

HAWAII ARMY WEEKLY

VOL. 37 NO. 8 | FEBRUARY 22, 2008

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

INSIDE

Army to release FEIS on Stryker

PRESS RELEASE

U.S. Army, Pacific Public Affairs

The Army intends to release the Final Environmental Impact Statement (FEIS) for stationing the 2/25th Stryker Brigade Combat Team (SBCT) today.

This document recommends Schofield Barracks Military Reservation in Hawaii as the preferred alternative for stationing the 2/25th SBCT. It also shows a thorough analysis of potential environmental impacts associated with the permanent stationing of the 2/25th SBCT

and follows the National Environmental Policy Act (NEPA), as well as other regulations.

The FEIS addresses all comments to the draft EIS, but this is not the Army's final decision. The Army's leadership will assess the analysis of the FEIS prior to making a decision, no earlier than 30 days from the date the EPA notice of availability of the Final EIS appears in the Federal Register.

Stationing the Army's newest and most technologically advanced unit in Hawaii would be a positive step to support the United States' national security requirements in the Pacific.

The Army strives to establish a balance between preparing all Soldiers for a wide variety of operations, and any unforeseen contingency that may occur, while protecting the environment and cultural resources.

The Army has continually demonstrated that it can train in Hawaii while successfully managing the state's valuable cultural and natural resources entrusted to the Army.

The 2/25th SBCT deployed in Nov. 2007 from Hawaii to support ongoing operations in Iraq and will return to a home station in early 2009.

Troops receive advanced training

Story and Photo by

SPC. KYNDAL HERNANDEZ

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Members of Explosive Ordnance Disposal (EOD) teams, military and civilian, just completed a new five-week advanced EOD training program called the "Five Week Road to War" at the Military Operations in Urban Terrain site.

The Five Week Road to War is a three-part training program where troops from the Army, Navy and Air Force, and the Honolulu Police Department's bomb squad receive classroom and hands-on instruction in electronics, real-world situations, systematic threats and more.

The program was taught by EOD technicians with AT Solutions, an industry leading Anti/Counter Terrorism Training and Consulting firm, and Joint Asymmetric Threat And Counter (JATAC) Improvised Explosive Devices (IED).

"We have been training since the end of January," said Sgt. 1st Class Teague Bode, operations non-commissioned officer in charge with the 8th Theater Sustainment Command's 706th Ordnance Company (EOD).

"We have had classroom and hands-on training with tools and electronics, and now we are doing real-world situational exercises," Bode added during the training Feb. 13.

The first week of the course focused on electronics, explained Vic Stahl, team leader for the advanced EOD course. "They learned everything from electronic theory, all the way up to building circuits."

During the second and third weeks, troops and police officers

SEE TRAINING, A-7



Balikatan '08

U.S. Servicemembers and Armed Forces of the Philippines begin joint exercise and humanitarian aid projects

A-4



Sgt. 1st Class David Gillespiel U.S. Army Pacific Public Affairs

The Sounds of Freedom

From right, Brig. Gen. (P) Raymond V. Mason, commander of the 8th Theater Sustainment Command, and Lt. Gen. Benjamin R. Mixon, commander of U.S. Army Pacific, lead the Sounds of Freedom near Aloha Tower during the Great Aloha Run Monday. See B-1 for full coverage of the Great Aloha Run.

Pre-retirement orientation

A pre-retirement orientation is 8-11:30 a.m., Wednesday at the Schofield Barracks Post Conference Room, Bldg. 584.

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Black History

Members of local community spread African American history throughout Central Oahu schools

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Making a difference

Volunteers make a difference in homeless lives, however more volunteers always needed

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SpC. Carlee Ross | 25th Infantry Division Public Affairs

25th Infantry Division Commander Brig. Gen. Mick Bednarek awards Pvt. Jaylon Ward a Purple Heart at the Schofield Barracks Post Conference Room Feb. 12.

Strykers honored for sacrifice

CHRISTINA DOUGLAS
Staff Writer

SCHOFIELD BARRACKS – The tires of a Stryker convoy grip the earth as they roam a new area of operations. Fields of "elephant grass" outline the route ahead. It's day three of area familiarization and the convoy is on its last mission, Route Coyote.

Suddenly, a flash of light rips through the middle Stryker. The sound of the explosion pierces the air as if to stop time. Black powder layers the inside of the vehicle, leaving even an M-4 in pieces.

The worst thing that can happen, has happened.

Pfc. Jeremy Thomas and Pvt. Jaylon Ward, C Company, 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division (ID), were awarded Purple Hearts, Feb. 12, at the Small Post Conference Room.

"This is an absolute honor and privilege for me," said Brig. Gen. Mick Bednarek, 25th ID commander, after he presented the

awards. "I'm proud of you and thankful for your sacrifice. Thank you for what you have done and what you will continue to do."

For both Thomas and Ward, Schofield Barracks was among many firsts. It is their first duty station, the first place where they would be called up for a deployment, and little did they know, the first place they would receive an award for their service.

"I never thought in a million years I'd be here getting a Purple Heart," said Thomas.

Ward expressed mixed feelings about the award.

"It's an honor to get [a Purple Heart], but it's not something you look forward to," said Ward. "It's not something you go in the Army thinking you want to get."

Thomas and Ward deployed with the 1-27th Dec., 2007, where they spent a little more than a month in Camp Taji, Iraq.

"We were assigned to a new AO [area of

SEE HONORED, A-7

Safety awareness keeps Soldiers accident free

Story and Photo by

PVT. ASHLEY ARMSTRONG

94th Army Air & Missile Defense Command Public Affairs

FORT SHAFTER FLATS – Death and injury are both undeniable aspects of life. In many cases the victims of accidents are caught unaware and unprepared, which increases the amount of damage inflicted on their lives.

Accidents can't always be avoided, but there are ways to prevent them. One way to prevent accidental death and injury is through safety awareness training.

"Accidents can and will happen. Leaders must do everything within their power to give their Soldiers the tools to make good decisions," said Cpt. Michelle Toyofuku, commander of 94th Army Air and Missile Defense Command (AAMDC) Headquarters and Headquarters Battery (HHB).

To help uphold the fatality-clean reputation of the 94th AAMDC HHB here, Soldiers from the unit participated in a safety stand down, Feb. 14.

The event was sponsored by the 94th AAMDC HHB and included three major parts: a speaker from the Mothers Against Drunk Driving (MADD) program, a "fatal vision" goggles course, and a presentation from the Honolulu Police Department.

Traci Jacob, a victim panel speaker for MADD, spoke to Soldiers about her experience with drunk driving and how it changed her life. She was accompanied by Russell Tai Hook, a court monitor specialist from MADD.

"No one is immune to the effects of an accident," said Jacob.

She told her story about the alcohol-related car accident she was involved in to



Sgt. Terrance Sherman, a topographical analyst at 94th Army Air and Missile Defense Command, attempts to complete an obstacle course while wearing goggles that represent visual impairments caused by blood alcohol levels of .17 to .20.

encourage Soldiers to be safety conscious and to avoid drunk driving. Next, the Soldiers were able to get the feel of impairments caused by alcohol by performing certain tasks with "fatal vision" goggles on.

SEE SAFETY, A-2

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.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

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problems in Army Hawaii

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656-3155 or 656-3156

Advertising: 525-7654

Classifieds: 521-9111

Editorial Office: 656-3155/3156

Fax: 656-3162

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442 Santos Dumont Ave., WAAF

Building 108, Rm. 304

Schofield Barracks, HI 96857-5000

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Living Pattern Survey influences COLA rates

U.S. PACIFIC COMMAND PUBLIC AFFAIRS PRESS RELEASE

CAMP SMITH — With only one week to go, more than 9,000 military personnel and families stationed in Hawaii have completed online Living Pattern Surveys, according to Mae Ooka, quality of life program analyst, U.S. Pacific Command.

Military personnel in Hawaii have an opportunity to directly affect part of their paychecks this year by taking part in the survey, said Maj. Gen. Stephen Tom, chief of staff for U.S. Pacific Command.

The survey affects the cost of living allowance (COLA) that military personnel stationed in Hawaii receive each month.

The final result of the survey could be an increase, decrease or no change to the COLA paid each month to military personnel, said Tom.

Tom and Stephen Westbrook, director of the Per Diem, Travel and Transportation Allowance Committee for Military Personnel Policy, spoke to 50 senior enlisted and officers from all branches during an information session to kick off the COLA online survey on Ford Island, last month.

COLA is an allowance designed to compensate members for the difference between the costs of goods and services in the continental United States and the same goods and services in an overseas area, which includes Alaska and Hawaii.

The Living Pattern Survey collects information about locations where military families shop and dine, both on and off base. The results of this survey are used to form the Retail Price Schedule (RPS), which takes place in March this year.

