



Boots of fallen Soldiers sit at the base of the Lady Columbia monument during a Gold Star Mother's Day remembrance ceremony at the National Memorial Cemetery of the Pacific in Honolulu, Sunday.



Senior leadership from the Army and Navy gather with Gold Star mothers and family members at the Lady Columbia monument.

Gold Star mothers recognized for 'ultimate sacrifice'

Story and photos by
SARAH PACHECO
Staff Writer

HONOLULU — With the figure of Lady Columbia in clear view, her arms open wide to embrace the fallen and comfort the mourning, the Directorate of Family and Morale, Welfare and Recreation and its Survivor Outreach Services program held Hawaii's first-ever Gold Star Mother's Day "Lei of Honor and Remembrance Ceremony" at the National Memorial Cemetery of the Pacific, here, Sunday.

The service fittingly was held on Gold Star Mother's Day, designated in 1936 by President

Franklin Roosevelt as a day to recognize and honor mothers whose son or daughter had died in military service to the U.S.

"America's peace and freedom have come at a high price," said Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, in his address to the audience.

"Nearly 1.2 million Americans have fallen in battle during the 236-year history of our nation. Clearly the defense of freedom is costly," Whitney continued.

"And while Gold Star Mother's Day has been officially observed since 1936, we need to remember that Gold Star families have borne the

pains of their losses from the very beginnings of this nation ... and so today, the last Sunday in September, we honor all of the Gold Star mothers, and we also honor all members of their Gold Star families — the fathers, the brothers and sisters, the aunts and uncles and cousins and, yes, the keiki," Whitney said.

More than 30 Gold Star mothers and their family members attended the morning's ceremony, carrying with them boots and photographs of the loved ones they have lost.

Those boots later were carried up the long stairway to the Lady Columbia monument and placed to rest under her watchful gaze.

A 10-foot ti leaf lei, interwoven by a second lei made from hundreds of golden origami cranes, also was placed at the feet of the statue as a traditional Hawaiian custom of aloha.

"The bitterest price any country could pay for these selfless sacrifices would be to forget, to do nothing," Whitney said. "But those who died in battle deserve this special honor, and we will never forget them."

At inset: Nathan Johnson, 3, stands by the boots of his father, Chief Warrant Officer 2 Nicholas Johnson, Company A, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, at the base of the Lady Columbia memorial.

Army 'VOWs' to ensure success for transition

VICKEY MOUZÉ
News Editor

SCHOFIELD BARRACKS — Starting Nov. 21, all Soldiers will get the tools and support necessary to make a smooth transition into civilian life.

Known as the Veterans Opportunity to Work, or VOW, to Hire Heroes Act, these tools and support are a mandatory pre-separation counseling, a Department of Veterans Affairs benefits briefing and a Department of Labor employment workshop.

VOW falls under the Army Career and Alumni Program, or ACAP, which became a commander's program under Department of the Army Executive Order 054-12, signed in December 2011.

To comply with this order, commanders must now ensure their Soldiers, both active duty and reserve component, start transitioning no later than 12 months from their scheduled departure from the Army. Soldiers will then continue their participation in ACAP until they are discharged.

Commanders, sergeants major and first sergeants learned more about VOW and ACAP at an informational meeting, here, Friday.

The seminar, sponsored by Army Transition Services, ACAP, Directorate of Human Resources, U.S. Army Gar-

See VOW A-6

'Cacti' medics practice for upcoming EFMB



Sgt. Hillary Rustine | 3rd BCT, 25th ID

A Soldier with 2-35th Inf. Regt., 3rd BCT, 25th ID, packs medical bags during the Best Medic Challenge at Schofield Barracks, Sept. 26.

SGT. HILLARY RUSTINE
3rd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — The Best Medic Challenge was held, here, Sept. 26, to select competitors for the upcoming Expert Field Medical Badge Competition.

The 2nd Battalion, 35th Infantry Regiment, "Cacti," 3rd Brigade Combat Team, 25th Infantry Division, hosted the contest. Soldiers from the 325th Brigade Support Battalion, 35th Inf. Regt., also competed.

"We created this competition to train Soldiers, evaluate how prepared they are and pick the 10 best to send to the upcoming Expert Field Medical Badge Competition," said Staff Sgt. Christopher Jones, 2-35th Inf. Regt.

Soldiers started the week off with a writ-

ten exam covering Soldier, medical and warrior skills. Soldiers took a 100-question written exam; they had to pass with 75-percent or higher in two hours.

The next challenge these Soldiers had to face was day and night land navigation. However hard the course might have been, the real challenge was the weather. Rain had caused loose mud, swiftly moving water and uncovered roots — all hazards in untamed parts of the island.

"It's really good training, more like what I assume real life is like, not perfect," said Spc. Sarah Chan, 325th BSB.

The final tests were simulation lanes, which tested medical knowledge in simulation.

See Medics A-6

One Team kicks off Pacific Combined Federal Campaign

Employees can improve the lives of many others

Story and photo by
CRISTA MARY MACK
311th Signal Command (Theater)

FORT SHAFTER — The 2012 Pacific Combined Federal Campaign officially kicked off with a breakfast at Fort Shafter's

Hale Ikena, here, Monday.

CFC is an annual fundraising drive that offers federal employees, both military and civilian, the opportunity to donate to a variety of charities and improve quality of life for all.

This year's theme is "One Team making a difference."

Each year a different branch of military command conducts the Hawaii-Pacific

CFC. This year's lead is U.S. Army-Pacific.

Maj. Gen. Roger Mathews, deputy commander, USARPAC, and keynote speaker, expressed appreciation for the units and efforts that go into the campaign.

The Pacific CFC reaches out to 95,000 federal employees and military members spread throughout Hawaii, Guam, Ameri-

See CFC A-6

Army-Hawaii devotes day to suicide prevention | A-3

Training focuses on resiliency.

Look sharp for DA photo | A-5

Your official photo could either spell success or ... failure.



Living History Day | B-1

Re-enactors, military displays and bluegrass music will be featured 10 a.m.-3 p.m., Oct. 13, at the Tropic Lightning Museum, Schofield Barracks.

National Math & Science Initiative | B-3

Army-Hawaii high school students increase math, science and English scores on national tests.

8th TSC takes different approach to stand down

Story and photo by

SGT. GAELLEN LOWERS

8th Theater Sustainment Command Public Affairs

FORT SHAFTER FLATS — Suicide amongst Soldiers is at an all-time high rate, and the Army and the 8th Special Troops Battalion, 8th Theater Sustainment Command, wants to find a solution.

Their solution: resiliency.

"Who has been to a suicide prevention class before?" asked Lt. Col. Matthew Goodman, commander, 8th STB. "Everyone. Who has done on-line training? Everybody. We wanted to do something a little different."

The 8th STB devoted the Armywide Suicide Prevention Stand Down, Sept. 27, to conducting classes about the stressful areas in a Soldier and family member's life: financial readiness, relationships, legal concerns and life events.

"We are not going to go traditional and talk about the signs and symptoms of suicide," said Sgt. Maj. Jonathan Napier, operations sergeant major, 8th STB. "Every one of our Soldiers has received that training before. We want to push our Soldiers in the direction of resiliency."

Napier equates the word resilient with the people of New Orleans, who were affected by the Hurricane Katrina disaster. Napier said the people there came together after the tragedy, pooled their resources and rebuilt their city and communities. He said the people of New Orleans were resilient.

The stand down started early in the morning with a run around Ford Island and a free pancake breakfast. Next, Soldiers and their families watched a suicide video, here, and could speak with several representatives from agencies that can assist during times of hardships and adversity.

After lunch, Soldiers and their families went



Roosevelt Harp (center), program risk reduction coordinator, Army Substance Abuse Program, addresses 8th TSC Soldiers about the high-risk survey they filled out before attending 8th STB's Suicide Stand Down Day at Schofield Barracks, Sept. 27.

down to Fort Shafter Flats for classes to learn more about financial readiness, relationships, legal concerns and life events.

