiving was not only a way of life, but also a career for me," she said.

Over the years, Mountz has racked up more than 1,250 jumps, to include 500 free-fall videography jumps.

"It was during this time that I met and worked alongside



Courtesy of 301st Military Intelligence Battalion, 500th MI Brigade

Spc. Kama Mountz takes aim at a target while training with her unit. Currently, Mountz is aiming to become a new member of the elite USAPT, the Golden Knights, an aerial demonstration and competition unit.

many of the Soldiers who have been, or still are, on the USAPT," she said. "(They) were the true motivators for me to give back to our country and join the service."

Mountz can't currently discuss anything about her training or anything related to her selection into the Golden Knights, because security is an important factor and can be grounds for dismissal.

"The opportunity to try out for the USAPT is an enormous honor for me," Mountz said, "as well as a tremendous career advancement."



If interested in joining the Army's elite aerial demonstration and competition teams, visit www.usarec.army.mil/hq/goldenknights/.



CSF looks at one-year milestones, effectiveness

J.D. LEIPOLD
Army News Service

WASHINGTON — Just one year after the Army first implemented the Comprehensive Soldier Fitness program, its director is impressed with the number of Soldiers who have participated in the program and with how many have said it is effective.

The CSF program was designed to enhance the five dimensions of strength: physical, emotional, social, familial and spiritual, said Brig. Gen. Rhonda Cornum, the program's director, who hopes the Army culture will come to view mental toughness in the same way it expects physical toughness.

Modeled after the University of Pennsylvania's Resilience Program, CSF is based on 30 years of scientific study. The program uses individual assessments, classroom and online training, as well as embedded master resiliency trainers to help Soldiers develop their own

personal resilience.

Currently, the Army has more than 2,000 such trainers spread throughout eight brigades. Cornum said the field has been "overwhelmingly positive" about wanting more of those trainers, because Soldiers believe the program has been helpful in bettering their lives, adding that the program is working to develop more master resiliency trainers.

"I think fine-tuning is what we're doing this year, offering more things, and by this time next year, I'll have more than 6,000 master resiliency trainers. That's a pretty significant bunch of non-commissioned officers, at least one per battalion," she said. "The program will continue to evolve out to the operational force, with (a) real emphasis on getting it to the place where we think it will be most effective — the young and junior people."

A global assessment tool is also part of the CSF program. GAT is an online assessment of mental well-being, designed to help the takers deter-



Army family members and civilians may also take advantage of a global assessment tool, or GAT, tailored specifically to them, by enrolling online at www.army.mil/csf.

mine their strengths and weaknesses. Soldiers, family members and Army civilians can complete the 105-question GAT in about 20 minutes, and then they can learn what online training they need to help improve in their weak areas.

A Soldier might be assessed in the middle 50-percent of the social dimension, for instance. Following the assessment, the Soldier will be assigned individual-development instruction to help improve in that area.

"If you score in the top 25 percent, you probably actually have these skills, so the training will

teach you how to teach it to others and how those kind of skills affect your organization," Cornum said.

The training that follows the GAT assessment is designed to help Soldiers improve their skills in decision-making, prioritization and communication. It's also designed to help Soldiers take more responsibility for their own outcomes in all facets of life.

Cornum said more than 850,000 Soldiers, family members and civilians have used the GAT to help understand the stressors in their lives and how to build resilience. Additionally, more than 100,000 have participated in the online training that follows the GAT.

Cornum also reiterated that CSF will be an ongoing assessment program and said it would probably be another nine months before Soldiers can complete a second assessment from which the Army can draw a comparison on training effectiveness.

8th MPs: Forces appreciate competition, camaraderie

CONTINUED FROM A-1

While the value of training was greatly appreciated by both sides, the cooperation and spirit of competition between the forces shone through. Competition particularly showed during physical fitness training, as HPD had integrated a functional, real-life physical agility test, a timed event, designed around apprehending a suspect.

The physical test was divided into two distinct parts: The first involved an obstacle course testing conditioning, and the second tested strength, with the idea that police officers must be able to not only chase down a suspect, but also have the strength to apprehend the person.

2nd Lt. Nicholas Roth, platoon leader, 57th MP Company, 728th MP Bn., 8th MP Bde., completed the test in 3 minutes, 43 seconds, the second-fastest time ever recorded on the course.

According to fitness instructors and Green, the camaraderie and competition formed the first three days of cooperative training led to some of the highest participation in the physical agility test than ever before.

Future cooperation between the police forces looks promising.

"The training put faces

with names," Roth said. "I would never have known who Maj. Green or the academy instructors (were), and now I think that, if we have questions (like) 'how do we train (for) this,' I know people who I can ask."

"The (HPD) staff is a proficient, professional and competent. They treat everyone with dignity, with respect, and the quality of the training is absolutely great," Marcy said.

"We are the safest city in America; go out and enjoy," said Green. "And hopefully, the MPs can go tell their families all the great things about working and living in the community here."



Second Lt. Nicholas Roth (center), platoon leader, 57th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, ducks under an obstacle during the Hawaii physical agility test, at HPD's training academy, here, Oct. 19.



Spc. Ashley Burleigh, an X-ray technician from 325th BSB, 3rd BCT, 25th ID, treats a casualty in the tactical field care phase during the EFMB testing, here, Oct. 21.

MEDICS: Scenario-based combat skills are tested in EFMB course

CONTINUED FROM A-1

and land navigation.

"In 2004, the EFMB course was modified to be a realistic, scenario-based lane training so that the medic would not only have to do the medical tasks, but simultaneously apply (the tasks) in a situation that's realistic in a combat zone," he said.

Retired Lt. Gen. James Peake, 40th Army surgeon general, was in attendance during the training, and discussed the recent changes to EFMB training.

"Anytime you add realism to training, it's a positive thing," Peake said. "These scenarios are absolutely relevant to the experience our medics are getting (in the combat zone)."

EFMP training is available to all members of the Army medical department, as well as those

from sister services, not just medics, like Spc. Ashley Burleigh, an X-ray technician with Company C, 325th Brigade Support Battalion, 3rd Brigade Combat Team, 25th ID, who treated a mass casualty incident involving four patients.

"Not being a medic, it was like a clean slate for me," Burleigh said. "I was able to take the training I got and put it to use. Pass or fail, this has been great training."

Due to the course's difficulty, the Army's pass-rate for EFMB is typically 11-15 percent. Only 20 of this classes' candidates passed the training, out of the 147 present.

"We would not have been able to conduct this quality of an event without all the support we've had from our units on the island," Innanen said, noting that cadre, supplies and facilities were provided from all Army commands in Oahu for the training.

7th EDT: Divers test skills during Operation Deep Blue

CONTINUED FROM A-1

Once here, the divers faced simulated improvised explosive device attacks, simulated small-arms ambushes and non-simulated shark infested waters while performing their missions.

These missions included topographic rendering of the harbor floor, body recovery using sonar and diver-search techniques, inspection of underwater harbor facilities and structures, controlling civilians and local nationals on the battlefield, and underwater IED detection using security swimmers and remote operated vehicles.

"The most difficult part of the exercise was (the) mission readiness exercise ... (because) they had us on our feet a lot," said Spc. Kyle Steffic, engineer diver, 7th EDT, 65th Eng. Bn., 130th Eng. Bde. "There was not a set schedule. Sleep was less than normal.

"We were in full battle rattle in the heat, and the not knowing what was going to come next was (hard)," he said.

Following the tactical portion of this exercise, the focus shifted to the technical aspect of diving. In addition to the threat of insurgents, diving in seawater to depths of 190 feet presents divers with an entirely different set of threats.



Spc. Andrew Damon (left), helps 1st Sgt. Scott Baumgartner, both of the 7th EDT, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, to the water for a dive off the Big Island shore.

"'(Operation) Deep Blue' prepares the unit for emergency-based situations, the rest of the year should be going out on mission and conducting actual operations," said Sgt. 1st Class Joshua West, engineer diver, 7th EDT, 65th Eng. Bn.,

130th Eng. Bde. "The Deep Blue mission gives Soldiers confidence in their leadership, and it lets the leadership know that their dive supervisors are capable of safely performing their mission."

Dive supervisors spend countless hours train-

ing to handle decompression sickness, arterial gas embolisms or pulmonary over-inflation syndromes. The weapon most commonly used to combat these sicknesses is oxygen, which also presents its own hazards by becoming toxic at certain depths.

To be a qualified dive supervisor, a Soldier must graduate from the First Class Dive School at the Naval Diving and Salvage Training Center, and also pass periodic tests administered by the unit's master diver.

The 7th EDT will continue to train and develop top-notch NCOs, sustaining the Army's dive community for upcoming missions. In 2011, the 7th EDT will deploy to the U.S. Central Command theater of operations and serve as the CENTCOM EDT, where it will conduct engineer diving operations anywhere within the CENTCOM area of responsibility.

Historically, deployed EDTs are called upon to conduct security swims, salvage, personnel recovery, ships' husbandry, hydrographic surveys and support bridging operations in Kuwait, Iraq, Qatar and Oman.

The 7th EDT's last deployment as the CENTCOM EDT was from November 2006 to February 2008.

94th AAMDC: Safety day provides insight

CONTINUED FROM A-1

to improve and focus on areas outside the normal safety topics."

The activity included instruction on fire safety in the home, provided by a 94th AAMDC Soldier who had personally experienced a fire in his own home, which started from cooking grease. Though the fire did not cause any injury to the Soldier or his family, it did cause severe property damage.

