

18th MEDCOM sharpens skills, prepares National Guard

Story and Photos by
SGT. 1ST CLASS RODNEY JACKSON
18th Medical Command (Deployment Support) Public Affairs

SCHOFIELD BARRACKS — The 18th Medical Command (Deployment Support) conducted its annual lane training exercise, here, April 13-18 — with a twist.

The 18th MEDCOM polishes its skills every year on all skill level one tasks and range qualifications. Every year, the training culminates with Soldiers navigating lanes in squads to test the level of comprehension each has accomplished throughout the days prior.

This year, however, as the 18th MEDCOM set up operations at Area X, here, a Hawaii Army National Guard Public Affairs Detachment set up in an adjacent building. When the 18th MEDCOM moved out to its lane training scenarios, the HIANG video broadcast team followed.

Tasked by a U.S. Army-Pacific Public Affairs trainer, this change-up allowed the unit to record its lanes training as a practice exercise that will prepare the team for covering units in theater.

18th MEDCOM Soldiers pushed through three lanes. The first was a medical lane during which Soldiers rescued simulated casualties and evacuated them to a medical evacuation point. This lane was combined with a checkpoint lane to stop and search a vehicle and its occupants.

At the second lane, Soldiers faced an improvised explosive device with the task to maneuver through a village after an IED attack. The final lane put the unit face-to-face with a mock village lane; the mission was to receive information from a sheik, while an unexpected ambush awaited.

“This year’s training was different from last years,” said Spc. David Goins, paralegal, 18th MEDCOM (DS). “I felt more



During intense lane training, 2nd Lt. Patrick Savelio (left), medical operations officer; Sgt. Alfredo Colon (center), internal control analyst; and Sgt. Laquanda Rainey, executive administrative assistant, all with 18th MEDCOM (DS), prepare a simulated casualty for evacuation from a combat zone during the unit’s lane training exercise at Schofield Barracks, April 13-18.

See 18th MEDCOM, A-3

565th Eng. Det. deploys to Afghanistan

**U.S. ARMY CORPS OF ENGINEERS-
HONOLULU DISTRICT**
Public Affairs Office

FORT SHAFTER — The Honolulu District-based 565th Engineer Detachment, Forward Engineer Support Team-Advance, or FEST-A, held a deployment casing ceremony, here, April 24, to mark its official deployment to support Operation Enduring Freedom in Afghanistan.

Presiding over the ceremony, Lt. Col. Douglas Guttormsen, commander, U.S. Army Corps of Engineers-HD, praised the detachment and commended the spirit of volunteerism the team exemplifies.

“No FEST-A unit that I am aware of has established a better reputation across the Corps and across the Pacific,” Guttormsen said. “The unit’s unique skills and capabilities have made a significant engineering impact in the Pacific during the last three years and will continue to make a difference when deployed downrange.”

FEST-A consists of a detachment commander, a noncommissioned officer in charge and six Department of Defense civilians, who serve in the jobs of a geographic information system specialist, and as civil, structural, environmental, mechanical and electrical engineers, with other engineering disciplines available for augmentation depending on the mission.

The detachment will deploy next month to Kandahar Air Base, Afghanistan, and will provide technical engineering support to Regional Command-South, currently headquartered by the 82nd Airborne Division.

“The detachment has worked extremely hard over the

past year and is ready for its Afghanistan mission,” said Maj. William Hannan Jr., commander, 565th Eng. Det. “I couldn’t be more proud of this team, and we all look forward to providing excellent technical engineer support wherever our mission takes us in Afghanistan.”



Angela E. Kershner | USACE-HD Public Affairs

Maj. William Hannan Jr. (left), commander; Mike Bruse (middle); and Sgt. 1st Class Gary Malkin, all with the 565th Eng. Det., FEST-A, case the detachment’s guidon during a ceremony at Palm Circle, Fort Shafter, April 24.

‘Never Daunted’ teams place in Sapper top 10

ARMY NEWS SERVICE
News Release

FORT LEONARD WOOD, Mo. — The 2012 Best Sapper competition, a centerpiece of the Army Engineer School’s annual regimental conference, kicked off in the dark, early morning hours of April 19, here, with 38 teams of two participating from units scattered worldwide — the largest field yet to compete.

The active and reserve component competitors moved through a course of 50-miles in 50 hours, April 19-21, with a variety of obstacles in the way, designed to exhaust them physically, mentally and creatively.

The two teams from the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, placed in the top 10 this year.

1st Lt. Andrew Cammack, construction planner, Headquarters and Headquarters Company, and 2nd Lt. Brett Carter, platoon leader, 561st Eng. Co., came in sixth place. Also, 1st Lt. John Spies, platoon leader, 561st Eng. Co., and 2nd Lt. Shane Wright, platoon leader, 523rd Eng. Co., placed ninth.

In their way of earning the title of Best Sapper stood events such as helocasting into a lake with a packed rucksack, rappelling a 40-foot tower and 92-foot cliff, day- and night-land navigation, obstacles that needed to be detonated, thermal breaching exercises and pushing through a gas-mask run.

“I learned a lot about the necessity of teamwork,” Wright said. “Neither of us alone knew everything, but together, we could effectively accomplish any task. The teams that did not work together were eliminated early in the competition, along with those teams that did not train seriously enough.”

From thermal breaching to casualty evacuation, the tasks were designed to push Sappers past their mental and physical breaking points — filtering the smartest and strongest Sappers onto the next level of competition.

Less than a third of the way into the competition, 18 of the two-Soldier teams were cut from enduring more misery and their bids for the top spot among their peers.

The two teams representing the “Never Daunted” Bn. made the cut and were left to grin at another day of pushing themselves through near-freezing temperatures, a wet forest, meals ready to eat and, in general, more austere conditions.

The teams left tackled the eight events of Sapper Stakes, which tested the competitors on their combat engineer skills with tasks like field expedient charges, in-stride breaching and mountain operations.

“Preparing and competing in the Best Sapper competition made me a more well-rounded engineer,” Carter said. “As a construction effects engineer, this competition forced me to learn the knowledge of both engineering worlds. The combat engineer world is very different, and it was very fun to cross train.”

See 84th ENG. BN., A-5

TAMC uses new cutting-edge procedure in OR



Dr. Phillip Lim, pain management physician, IPMC, TAMC, places a percutaneous spinal cord stimulator in a 36-year-old patient who has suffered from chronic neuropathic pain, a chronic pain that results from an injury to the nervous system.

Story and Photos by
STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — The use of spinal cord stimulators to treat chronic pain has evolved at Tripler Army Medical Center, here.

In 2011, the Food and Drug Administration approved the use of spinal cord stimulators using a percutaneously delivered (through the skin) paddle lead and a battery-operated pulse generator that senses a patient’s position. The approval of these implanted devices made a nice addition to TAMC’s Integrative Pain Management Clinic.

The clinic, priding itself on trying to reduce the use of opiates to treat pain, had already been performing spinal cord stimulator implants using cylindrical leads.

The leads used by spinal cord stimulators are wires that go from the stimulator device to the spinal cord. The wires deliver signals that will interrupt the feeling of pain. More

See TAMC, A-4

Kai Malu O Hawaii | A-3

Service members and first responders participate in annual maritime exercise.



Memorial service | A-5

The memorial ceremony for the four 25th Combat Avn. Regt., 25th CAB, 25th ID Soldiers is 10 a.m., May 16, Schofield Barracks Main Post Chapel.

Kaena Point | B-1

Volunteers converge on state preserve.



