

HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii ★ www.25idl.army.mil/haw.asp

INSIDE

Lt. Gen. Mixon takes command

Story and Photo by
SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — With the passing of the U.S. Army, Pacific (USARPAC), colors, Soldiers, Army civilians, family members and well-wishers from the community witnessed the Army Service Component Command's change of command in a ceremony at historic Palm Circle, Friday.

As sun bathed the parade field between frequent rain showers, Lt. Gen. Benjamin R. Mixon replaced Lt. Gen. John M. Brown III, who stepped down after three-and-a-half years as USARPAC commanding general.

Adm. Timothy J. Keating, commander, U.S. Pacific Command, passed the colors from Brown to Mixon, honoring one of the most ancient traditions of the military profession, the symbolic changing of command from one

warrior to another.

"There will be a rustle in the ranks tomorrow when, for the first time since the early '70s, Lieutenant General Brown will not be there for muster," Keating said. "But we'll realize in a big hurry that Randy Mixon is with us, as is Rhonda [Mixon]."

"He's proved his mettle in battle," Keating

SEE MIXON, A-7

'Place of Refuge' opens

KYLE FORD
Staff Writer

SCHOFIELD BARRACKS — As soon as Soldiers walk through the doors of the newly named Na Koa Puuhonua "Warrior Place of Refuge" they are told to leave their stress behind.

The Warrior Assistance Center officially opened with a naming ceremony, Tuesday.

"Our sole purpose is to help the wounded warrior on the mission to heal, whether they go back to the unit or back into the civilian world," said Heather Partain, director, Warrior Assistance Center.

This place of refuge provides a warm, relaxed, home-away-from-home environment where warriors and their families can gather for physical, spiritual and mental healing. The center includes a professional staff, administrative areas, kitchen, Internet café, gaming area, three large plasma-screen televisions, a pool table, children's play area and a quiet space for reading and relaxing.

Having a place like the Na Koa Puuhonua is important to the Soldiers it affects most.

"Basically, it's a place people can go while going through medical treatment," said Sgt. 1st Class Gary Solivar, Warrior Transition Brigade (WTB). "Sitting in the barracks can make you crazy. Here, you can come relax and be like family."

Just as important as the relaxing environment are the services the center provides. Services include entitlement and benefits counseling; educational and employment assistance; transition and family services; and travel pay for family members on Invitational Travel Orders (ITO). Additionally, the center offers substance abuse information and referral for family members, and it coordinates legal and pastoral services.

The center's location near the health clinic is important for Soldiers in the WTB on Schofield Barracks.

"Before, we had to go all over the place for treatment - Schofield for this, [Fort] Shafter or Tripler [Army Medical Center] for that,"

SEE WOUNDED, A-4



Building warriors

Noncommissioned Officer Academy develops warrior leaders

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Retirement Ceremony

The 25th ID Retirement Ceremony is 2 p.m., Feb. 14, at the Nehelani.

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Pro Bowl meet and greet

Meet Pro Bowl players, cheerleaders & mascots, today, from 3:30-5:30 p.m., at the Tropics.

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Reading with Rover

Dogs help children improve reading skills

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Sgt. Chad Ward, a team leader with A Co., 1st Bn., 14th Inf. Regt., holds his wife, Kazia and son, Asher, at Schofield Barracks, before deploying in support of Operation Iraqi Freedom, Jan. 30. Ward is one of nearly 100 Soldiers who are the first to deploy since the brigade's main body left for Iraq in November.

Nearly 100 more deploy from 2nd Brigade

Story and Photo by
SGT. MATTHEW C. MOELLER
8th Theater Sustainment Command

SCHOFIELD BARRACKS — As Lt. Gen. Benjamin R. Mixon said his final farewell to the 25th Infantry Division before assuming command of U.S. Army, Pacific, at Fort Shafter, a group of 2nd Stryker Brigade Combat Team Soldiers said their last aloha to friends and families here, before deploying to Iraq, Jan. 30.

The group of nearly 100 Soldiers was the first to deploy since the brigade's main body left in November for the Taji area of Iraq, which is north of Baghdad. The departing Soldiers will assume positions the brigade was unable to fill before leaving, and along

with their counterparts, conduct counterinsurgency operations and provide a secure environment for the people of Iraq.

"A lot of us just got here," said 2nd Lt. Tyler Vest, a platoon leader with 1st Battalion, 14th Infantry Regiment, who arrived on the island last month. "I'm going to miss the North Shore the most, but I have a mission to do and I'll do it."

Many Soldiers in the group were deploying for the first time.

"[I'm] nervous, excited. I'm ready to start," said Pfc. Christopher Akers, a mechanic with A Company, 2nd Battalion, 25th Infantry Regiment.

Akers' friend, Pvt. Frank Rodriguez, a truck driver in the brigade, agreed.

"Yeah, I'm nervous," Rodriguez said, "but I'm looking forward to starting [deployment] and saving some money."

Many were leaving loved ones, in addition to Hawaii's comfortable climate.

"I'm leaving my wife behind," said Sgt. Michael Buelna, an infantryman with 1st Battalion, 21st Infantry Regiment. "We just got here in December, and I have to leave and she has to settle in by herself. It's hard for us, but this is what I do."

Buelna's wife, Alondra, identified with her husband's sense of duty.

"It's hard, really sad, seeing him go off and fight again," she said. "But I know he has a job to do. He's an excellent Soldier. I know he'll do it well."

Haka ends deployment ceremony

Story and Photo by
KYLE FORD
Staff Writer

SCHOFIELD BARRACKS — It's not every deployment ceremony that ends with a haka, or warrior dance, like the joint ceremony at Sills Field, Friday.

The weather cleared up long enough for the Royal Tongan Marines and Guam National Guard to celebrate their deployment relatively dry.

With the official duties out of the way, the Royal Tongan Marines performed the haka to show that they will do their best in Iraq.

The Tongans are deploying in support of Operation Iraqi Freedom while the Guamanians will reinforce Operation Enduring Freedom in Afghanistan.

Lt. Col. Kuli Fakalolo, battalion commander, Royal Tongan Marines, thanked the trainers and his troops

SEE HAKA, A-7

Good Samaritans save man's life at Tripler bus stop

Story and Photo by
KEVIN DOWNEY
Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER — En route to his own recognition ceremony for helping save lives, an alert pediatric health care specialist and two colleagues saved a man's life by intervening during the initial stages of a heart attack, Jan. 25.

The fast action of Spc. Warren Frazier, Renee Araujo and Sheila Robinson-Bird is a big reason Navy veteran Calvin Cavaness is still alive, according to the on-call emergency room physician.

"It was a great call by the three of them in a very critical situation," Dr. William Enslow said. "Had they allowed him to leave the area like he intended, he likely would not have survived."

While at the bus stop in front of the hospital's mountainside entrance, Cavaness began quietly showing symptoms of a heart attack. He and his wife had just filled a prescription here and were heading home.

Frazier and Araujo were on their way to the hospital's Blood Donor Center awards ceremony where Frazier was to be recognized for his dedicated blood donation to critical patients here and to injured service members overseas supporting the global war on terror. The two noticed a red-faced Cavaness sitting on the bench,



Spc. Warren Frazier shakes Navy veteran Calvin Cavaness' hand during a bedside visit with Renee Araujo (left center) and Sheila Robinson-Bird.

slumped over.

"We thought he was tying his shoe at first, but the more we observed him, we knew something was drastically wrong," Araujo said. "Had he gotten on that bus, he would have died."

As a normal flow of people in and out of

the hospital walked by, Frazier and Araujo quickly decided the man needed immediate assistance. Though he initially refused, a third colleague who had just arrived on-scene, Robinson-Bird, demanded

SEE TRIPLER, A-7

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

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35 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 2/6/08.

Commander's Corner

Surveys make communities even better

LT. COL. MARK BOUSSY

Commander, U.S. Army Garrison, Oahu



Boussy

As part of its ongoing commitment to provide outstanding housing communities in Hawaii, Army Hawaii Family Housing (AHFH) is conducting its annual CEL Resident Survey. Highlighted below are a number of other resident-feedback initiatives designed to enhance the overall living experience and service for AHFH residents.

I encourage all AHFH residents to take the time to fill out these surveys. Your opinions count in making U.S. Army, Hawaii, the best place to live and work.

February CEL Survey

AHFH values feedback from its residents so it can best work to meet resident satisfaction in various ways. This month, AHFH residents should receive the CEL Surveys, and upon completion and collection, AHFH will enter names into a weekly prize drawing.

You may mail in your responses using the

self-addressed envelopes, or drop surveys off at the community centers. Alternatively, you can arrange to have community teams pick-up your completed surveys.

One survey is issued per family, and every survey returned to AHFH goes into the prize drawing for an opportunity to win a trips to Las Vegas and Disneyland, new furniture, or even a brand new home-theater system.

2008 Cost Of Living Allowance (COLA) Living Pattern Survey (LPS)

This month all uniformed service members in the state of Hawaii have an opportunity to participate in the 2008 COLA LPS. This online survey takes about 30 minutes to complete and can be found at:

www.perdiem.osd.mil/oscola/lps/hawaii/. If you have any questions concerning this survey, contact Mae Ooka at 477-1396.

Ongoing SatisFacts Survey Program

Yet another way to share your comments is to participate in the new SatisFacts Survey program, which AHFH implemented during the summer. You should receive a card on how to fill out the online survey whenever maintenance is completed in your home.

The SatisFacts Survey is managed by a neutral third party, so if your expectations are not being met, say so. Alternatively, compliment work or the worker when completing your survey, so workers can continue to provide the same high level of customer service to you and your neighbors.

We in the garrison use this survey as a measuring tool tied to AHFH incentives to honestly evaluate workers' performance through your feedback.

Military Housing and Lodging Institute (MHLI) Survey

Due to the hard work and dedication of the entire AHFH team, family housing in Hawaii continues to make great strides toward becoming the very best managed and maintained housing the Army has to offer.

To ensure this trend continues, the Department of the Army will conduct the MHLI Survey within the coming months. This survey is used to measure how AHFH is doing compared with all the other privatized housing programs across the Army.