"I was chosen to instruct the course because I had an incident with a house fire. It was good that I gave the class because I don't want anyone to experience what I did," said Pfc. Jacob Yangilmaw, chemical, biological, radiological, and nuclear specialist, HHB, 94th AAMDC. "From my experience, along with the research I did to instruct my course, I learned how easy it is to be complacent when it comes to handling fire, but I also learned the consequences of that, as well."

"I hope those who (took) my class take it to heart, and that they are extra vigilant about handling fires," he said.

Also included in the safety day, were classes on sexually transmitted infections and diseases, disease prevention and awareness, substance abuse prevention and post-traumatic stress disorder. The training day concluded with a water confidence course.

"Our overall training plan was to highlight those safety aspects that are not normally covered," Inglis said. "For this specific training event, I believe the STI/STD training was key. I think it's one of those topics that is often overlooked but has a great impact on the individual, potentially for the rest of their lives."

A drown-proofing class not only tested the Soldiers' swimming skills, but also helped identify weak and nonswimmers who could benefit from lessons, Inglis said.

"I felt it was good training and that I walked away with more confidence and knowledge," said Sgt. Antwuann Goodson, prescribed load list clerk, HHB, 94th AAMDC. "From this, we will be more aware of the various dangers out there, and will be able to make better decisions based on the knowledge we received."

News Briefs

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

Today

New York Absentee Ballots – All military and overseas New York residents can get their ballots online, Oct. 29, at www.FVAP.gov. These are full ballots with all federal, state and local races. Ballots must be postmarked by Nov. 1, to arrive at the local election jurisdiction and be counted for the Nov. 2 election. For more information, check with your unit voting assistance officer.

Illinois Absentee Ballots

– All military and overseas Illinois residents can get their ballots online, Oct. 29, at www.FVAP.gov. These are full ballots with all federal, state and local races. Ballots from Boone, Jersey and St. Clair counties will be counted if received by Nov. 18; and ballots from Hancock, Massac and Schuyler counties will be counted if received by Nov. 19. Voted ballots from all other Illinois counties must be received by Nov. 16, and be postmarked by Nov. 1.

Hawaii Meth Project

– Learn about drug use in Hawaii and the mainland at the "Hawaii Meth Project" presentation, Oct. 29, 2-4 p.m., Assembly Hall, Building 1554, Fort Shafter Flats.

The director of Hawaii Meth Project will discuss the use of methamphetamines and how they affect schools, children and communities.

Participants will get credit for two hours of prevention education training. Call 438-

1600, ext. 3481, or e-mail sheila.woods1@9rrc.army.mil.

November 3 / Wednesday

Fort Shafter PXmarket Meeting – The next Fort Shafter PXmarket Meeting for the Oahu South community is scheduled for Nov. 3, 10:15-11:15 a.m., at the Hale Ikena, Fort Shafter. All Oahu South community members are invited to attend. Call 438-6996.

9 / Tuesday

Military Family Appreciation – The 45th Sustainment Brigade is sponsoring a Military Family Appreciation event at the Nehelani, Schofield Barracks, Nov. 9, 10 a.m.-12 p.m. All Soldiers and families of the 45th Sust. Bde. are invited to attend. RSVP at 397-9492.

15 / Monday

Army-Hawaii Recycles Day – Army Hawaii Recycles Day is set for Nov. 15, 9 a.m.-2 p.m., Kaena Community Center, Schofield Barracks. For a complete list of items that will be accepted, visit www.garrison.hawaii.army.mil, click on "Post Information," then "Post Events." Call 656-5411.

Ongoing

Lyman Road Closures

– Lyman Road, Schofield Barracks, will be repaved from Dec. 20-Feb. 1, 2011. All work will be done in the evenings. Lyman Road will be drivable from 5 a.m.-6 p.m., daily. During the nightly closures, Foote Gate will serve as the visitor control center.

Access to Duck Road in the evenings will be limited.

Motorists are urged to take appropriate steps to limit traffic during that period.



VICTORIOUS



Liana Mayo | 311th Signal Command Public Affairs

The Team Hawaii men's running team shows off its trophy after Maj. Gen. Karl Horst, commander, Joint Forces Headquarters National Capital Region and Military District of Washington, presents them the Commander's Cup, Sunday. Team Hawaii won the trophy for the second year in a row with a combined run time of 3:41:14.

Team Hawaii men win Army Ten-Miler Commander's Cup



Tim Hippi | Family and Morale, Welfare and Recreation Command



Tim Hippi | FMWR Command

Nathan Carlson of Team Hawaii crosses the finish line with a time of 52:38. Carlson was the first Team Hawaii finisher and placed 27th overall in the race that started and ended at the Pentagon.

Marty Muchow crosses the finish line at 56:42.



Liana Mayo | 311th Signal Command Public Affairs

Jonathan Knoedler (#208) crosses the finish line in 1:02:05. Knoedler ran for Team Hawaii's active duty men's team, which won the Commander's Cup.

LIANA MAYO

311th Signal Command Public Affairs

WASHINGTON – The Team Hawaii men's running team took the Commander's Cup for the second year in a row at the 26th Annual Army Ten-Miler, here, Sunday.

Comprised of Soldiers from units under U.S. Army-Pacific, headquartered at Fort Shafter, the team secured a combined time of 3:41:14.

Team Hawaii was one of 40 teams competing for the cup.

"I'm happy that we won two years back-to-back," said Team Hawaii runner and team captain Paul Lancaster, Defense Information Systems Agency Pacific Command. "We put a lot of work in throughout the year, so it's good when it all pays off at the end. We worked hard for six months, six days a week, so anything less than first place would feel like a loss."

Team Hawaii, organized by U.S. Army Garrison-Hawaii and sponsored by the Directorate of Family and Morale, Welfare and Recreation, was comprised of an eight-Soldier men's running team and an eight-Soldier women's team. The men's team will enjoy bragging rights to the Army's premier running event, which is also the third largest running event in the world. The women's team took fourth place for the active duty women, Commander's Cup category.

"As with every command, timing is also a factor of our success, since we have Soldiers transferring in and out of the command every year," said Team Hawaii runner Marty Muchow, chief, Current Operations and Intelligence, U.S. Army-Pacific.

Muchow also said the sacrifice and support of their families contributed to the team's success.

"Like anything you do in life, practicing for a race takes time. It takes away from your family time, and yet, you still need a support group to stay fit and do your best," he said.

Team Hawaii was one of more than 600 teams, totaling 30,000 runners, competing in 26 categories.

Several other teams hailed from Hawaii, including Team Signal, made up of signal Soldiers from units in Hawaii. The 25th Infantry Division running team, Tropic Lightning, took 11th place in the active duty men, Commander's Cup category.

"Some of our teammates, including our fastest runner, just returned from Iraq two months ago, so preparing for the race was especially challenging for them," said Tropic Lightning Team runner Zachary Taron, Special Troops Battalion, 3rd Brigade Combat Team, 25th ID. "The unique opportunity to participate in this event is definitely worth the challenge."

"When you have people traveling to support missions all over the map, then coming back together to train and (train) hard, just staying healthy becomes the biggest challenge in training for the race," said Team Hawaii runner Shawn Dodge, a military intelligence officer with the 9th Mission Support Command. "It's incredible to have four people you know you can count on, to stay healthy and show up 6,000 miles from home and race well."

Also from Hawaii were four teams from the U.S. Army Reserve's 9th MSC. One 9th MSC team placed 2nd in the Army Reserve, all-male team category.

"The Ten-Miler is a melting pot for folks across the Army, so it's a chance to see people we have worked with before, and find out what great things they are doing around the world," Dodge said. "It feels amazing to be able to run strong and represent our units, and since we have both enlisted Soldiers and officers from different commands across Hawaii, we represent many different branches within the Army, both in the active component and the Army Reserve."

The Army Ten-Miler race promotes the Army, builds spirit de corps, supports fitness goals and enhances community relations. The racecourse begins and ends at the Pentagon.

Team Hawaii results in 2010 Army Ten-Miler

Men's Team: overall time 3:41:14 (Top 4 combined)

Name	Unit	Time
Nathan Carlson	Co. B, Tripler Army Medical Center	52:38
Shawn Carl Dodge	9th MSC	55:25
John Michael Mozer	TAMC	56:30
Marty Lee Muchow	USARPAC	56:42
Paul Joseph Lancaster Jr.	Defense Information Systems Agency Pacific Command	57:48
Samuel Gabremariam	25th ID	59:19
James Mithanga Mburu	TAMC	1:00:03
Jonathan Knoedler	USAG-HI	1:02:05

Women's Team: overall time 4:38:35 (Top 4 combined)

Name	Unit	Time
Amy Gordon	Office of the Staff Judge Advocate, 25th ID	1:07:07
Kathryn Elaine Walker	Deputy Chief of Staff, Engineer, USARPAC	1:09:59
Elizabeth Anne Schubert	325th Brigade Support Battalion, 25th ID	1:10:32
Kelly Lynn Groom	Medical Department Activity	1:10:58
Antonetta Iosue	TAMC	1:12:14
Priscilla Shaw	Co. B, TAMC	1:14:16
Valerie Lynn Aquino	Headquarters and Support Co., 209th Aviation Support Bn., 25th Combat Avn. Bde., 25th ID	1:15:01
Lauris Trimble	Co. B, TAMC	1:16:13

Team Army Hawaii, comprised of eight men and eight women, competed in the Army Ten-Miler, here, Sunday. The men's team won the prestigious Commander's Cup, active duty men's division. The women's team had a good showing with a fourth place finish.



