



SEPTEMBER 2012

Every year since 1968, by presidential proclamation, a week has been set aside to honor the contributions of Hispanic-Americans.

Recognizing that a week was not long enough to recognize the Hispanic population's significant achievements and contributions, Congress voted in 1989 to expand this week to a month-long celebration, known as National Hispanic Heritage Month.

ALOHA PRMC

After three and a half years, Pacific Regional Medical Command's communications director retires to Kansas.

See page 2

BOOTS ON THE BRIDGE

Tripler's Fisher House holds inaugural memorial run and observance to honor fallen service members.

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EXPANDING SERVICES

Tripler's Behavioral Health Team expands successful program outside the gate.

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Schofield medics named PRMC's best, head to TX

Story and Photos by
STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

SCHOFIELD BARRACKS, Hawaii — Two of U.S. Army Health Clinic-Schofield Barracks' Medical Company medics took first place in the 2012 Pacific Regional Medical Command Best Medic Competition held Aug. 28-30, here.

The competition was fierce as Sgt. Justin Runyan and Sgt. Robert Edwards, earned the title with just a 1-point lead over Sgt. Fernando Garcia-Diaz and Pvt. 1st Class Joshua Yi, who participated representing U.S. Army MEDDAC-Korea.

This year's competition featured four two-person teams, representing the Pacific from USAHC-SB, Tripler Army Medical Center,

and MEDDAC-Korea.

Consisting of more than 15 different events, the 72-hour competition was designed to mentally and physically challenge the medics on technical and tactical Soldier and medic skills.

"I think it is good for medics to branch out because it reminds (them) how much they can accomplish," Runyan said. "I like the team (aspect) because you can push each other and motivate each other through the whole (competition).

"(Competitions like Best Medic) give you the ability to challenge and set yourself apart from your peers," Edwards added.

This competition is one more avenue to prepare medics for deployment. Coordinators purposely make

-See **MEDIC**, page 8

HI Sleep Disorder Center earns AASM accreditation 8/10

STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

HONOLULU — Tripler Army Medical Center's Sleep Disorder Center recently earned accreditation from the American Academy of Sleep Medicine.

After more than a year of preparation, the center was granted the accreditation, Aug. 10. The accreditation covers areas such as clinical operations, in-lab sleep studies, and out-of-center sleep testing for a period of five years.

Tripler's Sleep Disorder Center is Army Medicine's third medical treatment facility to house an accredited Sleep Disorder Center. Adding to that great achievement, the center is the first non-fellowship-affiliated Army MTF to meet the national standards.

"When there is a fellowship at a hospital it means that there is a lot of manpower and training already in place, so when a new clinic comes up who doesn't have that guidance ... and achieve that accreditation, it is a great accomplishment," explained Richard Suvanarat, supervisor, Sleep Lab, Sleep Disorders Center. "The whole point of being accredited is to live up to the highest standards."

The four-bed center evolved quickly into a Sleep Disorder Center that provides a full range of sleep medicine services.

"(The military) population is unique and it has unusual conditions, like narcolepsy, that require day studies, so we do many day (and night) studies, (but most importantly) we follow up with all patients," said Dr. Christine Fukui, sleep medicine physician.

-See **SLEEP**, page 8



8th Theater Sustainment Command Public Affairs/MAJ JEFF PARKER

Honoring 9/11 victims

HONOLULU — Members of Tripler's Troop Command color guard fold the flag at the conclusion of a remembrance ceremony, here, Sept. 11.

Tripler's command and staff held the ceremony to pay tribute to those who lost their lives on 9/11, to the brave men and women of our Armed Forces who have fought for our country, and to those who continue to fight.

PRMC communications director says aloha after 3.5 years

Story and Photo by

JAN CLARK

Pacific Regional Medical
Command and Tripler Army
Medical Center Public Affairs

When the decision was made to retire and head home to Kansas I knew I needed to write this article to say goodbye and thank you.

My time here, in many ways, has been a blur. And while I thought I knew just what I wanted to say in this farewell moment, I am finding that is anything but true.

I look back over a career of nearly 33 years – all but 13 months of that with the Department of the Army – and well over half within the walls of Army hospitals. I have seen so much, learned so much and felt so much.

In my three and a half years at Tripler, I've seen the opening of the Traumatic Brain/Concussion Clinic, Interdisciplinary Pain Management Center and Warrior Ohana Medical Home.

I've been in attendance for ribbon-cutting ceremonies for the expansion of the Outpatient Laboratory, the Emergency Department and Labor and Delivery. These are but a few.

