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A rescue team from Coast Guard Station Barbers Point extracts 2-6th Cav. Regt. pilots from the ocean 1 mile off the coast of Honolulu, Feb 17. The pilots conducted training with Coast Guard rescue teams to prepare themselves for rescue operations in the event of a downed aircraft over water.

2-6th Cavalry pilots train with Coast Guard rescue

Story and photo by
SGT. DANIEL K. JOHNSON
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

HONOLULU — Soldiers of 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, plus Coast Guardsman of the Coast Guard Air Station Barbers Point and Coast Guard Boat Station Honolulu conducted joint over water rescue training off the coast, here, Feb. 16.

The training was conducted to prepare Army pilots for interacting with Coast Guard rescue teams in the event of a downed Army aircraft over water.

Knowing the Coast Guard processes and procedures are paramount to ensuring a swift and

safe recovery.

“This training was for us to cross-train with the Coast Guard and for the aviators to get familiar with their aviation life support equipment as it would be used in a real-world situation,” said 1st Lt. Eric Bowerman, an operations planner and Kiowa pilot with 2-6th.

“For them to train on this is a relatively low stress environment; it will help them be more prepared should this happen,” said Chief Warrant Officer 2 Kyle Swope, planner of the exercise.

As aviation officers, they need to be familiar with rescue operations to ensure the Soldiers at their command can be properly trained.

“To be the leader of pilots and troops we need to be familiar and comfortable enough with our equipment to be able to use it in an emergency

situation,” said Bowerman. “We also need to be familiar with their processes to sustain you in the water and extract you.”

“Rehearsals pay off big dividends,” said Coast Guard Lt. Ron Green, lead instructor pilot, USCG Air Station Barbers Point. “If you get to practice what may actually happen, you’re that much better prepared if something goes wrong along the way. If the helicopter crashes in the water, you know about what to expect when the Coast Guard arrives on scene to get you out of the water.”

One of the major differences between an Army and a Coast Guard extraction from water is the inclusion of a dedicated rescue swimmer.

“The biggest lesson learned is to trust the rescue swimmer that is in the water,” said Bower-

man. “Take all orders from them; they are the experts in getting you from the water into the air.”

This type of realistic training is invaluable for Army pilots located in the Pacific theatre. Over-water missions are common occurrences and being prepared for the worst-case scenario helps to bolster the pilot’s confidence and ability to execute.

“I think this brings a level of realism to the training. In an actual emergency situation, these are the people who are going to arrive, and this is really their whole mission,” said Lt. Col. Aaron Martin, commander, 2-6th Cav. “It exercises their capability, and it helps us see exactly how they work as opposed to the Army extraction and Army rescue systems.”

USARPAC highlights joint communications for Pacific theater

ARGIE SARANTINOS-PERRIN
Army News Service

FORT SHAFTER — Even with today’s advanced military networked communications systems, the simple ability to make voice calls or track logistics forces while operating in the vast Pacific theater is challenging.

Recently, Soldiers onboard an Army Logistics Supply Vessel (LSV) in Hawaii took a leap forward when they used equipment that enabled seamless communication with land units 200 miles away, which enabled the transfer of data, images and clear voice communications.

Working in collaboration, the Army and Navy demonstrated, Feb. 18, how an integrated suite of network technology can effectively provide communications for joint users throughout the Pacific theater.

Using the Army’s Manpack Radios and friendly-force tracker Joint Battle Command-Platform (JBC-P), with the Navy’s Mobile User Objective System (MUOS) waveform, Soldiers in five geographically dispersed locations, on land and at sea, were able to talk, text, share data and track the ship’s progress.

“As the Army focuses more on the Pacific The-

ater, it is critical for Soldiers in that region to be able to communicate back to land when they are traveling thousands of miles at sea,” said Col. James P. Ross, project manager for tactical radios. “The Manpack Radio and MUOS waveform, along with JBC-P, enable Soldiers to not only share enroute mission command information, but to also know where friendly and enemy forces are located.”

Similar to 3-G cellular service, the MUOS waveform keeps users on ships, in submarines, aircraft and vehicles, and while dismounted and on the move, connected to high-quality voice and mission data.

With 10 times more capacity than the ultra high frequency system that it is replacing, the MUOS system provides additional bandwidth, eliminating connectivity and data sharing problems. With additional bandwidth, U.S. Army-Pacific units that deploy to Southeast Asia where there is limited bandwidth can stay connected and exchange voice and data.

“MUOS fills an urgent need for additional tactical satellite within the Pacific,” said Lt. Col.



Photo by Staff Sgt. Tramel Garrett, 25th Infantry Division Public Affairs

Spc. Adrian Quidachay, Signal Company, Headquarters and Headquarters Battalion, 25th ID, conducts data and chat communications using a Navy MUOS communications system, Feb.18.

See COMMO, A-7

Sea Dragons sharpen bilateral defense skills during Keen Edge 16

Story and photo by
**94TH ARMY AIR AND MISSILE
DEFENSE COMMAND**
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The 613th Air Operations Center (AOC), here, can be a noisy place as U.S. service members pass information and orders to each other.

Recently, the sounds of “Hai!” could be heard, as well, in the AOC as Soldiers and members of the Japan Air Self-Defense Force (JASDF) took part in Keen Edge 2016, Jan. 21-28.

“Keen Edge is the premier biennial exercise for the U.S. and Japan and is an important venue to increase bilateral planning and coordination between our two nations’ air and missile defense personnel,” said Lt. Col. Taku “Mars” Iyama, the Pacific Air Force, JASDF liaison officer.

The exercise involved U.S. and Japanese personnel at the 613th AOC at JBPHH and Yokota Air Base in Japan. The Sea Dragons from the 94th Army Air and Missile Defense Command had personnel on duty, 24 hours a day, supporting the computer simulation driven exercise at both locations.

“The forward team at Yokota AB was critical for bilaterally coordinating air and missile defense operations with the 5th U.S. Air Force and the Japanese Air Defense Command,”



A 94th AAMDC Terminal High Altitude Area Defense battery fires in this 2014 photo. Members of a joint forward team joined with their JASDF counterparts for biennial exercise Keen Edge 2016, Jan. 28, in a hangar at Yokota Air Base, Japan.

said Maj. Juene Rader, who served as a 94th AAMDC liaison officer in Japan during the exercise.

Equally as important as advancing cooperation with the JASDF was exercising the joint air and missile defense capabilities within the 613th AOC. Sea Dragon personnel worked with their Air Force, Marine and Naval counterparts in the AOC to plan and execute air and missile defense operations in support of the exercise.

“Keen Edge is a unique exercise that allows us to work important air and missile defense issues with both our Japanese allies and our joint partners in the AOC,” said Air Force Maj. Joel Bourne, a planner in the 613th.

Some of the key issues that were focused on during the exercise were ballistic missile defense, noncombatant evacuation operations, force protection and airspace management planning.

“The exercise was a great opportunity to work with our counterparts and learn more about how their missile defense capabilities are integrated with our naval assets for the defense of Japan mission,” said Lt. Cmdr. Daniel Bond, a Navy planner in the 613th AOC.

Lessons learned from Keen Edge 16 will be used to improve future battle plans and standard operating procedures between the U.S. and Japan.



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AR governs traffic on Army Hawaii installations

COL. DUANE R. MILLER
Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

Nearly a year ago, the Directorate of Emergency Services began enforcing U.S. Army-Hawaii Regulation 190-5, the Army-Hawaii Traffic Code.

This marked the first codified regulation governing traffic on all Army installations in Hawaii. It consolidated and updated a number of pre-existing policy letters covering traffic-oriented violations on our installations.

This document is the culmination of efforts to ensure that we have a regulation

to ensure the safety and good order and discipline on our unique installations.

Over the past year, numerous new personnel have moved to the island, or began work as civilians or contractors. In order to ensure the community is informed, DES wishes to re-emphasize the stipulations covered in this code.

The traffic code applies to all personnel who work on, reside on or visit any Army installation, facility or work site in the state of Hawaii.

A majority of the information in this regulation will be transparent to most of us; however, you're still required to obey the speed limit and other posted signs, park in designated parking stalls and

wear your seat belt, etc.

Fines and driving suspension

Offenses while driving, such as seat belt violations, illegal parking and cell phone usage/texting, now have a prescribed fine associated with the offense, in addition to a potential prohibition of driving on the installation.

Any offenses of driving with no valid insurance, registration or license will result in a mandatory, 90-day, on-post driving suspension.

Driving while using a cell phone without a hands-free device, failure to use seat belts or child restraint, or failure to wear the required motorcycle safety gear will

result in a 30-day (1st offense), six-month (2nd offense) or one-year (3rd offense) suspension of post driving privileges.

The DES understands that parking or navigating on the installations can be challenging, and it puts forth a great amount of effort to ensure the safety, security and well-being of all personnel on Army installations. DES will continue to work diligently to prioritize these efforts based on what the greatest known or perceived threat is to public safety.

Just as you would off-post, we ask that you continue to work within the confines of the traffic rules. Buckle up, put down the phone and prioritize safety over convenience. All of us depend on your efforts.

POLICE BEAT ROLL-UP The following occurred on U.S. Army Hawaii installations and off-post, for the period of Feb. 1-15.