Points of Contact

For more information regarding these or other community issues or policies, you may contact the Oahu North Community Director's Office at 655-0497, or the Oahu South Community Director's Office at 438-6996. My staff will be happy to assist you.

Duncan continues legacy at 8th TSC

Story and Photo by
SGT. STEPHEN PROCTOR
8th Theater Sustainment Command

FORT SHAFTER — The 8th Theater Sustainment Command (TSC) passed a new milestone in its short history during a change of responsibility ceremony from Command Sgt. Maj. Harry L. Collins to Command Sgt. Maj. George D. Duncan at Palm Circle, Jan. 23.

The ceremony marked the 8th TSC's first change in the senior enlisted position.

Collins, who has been with the 8th TSC since it was activated, expressed his pride in the young command.

"I have never served with such a dedicated bunch of true professionals in my military career," he said. "I know the 8th TSC is in capable hands."

Touting Collins' leadership, Brig. Gen. Raymond V. Mason, commander, 8th TSC, said during the ceremony, "[Collins], perhaps more than any other single person, is responsible for shaping, forming and leading the 8th TSC into the dynamic, world-class, warfighting unit it is today ... The legacy of excellence he is leaving will extend far past any of our tours here in the Pacific."

With the bar of excellence set, Mason has high expectations for his top enlisted advisor.

"You are filling very large boots, and I challenge you to pick up and carry on where Command Sergeant Major Collins left off," Mason



Outgoing Command Sgt. Maj. Harry L. Collins, 8th Theater Sustainment Command, heads his final formation with the 8th TSC before passing the mantle to Command Sgt. Maj. George D. Duncan during a Change of Responsibility Ceremony at Palm Circle, Jan. 23.

said to Duncan. "We have inherited a great unit, and together we will move it forward and see it through to its fullest operational potential."

Duncan said he was ready for the challenge.

"I am honored and humbled to be the command sergeant major of the 8th TSC," he said. "I'm proud to be a member of your team

and I look forward to walking among your ranks."

Recalling the words of Gen. Dwight D. Eisenhower, Mason said, "The sergeant is the Army; and it is my firm contention that both of these men embody the essence of what past generations of American Soldiers sought to establish in a truly professional [noncommissioned officer] corps."

NCO gets 20 months confinement

Staff sergeant learns drunk-driving lesson the hard way; his car crash kills two battle buddies in Okinawa

DAVID ALLEN

Stars and Stripes, Pacific Edition

KADENA AIR BASE, Okinawa — A noncommissioned officer (NCO) was sentenced to 20 months confinement, Jan. 29, after pleading guilty to causing the death of two other Soldiers in a drunken-driving incident last May near Camp Foster.

The NCO, Staff Sgt. Byron Anthony West, 40, also was demoted to E-1 and received a bad conduct discharge.

However, Judge (Col.) Donna Wright recommended West's punitive discharge be suspended to allow him to retire with full benefits.

SEE DRIVING, A-6

LIGHTNING SPIRIT

Listening is another way to show love

CHAPLAIN (MAJ.) SAM MURRAY

8th Theater Sustainment Command Deputy Command Chaplain

In the Bible, James 1:19 says: "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath."

One of the most respectful and uplifting things you can ever do for any person is to listen to him or her. Listening is powerful. Listening makes people feel important. Listening shows how you value a person.

When couples listen to each other, they show the kind of mutual respect that God desires for a healthy marriage. Ephesians 5:33 says: "Nevertheless, let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband."

Over the years, I have counseled many people. People often come into my office and talk nonstop about their issues for 30 minutes. Then they tell me how much better they feel and thank me for my help.

During that entire 30 minutes I haven't said a thing; I have simply listened to them.

Listening is powerful, but involves some work. It really requires practice and intent.

Most couples only actually listen to each other for a few seconds. Soon, each person is already thinking about his or her response. In the meantime, each has missed the rest of their spouse's words.

Have you ever tried to think two different thoughts at the same time? You can't do it. Neither can you listen attentively to someone and think about your own issues and arguments at the same time.

Good listening is intentional, focused attention on what the other person is saying.

However, listening does not require agreement. You can listen carefully to your spouse. You can hear every single word and understand every single thought, but still disagree. That it is OK.

It is the respectful act of really listening that shows mutual respect and love for your spouse. Really listening encourages your spouse to actually listen to you in return. This sounds very simple but actually requires practice to do well.

Most couples have bad listening habits. They tune each other out. They cut each other off from ever completing what they want to say. Then couples get frustrated with each other. Pretty soon they give up on communicating altogether.

The way to break that cycle is to slow down the pace of the conversation. Take turns speaking to each other. Deliberately speak only three to four sentences at a time. Then allow your spouse to have his or her turn.

Each time your spouse finishes speaking, paraphrase or summarize back to him or her what you heard. Then say what you want to say for yourself. Your spouse, in turn, should do the same for you.

Once somebody knows that the person he or she loves really listens, a lot of other issues are soon resolved. Life gets a lot better, pretty fast.

God loves you and wants you to love each other in the best ways possible.

Listening is a great way to love each other.



Murray

Soldier sentenced to 15 years for murder

Over the past month, one Soldier was tried, found guilty and sentenced for various offenses occurring on and off Schofield Barracks.

A specialist from Headquarters and Headquarters Company, 1st Battalion, 14th Infantry Regiment, 2nd Brigade Stryker Combat Team rear detachment, was sentenced at a general court-martial to be reduced to E-1, to forfeit all pay and allowances, to be confined for 15 years, and to be receive a bad conduct discharge for murder and disobeying a lawful command.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, the Soldier will also have a federal conviction that he or she must report when filling out job applications. This federal conviction may strip the Soldier of some civil rights, such as the right to purchase and maintain firearms and the right to vote.

Q: Why does the Hawaii Army Weekly publish court-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Voices of Lightning: What's the most romantic thing you've done or had done for a valentine?



"When I was in AIT, I flew from training to surprise my girlfriend."

Sgt. Samuel Burchette
DPTM
Mobilization NCO



"I spent all day with my wife doing whatever she wanted to do."

John Little
DES
Physical Security Specialist



"Given roses."

Mine Nguyen
MH Electric Co.
Project Engineer



"Went on a cruise."

Lt. Chris Powell
Coastal Security
Security Officer



"When I was stationed in Germany, I picked up tickets without telling her and flew to Italy to have dinner, wine and stay the night."

Darrell Wade
DES
Antiterrorism Officer

Vehicle additions keep Soldiers safe

“Rhino” and sniper glass modifications fortify Stryker, MRAP for deployed Soldiers

Story and Photo by
SPC. ANDREA MERRITT
1st Sustainment Brigade Public Affairs

CAMP TAJI, Iraq — Though the unit has only been in Iraq for two months, the 536th Maintenance Company hasn't wasted any time protecting lives of the warfighters here.

Located at Camp Taji, the direct support maintenance company makes lifesaving modifications to warfighters' vehicles, namely, the Stryker and mine-resistant, ambush-protected vehicles (MRAP).

“This is unique to our deployment,” said Chief Warrant Officer 3 Jeff Meier, Allied Trade Shop technician for the 536th Maint. Co. “We didn't do any of these modifications in garrison. They aren't needed in garrison.”

“It's a change of pace, definitely,” said Spc. Carl Weeks, a machinist with the unit. “[The average workday] is a lot more fast-paced and nonstop.”

For the Stryker, Soldiers install ballistic glass around the gunner's hatch to protect against snipers and fragments from improvised explosive devices. Soldiers also install framing for sniper screens and sometimes have to make “Rhinos” from scratch.

The Rhino is an electrical device designed to detonate roadside bombs before the convoy travels along the route. It protrudes like a giant horn from the front of the vehicle.

For the MRAP, Meier said, “[It] was being fielded when we arrived, so the modifications are new. The [Army Materiel Command] brings the MRAPs to us for modifications before they are issued out to the warfighters.”

“All these jobs are very time-consuming,” said Meier. “It takes about seven hours for



Spc. Paulo Young, a welder with the 4th Infantry Division who currently works with the 536th Maint. Co., cuts metal that will be used to make fire suppression steps for the MRAP.

“I actually feel like we are doing something [important]. We do our best, and we're proud of what we do.”

*Spc. Carl Weeks
Machinist, 536th Maintenance Company*

three to four people to install the ballistic glass on the Stryker ... five hours to make a Rhino from scratch, and another hour to mount it onto the MRAP.”

Since the 536th Maint. Co. began modifications to the Strykers and MRAPs, it has

repositioned more than 100 Rhino mounts, made between 300 and 400 cover plates for exposed wires, installed more than 100 pieces of ballistic glass onto Strykers, and constructed about 40 steps to cover the fire suppression system bottle, Meier said.

“This shop is all about the Soldiers on the floor doing the work every day,” said Meier. “The work that they do, we believe and we know, helps protect the lives of some of the warfighters who go out the gate every day. They work hard, they don't complain, and we're proud of them. We wouldn't be successful without them.”

“I actually feel like we are doing something [important],” Weeks said. “We do our best, and we're proud of what we do.”

Families begin their walk to Iraq and back

SPC. CARLEE ROSS

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Spouses, children and rear detachment Soldiers of the 2nd Stryker Brigade Combat Team (2SBCT) trudged through the pouring rain at Watts Field, Saturday, to “shorten the miles” between their deployed troops.

The Tropic Lightning family members began their “Walk to Iraq and Back,” to show support for their deployed warriors and stay fit and active. The walk kicked off the first of many that are planned for loved ones, and organizers were pleased with the level of support.

“We had a great turnout considering the weather,” said Lisa McCaffrey, 2nd SCBT family readiness group (FRG) advisor.

Of the 16,790 miles from Hawaii to Iraq, spouses will be walking, running, swimming and biking on their own to shorten the distance. FRG leaders are coordinating group events, and the collective goal is to walk the distance from Hawaii to Iraq at least once.

“I want to tell you that walking to Iraq and back will happen much faster than you think,” said Maj. Adelaido Godinez, 2nd SBCT rear detachment commander. Fitness and enthusiastic participation could likely shorten the time frame.