Today

Domestic Abuse Prevention – The Family Advocacy Program, Army Community Service, Schofield Barracks, has one last event planned in support of Domestic Abuse Prevention Month. The empty plate/silent witness display will be set up, Oct. 29, 9 a.m.-3 p.m., on the mountainside entrance at Tripler Army Medical Center. Call 655-4227.

Hawaiian Food Workshops – RSVP for the Hawaiian food workshops at the Sgt. Yano Library, Schofield Barracks, Nov. 16, and Aliamanu Military Reservation Library, Nov. 17. Times for both events are 5:30-7 p.m. Contact the Native Hawaiian Liaison Office at 655-9694 or e-mail nhliaison@gmail.com.

Family Fun Friday – Enjoy great family-friendly fun at Family Fun Friday, 6-9 p.m. The activities for Oct. 29 include giant games and board games. Free pizza is served on a first-come, first-served basis. Call 655-5797 or visit www.mwrarmyhawaii.com.

Christmas Softball Tournament – Applications are being accepted now at the Fort Shafter Physical Fitness Center and the Schofield Barracks Sports Office for the Christmas Softball Tournament, Dec. 13-17. Deadline for applications is Nov. 29. Call 655-0856.

All Army Sports – Applications are being accepted through Dec. 1 for the following sports: men's and women's boxing, men's and women's basketball, men's and women's triathlon, and men's and women's cross-country. Call 655-9914.

November

1 / Monday

Free Hula Classes – Learn hula at free classes sponsored by the Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii. Soldiers and families can participate in the classes, 6-8 p.m., Mondays, Kalakaua Community Center, Schofield Barracks.

A beginners' 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.

2 / Tuesday

Free Fishing Workshop – A free fishing workshop is scheduled Nov. 2, 5-7:30 p.m., at Outdoor Recreation, Building 556, Schofield Barracks. Call 655-0143.



Kazuko Yamauchi | Hale Kula Elementary School

Making a difference

SCHOFIELD BARRACKS — Volunteers work on a project at Hale Kula Elementary School, Saturday, during national Make A Difference Day. Soldiers from Headquarters and Headquarters Battalion, 25th Infantry Division, and parents, staff and students spent the day beautifying the campus. Started by USA Weekend magazine, Make A Difference Day is a national day of neighbors helping neighbors.

4 / Thursday

Teen Theatre 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 Sgt. Yano Library, Schofield Barracks, from 4-5:30 p.m. Learn stage presence, acting skills, improvisation techniques and the varying types of theater techniques. Call 655-8002. Walk-ins are welcome.

5 / Friday

Right Arm Night at Hale Ikena – Right Arm Night is set for Nov. 5, 4:30 p.m., at the Hale Ikena, Fort Shafter. Cost is \$5 in advance and \$8 at the door. Call 438-1974.

6 / Saturday

NFL Pro Bowl Tickets – Presale tickets for the NFL Pro Bowl game, Aloha Stadium, Jan. 30, 2011, go on sale Nov. 6, 9 a.m., at the Information, Ticketing and Reservation office, Schofield Barracks. Tickets will be sold on a first-come, first-served basis. First day of sale tickets are limited to four per person. Ticket purchasers must have a military I.D. and be 18 years of age or older. Seating charts are available at the ITR office. Call 655-9971.

Ongoing

Open Stage Night Show – Show off your talent and enjoy an evening of food and drink specials on Tasty Tuesday, every first and third Tuesday of the month, at the Tropics on

Schofield Barracks. Call 655-5698.

Pool Closures – The wading pool at Schofield Barracks is closed through Nov. 8 for re-construction. Call 655-9698.

The Helemano Military Reservation and Aliamanu Military Reservation pools are closed until May 31, 2011. Call HMR Pool at 653-0716 and AMR Pool at 833-0255.

Blue Star Card – After your Soldier returns from deployment (not including rest and recuperation) your Blue Star Card is no longer valid for Blue Star Card special events and discounts. The only benefits that do extend for 90 days after redeployment are the 16 free hours of child care and the 20-percent off for full-time/part-time care. E-mail sarah.chadwick@us.army.mil or call 655-0002.

Auto Skills Center – Need more storage room? Rent storage sheds from either the Fort Shafter or Schofield Barracks Auto Skills Center. Two sizes are available to choose from: metal 8x6x5 (\$50) or plastic 8x6x6 (\$60) per month. For more information and pricing, call the Schofield Barracks Auto Skills, 655-9368, or Fort Shafter Auto Skills, 438-9402.

Picture Framing – Make that photo memory even more special with customized framing at the Schofield Barracks Arts and Crafts Center. One session is only \$45 and includes instruction and materials. Framing is available daily from 9 a.m.-12 p.m.

Call 655-4202 to register.

Free Exercise Classes – Soldiers and family members can sign up for free classes at the Schofield Barracks Health and Fitness Center. Classes include group cycling, cardio-kickboxing and yoga. Visit www.mwrarmyhawaii.com or call 655-8007.

State Vehicle Safety Check – Is your vehicle safety check about to expire? Stop by the auto skills shop at Fort Shafter or Schofield Barracks to renew your state vehicle safety checks. Safety checks are performed on a first-come, first-served basis; appointments aren't necessary. Call Fort Shafter at 438-9402, or Schofield Barracks, 655-9368.

Family Child Care – Individuals interested in caring for children in their home should inquire with the Child, Youth and School Services' Family Child Care program. Call 655-8373 or 837-0236.

Dance Classes – Register today for School of Knowledge, Inspiration, Exploration and Skills Unlimited, or SKIES, hip-hop and ballroom dance classes. Classes are open to 6th- through 12th-graders and are offered every Monday, 4-5 p.m., for hip-hop, and from 5-6 p.m., for ballroom. Call 655-9818.

Woodshop Safety Classes – This class is required to work in the woodshop at the Arts and Crafts Center, Schofield Barracks. Classes are held on the first and third Saturday of the month, starting at 8 a.m. Cost is \$10 per session. Call 655-4202 to register.

Sexual Assault Prevention – Visit the Army's sexual assault prevention program website as part of its "I. A.M. Strong" campaign at www.preventsexualassault.army.mil.

Operation Postcards – Operation Postcards is a free service that allows anyone to send real, personalized postcards to active duty U.S. military personnel with an APO or FPO address. Visit www.operationpostcards.com, select a photo, fill in the mailing address for any active U.S. service member with an APO or FPO designation, type a brief message, then "shoot it" by previewing the postcard.

A real, personalized postcard will be delivered to the Soldier, Airman, Sailor or Marine in a matter of days, via the U.S. Postal Service. Postcards can also be sent from smart phones by using the Shoot it! mobile app, which is available at http://operationpostcards.com/download.aspx.

Go Akamai – Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.

Part of a comprehensive program to improve the flow of traffic on Oahu, GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes.

Travelers are encouraged to check GoAkamai.org before leaving work or home to more effectively plan their trips.

While GoAkamai.org is also available through the use of hand-held devices such as smart phones, drivers are cautioned that the use of these devices is illegal while driving.

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
 •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



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



Devil

(PG-13)
 Fri., Oct. 29, 7 p.m.
 Thurs., Nov. 4, 7 p.m.

Alpha and Omega

(PG)
 Sat., Oct. 30, 2 p.m.
 Sun., Oct. 31, 2 p.m.

Studio appreciation advance free screening

(R)
 Sat., Oct. 30, 7 p.m.
 All tickets available at the Schofield Barracks Main Post Exchange food court. Seating open to non-ticket holders 30 minutes prior to showtime.

Vampires Suck

(PG-13)
 Wed., Nov. 3, 7 p.m.

No shows on Mondays or Tuesdays.

Community Calendar

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

Today

Hui Basket Auction – RSVP now for the Hui O' Wahine, Fort Shafter Spouses Club's Make It, Bake It, Fake It Basket Auction, Nov. 10, 10:30 a.m.-1 p.m., at the Hale Ikena, Fort Shafter.

To reserve a luncheon seat, contact huiereservations@yahoo.com by Nov. 4, 3 p.m. To donate baskets, e-mail eljinga@hotmail.com or cliftonc@mindspring.com by Nov. 7. For details, visit www.huispirit.com.

"Just Jazz" – Purchase tickets now for the "Just Jazz" competition, Blaisdell Concert Hall, Nov. 20, 6 p.m. Tickets for this USO event are \$30 and can be purchased at the Blaisdell Box Office, Ticketmaster and all Wal-marts. Visit http://affiliates.uso.org/hawaii, or call 422-1213 or 591-2211.

30 / Saturday

Free Appreciation Advance Screening – A free appreciation, advance screening of an upcoming comedy (rated R) will be shown at Sgt. Smith Theater, Schofield Barracks, Oct. 30, 7 p.m., courtesy of Headquarters, Exchange Food and Theater Division and Warner Brothers Pictures.

At press time, tickets were available at the food court of the Main Post Exchange, Schofield Barracks.

To find out the name of the movie, call 237-4572, or look at the movie banner at the food court.

Doors open at 5 p.m. Arrive early, as seating is available on a first-come, first-served basis. Tickets don't guarantee a seat, and general seating, if still available, opens 30 minutes prior to showtime. The theater is not responsible for overbooking.