I've learned how the daVinci Surgical System, a unique robotic platform, allows for minimal invasive procedures with shortened recovery time; and how the "Heartsounds" electronic stethoscope, developed



Clark



An example of one of the many touching moments that inspired me is that of U.S. Marine Staff Sgt. Robert Torres, a cancer patient being treated at TAMC and his son Robert II during the 6th Annual Oncology on Canvas.

by our own pediatric cardiologist and staff, can accurately diagnose an innocent heart murmur by auscultation alone, eliminating the need for more costly studies and unnecessary air-evacuations.

During my time here, Tripler was chosen to pilot the Virtual Behavioral Health Project that works with commanders to identify high risk Soldiers prior to redeployment, provide immediate intervention as needed and conduct a series of behavioral health visits after redeployment. And CATEP – the Confidential Alcohol Treatment and Education Program – where Soldiers can openly seek help for alcohol and drug issues without consequence. Tripler was one of the pilot sites for this program too.

The Public Affairs Office is one of a kind. Aside from the command team, there is no other department within a hospital who has the same level of access.

By virtue of the job, I witness his-

tory in the making over and over again. I am invited behind closed doors and allowed access to people, procedures and events that allow me to see the bigger picture.

I am humbled time and again by the professionalism, dedication and devotion of those with which I serve. I just tell the story – each of you actually live it.

Then there are our patients. The courageous souls I am fortunate enough to meet and share brief moments. The active duty Soldier, severely injured in Iraq, who not only bounces back and goes on to command a unit in a second deployment, but with the assistance of Tripler leadership became the first Soldier to receive a dynamic ankle/foot orthoses. This opened doors for others.

I've watched a 14-year-old, diagnosed at age 9 with Type 1 diabetes take responsibility for the disease and his life, and become a proven triathlon athlete. Talk about

courage.

One yearly event that has repeatedly touched my soul is Oncology on Canvas. While I write the story and take the photos, my being there is personal. This event allows me to observe first hand human bravery at its best.

The individuals who have cancer and their family members fight the hard battle every day. Yet, they come together for this event, share their stories and give hope. While I never fail to shed a tear, I always walk away inspired.

While my first view of the mighty Tripler left me feeling intimidated and wondering what I had gotten myself into, I now find my upcoming departure surreal.

I leave Tripler and I leave my years as a civil servant behind. I have gained far more than I have given.

Army Medicine is staffed by the best and brightest and most dedicated of individuals. I've always believed you to be a bit short-changed in the recognition department.

But know for certain there is one who knows your true value – and while I may no longer be paid to sing your praises, I will forever continue to do so.

(Editor's Note: After more than 30 years of service to the federal government, Jan will continue to support the military as she starts the next chapter of life: retirement. She plans to self-publish a series of books and will donate one book for every book sold to a child in need at military installations worldwide and her home state of Kansas.)

Pulse of the Pacific

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ARMY MEDICINE
Serving To Heal...Honored To Serve

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—Ask the Dietitian—

CAPT. MARY STAUDTER
Tripler Army Medical Center
Nutrition Care Division

“How can I add more fruits and vegetables to my diet?”

We all know fruit and vegetables are good for us, and you’ve likely been hearing this since you were a kid sitting at the dinner table trying to sneak your Brussels sprouts onto your brother’s plate.

But really, why are they so important? Can’t you just take a multivitamin and call it a good day?

It’s not quite that simple ... according to the Academy of Nutrition and Dietetics and the Centers for Disease Control, research supports a diet rich in fruit and vegetables is related to decreased risk of high blood pressure, heart disease, cancer, childhood obesity, and possibly Type 2 diabetes.

Despite all the hype, most Americans are only consuming approximately 50 percent of recommended fruit and vegetable servings per day.

Therefore, in 2010, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture published new dietary guidelines that recommend Americans eat more fruits and vegetables in order to meet nutritional needs while maintaining a healthy weight.

Once again, we know they are important, but how can we start getting our kids and ourselves to eat them regularly?

Try starting with a few of these simple tips:

- Wash and cut fruit as soon as you bring it home from the grocery store. This makes it easier to grab and go when on the run.
- Place produce at eye level in the refrigerator so you are more likely to grab it when looking for a snack.
- Set a bowl of fresh fruit out on the counter in place of the cookie jar.
- Pack yourself a snack of raw carrots, celery or peppers with hummus to take to work.
- Sneak vegetables into everything you make (e.g. throw diced zucchini, mushrooms and/or onions into spaghetti sauce or puree vegetables to add a creamy texture to soups)
- Enjoy the convenience of frozen vegetables as a quick and healthy side to any meal.
- Try using spaghetti squash in place of pasta – add your favorite sauce and enjoy!
- Pull out the blender and make some fruit smoothies (try mixing frozen fruit, low-fat milk and yogurt for a delicious treat).
- Let your children pick out one new fruit or vegetable to try each time you go to the grocery store.

