

HAWAII ARMY WEEKLY

Vol. 34 No. 7

Serving the U.S. Army community in Hawaii

February 18, 2005

What's Inside



Club Inductions

Spouses and Soldiers were inducted into prestigious organizations Feb. 7.

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Free, Fast and Accurate Tax Return Preparation

Schofield Barracks tax center, building 361 (in back of the museum), Mon - Wed, 9:30 a.m. - 5 p.m., Thu, 9:30 a.m. - 6 p.m., and Fri, 9:30 - 4 p.m. Call 655-5144 for information.

Fort Shafter tax center, Aloha Center, building 330, Mon - Wed, 9:30 a.m. - 5 p.m. Call 438-2829. Tax preparers certified by the Internal Revenue Service.



NFL Military Challenge

A repeat victory for one of the military branches.

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Blue Star Card Program Closing

The Blue Star Card Program for spouses of deployed Soldiers will end as Soldiers redeploy. Operation Iraqi Freedom cards, those with a blue background, are valid until March 31. OEF cards, yellow background, are valid until April 30. The program will continue for units returning after this date. Program end date will be publicized. Call 438-0117.



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Culinary Team creates fine spread; will compete in Virginia.

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2nd BCT transfers authority

Story and photo by Sgt. Sean Kimmons
25th ID (L) Public Affairs

KIRKUK AIR BASE, Iraq -- Second Brigade Combat Team Soldiers have endured long work hours, numerous insurgent attacks, many casualties and the loss of eight Soldiers in support of Operation Iraqi Freedom II.

Despite tough times, 2nd BCT Soldiers stayed focused to complete thousands of combat and humanitarian operations, as well as guide Iraqi government officials through such milestones as the Transfer of Sovereignty on June 28 and the recent Iraqi elections on Jan. 30. More than a year has passed since the "Warrior Brigade" Soldiers began operations in Northern Iraq's Kirkuk and Sulaymaniyah Provinces. Now, Soldiers of the 116th BCT are responsible for this area following a Transfer of Authority ceremony here Feb. 12.

The 3,000-Soldier "Warrior Brigade" is comprised of five battalion task forces, which have all played integral roles in both provinces and beyond.

Task Force 1-14 Infantry was known as the rover task force of the brigade.



2nd BCT Soldiers and distinguished guests pay tribute to the U.S. and Iraqi national anthems during the Transfer of Authority ceremony Feb. 12.

"TF 1-14 saw more of Iraq than any other unit in theater," Maj. Gen. John R.S. Batiste, commander of 1st Infantry Division, addressed at the TOA ceremony. "The Golden Dragons conducted five out of sector deployments in support of combat operations."

The Golden Dragons deployed to Tall Afar along the

Iraq-Syrian border, twice to Najaf, Samarra and most recently to Mosul for the Iraqi elections.

The Gimlets of TF 1-21 Inf. had a complex mission in the multi-ethnic city of Kirkuk.

"The future of Iraq rests with this city," Batiste said. "Kurds, Arabs, Turkoman and Assyrians have a chance to lead

their country as an example of an integrated society or slip into ethnic strife and violence.

"The Gimlets helped the leaders of this city make the right choice and helped forge Iraqi teams to lead the city and province toward a prosperous and stable future," Batiste said.

The Wolfhounds of TF 1-27 Inf. "performed superbly in a

very large and often kinetic area of operations," Batiste said.

The Wolfhounds executed two battalion air assaults, 60 battalion-level operations, 600 company operations and 500 raids throughout the past year.

As a result from these combat operations, 80 insurgents were killed, more than 100 were wounded and 310 were captured.

TF 1-27 Inf. also invested more than \$7 million on 200 reconstruction and humanitarian projects in their Sunni Arab dominated area of operations.

Soldiers of TF 2-11 Field Artillery fired nearly 7,000 artillery rounds in an aggressive counter-fire program. This program forced the enemy to resort to inaccurate mortar and rocket fires, Batiste said.

TF 2-11 FA Soldiers even trained 3,000 Iraqi Army Soldiers who will eventually secure Northeastern Iraq. They also coordinated more than \$5 million in infrastructure and life-sustenance contracts for the 33rd IA Brigade.

Soldiers of the 225th Logistics Task Force ensured proper effectiveness of the Brigade's countless missions.

See "TOA" Page A-3

OIF redeployments well underway



Rafi Grant

Alexia Gonzales, 4, waits to hug dad, Spc. Reynaldo Gonzales. Alexia spotted Gonzales in the formation at the ceremony on Wheeler Army Air Field Feb. 11.

By Joy Boisselle and Rafi Grant
Staff Writers

More than 1,100 Soldiers from 2nd Brigade Combat Team received a hero's welcome at Wheeler Army Air Field between Feb. 11 - 17.

Arriving Feb. 11, Lt. Col. David Miller, 1st Battalion, 14th Infantry Regiment, commander, led the Soldiers to the hangar ceremony where banner-waving families and friends enthusiastically greeted their arrival.

Reflecting on the battalion's mission, he said, "All units in Iraq did a fantastic job. Our unit's mission was a little different; we ended up being a rapid deployment-force or reserve-force for the 1st Infantry Division and the MMCI Corps and because of that, we covered a lot of ground in Iraq."

"We were the unit that deployed to the most hotspots as they occurred. And, our unit did the whole spectrum from combat operations to stability and support."

The Golden Dragon's exploits included operations in Najaf, Mosul, Kirkuk, and Samarra, all areas of

See "OIF Redeployments" Page A-6

Officers, senior NCOs may face summer housing shortage

By Joy Boisselle
Staff Writer

Soldiers, particularly senior enlisted and officers, might face housing challenges this summer. U.S. Army Hawaii leadership, Army Hawaii Family Housing managers, and Residential Communities Initiative officials are working to address the challenges in several ways.

Col. Howard Killian, commander, U.S. Army Garrison, Hawaii said, "We are doing worst case planning, but until people get orders, a lot is just our best projection for the demand on housing."

"We are working on a range of options to provide families with choices both on and off post and right now, this potential problem hasn't materialized as of yet. I believe we will meet the required demand."

Of the 8,000 homes managed by AHFH, more than 2,000 are vacant, awaiting either demolition, minor vacant quarters maintenance,

or major renovations.

One plan to alleviate the projected shortfalls is to speed up vacant quarters work.

"The goal by the end of April is to have 710 homes ready for occupancy in all categories," said Janine Lind, AHFH property manager. "However, 90 percent of those homes are for junior enlisted," she said.

"Right now, we have little problem housing junior enlisted, and depending on duty station, there is some company grade housing available. Field grade officers, who are not key and essential, will have to look off-post," Lind said.

To help officers and senior enlisted secure housing requests have been made to convert surplus junior enlisted housing.

There is light at the end of the tunnel. Karen Goodrich, RCI referral and services manager, said possible shortages should lessen by September, as the redeploy-

"We are working on a range of options to provide families with choices both on and off post and right now, this potential problem hasn't materialized as of yet..."

- Col. Howard Killian

See "Housing" Page A-6

SMA: 100K Soldiers to change jobs in Transformation

By Tech. Sgt. Jim Moser
Army News Service

TAMPA, Fla.-- More than 100,000 Soldiers will move from "Cold War" jobs to positions such as military police and civil affairs as part of Army Transformation, Sgt. Maj. of the Army Kenneth Preston said.

Preston visited MacDill Air Force Base Feb. 7 to meet with U.S. Central Command and U.S. Special Operations Command troops. He held two enlisted calls and spoke at a luncheon where he presented awards to top Soldiers in the joint commands, the National

Guard, Army Reserve, Recruiting Command and ROTC.

"We have a lot of troops in 'Cold War' jobs," Preston said. "I call these 'high density, low demand' fields. The Army is going to rebalance those people to 'high demand, low density' fields like military police and civil affairs. Somewhere between 100,000 to 115,000 Soldiers will transform to new positions."

During the enlisted calls, Preston covered topics such as Army Transformation and the performance of the Army Guard and Reserve units deployed

overseas.

"Two things transformation gives our Soldiers and their families are predictability and stability," he said. "We have grown the Army by three brigades and by 2006 this number will increase to 10. These new brigades and the ones already transformed in their respective divisions will have a 'three-year lifecycle.' Troops in these brigades will remain together - train, deploy and redeploy as a team over a three year period. So when a Soldier goes to one of these new brigades, he or she can plan on being with the unit for at least a

three year stay at a given location. When the three years are up, Soldiers can PCS to a new base or possibly remain where they are for another cycle."

It is not new news that the Army National Guard and Reserve are heavily engaged, Preston said. Citizen Soldiers are on the ground in Iraq, Afghanistan and other theaters around the world.

The sergeant major pointed out at one time the Guard and Reserve were the Army's poor relation.

"In the past the Guard and Reserves received the hand-me-downs and leftovers from the

active-duty Army," Preston said. "But not anymore - 40 percent of our forces in the Iraqi AOR are Guard and Reserve. They are highly trained and well equipped professionals. I'm proud to serve with them, and we couldn't do the mission without them."

"I'm very proud of what our Soldiers are doing," he said. "I hope when they finish their tours, they can look back and say 'I helped make the world a safer place.'"

(Editor's note: Tech. Sgt. Jim Moser serves with the U.S. Special Operations Command Public Affairs Office.)

The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com.

The deadline for articles is the Friday prior to the week of publication. Send all articles in Microsoft Word or text format.

OPINION & COMMENTARY

Deep Blue Operations deemed 'successful'

Commentary

Capt. George A. Mitroka
7th Engineer Det. (Dive)



1st Sgt. Heikkinen

Divers from the 29th Eng. Bn. (Dive) use everything from 3-inch scrapers to a hydraulic hull cleaner to scrub the running gear and propeller of the 545th Transportation Detachment's LSV. The divers gained 30-hours of "bottom time" and were certified on new equipment.

NAWILIWILI, Kauai – The 7th Engineer Detachment (Dive), 29th Engineer Battalion (Topographic) recently conducted a Deep Blue exercise off the southern coast of Kauai Jan. 18-27.

A Deep Blue Operation consists of deep dives of 70 - 150 feet in SCUBA and Surface Supplied Diving Modes, Hyperbaric Chamber Operations, a thorough review of the technical manual "Diving Operations," and real-world emergency scenario evaluations.

At this depth, we experienced crystal clear water with visibility up to 70 feet, currents from 1-3 knots, and all of the wonderful wildlife that exists off the southern coast of Kauai. Most divers will also experience nitrogen narcosis, a noticeable mental change when exposed to the pressure of dives deeper than 100-feet.

Nitrogen narcosis is often described as a feeling of stupor or drunkenness where the diver loses the ability to perform simple and delicate tasks they would normally be able to perform on the surface. It is caused by the increasing partial pressures of nitrogen gas that the divers breathe when diving at deeper depths.

It is important to expose the divers to the pressures and effects of deep dives so they are aware of the onset of nitrogen narcosis and can control the effects it has over their abilities.

