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## USARPAC names best warriors

STAFF SGT. CHRIS HUBENTHAL

Defense Media Activity-Hawaii News Bureau

WAIKIKI — The U.S. Army-Pacific Soldier and Non-commissioned Officer of the Year were announced during the Army Birthday Commemoration, here, Friday.

Spc. Thomas Boyd, 500th Military Intelligence Brigade, was named Soldier of the Year and Staff Sgt. Adam White, 4th Bde., 25th Infantry Division, was

named NCO of the Year.

Seventeen Soldiers competed to earn the titles during the 2014 USARPAC Best Warrior Competition, June 9-13. They were tested while performing tasks based on Army knowledge, physical fitness and mental stamina to determine who amongst them is the most well-rounded Soldier/NCO in the Pacific.

See BWC A-3

Air Force Staff Sgt. Chris Hubenthal

**SCHOFIELD BARRACKS — Spc. Thomas Boyd, 500th MI Bde., makes his way to the next training event location during the U.S. Army-Pacific Warrior Challenge, June 11.**

## AH-64E Apaches to participate in RIMPAC, train with 25th CAB

### 25TH INFANTRY DIVISION

Public Affairs

SCHOFIELD BARRACKS — Army AH-64E Guardian Apache helicopters are scheduled to conduct a training deployment to Hawaii, mid-June to mid-August, as part of the U.S. Navy's Rim of the Pacific (RIMPAC) exercise, and to participate in additional training opportunities with the 25th Infantry Division.

Eight Apaches and approximately 40 Soldiers from the 1st Battalion, 25th Aviation Regiment, based at Fort Carson, Colo., will take part in the world's largest international maritime exercise and provide a unique capability in fostering the cooperative relationship with joint and international participants.

Although based in Colorado, the battalion is an organic unit within the 25th Combat Aviation Brigade, 25th ID, and this is an opportunity for the unit to train with its parent headquarters.

The AH-64s will travel the same FAA-approved routes flown by the 25th CAB's current helicopters around the island of Oahu, to Barking Sands on Kauai and to the Pohakuloa Training Area on the Big Island. The movement is scheduled during daylight hours and is contingent on environmental conditions that may affect the arrival of the visiting Apaches into

port.

The Army is dedicated to complying with all environmental standards, laws and requirements in the state of Hawaii. The Army initiated and completed a Record of Environmental Consideration that covers short-term, on-island and in-state Apache operations.

For more information, call 441-1007 or visit [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org).

The Army is planning additional opportunities for public viewing of the helicopters. Call 656-6663 for questions regarding the Apaches and the training deployment.

To report concerns related to Army aviation activities, call the U.S. Army Garrison-Hawaii (USAG-HI) Noise Concern Line at 656-3487.

### Apache on Display

An AH-64 will be on display during a welcoming celebration, hosted by the Pacific Aviation Museum Pearl Harbor, on Ford Island, today, 3-6 p.m. The public can view the aircraft and speak with the pilots.

Free shuttles from the Pearl Harbor Visitor Center will provide transportation for the community.



Photo by Capt. Jesse Paulsboe, 16th Combat Aviation Brigade

An AH-64 Apache rises from behind a hill during an exercise at Yakima, Wash.

## SIA speakers provide encouragement

### Lifetimes of service detailed

Story and photo by

STAFF SGT. NICOLE HOWELL

18th Medical Command (Deployment Support)

Public Affairs

ALIAMANU MILITARY RESERVATION — World War II, Korea and Vietnam female veterans spoke at U.S. Army-Pacific's monthly Sisters in Arms meeting, June 12, as part of Pacific Theater Army week activities, here.

Eugenia Woodward, Christine Tucker and Teddy Harrison shared their stories and how

to do," said Harrison. "As I worked with these Soldiers, I began to think, they are going to have this war whether I am part of it or not, and I can take care of these guys better than most."

Another woman who cared for Soldiers is Christine Tucker, a dietitian during World War II. She not only dealt with the pressures of being a female in the military, but being an African-American woman in a segregated service.

"I was stationed at the largest black hospital at Fort Huachuca, (Arizona)" said Tucker. "It was inspiration to be there and know that I



Col. Brenda Andrews (left), senior officer on the USARPAC SIA executive committee, asks Christine Tucker (seated, third from left) questions during the SIA meeting, June 12. Tucker, 96, served as a dietitian during World War II for African-American Soldiers at Fort Huachuca, Ariz. After her military service, Tucker continued to serve as a teacher.

they contributed to the armed forces, regardless of obstacles they had to overcome.

"We had a job to do," said Woodward. "A lot of the women were in the factories doing the men's work, but since my grandmother was a nurse in World War I, I felt I had to go."

Woodward, a WAVES (Women Accepted for Volunteer Emergency Service) photographer during World War II, served at Norfolk Naval Air Station, Va., and then the Philadelphia Naval Supply Depot.

Harrison, showing her emotional side, as well as her comedic side, shared her feelings about becoming a medical officer in the Army Nurses Corps.

"The Army is the real thing," said Harrison. "Even when they told me the Navy nurses were cuter, I wouldn't have anything else. You will never feel anything like you feel when you are in the Army."

Harrison served as a civilian registered nurse during World War II, Korea and Vietnam, caring for wounded warriors. She dedicated her time treating patients and teaching other females to protect their patients at all costs. She received her commission during Desert Storm.

"During Vietnam, I didn't think I had a job

had enough to offer. I still feel good about the fact that I had time in the service and that I had something to offer."

Following Tucker's military service, she continued to serve others by teaching 24 years of special education home economics for the Philadelphia public school system.

"Achievements come through sacrifice," said Gen. Vincent Brooks, commander, U S A R P A C .

"Achievements come through dedication. Achievements come through preparation, and we can certainly say this has

been the case for the women who serve now and the women that served in the past."

Tucker left the audience with additional words of encouragement regarding the expansion of traditionally male-only roles for women in the military.

"Offer what you have every day of your life," said Tucker. "You must keep it simple and be strong in whatever it is. Try to do your best and be yourself."

Sisters in Arms is a command supported, self-organized program designed to educate, train, mentor and empower female Soldiers to become future leaders.



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#### Commander, U.S. Army Garrison-Hawaii

Col. Richard A. Fromm

**Garrison Command**

**Sergeant Major**

CSM Philip J. Brunwald

**Director, Public Affairs**

Dennis C. Drake

656-3154

**Chief, Internal**

**Communication**

Aiko Rose Brum, 656-3155

aiko.brum@us.army.mil

**News Editor**

John Reese, 656-3488

news@

hawaiiamyweekly.com

**Pau Hana Editor**

Jack Wiers, 656-3157

community@

hawaiiamyweekly.com

**Staff Writer and**

**Photo Editor**

Sarah Pacheco, 656-3150

sarah@

hawaiiamyweekly.com

**Layout**

Estrella Dela Cruz-Araiza

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# IMCOM CG introduces new mission, vision

**AMANDA S. RODRIGUEZ**  
U.S. Army Installation  
Management Command

SAN ANTONIO — Lt. Gen. David Halverson, assistant chief of staff for Installation Management, and commander, U.S. Army Installation Management Command, introduced IMCOM's new mission and vision and stressed the importance of trust and teamwork during his first town hall with IMCOM headquarters staff.

Halverson, who took command April 8, recognized employees, shared his thoughts on leadership and discussed IMCOM's mission and vision.

Today, more than ever, IMCOM's mission is vital, Halverson reminded the audience.

"We are a nation at war," Halverson said. "Our Soldiers are in harm's way, with suffering and casualties daily. It's a tough life and not for everyone. It's a most rewarding life — serving — but full of challenges. We have to be mindful of that in taking care of Soldiers and their families."

The Army faces increasingly complex challenges, such as unseen global conflict in the face of tight finances and force reduction; IMCOM is subjected to the same, said Halverson, and the revised mission and vision statements reflect



Photo courtesy Joint Base San Antonio Visual Information

**Lt. Gen. David Halverson, assistant chief of staff, Installation Management, and commander, IMCOM, shares his vision and talks leadership with the IMCOM team during his first town hall meeting, June 9.**

the need for innovation and leadership at every level to effectively deliver extraordinary services and facilities.

"IMCOM is 'dooah,' not just 'hooah,'" Halverson told the team. "It's about what

we do; not just words," he said.

"I expect every one of my people to be a leader developer himself. Leader development will be an area of emphasis. As such, education, training and broad-

ened development are important. I want to make sure we all have time to talk, to discuss, to listen, empower and most importantly offer solutions," he continued. "We have to have new ideas and partnerships to solve today's complex challenges and keep up with changing times."

The Army is all about readiness, Halverson added. He introduced the revised mission statement: IMCOM delivers and integrates base support to enable readiness for a self-reliant and globally responsive all volunteer Army.

Positive attitude and trust will help bring the team together, Halverson explained. Leadership, innovation, partnerships and high standards of service will help IMCOM provide the right services to Soldiers today and in the years to come, he said.

"We need to continue to build ... trust — between ourselves, Soldiers and their families, the workers here ... and that is through actions, not just words," Halverson said.

Command Sgt. Major Jeffrey Hartless, IMCOM, continued the teamwork theme.

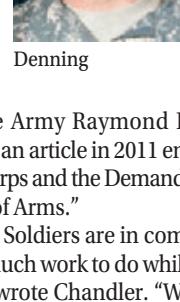
"Thank you for what you do," he said. "We are the only command that touches every single Soldier and every family, every day," Hartless said.

## BRIDGING THE BASICS

# Do you know why we went back to the basics?

**SGT. 1ST CLASS**  
**ANTHONY D. DENNING**  
Tripler Army Medical Center

The purpose and meaning of "bridging the basics" differs depending on who you are speaking to.



Denning

However, in order to successfully bridge the basics, the purpose and meaning need to be the same for all Soldiers.

How does the Army get everyone on the same page?