"We want to make the training more hands-on and help our Soldiers deal with their personal issues," Napier explained. "I think when a Soldier listens to someone in a skit or someone that has gone through some of the same problems that

they have, it shows them that they are not alone. If that one person can get through their problems, then maybe the Soldier can, too."

The Army has mandated that every unit conduct this training annually, but the 8th STB has decided it will conduct quarterly training.

"We don't want to wait until an incident happens; we want to be ahead of the power curve,"

Napier said. "The most important thing is that we want our Soldiers and their families to be resilient. Whatever adversity they are dealing with, we want them to be able to face it head-on and overcome. The Army, the 8th STB, and I want to remind them that they are not alone, and they always have an agency or someone out there to support them."

Terrain walk educates Army Hawaii leaders on behavioral health services

Removing stigma associated with asking for help is key

PACIFIC REGIONAL MEDICAL COMMAND

News Release

SCHOFIELD BARRACKS — More than 90 of U.S. Army-Hawaii's battalion-level and above command team members took part in a terrain walk at U.S. Army Health Clinic-Schofield Barracks, here, Sept. 27.

During the terrain walk, command teams learned about behavioral health and substance abuse services available to their Soldiers and families.

The walk was just one of the many events throughout Army installations in support of the Armywide Suicide Prevention Stand Down.

"Suicide is the toughest enemy I have faced in my 37 years in the Army."

— **Gen. Lloyd Austin III**
Army Vice Chief of Staff

According to the Army's G1 Suicide Prevention website, www.preventsuicide.army.mil, the intent of a terrain walk for suicide prevention is to link leaders and their Soldiers with the activities and agencies that provide behavioral health services to the entire Army family.

The Embedded Behavioral Health Clinic hosted scheduled visits with all 3rd Brigade Combat Team, 25th Infantry Division, command teams to let commanders and enlisted leaders meet their primary, secondary and tertiary behavioral health providers assigned to their particular unit.

"This helps put a name to a face and further builds trust between the two parties," said Lt. Col. Wendi Waits, chief, Behavioral Health Services, USAHC-SB.

Embedded behavioral health is a key component of the Behavioral Health System of Care Campaign Plan, which aims to ensure seamless continuity of care to better identify, prevent, treat and track behavioral health issues that affect Soldiers and families during every phase of the Army Force Generation cycle.

The Warrior Behavioral Health Clinic created a display outside its clinic that represented the number of Soldiers Armywide who had taken their own life in July. Chairs were draped with brown T-shirts and were annotated with demographic information about each Soldier, visually showing that Soldiers in need come from all ranks and areas of the Army.

The Child and Family Assistance Center briefed visitors on information and services it provides for families, to include between spouses, between parents and children, and between children and teen-specific services.

Army Substance Abuse Program, or ASAP, staff briefed visitors on outreach programs and services, to include the Confidential Alcohol Treatment and Education Program, or CATEP, which is for Soldiers, as well as the varied services and support programs ASAP offers family members.

ASAP's programs aim to meet the challenges of military readiness while supporting Soldier and family well-being.

Army Vice Chief of Staff Gen. Lloyd Austin III ordered the global stand down day in response to the release of July's suicide figures. As of Sept. 25, 120 active duty Soldiers are confirmed to have taken their lives while another 67 deaths are under investigation in 2012.

"Suicide is the toughest enemy I have faced in my 37 years in the Army," Austin said, adding that he believes it is preventable through solutions aimed at helping individuals build resiliency to help

Suicide Prevention Resources and Outreach

The Army has created the following resources to help win the war on suicide:

- Army suicide prevention training resources at www.preventsuicide.army.mil.

- A video addressed to Soldiers from U.S. Army Vice Chief of Staff Gen. Lloyd Austin III at <http://bcove.me/ix5b1q1l>.

strengthen their life-coping skills.

Austin said the Army must continue to address the stigma associated with asking for help.

"Ultimately, we want the mindset across our force and society at large to be that behavioral health is a routine part of what we do and who we are as we strive to maintain our own physical and mental wellness," Austin said.

The last Armywide suicide prevention stand down was held in 2009 and followed the train-the-trainer concept and how to recognize potential suicides.

This year's program brings a more holistic approach to beating the epidemic, said Walter Morales, chief, Army Suicide Prevention Program.

Morales said Army suicides have more than doubled since 2004.

"This is absolutely a battle that we have to engage in every single day," said Lt. Gen. Howard Bromberg, Army chief of staff for personnel.

(Editor's Note: Army News Service contributed to the content of this article.)

More Photos

See photos of Suicide Prevention Stand Down Day in Hawaii at www.flickr.com/photos/tripleramc/sets/72157631647144482.



Chaplain (Col.) Michael Dugal, command chaplain, USARPAC, addresses Soldiers at USARPAC's suicide prevention stand down at Fort Shafter, Sept. 27.

USARPAC holds stand down for suicide awareness

Talking, being genuine makes all the difference to prevent fatalities

Story and photo by
STAFF SGT. AMBER ROBINSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Recent Army statistics show an increase in Soldier suicides compared to last year, which has brought great concern to the Army.

In response, the Army initiated an Armywide Suicide Prevention Stand Down, for suicide awareness, Sept. 27.

Leaders, Soldiers and civilians within U.S. Army-Pacific addressed the issue of suicide in a variety of ways, with the intended result of setting the stage for a more aware and involved force.

USARPAC Soldiers began the Suicide Prevention Stand Down with a battalion run, which started and ended at historic Palm Circle. Maj. Gen. Roger Mathews, deputy commander, USARPAC, addressed Soldiers before the run.

"As we stand here, today, I ask you to think about those Soldiers who are missing from our ranks because they have taken their own life," Mathews said.

Each section and directorate generated discussion about suicide, such as how suicide can best be handled and what Soldiers and civilians can do to become more aware of suicide prevention in their work space.

Col. Michael Dugal, command chaplain, USARPAC, conducted mandatory suicide prevention training at the fitness center, here, for Soldiers and Army civilians.

Dugal encouraged Soldiers and leaders to remain open and approachable for Soldiers who may be in need. He especially encouraged those in need to come forward.

"We must all be ambassadors of hope," Dugal said. "We all have a responsibility to each other."

"What is most important is being genuine in the effort," said Wayne Hankammer, Suicide Prevention program manager, USARPAC. "That is all it really takes. If someone, even if it is just Soldier-to-Soldier, wants to talk to someone, and they feel the person they are talking to have their back and wants to listen, that makes all the difference."

"We have a lot of Soldiers, Sailors, Airmen and Marines who live out in the community," said Command Sgt. Maj. Frank Leota, senior enlisted leader, USARPAC. "We need to get the message out of the importance of the steps we are taking as an Army."

"This involves the community because it affects the community," Leota explained. "A lot of our Soldiers are a part of this community, so it's not just an Army problem. It's our nation's problem."

A Health Promotion Fair was held in conjunction with training. Soldiers could gather information from various health organizations about how to maintain a healthy psyche, a good attitude and a healthy body.



Stephanie Rush | Pacific Regional Medical Command Public Affairs

Thirty-eight chairs are draped with brown T-shirts and are annotated with demographic information about the 38 Soldiers Armywide who took their own lives in July. The chairs sit outside the Warrior Behavioral Health Clinic at Schofield Barracks.

News Briefs

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

Today

Army Substance Abuse Program Survey — The Inspector General for Installation Management Command-Pacific is seeking anyone who has sought ASAP services to complete a short confidential survey.

Information from the survey will be helpful in understanding better ways to service Soldiers, civilians and family members.

Participation is heartily encouraged for this important survey at <https://pacweb.hawaii.army.mil/asapsurvey>.

6 / Saturday

Retiree Appreciation Day — Maj. Gen. Kurt Fuller, commander, 25th Infantry Division, will give opening remarks at Retiree Appreciation Day, 8 a.m.-1 p.m., Oct. 6, at the Nehelani, Schofield Barracks.

Interactive presentations on health education and the Army Emergency Relief program are scheduled. Call the Retirement Services Office at 655-1514/1585.

