

INSIDE

## USARPAC signs readiness agreement

U.S. ARMY, PACIFIC, PUBLIC AFFAIRS  
News Release

FORT SHAFTER – A new agreement signed into existence by the Installation Management Agency and U.S. Army, Pacific, transfers some assets to garrison.

Through the “Flagships of Readiness” agreement, non-deployable functions currently aligned to major deployable units were transferred to supporting garrison organizations.

The Army is engaged in the largest transformation of its force structure in decades, while

simultaneously conducting a global war on terrorism and preparing to meet future challenges.

Just as important, the Army is transforming its business processes and support infrastructure to streamline processes, eliminate redundancy and redirect savings to higher-priority needs.

As the Army transforms to provide ready, relevant land power for the 21st century security

SEE READINESS, A-3



Spc. Stephen Proctor | 17th Public Affairs Detachment

Stan Sokoloski (left), director of the Installation Management Agency, Pacific Regional Office, and Lt. Gen. John M. Brown III, CG of USARPAC, pose after executing the Flagships of Readiness agreement, Feb. 25, 2006.



### Coming home with a new set of eyes

Filipino-Americans end up right back where they started — and love it

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### Waianae showdown

Soldiers and JROTC cadets square off against each other, the elements

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### Woodstock revisited?

Not quite. Swamp Rompers break out your mudflaps

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Two of 29 lieutenants compete on the obstacle course of the first annual George C. Shaw Best Lieutenant Competition at East Range. The contest threw diverse physical and mental challenges at the junior officers, Feb. 22–23.

## The ‘Best LT’ finally wins – in 36 hours

The annual Best Lieutenants contest pits young officers in combat-related events

Story and Photos by  
PFC. NICOLE R. MONTOYA  
17th Public Affairs Detachment

SCHOFIELD BARRACKS – Lieutenants from the 25th Infantry Division competed in the first annual George C. Shaw Best Lieutenant Com-

petition, Feb. 22–23.

The competition is in respect for Medal of Honor recipient 1st Lt. George C. Shaw who led an assault under heavy enemy fire, maintained his position after his comrades were killed by opposing forces, and fought until the position was taken by American forces.

The grueling 36-hour competition consisted of everything from land navigation to completing obstacle courses on East Range.

“This is a way for lieutenants to compete

against each other to see who will beat out the rest,” said Capt. Brandon Graves, Headquarters and Headquarters Company, 25th Infantry Division, training resource manager. “We want to give the lieutenants the chance to boost the morale of their home units by competing in something similar to Soldier and Noncommissioned Officer of the Month.”

The contest consisted of a physical training

SEE LIEUTENANTS, A-3

## ‘Mustangs’ of 325th BSB do battle on the Big Island

325th Brigade Support Bn. fires 200K-plus ammo rounds in preparation for deployment

1ST. LT. JONATHAN HOWE  
325th Brigade Support Battalion

POHAKULOA TRAINING AREA, Hawaii – The “Mustangs” of the 325th Brigade Support Battalion took the opportunity to shoot live rounds this month at the Big Island of Hawaii, as a recent court decision banned live-fire in the Makua Valley on Oahu.

Using the Pohakuloa Training Area (PTA), the Mustangs participated in a three-day convoy live-fire exercise during their recent 25-day deployment to the Big Island. The night and day convoy training involved simulated improvised explosive devices (IEDs) and pop-up targets, which allowed Soldiers to shoot from a moving vehicle.

In addition, the Mustangs conducted machinegun qualifications, trained on small arms and reflexive fire ranges, and received driver’s training. In all, the Mustangs fired more than



Sgt. Richard Jackson | 325th Brigade Support Battalion

Mustangs from the 325th Brigade Support Battalion react to a simulated roadside improvised explosive device (IED) during convoy live-fire training at Pohakuloa Training Area on the Big Island of Hawaii.

200,000 rounds of ammunition and covered thousands of combined miles while simulating a combat environment.

The training was in preparation for their up-

coming deployment this summer.

“This type of training is close to the real

SEE MUSTANGS, A-11

## 25th ID revs up pre-war training

PFC. DURWOOD BLACKMON  
Staff Writer

SCHOFIELD BARRACKS – The Chaplain’s Office of the 25th Infantry Division provided an educational experience for rear detachment commanders, family readiness group leaders, and other service and family members to hone skills needed to manage a crisis and support others in stressful situations during Family Survival Night at the Main Post Chapel here Feb. 15.

Family Survival Night began with a free, catered meal, then afterwards Jeri Couthen, a civilian professional from the Coast Guard Work Life Center, who teaches “Critical Incident Stress Management” (CISM) classes, gave an informative talk titled “The Healing Conversation.”

The class focused on a multitude of actions that can be beneficial for dealing with those in stressful situations, including how deployments affect families, listening skills, gender awareness, couples’ communication, grief, crisis behaviors, and traumatic stress reactions.

“Normal people have a normal reaction to an abnormal event, that is the CISM mantra,” said Couthen. “A critical incident is trauma, something out of the ordinary, and one of the things we know is that CISM impacts our family members as well our active duty members.”

Couthen continued, anything that impacts Soldiers’ families impacts our Soldiers. If our Soldiers are worried about their families they’re not focusing on their job. He emphasized the importance of paying attention and using communication techniques to fully understand the reactions of others.

“You need to make sure that when you’re talking about something that you talk about it from their perspective and you recognize their perspective. Sometimes folks are afraid to talk about their real feelings because they’re afraid it’s a sign of weakness.

“And so we have to recognize that it doesn’t mean that our loved ones don’t care,” he continued. “It doesn’t mean that they don’t hurt; it means they don’t know how express it in a way that allows them to feel safe in how they define themselves,” said Couthen.

During a crisis, how people express themselves and the manner they do so is a key factor in dealing with CISM.

“It’s important to understand why your loved ones react the way they do. You have to speak in a language that they understand; you have to speak in a way that

SEE SURVIVAL, A-9

## 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 655-4816, 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 captions and bylines.

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# The Provost Marshal Corner

*(Editor's Note: Information in this column is general in nature and a roll up of incidents as they are reported to the Military Police during the time frames stated.)*

## COL. JACQUELINE CUMBO Provost Marshal, 25th Infantry Division

Crime data is provided to make Soldiers and family members aware of trends that may be developing in or around their community. The Provost Marshal Office (PMO) uses this data to direct patrol activities designed to apprehend offenders and eliminate these occurrences.

In our joint fight against crime I ask that you use this information and take proactive measures to avoid becoming a victim. Report suspicious activity to the Military Police at Fort Shafter (438-7114) or at Schofield Barracks at (655-7114), or call 911 for emergencies.

## Crime statistics recorded from Feb. 1-14

### • Fort Shafter

The Fort Shafter PMO reported 11 incidents during this period. Seven cases took place on Aliamanu Military Reservation (AMR).

Five of the seven were damage to privately owned vehicles (POVs); three of the POVs had slashed tires and the other two POVs scratches to their painted finish. The tire slashing incidents occurred in the area of Plumeria Loop and Gardenia Loop. They are under investigation.

Case six was a broken window in family housing, and in case seven, a civilian was tracked down and apprehended after he had come on AMR to harass one of our military family members.

This individual was barred from the installation and cited for reckless driving, inattention to driving, harassment and an accident involving bodily injury and assault on a federal officer.

In another incident at Fort Shafter, a Soldier knowingly negotiated counterfeit international money orders at the credit union, and then attempted to board an aircraft for the mainland. Military Police were notified, and they contacted the Army Criminal Investigation Division, which made the apprehension of the Soldier as he was about to board the aircraft.

The Soldier has been cited for larceny of

private funds in excess of \$5,000.

Tripler Army Medical Center (TAMC) experienced one case of POV damage. Two cases were reported at Fort DeRussy. One of these involved damage to government property. An unidentified male subject damaged the change return of a video arcade game. The incident was captured on the closed-circuit television and is being actively investigated.

One housebreaking incident occurred at the Hale Koa Hotel where unknown person(s) by unknown means entered a hotel room and stole a victim's handbag that was placed in a suitcase located in the hotel room closet. The victim lost approximately \$200 and various personal items.

The Honolulu Police Department arrested a total of 19 Soldiers off post: 15 for alcohol-related offenses while driving, three for assault (fighting) and one for a domestic assault.



Cumbo

### • Schofield Barracks

The Schofield Barracks PMO reported 13 cases during Feb. 1-14. A shoplifting case occurred at the Schofield Inn when two juveniles were apprehended after they tried to depart the Inn without paying for two soft drinks.

Six larcenies occurred on Schofield Barracks. Three took place in housing areas, two in common areas and one in troop areas involving a variety of miscellaneous items. Three of these larcenies were of unsecured property.

Six cases of damage to private property were reported with five taking place at Schofield Barracks and one at HMR. Five of these cases involved minor damages (scratches and dents) to POVs.

## Safety, Awareness and Preventive Tips

Many of us don't plan on being a victim, but unfortunately, we must plan if we don't want to be a victim. For example, millions of dollars worth of recovered property is not returned to the owner because of lack of identifying information. However, if you can identify recovered stolen property, it will

aid police in returning the items to you.

Record and store the serial numbers of your property. For those items that have no serial number, you may engrave your driver's license, Social Security (last four only) or inventory number (of your own making) with a simple etching tool and record those numbers.

Personal items such as jewelry may be photographed with proper identification on the back (photos should include a ruler in the foreground). Make an inventory of all your items by name, make, model, serial number, size and color.

Some of the things you should list on your inventory are televisions, VCRs, stereo equipment, cameras, binoculars, sporting goods, sewing machines, watches, power tools, guns, autos, bicycles, motorcycles, scooters, credit cards and the like. Make several copies of your inventory and store it in a safe place.

Many items were found and are as yet unclaimed at PMO, currently one bicycle and two rifle replicas. If you believe any item is yours, call the evidence custodian at PMO, Schofield Barracks: 655-7114. You will need to provide a full description of the items to claim them.

## Hot Topic

Because of our gates and the strict access control measures at our installations, military communities are perhaps the safest in the nation. However, there are persons that our gates cannot stop, and they are finding their way "undetected" into our homes and the rooms of our children.

In fact, these predators are entering homes through cyberspace. Who are these people? Many are online pedophiles who are meeting our children through online chat rooms.

Instant messaging or IMing on sites like MySpace.com has become very popular and can be done safely. Teenagers can find kindred spirits who share their love of sports, their passion for photography or their crush on a Hollywood star. But they can also find out where their online friends live, where they attend school and what they look like. And so can adults.

Our headlines give us an idea of how common and pervasive the problem of online enticement is. One ABC News report claims that, "Last year, there were nearly 2,700 reports of online enticement of children for sexual acts. And the justice de-

partment says one in five children age 10 to 17 have gotten an unwanted sexual solicitation online."

ABC News cited a relatively small number, but you can be sure that the actual number of "unreported" incidents is significantly higher.

Here are some suggestions:

- Know what your children are doing online. Ask them to show you their personal Web page.

- Educate your children. Talk with them about the dangers of chat rooms.

- Locate computers in common areas where usage can be monitored.
- If kids and teens are permitted to use chat rooms, set strict time limits.

- Never publicly post in any online forum any personally identifiable information.

- Keep your password a secret.

- Don't reply to spam.

- Remind that being online does not make anyone completely anonymous.

- Think before you click. Never reply to any attempt to gain personal or banking information from an e-mail that you did not originate.

You should report any incident that makes you uncomfortable or is inappropriate to proper authorities. If you ever feel like you're in real danger from someone online, tell your local law enforcement, and don't delete the message! A printout isn't enough; police need the live communication to check out the headers and other coding.

Parents are always encouraged to foster open communications and an environment of trust with their children.

## Traffic Statistics

Traffic safety is a constant concern to everyone. Please be aware that what we do while operating a motor vehicle can result with dire consequences for ourselves and others.

Here is a count of some of the traffic citations that were written on post Feb. 1-14:

- Expired registration, 54
- Expired safety inspection, 80
- Driving w/o a driver's license, 27
- Disregarding stop signs, 29
- Speeding, 121
- DUI of alcohol, 2

We are stepping up our enforcement of seat belts, safety inspections, registration and vehicle insurance. Make sure that yours is current. Let's "take a bite out of crime."

## LIGHTNING SPIRIT

# We must answer the call

## CHAPLAIN (CAPT.) JIM BURTON 1st Battalion, 14th Infantry Regiment

Without trying to sound too philosophical, why are you here? As a Christian Chaplain, my answer is "to bring glory, honor, and praise to my Lord and Savior Jesus Christ."