Sgt. Maj. of the Army Raymond F. Chandler III wrote an article in 2011 entitled "The NCO Corps and the Demands of our Profession of Arms."

"As good as our Soldiers are in combat, we still have much work to do while at home station," wrote Chandler. "We need to get back to the basics: oak tree counseling once a month, Sergeant's Time every Thursday, daily training schedule, and health and welfare

inspections."

Bridging the basics began with Chandler's charge. His message reached all Soldiers. Now it's up to the senior non-commissioned officers to ensure that the necessary training is being planned, developed and given.

To bridge the gap between senior enlisted leadership and the thousands of junior enlisted in today's Army, I outline three concepts based on Chandler's guidance that can be used by any unit. The concepts are currently being used in my unit to educate and guide all leaders to teach and enforce the basics.

• **First**, education is necessary. You cannot enforce standards that don't exist. Army field manuals, regulations, doctrine and training publications, and local operating procedures need to be studied by NCOs. Share the information. Info learned from reading regulations will do no good if it is not shared.

Military education comes in many forms. It comes from formal training like NCO Professional Development to informal conversations between Soldiers and their mentors.

• **Second**, knowledge must become

practice. After learning the standards, Soldiers must put into practice what they know. Simply knowing that an NCO should receive quarterly counseling means nothing; the NCO must receive that counseling.

Knowing that junior enlisted should stand at parade rest for sergeants does not demonstrate proper customs and courtesies if they don't practice it and their NCOs do not enforce the standard.

• **Third**, integrity and personal courage are needed. Integrity is needed because we must do the right thing, make the right choices and obey the standards even when no one is watching. Personal courage is needed because it takes courage to stand up to your peers and superiors when you know the standards are being ignored.

Individuals acting alone won't bridge the basics. Army standards will not be reinforced if one Soldier obeys and enforces the regulations while others ignore them. It will take teamwork.

NCOs must live up to the expression that they're the backbone of the Army by finding their backbones and becoming the leaders they're meant to be. Leaders

lead from the front by obeying and enforcing the standards.

A familiar promotion board question asks candidates to define leadership. The answer is, leadership is influencing people by providing purpose, direction and motivation while operating to accomplish the mission and improving the organization.

(Editor's note: Denning is the senior enlisted leader for the TAMC Pediatrics Clinic.)

## FEET STEPS in FAITH

# Effective communication is an important, yet lost, art

**CHAPLAIN (MAJ.)**

**KEITH HAMILTON**

Alimanu Military Reservation Chapel

We all have the ability to communicate, but not all of us possess the skills of effective communication.

I was not an effective communicator until my college days, and that was a process.

I believe that effective communication is a lost art, because we are all trying to make a point and not connecting. It is like tossing a fishing hook into the water without bait and expecting to catch fish.

It is incumbent on us to understand that communication is more than us trying to counter just to get our points across. Rather, it is getting to know oth-

ers by connecting and building relationships. It is important to find out as much as you can about those with whom we are trying to impart or interchange information.

Relationships make communication easier.

### What is effective communication?

Effective communication is a clear understanding of what is communicated between two or more parties. The heart of communication is intent. What

is the purpose of this, and what is it that

we are hoping to accomplish? Others may not be able to see intent right away, but over time, intentions become clear because we are not being shy or hesitant with it.

I do not subscribe to the school of thought that says, "It does not matter the method as long as we get it done."

New

# Pacific Army Week celebrates Army's 239th birthday

Story and photos by

**SGT. 1ST CLASS CRISTA MARY MACK**

U.S. Army-Pacific Public Affairs

HONOLULU — The U.S. Army-Pacific celebrated the Army's 239th birthday with Pacific Theater Army Week, June 9-13, in a series of command and community events leading to the formal birthday commemoration.

The theme for the week was "America's Army: Our Profession."

Events focused on the past, present and future of USARPAC.

"On the occasion of the Army's 239th birthday and 116 years of the Army in the Pacific, we are proud to serve in a command with such professional men and women, Army and civilian, and such dedicated families who are the U.S. Army-Pacific," said Gen. Vincent K. Brooks, commander, USARPAC.

The week kicked off with a family fun run at Fort Shafter's Palm Circle, an outreach at the Veterans Affairs Center for Aging and the four-day annual Best Warrior Competition, a competition designed to find the best noncommissioned officer and junior enlisted in the Pacific, which also kicked off June 9. Soldiers from across the Pacific convened at Schofield Barracks where their Army knowledge and physical and mental stamina were tested.

The 25th Inf. Div. band performed two "Legacy of Honor" concerts at Fort DeRussy, June 10-11, featuring Army period costumes, a patriotic musical selection and dancers from the Ha'a Hui dance group.

The week also featured a golf scramble, the annual senior leaders softball game — the First Sergeant/Master Sergeant team won.

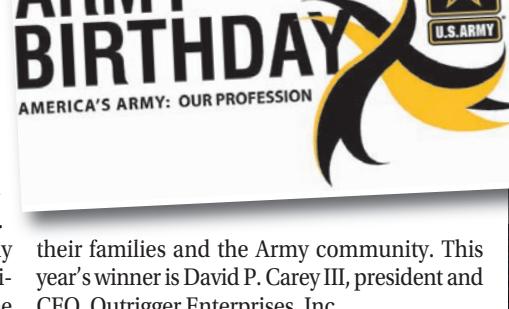
Female veterans from multiple conflicts of the past were also honored guests at the PTAW Sisters in Arms meeting. There, Eugenia Woodward, Christine Tucker and Teddy Harrison shared their individual stories and how they each contributed to the armed forces during different times and attitudes towards women in uniform. The veterans were thanked by Brooks, who spoke during the meeting of his experiences with the first graduating class that included women at U.S. Military Academy, West Point.

The week's events culminated at the Army Birthday Commemoration at the Hilton Hawaiian Village, Waikiki. An official cake was cut by the youngest and oldest Soldiers attending, who were joined by Brooks and USARPAC Command Sgt. Maj. Frank Leota. The evening's entertainment included the official announcements of the USARPAC Soldier and NCO of the Year and the 2014 recipient of the Mana o ke Koa award.

The Mana o Ke Koa "Spirit of the Warrior" award honors individuals who have distinguished themselves by their steadfast support of Soldiers,



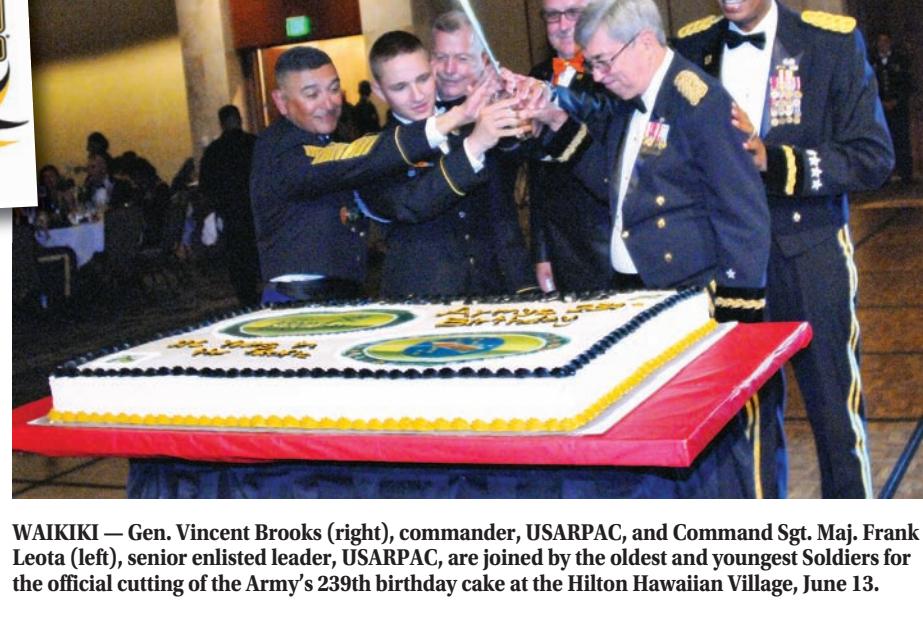
WAIKIKI — Soldiers from USARPAC Headquarters Support Company dress in historically accurate uniforms from various periods of Army history for the "Legacy of Honor" concert, a free two-night sunset musical performance held at Fort DeRussy during Pacific Theater Army Week, held in celebration of the U.S. Army's 239th birthday.



their families and the Army community. This year's winner is David P. Carey III, president and CEO, Outrigger Enterprises, Inc.

With all the events of the week, Brooks spoke about the magnanimous spirit that characterizes the USARPAC Soldier.

"We honor the history of the U.S. Army in the Pacific and look to continue the great legacy in our current operations," said Brooks. "Your commitment to your chosen profession allows us to continue to build upon the proud heritage the Army has in the region."



WAIKIKI — Gen. Vincent Brooks (right), commander, USARPAC, and Command Sgt. Maj. Frank Leota (left), senior enlisted leader, USARPAC, are joined by the oldest and youngest Soldiers for the official cutting of the Army's 239th birthday cake at the Hilton Hawaiian Village, June 13.



Sgt. 1st Class Crista Mary Mack, U.S. Army-Pacific Public Affairs

**Spc. Thomas Boyd (center), HHD, 500th MI Bde., and the 2014 USARPAC Soldier of the Year, receives the Army Achievement Medal from Gen. Vincent Brooks, commander, USARPAC, as Command Sgt. Maj. Frank Leota, senior enlisted leader, USARPAC, looks on, during the Army Birthday Commemoration, June 13.**

## Top warriors in the Pacific announced

### U.S. ARMY-PACIFIC

Public Affairs

WAIKIKI — The U.S. Army-Pacific announced the names of the top two Soldiers in the Pacific, Friday, during the 239th Army Birthday Commemoration at Hilton Hawaiian Village, here.