“This is really hard for any one person to do,” said Brig. Gen. Robert Brown, deputy commanding general for operations, 25th In-

fantry Division. “But when we do it together, you will see; we will knock it out in no time.”

Many family members said they see the walk as a way for them to focus on something other than their spouses being so far away. The walk is encouraging good health and confidence and fostering close relationships among participants.

Join the next community Walk to Iraq and Back event Feb. 25, at 6 p.m., on Watts Field. Pledge support and record miles by logging onto your battalion Web site at www.armyfrg.org.

“There are so many things that happen in the military that you just have no control over,” said Lori Gleichenhaus, FRG advisor, 2nd Battalion, 11th Field Artillery Regiment. “This is something ... we can say that we're doing for them. This is a way to support the troops by being in control of something at home. Even though it doesn't really affect them, it affects us.”

The 2SBCT's “Walk to Iraq and Back” is modeled after similar community events at Fort Hood and Fort Stewart.

“The power of an idea is an amazing thing,” Brown said. “When I was in Iraq, we were following the ‘Walk to Iraq,’ and it was really encouraging. Don't think that [deployed Soldiers] don't notice what's going on [here].”



Staff Sgt. Angel M. Perez, small group leader, Noncommissioned Officer Academy, Hawaii, instructs and critiques new leaders.

NCOA graduates 91 leaders

Story and Photo By
PFC. JAZZ BURNEY
3rd Infantry Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Towering trees restlessly rustled as the wind blew, carrying the melody of chirping birds. As chest-high grass lined the road, the lulling engine of an approaching humvee tainted the natural scene.

Large debris stacked on the road created a blockade, forcing the humvee to stop. Soldiers shouted commands from the humvee, and the once serene setting erupted into a full-fledged ambush.

This scenario is one of the many situational training exercises noncommissioned officers (NCO) of the 3rd Infantry Brigade Combat Team experienced during the Warrior Leader Course at “Pineapple Junction” on Schofield’s East Range.

Ninety-one 3rd Bde. “Broncos” graduated from the Noncommissioned Officers Academy (NCOA), Jan. 22, but one Soldier in particular stood out.

Staff Sgt. Christopher L. Hartzell, a forward observer with Headquarters and Headquarters Troop, 3rd Squadron, 4th Cavalry Regiment, earned the Distinguished Honor Graduate title for his class.

“I truly learned, through emphasis of WLC, my role as an NCO in the garrison environment,” said Hartzell. “Using the Army regulations and manuals and [knowing] how to reference them are now easier due to my training.”

Hartzell and his comrades benefited from the academy’s focused instruction.

“Here at the academy, we coach, train and mentor the NCOs ... to succeed at what is expected of them,” said Sgt. 1st Class Elena M. Bertrand, chief instructor at the NCOA, Hawaii.

In October 2005, the Primary Leadership Development Course evolved into WLC, a 30-day cycle to train and develop Soldiers stepping into a new leadership role. WLC later transformed into a 15-day cycle as a need to train 1,100 new leaders returning from deployment.

According to Bertrand, the course didn’t lose any of its efficiency as a tool to sculpt and mold today’s new leaders.

“It is the same course, just consolidated,” explained

Bertrand. “The time consolidation of the cycle causes the Soldiers to put forth more effort and focus — which not only puts a strain on the Soldiers, but on my small group leaders that have to work more hours with less breaks. It becomes an equal challenge shared,” she said.

“We have a very disciplined program here,” said Bertrand, regarding the core values used to sculpt new leaders.

Bertrand’s small group leaders teach Soldiers using personal leadership styles, and they incorporate their own methods to produce better NCOs.

“My leadership style is different in that I can go in and out of the five styles of leadership,” said Sgt. 1st Class Angelo M. Johnson Sr., senior small group leader at the NCOA. “These leadership styles include participation, delegating, directing, transactional and transformation. I can persuade by personality to accomplish the mission, yet provide that purpose, guidance and direction with motivation,” he explained.

Building from their small group leaders’ experience, Soldiers are then instructed and evaluated on key elements, such as leading physical fitness and performing developmental counseling, land navigation and training management.

Soldiers are evaluated in two separate leadership situations during the course. In the academic environment, they are critiqued on garrison leadership. The final evaluations in tactical leadership are conducted in the field.

“The positive aspect of WLC is that a lot of individuals who attend might not be as strong concerning their leadership skills. They might not be as aggressive,” said Johnson. “We tend to take those [Soldiers], get them to put out, and better themselves to produce quality leadership.”

Bronco Soldiers shared similar impressions about the course.

“I don’t think any kind of school can teach you how to be a leader; it is something that you just have in you,” said Sgt. Geoffery S. Teza, paralegal NCO, HHC, 3IBCT. “They did show me ... how to be an Army leader, ... I’ve noticed I’m able to pay a little bit more attention to detail. I can see the minor things that are wrong with a Soldier,” he said.

Wounded: WAC provides aloha

CONTINUED FROM A-1

said Sgt. Tony Wood, WTB. “Here it’s a one-stop shop for career counseling, schools and a place to relax.”

The Army created Soldier and Family Assistance Centers (SFAC) for wounded warriors, however, there was already a well-established mental health clinic on Schofield Barracks called the Soldier and Family Assistance Center (SAFAC). In order to eliminate any confusion, Col. Matthew Margotta, commander, U.S. Army Garrison, Hawaii, decided to name the new office and facility the Warrior Assistance Center.

“We also wanted to reflect the Hawaiian heritage of the post in our facility,” said Partain, “so we got in touch with some Hawaiian language scholars and explained to them the purpose of the Warrior Assistance Center [to provide a safe place to heal].”

The new name accurately reflects exactly what the Army wants to accomplish at the facility.

Margotta said warriors like Solivar and Wood are the reason for the WAC.

“It provides our wounded warriors a level of care and support befitting their enormous contributions and sacrifices made in the service of our country,” Margotta said during his remarks at the ceremony.

“While the Army of today and the needs of its Soldiers are much different than they were in any time in our nation’s history, the Army has recognized this changing dynamic and is actively taking steps to adapt and respond,” he continued. “The establishment of our Na Koa Puuhonua and the 34 others like it throughout the continental United States is a major undertaking. It serves as a true testament of the Army’s desire, as expressed in its Army Family Covenant, to enhance services and improve Soldier and family quality of life.”

Until recently, commanders had their arms around their Soldiers and didn’t want to let them go for fear of the Soldiers not getting the services they needed, according to Nancy Piper, chief, Army Community Services.

“Commanders should understand that by letting go, their Soldiers will be healed and cared for and not forgotten,” she explained. “Our ultimate goal is to have the Soldier rejoin the community, either returning to military service or an enhanced life as a civilian.”

During the ceremony, the Rev. William Kaina offered a traditional Hawaiian blessing.

“This is a wonderful building, but unless we fill the building with loving people who care about our warriors, it is just a building,” he added.

Once inside, Hawaii State Representative Cindy Evans, chair, Public Safety and Military Affairs

Warrior Transition Brigades focus on healing

The Warrior Transition Brigade (WTB) is unlike any other brigade in the Army - it has no motor pool, no armory and no supply rooms. These units focus only on healing wounded Soldiers.

The 35 Warrior Transition Units (WTU), Armywide, currently have approximately 8,900 wounded warriors and 1,500 cadre assigned to them. Schofield Barracks has roughly 180 Soldiers assigned to the WTB.

Many of the cadre have volunteered for their assignments, and each officer or non-commissioned officer goes through an interview process before he or she is selected.

Each wounded warrior is also assigned a primary care manager, a nurse case manager and a squad leader to ensure no Soldier falls through the cracks. The managers may even follow up with the Soldiers after they return to their units or transfer to the Department of Veterans Affairs.

Each WTU and medical treatment facility provides an ombudsman who is available to answer questions and address concerns.

Committee, saw the healing potential of the facility.

“There is a warmth about it instead of sterile offices,” she said. “I anticipate it being well used.

“It’s easy to forget that we have an obligation to our people,” said Hawaii Lt. Gov. James “Duke” Aiona, during the ceremony. “But it is important to recognize that we need to help these Soldiers past their time in service.”

With the counselors at the WAC, Soldiers don’t have to worry about being lost.

“Once Soldiers get in our program, we are available to them for life, making sure we never leave a fallen comrade,” said Jennifer Gerald, Soldier Family Management specialist.

Margotta assured the audience that services and facilities like this are just the beginning for the WAC.

“More can and will be done,” he said. “Our Army and its staff of medical professionals continue to listen and refine current processes, add specialized caregivers as they become available, and provide additional services as resources permit.”

“The Army is doing a great thing; all it can do is get better,” Partain added. “The possibilities are endless. We’re here for [the Soldiers] to come utilize the services and let us help them succeed.”

196th Infantry trains Tongan Marines for deployment

Tongan Marines draw from 196th's experience, focus on IED awareness

Story and Photo by

SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

SCHOFIELD BARRACKS — A four-man team stacked shoulder-to-shoulder near a door. One man quickly checked for improvised explosive devices (IED) before throwing open the door. The team rushed in, dominating the room and eliminating threats with well-aimed fire.

"One clear," the team leader yelled. The others immediately echoed their status.

"All clear," the team leader said after all the reports were received. The team stacked again and prepared to enter the next room.

This type of training occurs daily at the Shoot House at Schofield Barracks. Yet, today's training had a different twist as 55 members of the Royal Tongan Marines trained under the tutelage of the 196th Infantry Brigade. The Marines will deploy soon in support of Operation Iraqi Freedom.

"The training we are receiving from the 196th Infantry Brigade is very important for our upcoming mission to Iraq," said Tongan Lt. Col. Kuli Fakalolo, commander of the Royal Tongan Marine contingent. "The trainers really did an outstanding job."

According to CIA World Fact Book, the Republic of Tonga lays a third of the way between New Zealand and Hawaii. Tonga has a population of more than 100,000. Of the 171 Tongan islands, 47 are inhabited, with more than 60 percent of the population residing in the capital of Tongatapu.