The training gave our diving supervisors, Staff Sgts. Vaughan, Green, Larrew, Hayden, and Forkhamer, a chance to be

evaluated on their supervisory skills when simulated emergency scenarios were performed during a dive mission.

Supervisors were evaluated on their leadership skills, procedural accuracy on deploying divers, casualty evaluations, and treatment of medical emergencies. All divers were tested daily on knowledge from the dive manual as well as receiving certifications on our newest 20 cfm compressors that were fielded in December.

Our sister company, the 545th Transportation Detachment, sailed on Kauai and provided us with the diving platform for the duration of the deployment. In return, we cleaned and removed the barnacle growth on the entire hull, propeller, and running gear of the LSV 2.

This mission took nearly 30-hours of bottom time for the divers, using everything from a \$2, three-inch paint scraper to a \$10,000 hydraulic hull scrubber to accomplish the mission. It paid

off significantly as the boat gained 1.5 knots on the return trip, an increase of nearly 15 percent.

"It was amazing how much barnacle growth on the propeller, running gear, keel coolers and hull could increase the drag of a boat that large. Our engines ran significantly cooler as well, once the barnacles were removed from the keel coolers," said Chief Warrant Officer Timothy Turner, captain of the LSV 2.

The mission was a huge success and an excellent training opportunity for the divers of the Pacific to incorporate real world training requirements with challenging scenario driven evaluations.

The Mariners of the LSV 2 were also able to practice three-point mooring and other anchoring tasks due to our requirements of deep diving operations. Both units look forward to continue their excellent working relationship on future deployments and real-world missions throughout the Pacific.

Military spouses

Commentary

Page Swiney
Contributing Writer

It was just another hurried Wednesday afternoon trip to the commissary. My husband was off teaching young men to fly. My daughters were going about their daily activities knowing I would return to them at the appointed time, bearing, among other things, their favorite fruit snacks frozen pizza and all the little extras.

My grocery list, by the way, was in my 16-month-old daughter's mouth. I was lamenting the fact that the next four aisles of needed items would pass by while extracting the last of my list from my daughter's mouth, when I nearly ran over an elderly man.

This man clearly had no appreciation for the fact that I had 45 minutes left to finish the grocery shopping, pick up my 4-year old from tumbling class and get my 12-year-old and her carpool mates.

I knew men didn't belong in a commissary, and this guy was no exception. He stood in front of the soap selection staring blankly, as if he'd never had to choose a bar of soap in his life.

I was ready to bark an order at him when I realized there was a tear on his face. Instantly, this grocery aisle roadblock transformed into a human.

"Can I help you find something?" I asked. He hesitated, and then told me he was looking for soap. "Any one in particular?" I continued.

"Well, I'm trying to find my wife's brand of soap." I started to loan him my cell phone to call her when he said, "She died a year ago, and I just want to smell her again."

Chills ran down my spine. I don't think the 22,000-pound mother of all bombs could have had the same impact. As tears welled in my eyes, my half-eaten grocery list didn't seem so important. Neither did fruit snacks or frozen pizza.

A retired, decorated World War II pilot who flew more than 50 missions to protect Americans, still needed the protection of a woman who served him at home.

My life was forever changed that day. Every time my husband works too late or leaves before the crack of dawn, I try to remember the sense of importance I felt that day in the commissary.

Sometimes the monotony of laundry, house-cleaning, grocery shopping and taxi driving leaves military wives feeling empty – the kind of emptiness that is rarely fulfilled when our husbands come home and don't want to or can't talk about work. We need to be reminded, at times, of the important role we fill for our family and our country.

The funny thing is, most military spouses don't consider themselves different from other spouses. They do what they have to do, bound together not by blood or friendship, but with a

shared spirit.

Is there truly a difference? I think there is. You have to decide for yourself.

Other spouses get married and look forward to building equity in a home and putting down family roots. Military spouses get married and know they'll live in base housing or rent, and their roots must be short so they can be transplanted frequently.

Other spouses decorate a home with flair and personality that will last a lifetime. Military spouses decorate a home with flare tempered with the knowledge that no two base houses have the same size windows or same size rooms. Curtains have to be flexible and multiple sets are a plus. Furniture must fit like puzzle pieces.

Other spouses say good-bye to their spouse for a business trip and know they won't see them for a week. They are lonely, but can survive. Military spouses say good-bye to their deploying spouse and know they won't see them for months, or a year. They are lonely, but will survive.

Other spouses get used to saying "hello" to friends they see all the time. Military spouses get used to saying "good-bye" to friends made the last two years.

Other spouses worry about whether their child will be class president next year. Military spouses worry about whether their child will be accepted in yet another school next year and whether that school will be the worst in the city ... again.

Other spouses can count on spouse participation for birthdays, anniversaries, concerts, football games, graduation, and even the birth of a child. Military spouses only count on each other; because they realize that the flag has to come first if freedom is to survive. It has to be that way.

Other spouses put up yellow ribbons when the troops are imperiled across the globe and take them down when the troops come home. Military spouses wear yellow ribbons around their hearts and they never go away.

Other spouses worry about being late for mom's Thanksgiving dinner. Military spouses worry about getting back from Japan in time for dad's funeral.

The television program showing an elderly lady putting a card down in front of a long, black wall that has names on it, touches other spouses. The card simply says, "Happy birthday, sweetheart. You would have been 60 today." A military spouse is the lady with the card, and the wall is the Vietnam Memorial.

I would never say military spouses are better than other spouses. But I will say there is a difference. I will say, without hesitation, that military spouses pay just as high a price for freedom as do their duty husbands and wives. Perhaps the price they pay is even higher.

Dying in service to our country isn't near as hard as loving someone who has died in service to our country, and having to live without them.

God bless our military spouses for all they freely give and God bless America.

Voices of Lightning

The new federal guidelines suggest 90 min. of exercise to lose weight. How will you squeeze in the time?



"I already work out more than 90 minutes a day, but maybe PT could be longer."

Pfc. Paul Sullivan
1st Bn. 21st Inf.



"How much you work out should not just be about the length of time, but how you work out."

Spc. Daniel Castillo
30th Signal Bn.



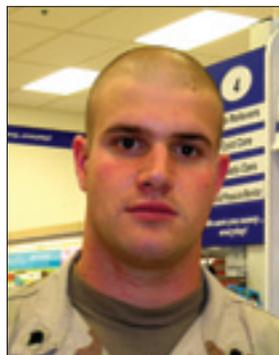
"Trying to find 90 minutes to work out would be impossible with my schedule."

Sarah Basansky
Student, HPU



"I think an hour is sufficient. It's more about what you do, not how long you do it."

Staff Sgt. Stacey Pritchett
HHC, 45th CSG



"People make time for all kinds of things so they can definitely make time to work out."

Spc. Joseph Bonavita
Redeployed Soldier



"Right now PT is an hour and 15 minutes, so what's another 15 minutes?"

Sgt. Jason Walker
HHC, 25th Inf. Div. (L)

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True honors rendered at Pro Bowl

By 1st Lt. Kevin McQueary
65th Eng. Bn.

The focal point of the pre-game show at the NFL Pro Bowl Feb. 13 was a tribute to the Purple Heart recipients of America's Armed Forces.

Active duty service members stood side-by-side with veterans from World War II and the Korean and Vietnam Wars.

The honored group included approximately 40 Schofield Barracks Soldiers involved in recent missions.

Several Marines and a few Navy Corpsmen rounded out the active duty participants.

Army Maj. Dale Wilson (Ret.) led the veterans group into the Aloha Stadium where the crowd erupted as they marched onto the field.

The cacophonous roar did not let up until Jason Mraz began his rendition of the "National Anthem."

The group remained the centerpiece of the event, which when surrounded by dozens of young dancers, created a human mosaic of a living Purple Heart medal, when viewed from above.

Color guards from each branch of service were positioned around the field.

The pre-game show concluded after the coin toss performed by Adm. Thomas B. Fargo, Commander of U.S. Pacific Command.



Sgt. James Moore

Approximately 40 Soldiers from the 25th Inf. Div. (L) participated in the pre-game show at the Pro Bowl Feb. 13. The show honored Purple Heart recipients from all military branches, including veterans who served in WW II, Korean and Vietnam Wars.

Spc. Edwin Friskey of Co. A, 2nd Bn. 35th Infantry Battalion accompanied him for the toss.

"I couldn't believe it, it was really cool," he said about the opportunity. His face lit up and went a little flush when a throng of lady fans clamored for his attention as he exited the field through the end zone tunnel.

Staff Sgt. Grachya

Kazanchyan of Co. B, 65th Eng. Bn. talked about his excitement concerning the ceremony.

"It's nice to be recognized and it's an honor to be on the field with the Vietnam and Korean War veterans," Kazanchyan said.

Sgt. Anthony Sullivan, Headquarters Company, 1st Bn. 27th Infantry Regiment spoke of his interaction with the Pro Bowl players.

"It was such an honor for me to meet so many guys that we look up to," he said.

"I look to them as role models. I was so surprised to hear so many of them speak of how honored they were to meet me,"

Sullivan said.

During the week leading up to the Pro Bowl, many of the Soldiers had a chance to meet and interact with the players.

Peyton Manning, quarterback of the Indianapolis Colts, was one of several that took a moment on film to send a message to troops overseas.

"We appreciate what y'all are doing over there," he said. "We're thinking about you and praying for you. (We) hope you all come home safely and thanks very much for what you're doing."

Dale Wilson was a key motivator behind the event. He is currently the Region 6 commander for the Military Order of the Purple Heart, or MOPH organization.

Wilson commented that events like this are important "to elevate the public consciousness to the sacrifices of our youth."

MOPH is a lobbying force in protecting benefits for veterans.

Almost ironically, Wilson stated "it's an organization I hope someday will go away," referring to his desire to see MOPH outlive its usefulness from a lasting worldwide peace.

TOA

From A-1

These Soldiers issued 2.2 million gallons of fuel, 11.5 short tons of MREs, 1.9 million gallons of water and 13,000 parts valued at \$11.4 million. They also completed more than 4,100 work orders, treated 11,496 patients and increased the brigade combat lifesaver qualification rate by more than 250 percent.

"A day did not go by in Iraq when I was not extremely proud to have served beside you in this mission," Col. Lloyd Miles, commander of the Warrior Brigade, said to his Soldiers at the TOA ceremony.

"You have served with honor and hope in a cause that is greater than yourself. In the end, you have learned that it is not about weapons of mass destruction. It's about staying in the fight until the job is done and taking care of each other ... no matter what," Miles said.

Miles also told his Soldiers that they have accomplished the mission here.

"You have done everything your Nation has asked you to do. Now, it is time to go home to our families, friends and our Hawaiian Ohana," Miles said.