Staff Sgt. Adam White, scout team leader, Headquarters and Headquarters Company, 1st Battalion, 501st Infantry Regiment (Airborne), 4th Brigade, 25th Infantry Division, Fort Richardson, Alaska, won the USARPAC Noncommissioned Officer of the Year competition, selected among seven other Pacific unit competitors.

Spc. Thomas C. Boyd, brigade operations specialist, Headquarters and Headquarters Detachment, 500th Military Intelligence Bde., won the USARPAC Soldier of the Year competition, selected among seven other Pacific unit competitors.

"Winning this competition is a great testa-

ment to the leaders I've had that invested so much in me," said White about being named the USARPAC NCO of the Year. "The Soldiers I've led taught me what it was to be a good leader."

The Warrior Challenge is a USARPAC competition designed to find the best NCO and junior enlisted in the Pacific. Soldiers came from Korea, Japan and Alaska to vie for the coveted title of best.

Competition consists of scored events, to include a written examination, an appearance in front of a command sergeants major board, M4 carbine qualification, pre-combat inspections, a physical fitness test, day/night land navigation, Army Combatives and a variety of demanding warrior tasks. Points are tallied and the highest scoring NCO and Soldier are chosen.

"A great deal of honor comes with being named the best Soldier in the Pacific," said Boyd. "It is a great opportunity to go on and compete at the Department of Army level."

Boyd and White move on to the competition in October to determine the Army's NCO and Soldier of the Year winners.

USARPAC competition planners looked closely at the DA contest to best prepare their

contenders for the next level of competition.

"This competition is about being more than just a good Soldier in your job," said White. "It's about being well-rounded and mastering the tasks it takes to be a complete Soldier and being resilient."

White has been in the Army for seven years. He is currently working on his bachelor's degree with plans to make the Army a career and retire as a command sergeant major.

"I want to bring this training that I received at the competition back to my unit," said Boyd. "I want to use what I learned to help others be great well-rounded Soldiers."

Boyd, who has been a Soldier for almost three years, has already completed a bachelor's degree in political science and history, a master's degree in war studies, and is working on another degree in Chinese-Mandarin. He plans to attend Air Assault School while reaching his primary goal of becoming an NCO.

"I wouldn't mind coming back to the competition to compete as an NCO, once I earn that rank," said Boyd. "But I think I would prefer to be a trainer who gets young Soldiers ready for the rigors of this competition."

## BWC: Winners named

CONTINUED FROM A-1

Tasks included challenges testing the Soldiers' weapons proficiency, night orienteering, inspections and a variety of mystery events.

On the fourth day of competition, the competitors tackled five stations of evaluation during Warrior Task Testing that challenged them at different stations to accomplish different skill level obstacles.

"(Junior enlisted) are completing skill level-1 Army warrior tasks to demonstrate their proficiency in basic Soldier skills," explained Sgt. 1st Class Matthew Jones, 205th MI Battalion, 500 MI Bde., strategic debriefing platoon sergeant.

The junior enlisted competitors felt that the Warrior Task Testing was challenging.

"It makes you think, because you roll from one event to the next. It doesn't give you a lot of time to prep," said Spc. Nickolaus King, command driver, 70th Brigade Support Battalion, 210th Field Artillery Bde., 2nd ID. "You walk up, you do it and then you move on to the next task, so it was definitely a learning curve. It was definitely good training."

Navigating through each day of challenges toward striving to be named Soldier of the Year was King's goal, but in the process, he found the competition taught him valuable lessons.

"I think I've learned a lot from the other competitors, and I also think I've contributed in adding to their knowledge," King said. "We don't talk about the competition, but we talk about our experiences in the military. You have some of the best NCOs in the Pacific here, and we're able to talk to them and get their feedback on how to better ourselves as Soldiers. One day, I want to be where they're at."

Boyd and White will continue on to compete at the Department of the Army level Best Warrior Competition.



Spc. Nikko-Angelo Matos, 311th Signal Command (Theater) Public Affairs

**Staff Sgt. Adam White, HHC, 1-501st Inf. Regt. (Abn.), 4th Bde., 25th ID, of Fort Richardson, Alaska, competes in the 2014 USARPAC Warrior Challenge, June 9-13.**

# Tripler graduates 121 health care professionals

**ANA ALLEN**

Pacific Regional Medical Command Public Affairs

HONOLULU — The newest batch of health care professionals successfully completed Tripler Army Medical Center's Graduate Health Education program, Friday.

The graduating class of 107 Army officers, one Air Force officer and 13 civilians completed the premier program that contributes about 16 percent of the Army's licensed physicians annually.

TAMC has been training physicians and other health professionals since 1949.

Several graduates will go on to operations assignments in Korea, Germany, Egypt, Alaska, the continental U.S. and Hawaii, along with others progressing to additional residency or fellowship training.

"I am so proud of the personal and professional achievements this group of men and women have accomplished. After many months of long hours and dedicated research, and probably several thousand cups of coffee, today represents a new step forward for you as you join the best and most powerful system for health in the world," said Brig. Gen. Dennis Doyle, commander, TAMC and Pacific Regional Medical Command.

"The value each of you has added to our TAMC

ohana during your tenure is immeasurable," Doyle continued. "In terms of health care production, you have carried a respectful amount of weight in delivering patient care. The hours you've worked helped us improve patient care quality, ensure patient safety and maintain the access to care that our beneficiaries both expect and deserve."

Former TAMC commander, Dr. (Maj. Gen.) Carla Hawley-Bowland, the first-ever female Medical Corps general officer in the Army and the first and only female chief of the U.S. Army Medical Corps, was the keynote speaker.

"You should all be very proud of your accomplishments, so celebrate, for you are the future of Army medicine," said Hawley-Bowland. "As you launch into the specialty of your choice, whether going on as an intern, going on to further study or really stepping out on your own, develop a passion for your chosen profession."

"In other words, fall in love with your field," she added. "Then you will have no problem developing a habit of lifelong learning, and you will stay up to date. Keep learning and practice every day with honor and joy."

Attending Tripler's Graduate Health Education program is highly sought after, explained Col.



Spc. Paxton Busch, Pacific Regional Medical Command

Graduate Health Education students render a salute at the start of the TAMC commencement ceremony, June 13. The health care professionals will be moving on to assignments in Korea, Germany, Egypt, Alaska, the U.S. mainland and Hawaii.

Holly Olson, director of Medical Education.

"Our geographic location, here, in Hawaii, makes for an incredible educational setting," said Olson. "Our students see diseases here that they wouldn't see elsewhere, and in an educa-

tional setting, this allows us to produce top-notch and well-rounded providers."

Olson noted that TAMC graduates have some of the top scores in the nation for board certification and in-training examinations.

## Aloha Service Fair brings support, services to homeless vets

### Chaplains spearhead first community outreach

**MAJ. AVON CORNELIUS**

311th Signal Command (Theater) Public Affairs

HONOLULU — Volunteers set up tents and chairs, served food and manned various stations of the island's first Aloha Service Fair, a free human services event for Hawaii's homeless, hosted by the Tripler Army Medical Center Chaplain Ministry, Saturday.

"We helped about 150 people today with outreach services, clothing and food," said Skye, program manager, Project DATE (Discern, Assist, Train, Empower). "It's great to be able to reach our mission of outreach; that's what it's all about."

"Events like this not only provide opportunities for Soldiers to earn volunteer hours, but are also full of incredible human experiences and really feel like time well spent," said Liana Kim, 311th Signal Command (Theater). "It's an amazing feeling to be part of something so positive. I am hopeful this is just the beginning of an answer to



Liana Kim, 311th Signal Command (Theater) Public Affairs

A TAMC volunteer provides a referral to a visitor in need during the first Aloha Service Fair, spearheaded by the TAMC Chaplain Ministry department in collaboration with the Schofield Barracks Health Clinic and local partners.

many questions on a shrouded topic."

"Today is amazing, thanks to all the volunteers, and it was great to see all the military folks

here," said Marla Fletcher, volunteer coordinator, Project DATE.

The Aloha Service Fair provided a hot meal, live music, free vision checks, counseling, non-perishable food, clothing, shoes and referrals to numerous service organizations. "We serve five meals per week and provide groceries on Wednesday afternoons," Fletcher said, speaking of his congregation, which he estimates to be about 60 percent military. "We welcome volunteers and donations to any of our events."

"This was four months in the making and a wonderful collaboration of many people who care about Hawaii's homeless, some of whom are veterans," said Mike Peacock, evangelistic outreach coordinator for the Tripler chaplaincy and spokesperson for Vet 2 Vet, a nonprofit he co-founded to help fellow veterans. "It was a success in creating new friendships, a great opportunity for community service organizations to directly interface with military service members and opened the door for future partnerships."

Food was donated by local vendors, Domino's Pizza and numerous Soldiers and family readiness groups. Live music was performed by

the TAMC music ministry team and the local Christian music group "Devoted to God."

"It was great to be able to interact with our neighbors in a different way," said Shannon "Max" Shanafelt, widow of a Vietnam veteran. "I met several musicians who are interested in participating in our ministry music at Tripler Chapel. Some people just want to be listened to."

"What better way to spend our Army's birthday than helping those in need!" said Staff Sgt. Alicia Cadena, TAMC volunteer.

"It was really fun helping out," said Cecilia Lynnette King, daughter of Command Sgt. Maj. Alex King, 18th Medical Command.

The Army's Protestant and Catholic congregations wanted to make a difference by helping those who are in need.

"I was expecting 20-30 volunteers and was overwhelmed when we had over 100 Soldiers and family members volunteer," said Chaplain (Col.) Wayne Boyd, Pacific Regional Medical Command and TAMC chief of the Department of Ministry and Pastoral Care.

"It just demonstrates how remarkable our military members truly are," Boyd said.



POHAKULOA TRAINING AREA, HAWAII

# Peterson is new garrison commander

Story and photo by

**MICHELLE THOMAS**

Installation Management Command-Pacific Public Affairs

POHAKULOA TRAINING AREA, Hawaii—Lt. Col. Jacob Peterson took command of U.S. Army Garrison-Pohakuloa from Lt. Col. Eric Shwedo during a change of command ceremony, here, Friday.