Medal of Honor — Tickets can be purchased now for the 2012 Medal of Honor Convention.

More than 50 Medal of Honor recipients will be available for a book signing, open to the public.

Tickets are \$20 and can be purchased at www.MedalofHonorConvention2012.com.

Signing sessions are 9-11 a.m. and 11 a.m.-1 p.m., Oct. 6, at the Hale Koa Hotel in Waikiki.

Only 500 tickets for each session will be sold. Tickets will not be sold at the door.

7 / Sunday

Military Clothing Sales — Beginning Sunday, Oct. 7, the Schofield Barracks and Fort Shafter Military Clothing Sales stores, part of the Exchange, will be closed on Sundays.

Sunday operating hours have been discontinued due to Department of Defense budget reductions.

31 / Wednesday

Halloween — Authorized Halloween Trick or Treat hours for the Fort Shafter and Schofield Barracks areas will be 5:30-9 p.m., Oct. 31. Children under the age of 10 will require an adult escort.

The Directorate of Emergency Services will provide increased presence in the community during trick or treat hours. Military and Department of the Army civilian police will ensure all activities are conducted in a safe manner.

Ongoing

Voting Assistance Program — The federal voting assistance web portal provides help with the absentee ballot process at www.FVAP.gov. Call (703) 588-1584, or toll free at (800) 438-1584. Email the program at vote@fvap.gov.

The Installation Voting Assistance Office is located at the Schofield Barracks Soldier Support Center, Bldg. 750, 673 Ayers Ave., Room 103. Email usaghi.voting@us.army.mil or call 655-7182.

Flu Vaccinations — Tri-care beneficiaries can now receive their flu vaccine at military medical treatment facilities. Vaccines will be available at post exchanges throughout October and at local schools in October and November.

For hours and locations, visit www.tamc.amedd.army.mil/flu.

Suicide Prevention — The National Suicide Prevention Lifeline is a free, 24-hour crisis intervention hotline at (800) 273-TALK (8255), and at www.suicidpreventionlifeline.org.

Each is available to anyone in suicidal crisis or emotional distress.

POHAKULOA TRAINING AREA

COMMENCING FIRING



Air Force Tech Sgt. Michael Holzworth | Defense Media Activity Hawaii News Bureau

POHAKULOA TRAINING AREA, Hawaii — Spc. Geoffery Lovan, Company A, 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, fires an M240L medium machine gun, here, Sept. 19. Soldiers from 1-21st Inf. Regt. conducted a monthlong exercise focused on platoon-level collective training with enabler integration. The training culminated in a combined arms live-fire exercise.

Conference focuses on open source intelligence

STAFF SGT. AMBER ROBINSON
U.S. Army-Pacific Public Affairs

HONOLULU — Soldiers and civilians within U.S. Pacific Command and from across the Asia-Pacific intelligence community attended the third annual Pacific Command Asia-Pacific Multinational Open Source Conference, here, recently.

The conference focused on the power of open source intelligence, or OSINT.

“What we were really hoping to build upon during this event is the OSINT Community of Interest,” said Col. Raul Escibano, director of Intelligence, U.S. Army-Pacific. “We are proud to be PACOM’s lead service for open source. We want to make all relevant open source material available to those in our Asian-Pacific community at a moment’s notice. How we can better do that was a huge part of our discussion here at the conference.”

According to Escibano and other members of

the USARPAC team, OSINT is usually the first line of intelligence any commander receives during a crisis.

“We can push the information fast and to a large amount of people without classification or administrative constraints,” Escibano said. “Open source info can be pushed to decision makers in a relevant and timely manner. It’s highly effective.”

“Open source information is easily shareable,” said R.J. Glover, OSINT senior analyst, USARPAC. “Open source information is the best mechanism for partnering nations and allies to share info and to support information requirements and multinational operations. This information is inherently shareable, giving it the ability to move through various international organizations and echelons very, very quickly.”

The conference included large group presentations and small group panel discussions.

“The intent of our small groups was to generate

intimate discussion among nations and organizations about various topics,” Escibano said. “Every nation had something to contribute to this cooperative effort. The power of this conference is that we (could) find solutions to complex problems through the lens of the multinational community. Each group discussed new ideas and initiatives on how OSINT can continue to facilitate better answers to various problem sets.”

Closing speaker for the conference was Maj. Gen. Roger Mathews, deputy commander, USARPAC.

“In our arena, information is king,” Mathews said. “Open source information is what drives our train. It drives what I do; it drives what my boss does. It makes a huge difference for our country and for yours.”

Participating Asia-Pacific nations included Australia, Bangladesh, Indonesia, Japan, Malaysia, Maldives, Mongolia, Philippines, Republic of Korea, Singapore and Thailand.

8th TSC's NCO Call celebrates, upholds traditions

Story and photo by

STAFF SGT. GAELLEN LOWERS

8th Theater Sustainment Command Public Affairs

FORD ISLAND — “The sick want a cure, the sinner wants absolution, the accursed wants ex-oration and Soldiers seek leadership. We are professionals, noncommissioned officers, leaders!”

These comments were the closing line at 8th Theater Sustainment Command's Noncommissioned Officer Call, aboard the USS Missouri, here, Sept. 21.

“Being a noncommissioned officer is not a job but a time-honored profession,” said Sgt. 1st Class David Wheeler, public affairs operations senior NCO, 8th TSC, and narrator for the day's event.

“Professions produce uniquely expert work, not routine or repetitive work. Effectiveness, rather than pure efficiency, is the key to the work of professionals,” Wheeler added.

Before the start of the formal portion, NCOs lined the deck of the “Mighty Mo” as a show of strength and unit within the 8th TSC's NCO Corps. They then moved to the bow of the ship for a group shot, followed by guided tours of the historic vessel.

Food was then served, followed by the formal ceremony. Videos showing the history and importance of the NCO Corps played, highlighting some of the NCO Corps' most decorated members, like Sgt. Audie Murphy.

Command Sgt. Maj. Nathan Hunt, senior enlisted leader, 8th TSC, hosted the event and was

keynote speaker.

“This is a great day and great event,” Hunt said. “The traditions of our NCO Corps, our NCO Induction Ceremony, the NCO Call, can't be found in any regulation. They aren't mandated by any formal publication saying these things have to occur. They occur because command sergeants major, sergeants major and other non-commissioned officers remember what our traditions are and still uphold them.

“My hats off to Command Sgt. Maj. Tose Tia, (senior enlisted leader, 8th Special Troops Battalion, 8th TSC) and all of the other noncommissioned officers that put this together,” Hunt said. This is a true testament to our NCO Corps.”

The event included an awards ceremony and cake-cutting ceremony.

“The first cut is made by Command Sgt. Maj. Hunt and the oldest NCO, Sgt. Maj. Kenneth Reynolds, the current operations sergeant major for the 8th TSC, as a sign of honor and respect to experience and seniority,” Wheeler said.

“The saber is then passed to Command Sgt. Maj. Tia and the youngest NCO, Sgt. Samantha Gonzales, supply NCO for Headquarters and Headquarters Company, 8th STB, for the second cut, symbolizing the passing of wisdom, knowledge and experience, as well as trust and confidence in those who will continue to carry on the traditions of the NCO Corps,” Wheeler said.

Reynolds told of the pride he felt for the Army and the NCO Corps on that day.

“This event is extremely important,” Reynolds said. “This event is probably the most honorable



The 8th TSC's command sergeants major pose in front of the guns of the USS Missouri at Joint Base Pearl Harbor-Hickam during 8th TSC's NCO Call, Sept. 21.

thing we can do, and we don't do it enough.

“I was so proud of the NCO Corps and the NCO Call, the way it was conducted and the professionalism that was displayed,” Reynolds

added. “I enjoyed seeing all the civilians come through, ask questions, taking pictures, and who wanted to be part of an organization that displayed the professionalism we did. I shed a tear.”