You may notice that by making efforts to increase fruit and vegetable intake, you naturally decrease intake of higher calorie foods, thus making weight management so much easier. That is just one more reason to strive to fill half of your plate with color.

Looking for kid-friendly recipes? Check out www.fruitsandveggiesmatters.org, www.choosemyplate.gov, www.healthychild.org, and www.foodchamps.org.



Pacific Regional Medical Command Public Affairs/JAN CLARK
Sgt. Nathaniel Jones, health care sergeant, Acute Care Clinic, U.S. Army Health Clinic-Schofield Barracks, defends his position during a paintball competition, Aug. 8, at Bellows Air Force Station, Hawaii.

Paintball, proverbs event builds camaraderie among coworkers

STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

WAIMANALO, Hawaii — Soldiers and staff from Pacific Regional Medical Command met for a day of paintball and proverbs, Aug. 8, at Bellows Air Force Station, here.

The program was sponsored by Tripler Army Medical Center’s Department of Ministry and Pastoral Care and offered Soldiers the opportunity to practice teamwork, communication skills and work on spiritual fitness.

“As a chaplain, I recognize that the body and mind are important, but the spirit really drives the train,” said Chaplain (Lt. Col.) Jon Hollenbeck, deputy chief, Department of Ministry and Pastoral Care, TAMC. “(Spirit is) what gets you through the difficult and tough times of life (and is) what grounds and centers you.”

In the morning, staff had the opportunity to practice tactical skills on the paintball range and build teamwork and communication skills under fire.

After lunch the group sat down and Hollenbeck led a spiritual discussion. He asked the group to share quotes or words of wisdom they use to get through tough times.

“There are no mistakes, only happy accidents ... and if every day was a good day, then you would never know it,” said Capt. Randy Perry, commander, Medical Company A, Troop Command, TAMC, as he quoted painter Bob Ross. “What that means to me is you learn more on your valley experiences than you do your mountain tops. If every day was good, then you wouldn’t know what the other side was like.”

Hollenbeck encouraged the attendees to treat life and their careers like a marathon and not a sprint. He also reminded them that while they need to stay physically fit, they should also strive to be spiritually fit.

“Some of you are in the middle of your careers, while some of you are at the beginning, but I know that each of you draw from some wisdom that allows you to get through the difficult times,” Hollenbeck said. “The Army has placed a lot of emphasis on resilience and we recognize that it is important to do some team building exercises like we have done here.”

Overall the staff enjoyed their time at Bellows and felt it was a beneficial event.

“It was a lot of fun to get out here and do some maneuvers,” said Spc. Cory Policht, who works in the Patient Administration Division, U.S. Army Health Clinic-Schofield Barracks. “As far as resiliency, it is good to get out and get your mind out of the office. Rebuild your resilient self and take time for yourself.”

TAMC hopes to offer Spiritual Fitness Training once a quarter for staff. Participants look forward to future opportunities to get out of the office and build professional relationship skills.

“It is great way to build teamwork and camaraderie,” said Spc. Nikolas Revette, who works at the Medical Laboratory, USAHC-SB. “The cohesion you build with the people you work with is really nice.”



To submit a question for “Ask the Dietitian,” send an email to mary.staudter@us.army.mil.



View more photos from Paintball and Proverbs at www.flickr.com/TriplerAMC.

More than 100 PRMC staff recognized at SKILLS ceremony

**PACIFIC REGIONAL MEDICAL COMMAND
PUBLIC AFFAIRS
News Release**

SCHOFIELD BARRACKS, Hawaii — More than 100 staff members from across health care specialties were recognized in a ceremony at Soldiers' Pavilion, U.S. Army Health Clinic-Schofield Barracks, Aug. 17, here.

The Soldier Knowledge Integrating Lessons Learned for Strength program, or SKILLS, is an innovative program aimed at providing critical behavioral health services to the 25th Infantry Division's 3rd Brigade Combat Team Soldiers returning from their most recent deployment.

SKILLS ran from January-May and constituted the largest collaboration of behavioral health assets on Oahu over the past decade.

"As one of the nation's large divisional posts, Schofield Barracks has experienced a high operational tempo, with units going downrange for up to 15 months at a time at one point," explained Col. Mary Krueger, commander, USAHC-SB. "Of course when these units came home, there was a huge demand for behavioral health care services."