"I look forward to the challenge knowing there is a great staff, leaders and community that helps us to be successful. I am proud of the work you have done, and we are committed to continue our excellence," Peterson said. "I'm sincerely honored to serve as the commander for the military's premier training facility in the Pacific."

Peterson comes from Leavenworth, Kan., where he served the U.S. Army Central Command as the Air and Missile Defense Division chief. He began his career in 1991 as an artilleryman in the Colorado National Guard.

Previously, he served on Oahu as the Southeast Asia counter-terrorism officer at U.S. Army-Pacific Command.

"We're excited to be back in Hawaii," said Peterson. "I'm excited to



Debra Zedalis (right), region director, IMCOM-Pacific, passes the IMCOM flag to Lt. Col. Jacob Peterson as he takes command of USAG-Pohakuloa from Lt. Col. Eric Shwedo during a change of command ceremony, June 13.

see what you guys have done to improve the services to our warfighters who receive the top-notch training they deserve before going into harm's way."

Region Director Debra D. Zedalis, U.S. Army Installation Management Command-Pacific, officiated the cer-

emony. Before a full house of community and government leaders at the post theater, she recognized and praised Shwedo for his achievements, noting his efforts to "listen and engage" the community "through concern and dedication."

"A leader's challenge ... is to involve

the community through communication, learning and understanding. With that framework, everyone gains a perspective and learns from each other," said Zedalis, "and nobody did it better than Lt. Col. Shwedo."

Zedalis also noted that environmental stewardship and world-class training support greatly contributed to the recent awarding of the 2014 Army Community of Excellence gold medal to USAG-Hawaii.

"That award is given to the best installation in the U.S. Army," added Zedalis.

Shwedo praised his staff for their passion in meeting the needs of service members who train at PTA.

"The bottom line, people who work here save lives," said Shwedo. "Pohakuloa employees do more with less than anybody across the Army."

Noting the large civilian attendance, Shwedo quipped that he was either excessively blessed or that the community was trying to get rid of him. He said the employees at PTA had surpassed his expectations.

Shwedo's next assignment is at the Pentagon.



## Changes in leadership

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

Public Affairs

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

The ceremonies, below, take place at 10 a.m. on Weyand Field, Schofield Barracks, unless otherwise noted. Awards ceremonies usually precede the change of command.

**Leadership changes**

• **June 27**, 3rd Brigade Combat Team, 25th Infantry Division. Col. Brian S. Eifler will relinquish command to Col. Scott W. Kelly.

• **July 8**, 311th Signal Command (Theater). Command Sgt. Major Allen Braswell will pass the Noncommissioned Officer's Sword to Command Sgt. Maj. Darris Curry on Fort Shafter's Palm Circle.

• **July 10**, 500th Military Intelligence Brigade. Col. William J. Mangan will relinquish command to Col. Patrick J. Wempes.

• **July 17**, U.S. Army Corps of Engineers-Honolulu District. Lt. Col. Thomas D. Asberry will relinquish command to Lt. Col. Christopher Crary on Fort Shafter's historic Palm Circle parade field.

*(Editor's note: Information listed is subject to change due to inclement weather. Contact the unit for more details.)*

## 3rd BCT undergoes five changes of command

**SGT. BRIAN C. ERICKSON**3rd Brigade Combat Team  
Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — For the first time in recent history, 3rd Brigade Combat Team, 25th Infantry Division, held five battalion level change of command ceremonies on Weyand Field over five consecutive days, June 16-20.

• **Monday**: The first to change command was 2nd Battalion, 35th Inf. Regiment, "Cacti," where Lt. Col. James B. Bartholomees relinquished command to Lt. Col. Ryan P. O'Connor.

• **Tuesday**: 2-27th Inf. Regt., "Wolfhounds," saw Lt. Col. Barrett M. Bernard, outgoing commander, relinquish command to Lt. Col. Kevin J.

Williams.

• **Wednesday**: The 3rd Squadron, 4th Cavalry Regt., "Raiders," outgoing commander, Lt. Col. David Zinn, relinquished command to Lt. Col. Daniel K. Mark.

• **Thursday**: The outgoing commander for 3rd Bde. Special Troops Bn., "Bayonet," Lt. Col. Jonathan P. White, relinquished his command to Lt. Col. Michael R. Binetti. During the ceremony, the 3rd BSTB colors were cased as the battalion was re-designated as the 29th Brigade Engineer Battalion.

• **Today**: The 325th Bde. Support Bn., "Mustangs," outgoing commander, Lt. Col. Irving H. Cross, relinquished command to Lt. Col. Patrick A. Disney.



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

The 3rd BCT conducted change of command ceremonies daily this week. The new battalion leaders pictured (from left) are Lt. Col. Ryan O'Connor, commander, 2nd Bn., 35th Inf. Regt.; Lt. Col. Michael Binetti, commander, 29th Bde. Eng. Bn.; Col. Brian Eifler, commander, 3rd BCT; Lt. Col. Kevin Williams, commander, 2nd Bn., 27th Inf. Regt.; Lt. Col. Patrick Disney, commander, 325th BSB; and Lt. Col. Daniel Mark, commander, 3rd Sqdn., 4th Cav. Regt.



Photo courtesy U.S. Army Garrison-Hawaii

Army Cultural Resources Program staff look for the presence — or absence — of subsurface cultural artifacts.

## Comments on Makua survey requested

Archeological sub-surface results online

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

**SCHOFIELD BARRACKS** — The Army is seeking public comments through Aug. 13 on an archaeological subsurface survey conducted at Makua Military Reservation.

The community can view or download the survey report online at [www.garrison.hawaii.army.mil/makua](http://www.garrison.hawaii.army.mil/makua). Click "2014 Archaeological Subsurface Survey" on the left side of the page.

The survey report is also available at the Kapolei, Wahiawa, Waialua and Waianae public libraries, under the title "Archaeological Subsurface Survey in Areas B through F at Makua Military Reservation, Makua Ahupua'a Wai'anae District, O'ahu Island, Hawai'i."

In consideration of the environment, hard copies of the plan are available upon request.

Comments may be submitted via

email to [usaghi.pao.comrel@us.army.mil](mailto:usaghi.pao.comrel@us.army.mil) or via mail to this address:

**U.S. Army Garrison-Hawaii, Environmental Division**  
Attn: Makua Archaeological Subsurface Survey-Public Comments  
948 Santos Dumont Ave.  
Schofield Barracks, HI 96857

Comments must be emailed to [usaghi.pao.comrel@us.army.mil](mailto:usaghi.pao.comrel@us.army.mil) or postmarked no later than Aug. 13. Individuals who have questions about submitting comments can call 656-3089.

The Army will also hold a public meeting on the Leeward Coast during the 60-day public comment period for those individuals who would like to comment in person. The date, time and location will be announced as soon as available.

The Army completed the archaeological subsurface survey in compliance with an order by the Federal District Court issued June 20, 2012.

For questions, call (808) 656-3089 or email [usaghi.pao.comrel@us.army.mil](mailto:usaghi.pao.comrel@us.army.mil).

## NEWS Briefs

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

### Today

**Best Ranger** — The Pentagon Channel airs the Army's 2014 Best Ranger competition today. Airtimes are 7 and 11 p.m., 3 a.m., 7 and 11 a.m., and 3 p.m., Hawaii Time.

**Customer Voices** — Take part in a community survey to share perceptions of how garrison services are performing. Visit [www.surveymonkey.com/s/2014\\_USAG-HI\\_Community\\_Survey](http://www.surveymonkey.com/s/2014_USAG-HI_Community_Survey).

**Veterans Affairs Updates** — A commission met Tuesday to assess candidates to serve as the next Under Secretary for Health for the Veterans Health Administration.

Wednesday, all VA medical center

and health care system directors were charged to conduct monthly in-person reviews of scheduling practices in every clinic within their jurisdiction.

Also on Wednesday, the VA Office of Public Health launched the Airborne Hazards and Open Burn Pit Registry website. To register, visit <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/>.

For the latest VA news a, subscribe at [www.va.gov/opa/pressrel/opa\\_list\\_serv.asp](http://www.va.gov/opa/pressrel/opa_list_serv.asp).

### 21 / Saturday

**Flag Retirement** — This ceremony will retire tattered, torn and faded U.S. flags in the "American Flag Ceremony" taking place, 10 a.m., by the bleachers next to the 25th Infantry Division headquarters. The ceremony is a collaboration of the Boy Scouts of America, Federal Fire, the U.S. Army Garrison-Hawaii Directorate of Emergency Services, garrison resident volunteers and the Sgt. Audie Murphy Association.

### 27 / Friday

**Finance Closed** — The 125th Fi-

nancial Management Support Unit, 45th Special Troops Battalion, 8th Theater Sustainment Command, will be closed to participate in an Organization Day; 125th Financial will reopen Monday, June 30.

### 28 / Saturday

**School Physicals** — Tripler Family Medicine Clinic is pleased to offer Saturday school and sports physicals and immunization clinics, 8 a.m.-1 p.m., June 28, July 19 & 26. Walk-ins are accepted until noon.

Beat the rush and avoid the lines by taking advantage of Saturday clinics. Open to clinic enrollees ages 4-18 years only. Bring military ID and immunization records.

Call 433-2778 to schedule an appointment.

### July

#### 4 / Friday

**Closed Gym** — The Schofield Barracks Health and Fitness Center will be closed July 4-5 for maintenance and will reopen, 6 a.m., July 7.



Advisories are received by press time from Army and Hawaii Department of Transportation (HDOT) sources. For an up-to-date listing of Army traffic advisories, visit [www.garrison.hawaii.army.mil/info/traffic-calendar.htm](http://www.garrison.hawaii.army.mil/info/traffic-calendar.htm). Unless noted, all phone numbers are area code 808.