Aha Aina | B-2

Soldiers and families get a lesson on an ancient Hawaiian martial art.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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Commander, U.S. Army Garrison-Hawaii
Col. Douglas S. Mulbury
Director, Public Affairs
Dennis C. Drake
Chief, Internal Communication
Aiko Rose Brum, 656-3155
aiko.m.brum.civ@mail.mil

News Editor
Vanessa Lynch, 656-3150
news@hawaiiarmyweekly.com

Pau Hana Editor
Vickey Mouzé, 656-3156
community@hawaiiarmyweekly.com

Layout
Estrella Dela Cruz-Araiza

Web Content
Lacey Justinger, 656-3153
lacey@hawaiiarmyweekly.com

Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
314 Sasaoka St., WAAF Building 300, Room 105
Schofield Barracks, HI 96857-5000

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BACKTObASICS

Training in basic Soldier skills is the pinnacle, foundation for everything warriors do daily

COMMAND SGT. MAJ. RAY DEVENS
Command Sergeant Major,
25th Infantry Division

The mastering of basic, common task skills is the most significant component of military training in our Army today.

As we continue to face the complexity of determining our “Center of Gravity” for military operations, our basic warrior skills, at the individual level, has and will always determine our success in military operations and combat.

During decades of peacetime training, prior to 9/11, we focused on common task skills, but the priority was on large unit maneuver warfare and air/land battle success, while our supporting units operated safely behind friendly lines.

We kept our military training uniformed and in order, using layers of checks and balances to keep us conventional and predictable, shunning away from new technology and unconventional ways of operating.

In fact, back then, most leaders refused creative ideas and recommendations from subordinates and directed missions/orders from enemy doctrine to avoid enemy strengths and strike at their weaknesses.

Now, we recognize, in conflict, all enemy combatants can operate freely and strike at any time.

So leaders must insist on the mastery of basic warrior skills at the lowest level with the ability to adapt, operate and fight within the framework

“We cannot just focus our training using the step-by-step processes provided in Army manuals.”

Command Sgt. Maj. Ray A. Devens
Command Sergeant Major, 25th ID



of full-spectrum operations to destroy an enemy combatant or force.

The best method for each Soldier is to gain this mastery of individual common task skills through repetitive and varying training execution, until each skill becomes a natural movement that gradually develops into a habit, and can be effectively applied with a lethal reaction when needed.

We all know the mastering of basics in warfighting is difficult, as it is not the same for each Soldier.

Leaders and Soldiers need to first understand their own strengths and weaknesses in the areas of shooting, moving and physical fitness as warriors, but we cannot just focus our training using the step-by-step processes provided in Army manuals.

We must be more demanding and broad-minded at the individual level and develop combat focused marksmanship, combat trauma medical care, dynamic maneuver ability and athlete warrior fitness — all focused

on the Soldier and unit combat mission requirements and success.

In marksmanship, it is not merely qualifying on a rifle, pistol or machine gun with a center-illuminated optic, or shooting 300-500 rounds of ball ammo during reflexive fire training on a 25-meter silhouette at night with an advanced target pointer/illuminator/aiming light.

The mastering of combat marksmanship skills involves the understanding of ballistics/projectiles in flight and how the bullet’s behavior will allow a Soldier to precisely place the impact to the best of his/her ability.

First, we must master the understanding of ballistics from standard weapon systems before progressing to an enhancing system, such as scopes or lasers.

We must conduct weapons training with an elevated heart rate to match the adrenaline level that will be present during any given combat situation.

These methods also apply for mas-

tering basic combat trauma medical skills.

We cannot be satisfied that everyone is Combat Lifesaver Course-qualified and knows how to apply a ratchet tourniquet or knows how to insert an intravenous needle to relieve a tension pneumothorax.

It is vitally important to effectively apply tactical combat trauma care in the midst of fighting, while maintaining security, cover and concealment and effectively applying firepower, when needed.

Our training must simulate combat and allow us to master our combat trauma skills.

All these methods are mastering the basics at their best.

All Soldiers and leaders must understand that training the basic Soldier skills is the groundwork of everything they do as warriors.

When we apply repetitive and varying training on our basic common task skills, and continuously hone those skills through catastrophic, chaotic and combat simulated training, we do what is expected of the leaders of our nation.

As our nation’s warriors, we swore an oath to go in harm’s way and be the most lethal and effective military force in the world, when needed.

Therefore, to ensure we succeed, we must master our basic warrior skills to continue our success in the harsh and unforgiving brutality of combat whenever, wherever.

Tropic Lightning!

FOOTSTEPS in FAITH

People with a vision shall face obstacles from within

CHAPLAIN (MAJ.) FLORIO F. PIERRE
Deputy Division Chaplain for Family Life,
25th Infantry Division

The 25th Infantry Division’s Headquarters concluded its 13-month rotation in Iraq, closing the chapter on 10 years of persistent conflict.

These arduous years tested the spirit of our nation against the will of the enemy.

Our nation’s determination was not marred by the lack of gratitude or the presence of faithlessness. With vision and fortitude, our noble warriors tackled each obstacle that came their way.

The future of our force looks only brighter, as we build on the success of the past. Whether we speak of a nation, a unit or the individual warrior, we all need visions to survive.

Vision reflects on both the past and the future. It is often said, “We don’t know where we are going, if we don’t know where we came from.”

Reflecting upon the past compels us to look at the future with more fervency in our prayer life, as well as our relationship with our fellow man, because the challenges ahead are so uncertain.

A people with a vision realize there is something to remain faithful to. In the story of David confronting the giant Goliath, in 1 Samuel 17, David had to prove to king Saul, as well as his seven older brothers, there was a cause and a just reason he should be involved in the fight.

A “just cause” for war? Why not peace? First of all, God is not against war. A people with a vision must fight the obstacles in

the way of maintain or obtaining the goal or vision.

Have you ever had to fight yourself against the thoughts that keeping your New Year’s resolutions are too weighty and cumbersome? Did you ever have to decide to protect your neighborhood against theft?

You see, obstacles did not alter David’s vision or his bravery to protect and defend his people. David’s own brothers disparaged him about his vision and his dream. Only because David believed so strongly that what God says matters in the fight was he able to make his ears dull to criticism and desensitized to fear.

David had just been anointed king in 1 Samuel 16, but the crown had not yet been placed on his head. His goal was to deliver Israel from Goliath — like the spiritual life that we live by faith today triumphs over adversities.

By faith, David knew that God would come through for him. His vision of wearing the royal robe could only be enhanced by proving himself before his family, as well as the army that he would later lead. When we have a vision, we must embrace the challenges of life with fervor, courage, faith and hope. Without vision, we will despair and tremble at the presence of obstacles.

I believe that God has a vision for our country, and it was embraced by the founding fathers.

Benjamin Franklin said, “Having a high IQ or good intentions does not make one a good citizen or good friend or guarantee success in life. It is the virtue of perseverance that is a most likely ally.”

A people with a vision must have the means to persevere and endure hardness as any good Soldier does.

Your plan will be tested, but you must keep the faith.



Pierre

Army celebrates birthday

U.S. ARMY-PACIFIC
Public Affairs Office

FORT SHAFTER — This year’s Army birthday commemoration will be held June 15 in the Coral Ballroom of the Hilton Hawaiian Village in Waikiki.

The check-in and cocktail hour will start at 5 p.m. with

- Vegetarian: Grilled island vegetables accompanied by an herb-scented, creamy polenta and tomato coulis and basil oil (\$75).
- Chicken: Rosemary-scented grilled chicken breast in a marsala wine, dijon mustard sauce, accompanied by herb roasted potatoes and seasonal vegetables (\$80).



the doors to the ballroom opening promptly at 6 p.m.

The Army birthday commemoration is open to all active duty, National Guard, Reserve, ROTC cadets, Army civilians, government contractors, family members, retirees, veterans and invited guests.

This commemoration is an opportunity to get dressed up and to celebrate the Army’s 237th birthday.

The evening will be an elegant night of socializing, dining, dancing and entertainment.

During this year’s commemoration, the Army will recognize the Soldier of the Year, the Noncommissioned Officer of the Year, civilians of the year, and the Mana O Ke Koa award recipient.