The live-fire exercise at the Shoot House was the culmination of more than two weeks of intense training for the Marines. The training started Jan. 14 with weapons familiarization on the M4 Carbine, M249 Squad Automatic Weapon and M203 Grenade Launcher, to name a few.

"I think a lot of the [Marines] enjoyed firing some of the weapons systems they hadn't fired before," said Capt. Sean Donovan, senior field artillery advisor with 1st

Bn., 196th Inf. Bde., and officer in charge of the Royal Tongan Marine mobilization. "They definitely learned a lot from the Shoot House, and overall, I think it's been an enjoyable experience for both my trainers, as well as the Royal Tongan Marines."

The Marines also trained on the humvee and attended the Combat Lifesaver Course and an IED awareness class.

Before the Marines conducted the live-fire exercise, they went through a crawl, walk, run method of instruction to ensure they knew every facet of room clearing. They first practiced the procedures in a "glass house," a set of rooms outlined on the ground by engineer tape.

Next, the Marines moved into the Shoot House to conduct a dry run, continuing to hone the techniques taught by the 196th Inf. Bde. trainers. Finally, the Marines trained at the Shoot House with blanks before being qualified to use live ammunition.

"The Marines are really enjoying the training out here," said Tongan 2nd Lt. Siaosi Kiu Tuivailahi Kaho, Royal Tongan Marine platoon leader. "It adds on to the knowledge that they already have and makes it better."

Donovan added, "The Royal Tongan Marines have come a long way as far as progression in their training. We've seen them in the crawl, walk and run stages and the training in the Shoot House was excellent for everyone."

According to Donovan, the U.S. State Department mandated certain training and the 196th Inf. Bde. met the guidelines and preparation for the upcoming deployment for the Marines. However, it was the trainers who made the mission a success.

"The trainers are tremendous," Donovan said. "They are my subject

matter experts for everything. They come from various different backgrounds, [including] infantry [and] field artillery."

"The trainers are very good," Kaho added. "They are very experienced and all of them have been deployed, so they know what it's like. Gaining that experience has been very valuable."

The training in Hawaii was the first trip to the U.S. for many of the Marines. Though the training kept them very busy, they were able to spend some time on Sundays visiting two local churches.

The final step for the Marines was a deployment ceremony at Sills Field, Friday. Once in Iraq, the Marines will provide security to forces assigned to Camp Victory.

"We are going to do a great job over in Iraq," said Tongan Chief Warrant Officer Samiuela Momo Lolomanaia, platoon sergeant. "We're looking forward to setting a new standard for our Marines."



Staff Sgt. Scott Casey (right), 196th Infantry Brigade, teaches proper weapons techniques to Tongan Capt. Siaosi Lepa Kup Veikune during room-clearing training at Schofield Barracks, Jan. 31.

Wounded Soldiers offered education

C. TODD LOPEZ
Army News Service

FORT LEAVENWORTH, Kan. — The Army and the University of Kansas struck up a partnership that will allow wounded Soldiers to earn a master's degree at the school and to apply what they have learned inside the Army's own academic community.

Secretary of the Army Pete Geren and University of Kansas Chancellor Robert Hemenway announced the "Wounded Warrior Education Initiative," Wednesday, on the campus of the Command and General Staff College at Fort Leavenworth.

"There's so much pent-up generosity out there in the American public," Geren said. "Americans want to step up and do something for our Soldiers."

"And Chancellor Robert Hemenway had a good idea — let's develop this partnership, to help Soldiers that want to continue their education. Let's figure out a way to make this work to help these Soldiers continue professionally, to pursue their professional and educational dreams."

Soldiers and those medically retired who are part of the Wounded Warrior Program are eligible to participate in the new education initiative. Participants must already have a bachelor's degree and must also be physically and mentally prepared to attend school.

Under the pilot program, participants will complete their master's degree at the University of Kansas, while the Army picks up the tab for that education.

"The welcome mat is out at KU," Hemenway said. "I look forward to having a great group of Soldiers among us and we will do everything in our power to help them succeed. This is an exceptional program; it is good for the Army because the Army will retain talent and the spirit of courage. It is good for KU, [because] we are determined to do what we can as a public university, known for supporting Soldiers, to contribute to the larger purposes to which the Army and these men and women

have given so much."

After completing their degree, graduates would take jobs as faculty or staff at the Army's Command and General Staff College or Combined Arms Center here. Those Soldiers who are still on active duty would remain on active duty, while those retired due to injury would serve as civilian instructors.

The program is one way the Army can stem the loss of military knowledge, education and experience that comes when wounded Soldiers leave the service, officials said.

Participation in the pilot program now has been offered to eight initial candidates: retired Spc. Michael Hogg; Capt. Tim Hornik; Capt. Kristin Facer; Capt. Gates Brown; retired Capt. Michael Reynolds; retired Capt. Wesley E. Fine; Staff Sgt. Thomas Davis and retired 1st Lt. Jason Gladney. All eight Soldiers were injured in combat while serving in Iraq and all received Purple Hearts.

If these wounded warriors choose to complete their education at the University of Kansas, they will take jobs at the Command and General Staff College, filling positions already identified by the school and applying their own education and personal experience to benefit students enrolled there.

Those wishing to participate in the Wounded Warrior Education Initiative must have been wounded in the war on terror and have a campaign medal. Participants may be either active duty, or medically retired active component or reserve component Soldiers.

Depending on the success of the Wounded Warrior Education Initiative, officials said the program may be expanded to include other civilian universities, other Army institutions of learning or even other branches of service.

"I want to thank KU for stepping up and setting up an opportunity for these fine Soldiers," Geren said. "The people of Kansas have always been great to the U.S. Army, whether at Fort Riley or at Fort Leavenworth — they are neighbors helping neighbors."

"There's so much pent-up generosity out there in the American public."

Pete Geren
Secretary of the Army

Driving: Soldier allowed to remain in service to warn others about driving drunk

CONTINUED FROM A-2

West had faced a maximum sentence of eight years in prison, a demotion to E-1, forfeiture of all pay and allowances, and a dishonorable discharge.

West, a motor sergeant with the 1st Battalion, 1st Air Defense Artillery, a Patriot Missile battery on Kadena, is married and has three grown children.

According to trial testimony, West was driving with two friends from his unit when he fell asleep shortly before 5 a.m., May 12, and slammed into a signpost on Highway 130. The crash occurred in front

of the Marine Corps Base Fire Station just outside Camp Foster.

In the days that followed, Staff Sgt. Kenneth J. Thomas, 25, and Sgt. Richard T. Smith, 27, died of their injuries.

West pleaded guilty to two counts of negligent homicide, drunken driving and disobeying an order that makes drivers responsible for ensuring passengers wear seat belts. He said he had not slept in more than 24 hours before the crash and had been drinking since the previous evening.

"Because I was really fatigued and I had been drinking earlier," he told Wright, "I know I shouldn't

have been out there like that."

West said he had attended two safety briefings, which covered drunken driving and the use of seat belts, the day before the incident.

"I hope that I will not be labeled a criminal because of what has happened," he told the judge. "I am truly sorry. Thomas and Smith were friends, and I will have to deal with this tragedy for the rest of my life."

West begged to remain in the Army. Soldiers from West's company, along with his wife and friends, filled the two rows of spectator seats in the courtroom. For more than an hour, they listened to a

parade of West's superiors praise his work ethic and leadership skills.

Defense lawyer Capt. Michael Korte stressed that his client had a clean record before the incident and that West had 18 years of service, with deployments to Bosnia, the first Gulf War and tours to Iraq in 2003 and 2005.

Korte argued that West should be allowed to remain a Soldier, a 40-year-old private first class, with something to teach others.

"He needs to see every Soldier in Japan and tell them what has happened to him," Korte said. "He needs to personally look

Recovered Personal Property — The provost marshal's office has recovered several personal property items recently lost at Schofield Barracks and Fort Shafter.

For more information or to claim lost items, call 655-8255.

Office Change — The Commercial Solicitation/Private Organization Office has transferred from U.S. Army Garrison, Oahu to Directorate, Family & Morale, Welfare and Recreation (DFMWR). DFMWR is located in Building 547, 350 Eastman Road, Wheeler Army Air Field. Hours of operation are 6:30 a.m.-3 p.m., Monday through Friday. Call 656-0078.

12 / Tuesday

WLC Graduation — There will be a Warrior Leaders Course graduation ceremony at Schofield's Stoneman Field, Feb. 12, 11-11:30 a.m.

14 / Thursday

Retirement Ceremony — The next 25th Infantry Division retirement ceremony will be held at the Nehelani, Schofield Barracks, Feb. 14, at 2 p.m.

27 / Wednesday

Pre-Retirement Orientation — A semiannual pre-retirement orientation will be held Feb. 27, 8-11:30 a.m. at the Schofield Barracks Post Conference Room, Bldg 584. This orientation is for Soldiers with 18 or more years of active service. Spouses are also 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. Call 655-1585/1514.

these Soldiers in the eye and teach them."

Lead prosecutor Capt. William Suddeth reminded the judge that West's actions resulted in the deaths of "two high-speed, battle buddy NCOs" and left Thomas' wife a widow with two young children.

"He consciously made a decision to disregard the safety briefings," Suddeth said. "This was not a mistake. It was a conscious decision that was dishonorable and inappropriate."

(Editor's Note: Article used with permission from Stars and Stripes. Copyright 2008 Stars and Stripes. Do not reprint.)

Tripler: Cavaness gets a second chance at life

CONTINUED FROM A-1

Cavaness go to the emergency room.

A short time later, Cavaness' heart stopped beating while being treated by emergency room staff, who were quickly able to revive him.

"This man was given another chance to live by their quick decision to help him instead of letting him get on the bus," said the trio's supervisor Barbara LeBlanc, Pediatrics Clinic head nurse. "I'm so proud of them."

"Their prompt intervention probably saved his life," added Col. Art Wallace, deputy commander for Nursing here.

Frazier, at a loss for words describing why he became involved initially when there were many other passers-by, said he tries to look out for people, especially children and the elderly.

"Had he gotten on that bus, he would have died."

Renee Araujo

"There was no other option but to intervene," he said. "We recognized he was in trouble and had to act. I'm just happy he survived."

