



A 12-man field shower is established at Kahuku Training Area by a shower, laundry and clothing repair team from the 540th QM, 45th Sust. Bde., 8th TSC, June 16, as part of deployment training.

## Quartermasters prepare for upcoming deployments

Story and photos by  
**SGT. ERIN SHERWOOD**

45th Sustainment Brigade Public Affairs  
8th Theater Sust. Command

**KAHUKU TRAINING AREA** — More than 30 Soldiers from the 540th Quartermaster Company, 45th Sustainment Brigade, 8th Theater Sustainment Command, participated in a field competition, here, June 15-17, that helped them fine-tune their shower and laundry set-up skills, exercise their warrior tasks and drills, and overall increase their ability to rapidly respond to a full range of contingency operations across the Pacific and globe.

The 540th is currently the only active duty shower, laundry and clothing unit in the Army.

Shower, laundry and clothing repair (SLCR) teams consist of a dozen Soldiers who can be attached to units for support during a deployment or other operations.

"This exercise is something we've been working on for a while now," said Capt. Antwon Parker, company commander, 540th QM. "Our goals for the training were to increase overall readiness and prepare our Soldiers for the demands of this

unique mission."

Spc. Johnathan Nelson participated in the training, and said, "A lot of people aren't very familiar with our job. We give people that morale they need ... just a simple way to get the dirt off you or get your clothes clean. We want to keep people going in a tough environment, keep them motivated."

During the competition, the Soldiers spent three days involved in various tasks and events, and they practiced setting up their living areas, a tactical operations center, basic combat lifesaver skills and communications security.

"We wanted to focus on building self-sufficient individual SLCR teams," said 1st Lt. Junior Matthews, a team lead in 540th. "It's really important for Soldiers to trust one another if they ever get deployed on a mission."

"We are first on the list when it comes to SLCR support," he added. "Right now, we are on 'prepare to deploy' orders with Special Forces. If an

SLCR team is needed, it will be our Soldiers."

The physical fitness portion of the competition involved teams transporting a water jug and performing push-ups, sit-ups, lunges and burpees.

"At this point with the training, our job as non-commissioned officers is to step back and evaluate our Soldiers doing their tasks," said Sgt. Eric Ellis. "We want to see how proficient they are



At left, Sgt. Reio Viarruel participates in a physical fitness challenge. At right, the quartermasters of the 540th unload shower equipment, June 16, at Kahuku Training Area.



The shower set up competition was a timed event where teams had to set up a 12-person shower station as fast as possible with the smallest amount of mistakes. A judge examined the finished set up and added time depending on the deficiencies.

with the big picture."

Ellis said these teams must be agile and able to adapt to different environments, realizing that their tactical level mission can make a big difference to overall mission success and the welfare of Soldiers.

## Transition Summit brings employers to Schofield 7-8 July

**KAREN A. IWAMOTO**  
Staff Writer

**SCHOFIELD BARRACKS** — Soldiers transitioning from the Army, family members and veterans have an opportunity to meet nearly 100 potential employers, here, July 7-8, at the Hawaii Transition Summit.

Secretary of Labor Thomas E. Perez and Secretary of Veterans Affairs Robert A. McDonald will also attend to deliver keynote speeches.

"At no time in history has this many national employers been in Hawaii with the express purpose of hiring service members," said Sabrina Rasmussen, Transition Assistance specialist for the Soldier for Life Transition Assistance Program. "Even if you are considering transition in the next few years, this is a unique opportunity to test and learn about private sector opportunities."

She pointed out that, with sequestration realities and the potential downsizing of the Army, it makes sense for Soldiers to prepare for the future.

"Downsizing is a simple reminder that all Soldiers will eventually transition from active duty, and that eventuality might not always coincide with a

personal timeline," she said. "Preparation can never start too early, and this summit can prepare even those who may have no immediate desire or plan to separate from the military."

Jack Norton, senior manager of communications for the U.S. Chamber of Commerce Foundation's Hiring Our Heroes program, concurred.

"What we have learned over the last four years of our organization being in existence is that one of the biggest

mental U.S. and abroad, help reach service members well in advance of their transition."

### Summit

The summit kicks off July 7 with a networking event at the Nehelani that will bring together Soldiers, family members and veterans with representatives from companies and government agencies that are looking to hire, including but not limited to Microsoft,

the spot, according to Rasmussen.

The summit continues on July 8 with employment panels at the Martinez Physical Fitness Center, workshops at various locations and a job fair at the Nehelani. The workshops will cover resume writing and job interviewing skills, employment for military spouses and career opportunities in the federal government, among other topics.

Soldiers scheduled to transition out of the Army between July 8, 2015, and July 30, 2016, are required to attend the summit. Soldiers who are transitioning out of the Army in the next 18 months, or who are considering transitioning, are highly encouraged to attend.

Those interested in attending should register at the U.S. Chamber of Commerce Foundation's website and upload a copy of their resume.

Registering ahead of the event helps to eliminate long lines at the event and

allows employers to screen potential employees before the event, thereby streamlining the process.

### Register

To eliminate long lines at the event, those who plan to attend the Hawaii Transition Summit should register ahead of time by visiting [uschamberfoundation.org/event/hawaii-transition-summits](http://uschamberfoundation.org/event/hawaii-transition-summits).

After wrapping up at Schofield Barracks, the summit moves on to Joint Base Pearl Harbor-Hickam on July 8-9, with panel discussions, networking opportunities and a job fair. The Hawaii Transition Summit comes on the

heels of similar transition summits held at military bases on the mainland and overseas. In March, the Soldier for Life Transition Summit at Fort Benning, Georgia, drew hundreds of Soldiers, family members and veterans, according to the U.S. Army website.

Earlier this month, a Hiring Heroes Job Fair at Joint Base Meyer-Henderson Hall in Virginia resulted in 143 interviews and 17 job offers, according to the U.S. Army website.

### Schedule

The summit was developed in 2014 by the U.S. Chamber of Commerce Foundation's Hiring Our Heroes program, the U.S. Departments of Defense, Labor and Veterans Affairs; the U.S. Army; the U.S. Small Business Administration; and the White House's Joining Forces Initiative.

These transition summits are designed to educate recruiters and community leaders on best practices in hiring and retaining military employees, while also helping service members and military spouses prepare for the civilian workforce.

Pick up a copy of the July 3 edition of the "Hawaii Army Weekly" for a full schedule of Hawaii Transition Summit events at Schofield Barracks.

problems service members face when transitioning out of the military is that they do not start preparing early enough," he said. "Transition summits like this one, held both in the conti-

Lockheed Martin, FedEx, Bank of America and the Social Security Administration.

Many of these organizations have job openings and are ready to hire on

ment function of their protective masks as well as their ability to break and reseal their masks in a contaminated environment," said Dyer.

At the training, Soldiers learned four collective tasks:

- How to react to a chemical/biological attack,
- How to conduct a chemical survey,
- How to perform a thorough decontamination, and
- How to conduct an operational decontamination.

"Like a lot of training in the Army, you have to put a lot of faith in the equipment you are given," said Sgt. Alex Echavarria, 2-25th chemical non-commissioned officer. "Breathing air normally after clearing your mask properly is definitely a relief, but also a clear indication on how well you ex-

ecuted what was taught. There were a few Soldiers who had to experience that feeling of choking before they were able to fully recognize what steps they needed to fix. And that's exactly what this method of training forces Soldiers to do."

The main hurdle to overcome is the unfamiliarity with the equipment.

"Everyone wants to get it right the first time. That said, everyone pays attention, and we get through the exercise with little error," Dyer said.

Gas chamber training is a great tool to teach action under stress and ensure Soldiers are well rounded enough to handle any situation.

"The concept of this training is a lot like the punch training you receive in the Combatives course. We do it because we don't want the first time a Soldier to get hit or punched to be in a live

mission environment," said Echavarria. "This training just gives our Soldiers the time enough to breathe and think through the process to correct themselves all on their own."

The 2-25th Avn. troops are part of the continuous reaction force on Oahu. Being able to stay on top of training is crucial to having the ability to deploy with little notice.

"It's a skill that has to be revisited regularly. It is more than just checking the box," Echavarria said. "As the chemical NCO, if something happens, I need to know we did everything we could to make sure the Soldiers are trained to be effective and safe."

The regiment trained several dozen of its own warriors, and a company from its sister brigade, 2nd Stryker Brigade Combat Team.

## GAS! 2-25th Avn. Regt. visits chamber to maintain CBRN readiness

**2ND LT. ALYCIA CRAVEN**

2nd Battalion, 25th Aviation Regiment  
25th Combat Avn. Brigade  
25th Infantry Division Public Affairs

**SCHOFIELD BARRACKS** — Training in a gas chamber provides Soldiers the opportunity to get outside of their comfort zones and emphasize hands-on skill.

"The purpose of this mask confidence exercise is to refamiliarize Soldiers with the proper wear and preventive maintenance checks and services of their protective masks," explained 2nd Lt. James Dyer, chemical officer, 2nd Battalion, 25th Combat Aviation Brigade, as Soldiers from the battalion recently conducted chemical mask at the gas chamber.

"They have to be confident in both the equip-



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Police Call

# Garrison, DES plan for Fourth of July events

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

As July approaches, we have the opportunity to celebrate the founding of our great nation.

This year, U.S. Army Garrison-Hawaii will celebrate the Fourth of July over a two-day period, July 3rd and 4th.

As always, the Directorate of Family and Morale, Welfare and Recreation is putting on a great event, and we hope to see you all out on Weyand Field, Schofield Barracks, for the festivities.

Events of this size require quite a bit of coordination and effort to ensure that we can safely put on a great show, cele-

brate the United States of America and show our appreciation for those who put their lives on the line to ensure the freedom under which this country was founded.

The Directorate of Emergency Services wants to ensure that everyone has the opportunity to share in this celebration in a safe manner, and we ask for everyone to follow a few simple rules while in attendance and after the event.

First, if you plan on drinking alco-



Miller

holic beverages during the event, make a plan before you arrive. If you're driving to the event, have a designated driver to ensure you make it home safely.