More specifically, though, what led you to join the U.S. Army? This question needs to be answered regularly by those who wear the uniform.

Before the Sept. 11, 2001, terrorist attacks, I was the pastor of a small country church in northeast Texas. Although this congregation loved my family and me tremendously, I was feeling a call from God about re-entering the military as a chaplain. However, my immediate answer was that since I was the son of a retired Marine and had served nine years in the Air Force as an enlisted man myself, my time to serve my country was over.

Then came the terrorist attacks, and I became what noted pastor and author Tony Evans calls "pastorally ticked-off." How dare they do something so horrendous like this to the country that I love so deeply!

However, I am kind of slow moving, sometimes. (Any that have seen me running during PT can verify this.) So, I did not immediately rejoin the service — besides, the process to become a chaplain is a little more extensive and requires some time.

Remember, I was feeling called by God to become a chaplain earlier, but was not immediately saying yes. The spring of 2002 changed all this procrastination though. That is when the movie "We

Were Soldiers" was in theaters.

In a scene in the movie, a cab driver, who everyone knows is delivering death notifications, knocks on the door just to ask directions. The colonel's wife berates him for scaring them this way, and he humbly apologizes and says, "I'm just doing my job. The Army wasn't ready for this ... there are not enough chaplains."

This one line had such an affect upon me that the next day I called and started the paperwork to become a chaplain.

After being a chaplain for more than three years now, I know that this is not how notifications are done, but I know that this method finally got me listening to God about becoming a chaplain. And you know something, God is always right. I absolutely love where He has me right now.

On a daily basis, I count it a privilege to serve the men and women who answered the call of duty to protect and defend this great country that God has blessed us with. I stand in awe of you because of your willingness to take a stand in order to protect the freedom granted to us by almighty God.

There is a sense of duty that those who have never worn the uniform of the United States will ever understand.

General Douglas MacArthur, in his famous speech at West Point, best describes this feeling: "Duty. Honor. Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying points: to build courage when courage seems to fail, to

regain faith when there seems to be little cause for faith, to create hope when hope becomes forlorn.

"... You stand as the nation's war-guardian, as its lifeguard from the raging tides of international conflict, as its gladiator in the arena of battle. ... You have defended, guarded and protected its hallowed traditions of liberty and freedom, of right and justice. ... Your guidepost stands out like a tenfold beacon in the night: Duty. Honor. Country."

With all due respect to General MacArthur, a higher source states what our duty should be: the Bible.

In Colossians 3:22-23, we read, "Don't work only while being watched, in order to please men, but work wholeheartedly, fearing the Lord. Whatever you do, do it enthusiastically, as something done for the Lord and not for men."

My duty is to serve Soldiers and their families by performing or providing religious support. I am to "bring God to the Soldiers, and Soldiers to God."

I do not do this for me, but as I stated earlier, "to bring glory, honor and praise to my Lord and Savior Jesus Christ."

I know, serving in the Army is sometimes demanding and difficult. It takes us away from our families and friends; it asks us to perform things that we never dreamed imaginable. However, when we answered the call of duty, we knew that we were embarking upon something bigger than ourselves.

When things are tough, I remind myself of Philippians 4:13, "I am able to do all things through Christ Jesus who strengthens me."

Regardless of the job you currently hold, whether officer or enlisted, remind yourself of why you undertook this calling you have. It will make answering the call of duty easier and that much more rewarding.

# 102 Days since last fatal accident



As of 3/01/06

As your daily reminder to be safe, place a "red dot" on your wristwatch.

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.

A four day holiday/long weekend will be awarded for 200 consecutive days with no accidental fatalities.

Remember, be safe Tropic Lightning!

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# Voices of Lightning:

Other than normal PT, what do you do to stay healthy?



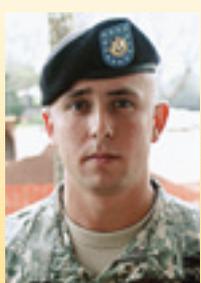
"I play basketball and eat as much fruit as possible."

Pfc. Gregory A. Wells  
3-25th FSB,  
Mechanic



"I ... initiated change to improve my quality of life."

Staff Sgt. Wallace Layne  
25th Replacement  
Detachment  
Cadre



"...Make sure I maintain a decent diet, conduct PT, do weightlifting."

Sgt. Geraldo J. Camilleri  
25th Aviation  
Team Leader



"I go to the gym and run around the barracks ... do sit ups and pushups, just little stuff."

Pvt. Conrad E. Hoover  
40th Quartermasters,  
Petroleum Specialist



"I do some pushups in the barracks and drink water every night."

Pfc. Brandon A. Phillips  
40th Quartermasters,  
Water Treatment Specialist



A 25th ID lieutenant low crawled under barbed wire during the first annual George C. Shaw Best Lieutenant Competition Feb. 22-23. Close to 30 participants from around Schofield Barracks competed.

# Lieutenants: Officers test their skill and grit

CONTINUED FROM A-1

test, a combat swim test, road marches, night land navigation, patrol base activities, a confidence obstacle course and stress fire. Twenty-nine lieutenants completed this array of tasks.

"I was very surprised that I won second place," said 1st Lt. Todd M. Tompkins, 3rd platoon leader, Company C, 1st Battalion, 14th Infantry Regiment. "I couldn't wait until the events were over.

"Overall, I think it was a good competition, and it brings great validation for future leaders," Tompkins added.

Not only did the competition force the lieutenants to live by a higher standard, but it also boosted the morale for

- Winners**
- 1st Place**  
2nd Lt. Derek A. Dobogai  
2-35th Inf. Rgt.
- 2nd Place**  
1st Lt. Todd M. Tompkins  
1-14th Inf. Rgt.
- 3rd Place**  
2nd Lt. Matthew Fernandez  
2-27th Inf. Rgt.

the units competing. "I didn't want to let the Soldiers in my unit down," said 2nd Lt. Derek A. Dobogai, executive officer of Co. B, 2-35th, and winner of the George C. Shaw Best Lieutenant Competition. "I want to thank all of 2-35 Infantry for their support.

"The competition kindled the competitive spirit and also brought a lot of camaraderie between all the lieutenants competing," Dobogai explained.



Dobogai

# Filipino-Americans return to their roots in Balikatan '06

**CPL MARY SIMMS**  
25th Infantry Division Public Affairs

FORT MAGSAYSAY, Philippines — In 1991 Carmelita Williams left behind a life of poverty in search of stability for herself and her daughter. She immigrated to the United States with the dream of a better life.

Fifteen years later, Williams' has job brought her back to the Philippines, ironically, only 40 minutes outside the province where she grew up.

This month, Williams returned to her native country with a title she is very proud of — sergeant first class in the U.S. Army.

"I'm always excited and proud to hit the ground here in the Philippines [temporary duty] on a deployment status," Williams said. "I get to serve our country, and I get to serve the country I grew up with."

Since being stationed in Okinawa, Japan, in 2002, Williams has had the opportunity to participate in deployments to the Philippines each year. As the senior supply noncommissioned officer at Fort Magsaysay, she is working nonstop to make Balikatan 2006 a success.

"I have chicken skin," Williams said, as she excitedly rubbed her arms before going out into the local community to procure supplies for the dining facility.

Williams has worked hard to make her dreams come true.

"I feel so proud when the Filipino counterparts look at us and say, 'Wow, you are one of them and you are a Filipina.' That motivates me so much. It keeps me running a little faster on the road when they are watching," she said, smiling proudly.

Williams isn't the only native Filipina participating in Exercise Balikatan '06. Of the participating U.S. troops besides the 25th Infantry Division, the 505th Quartermaster Battalion out of Okinawa, Japan, the Guam National Guard and even the California National Guard have many service members with Filipino roots.

"I've got a staff sergeant in my section [who] is from 30 minutes outside the north gate here. I think great — it's really cool," said 1st Lt. Christopher Lienbach, a second-generation self-proclaimed Army brat from Houston, Texas, and platoon leader for Alpha Company, 3/7 Field Artillery, 25th Infantry Division. "Some of these guys have been waiting for this for years ... the opportunity to go to the Philippines."

The exercise is a very unique cultural exchange; Filipino-Americans in the U.S. Army train side-by-side with Filipinos from the Armed Forces, Philippines (AFP).



Above — Air Force Master Sgt. Jerry Damian and Army Sgt. 1st Class Carmelita Williams stand by as a local casher wheels out merchandise purchased in the town of San Fernando, Republic of the Philippines, for use at Fort Magsaysay during Balikatan 2006.

Inset — Staff Sgt. Edward Tinawan and Sgt. 1st Class Scottie Johnson conduct an after-action review with the Armed Forces of the Philippines in a joint training exercise during Balikatan 2006. Staff Sgt. Tinawan is a native Filipino who joined the U.S. Army in the early 1990's.

"Palms should be facing you; you should see your palms," said Sgt. 1st Class Scottie Johnson, master gunner also with the 3/7th, as he instructed a squad of AFP Soldiers on various drill and ceremony commands.

Staff Sgt. Edward Tinawan translated Johnson's instructions in Tagalog.

Tinawan, a section chief for the 105mm howitzer battery in 3/7th, is also a native Filipino. His fluent Tagalog has netted him an additional duty — as an interpreter.

"We migrated to the [United] States in the early 90s, and now, over ten years later, I'm back," said Tinawan. "I'm proud of the AFP and I'm proud to be here helping them out."

"It feels really good. I just wish I could spend more time with them," he said after translating an after-action review with the AFP Soldiers.

"They're real proud of me. I can tell that. I'm proud of myself too," Tinawan said, as he gently pounded his heart with his fist.

# Readiness: Army shifts focus, assets to garrison

CONTINUED FROM A-1

ty environment, the U.S. Army, Pacific, is making changes in its infrastructure to enable its forces to fulfill their strategic roles and missions.

Several years ago, the Army created the Installation Management Agency to unify the business structure of Army installations and to create uniformly high standards of quality for Soldiers and their families.

Flagships of Readiness will allow operational units to focus on their global operational responsibilities. The agreement will also allow Pacific garrisons to execute those functions that are the core competencies of the Army's Installation Management Agency.

**You Drink.  
You Drive.  
You Lose.**

Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration

# 2-35th relaxes at North Wind



Above — Sgt. Thogarma Manzo dresses and acts like a Samurai at the Iwate museum.

Inset — The first display entering the museum is a tall statue of Tobatsu Bishamon-ten, the "Guardian of the North" who gives blessings to visitors.

## Soldiers of Cacti Co., 2nd Bn., 35th Inf. Rgt., take in sights and culture of Japan

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

CAMP IWATE — As the popular entertainment group Outkast would say, Soldiers from the Cacti Company in Japan were "so fresh and so clean." Feb. 15, they put away their battle dress uniforms for a break in training and hit the local town for a day of recreation.

From collared, button-up shirts to slacks and crisp jeans, from dress shoes to fresh sneakers, 2nd Battalion, 35th Infantry Regiment, Soldiers were dressed to impress for their Morale, Welfare and Recreation-sponsored tour in Iwate.

The purpose of the trip was to give the company more in-depth knowledge of Japan, the country's history and culture. The first stop on the expedition, the Iwate Prefectural Museum, provided the perfect opportunity. Iwate's museum is filled with a comprehensive collection of archeology, history and folklore.

No strangers to combat uniforms, the Soldiers took the chance to sport a different type of battle dress as they tried on Samurai armor and replaced the M16-A2 rifle with replica Samurai swords.

"The Samurais were interesting," said Pvt.2 Jason Spencer of Delta Company, 2-35th. "When you get to try on the outfits and equipment, it kind of makes you feel like you were there."

The whole tour consisted of stops to the museum, a handmade pottery factory and the Iwatesan sake factory, where everyone saw how the Japanese make multiple varieties of sake. Each destination provided special moments.

"I liked going to the museum portion of the trip," said Staff Sgt James Apel, Headquarters and Headquarters Company, 2-35th. "I'm pretty interested in learning about the cultures of other countries and seeing it. That way I could get some pictures for my son."

Spencer said learning about the history of Japan builds upon troop relationships with their Japanese counterparts, which ultimately leads to better training.

"When you are interacting with people of a different culture, a different race, it's always good to learn about their past," said Spencer.



# News Briefs

Send military news announcements to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

## March

**Schofield Barracks Road Closure** — Kolekole Avenue, between Hewitt Street and Floyd Street, will be closed on Saturday, March 4, from 8 a.m. to 4 p.m. For more information, call 748-8244.

