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Honolulu District

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Commander's Comments

“

Our century of service to the people of the Pacific gives us the know-how no other agency has.

”



By Lt. Col. David C. Press
POH Commander

Corps team plays key role in Supertyphoon Pongsona recovery effort

Every Corps Soldier and employee involved in the Supertyphoon Pongsona response and recovery effort deserves a round of applause and a heart felt well done for an outstanding true team effort!

As most of you know, I recently returned from a 30-day stint as Division Commander (Forward) in Guam executing Pongsona-related missions for the Federal Emergency Management Agency.

It was a privilege to work with such an outstanding group of men and women.

Pongsona roared through Guam and the Commonwealth of the Northern Mariana Islands on Dec. 8, causing tens of millions of dollars in damages. The Corps' response was immediate and effective. Both the POD and Honolulu District emergency operations centers went on 24-hour duty and POD and District employees began deploying to Guam. Since then, Soldiers from the 249th Engineer Battalion (Prime Power) and the 29th Engineer Battalion (Topographic) and employees from more than 30 of the Corps' Districts augmented these efforts. At the height of our effort, nearly 150 Corps Soldiers and civilians were deployed.

FEMA tasked us with 14 missions, ranging from providing emergency power and debris removal to temporary housing and logistics support and doing technical and infrastructure damage assessments.

In every instance the Corps team tackled these assignments with professionalism and a sense of urgency. The hours were long and initially the working conditions were difficult, but by the time I returned in mid-January, great progress had been made, though much remains to be done.

The lessons we learned from this summer's response and recovery effort following Typhoon Chataan, which battered Guam and Chuuk in mid-July, helped us. So did the training, experience, knowledge and relationships we have developed through the years. Our century of service to the people of the Pacific gives us the now-how no other agency has.

We also made excellent use of technology. Through tele-engineering the Division (Forward) conducted daily video-teleconferences with the POD and Honolulu District staffs. This technology was also a "one door to the Corps" enabling us to contact other districts, centers of expertise, and labs for their assistance. This was particularly helpful during the first few weeks when other means of communications to and from Guam were difficult. As I departed in mid-January my replacement, Lt. Col. Darren Carpenter of Japan District, and Emergency Support Function 3 Team Leader Ken Suiso of POD, were using this equipment to tell our story to the Vice Chief of Staff of the Army, Gen. John M. Keane.

Our FEMA counterparts appreciate the Corps' contributions to the federal recovery effort and so do the people of Guam and the CNMI. The Corps has a long history of helping our Pacific neighbors following natural disasters. The people who live there know that and appreciate our help. I personally met with the incoming and outgoing governors of Guam and the governor of CNMI during my month as Division Commander (Forward) and each expressed his thanks for the Corps' great work.

During the crucial weeks immediately following the supertyphoon, everyone, both on the ground in the disaster area and back at the EOCs, put in long hours, placing the mission

See "Commander's Comments," page 12



On the cover

The U.S. territory of Guam suffered major damage Dec. 8 when Supertyphoon Pongsona struck, packing sustained winds of up to 184 miles per hour. More than 100 employees from around the Corps responded to the emergency. Story and photos, pages 6-7. —

Photo by Michelle Cain

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District's top performers recognized

The Honolulu District recognized its top employees at the Town Hall Meeting Dec. 9.

The Power Planning and Response Team that deployed to Guam for 30 days

last July in support of Typhoon Chataan received the Hui O'i Loa (best team) award for Project Delivery Team of the Year.

Team members include the project manager Dennis Chung (Engineering &

Construction, FSRO), Debbie Alexander (Logistics), Renee Hicks (Contracting), and Austin Rester (E&C).

Clyde Tomihara (PPM-Army) received the Alaka'i (one with personal strength who exhibits leadership quality) award for being the District's Project Manager of the Year.