Aliamanu Military Reservation

- 2- Criminal property damage in the fourth degree
- 1- Traffic accident resulting in damage to private property
- 3- Larceny of private property
- 4- Unauthorized entry into motor vehicle in the first degree
- 1- Wrongful damage to government property (negligence/willful)
- 1- Domestic disturbance without assault

Fort Shafter

- 1- Failure to obey order or regulation (on post driving privileges suspended)
- 1- Wrongful damage to private property
- 2- Duty upon striking

Fort Derussy/Hale Koa

- 1- Operating a vehicle under the influence of an intoxicant
- 1- Storage of open container containing intoxicating liquor

Hawaii Armed Services Police

- 1- Operating a vehicle under the influence of an intoxicant

Red Hill Housing

- 2- Wrongful damage of private property
- 2- Unauthorized entry into motor vehicle in the first degree

Schofield Barracks

- 8- Domestic disturbance without assault
- 1- Wrongful damage to government property
- 5- Wrongful damage to private property
- 8- Assault
- 5- Duty upon striking
- 3- Failure to yield right of way at intersection
- 1- Operating a motorcycle with not owning a Motorcycle Safety Foundation card
- 1- Fleeing the scene of an accident
- 3- Unattended child

- 2- No driver's license
- 1- Housebreaking
- 1- Larceny of private vehicle (motorcycle)
- 1- Family abuse (domestic)
- 1- Suicide ideations
- 3- Found contraband
- 1- Accidental damage to government property (negligence/willful)
- 1- Failure to obey/on-post driving privileges
- 1- Driving on a suspended driver's license
- 1- Criminal trespassing
- 1- Flight from apprehension
- 1- Suicide attempt
- 1- Theft in the second degree
- 1- Suicidal gesture
- 1- Larceny of private property
- 2- Damage to private property
- 1- Larceny of government property

Tripler Army Medical Center

- 1- Larceny of private funds

Three receive courts-martial, one found not guilty of charges

The 8th Theater Sustainment Command posts the following courts-martial results:

• **A staff sergeant from Medical Company C, Tripler Army Medical Center**, was charged with one specification of conspiring to release a prisoner without consent, dereliction of duties, releasing a prisoner committed to her charge and false official statement.

The staff sergeant hatched a plan with two others to sign an inmate out of Ford Island. While at the brig, she signed a form stating she knew of her duties as a driver, even though she was never given the duties of duty driver by her unit.

She was found guilty of false official statement and dereliction of duties, and found not guilty of releasing a prisoner or conspiring to release a prisoner. She was sentenced to reduction to E-4, 45 days of hard labor, 15 days confinement and a written reprimand.

• **A specialist from Headquarters and Headquarters Detachment, 500th Military Intelligence Brigade**, was charged with three specifications of committing sexual intercourse without consent and three specifications of false official statement.

The specialist had sexual intercourse with a female

victim while she was asleep and intoxicated, and took visual records of the private area of another specialist.

The specialist made three statements to the Criminal Investigation Division denying he had sex with the victim, stating the sex was wanted, and that he committed oral sex on the victim. The accused was found not guilty of all charges and specifications.

• **A specialist from HHC, 18th Medical Command**, was charged with five specifications of failure to report to appointed place of duty, two specifications of failure to obey a commissioned officer, four specifications of wrongful use of a controlled substance and one specification of assault.

The specialist did not show up for physical fitness formation on four separate occasions and was absent without leave, June 17 to July 15, 2015. He failed to check in with his commander every two hours as directed by his commander on two separate occasions.

He tested positive for cocaine and metham-



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

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

phetamines on Feb. 10, 2015. He also tested positive for cocaine on June 11 and July 15.

During August 2015, he assaulted a civilian.

The accused was found guilty of all charges and specifications, and was sentenced to nine months of confinement, reduction to E-1 and a bad conduct discharge.



FTSTEPS in FAITH

Displacement changes our familiar perceptions of home

CHAPLAIN (CAPT.) C. W. OLSON III
2nd Brigade Combat Team
25th Infantry Division

What do baseball, Homer's "Odyssey," the movie "E.T.," the Exodus, and the "Wizard of Oz" have in common?

They all involve home, leaving home and homecoming.

Some have called this the "epic-narrative" that we encounter in all great literature. Others have described this as the "meta-narrative of faith."

It's a story we find almost everywhere we look, if we look deeply enough. It is the story of home, homelessness and homecoming. From America's fascination with a sport that begins at home and involves a desperate attempt to return home, to the great works of literature and modern cinema. The story of home, homelessness and homecoming is our story.

What if we discovered that, by looking deeply at our own story of homelessness and desire for home, we encounter not



Olson

only personal hope and healing, but we also discover how to help heal and bring hope to our friends, family and community?

Being in the military, we understand what it means to be without a place, from long stays at hotels on post during a permanent change of station to living out of boxes because the movers are on the way.

We understand the feeling of constant displacement and the unsettling feeling of "not yet." It is something we have felt during a long deployment, knowing that I'm here, but I'm moving soon, not soon enough, or maybe too soon.

We patiently wait and eagerly desire to return home, but when we do, home looks a little different ... or maybe we

look differently at home, or maybe we are different. Displacement changes things and it changes us. It always does.

Leaving home and displacement comes in many different forms, from a physical dislocation to an illness, the loss of a loved one, work stress, financial hardships to relationship problems. The difficult time or life event may change, but the feelings are very similar.

One thing that binds us together as part of a military family is that we intimately understand the feeling of leaving home: the uncertainty, heartache, anxiety and, sometimes, excitement.

We become familiar with the feelings of displacement and placement; we've become familiar with the feelings of leaving home and familiar with homemaking and homecomings. We know how to find hope and joy while waiting. We've learned how to be resilient and find healing in the "not yet."

This is huge. As we look deeply at our own stories,

we discover that we're a unique people, profoundly acquainted with change, uncertainty and displacement. We also discover that we are a unique people, profoundly equipped to bring hope to the hopeless, healing to the broken hearted, a home to the homeless and a place for the displaced.

It is our familiarity with navigating this epic narrative of home, homelessness and homecoming that we are able to help comfort others with the comfort we have received. So, no matter what form the displacement takes (illness, death, relationship, PCS, deployment or work problems), we're well equipped to help find peace in the moment and hope for tomorrow.

May you come to a realization that your story, with all its joys and sorrows has the power to bring comfort, healing and hope to the world around you.

(Editor's note: Olson is the 1st Battalion, 14th Infantry Regiment, "Golden Dragons" chaplain.)

Voices of Ohana

It's "Responsible Pet Owner Month," so we asked,

"What is the best part of being a pet owner?"

by Sgt. Daniel Johnson, 25th Combat Aviation Brigade Public Affairs



"Your pet is your confidant and a huge part of your family."

Capt. Heba Bullock, Public Affairs, 25th CAB, 25th ID



"It gives my kids a companion to play with and is a family member."

Staff Sgt. Anthony Fischetto, Helicopter Repairer, 3-25th Avn. 25th CAB, 25th ID



"They bring so much joy to my family, especially my daughter, since she runs after them all day."

Staff Sgt. Jose Lozano, Test Equipment Operator, 209th ASB, 25th CAB, 25th ID



"My pets are keeping my wife company when I'm deployed."

Capt. Carlos Torres, Future Operations Officer, 25th CAB, 25th ID



"My dog Lucky is always there to jump on me as I walk in."

Spc. Scott Vanderburg, Communications Repairer, 209th ASB, 25th CAB, 25th ID

DoD plans benefit revision with ‘blended retirement’

KAREN PARRISH

DoD News, Defense Media Activity

WASHINGTON — Upon taking office almost a year ago, Defense Secretary Ash Carter promised reforms, stating “that a blended retirement system is a key step in modernizing the department’s ability to recruit, retain and maintain the talent we require of our future force.”

An overhaul of the current military retirement system is slated to take effect Jan. 1, 2018. The new system has three elements: a 401(k)-style component with Defense Department matching funds for entry-level and other service members, a mid-career continuity bonus, and a retirement annuity similar to the one now in place for service members that complete 20 or more years of eligible service.

DoD News spoke with Army Sgt. Maj. Mike Schultz while he was the senior enlisted adviser to the Assistant Secretary of Defense for Manpower and Reserve Affairs about the details of the new modernized retirement system.

One key point, Schultz said, is that many of those now serving will have the choice to opt into the new blended retirement plan.

The first critical step in the change, he said, is educating senior leaders about the program’s provisions. Those leaders will then ensure training takes place at the “camps, posts and stations” where service members work.



Schultz

Training tools now in the works will include on-line classes and benefits calculators for troops and their families, as well as classroom and distance learning, Schultz added.

He said the “deliberate approach to educate the force” will be a key effort from now until rollout.

The sergeant major

said the question he hears most often about blended retirement is “What will it mean to me?”

First, he said, all troops now serving are grandfathered and will be allowed to remain in the current system. Those who have served in uniform for fewer than 12 years as of Dec. 31, 2017, will have a choice to stay in the current system or to opt into the new retirement plan, Schultz said, and those who enter service after the blended retirement rolls out will automatically be covered by the new modernized retirement system.

The phase-in will, Schultz noted, both keep faith with those who could retire under the current system, and offer new options for what he termed a “portable” retirement benefit plan to those who will serve in the future.

The aspects that make the plan “blended” are automatic and matching government contributions in the Thrift Savings Plan, similar to a 401(k) and transferable on leaving service, for service members in the new retirement plan, and retaining lifetime monthly retired pay for those who serve at least 20 years.

The government will automatically contribute 1 percent of a member’s basic pay into the member’s TSP account, even if the member contributes nothing. After 24 months of service, the government will match member contributions, dollar-for-dollar, up to the first 3 percent the member contributes and 50 cents per dollar for the next 2 percent the member contributes.

Thus, if a member contributes 5 percent into the member’s TSP account, the government will contribute an additional 5 percent (1 percent automatic plus 4 percent matching), Schultz said.