The inaugural implementation of the three-tiered program required strong collaboration

between Afghanistan and Hawaii, between the 3rd BCT and Army Medicine, between Tripler Army Medical Center and USAHC-SB, between officer, enlisted and civilian personnel, and between staff from various specialties and professional backgrounds.

"In all, successful execution of the SKILLS program from start to finish required intense coordination among 12 different services communicating across 17 miles of highway in Hawaii and 14 time zones worldwide," explained Lt. Col. Wendi Waits, chief, Behavioral Health Services, USAHC-SB.

Of the 109 staff members recognized, four were recognized with an Army Commendation Medal or Commander's Award for Civilian Service; six were recognized with the Army Achievement Medal or Achievement Medal for Civilian Service; 61 were recognized with a certificate of achievement and time-off award or pass; and 38 received a certificate of appreciation. Fifteen staff members also received a commander's coin. Employees not present at the ceremony received their awards in the mail or other distribution methods.

"All of these individuals were involved in this program," Krueger said. "They came together to make sure needs were identified and needs

were met."

The collaborative effort has been quite a success; it not only benefited Soldiers, but it also increased efficiency and saved money.

"In addition to providing an obvious safety net for redeploying 3rd Brigade Soldiers, SKILLS resulted in a seven-fold reduction in wait time for behavioral health assessments, and allowed all interested Soldiers to complete a full psychoeducational program before going on block leave," Waits said. "Eighty-three percent of SKILLS group participants felt the process allowed them to access the support they wanted.

"Implementation of group assessments resulted in a cost savings of over \$14,000. It created an additional 187 patient care hours beyond what would have been available using traditional assessment methods," Waits continued. "These positive outcomes would not have been possible without the selflessness and exceptional commitment to duty of each and every one of today's award recipients."



Check out photos from the SKILLS ceremony online at www.flickr.com/TriplerAMC.

Fisher House holds 'Boots on the Bridge' run to remember fallen

Story and Photo by
SPC. TIFFANY DUSTERHOFT
*8th Theater Sustainment
Command Public Affairs*

FORD ISLAND, Hawaii — The Tripler Fisher House held the first "Boots on the Bridge, Remembering the Fallen" memorial run, Aug. 18.

"Boots on the ground" is a common term used by the military meaning troops on deployment, so it was only fitting that the memorial run route was lined with thousands of combat boots.

"What we wanted to do is raise awareness about what Fisher House does for our wounded families, ill and injured. We thought we would take it to a higher level and honor our fallen soldiers and service members and our gold star families who were left behind," said Theresa Johnson, Tripler Fisher House manager.

Units, service members, families, and friends came out in full force to remember those who lost their lives in service to the nation. More than

6,000 boots were placed across Ford Island and Ford Island Bridge. Atop each boot sat a photo of the service member being honored that day.

"I'm remembering those we've lost, those who can't be out here to run today, and I feel like I'm running for them," said Theresa Capata, chaplain's assistant for 25th CAB Headquarters Headquarters Company.

The motivating cadences of military units rang out over the waters of the Pacific as they ran across the bridge to and from the Kamehameha highway. Among those units were the 8th Theater Sustainment Command's, 8th Special Troops Battalion and the 70th Engineer Company.

"I think the run went very well, we had a lot of participation from our unit, from the family members, and the Soldiers. It was just a great time, we had a lot of motivation out there running and Ford Island was a great place to do this," said 1st Lt. Nicholas Roth, executive officer of the Headquarters Headquarters Company, 8th Special Troops Bat-



Soldiers from the 8th Theater Sustainment Command walk, ruck, and run their way across Ford Island and up the Ford Island bridge during the Tripler Fisher House organized "Boots on the Bridge" 8-kilometer run. This run is a memorial to those service members lost their lives serving our country. More than 6,000 boots were placed across Ford Island and Ford Island Bridge in Hawaii. Atop each boot sat a photo of the service member being honored that day.

talion. "It is definitely emotional, it puts things in perspective, it humbles you, and it makes you want to honor those service members who have given the ultimate sacrifice."

The event was a success over all.

"I just want to say thank you to everyone who came out and sup-

ported. This has been an amazing event and the support of all branches was great," said Johnson.



View more photos from the Boots on the Bridge run at www.flickr.com/8TSC.



From left to right: Sen. Daniel Inouye; Col. J. Anson Smith, Pacific Regional Medical Command and Tripler Army Medical Center; Kathryn Matayoshi, State of Hawaii Department of Education; and Arthur Ushijima, The Queen's Health Systems speak after a dedication ceremony of Wahiawa Elementary School's school-based behavioral health building, Aug. 22.