Three menu choices are offered for this year’s dinner:

- Beef: Kona sea salt-crust-ed prime rib of beef, accompanied by au jus, creamy horseradish, herb roasted potatoes and seasonal vegetables (\$85).

Last year’s Army birthday celebration sold out, so all are encouraged to purchase their tickets early.

The Army birthday commemoration celebrates the absolute best of Soldiers, civilians and family members of the U.S. Army-Pacific.

Army Birthday

Call 366-3557 for ticket information or visit:

- www.usarpac.army.mil/237Birthday

Voices of Ohana

Military Spouse Appreciation Day is May 11
“How do you show support for your military spouse?”
Photos by 8th Theater Sustainment Command Public Affairs



Sgt. 1st Class Frank Luna
8th TSC

“She runs the household and gives me peace of mind. I would say she supports me more than the other way around.”



Lisa Negley
Family Member

“When my husband is away on temporary duty, I make sure not to send him the drama from home while he is away.”



Staff Sgt. Jermaine Powell
8th STB, 8th TSC

“I encourage my wife in everything she does, or plans on doing.”



Spc. Bryan Westling
8th TSC

“As a newlywed, I support the family financially, while she takes care of our family emotionally.”



Spc. Lauren Wright
HHC, 8th STB, 8th TSC

“Besides my own military career, I pull the slack at home. I am his rock to lean on.”

State’s premiere maritime exercise puts participants to the ultimate test

SPC. NEVADA JACK SMITH
117th Mobile Public Affairs Detachment

HONOLULU — For more than a decade, America has waged a war on terror.

In an age where the threat of a terrorist attack has become an uncomfortable familiarity, Americans have had to learn and adapt to the real possibility of an attack.

With threats of a chemical, biological, radiological and or nuclear attack, the country has to be prepared for any possibility and that is why, for the last four years, Hawaii has hosted the Kai Malu O Hawaii, or KOH, exercise.

Kai Malu O Hawaii, which means “protected waters of Hawaii,” is the state’s premiere maritime event.

This year’s exercise, held April 23-25, brought Air and Army National Guard service members from seven civil support teams, or CSTs, together with the 71st Chemical Co., 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, and federal, state and local first responders.

Together, they all participated in a massive, 36-hour operation that tested their skills and resources as they responded to several simulated terrorist attacks.

The seven CSTs participating in KOH 2012 included the 9th CST, California; 10th CST, Washington; 64th CST, New Mexico; 85th CST, Utah; 93rd CST, Hawaii; 94th CST Guam and the 103rd CST, Alaska.

“This is a great training opportunity. Most of the time we work with two or three CSTs, so seven in one location is unprecedented,” said Capt. Fernando Perez, operations officer, 9th CST, California Army National Guard.

“Dating back to 2008, every year we have come together as a community to train in this event,” said Ray Toves, exercise director, KOH 2012. “Each year, we escalate it to a different level of challenge, and this is the biggest challenge we have had so far. We have to identify our threats and train accordingly.”

This year, participants were faced with a scenario involving CBRN attacks from a national drug cartel.

“It’s not just one location, but eight different target sites within the island hitting the responders all at once,” Toves explained.

The exercise started with an attack on a mock drug enforcement conference held at Pier 19 in Honolulu Harbor. Civilian volunteers played the role of victims and the Honolulu Harbor Police acted as the first responders to the scene.

“This exercise brings better communication with all departments,” said Aaron Chu, Honolulu Harbor police officer. “It also helps the community feel better served when we do this training to stop, deter and react.”

First responders on scene have to quickly assess the situation, develop a plan and contact the proper support.

“Nobody can ever tell what is going to hit us with a terrorist threat,” Toves said, adding Hawaii relies on its waterways and harbors for 98 percent of its commercial trade. “We know that the harbors are the biggest threat to our economy. To neglect that fact is actually setting us up for failure, and that is why we train for the worst.”

Though the ultimate goal of KOH 2012 is to better train responders to react, one of the biggest parts of the exercise is overcoming its biggest obstacle: effective communication.

“Bad communications can disrupt any response,” Toves said. “During the past few years, (participants) have graduated to a higher level of expertise, but communication still remains the biggest obstacle, and that’s why this training is so important.

“At the end of any exercise, we look for lessons learned,” Toves continued. “Our ultimate goal is to make sure that every island, every county, has trained for a maritime attack, so that they can sustain themselves until more resources become available.”

Since Hawaii is separated from the mainland by thousands of miles of water, the state may seem vulnerable, but with constant training by its first responders, looks may be deceiving.



Spc. Marcus Fichtl | 8th MP Bde. Public Affairs, 8th TSC

Staff Sgt. Cameron Tinker, 71st Chem. Co., 8th MP Bde., 8th TSC, surveys the innards of the EX-USS Duluth for biological labs and contamination during KOH 2012.



Sgt. Matt Young | Joint Civil Support Team

Members of the Joint Civil Support Team collect, mark and bag unknown chemical samples during the joint simulated training exercise, held April 23-25.



Staff Sgt. Ryan Sheldon | 117th Mobile Public Affairs Detachment

Two attack volunteers prepare replica rocket-propelled grenades before the KOH 2012 exercise begins.

18th MEDCOM: Training’s real world

CONTINUED FROM A-1

involved everyday, and we learned from personnel with different leadership styles, (who) were deployed and not deployed, to work as a group during combat operations.”

The task to record the lanes training by the HIANG was the unit’s first chance to actually record Soldiers doing their job.

“The unit’s initial real-world training allowed the team to produce its first newscast, to its capabilities, from skills acquired before the training from USARPAC,” said Spc. Stephanie Usita, broadcast journalist, HIANG. “Our leadership did an excellent job by providing us this training. If we wouldn’t have gotten the training, we would have been set up for failure.”

Usita went on to say how the training gave her the chance to get familiar with the unit’s new equipment and how the unit will be well prepared to do its jobs, because “there won’t be anyone there holding our hands.”

“The training was designed to build on what the Soldiers learned in advanced individual training public affairs training,” said Staff Sgt.



Sgt. Charlie Abrego, human resources specialist, 18th MEDCOM (DS), pulls guard while fellow Soldiers evacuate a simulated casualty from the combat zone, during the unit’s lane training exercise.

Robert Ham, broadcast journalist, USARPAC Public Affairs.

Ham added that the training helped “expand their knowledge” and made them “ready for the deployment.”

“I saw improvement and implementation of the classroom instruction after only one week,” Ham said.



Spc. Stephanie Usita (right), broadcast journalist, HIANG, records Spc. David Goins (left), paralegal, and Sgt. Tia Wilson (center), unit administrator, both with 18th MEDCOM (DS), searching Staff Sgt. James McKee, food services operations manager, 18th MEDCOM (DS), acting as an insurgent during the unit’s lane training exercise at Schofield Barracks, April 13-18.

Tripler’s NICU discharges smallest patient, preemie

14-ounce newborn joins 1-pound, 10-ounce twin at home

Story and Photos by
STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — To the complete joy of his parents, baby Aidan, a premature twin, who spent 126 days in Tripler Army Medical Center’s Neonatal Intensive Care Unit, finally joined brother, Declan, at home following his discharge, April 20.

Chief Warrant Officer 2 James Klinkenberg, geospatial technician, 70th Engineer Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, and his wife, Brandi, underwent successful in vitro fertilization at TAMC in July 2011. They were excited to find out that they were having twin boys, but the pregnancy didn’t go exactly as they had hoped.

“We went in for our 20-week ultrasound to see how the twins were doing and found out I had atypical preeclampsia,” Brandi said.

A typical preeclampsia is a condition related to increased blood pressure and protein in the mother’s urine.

Brandi was able to carry the twins to 26 weeks when the doctors decided the babies needed to be delivered ahead of schedule. Brandi underwent an emergency cesarean section, Dec. 16, 2011.

James said the whole situation changed very quickly.