Briefs

Old Popeyes to Close, New to Open

The old Popeyes and Burger King next to the PX will close Feb. 22 at 1:30 p.m. so personnel can set up for the grand opening at the new location. The restaurant will close at 8:30 p.m. Feb. 20 and will also be closed on President's Day. The new store will open across from Foote gate Feb. 23 in a ceremony set for 9 a.m.

CIF Closure

Central Issue Facility will close March 7 - 11 to conduct an inventory. Normal operations will resume Monday, March 14. Emergency issues and turn-ins will be processed on a case-by-case basis. Call Kealii Kahanu at 655-2229 or 284-1457; Lowell Rose at 656-1405 or 284-2156. Also call DOL at 656-2402 for requests.

Foreign Service Officers Needed

Think you have what it takes to be a U.S. diplomat? Registration for the 2005 Foreign Service Written Exam is now open. The exam measures candidates' knowledge of the subjects necessary for performing the tasks required of foreign service officers.

The exam is free and is comprised of multiple-choice questions that cover such areas as the structure and workings of the U.S. government, psychology, American culture, management and finance. The exam includes a job knowledge section, an English usage section, a biographic inventory, and an essay exercise. Candidates must be U.S. citizens between 20 and 59 years old, and be available for worldwide assignment.

Visit www.careers.state.gov/officer/join/examinfo.html for information on how to register and where to find the nearest testing center.

Learn How To Write A Masterpiece Resume

Army Community Service will sponsor a Resume Writing Workshop on Thursday, March 10 at ACS on Schofield Barracks in building 2091 from 9:30 - 11:30 a.m. This workshop will provide skills to create effective resumes for public and private sector jobs. The importance of cover letters and tips on following up with your resume are also discussed. To register call 655-2400.

New Fort Shafter Chapel Service

The Wave is a new chapel service on Fort Shafter. It is committed to helping you find God's purpose in your life. Join the Wave on Sundays

Seven choose to 'Stay Army'



Sgt. 1st Class Glen Robinson

Seven Soldiers from 2nd Bn. 25th Avn. Rgt. re-enlist Feb. 7 outside a Black Hawk hangar in Afghanistan. Maj. Gen. Eric T. Olson, 25th Inf. Div. (L) and CJTF-76 commander, performed the swearing in.

from 10 - 11 a.m. in the Fort Shafter Dining facility in building 503 B. Enjoy free coffee or soda, casual attire (shorts and flip-flops), we don't care what you wear - as long as it's clothes. Service is non-denominational in flavor. We are using newer Christian music to appeal to a younger crowd - Soldiers and families are welcome and encouraged to attend. We want to help Soldiers and families figure out what God has planned for their life. We are the only chapel service where you can eat during the service.

Pre-retirement Orientation

A semiannual pre-retirement orientation is scheduled March 2 from 8 - 11:30 a.m. at the Schofield Barracks Post Conference Room (building 584) on Trimble Road, across the street from the Sgt. Smith Theater. This orientation is for Soldiers with 18 or more years of active service. Spouses of applicable military personnel are encouraged to attend. Information concerning the benefits and privileges of a military retirement will be provided. Representatives of federal, state agencies and military staff offices will be available to answer individual questions. For more information, call the Schofield Barracks Retirement Services Office at 655-1514.

The University of Oklahoma offers a Master of Arts
Masters in Managerial

Economics and a Master of Public Administration. Our Non-thesis programs can be completed in about 18 months. Our one week classes are very TDY and TAD friendly. Contact OU at 449-6364 or aphickam@ou.edu for more information or visit our Web site at www.gouou.edu.

Free Sears Portraits

At any Sears Portrait Studio in the United States, military families can share their smiles free of charge with family and friends anywhere in the world, including overseas military bases (see www.searsportrait.com/usa/). A locator on the Web site can help families find the closest studio location.

Using Sears, exclusive View and Share® technology, available at most studios, families can share their portrait session with anyone who has Internet access. In addition, military families will receive a 20 percent discount on all in-studio and online portrait orders, which can be combined with any additional advertised or in-store portrait offers.

Blood Pressure Screening and Body Fat Analyzing

Community Health Nursing, Schofield Barracks is planning a Blood Pressure screening and Body Fat analysis Feb. 25 from 10 a.m. - 1 p.m. hours at the Schofield Barracks Commissary.

Traffic through Lewis

Street at Schofield Barracks

Will be blocked until March 11 from 7 a.m. - 3:30 p.m. due to installation of electrical and telecom lines for buildings 500 and 648.

USARHAW Prayer Breakfast

The 2005 25th Infantry Division (Light) and U.S. Army, Hawaii National Prayer Breakfast is an opportunity to enhance the spiritual life of Soldiers and reaffirm

faith and dependence on God.

The breakfast will be held Feb. 24, 6:30 a.m. at the Nehelani on Schofield Barracks. The event is open to all Soldiers, family members, and DOD civilians.

Free, Fast and Accurate Tax Return Preparation

Schofield Barracks tax center, building 361 (in back of the museum), Mon - Wed, 9:30 a.m. - 5 p.m., Thu, 9:30 a.m. - 6 p.m., and Fri, 9:30 - 4 p.m. Call 655-5144 for infor-

mation.

Fort Shafter tax center, Aloha Center, building 330, Mon - Wed, 9:30 a.m. - 5 p.m. Call 438-2829. Tax preparers certified by the Internal Revenue Service.

First Aid and CPR Offered

The Schofield Barracks American Red Cross Service Center is teaching standard first aid, adult CPR, and child and infant CPR class. The class is Feb. 26, 8 a.m. - 5 p.m. Cost is \$39 and includes the instruction book. Call 655-4927 for information or to register.

Financial Assistance From Schofield and Fort Shafter Hui

The Schofield Barracks Hui O' Na Wahine welfare grant committee will be accepting requests for funds from community organizations.

Include organization name, point of contact with phone number, the amount requested, project for which the funds will be used, and how the project benefits the community.

Requests must be post-marked by April 9. Funds will be distributed in May. Send requests to Hui O Na Wahine, Attention: Welfare Committee P.O. Box 861305, Wahiawa, HI 96786. Contact Robin Orner, 624-6979, with any questions.

For the Fort Shafter area Hui O Wahine, the deadline for requests is March 18, 2005. Distribution of Funds will take place after April 7.

For more information about the Fort Shafter Hui, contact Marcella Heilig at 833-1834, mail requests to Fort Shafter Hui O Wahine, Welfare Committee, c/o Marcella Heilig, Hale Ikena: Building 710, Fort Shafter, HI 96858.

2nd BCT facilitates roughly \$24 million for 470 projects during Iraq tour



Capt. Deron Haught, FOB Altun Kapri commander, and 1st Lt. Robert Elzer, fire direction officer (far left), both with Btry. C, TF 2-11 FA, walk downstairs past a construction worker inside the Radar government building in 2004.

By Sgt. Sean Kimmons
25th ID (L) Public Affairs

KIRKUK AIR BASE, Iraq – Nearly \$24 million of Commander Emergency Response Program funds was approved for 2nd Brigade Combat Team's area of operations during their year-long deployment in support of Operation Iraqi Freedom II.

Whether it was the construction of new health clinics in areas that have never seen local health care or schools to improve education in villages, 2nd BCT leaders used these CERP funds to initiate 470 reconstruction and humanitarian projects.

These projects weren't totally up to the 2nd BCT leaders though. It was the Iraqi people who used their own local and regional governments to begin

much-needed projects in the Kirkuk and Sulaymaniyah Provinces.

"We coordinated with the Kirkuk and Sulaymaniyah governance to receive their priorities for projects and establish a priority list of what they wanted to fund," said Lt. Col. Rick White, deputy commander of projects and reconstruction for the 25th Infantry Division (Light) unit.

This was a big change for the Iraqi people, as their voice would generally go unnoticed during Saddam Hussein's regime.

"In the past, a majority of projects were chosen by a centralized government under the Saddam [Hussein] regime," White said.

This centralized government allowed its officials to neglect certain areas as retribution for whatever reason, White added.

"What we've tried to do is

allow the people to talk to their elected representatives. The people have been able to express their needs to the [Iraqi] government and to the [Multi-National Forces]."

CERP funds were able to be spread throughout 2nd BCTs area because of this new process.

"Every unit received an allocation of CERP money to fund their area," White said. "We don't differentiate between units, so every unit has been able to fund projects across both provinces."

A lot of the CERP projects played a direct role in helping secure the region. Indirectly, they employed a lot of military-aged Iraqi men, who are now less likely to work for insurgents, White said.

The other reason CERP projects are important is to show Iraqi people, "the new govern-

ment is progressing," White said.

Besides the 2nd BCT CERP funds, the U.S. State Department also initiated 155 projects for a total of about \$542 million in both provinces this past year. These projects were on a larger scale tied into the national reconstruction grid.

These projects include the renovation of oil, health, education, security and justice, public works, electrical, transportation and communication organizations. CERP funds affected the same organizations but were used for quick-impact projects.

Developmental Funds for Iraq and the interim government funds subsidized another 233 projects.

These funds were strictly used from Iraqi money, as with the other funds, they were appropriated by the U.S. Congress.

RCI ensures AHFH takes care of Army families

By Joy Boisselle
Staff Writer

At the core of the partnership between U.S. Army Hawaii and Army Hawaii Family Housing is the Residential Communities Initiative office.

RCI serves as the liaison between the Army shareholders [division and installation commands and residents] and AHFH.

AHFH is the private corporation selected to construct, manage, and maintain USARHAW housing for the next 50 years; the RCI staff make sure AHFH fulfills its end of the contract.

"We also recommend to the command any incentive bonuses back to AHFH for things such as property management and maintenance, customer service, and resident satisfaction," Gordon Takeshita, Hawaii RCI program manager said.

"Another important role is to manage any profit that may occur. It is important to realize that AHFH does not receive these funds, they go in to a reinvestment account that we manage," Takeshita emphasized.

Such is the case with the recent increase in Basic Housing Allowance. The additional funds are to support construction and renovation efforts. RCI and AHFH staff, with command input, are working to determine where BAH increase allocations will be used.

"Because of the increase in BAH, instead of 4,033 new homes during the 10-year initial development phase; plans are to build 5,380. The additional new homes are for AMR which had been scheduled for renovation," Takeshita said.

Increased BAH will also affect the quality of upgrades to new and existing homes.

Proposed amenities include corian countertops for kitchens, security systems, tiled and laminate wood flooring, and higher quality exterior doors. Renovated homes will have upgraded kitchens, air-conditioning, and ceiling fans.

"These are things you would want in a home you were buying," he added.

RCI also handles resident concerns already addressed through AHFH channels, but not resolved to resident's satisfaction. Karen Goodrich, the RCI referral and services manager, serves as the resident liaison.

According to Goodrich, RCI isn't the first place a resident should go when concerns arise.

"We encourage residents to give the [community] managers the opportunity to resolve issues first," she said.

The newly released "AHFH Resident Guide and Standards Handbook" will help residents be better informed about housing standards and resident requirements.