Did you know that 39 percent of all traffic fatalities over the Fourth of July holiday over the past five years involved driving under the influence, or DUIs? Don't become a statistic; have a plan!

If you live on post and plan on walking to the event, don't take making it home on foot for granted if you are drinking. With the amount of traffic anticipated on the installation for this event, vehicle-on-pedestrian accidents can still be a factor. Enjoy yourself, but please do so responsibly.

In order to expedite traffic onto the installation and to allow our personnel to share in the festivities with family and friends, we will be modifying access procedures at the gates. All gates will be open on July 3rd and 4th. Individuals over the age of 16 will be required to show a valid state or DOD ID card to enter the installation.

All gates will remain open for egress from

Schofield Barracks on July 4th to help expedite the departure from post.

There will also be some road closures near the field on both the 3rd and 4th, and the commissary parking lot will need to be cleared by 9 p.m. on July 3rd to prepare for the fireworks on the 4th.

A few restrictions will be associated with this event: No pets are allowed; glass containers are prohibited, as are distilled spirits. Open flame or charcoal cooking is also forbidden unless in designated reserved picnic areas. All bags will be subject to search, including coolers and backpacks. These restrictions will be discussed in more depth as the event draws closer and will also be posted around the venue.

We hope that everyone has a safe and enjoyable Independence Day, and we are working hard to ensure you do.

## POLICE BEAT ROLL-UP

The following occurred on U.S. Army Hawaii installations and off-post.

- Aliamanu Military Reservation**
- 1 - Property Crimes
- 1 - Crimes Against Persons

- Hawaii Armed Services Police (HASP)**
- 5 - Under the Influence
- Schofield Barracks**
- 3 - Property Crimes
- 2 - Larceny
- 2 - Traffic Accidents with Property Damage

- Tripler Army Medical Center**
- 1 - Traffic Accidents with Property Damage
- Wheeler Army Airfield**
- 1 - Traffic Accidents with Property Damage

### DES

For more information on the services and the personnel who support this community, visit [www.garrison.hawaii.army.mil/DES/default.htm](http://www.garrison.hawaii.army.mil/DES/default.htm).



# OPM contacting cyberbreach victims

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs

The Office of Personnel Management is in the second week of notifying the roughly 4 million current and former federal civilian employees whose personally identifiable information may have been compromised.

Affected personnel are automatically enrolled in identity theft insurance through CSID, a company that specializes in identity theft protection and fraud resolution.

No additional action by affected personnel is necessary.

Optionally, free credit-monitoring services for 18 months will be provided upon registration with CSID by the affected individual.

**Resumed email.** CSID, on behalf of OPM, resumed email notifications to DOD employees, June 15, using improved operational and security procedures.

Some individuals had already received a notification by the initial email process, and OPM selected those indi-

viduals who had not used their PIN to re-notify them under the improved process.

For those who had activated their PIN in their initial notification email, OPM is

### Staying Informed

The DOD workforce will be informed on notifications pertaining to this incident via email, the OPM website, the Defense.gov website and official DOD email delivery.

Call (703) 571-0090 or see "Important Information about the Recent Cybersecurity Incident" under the home page banner at [www.opm.gov](http://www.opm.gov).

not re-notifying these individuals. The official email notifications to employees will come from CSID as a text email.

The CSID email will contain information for the employee about the incident, what protection is being provided and instructions for employees to register for the credit monitoring.

This is the part that has changed with better security practices: The employee is not able to click on an embedded link in the email. Employees must enter the URL - <https://www.csid.com/opm> - manually in their web browser to go the benefits enrollment site.

**What's different?** On the enrollment site, there is improved security and procedures in validating the employees for their benefits.

Employees can go to the OPM government website where they will find instructions and a link to the CSID website.

If an email is undeliverable, CSID will automatically generate a first class letter notification using the home of record address on file.

CSID and OPM are scheduled to complete the emailing of notifications by June 22.

## FOOTSTEPS in FAITH

# Summertime is the most wonderful time

**CHAPLAIN (CAPT.) ISAAC L. SHUBERT JR.**  
715th Military Intelligence Battalion  
500th Military Intelligence Brigade

*"It is the stuff of dreams. When adults sit at their desks and children sit in school, they dream of summer. Summer is the time of infinite fun. The day seems to last forever, and the fun never stops. It is a time of romance, excitement and an enhanced enjoyment of life. Somehow summer never seems to last long enough. It is always over before we get a chance to fully experience its power. This is true of all things wonderful. They always seem too short."*

—From [www.familyfriendpoems.com](http://www.familyfriendpoems.com)

Will Smith and Jazz Jeff created the song "Summertime" back in May of 1991. This theme song reached out and resonated with many people from all races, creeds and colors.

For many of us, it brought back fond memories of school being out for the summer, the weather being hot and people dressing more casually ... a time to go visit grandma and grandpa, and for some, the time of the year to go to summer camp.

For the adults, it meant more time with the kids and not being able to watch your favorite television shows or games.

Take a minute to think of those good ole' days and remember all the fun you had ... now come back to the present.

This summer, I challenge you to have a summer filled with peace, love and happiness.

Allow this summer to be one where you can sit back and unwind. Let go of the cares of the world and spend a few hours a day searching for your inner peace.

Practice some deep-breathing exercises or listen to some soft, settling music and relax your mind, body and soul. Focus on taking care of yourself.

Challenge yourself this summer that each day is a new day. Whatever happened the day before is in the past, so let it go and focus on the day ahead with a mindset of a new summer and a new you.

Take the time out of your busy schedule, daily, to experience the beauty of

the Hawaii Nei. Get up and take a casual walk outside, breathe the fresh aloha air.

Visit one of your favorite local beaches and marvel at the beauty and the wonders of what God has created.

Whatever you do take the time to enjoy life and nature at its best, and it will help your day be a day without stress.

Exercise the aloha spirit of love everywhere you go. When you see a familiar face - or even someone you don't know - spread the aloha spirit that dwells inside of you.

Be cordial and be kind and loving. If someone doesn't speak to you or even acknowledge you, just continue to move on with the grace and love that God provided.

Prepare for all the summer madness that goes along with summertime and let the aroma of a grill spark up your nostalgia, because it's summertime.

Enjoy your summer and make the best of every minute.



Shubert



CLICK IT OR TICKET

# Voices of Ohana

In support of Men's Health Month,  
**What are you doing for Men's Health Month?**  
By Tripler Army Medical Center Public Affairs



"Increase bike riding and continue hiking over weekends."

Maj. Clint Cobb  
Clinical Services chief  
TAMC



"Work with our youth coaching sports."

Alex Felix  
Safety Division civilian employee  
TAMC



"Complete 100 miles running to break my 80-mile-a-month average."

Capt. Vicente Hidalgo  
Clinical Services  
TAMC



"Swim 15 miles and have a health-screening check."

Sgt. Jason Riddle  
Headquarters  
TAMC



"Spend more time in the pool."

Charvetz Scott  
Safety Division civilian employee  
TAMC



Who needs a saber to make the traditional Army cutting of a cake when you're an engineer with a chainsaw? Col. Blace Albert, commander, 130th Eng. Bde., saws into the 240th Army Engineers birthday cake, June 19.

## Sappers muster for 240 years of Army engineering

Story and photos by  
**CAPT. ANTHONY ADAIR**

130th Engineer Brigade  
8th Theater Sustainment Command

**SCHOFIELD BARRACKS** — As the morning sun broke over the horizon to lighten up the Kolekole Pass, Command Sgt. Maj. Lauro Obeada, 130th Engineer Brigade, yelled "Fall in!" to the more than 2,000 high-spirited participants of the 2015 Engineer Regiment Muster Run, here, June 19.

Joined by distinguished guests, Soldiers from numerous engineer units, families and pets, Col. Blace Albert, commander, 130th Eng. Bde., led the formation run for more than two and a half miles through Area X-Ray.

The Army Engineer Regiment Muster Run traces back to Lt. Gen. Robert B. Flowers, the 50th Chief of Engineers.

The Chief Engineer for the Army dates as early as June 16, 1775, when Gen. George Washington appointed Col. Richard Gridley as chief engineer of the Continental Army.

There are two purposes for the Army Engineer Regimental Muster program:

- **First**, it establishes a standard, annual ritual for recognizing excellence among the members of the Army Engineer Regiment;
- **Second**, it helps to collect and maintain

the total number of individuals in the Army Engineer Regiment by creating the Regimental Rolls name listing and Muster Card documentation program.

Before the run, the formation stood in silence to pay tribute and honor to the fallen engineers of the 130th Eng. Bde. while taps was played.

The route provided multiple stations to run through, including simulated gun fire, a 9-line medevac, a water arch from two fire trucks and a live re-enlistment.

When asked about his favorite part of the muster run, Obeada's 7-year old son, Toni Obeada said, "Being able to lead the run and finishing without stopping!"



The 130th Eng. Bde. forms up for the 2015 Engineer Regiment Muster Run. More than 2,000 Soldiers, family members and pets made the run through Area X-Ray.

Soldiers of the brigade, in authentic historic period uniforms, performed a skit marking the history of the engineers from the Revolutionary War to Operation Enduring Freedom.

Engineers have played a significant role in every major conflict.

After the run, Albert issued all of the Soldiers in attendance an engineer regimental muster card. The one-time muster card will be issued as a permanent record of registration to the regimental rolls.

"Keep these cards with you," Albert told the formation. "They are registered with Human Resources Command, and your name is registered, marking your place in history for having joined the Engineer Corps in a muster run."

Albert was joined by Maj. Gen. Edward F. Dorman, commander, 8th TSC, and the U.S. Army-Pacific Noncommissioned Officer and Soldier of the Year, Sgt. Michael Hooks and Spc. Jonathan Renteria, both from the brigade, for a birthday cake cutting ceremony.

They raised a saber to slice the cake when Albert shouted, "Wait! This isn't how engineers cut cake!"

Albert disappeared behind the stage for a moment and then reappeared brandishing a chainsaw on full throttle. He then commenced to cut the cake like an engineer.