Cavaness is recovering in the intensive care unit, where doctors are closely monitoring his recovery.

"I am so appreciative of them," Cavaness said of the three pediatric specialists in a muted tone from his bed. "They're heroes to me."

The three specialists were formally recognized by Tripler for their quick, decisive actions.

Mixon: U.S. Army, Pacific, gains new leader

CONTINUED FROM A-1

continued. "Much will be required of him and his family in the months and years ahead, but they are up to the task."

Mixon relinquished command of the 25th Infantry Division to Brig. Gen. Mick Bednarek at Schofield Barracks, Jan. 30. Mixon was commander of the Tropic Lightning Division during its recent, 15-month deployment where he served as the Multi-national Division North commander.

Before the change of command ceremony, Brown officiated the ceremony to appoint Mixon lieutenant general.

"As we prepare Army forces to deploy, I am committed to ensure that we protect the environment and the sensitive cultural concerns of all the citizens of the areas in the Pacific," Mixon said. "Ideally, we can work together for the good of our nation."

Hawaii's Lt. Gov. Duke Aiona Jr. was also on hand to farewell the Browns and welcome the Mixons. Aiona recognized Brown for his service to USARPAC and Hawaii.

"It's my great honor to be here today, on behalf of the people of the state of Hawaii, to say thanks to General Brown for everything that he's done," Aiona said, "[and] to let him know that we appreciate the trials and tribulations that he's gone through during his command here in the Pacific."

"We are here to support and assist in



(From left to right) Lt. Gen. Benjamin R. Mixon, incoming commander, Adm. Timothy J. Keating, commander, U.S. Pacific Command, Col. Jeffrey Jarkowsky, USARPAC chief of staff, and Lt. Gen. John M. Brown III, outgoing commander, salute the American Flag while trooping the line during the change of command ceremony, Feb. 1.

every way possible," Aiona said to Mixon. "We understand the challenges you have ahead of you, and we're here to stand side by side."

"It's been an honor and personal highlight to pass this command to Randy Mixon," Brown said. "He and Rhonda are already members of the great USARPAC family. They are a talented, dedicated, passionate ... and are absolutely the right couple to move this command forward to meet the challenges of tomorrow."

Earlier in the ceremony, the Army Superior Unit Award was presented to Brown and USARPAC Command Sgt. Maj. Joseph Zettlemoyer. The award streamer was added to the USARPAC colors. Brown then pinned a Superior Unit Award ribbon on Sgt. Jasmarr Briscoe, who represented all the Soldiers in the command from Jan. 1, 2004, to Oct. 31, 2006. Soldiers who served during that time period are also authorized to wear the ribbon.

"We salute the Soldiers of the finest Army

we have ever known," Keating said.

"They stand before us today. They are very well equipped, they are very well trained, and they are very well educated," he continued. "Their tactics, techniques, procedures and doctrine are the best of any army ever. But one thing that distinguishes that Soldier: He or she is very well led, and for that, we can thank Lieutenant General John Brown."

Brown also was honored during a retirement ceremony before the change of command. He received a Distinguished Service Medal for his more than 38 years of military service. His wife, Elaine, was awarded the Public Service Award for her "enthusiastic and creative contributions" to USARPAC.

Speaking of his wife, Brown said: "I've watched her represent our nation in front of all Army spouses, in audiences with queens, first ladies and spouses of Army leaders across the Asia-Pacific [region], but I've also seen her on her knees in a pair of dirty jeans on the Shafter Thrift Shop floor."

"I've watched her befriend young Army spouses and help them through their first deployments and separation in their careers," Brown continued. "It's been an interesting and rewarding journey, and I would not have made it with anyone else. Thank you."

"I will never forget that in this position I have been given," said Mixon. "It's all about the Soldiers you see on the field in front of you."

"One team, and God bless America."

Haka: Commanders, Soldiers appreciate training



Members of the Royal Tongan Marines perform a Haka (warrior dance) at the conclusion of the joint deployment ceremony, Feb. 1, on Schofield's Sills Field. The Royal Tongan Marines deployed to Operation Iraqi Freedom and A Company, 1st Battalion, 294th Infantry, Guam National Guard, supports Operation Enduring Freedom in Afghanistan.

CONTINUED FROM A-1

for their support.

"We have been training for so long that you have all become family," Fakalolo said. "All our trainers have been committed to making this split mobilization a success."

He added that the training has prepared Soldiers for their next step in Iraq.

After Fakalolo spoke, the Guam battalion commander shared his thoughts. He noted that this unit is the largest ever mobilized from Guam.

"Standing before me are broth-

ers, fathers and sons. I know you will take care of each other and do your country proud," said Lt. Col. George Charfauros, battalion commander, 1st Battalion, 294th Infantry, Guam National Guard.

Charfauros also shared the importance of the mission the unit is set to accomplish.

"Standing before me are all free men," he said. "The price to be paid to be a free man is always costly because sometimes the price of freedom is paid in lives."

Charfauros stressed, "We live our lives as free men. We speak free, vote free, pray free, and continue to be free because of you."

Kids' best friend



Therapy dog Monte shows off his ability to "high five" to a crowd of children at the Sgt. Yano Library at Schofield Barracks, Jan. 31. Monte will participate in the Read to the Dogs Program starting Feb. 16.

Sgt. Yano Library kicks off the Read to the Dogs Program

Story and Photos by
MOLLY HAYDEN
 Staff Writer

SCHOFIELD BARRACKS — More than 30 children and their parents filled Sgt. Yano Library to kick-off the Read to the Dogs program here, Jan. 31. Representatives from the military police, Hawaii Fido, and the Red Cross answered questions and explained how dogs help people.

Children met working, service, therapy and Reading Education Assistance Dogs, as well as received information about how dogs are trained and the services they provide.

"This is just one more way we and our dogs can help the community," said Red Cross volunteer Carolyn Killian, as she pet her dog Maggie. "She loves the human contact and they love her."

Read to the Dogs is a free program offered through the Directorate of Family, Morale, Welfare, and Recreation (DFMWR), and it's set to begin Feb. 16. Children who are able to read on their own can sign up for a 15-minute session to share a story with a canine volunteer.

"This program has proved to aid children with their reading skills," said Bonnie Dong, supervisor of Sgt. Yano Library, DFMWR. "Hopefully this will motivate each child and get them excited about reading."

Sgt. Alan Cacho, 13th Military Police Detachment, along with his furry sidekick, "Staff Sgt. Annie," explained a military po-



Children line up to introduce themselves to the volunteer dogs of the Read to the Dogs Program at Schofield Barracks' Sgt. Yano Library, Jan. 31. Children can sign up for a 15-minute session to read to participating dogs. The program runs through May 17.

lice dog's job to the children and demonstrated Annie's ability to follow orders.

Inquisitive children shouted out questions, including how dogs are trained, how fast Annie can run, what kind of treats she receives and how sharp her teeth are.

Susan Luehrs, director, Hawaii Fido explained ways therapy dogs can be trained to pick up items and aid the disabled with

everyday tasks.

"They start training when they are two years old," Luehrs told the children. "Just like you, they go to school and learn how to listen and follow orders."

Four volunteer dogs did tricks and sat still as small hands rubbed their heads.

"Children don't have to worry about making mistakes when they read to our dogs,"

Read to the Dogs at Sgt. Yano Library

Children who are able to read on their own can sign up for a 15-minute session to read to a dog.

The program runs 11 a.m.-noon on the following Saturdays:

Feb. 16, March 15, April 19 and May 17. For more information or to reserve a session, call 655-8002.

said Luehrs. "They will listen no matter what."

Luehrs said the Read to the Dogs program will not only aid in the children's development and education, but help train the dogs as well, teaching them to sit and listen.

"It really is a win-win situation," said Luehrs.

"This program is good practice for both the children and the dogs," said Capt. Scott Nale, 325th Brigade Support Battalion. "It will help my daughter with her reading practices, as well as aid in building a relationship with the animal."

As the kick-off ended, 6-year-old Katerina Nale raised her hand to ask Luehrs a question.

"Do dogs like dog books?" Nale asked.

"Yes," replied Luehrs. "Dogs love dog books."

Spouse pens book on surviving her husband's deployment

ELIZABETH M. LORGE
 Army News Service

WASHINGTON — When Soldiers march off to war, so do their spouses, writes one Army wife in her new book. Spouses fight to stay connected with their Soldiers across miles and distance, and to survive on their own.

In "365 Deployment Days: A Wife's Survival Story," Sara Dawalt chronicles the loneliness, anger and worry that nearly destroyed her marriage while her husband Brandon was deployed with Fort Hood's 1st Cavalry Division in 2004, and her eventual triumph over it all.

Dawalt wrote the book to help people and it's a useful handbook for spouses and Soldiers on the emotions to expect, what to do and what not to do. Civilians should read it too, she said, so they understand what military families endure.

Soldiers need to read the book so they understand what their spouses are going through, Dawalt said.

"I think a lot of times the guys get over there and it's easy for them to compartmentalize their lives and if they don't call or they don't e-mail, it's easier for them to focus on what they're doing and forget that they're where they are. It's going to take husbands and wives com-

municating and really really talking to figure out what they can do for each other to make it through it," Dawalt said.

She knew her husband would eventually deploy after Sept. 11, 2001, and after he received his orders to deploy in March 2004, she began to withdraw and argue with him about little things.

"On more than one occasion, I shouted at him 'Just go!' Of course, I didn't want him to go, but knowing it was out there and drawing nearer every day was swallowing me alive. The only way I found to express my frustration was to scream," she wrote.

Dawalt described barely being able to

handle waiting with her husband for their final goodbye when the departure date arrived. At one point she almost went home because she couldn't bear it any longer. But after his unit left, the loneliness was crushing.

"I was alone," she wrote. "Totally, completely, and utterly alone, and there was nothing I could do about it. I felt the overwhelming urge to talk to someone, anyone, to decompress and rant about the unbelievable night I had just experienced. I felt so many emotions that I thought I was going to explode, but who do you call at four in the morning? No one I knew. Instead, I huddled up with my

dog, cried and tried to sleep."