During the RPS, Hawaii allowances sur-

vey teams conduct a Market Basket Survey for prices of 120 goods and services at on-base commissaries and exchanges, and the top three off-base locations identified from the Living Pattern Survey. The market-basket data is then analyzed for each overseas location.

On The WEB The link to the survey is active Feb. 1-29 at www.pacom.mil.

Other data such as income, number of command-sponsored family members, and the percentage of income military families spend on COLA-related items is also factored into the amount service members receive in COLA.

The Living Pattern Survey is only conducted every three years and is the basis for

COLA amounts received by service members. Therefore, maximum participation is critical, said Westbrook.

Currently, approximately 45,000 military personnel are stationed throughout the Hawaiian Islands. In 2005, approximately 11,000 participants took the survey, said Westbrook.

This year's goal is to have maximum survey participation by all uniformed military, said Tom. Participation includes all Coast Guard, U.S. Public Health Services, and Hawaii National Guard and Air Guard personnel who have been assigned to Hawaii for at least three months.

But members in uniform are not the only ones urged to take the survey.

"We really want the spouses who do the shopping [for a military family] to participate in the survey," said Westbrook.

AHFFH, Garrison seek resident input

ANN WHARTON

Army Hawaii Family Housing

SCHOFIELD BARRACKS — Earlier this month, residents in Army Hawaii Family Housing (AHFH) received the annual CEL housing survey.

As Lt. Col. Mark Boussy noted in his "Commander's Corner" column, Feb. 8, AHFH and the garrison are constantly working to meet the needs and expectations of our residents.

One tool used is the CEL survey, which provides an essential means for measuring resident satisfaction.

"Residents receive just one survey, so it is important residents not misplace it," said Rick Cunefare, director of Property Management, AHFH. "It is handled this way to help preserve the integrity of the survey, which is conducted by a third party."

Cunefare emphasized the importance of the survey and encouraged residents to take some time to complete and return it.

"The results from this survey provide valuable guidance to AHFH, which help us to respond to and plan for resident needs."

In addition to measuring the level of services, the CEL Survey gives residents an opportunity to suggest capital improvements that may enhance the quality of life in their respective communities. Suggestions range from more parking to relocating tot lots and adding exterior storage.

"With nearly a thousand families living in new homes and the completion of new community centers and installation of new amenities, AHFH has accomplished quite a bit since it assumed responsibility for Army housing at USAG-HI [U.S. Army Garrison, Hawaii] just a few years ago," said Claire Ridding-Johnston, project director, AHFH.

"As we continue developing and building new communities, we want to be sure we have the right infrastructure, processes and programs in place to support our families as well as our AHFH team."

Ridding-Johnston added, the information from the survey is reviewed and considered in short and long-term planning for AHFH.

Results of the survey are expected in May. Residents may get more information about the CEL Survey at their community center.

LIGHTNING SPIRIT

God has a wonderful plan for your life

CHAPLAIN (CAPT.) DANIEL CHO

524th Combat Sustainment Support Battalion

While many topics came to mind for this article, I chose a personal story that might interest you.

I was born in Seoul, Korea, in March 1961. Then, my motherland was a poor country due to the Korean War.

At the age of 17, God called me as his servant. I was in high school then, and one of the biggest troublemakers in my school. But one day, I truly discovered how real God was to me, and he changed my lifestyle after that realization.

I graduated from high school and went on to Seoul Theological University. After I finished my second year, I had to serve in a military branch for three years. In Korea, a three-year mandatory service is required of male citizens, though the choice of which branch is up to the individual.

I joined the Republic of Korean Marine Corps and served from 1981 to 1983 as a Special Recon Soldier. It was a very difficult life in the ROK Marine Corps; physical abuse was sadly very common. After I was discharged from the Marines, I returned to Bible school to continue my education.

During my senior year, God gave me a special plan in my heart: I had a strong desire to come to the United States. I married my wife of 20 years, then a middle school teacher, after I graduated from the university. I served as a full-time assistant pastor at a pleasant church. Life was good.

Still, I did not feel fully satisfied because I wanted to be serving God in the great United States of America. Well, guess what happened? I finally immigrated in 1989.

Before I left Korea, I shared with my friends my plans and goals about serving in the states. Some of my friends asked me, "Why do you need to go all the way to America to preach? Your wife has a stable occupation and so do

you." But I did not listen to their reasoning; instead, my heart was full of excitement for the future.

When I came to the U.S., there was no one waiting for me, of course. I had to start my life all over again in a new country. In Los Angeles, I attended Azusa Pacific University's Graduate School of Theology for my Master of Divinity degree. During my seminary, I worked as a pump attendant at a gas station, a taxi driver and as a salesperson.

Graduate school was very difficult for me. Many times I wanted to give up and return to my familiar motherland. However, I never gave up until I finished my degree. In April 1990, I was ordained as a pastor in my denomination. That year, my denomination's annual conference was at Hawaii Korean Evangelical Church (Honolulu).

I arrived to this fantastic island only two months ago from Fort Campbell. Never in my life did I think I would come to this beautiful place as a U.S. Army chaplain. However, God had this planned for my life 19 years ago when I answered his call.

God has a wonderful plan for your life as well. All you have to do is follow his directions and obey his commands everyday. He promises an experience you will never forget if you but follow him. One of my favorite Bible verses shares exactly this: "Call to me and I will answer you and tell you great and unsearchable things you do not know," Jeremiah 33:3 (New International Version).

May God richly bless you and your family.



Cho



Getting it Straight:

The Feb. 6 edition incorrectly identified the unit of Pfc. Christopher Akers on page A-1 in the article "Nearly 100 more deploy from 2nd Brigade." Akers is a mechanic assigned to B Company, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team.

SAFTEY: Soldiers try out beer goggles at 94th AAMDC safety stand down

CONTINUED FROM A-1

Moving through four stations, participating Soldiers attempted to perform different tasks, each representing different blood alcohol levels. First, Soldiers performed tasks without goggles, and then they performed them with goggles. Both attempts were timed so that Soldiers could get an understanding of the difference in a person's ability to do things sober compared to when they have been drinking

alcohol.

One of the tasks included walking through a path of yellow cones. At the end, Soldiers picked the middle one of three orange cones and took it back to the start.

"It was like a maze with those goggles on, and you're guessing to get through," said Spc. Justin A. Scales, administrative specialist, 94th AAMDC, after he completed the obstacle.

Having programs and events that promote safety are important because they

keep everyone aware, Scales said.

After going through the obstacles the 94th Soldiers received a presentation by three HPD police officers. Benjamin Lloyd and Everett Higa gave the first on motorcycle safety. They showed pictures of motorcycle accidents that depicted the trauma that can be inflicted on victims of collisions. Officer Max Navas gave the last presentation on traffic safety.

All elements of the stand down focused on driving safety because safety seems to

be at the heart of many local problems, said 1st Sgt. Ivan Thompson. The event went well, and he said he hoped that participating Soldiers retained some vital information.

"The safety stand down day allowed all of us to see firsthand through our speakers, photos and the DUI [driving under the influence] goggle course, the direct consequences that bad choices can have on ourselves, and especially those around us," said Toyofuku.

50 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 2/20/08.

Voices of Lightning: What two issues will most effect your vote for the president this year?



"Taxes and whether or not they are a trustworthy candidate."

Spc. Sam Goodhand
1st. Bat., 14th Inf.
Infantry



"The deployment of more Soldiers and the benefits of redeploying soldiers."

Melinda Graham
Family member



"The direction the president plans on taking the global war on terrorism and how they plan on helping disabled vet's coming home from the war."

Spc. Brandon Kellogg
2nd Bat., 27th ID
Infantry



"The Iraq war and social security."

Sgt. Todd Keys
2nd Bat., 27th ID
Team Leader



"The president's plans for both Iraq and Iran."

Spc. John King
209th ASB
Kiowa Armament



Capt. Logan Veath, commander, Co. B, 1-14, 2nd SBCT, 25th ID, MND-B, shakes hands with a local leader during a consequence management mission in Fourteenth Ramadan, northwest of Baghdad, Feb. 8. The two leaders discussed future plans to bring more security and stability to the area.

Soldiers visit town to show their sympathy

Story and Photo by
SPC. AARON ROSECRANS
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – “Warrior” Soldiers from Company C, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, Multi-National Division – Baghdad, conducted a consequence management mission and visited local leaders of 14th Ramadan, northwest of Baghdad, Feb. 8.

The mission was in response to the recent assassination of one of the town’s local leaders.

“We visited to show our condolences for the loss of their local leader,” said 1st Lt. Marc Dudek, platoon leader, 2nd Platoon, Company B, 1st Bn. “We did this to let them know we care and want to continue to work with them to bring security and stability to the town.”

The mission was part of an effort to encourage local leaders to continue to take a stand against terrorists in their area.