## Military registers to vote next week

**ARMY NEWS SERVICE**  
News Release

Unit voting assistance officers will contact Soldiers and their families to ensure all who are eligible may register to vote, June 26-July 5, during Armed Forces Voters Registration Week.

The 2015 federal elections will have a major impact on the federal government. There are 36 Senate seats and all 435 House of Representatives voting seats are up for election this year.

At the state level, 38 governor races, as well as many state offices and ballot measures will be decided. Counties and cities will have offices and measures on the ballot, as well.

As a service or family member, to vote in your home district, you must be registered to vote there and request an absentee ballot.

For questions concerning absentee ballots and other voting issues, contact your UVAO.

Local election officials will process applications to determine if a jurisdiction's residency requirements are met. If your application is denied, the local election official will contact you to state the reason why it was denied.

The FVAP website contains all of the information listed above, as well as a list of the state primary election dates.

### Have you never resided in the U.S.?

Per the FVAP website, a U.S. citizen who has a parent who is eligible to vote in Hawaii is eligible to vote at the same voting residence claimed by their parent.

To find the assistant, click on Voter Registration and Ballots under the Military Voter tab in the menu bar.

Once there, select your state and you will be directed to your state's page with all the information you need on how to fill out the form and submit it. Visit [www.fvap.gov](http://www.fvap.gov).



## I care, I count, and I vote

**ANGIE DIZON**

Installation Voting Assistance Officer  
U.S. Army Garrison-Hawaii

There is so much to be thankful for, for being an American.

As citizens of the United States, we have the right — and privilege — to raise our voices and to show our concerns. Importantly, Americans have the freedom to choose our officials and, most of all, the right to vote.

By voting, we tell our elected officials how we feel about education, social security, housing and other important issues. We can look out for the future of our children, for we represent them every time

we vote.

Our community is transformed into a better place to live when we vote. We have the ability to vote officials who can champion our civil rights.

I am so lucky to be a naturalized American now, for I did not have this right before I came to America. For 10 years under a martial law regime, I witnessed hundreds of incarcerations and unscrupulous voting practices because the people simply wanted to vote.

I'm proud to be an American citizen.

*I can now vote, because I care.*



Dizon



**FVAP.GOV**  
FEDERAL VOTING ASSISTANCE PROGRAM

CLICK HERE

## Junior NCO follows in grandfather's character building culture — and succeeds

**SGT. DANIEL FOGARTY**

Asia-Pacific Center for Security Studies

I was asked to say a few words about why I'm proud to be a Soldier, so, of course, being a millennial, I Googled it.

I read through several things that I thought simply didn't apply to me.

I've never considered myself what you might call a "Soldier's Soldier."

I'd never really given this much thought, so I took this as an opportunity to reflect.

I thought back through my time in the Army, the decision I made to join and the influences I had growing up.

The single most obvious source of pride for me was

that I was following in my grandfather's footsteps. He was a Soldier and one of the greatest men I've ever known.

He was disciplined and had the strongest work ethic I've ever seen. He had a very gruff appearance with tattooed arms, a missing finger and an eye damaged by shrapnel.

However, behind this somewhat intimidating exterior, he was a very kind and selfless man. He was the kind of man who would give you the shirt off his back if you were in need.

My grandfather was an active member of the American Legion and regularly volunteered for different community outreach and youth programs. He was very patriotic and

dedicated to the Army well after his retirement.

I remember going with him, every Memorial Day, to several different cemeteries to place flags on the graves of fellow service men and women. He was one of the most active role models I had growing up.

This isn't intended to be a tribute to my grandfather, but rather a testament to the kind of men and women the U.S. Army can create. I believe the Army's strong standards of character build men and women of the highest caliber. This belief was a strong motivator for me when I enlisted and has consistently been reinforced throughout my service.

The men and women I serve with have given

themselves freely to help me both during personal hardships and in my professional life.

When I think about those who have been so actively involved in my well-being and future, there seems to be no common denominator as far as age, gender, ethnicity, upbringing or any other social factor I can think of.

The one common factor is that we're all Soldiers in the United States Army. I can't help but be amazed by an institution that almost universally breeds such character. If these are the type of people the Army fosters, I couldn't be more proud to call myself a Soldier.

*(Editor's note: The above is the edited text of comments delivered during the Army birthday celebration at the Asia-Pacific Center for Security Studies in Honolulu, June 12.*

*Fogarty is the APCSS registrar noncommissioned officer.)*



Fogarty



# June is National Safety Month 2015

## ARE YOU READY?



Image courtesy of U.S. Army

This 2015 National Safety Month campaign focuses on the significance of safety in four key areas: off-duty driving, civilian injury prevention, ground and aviation operations.

## June observed by Army as National Safety Month

ARMY NEWS SERVICE  
News Release

National Safety Month, sponsored by the non-profit National Safety Council and observed each June, offers Army leaders a prime opportunity to energize their accident prevention efforts and engage their Soldiers on safety.

The annual event is endorsed and recognized as an official Army observance by senior Army leadership.

The U.S. Army Combat Readiness Center (USACRC) launches an Army-wide campaign each June to mark National Safety Month.

Media products supporting the month, including feature articles, posters and informational videos, are made available on the USACRC home page.

Materials typically focus on different aspects of safety in the Army, including civilian injury prevention, ground operations, aviation operations and driving.

All products are available for electronic download by individual users, who may then reproduce or broadcast the information as required to meet their unit's needs.

The spring and summer months are among the most dangerous times of year for Soldiers off-duty, especially regarding accidents involving private motor vehicles, motorcycles and personal watercraft.

Every day is critical when it comes to risk, and leaders, Soldiers, family members and Army civilians must work together to prevent needless losses within their formations.

By using National Safety Month as a starting point for dialogue, leaders can establish or enhance safety programs that pay dividends throughout the year, regardless of season.

The Army will continue its annual observance of National Safety Month, with the USACRC providing supporting products and tools for users in the field.

While yearly campaigns may differ in topic areas or focus, materials will always be developed according to the Army's latest accident trends and risk mitigation initiatives.

(Note: Article from Joint Force

Headquarters-National Capital Region, the MDW, the Office of the Chief of Public Affairs and the U.S. Army Combat Readiness Center.)

### National Safety Month

The Army observes National Safety Month every June. Senior leaders encourage Soldiers, civilian employees and their family members to use the time to focus on mitigating summertime risks.

Off-duty Army accidents and fatalities typically rise during late spring and early summer as compared to other times of the year, according to data from the U.S. Army Combat Readiness/Safety Center.

Visit <https://safety.army.mil>.



## 20,563 combat engineer positions open to women

DAVID VERGUN  
Army News Service

WASHINGTON — Military Occupational Specialty 12B, "Combat Engineer," is now open to all female enlisted Soldiers of all components, according to Army Directive 2015-27.

The June 16 directive from Army Secretary John M. McHugh makes available 20,563 additional positions for women and opens the last of the 16 engineer MOSs, which were closed to women.

The only positions not open to women are in certain special operations units.

Female officers were previously assigned as combat engineers "to provide a support network for junior female Soldiers and to offer advice to the unit's male leadership," said McHugh, who signed Army Directive 2014-16, June 17, 2014.

Col. Linda Sheimo, chief of the Command Programs and Policy Division at the Directorate of Military Personnel Management, Army G-1, said the decision to open these positions to female Soldiers was made after U.S. Army Training and Doctrine Command com-

pleted extensive validation studies.

"The Army remains on the cutting edge of determining scientifically-based occupational accessions standards for all military occupational specialties," Sheimo said. "Validating these physical standards enhances our ability to predict an applicant's ability to perform the critical, physically demanding tasks of MOSs."

Women, as well as men, who do not meet the standards, will not be allowed into MOS 12B, or, for that matter, any other MOS, she emphasized. She explained that the standards are, and will remain, fair and transparent.

"The Army's plan is to continue removing barriers to allow the best-qualified Soldiers to serve in any position, where they are capable of performing to standard," Sheimo said. "This is about enhancing force capability and readiness while retaining the trust and confidence of the American people in our Army's ability to defend the nation."

Soldiers in MOS 12B are expected to be proficient at a wide variety of tasks, including demolitions, route and mine clearing.

### 12B — Combat Engineer

The seven skill identifiers in MOS 12B follow:

- 2C Javelin Gunnery;
- 6B Reconnaissance and Surveillance Leaders Course;
- B6 Combat Engineer Heavy Truck;
- D3 Bradley Fighting Vehicle Operations and Maintenance;
- J3 Bradley Infantry Fighting Vehicle, or BIFV, System Master Gunner;
- K9 Combat Engineer Mine Detection Dog Handler, and;
- S4 (Sapper Leader).



Photo courtesy of the U.S. Army Sapper Leaders Course

Soldiers helocast into Lake of the Ozarks during the U.S. Army Sapper Leaders Course at Osage Beach, Missouri. Female enlisted Soldiers can now become combat engineers.



Photo by James Cullum

From left, LGBT panelists Chaplain (Col.) Karis Graham-Oliphant, Master Sgt. Robert Code, Amanda Simpson and Maj. Alistair Mackay speak at the DOD-Pentagon Pride Month event, June 9.

## DOD updates EO policy to now include sexual orientation

CHERYL PELLERIN

DOD News, Defense Media Activity

WASHINGTON — The Defense Department has updated its military equal opportunity program to protect service members against discrimination because of sexual orientation, Defense Secretary Ash Carter has said, here.

Speaking at a DOD-Pentagon Pride Month event, the secretary said the department has made a lasting commitment to living the values it defends, including treating everyone equally.

"We have to focus relentlessly on the mission, which means the thing that matters most about a person is what they can contribute to it," Carter said.

The update, he said, "ensures that the department, like the rest of the federal government, treats sexual-orientation-based discrimination the same way it treats discrimination based on race, religion, color, sex, age and national origin."

ing that service members are afforded protection against discrimination in the department's military equal opportunity program, provided to all military members," DOD spokesman Navy Lt. Cmdr. Nate Christensen said.