November

6 / Saturday

Father-Daughter Ball – Tickets are 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 624-5645.

Makahiki – Personnel with base access can attend the Makahiki at Hickam Harbor Beach, 9 a.m.-12 p.m., Nov. 6. Attendees will learn native Hawaiian culture and protocol at this Hawaiian festival of thanksgiving. This event is sponsored by Navy Region Hawaii and Joint Base Pearl Harbor-Hickam in partnership with the Oahu Council of Hawaiian Civic Clubs. Call 473-2926.

Ongoing

Free Family Camp Weekend – Apply 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 is geared for school-age children. A cabin, three meals a day and activities are provided.

Pick up applications at the ASYMC, 1262 Santos Dumont Ave., Building 122, Wheeler Army Airfield, or via e-mail at wheeler@asymcahi.org.

Deadline for application is Nov. 8. The target audience is families whose sponsor is a junior-enlisted Soldier. Families will be notified of their acceptance starting Nov. 9. Call 624-5645.

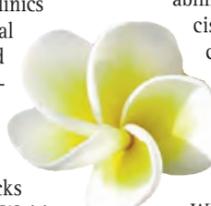
Club Beyond – Middle school and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group. The group meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation Community Center.

Free dinners are available 30 minutes prior to the meeting. E-mail kschmidt@clubbeyond.org or call 372-1567.

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

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

Monday-Friday hours for the Schofield Barracks Health Clinic Children's Waiting Room are 8 a.m.-noon, and 1-4 p.m.; Tripler hours are 8 a.m.-3 p.m. Call 624-5645 for SBHC, or 833-1185 for TAMC.



Hale Kula librarian named Central District Teacher of the Year

JAN IWASE

Hale Kula Elementary School

SCHOFIELD BARRACKS — The Hale Kula Elementary School librarian, here, has been named the Central District Teacher of the Year.

At its meeting Oct. 7, the Hawaii Board of Education selected Michelle Colte as one of seven teachers for the statewide honor.



Colte

Like many others who have chosen to be educators, Colte was inspired to become a teacher at a young age. She loved going to school, and her teachers nurtured her love of learning through hands-on, creative instruction, which led to her becoming a high school English teacher.

Eventually, she returned to school and received a degree in library science.

Since she arrived at the school, here, five

years ago, Colte has made it her mission to share her love for literacy with families, staff and members of the community. She works with all Hale Kula's 950 students and their teachers to plan lessons that extend learning beyond the classroom.

Lt. Col. John Henderson, deputy commander, U.S. Army Corps of Engineers-Pacific Ocean Division, Fort Shafter, is a parent representative for the school board and has two students at Hale Kula.

"Her initiative was key to developing library programs that teach students and involve parents," he said, sharing the positive impact that Colte has had on his family. "I am eternally thankful for her efforts, as both of my kids absolutely love to read and do it because of their first experiences with books at school provided by



Courtesy Photo

Michelle Colte, wearing lei, poses with other Hale Kula teachers after being named Central District Teacher of the Year.

Michelle Colte."

Since most of Hale Kula's students are mili-

tary family members, Colte is committed to making the library a welcoming place with a feeling of ohana. She has received grants to purchase a range of resources for families to borrow, plans numerous family events every year and invites the community to participate in the activities.

"To look out into the sea of families at these events gives me a real sense of my contribution," Colte said. "I have connected these families with unique opportunities and, most importantly, provided them time to build relationships with their school and (with) each other, something that is often difficult in military communities."

Sgt. Yano Library hosts Tutor.com presentation, training

LAURESSA REESE

Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Representatives from Tutor.com led a training session at the Sgt. Yano Library, here, Oct. 20.

Jill Musguire, marketing director, and Kara Froman, facilitator, visited the library to discuss Tutor.com and provide hands-on training to families and Soldiers.

Tutor.com offers Army families free, online tutoring to kindergarten through college-prep students, 24 hours a day, seven days a week. Tutoring services are available in all grade levels of math, science, English and social studies, at no cost to Army families.

Sgt. Yano Library leads all Hawaii installations with the highest volume of users for this program.

Col. Jay Hammer, executive officer, U.S. Army Garrison-Hawaii, opened the training session with a story about his childhood school days.

"I had a very special person in my life, my tutor," he said. Children and parents listened as he explained the problems he had in school as a child, and how a tutor helped him overcome those challenges.

Froman explained how Tutor.com users can customize their avatars, review previous tutoring sessions and print sessions for future review.

Users can even request specific tutors, and personal information is never shared between students and tutors.

Attendees then had a chance to work with a tutor on sample problems. Dakita Jackson-Lundy and her children, Ciera, 7, and Niché, 11, were really happy that they stayed for the program.

"Education is very important," Jackson-Lundy said. "I want to go back to college myself. I will definitely be using this online tutoring in the near future."

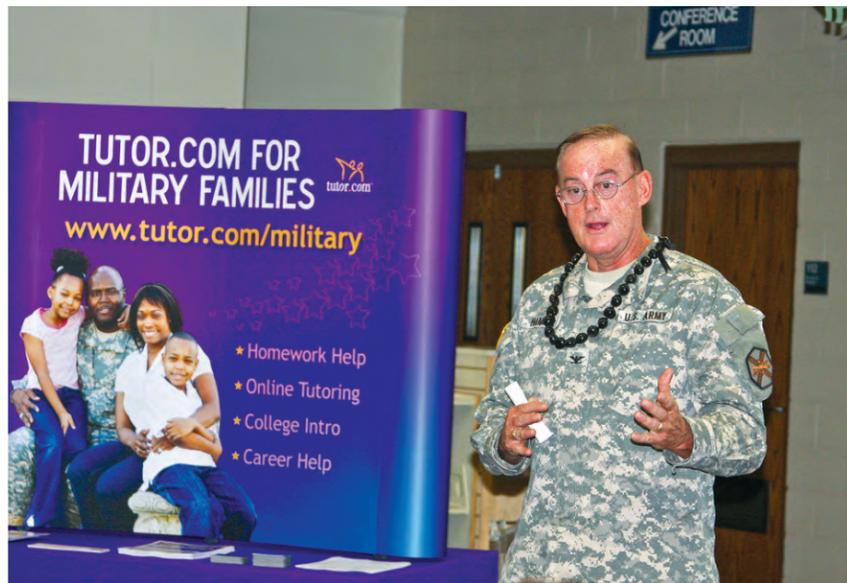
Taylor Keck, 11, a sixth-grader at Nimitz Elementary School, was eager to try sample problems in the computer lab.

"I think (Tutor.com is) really cool," Keck said. "I ask my parents to help me sometimes, and they try, but sometimes they just can't. I am going to tell all my friends about this."

"I'm in student council," Keck continued, "and will take these flyers to my principal and see if I can put them up at school."



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



Laura Bratcher | Directorate of Family and Morale, Welfare and Recreation

Col. Jay Hammer, executive officer, U.S. Army Garrison-Hawaii, welcomes attendees at the Tutor.com session, Oct. 20, at Sgt. Yano Library, Schofield Barracks.

Tripler Outpatient Lab reopens

SGT. MATTHEW COLEMAN

Joint Commission Office, Tripler Army Medical Center

HONOLULU — The Outpatient Laboratory at Tripler Army Medical Center has reopened following 10 months of remodeling.

The lab is now more patient friendly, incorporating patients' feedback.

"It wasn't just one survey asking 'what do you want to see' it was from all those comments that we've seen over the years, our patients speaking up and telling us how we could improve," said Maj. Claudia Henemyre-Harris, chief of the OPL and Core Lab. "We took those comments to heart and made changes."

Customers frequently mentioned the long wait times or patient privacy issues through the Interactive Customer Evaluation, or ICE, feedback cards.

For example, a closed door has been transformed into a warm and inviting open area with ample seating for early arrivals. Also, the front desk now offers more privacy.

"On any given day, upward of 300 patients come through the OPL," said Henemyre-Harris. "The task of simply controlling traffic can be a daunting one, and was (the) cause for de-

lays in getting in, getting seen and getting out.

"Now, with the new ticket system, OPL staff can identify if you have a slew of tests to be done, or if you simply need a quick blood draw," she said. "This will filter out a lot of the lag time, as 60 percent of patients seen won't need more than a single poke."

"The new reception desks have walls separating each section to improve patient privacy," Henemyre-Harris said. "We've also incorporated a lower desk level for easier wheelchair accessibility."

Overall, Henemyre-Harris thinks that the remodeling looks great and will be one of the nicest facilities on the island.

Chris Leclerc, attended the reopening ceremony with her daughter Allison, 8, and son Aaron, who was born at TAMC, Sept. 19.

"I am thrilled that we have this beautiful new lab to use," Leclerc said. "This is much more spacious and easier to find and use. I have three children, and I'm all about easy (errands)."

"Hats off to leadership in the lab for listening to the patient comments and implementing them," said Brig. Gen. Keith Gallagher, commander, TAMC, who attended the ceremony.



Marlowe Gungab | Tripler Army Medical Center

Tripler Army Medical Center staff members assist patient Christine Leclerc with son Aaron as she releases the ribbons for the lanai in the Outpatient Laboratory reopening ceremony, Friday.