"Many of the old housing regulations still exist. Our partners opted to follow many of the regulations already in place and they are included in the resident guide," Goodrich said.

One USARHAW regulation adopted by AHFH is the installation ban on pit bulls and associated breeds. Pit bulls registered before the ban received exemptions to the policy.

Included in the guide is information on waiting list procedures and eligibility, move-ins and outs, and child control and pet procedures. Residents should have received copies on their doorsteps. If not, copies are available at the community centers.

(Editor's Note: This is the last of a three part series about Hawaii housing privatization.)

See pages A-1, A-7 and B-3 for more housing news.



2nd BCT Soldiers, led by Capt. Duran and Capt. Jim Pangelinan, march into the hangar on Wheeler Army Air Field Feb. 11 after a year-long deployment to Iraq. More about the 2nd BCT Golden Dragons, Gimlets, Wolfhounds, TF 2-11 Field Artillery and 225th Logistics Task Force are featured on page A-1. See more reunion photos on page A-8.

Housing

From A-1

ment becomes less of an impact on housing availability and Soldiers leave for new duty stations.

"There are many decision factors. Soldiers may want to defer travel for their families, or buy, or rent a home off-post. With advance notice of the situation here, at least they will be able to plan better," concluded Goodrich.

Living off-post may become a reality for many. Kelli Wilson, RCI communi-

ty relations specialist, explained that to assist families with locating rentals, homes for sale, or even a roommate, an online Community Home finding, Relocating and Referral Service, or CHRRS program, is available.

Postings are active for seven days, which keeps the information current. She added that the site is a good way for people to conduct

housing cost analysis before coming to Hawaii. Information provided includes basic size, bedrooms, restrictions, and utility costs for the home.

Every summer rotation is a period of high personnel and housing turnover. This year the personnel turnover rate may be as high as 70 percent. Many factors combined to add to an already busy time.

One contributing factor is last year's stop-loss policy coupled with the division's redeployment and 90-day personnel stabilization.

Citing a crossover effect, Goodrich, pointed out, "We have replacements coming in on top of deployed Soldiers, and the replacements may have to wait [for housing]."

"Timing is everything, it is not deliberate, but 'stop loss' didn't 'stop gains.'"

She added that division transformation plans and the addition of the Stryker

Brigade would bring more Soldiers to USARHAW.

Another reason for a possible housing shortage is the delayed financial closing between U.S. Army Hawaii and Army Hawaii Family Housing. Until the closing on March 11, funds will not be available to begin new home construction and major existing home renovations. However, vacant quarters maintenance is ongoing through the use of other funds.

Wilson advised Soldiers

and their families to plan, research, call ahead, and know what to expect for their particular situation. "Be patient, a lot of positive changes are taking place," she added.

(Editor's Note: Off-post housing availability information is available online at www.dodreferral.com. Click on "Army" then "Schofield Barracks." AHFH availability information is available online at www.armyhawaii-familyhousing.com.)

OIF Redeployments

From A-1

unrest and instability when the battalion arrived.

"We moved around so much and did so many different things in areas all over Iraq. One of the milestones of our deployment was securing the city of Samarra for the Iraqi people.

"We fought the enemy, retook the city from the militia, and gave it back to the Iraqi people," Miller said.

As for the extension, Spc. Andrew Field, Co. A, 1st Bn., 14th Inf. Rgt., said, "The time in Iraq was hard, being away from my fiancée for 13 months, but the highlight [for me] was definitely the election day, seeing the Iraqi people casting their vote for the first time in years."

"It made it worthwhile and it kind of capstoned the entire year of rebuilding and helping to provide a future for the Iraqi people," Miller added.

Combat was only part of the battalion's mission.

"We did a lot of stability support, rebuilding the Iraqi security force, the Iraqi National Guard,

and the police. We carried out civilian affairs projects helping to improve the infrastructure.

"All this was carried out by our Soldiers, making a huge difference in the lives of the Iraqi people."

With wife, Gina, by his side, Miller concluded, "The hardest thing of the entire year was being separated from family and friends."

That sentiment echoed among Soldiers, families, and friends eagerly awaiting the ceremony's end.

Sgt. Brandon Eans, HHC, 1st Bn., 14th Inf. Rgt., one of many new fathers, said, "The deployment was an experience.

"I am just so happy to be with my family again, to see Shelly [my wife] and our baby,



Rafi Grant

Capt. Jim Pangelinan, 1-14 Inf. Rgt., reunites with girlfriend Jessie Reese at a ceremony Feb. 11.

Isabella.

"I was [on R&R] when Isabella was born. Now, I am going to get to spend quality time with my family."

Capt. Jim Pangelinan, Co. A, 1st Bn., 14th Inf. Rgt., reuniting with his girlfriend, Jessie Reese, said simply, "I am proud of all the Soldiers in our unit, we did a great job."

A Soldier's story

Commentary

1st Sgt. Robert Jennings
Co. A, 1-21st Inf.

Feb. 8 – E Troop and key leaders from Company A depart the patrol base in order to detain a man suspected of weapons trafficking and placing roadside explosives.

A few minutes after their Soldiers dismounted the vehicles, the objective was secure and the suspect was in custody. After a thorough search of the suspect's residence, he was transported to the police station for more questioning.

This is the first raid in Kirkuk for Echo Troop so we used the commander, our platoon leaders and myself to assist them in the planning and execution of the operation. They had done similar operations in Southern Iraq, so we were mostly refining their SOPs.

The rest of the week was spent introducing the new leadership to city officials and other contacts we have been working with during the past year.

Feb. 12, 11 a.m. – I rolled out of Gator base for the last time. As my vehicle passed the mural of Staff Sgt. Todd Nunes, memories of the last year started coming back. The memories of the Soldiers that didn't complete the entire year because of injuries. Not only the Soldiers of Company A, but Pfc. John Amos of Co. C killed last April, Staff Sgt. Frias and Staff Sgt. Polluck of Co. B, injured in an ambush last March.

1:30 p.m. – The transfer of authority ceremony has begun. This ceremony marks the transfer of authority of the Kirkuk

Province from the 2nd Brigade Combat Team from Schofield Barracks to the 116th Brigade Combat Team from the Idaho National Guard.

1:42 p.m. – The battalion colors are retired and cased. This marks the official transfer. Company A, the "Gimlets," and "Warrior Brigade" have been officially relieved in place.

Even though I am looking forward to returning to the United States, a piece of me will always stay here in Kirkuk. I made a lot of friends that I will probably only communicate with through email.

Friends such as the outstanding team of interpreters we were able to assemble to complete our mission; friends such as the police officers and Iraqi army we were able to mentor and work with; friends such as the village leaders we were able to assist with infrastructure rebuilding and project completion.

But most of all, I will miss the bond we have been able to establish within Company A. I feel like the proud father of the 156 Soldiers that I had the privilege of leading through this year-long deployment. The Soldiers of Company A and Kirkuk will always have a place in my mind and heart.

We will be staging throughout the next week in order to return to Hawaii. Flights are leaving daily with Soldiers from all the units deployed.

Some Soldiers have already returned safely. My last entry into the "A Soldier's Story" column will be Feb. 27. But like I have been saying since they started talking about redeployment, "I'll believe I'm home when I smell the sweet scent of plumerias." God bless and Aloha.

TF Saber builds positive relationship

By Sgt. Frank Magni
17th Public Affairs Det.

AZIZABAD, Afghanistan — Being a good neighbor is important to maintaining positive relationships with others living in close proximity to each other.

This is especially true for task forces throughout Operation Enduring Freedom.

With many bases just a few hundred meters from local residents, maintaining a positive relationship can benefit not only the coalition, but their Afghan neighbors.

With this in mind, the Task Force Saber Civil Affairs Team, along with security elements from Troop A, 3rd Squadron, 4th Cavalry Regiment, and the Afghan National Army's 1st Company, 2nd Kandak, 2nd Brigade, traveled into Azizabad village last month to meet with local leaders.

Located just a few kilometers from Shindand Airfield in Western Afghanistan, coalition members frequently travel through the village.

"We were told the village had perceived negative sentiments toward the coalition," said Sgt. Don Lockwood, Task Force Saber civil affairs team. "Azizabad village is right in the footprint of (Shindand Airfield), so we take this kind of information very seriously, as we would with any village."

The civil affairs team pre-

pared for several humanitarian assistance events and the entire group went through hours of rehearsal, including the ever important aspect of force protection, before hitting the road.

"The safety of our group is the primary concern for everybody, but we have to be willing to see how the people react around us before we can get a true security assessment in the village," said Staff Sgt. Eric Johnson, Trp. A, 3rd Sqdn., 4th Cav. Rgt., squad leader.

With the force protection in place, Lockwood remained positive about the situation, despite the potentially negative mission they were conducting.

"It is all about mindset," he said. "Just because we have a perception there is a negative attitude, doesn't make it true."

The mission into Azizabad demonstrated this point.

When the team entered the village, the population initially stayed within their compounds — an action that is normally perceived as negative. But under the watchful eye of the security team, the CA team pressed on and requested to meet with village leaders.

While waiting for the village leader to arrive at their central location within the village, many adults and children began approaching the team of civil affairs representatives.

Within half an hour, the CA

team met with the village leader and the apparent shyness of the village developed into curiosity.

While meeting with local leaders, the civil affairs team learned the village was comprised of many different tribes of people.

Their reluctance to meet with the team was not distrust toward the Coalition, rather simple trepidation toward strangers.

"We were going to assess when we got to the village whether it would be permissive for certain humanitarian assistance efforts," said Lockwood. "After our warm reception, we brought out everything we had."

In their four hours in the village, the CA team distributed a variety of items, includ-

ing blankets, wood burning stoves and school supplies. The team also had a doctor treat some sick individuals within the village.

The civil affairs Soldiers also evaluated the need for future projects such as wells and schools.

By the end of the visit, children played with willing coalition members and hundreds of people stood in the streets to bid the team a warm farewell.

"It was a very positive experience for everybody involved," said Lockwood. "We were very happy to know another one of our neighbors support the coalition."

The team plans to return to the village in the near future to follow up on the progress made and deliver more humanitarian assistance.



Sgt. Don Lockwood, TF Saber civil affairs, talks with an Afghan man from Azizabad village. Lockwood asked where he could meet with local leaders in an attempt to improve relations between the nearby village and Shindand Airfield.



Staff Sgt. Bradley Rhem

Barracks may see renovations in the near future thanks to funds appropriated to the U. S. Army Installation Management Agency.

Barracks renovations slated for U.S. Army Hawaii

U.S. Army Installation
Management Agency
Release

The U.S. Army is moving quickly to renovate deficient barracks for single Soldiers with funds that have been made available to the U. S. Army Installation Management Agency, or IMA.

"This will make a huge difference in the quality of life for Soldiers," said Maj. Gen. Ronald L. Johnson, director of the Installation Management Agency.

"The immediate funding is not intended to fully renovate any barracks — the first priority is to remediate the most serious problems so every Soldier has a safe place to live."