Service members now will be able to use command channels, the DOD Inspector General's Office and the military equal opportunity process, just as DOD civilians are able to use civilian equal employment opportunity programs to resolve discrimination complaints based on sexual orientation, he said.

The department's experience during the years since the "Don't Ask, Don't Tell" policy was repealed indicates that the military equal opportunity program gives complainants greater access to resolution options, Christensen added, and gives command access to trained equal opportunity advisers during the complaints process.

"I'm very proud of the work that the military services have put into this over the last several months," Carter said, "because discrimination of any kind has no place in America's armed forces."



Carter



### Fighting Discrimination

"With this policy revision, we are now ensur-



Photo by Mass Communication Specialist 1st Class Daniel Hinton

Gen. Martin E. Dempsey hosts a Facebook town hall from the Pentagon.

## JSC holds town hall

**JIM GARAMONE**

DOD News, Defense Media Activity

WASHINGTON — Questioners didn't pull any punches during the Facebook town hall conducted by the chairman of the Joint Chiefs of Staff, Wednesday.

In his fifth social media town hall, Army Gen. Martin E. Dempsey was asked if proposed changes to the pay and compensation package were a betrayal of those who have served faithfully and their families.

The questioner said she has seen erosion in the military pay, retirement and commissary benefits.

**"Our profession runs on trust"**

"Our profession runs on trust, and keeping faith with the men and women who serve in uniform and their families is non-negotiable," Dempsey said.

The chairman went on to stress that he and the rest of the Joint Chiefs of Staff have made it clear that any changes to military retirement must be grandfathered. Simply put, all currently serving service members would have the choice to retire under the present system or opt into the new system.

No one joins the military to get rich, the chairman said, but a fair pay and compensation system is needed to ensure the services can recruit and retain the best people even in a budget-constrained environment.

**"We are working to balance manpower costs"**

"In today's difficult budget environment, we are working to balance manpower costs with training, modernization and operation costs," Dempsey said. "We're doing it carefully and transparently, and we will continue to monitor fluctuations in cost of living to ensure our men and women in uniform remain fairly compensated."

Changes have been proposed to the military retirement system as part of the proposed fiscal 2016 defense budget. If Congress approves the budget and President Barack Obama signs it, about 85 percent of all service members will receive some form of a portable retirement benefit, a Joint Staff official said.

Those who serve 20 years would receive 80 percent of the current pension, according to the official.



Sgt. 1st Class Adora Gonzalez, 25th Infantry Division Public Affairs

The 25th ID teams with Malaysian soldiers during Pacific Pathways 2014.

## Broncos prep for Pathways

**SGT. BRIAN C. ERICKSON**

3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — As the summer months are upon us, the Broncos of the 3rd Brigade Combat Team, 25th Infantry Division, are preparing for their Pacific Pathways deployment at the end of June.

"Pacific Pathways is a 90 (-day) rotation through three different countries where we will be improving the interoperability with our partnering nations," said Maj. Bruce Chojnacki, brigade information officer.

This rotation will employ a task force using a series of consecutive bilateral and multilateral exercises and engagements with foreign militaries.

The concept provides greater mission and fiscal predictability for U.S. Army forces and develops adaptive leaders and Soldiers for complex missions.

"The units have to think through the planning for a deployment and then execute it," said Maj. Gen. Charles Flynn, commander, 25th ID.

During their time away from Hawaii, the Broncos will be taking part in three regularly scheduled bilateral exercises sponsored by U.S. Army-Pacific and hosted by the partner nations to promote regional security and cooperation.

The first stop will be Australia for Exercise Hamel, followed by Garuda Shield 15 in Indonesia, and Keris Strike 15 in Malaysia.



Col. Greg Boyd, commander, 45th Sust. Bde., wishes members of the 163rd Trans. Det. luck as they board a bus bound for Honolulu International Airport to deploy to the Persian Gulf.

## Pacific waterborne warriors deploy to support CENTCOM

Story and photos by

**SGT. 1ST CLASS SEAN RILEY**

45th Sustainment Brigade Public Affairs  
8th Theater Sust. Command

JOINT BASE PEARL HARBOR-HICKAM — Hawaii-based Army mariners bid farewell to their loved ones and fellow Soldiers, here, Saturday, as they departed for a nine-month mission in Kuwait supporting Central Command transportation operations throughout the Persian Gulf.

The 30 crew members from the 163rd Transportation Detachment, 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command, typically operate the Army Logistic Support Vessel 4 Lt. Gen. William B. Bunker, but will fall in on LSV6 SP/4 James A. Loux in Kuwait.

The tight-knit group of mariners is in great shape for this mission and will provide premier support, said Lt. Col. Donald Logsdon, commander, 524th CSSB.

"The Soldiers of this waterborne team are unique in the Army in their mission and capabilities they provide," said Logsdon. "As such, they are called on, once again, to deploy halfway around the world to assume an important mission."

Col. Gregory Boyd, the 45th Sust. Bde. commander, applauded the Soldiers and their families.

"This company, in my mind, is the most deployed company in U.S. Army-Pacific," said Boyd. "Whether it's doing the missions, here, the Big Island, or what you're about to do now, you always do your mission with excellence and professionalism."

Capt. John Tansioco, commander, 545th Trans. Har-

bormaster Detachment, 45th Sust. Bde., said this is a mission that these Soldiers are extremely prepared for, as they'll be providing maritime cargo transportation like they regularly do for the Pacific theater — only they'll now be operating within the Persian Gulf and possibly outside the Strait of Hormuz supporting the CENTCOM theater.

Tansioco said that the mission will also offer an opportunity to increase readiness and Army Watercraft Systems' capabilities in the Pacific, as many of the Soldiers are currently only licensed to operate the LSV, and not the smaller Landing Craft Utility vessels that are not permanently stationed in Hawaii.

The deployment will expose those Soldiers to training on the smaller LCU vessels, increasing crew options for LCUs involved in critical Pacific sustainment operations, such as Pacific Utility and Logistics Support Enabler-Watercraft, and other joint logistics over the shore operations, once the newly licensed mariners return here.



Col. Greg Boyd, commander, 45th Sust. Bde., wishes the 30 crewmembers of the 163rd good luck during their deployment to the Persian Gulf, June 20.



Soldier-shipmates of the 163rd Trans. Det. load duffle bags into an airport-bound bus, June 20. The Army mariners will be deployed on a nine-month mission to Kuwait to operate in the Persian Gulf and possibly outside the Straits of Hormuz.

# USAG-HI town hall begins and ends with good news

Story and photo by  
**AIKO ROSE BRUM**

Chief, Internal Communication  
SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii will fill its vacant deputy to the garrison commander position on July 13.

Leonard A. Housley, the DGC at Fort Leonard Wood, Missouri, has been selected as DGC for USAG-HI.

The garrison commander, Col. Richard A. Fromm, made this announcement, and several others, during the quarterly town hall, held at the Main Post Chapel, here, June 19.

Fromm said Housley brings with him vast experience, including his current position, graduation from the U.S. Army War College and previous positions, here, and at Fort Hood, Texas, as director, Plans, Training, Mobilization and Security.

Fromm also told about 250 in attendance that the garrison will be able to fund sustainment projects this year. Directorates should let the command know what needs funding, “so we can make some smart decisions,” he said.

Fromm wrapped up the brief town hall noting huge events coming up.

**Upcoming events.** Prime among events are the two-day 44th annual Fourth of July Spectacular celebration, July 3-4.

July 3, country music artist Sam Hunt will perform on Schofield’s Weyand Field. Entertainment begins at 3 p.m.; Sam Hunt performs at 5:15 p.m.

July 4, Michelle Branch will perform at 3:30 p.m., and Collective Soul at 5 p.m.

Many more entertainers, games, military working dog demos, food booths, crafts and new products, a car giveaway and more - including the “1812 Overture” by the 25th Infantry Division Band and fireworks - are scheduled.

The next event is the Transition Summit, July 7-8. Secretary of Labor Thomas Perez and Secretary of Veterans Affairs Robert McDonald are keynote speakers at the summit, which will connect transitioning Soldiers and spouses with employment opportuni-

ties and resources.

On July 7, a networking event will take place, followed on July 8 by six employment workshops and a hiring fair.

Soldiers who are 12-18 months away from transition should attend the summit. Spouses, veterans and all other Soldiers are encouraged to attend, as well.

**Q&A.** The town hall ended with Q&A, but only one question surfaced.

“What’s the new information from OPM (Office of Personnel Manage-

ment),” said an employee.

Fromm explained nothing new had been forthcoming by June 19th. (An update has since been received.)

Employees should continue to review emails addressing the cyber incident impacting 4 million personnel.

OPM is seeking “an improved, more secure notification and response process” to “reliably, confidently” inform personnel and register them for full benefits to prevent identity theft and fraud.

“All affected personnel (were) au-

tomatically enrolled in identity theft insurance through CSID,” according to All Army Activities message 094/2015 of June 12.

**ERP.** Eighty-eight Garrison employees were recognized during the Employee Recognition Program, which followed the town hall. Many received certificates of appreciation from Installation Management Command-Pacific Region for noteworthy performance during garrison’s recent command inspection.

Other certificates were awarded for exceptional performance rolling out the Directorate of Family and Morale, Welfare and Recreation’s Month of the Military Child events, Military Child Care.com and more.

Employees with the Directorate of Public Works and the Directorate of Human Resources were also honored for noteworthy and exemplary support of varied activities and events.

The ERP wrapped up with years of service awards for 10 to 40 years of service.

The Directorate of Emergency Services honored employees for helping with the prescribed burn, too.



**U.S. Army Garrison-Hawaii personnel are awarded certificates for noteworthy performance during the prescribed burn in May.**

## NEWS Briefs



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

### Today

**Dog Days** — Registration ends today for participation in the 2015 Hawaiian Islands Working Dog Skills Challenge, July 27-31. Teams will compete in physically and mentally demanding K9 skills challenges for dogs and handlers. The public is invited to observe, 7 a.m., July 30, on Schofield’s Stoneman Field. Call 655-0773.