Dawalt provides a window into her daily life during the deployment: her daily jumble of emotions, her erratic sleep schedule, the healing power of exercise, retail therapy and the sanity-saving companionship of her dog.

Her life became about the deployment, and not only because of her worry and loss. She couldn't watch the news. Friends she hadn't heard from in years called to check up on her, but most people wanted to know about her husband. If they remembered to ask how she was doing, it



8/Today

Pro Bowl Meet and Greet – Come watch performances and get autographs from Pro Bowl cheerleaders and mascots at the Tropics, today, 3:30-5:30 p.m. Enjoy prize giveaways and fun for all ages. Call 655-0112.

Big Time Urban R&B – Enjoy great music, card games and a cash bar at the Nehelani, Schofield Barracks, Feb. 8, 15, 22 & 29, 9 p.m. to closing. Enjoy a free taco bar with a beverage purchase, 9-10 p.m. Call 655-4466.

9/Saturday

Hawaii Championship Wrestling – Come join the Tropics Community Activities Center for a night of wrestling, Feb. 9, 6-9 p.m. Cost is \$5 for ages 12 and up, \$3 for 11 and under, and free for 5 and under. Call 655-5697.

12/Tuesday

Pregnancy Education – Mothers-to-be and their spouses are invited to attend Pregnancy Education classes, which are held every Tuesday at Public Health Nursing, Building 673, 2nd floor, Schofield Barracks, 7-8 a.m. Call 655-4277.

14/Thursday

Mylar Balloon Sale – Show that special someone how you feel on the most romantic day of the year with a bright, shiny Mylar balloon. Balloons may be purchased at the Arts and Crafts Center, Schofield Barracks, Feb. 14. Call 655-4202.

15/Friday

NAF Property Sale – Get the best bargains on furniture, restaurant equipment, electronics, golf clubs and more at a Non-Appropriated Funds (NAF) excess property sale, Building 1598, Fort Shafter Flats, Feb. 15, 9 a.m.-2 p.m. Call 438-3503.

15/Friday

Hot Country Nights – Join DJ Charlie Garrett, the Ghost Rider, and Kathleen, Rodeo Radio Girl, Feb. 15, 8 p.m.-midnight, at the Tropics. Enjoy great music, contests, giveaways and much more. Ages 18 and older are welcome at this free event. Call 655-5697.

16/Saturday

Read to Dogs – Register now for the first session of the Read to a Dog Program, which will be held Feb. 16, 11 a.m.-12 p.m. All children must be able to read on their own to participate. Call 655-8002. Also, mark your calendars for additional Read to



Jeremy S. Buddemeier | U.S. Army Garrison, Hawaii, Public Affairs

Future newspaper moguls

WHEELER ARMY AIR FIELD — (From left to right) Photojournalist Kyle Ford gives Tiger Cubs Joseph Lepak, 6, and Kasey Russell, 7, pointers on newspaper design as Den Leader Margaret Lepak (right) and Webelo Den Leader Rebecca Russell look on at the U.S. Army Garrison, Hawaii, Public Affairs Office, Monday. Four Tiger Cubs and one Webelo from Aliamanu Military Reservation's Pack 304 visited the office to learn about communications, one of the 15 requirements in the Tiger Cub achievement program. Not pictured are Erick Naumann, Jayden Pavloff and Richard Russell.

a Dog sessions, March 15, April 19 and May 17.

23/Saturday

Kolekole Jam 2 – Don't miss the best, free concert of the year, Feb. 23, at Sills Field, Schofield Barracks. Montgomery Gentry and Bowling for Soup are already confirmed, with more names on the way.

Stay tuned to Family and Morale, Welfare and Recreation publications for further details on special offers and chances to win reserved seating for this great event. Call 655-0112.

Ocean Count 2008

– Outdoor Recreation at Schofield Barracks is looking for volunteers interested in counting migrating whales and recording their behavior, Feb. 23 and March 29, 8 a.m.-12:15 p.m. This free event includes transportation and is great for families. Call 655-0143.

28/Thursday

Build Wealth Not Debt – Military Saves Week kicks off with a Build Wealth Not Debt class Feb. 28, 1-6 p.m., at Kalakaua Community Center, Schofield Barracks. Learn how to make your money

work for you, and enter a drawing for prizes. Call Army Community Services (ACS) at 655-4227.

Ongoing

Cooking Club for Teens – The Fort Shafter Teen Lounge is looking for teens who enjoy cooking, want to learn new recipes, participate in food tours and shows, and earn cooking award points toward reward excursions. The club will meet once a week February through May. Call the teen manager at 438-6470.

Torch Club Volunteers – The Torch Club is looking for volunteer teen leaders. Torch Club members help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens, and have fun participating in leadership and social activities. Meetings are held once a week at the Fort Shafter Teen Lounge. Call 438-6470.

Information, Ticketing and Registration – Looking for tickets to area attrac-

tions? Visit Information Ticketing and Registration (ITR) at Schofield Barracks or Fort Shafter for your tickets to paradise.

A variety of tickets to luaus, cruises, whale watching adventures, Hawaiian Waters Adventure Park, Sea Life Park and much more are available for service members, Department of Defense (DoD) civilians and family members.

Buy one, get one free specials are available for the Alii Kai catamaran sunset dinner sail and "The Magic of Polynesia" show, now through March 31.

Enjoy a sunset buffet island-style dinner sail, a Polynesian show, live music and dancing on the Alii Kai Catamaran. The Magic of Polynesia features master illusionist John Hirakawa.

Call the Schofield Barracks ITR office at 655-9971, the Fort Shafter ITR office at 438-1985, or visit www.mwrarmy-hawaii.com. Click "ITR Ticketing and Registration" for a full list of discounts at various attractions.

Paperback Kits – Sgt. Yano Library, Schofield Barracks, will issue paperback book kits to deploying units. Call Chris Kobayashi at 655-9143.

15/Friday

Employment Orientation – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation class and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, free tour and more will be available for use.

Orientations will be held at the Schofield Barracks ACS, Feb. 15, 22 & 29, 9-10:30 a.m. Orientation will be held at the Fort Shafter Outreach Center Feb. 7, 10-11:30 a.m.

Call ACS Schofield at 655-4227, or Fort Shafter at 438-9285. Register online at www.acsclasses.com. Free child care vouchers are available. Call 655-5314, or 833-5393.

16/Saturday

Bourbon Street Basket Bash – Purchase tickets now for the masquerade at the Hui O' Na Wahine Bourbon Street Basket Bash at Helemano Plantation, Feb. 16, 6:30-9:30 p.m. Baskets of goodies to be auctioned off include everything from luxurious getaways for two, to jewelry, Buzz's Steakhouse certificates and much more.

Last year, guests had a grand 'ole Mardi Gras time and went home with more than \$10,000 of amazing baskets and prizes.

Cost is \$15 in advance, or \$20 at the door. Call 646-0107.

Wahiawa's Chinese New Year Celebration – Welcome the "Year of the Rat" with Wahiawa Shopping Center and Wahiawa Town Center's Chinese New Year celebration, Feb. 16, 3-6 p.m. Free mah jongg fortune readings, a traditional lion dance and lucky number prize giveaways will be provided. Call 262-0687.

Casino Night 2008 – Be a winner at the 2008 Casino Night and Silent Auction, hosted by the Leilehua High School Band Booster Association, at the LHS Gymnasium. All proceeds will benefit the LHS Band and will be used to buy desperately needed new uniforms.

Cost is \$20 in advance and \$25 at the door. Call 225-3946, or visit www.leilehuaband.org.

Flow Master Competition – Applications for Hawaiian Waters Adventure Park's Da Hawaiian Island Flow Master Competition are now being accepted. The competition, which is open to all ages, will be held on "Da Flowrider," a stationary wave ride, March 15.

Finalists from the public heat will compete against Da Rush Maui riders and Hawaiian Waters Adventure Park riders for a grand prize of \$500.

Applications are available at Hawaiian Waters Adventure Park for \$20. Call 674-9283, ext. 104.

10 Steps to a Federal Job – Learn the most important skills to finding a career in the federal system. Attend a "Ten Steps to a Federal Job" workshop at Schofield's ACS, today, 9-10:30 a.m., or at the Fort Shafter Outreach Center, Feb. 21, 10-11:30 a.m.

Service members, family members and Department of Defense (DoD) employees are welcome to attend. Register online at www.acsclasses.com, or call 655-4227.

"Encore!" Hawaiian Music Series – The Hawaii Theatre Center (HTC) continues its 85th anniversary "Encore!" series special presentation with an array of Hawaiian music concerts produced by Burton White, HTC's artistic director and general manager.

Upcoming concerts in the series include the "New Traditionalists," today, \$30; "The Brothers Cazimero," March 14, \$35; and "Holunape," April 25, \$30.

All tickets are subject to a \$3 theatre restoration charge. Discounts available for HTC members, youth, students, military with ID and groups of 10 or more.

All concerts are at 8 p.m. at the Hawaii Theatre, 1130 Bethel St. Call 528-0506, or visit www.hawaiitheatre.com.

9/Saturday

Pro Bowl Ohana Day Celebration – Bring your family to the Pro Bowl Ohana Day Celebration at Aloha Stadium, Feb. 9, 9 a.m.-noon. Enjoy contests and a preview of the Pro Bowl game entertainment. Admission is free.

Pro Bowl All-Star Block Party – Check out the Pro Bowl All-Star Block Party, off of Kalakaua Avenue, Waikiki, Feb. 9, 7-10 p.m. This is the ultimate post season NFL celebration with multiple entertainment stages, NFL players, cheerleaders, great food and special surprises. Admission is free.

10/Sunday

Aloha Tower Chinese New Year – Aloha Tower Marketplace will host a Chinese New Year celebration Feb. 10, at 11 a.m., in the center atrium.

The celebration will begin with a traditional Lion Dance presented by the Wah Ngai Lion Dance Association, followed by fire-crackers. Wah Ngai members will also perform a more modern acrobatic performance in which the lion jumps from poles. Admission is free.