Tripler collaborates with DOE, Queens, increases behavioral health services for local children

Story and Photo by
STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

WAHIAWA, Hawaii — Wahiawa Elementary School hosted a dedication ceremony of its new school-based behavioral health building, Aug. 22.

Tripler Army Medical Center's School Behavioral Health Team partnered with the Hawaii State Department of Education and The Queen's Medical Center to expand behavioral health services available for children in Hawaii.

The program offers a comprehensive array of interdisciplinary school based programs and services to support the social and emotional well-being of students, families and community. Sen. Daniel Inouye attended as guest of honor and guest speaker for the dedication.

Wahiawa Elementary School chose the name "Ike Pili'aloa," or "bonds of knowledge, friendship and love," for the program. It focuses on improving and promoting the quality of life and wellness for both military and civilian families. The mission of the Ike Pili'aloa program is to provide intervention services in hope of preventing need for higher level of care.

This is the first time in Army Medicine a behavioral health partnership has gone outside the gate. The collaboration among the agencies, which

has been in practice since November 2011, is paving the way for future partnerships within the community.

Col. J. Anson Smith, acting commander, Pacific Regional Medical Command, and chief of staff, TAMC, represented the Army medical center on behalf of its participation in the collaboration.

"In keeping with (Sen. Inouye's) vision, we are celebrating the accomplishment of bringing together a community of people consisting of both military and local residents ... leveraging the talents and resources of the community and of the Department of Defense," Smith said. "This program will be something that will benefit all those who need its services."

The pilot program offers multiple services to Wahiawa Elementary to include behavioral health evaluations, testing and treatments, as well as workshops to train students, parents and teachers, and prevention programs, such as anti-bullying.

"This partnership is absolutely essential; essential for our children," Inouye said. "We have to teach them to get together. We have to have our civilian children realize the pain that some of these military children have.

"I commend Tripler ... Queen's and ... the Department of Education for holding hands and making a partnership that will work," Inouye added. "It is in our nation's best interest and our community's best interest."

MEDDAC-J sponsors, mentors JGSDF officer

CAPT. LISA ARGO
Environmental Health,
MEDDAC-Japan

CAMP ZAMA, Japan — As part of U.S. Army-Japan's bilateral cooperative work program, U.S. Army Medical Department-Japan sponsored a Japanese officer for 10 weeks from July through September, here.

The program pairs Japan Ground Self Defense Force officers with USAR-J units and organizations and allows members to gain familiarity with U.S. military organizational structure and capability through seminars, briefings and tours of various units, agencies and installations.

"The Co-Op program is my most important bilateral engagement program," said Maj. Gen. Michael Harrison, commander, USAR-J and I Corps (Forward).

Past visits have ranged from demonstrations of military working dogs, to tours of U.S. Navy vessels and U.S. Embassies and even completion of Combatives Level I certifications.

Co-Op members are assigned a sponsor and embedded in a unit to learn the unit's function, how they relate to the Army, and to gain a better understanding of the Army, its culture and to develop lasting relationships.

As the only medical officer in the Co-Op program, Capt. Noriko

Wada was assigned to MEDDAC-Japan.

Wada, who is originally from the Osaka prefecture, was commissioned into the JGSDF Medical Branch in 2004 as a pharmacist. She currently serves as a research staff officer assigned to the Research Department, JGSDF Medical School, at Camp Mishuku, Tokyo.

Participating in the Co-Op gave her a chance to learn more about the Army and how it takes care of its Soldiers, civilians and families.

"(I wanted to) improve my English-speaking ability, overcome (my) introverted nature, build a relationship with (my) sponsor, and learn about the U.S. Army healthcare system," Wada said.

Throughout the 10-week program, Wada worked and played side-by-side with MEDDAC-Japan Soldiers, civilians, and Japanese nationals. She participated in the unit's morning physical training, Sergeant's Time Training, and played a part in Camp Zama's AMEDD softball team.

"I enjoyed the sprints, but muscle training was not my favorite," said Wada, who is an avid runner.

In her time at MEDDAC-Japan, Wada assisted in the pharmacy, attended a physical therapy class and a natural running course, observed food facility sanitation inspections, and toured an 84-bed Combat Support Hospital at Sagami Depot.

"The clinic does a great job supporting their people," Wada said. "I think this is a great support system."

The Bon Odori Festival held at Camp Zama in August afforded Wada the opportunity to have a taste of America as well.

"The funnel cake had (a) nice taste, but was a little too sweet," she said.