“We want to make sure the people of Fourteenth Ramadan are not intimidated by the attack and to show them the Coalition Forces are willing to protect them at all costs,” Dudek said.

“Also, we went to show them

that we are not intimidated by the terrorist attacks and will continue to work with the local leaders to bring security and stability to the area.”

While in the area, leaders spent some time talking about the situation in 14th Ramadan and the needs of the community.

“All I care about is being able to have my children be able to go to school and come back home safely,” said a local leader. “I want my tribesmen and workers to be able to go to work and return home to their families every day safely.”

In response, Capt. Logan Veath, commander, Co. B, 1st Bn., said the local leaders need to work together with the Coalition Forces to bring that kind of security and stability to the area.

The leadership said the attack in Fourteenth Ramadan was almost the same as a direct attack on them.

“The leaders of [1st Bn., 14th Inf. Regt.] take it personally when tragedies like this happen in their area of operation,” said Dudek.

Resupply missions provide huge boost in morale

Simple things make life bearable outside the wire

Story and Photo by
SPC. AARON ROSECRANS
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – Sodas, sweets and fresh chemical toilets are coveted items here.

Making sure Soldiers who live outside the wire northwest of Baghdad, get what they need and want is an important mission of the “Warrior” Soldiers of Company A, 225th Brigade Support Battalion (BSB), 2nd Stryker Brigade Combat Team (SBCT), 25th Infantry Division, Multi-National Division – Baghdad.

“The resupply is huge for morale,” said 1st Lt. Peter Walther, a Millilani, Hawaii native, who serves as the platoon leader from Company B, 1st Battalion, 27th Infantry Regiment, 2nd SBCT. He added that it is the little things that make living here good.

“Fresh food and good food like honey buns, coffee and fresh outhouses are what make it better out here,” he said.

Soldiers who transport supplies said making deliveries makes them feel great when they see the reaction of the Soldiers living in the small compounds when new supplies arrive.

“Doing this makes me happy because they’re so happy to see us come with the supplies,” said Spc. Staci Warde, who serves as a supply specialist with Co. A, 225th BSB. “I feel like Santa Claus when I go on these missions. They’re like kids in a candy store when we arrive.”

Bringing supplies places may seem easy, but a lot of planning goes into getting them to the Soldiers who need them.

“We start planning these missions 96 hours out,” said 1st Sgt. Eric Vidal, who serves with Co. A. “We do our best to utilize all of our resources to the maximum of their ability. We fill the trucks as much as we possibly can. By doing that, we have fewer trucks out on the mission and fewer people in danger on the mission.”

Vidal said his Soldiers regularly resupply units at joint security stations.

Sometimes, he said, the BSB needs additional help to handle larger loads.

For heavier missions, Vidal said the unit coordinates with some of the civilian contractors in the area because they have the trucks that can handle the heavier loads.

Although the Soldiers living at the MND-B outposts and joint security stations go



Pfc. Jeff Trotter, truck driver, Co. A, 225th BSB, 2nd SBCT, 25th ID, MND-B, tosses down boxes of “Meals Ready to Eat” during a resupply mission Jan. 30. Food, sodas, chemical toilets and other supplies are brought to Soldiers at outlying compounds around the Taji Qada, northwest of Baghdad.

without many of the comfort items they have at home, Walther said he and his Soldiers have learned to adapt to their environment and take life on the outpost with a grain of salt.

“When life sucks out here, it’s the small things that make all the difference in the world,” he said.

Those small things are what the Soldiers from Co. A supply.

“We bring out a big supply of comfort foods, like chips, sodas and honey buns, to help boost their morale,” Vidal said. “Something as simple as a soda makes all the difference when you live out there.”

Wolfhounds capture #1 individual

MULTI-NATIONAL CORPS – IRAQ
Press Release

CAMP TAJI, Iraq – Elements of 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team “Warrior,” 25th Infantry Division, Multi-National Division – Baghdad, detained the brigade’s number-one, high-value individual and his brother early Feb. 14.

The two are suspected to be improvised explosive device facilitators with al Qaeda in Iraq and are allegedly linked to a fatal IED attack Jan. 29.

“The capture of these individuals will greatly contribute to a safe and secure Iraq,” said Col. Todd McCaffrey, commander, 2nd SBCT.

Five others suspected of facilitating improvised explosive device activity in Taji Qada, northwest of Baghdad, were also detained.

All seven suspects are being held for further questioning.



(From left) Brig. Gen. Nestor Sadiarin, Philippine Secretary of Foreign Affairs Alberto Romulo, U.S. Ambassador Kristie Kenney, Gen. Hermogenes Esperon, Jr. and Brig. Gen. John Ma hold hands during the opening ceremony, symbolizing the start of Balikatan 2008 at Camp Aguinaldo, Philippines Feb. 18. Balikatan 2008 focuses on training armed forces from the Republic of the Philippines and the U.S. to provide relief and assistance together in the event of crises and strengthen maritime security. Both countries' forces will also conduct numerous humanitarian assistance and community relations activities.

Pacific forces unite for Balikatan '08

Story and Photo by
SGT. 1ST CLASS JASON SHEPHERD
Joint Task Force- Balikatan Public Affairs

CAMP AGUINALDO, Philippines – Armed Forces of the Philippines (AFP) and U.S. servicemembers stood shoulder to shoulder in the Officers Club banquet hall Monday watching the uncasing of the Balikatan colors, symbolizing the start of this year's Balikatan '08 exercise.

"I am very optimistic that the exercise will live up to our high expectations," said AFP Gen. Hermogenes Esperon Jr., chief of staff for the AFP. "Thus, by purview of the authority vested in me ... I hereby declare the R.P.-U.S. Balikatan Exercise 2008 open."

Balikatan 2008 is an annual R.P.-U.S. bilateral military exercise consisting of humanitarian assistance and training activities. Since 1981, both militaries have met to learn from one another and improve on their interoperability. This year's exercise runs from Feb. 18 to March 3.

True to its meaning in Filipino, Balikatan entails Philippine and U.S. forces shouldering

the load together to help the greatest possible number of people in need, according to AFP Brig. Gen. Nestor R. Sadiarin, co-exercise director of BK 08.

"Our troops are ready to maximize the opportunity to do something that will have lasting benefits for peace and social progress in the mission areas," Sadiarin said. "We'll do that by sharing the load together."

Balikatan 2008 will focus on training both armed forces to provide relief and assistance in the event of natural disasters and other crises that endanger public health and safety. AFP and U.S. forces will conduct combined staff exercises and field training in Luzon and Palawan to improve contingency planning and strengthen maritime security.

U.S. Navy ships are scheduled to visit several locations in the Philippines, and dozens of medical, dental and engineering civil action projects are scheduled over the next couple of weeks.

"Balikatan 2007 was my first in this country," added U.S. Ambassador Kristie Kenney. "I set out to see just what this means ... I saw doc-

tors from our two nations, pairing with local civilians to offer free medical care to thousands of people, no questions asked."

Engineering projects are scheduled for numerous schools, one of which was destroyed in a fire last April.

"It's humbling to be a part of such an effort that will have a profound impact on the young people and future leaders of the people of the Republic of the Philippines," U.S. Brig. Gen. John Y. H. Ma, co-exercise director of BK 08 said.

"There is possibly no greater satisfaction than the thought of healthy children in a remote location going to school in a schoolhouse that, thanks to our combined efforts, has a roof on it, has a ceiling fan, has a dignified environment where teachers can teach and students can learn," Kenney added.

The Republic of the Philippines and the U.S. have spent 50 years as Mutual Defense Treaty partners. The U.S. is participating in BK 08 at the invitation of the government of the Republic of the Philippines.



Sgt. 1st Class Christina Bhatti | 2nd Stryker Brigade Combat Team

Benchmark reached

CAMP TAJI, Iraq - Command Sgt. Maj. Karl Morgan, affixes the 25th Infantry Division Shoulder Sleeve Insignia-Former Wartime Service, or combat patch, to the right sleeve of Pfc. Jose Tello, Feb. 15. Tello, 66th Engineer company, 2nd Stryker Brigade Combat Team, 25th Inf. Div., Multi-National Division - Baghdad was one of many Soldiers awarded the patch by Morgan, command sergeant major, 2nd SBCT, 25th Inf. Div. The patch is awarded to Soldiers after spending 30 days in a combat zone. The brigade took control of the Taji area, which is north of Baghdad, Jan. 15.

Retirement ceremony honors Tropic Lightning Soldiers

Story and Photo by
SPC. DURWOOD BLACKMON
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – Friends, family and guests gathered at Schofield Barracks to bid farewell and pay their respects to 20 Soldiers at a retirement ceremony at the Post Conference Room, Feb. 14.