### Today

**H-1 Closures** — HDOT advises Oahu motorists of continuing construction on the H-1 Freeway Airport Viaduct this weekend. Up to three right lanes will be closed on the H-1 in the eastbound direction between the Kamehameha Highway overpass and the airport off-ramp (Exit 16), 9 p.m., tonight, and continuously through midnight until Sunday.

All ramps to and from the airport will remain open. Lanes on Nimitz

Highway beneath the viaduct work zones may also be closed as a safety precaution.

**Kunia Gate** — Construction on the inbound lane of Wheeler's Kunia Gate continues until July 7; HECO Gate (adjacent to Wheeler Elementary) is open weekdays, 6 a.m.-6 p.m., for outbound traffic only.

### 23 / Monday

**Kam Hwy.** — HDOT begins a major resurfacing project on Kamehameha Highway from Ka Uka Boulevard to Waihau Street. Once complete, it will provide a safe and smooth driving route for central Oahu motorists.

*(Editor's note: Read more at [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).)*

**Last Phase** — Lanes will be controlled on Shafter's Rice Street between Herian Place and the Rice Street Bridge, 7 a.m.-5 p.m., for the final phase of this construction.

**Funston** — One lane of Fort Shafter's Funston Road and the park-

ing lot adjacent to Takata Field will be closed, 8:30 a.m.-2:30 p.m. Work is expected to conclude June 27.

### 24 / Tuesday

**Water Outage** — Shafter's Loop Housing, the waste water treatment plant and buildings 1598-1599 will experience a water outage, 7:30-11:30 a.m., for construction work.

### 25 / Wednesday

**Power Outage** — Helemano Military Reservation sees an outage, 8 a.m.-2 p.m., to install photovoltaic systems. The locations impacted may not be specific and all-inclusive (see the map below.) Depending on field conditions, the extent of the outage area may increase; adjacent structures should be prepared.





## A smooth PSC process requires attention to detail

SARAH PACHECO  
Staff Writer

SCHOFIELD BARRACKS — With the official arrival of summer tomorrow, June 21, also comes the phenomenon dubbed "peak moving season."

Coined by the transportation industry, this phrase refers to the time between May-August, when approximately 225,000 Department of Defense and U.S. Coast Guard household goods shipments are slated.

U.S. Army Garrison-Hawaii leader said that during this peak season, some Soldiers may see a little delay in receiving permanent change of station (PCS) orders on time, but that Directorate of Human Resources staff are working hard to ensure everyone receives orders in a timely manner.

To prevent any delays in this process, Soldiers are advised to contact their local S1 office to schedule an appointment as soon as they receive assignment instructions.

With proper planning and attention to detail, service members, federal employees and their families can help facilitate a smooth change of address, even during the busy summer months.

One key to a smooth PCS transition, said DHR staff, is to have all the required docu-

ments at the ready prior to attending the levy one-on-one briefing.

Soldiers also are required to review an online out-processing briefing at the USAG-HI website, [www.garrison.hawaii.army.mil/dhr/default.htm](http://www.garrison.hawaii.army.mil/dhr/default.htm), where they also can view a list of clearing agencies and download child disenrollment forms (for schools), if needed.

Other helpful tips, courtesy of the Army's Military Surface Deployment and Distribution Command (SDDC), which manages the Defense Personal Property Program, or DP3, for DOD, are as follows:

• **Make a Calendar.** Create a personal moving calendar with checklists, phone numbers and links to critical moving processes and information.

• **Contact the Transportation Office.** Your Transportation Office (TO) or Personal Property Shipping Office (PPSO) is the primary point of contact for customer service. It is never too early to ask questions.

• **Move Ahead with Orders.** Once you get your orders and know the dates you want to move, immediately start the moving process. Contact your TO/PPSO to learn all options available to you, including a Personally Procured Move. The sooner you start, the better chance you

[www.move.mil](http://www.move.mil). This website is the portal for DPS and the one-stop shop where members can completely manage their move process.

Members using the website for the first time will find online training videos and presentations explaining how to navigate through the move process.

A virtual move assistance center is open at the Aloha Center, Building 330, Room 201, Fort Shafter, to arrange personal property/household goods movement online. Visit noon-4 p.m., Monday-Friday. No appointments are necessary.

A counselor is on site to help navigate you through the screens.

have strict regulations and quarantine requirements, which may spell a longer (and costlier) preparation process. A quick call to your sponsor, family service center or veterinarian at the next installation can help you better understand pet policies in housing, animal laws in the state or country, pet-friendly hotels and any other transport specifications.

• **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. When traveling, have your signed veterinary statement at the ready to indicate your pet is healthy and has all its current vaccinations.

cates. Walk-ins will not be accepted.

Also, note travel to locations other than the continental U.S. (CONUS) may require more preparation. For this type of move, schedule an appointment no less than three months in advance.

The SB VTF is open 8 a.m.-3:30 p.m., Monday-Friday. Call 655-5889 or 655-5893.

Book an appointment with the Schofield Barracks Veterinary Treatment Facility (936 Duck Rd.) to obtain a mandatory airline health certificate for travel off Oahu.

Plan ahead! Appointments must be made four weeks out for regular appointments and six weeks out for health certifi-

have to lock in your preferred move date.

• **Be Flexible.** Since preferred pickup and delivery dates may not be available during peak season, flexibility is important, and building extra time into your schedule for unforeseen circumstances is recommended.

• **Confirm Dates.** Once your move dates are requested, don't assume they are set. Move dates are not confirmed until you coordinate with your Transportation Service Provider (the company contracted to do your move).

• **Be Available.** Pack, pickup and delivery dates are usually scheduled on weekdays. You or your designated representative must be available between the hours of 8 a.m. and 5 p.m. You don't want to miss your move dates, as this will cause unnecessary hardship on everyone, and possibly extra expenses for you.

• **Know Your Weight Limits.** Have a good estimated weight of your personal property. A quick method for estimating your weight is to calculate 1,000 pounds per room.

• **Pare Down.** Moving is a good time to dispose of unnecessary items. This paring down will help you avoid excess weight charges if your shipment is close to the authorized weight allowance. You don't want to ship and pay for something you don't want.

• **Reweigh.** You can request a reweigh of your personal property shipment at no cost to you. This reweighing is done when you are near or over your weight allowance.

• **Separate Shipments.** If you are making more than one shipment, make sure you clearly separate them at your residence. Packing and loading for multiple shipments should be scheduled on separate days to avoid confusion. You want the right items going to the right destination.

### Online Resources

Military OneSource is a Department of Defense-funded program that provides comprehensive information on every aspect of military life, including a permanent change of station, at no cost to active duty, Guard and Reserve service members and their families.

Its website is an excellent source to find detailed information to prepare yourself

• **Direct Delivery.** If you have a delivery address for your personal property and want direct delivery, it is important to work closely with your moving company to arrange delivery and avoid your personal property being placed in temporary storage.

### IPC Housing

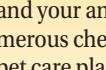
Island Palm Communities reminds its residents they are required to notify their community center, in writing, no fewer than 28 days prior to vacating their home.

To facilitate the process, families are encouraged to submit a "Notice to Vacate" form to their community center as early as possible. IPC's community staff then will advise residents of upcoming dates for move-out briefings, provide information on what residents are responsible for as they prepare to clear their home, and schedule a date for final inspection.

Once a move-out date is confirmed, it cannot be changed, as an inbound family likely has been given a move-in date based on these travel plans.

If someone other than the service member will be taking care of vacating a home, an "RCI Special Power of Attorney" form is required from the service member, which allows the individual to act on his or her behalf.

The "Notice to Vacate" and "RCI Special Power of Attorney" forms can be found at any IPC community center or online at [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com).



and your animal for your move, with numerous checklists and samples of military pet care plans to browse through.

For more tips, visit [www.militaryone-source.mil/moving](http://www.militaryone-source.mil/moving).

For additional resources, including "It's Your Move," "Shipping Your Privately Owned Vehicle" and "Storing Your POV" pamphlets, visit [www.move.mil](http://www.move.mil).



## Pets need help with the big move, too!

SARAH PACHECO  
Staff Writer

SCHOFIELD BARRACKS — Amid all the busyness involved with a permanent change of station (PCS), it is easy to forget to include four-legged family members in the moving process, which can mean surrendering a beloved companion to a shelter or relative because of poor planning.

To ensure a stress-free transition for both pets and their humans, the following are pieces of advice pulled from the Military OneSource website:

• **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. A quick call to your sponsor, family service center or veterinarian at the next installation can help you better understand pet policies in housing, animal laws in the state or country, pet-friendly hotels and any other transport specifications.

• **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. When traveling, have your signed veterinary statement at the ready to indicate your pet is healthy and has all its current vaccinations.

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Plan ahead! Appointments must be made four weeks out for regular appointments and six weeks out for health certifi-

• **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.

Find out, as soon as possible, all shipping regulations specific to your airline, including those associated with cabin temperature, weight requirements and training.

• **Crate-train your pet.** Long stays in a crate can spell trouble if your pet is not accustomed to being in an enclosed space for hours at a time. Introduce the crate slowly and allow a few months for your animal to adjust.

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

While you can never fully plan for everything during a PCS, taking the proper steps, now, to prepare your entire family for the big move will go a long way toward putting everyone, both two-legged and four-legged members, at ease.





## Briefs

### Today

**Summer Fun/Right Arm Night** — SB Nehelani hosts "Summer Fun" with drink specials and a pupu buffet beginning at 4 p.m. Play in the Texas Hold'em tournament, beginning at 5 p.m., for prizes.

Free entry with spouses; also, DOD civilians welcome to this adult event. Bring your "right arm" out to compete for the \$100 FMWR buck prize. Call 655-4466.

**"Read to Me"** — Summer program is underway for children up to age 5. Runs through July 12 for rewards program portion. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

**Summer Reading Club** — The summer reading club "Paws to Read!" for children (ages 6-12), teens (ages 12-18) and adults (18 and older) is underway now, through July 12.