(Editor's Note: Capt. Lisa Argo, Environmental Health Chief, MEDDAC-Japan, was Capt. Noriko Wada's sponsor during the Co-Op program.)



Courtesy of MEDDAC-Japan
Capt. Noriko Wada, Japan Ground Self Defense Force, learns combat lifesaver skills while participating in U.S. Army-Japan's bilateral Co-Op program, Aug.-Sept. Wada was paired with MEDDAC-Japan.



Courtesy of MEDDAC-Japan

Live, teach and learn

CAMP KODAIRA, Japan — Capt. Michael Preczewski, commander, MEDDAC-Japan Detachment Headquarters, teaches an English class to members of the Japanese Ground Self Defense Forces during the Cultural Language Exchange Program. This was Preczewski's second time volunteering for the program.

MEDDAC-Korea trains with ROK vets

Story and Photo by
PRIVATE 1ST CLASS CHRISTIAN EKYEH
106th MED DET (VSS)

CAMP RED CLOUD, Korea — A Republic of Korea army vet team visited the 106th MED DET, Team 1 to join a number of useful food inspection and military working dog first aid trainings conducted by Army Soldiers, Aug. 16, here.

The food inspection training included refrigerator failure management and bimetallic thermometer calibration, and was conducted by veterinary food inspector specialists from the 106th MED DET.

Specific protocol and steps that one should follow were demonstrated in both topics.

At the training's conclusion, an oppor-

tunity was given to the Republic of Korea army trainees to practice their skills in the dining facility, through a scenario where a refrigerator mechanically broke down and products were to be pulled and examined.

The military working dog first aid training was given to Republic of Korea army veterinarians, Area I military working dog handlers and medics from the 560th Ground Ambulance Company.

The training was conducted by Area I's veterinarian and animal care specialist.

The class included checking vital signs, basic physical examination for obvious abnormalities, and K-9 cardio-pulmonary-cerebral resuscitation.

All classes provided opportunities for trainees to practice what they have learned in each lesson.



Republic of Korea Capt. Kim Yojin (left), 2nd Food Inspection Battalion, Spc. Courtney DeAndre and Spc. Domienik Kevin, 7th Food Inspection Team, 560th Ground Ambulance Company, apply a pressure bandage to a K-9 manikin.

PA's graduate from Tripler to USAHC-SB

STEPHANIE BRYANT
Tripler Army Medical
Center Public Affairs

HONOLULU — Tripler Army Medical Center's Interservice Physician Assistant Program Class 10-3 graduated in the chapel, Sept. 7, here.

First Lts. John Ernst, Travis Kaufman and Felipe Salazar each received a Masters of Physician Assistant Studies degree from the University of Nebraska Medical Center, the affiliated academic institution for Tripler's Interservice Physician Assistant Program.

The PA profession has a long history. During the Civil War, the Union Army created a Surgeon Assistant Corps to assist physicians on and off the battle field. The modern PA profession officially began October 6, 1967 when the first PA class of four students graduated from Duke University in Durham, N.C.

The graduates, who were promoted from officer candidates to first lieutenants during the ceremony, will all be relocating from Tripler to practice at U.S. Army Health Clinic-Schofield Barracks.

Maj. Jude Abadie, chief, Core Laboratory, TAMC, was invited to be the keynote speaker for the ceremony. From 2009-2011, Abadie served as the U.S. Army Medical Department Center and School branch chief of Chemistry and course instructor for the IPAP Biochemistry and Clinical Laboratory Medicine course.

"I am especially honored that I was invited to be the guest speaker by John, Travis and Felipe because they had to listen to me pontificate ad nauseam

for an entire trimester at the AMEDD Center and School (in IPAP Phase I)," Abadie said jokingly. "My parting wish for you is that you continue to develop your own professional and personal stories on passion, perspective and leadership, so that you gain confidence to guide your successes not only through your professional career but through your personal lives as well."

As part of the ceremony, the graduates were honored with a recently adopted tradition where new PAs are presented a white coat by a credentialed provider as a symbol of the profession's commitment to professionalism, responsibility and humanism. White coats have been the most common symbol of physicians since 1889.

To close out the ceremony, IPAP graduates, who are asked to nominate an educator for the Capt. Sean Grimes, PA-C, Outstanding Preceptor Award, presented Jun Eligino, certified physician assistant, Internal Medicine Clinic, TAMC, with the award.

Grimes, who was killed in Afghanistan in 2005, was the first PA killed in action during the overseas contingency operations. The award was created to honor the sacrifices he made and recognize the sacrifices made by those involved in the training of physician assistants.