“They said they wanted to (deliver) the babies now, and we just kept thinking it’s too early,” James added.

Maj. Joseph Hudak, chief, Neonatal Intensive Care Medicine, TAMC, who has been involved in the twins’ care since birth, said they were not developing normally, and there was concern that the twins were under stress.

Aidan and Declan were delivered just a little over 3 1/2 months early. Aidan was born at just 14 ounces, while Declan, the older of the two, was born at 1 pound, 10 ounces.

“Aidan, at 14 ounces, is the smallest birth weight

infant to survive and be discharged from Tripler that we can identify,” Hudak said.

Hudak explained that infants born as small Aidan and Declan run the risk for many complications after delivery.

“For infants that premature, being born is often too much for their bodies to handle,” Hudak said. “The mother does a lot of things for the baby before it’s born. (For example,) the kidneys don’t have to work well because the placenta is doing their work, and the lungs do not do any work because they are not used before they are born.

“A stay in any ICU is a roller coaster ride, and it is extremely stressful for families,” Hudak added.

As they faced many difficult decisions and situations with their babies, the Klinkenbergs found that the NICU staff was there to support them during their difficult time.

“December 16 changed everything, and all at once, the doctors and nurses became our closest family and the people we relied on most,” Brandi said, who spent every single day in the NICU beside her boys.



Brandi Klinkenberg (left) dresses her son Aidan, a premature twin, who spent 126 days in TAMC’s NICU, while her husband, Chief Warrant Officer 2 James Klinkenberg (right), geospatial technician, 70th Eng. Co., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, holds Aidan’s twin brother, Declan.

“The staff became so important to us because we were looking to them to show us how to hold our children and care for them.”

Chief Warrant Officer 2 James Klinkenberg
70th Eng. Co., 65th Eng. Bn.,
130th Eng. Bde., 8th TSC

“The staff became so important to us because we were looking to them to show us how to hold our children and care for them,” James added.

Declan, who was discharged March 30, did not get to stay in Tripler’s new single-room NICU like Aidan, but their parents were very happy with the renovations. The Klinkenbergs said they enjoyed the privacy and noise reduction the new

rooms offered.

Even though Aidan and Declan are at home with their family, they will still see their NICU family frequently.

“We have a follow-up clinic especially for the NICU babies every Monday afternoon,” Hudak said. “They will be seen by their pediatrician, but we will follow infants like Aidan and Declan for months after they are discharged.”

Hudak said his job is very rewarding but not for the reasons one might think.

“It’s not rewarding the size of the baby we have been able to discharge is smaller; it’s more rewarding in the fact this family had two infants that should never have been born as small as they were, but here we are seeing both of them going home and they are doing great,” Hudak explained. “The part I enjoy is this whole family, the family we started with, is still here and going home. James and Brandi get to enjoy their new babies.”

“They are my miracle babies, from conception to birth,” Brandi said. “They are just little miracles.”



Aidan, weighing just 14 ounces at birth, and Declan, born weighing 1 pound, 10 ounces, were delivered more than three months early, Dec. 16, 2011. Aidan is the smallest infant, by birth weight, to survive and be discharged from Tripler.

TAMC: Paddle lead procedure helps patients with chronic back pain

CONTINUED FROM A-1

than 90 percent of the leads placed at Tripler are percutaneous. Paddle leads use less energy, meaning patients recharge the battery in the stimulator less frequently. The cylindrical leads send energy everywhere, all around the lead, while the paddle leads sends energy to just the spinal cord.

Tripler’s Dr. Phillip Lim, pain management physician, IPMC, who performed the first paddle lead implant in Hawaii at Tripler in February, said a lot of patients say the implant feels like a massage when the neurostimulator is activated.

“A few patients have even moaned from relief when I turn on the stimulation,” Lim said with a laugh. “The technology has gotten so good over the years (with spinal cord stimulators).”

Maj. Brian McLean, chief, Pain Medicine and Interventional Pain Services, TAMC, said this treatment is for patients with severe neuropathic pain, who have exhausted all other avenues of relief and treatment.

“We start with a three-to-seven day trial using a temporary lead similar to an epidural (an injection through a catheter placed into the epidural space of the spine),” McLean explained. “We do not want to (implant) a permanent lead unless the trial offers them at least 75-percent pain relief and improvement in function.”

For Maggie Peeler, who recently received a permanent cylindrical lead implant, the spinal cord stimulator promises her relief from lower back and leg pain after an injury 10 years ago. Peeler said, after her five-day lead trial, when Tripler removed the temporary lead, she realized how much pain she had learned to live with and was anxious to receive the permanent lead.

“The procedure is done on a large number of patients for a

wide variety of neuropathic pain reasons,” McLean added. “It is a very powerful tool to help with chronic pain, and unlike medications and injections, it’s not temporary relief. It is continuous, long-lasting relief.

“(In addition to the lead advancements), the new batteries are sensor batteries and will sense the patient’s movement and adjust stimulation based on the position of their body,” McLean continued.

McLean said the important thing for beneficiaries to know is that the IPMC can provide pain relief without pain medications.

“Our goal is to not just improve their level of pain, but their function,” McLean explained, adding that a spinal cord stimu-

lator has also aided in retention and readiness. “Soldiers have even deployed with the spinal cord stimulator in. It saves the Army from discharging a Soldier with severe chronic pain.”

TAMC
To view more photos, visit
• www.flickr.com/TriplerAMC.



Dr. Phillip Lim, right, pain management physician, IPMC, TAMC, reviews an X-ray screen as he places cylindrical leads into a patient.

84th Eng. Bn.: ‘Never Daunted’ teams push through Sapper challenges

CONTINUED FROM A-1

Still, competitors who remained rappelled live “injured” personnel down a 92-foot cliff, checked to see how knots and fastenings were secured to trees, and checked how to best cross barriers, like rapidly flowing rivers, before disappearing into the darkness to navigate toward the final challenge. During the mountain operations event, competitors evacuated a “casualty” down a 92-foot cliff. This year, they weren’t using dummies.

To add realism, Command Sgt. Maj. Robert Wells, command sergeant major, Fort Leonard Wood and the Maneuver Support Center of Excellence, volunteered to be rigged in the stretcher.

“This was one of the hardest, but most satisfying things I’ve ever done,” Cammack said. “I really enjoyed the camaraderie be-

tween friends and fellow competitors from around the Army. It made me proud to be an engineer.”

The final gut check came the morning of April 21, after the X-miles run, named so because the competitors had no idea about the run’s length. It could have been four, eight, 12 miles or a distance in between.

“The Best Sapper Competition was a great event to test the competency, strength and resiliency of engineers throughout the regiment,” Spies said. “I learned a lot about resiliency and teamwork throughout the competition. We all know hard work is hard work, and it was great to represent the 84th Eng. Bn. for this event.”

(Editor’s Note: Vanessa Lynch, news editor, contributed to the content of this article.)



1st Lt. Andrew Cammack (kneeling), construction planner, HHC, and 2nd Lt. Brett Carter, platoon leader, 561st Eng. Co., both with the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, work through a challenge on the demo lane during the Best Sapper competition.



Best Sapper hopefuls helocast into a lake with a packed rucksack, during the 2012 Best Sapper competition held at Fort Leonard Wood,

Mo., April 19-21. Teams from the 84th Eng. Bn., 130th Eng. Bde., 8th TSC placed in the top 10 this year.



1st Lt. Andrew Cammack (left), construction planner, HHC, and 2nd Lt. Brett Carter, platoon leader, 561st Eng. Co., both with the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, rappell up a 40-foot tower.

News Briefs

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

8 / Tuesday
AFCEA Luncheon — This Armed Forces Communications and Electronics Association luncheon is 11 a.m.-1 p.m., May 8, Hale Ikena, Fort Shafter. Call 441-8524/8565 or visit www.afceahawaii.org. All military and civilians are welcome.