Read one book a week and receive a weekly award, while supplies last. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

**Aloha Friday Barbecue** — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

### 21 / Saturday

**Summer Grillin'** — Celebrate the start of summer with a barbecue cookout and games at SB Tropics. Grill your own meat (provided by Tropics) and enjoy delicious summer sides like corn on the cob and baked beans, starting at 5 p.m. There also will be games, like sand volleyball and horseshoes, from 6-7 p.m., and a foam pit available, from 6-10 p.m.

The event is open to all DOD ID cardholders ages 18 and older, and their guests. Call 655-5698.

### 23 / Monday

**Workweek Lunch** — SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

**Pau Hana Social Hour** — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Mon-

## HAWAII ARMY WEEKLY



Photos courtesy Polynesian Cultural Center

Beginner dancers will learn the "faarapu," a basic Tahitian dance movement for women (left), and the "paoti," a basic Tahitian dance movement for men (right), during the 15th annual Te Mahana Hiroa Tumu O Tahiti Festival at the Polynesian Cultural Center, June 20, 27 and July 5.

## PCC hosts Tahitian dance fest

### POLYNESIAN CULTURAL CENTER

#### News Release

**LAIE** — Prepare to break a sweat and have some fun during three, three-hour Tahitian dance sessions at the Polynesian Cultural Center (PCC), here, today.

The 15th annual Te Mahana Hiroa Tumu O Tahiti Festival is the PCC's annual celebration of Tahitian dance and culture.

Tahiti is one of the center's six authentic island villages that perpetuate the native cultures and people of Polynesia. The other villages are Hawaii, Samoa,

Aotearoa (New Zealand), Fiji and Tonga.

The fun and interactive event introduces beginners to the basic steps and movements of traditional Tahitian dances, including the "paoti," or sharp scissor-like movements of the legs for men, and the "faarapu," or quick hip movements for women.

The event takes place at 5:30 p.m., June 20 and 27, and 7:30 a.m., July 5, in the Tahiti Village.

Registration is \$10 per person.

For more information or to make reservations, call 293-3333 or contact the PCC ticket office toll-free at 1-800-367-7060, or visit [www.polynesia.com](http://www.polynesia.com).

day-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

championship finals the last week of the month. Call 655-5698.

shoes with a two-game minimum. Call 656-1745.

### 25 / Wednesday

**Manga Club** — Teens are invited to discuss anything Manga, fan art and anime, 3 p.m., at SB Sgt. Yano Library. Manga Club now meets twice a month, on the second and fourth Wednesday of each month. Call 655-8002.

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

**Teen Wednesdays** — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free

### 26 / Thursday

**Balloon Monsoon** — Visit the SB Sgt. Yano Library to see magic with a twist, 3-3:45 p.m. This free event is suitable for all ages. Call 655-8002.

**Leilehua Thursdays** — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua's driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

**Tropical Thursdays** — Free weekly Texas Hold'em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

### 27 / Friday

#### Hawaiian Luau Lunch Buffet

— Enjoy delicious local-style food every last Friday of the month at SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974). Call for more details and reservations.

### 24 / Tuesday

**Balloon Monsoon** — Visit the SB and FS libraries to see magic with a twist, 3-3:45 p.m. This free event is suitable for all ages. Call 655-8002 (SB) or 438-9521 (FS).

**Tropics Game Nights** — SB Tropics Warrior Zone features monthly tournaments:

- Pool & Ping Pong tournaments every Tuesday night, and
- Spades tournaments held Wednesday nights.

Both tournaments feature a 5:30-6 p.m. sign-up, with tournaments beginning promptly at 6 p.m., and

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.

- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

**Teen Wednesdays** — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free

### 21 / Saturday

**Summer Concert** — Waimea Valley kicks off its second annual Summer Concert Series, Pila Ho'okani (Modern Hawaiian Instruments), with Ho'okani Ke Kika (Play the Guitar), 1-5 p.m., featuring famed local artists Jerry Santos, Brother Noland and Led

Ka'apana on the main lawn of the valley.

Food and cold beverages are available, and vendors will be on-site. Admission is included with concert ticket purchase. Call 638-7766 or visit [www.waimeavalley.net](http://www.waimeavalley.net).

### 26 / Thursday

**Aquarium Concert** — Local artists HAPA and Cyril Pahinui perform on the beachfront lawn of the Waikiki Aquarium, 7-8:30 p.m., for the 2014 Ke Kani O K Kai summer concert series. Doors open at 5:30 p.m.; attendees are invited to tour the aquarium galleries before/during the concert. Food is available for purchase. Visit [www.waquaarium.org](http://www.waquaarium.org).

### 27 / Friday

**Health Fair** — The Healthy

Lifestyle Festival/Farmers Market will be held 9 a.m.-5 p.m., June 27, and 8 a.m.-4 p.m., June 28-29, in the Commissary parking lot area.

### 28 / Saturday

**Sports Festival** — The ESPN 1420 Sports Festival returns to the Neal Blaisdell Center Exhibition Hall, from 9 a.m.-4 p.m.

This free, family-oriented event will feature booths by sports, health and fitness industry stakeholders, along with hands-on activities and demos from local sports clubs and athletic organizations, including boxing, martial arts, baseball, basketball, BMX cycling, golf, rock climbing, USTA tennis, Zumba and more.

Additional activities include a celebrity autograph session, Dorae-mon Zone, Spartan Race obstacle course and Kendama tournament.

Call 534-7118 or visit [www.espn1420sportsfestival.com](http://www.espn1420sportsfestival.com).

### July 3 / Thursday

#### Commissary Parking

— The parking lot at the Schofield Commissary will close at 9:30 p.m., in order to set up staging for the Fourth of July spectacular.

**5K Run** — Marine Corps Base Hawaii, Kaneohe Bay, will host the Runway 5K, 7 a.m., July 4. Participants will have the rare opportunity to run the runway in this family-friendly event that's open to the public. Visit [www.mccshawaii.com/races](http://www.mccshawaii.com/races).

### 20 / Sunday

**Fun Walk** — Join the Menehune Marchers Walking/Volksport Club on a 5K or 10K walk at Ho'omaluhia Botanical Garden, 45-680 Luluku Road, Kaneohe. Participants may start anytime between 9-11 a.m., July 20, from Kahua Nui Pavilion, and must finish by 1 p.m. Call Carol at 626-3575 for more details, or visit [www.ava.org](http://www.ava.org).

### Ongoing

**Free Concerts** — The historic Royal Hawaiian Band performs free public concerts, noon, every Friday of the month on the grounds of Iolani Palace.

#### Volunteers Wanted

Waimea Valley seeks volunteer groups to help complete the Kauhale Restoration Project. Call 638-5855.

## 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 "Directors 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 MPC 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 MPC Annex

Room 232

**Protestant Worship**

• Sunday Services

- 8:45 a.m. at MPC

- 9 a.m., at FD, TAMC chapel

- 10 a.m. at HMR

- 10:30 a.m. at AMR

- 10:45 a.m. at WAAF

(Spanish language)

- 11 a.m. at SC (Contemporary)

**Liturgical (Lutheran/Anglican)**

• Sunday, 9 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.



### Godzilla 2014</h

# Cub Scouts build character, earn badges on Area X

Story and photos by  
**SARAH PACHECO**  
Staff Writer

**SCHOFIELD BARRACKS** — “I promise to do my best, to do my duty to God and my country, to help other people, and to obey the Law of the Pack.”

More than 150 Cub Scouts recited these words to begin two days of fun and friendship on the fields of Area X, here, June 13-14.

The Scouts, who ranged in age from 7-11, had gathered to take part in the annual Cub Scout Day Camp for troops in the Ka’ala District of the Aloha Council, Boy Scouts of America (BSA).

One of the largest districts within the Aloha Council, the Ka’ala District services youths in the Haleiwa, Kukui, Mililani, Pearl City, Ewa Beach, Village Park, Waialua, Wahiawa, Waikiki, Waipahu and Waipio communities.

“At least half of the Scouts here — around 70 Scouts — have family in the military,” said Sgt. 1st Class Nathaniel Vincenty-Cole, senior instructor, Jungle Operations Training Center, Lightning Academy, 25th Infantry Division, and program director for the 2014 day camp.

“This is open for not only military Scouts, but for Scouts all over the district,” Vincenty-Cole added, “so this is a great opportunity for a lot of the non-military families to come and see what the bases are like, what Soldier life is like, and for some of the Soldiers to get immersed in the Hawaiian culture and meet other local people.”

During the two-day camp, Scouts took part in a variety of activities centered on a “knights of the round table” theme, such as jousting and lassoing the “dragon.”

Upon completion of each activity station, Scouts earned badges in real-life skills, like hiking, BB gun, archery, art and ultimate Frisbee.

“Day camp goes out into each one of the districts so that it is possible and feasible for every Scout to attend and earn awards that can only be earned in a camp setting,” explained Vincenty-Cole, who is Cub Master for Pack 166, which meets here.



**Sgt. 1st Class Nathaniel Vincenty-Cole** (center), senior instructor, Jungle Operations Training Center, Lightning Academy, 25th ID, and program director, Ka’ala District Cub Scout Day Camp, asks Scouts to help him on his quest to rescue the fair princess from the evil dragon during the kick-off of the annual camp at Area X, June 13.



Cub Scouts draw back their bows and take aim at their targets to earn an archery badge.