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

Trick or treat

SCHOFIELD BARRACKS — Two children prepare to survive the tricks and treats of the haunted personnel office at 8th Military Police Brigade, 8th Theater Sustainment Command, during the Headquarters and Headquarters Company's family readiness group trick or treat event, here, Wednesday. The personnel office won a pizza party for best-decorated office.

Trick or Treat

WHEELER ARMY AIRFIELD — Authorized Halloween trick or treat hours for the South Oahu (Aliamanu Military Reservation, Fort Shafter, Red Hill and Tripler Army Medical Center) and North Oahu (Helemano Military Reservation, Schofield Barracks and Wheeler Army Airfield) communities are Sunday, Oct. 31, from 5:30-9 p.m.

Children under the age of 10 require an adult escort, and should carry a flashlight and wear light-colored clothing.

Military Police and Department of the Army civilian police will ensure all activities are conducted in a safe manner and can be approached with issues or concerns.

Residents who do not wish to participate should indicate so by placing a sign on their door. Parents should advise children that if there is no answer after one or two knocks/rings, to move on to the next residence; and to:

- Use traffic signals and always look both ways before crossing the street.
- Watch out for cars turning at intersections and driveways.
- Stay on the sidewalk. If there is no

sidewalk, walk on the left side of the roadway facing traffic.

- Never enter a stranger's vehicle or home.

Radiology departments at Tripler and the Schofield Barracks Health Clinic will X-ray candies, 7-9 p.m., Oct. 31, for eligible patrons.

Halloween Happenings

Today

Haunted Lagoon — The "Haunted Lagoon" canoe ride at the Polynesian Cultural Center, runs through Oct. 30, starting at 6:30 p.m.

Visit hauntedlagoon.com.

Shockhouse — The Blaisdell Mansion's haunted house is back this year, through Nov. 1, at 777 Ward Ave., Honolulu. Advance tickets cost \$7.50 or \$10 at the door. Kids 5 and under get in free. Call 591-2211 or visit www.hnlnow.com.

Fall Festival — Fall into the fun at the Tropics Recreation Center, Schofield Barracks, 6-9 p.m., Oct. 29. Visit www.mwrmilitaryhawaii.com for details.

SKIES Events — Schools of Knowledge, Inspiration, Exploration and Skills Unlimited will present "Bad Moon Rising," "Five Little Pumpkins" and "I Want Candy," followed by the "High School Monster Musical," starting at 6 p.m., Oct. 29.

Spooktacular Lunch — Wear a costume and get a free piece of pumpkin pie at the Hale Ikena, Fort Shafter, 11 a.m.-1 p.m., Oct. 29.

Haunted Village — Visit the family-friendly Haunted Village at Windward Community College, Oct. 29, 6-8:30 p.m. Most of the events are free. Visit www.aerospace.wcc.hawaii.edu/Haunted_Village/Haunted_Village.html.

Hallowbaloo Music and Arts Festival — Celebrate All Hallows Eve in downtown Honolulu and Waikiki with a free street festival and costume contest, among other activities, Oct.

29-31. Visit www.hallowbaloo.com.

Halloween Waikiki-Style — Celebrate Halloween, Waikiki-style, at the Outrigger Reef on the Beach, the Outrigger Waikiki on the Beach, and Waikiki Beach Walk, Oct. 29-31, with numerous Halloween-themed events.

Call 800-688-7444 or 931-3591, or visit www.outrigger.com or www.waikikibeachwalk.com.

"Zombie Prom" — Enjoy "Zombie Prom," at the Richardson Theatre, Fort Shafter. Performances are Friday and Saturday at 7:30 p.m., and Sunday at 3 p.m., through Oct. 31. Call 438-4480 or visit www.mwrmilitaryhawaii.com for pricing and reservations.

30 / Saturday

Monster Bash — Get into the Halloween spirit with giveaways, a live DJ, fun, games and prizes, 7 p.m.-2 a.m., Oct. 30. A keiki costume contest starts at 7 p.m.; an adult costume contest starts at 10 p.m. Call 655-0573.

"Walk with the Dead" Ghost Tour — Historian Steve Fredrick will take adults on a journey to the dark side of Honolulu, Oct. 30-31, 10 p.m. Cost is \$35 per person and reservations are required; call 395-0674, e-mail filmguy54@hotmail.com or visit www.steves-toursandfilms.vpweb.com.

31 / Halloween

Do the "Time Warp" — Celebrate the 35th anniversary of the "Rocky Horror Picture Show," 5:30-10 p.m., Halloween, at the Waikiki Shell. Purchase tickets at 591-2211 or 800-745-3000.

Halloween at the Hyatt — The Hyatt Regency Waikiki Beach Resort and Spa presents Halloween at the Hyatt, Oct. 31, 9 p.m.-2 a.m., for ages 21 and older. This event is located on the third floor poolside terrace at 2424 Kalakaua Ave., Honolulu. Admission is \$20 per person, \$15 with any Waikiki hotel room key and free for Hyatt guests. Visit www.groovetickets.com.

Ongoing

Halloween Costumes — The Fort Shafter Thrift Shop is selling and accepting consignment Halloween decorations and costumes. The shop is open Tuesdays and Fridays, 9 a.m.-1 p.m., and Thursdays, 12-4 p.m., and is located on Pierce Street, Building 342, Fort Shafter. Call 842-1074.

Halloween Photos — Bring your keiki and camera to the Sgt. Yano Library, and take photos at the free Halloween pumpkin patch. Call 655-8002.



Tim Hipps | Family and Morale, Welfare and Recreation Command Public Affairs

Hitting 'em straight

FORT LEE, Va. – Capt. Patrick Hawthorne tops the leader boards at the conclusion of the 2010 All-Army Golf Team Trials, Oct. 19, at the Cardinal Golf Club, here.

Hawthorne, 33, a St. Louis native stationed at Fort Shafter, defeated the 13-Soldier men's field by winning the four-round tournament at 1-under-par 287. He opened with a 67 and rarely looked back.

Technical knowledge is winning factor in 500th MI Bde.'s combatives tourney

Story and Photo by

SGT. JAIME J. RODRIGUEZ

205th Military Intelligence Battalion, 500th MI Brigade

FORT SHAFTER – In front of an audience of their peers, 30 Soldiers twisted, pulled, tossed and choked their opponents down to the ground, in the recent Level One Combatives Tournament held by the 205th Military Intelligence Battalion, 500th MI Brigade, at the gymnasium, here, Oct. 15.

The tournament was broken down into lightweight, welterweight, middleweight and heavyweight divisions.

Although Capt. Courtney Britt, commander, Company C, 205th MI Bn., 500th MI Bde., quickly became a force to be reckoned with, it soon became evident that the Soldiers of Headquarters and Headquarters Detachment were the ones to beat.

Headquarters and Headquarters Detachment went on to claim victory in three divisions despite valiant efforts from Pfc. Antoine Jefferson, Co. C., and Pfc. Lee Clayton, Co. A.

Spc. Luis Torres was named lightweight winner; Pfc. Colin Burgess, welterweight winner; and Capt. Michael John, heavyweight winner.

“As a lightweight division fighter, I have always had to rely on technique,” Torres explained. “By fighting with people heavier than me, I learned to win without relying on strength or weight.”

How knowledge of techniques wins over sheer strength and weight alone was easily proved when middleweight winner Britt went head-to-head with John to battle for the tournament's overall winning title. Britt won.

“(The) entire focus was to pin him to the mat quickly, use my body weight to control him and attempt to gather points while I'm on top,” John said, “but the opposite happened. I ended up on the bottom and wasn't able to recover, which led to a poor decision of exposing my arm, resulting in a devastating straight-arm bar.

“In my opinion, I wasn't aggressive enough, and it showed when he overpowered me from the beginning,” John said. “This fight taught me a great les-



The eventual lightweight champ, Spc. Luis Torres (top) and welterweight champ Pfc. Colin Burgess try to choke each other out in an early elimination round. The two Soldiers competed in the 205th MI Bn., 500th MI Bde., Level-One Combatives Tournament.

son: Never judge a person by his stature.”

Another surprise came from Burgess' win, which also showed the importance of combatives fundamentals, even though Burgess has only been training in combatives for a short time.

“All of the fighters did a great job, but I think the biggest surprise was Pfc. Burgess,” said Sgt. 1st Class Brandon Moore, first sergeant, HHD, and tournament referee. “He did an excellent job with the limited knowledge (of combatives that) he has.”

“Combatives not only teaches hand-to-hand combat, but it (also) teaches having a warrior mentality, or as some call it, having a battlemind,” John said. “Combatives is also used for physical conditioning; it teaches Soldiers how to subdue an opponent without using a weapon.

“Most importantly, combatives instills discipline and confidence,” he said. “Having a complete and rigorous program, Soldiers not only realize the importance of survival, but they understand teamwork and esprit de corps.”

The unit's next combatives tournament is scheduled for January 2011.

Combatives Champions

Overall - Capt. Courtney Britt
Lightweight - Spc. Luis Torres
Middleweight - Capt. Courtney Britt
Welterweight - Pfc. Colin Burgess
Heavyweight - Capt. Michael John

FMWR at forefront of Army Family Covenant programs

COL. DOUGLAS MULBURY

Commander, U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD – The Army Family Covenant was signed here in Hawaii three years ago in a ceremony with the Army's vice chief of staff and senior Hawaii Army leaders. This covenant is a pact – by Army leadership – pledging to provide a quality of life commensurate to the quality of service asked of our Soldiers and their families.