**Blood Drives** — Beginning in March, the 25th Infantry Division and U.S. Army Garrison Hawaii will conduct bimonthly blood drives at the Kaala Recreation Center, Building 556, Room 101.

These drives will be conducted bimonthly in order to support the continual need of blood products in the Central Command theater of operations supporting the war on terror.

**Patient Safety Week** — An open house on patient safety will take place in the military health care system at two locations sponsored by Tripler Army Medical Center.

Maj. Gen. Gale S. Pollock, Tripler Army Medical Center's commanding general, will speak Monday, March 6, at Sgt. Smith Theater, Schofield Barracks, at 4 p.m. and at Tripler's Kyser Auditorium on the first floor, Oceanside, at 6 p.m.

For more information, call 433-6864.

**SAEDA-OPSEC** — A Subversion and Espionage Directed Against the Army (SAEDA) Operational Security (OPSEC) briefing will be held at Tripler, March 6 at 7:30 a.m., 10 a.m. and 1 p.m. at Kyser Auditorium.

For more information, contact Hawaii Resident Office personnel at 438-1872 or at 306-8050 (the 24-hour duty phone), or e-mail [james.l.cummins@us.army.mil](mailto:james.l.cummins@us.army.mil).

**FBI Recruitment** — Are you interested in a career as an FBI Special Agent? Learn about the FBI by attending an FBI career presentation March 9 at Schofield Barracks, Building 690 (Aloha Center), third floor conference room, from 10 to 11 a.m.

For confirmation, call 655-1028. For information on future monthly presentations at Schofield Barracks

and other military bases, contact Special Agent Kal Wong at 566-4488.

**Women's History Month** — The Fort Shafter community will observe Women's History Month at the 9th Regional Readiness Command Assembly Hall, Building 1554 at Fort Shafter Flats, March 15 from 11:30 a.m. to 12:45 p.m.

The theme is "Women: Builders of Communities and Dreams," and the guest speaker is Brig. Gen. Coral Wong Pietsch, the first woman general in the history of the Judge Advocate General Corps, and the first Asian-Pacific American woman general in the U.S. Army.

Refreshments will be provided. For more information, call 438-2678.

**Vet Clinic Closure** — Military veterinary clinics, including Fort Shafter, Hickam Air Force Base, Schofield Barracks and Kaneohe Bay veterinary clinics, will be closed March 15.

Pet owners should ensure that a vet is available for their pets should an emergency occur. Call 433-1972 for more information.

**CIA Recruitment** — CIA recruiters will be at the Schofield Barracks ACAP Center, Building 690, Room 3G, on Thursday, March 16, from 10 to 11 a.m.

Recruiters will provide general information and will recruit applicants for the National Clandestine Service as well as operational logistics officers and support officers. Interested applicants should visit [www.cia.gov](http://www.cia.gov) to obtain additional position descriptions and qualifications. Call 655-8945 for more information.

**PX Parking Lot** — The Schofield Barracks Post Exchange front parking lot will be closed through early March. The PX, PXtra and Home Center will continue to open from 9 a.m. to 9 p.m., and staff will assist patrons carrying large purchases.

For more details, contact Susan Nonamaker at 622-1773.

## April

**April SAEDA-OPSEC** — A SAEDA-OPSEC briefing is available April 6 at 1 p.m. at Richardson Theater, Fort Shafter. For more information, contact Hawaii Resident Office personnel at 438-1872 or at 306-8050 (24-hour duty phone), or e-mail [james.l.cummins@us.army.mil](mailto:james.l.cummins@us.army.mil).

SEE NEWS BRIEFS, A-8

# 3rd Brigade shares its warrior ethos with the Japanese Army

Story and Photo by  
**SPC. BRIAN BUCY**  
3rd Brigade Public Affairs Office

CAMP IWATE — Woodland camouflage covered the snowy firing here the morning of Valentine's Day as Soldiers from Schofield Barracks prepared to train Japanese soldiers in North Wind '06, a two-week bilateral exercise that began Feb. 11.

Thus far, 3rd Brigade Soldiers have trained with Japanese forces in combat maneuvers, marksmanship and combative training, and snowshoeing.

"Close quarter marksmanship is a training step in the 'enter and clear building' battle drill," said Staff Sgt. Michael Sandoval, 3rd Platoon sergeant, Company C, 2nd Battalion, 35th Infantry Regiment, who was geared up in battle-rattle for the firing exercise,

Feb. 14. "It develops muscle memory for these Soldiers to use in combat situations."

Speaking in a friendly but serious manner, Sandoval's confident tone gave the impression that he had executed this type mission a thousand times before.

According to the leadership of the 2-35th, Soldiers are U.S. ambassadors in Japan, and Sandoval embodies this goal.

"Seeing the way they present themselves, the way they carry themselves, they have a lot of pride," said Sandoval as he pointed at the Japanese soldiers heading down the firing lanes. "They expect the best from themselves."

Soaked from the icy rain and freezing from the packed snow under his feet, Japanese Army Pvt. Kousuke Koide, 21st



Sgt. Timothy Sides shows his Japanese counterpart correct techniques for close-quarters marksmanship during Exercise North Wind '06 in Camp Iwate, Japan.

Infantry Regiment, 9th Division, seemed unaffected and quite motivated to take part in the exercise.

"The training is intense and it moves so fast. It is very difficult to keep up," says Koide. "The U.S. military has great technology and provides good training. It would be nice if the U.S. could share more."

"Training with the 21st Infantry Regiment is going very well," Sandoval added. "We are enjoying both the camaraderie and the sportsmanship," he continued while watching his Soldiers explain a correct firing position to their Japanese counterparts.

"I can tell they possess the same warrior ethos that we have embedded in our Soldiers. It's an honor for me to be able to train with the Japanese," Sandoval emphasized.

# Soldiers inducted into Gallery of Heroes

## Soldiers and family members honored at U.S. Army Museum

Story and Photo by  
**SPC. STEPHEN PROCTOR**  
U.S. Army, Pacific Public Affairs

FORT DERUSSY — “For extraordinary heroism” is the justification for awarding the Distinguished Service Cross to Soldiers who go far above and beyond, giving all, in military operations.

The U.S. Army Museum of Hawaii is open 10 a.m. – 4p.m. Tuesday – Sunday.

The number of Soldiers memorialized in the Gallery of Heroes at the U.S. Army Museum grew Feb. 23 when four World War II Soldiers were added to the ranks.



Family members sit next to the unveiled portraits of the latest inductees into the Gallery of Heroes at the U.S. Army Museum of Hawaii at Fort DeRussy Feb. 23.

The four Distinguished Service Cross recipients inducted into the Gallery of Heroes were Pfc. Irving M. Akahoshi, Technician Fourth Grade Hoichi Kubo, Sgt. Larry T. Tanimoto, and Pfc. Matsuichi Yogi. All are deceased but were represented by family members.

The Gallery of Heroes, on the second floor of the museum, was conceived in 1980 and dedicated

Memorial Day 1998. It was created to honor Hawaii citizens who have been awarded the nation’s two highest valor awards, the Medal of Honor and the Distinguished Service Cross, or its equivalents, the Navy Cross and the Air Force Cross.

Service members who have received a Medal of Honor or Distinguished Service Cross are eligible for induction into the

Gallery of Heroes if they were born in Hawaii, entered the service in Hawaii or have permanently resided in Hawaii for at least 10 years.

When the gallery first opened it memorialized six Medal of Honor recipients and 18 Distinguished Service Cross recipients. It has grown to 20 Medal of Honor and 43 Distinguished Service Cross awardees.



Jeremy S. Buddemeier | 25th Infantry Division Public Affairs

## Safety Centennial

Verne Chapman, from the U.S. Army Garrison Hawaii Installation Fire and Safety Office, places the “1” in “100 Fatality-Free Days” on the sign at the Schofield Barracks Lyman Gate. If the Division’s Soldiers go another 100 days without a fatal accident, they will receive two training holidays in the form of a four-day weekend. The next 100-day milestone, if attained, will occur on June 27, 2006.

# Army expands eligibility for \$1,000 referral bonus

**ALPHONSO GREEN**  
Army News Service

ARLINGTON, Va. — The Army has expanded the list of eligible Soldiers who can earn \$1,000 for referrals that lead to Army enlistment.

The Referral Bonus Pilot Program was expanded to include Soldiers performing duty in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program, as well as in the Active Duty Special Work program.

The referral bonus was authorized by the National Defense Authorization Act.

Soldiers may receive the \$1,000 referral bonuses for referring anyone, except a member of their immediate family, which is defined as a spouse, parent (including step-parent), child (natural, adopted, or step-child), brother or sister.

A lump-sum bonus will be paid to a referring Soldier once the referred applicant completes Basic and Advanced Individual Training, regardless of component. There are no

retroactive provisions to this pilot program. Payments will be made directly to the referring Soldier’s military pay account within 45 days of the referral completing AIT.

Those not eligible to receive a referral bonus include anyone who serves in a recruiting or retention assignment or who receives Special Duty Assignment Pay while in those capacities.

“Soldiers continue to play an important role in the recruiting process and with this program we are able to recognize their contributions,” said Lt. Gen. Franklin L. Hagenbeck, deputy chief of staff, Army G1 (Personnel). “We thank Congress for their recent



legislation to provide bonuses such as these,” he said.

Under this program, referrals will be made via the Sergeant Major of the Army Recruiting Team, or SMART process. The Soldier must either submit the referral through a process via the SMART link or through the USAREC 1-800 line dedicated to the program. To receive a bonus, the sponsor (Soldier making the referral) must provide the name of the applicant prior to the applicant’s interview with an Army recruiter.

For more information on the \$1,000 referral bonus, visit [www.usarec.army.mil/smart/](http://www.usarec.army.mil/smart/) or call 1-800-223-3735, extension 6-0473.

**On The WEB** For more details, visit [www.usarec.army.mil/smart/](http://www.usarec.army.mil/smart/)

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# The 3-25th activates final four companies at Wheeler AAF

Story and Photos by  
**PVT. 2 MATTHEW C. MOELLER**  
17th Public Affairs Detachment

WHEELER ARMY AIR FIELD – The 3rd Battalion, 25th Aviation Regiment, 25th Aviation Combat Team, activated four new companies Feb. 24 at Hillclimber Ramp here, becoming the latest unit to continue the 25th Infantry Division's transformation process.

"Our final four companies allow us to provide aerial command and control, medical evacuation, heavy lift and air traffic service operations in support of the 25th Infantry Division," said Lt. Col. Michael Fleetwood, battalion commander, 3rd Bn., 25th Avn.

The four companies are Company A, heavy lift; Co. B, forward support; Co. E, aerial support; and Co. F, air traffic service operations.

Bravo Co. took the place of Co. B, 214th Aviation Regiment, and



Lt. Col. Michael Fleetwood 3rd Bn., 25th Avn. Rgt., 25th ACT, retires the colors of Co. F, 58th Avn. Rgt., and activates Co. G, 25th Avn. Rgt., 25th ACT, in its place at the Hillclimber Ramp here, Feb. 24.

Foxtrot Co. replaced Co. G, 58th Aviation Regiment. Both companies were inactivated during the ceremony.

"The units being activated here reinforce our capabilities for the

missions we need to conduct," said Sgt. Roger H. Passie, retention noncommissioned officer, Headquarters and Headquarters Company, 3rd Bn., 25th Aviation.

The 3-25th was originally con-

stituted June 17, 1979, and has experienced a host of activations and moves since then. In the months to come, the 3rd Bn., 25th Aviation Regiment, will follow a tough training schedule in preparation for the unit's deployment to Iraq this summer.

"The coming months for this battalion will be long but rewarding," said Fleetwood. "In the next few weeks we will conduct crew served weapons ranges. We will deploy to the National Training Center to further hone our tactical skills before leaving for Fort Rucker to conduct the aviation training and Division Mission Readiness exercises.

"This battalion is ready to provide the critical combat support necessary to the 25th Infantry Division as we prepare to close with and destroy the enemies of our nation in Iraq and elsewhere," Fleetwood added.



"The coming months for this battalion will be long but rewarding," says Lt. Col. Michael Fleetwood, battalion commander of 3rd Bn., 25th Avn. Rgt., 25th ACT, in his speech at the activation ceremony.

## Family ties guide military, civilian career

Hawaii Guardsman mentors deployed troops and assists in rebuilding Afghan communities

Story and Photo by  
**SGT. 1ST CLASS STEPHEN LUM**  
117th Mobile Public Affairs Detachment

KANDAHAR AIRFIELD, Afghanistan – The adage, "Our childhood shapes our future," rings true on many levels for Sgt. Jon M. Julius.