Call 566-2337, or visit www.alohatower.com.

11/Monday

Meet the Author – Author Mike Thaler will be signing books at Hale Kula Elementary School's Book Fair, Feb. 11, 12:30-1:30 p.m. Mike Thaler is known for "The Teacher from the Black Lagoon" and other book series. His books are guaranteed to make your youngster giggle. Visitors are welcome but must sign in at the front office. Call Michelle Colte at 622-6380, ext. 232 for more information.

13/Wednesday

Singing Valentines – Send your sweetheart a unique valentine, performed by a Barbershop Quartet, Feb. 13-14, 9 a.m.-9 p.m. The quartet is also available Feb. 15-16 for special events. Quartets will present a card, a silk rose and two songs, at restaurants, workplaces, residences, hospitals – you name it. Visit www.HawaiiSinging-Valentines.com, or call 262-SONG.

14/Thursday

Red Hot Valentine Salsa Night – Join us for the hottest salsa party, Feb. 14, at Visions Night Club, 7 p.m. to closing. Roses will be available for the ladies and chocolate for everyone. Enjoy free salsa lessons, 7:15-8:15 p.m. Cost is \$8. Call 955-0720.

community calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

8/Today

Pro Bowl Football Festival – Today marks Military Appreciation Day at the Pro Bowl Football Festival, Kapiolani Park, noon-6 p.m. Enjoy football fun for the entire family, including free autographs, interactive games, nonstop entertainment, official souvenirs and fan contests. Admission is free.

Pro Bowl festivities will continue at Kapiolani Park, Feb. 9, 10 a.m.-6 p.m.

Sunset on the Beach – Enjoy live entertainment, food, crafters and more at Queen's Surf Beach, Waikiki, Feb. 8-9. This Pro Bowl-themed weekend kicks off with the movie "The Game Plan," tonight, and Pro Bowl entertainment, Feb. 9.

Food booths open at 4 p.m., and the movie starts at 6:30 p.m. Call 923-1094.

Reading Road Trip – Schofield families are welcome to be a race car, to map out monuments, and to run family relay races at the Reading Road Trip Book Fair Family Event, today, 5:30-7:30 p.m., behind the cafeteria at Hale Kula Elementary School. For more information, call 622-6380, ext. 232.

Soldier Show Auditions – Audition spaces are still available for the 2008 U.S. Army Soldier Show season. The Army Entertainment Division needs vocalists, dancers and technicians for the song-and-dance extravaganza. The cast and crew likely will consist of 12 vocalists, five dancers and six technicians, ranging from stage and costume managers to audio and light technicians.

The application deadline has been extended to Feb. 10. Visit www.armymwr.com for application information. Call (703) 806-3698.

Worship Services

Aliamanu (AMR) Chapel 836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Education (Sept.-May only)
- Gospel Sunday, 11 a.m. – Sunday School (Sept.-June only)
- Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service

Fort Shafter Chapel 836-4599

- Contemporary Protestant Sunday, 9 a.m. – "The Wave" Worship

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study, 10 a.m. – Worship Service & Children's Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 10:30 a.m. Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, 12 p.m. – Adoration (24 hours)
- Liturgical Sunday, 10:30 a.m. – Worship Service

Tripler AMC Chapel 433-5727

- Catholic Sunday, 11 a.m. – Mass Monday-Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship Service

Wheeler Chapel 656-4481

- Catholic Saturday, 5 p.m. – Mass Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Service

This Week at the MOVIES Sgt. Smith Theater



National Treasure: Book of Secrets

(PG) Friday, 7 p.m. Sunday, 2 p.m.

Alvin and the Chipmunks

(PG) Saturday, 2 p.m.



P.S. I Love You

(PG-13) Saturday, 7 p.m. Wednesday, 7 p.m.

Walk Hard: The Dewey Cox Story

(R) Thursday, 7 p.m.

Spouse: Wife's book a handbook on deployed connections and healing

CONTINUED FROM B-1

was usually an afterthought.

"Of course, they should ask about him and be concerned about him, but I really felt like I was just disappearing in his deployment. I was like, 'Hey, I'm a person too.' So I'm hoping that by reading, more and more people will start to understand. I think that's the biggest thing. People need to know to ask about the person who's still here, trying to hold the life together," she said.

However painful life is, Dawalt warns spouses against shutting themselves in. A support network is crucial, she said, and spouses should spend time with their friends and doing activities they enjoy. Nor should spouses be afraid to take vacations on their own or with battle buddies, or plan trips after their spouses' return. It will make the time go faster, she said.

But husbands and wives have to find ways to stay connected, she said. Her new-found independence came with a price as instant messaging and web cameras, interspersed with a couple calls a month, were not enough communication for her.

As the months

stretched out, she realized that she felt less and less like a wife. She still loved her husband, but she couldn't cope. She didn't want to talk about her feelings because she didn't want to worry him or distract him while he was in combat.

"It's really hard to

reconcile," she said.

"You feel like you're

being pulled in two

different directions.

You want your in-

dependence and

you like your in-

d e p e n d e n c e .

You're part of a

married couple,

but you're not be-

cause he's not

physically there.

It was very hard

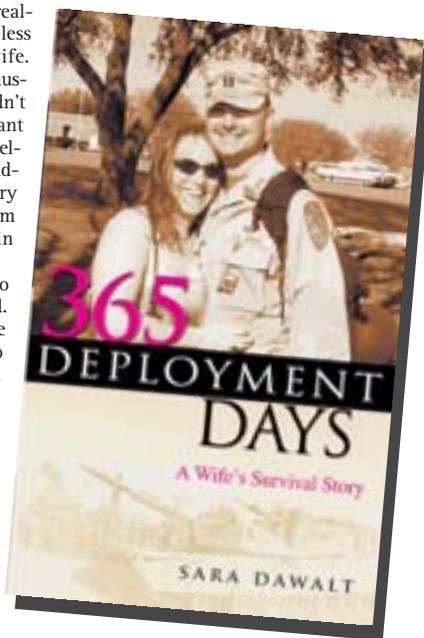
for me and that's

when I started reflecting on myself and my life and realizing I couldn't wait for him for my life to start.

"That was the worst part, feeling totally disconnected from him. Being married, that wasn't something I ever thought I would experience."

She was so afraid she would let her feelings show, she barely wanted her husband to come home for rest and relaxation. When she finally did break down, right before he returned to Iraq, she said it was the best thing that could have happened to her marriage. She and her husband talked honestly and he understood how hard life was on the homefront. They found ways to talk regularly for the rest of his deployment, and talked almost daily during his second deployment, which just ended.

"My husband has volunteered to be a hero every day, and I couldn't be prouder of him. The bad, of course, is our time apart and the danger of deployment. The best parties that the adversity the Army has added to our life has strengthened my knowledge of myself and my marriage to the point that both are rock solid," she wrote.



Courtesy Photo

Fort Hood, Texas, spouse Sara Dawalt writes about surviving her husband's deployment in her new book.



Above — Kris Dielman of the San Diego Chargers learns proper weapons techniques from Spc. Casey Atkinson and Capt. Gregory Lee. Both Soldiers belong to A Troop, 3-4 Cav. Regt., 31BCT.

Inset — Roy Williams, a safety for the Dallas Cowboys, signs footballs for Sgt. Cedrick Stewart and 1st Lt. Torrance Beck, both from HHC, 31BCT.

Pro Bowl players boost morale at EST

Story and Photos by
STAFF SGT. MAURICE SMITH
3rd Infantry Brigade Public Affairs

SCHOFIELD BARRACKS — NFL fans who have seen Peyton Manning's "Pep Talk" commercials on TV may be bummed out because they can no longer see their favorite players in action each week. However, Soldiers got the chance to turn those frowns upside down when four NFL players brought the action to Soldiers at the Engagement Skills Training Center, Tuesday afternoon.

The football stars are in town for the Pro Bowl, the NFL's all-star game. Players included Roy Williams of the Dallas Cowboys; Kris Dielman, San Diego Chargers; Andy Lee, San Francisco 49ers; and Rob Borinas, Tennessee Titans.

"This is a definite morale booster for [the Soldiers]," explained Capt. Gregory Lee, commander, A Troop, 3rd Squadron, 4th Cavalry Regiment. Lee helped coordinate the players' visit.

"Some of these guys are the Soldiers' childhood heroes," said Lee. "A lot of us have

watched them in college and then followed their careers in the NFL. We also spent a lot of early mornings in Iraq watching football, getting up at three or four in the morning. It's great to see the guys we see on TV come visit and thank us for our service."

Pro Bowl players did more than just visit the troops and thank them; they also participated in a few events and experienced some of what it's like to be a service member. Players began the visit with shooting competitions at the EST, firing simulated weapons that recorded players' accuracy in separate scenarios.

"I ain't gonna lie; I made him duck," Roy Williams yelled as he missed a few targets. The 27-year-old safety kept Soldiers entertained as he joked and shouted out phrases such as, "Man, they got this on Ghost Recon for PlayStation."

"I was always a big Roy Williams fan because he is kind of like me," said Sgt. Cedrick Stewart, chemical noncommissioned officer, Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team. "When he is out there on the field, he is no-holds barred,"

said Stewart. "It was a real experience to see him so down to earth and crack jokes with us the way he did."

Following the simulation exercise, players handled weapons at a static display, which included a howitzer, sniper rifles and scopes, machine guns, shotguns and pistols.

"They were great [and] very appreciative," said Lee. "They were definitely interested in our weapon systems and our equipment, and were a lot of fun on the simulators."

Other Soldiers shared similar impressions.

"It was a good chance to show them what we go through and all of the equipment we work with every day, especially over there in Iraq," said Spc. Casey Atkinson, A Troop, 3-4 Cav.

To end the day, football players signed autographs and took photos with fans.

"This is my second time getting to fire the weapons, and my first time getting to hang out with you guys," said Borinas. "It was awesome just to meet you guys and come out here and see what ya'll do every day when you're defending our country. I was honored."