Updated official DA photos critical for promotion boards

STAFF SGT. MARY ANGELA VALDEZ

8th Theater Sustainment Command

FORT SHAFTER — Mike Phillips, Department of the Army photographer and the meticulous eyes behind the camera lens, spoke with worrisome animation.

“DA Photo slots are almost full. Get scheduled soon, because it's going to get crazy,” he said.

Appointment days for DA photos have been reduced, limiting the number of time slots. About 1,200 slots per year have been eliminated.

A DA photo is used to quickly determine a Soldier's professionalism and military bearing while conducting a board or when a Soldier is not physically present.

As with all first impressions, a DA photo can be

used as a positive or negative discriminator. Soldiers should check their records before having their photo taken to ensure all medals, badges, ribbons and other accoutrements are properly recorded.

“If you don't have one (an updated DA photo), it sends a bad message to the board,” said Command Sgt. Maj. Nathan Hunt, senior enlisted leader, 8th Theater Sustainment Command.

“When you open up the file, the photo is the first thing you see, and if it's not updated, it shows a lack of concern,” Hunt explained.

Various boards, such as the Qualitative Management Program Board, the Overstrength Qualitative Service Program Board, and the Promotion Stagnation Qualitative Service Program Board will soon be reviewing noncommissioned officer

packets.

DA photos should indicate a professional, disciplined, physically fit and competent NCO — not a careless one.

“If you're not going to be there in person to sell yourself, your DA photo is you, in front of the

board,” said Hunt, just before updating his DA photo.

Ensuring you are competitive amongst your peers could make the difference at a board.

Schedule your DA photo appointment today as slots are limited and filling up fast.

Scheduling DA Photos

Check Army Regulation 640-30, “Photographs for Military Human Resources Records,” before getting your photo taken.

To schedule your DA photo at either the Schofield Barracks or Fort Shafter visual information activity, visit <https://www.vios-west.army.mil>.

Locations and times are:

•Schofield Barracks 391 Mathews Ave. Building 2038 8:30 a.m.-5 p.m. Mon.-Thurs., 655-1905	•Fort Shafter 248 Yokota St. Building 220 8:30 a.m.-5 p.m. Tues.-Thurs. 438-7532
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Maj. Gen. Roger Mathews (right), deputy commander, USARPAC, visits a display at the 2012 Pacific CFC kickoff breakfast at the Hale Ikena, Fort Shafter, Monday.

CFC: Payroll deduction easiest way

CONTINUED FROM A-1

can Samoa and the Northern Marianas.

Donors can choose from 2,700 individual charities or make a donation to general funds, according to Lt. Col. Darren Holbrook, CFC manager, Hawaii Pacific Region and program manager, USARPAC Equal Opportunity, USARPAC.

"If someone can give just \$1 a month, imagine all the good they can do," Holbrook said. "That will vaccinate 300 kids for polio or provide three meals on wheels for seniors, and that's with only \$1 per month.

"We've issued out 4,500 packets through a great team support effort from the 8th Theater Sustainment Command and trained almost 500 key people how to fill out the forms and how to get others to pledge," Holbrook continued.

"Last year's campaign raised \$6.5 million in funds, and that was with only 36-percent

participation," Holbrook said. "If we can contact everybody and give them an opportunity to give, we will surpass that number this year."

"We cannot do what we do without the support of each other, so it's really a good thing that we're all able to work with CFC," said Theresa Johnson, manager of Tripler Army Medical Center's Fisher House, one of the featured agencies at the breakfast.

This year, for the first time, credit cards can be used to make donations. Pledges can also be made online.

The campaign runs through Nov. 16.

On the Web

To learn more about CFC, contact your unit or section representative or visit www.cfc-hawaii.org.



Medics: Soldier, medic skills tested

CONTINUED FROM A-1

ed stress environments.

"The medical lanes were built to be stressors with casualty scenarios based on the Expert Field Medical Badge tests," said 1st Lt. Brandy Gainsley, Headquarters and Headquarters Company, 2-35th Inf. Regt. "We just

want to challenge the Soldiers' ability to work under pressure."

"I'm a little nervous, but I'm ready for it," said Pfc. Michael Caputo, 2-35th Inf. Regt. "I've been training from the time I got into the Army."

More than 80 percent of the Soldiers finished with a score of 75 percent or above.

VOW: Soldiers will now develop goals

CONTINUED FROM A-1

risson-Hawaii, focused on information provided by representatives from ACAP, the state unemployment office, the Department of Veterans Affairs and other agencies.

Command teams learned the following:

- Commanders will actively ensure their Soldiers, both active and reserve component, will start transition no later than 12 months from their scheduled departure from the Army. Soldiers will continue their participation in ACAP until they're discharged.

- ACAP encourages Soldiers to have a final resume and at least one of the following transition products upon separation: a letter of acceptance from a college or university, a job offer or a list of job openings that the Soldier can qualify for.

- Commanders will now be required to ensure their Soldiers are counseled on lifelong learning and on developing goals, so Soldiers can create an Individual Development Plan, or IDP, during the Soldier's first duty assignment and continuing until separation.

"Counseling starts from day one," said Lt. Col. Dianna Terpin, commander, 715th Military Intelligence Battalion, 500th MI Brigade, who was attending the conference. "Even when the Soldier decides he or she is going to leave the military, that all goes into their counseling, so we understand that Soldier's goals.

"Commanders are going to be responsible to ensure that their Soldiers get their time to go to the workshops," Terpin continued. "If you start out far enough in advance, you should be able to get them in on time."

Terpin said ACAP has to be a priority.

"You can't let a Soldier be so mission-critical that they can't take care of these things because they'll get to the point that when they're getting out, they haven't met those goals. They don't have a resume, they don't know what to do, so now they're in a situation where they can't get a job because they didn't write a resume," she explained.

Terpin said she notices a difference between

Hours of Operation

The Schofield Barracks ACAP is located in the Soldier Support Center, Bldg. 750, Room 134.

Hours of operation follow:

- 7:30 a.m.-4 p.m., Mondays, Tuesdays, Wednesdays and Fridays.

- 10 a.m.-4 p.m., Thursdays.

Call 655-1028 or visit www.garrison.hawaii.army.mil/acap or www.facebook.com/SchofieldBarrackSACAP.

Transition Resources for Soldiers

Learn more about ACAP and its services:

- Call 655-1028, ext. 5;
- Fax 655-1903;
- Visit the ACAP office in Bldg. 750, Room 134, Soldier Support Center, Schofield Barracks;
- Email acap.schofield@serco-na.com; or
- Visit www.acap.army.mil.

resumes of Soldiers who have attended ACAP and Soldiers who haven't. ACAP resumes are well written and focused.

"If a resume doesn't say the right things, Soldiers won't even get their foot in the door," Terpin said.

Just as commanders have responsibilities to ACAP, so do Soldiers. Since ACAP is a commander's program, transitioning Soldiers should immediately inform their chain of command. Then, Soldiers can immediately go to www.acap.army.mil to find ACAP information, how to contact ACAP counselors anytime and anywhere, and begin the transition process by initiating their pre-separation counseling.

If Soldiers' leadership doesn't provide the time to begin the transition process, Soldiers should address the issue by exercising their chain of command's open door policy.

Online Services

Soldiers can now use an online service to complete their mandatory pre-separation briefing on the ACAP homepage; visit www.acap.army.mil.

- Soldiers can receive receive one-on-one counseling by calling ACAP's 24/7 call center service at (800) 325-4715 or by emailing acap.callcenter@serco-na.com.

Additional resources include these:

- Employer Partnership of the Armed Forces, www.employerpartnership.org.
- Hero 2 Hired Employment Application Tool, www.H2H.jobs.

Veterans and Unemployment

The top five occupations of enlisted Soldiers applying for unemployment compensation follow:

- 11B, Infantryman.
- 88M, Motor Transport Operator.
- 68W, Healthcare Specialist (Combat Medic).
- 31B, Military Police.
- 42A, Human Resources Specialist.