"I have had a lot of great practitioners, mentors and preceptors along the way and what they don't tell you is the amount of emotions that are invested in these students," Eligino said. "All the emotions are offset when you see (their accomplishments) ... it makes being a preceptor worth it."

Soldiers in transition participate in local team fishing tournament

Story and Photo by
MAJ. JEFF PARKER
8th Theater Sustainment
Command Public Affairs

WAHIAWA, Hawaii — More than 50 wounded warriors joined volunteer boat skippers from the local community, and participated in the first of its kind Freshwater Team Fishing Tournament on Lake Wilson, here, Aug. 5.

Sponsored by local businesses, churches, and fishing clubs, the tournament was the first of its kind for the Pacific Regional Medical Command's Warrior Transition Battalion, stationed at Schofield Barracks.

The tournament was organized by Chris Baires, a former Soldier and now single parent of a toddler while his active-duty wife is deployed.

"Just seeing the sacrifice (my wife) had to make, and the sacrifices a lot of these Soldiers make, made me want to do something for them," Baires said.

Before approaching the WTB with his plan, Baires, a member of the Hawaii Freshwater Fishing Association, presented the idea to his club along with Imua Wahiawa Freshwater Anglers and other local businesses to solicit interest in sponsoring the event.

"I brought them the idea of the



Russ Wheeler (left) shows Staff Sgt. Frank Lessary, Warrior Transition Battalion, Pacific Regional Medical Command, his tricks of the trade during the Freshwater Team Fishing Tournament, on Lake Wilson, Aug. 5. Sponsored by local businesses, church, and fishing clubs, more than 50 Soldiers and volunteer skippers participated in the WTB event.

... tournament, with teams (so) we could make it competitive," Baires explained. "From what I (could) see, (the Soldiers) loved it. There were some Soldiers who didn't catch anything, but I think just being out on the water... was great for them."

Baires' hard work paid off. After more than three months of planning, Maj. Kirsten Graf, operations officer, WTB, commended the organizers on its success.

"I think the fishing tournament

went great," Graf said. "Some of the Soldiers caught some really decent sized fish. It seemed that everybody had a great time, and it's something that we want to make an annual or semiannual event."

For those who did hanapaa (or hook a fish), peacock bass was the prize fish. With a lake record of nearly eight pounds, the day's catches, between three and four pounds, still brought smiles and plenty of excitement.

"It was a big experience, because that is the first time I've done fresh water fishing," said Sgt. Frank Lessary, WTB, and a Kalihi native, who ended the day with several peacock bass. "I've fished in the ocean all my life. Fishing in fresh water ... was very fun."

Other fish commonly found in Lake Wilson's 300 acres of reservoir include tilapia; bluegill; red devils, which are an invasive cichlid; shad; channel catfish and plecostomus, more commonly known as plecos.

After each team's fish were counted and weighed, lunch was served courtesy of members of the Wahiawa Christian Church, and then the day's winners were announced and prizes awarded.

Snagging first place overall were Pvt. 1st Class Eric Holden and Skipper James Newton. Second place went to Staff Sgt. Daniel Moncada, Staff Sgt. Manuel Chavez-Martinez, and Skipper Lance Saneishi. Third place went to Staff Sgt. Frank Lessary and Skipper Russ Wheeler.

In the Side Category, bringing in a 2.5 pound catfish brought first place honors to Spc. Antonio Vera, Staff Sgt. Eli Gibbs and Skipper Jeff Choi.



View more photos from the fishing tournament online at www.flickr.com/TriplerAMC.



Top AMEDD civilian visits Korea

YONGSAN, Korea — Gregg Stevens, Deputy to the Commanding General, Army Medical Department Center and School, and Civilian Corps Chief, visited the 65th Medical Brigade, Aug. 22, here, during a tour of the region.

During his inaugural visit of Korea, Stevens held a town hall meeting at the Brian Allgood Army Community Hospital and visited 121st Combat Support Hospital at Camp Humphreys.

During the town hall, Stevens explained the importance of the 'TEAM' concept in both military and civilian working environment, how the balanced score card fits into the AMEDD civilian community, and explained the fiscal considerations associated with the Department of Defense's new Overseas Service Policy.

While visiting Camp Humphreys, Stevens had a rare opportunity to tour the 121st CSH in action as the unit was in full partaking in the Ulchi Focus Guardian '12.

Pictured are Gregg Stevens (left) and Col. Robert Forsten, commander, 121st CSH, during the town hall.

Courtesy of 65th Medical Brigade Public Affairs

MEDIC

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the competition overly challenging for them because they want the Soldiers to be prepared for the next step in their careers.