Raised by his grandparents in the Hawaiian homelands of Nanakuli, ohana or family, is the spirit that still guides his career as well as that of his siblings.

For the sergeant, a 298th Engineer Detachment electrician in the Hawaii National Guard, his Grandpa Samuel Palakiko was the consummate role model. His grandfather, who died this past year while Julius was deployed to Afghanistan, was a first sergeant with Company C, 298th Infantry Battalion, Hawaii National Guard. His grandpa, Julius explained, called it quits after more than 18 years of service.

"He got out because my grandpa was in poor health at the time. [He] couldn't afford to be away for the long hours and days he spent at drill weekend or during active duty.

"He's the one who used to take me on the job, during my school breaks – whether it was to his maintenance position at a local school or as a train operator or brakeman," Julius continued. "He told me stories about the National Guard ... as a handyman, he taught me a lot about carpentry and how to fix things."

According to Julius, being away from home has been a chal-



Sgt. Jon M. Julius, a 298th Engineer Detachment electrician from Kapolei, Hawaii, drills in a wall panel of a shower being built for a forward operating base in the Kandahar area of operation.

lenge for his young family, especially his wife Arnette.

"She's really grown this year, working and being both the father and mother to our children, Andrew, Alton and Samantha. My side of the family has been there to offer a hand, but it's never easy to accept the assistance of in-laws."

Julius' year serving in support of Operation Enduring Freedom has been spent working on vertical construction at Kandahar Airfield and Forward Operating Base Lagman. As a Soldier who's been in the construction business longer than he's been in the Guard, he mentors and molds young Soldiers, sharing his knowledge and experience as a

carpenter, electrician and painter alongside soldierly skills.

His team's biggest electrical job has been to wire and light the petroleum, oil and lubricates, or POL, barns at FOB Lagman and KAF. The Lagman project enabled Julius' electricians to get field experience, especially wiring and coding a massive project.

Further, Julius teaches troubleshooting and shortcut methods of getting the mission completed on schedule, or sooner, without sacrificing quality.

"I'm really happy with how far our engineers have improved their job skills," he emphasized. "I feel good about what we've done here. Everywhere we've been, they want us back to do more."

## News Briefs

From A-5

### Ongoing

**Memorial Bricks** – The 25th Infantry Division Association is offering supporters the opportunity to become a permanent part of the Schofield memorial monument. Engraved brick pavers are available in 4x8 inches, up to three lines of type, for \$100, or at 8x8 inches, up to six lines of type, for \$250.

Orders received before May 31 will be installed in time for rededication in September. For more information, visit [www.25thida.com](http://www.25thida.com) to download an order form.

**Purple Heart** – The Military Order of the Purple Heart, Hawaii chapter, is extending a one-year free enrollment in the local MOPH chapter to all MOPH recipients from Operations Iraqi Freedom and Enduring Freedom. Interested Purple Heart recipients can call 988-2820 for more details.

**SAFAC** – The Soldier and Family Assistance Center allows members access to various agencies on Schofield Barracks and at Tripler Army Medical Center via one phone number, 655-6600.

Open 24/7, the service expedites entrance into a care network, appointments within 24 to 72 hours, that can address challenges and mental health issues such as substance abuse, spouse/child abuse and marital/family therapy.

The SAFAC triage line, however, is not a crisis intervention line. Life-threatening issues are best handled by an emergency room, or by calling 911.

For more details, contact Capt. Anthony Thompson, SAFAC administrator, at 655-4803.

**PCS Moves** – Is your family making a permanent change of station move in the near future? Need information regarding

schools at your new location? The YESS office can help.

The office is connected with Army installations around the world and is equipped to give names and phone numbers of those that can inform military members on schools at their new location.

For more details, call Wayne Yoshino, Army school liaison officer, at 655-2414 or 655-2413.

**Army Reserve Opportunities** – Are you leaving active duty and want to continue earning points towards retirement? Have you transferred to Hawaii and are looking for a unit? Join a local points-only reserve unit and continue your military career while maintaining your benefits such as commissary, PX and SGLI.

Drills are Monday or Wednesday evenings at Fort Shafter Flats and all ranks and any MOS are eligible. Annual training and other professional development opportunities exist with the 1985th Reinforcement Training Unit (RTU) and 711th Individual Mobilization Augmentation (IMA). For more details, contact Maj. Pepper at 655-6192 or Sgt. Maj. Kahalehoe at 228-3323.

**Civilian Management** – A video highlighting the design process of the National Security Personnel System, the new civilian personnel management system, is available for viewing. The 17-minute video, "NSPS: Towards a Mission-Centered Workforce," includes commentary from several participants in demonstration projects in the Department of Defense.

Civilians and military supervisors are encouraged to review the video by going online to [vpol.army.mil/library/general/nsps/](http://vpol.army.mil/library/general/nsps/) and then clicking on the video title.

**Unique Web Access** – The Sgt. Yano library offers access to

news sources via the Web. Patrons can search more than 200 military and U.S. newspapers and periodicals.

Government news and newspapers are also available via Army Knowledge Online, which provides access to more than 30 key military newspapers and periodicals, including the Army Times, Defense News, Federal Times and the Training and Simulation Journal. Other publications available include the Los Angeles Times, Chicago Tribune, and the Washington Post.

The systems are easy to use and articles may be printed or e-mailed. For more information, call 655-8002.

**HACN-TV2 Visual Information Center** – For all video production service requests, bulletin board announcements, equipment, audio or presentation support, submit a completed DA Form 3903 (Visual Information Work Order) via e-mail to [opsrpt@shafter.army.mil](mailto:opsrpt@shafter.army.mil) or fax the Network Operation Center, 30th Signal Battalion at 438-0804.

Requests for services and loan of visual information equipment and library items must be submitted 30 days before the required service date. For more information, call 295-0205.

**Prior Service** – The U.S. Air Force is accepting applications for prior service members to re-enlist and go Air Force. Several positions are available including combat control, tactical air command and control, pararescue and premier band. Also, the Air Force will be recruiting approximately 34,000 non-prior service members this fiscal year, including high school seniors or anyone up to the age of 27.

Call 486-7003 for more information.

# Waianae Adventure Challenge shapes future leaders

Story and Photos by  
**PVT. 2 MATTHEW C. MOELLER**  
17th Public Affairs Detachment

WAIANAЕ – More than 150 junior ROTC cadets from 17 high schools across Hawaii learned teamwork, motivation and leadership during the Junior ROTC's first annual Waianae Adventure Challenge held Feb. 25-26 at various locations around Waianae.

The challenge pitted 37 teams of four against each other, competing in seven events, ranging from a physical fitness test to rope rappelling at the Pililaau Army Recreation Center, Waianae High School and a private ranch owned by St. Francis School.

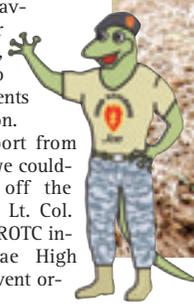
"The focus of the competition is teamwork," said retired Master Sgt. Haines Rego, assistant JROTC instructor for Waianae High School, and one of the event organizers, "You are only as fast as your slowest individual."

Not only was the event a challenge to cadets, but also for supporting organizations.

Representatives from the Hawaii National Guard and Soldiers from 5th Squadron, 14th Cavalry, 2nd Stryker Brigade Combat Team, gave their weekend to help supervise the events and provide motivation.

"Without the support from these organizations, we couldn't get this event off the ground," said retired Lt. Col. Don Arakaki, senior JROTC instructor for Waianae High School and another event organizer.

"We're here to provide observation, motivation and expertise," said Capt. Jeremy D. Clardy, com-



manding officer, Alpha Troop, 5-14th Cavalry. After camping out the night before at the Pililaau Army Recreation Center in Waianae, cadets

were ready to begin a demanding competition as soon as the sun rose. The first day's events, which consisted of five challenges, took place at Pililaau.



**"We're loving it!"** — Above, Pfc. Paul Ahn (right, foreground), a cryptologic linguist, Troop D, 5-14th Cavalry, 2nd SBCT, leads a group of Baldwin H.S. cadets on a three-mile run.

Left — JROTC cadet Patrick Park of Kaimuki High School rappels down into the valley below during the first annual Waianae Adventure Challenge in Waianae, held Feb. 25-26.

"This stuff out here builds leadership, and these cadets are our future leaders, our future non-commissioned officers and lieutenants," said Staff Sgt. Fernanlo Caballero, fire support sergeant, A. Troop, 5-14th Cavalry.

Cadet teams crab-walked up a hill and ran across a beach. When they finished, they swam around a rock formation, then navigated a kayak course. Teams also made a rope bridge across two poles and jetted across on Australian seats that they made themselves.

Later cadets took a physical

training test, which included two minutes of push-ups, sit-ups, a standing long jump and a 300-yard shuttle run. Eventually, cadets took the opportunity to compete against Soldiers in a tug-of-war competition.

"They cheated," said a laughing Caballero, remembering the loss of the tug-of-war competition against the cadets. "As soon as it started, all the kids jumped on the rope."

Sunday, junior cadets navigated an obstacle course at Waianae High School and tackled a three-

mile run — with a rope rappel halfway through the run — at a private ranch owned by St. Francis School. Events were scored on a point system; the first place team received 37 points, the last, 1 point.

"Events like this are good opportunity to give back to the community," said Clardy, and Elvyn P. Pineda, a JROTC cadet at Damien High School, piped in, "Stuff like this really helps build leadership and teamwork."

"I can't wait until next year," she said.

## Survival: Rear & FRG leaders talk on trauma

CONTINUED FROM A-1

people are going to hear you," Clouthen explained.

CISM can have a detrimental impact on anyone. The value of recognizing the efforts of those who are going through a traumatic experience is irreplaceable.

Clouthen stated to avoid criticism and understand at that moment, that person is doing the absolute best that they can. Criticizing does no good, he emphasized.

Subsequent training dates are scheduled for CISM on March 15, April 19, May 17, June 21 and July 19. Times will be determined at a later date, but for planning purposes, classes are currently scheduled between 5:30 and 8 p.m.

The CISM class is mandatory for all rear detachment commanders and leaders highly recommend that FRG leaders attend.



## Here's a Sobering Thought

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking. Play it safe. Don't start drinking until you've finished riding.



# Commissary offers food IQ test

KAY BLAKELY

Home Economist, Defense Commissary Agency

FORT LEE, Va. — March is National Nutrition Month, so if you've been slacking on exercise or just over-snacking, it's time to shape up. Test your "healthy-eating quotient" with the questionnaire below to see how you stack up:

## True or False: To be considered healthy choices, fruits and vegetables have to be fresh?

False: Fresh fruits and vegetables are super choices that should occupy a portion of your grocery cart on nearly every commissary shopping excursion. The nutritional value of frozen, canned and dried fruits and vegetables, however, are comparable to that of fresh, plus they offer the benefit of longer shelf life.

When using canned fruits, limit added sugar by choosing those packed in natural juice or water. Limit added sodium by choosing canned vegetables labeled "no-added-salt."

I'd like to use fat-free milk, but my commissary doesn't carry it, so I use skim milk instead. (Mine too! Huh?)

That depends. If you're a stateside commissary shopper, your response will undoubtedly be, "Huh?" But in some overseas commissaries where fresh milk

is produced locally, the carton may simply say "skim milk." This is because labeling changes that allow skim milk to be called fat-free are

not yet reflected on the carton.

Skim milk and fat-free milk are interchangeable names for the same product: milk that contains 0 percent to 0.5 percent butterfat. Check the side panel of the skim milk carton for "Maximum B.F. 0.5%."

Efforts are under way to update the carton, but as with changing our eating habits, it takes some time to get it done right.

## True or False: Any dark-colored, dense-textured bread, especially those with lots of seeds and nuts, qualifies as whole-grain and high-fiber?

False: Breads with names like "multigrain, stone-ground, 100-percent wheat, seven-grain, or bran," might sound like they are whole grain, but many times they are not. The only way to tell if bread qualifies as "whole grain" is to read the ingredient label.

Look for one of the first two ingredients to be referred to as "whole" wheat, rye, corn, or another grain. Check the nutrition facts panel for the amount of fiber per serving. Some grain products contain significant amounts of bran.

Bran provides fiber, which is important for health. However, products with added bran or bran alone (oat bran for example) are not necessarily whole grain products.

## Good idea or bad idea: Since there aren't any nutrition facts labels on fresh meats, who can tell what's fat and what's lean? I try to stay away from fresh meats, but my husband is a real "meat and potatoes" guy, so he just eats whatever he wants.