AFC's commitment to its Soldiers and families is paramount here at U.S. Army Garrison-Hawaii. Since the covenant was signed in 2007, the garrison's Directorate of Family and Morale, Welfare and Recreation programs have been at the forefront in implementing the covenant's initiatives.

Many of these programs specifically assist Soldiers and families who are facing a deployment or have recently returned from a deployment. AFC initiatives also provide support for the spouses and children of those who are currently deployed.

Our Army community benefits every day from

these programs. Many of our recreation facilities now have extended hours, as well as enhanced programming to meet the needs of all members of the community. New gym equipment has been purchased and a new Outdoor Recreation facility is scheduled to be built in fiscal year 2011.

One of the more dynamic AFC programs is the Warrior Adventure Quest. This initiative seeks to reset Soldiers' negative stressors to positive, after they return from deployment, through a variety of challenging but fun physical activities. In Hawaii, these include a high-ropes course, and paintball and ocean adventures. Units are typically targeted to go through the program within 90 days of redeployment.

Our newly formed Club Concept initiative seeks to go the extra mile in improving the quality of life for our Soldiers. Programs such as Rocktober-

fest and Right Arm Night build a sense of camaraderie and morale, and provide events where the community can come together in a social setting and enjoy a sense of unity.

All of this is in addition to the generous support from our Child, Youth and School Services that has eliminated registration fees and provided free or reduced rates for families of deployed Soldiers, wounded warriors and fallen Soldiers. These families also now receive up to \$300 in free Schools of Knowledge, Inspiration, Exploration and Skills Unlimited, or SKIES, classes and up to \$100, per child, for Youth Sports.

Hawaii's own Blue Star Card program provides discounts and activities specifically geared to the spouses and families of our deployed Soldiers. Each month, this program provides activities such as Walk off the Wait and The Big R to

help pass the time during deployment and provide entertainment for these families.

Based on surveys, Soldiers and families appreciated AFC benefits like our extended gym hours, free fitness classes, the \$1-off bowling coupon, new Outdoor Recreation programs and CYSS benefits.

Plus, the popular monthly programs include Texas Hold 'em and Family Fun Fridays, in addition to the wide variety of activities offered every day through Outdoor Recreation, libraries, fitness centers and arts and crafts centers.

In its support of the AFC, our FMWR staff is continually seeking to provide additional entertainment, programming and money-saving options for Soldiers and families alike.

USAG-HI is fully committed to the AFC and its primary goal – to care for our Soldiers and their families.

Strong families are the backbone of our Army. We want to ensure that our Army families remain Army Strong!



Mulbury

AFC continues its commitment to provide resources to families

VANESSA LYNCH

News Editor

SCHOFIELD BARRACKS – U.S. Army Garrison-Hawaii's primary goal is to improve the quality of life of its Soldiers and families, especially as, since 2004, Hawaii's Soldiers and families have experienced continuous deployments resulting in rising levels of stress.

In response, USAG-HI and the Directorate of Family and Morale, Welfare and Recreation, USAG-HI, have implemented several Army Family Covenant, or AFC, initiatives to expand, improve and standardize services in all program areas to alleviate stress and to support retention of Soldiers and families.

Introduced Armywide in the fall of 2007, the AFC promise provides active duty, National Guard and Reserve Soldiers, and their loved ones, with uniform family programs proportionate to their service and sacrifice.

In the words of Pete Geren, then secretary of the Army, and Gen. George Casey Jr., chief of staff of the Army, "Never before in the history of our Army have we asked so much of our families. They are serving side-by-side with our Soldiers, enduring their hardships and providing the unconditional love and support that truly make our Army strong. The (AFC) pledges our commitment to support Soldiers and their families and resource programs to provide them a quality of life commensurate with their service."

AFC is now in its third year, and the commit-

ment is enduring. The Army has made significant progress in improving family programs, health care, housing, child and youth services, recreation, education and employment opportunities. However, work is still progressing to build an environment where Army families can prosper and realize their full potential.

Army senior leaders recommitted themselves to the promises they first made in 2007, to improve quality of life services to Soldiers and their family members, with the re-signing of the AFC, here, in March of this year. The agreement was first signed by senior leadership in Hawaii, Nov. 1, 2007.

"Whenever we can improve the quality of the lives of Soldiers, we do," said Lauressa Reese, AFC coordinator and marketing specialist, Community Recreation Division, DFMWR, USAG-HI.

MWR offers discounts and provides Soldiers and family members with resources that attempt to equal the services they provide for the nation, Reese said.

FMWR offers an array of AFC-inspired activities, including the Blue Star Card program, a card for spouses and families of combat-deployed Soldiers, which offers programs, discounts and specials from area businesses specially designed for cardholders. Examples include 10-percent off at Hale Koa restaurants and shows, 10-percent off craft classes at arts and crafts centers in U.S. Army-Hawaii, 12 days of free pet care at Schofield pet kennels, and webcam access and video teleconferencing capability at ACS.

New facilities, funded in part by AFC, include the Outdoor Recreation Center, the Sports Field Complex, and the School Age Center, as well as improved transportation opportunities for youth to programs and activities.

AFC discounts golf greens fees, bowling and welcome-home concerts; it offers free fitness classes for Soldiers and family members; and expands outdoor recreation programming here. Programs offered include high-ropes courses, paintball and scuba diving. All fitness centers also received new weight and cardio equipment through

the AFC bulk-buy program.

Soldiers are reintegrated through Warrior Adventure Quest, which receives AFC funds. This program has been enhanced locally, to include behavioral health liaisons from local medical commands as additional participants, resulting in behavioral health referrals.

In addition, Army Community Service increased staffing by seven and added/expanded five of its services. Staff expansion has enabled ACS to provide several additional services and increase the number of Soldiers and families assisted here.

Current AFC initiatives include these free services:

- Fitness classes.
- Registration and re-registration at Child, Youth and School Services.
- Pet care for spouses of deployed Soldiers.

Extended hours at:

- Sgt. Yano Library, Schofield Barracks and the Aliamanu Military Reservation Library.
- Information, Ticketing and Reservation offices at Schofield Barracks and Fort Shafter.
- Martinez and Fort Shafter Physical Fitness Centers.
- Schofield's Outdoor Recreation facility.

Enhanced child care options include these:

- Free Child, Youth and School Services registration fees.
- Free Schools of Knowledge, Inspiration, Exploration and Skills Unlimited classes.
- Free youth sports classes.
- Free respite care.
- Free hourly or "Kids on Site" care for mandatory deployment-related meetings.
- Discounted hourly care and reduced full/part-time care for wounded warriors' and fallen warriors' families.
- Increased respite care opportunities for members of the Exceptional Family Member Program.

Locally, 14 of the original 15 Army Family Covenant initiatives are still in operation. Free towels are no longer offered at gymnasiums.

CYSS, Blue Star Card support families during deployment

LAURA BRATCHER

Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS – For many military families, child care is a necessity, and quality child care is more important than ever, especially with deployments now becoming a way of life.

Established in 2007, the Army Family Covenant's goal has been to provide quality of life services and support to those who serve and their families. Since that time, registration for Child, Youth and School Services has been free for all families.

CYSS, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, strives to offer programs and activities to keep kids engaged, active and entertained while putting parents' minds at ease, and can contribute even more through AFC and its initiatives.

Additional benefits are offered in conjunction with the Blue Star Card program. Started in Hawaii in 2004, the Blue Star Card is a discount and activities card offered, free of charge, to families of deployed Soldiers, wounded warriors and fallen warriors. The most wide-ranging project of its kind, Blue Star Card has proven to be a popular and beneficial initiative with more than 3,800 cardholders taking part in its advantages since 2008.

Members enjoy a variety of monthly activities to help pass the time during deployments and can spend quality time with other spouses who are also going through the same experience.

But the benefits don't stop there.

Through AFC, family members can receive up to 16 hours of free respite care per month, and hourly care at a rate of \$2 per hour, beyond that. This benefit is valuable for families whose resources are already stretched thin during a deployment. Free "Kids on Site" care is available during mandatory deployment meetings like family readiness group meetings. Also, in a partnership with CYSS, Blue Star Card offers families free enrollment in youth sports programs and Schools of Knowledge, Inspiration, Exploration and Skills Unlimited classes, up to a specified amount.

As a recently added benefit, members may partake in the first week of the month, for free,

in all EDGE! programs as well. EDGE! programs (Experience, Develop, Grow and Excel) offer out-of-school opportunities for children ages 6-18. As part of the AFC, these CYSS benefits are also extended to rear detachment personnel.



Blue Star Card offers many SKIES discounts

WAYNE YOSHINO

School Liaison Office

WHEELER ARMY AIRFIELD – Blue Star Card holders can get up to \$300 of free Schools of Knowledge, Inspiration, Exploration and Skills Unlimited classes, per child.

Hawaii has the second largest program in the nation and has hundreds of young people enrolled in these classes.

SKIES includes hula classes for children ages 3-18, baby-sitting classes for teens, tutoring services for students from kindergarten through grade 12, dance classes, music classes, theater arts, martial arts, driver education and arts and crafts. SKIES students can be seen performing at various community events throughout the year.

Call SKIES at 655-9818 to learn more about current classes.



Courtesy of Directorate of Family and Morale, Welfare and Recreation

Army family members participate in PT in the Park during a Month of the Military Child event held in April at Schofield Barracks. Sponsored by FMWR, the event was filled with child-friendly physical activities such as jumping, running and dancing – all to enhance their quality of life and health.