11 / Friday
MOH Recipient — Active duty Medal of Honor recipient Sgt. 1st Class Leroy Petry, 75th Ranger Regiment, will discuss “Small Leadership in Combat” at a free forum, 9:30-11 a.m., May 11, at Sgt. Smith Theater. Call 655-6322.

15 /Tuesday
Change of Command — Lt. Col. Paul Romagnoli, commander, Headquarters and Headquarters Battalion, 25th Infantry Division, will relinquish command to Lt. Col. TJ Johnson at Weyand Field, Schofield Barracks, 11 a.m., May 15.

RSVP by May 10 to alfredo.requena@us.army.mil or call 655-9173. Attire is duty uniform for military; business aloha for civilians.

16 / Wednesday
Memorial Ceremony— The memorial ceremony for the four Soldiers assigned to the 25th Combat Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, is 10 a.m., May 16, Schofield Barracks Main Post Chapel.

The Soldiers are: Chief Warrant Officer 2 Nicholas Johnson, Chief Warrant Officer 2 Don Viray and Sgt. Chris Workman, all assigned to Company A, 2nd Battalion., 25th Combat Avn. Regt.; and Sgt. Dean Shaffer, Co. B, 2nd Bn., 25th Combat Avn. Regt.

The Soldiers, who were supporting Operation Enduring Freedom, died April 20 in southwestern Afghanistan of wounds suffered when the UH-60 Black Hawk helicopter they were in crashed.

Trailers get new home at UH community college campuses

Story and Photo by
JACK WIERS
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Garrison sustainability and the local community college system are each benefiting from the transfer of 32 trailers, totaling 24,000 square feet of space, to the University of Hawaii Community College system.

Both university and garrison officials are applauding the collaboration that took place during late April into early May.

“This cooperative effort is a win-win for the Army, the community colleges and the taxpayer,” said Dr. John Morton, vice president, UH Community College system.

Department of Defense guidelines allow the transfer of this type of military real estate to state agencies once military options have been explored.

“We are in the process of relocating these trailers to the Honolulu Community College for use as much-needed classrooms and faculty offices as we renovate our library,” Morton said.

The trailers currently house two temporary Fort Shafter buildings, X0625 and X0626. The mobile units had provided temporary office

space for components of the 8th Theater Sustainment Command and U.S. Army-Pacific since 2006.

The temporary structures were vacated in September, as preparation began for the first phase of construction of the new USARPAC Command and Control Center. Costly demolition and removal, coupled with the environmental impact of disposing of 32 units, each weighing approximately 1,000 pounds, made transfer the logical option.

“Thanks to the hard work of the U.S. Army Garrison-Hawaii and the Hawaii education community, we leveraged resources, got to a common sense solution that saved dollars, and will support the community well into the future,” said Col. Jay Hammer, executive officer, USAG-HI.

Old tenants of X0625 and X0626 will ultimately be housed in renovated buildings on Fort Shafter, following completion of the new command center.

The UH Community College system, meanwhile, is planning multiple uses for the portable offices and classrooms, first providing support for Honolulu Community College, followed by Kapiolani and Leeward community colleges.



USAG-HI is transferring 32 trailers, like the one pictured above, totaling 24,000 square feet of space, to the UH Community College system.

Hawaii Army Tax Centers have another record-breaking season

HAWAII ARMY TAX CENTERS
News Release

SCHOFIELD BARRACKS — Hawaii Army Tax Centers held its closing ceremony with Maj. Gen. Joseph Chaves, deputy commander, Hawaii Army National Guard, here, Friday.

Free, professional tax advising saved service members a good deal of money; the team set a new record by filing more than 5,100 tax returns, totaling more than \$10,680,000 million in refunds.

To better serve its audience and eliminate long wait times, tax center customers were able to schedule appointments to have their taxes filed.

“When I heard the wait times exceeded more than four hours last year, something had to be done,” said Capt. Amy Dewitt, judge advocate, U.S. Army Garrison-Hawaii and officer in charge, Hawaii Army Tax Centers at Schofield Barracks. “That was far too long to wait, which is why we are by

appointment only this year.”

Tax centers are still open through November, though hours are limited, to assist Soldiers who are continuing to return home from deployment.

Centers are open to all ranks, family members and retirees for free assistance in organizing and completing 2011 income tax forms.

The Schofield Tax Center is located in Building 648, next to the Sgt. Smith Theater. The Fort Shafter Tax Center is located in the Aloha Center.

Hawaii Army Tax Centers

For off-season tax help, and for updated hours of operation, call the Hawaii Army Tax Centers at 655-1040 or the Schofield Barracks Legal Assistance Office at 655-8607.



Courtesy Photo

Maj. Gen. Joseph Chaves (left), deputy commander, HIANG, congratulates Sgt. Bianca Koth, Hawaii Army Tax Centers, on receiving an Army Commendation Medal.



Photos by Stefanie Gardin | U.S. Army Garrison-Hawaii Public Affairs

Volunteers place boulders to designate access roads during a joint Earth Month restoration event at Kaena Point State Park, Saturday.

Caring for the Aina

IT'S A 'KAKOU' thing

Soldiers, community restore Kaena Point

U.S. ARMY GARRISON-HAWAII
Public Affairs Office

KAENA POINT — More than 50 Soldiers and community volunteers came together for a joint Earth Day restoration project, here, April 28.

Soldiers from Schofield Barracks' 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division, and other Army units rolled up their sleeves and rolled hundreds of rocks and small boulders into place to mark designated roads at the 59-acre reserve and state park.

"The No. 1 priority for the day was to delineate the roads, so people can stay on the appropriate paths," said Dan Quinn, state parks administrator, Hawaii State Department of Land and Natural Resources. "The hardest area to manage is Section A, and that's what we are working today."

The restoration day was a joint effort between U.S. Army Garrison-Hawaii and DLNR staff to clean up and combat irresponsible recreational activities, such as off-roading and illegal bonfires. Unfortunately, years of these irresponsible activities have contributed to the deteri-

oration of Kaena Point and threatened the natural and cultural resources at the park.

"Every little bit helps," said Marigold Zoll, acting manager, Native Ecosystem and Protection Management, Division of Forestry and Wildlife, DLNR, as she spray painted an orange line in the sand on a stretch of path along the shore.

The orange line marked the "spot" for volunteers to place rocks, forming boundaries for approved roads. Soldiers dotted the landscape from mauka to makai, or from the mountains to the ocean, in search of boulders that would be difficult to move by others, once placed. Two- and four-man teams tested their strength as they lifted and rolled rocks into place.

The group also picked up trash and debris along the three-mile stretch of shoreline and sifted through sand and ashes with magnetic sweepers to remove what remained from dozens of illegal bonfires — mainly hundreds of rusted nails.

"This is part of the process; it's going to take everyone's time and effort to change mindsets and habits," Quinn said, referring to the damaging effects of irresponsible use.

The Army is supporting that process by raising awareness of environmental issues at Kaena and encouraging responsible recreation activities through an educational video. The six-minute video is shown to all incoming Soldiers and family members at a weekly newcomers' briefing given by Annelle Amaral, Native Hawaiian liaison, USAG-HI.

"We (Soldiers) see the movie about Kaena Point at the briefing, but when you come out here and see Kaena firsthand, it really hits home," said Capt. Michael Taylor, 225th BSB, 2nd BCT.

Taylor, along with many of the Soldiers from the brigade, has never been to Kaena Point. Creating a road with rocks may be a first to him and the others, but community service is not.

Taylor said the brigade doesn't wait for Earth Day to begin giving back. The Soldiers assist with the Koolau wetland restoration, volunteer at stream cleanups and partner with a Leeward Coast high school.

"We came out today because we're trying to hit all sides of the island," he added.

As Earth Month comes to an end, this special effort between the U.S. Army and DLNR emphasizes how vital joint efforts are when caring for the aina, or land, according to Amaral.