Members who serve at least 24 months and then separate will be able to keep the government contributions and transfer them to a new employer’s retirement plan. For service members that stay in the military for a full career of 20 years or more, the new plan continues to offer monthly retired pay similar to today’s system, although it will be computed based on a length of service factor

of 2 percent per year, instead of the 2.5 percent per year used in the current system.

“A mid-career bonus is in addition to the TSP account and the 20-year annuity modeled on the current plan,” Schultz said.

The DoD will pay a bonus of at least two and a half months’ basic pay (one-half month for reserve and National Guard members not serving in a full-time capacity) to those service members who have served 12 years and who agree to remain in uniform for four more years.

Stay tuned during the coming months as additional information and opportunities to learn more about the new blended retirement system become available.



Courtesy photo

Several financial plans should be active long before someone retires.

New policies in for breastfeeding as an active duty Soldier

SGT. ALEXANDRIA ADKINS

Tripler Army Medical Center

HONOLULU — Breastfeeding in any workplace can be stressful.

The Army has implemented a policy to be incorporated into Army Command Policy AR 600-20, supporting active duty Soldiers who are breastfeeding.

For active duty Soldiers, the mission always comes first, but this new policy means Soldiers do not have to sacrifice breastfeeding as part of their infant care.

Army Directive 2015-43 of Nov. 10, 2015, (Breastfeeding and Lactation Support) includes new guidance on workplace lactation support for postpartum Soldiers.

To develop the new policy, Army Deputy Chief of Staff, G-1, leveraged the clinical support and expertise of Army Medicine subject matter experts to conduct a comprehensive review of current Army guidance, services’ policies/best practices, and current civilian health care postpartum literature.

The directive will be incorporated into the



Adkins

next revision of AR 600-20.

Breastfeeding is already law under the U.S. Patient Protection and Affordable Care Act, which has specific provisions requiring businesses to implement basic lactation support. This support includes reasonable break time and a private place, other than a bathroom, for nursing

mothers.

Extensive medical research has shown that breastfeeding has significant health, nutritional, immunologic, developmental, emotional, social and economic benefits for both mother and child.

It is important for Soldiers to understand their options when they become pregnant by becoming familiar with AR 635-200, Active Duty Enlisted Administrative Separations.

Commanders also have responsibilities for notifying all Soldiers of the breastfeeding and

lactation support policy within the regulation. The commander will counsel all pregnant Soldiers as required by regulation, to include information regarding the TRICARE policy that covers breast pumps.

Commanders must also provide information to Soldiers about breastfeeding and lactation support via the work plan memorandum during the initial pregnancy counseling. That counseling will address the command providing a private, designated space, with locking capabilities that include an electrical outlet, access to a safe water source and a sink for breastfeeding Soldiers.

Commands should be as supportive as they can be when it comes to breastfeeding. The real issues breastfeeding Soldiers face are old military buildings and operational taskings that do not account for breastfeeding. When that happens,

keep the current mission in mind, do what you can and drive on.

The Army is beginning to understand that breastfeeding Soldiers have improved postpartum weight loss and miss work less often. One-day absences to care for sick children occur more than twice as often for mothers of formula feeding infants.

New mothers are encouraged to seek support from their command, read the regulations and the law, and make an informed decision if they choose to breastfeed their infant.

(Editor’s note: Adkins is a TAMC 68W health care specialist and has worked in the OB/GYN clinic and Company B of Troop Command. She recently gave birth to a daughter at TAMC and has experienced, firsthand, breastfeeding while serving on active duty. Jim “Goose” Guziar, TAMC PAO, contributed to this article.)

CAB grants wish for ALS patient

Story and photo by
CAPT. HEBA BULLOCK
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — The 25th Combat Aviation Brigade made a dream of touring combat aircraft come true for Natanael Gallardo, a 34-year-old man suffering from Lou Gehrig's disease (amyotrophic lateral sclerosis, or ALS), Feb. 11.

Sgt. 1st Class Randy Rodriguez, 599th Transportation Brigade, is a childhood buddy of Gallardo and was able to help coordinate the exciting day for his terminally ill friend.

"He was really intrigued by all the aircraft going on and off Wheeler Army Airfield and always wanted to get up close and personal," said Rodriguez. "The leadership was more than willing to come together, so we could help him out."

The brigade wanted to make sure he got the royal treatment, pulling out all the stops for Gallardo to experience.

"Soldiers helped out with aircraft, driving humvees, bringing out equipment, showing pieces of the aircraft, and took him around to see whatever he wanted to see," said Command Sgt. Maj. Gerardo Gonzalez, senior enlisted adviser, 2nd Squadron, 6th Cavalry Regiment.

"I am really pleased with how our men and women were able to make this a once-in-a-lifetime experience for this man who is a tough fighter," Gonzalez said.

Gallardo started off with a tour at each of the CAB's hangars and numerous aircraft, starting with the Apaches and Black Hawks.

"Someone with ALS has limiting abilities, but these Soldiers did not make me feel limited, and I was able to get in and out of aircraft," said Gallardo. "I felt like one of them."

Gallardo finalized his tour with the 25th CAB at the Simulation Center. There, he was able to sit in the pilot seat, and for the grand finale, 25th CAB Soldiers put Gallardo's skills to the test in one of their brigade's flight simulators.

"That was definitely my favorite part because my father was a self-taught crop Cessna pilot in Mexico, so to be able to fly in the simulator was incredible and my closest chance to be like him," Gallardo said.

"Nata' is in heaven right now, especially right now sitting in the pilot seat," said Geraldo Vargas, cousin of Rodriguez and caretaker for Gallardo. "I think it's a once-in-a-lifetime experience that he is never going to forget."

Gonzalez presented Gallardo with a special squadron coin. "On the back of it, we have written, 'presented for embodying the cavalry tradition,' which is to continue to fight on and go forward when it's hard," Gonzalez said.

ALS is a progressive disease that affects nerve cells in the brain and the spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body.

With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed. The progressive degeneration of the motor neurons in ALS eventually leads to their death because the ability of the brain to initiate and control muscle movement is lost.

Gallardo has a life expectancy of 2-5 more years.

Deadline coming to apply for transfer to cyber ops branch

BILL ROCHE
Army News Service

WASHINGTON — Deadlines are approaching for active Army commissioned and warrant officers interested in joining the Army Cyber Branch under two Voluntary Transfer Incentive Program efforts.

Interested active duty warrant officers in the grades of warrant officer 1 through chief warrant officer 4 are eligible to request transfer to become 170A Cyber Operations technicians.

While warrant officers with Cyber Mission Force operational experience and cyber technical expertise are preferred, the selection panel "will also assess personnel with a diversity of talent in cyber-related fields," according to the Army Human Resources Command's official message announcing the program.

Active Army competitive category officers in the grades of first lieutenant or captain, first lieutenants and captains who are promotable as of the March 18 application deadline, and majors with fewer than 14 years of active federal commissioned service as of March 18 are eligible to apply for transfer as well.

The selection panel for warrant officer transfers is scheduled to convene March 21 and release its results May 1, while the officer selection panel is scheduled to convene April 25 and release its results May 27.

In addition, active duty lieutenant colonels and majors with 14 or more years active federal service, first lieutenants and captains enrolled in the branch detail program requesting to remain in their detailed branch, and officers who must transfer out of their current branches due to medical limitations or medical board proceedings may be considered as exceptions.

Voluntary Transfer Incentive Program deadlines do not apply to officers who qualify for exceptions. These officers may apply at any time.

(Editor's note: Roche works with Army Cyber Command.)

MILPER Message 16-039

The full MILPER messages outlining officer and warrant officer transfer program eligibility, application requirements and restrictions are available under "Cyber Branch Transfer Announcements" on the HRC Cyber Branch Assignment Management website.

Information on how enlisted Soldiers can apply to reclassify into Military Occupational Specialty 17C (Cyber Operations Specialist) can be found on that site as well.

More information on Cyber Branch specialties and training can be found on the Army Cyber School website.

The deadline for warrant officers to apply is March 1. The deadline for commissioned officers to apply is March 18. Instructions and further details can be found in MIPER Message 16-039.

Visit www.hrc.army.mil/Milper/16-016 (officers) or www.hrc.army.mil/Milper/16-039 (warrants).



Chief Warrant Officer 2 Bradley Young shows a terminally ill ALS patient, Natanael Gallardo, a U.S. Army Apache, AH-64E, Feb. 11, at Wheeler.

Officials announce winning design concept for National World War I Memorial

LISA FERDINANDO

DoD News, Defense Media Activity

WASHINGTON — The U.S. World War One Centennial Commission announced the winning design concept for a national memorial, Jan. 26, for what was known at the time as "The Great War."

The incredible service and sacrifice of those who served in World War I, a century ago, finally will be honored in a memorial in the nation's capital, said Edwin Fountain, the commission's vice chairman.

Fountain, the grandson of two World War I veterans, announced the winning design concept at an event at the National Press Club, here.

The winning concept is "The Weight of Sacrifice" by 25-year-old Joe Weishaar, a yet-to-be licensed architect, and veteran sculptor Sabin Howard.

The design concept met the challenges of creating a concept for such an important memorial, Fountain said. Those challenges, he explained, included finding an appropriate way to honor the magnitude of the service and sacrifice of the nearly 5 million people who served and the more than 116,000 who died.

Located near White House

In addition, Fountain said, the design concept had to work into the surrounding landscape, complement the iconic architecture and design of historic Washington, and serve as a city park.

The memorial will be located in Pershing Park, near the White House. While the National Mall, where other war memorials are located, would be the preferred location, a law prohibits new construction on that expanse, Fountain said.

Besides serving as a permanent tribute to the service members, the memorial is meant to educate Americans and inspire them to learn more about the largely overlooked war that has profound influence to this day, Fountain said.