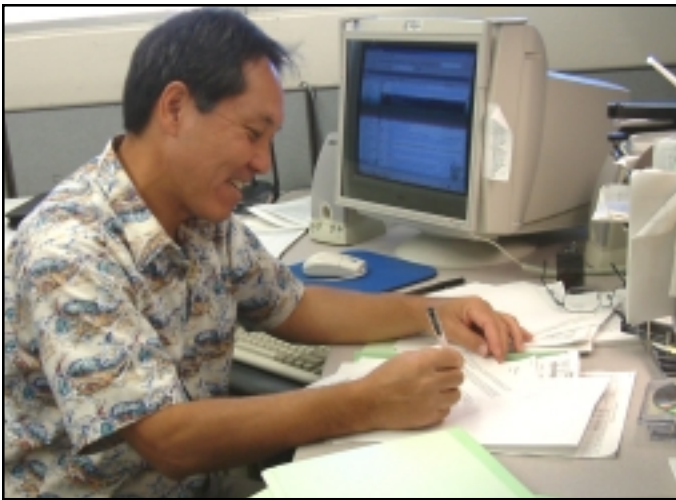
Sharon Freitas (Information Management), was presented the Maika'i Loa (mighty, achieving excellence) award as the District's Leader of the Year.

The Ikaika Loa (power of knowledge, professional skills and expertise) awards went to three District employees.

Curtis Yokoyama (E&C) was named Professional Employee of the Year.

Grace Nakaoka (E&C) was named Technical Employee of the Year.

Rolando Castillo (Logistics) was named Administrative Employee of the Year.



Clyde Tomihara was named Project Manager of the Year at the District's second annual awards ceremony Dec. 9. The awards program was introduced last year to recognize outstanding employees. —Photo by Michelle Cain

First Pacific Partnering Conference a success

By Douglas MaKitten

The first Honolulu District Pacific Partnering Conference, held Dec. 10 at Fort Shafter, brought together 65 District customers and employees and received favorable reviews.

"I think the conference was very successful," said Wendell Awada, deputy chief, Programs and Project Management Division. "We had a good cross section of customers and overall the comments we received were favorable.

"We wanted to try something new, bringing together everyone, including those who might not usually be together, such as having our civil works customers listen to military programs presentations," Awada continued. "Most people said they liked the format and we plan to use this as a starting point and build on it as we plan for the 2003 conference."

POH Deputy Commander Maj. Scott Schriener kicked off the day's activities, welcoming the group on behalf of Lt. Col. David Press, Honolulu District Commander. Press had just deployed to Guam to command the

Pacific Ocean Division (Forward) response and recovery effort following Supertyphoon Pongsona, which struck Dec. 8.

Schriener told the gathering that POH was dedicated to customer care and existed to serve its partners. He said the goal of the conference was to work together to improve service to all the District's Pacific partners. This included military, civil works and inter-agency and international services customers.

Next were presentations by some of the District's partners about their programs. Pacific Air Forces military programmer, funds manager and program analyst Jim Schaefer spoke about the PACAF military construction program. Stan Sokoloski, acting director of the Pacific Region, U.S. Army Installation Management Agency, discussed the Army program. POD's Paul Yoo discussed the POD civil works program.

The remainder of the morning consisted of a series of breakout sessions including: sustainable design by Russell Uyeno; small projects execution by Tim Phillips; anti-terrorism and force protection by Bob Tom; best value contracting by Bruce Stevenson; international organization for standardization (ISO) 9001:2000 by Glen

Takishita; geographic information system by POH's Santi Mor and DPW's Dave Pawlak and Channing Fukuda; planning assistance for states and continuing authorities program by Derek Chow; and the program and project delivery system by Andrew Kohashi.

Roy Yamashiro, president of the American Council of Engineering Companies of Hawaii, was the lunch speaker. He covered a variety of topics, including the role of professional societies when working with government agencies and the importance of maintaining high professional standards.

The afternoon included workgroup discussions of customer concerns about construction contract management, design quality, customer care and process improvements and civil works.

According to Awada, all of the material from the Pacific Partnering Conference will be placed on a web site accessible to the attendees where their questions and concerns will be answered and periodically updated, as needed.

Awada said organizing and executing the event was a true team effort for the District, and especially thanked PPMD's Lauren Vizcarra for her organizational assistance.

Courage: *Courage is not the towering oak that sees storms come and go; it is the fragile blossom that opens in the snow. —Alice M. Swaim*

Employees

November



Edith Matsuki

Nomination: Ms. Matsuki has prepared all monthly, quarterly, and yearly Civil Works financial reports in a timely and accurate manner. In addition to her reporting responsibilities, she also processes Transaction By Others (TBO), assists our Systems Accountant and resolves discrepancies with the U.S. Treasury Department.