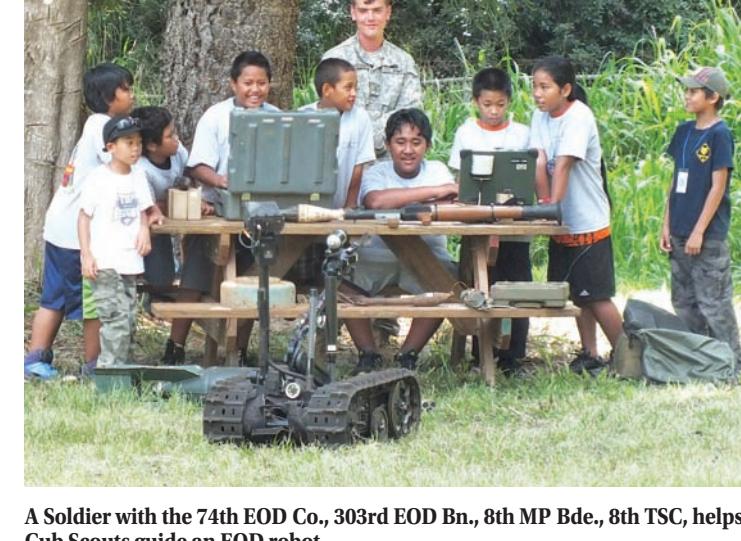
Boy Scouts and family members from 20 additional Aloha Council troops volunteered to help with the day camp.

Also, Soldiers from throughout U.S. Army Garrison-Hawaii lent their time and services, to include those from 74th Explosive Ordnance Disposal Company, 303rd EOD Battalion,

8th Military Police Brigade, 8th Theater Sustainment Command; 2nd Bn., 11th Field Artillery Regiment, 2nd Stryker Bde. Combat Team, 25th ID; 2-27th Inf. Regt., 3rd BCT, 25th ID; and 25th ID’s Lightning Academy.

In one activity, Scouts lined up to

do their best impression of Robin



A Soldier with the 74th EOD Co., 303rd EOD Bn., 8th MP Bde., 8th TSC, helps Cub Scouts guide an EOD robot.

Hood at the archery range, while EOD Soldiers gave others a chance to control robots or don bomb suits in order to learn more about proper safety.

“Besides the awards, (Scouts) are learning character connections, in-

teraction with others and good manners at day camp,” Vincenty-Cole said. “Scouting is more than just awards; it’s being able to try something new, meet new people and learn a little bit more about being a good citizen.”

# Educator changes coming in school year 2014-15

## DEPARTMENT OF EDUCATION

News Release

HONOLULU — The Hawaii State Department of Education (DOE) is announcing several major changes to the Educator Effectiveness System (EES) to take effect in the upcoming school year.

The changes reflect the DOE's commitment to reducing the burden on teachers and administrators.

Changes are designed to simplify the EES, streamline its components and differentiate the approach for teachers based on need.

Last fall, an EES joint committee was developed specifically to review the EES. The committee includes the Hawaii State Teachers Association (HSTA), teachers, principals, administrators, technical experts and complex area

and state staff, who met regularly throughout the past school year.

The joint committee met with DOE leaders last week and the board of directors of the Hawaii Government Association (HGEA) to review proposed changes to the EES, which were sent to Schools Superintendent Kathryn Matayoshi, June 6.

"The department will continue to collaborate with educators to further improve the EES. These changes are just the beginning to refining this system and, ultimately, elevating student achievement," said Matayoshi. "We appreciate the work of the joint committee and all of the feedback from our principals and teachers to



guide us on what best practices work in our schools. We will continue to convene feedback groups and plan a formal review and feedback process for the following school year."

"The HSTA is pleased that the DOE has committed to improve the EES," said HSTA president Wil Okabe. "The EES joint committee of HSTA and DOE members have collaboratively worked together throughout this process to assess the system and provide the superintendent with recommendations that reflect input and concerns from all stakeholders."

"Our goal is to make sure that every child in Hawaii has access to great public schools and

## More Online

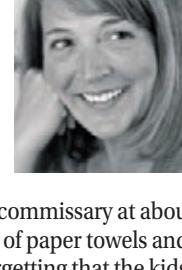
To learn more about the EES, visit [HawaiiPublicSchools.org](http://HawaiiPublicSchools.org).



teachers," Okabe continued. "We look forward to continuing to work with the DOE to improve an evaluation system that improves the practice of teaching and student learning to produce real results."

The EES began in the school year 2011-12 as a pilot in 18 schools, and then expanded to 81 schools in the 2012-13 school year. As the EES was implemented in schools, the department solicited feedback from a variety of sources developed specifically for EES feedback.

# Will my teens select summer jobs or do some house chores?



## THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI  
Contributing Writer

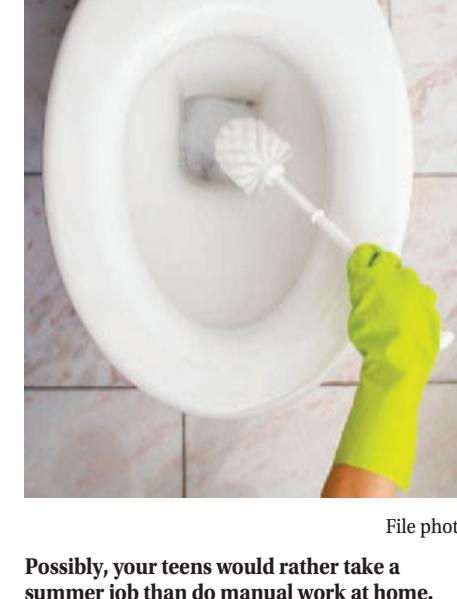
coming!"

After making the rounds to each of our three children's rooms, I stormed downstairs, grumbling to myself, "Why are kids today so dog-gone lazy? Sleeping into the afternoon, no sense of responsibility! That sort of thing was not allowed in my day! Humph!"

While stuffing the washer with cold darks, I thought of my summers as a teen. My father had brainwashed me into believing that, if I did not work over the summer, the planet might implode. I had to make money, and a lot of it, to ensure my financial survival over the next year of school.

I cut 3 acres of grass with a tractor for \$20 bucks a week. I sold garden vegetables on the side of the road. I did office work. I painted houses. I bartended at a golf club. I worked at a bank. And one stressful summer, I took a job as a traveling salesperson for my father's chemical company, even though I knew nothing about the products or how they worked.

I had very little time to lay out, go to the drive-in theater or hang out at the mall — all



File photo

Possibly, your teens would rather take a summer job than do manual work at home.

the things we did in small towns in the '80s, but I always made enough spending money to last me through the next school year.

I dreamt of a summer job waitressing at the beach — living in a seaside shack with other waitresses, not saving much money but having the time of our lives. I thought the beach job could be a life-changing experience, turning me into one of those cool, mature, sun-kissed

girls with long, flowy skirts and dangly earrings shaped like dolphin tails.

Who cares about the money. I could transform my life.

But my father's warnings always prevailed. I certainly didn't want the Earth to implode, so I never got that dream beach job. I wondered, should I allow my kids to follow their dreams or insist that they get to work?

I set the washer for permanent press and gathered my semiconscious teens in the kitchen under the guise of pancakes.

"Hey, guys, listen," I cajoled. "Maybe I over-reacted. You can lounge around the house and make money for school, because there are plenty of things you can do here for me! I'll give you 20 whole bucks, each week, to scrub the toilets and sinks, but don't forget to pull those gooey hair clogs out of the drains. And there's always the basement to be cleaned out. Just watch for those fuzzy wolf spiders; they love to jump right in your hair. Oh, and I was thinking that all the garbage cans could use a good scrubbing because they smell like rotten meat."

I went on for another 20 minutes or so while the kids stared like does in the headlights. My prediction is, the Earth will remain intact, because they'll have summer jobs within a week.

(A 20-year military spouse, Molinari's column appears in military and civilian newspapers and at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)



Photo courtesy the Department of Land and Natural Resources

**NORTH SHORE** — Clearly the visitors, above, didn't get the memo: The DLNR urges the public not to touch, pick up, restrain, jump over, straddle, pursue, ride, harass, harm or otherwise disturb Hawaiian sea turtles resting on beaches, such as Ali'i Beach and Laniakea, here.

## Sea turtles have protection

### HAWAII DEPARTMENT OF LAND AND NATURAL RESOURCES

#### News Release

**HONOLULU** — The Department of Land and Natural Resources (DLNR) is reminding the public to respect Hawaii's sea turtles by viewing these protected animals responsibly.

The two types of sea turtles most frequently observed in nearshore waters in Hawaii are the green sea turtle (*honu*) and the hawksbill ('ea) sea turtle.

Local residents and visitors enjoy being able to view these animals on the beach and in the water.

#### Learn More

To report suspected violations, call the DLNR Division of Conservation and Resources Enforcement (DOCARE) at 587-0077. For more details, visit [www.hawaii.gov/dlnr](http://www.hawaii.gov/dlnr) and/or view the public service announcement at <http://vimeo.com/63933154>.



"We ask for people's help to ensure turtles are not disturbed, which is especially a concern at high-visitor-use beaches," said DLNR chairperson William Aila Jr. "We want to remind the community that all sea turtles are protected, and that both state and federal consequences apply to anyone harming green sea turtles."

In particular, locations such as Laniakea and Ali'i beaches on the North Shore of Oahu, as well as other locations on Maui, Kauai and the island of Hawaii have become popular locations to view "basking" (resting) honu.

Although these locations provide an excellent viewing opportunity, it is important to act responsibly and to keep at a respectful distance.

DLNR urges people to give basking honu space to allow them to rest undisturbed and suggests keeping a 6- to 10-foot buffer as a best practice for sea turtle viewing.

The public is advised not to touch, pick up, restrain, jump over, straddle, pursue, ride, harass, harm or otherwise disturb these animals.

"In the water, turtles may appear

friendly or curious; however, for your safety and theirs, please view them from a distance, act responsibly and never feed turtles," Aila said.

"A turtle that associates people with food can act aggressively and may bite," he added.

The green sea turtle is listed as threatened, and the hawksbill sea turtle is listed as endangered under the Endangered Species Act.

Although green sea turtle populations are recovering, they still face threats, including destruction and alteration of nesting and feeding areas, incidental capture in commercial and recreational fisheries, entanglement in and ingestion of marine debris, poaching, disease, vessel strikes and climate change.