Barracks at 12 Army installations will see immediate repairs to facilities deemed no longer suitable for Soldiers. Two IMA Pacific Region installations are among those that will receive funds for immediate barracks renovation. They are Schofield Barracks, Hawaii, and Fort Wainwright, Alaska.

Stanley E. Sokoloski, director of the Pacific Region of the IMA said the availability of funds was very timely.

"Many of our deployed Soldiers from Alaska and Hawaii are single and we owe them the best possible standard of living."

Sokoloski said that the garrison commanders would make the decisions about which barracks should receive immediate attention.

"We owe it to our Soldiers to provide the highest possible standard of living and encourage them to stay in the Army."

The renovation program is being referred to as Barracks Triage by IMA and is designed to renovate barracks that have fallen below Army standards due a lack of funds in the past. The worst barracks of deployed Soldiers will be renovated first so they may return to better living conditions.

There are 177 barracks Army-wide identified for repairs and renovation. IMA and the garrison commanders will be accountable for the execution of the funds and projects in coordination with the respective Senior Mission Commanders.

Altogether some 20,000 Soldiers will benefit from the renovations. Soldiers displaced by barracks renovations will receive assistance to ensure they have adequate, affordable housing during the renovation period. The renovations are expected to be completed by September 2006.

The Installation Management Agency was established in October 2002 to support mission readiness and execution, and provide effective and efficient management of Army installations worldwide.

(Editor's Note: Look for future articles in the Hawaii Army Weekly to find out which barracks are slated for renovations.)

Reunited and it feels - so good!



Photos by Heather Bullard . Photo layout by Tony Verceluz

From left to right: Sgt. Robert Minor, 25th MP Co. reunites with wife, Sara; Spc. Justin Rowatt, Co. B, 1-27th Inf. Rgt. greets wife, Sherri; Spc. Jason Frank, HHC, 1-21st Inf. gives wife, Rachel, a lift while Spc. Kenneth Day, Co. A, 1-27th Inf. Rgt. is welcomed by wife, Erika and son Michael. more than 1,100 Soldiers arrived home between Feb. 11-17 with more than 200 Soldiers expected this weekend. See more Soldier reunion photos at www.heatherbullardphotography.com

NCOs and spouses recognized for service

By 1st Lt. Kevin McQueary
65th Eng. Bn.

It was standing room only in the Nehelani Club on Schofield Barracks Feb. 7 as people came to bear witness to accolades given to noncommissioned officers and spouses that have made their mark in the Tropic Lightning community.

The ceremony was comprised of two events, the Sergeant Audie Murphy Club induction and the presentation of the Dr. Mary E. Walker Awards. Both events recognize individuals for achievements and performance that have contributed significantly to the quality of life, training, development, and welfare of Soldiers.

Induction into the SAMC is a three-phase process in which an NCO is nominated by his command followed by two selection boards. The boards are a rigorous screening process to determine the merit of the nomination based on the NCO's actions and professional knowledge. Those selected for induction have indisputably contributed to improving the personal and professional lives of Soldiers under their leadership.

The Dr. Mary E. Walker, or DRMEW, award is presented to Army spouses whose outstanding volunteer service merits special recognition due to their contribution to the Army mission and the welfare of the Army family. The DRMEW award selection process is also in three phases, although nominations involve the creation of a justification packet documenting the individual's volunteer efforts.

Traditionally, the SAMC induction and DRMEW awards are a conjoined process and



1st Lt. Kevin McQueary

Vicki Olson, wife of Maj. Gen. Eric T. Olson, commander of 25th Infantry Division (Light) congratulates Staff Sgt. Warren Pennicooke on his induction into the Sgt. Audie Murphy Club at the Nehelani Feb. 7. In a conjoined ceremony, spouses were also presented the Dr. Mary Walker award.

ultimately presented in a single ceremony. This ceremony inducted 11 new members, including two honorary, into the SAMC. Twenty-one spouses were recipients of the DRMEW. The awards were presented by Col. Michael T. McBride.

NCOs inducted

Staff Sgt. Robert A. McConnell
Staff Sgt. Edward M. Bower
Staff Sgt. John D. Culver
Staff Sgt. David Davenport
Staff Sgt. Robert K. Farmer
Staff Sgt. Marie Molvoisin
Staff Sgt. Warren Pennicooke
Sgt. Mark A. Ladson
Sgt. Lidillia Amador

Honorary inductees

1st Sgt. Rogoznica A. Jackson
1st Sgt. Michael C. Miller.

DRMEW award Recipients

Holly Alsben
Janelle Barlow
Natalie Butler
Laura Christian
Margaret Haebig
Rosherrion Jackson
Jen Jacobs
Gina Lee

Rachelle LeMasters
Meagan Way
Mayi Marbella
Jennifer Montgomery
Jerkita Morgan
Keri Runnels
Chrystal Simpson
Rachel Spring
April Stallcup
Michelle Stone
Donna Wardle
Tammy Wardlow
and Angela Weaver.



NFL MILITARY CHALLENGE

REPEAT VICTORY

Story and photos by
1st Lt. Kevin McQueary
65th Eng. Bn.

In the annual Pro Bowl week NFL Military Challenge Feb. 11, the Army team was united in a tremendous effort to reclaim the traveling trophy from the Marines, but was unable to do so. It was the Marines' second victory, validating their rule over the former Army dynasty.

Held at Kapiolani Park, the NFL Military Challenge was a series of five football skills events pitting six-member teams from the five services.

Each team consisted of players extracted from the winning team of each branches' intramural football program.

The events included a 40-yard Dash Relay, Punting, Field Goal Kicking, Long Snapping, and the Quarterback Challenge.

The Army team was relaxed and confident before it began. St. Francis Smith of 68th Medical Company (Air Ambulance) was especially so. "I'm going to win the 40-yard dash," he

stated matter-of-factly. That he did, with a little help from his friends.

At least until Pro Bowl day, Smith held the fastest time for the solo 40-yard dash as clocked by the NFL staff. Speed was definitely an advantage that belonged to the Army team.

However, there were still four other events to go. Army went first in the Field Goal event, with Johnny Bryant putting a respectable 7 of 10 through the uprights.

But that didn't hold long, and they ended up finishing fourth in that event. Air Force took it with authority as Sergio Jacquez knocked through a perfect 10 of 10.

Army fared a little better in the Punting contest. After a miserable 9-yard flub (admittedly that is after penalty yards), Army pulled it together to place third in the event. Navy took that one, as their punter was remarkably accurate, incurring almost no penalty yards.

The Long Snap event was the hardest for all concerned, save for, surprisingly enough, the Coast Guard, who won the event handily by scoring more points than the other four teams com-

bined. Army scored a big fat goose egg on that one, tying for fourth place.

The last event was the Quarterback Challenge, and speed was certainly a key factor in this event. However, strategy and timing also played a big role and served to be Army's Achilles heel.

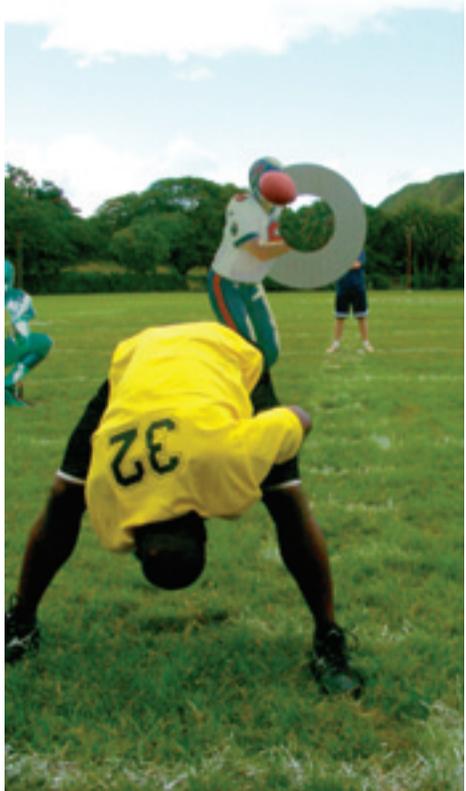
This event had four receivers taking turns tossing the QB the ball and going deep for big points per catch.

Army was fast on the breaks and accurate, but slow on the exchanges. Still, it may not have been enough as Air Force took their second event under the rocket arm of Danny Jennings, who led his team from the Medical Group at Hickam Air Force Base, to an event-record 68 points.

Breaking it down, Air Force won two events and Army, Navy, and Coast Guard each took one. Initially, one might assume that the Air Force took the crown this year. However, in the NFL Military Challenge scoring is weighted and based on placement.

Consequently, the Marines quietly, but consistently, earned themselves a victory, retaining the title for another year.

Dwight Tyler of 71st Chemical Company launches a ball deep into the waiting arms of his receiver in the Quarterback Challenge event of the NFL Military Challenge Feb. 11.



Kareem Mills makes a valiant attempt to thread the football through the target in the Long Snap event of the NFL Military Challenge Feb. 11.

Right: Johnny Bryant of 225th Forward Support Battalion prepares to split the uprights as Dwight Tyler of 71st Chemical Company holds the football steady and true in the Field Goal event of the NFL Military Challenge Feb. 11.





SGT. SMITH THEATER

Today
Fat Albert
7 p.m. (PG)

Saturday Feb. 19
White Noise
7 p.m. (PG-13)

Sunday Feb. 20
Fat Albert
7 p.m. (PG)

Monday Feb. 21
Closed

Tuesday Feb. 22
Closed

Wednesday Feb. 23
Closed

Thursday Feb. 24
Closed

HICKAM AFB MOVIE SCHEDULE

Today
Elektra
7 p.m. (PG-13)

Saturday Feb. 19
Elektra
7 p.m. (PG-13)

Sunday Feb. 20
Racing Stripes
2 p.m. (PG)

Monday Feb. 21
Closed

Tuesday Feb. 22
Closed

Wednesday Feb. 23
Racing Stripes
7 p.m. (PG)

Thursday Feb. 24
Racing Stripes
7 p.m. (PG-13)

Teen Karaoke Contest – Enjoy a night of music, singing and fun March 5 at the Tropics, Schofield Barracks from 6 – 8 p.m. Cash grand prize awarded. Register at 5:30 p.m. Call 655-8522.

Schofield Barracks Middle School Teen Center Activities – Feb. 19, Family Day, bring your family and hang out. Feb. 25, Teen Center Social, 7 – 9:30 p.m. \$3 for members and \$4 for non-members. Feb. 26, paintball reward trip for those who have earned 25 hours of community service in the last quarter. Trip from 9 a.m. – 5 p.m., bring water and spending money. Call 655-0445 for information.

Fort Shafter Gym Closed Sundays – Effective Feb. 27, the Fort Shafter Gym will close on Sundays. The Aliamanu gym is open on Sundays from 11 a.m. – 6 p.m. Call 438-1152 or 836-0338 for information.