Bad Idea: Foods from the meat and beans group provide nutrients that are vital to health and mainte-

nance of your body. However, some choices are high in saturated fat and cholesterol, so the dietary guidelines recommend making most of your choices lean.

Remember the terms "round" and "loin" to help you zero-in on the leanest meats.

The leanest beef cuts, for example, include round steaks and roasts, top loin, top sirloin and even chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, center loin and ham.

Ground beef labeled 90 percent lean is "extra lean." Your commissary may also carry ground beef that is 92 percent, 93 percent or 95 percent lean.

Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.

## True or False: This healthy diet stuff sure is dull and boring? It seems like too many of my favorite foods are bad choices.

False: It's never a good idea to adopt a "good food-bad food" attitude, since nearly all foods can be part of a healthy diet.

First, visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn the number of calories that's right for you each day. That number depends on your age, sex, activity level and whether you are trying to gain, maintain or lose weight.

You could use up the entire amount on a few high-calorie items, but chances are you won't get the full range of vitamins and nutrients your body needs to be healthy. Instead, choose the most nutritionally rich foods you can from each food group each day — those packed with vitamins,



minerals, fiber and other nutrients, but lower in calories.

Work in a few of your old high-calorie favorites, in moderate amounts on an occasional basis, while still staying within your calorie limits.

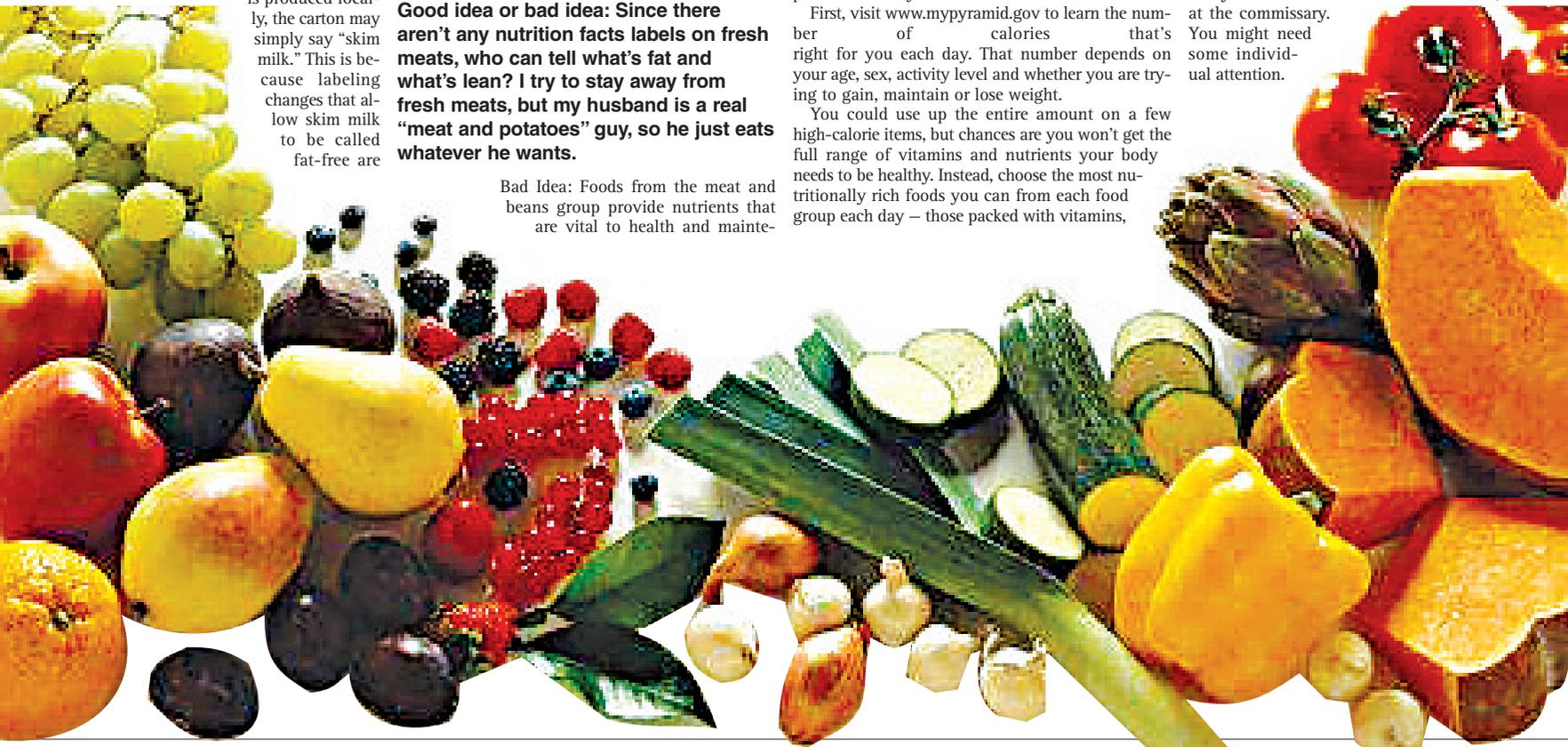
## How did you score?

If you got four to five correct answers, your healthy eating quotient is in the genius category.

Two to three correct answers? You're learning. Just keep taking small steps to "A Healthier You."

If you scored one correct answer or less, meet me at the commissary.

You might need some individual attention.



# Commissary will soon 'go organic'

BONNIE POWELL

Defense Commissary Agency

FORT LEE, Va. — Organics are "in" and military consumers are demanding more. That's why customers in most large U.S. commissaries will find a growing selection of organic products offered throughout the store.

"Our larger stores have more than tripled the number of organic products they have in stock. It's the fastest growing category this year," said Patrick B. Nixon, chief executive officer and acting director of

the Defense Commissary Agency.

"Customers are demanding them and our mission is to listen and respond, but increasing our organic product selection also fits in with our emphasis on the commissary as the place for military families to shop for healthy food at healthy savings," said Nixon. "Shoppers should read product labels to determine exactly what's in the food they buy at the commissary — whether you want reduced fat, lower sodium, or organic."

At the current growth rate, organics will reach more than \$10 million in commissary sales in 2006, but commissary customers will find they can "go organic" and not have to take out a loan. As with other products, organic foods at the commissary are sold at cost, which translates into substantial savings over commercial grocery or specialty stores.

Organic milk, cereals, and even frozen pizzas and enchiladas, are the top sellers currently but that can change rapidly as product selection and popularity increase. Customers will generally find organic products located with their non-organic counterparts, but the products will be easy to find as shelves are marked with small green signs display-

ing the organic seal of the United States Department of Agriculture. The USDA seal is the best way for customers to identify organic products.

According to Joan Shaffer of the USDA's National Organic Program, "The seal simply means the product meets a set of national standards for food labeled 'organic,' whether produced in the United States or imported from other countries."

Although the USDA makes no claims that organic food is safer or more nutritious, organic meat, poultry, eggs, and dairy products come from animals



that are given no antibiotics or growth hormones. Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation.

Before a product can be labeled organic, a gov-

ernment-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards. Companies that handle or process organic food before it gets to the commissary must be certified as well.

Long story short, organics are a matter of customer choice and many military commissary customers are choosing organic. Larger commissaries in the United States now offer more than 250 organic items with more to come. Based on distribution and space availability, smaller commissaries and overseas stores also have some organic offerings, but many organic products come from small companies with limited distribution. That picture should change as customer demand grows.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

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# Pentagon to appeal court ruling against new personnel system

GERRY J. GILMORE  
American Forces Press Service

WASHINGTON — The Pentagon plans to appeal a recent federal court decision that stalled some labor-management provisions of the new National Security Personnel System, a senior Defense Department official said here Wednesday.

"Clearly, the department will be working with the Department of Justice on the appeal of that decision," DoD spokesman Bryan Whitman told Pentagon reporters.

U.S. District Judge Emmet G. Sullivan ruled Feb. 27 that proposed NSPS provisions would not protect civilian employees' ability to bargain collectively. The cited provisions involve labor rela-



DoD photo by Master Sgt. Ken Hammond | U.S. Air Force.

The Pentagon, headquarters of the Department of Defense.

tions, collective bargaining, independent third-party review, adverse actions and the National Security Labor Relations Board, DoD's proposed internal labor relations panel, according to the

court's 77-page decision.

In 2003, DoD began work to establish a new civilian personnel compensation and management process that rewards employees according to performance. Old

civil service rules mostly tied employees' raises to an individual's length of service. In February 2005, the American Federation of Government Employees and a dozen other labor unions filed a lawsuit against the Defense Department over the establishment of the NSPS.

Defense Department officials believe the department needs to transform its 50-year-old civilian personnel system into one that's more capable and flexible in order to better meet 21st-century challenges, Whitman said. DoD and the Office of Personnel Management have worked together to create the NSPS, a personnel management process that'll eventually apply to more than 650,000 DoD civilian employees.

## New personnel system to benefit all in DoD, deputy says

More efficient system seeks to attract best civilian talent, transform work environment

SGT. SARA WOOD  
Armed Forces Press Service

WASHINGTON — The Defense Department's new civilian personnel system will create a better environment for employees and will contribute to the overall transformation of the department, the deputy secretary of defense said in Baltimore, Feb. 28.

The National Security Personnel System will be more responsive and agile and will help DoD link organizations at low levels, Gordon England said at the Office of Personnel Management Federal Workforce Conference.

"We need systems like this for the simple fact that we need to attract the very best talent we can," England said. "So we need a very responsive and modern personnel system so we can attract people, and those people will have the ability to perform to their highest potential."

The first requirement of every leader is to



England

create an environment that allows their employees to excel, England said, and that's what NSPS will do for government civilians. Creating a better work environment will build a strong foundation for the overall transformation DoD is going through, he said.

"I don't believe you can transform an organization unless people are comfortable that they are being treated with dignity and respect," he said.

Transformation of DoD is important because the war on terror will be a long war, and the country will need constancy in its military and defense policies, even as leadership in the presidency and Congress changes, England said. "Our job in the Department of Defense is to make sure that whoever that is — the president and Congress — that they have choices in terms of the application of military power," he said.

This time of transformation is also a time of

great threat and a time requiring great leadership, England said. The war on terror is fundamentally a war of will, he said, and every terrorist attack is an attack against the American way of life.

"This is not a war of our choosing, but it's also not a war that we have an option whether we want to be in it or not," he said. "This is a war of will, this is a war of purpose, this is a war of commitment, this is a war of dedication."



England's remarks came a day after a federal judge blocked implementation of NSPS, ruling that some of its provisions would fail to protect civilian employees' ability to bargain collectively. Pentagon spokesman Bryan Whitman said yesterday that DoD officials are working with the Department of Justice to appeal the court's decision.

## Mustangs: Soldiers establish a foundation

CONTINUED FROM A-1

thing," said Sgt. Edon Corinaldi, who was deployed with 4th Infantry Division in support of Operation Iraqi Freedom I, during the initial invasion.

Having just returned from Afghanistan last April, the Mustangs are building from their deployment experiences. However, many Soldiers are still perfecting the basics.

"About 80-percent of the battalion is new and was not with the BSB during the Afghanistan deployment," said Capt. Pamela Wright, the Mustang's S-4. "We have a lot of new Soldiers to train."

The next stop for the Mustangs is a 30-day training exercise at the National Training Center (NTC) in Fort Irwin, Calif.

The training at PTA prepared the battalion for NTC, which will simulate a sustained combat environment for not only the Mustangs, but also for the entirety of

3rd Brigade. The NTC will set the foundation for future combat operations.

"It's a long and tough road we have ahead of us," said 1st Lt. Michael Kuehn, the Mustang's battalion medical operations planner. "But these types of training events really make the journey possible."

In addition, the battalion will receive new equipment training (NET) on items such as computer tracking systems, radios and new computers. Further, a small group from the battalion will deploy to Jordan for a three-week intelligence and cultural training course prior to the NTC exercise.

"Transforming while preparing for war is tough business," said Lt. Col. James Hess, 325th BSB commander. "Fortunately, this battalion has high-quality leaders and Soldiers who are committed to training to standard."

"I am very proud of our accomplishments to date, and I am confident that we will be prepared for war."