Blue Star Card

To qualify for the Blue Star Card, an applicant must be a spouse or designated family care plan provider of an active duty, Reserve or National Guard Soldier or an Army civilian stationed in Hawaii who is being deployed on combat duty for at least six months. Applicants may apply for the Blue Star Card up to 30 days prior to the Soldier's or civilian's deployment by completing the application and bringing a

copy of the deployment orders to Army Community Service, Building 2091, Schofield Barracks. Applications are available online. The process takes only a few minutes and provides family members with access to benefits designed to support them during deployments.

To learn more about the Blue Star Card program, visit www.bluestarcardhawaii.com, e-mail sarah.chadwick@us.army.mil or call 655-0002.



ARMY FAMILY COVENANT

ARMY STRONG. SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS



Pfc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th TSC

WAIALUA — Pictures of deployed parents, drawn by children participating in Operation Purple, adorn a "Wall of Honor" at the YMCA's Camp Erdman, here, June 9. The two-week camp teaches keiki coping skills.



Sgt. Maj. Terry Anderson | File Photo

WHEELER ARMY AIRFIELD — Spc. James Murphy plants a big kiss on his wife, Amber, during a specially planned "First Kiss" ceremony at the 45th Sustainment Brigade, 8th Theater Sustainment Command redeployment ceremony, here, Dec. 9, 2009.

Army Community Service promotes self-reliance, resiliency, stability

ARMY COMMUNITY SERVICE, DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION

News Release

SCHOFIELD BARRACKS — The Army Community Service Program, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, offers community-oriented, social service programs that help Soldiers and their families.

Ranging from teaching new spouses about the Army to how to save money, ACS offers a wide variety of programs and classes. Call ACS at 655-4227 or visit www.mwrarmyhawaii.com to learn more about the classes and programs:

Relocation Readiness

Relocation Readiness assistance helps Soldiers and family members minimize challenges that typically occur during relocation. Soldiers and families can request pre-arrival information; use lending closet services; and participate in cultural adaptation programs, such as the island tour, English as a second language programs, citizenship immigration services and newcomer orientations.

Volunteer Programs

Army Volunteer Corps serves as a coordinating body to connect those who want to fulfill a need in the community to the organizations that are in need of volunteer services.

Army Family Team Building

Army Family Team Building increases military knowledge, develops leadership skills and helps integrate families into the Army community.

Army Family Action Plan

The Army Family Action Plan is an Armywide program that improves the Army families' quality of life. Through AFAP, concerns are expressed to Army leadership, along with recommendations for change. The 2011 Installation AFAP Conference will be held Feb. 8-11, 2011. To submit an issue or to volunteer in support of the AFAP Conference, call 655-1657.

Family Advocacy Program

Family Advocacy Program provides prevention and education workshops that help Soldiers and families with anger awareness, stress reduction, communication and parenting. FAP is committed to the prevention of domestic violence, child abuse and neglect by providing a variety of services to strengthen Army families and enhance resiliency.

New Parent Support Program

The New Parent Sup-

Army Family Covenant

We recognize the commitment and increasing sacrifices that our families are making every day.

We recognize the strength of our Soldiers comes from the strength of their Families.

We are committed to providing Soldiers and Families a Quality of Life that is commensurate with their service.

We are committed to providing our Families a strong, supportive environment where they can thrive.

We are committed to building a partnership with Army families that enhances their strength and resilience.

We are committed to improving Family readiness by:

- Standardizing and funding existing Family programs and services
- Increasing accessibility and quality of healthcare
- Improving Soldier and Family housing
- Ensuring excellence in schools, youth services, and child care
- Expanding education and employment opportunities for Family members



Schofield Barracks and the Aliamanu Military Reservation Chapel. Recreational activities are coordinated monthly, and alternate between bowling and swimming activities.

Employment Readiness Program

The Employment Readiness Program helps spouses in acquiring skills, networking and obtaining resources that help alleviate stress and anxiety associated with job searching and career planning. Each week, ERP offers an employment orientation to welcome spouses to the Pacific region and provides

information and resources on the employment culture in Hawaii. Spouses learn important details about how to start their job search, develop their resume, as well as tips on interviewing and attending job fairs.

Financial Readiness Program

The Financial Readiness Program provides comprehensive educational and counseling services in personal financial readiness. A key program of financial readiness is Financial Peace University, in partnership with the Schofield Barracks Chapel. During this 13-week, life-changing course, participants

learn how to get control of their money, stop struggling to make ends meet and change their family's financial future.

The register for future Financial Peace University classes go to www.daveramsey.com/military/home, find a class, enter the zip code (or search Hawaii), scroll to Schofield Barracks and click register.

Soldier and Family Assistance Center

The Soldier and Family Assistance Center provides exclusive services for wounded warriors in a centralized and easy-to-access location. SFAC aims to minimize the stress on Soldiers and families to allow the Soldier to heal in order to return to duty or to transition into successful civilian lives. The Schofield Barracks SFAC is unique in having added resources such as National Guard and Army Reserve transition assistance, Social Security, Tricare and different Veterans Affairs representatives.

Survivor Outreach Services

The Survivor Outreach Services program connects with families of the fallen to ensure that they are continually linked to the Army family for as long as they desire. SOS fosters resiliency and ensures access to all entitled benefits, financial counseling/planning and long-term support.

The newly dedicated SOS Center, Halia Aloha (meaning cherished or loving memory), is located at the Aloha Center, Building 330, Fort Shafter. Support group meetings are held each month. Call 438-9285 or 438-4499.



Pfc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th TSC

SCHOFIELD BARRACKS — Spc. Daniel Lose, 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, demonstrates proper turning signals to keiki during a Bike Rodeo at the Youth Center, here, May 7.



Molly Hayden | File Photo

WAIANA E — Paddlers launch their stand-up paddleboards, here, at Pokai Beach, April 16. The Blue Star Card event provided an introduction to paddling, courtesy of Family and Morale, Welfare and Recreation's Outdoor Recreation.



Cadet / Lt. Col. Kayla Floyd | JROTC Brigade, Leilehua High School

SCHOFIELD BARRACKS — JROTC Cadets ready themselves for a rope bridge exercise. Cadets participated in a Leadership Challenge, here, at Area X, March 12-18, as part of U.S. Army Hawaii's commitment to education.



Bill Mossman | File Photo

SCHOFIELD BARRACKS — Ella Stoneroof (left), 4, and Carlos Mathney (far right), 5, hold the corners of a flag while leading a group of preschool children through the halls of the Child Development Center, here, April 2. The procession was part of a red, white and blue parade, celebrating April's Month of the Military Child.



Laura Bratcher | Directorate of Family and Morale, Welfare and Recreation

HELEMANO MILITARY RESERVATION — David Solis spells his name with magnetic letters, while Angelique Solis works with shapes on a separate board at the Child Development Center, here.

Tripler offers innovative, new initiatives under AFC

JAN CLARK

Tripler Army Medical Center Public Affairs

HONOLULU – Tripler Army Medical Center has several initiatives in place to support the Army Family Covenant's promise of increasing the accessibility to and the quality of health care.

Among these is the long-standing Augmentation of Special-Needs Services and Information for Students and Teachers, or the ASSIST program.

In March 1999, Hawaii's U.S. Sen. Dan Inouye contacted Tripler to find out what was being done to augment medical services for special needs children. Inouye's request then became the basis for a research/demonstration project called ASSIST.

Since its inception, ASSIST has helped more than 4,500 children and their families through nearly 50,000 encounters. The project is available to all eligible Department of Defense beneficiaries in Hawaii.

"Our job is to improve children's quality of life with school-based services," said Dr. Thomas Gallagher, chief, Developmental Pediatrics, TAMC. "Children benefit by having their unique strengths and weaknesses accurately identified, and (by) having appropriate educational supports and services put into place as early as possible."

The ASSIST team consists of psychologists, physical therapists, occupational therapists and a licensed clinical social worker.

The social worker is a military medical coordinator who links the appropriate medical care, information and resources. Psychologists provide evaluation, diagnosis, consultation on education planning, and parent/family consultation and support, while physical and occupational therapists provide medically-based treatment to students.

"Because ASSIST services are provided most often at the child's school, personnel can readily observe the child within his/her school setting and obtain a valid picture of (the) functioning (level)," Gallagher said. "This leads to benefits for the parents and families in learning about the child's level of functioning and what they can do to support his/her development and self-esteem.



Courtesy Photo

Tripler continues its commitment to quality health care by adding new services such as its two new disaster response trailers at Tripler and the Schofield Barracks Health Clinic. The trailers provide emergency medical treatment in military and civilian communities.

This also benefits the schools with their access to all our services."