**Trucker Troopers** — More than 10,000 veterans and active duty personnel have taken advantage of the Federal Motor Carrier Safety Administration Military Skills Test Waiver Pro-

gram. The program lets state licensing agencies waive the skills test portion of the Commercial Driver’s License application for active duty or recently separated veterans who possess at least two years of safe driving experience operating a truck or bus.

Visit [www.fmcsa.dot.gov/registration/commercial-drivers-license/military](http://www.fmcsa.dot.gov/registration/commercial-drivers-license/military).

**CFPB vs. Debt Collectors** — The Consumer Financial Protection Bureau sued an auto loan company, Security National Automotive Acceptance Company, for aggressive debt collection tactics against service members, alleging that the company used a combination of illegal threats and deceptive claims in order to collect debts.

A copy of the complaint file today can be found [http://files.consumerfinance.gov/f/201506\\_cfpb\\_complaint-security-national-automotive-acceptance-company.pdf](http://files.consumerfinance.gov/f/201506_cfpb_complaint-security-national-automotive-acceptance-company.pdf).

### 30 / Tuesday

**599th CoR** — The 599th Transportation Brigade will hold a change of responsibility ceremony, 10 a.m., aboard the Battleship Missouri Memorial at Ford Island. Command Sgt. Maj. William E. Funcheon III will accept responsibility from Command Sgt. Maj. Claudia P. Shakespeare.



Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit [www.garrison.hawaii.army.mil/info/trafficalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficalendar.htm) for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

### Today

**Go with the Flow** — A partial, modified traffic flow and road closure near Schofield’s Nehelani for utility installation continues. The area near the loading docks and the parking lot between buildings 2060, 2070 and 2071 are restricted though Dec. 28. The work will be performed in phases. Parking is limited during closure.

### 29 / Monday

**Schofield Lane Closure** — There will be a one lane closure, weekdays, excluding holidays, 8:30 a.m.-5 p.m., at McMahan Road, from

today until July 6. This additional workweek was added due to unforeseen conditions during the sewer and water line installation on McMahan Road. Work will include paving and installation of water and sewer utilities. Flaggers will be on-site for this, and traffic will be stopped for pedestrians to walk around the work area.

**Skyview Loop** — Aliamanu Drive will be closed between Ama Road and Okamura Street, weekdays, 8 a.m.-4:30 p.m., until July 24. It will be completely closed between Okamura Street and Rim Loop, July 27-Aug. 31, for utilities work.



Air Force Gen. Lori J. Robinson, Pacific Air Forces commander, shares stories about her career and advice to overcome challenges during a Sisters in Arms forum at Fort Shafter.

## SIA aids women leaders

Story and photo by  
AIR FORCE STAFF SGT. CHRIS  
HUBENTHAL

Defense Media Activity Hawaii News Bureau

FORT SHAFTER — Gen. Lori J. Robinson, commander, Pacific Air Forces, spoke to military service members during a U.S. Army-Pacific Sisters in Arms event, June 17, here.

During the forum, Robinson shared her Air Force career experiences and highlighted lessons she has learned while overcoming obstacles to help provide advice to those in attendance and describe what is her concept of great leadership.

“Leadership, to me, is about the institution, not about you,” Robinson said. “Making people better than you equals great success when you have a great attitude, aptitude, and you take advantage of opportunities that are provided to you.”

During her career, spanning more than 30 years, Robinson has seen a lot of change in both acceptance and opportunity in

the Air Force.

“In the United States Air Force, I’m a commander, I’m a general, I’m an Airman and I happen to be a woman,” Robinson said. “Over time in my long career, I watched things change. I’ve watched attitudes change. I’ve watched our service become more and more inclusive with more diversity of thought and more diversity of background, race and gender. All of those things make us a better

### Sisters in Arms

SIA is a U.S. Army-hosted forum, open to all services and genders, designed to help educate, mentor and empower female Soldiers.

institution.”

Robinson said having a good attitude, building a strong aptitude and taking advantage of opportunities is important in obtaining success.

“It’s about the way that you lead,” Robinson said. “It’s about the way that you take care of your Soldiers and take care of your Airmen.”

## CASAs tour Army medical centers

LORI NEWMAN  
Army News Service

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Lt. Gen. Patricia D. Horoho, the Army surgeon general, hosted a group of civilian aides to the Secretary of the Army (CASAs), here, June 16-17, to discuss the role Army medicine plays and how it affects the lives of Soldiers, veterans, retirees and their families.

CASAs are business and community leaders appointed by the secretary to advise and support Army leaders across the country. They are special government employees who agree to serve as representatives of the Secretary of the Army without salary, wages or related benefits, and are afforded a three-star protocol status.

“These are community leaders who have so much of a platform to be able to be a voice for our Army,” the surgeon general said. “To be able to expose them to the Medical Command, the strength of Army medicine, health readiness, our medical capabilities and how we care for our warriors is very, very important. They can go out and be ambassadors for our Army and Army Medicine.”

CASAs disseminate information about the Army’s objectives, roles, requirements and major programs to the public through speeches, personal contact and participation in Army and community events.

Allen Hoe, CASA from the island of Oahu, Hawaii, expressed his appreciation for the program, and said, “I don’t think there is anybody here who is an older alumnus of your organization. Forty-nine years ago, I trained here as a combat medic, and I’m so proud of what (Army Medicine has) done.”

Bill Moore, who serves as a CASA on the island

of Hawaii, also attended the conference.

“I thought it was great,” said Richard Kleberg, who represents South Texas. “(Surgeon General Horoho) was able to tell all of us what her thoughts were about where Army Medicine is and where Army Medicine is going.”

The group had dinner the first day and was able to interact with Horoho and her key staff. The following day, the CASAs received a briefing from the surgeon general, visited the Army Medical Department Center and School, and they had lunch with Soldiers.

After lunch, they toured the U.S. Army Institute for Surgical Research Burn Center, the Center for the Intrepid, Brooke Army Medical Center’s rehabilitation facility, and the Warrior and Family Support Center.

Kleberg said he learned more about the Army Performance Triad and the importance of being proactive to prevent illness and disease rather than being reactive, which will help reduce the cost of caring for service members, retirees and family members in the future.

Horoho told the group she believed focusing

### CASAs

The Oahu CASA is Allan Hoe; the Hawaii island CASA is Bill Moore.

on health through sleep, activity and nutrition would improve the overall health and well-being of Soldiers, family members and Americans. She thanked the group before they departed from the WFSC.

(Note: Newman works at Brooke Army Medical Center Public Affairs.)



Photo by Lori Newman, Army News Service

Lt. Gen. Patricia D. Horoho, Army surgeon general, addresses civilian aides to the Secretary of the Army and wounded Soldiers at the Warrior and Family Support Center on Joint Base San Antonio-Fort Sam Houston, June 17.

# PAU HANNA

"When work is finished."

# PCSing



Staff Sgt. Todd Hunt, 25th Infantry Division Band, is an old hand at picking up and moving to a new Army assignment. He keeps track of assignments through artwork hung near the front entrance of his Schofield home. He recently received 30 day notice to PCS to Korea. Meanwhile his family will relocate to Washington state where Todd will be stationed once he completes his mission in Korea.

## Families brace for permanent change of station time

Story & Photos by  
**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — The Greek philosopher Heraclitus said, "The only constant is change."

To which Army wife Estelle Hunt adds, "You never get used to it."

Estelle and her husband, Staff Sgt. Todd Hunt of the 25th Infantry Division Band, received 30 days notice to PCS, or to make a permanent change of station move.

Todd is PCSing, unaccompanied, for a year in South Korea. Estelle and their four children are relocating to Washington state, which is where Todd will be stationed once he completes his mission in South Korea.

This isn't the first time the Hunts have had to PCS, and Estelle is handling the move like a pro. She has two of her children at a Boy Scouts camp, so they are not underfoot. Her other two children are out of the way in a bedroom watching television. She has a mental list of all of the things she needs to do: Clean the house, book hotel rooms, keep track of the movers.

In the middle of all of this, she even finds time to hand the author of this article a pen to take notes.

"I am stressed," she admits with a laugh. "Yes, I cry myself to sleep. Yes, I take long showers, but after awhile, you realize you just have to deal with it. The movers are here with their truck; you have to go. You pull your big girl pants up and dig in."

"It helps to remind myself that somebody always has it better and somebody always has it worse," she added. "I've had to PCS where I had a whole year to prepare. Then again, I've heard of people who had to move in two weeks. You need a back up to a back up to a back up plan."



Waiting and a modicum of chaos are part of the ritual for military families and children.



Maintaining a sense of humor is also a must. That's her husband's job.

Or as he put it, "I'm out of my AOR (area of responsibility). This is a Household 6 and part of (Estelle's) AOR. I'm out of my lane here."

Then he dutifully picked up a broom and started sweeping debris tracked in by the movers.

If the Hunts have demonstrated anything, it's that a positive attitude and an ability to roll with the punches may be more important than any list of PCS tips.

That said, what follows are some basic PCS tips from the Military One Source website.

### Key Paperwork

**Orders.** Keep your original set of orders with you at all times. Having more than one copy with you is also a good idea.

**Identification.** Military IDs, driver's licenses, Social Security cards, passports and birth, marriage and naturalization certificates may be needed immediately by various organizations upon arrival.

**Vehicle documentation.** If you're driving to your destination, your vehicle title or lease information and proof of vehicle inspection, registration and insurance are a must.

**Financial information.** For security purposes, personal checks, any hard copies of recent bank statements, and credit and debit cards should travel with you.

**Housing information.** Carry the household inventory that your moving company provided, as well as contact phone numbers and lease or mortgage paperwork.

**Legal documents.** Any applicable documents, like divorce or annulment paperwork from a previous marriage, wills, custody or adoption paperwork, and any powers of attorney should travel with you.

**School or employment records.** Carry any transcripts, report cards or grade sheets that your children may need for school registration. You or your spouse may need transcripts, a current resume and letters of recommendation to look for or begin employment after a move.