"Living History Day" will bring 25th ID's past to life

Museum to host birthday bash for America's Tropic Lightning Division

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — The Tropic Lightning Museum is gearing up to conduct an annual "Living History Day," here, Saturday, Oct. 13, to commemorate the 25th Infantry Division's Organization Day.

Since its formation on Oct. 1, 1941, the "Tropic Lightning" Division has been "Ready to Strike, Anywhere, Anytime."

In celebration of the division's longstanding history in the islands, the museum welcomes the Hawaii Army community and general public to a day full of free, engaging activities.

Re-enactors dressed in uniforms from the Civil War to the Vietnam War will be roaming the museum grounds, while displays of restored military vehicles from World War II and beyond will be on hand to enjoy.

Hawaii's own "The Bluegrass Barnstormers" will entertain crowds with a Civil War version of "Soldiers Joy," and other traditional bluegrass songs, and Hawaii Jitterbugs's Lindy Hop and Swing dancers will perform while dressed in vintage garb.

Other highlights of the day include an opening ceremony by the Farrington High School JROTC color guard, an antique firearms display by the Single Action Shooting Society, a Hawaii Civil War Round Table discussion, a K-9 working dogs demonstration, children's activities and memorabilia from historical preservation organizations, including the Hawaii Historic Arms Association, the Schofield Rod and Gun Club, Pearl Harbor Historic Sites and the Hawaiian Railway Society.

Lunch will be provided on the lawn of the museum under the historic monkey pod trees, with donations benefiting Headquarters and Headquarters Battalion, 25th ID.

Celebrating History

The Tropic Lightning Museum Living History Day is scheduled from 10 a.m.-3 p.m., Oct. 13, on the lawn of the historic museum, located at Bldg. 361, Waianae Ave., Schofield Barracks.

Admission is free; however, donations to support the 25th Infantry Division and museum are welcome.

For more details, call 655-0438 or visit www.garrison.hawaii.army.mil/tlm/index.html.

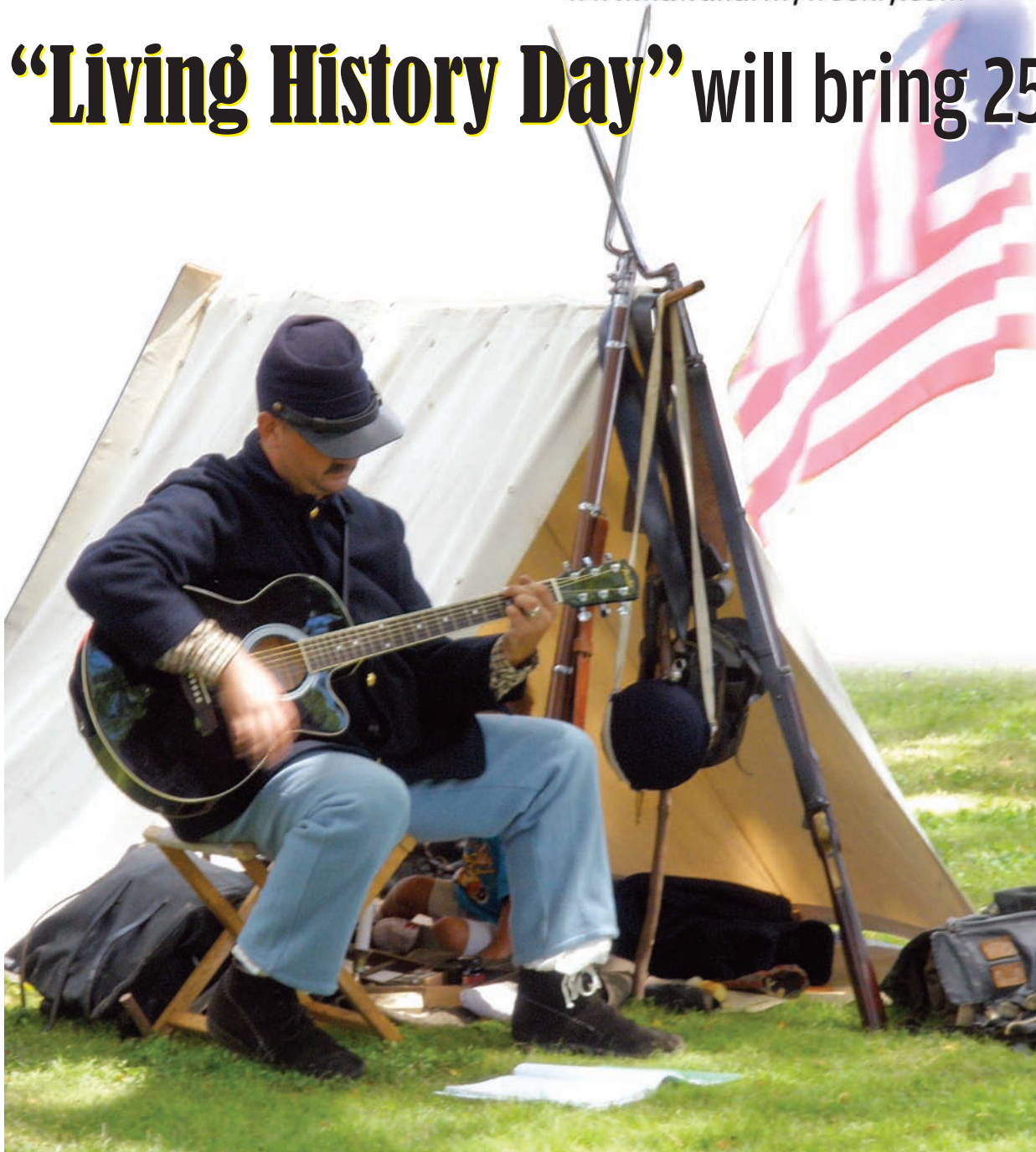


Photo courtesy Tropic Lightning Museum

With camp all set up, Civil War Soldiers would spend some of their downtime entertaining themselves with music. Re-enactors depicted several scenarios at a previous Living History Day.

COE spearheads Fort DeRussy clean up

Story and photo by
JOSEPH BONFIGLIO
Honolulu District Public Affairs
U.S. Army Corps of Engineers

FORT SHAFTER — More than 60 volunteers scoured Fort DeRussy in Waikiki, picking up trash and installing storm drain markers as part of National Public Lands Day, Saturday.

The Corps of Engineers' Regional Visitor Center, or RVC, coordinated the event, which was supported by Corps employees, Iolani School's Brownie Troop 276 and Punahou Junior ROTC cadets.

"We've got about 22 students out here today, all engaged in a great effort to help the environment," said Lt. Col. Robert Takao, JROTC commander at Punahou High School. "We're really pleased with what they do."

Punahou cadets concentrated their efforts on cleaning up the beach berm behind historic Battery Randolph.

"We've been doing this for the last five or six years, and we always get willing volunteers. It's never hard to get the cadets to come out because they realize how good it is for our world to do things like this. I'm really proud of them," Takao said.

"It's been a wonderful partnership working with the Army Garrison and the Corps of Engineers ... with Angela (Jones, RVC park ranger) and the staff here. The kids really enjoy the atmosphere and the fellowship of doing something like this together that's meaningful," added Takao. "It's one of our highlights every year."

During NPLD, Brownie Troop 276, out of the East Honolulu Service Unit Scout Troop, joined in the activities by picking up litter and installing storm drain markers throughout the Fort DeRussy area. Their participation was coordinated by Brownie troop leader and Honolulu District project manager Nani Shimabuku.

"I'm very proud of what our girls are doing here today. They're not just learning about protecting the environment; they're actually doing something to make a difference," Shimabuku said. "They especially enjoyed installing the storm drain markers. They really feel good about it."

The drain markers remind people to dump no waste since the water drains to the ocean.

All the volunteers picked up more than 12 bags of trash, which was safely removed from the area.

National Public Lands Day

NPLD is the largest single-day volunteer effort for public lands in the U.S. It began in 1994 and focuses on education and partnerships to care for the nation's natural treasures.

For more information on National Public Lands Day, visit www.publiclandsday.org.

For information on the Corps' recreation opportunities, visit www.CorpsLakes.us.