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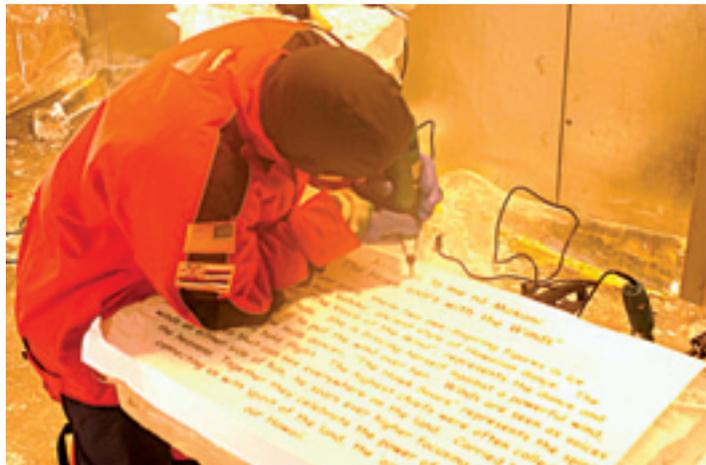
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FRIDAY, MARCH 3, 2006

Sgt. Kevin Konken (below and at inset) carves out an ice statue in preparation for a pretrial competition in Fairbanks, Alaska for the 2008 Winter Olympics, Feb. 28 through March 2.

Team Hawaii is one of 50 teams that were invited to participate in this event.



Sgt. Kevin Konken chisels words into ice as he prepares for the pretrial competition to the 2008 Winter Olympics. Konken has been ice carving for a couple of years.

## Carvers pick for perfection

Soldiers get "iced" up for prestigious competition

Story and photos by  
**PFC. NICOLE R. MONTOYA**  
17th Public Affairs Detachment

SCHOFIELD BARRACKS — Braving frigid, blustery conditions known to cause frostbite and hypothermia is something few people care to imagine,

but for three Soldiers, these obstacles are just the beginning.

Three 25th Infantry Division Soldiers participated in an ice carving "warm-up" competition for the 2008 Winter Olympics in Alaska from Feb. 28 through March 2.

"This is something that I've wanted to do for years now," said Chief Warrant Officer Jeffery Lein, Headquarters and Headquarters Company, 3rd Brigade Combat Team food service supply officer.

Each team was required to produce two unique and proficient ice carvings in a 60-hour pre-trial session. In all, only 50 teams worldwide participated in the competition; only 10 teams will be invited to the 2008 Winter Olympics.

"We hope to be in at least the top five," Lein said.

In addition to Lein, the team consisted of Sgt. Kevin Konken, Co. G, 325th Brigade Support Battalion, 3rd BCT, food service supervisor and apprentice carver, and Spc. Matthew Carroll, HHC, 3rd BCT, surplus Soldier and tool repairer.

The Army team was the only group from Hawaii.

"How ironic is that? We must be pretty good," said Lein, the team's captain.

*(Editor's Note: The competition results were released after the HAW deadline.)*



## Swamp Romp, the 'dirtiest footrace,' to test entrants

Story and Photo by  
**MARINE CORPS COMMUNITY SERVICES**  
News Release

MARINE CORPS BASE HAWAII, Kaneohe Bay — Marine Corps Community Services (MCCS) and Combat Service Support Group 3 (CSSG-3) are looking for a few good teams to see what is really means to be a Marine. Well, at least for a day, that is.

Oahu's dirtiest footrace, the legendary Swamp Romp, returns here March 25, so teams should start cross training now. The race will begin at the Boondocker building, which neighbors the Marine Corps Exchange Annex parking lot. The starting gun will give runners their first chance to get into the combat training mood at 7 a.m., sharp.

"The Swamp Romp is our way of giving the local community an opportunity to experience some of the fun aspects of the Marine Corps' camaraderie and teamwork while negotiating a challenging race course of mud, sand, ocean, obstacles and more mud," explained Col. Brian Hearnberger, commanding officer of the CSSG-3 sponsoring unit.

Every year, the Swamp Romp boasts a course that gets even the grunts grueling.

This event is open to any daring team, including the public. CSSG-3 and MCCS are inviting military, school, government and sports teams, or anyone else who thinks they can handle this experience.

Runners must have a team of six, and the team must all finish together. Teams



A six-person Navy team charges through the final "mud puddle" obstacle at last year's Swamp Romp at MCBH, Kaneohe Bay. Potential contestants for this year's romp can still register for the race, which will take place on March 25.

that finish without a teammate will be penalized 60 seconds from their total race time.

Every year, the race's course changes to keep returning teams guessing. When asked for a preview of the new course, Hearnberger stated that he was "not about to reveal changes incorporated to boost the satisfaction of participants."

"The most recent addition to this event

is the option to register and pay online," said Stacy Barkdull, MCCS varsity sports coordinator. "We're excited as it's a first for us, and makes it even easier for customers to register."

Along with the opportunity to witness first-hand some of the obstacles and endurance tests Marines must endure, all runners will receive a participation T-shirt, proving that they were tough enough to overcome the Swamp Romp.

"This event enriches our relationship with the citizens of Oahu and also helps us to learn from them," said Hearnberger. "The leadership shown by teams running the Swamp Romp always impresses our young Marines."

Awards and medals will be provided to the first, second and third place finishers. Participants need not worry about their car's upholstery; showers will be provided on-site to rinse off after

the race — runners will need to shower! Teams may enter in the following divisions based on members' accumulative ages:

- Young Men: Total age not greater than 120 yrs.
- Warriors Men: Total age more than 120, but less than 210.
- Masters Men: Total age greater than 210.
- Women Open: Total age not greater than 210.
- Masters Women: Total age greater than 210.
- Mixed: Teams of three men and three women of any age.

The 2005 Swamp Romp registered more than 196 teams, and this year's race will open up to 250 teams, so immediate registration is recommended.

The Swamp Romp cost is \$120 per teams of six. Registration and payment

Call MCCS Varsity Sports at 254-7590. MCCS Public Relations at 254-7679, or visit [www.mccshawaii.com](http://www.mccshawaii.com) for more details.

options can be found online at [www.mccshawaii.com](http://www.mccshawaii.com).

Next to the "Blues on the Bay" air show and the annual Fourth of July celebration "BayFest," the Swamp Romp is the Marine Corp's third-largest community relations event on the Windward Coast of Oahu.



# MWR Briefs

Serving America's Army in Hawaii

## MARCH

### 3 / Friday

**Mongolian Barbecue** – Select your favorites from a large variety of meats and vegetables and Reggie's staff will grill them to your liking. Come today from 5 to 8 p.m. for Mongolian barbecue, cooked outside in front of the Nehelani with seating in air-conditioned Reggie's.

Cost is 65 cents per ounce, and reservations are recommended. For more information, call 655-4466.

**Teen Social** – Join friends for an evening of fun at the Schofield Barracks Teen Center from 7 to 9:30 p.m. Listen to music and dance, play games or participate in contests. Admission is \$3 for members and \$4 for nonmembers.

**"Cats"** – Get your tickets today for the award-winning Broadway musical, "Cats." Performances will be held at Richardson Theatre, Fort Shafter, March 3, 4, 10 and 11. Tickets are going quickly, but they are available at the box office, Monday through Friday, 10 a.m. to 2 p.m., or online at [www.squareone.org/ACT/tickets.html](http://www.squareone.org/ACT/tickets.html). For more information, call 438-4480.

### 4 / Saturday

**Latin Night** – Enjoy an evening of Latin music and dancing at the Tropics. Latin night is the first Saturday of every month, 8 p.m. to midnight, and it's open to ages 18 and over.

A \$2 cover charge applies at the door. For more information, call 655-5697.

### 6 / Monday

**Lifeguard Class** – Richardson Pool is hosting a lifeguard class, March 6–17, from 6 to 9 p.m. The cost of the class is \$125, which includes books. The class includes CPR for the professional rescuer and first



Courtesy Photos

## 'Cats' on the prowl

"Cats," with words and music by Andrew Lloyd Webber and based on "Old Possum's Book of Practical Cats" by T.S. Eliot, makes final runs at Fort Shafter's Richardson Theatre, today, Saturday, and March 10–11. The show was the longest running in Broadway's history until it was surpassed by "The Phantom of the Opera," just recently.

Produced and directed by Vanita Rae Smith, the production befits the cast, known since World War II by the Army acronym CATS: Civilians, Actors and Technicians hired to entertain Soldiers.

In the large-scale production, larger-than-life, feline characters inhabit a metaphorical junkyard where one is cho-

sen for rebirth. Among the candidates for rebirth in the "aging" theater cast are a criminal, Macavity; a rocker, Rum Tum Tugger; and the once-glamorous Grizabella, who is now but a faded memory of her former self.

"Cats" actors are using original Broadway costumes and transporting audiences into a fantastical world that can only exist in the theater. Remaining tickets are going fast; however, patrons of the arts can secure a reservation by calling 438-4480 or purchasing tickets online at [www.squareone.org/ACT](http://www.squareone.org/ACT).

Tickets are priced at \$20 and \$28 for adults, and \$15 and \$22 for children. Shows are at 7:30 p.m.

aid. For more information or to sign up, call 655-9698.

**"Damn Yankees" Auditions** – Army Community Theater, Richardson Theatre, Fort Shafter, will hold auditions for its production of "Damn Yankees" on March 6, 7

and 8 at 7 p.m. The show will run May 11–27 with all performances at 7:30 p.m. For audition information, call ACT at 438-4480.

### 10 / Friday

**Creative Writing Contest** – Put your most life-changing experience into words

formation, call 923-9741 or visit online at [www.waquarium.org](http://www.waquarium.org).

### 15 / Wednesday

**Volunteer Advisory Council Meeting** – The Volunteer Advisory Council Meeting will be held on Wednesday, March 15, from 10 to 11 a.m. at the Schofield Barracks Main Post Chapel, Room D-9.

The council consists of the Army volunteer coordinator (AVC), senior command spouses, military agency representatives and unit representatives. Contact the AVC Cathie Henderson at 655-4227 for more information.

### 17 / Friday

**Aloha Tower Marketplace** – Have a wee bit o' fun at Hawaii's only waterfront block party: the Aloha Tower Marketplace's St. Patrick's Day Celebration Block Party, Friday, March 17.

Irish wannabee's will enjoy free, live entertainment, giveaways, party beads and great restaurant specials. The fun is scheduled throughout the marketplace from 5 to 9 p.m., and admission is free.

Look for elusive leprechauns during the evening to sing you an Irish song.

### 18 / Saturday

**Hawaii Theatre Collectibles** – The Hawaii Theatre will host a "Hawaii's Treasures and Collectibles" sale on Saturday, March 18, from 7 a.m. to 2 p.m. at the theater located at 1130 Bethel Street.

Admission to the event is \$5 per person, and tickets are available at the Hawaii Theatre box office. Call 528-0506 or go online to [www.hawaiitheatre.com](http://www.hawaiitheatre.com) for more information.

### 24 / Friday

**Hui O Na Wahine Scholarships** – The Schofield Barracks Hui O Na Wahine all-ranks spouses club is accepting applications for merit scholarships from now until March 24.

Applications are available at Sgt. Yano library, the Hui thrift shop, the Schofield Barracks ACS building, the Leilehua High School counselor's office, Hui O Na Wahine luncheons and spouse information meetings.

For more information, contact Robertta Cole, scholarship chair, at [bertnstoner@yahoo.com](mailto:bertnstoner@yahoo.com)

### 28 / Tuesday

**Parents Workshop** – The ACS Family Advocacy Program offers a new parents' workshop designed to prepare new parents for first-time delivery and parenthood. Classes are offered in five-week blocks on Tuesday nights from 6 to 8 p.m., and the next class starts on March 28.

in the "Army Libraries and Leisure Activities Creative Writing Contest." Entry forms are available at all Army libraries and Leisure Activities.

Deadline to enter is March 10, and winners will be selected on April 5. Three prizes will be awarded: first place, \$150; second place, \$100; and third place, \$50. For more information, call 655-0111.

### 11 / Saturday

**Bishop Museum Science Festival** – Come have a day of fun at the Bishop Museum, March 11, during the "Mad About Science" festival, which will include hands-on science activities, shows and the opportunity to meet scientists.

Cost is \$3 and transportation is available from Schofield Barracks for an additional \$3. Transportation will leave from the Nehelani at 1 p.m. and return at 5:30 p.m. Deadline to sign up is March 6, and seating is limited. For more information, call 655-0112.

**Yu-Gi-Oh** – Get ready to duel at the Tropics. Registration for the Yu-Gi-Oh tournament begins at noon, and matches will start at 1 p.m.

Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards. Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

### 13 / Monday

**Nehelani Advisory Council Meeting** – Make a difference in your club system by attending the bimonthly council meeting, March 13, at the Nehelani, Kukui Room, on Schofield Barracks.