Edith has developed numerous queries to extract financial information to assist others in performing their jobs. Monthly, she budgets her time between reports, operations, systems and providing customer service. She always finds time to help others in spite of her heavy workload.

During this past fiscal yearend, she was able to process 143 Huntsville scripts to update our CEFMS database, prepared, reconciled and submitted 88 reports, cleared 17 TBO transactions, resolved problems, developed queries, and assisted others.

Ms. Matsuki's "can-do" attitude and efficiency are reasons for her excellent customer service.

November



Rick Totten

Nomination: In addition to his normal crushing workload, this month Mr. Totten represented the District in important discussions with our customer in an effort to alleviate a controversial problem stemming from inadequate contractor performance. Then he personally arranged, through a series of negotiations and discussions, an important resolution to a nettlesome problem pertaining to a project with high-level USARPAC and DPW interest.

Additionally, he worked diligently to find a legal resolution to a fiscal problem that had stood as an impediment to proceed using money available in a construction project to fund equipment.

Mr. Totten always cuts right to the heart of every problem by diligent research, incomparable expertise and person to person contact with corporate attorneys, customers and District representatives rather than relying on e-mail or written notes. He is very mission oriented, always seeking a way to allow the District to proceed with a course of action. He never gives up on a course of action, but if legal problems exist with a proposed course of action he always proposes legal solutions.

Anger: *Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean. —Maya Angelou*

of the Month

December



Janet Kojima

Nomination: Ms. Kojima provides exceptional service in the smooth operations of Programs and Project Management Division. As the senior administrative assistant, she ensures all support personnel are trained and fully operational.

She has made herself the MODERN expert. As a result, PPMD staff as well as other staff offices rely on her expertise for advice and assistance on personnel-related actions. Through her hard work and perseverance, she ensures all the things required to maintain and improve the administrative functions in PPMD get done properly, oftentimes sacrificing of her own time to help others. She makes sure all taskings are complete.

She is the first to come in in the morning and sometimes the last to leave. She has been especially supportive of the office staff over the holiday season, when so many people are on leave.

She is constantly present, providing guidance and support and she is always a source of useful information.

December



Dennis Chung

Nomination: Selfless sacrifice, leadership, and personal courage: words from the platitudes of Army values that are exactly descriptive of Dennis.

For the second time in 6 months Dennis has deployed to lead the Honolulu Power Planning and Response Team to meet the critical power needs of Guam following typhoons. During these responses his focus on mission and people enabled his team to meet the critical power needs of Guam.

His leadership of this high performing team of Army soldiers and civilians, contractors, Gov Guam, and FEMA was exceptional. In the initial weeks of both responses his team worked 15+ hour days with constantly changing priorities and extremely tenuous communication connectivity.

He lead his team with tireless work, innovation, and flexibility. He is a worthy example of the very best that government service entails.

Expectations: *Our limitations and success will be based, most often, on our own expectations for ourselves. What the mind dwells upon, the body acts upon. —Denis Waitley*



Troy Eckert, IM, wires a computer in the Disaster Field Office at Guam's Micronesia Mall.



More than 100 Corps soldiers and civilians spent the holidays assisting the people of Guam. Michelle Clark, Galveston District, shows her holiday spirit by decorating the Corps' area of the Disaster Field Office.

Volunteers from all Divisions deploy to Guam

Corps responds to Supertyphoon Pongsona

*Story and photos by
Michelle Cain*

On Dec. 8, the island of Guam was pummeled by Supertyphoon Pongsona, described by many as the worst natural disaster ever to strike this tiny U.S. territory in the Pacific nearly 4,000 miles southwest of Honolulu.

Several hours of sustained winds up to 184 miles per hour caused significant damage, leaving the island powerless and without water or phone service, and many families homeless. The neighboring Commonwealth of the Northern Mariana Islands (CNMI) also sustained significant damage. President George W. Bush declared Guam a federal disaster area Dec. 8, followed by CNMI on



Lt. Col. David Press, Division Commander (Forward), conducts a daily briefing with all the Corps employees deployed in support of Supertyphoon Pongsona.