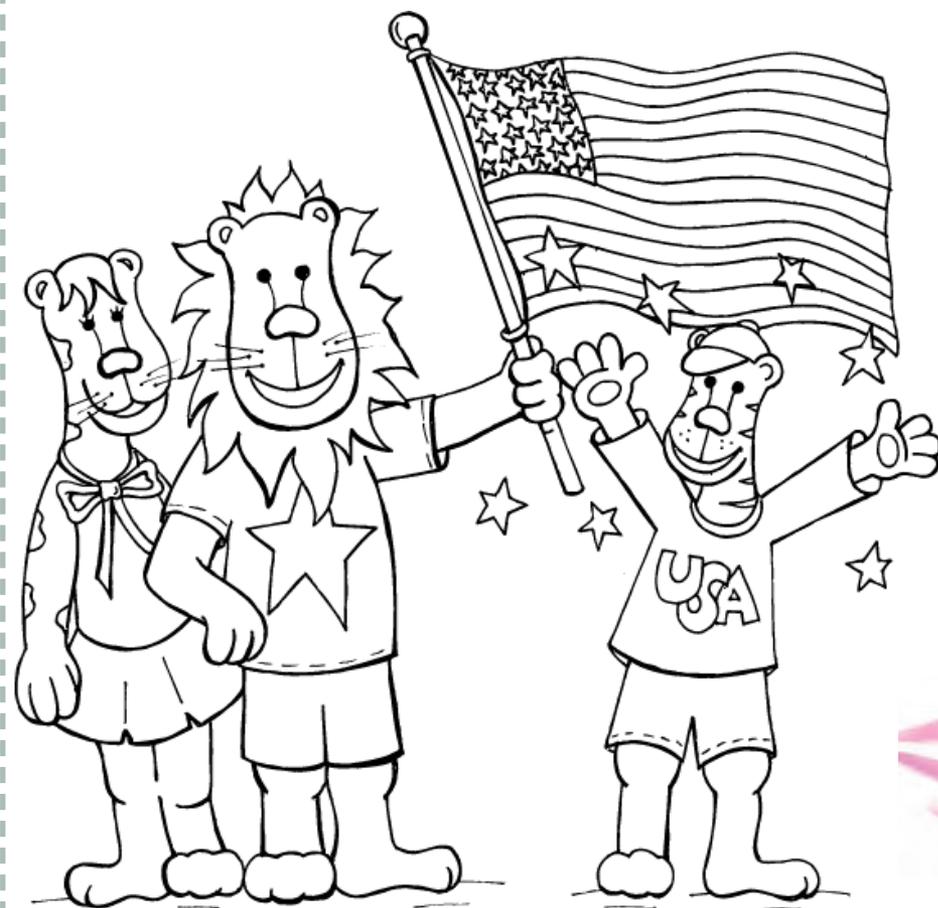
In addition to providing ASSIST, Tripler is in the process of instituting a patient-centered medical "home" model, which emphasizes patients' access to their unique medical provider, according to

Dr. Sean Harap, chief, Internal Medicine Clinic, TAMC. The unique medical provider will guide a team of support providers, including behavioral health providers, pharmacists, social workers and nurses, to provide proactive care to service members and their families.

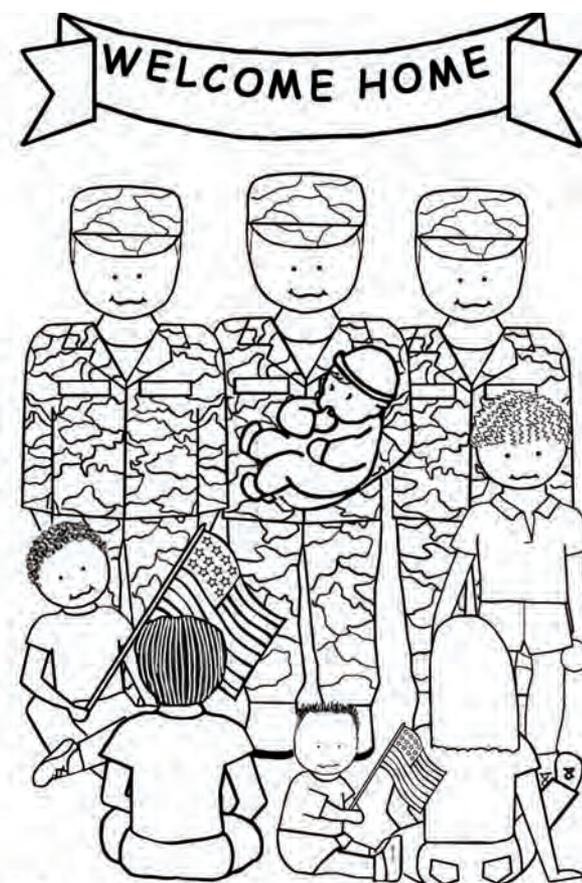
"The patients' own personal health care provider is there to help navigate the patient through the Army health care system, which sometimes involves care in the private sector as well," Harap said.

The proactive care uses the full array of available health care to attempt to prevent disease and/or provide ongoing disease management, to lessen the impact of sickness on the individual. This method is in contrast to reactive care, which merely responds to disease after it has happened or has potentially worsened.

"It is always easier to try and prevent a disease from occurring, or catch it early on, to lessen its impact, rather than wait for the disease to progress or face a catastrophic disease that might have not occurred if caught earlier," Harap said. "We believe in (AFC) and look forward to providing (service and family members) the best health care in the Pacific."



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FRGs keep the homefires burning during deployments



Vickey Mouzé | Pau Hana Editor

FRG members from the 34th Sapper Co., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, pose at their food tent at the Tropic Lightning Museum's Living History Day, Oct. 9, at Schofield Barracks. The FRG set up the food tent as a fundraiser.



VICKEY MOUZÉ

Pau Hana Editor

SCHOFIELD BARRACKS – Family readiness groups in Army-Hawaii exemplify promises made in the Army Family Covenant.

As a commander's program, FRGs build unit cohesion and readiness through disseminating timely and accurate information from unit commanders to Soldiers and family members.

A friendlier, more "warm, fuzzy feeling" kind of explanation is that FRGs are like families, said Melissa Parnell, co-leader of the FRG belonging to the 34th Sapper Company, 65th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command.

"When people ask me, 'you're going home to be with your family for Thanksgiving, right?,' I realize that our FRG here has become my family," Parnell said. She thinks that's because FRG members understand military life and deployments.

"You can talk to each other, and (FRG members) will know what you're going through," said Parnell, whose husband, Jonathan, is the unit's executive officer.

Dawn Muehling, FRG leader, sees the 34th Sapper Co. FRG as a support group, as well as a second family. When her husband, Keith, who is the company commander, deployed on the 34th's inaugural deployment in June 2009, the FRG kept her going.

"When you have such a great group of friends, that's what kept me sane through this last deployment," she said.

"You get to know a lot of people," added Sarah Reynolds, FRG treasurer, adding that she belonged to an FRG when she and her husband, Paul, were stationed at Fort Hood, Texas, but it wasn't as active as the one here.

The 34th's FRG is more active with meetings and fundraisers, she said.

The 34th Sapper Co. FRG is one of about 210 company-level FRGs on Oahu. Normally, FRGs are established at the company level, with battalion- and brigade-level FRGs functioning in an advisory role.

FRGs include all Soldiers in the unit, single or married; interested family members, such as fiancés, spouses, parents and siblings; and Department of Defense civilians, according to Sandi Crocker, mobilization and deployment program specialist, Army Community Service, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.

FRGs may also include community members who voluntarily support the unit and want to join the FRG, with the unit commander's approval.

"Family readiness plays a critical role in Soldier readiness," Crocker said, adding that while FRGs are a commander's program, ACS provides support and training to the groups, such as FRG Boot Camp and pre-deployment planning and briefings.

ACS also trains family readiness support assistants, who provide administrative support to the FRGs. There are about 35 FRSAs on island who work at the battalion level. FRSAs work closely with community organizations for appropriate referrals to resources that support the unit and family members.

The 34th's FRG was created in April 2009, and it already has seen its Soldiers deploy, redeploy and deploy again. Between 18-20 spouses gather in the battalion's classroom for monthly meetings, and they also hold fundraisers and holiday events.

For example, 65th Eng. Bn. will hold a "trunk or treat" for the battalion's children. Each company in the unit will dump oodles of Halloween candy into decorated car trunks, for a safe and supervised Halloween event, Oct. 29. Pinatas, bounce houses and arts and crafts will add to the family fun.

"The 34th will have an FRG meeting after that. The kids will decorate cupcakes, and I'll bring some candy necklaces," Muehling said.

"They'll all be hopped up on sugar," Parnell said, laughing, along with Reynolds.

Thanksgiving and Christmas FRG get-togethers are already in the works.

Children will be the center of attention at the 34th's "Trunk or Treat" event, Oct. 29, at battalion headquarters. Family-style activities like this event are an integral part of FRGs.



Bill Mossman | File Photo

SCHOFIELD BARRACKS — Dana Ryherd (left), a military spouse, puts her body through an intense workout on a Nautilus machine at Martinez Physical Fitness Center, here, while personal trainer Vicki Rieger demonstrates how the cables should be brought together, during Ryherd's ongoing training program this year.



Sgt. Ricardo Branch | 8th Theater Sustainment Command Public Affairs

AIEA — A student goes through a jump rope obstacle course during a program at Gustav H. Webling Elementary School, here, Feb. 19. U.S. Army-Hawaii units, like the 8th Theater Sustainment Command, regularly volunteer their support in Hawaii schools.



Bill Mossman | File Photo

SCHOFIELD BARRACKS — At right, Yolanda Johnson, Employment Readiness Program manager, Army Community Service, prepares a newsletter for distribution for newly arrived spouses to Hawaii, with the assistance of Hailey Stout.

ARMY FAMILY COVENANT



Laura Bratcher | Directorate of Family and Morale, Welfare and Recreation

HELEMANO MILITARY RESERVATION — David Solis builds a structure with blocks at the Child Development Center, here, in May.