"I'm pleased this was a true success," Amaral said. "Restoration of Kaena Point is going to take an all-of-us effort; it's a 'kakou' thing."

Located at the island's northwest tip, Kaena Point is home to nesting seabirds, monk seals and other native coastal species. It's also a popular location for fishing, hiking, bicycling, and other educational and recreational activities.



Debris is displayed that was picked up during a joint Earth Month restoration event at Kaena Point State Park, Saturday.



Spc. Erick Olson, with 225th BSB, 2nd BCT, 25th Inf. Div., picks up a wooden pallet near the shore at Kaena Point State Park, Saturday.



Spc. Rowena Napoles, 311th Signal Command (Theater), and husband Glenn Sagon collect nails and trash from an illegal bonfire site Kaena Point State Park, Saturday.

Header

View more photos from the clean up at:
• www.flickr.com/photos/usaghawaii.



Today
Right Arm Night — Celebrate Cinco de Mayo at this event, 4-8 p.m., May 4, Nehelani, Schofield Barracks. Enjoy a taco bar buffet. Spouses and civilians are welcome. Tickets are \$5 in advance or \$8 at the door. Call 655-4466.

Friday Night Fever — Get three Cosmic Bowling games and one shoe rental for \$5, 5 p.m.-10 p.m., every Friday night at Wheeler Bowling Center. Call 656-1745.

Free Bowling — The first game is free, 8 a.m.-4 p.m., every Friday at the Fort Shafter Bowling Center. Patrons must purchase a minimum of one game; doesn't apply to group or party reservations. Shoe rental isn't included. Special is offered provided lanes are available. Offer can't be combined with other specials or discounts. Call 438-6733.

Friday Night Entertainment Series — See new acts, each week, at 8 p.m., Kolekole Bar and Grill, Schofield Barracks. Pau hana specials run before the show. Call 655-4466.

- 1st Friday is Comedy Night (for mature audiences only).
- 2nd Friday is live bands.
- 3rd Friday is Colby Benson Band.
- 4th Friday is Taking Care of Business Band.

All Army Sports — The USAG-HI Sports Office is now accepting applications for men's and women's golf, marathon and softball, men's rugby and women's soccer. Call 655-0856/9914.

5 / Saturday
Ladies Golf Clinic — Every first Saturday of the month, Leilehua Golf Course holds a free ladies golf clinic, 1:30 p.m.-3 p.m. Call 655-4653.

Saturday Night Spotlight — The Saturday Night Spotlight's schedule at Kolekole Bar and Grill, Schofield Barracks, follows:

- 1st Saturday, Old School Soul Night with deejay Bennie James.
- 2nd Saturday, Country Night (guest starring Nashville Waikiki's deejay).
- 3rd Saturday, Hip-Hop/R&B Night.
- 4th Saturday, Karaoke Night.
- 5th Saturday, Jazz Night.

7 / Monday
Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, conducts free hula classes for Soldiers and families. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-



Charles "Sonny" Kaulukukui (left) "ties up" Charles "Miki" Lee as they demonstrate lua, the ancient Hawaiian martial art, at USAG-HI's quarterly Aha Aina (banquet) at Schofield Barracks, April 27.

Aha Aina features martial art

Story and Photo by
VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS — Army veterans shared their knowledge and skill of an ancient Hawaiian martial art here, April 27.

Thomas Kaulukukui Jr. and Jerry Walker taught Soldiers and their families about lua at the Aha Aina, or banquet, lecture series, hosted by U.S. Army Garrison-Hawaii's Native Hawaiian Liaison Office, founded to build relationships between Soldiers and their families with the Native Hawaiian community.

"Lua comes from a time when men grappled with each other and beat each other with clubs; this was before firearms," said Kaulukukui, who served in Vietnam as a paratrooper from 1968-1970.

Not all warriors could use lua; lua was essentially reserved for the alii, or royalty. Using lua, an elite warrior, usually a warrior chief, would first paralyze his enemy with nerve strikes. Next, he would dislocate joints, break major bones and then snap the enemy's back.

Additionally, lua warriors used strangling cords, slings, long spears, shark tooth clubs, wooden daggers and hand clubs, all designed to quickly dispatch the enemy to Ku, the Hawaiian god of war.

lua went underground after the missionaries arrived in the island, and was eventually designated as a lost art. However, Walker and four buddies, who were all schooled in martial arts, were curious about lua. They sought out Charles Kenn, an olohe lua, or lua master, in 1974 and convinced him to train them. They trained with Kenn for five years. They then became olohe lua and started training others in contemporary lua.

Walker, with his Special Forces background, drew a comparison between lua and Special Forces.

"The Army has its Green Berets, and each of the services have their equivalents. Lua was the ancient Hawaiian's version of special forces," said Walker.

Walker and Kaulukukui, along with several other members from Pa Kaai Kanaha Elua, demonstrated different lua moves and weapons for the audience. The group finished their demonstration by lining up on stage,

legs and elbows deeply bent, and began chanting: "Ha, he, hu! Ha, he, hu! Ha, he, hu!"

They moved back and forth in unison, striking invisible opponents with quick, powerful jabs. The audience joined in with the chants, each repetition louder than the last. Afterward, USAG-HI's hula class entertained the audience.

"It was a great evening," said Annelle Amaral, Native Hawaiian liaison, USAG-HI. "The demonstration on lua, the Hawaiian martial art, was stunning. I was proud to see the Royal Order of Kamehameha in attendance. And finally, to have our Army families' hula class dancing like they've been dancing hula for years capped off a wonderful evening!"

A quarterly initiative of USAG-HI, in partnership with the Native Hawaiian Liaison Office, the Aha Aina helps bridge understanding between the Native Hawaiian community and the Army.

Previous dinner topics have included "Under the Jarvis Moon, and Hee Nalu (Surfing): Hawaii's Gift to the World," and "The Lands of Lihue."

Hawaiian Culture

Besides holding quarterly Aha Aina lectures, USAG-HI'S Native Hawaiian Liaison Office conducts cultural workshops and classes throughout the year. One of the most popular classes are free hula lessons. Soldiers and families are invited to participate in beginner classes, 5-6 p.m.; and advanced classes, 6-7 p.m. Class schedules and locations follow:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, Aliamanu Military Reservation Community Center.

To learn more about upcoming Native Hawaiian events, email nhliaison@gmail.com or call 655-9694.

See more photos and videos of this event at:

- www.flickr.com/usaghawaii.

9694 or email nhliaison@gmail.com.

Class dates follow:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, AMR Community Center.

8 / Tuesday

Financial Readiness Program

— A financial counselor is available at the Shafter ACS office, Room 111, every Tuesday until further notice, to

help with financial actions other than Army Emergency Relief loans.

To make an appointment, call 438-9285.

See FMWR Briefs, B-4

community calendar

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

Today

Army Ten-Miler — Priority registration for this annual event, to be held Oct. 21 in Washington, D.C., continues on a first-come, first-served basis for all U.S. service members and runners who have participated in at least seven or more Army Ten-Miler races.

About one-third of the total 30,000 entries will be re-served for priority registration.

Military service members must use a .mil email address to register.

Starting May 15, the remaining two-thirds of the race entries will be available to the general public, on a first-come, first-served basis.

Visit www.armytenmiler.com to verify priority registration qualification and to register.

5 / Saturday

Spring Craft Fair — This event is 9 a.m.-3 p.m., May 5, Joint Base Pearl Harbor-Hickam Craft Center, 335 Kuntz Ave. Includes original arts and crafts, live entertainment, food booths, horse rides, keiki activities and more.

Public access via Elliot Stret and Kuntz Gate. Visit www.GreatLife-Hawaii.com.

Hawaii Book and Music Festival

— Enjoy "A Celebration of Story and Song," 10 a.m.-5 p.m., May 5-6, Honolulu Hale, 530 South King St.; free admission and free parking. Includes national and local best-selling authors, music and hula. Visit www.HawaiiBookAndMusicFestival.org.