Dec. 11. In early January, Guam Pacific Daily News reported damages on Guam in excess of \$73 million. More recent reported estimates are more than \$200 million.

Within hours of the typhoon striking, the Pacific Ocean Division (POD) deployed a Power Team. Five Corps disaster recovery specialists arrived Dec. 10, the first federal responders to Pongsona. A few Federal Emergency Management Agency (FEMA) employees were still on the island closing out recovery operations from July's Typhoon Chataan, to which the Corps also responded.

When it became apparent that the storm was going to hit Guam, the Corps tasked 18 soldiers from the Army's 249th Prime Power Engineer Battalion to deploy to the region. Water, debris, and temporary housing teams from around the Corps had been on alert and were directed to deploy also, according to Joel Hendrix, Honolulu District's Chief of Emergency Management.

The Honolulu District and Pacific Ocean Division (POD) emergency operations centers (EOC) were activated Dec. 8 and began 24-hour-a-day operations, according to Ed Yoshimura, District EOC day shift officer-in-charge (OIC). The District EOC provided support to the Division EOC with 11 people working 12-hour shifts seven days a week for the first two weeks.

Within hours, Corps employees from around the country were on their way to Hawaii to in-process through the EOC's Aloha Reception Center before continuing on to Guam.

"The Aloha Reception Center's job is to make sure everybody gets there," said Yoshimura. This includes coordination with the home District, arranging the resources such as money, flights, and rental cars, and ensuring everyone has a passport and any necessary shots. "It's very important to the overall process."

By Dec. 18, more than 100 members of the Corps, representing all eight Divisions, were on the ground conducting \$20 million worth of missions to clean up the second, and by far the worst, disaster to hit Guam in six months. At one point, nearly 150 Corps civilians and soldiers, including soldiers from *the 29th Engineer Battalion (Topographic), were deployed.

"The Corps has partnered with FEMA to help the people of Guam," said Hendrix. "FEMA provides the money and the mission; we execute it. Our customer is the government of Guam, the real victim here."

FEMA is in charge of the federal recovery effort, with help from other federal agencies as needed. The agency originally tasked the Corps, which has extensive emergency response capabilities, to ex-



Max Frauenthal, Little Rock District, checks the water pressure on a just-filled 2,642-gallon water bladder that will allow residents to have potable water.

ecute nine primary missions. The teams and their responsibilities are:

Building Safety Assessment Team (BSAT): Assess the safety of building structures and their infrastructure, which includes mechanical (heating, ventilating, and air conditioning), electrical, structural and environmental sub-systems. Conduct site visits to the buildings and facilities deemed by FEMA as being the most critical.

Water/Sewer Team: Verify and evaluate damage to deep well

See "Pongsona," page 8

Pongsona

Continued from page 7

pumps, booster pump stations, sewer lift stations and sewer treatment plants.

Water Team: Acquire, transport and distribute bottled/bulk water to affected areas. Determine potable water needs and provide technical assistance on bulk potable water distribution.

Debris Team: Oversee and manage all contractor operations for debris collection, reduction, and removal. Debris consists of

miscellaneous metals, vegetation, construction and demolition debris, and household appliances.

Containerized Tactical Operations Center (CTOC) Team: Provide communication assets and resources for the Division Commander (Forward). Consists of a VSAT satellite system, Inmarsat telephones, VHF and HF radio systems, Iridium telephones, and laptop computers, fax and printers.

Temporary Housing Team: Support GovGuam by providing technical assistance and planning in providing shelter to disaster victims.

Emergency Power Team: Provide emergency generator power to areas without commercial power. The team works with Prime Power and a contractor to perform site power assessments and haul, install, operate, maintain and recover government furnished generators.

Logistics Planning and Response Team (LPRT): Assist FEMA with inventory management of equipment, supplies, and materials received and transferred from FEMA to USACE. Provide support for incoming USACE personnel, which includes travel management, hotels and rental cars. Provide support to receive and process generators of various sizes, and received bottled water and transferred to FEMA for storage/distribution.

Geographic Information Systems (GIS) Team: Provide accurate spatial information and analysis by generating maps, tables, and answers to spatial quandaries for all deployed teams.

As the recovery mission has progressed, the Corps has been tasked with additional missions, including continuing damage assessments and determining the elevation of the storm surge due to the typhoon. In all, the Corps is executing 14 missions as directed by FEMA.