Brig. Gen. Mick Bednarek, commanding general, 25th Infantry Division, and Command Sergeant Major Frank Leota presented each retiree with a flag, coin and award for their years of dedicated service.

Many of the honored retirees brought their loved ones to the stage so family members could join them as they were being recognized. After receiving their awards, each retiree was allowed a few minutes to address the crowd.

One by one they expressed their sincere appreciation for the opportunity to serve their country and gave insight into their future plans.

One of the retirees, accompanied onstage by his wife, Sgt. 1st Class Twonda Benjamin, battalion S-4 noncommissioned officer in charge, 25th ID, Master Sgt. Neal Benjamin, Headquarters and Headquarters Company, 25th



Retirees gathered with friends and family as they attended a retirement ceremony held in their honor at the Post Conference Room on Schofield Barracks, Feb. 14. Soldiers were presented awards and passed on words of wisdom to the next generation of Soldiers at the event.

ID respectively paid tribute to his time in the Army. Once his wife joins him in retirement, he said, he and his family plan to move to Dallas where he plans to explore a career in logistics management.

"My 24 years of service have been very fulfilling," said Benjamin. "It is going to

be a very daunting task to transform from military life to civilian, but I am so very proud of my service."

As the ceremony came to a close, long lines of family, friends and guests shook hands and wished the retirees well in their future endeavors.

25th Infantry Division Retirees

Master Sgt. James Barker, 2nd Stryker Brigade Combat Team

Master Sgt. Neal Benjamin, Headquarters and Headquarters Company (HHC)

Sgt. 1st Class James Darby, Headquar-

ters and Headquarters Battalion, 3-7th Field Artillery (FA) Regiment

Master Sgt. Donald Durant, 325th Brigade Support Battalion (BSB)

Master Sgt. Charles Feliciano, HHC

Sgt. 1st Class Randall Ferriman, 3rd Infantry Brigade Combat Team (3IBCT)

Sgt. 1st Class John George Jr., HHC

Sgt. 1st Class Ty Helton, 2-6th Cavalry Regt.

Sgt. 1st Class Horace Keenan III, 2-35th Inf. Regt.

Chief Warrant Officer 3 Leonard Pettis, 25th Special Troops Battalion (STB)

Sgt. 1st Class John Rivera, 2-35th Inf. Regt.

Master Sgt. Shane Ross, 209th Aviation Support Battalion

1st Sgt. Robert Smedley, 3-7th FA

Master Sgt. Varneal Smith, 25th STB

Sgt. 1st Class Houston Sturdevant, 2-6th Cav.

Sgt. 1st Class Derrick Thomas, 3-24th Cav.

Master Sgt. Peggy Turner, 325th BSB

Master Sgt. Christopher Wade, 3IBCT

Sgt. 1st Class Judson Wilson, 3-25th Aviation Regt.

Master Sgt. Darrell Womack, 45th STB

'Drop off' makes filing taxes convenient

TAX CENTER
Press Release

Need tax help, but find yourself taxed for time? To help refund some of your valuable time, the Schofield Barracks and Fort Shafter Tax Centers are offering a new service in 2008: "drop off" tax preparation.

After completing an interview at either Tax Center, Soldiers and other qualifying taxpayers who file using IRS Form 1040EZ may drop off their tax documents at the Tax Center where staff members will prepare these forms for them. Completed tax forms may then be picked up within 24 hours after drop off.

This service is first-come, first-served, so you must be sure to plan ahead to avoid the April tax rush.

You will need to bring all appropriate tax documentation to the Tax Center with you to use the drop-off service. Make sure you have all tax documents, including your W-2s, 1099s, your Social Security card and your

Tax Centers

- Fort Shafter:
The Aloha Center, Rooms 107 and 108
9:30 a.m.-5 p.m., Monday - Wednesday
Call 438-1813.

- Schofield Barracks:
1612 Foote Ave. Building 648
9:30 a.m.-5 p.m., Monday-Thursday
9:30 a.m.-4:30 p.m., Friday
Call 655-1040.

power of attorney (if applicable)

If you are still not sure if you qualify for this "drop off service," or you need other tax assistance, stop by and inquire, or call 655-1040 for more information.

Even if you do not qualify to file a 1040EZ, trained and certified Tax Center staff are prepared to assist you in the preparation of a wide range of tax forms to maximize your tax return.

Don't know if you qualify to file with a 1040EZ? If you meet the following criteria you may be able to file using a 1040EZ and also use the Tax Center's drop-off service.

Requirements to File 1040EZ:

- Filing Status is Single or Married Filing Jointly
- No dependents
- Income is from wages, salaries, tips, taxable scholarship or fellowship grants, unemployment compensation, or Alaska Permanent Fund Dividends
- Taxable interest income must be under \$1500
- Taxable Income is less than \$100,000
- Claiming Standard Deduction

News Briefs

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

27 / Wednesday

Pre-Retirement Orientation

– A semiannual preretirement orientation will be held Wednesday, 8–11:30 a.m. at the Schofield Barracks Post Conference Room, Building 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 indi-

vidual questions. Call 655-1585/1514 for more information.

March

1 / Saturday

Street Closure – Hewitt Street, between Menoher Road and McCornack Road, will be closed through March 1 for road improvements. A map of the closure is available at www.25idl.army.mil/communityimpactupdates/index.asp. Call 275-3118.

3 / Monday

PX/Commissary/Nehelani Advisory Council Meeting – There will be a Schofield Barracks Post Exchange (PX)/Commissary/Nehelani Banquet and Conference Center Advisory Council Meeting March 3, 10:15–11:15 a.m., at the Post Conference Room.

Training: 'Five Week Road to War' focuses on real-world scenarios

CONTINUED FROM A-1

were divided into teams and put in realistic scenarios, forcing them to develop a solution and take action to accomplish a mission on their own.

In one scenario, a team used a robot in response to a reported vehicle-borne IED, after spotting a suspicious box on the rear end of the vehicle.

The operational tempo really escalated during the second and third weeks of training, Stahl said. During that phase, he said, "We did a few days of classroom instruction and then we immediately went out and started running very realistic theater-like scenarios. We treat this entire area like it's a real FOB [Forward Opera-

ting Base] in Iraq," he added.

Stahl said all scenarios used in the course are drawn from actual incidents that happened in Iraq.

"This is really good training because the troops get to do everything," Bode said. "The EOD technicians just give them the scenarios, and it's all the troops' decisions from there, which helps them to learn better, because they are learning from their own mistakes."

"A war zone is no place to learn your job," Stahl added. "The more they learn here, the better prepared they are actually going to be when they hit the sandbox. We want them to do all their learning and make all their mistakes here where they can set off a buzzer or a siren, instead of a charge. So, they get repetitive action,

and they get more prepared."

Stahl said, when the unit deploys, there will still be the shock of war, but some of the other things will become very simple as far as how the unit operates.

During the final phase of the course, troops learned about systematic threats, chemicals, weapons of mass destruction and nuclear bombs. They began that training Tuesday.

"So far this training has been absolutely awesome," said Spc. Ian Wramp, from 706th Ordnance Company (EOD). "We always do a lot of training, but we never get to do training with live explosives. This is the first time I have had the chance to use real explosives since I was in school ... and that was seven months ago."



Spc. Ian Wramp, an EOD team member with 8th TSC's 706 EOD control team, operates the computer system that controls the robot designed to diagnose, disable and dispose of IEDs with cameras and tools that are attached.

Honored: Wolfhounds receive Purple Hearts after IED rips through their Stryker

CONTINUED FROM A-1

operations], so for three days, Jan. 16-18, we were doing AO familiarization," said Ward. "One of those areas hadn't been patrolled much, so we didn't know what we were getting into."

Thomas and Ward were part of a three-Stryker convoy, Jan. 18. As a 240 gunner, Thomas was standing out of the hatch. Ward, a rifleman, was inside of the Stryker with his M-4.

"That was the last route we had to clear, Route Coyote. We cleared



Thomas

three others before we got to that one," said Thomas.

"You kind of get ready to expect anything. We didn't know what was going to happen, and then of course the worst thing possible happens your third day out," said Ward.

The 'worst thing possible' was an improvised explosive device

(IED) that exploded under the middle Stryker. Thomas was thrown into the air and then fell back down into the vehicle. When the dust settled, Ward's M-4 was in pieces.

The IED wasn't the end of the attack. During the medical evacuations, the convoy was under fire. Air support was called in to give the convoy adequate time to head out. Another command-detonated IED was discovered just a few yards up the road.

When the dust finally settled, Thomas was airlifted back to camp for medical attention, while Ward

was transported to another Stryker.

"It's not a situation you want to be in. It's probably the most terrifying thing I can say I've been through," said Ward. "Considering the fact that where the bomb went off was probably three feet in front of me, I got lucky. I only came out

with a couple breaks and bruises."