**Medical and vaccination records** and physician information. Previous medical and dental records should be submitted to new physicians and dentists, and vaccination records will likely be needed for school registration and for some employment.

### Children and teens

**Go to the installation youth center.** Whether or not your child wants to hang out at the Youth Center, visiting will let you know what activities are available.

Become an active member of the installation community. Participate in family activities, clubs and other recreational activities to meet other families.

Encourage your teenager to find a part-time job. If you move during the summer, a part-time job will keep your teenager busy and provide a way to meet people.

Locate youth programs. Learn about the local Boys & Girls Club, the 4-H Club, YMCA or other youth programs. The military and family support center can help you locate them.



Army spouse Estelle is a veteran at PCS moving rituals, but that doesn't make it any easier. "You never get used to it," she said. "You pull your big girl pants up and dig in."

Look for opportunities in the religious community. Find out if the military chapel or other faith organization has an active youth group.

Tap into the service member's network at the new command. Ask co-workers and neighbors what their own children do for fun.

### Pets

**Research the pet policies** at your next duty station. Some destinations, like Hawaii, have strict regulations and quarantine requirements, which may spell a longer (and costlier) preparation process.

**Double-check that all veterinarian certifications are in order.** Use a military vet, if possible, as they are more familiar with the paperwork required for PCS moves.

**Call the airline** or go online to find out about any flight restrictions your pet may face. For example, some airlines impose a "pet embargo" at certain times of the year on dog breeds that have respiratory issues due to the structure of their face. Many airlines also may limit the number of pets on each flight, whether they are flying with passengers or in cargo.

**Crate-train your pet.** Also, be sure your crate fits on the plane, is correctly labeled and has your name, your pet's name and your destination address clearly written on it.

### Vehicles

**Limitations.** The government will ship a typical family car, but may not ship your recreational vehicle or a large truck with a heavy camper shell. There are weight restrictions, as well as restrictions on certain types of vehicles.

**Modified vehicles.** Low riders, lift kits, upgraded speakers and other non-factory modifications must meet special requirements to be shipped. The regulations vary by country, so be sure to check with your relocation office for information specific to your new duty station.

**Time limits.** There are strict time limits governing how late after your departure or before your return your car can be shipped. These limits vary by service branch.

**Weight.** Don't plan on moving extra household goods in your car. There are strict regulations on what may be placed in the car, as well as weight limits on the vehicle.

**Licensing.** Depending on the country or state of your new home, you may have only a short time to license your vehicle after you arrive. Be aware of the regulations. You can find information about licensing your vehicle from the relocation office.

**Buying a car at your destination.** If you are a two-car family, you may choose to buy a car after you arrive at your new installation. Be aware that some vehicles in foreign countries – even those made by American companies – may not be legal to drive when you return to the United States.

For up-to-date information about shipping your vehicle. Visit the Defense Personal Property system at [move.mil](http://move.mil).

### Online Resources

Visit these sites for more details:

- [militaryonesource.mil](http://militaryonesource.mil),
- [army.mil](http://army.mil),
- Army Housing Online User Services at [housing.army.mil](http://housing.army.mil), and
- [militarychildcare.com](http://militarychildcare.com).



Moving day can add new layers of stress to families as the number of bodies inside the home suddenly multiplies.



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

Pastoral neighborhoods, like here on Wheeler Army Airfield, typically have complete turnover of residents every two to three years as Army families PCS to their next assignment.



## Briefs

### Today

**Hawaiian Lunch Buffet** — Enjoy a traditional Hawaiian luau lunch buffet every last Friday of each month from 11 a.m.-1 p.m. at FS Hale Ikena for \$14.95/per person. Large parties welcome. For reservations, call 438-1974.

**Project Purple Fashion Show** — Attend a "Project Runway" type fashion show, 1:30-3 p.m. at the SB Nehelani. Local contestants will display redesigned outfits from recycled materials. This ACS event is designed to aid domestic violence awareness and education.

**Right Arm Night** — Free event open to Soldiers, spouses and DOD civilians, 5-7 p.m., features heavy pupu and drink specials at the SB Nehelani Koa Ballroom.

**Ladies Night 8 Ball Pool Tournament** — Enter the SB Tropics pool tournament, 8:30 p.m., for registration. Competition begins at 9 p.m. Win gift cards for the top three finishers for the 9 p.m.-midnight event. Tropics is an 18 years of age and older facility. Call 655-5698.

### 27 / Saturday

**Small Game Shoreline Fishing** — Learn the secret ways of Oahu fish with Outdoor Recreation's master fisherwomen, Sharon Nakai, who will take you to one or two spots on the island for shoreline and small game fishing. Class runs from 8:30 a.m.-12:30 p.m. at \$30/per person.

ODR will provide the transportation (up to 12 people), fishing gear and instruction. All you need to bring is water, snacks and sunscreen. Call 655-0143.

**Youth Sports Soccer Clinic** — Youth Sports will be hosting its annual soccer clinic, 9 a.m., at SB Watt's Field. There will be various stations to help players work on their foot movement, ball control and teamwork.

**Gods & Goddesses Greek Toga Party** — Come dressed in your best Greek or Roman costume (togas, ivy wreaths or semblance thereof), 8:30-11:30 p.m., at SB Tropics. Enjoy entertainment, food, fun, games and prizes. Call 655-5698.

### 29 / Monday

**Summer Mommy & Me Bowling** — FS & SB bowling centers offer moms one free game of bowling when purchasing games for their child - through July.

Children must be 10 years of age or under. Not valid during cosmic bowling or holidays or for party reservations. Call 438-6733 (FS special, 1-9 p.m.) or 655-0573 (SB special, 10 a.m.-9 p.m.).

## HOLIDAY WEEKEND SPECTACULAR

- ★ FIREWORKS
- ★ CRAFTS
- ★ GAMES
- ★ PONY RIDES
- ★ FOOD &
- ★ MORE!



- ★ FIELD OPEN AT 10:00 AM
- ★ MAIN STAGE  
3:30 PM - MICHELLE BRANCH  
5:00 PM - COLLECTIVE SOUL
- ★ FIREWORKS 8:30PM



Enter to WIN A NEW CAR!



**SCHOFIELD BARRACKS** — The July 4 holiday fun begins a day early at Weyand Field, here, with country music artist Sam Hunt headlining a Friday, July 3, concert at 5:15 p.m. Food and beverage opportunities begin at 2:30 p.m., with the 25th Infantry Division Band's O.N.E. Nation entertaining at 3 p.m. Saturday, the holiday rolls into high gear with food, crafts, activities and rides beginning at 10 a.m. and culminating with the Collective Soul performance at 5 p.m. and 8:30 p.m. fireworks.

**Workweek Lunch** — Enjoy lunch from 11 a.m.-1 p.m. for only \$10.95/per person at SB's Kolekole Bar & Grill and FS's Mulligan's Bar & Grill.

Order off the menu or help yourself to the multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

Review menus at [www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet](http://www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet) and [www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu](http://www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu) for the week's current lunch specials.

### 30 / Tuesday

**Preschool Story Time** — Fairy Godmother comes to FS Library, 10-10:45 a.m., Tuesday, June 30, and to SB Sgt. Yano Library, Wednesday, July 1, from 10-10:45 a.m.

**Bubble Show** — The Bubble Lady performs her educational and interactive Amazing Bubble Show, 3-3:45 p.m. Tuesday, June 30, at FS Library. The show, for ages 6 and up, moves to SB Sgt. Yano Library, 3-3:45 p.m., Wednesday, July 1.

## July

### 2 Thursday

**Tropical Thursdays** — Join the SB Tropics Recreation Center every Thursday for Texas Hold'em. The fun starts at 6 p.m. A free weekly tournament (with no buy in) lets you test your skills against the best of the best Army players around. Open to 18 and older ID card holders. Call 655-5698.

### 3 / Friday

**Grill Your Own Steak Night** — FS Hale Ikena presents a savory feature every 1st and 3rd Friday of the month from 3-8 p.m. Grill your own steak, or we'll be glad to do it for you for an additional cost. Served with a baked potato and chef's choice of vegetable. Call 438-1974.

**Sam Hunt Concert** — Start the holiday weekend with this free concert featuring country music star Sam Hunt, beginning at 5:15 p.m., SB Weyand Field. (Other entertainment begins at 3 p.m.)

July 3-4 events are open to Department of Defense ID cardholders and their guests with a 100 percent ID card check at the installation's gates.

## July

### 4 / Saturday

**MCCS 5K Holiday Fun Run** — Runaway Run 5K begins at 6:30 a.m. and will take a lap around the Marine Corps Base Hawaii runway. Register online through June 30 at [www.mccshawaii.com](http://www.mccshawaii.com) or call 254-7590. Runners, walkers and strollers welcome.

### 7 / Tuesday

**Transition Summit** — Soldiers transitioning from military to civilian life in the next 12-18 months are invited to this summit, July 7-8. It will include a job fair (or hiring event), multiple roundtable discussions, employment workshops, a networking event and up to 100 national and local employers in attendance. Spouses and veterans are welcome, too.

The secretaries of Labor and Veteran Affairs will attend. See the agen-

da and FAQs, and register at [www.uschamberfoundation.org/event/hawaii-transition-summits](http://www.uschamberfoundation.org/event/hawaii-transition-summits).

Job seekers who upload their resumes will get them viewed by employers ahead of the event.

### 10 / Friday

**Sesame Street Live: Let's Dance** — Sesame Street favorites appear at the Blaisdell Concert Hall, 7 a.m., Friday, July 10; 10:30 a.m., 2 p.m., 5 p.m., Saturday, July 11; and 10:30 a.m. and 2 p.m., Sunday, July 12.

The tour also offers 10 additional performances July 16-19. Visit <http://j.mp/sesame-street-live>. Call 768-5252.

### 22 / Wednesday

**High School Camping Trip** — Religious Support Office sponsors this two-day experience, July 22-23. SB POC is Kevin Schmidt at 372-1567 and AMR/FS contact is Alike Andrade at 321-4809.

## Worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://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

## This Week at the Movies

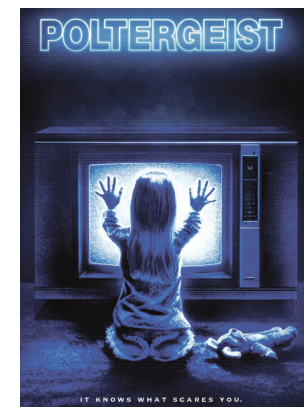
Sgt. Smith Theater  
Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



**Pitch Perfect 2** (PG-13)  
Fri., June 26, 7 p.m.  
Sun., June 28, 2 p.m.

**Tomorrowland** (PG)  
Sat., June 27, 2 p.m.

**Hot Pursuit** (PG-13)  
Sat., June 27, 7 p.m.



**Poltergeist** (PG-13)  
Thurs., July 2, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

## Community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### Today

**Mystery Shopper** — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a "mystery customer" call 656-0880/0881 or log onto [www.usaghi.cms.us.army.mil](http://www.usaghi.cms.us.army.mil).

**Rodeo** — Dita Holifield's All American Rodeo brings music, petting zoos, crafts, food and hard-riding entertainment to the New Town and Country Stables in Waimanalo, Friday and Saturday.

Friday, gates open at 5:30 p.m., and the rodeo begins at 7 p.m. Saturday, gates open at 10:30 a.m., with a noon rodeo. Learn more about Hawaii's biggest rodeo event at [www.hawaiiamericanrodeo.com/home.html](http://www.hawaiiamericanrodeo.com/home.html).

### 27 / Saturday

**Kolekole** — The SB Kolekole Walking/Hiking Trail is open Saturday and Sunday, 5:30 a.m.-6:30 p.m., to DOD ID cardholders and their guests.

Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. Use of the trail is permitted only during open hours.

**ESPN Sports Festival** — The fifth-annual sports-, fitness- and health-related free event runs from 9 a.m.-4 p.m. at the Neal Blaisdell Center Exhibition Hall. Features celebrity autograph sessions, contests and giveaways.

### 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



(Left) Courtesy of Installation Management Command Pacific Region Public Affairs



Teens participating in the IMCOM-Pacific Region Youth Leadership Forum (above) build a vegetable garden (right) at the TAMC Fisher House as part of their service project. The weeklong forum featured teens from U.S. Army garrisons throughout the Pacific region, including Korea, Japan, Kwajalein, Alaska, Okinawa and here.

# IMCOM region leadership forum fosters teenagers

Story & photos by  
**LAWRENCE J. REILLY**  
Installation Management Command-  
Pacific Region Public Affairs

HONOLULU — Twenty-six teenagers gathered in Hawaii, not to swim and snorkel, but to develop their leadership and team-building skills during the 2015 Installation Management Command-Pacific Region Youth Leadership Forum, June 13-18.

The teens, in grades eight through 12, all hold leadership positions on the Pacific Teen Panel at their respective U.S. Army Garrisons located throughout Alaska, Japan, Korea, Okinawa, Kwajalein and Hawaii.

“To be selected for the forum, the teens had to show evidence of their youth program leadership, as well as ... contributions made to their community,” said DeAnn Acosta, IMCOM-Pacific Region youth specialist and forum coordinator.

“The Youth Leadership Forum supports the IMCOM Youth Services program goal to promote positive youth development by helping to foster skills needed to become successful and contributing members to our communities,” she said.

**Service oriented.** The forum kicked-off on Saturday, June 13, with an assembly and a get-acquainted session for the teens coming together for the first time. Sunday, the teens discussed youth-generated issues they had brought to the forum and selected the Top 5 issues, which would be briefed at the end of the forum. The afternoon and evening provided an opportunity for the entire group to help others.

“During each of our annual forums, we conduct a service-learning project that encourages the teens to work as a team to benefit a specific cause or group,” said Acosta. “This year, the teens choose to do their project in support of the Tripler (Army) Medical Center’s Fisher House.”

The teens planted a garden, organized storage areas, washed Fisher House vans and even entertained children of the families staying at the Fisher House; however, it was how the Fisher House came to be selected for their service project that caught the attention and the hearts of the teens.

The Fisher House and the Children’s Hospital were the two finalists, and one had to be chosen.

“Caleb Garcia, a junior at the Yongsan American High School in Seoul, Korea, who has been staying at the Fisher House since December while he battled cancer and had an operation to remove the cancer, talked of how the Fisher House had been a great help for his family during their time there, and that he wanted to do anything he could to support the Fisher House,” said Acosta. “When the teens, his peers, ... learned that Garcia had also conducted a fundraiser to enable the Fisher House to upgrade its Wi-Fi, they knew they wanted to help Garcia and the Fisher House.”

“I gained a sense of understanding and humility during the service project at the Fisher House,” said Ma’Kayla Grogan, a teenager from U.S. Army Garrison-Hawaii. “Assisting with the cleanup and playing with the children who were staying at the Fisher House really helped put everything



Teens participating in the IMCOM-Pacific Region Youth Leadership Forum reorganize a large storage area at the TAMC Fisher House as part of their service project.

into perspective.”

**Team bonding.** The weeklong forum included many briefings, classes and group gathering sessions that had the teens spending a lot of time together as a group. The teens did get to participate in some adventurous team-building events as they paddled an outrigger canoe, visited the Kualoa Ranch and conducted a scavenger hunt.

“I have never had the experience of spending so many hours with people I didn’t know and creating such an amazing bond with them all,” said Colette Anderson, another teenager from USAG-HI.

“The weeklong forum culminated with the teens presenting their Top 5 issues and movie montage to senior leaders from the Installation Management Command Headquarters in San Antonio, Texas,” said Acosta. “The teens’ Top 5 issues were need for college preparation semi-

nars, lack of Army summer camp scholarship opportunities, CYS Services Staffing (expedite background checks), college visitation assistance for Army youth overseas, and on-post medical facility access for civilians working overseas.”

With the completion of the forum, the teens will return to their respective garrisons to share their experiences with their peers and the garrison command team.

“The forum allowed us to be ourselves and have fun while we focused on the task at hand, giving us this skill for the future,” said Alexis Brodie, a teenager with USAG-HI. “I will be bringing back to my garrison new team-building activities and a better understanding of the world around me.”

*(Editor’s note: Reilly is director, Public Affairs, IMCOM-P.)*

## FMWR openings July 3-4

All Army Community Service and Child, Youth and School (CYS) Services facilities will be closed on Friday, 3 July, and Saturday, 4 July.

Hours of operation for Business Operations and Community Recreation facilities are below.

The point of contact is Arlene Tibayan at 656-0105.

Activity	Friday, July 3	Saturday, July 4
<b>Sports Fitness &amp; Aquatics Branch</b>		
Health & Fitness Center	0800-1200	0700-1200
Aliamanu Physical Fitness Center (PFC)	Closed	Closed
Fort Shafter PFC	0900-1600	0700-1500
Helemano PFC	Closed	Closed
Martinez PFC	Closed	Closed
Tripler PFC	Closed	Closed
Aliamanu Pool	1100-1700	1100-1700
Helemano Pool	1100-1700	1100-1700
Richardson Pool	1100-1500	1100-1500
<b>Library Branch</b>		
Fort Shafter	Closed	Closed
Schofield	Closed	Closed
<b>Outdoor Recreation</b>		
Equipment Checkout	Closed	Closed
<b>Recreation Skills Services</b>		
Kennels	1000-1400	1030-1130
Fort Shafter Auto Skills	0930-1730	Closed
Schofield Barracks Auto Skills	1130-1900	Closed
Schofield Barracks Arts and Crafts	Closed	Closed
Fort Shafter Information, Travel and Recreation (ITR)	Closed	Closed
Schofield ITR	Closed	Closed
<b>Recreation Delivery Services</b>		
Tropics	Closed	Closed
Special Events	Closed	Closed
<b>Business Activities</b>		
Schofield Bowling Center	0900-0100	1100-1500
Leilehua	0630-2100	0630-1800
Nehelani	Closed	Private Function
Fort Shafter Bowling Center	0900-0000	Closed
Nagorski Golf	0630-2100	0630-1800
Hale Ikena	Closed	Private Function

# Tips can improve college tours

Listen up, hallowed halls. Take note, institutions of higher learning. Lend me your ears, foundations of educational excellence.

You may think you know it all, but even the snootiest universities could use a few words of sage advice from the parents of prospective applicants.

I'll admit, we search for glasses that are perched on our heads, forget to defrost the pork chops and wander around trying to remember why we came upstairs, but take heed, parents are experts when it comes to what makes a good college visit.

With one kid already in college, one graduating from high school next year and one graduating in three years, my Navy husband and I are in that frazzled state of parenthood marked by financial panic, misplaced dreams and rapid debt accumulation.

But our strong parental instinct drives us to blindly ignore our Chapter 11 premonitions and encourage our children to pursue their educational goals.

## Experience

Last week, I spent three days going to information sessions and campus tours with our middle child. We learned a lot on our college visit odyssey and believe it is our duty to pass these tips on to college admissions officials across the nation.

## Tips

**#1 - Free stuff.** That's right, we're not too proud to admit that we like getting stuff for

free: pens, key chains, lanyards, whatever. We've driven a gazillion miles, stayed overnight in questionable motels and have been fed like cattle through breakfast buffet lines where we ate egg product omelets, which could have doubled for brake pads, and cups of coffee, which tasted like they were filtered

through my son's gym socks.

So, yeah, a couple of free pens might be nice. And if you really want to make an impression, why not print us up some cool T-shirts and shoot them at us through air cannons like they do at football games?

**#2 - Walk backwards.** It's gimmicky, but we like it when student tour guides walk backwards for the entire campus tour. It keeps us entertained like the daredevil routine at the circus.

Will he trip over that curb? Will that branch snag her hair? Why not work in a few uneven sidewalk pavers or an open manhole cover to add a touch of suspense? Oh, what fun!