Honors those who served in overlooked war

Those who fought and died in World War I did so with the "same courage and tenacity and

sacrifice" as veterans of wars that have national monuments in Washington, Fountain said. Those who served in the Great War, he added, withstood the inferno of artillery barrages, and went down to the bottom of the sea in their ships.

"They fell from the skies in burning wreckage of airplanes, and they charged out of trenches across open fields and into woods and up hills that the enemy had spent years fortifying to defend," he said.

The service and sacrifice on such a scale must be commemorated, he said, adding it would be an injustice to not have a national memorial in Washington for them.

World War I began in July 1914 with the assassination of Austrian Archduke Franz Ferdinand. It ended with the armistice on Nov. 11, 1918.

Memorial to "restore the honor"

There are no living World War I veterans,

Fountain noted, but descendants of those who served in the war have supported the efforts for the memorial.

Sandra Pershing's late husband, Jack Pershing, was the grandson of World War I Army Gen. John J. Pershing. The memorial is of tremendous significance to her family and the nation, she told the audience at the celebration event.

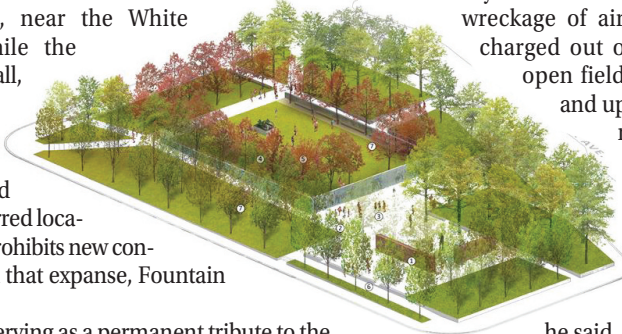
While noting there is a statue for Gen. Pershing in Washington, she said her husband felt strongly there should be a memorial to honor the millions of others who served.

"Today we're going to start to restore the honor that has been so long in coming," she said.

Commission hopes for 2018 dedication

The winning concept will go through an extensive design review from a number of agencies, including the Commission of Fine Arts, the National Capital Planning Commission, and the National Park Service, Fountain said.

The commission hopes to begin construction on Veterans Day 2017, with a possible dedication on Veterans Day 2018. The commission is looking to raise \$30 million to \$40 million for the memorial, Fountain said.



CG visits bomber restoration at Pacific Aviation Museum

ANGELA E. KERSHNER
AND MAJ. JOSH THIEL
U.S. Army-Pacific

PEARL HARBOR — The wreckage of a Boeing B-17E heavy bomber recovered from the swamps of Papua, New Guinea, along with the story of the nine Army Air Corps crewmen who survived the crash and evaded capture for more than a month before being rescued, was visited at the Pacific Aviation Museum, Feb. 11, by Gen. Vincent K. Brooks, commander, U.S. Army-Pacific.

Museum director Kenneth DeHoff and docent Eric Pradel led Brooks through the wreckage as they recounted the history of the plane, its crew and the long journey to the museum.

“This B-17 sat in the swamps of Papua New Guinea for 60 years before making its way back to Hawaii where it started in December 1941,” said DeHoff. “Walking the general through the interior of the aircraft brought to life what it was like to be a World War II Army aviator.”

Following the Japanese invasion of Rabaul on New Britain, the 41-2446 was ordered to the 19th Bombing Group at Garbutt Field, Townsville, in Queensland, Australia. On Feb. 22, 1942, five B-17Es took flight on a raid targeting Japanese shipping in Rabaul’s Simpson Harbor.

The bomber, serial number 41-2446, was delivered to the Army the day before the Japanese attack on Pearl Harbor. It suffered heavy anti-aircraft fire during two runs over its target, including a flak round that punched a hole through the starboard wing (and did not detonate).

Despite the damage, the crew was uninjured. The flight headed to Port Moresby, Papua New Guinea, where the B-17Es were directed to refuel before returning to Australia.

Without enough fuel to reach Port Moresby, Capt. Eaton was forced to make an emergency landing in what he believed to be a large wheat field. Instead, the 41-2446 was bogged down in five feet of water in the middle of Agaiambo Swamp.

Several days later, the crew was led by a local Papuan to his village where they stayed until being picked up by the Australian Resident Magistrate, 36 days after their initial takeoff. The crew was transported to Australia where they were treated for malaria for three months before they all returned to active status.

“Having visited Townsville where this flight originated, and having very recently visited Papua New Guinea where this mission terminated, it was fascinating to me to see the B-17 in such good condition,” said Brooks. “That speaks volumes to the skill of those Army airmen who flew the mission and successfully crash landed it after taking numerous bullet holes, pierced fuel tanks, broken windows in the cockpit ... (and) the courage of the crew to hold their stations all the



Courtesy photo

The B-17 bomber “Swamp Ghost,” currently undergoing restoration at the Pacific Aviation Museum on Ford Island, is shown in Papua New Guinea before its recovery in 2013. Gen. Vincent K. Brooks, commander, USARPAC, visited the restoration project, Feb. 11.

way through.”

Number 41-2446 was all but forgotten until 1972, when it was spotted by Australian soldiers on a training exercise, earning the nickname “Swamp Ghost.” Efforts to recover it began in 2006, and despite the exposure to water for almost 70 years, the aircraft is remarkably intact. A close look reveals 121 bullet and shrapnel strikes from ground fire and the dozens of Japanese fighters that contributed to her demise.

After years of legal issues, the aircraft was transported to California, where it was displayed in various locations until the Pacific Aviation Museum entered into negotiations to obtain the wreckage. It arrived back in Honolulu on April 2, 2013, and is currently undergoing preservation and restoration at the museum.

“What a fitting final resting place for this Army Air Corps B-17, on Ford Island, where Army aviation in the Pacific began in 1917,” said Brooks.

Some of the original oil still slowly seeps from one of the engines.

“This aircraft ... is a historic artifact preserved in the museum, so all can see it and experience the story it tells,” said DeHoff. “Today’s Army, with leaders like Gen. Brooks taking time to honor those who sacrificed so much in another war, is a better Army because we remember the past.”

During his time in command, Brooks’ engagements in the region have taken him to many countries. Among them are the Philippines, China, Australia, Solomon Islands, Papua New Guinea, Marshall Islands, Attu (Alaska), Wake Island, Guam, Okinawa, Japan, Korea, Vietnam and Cambodia – places where the Army has earned campaign streamers over the last 117 years of continuous presence in the Asia-Pacific region and where our presence and relationships are still important today.

In January, Brooks visited the Philippines, American Samoa, the Solomon Islands and Papua New Guinea, all of which played an integral role in the Army’s involvement in World War II. Brooks visited war memorials, battle-grounds and local cemeteries between meetings with senior political and military leaders.

Prior to his visit to Papua New Guinea, Brooks toured the battlefield where the 25th Infantry Division and Americal Division landed and seized ridge upon ridge at Guadalcanal in the Solomon Islands. Ultimately, a joint team that included 2nd Marine Division formed under an Army Corps to expel the Japanese ground forces – the first ground victory, which began the rolling back of the Japanese empire.

Army Air Corps B-17E support to Australian

ground troops during the war was pivotal in the defense of Australia and in the island campaign through several islands in Southeast Asia. Papua New Guinea is less than 100 miles from Australia, and control of the airfields on the south side of the island would have enabled the Japanese to directly bomb the allied sanctuary.

Under the leadership of Gen. Douglas MacArthur in Brisbane, Australia, the Allies ultimately prevailed on the ground while the Army Air Corps bombed Japanese ships, ports, airfields, supplies and ground forces.

Brooks and the Australian senior defense official in Papua New Guinea visited the Bomana Commonwealth Cemetery, Papua New Guinea, Jan. 13, to lay a wreath in memory of the Soldiers interned there during World War II. The Allies suffered 8,500 casualties in the campaign.

The U.S. Army’s long, shared history with Papua New Guinea continues today. USARPAC support to the Papua New Guinea Defence Force ranges from medical capabilities, engineering and civil affairs. USARPAC’s annual Oceania Disaster Relief Exercise and Exchange was held in Papua New Guinea last May to improve disaster readiness in the wake of major natural disasters.

Brooks also met with Papua New Guinea Prime Minister Peter O’Neill during his visit to discuss the strengthening relationship between the two nation’s armies and preparations for the upcoming Asia-Pacific Economic Cooperation leader’s summit, which will be held in Port Moresby in 2018.

Flight of the Swamp Ghost

Members of the B-17 flight crew follow:

- Tech. Sgt. Russell Crawford, waist gunner;
 - Capt. Fred Eaton;
 - Staff Sgt. John V. Hall, tail gunner;
 - Capt. Henry M. “Hotfoot” Harlow, co-pilot;
 - Tech. Sgt. Clarence A. LeMieux, flight engineer;
 - 1st Lt. George B. Munroe Jr., navigator;
 - Sgt. Richard Oliver, bombardier;
 - Sgt. William E. Schwartz, waist gunner; and
 - Sgt. Howard A. Sorensen, radio operator/gunner;
- The crew arrived at Wheeler Army Airfield, Dec. 17, 1941.

For more information on the Swamp Ghost’s restoration, visit www.pacificaviationmuseum.org/pearl-harbor-blog/boeing-b-17e-flying-fortress-swamp-ghost2.

Homeless veterans find permanent housing in 2015

DEPARTMENT OF VETERANS AFFAIRS
News Release

HONOLULU — About 596 homeless veterans on Oahu were permanently housed in calendar year 2015, said the Department of Veterans Affairs Pacific Island Health Care System (VAPIHCS), Partners in Care and the Homeless Veterans Task Force, recently.