The meeting will begin at 11 a.m., and the community is invited to attend. For more details, call 655-4466.

### 15 / Wednesday

**Afterschool at the Library** – Elementary-age children are invited to a story and craft activity, March 15 at 3 p.m. at the Sgt. Yano Library, Schofield Barracks. This event is free and no registration is required. Groups interested in participating can call 655-8002.

**Teen Employment Workshop** – Come learn how write a resume without employment experience, and apply and interview for jobs at the Teen Employment Workshop, March 15 from 2 to 3 p.m.

This class is open to teens, 15 to 18 years of age, and will be held at the Schofield Barracks Teen Center. Register at the teen

### SEE MWR BRIEFS, B-5

The class is for both moms and dads, if possible, and couples should register as mom approaches the end of the third pregnancy trimester. Sessions are free, but participants must be registered in advance. Call ACS at 655-4ACS to register.

## ONGOING

**Financial Health** – Want to find the road to healthy finances? Contact ACS, located in Building 2091, across the street from Richardson swimming pool. February classes are check-book maintenance, money management, credit management, the Thrift Savings Plan, car buying, mutual fund investing, college funding, and AER/Command Referral.

Instructors assist with zero-percent interest Army Emergency Relief loans.

To attend a class or schedule a one-on-one appointment with a financial counselor, call 655-4ACS (4227). All services are free and help is only a phone call away.

**Fort Shafter Newcomers Orientation** – The Fort Shafter ACS presents a newcomer's orientation tour every other Tuesday. The tour helps familiarize new Soldiers and family members with many aspects of Hawaiian culture, customs, language, surrounding communities, the Hale Koa Hotel and various points of interest on the island.

Registration is required and seating is limited.

Tour time is 7:30 a.m. to 4 p.m. Lunch is not provided, but you can bring your lunch or purchase it at the Hale Koa. Call the Fort Shafter ACS at 438-9285 for registration or questions.

**Schofield Barracks Newcomers Orientation Tour** – ACS will conduct a newcomer's orientation tour every Friday for new Soldiers and family members. The tour will include Schofield Barracks, Tripler Army Medical Center, surrounding civilian communities, the Hale Koa Hotel, the Bishop Museum and other points of interest on the island.

The tour will depart at 7:30 a.m. and return at 4:30 p.m., and registration is required. Lunch is not provided, but participants may bring a cooler with drinks, snacks and lunch.

For more information or to register, call ACS at 655-2400.

## HACN TV2 Schedule

- 6:00 Sign on
- 6:25 Bulletin Board
- 7:00 Pentagon Channel
- 8:00 Hawaii Army Report
- 8:24 Bulletin Board
- 9:00 Community Focus
- 10:00 Bulletin Board
- 10:30 Pentagon Channel
- 12:00 Hawaii Army Report
- 12:25 Bulletin Board
- 12:54 Community Focus
- 1:10 Pentagon Channel
- 2:00 White Face
- 2:15 Pentagon Channel
- 3:00 Shamu-The Bird Story
- 3:30 Pentagon Channel
- 4:00 Oahu
- 4:10 Pentagon Channel
- 5:00 Hawaii-Hidden Beauty
- 5:20 Pentagon Channel
- 6:00 Hawaii Army Report
- 6:24 Honor to Serve
- 6:32 Community Focus
- 6:46 Bulletin Board
- 7:16 Pentagon Channel
- 8:00 NFL-Turf Talk '95
- 8:53 Volunteers
- 8:55 Pentagon Channel
- 10:00 Bulletin Board
- 10:30 Pentagon Channel
- 11:00 Coqui Frog Invasion in Hawaii
- 11:21 Oakland Army Base
- 11:50 Bulletin Board

### Overnight

Pentagon Channel

*(Note: Because of hardware failure Tv2 Programming maybe interrupted during daily scheduled programming and replaced with Pentagon Channel and/or Bulletin Board.)*

## This Week at the MOVIES Sgt. Smith Theater



**The Last Holiday**  
(PG-13)  
Saturday, 7 p.m.  
Wednesday, 7 p.m.



**Hostel**  
(R)  
Sunday, 7 p.m.  
Thursday, 7 p.m.

The theater is closed Monday, Thursday & Friday



Send community announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## March

### 3 / Friday

**Employment Orientation** – Take the first step to find the job you want by learning how to prepare for the job search process. Workshops will be held today, March 10, 17, 24 and 31 from 9 to 10:30 a.m. at Schofield Barracks Army Community Service (ACS), Building 2091.

Topics will include government and private sector opportunities, reference materials and how to use them, and job listings available at the ACS employment resource area.

Call 655-4227 to register.

### 4 / Saturday

**Tropic Lightning Museum** – The Tropic Lightning Museum, Schofield Barracks, will feature "The Proud and the Damned," March 4. Matinees begin at 1 p.m.

**Hawaii's Plantation Village** – Hawaii's Plantation Village celebrates Portuguese heritage at "Relive the Plantation Days," Saturday from 10 a.m. to 2 p.m. Throughout the day, hands-on activities, games, demonstrations and music will take place at the Village for the enjoyment of the entire family.

Special rates of \$7 general admission and \$4 kamaaina and military with ID will apply. Children 12 years and younger and parking is free.

### 7 / Tuesday

**Money Management** – Come learn the basic tools for financial success. Learn how to develop a spending plan, reduce expenses and make your paycheck work for you.

Classes are held on the first Tuesday of the month from 1 to 2 p.m. at ACS, Building 330, Fort Shafter. Call 438-9285 to register.

For more information, call Georgianna McAnany, Financial Readiness program manager at 655-1714, or e-mail [Georgianna.McAnany@schofield.army.mil](mailto:Georgianna.McAnany@schofield.army.mil).

PWOC – The Schofield Barracks Protes-

tant Women of the Chapel presents "Pampered Women of the Chapel," Tuesday in Room D-9 of the Main Post Chapel. The evening will kick-off at 6:30 p.m. with a guest speaker, dinner and opportunities for a variety of pampering experiences.

Wear comfortable clothes and bring your girlfriends. Free, prearranged short-term alternative child care (STACC) is available to Child Development Center registered children. Call 624-8251 for more information.

### 8 / Wednesday

**Hawaii Army Family Action Plan** – Make a difference in the military community. Sign up to be a volunteer at the 2006 Hawaii Army Family Action Plan Conference to be held March 8 and 9 at the Nehelani, Schofield Barracks.

Free child care will be provided for pre-training and the conference. Delegates, facilitators and other interested volunteers should contact ACS or Robin Sherrod at 655-4368.

### 9 / Thursday

**KMC Spring Fling** – Kilauea Military Camp is offering spring fling savings for a limited time only, when you book between now and March 9 for reservations between April 1 and May 25.

Visitors will receive four nights of lodging for the price of three, so increase your savings with an additional 50-percent off per person when you book a KMC tour.

For more information about KMC, its tours and rates, visit [www.kmc-volcano.com](http://www.kmc-volcano.com).

### 11 / Saturday

**American Red Cross** – The American Red Cross at the Schofield Barracks Service Center will be offering an Adult, Child, and Infant CPR plus a First Aid class on March 11 from 8 a.m. to 5 p.m.

The cost is \$40 and includes the course book. Call 655-4927 to register.

**Tropic Lightning Museum** – The Tropic Lightning Museum, Schofield Barracks, will feature "Hell in Normandy," March 11. Matinees begin at 1 p.m.

### 14 / Tuesday

**Waikiki Aquarium** – Do fish snooze? Do lobsters sleep? Tour the Waikiki Aquarium at night with a flashlight and find out during the "Aquarium After Dark" program. More than 2,500 organisms are on exhibit representing more than 420 species of aquatic animals and plants.

Children must be a minimum of 5 years old to attend and accompanied by an adult. Costs are \$10 for adults, \$7 for children; aquarium members pay less. Tours are available March 14 and 30. For more in-



# Spring showers bring tests, too

**DR. JULIA MYERS**  
Contributing Writer

**About the writer**

Julia Myers is an educational consultant and adjunct professor for Chaminade University. She holds a bachelor's degree in mathematics with specialization in mathematics education, a master's in mathematics, and a doctorate in curriculum and instruction.

Myers has 16 years of teaching experience at every level from middle school to postgraduate education, as well as extensive experience with teacher professional development. Julia Myers, her husband Stephen and their four children live at Schofield Barracks.



It's that time of year again, the time for standardized testing.

Standardized tests have been around for ages. In the United States, they became common practice in the early 20th century with the advent of the IQ test and efforts to track students based on ability.

Though changed somewhat in their usage during the last century, and the subject of heated controversy, standardized tests continue to be used today.

### What are standardized tests?

Standardized tests give a universal measure of students' performance. The exams are called standardized because large numbers of students take the same test, under the same testing conditions, which give educators a common yardstick or standard of measure.

These tests have different purposes. Standardized achievement tests measure how much students have already learned about a school subject. Standardized aptitude tests measure students' abilities to learn in school and how well they are likely to do in future schoolwork.

Instead of measuring knowledge of school subjects, standardized aptitude tests measure a broad range of skills considered important to success in school. These tests include skills such as verbal ability, creativity and abstract reasoning.

Standardized tests can also be classified as norm-referenced or criterion-referenced. With norm-referenced standardized tests, individual student performance is compared to the typical performance of a large sample of similar students called the "norm sample." This sample of students takes the test at the same time and under the same testing conditions.

Some popular norm-referenced tests include the California Achievement Tests (the CAT), the Stanford Achievement Test, the Iowa Test of Basic Skills (the ITBS), and the Stanford-Binet Intelligence Scale.

Criterion-referenced tests compare a

student's performance to a specific standard rather than to a norm sample. This type of test determines whether a student has mastered certain competencies or skills as defined by the standard.

### Why do schools use standardized tests?

Standardized tests can be used for many purposes. In some cases, they are used to determine placement, promotion, retention and graduation.

Today, they are most commonly used as a means of holding schools accountable for a certain level of student academic performance. Educators use standardized tests to get a picture of the students' skills and abilities, and to determine how well schools and school programs are succeeding.

### What is the latest about standardized testing in Hawaii?

In compliance with state and federal testing laws, Hawaii requires all children in grades 3 - 8 and 10 to take standardized tests in reading and mathematics during March and April. In Hawaii, however, these tests are not used to determine promotion, retention or graduation.

Hawaii's standardized test, the Hawaii State Assessment, contains eight sections. Two of the sections are the Stanford Achievement Test's reading and mathematics sections. These sections are norm-referenced and provide a national comparison with thousands of other students in the same grade who took the test.

The remaining six sections are criterion-referenced. They measure proficiency on the standards defined by Hawaii Content and Performance Standards.

Fourth and eighth grade students are also randomly selected every other year to take part in National Assessment of Educational Progress (NAEP) testing. This standardized test does not keep record of nor compare the test scores for individual students. Instead, it compares Hawaii's schools to schools in other states and pro-

vides a picture of the academic progress of our entire nation.

### How can parents use standardized tests?

Under the Family Education Rights and Privacy Act of 1974, also known as the Buckley Amendment, parents have the right to examine their child's academic records. If these records contain test scores, parents have a right to see those scores as well.

Standardized test scores can give parents an idea of whether their child is meeting the standards at a specific grade level. Scores can serve as a possible comparison to other students taking the test. Parents should beware, though, of the limitations of standardized tests.

Scores can be difficult to interpret. Additionally, paper-and-pencil tests give only a partial picture of a child's strengths and weaknesses, skills, abilities and knowledge.

Finally, a child's scores on a particular test may vary from day to day. Much is dependent upon whether a child guesses, receives clear directions, follows the directions carefully, takes the test seriously and is comfortable when taking the test.

### What are some tips for helping children prepare for standardized tests?

There are no quick tips for helping a child perform well on standardized tests. These tests measure knowledge and proficiency that are acquired during a length of time, not overnight.

For this reason, it is important not to cram for tests. Rather, maintaining good academic practices on a regular basis is essential, including making sure a child is well rested, eats a well-rounded diet, attends school and does his or her homework on a daily basis.

Lastly, regularly monitoring a child's progress and talking to a child's teacher to find out what activities parents can do at home to help their child is imperative.



**All smiles** — Two teachers from Leilehua High School thoroughly enjoy the ride in a MEV Stryker vehicle after touring Schofield Barracks.