The bulk of the Corps' team falls under the POD Division Forward Headquarters, initially commanded by Honolulu District Commander Lt. Col. David Press. (Press departed in mid-January, turning over the reins to Lt. Col. Darren Carpenter, POJ) The Division Forward coordinates and supports the Corps' teams that are performing the assigned missions.

Daily video teleconferences (VTCs) allowed



Everett Morton, Fort Worth District, loads a generator for transport. The Logistics Team provides inventory management of supplies and equipment sent to Guam.



Supertyphoon Pongsona did massive damage all over Guam. Downed power poles are one of the most immediate dangers for drivers, especially at night when they can't be seen from a distance.

Friendship:

Your friends will know you better in the first minute you meet than your acquaintances will know you in a thousand years. —Richard Bach

Press to speak face to face with Brig. Gen. Ronald Johnson, POD commanding general. The one-hour call tied them in with other Corps elements that may be called upon to provide support.

“I’m pleased with the support I received from all the Corps’ Divisions and Districts,” said Press. “I could not be happier with the Corps employees taking care of missions in Guam and CNMI (Commonwealth of the Northern Marianas). The Corps family came together over the holidays to help the people of Guam and CNMI. I’m proud of this Corps team.”

“These people gave up their Christmas with their families to help the people of Guam,” said Hendrix. “That’s selfless service, the highest calling of our nation.”



Picked up and blown around by winds gusting as high as 184 mph, this van ended up in the parking lot of Guam’s Armed Forces Recruiting Station.



Remnants of people’s lives could be found everywhere. This washing machine is laying in a yard, where it landed after being carried by the wind.

To show their support during the holiday season, the POD and Honolulu District Special Emphasis Program Committees collected donations and sent a Christmas care package full of cookies and other goodies to the Division Forward team.

In his weekly radio address Dec. 18, outgoing governor of Guam, Carl Gutierrez, thanked several federal agencies, including the Army Corps of Engineers, for their help. “You folks are always here for us,” he said.

Chief of Engineers, Lt. Gen. Robert Flowers, visited the POD/POH EOCs Dec. 19 and participated in the daily VTC and briefing. He said he was very impressed with the hard work and dedication of the Corps’ soldiers and employees both in Guam and CNMI, and those working in the EOCs.

“What you are doing is very important and we in the Corps and the Army appreciate it, the country appreciates it, and so do the people of Guam and CNMI,” said Flowers. “You have our gratitude and we are very proud of the job you are doing. Well done and keep up the good work!”



Lt. Gen. Robert Flowers, Chief of Engineers, (second from right) and Brig. Gen. Ronald Johnson, commanding general, POD, (right) listen to reports from Guam during a videoconference (VTC) Dec. 19. Flowers praised the work Corps soldiers and civilians are doing in Guam and CNMI.

Sadness:

If you cry because the sun has gone out of your life, your tears will prevent you from seeing the stars. — Rabindranath Tagore



Building a strong and healthy workforce

POH HealthWatch

Colon cancer preventable with screening, early detection

By Maj. Ann Crosby

*Center for Health Promotion
and Preventive Medicine*

Colorectal cancer, cancer of the colon and rectum, is second only to lung cancer in the number of cancer deaths it causes. About six-percent of Americans will develop the disease within their lifetime.

Cancer of the colon and rectum accounts for 15-percent of cancer deaths. The risk of colorectal cancer begins to increase after the age of 40 and rises sharply at 50 to 55; the risk doubles with each succeeding decade. Despite advances in surgical technique and adjuvant therapy, only a modest improvement in the survival rate of patients in the advanced stages has occurred. Effec-

tive preventive approaches must be developed to reduce the morbidity and mortality from colorectal cancer.

A tumor causes many warning signs. By the time the warning signs are recognized, the tumor is at least a few centimeters in size. Screening people without warning signs may be the best way to find very early cancers. Regardless of age, anyone who develops warning signs associated with colorectal cancer should consult a physician as soon as possible. Major warning signs include any change in bowel habits, rectal bleeding with bright red blood, unexplained weight loss, or constant fatigue.