“This announcement is a result of the tremendous progress our community has made over the past year in addressing veteran homelessness,” said Wayne Pfeffer, director, VAPIHCS.

“These are individuals who served our country, and we are proud that we have been able to connect them to permanent homes,” he said. “And congratulations are also in order to the hard work of our VA homeless programs who worked to house our veterans.”

The placement of homeless veterans occurred as a result of a collaboration between the VAPIHCS, Partners in Care and the Homeless Veterans Task Force. Since October 2013, these organizations have participated in the national 25 Cities Initiative to end

veterans’ homelessness. The 25 Cities Initiative is stressing a coordinate approach to resolving homelessness and emphasizing the importance of knowing homeless veterans by name.

“Solving homelessness is a team sport,” noted Marc Gannon, chairman, Partners in Care. “We’ve made great strides in developing a coordinated assessment and housing placement system, but still have a ways to go in addressing the significant challenges pertaining to homelessness. We need to focus on developing more affordable housing options, engaging a broader base of stakeholder groups, and strengthening our community’s full continuum of services.”

“We have achieved success by getting to the homeless veterans in our community,” said John Henry Felix, chair, Homeless Veterans Task Force. “However, our work does not stop here. To reach our goal of ending veteran homelessness, we need to think outside of the box and consider every possible option. One homeless veteran is one too many.”



Photo by Sgt. Tiffany Fudge, 8th Theater Sustainment Command

Soldiers of the 8th Theater Sustainment Command hit the streets of downtown Honolulu, June 11, 2013, to help homeless veterans during the Soldier for Life Veteran's Outreach Program. Approximately 596 homeless Oahu veterans were permanently housed in 2015.



Today

ARC Recruiting — The American Red Cross is recruiting licensed health services volunteers on Oahu. If you’re licensed or certified and can donate some time to help us help others, please register to become one of the following medical volunteers: RN, LVN, LPN, EMT, paramedic or doctor of osteopathy.

Health services volunteers should also be willing to take additional Red Cross training online and should have a computer, Internet and cell phone. Call 330-2005.

Reserve Banquet — The 9th Mission Support Com-

mand invites current, former and retired Army Reservists to attend an annual formal banquet at the Hilton Hawaiian Village on Sunday, March 5. Attire is Army Service Uniform, dress blues, mess whites or blues, or formal attire for military and business suit or evening gown for civilians.

Call 438-1600, ext. 3114. For tickets, call 438-1600, ext. 3395.

M\$W — Military Saves Week ends today, but you still can get your finances in order. Visit www.mwrbrandcentral.com/print-web-materials/military-saves-week.

Self Plus One — Today is the last day to enroll in the Federal Employees Health Benefits Program outside of open season enrollment for the Self Plus One option. Visit www.opm.gov/selfplusone or www.abc.army.mil/health/Selfplusone.htm.

Last Few Days — Participate in the ongoing cost of liv-

ing survey before March 1 in order to provide solid data that accurately reflects the cost of living in Hawaii. Poor turnout significantly decreased COLA. Visit www.defensetravel.dod.mil/site/lps-hawaii.cfm.

Transportation Closed — The Fort Shafter Transportation office, Bldg. S-330 (Aloha Center), begins new hours. As of Feb. 29, the office is open 7:30 a.m.-4 p.m., Monday-Wednesday, and closed on Thursdays and Friday.

March

6 / Sunday

Assume the Responsibility — Chief Warrant Officer 5 John M. Brasfield will become command chief warrant officer, the senior warrant officer adviser for the 9th Mission Support Command, at an Assumption of Responsibility ceremony, 1 p.m., on Fort Shafter Flats’ Field of Heroes.



Today

Thot-less — There’s a single lane closure, weekdays, 9 p.m.-5 a.m., on Kamehameha Highway at the Karsten Thot Bridge, between Kilani Avenue and Whitmore Avenue, for repairing and repainting of the bridge.



This schedule will continue until Friday morning, March 11.

The closed lane will alternate between the northbound and

southbound directions depending on the location of the work. During the closure hours, traffic will be contraflowed through the remaining open lane.

The height clearance for the bridge has been reduced from 14 feet 4 inches to 12 feet. Motorists are advised to plan ahead and drive with caution through the work zone. Roadwork is weather permitting.

29 / Monday

Sterling and Airdrome — An adjusted schedule for traffic flow crossing Wheeler’s Airdrome Road at the intersection of Sterling Road is scheduled to end today. The project’s completion was delayed due to weather conditions and unexpected construction issues.

Airdrome is converted from a two-way road to a one-lane contraflow, weekdays, 8 a.m.-5 p.m.

April

2 / Saturday

Power Outage — As part

of Schofield’s Quad B renovation project, a power outage is scheduled, 7 a.m.-3 p.m., that affects Area A housing 49-85.



4 / Monday

Williston Detour — A road closure on Schofield’s Williston Avenue between Cadet Sheridan Road to Reilly Avenue is scheduled to conclude today. Meanwhile, parking lots on Williston are still accessible.

Traffic is being detoured around the construction area through Cadet Sheridan, Menoher Road and Reilly Avenue.

30 / Saturday

Lauhala Closures — The road closure along Wheeler’s Lauhala Road in the housing area is scheduled to end today. The completion date of this traffic control plan was impacted by weather and was extended.

TAKE A **STAND!** RECOGNITIONS

TAKE A STAND!

Community members are recognized at the U.S. Army-Hawaii Community Health Promotion Council, Monday, for their efforts in Taking A Stand!

1- Xavier Garrido is presented a lapel pin by Maj. Gen. Charles Flynn, commander, 25th Infantry Division, for winning second place in the Schofield Barracks teen antitobacco video contest, "Fight the Enemy 3.0." Garrido's video, "The Times Have Changed, But the Dangers Have Not," earned him \$750 from the contest and a 25th ID certificate of appreciation.

2- Pfc. Justin Sammons, 558th Military Police Company (center) and Sgt. Brandon Spears, 13th MP Detachment, 728 MP Battalion (both units are under the 8th MP Brigade, 8th Theater Sustainment Command), are recognized by Flynn. Sammons' initiatives helped to identify two motorcyclists fleeing from MPs. Spears witnessed an unknown male exposing himself while conducting lewd acts in public view near a public park; Spears detained him until police arrived.

3- Jennifer Garcia is recognized by Flynn and Command Sgt. Maj. Scott Brzak, the 25th's senior enlisted adviser, with a certificate of appreciation for her service helping a lost 3-year-old child until reunited with family.

Photos by Christine Cabalo, Oahu Publications

Commo: Gear tested

CONTINUED FROM A-1

Joseph Pishock, communications officer, 25th Infantry Division. "There currently are not enough channels to support units deployed into the Asia-Pacific theater reliably. With MUOS, we can conduct simple chats, send small images and even use it with other systems to transmit position location information."

The exercise included an LSV-2 equipped with a Manpack Radio and a Vehicle on the Move antenna integrated into its communications system that traveled between two islands, Oahu and Hawaii. The vessel was transporting military equipment and supplies for the 25th ID with Soldiers from the 8th Theater Sustainment Com-

mand onboard communicating with Soldiers at two locations in Oahu and Hawaii.

Each location was equipped with a Manpack Radio using the MUOS waveform, which enabled Soldiers at all five locations to communicate with each other through JBC-P's easy-to-use interface. In addition to communicating continuously via voice and data from the LSV back to land, commanders tracked the ship's location.

As the Army's main fighting force in the Pacific region, the 25th ID frequently deploys small units to allied countries throughout the Pacific Rim to conduct joint exercises and humanitarian assistance. Reaching allied countries, such as Malaysia or Australia, can take eight to 10 days from Pearl Harbor, Hawaii, and with major weather events, particularly the rainy season, often resulting in hours or days without communications.

"The ability to project and sustain forces from over the shore is an essential capability in the Pacific Command area of operations and a critical component of a multidimensional logistics network," said Maj. Gen. Edward F. Dorman III, commander, 8th Theater Sustainment Brigade. "Enhancing the communications capability will improve how we conduct interisland surface deployment support, add flexibility to cargo transportation options for the joint force and rapidly respond to crisis throughout the region, including humanitarian assistance situations."

Both the 8th TSC and 25th ID, subordinate commands of USARPAC, currently use Single Channel Ground and Airborne Radio System (SINCGARS) radios for internal communications, but the 25th ID ground unit commanders have difficulties communicating and receiving current status updates or coordinating link up operations

with Soldiers on the LSVs who are transporting their equipment.

"Ship-to-shore communications from Army watercraft to supported units has been a challenge historically," said Pishock. "The limited systems on the LSVs do not permit ground-based forces to connect reliably from over the horizon."

The exercise highlighted how the Manpack Radio and MUOS waveform can provide effective voice and data to Soldiers throughout the Pacific theater even when they are Beyond Line-Of-Sight (BLOS).

A key feature of the two-channel Manpack Radio is its ability to run different waveforms, including the BLOS MUOS waveform on one channel and the Soldier Radio Waveform or SINCGARS waveform on the other channel, allowing units that are BLOS to connect seamlessly, increasing the effectiveness of the overall system.



HAWAII ARMY WEEKLY

www.hawaiiarmyweekly.com

PAU HANA

"When work is finished."

Friday, February 26, 2016

Photo illustration by Kristen Wong, Oahu Publications

The USO has provided several special events throughout the years. In addition, USO Hawaii also provides services at the Honolulu International Airport and Joint Base Pearl Harbor-Hickam locations. The nonprofit brings special guests, including the Lt. Dan Band, Sesame Street, the Victory Belles from the National World War II Museum and Miami Heat guard Mike Miller for "Hoops 4 Troops."