# Leilehua teachers take a field trip to Schofield

Story and Photo by  
**SPC. AMANDA FLEMETT**  
Staff Writer

SCHOFIELD BARRACKS — Staff members and teachers from Leilehua High School had the rare opportunity to visit several amenities and ride in a Stryker Medical Evacuation Vehicle on Schofield Barracks Feb. 15 and 22.

For almost half of the teachers on the tour, it was their first time stepping foot on a military installation, Norman Minehira, the principal of Leilehua High School, said. That might seem hard to believe, especially for someone like English teacher Ray Rodriguez, who grew up in the area.

"[It's] interesting to see all the changes here on Schofield," Rodriguez said.

Over the years, Schofield Barracks has not only changed its look, but also has altered the manner in which it serves the Army's needs.

However, with the introduction of the Stryker into the 25th Infantry Division, some community members expressed concern about the impact of the transformation; one goal of the tour was to give community members a chance to witness the transformation with their own eyes.

"It's given me a little bit more awareness as far as what's coming down from

the Stryker Brigade and I have a better appreciation for what their (military) families go through," said Victor Padilla, a math teacher at the high school.

In addition to visiting several base facilities such as the commissary, barracks and the gym, and talking about the transformation, the teachers did something many civilians will never do — they rode in a Stryker vehicle.

"I want one for my own," Padilla exclaimed. "It's such a smooth ride ... like driving a truck."

The 3rd Stryker Brigade Combat Team also provided an interactive demonstration for the teachers.

At the conclusion of the tour, both the teachers and Army personnel benefited from the interaction.

"This [was] ... allowed our faculty to see where their students come from, what kind of lives they live here ... especially with the upcoming deployment." said Principal Minehira.

"[The teachers] appreciate the fact that we would take time out of our schedule to do something like this to educate ... them." said Lt. Col. Stephen Moniz, Oahu Base Support Battalion commander and tour guide for the day. "It shows that [Schofield] isn't some mystery facility, it's just our home and where we live."

# MWR Briefs

From B-2

center or call 655-0445 for more information.

## 17 / Friday

**Teen Social** — Join friends for an evening of fun at the Schofield Barracks Teen Center or the Aliamanu Teen Center from 7 to 9:30 p.m. Listen to music and dance, play games and participate in contests.

Admission is \$3 for members and \$4 for nonmembers. Wear green and get \$1 off admission at Aliamanu Military Reservation (AMR). For more information, call 833-0920 (AMR) or 655-0451 (Schofield).

## 18 / Saturday

**Parents Night Out** — Leave your kids with Child and Youth Services (CYS) at the AMR Child Development Center on Parents Night Out, March 18, and then enjoy a nice night out on the town. Children enrolled in Parents Night Out must be registered with the Resource and Referral Office no later than noon March 15.

Reservations are first-come, first-served at the Resource and Referral Office. Call 655-8313 for more information.

# ONGOING

**SKIES Unlimited** — Your one-stop program for child and youth instructional classes is SKIES Unlimited. Current offerings include music, martial arts, gymnastics and driver education classes, as well as babysitting certification, which include CPR and first aid courses.

Hula, "Introduction to Dance" for 3- to 9-year-olds (tap, ballet, movement and tumbling) and street dancing are also available. Plus, coming soon are modeling and tiny tot opportunities to round out offerings. For more information, call 655-5525.

**Arts and Crafts Center** — The Fort Shafter and Schofield Barracks Arts and Crafts Centers offer a wide variety of services including free estimates, laser engraving, recognition awards, custom framing and readymade farewell gifts.

For more information, call 655-6330 (Schofield Barracks) or 438-1315 (Fort Shafter).

**Auto Shop** — The Fort Shafter and Schofield Barracks Auto Craft Shops offer oil change, tire repair patch, tire demount/mount, tire rotations, transmission service and wheel balance services by appointment on Wednesday and Thursday.

The staff will provide services while the customer supplies the parts and fluids for the vehicle. Prices vary by service needed. For more information, call 655-9368 (Schofield Barracks) or 438-9402 (Ft. Shafter).

**Karaoke at Reggie's** — Join the fun and sing on Thursday and Friday at Reggie's. Karaoke, from 8 to 10 p.m. Cost to participate is \$1 per song.

Enjoy a special pupu menu and ice cold beverages, too. For more information, call 655-4466.

**Youth Sponsorship** — If you are new to Hawaii and between the ages of 5 and 18, CYS has a welcome gift for you and a youth sponsor who wants to be your friend. Call 655-2263 for more information.

**Better Opportunities for Single Soldiers** — Want to get involved in the community and don't know how? Join BOSS on one of its many volunteer outings.

BOSS works with many groups within the community such as Big Brothers/Big Sisters of Honolulu, Bowl Games of Hawaii and the PGA, as well as organizations exclusive to the Army family like the Exceptional Family Member Program and Army Community Service.

Volunteers are needed; call 655-8169 for more information.

**MWR Happenings** — To find out more information about MWR activities, programs and facilities, pick-up a copy of the Discovery magazine available at the Schofield Barracks Commissary, the Fort Shafter Post Exchange, the Aliamanu Shoppette, Tripler's mauka entrance, and any MWR facility. Visit the MWR Web site at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) for more details.

**Job Search** — Visit, browse and apply for federal jobs that are available in Hawaii at [www.nafjobs.com](http://www.nafjobs.com).



Courtesy of Cirque Hawaii

**More than just a 'chip' on his shoulder** — (From left to right) Andrei Aldoshine, Anlexandr Efimov and Konstantin Serov balance on Andrey Tuchin's shoulders as Viktor Nikitin (left) and Alexandr Deev (right) provide moral and structural support.

# Cirque Hawaii offers military 2-for-1 deal

## PRESS RELEASE

HONOLULU — Hawaii residents and active military personnel who bring an empty Pepsi product to the Cirque Hawaii box office will receive two tickets for the price of one during the month of March.

"We are constantly looking for opportunities to not only give back to the community but also to reward our customers for their loyalty and support," said Dean Okamoto, director of foodservice at Pepsi.

Cirque Hawaii, Waikiki's newest theatrical spectacular, has been receiving rave reviews from visitors and residents since its soft opening in December for its astonishing blend of beautiful artistry, flamboyant costuming and stunning acts.

The show, which features 34 award-winning international artists, offers something for everyone and is constantly evolving with the addition of new choreography and acts. For example, the production recently launched a new act, called the "lyra," which consists of three women each performing numerous tricks high in the air while dangling from a large steel ring.

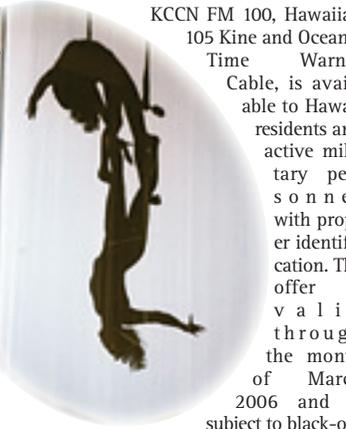
## Cirque Hawaii Theatre

- 325 Seaside Avenue in Waikiki
- Two performances nightly at 6:30 p.m. and 8:30 p.m. (except Wednesdays)
- Ticket prices start at \$55 for adults and \$44 for children.
- The March Pepsi Promotion is not valid with any other offers and is only available when purchasing regularly priced tickets at the Cirque Hawaii Box Office.

For reservations or more information, call (808) 922-0017 or visit [www.cirquehawaii.com](http://www.cirquehawaii.com).

Other acts include aerial silks, bungee, teeterboard, Russian bar, contortion, tra-peze, transformation and skip rope.

Cirque Hawaii's March Pepsi Promotion, which is made possible in part by Krater 96,



KCCN FM 100, Hawaiian Time Warner Cable, is available to Hawaii residents and active military personnel with proper identification. The offer is valid through the month of March 2006 and is subject to black-out dates and availability. To receive the Cirque Hawaii March Pepsi Promotion two-for-one discount, tickets must be purchased at the Cirque Hawaii Box Office and an empty Pepsi container, to include Aquafina products, must be presented at the time of the ticket purchase.



## March

### 4 / Sunday

**Ladies Golf Clinic** – Ladies, do you want to brush up on your golfing skills? A free golf clinic will be held Saturday at the Leilehua Golf Course located right outside the Wheeler Army Air Field (WAAF) front gate.

The one-hour clinic will begin at 2:30 p.m., and equipment will be provided to participants. Advance reservations are recommended.

For more details or to reserve your space, call 655-4653.

### 6 / Tuesday

**Basketball Court Closure** – The basketball courts at Helemano Military Reservation will be closed for resurfacing Feb. 27 through March 6.

### 11 / Saturday

**BMX Track** – The BMX track on WAAF will reopen March 11 at 10 a.m., weather permitting. Child and Youth Services (CYS) is looking for volunteers to help.

For more information or to volunteer, call 655-0883 or visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com).

**Hawaii Championship Wrestling** – Come watch Hawaii Championship Wrestling at the Tropics, March 11. Doors will open at 6 p.m. and matches will start at 7 p.m.

The cost is \$5 for ages 12 and up, \$3 for ages 11 and under, and free for children ages 5 and under. Call 655-8522 for more information.

## ONGOING

**Brazilian Capoeira** – Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are offered Tuesdays from 5:30 to 7 p.m. at the Fort Shafter Physical Fitness Center.

For more information, call instructor Mestre Kinha at 247-7890.

**“What’s Up Gymnastics”** – SKIES Unlimited is partnering with “What’s Up Gymnastics” to offer a military discount program for all upcoming classes.

“What’s Up Gymnastics” provides several classes to choose from, including recreational and competitive classes and the only indoor climbing wall on Oahu.

Classes are provided for all ages, even as early as 1 year old. Discount cards can be picked up at CYS registration offices. For more information, call 655-5525.

**Leilehua Golf Course Driving Range** – The golf driving range is open until 9:30 p.m. on weekdays, Monday through Friday, at the Leilehua Golf Course. Call 655-4653 for more information.

**Group Cycling** – Participants can use stationary bikes and drills to work out during group cycling. With tension and resistance, individuals can simulate up and downhill climbs to provide challenging experiences.

Classes go every Thursday, as well as Tuesday and Wednesday at various times. Call the Schofield Barracks Health and Fitness Center at 655-8007 for more details.



Send community announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## MARCH

### 10-13 / Friday – Sunday

**UH Baseball Military Appreciation Weekend** – Members of the armed services will receive two-for-one ticket discounts for UH’s series against Western Illinois, March 10 – 13. A valid military identification card must be presented at the Stan Sheriff Center or Les Murakami Stadium box offices (in advance or on game day) when tickets are purchased. Total tickets are limited to 20 per ID card.

### 25 / Saturday

**Rodeo** – Looking for hard-riding, fast-paced rodeo action? Gal-

lop over to the Diamond J Arena in Waianae, Saturday, March 25.

Sponsored by the Hawaii Women’s Rodeo Association, this event is free to spectators and features Hawaii’s best horses and men, women and children riders.

Competition begins at 10 a.m. and includes barrel racing, pole bending and other timed events.

### 26 / Sunday

**10k Volksmarch** – The Menehune Marchers is sponsoring a 10K volksmarch, or walk, beginning at 8 a.m. on March 26 at Kaena Point (Mokuleia). Marchers will meet at Camp Erdman YMCA.

The cost is free unless volksmarch credit is desired; then marchers must pay a \$3 fee. Call Barbara at 247-5059 or Carol at 626-3575 for more information.

## APRIL

### 23 / Sunday

**10k Volksmarch** – The Menehune Marchers is sponsoring a 10K volksmarch on April 23 at Maunaloa Bay Beach Park in

Hawaii Kai. The start time is between 8 and noon. The cost is free unless IVV credit is desired, then marchers must pay a \$3 fee. Contact Marsha at 395-9724 for more information.

### 30 / Sunday

**Rodeo** – Looking for hard-riding, fast-paced rodeo action? Gallop over to the Kawailoa Ranch Arena in Haleiwa Saturday, April 30.

Sponsored by the Hawaii Women’s Rodeo Association, this event is free to spectators and features Hawaii’s best horses and men, women and children riders.

Competition begins at 10 a.m. and includes barrel racing, pole bending and other timed events.

## ONGOING

**Golfers Wanted** – Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.



Staff Sgt. Kimberly Green | 94th Army Air and Missile Defense Command

## ‘Gimme the rock’

The 94th Army Air and Missile Defense Command Dragons and the Tripler Army Medical Center battle for the ball, Monday, Feb. 27. Tripler defeated the Dragons 53-46. The Dragons are currently in first place for the Fort Shafter bracket of the tournament and Tripler is in second place.