WAIKIKI — Cadets from the Punahou JROTC program clean up Fort DeRussy, here, as part of National Public Lands Day, Saturday.

Volunteers tackle invasive weeds on National Public Lands Day

CELESTE VENTRESCA
Oahu Army Natural Resources Program

SCHOFIELD BARRACKS — Native Hawaiian plants and animals dominate the landscape at Oahu's highest peak: Kaala.

At 4,025 feet, the montane bog towers over Schofield Barracks, Makaha and Waianae; yet, it is still vulnerable to non-native, weedy plant species that thrive in its cloud forest environment.

On National Public Lands Day, the largest, single-day volunteer effort for public lands in the U.S., volunteers and staff with the Oahu Army Natural Resources Program, or OANRP, and the State of Hawaii Division of Forestry and Wildlife worked together to control some of these invasive plant species on Army and state land at Kaala.

Awarded the National Public Lands Day Department of Defense Legacy Award from the National Environmental Education Foundation for the fifth year in a row, OANRP was able to purchase the supplies needed for volunteers to take on their weedy enemies: Sphagnum moss (*Sphagnum palustre*) and common rush (*Juncus effusus*).

Sphagnum moss forms thick carpets across the forest at Kaala, taking over native mosses and reducing seedling success at germination.

"If left alone, weedy Sphagnum moss has the potential to

change ecosystem function at Kaala, which is why this project is a priority for the program," said Jane Beachy, Ecosystem Restoration program manager, OANRP.

A nontoxic mixture of clove oil and citric acid is the tool of the trade for killing moss, and volunteers have been the primary players in keeping this weed in check at Kaala.

Using small hand-pump sprayers, volunteers "paint" the moss blue. The blue dye mixed with moss killer allows applicators to see where they've sprayed, leaving the forest floor with a temporary otherworldly appearance.

The effort is promising, though, as OANRP staff have observed native plants like makole (*Nertera granadensis*) and kanawao (*Broussaisia arguta*) colonizing treated areas once the Sphagnum moss has died off.

Common rush was another target for the group. Volunteers hauled out more than 10 bags of the weed, which thrives in sunny, wet areas like Kaala.

Oahu Natural Resources Program

The OANRP offers public volunteer trips in Oahu's native forests throughout the year as part of an effort to protect more than 60 endangered species.

For more details, call 656-7741.



Photo courtesy Oahu Army Natural Resources Program

KA'ALA — Blue dye is added to a non-toxic mixture of clove oil and citric acid to treat the invasive Sphagnum moss, making it easy for OANRP volunteers and staff to identify treated areas for invasive plant species during National Public Lands Day, Saturday.

Hawaii's military ohana nets record school results

NATIONAL MATH AND SCIENCE INITIATIVE
News Release

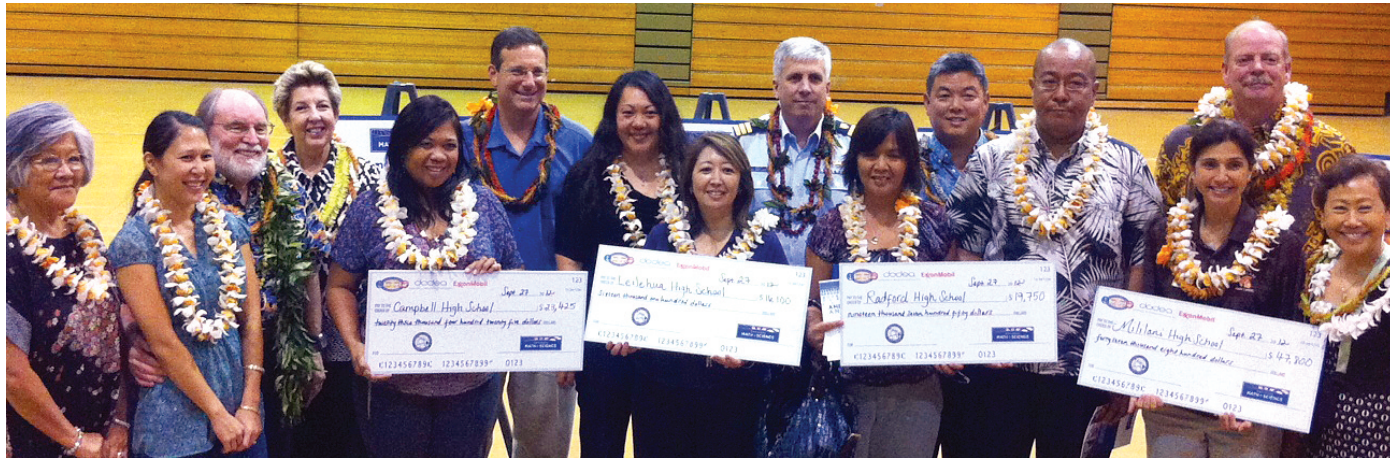
DALLAS — The National Math and Science Initiative, or NMSI, has announced that four Initiative for Military Families, or IMF, public high schools in Hawaii have achieved a combined 68-percent increase in qualifying scores in advanced placement math, science and English in the first year of the program.

The results were announced Sept. 28 at the Mililani High School auditorium with the participation of Hawaii Governor Neil Abercrombie and Hawaii Department of Education Superintendent Kathryn Matayoshi.

"These results are phenomenal; they will open doors to college for these students. Many of them have parents who are serving our country and have had to make sacrifices themselves," said Gregg Fleisher, senior vice president, NMSI. "This initiative for military families is giving students here the skills they will need to succeed in a more complicated world."

Fleisher pointed out that the four IMF high schools — Mililani, Radford, Campbell and Leilehua — accounted for 82 percent of the state's increase in qualifying AP math, science and English scores in Hawaii. The four schools ranked first, second, third and fifth in the increase in the number of qualifying math, science and English scores in the state.

"These improved scores are reflective of similar progress we have made statewide," said Abercrombie. "This partnership is a critical part of our efforts to support Hawaii's public schools. It helps our teachers engage and challenges students to graduate with skills that will allow them to pursue their dreams and keep America competitive in a global economy."



Wendy Nakasone | Child, Youth and School Services

MILILANI — Hawaii legislators, Department of Education administrators and personnel, and representatives from the military and the National Math and Science Initiative help honor teachers and students from Campbell, Leilehua, Radford and Mililani high schools with more than \$100,000 in incentives from NMSI, Sept. 27.

State Rep. K. Mark Takai, who helped to introduce NMSI in Hawaii a few years ago, said, "The success of this program, which should be in every school in Hawaii, shows how the DOE and the military can work together for the betterment of Hawaii students."

"These impressive results speak for themselves," said Matayoshi. "Educators in the Initiative for Military Families are driving achievement gains through high-quality, rigorous courses that will prepare students for college and careers."

Although the IMF targets military dependents of personnel at five installations — U.S. Army Garrison-Hawaii, Joint Base Pearl Harbor-Hickam, Tripler Army Medical Center, U.S. Coast Guard Base Honolulu, and Naval Computer and

Telecommunications Area Master Station-Pacific, or NCTAMS-PAC, the program is open to all high school students at the participating schools who are eligible for AP classes.

Program requirements include additional tutoring and study sessions outside of normal school hours, as well as additional training for teachers.

The overall goal of IMF is to support children in America's military families by providing consistent, high-quality coursework through NMSI's highly successful Advanced Placement Training and Incentive Program.

Access to college-level courses gives students the opportunity to earn college credit for advanced coursework and significantly increases their chances of succeeding in college.

Students who pass an AP exam are three times more likely to complete their college education.

The IMF was launched in 2010 in four school sites, two near Fort Campbell, Ky., and two near Fort Hood, Texas. The program expanded in the fall of 2011 to a total of 29 high schools in 10 states that are serving high concentrations of students from military families, including Hawaii.

NMSI

For more details about the National Math and Science Initiative, call Cori Okabayashi at 218-8263 or email coabayashi@nationalmathandscience.org.