Hawaii's two locations assist military using volunteer aid

CHRISTINE CABALO
Staff Writer

HONOLULU — Helping the military at home and abroad, the United Service Organizations has made service its middle name since 1941.

Staff and volunteers in more than 160 USO locations worldwide are celebrating the organization's 75th year of helping the military community this month.

The USO Hawaii staff for the nonprofit organization said they are working hard to assist service members and providing comfort whenever needed.

"The USO is committed to strengthening support for all service members," said Carlos Rowe, center director for USO Hawaii. "We hope to keep them connected to their friends and family as they do a great service for our nation."

Visitors to the Honolulu International Airport location have been enjoying the amenities available since it was renovated in 2013.

"USO Honolulu International Airport provides a retreat for our traveling military and their families," said Kristin Tierney, programs manager for USO Hawaii. "We have free Wi-Fi, computer access, a lounge area, a keiki room, a sleeping room, showers and serve refreshments."

Recently, the airport location's volunteers and staff provided help for Sailors participating in the Navy Trials of the Wounded Warrior Games that began Feb. 20. Usually, each location regularly hosts parties for holidays and special events like the Super Bowl.

USO Hawaii has six people on staff to manage two locations, but relies on volunteer support to keep services and special events running smoothly, Rowe said. The centers are currently open 16 hours a day, every day of the year.

Tierney said the center has approximately 200 volunteers who help ensure travelers have everything they need. She said the center is always looking for more volunteers, especially for closing shifts that can be hard to fill.

"In the centers, we will have parties for the upcoming holidays," Tierney said. "Our next big event where we

need lots of help ... is our 'Twilight Tribute to the Troops' event at Sea Life Park in June."

Tierney said this event usually calls for 40 or more volunteers.

Renovations at the Joint Base Pearl Harbor-Hickam location are scheduled to begin this year, Rowe said. The \$22 million project will temporarily limit facilities at the Hickam location, but offer more mobile services until the renovations finish.

Rowe said people could keep track of updates through Facebook, as each location has its own page.

His office is also evaluating expansions in Hawaii, with some proposed new locations at Pohakuloa Training Area on the Big Island, Schofield Barracks and Marine Corps Base Hawaii.

Rowe said both individual volunteers and members of units are welcome to help out.

"It's great to see volunteers offer their service and time to support our troops," Rowe said.



Photo by Kristen Wong, Oahu Publications

Master Sgt. Juan Carlos De Leon is serenaded during USO Hawaii's Annual Six-Star Salute reception in Honolulu in December 2012.



Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

The Honolulu Airport USO's hospitality area is ready for renovation in 2013. The center has been open since 1972 and serves more than 4,000 military and their family members each month.

USO marks 75th anniversary serving military, families

From World War II to Afghanistan, United Service Organizations is "home away from home"

JIM GARAMONE
Defense Media Activity

WASHINGTON — Talk about the United Service Organizations, and people think it is some holding company. But mention USO, and all Americans know it is a way for them to connect with service members.

Retired Army Gen. George W. Casey Jr., the chairman of the USO Board of Governors and former Army chief of staff, estimates that the USO has served more than 35 million Americans over its history.

The USO marked its 75th anniversary earlier this month at a gala, here. Medal of Honor recipients, USO members of active duty personnel, veterans, members of Congress and stars of stage, screen and music gathered to mark a milestone for an organization founded as America geared up for World War II.

Dr. Jill Biden, wife of Vice President Joe Biden, called the group a family that stretches around the world.

J.D. Crouch, the organization's chief executive officer, thanked the celebrities for joining in the celebration and for entertaining American service members around the world as ambassadors from the American people.

"You light up our service members' lives," he said, "and you remind Americans of the debt of gratitude that we all owe to those who serve."

Founded at a dark time in history

The USO came into being during a dark time in history. The United States was not at war, but the rest of the world seemed to be.

Hitler's troops stood on the English Channel and launched nightly air raids against London. In the Pacific, Japan eyed the colonial possessions of France and the Netherlands — two of the countries Germany had conquered in its 1940 blitzkrieg.

In the face of such threats, the United States instituted a military draft, calling hundreds of thousands of men to the colors, and Americans wanted to reach out to their young men.

President Franklin D. Roosevelt asked charitable organizations to band together to provide morale and recreation services to service members.

Six civilian organizations answered the call: the Salvation Army, the Young Men's Christian Association, the Young Women's Christian As-

sociation, the National Catholic Community Service, the National Travelers Air Association and the National Jewish Welfare Board. These organizations chartered the USO in New York on Feb. 4, 1941.

Japan attacked the United States on Dec. 7, 1941, and America entered the war. The Army, Navy and Marine Corps grew, with more than 12 million men and women in uniform by 1945.

And the USO grew as well. By the war's end, about 1.5 million Americans had volunteered for the USO.

Actor-comedian Bob Hope — a man who would be virtually synonymous with the organization — held the first camp show in 1941, and for the next five decades, he was the face of the organization.

Changing as America has changed

The organization has changed just as the American military has changed, and it is continuing to change. And wherever the military goes, the USO goes, too. There were USO centers in Korea, Vietnam, Bosnia, Somalia, Kuwait, Iraq and Afghanistan.

The USO also has centers at most major airports that provide a place for service members and their families to gather their wits as they travel, and the organization also helps service members as they transition out of the military.

The USO has grown to the extent that today,



Photo courtesy of USO Hawaii

HONOLULU — Sailors, Soldiers and civilians wave from the balcony of the Army and Navy USO Club, here, during the 1940s. The USO first formed in 1941 with help from several nonprofit organizations like the Salvation Army and the YMCA.

just a small portion of its budget goes to entertainment. But that aspect is still there.



Briefs

Today

FRG Fundraising Applications

Interested in running a game booth at the annual Fun Fest, LTS Travel Fair and Environmental Festival event on Saturday, March 26?

Submit your USAG-HI Fundraising Request Form no later than Friday, Feb. 26th.

Game booths will be decided on Tuesday, March 1, at the SB Arts & Crafts building, located at 919 Humphreys Road, Bldg. 572. Call 655-0111.

SKIES Unlimited New Programs

Attend any of the following:
 • Learn Spanish for 18 months at the AMR and SB SKIES Studios. Participants must be 18 years of age; costs \$55 per month, per child.

• Yoga dance class for 3-18 years old and the Art of Middle Eastern Dance for 5-18 years old at the AMR and Schofield SKIES Studios. Fee is \$35 per month, per child.

• Vocal Technique, if you love to sing. Join the class and sing the night away. Class meets on Fridays from 5:30-6:30 p.m. at the SKIES Studio. Open to children 6-18 years old. Fee is \$35 per month, per child. Call 655-9818.

27 / Saturday

NOAA Whale Count — Come out and help NOAA count the annual migration of humpback whales. Outdoor Recreation will transport you (up to 12 people) and provide instruction. Bring water, snacks, a comfortable beach chair, binoculars (we have a few sets) and your eagle eyes.

All training will be done on-site that morning. Site location is based on NOAA assignment and island based. Please sign up at SB Outdoor Recreation no later than noon Feb. 26. Call 655-0143.

SB Kolekole Bar & Grill — Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

28 / Sunday

Sunday Brunch — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia

KOKO HEAD



Photos by Clayton Maciorowski, 599th Transportation Brigade Public Affairs

HONOLULU — 599th Transportation Brigade personnel head back down Koko Head Crater Trail after successfully attaining the summit, Feb. 19.



599th Transportation Brigade personnel pose for a photo overlooking Hanauma Bay after completing the .75 mile team-building hike up Koko Head Crater Trail, Feb. 19. The team walked up the 1,200-foot summit of the crater on more than 1,000 steps made from railroad ties. Once on the summit, the 599th team discussed resiliency while taking in the view.

and Hawaii Nouveau at the FS Hale Ikena. Groups and large parties are welcome.

Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children's prices are available. Call 438-1974.

29 / Monday

Coupons and Coffee — This class teaches Soldiers and family members how to learn and maximize their savings with couponing, 10-11:30 a.m., SB ACS, Bldg. 2091. Call 655-4227.

Mongolian BBQ — Join SB Kolekole Bar and Grill, Mondays, for Mongolian barbecue, 5-8 p.m. Select your favorite meat and vegetables and have it grilled your way at only 65-cents per ounce. Call 655-0660.

March

1 / Tuesday

Co-ed Mini Soccer Registration — Enroll your little one, born 2011-2012, beginning today with Youth Sports. Registration is open through March 31; season runs April 14-June 2.

For registration information, contact the following:

- AMR/FS/Camp Smith registration office at 833-5393;
- SB/WAAF/HMR registration office at 655-5314.

For Youth Sports, contact AMR Youth Sports office at 836-1923 or SB/WAAF/HMR registration office at 655-6465.

Also, CYS is currently taking applications for soccer coaches. Contact

your Youth Sports office or visit www.himwr.com/youth-sports.

Mom & Tots — SB Arts & Crafts helps parents create a memorable creative project with your child, 10-11 a.m. In celebration of craft month Arts & Crafts will be holding a two-for-one special, every Thursday in March. Cost is \$5 per parent/child pair at 919 Humphreys Road, Bldg. 572. Call 655-4202.

Infant Massage Class — This ACS five-week course on infant massage meets Tuesdays, 6:30-7 p.m. Learn about the power of touch in bonding with your baby, and the benefits of massage in circulation, digestion and emotional well-being. Located at SB ACS, Bldg. 2091. To register, call 655-4227.

Community Calendar

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

Today

Native Hawaiian Concert Series — Leilehua Golf Course hosts the monthly series, 6 p.m., on the final Friday of the month. Tonight, Mike Kaawa and Analu Aina perform.