Spouses Night Out – Feb. 24, “Finding You”, expert advice in personality and image styles at the Tropics, Schofield Barracks. Supervised children invited. Call 655-0002. At Army Community Service, participate in a “Glamour Look” workshop and scrap booking. Materials provided. Call 655-2736 to sign up. MWR Blue Star Card holders receive free child care from 6 - 9 p.m. by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make child care reservations. Reservations can be made two weeks in advance. Call 655-2400 for information.

Spring Camp for Teens – Interested in meeting new people and going on field trips? Sign up for the middle school and teen spring camp at

Schofield Barracks Teen Center. First week is March 21 – 25, second week is March 28 – April 1. Cost is \$25 per week, waiver required. Register at the Registration and Referral office. Call 655-0451.

Hawaii Youth Track and Field Program – Open to youth born in 1987 – 1996. Registration is March 15 – April 8. Tentative start date is April 13. Cost is \$40 and includes team uniform, qualified coaching and USA Track and Field Membership Card. For information, contact your area sports director at 655-6465, 438-9336, 836-1923 or 655-0883.

Mini Sports Soccer Program – Open to youth born in 2000 and 2001. Program teaches soccer basics. Registration is March 8 – 29. Program is from April 5 – May 26. Cost is \$10 and includes T-shirt. For information, contact your area sports director at 655-6465, 438-9336, 836-1923, or 655-0883.

Automotive Resale Lot – Place your car in the resale lot on Schofield Barracks for \$7 a week. You will need the following: government I.D. card, state registration and license plate sticker, state safety inspection paper and sticker, proof of insurance – Hawaii “No Fault” Insurance Card, base decal number and power of attorney, if you are not the registered owner. Call or visit the MWR Automotive Center on Schofield 655-9368 for information.

Army One Source – Get real help, anytime, anywhere from Army One Source, a Soldier and family resource. Online or by phone, Army One Source is free, available 24 hours, fast, private, and easy to

use. Some issues covered include; Parenting and Child Care, Education, Older Adults, Midlife and Retirement, Relocation, Financial and Legal, Deployment and Return, Everyday Issues, Work, Emotional Well-being, Grief or loss, Addiction and Recovery and more. Access Army One Source by phone at 800-464-8107 or online at www.armyonesource.com (userid: army; password: onesource).

Hawaiian Luau Lunch Buffet – Taste a traditional Hawaii-style feast Feb. 25, from 11 a.m. - 1 p.m. at the Hale Ikena, Fort Shafter or the Nehelani, Schofield Barracks. \$9.95 per person. Call the Nehelani 655-4466 or Hale Ikena at 438-1974 for reservations or information.

Interested in Coaching Youth Sports? – Youth Sports is looking for volunteer coaches. Coaching is available for basketball, baseball, softball, soccer, flag football, and cheerleading. Call AMR 836-1923, Fort Shafter 438-9336, or Schofield Barracks, 655-6465.

Volunteer Jobs Available – Volunteer jobs are available at Army Community Service. Volunteers gain job experience, up to 20 hours of free child care at an hourly site, support the Army family community, meet new people, enjoy flexible hours and receive awards, recognition and fun. Call 655-2398 to see how to be involved today.

Fort Shafter Arts and Craft Classes – Have fun at arts and crafts classes. We offer mosaic glass, stained glass, polymer clay, basic jewelry, ceramic mold pouring, woodworking, quilting, clay basic hand building, pottery –

wheel throwing, Raku pottery workshop, and much more. Check out your Arts and Crafts Center for creative workshops. Call 438-1315 or Schofield Barracks at 655-4202.

Free Ladies Golf Clinic – Want to learn the game of golf? Visit Leilehua Golf Course Driving Range the first Sunday of every month, 3:30 – 4:30 p.m. and learn some tips. Call 655-4653 to sign-up.

Driver's Education Class – Enroll now for classes beginning March 1 at building 1782, Aliamanu and March 6 at building 556, Schofield Barracks. Call 655-5314 or 833-5393 to register or receive class cost and information.

New Operating Hours at Tropics – Tropics new hours are Mon – Thu, 8 a.m. – 10 p.m., Fri and Sat, 8 a.m. – midnight, and Sunday 11 a.m. – 7 p.m. Macgregor's Market is open at 11 a.m. daily. 18 years and under must be accompanied by parent or guardian unless participating in an organized event, Mon – Thu after 6 p.m. and Fri and Sat after 8 p.m. Call 655-0002.

“Miss Saigon” Preview for Blue Star Card Holders – Free “Miss Saigon” preview, Fort Shafter's Richardson Theatre, for Blue Star Card holders, Feb. 23 at 7 p.m. Appetizers included. Registration required. Free child care offered at Peterson, make reservations until Feb. 18. Call 655-3929 for information.

“Miss Saigon” – Fort Shafter's Richardson Theatre presents “Miss Saigon,” a classic love story of an American Soldier and Vietnamese girl. Performances on Feb. 24 – 26 and March 4, 5, 11, and 12, curtain at 7:30 p.m. Adult tickets are \$25 and children under 12 are \$17. Adult subject matter not recommended for children under 12. For tickets, visit the box office Mon – Fri, 10 a.m. – 2 p.m. Or, call 438-4480.

Black History Program at Tropics – This Saturday watch local step teams, listen to motivational speakers and music from local groups and soloists, or view African American books and art on display. Celebration is free at the Tropics, Schofield Barracks, 6 p.m. Call 655-5697.

Parent's Night Out – Get out of the house Feb. 19 for Parent's Night Out. Reservations on a first come, first served basis at the Resource and Referral office. Children enrolled in the program must be registered no later than noon on Wednesday before the event each month. Call 655-8313.

President's Day Sale at Nagorski – Take 30 percent off any red, white, or blue clothing item at Nagorski Golf Course on Feb. 19 – 21. Call 438-9587.

February Food Special at Tropics – Buy a spicy chicken sandwich with choice of a side for \$4.25 or two slices of cheese or pepperoni pizza with a soda for \$5. Call 655-0002 for information.

Gopher Golf – A gopher has hidden a golf ball in the MWR “Discovery Magazine,” find it and you could win. Pick up a copy of the magazine at the Schofield Barracks Commissary or any MWR facility for your chance to win. Look for hidden golf balls monthly in the “Discovery.” Call 438-0117.

Armed Forces Vacation Club – Take advantage of the Armed Forces Vacation Club, “space available” program that offers DOD-affiliated personnel and their relatives the opportunity to take affordable condominium vacations at resorts around the world for \$259 per unit, per week (seven nights). Complete details and reservations are made online at www.afvclub.com.

Quarters Mania Bowling – Bowl for two quarters a game and two quarters for shoe rental, Mon – Fri, 10 a.m. – 5 p.m. at the Wheeler Bowling Center. Call 656-1745.

Lighten Up! Tighen Up! – Eat healthy and win prizes. Pick up a “healthy” stamp card at the Schofield Bowling Center Snack bar or at the Hale Ikena on Fort Shafter. Every “healthy” meal purchased earns one stamp. Collect 10 “healthy menu” item stamps and receive a prize. Enter completed stamp cards for the grand prize drawing. For information, call 655-0573 or 438-1974.

2005 Partner Basketball Shootout – Open to youth, ages 9 – 17, born on or before March 5. Registration now through March 3. Shootout will begin March 5 at 10:30 a.m. at the Aliamanu Gym. Prizes awarded for 1st, 2nd, and 3rd place in each age division and category. Enter to win a Shaquille O'Neal, Allen Iverson, or LeBron James jersey. Call 438-9336 or 836-1923 for information.

Richardson Pool Closure – Richardson Pool on Schofield Barracks is closed until March 4 for construction and repairs. PT from 6 – 8 a.m. is available at the Helemano Pool. To schedule, call 655-9698 or 655-1128.

Dance Classes – Keiki combination dance classes, including tap, creative movement and tumbling for ages 3 to 5, combination tap, ballet, jazz and tumbling for ages 6 to 9, hip hop for children 10 and up, and hula for ages 5 to 18. Parents of registered Child and Youth Services children are welcome to enroll. Classes are \$33 per month or \$99 for the January through March semester. Call 655-5314 or 833-5393 for information.

HACN TV2 Schedule		Feb. 18 - Feb. 24	
Morning			
6:00	Sign on	3:45	OIF Photo Montage 5
6:30	Fit for Life	3:51	Volunteers
7:00	Bulletin Board	4:00	Pentagon Channel
7:30	SHAMU -Wild Babies		
7:54	Dash and Grab	Evening	
8:00	Pentagon Channel	6:00	Community Focus
9:00	Pentagon Channel	6:15	Bulletin Board
10:00	ASAP-Drugs	6:44	Army Values - Respect
10:30	OIF Photo Montage 7	6:50	OIF Photo Montage 3
10:46	Bulletin Board	6:54	Jake Shimabukuro
11:30	Hawaii Hidden Beauty, Danger	7:00	NFL-Tight on the Spiral
11:50	OIF Photo Montage 6	8:00	Bulletin Board
12:00	Pentagon Channel	8:47	History of JAG
		9:00	Anti Terrorism FP
		9:24	Oakland Army Base
		10:00	Youth Protection
Afternoon			
2:02	Hurricane Safety	11:00	NFL-'58 Championship
2:25	OIF Photo Montage 2	12:17	Bulletin Board
2:30	SHAMU-The Manatee Story		
3:00	SHAMU-The Sea Turtle Story	Overnight	
3:35	OAHU-Aloha Begins	12:51	Pentagon Channel



Homefinding Web site helps Soldiers, families find a place to call home

By Kelli Wilson
Directorate of Public Works

The Community Homefinding Relocation and Referral Services, or CHRRS, office has a new look and is ready to assist Soldiers and their families with their off-post home finding needs.

CHRRS has extended program and increased services offerings with its Fort Shafter and Schofield Barracks locations.

They have a fully trained staff helping redeploying Soldiers and their families find an off-post home in an already saturated housing market.

With the increase in Basic Allowance for Housing, most Soldiers saw close to a \$300 dollar per month increase. Now the challenge is finding a home to rent.

The CHRRS office offers its expertise by educating Soldiers and their families about the choices available to them.

"The BAH increase is significant to the overall quality of life of the Soldiers and their families. Now larger homes, more amenities, better locations, and overall satisfaction will increase," said CHRRS Manager Pam Hirota.

With the new BAH rates, opportunities for an acceptable rental will increase while the out-of-pocket amount will decrease.

"Your BAH should cover your rental amount, utilities, and renters insurance. Our goal is to match a family with a home where they do not pay any out of pocket expenses and the entire family is satisfied with their new home.

"This is a tough goal to reach in this housing market," said Hirota.

While the CHRRS program, a service offered to all active duty military and their dependents, on orders to Hawaii, has been in operation for more than 20 years, it has increased staffing and capabilities to assist with the potential housing shortage.

A free rental and referral Web site

offers up-to-date information on rentals on Oahu.