8th MPs repaint Waialua

Story and photo by
SGT. MARCUS FICHTL

8th Military Police Brigade Public Affairs

WAIALUA — North Shore community members, including a dozen Soldiers from the 8th Military Police Brigade, 8th Theater Sustainment Command, came together to paint the Kupuna Housing Project, here, Sept. 29.

Originally founded to provide housing for the disabled and elderly, through the years, the Kupuna Housing project fell into disrepair as drugs and transients began to dominate the once quiet neighborhood.

Community members, including State House Representative Gil Riviere, saw an opportunity to bring life back to the Kapuna area neighborhood with aid from the military and 40 students from Youth Build, a school that gives 18-24 year olds a second chance.

"We asked what can we do to make this a better community," said Riviere. "If we can clean the place up, if we can paint this and do the grounds, the people who live here will have more pride in the place, and it will help feed the community and create a healthy back and forth."

And part of that back and forth was a quick call to the 8th MP Bde., a unit traditionally involved with the North Shore community. The unit currently sponsors

elementary schools from Waialua to Kahuku.

Riviere saw the Army, not as an outside group sponsoring the community, but as vital members of the community.

"We called the Army because they are a great community neighbor," said Riviere. "(The Army is) always willing to help."

And help, Soldiers did. Teams painted houses, one by one.

Forty young adults from Youth Build picked up a paintbrush and joined the Soldiers.

"We give drop outs and offenders a chance to get their high school diplomas," said Joeline Cruz, case manager and counselor for Youth Build.

Cruz said this project was an emotional job for many in Youth Build who grew up in communities similar to Kupuna. The effort was vital in building character.

Through the hard work of painting, combined with the examples demonstrated by their Soldier co-workers, the young participants experienced what a little discipline can accomplish.

The day ended with bright, new housing for the residents of Kapuna coupled with a short lesson on voting.

"Without the Army and the youth group, this couldn't have happened," said Riviere.



Chief Warrant Officer 3 Sandy Amadis, Headquarters and Headquarters Company, 8th MP Bde., 8th TSC, paints a house at Waialua Kupuna Housing, Sept. 29.



POHAKULOA TRAINING AREA

'Gimlets' continue support for Big Island veterans cemetery

Story and photo by
BOB MCELROY

U.S. Army Garrison-Pohakuloa

POHAKULOA TRAINING AREA, Hawaii — Soldiers from the 1st Battalion, 21st Infantry Regiment, "Gimlets," 2nd Stryker Brigade Combat Team, 25th Infantry Division, continued the work of their predecessors when they spent Saturday morning, Sept. 29, planting Native Hawaiian trees and shrubs at the West Hawaii Veterans Cemetery, here on the island of Hawaii.

The 15 Soldiers are the latest from the 25th ID to support the cemetery.

Since 2005 Schofield-based Soldiers training here, have joined community volunteers to restore the dryland forest, which used to flourish in the area.

Sept. 29, their task was to plant Native Hawaiian plants in a flat field of a lava overlooking the cemetery. Each Soldier received one small plant to put in the ground.

The Soldiers first cleared a small hole in the a'a with their hands or broke through it with metal tools. Next, they laid soil in the hole and gently placed their plants in it. Finally, they placed dried grass on top of the soil to protect the new plants.

A network of plastic tubing dispenses drops of water to each plant at a controlled rate. This drip or trickle irrigation system is efficient and doesn't waste water.

One of the Soldiers who volunteered, Staff Sgt. Jo Cote, said she was happy to give something back to the community.

"I was fighting to get out here, to do something to let people know we appreciate their support," Cote said. "Sometimes, we (Soldiers) get bad stereotypes. I want to try to change that."

When the West Hawaii Veterans Cemetery was established in 1994, it was a dry, dusty and barren area. The once vast Hawaiian dryland forest, which had surrounded it, was gone, eaten away by wild goats.

The reforestation began in 2005 as a joint effort of the University of Hawaii, veterans



2nd Lt. Lilia Barrera, Bn. assistant, S-2, 1st Bn., 21st Inf. Regt., helps plant Native Hawaiian plants at the West Hawaii Veterans Cemetery, Sept. 29.

groups, schools, community organizations and active duty military and civilian volunteers from Pohakuloa Training Area. To date, more than 10,000 native plants have been planted on the hill overlooking the cemetery.

Richard Stevens, reforestation project coordinator for the cemetery, said that having Soldiers work side by side with community volunteers and veterans the last few years has been special.

"It really adds an extra element, an extra energy to have the troops here. For one thing, it means a lot more to the veterans when they see active duty troops here; they feel such a connection," Stevens said.

"They do such an energetic job up there on the hill, and they enjoy it so much that it makes us really feel good," Stevens added. "Having active duty military here is very special for us."

The experience was special for the Soldiers, as well. 2nd Lt. Lilia Barrera, 1-21st Inf. Regt. assistant S-2, summed it up succinctly.

"I'm a tree hugger at heart," she said. "It feels good to give back."

Fire officials encourage escape plan

ANGELA SANDERS
Federal Fire Department

JOINT BASE PEARL HARBOR-HICKAM — If you woke up to a fire in your home, how much time do you think you would have to get to safety?

According to the nonprofit National Fire Protection Association, one-third of American households thought they would have at least six minutes before a fire in their home would become life threatening.

Fire is unpredictable and moves faster than most people realize.

Unfortunately, the time available is often less.

That's why the Federal Fire Department is teaming up with NFPA during Fire Prevention Week, Oct. 7-13, to urge residents to "Have Two Ways Out!" This year's theme focuses on the importance of fire escape planning and practice.

Since 2010, U.S. fire departments have responded to 369,500 home structure fires, which have caused 13,350 civilian injuries, 2,640 civilian deaths and \$6.9 billion in direct damage. According to NFPA statistics, one home structure was reported on fire every 85 seconds in 2010.

Fire is unpredictable and moves faster than most people realize.

Developing and practicing an escape plan with two ways out is essential to ensuring your family's safety should fire break out in your home.

The FFD recommends the following tips for planning your family's escape:

- Make a map of your home. Mark a door and window that could be used to get out of every room.
- Choose a meeting place outside in front of your home. This place is where everyone will meet once they've escaped. Ensure that the location is drawn out on your escape plan.
- Write the emergency telephone number "911" on your escape plan.



Photo courtesy Federal Fire Department

SCHOFIELD BARRACKS — Fire Inspector Ken Kunihiro, Federal Fire Department, reminds keiki about the importance of fire safety during the 2011 Fire Prevention Week. This year's activities will be held at Pearl Harbor Navy Exchange, Oct. 5; Schofield Barracks Exchange, here, Oct. 10; and Mokapu Mall, Marine Corps Base Hawaii, Kaneohe Bay, Oct. 11.

- Practice your escape plan with everyone in the household by having someone activate the smoke alarm.
- Keep your escape plan on the refrigerator and remind family members about practicing the plan twice a year or whenever anyone

in your home celebrates a birthday.

Fire Prevention Week

- To find out more about Fire Prevention Week activities, contact Fire Inspector Angela Sanders at 471-3303, ext. 617 or angela.sanders1@navy.mil.
- To learn more about "Have Two Ways Out!" visit NFPA's website at www.firepreventionweek.org.

FFD Activities

The Federal Fire Department will be at the following locations during Fire Prevention Week to promote "Have Two Ways Out!"

- Oct. 5, Pearl Harbor Navy Exchange, 11 a.m.-2 p.m.
- Oct. 10, Schofield Barracks Exchange, 11 a.m.-2 p.m.
- Oct. 11, Mokapu Mall, Marine Corps Base Hawaii, Kaneohe Bay, 11 a.m.-2 p.m.

Through these educational, family-oriented activities residents can learn more about the importance of fire escape planning and practice, as well as the power of prevention.



IPC to host safety night for garrison

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — Families are invited to enjoy an evening filled with exciting activities and hands-on demonstrations that will teach members of all ages about safety in and around their homes.

Safety Night Out is free and takes place 4:30-7 p.m., Thursday, Oct. 11, at the Aliamanu Community Center.