Come to "The Grill" at Leilehua Golf Course for this free event, open to the public. Food and drinks are available for purchase. (Military ID is not required.) Call 656-0114.

27 / Saturday

Kolekole — The walking-hiking trail is closed this weekend, Feb. 27-28, due to live-fire training.

Pacific Roller Derby — 2016's season opening match, featuring a "Star Wars" theme, begins at 4 p.m., at the Hideaway Club on the U.S. Coast Guard Air Station, located at 1 Coral Sea Road. Cost is \$10 admission; children under 12 admitted free. Nonmilitary fans are required to RSVP for installation access at <http://goo.gl/forms/M7nYa874JN>.

Hillsong United Concert — Australian-based worship group

wraps up its Empires Tour, 7 p.m., at the Neal Blaisdell Arena. Visit HillsongUnited.com. Call the Arena main box office at 768-5252.

29 / Monday

College Education Fair — FS and TAMC Education complex host this event for military personnel, dependents, veterans and civilians, 11 a.m.-1:30 p.m., at the TAMC Executive Dining Area.

March

1 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held Wednesdays at 5:30 p.m.

3 / Thursday

Military Hiring Event — Through Hilton's Operation Opportunity initiative, meet company representatives at the Oahu Veterans Center, 2-7 p.m. The job fair will feature openings for Hilton Hotels & Resorts (operations, sales and marketing), Hilton Grand Vacations (hotel operations) and Hilton Grand Vacations Sales & Marketing at properties on Oahu, Maui and Hawaii Island.

About 100 open positions are available for hotel operations alone. Questions? Email apac-recruiting@hgvc.com.

Santana in Concert

Ten-time Grammy award-winning guitarist returns to Hawaii, 8 p.m., Blaidell Arena after standing-room-only shows in 2013. Call 768-5252 or visit www.ticketmaster.com.

4 / Friday

Ho'omaika'i Wedding & Special Events Fair — Willows hosts the 3rd annual event, 5:30-9:30 p.m., featuring dinner buffet, displays and entertainment.

The organization will be collecting new or gently used formal attire for the Bella Project, benefiting low income and special needs folks. Tickets are available at Eventbrite.com or call 952-9200.

6 / Sunday

Women's 10k Run — Hawai'i Pacific Health invites women of all ages to participate in the 39th annual Hawai'i Pacific Health Women's 10k, 7 a.m., March 6, at Kapiolani Park.

Registration is underway for the scenic, 6.2-mile race that takes participants around Diamond Head and through Kahala, returning to Kapiolani Park for after-race festivities.

Cost is \$35 for students and military. Register at www.hawaiipacifichealth.org/womens10k.

Sea Life Park — Free Keiki Sunday offered, March 6. Two children under 12 will enjoy free admission when accompanied by a paying adult. Call 259-2500 or visit sealifeprkhawaii.com.

Lunafest Film Festival — Features short films by, for and about women, 2 p.m., Sacred Hearts Academy, 3253 Waiialae Ave., Honolulu. Tickets are \$10 students, \$15 Soldiers and families. For tickets, visit Lunafest.org or call 389-6029. All proceeds benefit the Breast Cancer Fund, youth scholarships and U.S. veterans.

10 / Thursday

Healthy Eating Commissary Tour — Registered dietitian nutritionists host the tour, 1:30 p.m., March 10, at the SB Commissary to identify healthy food choices, product comparisons and shopping tips. Choose to Lose participants earn three "Choose to Lose Bucks" for participating. Call 433-4950 to attend.

11 / Friday

Easter Bunny Photo Op — The Schofield Exchange will host the Easter Bunny for daily photo opportunities, 10 a.m.-7 p.m., through March 26. Call 422-8708 or visit www.poahawaii.com.

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
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

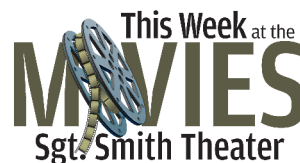
- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

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

Schofield Barracks' Sgt. Smith Theater

remains closed for

Directorate of Public Works

maintenance work.

A reopening

date for movie

viewing

has not been

finalized.

Call Schofield

Exchange at

237-4502/4572.

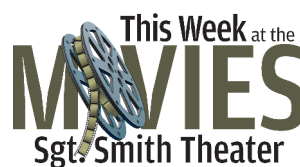
Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



Lightning Support serves keiki a 'sweetheart' lunch

Story and photos by
SGT. ERIN SHERWOOD
25th Sustainment Brigade Public Affairs
25th Infantry Division

KAHUKU — Hearts and happiness were plentiful, Feb. 12, in the Kahuku Elementary School cafeteria, here.

Soldiers of the 25th Special Troops Battalion, 25th Sustainment Brigade, helped serve students and their families during the school's annual Valentine's Day Sweetheart Luncheon celebration for all grades.

Helping hands

"I know the students get excited when they see the Soldiers out here volunteering," said Mari Le'i, activities director for Kahuku Elementary School. "Having the extra hands to serve during the luncheon is a big help for us and keeps everything running smoothly."

The Soldiers spent the morning decorating the cafeteria with paper hearts and balloons and meeting with students. At lunchtime, they donned hairnets and aprons to serve each child and their family members a delicious Valentine's meal.

"This is the biggest group we've had so far with the elementary school, so it was nice to see so many people come out," said Pvt. Carmina Jimenez of the 25th Sust. Bde. "I love seeing the reactions on the kids' faces to having us here."

Partnership of Ohana

The effort was part of the Partnership of Ohana, an island-wide program under U.S. Army Garrison-Hawaii that helps connect U.S. service members with communities across Oahu. Military members provide volunteer activities ranging from community and school events, maintenance activities, tutoring and help with education opportunities.

The luncheon is one of many volunteer activities 25th Special Troops Battalion has participated in with Kahuku Elementary since the beginning of November 2015. Past events have included a Thanksgiving Turkey Trot, a recycling drive and a physical fitness test.

"They are very curious and want to know a lot about what we do and what our daily life is like in the Army," said Jimenez. "I think they look up to us, and I want to set a good example."

At right, 1st Lt. Maryann Abas of the 259th Human Resources Company, 25th Special Troops Battalion, 25th Infantry Division, visits with students making crafts.

Participation in volunteer activities is part of the Partnership of Ohana program, an islandwide school partnership for U.S. Army-Garrison Hawaii that connects service members with communities throughout Oahu.



Above, Soldiers with the 25th Sustainment Brigade serve lunch to students and their families at Kahuku Elementary School.



Fund drive helps w/scholarships

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

SCHOFIELD BARRACKS — A secondary, and many times unknown, mission of Army Emergency Relief is scholarships for spouses and children of active duty and retirees.

The scholarship is "needs-based," and last year, the amount ranged from \$500 to \$3,300.

Application period

The application period started Jan. 4 and runs to May 1 when all supporting documentation is due to AER headquarters. The entire process is online, so no snail mail is required.

Last year, AER awarded 4,245 scholarships, totaling more than \$9 million to spouses and children of Soldiers. Remember, the main reason family members are disapproved is failure to turn in documentation by the May 1 deadline.

Donations

AER donations are put to good use for Soldiers and their families, so please support your local AER fundraising campaign this year, March 4 through May 15.

The Schofield Barracks AER Office is located at Army Community Service, Bldg. 2091, 2091 Kolekole Ave. Call 655-4227.

Applications

For more information and to apply, go to www.aerhq.org and click on "Scholarships."



AER campaign kicks off March 4

ARMY COMMUNITY SERVICE

Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — The U.S. Army-Hawaii community is cordially invited to attend the Army Emergency Relief Annual Fundraising Campaign kickoff hosted by U.S. Army Garrison-Hawaii, March 4, at 4:15 p.m., at the Nehelani Banquet and Conference Center, here.

Right Arm Night will immediately follow, so you are encouraged to come early to attend the kickoff, too. USAG-HI will host refreshments with live music prior to the kickoff.

About AER

As a private nonprofit agency, AER is funded solely by Soldiers and community donations.

AER receives donations - not through the Combined Federal Campaign, but through this annual fundraising campaign, which runs this year from March 4 through May 15.

The Schofield AER office is the only AER office on Oahu, and it's responsible to assist all Soldiers, retirees and their family members on the island.

In 2015, the office collected \$301,000 in donations, but distributed more than \$2.1 million dollars in loans and grants to over 1,200 Soldiers and family members.

1942 beginnings

AER was established in 1942 by Soldiers for the purpose of helping fellow Soldiers respond to the financial demands of a World War. That's why it's referred to as "Soldiers Helping Soldiers."

Today, financial demands continue to press Soldiers from a variety of special circumstances. AER assists with such things as emergency travel costs when the unit cannot, when POV repairs exceed a Soldier's savings, and with rent and initial deposit when BAH has not started or is incorrect.

AER assists with many more basic living necessities or

circumstances.

(Editor's note: ACS and DFMWR are part of U.S. Army Garrison-Hawaii.)



Courtesy photo

The 2016 Army Emergency Relief campaign kicks off March 4 at 4:15 p.m. at the Nehelani, Schofield Barracks. The fund assists Soldiers who are facing a variety of financial challenges and who need help with items such as emergency traveling funds, personal vehicle repairs and more.

Should military spouses be speaking out on politics?

On bases around the United States, military officials have released guidance on what military folks can and cannot do during this primary election season, citing the laws restricting partisan activity and giving special instructions on social media.

Embarrassed at my ignorance after 22 years as a military spouse, I wondered what are the applicable laws anyway? Do any of them apply to me? Did I break any rules when I sheepishly placed that bumper sticker in my minivan window back in 2012?