**#3 - Potty breaks.** Parents have a plethora of bladder control quirks, so provide plenty of breaks to use the facilities. These are especially



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI  
Contributing Writer



Courtesy photo

Even the snootiest of universities could use some advice from parents of potential students.

important if you generously offered refreshments (we do like free stuff) and don't want parents exposing themselves on the quad to "water the shrubs."

**#4 - Point out the elephant in the room.** By "charming college town" did you mean that strip mall across the street with the pawnshop and the e-cig emporium? Was that the Hell's Angels that just drove by the Student Union?

Even if your bubbly tour guide acted like we were walking the streets of Mayberry, we noticed every sketchy-looking corner, and now can't stop envisioning our daughter being mugged by some unsavory character on his way back from the methadone clinic. So yeah, let's talk about this.

**#5 - Get to the point.** We may spend the entire day wandering your dappled walkways and ogling your columned architecture, but make no mistake about it, we really just want a school that will make our kid happy and won't break the bank.

So, don't bother going on and on about collaborative research, evolving identities and transformative enlightenment. Let's go over financial aid, and I'm not talking loans.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, "The Meat and Potatoes of Life," which appears in military and civilian newspapers and at her [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)



File photo

Graduates eye their hallowed-hall's future.

# AAFES hosts sweepstakes

ARMY & AIR FORCE EXCHANGE SERVICE  
News Release

HAWAII EXCHANGE — To mark 120 years of support to America's service members and their families, the Army & Air Force Exchange Service is giving military shoppers a chance at \$25,000 in account credits with the Military Star Because of You sweepstakes.

From July 1 to July 31, military shoppers will be automatically entered in the sweepstakes each time they use their Military Star card to pay for purchases at the Hawaii Exchange or on [shopmyexchange.com](http://shopmyexchange.com). Each purchase counts as one entry.

One grand prize winner will receive a \$5,000 Military Star account credit, and 20 first prize winners will receive \$1,000 credits. If the winners' balance is less than the prize amount, the remainder will be added as a credit.

"As the Exchange celebrates 120 years of support, this sweepstakes is a way to thank service members and their families for shopping with us," said the Hawaii Exchange General Manager Robert Rice. "Just by using their Military Star card, shoppers can take home their share of \$25,000."

The contest, sponsored by the Exchange Credit Program, is part of the Exchange's Because of You campaign, a yearlong effort to recognize and reward service members for their sacrifice and dedication to America.

Sweepstakes winners will be announced on or about Sept. 30.

This sweepstakes offer applies only to the Military Star card Gold line of credit.



CLICK IT OR TICKET

# DeCA promotes lifestyle festivals

RICK BRINK

Defense Commissary Agency

FORT LEE, Virginia — Through “Healthy Lifestyle Festivals,” commissaries worldwide are joining forces this summer with their military communities to spotlight health and wellness choices for military service members and their families.

Most events, generally running three-days, are scheduled throughout July at 234 commissary locations. Dates and locations are listed on the healthy lifestyle festival page of [www.commissaries.com](http://www.commissaries.com).

With the theme “It’s Your Choice, Make it Healthy,” highlights of the events include farmers markets at commissaries, sidewalk sales of fitness apparel and equipment at exchanges, and fitness and active lifestyle demonstrations by Morale, Welfare and Recreation services.

Adding to the festival atmosphere, commissary industry partners are providing prize giveaways, free food samplings and food preparation demonstrations. The farmers markets will feature coupon specials and showcase the nutritional benefits of fresh fruits and vegetables.

“This popular, fun-filled annual festival helps us showcase the healthy lifestyle products we carry within the commissaries,” said Tracie Russ, DeCA’s director of sales.



Photo courtesy of Army News Service

**Capt. Heather Davidson peruses the produce section of the Fort Drum Commissary in hopes of finding some colorful veggies to fill her plate.**

## Outside-of-box choices aid nutrition

KEVIN L. ROBINSON

Defense Commissary Agency

FORT LEE, Virginia — Health and wellness has a new champion at the Defense Commissary Agency with a new dietitian on board.

Deborah Harris, a registered dietitian with DeCA since mid-April, said her mission is to work with both the agency’s sales and store operations personnel to help in providing healthier choices for commissary patrons.

“My goal is to work the whole gamut of public health to try and promote behavioral change. That’s my passion,” said Harris, who is assigned to DeCA’s Shopper Insights division and works with them to help improve the agency’s focus on its patrons.

“So, I’m developing strategies for our customers that make the healthy choice an easier choice or perhaps even the default choice,” she said.

### Awareness

Harris, who has 12 years of experience in public health programming, integration, evaluation and policy development in the government, nonprofit and private sectors, has coordinated nutrition education and obesity prevention efforts across Michigan for more than 800 schools and 10 health districts.

She earned a master’s of Public Health degree from the University of North Carolina at Chapel Hill and encourages honesty when people address their dietary habits.

“One thing that makes me a different dietitian is I don’t want to tell people what they cannot eat, but I do want them to be knowledgeable about what it is they’re eating,” she said.

As the DeCA dietitian, Harris wants to engage commissary patrons with nutrition and health and well-being messages through DeCA’s various communications channels, such as [www.commissaries.com](http://www.commissaries.com), Facebook, Twitter and other social media, and eventually a signature blog.

One of her first initiatives is a segment called “Thinking Outside the Box” embedded on the commissary sales flyer

found on [commissaries.com](http://commissaries.com), where Harris takes the items on promotion and offers a cost-effective, time-saving, healthy meal idea.

“When it comes to food, the commissary is a significant presence on a military installation, and we want our patrons to know they can come to our stores for the products that support their healthier lifestyles,” said Rogers Campbell, DeCA’s executive director of Sales, Marketing and Policy. “As our dietitian, Ms. Harris will help us reinforce that message and further engage our patrons with ideas to make their meal choices even healthier.”

Harris said she is excited to be interacting with the military community, a place she admits to being quite comfortable. Growing up, she was a Navy “brat” whose late father was a career Navy officer who served in Vietnam.

Harris is also a former Army first lieutenant who served on active duty for four years, first as a dietetic intern at Walter Reed Army Medical Center, and later as a dietitian at Fort Sill, Oklahoma.

As a certified diabetes educator and maternal child health specialist, Harris said she is sensitive to the challenges today’s families face with childhood obesity and other health-related issues.

“The prevalence of diabetes is so high in America’s population,” she said, “and I am dedicated to decreasing the risk by focusing on obesity prevention and nutrient dense food – but doing so in a manner that is maintainable with healthy habit adoption that folks want to do because they feel they can and not because they have to.”

### More Online

To learn more about the Defense Commissary Agency, to check out the latest news, see what’s on sale, learn of food and product recalls, scan employment opportunities, read frequently asked questions and more, visit [www.commissaries.com](http://www.commissaries.com).

Courtesy Schofield Commissary

**SCHOFIELD BARRACKS — The Schofield Commissary parking lot area converts to a farmers market, July 1-3.**

# Prevention, early detection can improve men's health

**LAUREN A. SHIREY**

U.S. Army Public Health Command

American men are at risk for living less healthy and living shorter lives than American women.

According to the Men's Health Network, this risk may be a "silent health crisis" in the United States and is also one that we can act upon.

A report by the U.S. Centers for Disease Control and Prevention states that women are 100 percent more likely to visit the doctor for annual exams and for services to support health than men.

Men are also more likely than women to smoke, to die in motor vehicle accidents and experience other preventable events.

According to the Men's Health Network, for younger men, much of the difference comes from increased risk-taking and suicide. Society also often does not promote healthy behaviors for boys and men.

sion. They are also less likely to seek help for depression than women are and are four times as likely to commit suicide.

Depression affects overall health and well-being and shouldn't be ignored. To help improve mental and emotional health, find ways to destress, including

chances of finding any health issue early.

Know the medical history of family and share it with the health care provider.

For more information on how to make healthy lifestyle choices, obtain a health exam or seek early screening.

Contact your primary care provider.



Courtesy U.S. Army Public Health Command

**Army Health officials encourage men to visit the doctor for annual exams as part of Men's Health Month.**

maximizing physical activity and sleep.

Talk to a chaplain or health care professional if there is a struggle with negative thoughts, excessive worries or hopelessness.

If there are suicidal thoughts or plans for suicide, speak to a chaplain, behavioral health professional, health care provider or to a member of the chain of command immediately.

***Get regular health exams***

Schedule an appointment to see a health care provider for a health check-up at least once per year. Go to the exam prepared to share personal medical history, including current or past substance use, risk factors for sexually transmitted diseases, diet and exercise habits and symptoms of depression.

Although it may seem hard to share, it is important to communicate this information to the medical provider.

Bring up any questions or concerns about any particular health issues, signs or symptoms with the provider during the exam.

***Get screened for early detection***

Early detection of many conditions or diseases can lead to early treatment and can often reduce suffering or risk of death. Ensure preventive screenings are received and, as a result, increase



Spc. Paxton Busch, Pacific Regional Medical Command Public Affairs

## TAMC TIP

### MEN'S HEALTH

June is Men's Health Month!

Men's Health Month is the time to encourage men to make prevention a priority.

Many health conditions can be prevented or detected early with regular checkups from your health care provider.

Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

Who is ready to man up and schedule a doctor's appointment this June?



**Men's Health Month**

Men aren't the only ones affected by these health issues and these risks. Since women generally live longer than men, they see their dads, brothers, sons, husbands and friends suffer or die early.

Each June, the nation recognizes Men's Health Month as a time to increase awareness of preventable health issues and encourage early detection and treatment for men and boys.

To reduce men's health risks and identify and treat any health conditions or diseases early, focus on the following:

***Make healthy lifestyle choices***

Get quality sleep, engage in physical activity and improve nutrition are the focus of the Army Medicine's Performance Triad campaign, and they are fundamental mechanisms to optimize health.

Don't smoke and avoid secondhand smoke.

Drink alcohol only in moderation and find a designated driver to ensure that no one drinks and drives.

Army Wellness Centers and installation resources, such as athletic centers and recreational programs, can help make and continue these important changes for health.

***Mental and emotional health***

Taking care of mental and emotional health is of key importance. Men often experience stress and suffer from depres-