No single cause is known for colon cancer. However, risk factors should be lowered whenever possible. Colorectal cancer can be prevented if polyps that lead to can-

cer are detected and removed. If detected in its early stages, 90-percent of colorectal cancer is curable. There are some things individuals can do to prevent the development of colorectal cancer. A high fiber, low fat diet may play a role in prevention. Stopping smoking and limiting alcohol intake also may help. The evidence for calcium and aspirin intake is less persuasive. Screening examinations that pick up polyps in an early stage help prevent them from becoming cancerous. To date, there is no evidence that vitamin supplements such as B carotenes, selenium, and vitamin E protect against colon cancer; therefore, they are not recommended.

Four ways to screen for colon cancers exist. The first is a stool test to check for blood. Most cancers have no symptoms; hidden blood in the stool is often the first, and in many cases, the only warning sign. Most medical authorities recommend a stool test be done every year.

The second is a barium x-ray. In this test, a contrast material is infused through the rectum. The radiologist can see large polyps or cancers (greater than 10 millimeters) in the colon. This test involves some discomfort and often fails to detect small polyps. The major limitation to the barium enema is that a colonoscopy is required if lesions are detected. The enema is recommended every five years.

The third method is a sigmoidoscopy examination where a small flexible scope is used to look at the lower third of the colon. This examination is recommended every five to 10 years.

The fourth method is a colonoscopy, See "HealthWatch," page 12

Cancer Warning Signs

- Diarrhea, constipation, or other changes in bowel habits lasting 10 days or more
- Blood in the stool or dark stools
- Unexplained anemia
- Abdominal pain and tenderness in the lower abdomen
- Intestinal obstruction
- Weight loss with no known reason
- Stools narrower than usual
- Constant tiredness
- Anal lump
- Abdominal fullness, gaseous

Preventive Measures

- Annual fecal occult blood test
- Double Barium Contrast Enema (every five years)

- Sigmoidoscopy (every five years)
- Colonoscopy (every five years)

Risk Factors

- Age
- Diet
- Excessive alcohol consumption
- Long history of smoking
- Personal history of colorectal cancer
- Personal history of colorectal polyps
- Family history of colorectal polyps or colorectal cancer
- Hereditary Syndromes (familial adenomatous polyposis)
- Personal history of chronic inflammatory bowel disease
- Rectal bleeding with bright red blood

Experience: *Experience is the name everyone gives to his mistakes. —Oscar Wilde*

*After 25 years of island living,
the Dayton family is used to...*

Riding out the storm

**Story and photo by
Michelle Cain**

Supertyphoon Pongsona really hit home for Honolulu District's Frank Dayton. He and his wife, Corinne, and daughter, Trisha watched the Dec. 8 storm, from beginning to end, from their home on Guam.

That morning, the local newspaper reported that the closest point of the storm's approach would be at 1 p.m. 100 miles east of the island, with winds up to 75 miles per hour.

"We thought the storm was going to miss us by a wide distance," said Frank, who runs the Corps' one-man regulatory office on Guam.

By the time their power went out around noon, with winds gusting at up to

167 miles per hour, the family knew it was going to be a direct hit.

"I knew it was going to come," said Trisha, 15. "Anyone who's taken geometry can tell it's not going to do a ninety-degree angle in a two-day period."

After 25 years on the island, the Daytons have weathered several storms, but this was by far the worst. "This one was different from anything I'd ever faced before," said Corinne.

"There are some things you know are going to be bad," she said, "but until you're back in the middle of it, you forget."

All of the radio stations went out, something that had never happened in the past. "There's something comforting about a voice," said Corinne. "We didn't know when it was going to stop."

At the height of the storm, the wind created a high-pitched whistling accompa-

nied by a deep rumbling sound. Corinne describes the windows as looking "like they were breathing."

They watched helplessly as the trees crashed and fell apart in their yard. "You could hear things flying through the air," said Frank.

And the toilets were flushing themselves, due to the low pressure caused by the wind.

Although not as intense as it had been, the storm was still going strong at midnight, according to Corinne. She woke up at 4 a.m. and the winds were still gusting at 60-80 miles per hour. "It's stressful," she said. "It tires you out."

As terrifying as the storm was, the hard part was yet to come: getting their lives back to normal.

Telephone service was out, as well as cellular phone service. The Daytons weren't able to get in touch with family members on the mainland for two days. "We couldn't reach anyone and we knew they were worried," said Corinne.