Ward suffered a minor concussion and lower back injuries. His left ankle was split in half, and his heel shattered. Ward still has about four to five months on crutches.

Thomas had numerous torn ligaments and a broken bone in his knee. He's already undergone one

surgery to insert a metal plate in his knee, and he has about a year of recovery time ahead of him.

Both Soldiers are now in the Warrior Transition Battalion here, where their only mission is to heal.

Thomas and Ward look forward to staying in the Army and finishing out their military careers.

PAU HANA



Brig. Gen. Mick Bednarek, commander, 25th Infantry Division, sets the pace of his division in the early morning hours of Presidents Day at the Great Aloha Run.

Spc. Durwood Blackmon | 25th Infantry Division Public Affairs

Great Aloha Run

Sounds of Freedom echo through the heart of Hawaii

SPC. DURWOOD BLACKMON & SPC. CARLEE ROSS
25th Infantry Division Public Affairs

HONOLULU – In the early morning hours of Presidents Day almost 4,000 service members, including Soldiers from all over Hawaii, made their way here to participate in the 24th Annual Hawaiian Telcom Great Aloha Run (GAR), Monday.

"I can't tell you how good it is to be here today, given that we ran this run last year in Tikrit, Iraq. It is much better to be in Honolulu, I can guarantee you," said Lt. Gen. Benjamin Mixon, commander, U.S. Army, Pacific.

The GAR benefits local charities and is run by Hawaii entertainer Carole Kai, who along with Honolulu Marathon founder Dr. Jack Scaff, started the race in 1985. This 8.15-mile trek is considered one of the largest fundraisers in the state.

As service members marched their way to the starting point at Aloha Tower, the 25th Infantry Division (ID) Band sounded as a sea of people cheered, anticipating the start of the race.

During the past 24 years, this run has raised more than \$7.8 million for non-profit, health and human service organizations, and community groups. Of the donations this year, \$2,000 went to the Wounded Warrior Program.

Spc. Jacob Miller, infantryman, D Company, 2-35th Infantry Battalion, 3rd Infantry Brigade Combat Team (3IBCT), 25th ID ran the Great Aloha Run in Kirkuk, Iraq, last year, where he was deployed in support of Operation Iraqi Freedom (OIF). Miller is happy now that he is back home, enjoying the cooler temperatures, most of all.

Once the race was in motion, an immense formation of Soldiers trained through the streets of Honolulu. All throughout the race, Soldiers called cadence and encouraged each other to finish strong.



Sgt. 1st Class David E. Gillespie | 8th Theater Sustainment Command Public Affairs



Spc. Carlee Ross | 25th Infantry Division Public Affairs

The race finale, located at Aloha Stadium, was crowded with onlookers cheering participants on as they crossed

all their faces as they shared a common enthusiasm for their achievement in completing the race.

Great Aloha Run in Iraq

In contrast to this year's run, much of the division was deployed in support of OIF 06-08. Rather than running in a Hawaiian paradise, units participated in the GAR from bases in Iraq.

"Last year I ran it in Kirkuk and it was cold, so the change in climate is great," said Miller. "It makes me proud to think that I ran the race last year while deployed. In Iraq, we ran as individuals, and today we are running with our unit, so it builds camaraderie, and [it] is a great race for a good cause," he added.

Approximately 1,548 Soldiers and contractors participated in the GAR at various locations throughout Iraq last year, collecting \$6,451 in donations.

"We ran it actually about ten days early, so they could film it and get it back to use the films," said Mixon, discussing the logistics of the run in Iraq. "It was a great event."

Walk to Iraq and Back

Spouses, children and rear detachment Soldiers of the 2nd Stryker Brigade Combat Team (SBCT) also participated in the GAR in support of their Walk to Iraq and Back program.

"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, at the kick off of the "Walk to Iraq and Back" celebration, Feb. 2.

By participating in the program, spouses take pride in each mile they walk as it internally decreases the distance between them and their deployed Soldiers.

Above — With the Aloha Tower and the starting line in the distance, Capt. Brandi Soule, commander of HHC, 3-25 Aviation, and other company commanders from 25th Infantry Division are followed by their Soldiers and guidons during Monday's Sounds of Freedom.

Left — Soldiers in formations proudly holding up their unit flags walk through the field onto a ramp to leave the Aloha Stadium. Soldiers from all over the island participated in the Sounds of Freedom run which is part of the Great Aloha Run, held every year on President's Day.

the finish line. As Army units entered the arena, applause echoed throughout the bleachers.

An award ceremony was also held to recognize the fastest runners and contributing military units. The 25th ID's 3IBCT proudly accepted honors for having the largest unit participation in the race.

At the close of the race Soldiers trudged out to buses for their trip home. Although tired and sweaty, a sense of pride and achievement could be seen on





22 / Today

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, Web tour and more will be available for use. Orientations will be held at the Schofield Barracks ACS, today and Feb. 29, 9–10:30 a.m.

Call ACS Schofield at 655-4227. Register online at www.acsclasses.com. Free child care vouchers are available. Call 655-5314.

Big Time Urban R&B – Enjoy great music, card games and a cash bar at the Nehelani, Schofield Barracks, today and Feb. 29, 9 p.m. to closing.

Enjoy a free taco bar with a beverage purchase, 9–10 p.m. Call 655-4466.

23 / Saturday

Kolekole Jam 2 – Don't miss the best, free concert of the year, Saturday, 5–10 p.m., 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, Saturday and March 29, 8 a.m.–12:15 p.m. This free event includes transportation and is great for families. Call 655-0143.

26 / Tuesday

Chocolate Celebrations at the Library – Enjoy chocolate-themed events at your local library throughout February. Enjoy chocolate tasting at the Aliamanu Military Reservation (AMR) Library, Tuesday, at 5:30 p.m.

Concluding the chocolate series, the movie "Chocolat" will be shown at Sgt. Yano Library, Thursday, at 5:30 p.m. The movie is rated PG-13 and refreshments will be served.

Call the Sgt. Yano Library at 655-8002 or the AMR Library at 833-4851.

28 / Thursday

Build Wealth Not Debt – Military Saves Week kicks off with a Build Wealth Not Debt class, Thursday, 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.



Army Hawaii Family Housing LLC

Culture dances into hearts of Soldiers

SCHOFIELD BARRACKS — A powerful Japanese taiko drum performance by Kenny Endo's Taiko Center of the Pacific captivates both young and old during a Tahitian dance performance. Hundreds of families enjoyed show-stopping entertainment, traditional cultural crafts and food sampling at Army Hawaii Family Housing's (AHFH) 2008 Cultural Festival held at the Kalakaua Community Center Sunday. Nearly a dozen music and dance performances showcasing the many cultures found in the islands were presented to AHFH families, complimented by a tasting of cultural delicacies. The 2008 Cultural Fest is one of many free activities and programs provided to families living in AHFH communities. "Our events provide great opportunities for our residents to come together as a community, meet their neighbors and form new friendships," said AHFH Property Management Director Rick Cunefare.

Aida – Catch a presentation of "Aida" at Richardson Theatre, Fort Shafter, Thursday and Friday, and March 1, 7, 8, 14 & 15. Performances begin at 7:30 p.m.

Enjoy music by Elton John, with lyrics by Tim Rice. Tickets are \$22-28. Call 438-4480/5230.

Ongoing

Military Spouse Career Advancement – The Military Spouse Career Advancement Initiative provides assistance to military spouses seeking to gain the skills and credentials necessary to begin or advance their career.

Career Advancement Accounts (CAA) cover the costs of training and education, enabling participants to earn a degree or credential in, in-demand, portable fields in almost any community across the country.

Spouses can find out more by going to www.milspouse.org and attending a CAA orientation. Call ACS at 655-4227 or 438-9285, the Education Center at

655-0800 for more information.

Cooking Club for Teens – The Fort Shafter Teen Lounge is looking for teens who enjoy cooking and 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 – 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 attractions? 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.

23 / Saturday

MDA Stride and Ride – The Muscular Dystrophy Association (MDA) invites the public to participate in a "Stride & Ride" charity event Saturday at Pearlridge Center Uptown. Registration starts at 7 a.m. Whether you "stride" in your walking shoes or "ride" in your wheelchair around the mall, there will be fun for the whole family. Enjoy a warm up session led by Pipi of KCCN FM100, entertainment by Halau Hula O Kaleipuaimitia (Waianae), prizes from Pearlridge Center, Vacations Hawaii, Best Buy, Big City Diner and Barefoot League. Call 593-4454.

Free Practice Tests – The Honolulu Kaplan Test Prep will hold a free GRE, GMAT, LSAT, MCAT, DAT, OAT and PCAT practice test Saturday for Oahu residents who are considering applying to a graduate/professional school at University of Hawaii, Manoa, Richardson School of Law. Check in opens at 8 a.m. In addition to taking practice tests under timed conditions, students will receive their scores and detailed feedback on their performance, including an analysis of their strengths and weaknesses. Visit www.kaptest.com/practice, or call 1-800-KAP-TEST.