Research was in order

Thomas Jefferson led the first effort to prohibit federal employees from influencing the votes of others, but it wasn't until the Hatch Act was passed in 1939 that such restrictions were made law.

Although the act doesn't specifically apply to military personnel, Department of Defense Directive 1344.10 governs "Political Activities by Members of the Armed Forces" and states that active duty military members may not run for office, participate in partisan political campaigns or speeches, serve as officers in political groups or clubs, march in partisan parades, promote political fundraising events, attend partisan events as representatives of the Armed Forces or post large political signs or banners in yards or on cars.

However, small bumper stickers are permitted. Whew!

Furthermore, the directive also prohibits posting, liking or sharing of partisan information on social media without an appropriate disclaimer in the post stating that "the views expressed are not those of the DoD." And no matter the venue, if commissioned officers use "contemptuous words" against the President, Vice President, Congress, the Secretary of State



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

or other political leaders, they are subject to court martial under 10 USC Section 888.

A code of conduct?

While none of these legal restrictions apply to military spouses, I still wondered do military spouses have an unwritten moral or ethical duty to limit political expression?

I posted the question on social media and got mixed responses. Several military spouses stated that they choose to keep their political opinions to themselves, but attribute their privacy to good taste rather than any obligation to their active duty spouse.

"We are each entitled to our opinions," one spouse commented, "but we are not entitled to act like jerks."

"Decorum and free thought are not mutually exclusive," another spouse responded.

While another commented that "rarely does respectful dialogue marry with social media," she also acknowledged that military spouses are impacted by legislation regarding pay, benefits and troop movements, and "... having the spouse stand up to speak in their husband's or wife's stead is only a natural inclination."

One military spouse thickened the plot by asking whether ethics gets "a little tricky" when a military spouse publicly opposes an operation his or her spouse is currently engaged in, such as the U.S. missions in Vietnam and Iraq.

Jeremy Hilton, a military spouse, veteran and military families advocate added his two cents, referring us to a 2013 piece he wrote for

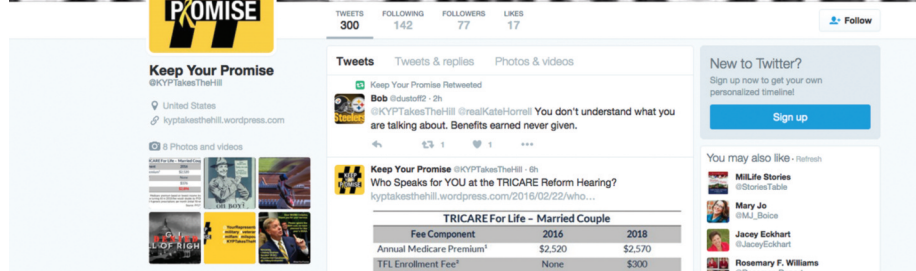


Image captured by "Hawaii Army Weekly"

The author discusses spouse involvement in political matters and speaks about regulations pertaining to active duty service members and spouse advocacy groups, like #KeepYourPromise. Regulations govern Department of Defense workers.

Spousebuzz.com about military spouse advocacy: "While it's always important to pick your battles, I, for one, have no intention of taking a bite out of a crap sandwich just because DoD tells me it tastes good."

With the discussion's ante upped, Navy spouse Lori Volkman blew us away with an inspiring story.

Practicing attorney, founder of Military Spouse JD Network and co-organizer of the military spouse political advocacy training group Homefront Rising, Volkman told us of 12 military spouses (including Hilton, above) who took action in December 2013 against deep military benefits cuts in the Bipartisan Budget Act. The grassroots movement known as #KeepYourPromise went viral, garnering 16 million Twitter views, 100,000 Facebook fans,

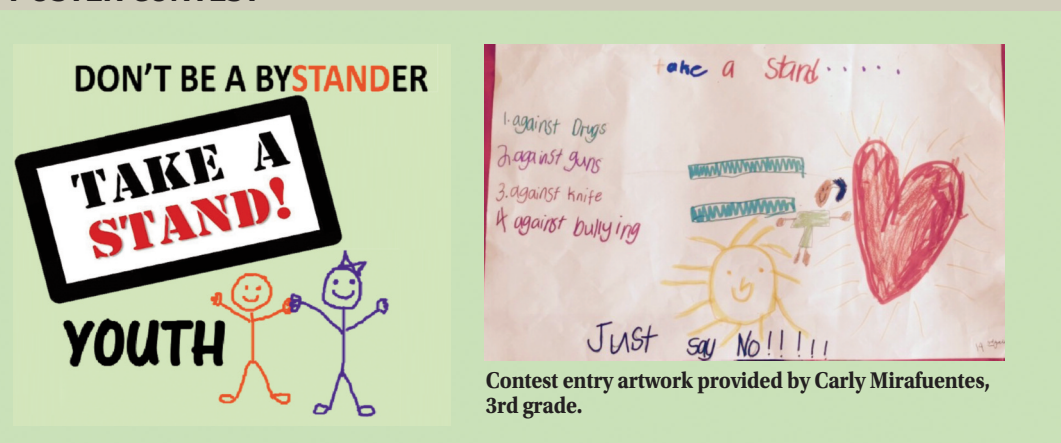
main stream media coverage and celebrity support.

As a result of those 12 military spouses speaking up when their service members couldn't, legislators repealed the military pension cuts in the Bipartisan Budget Act and #KeepYourPromise has become a legislative watchdog for military families.

"The moral of the story is this, if we had not spoken, who would have?" Volkman commented, and, ironically, we all took a collective moment of social media silence.

But don't expect military spouses to be quiet for long. Whether written in polite letters to congressional leaders, blasted in all caps over social media or communicated in the powerful silence of the voting booths, the voices of military spouses will ring through, loud and clear.

POSTER CONTEST



Contest entry artwork provided by Carly Mirafuentes, 3rd grade.

Heart health awareness requires learning insights

LINDA SANFORD
Army News Service

FORT LEONARD WOOD, Mo. — With Valentine's Day just passed, we all know that February has special meaning when it comes to matters of the heart.

February is also Heart Health Awareness Month.

Did you know that heart disease is the leading cause of death in both men and women?

More than 610,000 people die each year in the United States from heart disease, according to the Centers for Disease Control and Prevention. About 1 in every 4 deaths is the result of heart disease.

What are the heart conditions?

Heart disease can include several types of heart conditions, coronary heart disease, or CAD, being the most common in the U.S.

CAD is the narrowing of blood vessels that carry blood to the heart. It is caused by a buildup of plaque, which is a substance of cholesterol and fat, which collects on artery walls that supply blood to the heart. The buildup of plaque narrows the arteries, which could partially or totally block the flow of blood. This narrowing is known as atherosclerosis.

How does heart disease develop?

There are both controllable and uncontrollable factors of heart disease. One uncontrollable risk factor is age, because some hardening of the arteries occurs as we get older. Family medical history and ethnicity are also uncontrollable factors, so be aware of any heart conditions that run in your family or that are common to your specific ethnicity and speak to your primary care provider about any questions you may have.

Risk factors you can control include, but are not limited to, high blood pressure, high cholesterol, obesity, alcohol consumption, diabetes and tobacco use.

Blood pressure is the force of blood against the walls of the arteries. Having high blood pressure means the blood in your arteries is flowing too forcefully, which puts pressure on artery walls causing tearing and making your heart work harder than it needs to.

High cholesterol is also a controllable risk factor for heart disease. Cholesterol is a soft waxy substance found in blood and in



the body's cells. It is normal to have some cholesterol in our body because it is needed to serve other functions.

Cholesterol can also be found in certain foods, such as meats, eggs and butter. Too much cholesterol can cause the buildup of plaque, which again can lead to heart disease.

Obesity is one of the biggest risk factors for heart disease because it puts one at a higher risk for high blood pressure, high cholesterol levels and diabetes. Managing your weight is the best way, other than to quit smoking, to prevent heart disease.

Diabetes is another risk factor because the chances of having a stroke or heart attack increase by four times with diabetes.

Diabetics causes blood sugar spikes that rise to dangerous levels. After long periods of time, this causes damage to the heart. Therefore, getting regular checkups to monitor your glucose will help keep your blood sugar at a safe level.

Tobacco use in any form is the single most preventable cause of death in the U.S. Tobacco negatively affects every part of your body. It re-

duces the amount of oxygen in your blood, raises your heart rate and blood pressure, and ultimately increases your risk of coronary artery disease.

People who use tobacco are 2-4 times more likely to get heart disease.

TAMC TIP

Heart Disease



Heart disease is the leading cause of death for men and women in the United States.

Every year, 1 in 4 deaths are caused by heart disease.

Heart disease can often be prevented when people make healthy choices and manage their health conditions. A healthy diet and lifestyle are your best weapons to fight cardiovascular disease.

Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness.

The American Heart Association recommends at least 30 minutes of aerobic exercise of moderate to vigorous intensity at least five times per week for optimal cardiovascular health.

Controlling and preventing risk factors by making healthy changes not only lowers your risk of developing heart disease, but also is important for people who already have heart disease. To lower your risk, watch your weight, quit smoking and stay away from secondhand smoke, control cholesterol and blood pressure, drink only in moderation, and get active and eat healthy.

Here are some tips – because for a healthy groove, you gotta move – for you and your family:

- Encourage a more active lifestyle.** Get yourself and your kids away from the TV or video games and head outside to play or walk.

- Do more than sit on a bench while the kids play.** Get involved and feel like a kid again.

- Enjoy a family game of catch.** Kicking a ball around or tag makes for better health, plus makes great memories.

- Set the example.** If your kids see you exercising, they're more likely to do it themselves.