As the food in their freezer was thawing out, the family began eating the most expensive cuts of meat first. "A lot of food got thrown out," said Corinne. It took several weeks for their power to be restored, and some areas of the island are still without power.

Gasoline for their cars was in short supply; lines at the gas stations were reportedly two miles long at times.

And Frank had to siphon water off the neighbor's roof in order to flush the toilet.

Despite the inconveniences the family has suffered, they feel fortunate.

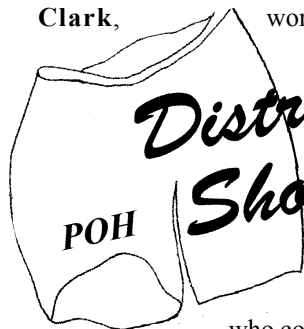
"We were very lucky," said Corinne. "The northern part of the island was hit much harder. We've really been quite fortunate."



Frank Dayton, his wife Corinne, and daughter Trisha add another tree branch to the pile in their yard. Supertyphoon Pongsona left a lot of debris in their yard, but the family survived the storm with no injuries.

Gratitude: *To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven. —Johannes A. Gaertner*

Aloha means hello to **Kevin Nishimura**, EC-E, environmental protection specialist who come to us from the Navy Public Works Center at Pearl Harbor. **Aloha means hello** to **Lisa Clark**,



workforce management analyst, who comes from the 835th Transportation Battalion in Okinawa. **Aloha means hello** to **Steve Cayetano**, Chief, Environmental Protection Branch, who comes to us from the Europe District.

Aloha means hello to **David Yang**, mechanical engineer in Design Branch, who comes to us from the Europe District.

Aloha means hello to **Bobby Dickerson**, construction

representative at FSRO, who comes to us from the Fort Worth District. **Aloha means hello** to **Ron Lum**, who returns to Honolulu District after a three-year tour in POJ. **Aloha means hello** to **Al Simmons**, QA representative at FSRO, who comes from a position with DPW. **Aloha means hello** to **Lisa Lyon**, RMS clerk at FSRO, who comes to us from Naval Base Ventura County. **Aloha means hello** to **Didier (DJ) Fusero**, mechanical engineer in Design Branch, a recent graduate of UH. **Aloha means good-bye** to **Curtis Yokoyama**, Design Branch, who is leaving the District to take a position at POD. **Aloha means good-bye** to **Jan Brissette**, RM chief, who has accepted a position in Belgium. **Aloha means good-bye** to **George Kimura** and **Tom Ushijima** from POD, who are retiring. **Condolences** to the family of **Elsie Smith**, who passed away Jan. 20.

Commander's Comments

Continued from page 2

ahead of their own interests. What an awesome display of the Army value "selfless service" — particularly during the holiday season when all of us want to be with our families and friends.

Those who deployed missed our loved ones, but we had the satisfaction of knowing our efforts were helping people who were truly in need. We also appreciated the thoughtfulness of those in POD and Honolulu District who sent us boxes of Christmas goodies. Mahalo once again for your aloha.

HealthWatch

Continued from page 10

which is similar to a sigmoidoscopy but allows the entire colon to be viewed. The patient usually is mildly sedated during a colonoscopy.

Insufficient evidence exists to determine which screening method is best. The colonoscopy is the most thorough but takes longer, requires sedation, is slightly riskier (on rare occasions, the bowel can be perforated), and is more expensive than a sigmoidoscopy.

The type and duration of colorectal cancer treatment depends upon the extent of the disease and when it was discovered. Treat-

ments can include surgery, chemotherapy, radiation, or a combination of all three. Surgery is the most commonly performed treatment for colorectal cancer. If the tumor is discovered before it has penetrated the bowel wall, removal of the cancer is usually all that is necessary for a cure.

Research has shown that appropriate screening and treatment can alleviate much of the suffering associated with colorectal cancer and reduce the number of deaths. Colorectal cancer has not received the attention other cancers have, even though it is the second leading cause of cancer-related deaths in this country and it has a well-defined, identifiable, and treatable precursor lesion - the adenomatous polyp.

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Kindness: *Wherever there is a human being, there is an opportunity for kindness. —Seneca*