The Web site allows all service members and DOD civilians the opportunity to search and list available rentals and interact with potential landlords in real time.

"This Web site has allowed us to further our services to our clients and we continue to look for improvements to the Web site.

"We are working with landlords to increase the amount of rentals in order to offer Soldiers and their families more opportunities," said Hirota.

Currently, CHRRS representatives are working with redeploying Soldiers at Conroy Bowl and providing current rental listings, copies of leases, local area maps, and transportation to potential home rentals.

Each Soldier in need of housing, is provided with the Web site information and CHRRS contact information.

Shirley Kang, a CHRRS representative working with redeploying Soldiers at Conroy Bowl has seen that the majority of Soldiers are in need of short-term housing before ETS or PCS.

Kang, who is familiar with deployments, finds that the positive attitude and look on Soldiers faces makes her want to help.

"It is nice to work with the Soldiers because they are happy and that makes our job easy.

"We are grateful for their service and will do anything we can to accommodate them," said Kang.

The CHRRS office can also assist with landlord and tenant issues, lease requirements, questions regarding BAH, and utility deposit waivers.

For more information on CHRRS or to set up an appointment with a representative call 438-1518 on Fort Shafter or 655-0642 on Schofield Barracks.

To get up-to-date rental information, log on to www.dodreferral.com.

Pentagon aims to reduce stigma for troops seeking mental health care

By Jon R. Anderson
Stars and Stripes

ARLINGTON, Va. — Military health officials are trying to figure out how to reduce the stigma for troops seeking mental health care, but concede they're fighting an uphill battle.

"Stigma is a real problem. It's a societal issue, but it is much more pronounced in the military," said Col. Thomas Burke, one of the Pentagon's top psychiatrists and the director of mental health policy for the Defense Department.

"There is a perception among the troops that seeking mental health care means you're weak or a coward and frankly, we in the military kind of foster that attitude," said Burke. "We give medals to the Soldiers who charge the hill, but don't really recognize the day-to-day heroism of Soldiers who take care of themselves — doing simple things like changing their socks and cleaning their weapons — doing whatever it takes to keep themselves in condition to do the mission."

A recent Defense Department study looking at combat troops returning from Iraq found that Soldiers and Marines who need counseling the most are least likely to seek it. As many as 16 percent of the troops questioned admitted to symptoms of severe depression, Post Combat Stress Disorder and other problems.

Of those, six out of 10 questioned felt their leaders would treat them differently and that fellow troops would lose confidence in them. As many as 65 percent said they'd "be seen as weak."

Army psychiatrist Col. Charles Hoge, lead author of the study, said, "Our most important finding was this concern about stigma and barriers to care, that is, the number of Soldiers who have mental health issues who don't seek care."

Troops returning from combat soon will undergo two mandatory mental health assessments — one right away, and another three to five months later

— to make sure they aren't suffering long-term trauma, Department of Defense officials announced in January.

But self-identifying and pursuing further help might still be difficult for some.

Hoge, who is head of psychiatry at Walter Reed Army Institute of Research in Silver Spring, Md., said

"We give medals to the Soldiers who charge the hill, but don't really recognize the day-to-day heroism of Soldiers who take care of themselves..."

- Col. Thomas Burke

the key to reducing that stigma is "making mental health care more routine. If the troops view mental health care as routine as getting an X-ray, they'll be more likely to get it."

"What Soldiers need to understand is that stress reactions — difficulty sleeping, reliving incidents in your mind, feeling emotionally detached — these kinds of reactions are very common and really expected after combat," said Hoge.

Wherever they go, they should remember that what they're feeling "is normal and it's nothing to be ashamed of."

The war on labels

But even in the combat zone, officials have made a conscious effort not to call troops seeking mental health care "patients."

"It's a hotly debated decision within the mental health community," said Burke, "and it cuts the very heart of the stigma issue."

On one hand, he said, calling those troops "patients" in the long run could help reduce the sense that problems coping with the horrors of combat are no different than bleeding from a gunshot wound.

On the other hand, studies have shown that the more troops are treated as sick — rather than simply experiencing normal reactions — the more likely they are to wrestle with mental health problems over time.

The biggest barrier to reducing stigma in the military, he said, is confidentiality.

"The military is in an ugly situation. In the civilian world, confidentiality is pretty strict," said Burke.

Firm laws are in place protecting patient privacy, "but all those provisions make exceptions for the military.

"You're never going to have complete confidentiality in the military system," said Burke. "That doesn't mean we open our books to anyone who wants to look — we are indeed very, very careful to safeguard privacy as much as possible — but the truth is, there is a big hole in the wall of confidentiality that will never close."

To ease those concerns, last year military officials opened up limited confidential counseling outside of the military health care system through its One Source program with civilian providers. And last week, officials announced they would add a second round of mental health screening a few months after troops return from combat.

Officials are also in early discussions to replicate the National Institute for Mental Health's recent "Real Men, Real Depression" public awareness campaign within the military.

For any program to work, said Burke, troops and military leaders need to understand "mental illness is not the kind of unsolvable problem that it once was." The message he tries to ram home is that usually it's not a matter of "problem Soldiers, but Soldiers with problems."



Jan Mohammad holds his nephew Khan in Ghazni, Afghanistan after surgery to correct the boy's cleft palate. Before the surgery, Khan had trouble eating and breathing. Coalition members first met the 3-year-old boy through a CMA in Ghazni Province and set up the surgery to help the boy live a normal life.

Coalition docs mend boy's cleft palate

Story and photo by
Sgt. Stephanie L. Carl
17th Public Affairs Det.

BAGRAM AIRFIELD, Afghanistan – Three-year-old Khan Mohammad clung to his uncle, Jan Mohammad, as he entered Bagram Airfield, overwhelmed by the unfamiliar people around him. The two had just finished

a six-hour drive from Ghazni Province in central Afghanistan to the airfield, where Khan would undergo surgery.

Khan was born with a severe cleft palate. It was difficult for the boy to eat and breathe with his lip and gums split, in the middle, up to his nostrils and teeth protruding from the gums. Coalition doctors were

hoping to change that.

"We first met Khan during a cooperative medical assistance," said Lt. Col. John Loose, a member of the Task Force Victory Surgeon Cell.

Noting Khan's discomfort and severe disfigurement, Loose contacted the 325th Combat Support Hospital at Bagram to see if they could help. In a matter of days, the surgery was scheduled.

The first part of the surgery was preparation.

Capt. Don Schondelmaier, a certified registered nurse anesthetist, administered a general anesthetic to help reduce his anxiety.

While Schondelmaier and his assistants inserted a breathing tube into the boy's throat, the surgeons, Drs. (Cols.) Dallas Homas and John Caufield, prepared for

surgery. Soon, they were closely inspecting Khan's face, determining which parts of the lip would be cut and sutured, ensuring the folds of skin would match up to form the lip.

"This part here is the line between the inner and outer lip," said Caufield as Homas marked an incision point.

Working methodically, the two spent several hours in

the operating room, ensuring Khan's lips would look as much like any other 3-year-old's.

For the attending surgeons and assistants, this surgery reflected their favorite part of working in Operation Enduring Freedom – helping others.

"To perform this surgery is very gratifying," said Caufield.

A luncheon reflecting upon Black History

By Kirsten Tacker
Contributing Writer

February is the month in which we bear witness to diversity, richness and progress of African American achievement. More than 160 people celebrated Black History during a luncheon Feb. 11 at the Nehelani on Schofield Barracks.

On a big screen at the luncheon, 50 events that changed Black America intermittently flashed during a video display. After a step show by Radford High School teens, Lt. Col. Ben Clark spoke to the crowd.

Clark, chief of the Department of Social Work Services from Tripler Army Medical Center, spoke about the power of dreams.

"[When] trying to reestablish dreams by having a dream, you set into motion the endless possibilities. You unleash potential.

Clark's mother told him of his potential. "My mom told me I could do or be whatever I want," Clark revealed. A belief that was instilled in him a long time ago.

"You are only limited by your own imagination. Speak life into your situation," Clark declared.

Audience members were inspired by a variety of notable people, past and present.

"I would like to have dinner with Martin Luther King, Jr. because of his selfless service. That is what it is all about, the giving of your self for the betterment of others," shared Lt. Col. John Cooper, Department of Human Resources, U.S. Army Garrison, Hawaii. Clark also referenced King in his speech.

"I feel King's speech is universal because he planted a seed to everyone not just the Black community. "To me [life] is a journey, as I said



Col. Stanley Tunstall, 45th CSG (Forward) thanked Lt. Col. Ben Clark, TAMCs chief of the Department of Social Work Services at the end of the Black History Month luncheon Feb. 11 on Schofield Barracks.

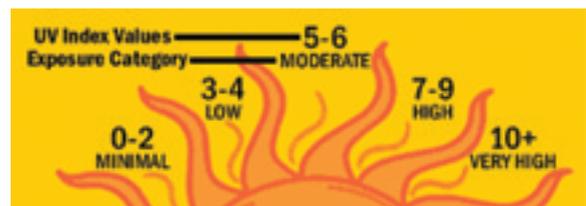
before – it's ongoing. It is not one of those things that's stationary.

"More and more there is an inclusive process not just for Blacks only. It's a community movement," Clark explained.

Sgt. Felicia Herrera thought the luncheon was more than just a program.

"[Black history] is a reflection of where our people come from. Their trials and tribulations of what they went through even though they were just people like everyone else. But it is what they had to go through."

(Editor's Note: The 45th Corps Support Group (Forward) hosted the Black History Month luncheon.)



All about sun protection

Hooah4Health

Being outside on a warm, sunny day is one of life's greatest pleasures, but getting too much sun can be dangerous.

The sun produces good things like light and heat, but it also produces ultraviolet, or UV radiation, which can damage human skin and eyes. Exposure to too much UV radiation can cause sunburn and even more serious problems like skin cancer and cataracts.

Following the instructions below will help you avoid UV-related health problems now and when you're older. If you follow these steps all the time, they will become easy and won't bother you any more than fastening your seat belt every time you get into a car.

Wear sunglasses that block 99-100 percent of UVA and UVB radiation. Ordinary sunglasses don't protect your eyes very well, but sunglasses that block 99-100 percent of UV rays greatly reduce your eyes' sun exposure. Check the label when buying sunglasses.

Wear a hat. A hat with a wide brim protects your eyes, ears, face, and the back of your neck – areas that can

easily get too much sun. Protect other areas with clothing during long periods in the sun. Tightly-woven, loose-fitting clothes are best, but any clothing is better than bare skin.

Always use sunscreen when outside on a sunny day. A sunscreen with a Sun Protection Factor, or SPF, of at least 15 blocks most harmful radiation. Apply lots of sunscreen before you go outside, and reapply every two hours if you have been sweating or swimming. Even waterproof sunscreens can come off when you wipe off sweat or water. Children under six months old should never have sunscreen applied to their skin. They should be protected by avoiding too much time outdoors.