Women's Rodeo – The Hawaii Women's Rodeo Association will hold a Jackpot Rodeo at the Diamond J. Ranch, Waianae, Saturday, at 10 a.m. Call 696-5055.

SGI Crater Women's Division Meeting – Join Soka Gakkai International (SGI) at the SGI Hawaii Culture Center, Feb. 23, 11 a.m.–1 p.m. for lively discussion and afternoon tea. SGI is a Buddhist organization that promotes world peace and individual happiness. Visit www.sgi-usa.org or call 595-6324.

27 / Wednesday

Blood drive – Donate blood at Kapolei High School's annual blood drive, Feb. 27, 7:30 a.m.–3 p.m., in the campus parking lot.

According to the Blood Band of Hawaii, one pint of blood can save up to three lives.

To give blood, donors must be in good health, at least 18 years old (or 17 with a signed parent consent form), weigh at least 110 pounds and have a valid photo ID. Call 692-8200.

28 / Thursday

African American History Month – Celebrate African American History Month at Sgt. Smith Theater, Schofield Barracks, Thursday, 10–11:30 a.m. Enjoy cultural displays, musical entertainment and dancing demonstrations. Call 655-0053.

College Planning Workshop – Visit a free college planning workshop at Kapolei High School, Thursday, at 7 p.m. Presented by the Hawaii Association of College Admission Counseling, this free workshop covers topics such as preparing for college, selecting a college and paying for college. Each family who attends will receive a free copy of the workbook, "College Planning – A Family Affair." Call 842-8900, or visit gearup.hawaii.edu.

Magic Lessons – The Hawaii Magicians Society holds free beginners magic lessons at Kalihi-Palama Public Library, Community Room, 1325 Kalihi St., every fourth Thursday of the month, from 6–7 p.m. Topics include card magic, rope magic, how to make our own production boxes, magic tables and more. Call 234-5262 or visit www.hawaiimagicclub.com.

29 / Friday

West Point Founder's Day Dinner – The West Point Society of Hawaii will be hosting the 2008 West Point Founder's Day Dinner at DeRussy Hall in the Hale Koa Hotel, Fort DeRussy, March 7. All West Point graduates and their families are invited to attend.

The evening will begin with Benny Haven's Hour at 6:30 p.m., and dinner will be served at 7:15 p.m. The guest speaker will be Lt. Gen. "Buster" Hagenback, class of

1971. The attire is aloha "crisp." Cost is \$45 per person.

The deadline to R.S.V.P. is Feb. 29. Send payment to retired Col. Chuck Cardinal, 576 Kumukahi Place, Honolulu, HI 96825; e-mail bandcardinal@msn.com or 1st Lt. Desiree Strozier at dstrozier@gmail.com.

Latino Idol – Singers are now being sought for Hawaii's second Latino Idol competition. Participants must be Hispanic, ages 18 and older, and sing in Spanish. The winner will receive \$1,000 cash and a CD recording. Deadline to register is Friday. Call Alma Latina Productions at 285-0072.

Ongoing

Hawaii Moms – Local moms love to talk, and they're talking on hawaiimoms.com. With everything from advice on potty training to tips on getting your husband to pitch in around the house, hawaiimoms.com is where local moms discuss and connect. Discover why hundreds of Hawaii moms just like you have become registered users. Visit hawaiimoms.com.

Toastmasters – The Pineapple Toastmasters Club meets every first and third Thursday each month at Sgt. Yano Library, Schofield Barracks, 6:30–7:30 p.m. Join the club and work on your public speaking skills. Prospective members are welcomed.

Call Don or Elaine Glover, 622-0169, for more details, or visit <http://pineapple.freetoasthost.us/index.html>.

Commissary Nursery – The Schofield Barracks Commissary has a nursery room for nursing mothers and parents with small children to use while they shop for groceries. The nursery is located behind Register 1. Call Susan Sturgeon-Campbell, 655-6886, for more information.



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



The Pirates Who Don't Do Anything: A VeggieTales Movie

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

The Water Horse: Legend of the Deep

(PG)
Saturday, 2 p.m.



The Great Debaters

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

The Great Debaters

(PG-13)
Thursday, 7 p.m.

See the Sgt. Smith Theatre for upcoming movies.

No shows on Mondays or Tuesdays.

Community Calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

22 / Today

Feline Fix – To celebrate Feline Fix, the Hawaiian Humane Society is offering 200 free-with-trade spay/neuter surgeries for socialized, healthy, owned cats (2 per household). Appointments are being accepted at www.hawaiianhumane.org now through Feb. 25.

Cats will be sterilized at no charge in exchange for one society "wish list" item, which includes canned kitten food, dog/cat nail clippers, clean towels or kitty litter. Visit the Web site for a complete wish list.

African American History Month – Celebrate African American History Month at Building 1554, Fort Shafter Flats, today, 11:30 a.m.–1 p.m. The event will feature exciting cultural entertainment, educational displays and ethnic food sampling. NASA astronaut Dr. Robert Satcher, an orthopedic surgeon, will be the special guest speaker. Call 438-2678.

Awakening the Spine – Darlene Bink offers a three-day workshop on how to "awaken the spine" from the ground up at the Yoga4Ewa Studio, today, 6–8 p.m.; and Feb. 23 Saturday and Sunday, 1–3 p.m. Fees apply. Call 689-1020, or visit www.yoga4ewa.com.

Hui O'Wahine Scholarships – High school seniors and Hui O'Wahine members continuing their education are eligible to receive scholarships from the Fort Shafter Hui O'Wahine Spouses Club. Applicants should visit www.huispirit.com to download scholarship forms. Deadline for submission is March, 31. E-mail huischolarship@gmail.com for more information.



Community volunteers give back at homeless shelter

Story and Photo by
MOLLY HAYDEN
Staff Writer

HONOLULU — A line of men stood patiently outside the Institute for Human Services, Inc. (IHS) Iwilei Men's Shelter here, Thursday, during the lunch hour. Meanwhile, six volunteers from the Goodwill Industries, Inc. stood behind an open window and handed out plates filled with hamburgers, vegetables, chips and salad.

The lunch hall resembled a school cafeteria as men with trays found seats and graciously dined on the generosity of others.

"It's great that people are willing to help us out," said one man as he cleared his tray. "We are all trying to get back on our feet. This is something that has helped along the way."

The IHS has worked with people who are homeless, advocating for their needs, and providing temporary shelter, food, clothing and support services so they may achieve higher levels of self-reliance.

IHS began as a volunteer-run organi-

zation more than 26 years ago and has a rich history of being a site for community service.

Today, IHS sleeps up to 250 individuals at the Iwilei Men's Shelter and 150 women and family members (including up to 60 children) at the Ka'aahi Street Shelter.

Every week, 6,300 to 7,000 meals are served.

For information on how you can make a difference by volunteering, call 447-2811, or 447-2821. Visit www.IHS-Hawaii.org.

Through generous donations of the community, as well as the continued help of a dedicated volunteer community, the organization has reached thousands of people who rely on IHS for essentials.

"We are always gracious of the volunteers who donate their time and energy to give back to their community," said Kate Bepko, public relations volunteer manager for IHS. "It's a great way to meet people, great resume builder, plus you are



Volunteer Anthony loloi (right) delivers a plate of food to a member at the Iwilei Men's Shelter. Volunteers and donations allow the shelter to provide meals to those in need.

helping those less fortunate. Everyone wins when you volunteer."

Less than a mile away, children were running into the playroom at the Ka'aahi

Street Shelter, tearing open book bags and starting on the day's homework.

"I need help," said an 8-year-old girl as she stared at a difficult math problem.

IHS family program specialist, Julie Nguyen, sat beside the girl.

"We are always looking for volunteers to help out with the kids," said Nguyen. "We always appreciate when people donate any amount of time to assist in the growth of our youth."

Volunteer opportunities are numerous at both shelters. Conducting food drives; preparing and serving meals; and cleaning, painting and organizing items at the shelters are a few of the ways volunteers can lend a hand.

"A lot of people think they don't have the time to volunteer, but any amount of time helps," said Nguyen. "Some people come in only once and put on a special event for the children, while others volunteer as little as a few hours a month, or up to three times a week."

"Volunteering is a good way to let people know you care," said Arlene Kakalia, supervisor of the Goodwill Waiver Program. "Sharing your talents and time keeps us all connected within our community. We are all family."

Homefront America announces scholarship opportunity for military children

AMERICAN FORCES PRESS SERVICE
News Release

WASHINGTON — Homefront America, a troop-support organization based in California, recently announced it will, for the third year, award 25 scholarships in May to benefit military children.