In Hawaii, sea turtles are protected by the Hawaii Revised Statutes (Chapter 195D) and Hawaii Administrative Rules (13-124).

Feeding or touching turtles in any way is considered a disturbance and illegal.

## Commissary gift card is 'gift of groceries'

### JESSICA ROUSE

Defense Commissary Agency

**FORT LEE, Va.** — No matter the occasion, Commissary gift cards are always available to help family members, friends and organizations give the gift of groceries.

"Our gift cards are versatile," said Randy Chandler, the Defense Commissary Agency's sales director. "They can help a young family in need, offer wholesome eating options to a young service member or make a terrific prize for organizations holding a contest."

The cards, which come in denominations of \$25 and \$50, can be purchased by anyone at any commissary worldwide or online. However, only an authorized patron can redeem them.

Here are some quick facts about the Commissary Gift Card:

• The cards are available at all commissaries worldwide. They're usually on a rack at full-service, front-end registers, as well as through the DeCA website at [www.commissaries.com](http://www.commissaries.com).

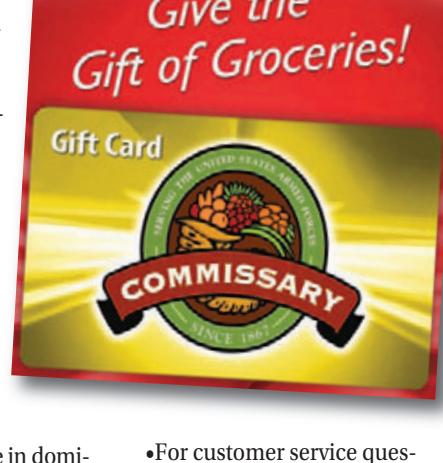
• The cards expire five years from the date of purchase.

• Online orders incur a handling fee. These fees are not assessed to in-store orders.

• There is no limit to the number of gift cards that a purchaser can buy. However, DeCA officials recommend organizations and activities consider purchasing online if they need \$500 or more in gift cards.

• Commissary Gift Cards can be

shipped anywhere in the U.S., and outside the U.S., gift cards can be shipped to APO, FPO or DPO addresses.



• For customer service questions, call the toll-free phone number, (877) 988-4438, which also allows the user to check the card balance.

To date, the commissaries have sold almost 440,000 gift cards.

"Offering groceries at great prices, with multiple ways to pay, are more of the ways we are making it easier for our service members and their families to enjoy the commissary benefit they have earned," Chandler said.

### More Online

To learn more about DeCA, see what's on sale, create a shopping list, learn about food and product recalls, scan employment opportunities and read frequently asked questions, visit [www.commissaries.com](http://www.commissaries.com).



## CELEBRATING 116 YEARS IN THE PACIFIC



Staff Sgt. Kyle Richardson, U.S. Army-Pacific Public Affairs

**FORT SHAFTER** — Soldiers, leaders, civilians and family members gathered at historic Palm Circle, here, for a 1.5-mile family fun run, led by Gen. Vincent Brooks (left, front), commander, U.S. Army-Pacific, June 9. The run was part of several activities associated with Pacific Theater Army Week (PTAW), which this year commemorated the Army's 116-year presence in the Pacific region. Soldiers participated in various activities during the weeklong celebration, which concluded with the 239th Army Birthday Commemoration at the Hilton Hawaiian Village, June 13.

## All-Army Sports Program keeps competitive fire alive

### STAFF SGT. RICHARD SHERBA

8th Military Police Brigade Public Affairs  
8th Theater Sustainment Command

**SCHOFIELD BARRACKS** — “Being an athlete is an innate characteristic; once it’s inside you, it never goes away.”

1st Lt. Ali Giraud, officer in charge, S-1 shop, 303rd Explosive Ordnance Disposal Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, and a former NCAA Division I athlete in volleyball, spoke those words seated behind her desk in the personnel shop of battalion headquarters, here, June 12, while taking a moment from her duties to reflect on a recent opportunity to continue a passion she once thought was over.

“I thought my (athletic) career was over after college,” said Giraud, who graduated from the U.S. Military Academy at West Point in May 2012.

“I saw my peers (former teammates and competitors) dealing with not being able to compete at such a high level anymore, and it made me nervous,” said Giraud.

That was until Giraud, a native of Petaluma, Calif., discovered the All-Army Sports Program in 2013.

Giraud applied for the All-Army Volleyball

Team and was invited to try out. She made the cut and has been a member of the team for the past two years.

“Once I researched the program, I found out I could compete with a wonderful group of women who serve their country, while wanting

to get out on that court and play some good ball,” said Giraud. “It’s an exciting opportunity, allowing me to continue to grow as an athlete while bringing out the competitive side of me, which is always going to be inside of me.”

Giraud helped lead the All-Army team to gold medal finishes in the 2013 and 2014 U.S. Armed Forces Sports—Women’s Indoor Volleyball Championships, competing and going undefeated against Navy and Air Force teams both years.

After winning gold in the U.S. Armed Forces Tournament, May 23, in Phoenix, Ariz., it was on to the 2014 USA Volleyball Open National Championships, also in Phoenix, May 24-28.

There are challenges that armed forces teams face annually at the USAV Open National Championships, but Giraud and her teammates refused to let those difficulties be a factor this year.

“What really worked for us was our Army resiliency — our ability to bounce back after a



Giraud



Anthony Poore, All-Army Sports Program

**PHOENIX** — 1st Lt. Ali Giraud (#10), officer in charge of the S-1 shop, 303rd EOD Bn., 8th MP Bde., 8th TSC, covers her teammates at the net during the 2014 USAV Open National Championships, held here, May 24-28.

setback, even when we had lost a game,” said Giraud. “No other team had that ability to bounce back, that resiliency; nobody could match us on that. We could regroup, refocus after a setback and bring everything we had to every single match.”

“The Army has taught me anything is possible if you work hard enough for it,” continued Giraud, who was named to the 2014 USAV

Open National Championships All Tournament Team, as well as to the 2014 USAV Open National Championships All Tournament Team.

“If you have the discipline, motivation and mental resiliency, you can do anything and overcome anything,” she concluded. “I have never actually seen heart win a game before, and (heart) is what absolutely won that game.”



Courtesy photo

Staff Sgt. Michael Gallahue, Btry. B, 3-7th FA Regt., 3rd BCT, 25th ID, rides a wave during the eighth annual All-Military Surf Classic at White Plains Beach, June 7.

## 3-7th FA surfer takes first in comp

**SGT. BRIAN ERICKSON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

EWA BEACH — Staff Sgt. Michael Gallahue of Battery B, 3rd Battalion, 7th Field Artillery Regiment, "Never Broken," 3rd Brigade Combat Team, 25th Infantry Division, won first place in his age bracket of the eighth annual All-Military Surf Classic at White Plains Beach, here, June 7.

More than 100 surfers competed in 14 different divisions, including open and active duty categories, for short- and longboard surfing.

Gallahue was slotted in the Active Duty Men's Longboard division for men between the ages of 17-29.

Each surfer was given a 20-minute heat to show off what he could do on the water. The competitors could catch 10 waves during the heat, with the top two scores kept for judging.

"As I watched the other surfers, I started to think I really have a chance to win it," said Gallahue.

When Gallahue's heat arrived, he relied on his years of surfing experience to give him the edge to make the finals in his division.

In the finals, Gallahue put up the top numbers, bringing home the first place trophy.

"Coming from a small little beach break in Florida, winning this with my surf skills is a great accomplishment," said the Vero Beach native.

Along with winning his age bracket, Gallahue also helped the U.S. Army claim the coveted "Top Branch" award. The top three scores from all active duty final heats are combined to determine which branch wins the giant tiki trophy ... and bragging rights for the next year.

"This was a great event. It provided an opportunity for the military community to compete," said Col. Brian Eifler, commander, 3rd BCT, 25th ID. "(There was) great representation from Soldiers in the 25th ID to USARPAC to PACOM."

Gallahue has no immediate plans to surf in any major competitions, but he states he has no plans to ever leave the world of waves we call surfing.

# Health challenge moves to Week 3

**TRIPLER ARMY MEDICAL CENTER**  
Public Affairs

The Performance Triad is in Week 3. The health challenge is designed for adults — military, their family members and retirees — to enhance their overall health through sleep, activity and nutrition, all vital components to healthy living, though difficult when other responsibilities compete for time and energy.

For the next 23 weeks, participants are asked to think about what could keep them from reaching their goals

### More Online

For more ideas, visit [www.choosemyplate.gov/healthy-eating-tips/ten-tips.html](http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html).

Learn more about the triad at <http://ArmyMedicine.mil>.

and how they can overcome these barriers.

The following are a few ways to keep moving forward with your personal challenge:

### Sleep Goal

How did you do? Did you get at least 7-8 hours of sleep?

Keep a consistent wake time, even on weekends. If you wake up at the same time every day, you reset your body's clock, called the circadian rhythm.

Try waking up at the same time every day, making sure that you get eight hours of sleep.

### Activity Goal

Short on time? Start small. Take a five-minute walk each day this week.

Get at least two and a half hours of moderate-intensity activity and two

days of muscle-strengthening activity, per week. Ideally, take 10,000 steps during your everyday routine.

### Nutrition Goal

Check and note your waist circumference using a string or tape measure. Find out how at [www.myhealthywaist.org/evaluating-cmr/clinical-tools/waist-circumference-measurement-guidelines/index.html](http://www.myhealthywaist.org/evaluating-cmr/clinical-tools/waist-circumference-measurement-guidelines/index.html).

Men with a measurement more than 40 inches and women with a measurement more than 35 are at very high risk for cardiac disease, diabetes and high blood pressure.

This challenge should help you decrease your waist circumference and reduce your risk of chronic conditions.

Try to increase your fruit and vegetable intake daily this week. Use fruit as a dessert and vegetables as snacks.