Community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

9 / Saturday

In-Line Hockey League — The Oahu In-Line Hockey League is kicking off its spring season for youth and adult players. The youth league begins Feb. 9 and continues every Saturday until April 12. The adult league is also starting soon, and is always looking for more players to play on Sunday afternoons. Call Richard Pentecost at 372-9270, or Norine Liem at 396-9475.

Hike Oahu — Join the Hawaiian Trail & Mountain Club on its next hiking adventure through Pacific Palisades, Feb. 3. This three-mile hike is for novice hikers. Call 382-4709.

A \$2 donation is requested of non-members. Children under 18 must be accompanied by an adult.

Hikers meet at Iolani Palace, mountainside, at 8 a.m. Bring lunch and water on all hikes; wear sturdy shoes as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Visit www.htmclub.org.

Big Boyz Football — The Hawaii Big Boyz Youth Tackle Football is looking for players ages 10-12, weighing at least 100 pounds; and ages 13-15, weighing 120 pounds. Games for the league begin March 8. Call 782-3937, or 696-3725.

Volleyball Club — The West Oahu Athletic Club is fielding four junior girls squads, ages 10-16, and up to two adult women and one men's team. Practice is every Tuesday, 6-7:30 p.m. for juniors, and 7:30-9 p.m. for adults at Waipahu District Park Gym. Call 689-0527, or 723-5253.

10 / Sunday

Valentine's Biathlon — Participate in a biathlon with your special someone at Ala Moana Beach Park, Feb. 10, 7 a.m. This event will include a 2.5-mile run and 800-meter swim. Visit www.hawaiiiswim.com.

12 / Tuesday

Escrima Classes — Pedoy's School of Escrima holds classes every Tuesday, Thursday and Sunday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438, or 216-3211.

16 / Saturday

Swamp Romp — Register now for Swamp Romp, the muddiest run on the island of Oahu, which takes place Feb. 23. This event is approximately five-miles through various types of terrain. Participants must register in teams of six.

Cost is \$120 per team. Online registration closes Feb. 16 at 4 p.m. Visit www.mccshawaii.com/cgfit.htm, or call 254-7590.

Silverstreaks Sunrise Walk — Join in on the Silverstreaks Sunrise Walk at Ala Moana Beach Park, Feb. 16, at 7:30 a.m. This sunrise walk is for competitors ages 55 and older. One-, two- and three-mile courses will be available. Participants can enjoy refreshments, entertainment, goodie bags, door prizes and T-shirts for finishers. Cost is \$15 and \$20 for late registration.

Call 528-7388, or visit www.greataloharun.com.

Keiki Run & Circus Party — Children 12 and under are invited to participate in the Kraft Hawaii Keiki Run at the Blaisdell Center, Feb. 16, at 8:30 a.m.

Close to 1,000 island children are expected to participate in this 1.5 mile fun run. Following the run, children and their guardians will enjoy a Circus Party, which will include ono snacks, keiki activities, appearances by Kraft Chees-a-saurus Rex, clowns and balloons, magicians and more. Participants will also receive T-shirts, goodie bags and free entry to the Sports, Health & Fitness Expo.

Cost is \$12 for children and \$6 for adults. Late registration is available.

Call 528-7388, or visit www.greataloharun.com.

18 / Monday

Great Aloha Run — Experience the spirit of aloha at the Great Aloha Run, Feb. 18. This 8.15-mile course starts at Aloha Tower, winds its way along the historic Honolulu Harbor, down Nimitz Highway, through Kamehameha Highway and into the Aloha Stadium. Cost is \$40 until Feb. 2.

Call 528-7388, or visit www.greataloharun.com.



Ann Wharton | Army Hawaii Family Housing LLC

Cool school

SCHOFIELD BARRACKS — Solomon Elementary students (from left to right, front row) Megan Sandoval, D'Monte Bond and TJ Brantley hold certificates of appreciation they later gave to Army Hawaii Family Housing subcontractors who recently donated and installed air conditioning units in their school's library.

Pictured above, back row from left, are David Deiner, owner of DLD Mechanical; Lee Cranmer and Jesse Tano, both Actus Lend Lease; Troy Fujimoto, Solomon Elementary School; Ryan Watanabe, Jason Tamura, Army Residential Community Initiative; Ed Maglallan, Actus Lend Lease; and Linda Yoshikama, Solomon Elementary School principal.



8 / Today

Night Diving — Join Ocean Concepts at their next two-tank boat dive adventure, Feb. 8. Check in is at Ocean Concepts, Waianae, at 6 p.m. Military rate is \$70. Equipment rentals are available for \$25. Lights are not included. For more information, call Outdoor Recreation at 655-0143.

9 / Saturday

Free-Throw Competition — Compete in the 2008 Fort Shafter Free Throw Basketball Competition, Feb. 9, at the Physical Fitness Center. Awards will be presented for top three scorers in the men's and women's divisions. Check in is at 9 a.m. Entry deadline is at noon, Feb. 8. Call 438-1152.

12 / Tuesday

Belly Dance — Learn the art of belly dancing at the Health and Fitness Center, Schofield Barracks, every Tuesday, 4-5 p.m. Call 655-8007.

13 / Wednesday

Mom and Baby Yoga — Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Heath and

Fitness Center, Schofield Barracks. Mats are provided, but it is recommended that moms bring a small towel or blanket to lay their baby on. Register at 655-8007.

Ongoing

Racquetball Ladder Challenge — The Fort Shafter Physical Fitness Center is hosting a Racquetball Ladder Challenge, now through March 31. Military and their family members, civilians and contractors who work on an Army installation on Oahu are eligible.

Divisions include co-ed, open (Level A) and novice (Level B). Entries will be accepted until the end of the challenge. Call

SEE MWR SPORTS, B-5

'Love of the game' continues in military



Story and Photo by
SGT. BRYANNA POULIN
25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIR FIELD — Most Soldiers have a hobby or interest they do for fun, whether it's spending a day surfing or hiking up a trail.

For Pfc. Terri Pleasant, her enduring passion got a slam dunk when she was invited to try out for the All-Army Women's Basketball Team, recently.

"I am really excited about the try-outs," said Pleasant, a unit supply specialist with Headquarters and Headquarters Company, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade. "At first I

Left — Pfc. Terri Pleasant works on her cross-over dribble at the gym on Wheeler Army Air Field. Pleasant received an invitation to tryout for the All-Army Basketball Team in this month.

was fickle about [the invitation]."

Even after a decade of playing basketball, Pleasant explained her passion for the game wasn't love at first sight.

"I started playing at [age]12, but really didn't care about it at first," she said, laughing. "That lack of interest quickly diminished, and I fell in love with the game."

The love of the game, combined with natural talent, sparked a successful start during her teenage years.

"I played varsity basketball throughout high school, including being all district and receiving multiple team awards," she said.

Without delay, Pleasant took yet another leap by playing center on a Division One team at Southern University at Baton Rouge. She was the third leading scorer on her team.

"I enjoyed playing with [Southern University], but decided that I wanted something that offered more op-

portunities ... in the 'bigger picture' of my life," she said.

Following in her older brother's footsteps, Pleasant decided to hang up her jersey and trade it for an Army uniform.

"My brother was already in the military and a driving force for me joining," said Pleasant, who is the youngest of three.

While Pleasant was transforming from athlete to Soldier, the love of basketball stayed with her.

"I played almost every day. Not only is it an adrenaline rush, it keeps the stress level of daily life down to a minimum," she said.

Pleasant explained how years of being on basketball teams helped with the concept of teamwork, which is the heart and soul of the Army.

"When I am running down the court, it's not a one-person game. All the players have to work together to win," Pleasant said, "similar to what

the Army is about — one team to accomplish the mission."

Although Pleasant is now part of a bigger team in the Army, she never relinquished the passion for basketball.

"I play almost every night at the gym, which is how I first heard of submitting an application for the All-Army Women's Basketball Team," she said, shyly. "I didn't even think I would get an invitation to try out."

Surprisingly, Pleasant made the cut and received an invitation this month.

"I am thrilled to have even made it this far. I honestly thought my basketball career finished in college," she said. "But in fact, this could be just the beginning, which is awesome because I can still be a Soldier and an athlete as well."

Pleasant will travel to Fort Indiantown, Pa., for three weeks to try out for a spot on the All-Army Women's Basketball team from Feb. 27 through March 18.



Staff Sgt. Crista Yazzie | U.S. Army, Pacific, Public Affairs

Healthy resolution

FORT SHAFTER — Sgt. Solomon Musoke (right), Tripler Army Medical Center Nutrition Care Division specialist, reviews statistics with a family member during Fort Shafter's Health Fair, Jan. 30. Sponsored by the Installation Management Command, Pacific, Directorate of Family, Morale, Welfare and Recreation Office, the health fair provided guidance on everything from body-fat analysis to scuba diving and tobacco cessation.

MWR Sports

From B-4

438-1152 or stop by the front desk at Building 665.

Volunteer Coaches — Interested in volunteering to be a Youth Sports coach? Contact your nearest youth sports director today. Call 836-1923 for AMR; 438-9336 for Fort Shafter/Tripler; 655-6465 for Schofield; or 655-0883 for Helemano Military Reservation.

Volleyball & Racquetball 101 — Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center. Courts will be open for free play across the street from the facility. Call 655-4804.

Karate Classes — Children ages 5 and over can learn Do Shudokan karate at these physical fitness centers: Aliamanu, Fort Shafter, Helemano or Schofield's Bennett Youth Center.

All youth students must be CYS members, and the cost is \$35 per month. A discount is offered for two or more family members.

Adults 18 and older can learn Do Shudokan karate at the Aliamanu Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m. Cost is \$40 per month. Call instructor Joseph Bunch at 488-6372 or 265-5476.

Paintball — Check out the new paintball facility at Wheeler Army Air Field, just off of Lauhala Road next to the baseball fields. The facility features three lighted fields for day and evening play. It's open for regular play, league and youth play, private parties and physical training (PT) reservations.

Hours of operation are Tuesday and Thursday, 5-9 p.m.; and Saturday and Sunday, 11 a.m.-7 p.m. Rental equipment is available, and you can bring your own paint or buy it there.

Instruction is available for those new to the sport. Call 343-3929, or visit www.paintballhawaii.com.