Featured presenters include representatives of the Federal Fire Department, the Military Police's Special Reaction Team, military working dogs and the DES Bike Patrol.

Event-goers riding or bringing their bikes to the event can challenge themselves with a cool bike rodeo course and be entered into a drawing for some cool bike accessories.

The U.S. Coast Guard and U.S. Army Corps of Engineers will be on hand to teach families about ocean and swimming pool safety, a must while living in the islands.

Also joining the fun will be McGruff the Crime Dog.



Safety Night Out

SNO is hosted by U.S. Army Garrison-Hawaii, Island Palm Communities and the Directorate of Emergency Services.

For more details, log on to www.islandpalmcommunities.com.

Mass flu exercise immunizes island service members

PACIFIC REGIONAL MEDICAL COMMAND
News Release

HONOLULU — Installations around Oahu held a mass flu vaccination exercise, Sept. 18-20, with the goal of vaccinating as many island-based active duty service members and emergency-essential civilians as possible.

During the 72-hour exercise, more than 21,000 Department of Defense uniformed and civilian personnel were vaccinated across the island.

In previous years, each service would individually hold shot exercises where the services would immunize personnel. This year, all services coordinated and held a mass joint immunization exercise.

"We wanted to test our capability to mass immunize against a potential pandemic," explained Lance Golder, analyst, Military Vaccine Agency.

"Vaccinating over 21,000 people in three days is no small feat. (We) did it at 12 dif-

ferent locations with multi-service staff both working and getting vaccinated.

"One of the comments I heard over and over as I visited (the) sites is that (personnel) could immunize at least double the numbers with little effort," Golder added.

The mass vaccination exercise used a closed point of dispensing

system, or PODS, which differs from traditional vaccination or medication dispensing sites. PODS brings the vaccine to the location of Soldiers and emergency-essential civilians.

"The (point of distribution) layout at the Makai Recreation Center has been designed to accommodate approximately a 10-minute processing time for units consisting of 200 personnel," said Air Force Staff Sgt. Aimee Braxton, noncommissioned officer in charge, Hickam Immunizations Clinic and Joint Vaccine Working Group representative.

"Following a catastrophic health event, the ability to dispense medical countermeasures to affected populations quickly and efficiently is crucial,"

added Thomas Bookman, emergency operations manager, Pacific Regional Medical Command and Tripler Army Medical Center.

The flu vaccine isn't important for just service members and emergency-essential civilians. Everyone in Hawaii should consider getting vaccinated and taking precautionary measures to avoid spreading the flu.

"Each year in the U.S., approximately 25 million cases of influenza get reported," Golder ex-

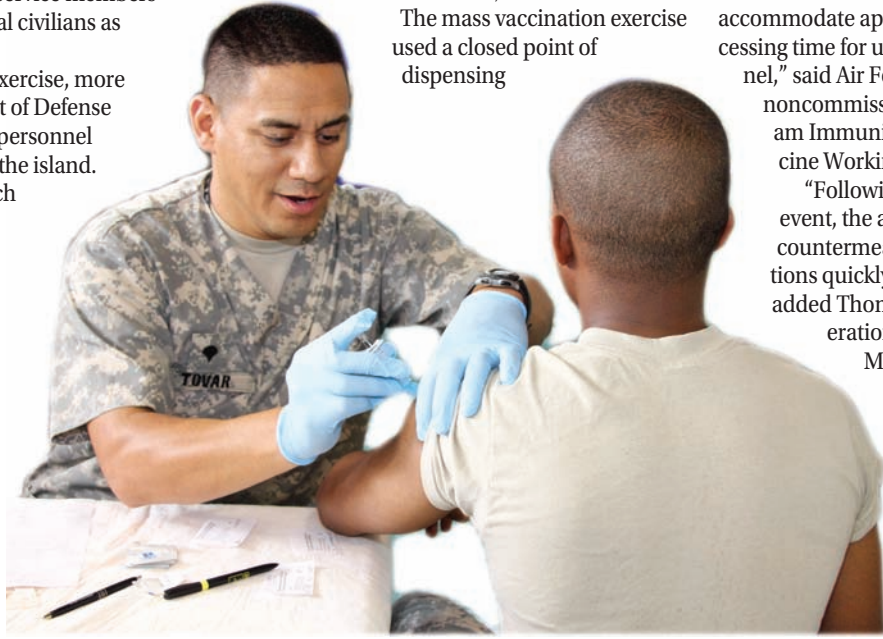
plained. "These cases result in about 150,000 hospitalizations due to serious complications.

"More than 30,000 people die from influenza annually in the U.S. alone," Golder continued. "The seasonal influenza vaccine is one of the most beneficial tools in modern medicine for reducing sicknesses, deaths, health care costs and conserving fighting strength.

"The influenza vaccine is particularly important for everyone living in Hawaii because we see influenza cases all year around," Golder explained. "It is important to remember that Hawaii is a gateway to the world. We have travelers arriving from both hemispheres where their peak influenza season may be in full bloom."

Vaccines are now available to all Tricare beneficiaries at military medical treatment facilities in Hawaii. Vaccines will be available at post exchanges throughout October and local schools in October and November.

(Editor's Note: Air Force 1st Lt. Kathleen Eisenbrey, 15th Medical Group, contributed to this article.)



Stephanie Bryant | Tripler Army Medical Center Public Affairs

Spc. Leonard Tovar (left), Sedation Center, Department of Pediatrics, Tripler Army Medical Center, administers the influenza vaccine to an active duty service member at TAMC Gym, here, Sept. 20, as part of a joint mass immunization exercise, held Sept. 18-20.

Flu Vaccination

For more details on flu vaccinations and schedules, visit www.tamc.amedd.army.mil/flu.



94th AAMDC adopts high-intensity PRT

Story and photo by
SGT. LOUIS LAMAR

94th Army Air and Missile Defense
Command Public Affairs

FORT SHAFTER — Being physically fit is a significant part of being a Soldier, in addition to maintaining a healthy lifestyle.

Helping to maintain the Army's standard in physical fitness, Soldiers of the 94th Army Air and Missile Defense Command have incorporated a high-energy CrossFit training regimen into their physical readiness training strategy.

The CrossFit strength and conditioning program provides a varied and highly intense workout.

"We want to incorporate CrossFit into our PRT so that we can expand on some of the workouts and really push the Soldiers to maximize their potential while doing it safely and (while) getting the workout intensity that is required of us as Soldiers," said Capt. Eric Blewett, commander, Headquarters and Headquarters Battery, 94th AAMDC.

Workouts are typically 20 minutes or less, and intense, demanding all-out physical exertion. They combine movements such as sprinting, rowing, jumping rope, climbing rope, weightlifting and carrying odd objects.

They use barbells, dumbbells, gymnastics

rings, pull-up bars, kettle bells, medicine balls and many bodyweight exercises. These elements are mixed in numerous combinations to form prescribed "Workouts of the Day."

Performance on each WOD is often scored and/or ranked to encourage competition and to track individual progress.

"I think mixing CrossFit and PRT is very beneficial because it gets away from the normal PRT, and it gets the Soldiers to use different muscle groups that they normally wouldn't use," said Staff Sgt. Richard Jones, 94th AAMDC's motor pool shop foreman.

The objective of PRT is to enhance the Soldier's ability to meet the physical demands of war.

"I'm hoping to achieve a more physically fit,

agile and capable unit," Blewett said.

One of the reasons CrossFit is ideal for a great workout is because it provides a variety of exercises.

"I started doing CrossFit in the Captain's Career Course in 2010, and the best thing about CrossFit is that you can adjust the workouts for any type of body style and profile and still allow everyone to participate," Blewett explained.

CrossFit is also viewed as a unit morale booster.

"Morale is everything in today's Army," said Blewett. "By changing up the PRT program, you really boost the Soldiers' morale. When Soldiers are happy and willing to work for you, the unit functions better because the morale is high."



Soldiers with 94th AAMDC incorporate CrossFit training into their PRT recently.