Cinco de Mayo — Celebrate this holiday, 11 a.m.-1 p.m., May 5, at the Schofield and Hickam exchanges. Includes pinata for keiki. Call 222-7216.

Pacific Roller Derby Fun Day

— Potential derby girls can gear up and take to the flat track, 9 a.m.-noon, May 5, Kamiloiki Park Hockey Rink on the corner of Lunalilo Home

Road and Hawaii Kai Drive. No experience or gear is required. Bring sneakers, water and sunscreen.

Lunch will be provided. To attend, register at <https://docs.google.com/spreadsheet/viewform?formkey=dHozMjFlTHh6MWV6VEN3T2JKa0FNUmcm6MQ#gid=0>.

Email recruiting@pacificrollerderby.com.

10 / Thursday

Free Comedy Show

— See Gabriel Iglesias in the "Tour for the Troops," 7-9 p.m., May 10, Ward Field, Joint Base Pearl Harbor-Hickam; doors open at 5 p.m. Free for all military-affiliated personnel and guests; no tickets necessary. Recommended for ages 16 years and older. Bring a blanket or chair for seating on a first-come, first-served basis.

No pets, bottles, outside food or drinks (including alcohol), coolers, tents, umbrellas or recording devices allowed. Food and beverages will be available for purchase.

Parking is available in the surrounding area. Visit www.GreatLife-Hawaii.com.

Fine Arts Showcase

— This event is 5-7 p.m., May 10, Wheeler

Middle School. Includes art projects, fashion show and band music. Call 622-6225 or email karen_hunter@notes.k12.hi.us.

11 / Friday

Interfaith Forum — Girl Scout Cadette Troop 164 is hosting an Interfaith Forum, 6-8 p.m., May 11, Main Post Chapel, Schofield Barracks.

Religious leaders from various faith communities will give speeches on their faith followed by a question and answer time.

Email koleko letrp164@yahoo.com.

12 / Saturday

Pineapple Festival — Celebrate Wahiawa's agricultural heritage, 9 a.m.-8 p.m., May 12, Wahiawa District Park, 1129 Kilani Ave.

Parade starts at 9 a.m. from lower California Avenue, near Kaala Elementary School. Jam with Hawaii Bluegrass, 1-5 p.m. Festival includes craft and gift fair, food vendors, live music and keiki activities.

Visit www.wahiawapinefest.com.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

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

Buddhist Services

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

Catholic Mass

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

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers' Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

This Week at the Movies

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



Mirror Mirror

(PG)

Fri., May 4, 7 p.m.
Sat., May 5, 4 p.m.
Sun., May 6, 2 p.m.
Thurs., May 10, 7 p.m

John Carter

(PG-13)

Sat., May 5, 7 p.m.

A Thousand Words

(PG-13)

Wed., May 9, 7 p.m.

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
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
HMR: Helemano Military Reservation
IPC: Island Palm Communities

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

Hui O Na Wahine club to hold end-of-year luncheon

ALICIA PARTRIDGE
Hui O Na Wahine

SCHOFIELD BARRACKS — The Hui O Na Wahine all-ranks Army spouses club is hosting its final luncheon of the year at the Nehelani Club, here, May 17.

A slideshow of photos along with short videos that depicts the club’s achievements throughout the year will be shown.

“We have done so well this year, and we want to dedicate this luncheon to all of those who have made it so,” said Jennifer Kelling, president, Hui O Na Wahine.

The club will also welcome new executive board members and thank their predecessors.

Members can shop with Hui vendors and socialize with other spouses.

The event opens at 10:30 a.m. for shopping with Hui vendors; a luau-themed buffet lunch is 11 a.m.-1 p.m. The event costs \$15 and includes lunch.

The monthly donation basket is for Opera-

tion Homefront’s Back to School Brigade. Members are asked to bring in school supplies for military children for next school year, including backpacks, markers, pencils, erasers, rulers and composition notebooks.

In return for their donations, members will receive free tickets for opportunity drawings.

Hui Luncheon

Luncheon reservations must be placed by May 11. Hui O Na Wahine members with last names beginning with A-L should email huireservationsal@gmail.com; members with last names M-Z should email huireservations-mz@gmail.com.

Spouses must be 2011-2012 members of the Hui to attend the luncheon. For membership information, email huionawahine@gmail.com or visit:

- www.schofieldspouses.com.



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

Vendors similar to those shown in this file photo from the “Super Sign-Up,” Aug. 17, 2011, will have tables set up at the Hui O Na Wahine’s luncheon, May 17, at the Nehelani, Schofield Barracks.

School longitudinal study nearing deadline; students urged to sign up

SCHOOL LIAISON OFFICE
News Release

SCHOFIELD BARRACKS — Parents and students have until July 2 to take a survey that could change a child’s educational experience in Hawaii.

The longitudinal study, hosted by The U.S. Pacific Command, is winding down its three-year data run to determine changes needed to improve the education experience in Hawaii for military families.

Johns Hopkins and the University of Hawaii are conducting the study targeted for all military personnel being assigned to Oahu installations.

All children, 10-18 years old, attending private, charter, public and home schools are invited to participate in the study.

The survey covers topics that impact children’s performance in school, to include the quality of education, educational equipment, social relationships, safety, transitions to Hawaii and services available to military children and parents.

The survey also asks about another important influence on the school day: parental deployments.

Data from the survey will help researchers identify changes in family’s knowledge, attitudes and

beliefs regarding life in Hawaii, as well as their expectations and experiences of the Hawaii tour of duty and education system.

Military leaders in all branches of service have joined PACOM in asking active duty military members to make participation in the study a “high priority.”

“If enough people participate in the survey, there will be strong evidence to help inform leadership regarding the education of students of military families,” said Dr. Robert Blum, Johns Hopkins University researcher and director of the study.

Longitudinal Study

Parents of all school-age children can take the survey. Children, ages 10-18, can take the youth survey.

Children who take the survey are eligible for quarterly drawings for prizes including iTunes gift cards and MP3 Players.

To take the survey, visit:

- www.hawaiiikids.org.

Hawaii Military Recognition Luncheon — Deadline to register for this annual Chamber of Commerce luncheon is May 4; event is noon-1:30 p.m., May 10, Hilton Hawaiian Village.

Register online at www.cochawaii.org.

Keynote speaker, Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific, will speak about Hawaii’s 25th Infantry Division.

Free shuttle departs at 9 a.m. from the Bowling Center, Schofield Barracks and will return at 2 p.m. Registration is required for transportation; call 655-0002.

For Joint Base Pearl Harbor-Hickam shuttles, call 423-3215; for Marine Corps Base Hawaii, Kaneohe shuttles, call 257-8832.

For general information, email ota.elaine@yahoo.com or call 486-9640.

Armed Forces Day — The Honolulu Zoo, 151 Kapahulu Ave., will host a free day at the zoo for all military ID cardholders, including retirees and National Guardsmen and their spouses, 9 a.m.-2 p.m., May 19. One ID cardholder can bring the entire family.

Free entrance for military ID cardholders will be located at the Monsarrat Gate.

Living History Day — The U.S. Army Museum of Hawaii, Fort DeRussy, Waikiki, will commemorate Armed Forces Day, 10 a.m.-3 p.m., May 19, with reenactors in period uniforms and displays of military memorabilia. Call 438-2822.

Polo — The Army will play the Navy, noon, May 27, at Mokuleia Polo Field.

TAMC opens state-of-the-art employee fitness centers

Story and Photos by
STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — A ribbon cutting ceremony for new Tripler Army Medical Center employee fitness rooms took place, here, April 24. The fitness centers are just one part of

Tripler’s new “Be Well” campaign, which promotes healthy lifestyles for TAMC staff. A big part of it is resiliency.