"I think the most challenging (events) for the competitors are the day and night medic courses," said Sgt. 1st Class Royregus Cosby, non-commissioned officer-in-charge, Logistics Division, TAMC, who also served as the NCOIC for the competition. "They have to be physically and mentally tough to complete the tasks, especially during the night lanes when they are operating under the cover of darkness. It can be very disorienting when you can't see what is coming."

In addition to testing their medical knowledge during tactical situations, the competition requires the medics to take a written test in which they have 15 minutes to answer 100 questions.

"Medics need a lot of fortitude (to be Best Medic)," Cosby explains. "They need to have an 'I can win and I will never quit' attitude. They

need to be tough."

An awards ceremony was held after the final event of the competition where the cadre and local command teams could honor and congratulate all the competitors.

"It was a relief to find out that all the hard work over the three days was well worth it," Runyan said.

Both medics look forward to their opportunity to represent PRMC and compete in the MED-COM Best Medic Competition in San Antonio, which will be held in October.

"I am incredibly proud of our team and all the medics who competed," said Col. Mary Krueger, commander, USAHC-SB. "They worked so hard and they showed physical endurance and expertise, as well as an unwavering commitment to being Army medics. I am confident they will do a great job representing PRMC."



View more photos from the Best Medic Competition at www.flickr.com/TriplerAMC.



Sgt. Robert Edwards (left) and Sgt. Justin Runyan (center), Medical Company, U.S. Army Health Clinic-Schofield Barracks, work to move ammunition cases through a Leader's Reaction Course as part of the 2012 Pacific Regional Medical Command Best Medic Competition, Aug. 30. Edwards and Runyan went on to win the competition and will travel to San Antonio in October to represent PRMC in the U.S. Army Medicine Best Medic Competition.

SLEEP

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Fukui worked closely with Suvanarat and Dr. (Lt. Col.) Sean Dooley, former physician of Pulmonary Critical Care and Sleep Medicine, Tripler's Sleep Disorder Center, to ensure the lab and center were meet the standards set forth by the American Academy of Sleep Medicine.

"Our command really supported us achieving this goal of accreditation since the Sleep Lab was first opened in October 2012," said Dooley, who is on his way to Landstuhl Regional Medical Center in December 2012. "The accreditation

validates the rigor of our program. It reinforces how we are approaching sleep medicine."

Recently, the Sleep Disorders Center welcomed Dr. (Lt. Col.) Wanhee Choi, medical director for the center.

Under Choi's direction, the center will be continuing a new initiative to incorporate portable home sleep monitoring, which will help capture an additional 10-20 percent of the patient population the hospital still refers to outside centers. This initiative will ultimately allow the center to keep more than 50 percent of the center's patients in-house instead of referring them to another sleep lab or center.

"Not having to refer patients off-post will them save a lot of time and taxpayer dollars," Dooley said. "The ultimate goal is to increase services and improve patient care."

Tripler's Sleep Disorder Center is currently increasing staff numbers and expanding its capabilities. They are transitioning from a four-night-a-week operation to a seven-night-a-week operation, as well as adding additional sleep medicine services.

The Sleep Disorder Center works on a referral system. Patients must first visit with their primary care manager in order to have the referral placed.

In Brief

AWARDS

For their involvement with the Soldier Knowledge Integrating Lessons Learned for Strength program, or SKILLS, four employees were recognized with an Army Commendation Medal or Commander's Award for Civilian Service, Aug. 17:

- Dr. Christine Fair, USAHC-SB
- Capt. Jason Metz, TAMC
- Dr. Erin Kappenberg, USAHC-SB
- Spc. David Mann, USAHC-SB

The following cadre from the Warrior Transition Battalion were recognized with 2012 Warrior Care and Transition Program Awards for Excellence:

- Squad Leader of the Year: Staff Sgt. Ryan Soto
- Platoon Sergeant of the Year: Sgt. 1st Class Norbert Fuata
- Primary Care Manager of the Year: Dr. Robert Deedman
- Community-Based Warrior Transition Unit Social Worker

of the Year: Ann Dodd

- Occupational Therapist of the Year: Michael Chong
- Physical Therapist of the Year: Lori Lehouiller

Thomas Bookman, emergency manager, Pacific Regional Medical Command and Tripler Army Medical Center, was awarded with the Healthcare Association of Hawaii's Emergency Manager of the Year Award, Aug. 25.

TRICARE ONLINE ACCESS

Did you know you can now access Tricare Online with a common access card, a basic or premium Department of Defense self-service login, or a DFAS login?

This change reduces account access from six steps to two and eliminates the unique 15-digit password and registration requirements. Visit www.tricareonline.com for more information.