Avoid the midday sun. The sun's UV rays are strongest between 10 a.m. and 4 p.m. Try to limit your sun exposure during those hours.

Watch for the UV Index. The UV Index predicts the risk of overexposure to the sun and indicates how careful you should be outdoors. You can find the UV Index for the day in newspaper, TV, and on-line weather reports.

Remember to use these "sun wise" precautions!

A taste for gold

By Kirsten Tacker
Contributing Writer

Last year's Installation of the Year champions, the U.S. Army, Hawaii Culinary Team is going for the gold again!

They are automatically ranked in the top five for this year's 30th Annual Culinary Arts Competition. There are 15 teams from around the world taking part in the competition held at Fort Lee, Va., March 5 - 18.

"This is a competition that is held every year and it is kind of like a treat for the food service personnel. It is something they look forward to, to show their expertise," said Master Sgt. Tonya Benton, Headquarters and Headquarters Company, 25th Infantry Division (Light).

The purpose of the annual competition is to challenge military cooks to achieve nationally established standards for excellence in food preparation.

All entries are judged according to strict American Culinary Federation standards.

"It is not what everyone thinks. This is not normal Army chow.

"It is about finding the best team in the Army and the best chefs in the Army. All 15 teams can beat each other on



Kirsten Tacker

Chief Warrant Officer Jeffrey Lein, HHC, 3rd Brigade, speedily sautes lamb Feb. 14 during training for the 30th Annual Culinary Arts Competition.

any given day, it all comes down to who is best on game day," shared Culinary Team Captain Chief Warrant Officer Jeffrey Lein, HHC, 3rd Brigade Combat Team.

Originally it was decided that there wasn't going to be a team at all this year for

Hawaii.

Benton affirmed, "It was hard getting a team together this year as well because of the deployments and people coming back. We decided to put a team together at the last minute and push forward."

Pushing forward created new challenges.

"We were really on limited time and only started training maybe two, three weeks ago.

"The decision to have a team was made on a Thursday and the team was put together by Friday.

"Some of the original members of this team dropped out and [we] had to get people in their place in the last minute, stated Benton with a loud sigh.

Benton then exclaimed, "It's kind of like trying times, [but now] it's show time!"

USARHAWs Culinary Team training schedule begins at 6:30 a.m. They are training harder and longer for 14-hours a day.

"[Fort] Benning, Ga. and Fort Bragg, N.C. has been sending me e-mails saying that they are coming for me. Their installations are hard to beat. They train just as hard as we do.

"If they come after us they better come after us good. A lot of us were deprived of deployment - we made this our battlefield. We are going to war in two weeks," said Lein.

They are going in with both guns loaded and a big taste for gold.



The members of the 2005 U.S. Army, Hawaii Culinary Arts Team are as follows:

Team Captain

Chief Warrant Officer Jeffrey Lein, HHC, 3rd Brigade

Team Co-Captain

Sgt. Karen Glanzer, 125th MI Bn.

Team Manager

Sgt. 1st Class Caroline Trent, HHC Division Support Command

Team Members

- Master Sgt. Tonya Benton, HHC Div.
- Staff Sgt. Elizabeth Justo, 725th MSB
- Spc. Richard Raby, 65th Eng. Bn.
- Spc. Edmund Perez, 125th MI Bn.
- Spc. Krista Christian, 125th MI Bn.
- Spc. Florine Nevins, 58th MP Co.
- Pfc. Scott Maye, HHC 65th Eng. Bn.
- Pfc. Leticia Mel, 725th MSB
- (Civ.) Angela Smith (Y-HATA & Co.)



The 'Support Our Troops bracelet is an elastic silicone bracelet with debossed lettering is designed to fit all sizes.

American Legion unveils new 'Support Our Troops' merchandise

American Legion News Release

INDIANAPOLIS - In response to a growing number of Americans wishing to visibly show their support for members of the armed forces fighting the war on terrorism, the nation's largest veterans organization has unveiled yet more emblematic items.

The American Legion has introduced car magnets of the Blue Star Service Banner; yellow and red, white and blue 'Support Our Troop' ribbons; and magnet ribbons for each branch of the service with one for all veterans.

Especially popular is the new 'Support Our Troops' yellow bracelet that stretches to fit all sizes. It is reminiscent of the POW bracelets so pervasive during the Vietnam War.

These items are \$1.50 each and can be securely ordered online from The American Legion Internet Web site at www.legion.org Just click on 'Shop Emblem Catalog' at the top of the page and select item to be shipped.

Other Blue Star Service Banner, U.S. Flag, and patriotic items are also available for varied prices, depending

on size and material.

Orders may also be placed by phone toll free by calling 1-888-453-4466. Proceeds support The American Legion's veterans and youth programs.

The 2.7 million-member military veterans' service organization launched a national campaign after the terrorist attacks on 9-11 to bring back the tradition of the Blue Star Service Banner to recognize the sacrifice of families who had loved ones serving in the war as a member of the armed forces.

Since the first Gulf War in 1991, The Legion's Family Support Network has provided free assistance to thousands of military families of deployed service personnel (active duty, National Guard and Reserves) through 15,000 posts located across the country.

Families can call toll free for help with anything from fixing a leaky faucet to requests for financial assistance.

The calls are routed to the nearest American Legion post to render the assistance.

The Family Support Network number is: 1-800-504-4098.

New federal guidelines designed to fight flab

By Sharee Moore
Editor

To stop gaining weight, the updated federal dietary guidelines require 60 minutes of exercise per day. If you want to actually lose flab – tack on an extra 30 minutes.

With two jobs, two kids, a dog and a strapping Soldier en route, how will spouses squeeze in the required time? Tommy Thompson, the Health and Human Services secretary asks a stream of questions to get one thinking.

“Do you want to look better? Yes. Do you want to feel better? Yes. You lower your calorie intake, you lower your fats, your (simple) carbs. You eat more fruits and vegetables, more whole grains and you exercise. That’s as simple as it can be. It is not too hard,” Thompson said.

The American Obesity Association affirms that the scales of 127 million overweight Americans strain under the idea that it’s “not too hard” to lose weight.

Linda Williams, manager of the health and fitness center on Schofield Barracks tackles this issue and explains the differences between the old and new guidelines.

“With the [old] federal guidelines, they’ve just been trying to get people to do something and they didn’t want to overwhelm them,” Williams explained.

“And 90 minutes is kind of an ideal for those trying to lose weight.” The National Center for Health Statistics Web site states that 64 percent of Americans are overweight “and I’m right there with them although I work in the fitness business,” Williams confided.

Williams explained some of the reasons Americans continue to pack on the pounds.

“Lives are very hectic, but not very active. We eat high calorie, density foods and high fat foods, but we don’t move very much. The cumulative effect is that over time, we gain weight.”

Williams claims that bodies were made and designed for movement – it’s a genetic thing.

“Manual labor is built into our genes. There’s also a built-in desire for things that are sweet and have fat in them; it’s a survival mechanism, Williams explained. Fatty foods often gave ances-



Spc. Daniel P. Kelly

Sabina Doherty trains at the gym.

tors an edge as they chased down or gathered the next meal.

Weight gain occurred once people simultaneously moved from a very hardworking lifestyle while food became more readily available.

In addition to a labor-free lifestyle and access to fat, portion sizes have grown and food has become more affordable – cheap even. After all, for 39 cents, you can just super size a meal in many fast food restaurants.

“The survival mechanism that helped us survive through the millennium will be what kills us. Our bodies grab calories, store it and saves it for a rainy day – except there’s no rainy day.” Williams also described the “quick fix” mentality.

“In people’s desperation to lose weight quickly and with minimal effort, or minimal change, that’s when they’ll resort to those infomercials that promise the stars and the moon - not to mention those skinny bodies.

“There are no magic bullets or magic answers,” Williams emphasized. “The answer is not easy, but it’s very simple: move more and eat less. That’s what the federal guidelines are saying.”

In order for weight loss to work, people must forget the quick fix and make behavioral changes ultimately leading to a lifestyle change. Altering behavior begins with knowledge and accountability.

To start, Williams recommends keeping a food diary and activity log.

“If you did nothing more than write down everything you put in your mouth and activity levels each day, it builds awareness. Once a person is aware,

then we’ll see where we can jiggle the numbers.

“One small change at a time can be made that, over time, can give the cumulative changes you want,” Williams said.

Actually getting those changes require both a decrease in calorie intake and an increase in physical activity. You need to do both, Williams warned.

“That’s how this machine, we call this body, is designed. People work out more and it feels so good, then it becomes self-motivating. In six to eight weeks it becomes a habit.

“... [Working out] gives a feeling no pill or treatment can give – peace of mind.”

(Editor’s Note: For those who need a little help self-motivating, the Schofield Barracks Health and Fitness Center offers personal trainer services for \$30 - \$35 an hour. Sign up in the lobby or call 655-8007 for more information. The fitness center is located across the street from Sgt. Smith Theater.)

Tips for increasing activity:

- Park further from the PX and walk.
 - Take the stairs instead of the elevator.
 - Walk the dog and play with the kids.
 - Dance, hike, walk, canoe – find something you love and do it!
- Remember that some activity is always better than nothing, and a little bit more is always a little bit better!

Nutrition tips:

- Eat foods closest to the earth such as non-processed foods like fruit, vegetables, beans, nuts, proteins, soy products, lean meats and fish.
- Stay away from highly refined, processed food. They lack nutrient punch and have a high calorie density.
- Eat plenty of colorful foods to ensure nutritional variety.



Sgt. 1st Class Antony M.C. Joseph

The Army hot rod driven by Tony “The Sarge” Schumacher takes off from the starting line at Maple Grove Raceway in Reading, Pa.

'The Sarge' top fuel dragster qualifies first for Winternationals

By Chris Dirato
Army News Service

POMONA, Calif. – Tony “The Sarge” Schumacher, the driver of the U.S. Army Top Fuel dragster, picked up right where he left off in 2004 by taking the provisional number one qualifying position for Sunday’s running of the CARQUEST Auto Parts Winternationals here at Pomona Raceway.

The driver of the U.S. Army Top Fuel dragster laid down a 4.487-second pass at 321.04 mph to take the top spot heading into Friday’s single qualifying session.

“It was a good way to start, that’s for sure,” said the 2004 NHRA POWERade Top Fuel world champion. “We felt like we could come out here and perform well given our testing in Phoenix

a couple of weeks ago. Of course, this is only one run of many. We have to come back and do it again tomorrow and Saturday.”

Schumacher said that, if conditions are right, quicker times are ahead for the U.S. Army team.

“We actually put a cylinder out around 800 feet in the run today, so we probably could have been in the 4.45-second range,” he added. “The track is pretty good, so we’ll see what happens.”

The Chicago native is looking to claim his second Winternationals title after breaking through with a win in last year’s edition.

“The key thing is to start the season in a solid way,” he said. “Certainly, another win here at Pomona would be terrific. But, we’ve got a long way to go!”