Resiliency refers to one’s ability to quickly recover from change or misfortune.

“Part of resiliency is being physically fit,” said Brig. Gen. Keith Gallagher, commander,

Pacific Regional Medical Command and TAMC. “You treat people who are sick and ill, as well as some of our great Americans who have been downrange and who have seen things that no one should ever see. They are trying to cope with that, and you are trying to help them cope with that. As a result, you become a second casualty of the war.”

Gallagher encourages his staff to talk to one another, talk to the professionals at TAMC and to do things that get them to where they think and cope with the stress of their career experiences.

“A part of (learning to cope) includes physical fitness and physical training,” Gallagher explained. “These (Provider Resiliency Fitness Training areas) will help serve that purpose. If you get tired physically, you get tired mentally and emotionally.”

Resiliency has many key components, but PRMC’s Resiliency Team wanted to start with the basics.

“People are coming off shifts late, and we wanted to have a place for everybody to work out,” said Howard Reyes, regional program supervisor, Army Medicine Care Provider Support Program, PRMC. “When you are physically fit or you have had a good work out, it just seems to make everything else a lot easier, including your mood and emotions.

In addition to the fitness areas, Gallagher reminded staff that the sidewalk loop around the outside of the hospital now connects, and he encouraged staff to walk the loop, as well.

“Physical training and physical fitness helps you clear your mind, but most importantly, it keeps you healthy,” Gallagher said.

The next Be Well campaign initiative, the 50-Mile Challenge, kicks off May 14.



Master Sgt. Wallace Carmichael, Operations, PRMC, lifts weights in the new 2G PReFiTarea.



Master Sgt. Wallace Carmichael, Operations, PRMC, performs chin-ups in the new 2G PPreFiT area at TAMC. The areas are part the “Be Well” campaign, promoting wellness, healthy living and resiliency for TAMC staff.

TAMC’S Employee Fitness Rooms

The rooms are located in 2G315 across from the Chief, Logistics Office, and in Room 3F701, Physical Therapy. Both rooms require ID card access. The 2G PReFiT room features cardio equipment, weights and CrossFit equipment. The PReFiT Mauka room at 3F701 features cardio equipment and is expected to receive more in the future.

While the 2G PReFiT room has 24/7 access, the hours for the PReFiT Mauka room at Physical Therapy are before 7 a.m.; 11:30 a.m.-1 p.m.; and after 4 p.m., Monday-Friday; 24-hour access on weekends and holidays. All other times are reserved for patient care.

FMWR Briefs

CONTINUED FROM B-2

Free Fishing Class — Fish with Outdoor Recreation, 5 p.m.-7:30 p.m., May 8. Slots fill up fast; register now by calling 655-0143.

9 / Wednesday

\$1 Bowl Wednesdays — Bowl for \$1 per game, 7 a.m.-4 p.m., every Wednesday at the Fort Shafter Bowling Center. Shoe rental isn’t included; for military, shoe rental cost is

\$1.75; for civilians, \$2.

Special is offered provided lanes are available. Offer doesn’t apply to group or party reservations and can’t be combined with any additional specials or discounts. Call 438-6733.

Teen Cosmic Bowling — For \$2 and a two-game minimum, teens ages 13-19 can bowl 2-4 p.m., each Wednesday at the Wheeler Bowling Center. Free shoes with a two-game minimum. Call 656-1745.

10 / Thursday

BOSS Blood Drive — Better

Opportunities for Single Soldiers, or BOSS, is sponsoring a blood drive, 10 a.m.-1 p.m. (longer, if needed), May 10. Call 655-1130.

Survivor Support Group — This meeting for all survivors, including battle buddies, from 5-8:30 p.m., April 10, at the Survivor Outreach Services Center, Room 104, Fort Shafter Aloha Center. Pizza and refreshments will be provided. Call 438-9285.

12 / Saturday

Read to the Dogs — Keiki who can read on their own can sign up for

a 15-minute session to read to a dog, 10 a.m., May 12, Sgt. Yano Library, Schofield Barracks. Preregistration is required at 655-8002.

13 / Sunday

Mother’s Day Brunch — Celebrate Mom with Sunday brunch at the Hale Ikena, Fort Shafter, or at the Nehelani, Schofield Barracks. Reservations are required. Call 438-1974 for Hale Ikena or 655-4466 for Nehelani seating times.

Free Bowling for Mom — Mom can bowl free for up to three games at

the Schofield Barracks and Fort Shafter bowling centers, May 13, when you bring in a receipt from Mother’s Day Brunch at Nehelani or Hale Ikena.

Special applies provided lanes are available. Call 655-0573 or 438-6733.

15 / Tuesday

Children’s Book Club — Keiki ages 8-12 can enjoy their own book club, 3:30 p.m., May 15, at the Sgt. Yano Library, Schofield Barracks. Includes a craft activity. The book club will go on summer hiatus due to the Summer Reading Program.

Army Public Health empowers Soldiers, communities

Two keys essential to good health goals

LYN KUKRAL
U.S. Army Public Health Command
Public Affairs Office

ABERDEEN PROVING GROUND, Md. — There are 525,600 minutes in a year.

In those minutes, we work, play, socialize, sleep and conduct all of the activities that make up our lives.

The average Soldier or family member also spends 100 of those minutes with a doctor, nurse or other health care provider.

“We have 100 minutes a year with our patients,” said Lt. Gen. Patricia Horoho, Army Surgeon General, pointing out the fact to health care providers at this year’s Military

“I don’t know anyone who would rather go to the hospital than stay active and healthy.”

Maj. Gen. Jimmie Keenan
Commander, USAPHC

Health System conference. “We focus the majority of our peacetime (health care) budgets on those 100 minutes, but are we truly influencing health?”

Influencing health or more correctly, helping you to be healthier, is where the U.S. Army Public Health Command comes in.

“Army Public Health is all about helping Soldiers and retirees, their families, and Army civilians to build and sustain good health,” said Maj. Gen. Jimmie Keenan, commander, USAPHC.

Keenan emphasized that there are two keys to building good health in what the surgeon general called “the white space” — the time between visits to a health care provider. Those keys are empowerment and prevention.

“One of our command’s goals is to empower our beneficiaries to take greater control of their health,” Keenan said. “We want to give them the tools they need — effective programs and information — so they can reach their health goals.

“We also want them to understand how things like maintaining healthy weight, exercising, not smoking and not drinking to excess contribute to their health,” Keenan added.

The other key, prevention of disease and injury, is the heart of USAPHC’s mission.

“Prevention is better for the individual than even the best healing and rehabilitation Army medicine can provide,” Keenan said. “I don’t know anyone who would rather go to the hospital than stay active and healthy.”

In addition, prevention is better for military units because it ensures higher readiness through fewer lost duty days, and better for the military health care system because it contributes to better stewardship of health care dollars, she explained.

Since its establishment in October 2009, USAPHC has focused its public health efforts on building partnerships. Working with installations, garrisons and military medical treatment facilities, Army public health experts advise com-

manders and leaders about a broad range of public health initiatives and preventive actions.

“Army Public Health touches so many aspects of our community life that it isn’t a term that can be defined

in a sentence or two,” Keenan said.

Some examples of USAPHC’s public health activities include the following:

- If you live on an Army installation, USAPHC helps ensure your

drinking water is pure.

- If you shop in a commissary, USAPHC veterinary food inspectors make sure the food you buy is safe to eat.

- If you’re doing physical training

with your unit, USAPHC helps develop fitness program standards.

- If you carry an Ask-Care-Escort, or ACE, card in your pocket, that card — and the training behind it — was developed at the USAPHC.

U.S. Army Public Health Command

USAPHC programs — from Army Wellness Centers to the e-catalog of public health information — help build and sustain the good health of individuals and units in the “white space” between health care visits.

For information and product ordering, visit

- <http://phc.amedd.army.mil>.