Homefront America is a supporter of America Supports You, a Defense Department program connecting citizens

and companies with service members and their families serving at home and abroad.

The \$1,000 scholarships will be awarded with the help of the W. Daniel Tate family and Sara's Hope, a charitable organization that offers annual scholarships to high school students who perform random acts of kindness.

These awards will bring the total of scholarships awarded through Homefront America's "The American Patriot Free-

dom Scholarship" program to \$70,000 since it began in 2006.

"Of all the programs we have available, our scholarship program is the one that is the most requested," said Mamie Yong Maywhort, co-founder of Homefront America. "We are deeply grateful to the Tate family and Sara's Hope for making it possible for us to do this again."

The program is open to student family members of active duty service mem-

bers, retirees, disabled veterans and fallen service members, including activated or deployed National Guard and Reserve members.

Candidates for the scholarships must submit an essay of 500 words or less on one of four approved topics:

- Why I love my country;
- Challenge(s) in my life and how I overcame it/them;
- Of all that my Mom/Dad has done for

me, I am most thankful for ...; or

- My number one American Hero.

The essays will be judged on originality, relationship to topic, length, and grammar and spelling. All applications must be postmarked by April 25. Complete eligibility requirements and rules are at the group's Web site, www.homefrontamerica.org.

(Editor's Note: Compiled from a Homefront America news release.)

Service members cash in with Military Saves week

MERCEDES ACUNA
Army Community Service

Military Saves week is just around the corner. Check out the frequently asked questions below to learn more information about how Military Saves can change your financial future.

What is Military Saves?

Military Saves is a social marketing campaign designed to change cultural attitudes and behavioral standards around saving money. It is part of a national campaign called America Saves, sponsored by the Consumer Federation of America (CFA).

America Saves works through community coalitions to persuade and encourage people to avoid debt and build wealth through saving.

How does the campaign work?

Military Saves helps organizations deliver positive messages about saving and invites people to write down their goals to save money or reduce debt. Organizations embrace the campaign by inviting members, employees, customers and community members to join as savers.

What happens Feb. 24–March 2?

Military Saves Week is an annual opportunity for the entire Department of Defense to focus attention on advocating service members and their families to establish savings goals and habits that set money aside for the emergencies and future wants and needs.

Public relations and marketing efforts by the department, the military services and partner organizations (banks, credit unions, associations, defense contractors, the IRS, Cooperative Extension, United Way, as well as financial education and consumer credit counseling or-

ganizations) culminate in a "Saver Drive," a force-wide push for individuals and families to set savings and debt reduction goals, and make simple plans to reach those goals.

People can set their goals with their organization's key worker, an alternate point of contact, or online at www.MilitarySaves.org.

Why would someone want to be a military saver?

Savings helps families get out of debt faster or save more money. People with a written plan save twice as much money as people who don't, according to the CFA.

Membership benefits to being a military saver include a free quarterly electronic newsletter, access to other wealth-building information, and savings and debt reduction tips.

Finally, saving makes a difference and helps establish a financially fit fighting force by building personal wealth through saving.

Who can join?

Membership is free and open to everyone, service and family members, retirees, veterans, civil servants, contractors, nonappropriated fund (NAF) employees, and friends. Any American who gets out of debt and saves money supports the cause of helping our troops build wealth, not debt.

How do banks and credit unions participate?

On-installation banks and credit unions are important partners in the annual Military Saves Week and ongoing campaigns. They offer "Military Saver" products, do special promotions, provide marketing expertise, and work hand-in-hand



with the Military Saves project officer to make the week successful.

Other financial institutions may support the nation-wide marketing effort, but are not members of the campaign effort inside the gate.

What is a "Military Saver" product or account?

Military Saves is not a particular savings product; it is a campaign to per-

suaude people to get out of debt and save money wherever they choose.

Some people who are new to saving, however, need special products that allow them to save a small amount over time without having to pay fees or have a minimum balance in their account.

Therefore, participating credit unions and banks offer at least one product that qualifies as a "Military Saver" account (it may go by a different name):

- The account may be a standalone account (not linked to a checking account or loan product).
- It may have no or a very low (\$25 or less) opening balance requirement.
- It may have no minimum balance requirement or fees for at least 18 months and earn interest.

Most institutions also have intermediate and advanced Military Saver products to help people who are farther along build wealth.

Can people who already save join anyway?

Yes. People of all financial positions, ranks and situations are invited to join Military Saves. In fact, Savers report that signing up helped them save even more.

How much does it cost?

Membership is free. Organizations can join the campaign for free as well, but will probably want to spend some money on marketing materials or advertising.

What about privacy?

Consumer Federation of America sponsors Military Saves, and has strict privacy policies. You don't provide financial information anyone; you only share your goal, and personal goals are never reported to anyone.

(Editor's note: Information obtained from www.militarysaves.org.)

Black History poster contests enlivens middle schools

Military parents inspire creative approaches in class

TRACY PRICE-THOMPSON
Sister4Sister Empower Ourselves, Inc.

WHEELER ARMY AIR FIELD – Khaliyah Thompson smiles as she positions a photo of African-American inventor Dr. Charles Drew on a bulletin board at Wheeler Middle School where she attends seventh grade classes. Nearby, Bianca Albea and Britney Williams sort through two stacks of posters depicting the images of other great African-American inventors that will go on display at Mililani Middle School, where they are currently enrolled.

Thanks to the determination of military spouses and Mililani residents like Regina Williams and Anitra Albea, African-American History Month programs have been instituted at two Central Oahu mid-

dle schools to highlight the achievements, inventions and contributions of African-Americans in our nation's history.

In addition to photo montages and timeline displays, a poster contest is underway where students are asked to illustrate a historical figure in African-American history. Also, twice each week a student reads a "Little Known Black History Fact" over the school's public address system.

"We recognized an educational need and sought creative solutions to fill that need," said Williams, a social worker for at-risk teens and the mother of 14-year-old Britney. As program consultant for the Black History Month committee, Regina Williams was instrumental in reaching out to school officials and assisting in the preparation of the proposal that would encourage middle school children to learn Black History facts in a way that was both fun and educational.

She said Wheeler Middle School



Courtesy photo

Students pose by a Black History board at Wheeler Middle School.

Principal Brenda Vierra-Chun and Mililani Middle School Principal Valerie Kardash were highly receptive to her ideas.

"We gave a comprehensive presentation to key members of their staff, and the level of excitement on the part of the teachers and the administration was enormous," Williams explained.

Anitra Albea, a human resources representative, treasurer

for the Parent Teacher Student Ohana, and mother of 12-year-old Bianca, praised Cathy Sumner, (PCNC) at Wheeler, and Ann Catania, Mililani PCNC, for their tremendous support.

As with most worthy endeavors, community support was instrumental to the success of the program. While the Black History Month Committee provided the initial outlay of funding for equip-

ment and supplies, Williams coordinated with Master Sgt. Sophia Mendoza, senior advisor for 9th Mission Support Command's Equal Opportunity Office on Fort Shafter. EO provided enough posters, artwork and easels to allow materials and illustrations to be on display simultaneously at both middle schools.

While learning about the contributions of African-Americans to society may be worthwhile in itself, a bit of incentive helped motivate students. They are receiving prizes in the poster contests.

The nonprofit organization Sister4Sister Empower Ourselves, Inc. is sponsoring three prizes for each school, and based upon feedback received from students, the organization decided to award each of the six winners with an iPod shuffle. Other entrants will receive a certificate of participation.

According to the organization, "[children] must become global

stewards, capable of excelling in diverse societies and infused with the proper respect for cultural differences. By bringing Black History Month programs to our schools, we negate the stereotypes and myths that bombard our children through various media."

Atypical of models portrayed on television, the Black History Month Committee was comprised of African-American women with graduate degrees. Sister4Sister Empower Ourselves believes "it does a grave disservice to all of our children if we fail to illustrate the contributions of African-Americans that impact their daily lives, and to reinforce the reality that Black history is American history."

(Editor's Note: Tracy Price-Thompson is a retired Army officer, nationally published author, founder of Sister4Sister Empower Ourselves, Inc., and a business owner who lives in Central Oahu.)



Community Sports Ongoing

Sharks Youth Swim Team – Come join the Sharks Youth Swim Team. Applicants must be Level 4 or higher swimmers. Tryouts are held at the Richardson Pool, Schofield Barracks, Fridays at 3 p.m.

Club fee is \$35 per month. Call 655-9698.

Racquetball Ladder Challenge

– The Fort Shafter Physical Fitness Center is hosting a Racquetball Ladder Challenge, now through March 31. Military and their family members, and 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 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 Aliamanu Mil-

itary Reservation; 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, Schofield.

Courts will be open for free play across the street from the facility. Call 655-4804.

All Army Sports – Soldiers interested in applying for Department of the Army-level sports competitions must submit applications with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>. Faxed copies are no longer accepted by the DA Sports Office. Call 655-9914 or 655-0856.

Youth Dive Team Lessons

– Spring board and platform youth diving lessons are available Monday–Thursday, 4–6 p.m., at Richardson Pool, Schofield. Cost is \$63 per month. Call 864-0037.

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 moms should bring a small towel or blanket for their babies to lay on. Call 655-8007 to register.



Send sports announcements to community@hawaiiarmyweekly.com.

22 / Today

Football league – The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9–14, is a nonprofit group that aspires to provide a high-quality experience for kids.

Visit www.myhalos.com, or call 620-8523 or 398-7340.

23 / Saturday

Swamp Romp – Competitors will participate in the Swamp Romp, the muddiest run on the Oahu, Saturday. This event is approximately five-miles through

various types of terrain. Online registration has closed, but on-lookers are welcome. Visit www.mccshawaii.com/cgfit.htm or call 254-7590.

24 / Sunday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a 10-mile intermediate hike through Moanalua, Sunday. Call 422-1048.

A \$2 donation is requested of nonmembers. 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, as well as treat trees and plants with care and respect.

Visit www.htmclub.org.

Ongoing

Wahine Sailors – The Wahine Sailors seek new members. Call

for meeting place and times. Cost is \$35 per year or \$5 per sail.

All levels are welcome. Call 235-8392.

Fleet Feet – Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15–7 p.m. Cost is \$50 per year. Call 277-3609.

Bike Hawaii – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages can include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, call 734-4214, or toll free to 1-877-682-7433. Visit www.bikehawaii.com.

Waikele Wrestlers – The Waikele Athletic Club holds wrestling classes for children and adults. Cost is \$45 per student.

Call 671-7169.

Jazzercise – Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikele. Classes are held Mondays and Wednesdays, 6:30–7:30 p.m., at the Waikele Elementary School cafeteria. Call 674-1083.

TOPS – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

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.

Safety precautions bring bring back relief to workers

CLINT GERMAIN

Safety Manager, Installation Fire and Safety

About 80 percent of all people will experience at least one bout of back pain in their lifetime. The Bureau of Labor Statistics [BLS] reports that back pain is the single most common repetitive stress injury in the workplace.

Back injuries account for one of every five injuries and illnesses in the workplace and more than 100 million lost work days each year.

To help prevent back injuries, try these remedies:

1) Exercise can strengthen the back, stomach and leg muscles. Several easy exercises include the following:

- Pelvic tilt. Lie on your back, knees bent, with your feet flat on the floor. Tense your stomach muscles so the small

of your back presses against the floor. Squeeze your buttocks together and lift your hips slightly off the floor. Hold for a count of 10 and relax, then repeat.

Knee to chest. Lie flat on your back with your legs straight. Grasp one knee and bring it as close to your chest as possible. Hold for a count of 10 and relax, then repeat.

• Bent leg sit ups. Lie flat on the floor, knees bent with your feet flat on the floor. Arms may be at your sides or folded across your chest. Raise your head, chest and shoulders off the floor. Relax and repeat.

2) Good posture can make a significant difference in preventing back pain.

- Sitting. Sit with the knees higher than the hips, use a low stool to raise the feet slightly; cross the knees for temporary relief and keep the lower back flat against

a firm backrest.

- Standing. Stand tall with head held high, chin tucked in, abdomen flat, hips tucked under, chest slightly up and forward.

• Leaning. Lean forward, bend knees slightly.

3) Sleep on a firm mattress or use a bed board between the box spring and mattress. Lie on your side with hips and knees bent or on your back with a pillow under the knees or lower legs. Also, avoid sleeping on your stomach.

4) Adjust your desk chair properly to support your back and relieve strain. Partial forward bending without a change of position or reaching directly forward puts a strain on both sides of the back. Stretch frequently and readjust your posture to relieve fatigue.

5) Lifting safely can prevent many serious back injuries. Lifting heavy objects is an obvious hazard to the back, but lifting less than one pound can also be a hazard, as it can cause slipped discs and back injuries. It isn't necessarily what you lift, but how you lift.

Call the Directorate of Installation Safety at 655-6655.

Before your start, examine the object to decide where and how to hold it. Clear your path of obstructions and trip hazards, and get help if you have any doubts about lifting an object.

Follow general rules for lifting: Stand close to the object with firm footing. Squat down and straddle the load. Keep your back straight and bend at your hips.

Straddle the object and try to keep that natural S-curve of your back. Lift with your leg muscles. After your legs are straightened, bring your back into a vertical position. Hold the object firmly, close to your body while moving.

Use these same motions to set the object down. However, avoid sudden, jerky motions. Never twist while carrying an object.

Back injuries can affect anyone, at any age, in any line of work. Exercise, careful lifting techniques and good posture can prevent most back injuries and back pain.

Remember, if your back pain increases or persists, seek medical attention or visit your doctor.

(Editor's Note: Some information gathered from Targetsafety.com.)

Early warnings, a life-saving gift

TRICARE MANAGEMENT ACTIVITIES

News Release

FALLS CHURCH, Va. — People use genealogy to trace their family trees, or to find a specific person in a family's past. Like a family tree, the health history of blood relatives can help primary care managers (PCMs) predict maladies to which you may be at risk.

Many experts think that family health history is the best 'genetic test' available. Certainly it is the most readily accessible and cheapest, and there is no time like holiday gatherings to share family history. The United States Surgeon General has even provided a My Family Health Portrait tool at www.surgeongeneral.gov/familyhistory in partnership with other Department of Health and Human Services agencies.

For years, health care professionals have known that common diseases such as heart disease, cancer and diabetes and rare diseases, such as sickle cell anemia, hemophilia and cystic fibrosis, can run in families. If one generation of a family has breast cancer, the next is often at a high risk of developing it.

TriCare Management Activity recognizes the importance of knowing family health history and early detection. For instance, TriCare recently began covering magnetic resonance imaging (MRI) screening for women in their thirties who have a high risk of developing breast cancer. The American Cancer Society has clear guidelines defining high risk, and family history is a factor in that risk assessment.

"We want these women to have every chance to detect any cancer at the earliest possible stages, said Army Major General Elder Granger, deputy director, TriCare management activity. "An MRI is an exceptional tool for screening the highest risk women for breast cancer."

Beneficiaries with a family history of colorectal cancer may be eligible to have a colonoscopy more frequently and at an earlier age. PCMs need to know health history to reduce the risk of developing this disease.

Use the My Family Health Portrait page to help. It is designed to be completed at home and serves as a starting point for a broader discussion of disease screening with health care providers.

Americans know that family history is important to health. A recent survey found that 96 percent of Americans believe knowing their family health history is important. Yet, the same survey found that only one-third of Americans have ever tried to gather and write down their family's health history.

Here are a few tips:

- Take the time to complete a family health history, share it with children, grandchildren and siblings.
- Print off a copy and take it to the next primary care provider appointment.
- Make sure the most accurate and updated family history has been documented in medical records.
- Ask about any special screenings because of specific family history.



New site adds to convenience of TriCare

TRICARE MANAGEMENT ACTIVITIES

News Release

FALLS CHURCH, Va. — TriCare Prime and Prime Remote beneficiaries in the United States including Hawaii and Alaska can enroll online with the new Beneficiary Web Enrollment (BWE).

"The new online system may be one of TriCare most convenient tools to date," said Army Maj. Gen. Elder Granger, deputy director, TriCare Management Activity. "Beneficiaries can manage some of their health care information from the comfort of home 24 hours a day, seven days a week."

Prime and Prime Remote beneficiaries can log on to www.dmdc.osd.mil/appj/bwe/ to enroll, disenroll, choose primary care managers (PCM), transfer regions,

update personal information, add other health care information and request enrollment cards. BWE allows Standard beneficiaries to update personal information, add other health care information and enroll in Prime.

BWE's link to the Defense Eligibility Enrollment Reporting System (DEERS), allows beneficiaries to update their personal information for both TriCare and DEERS at the same time.

Sponsors and family members can access their TriCare information by using their Common Access Card (CAC), Defense Finance and Accounting Service (DFAS) "myPay" Personal Identification Number (PIN) or Family Member Account PIN.

Enrollments and PCM changes

are pending until approved and approval may take up to six calendar days. Beneficiaries can log on to the site to view the status of their account anytime and can cancel pending enrollments and/or PCM changes within 48 hours of initiating the transaction.

To date, the US Family Health Plan, a TriCare Prime option, is not available for enrollment on the BWE Web site.

In addition to the new Web service, enrollment forms are still available at <http://www.tricare.mil/mybenefit/home/overview/Enrollment/WebEnrollment> to fill out and mail to a Tricare regional office. Beneficiaries can also visit a local TriCare Service Center to enroll.