

## INSIDE

# PTA garners 2006 top partner award

Training area's partnership focuses on sustainability

**STEFANIE GARDIN**  
U.S. Army Garrison, Hawaii, Public Affairs

Pohakuloa Training Area (PTA) representatives were called "front and center" Thursday, when the U.S. Fish and Wildlife Service (USFWS) presented them the Military Conservation Partner Award for 2006.

The award, presented at the 72nd North American Wildlife and Natural Resources Conference in Portland, Ore., aims to recognize military installations that have made significant achievements in natural resource conservation through partnerships and cooperation, according to a USFWS release.

"We highlight installations that we feel have really done an outstanding job of con-



Photo Courtesy of U.S. Army Garrison, Hawaii, Natural Resources

Lena Schnell, coordinator, U.S. Army Garrison, Hawaii, Natural Resources, sprays to help control fountain grass, an invasive species found at PTA and throughout Hawaii.

servation, especially in partnership with us and other organizations," said Laura Henze, USFWS National Sikes Act coordinator and developer of the award.

The award is in its third year. Fort Carson in Colorado received the 2004 award, and Fort Riley in Kansas received the 2005 award. As word gets out, it appears installations are getting more and more excited about the award, according to Henze.

"I think it helps improve morale, and we're hoping it helps improve partnership building between the agencies," Henze said. "That's our main goal here - to improve partnerships and benefit the resources that way."

It's a goal the Army shares, especially when it comes to sustainability and work-

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## Pumpin' away

The 25th Combat Aviation Brigade reaches a landmark one million gallons of fuel while supporting Soldiers in Iraq

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## Ties that bind

Members of the 1st Space Brigade build relationships through a common language in Japan

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## Celebrate Easter

The public is invited to worship on various posts for Easter week services

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## Cold stairs

(Left to right) Sgt. Heston Ngiraiwet, Cpl. Kristen Badeaux, Pfc. Nicholas Worley and Pfc. Jonathan Hunter, all Sappers from the Mobility Support Platoon, 66th Engineering Company, conduct stairwell clearance drills during their company urban operations module on Schofield Barracks, Monday. See next week's Hawaii Army Weekly for more coverage of the engineers' week of training.

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

# 209th ASB Soldier dies

**U.S. ARMY GARRISON, HAWAII**  
News Release

The Department of Defense announced the death of a Soldier who was supporting Operation Iraqi Freedom, March 19.

Staff Sgt. Nimo Westhill Masanai Taula, 29, of Honolulu, Hawaii, died March 17 in Muqadadiyah, Iraq, from non-combat related causes.

Taula was assigned to the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, Schofield Barracks, Hawaii.

He joined the Army in January 2000 and was assigned to Schofield Barracks in February 2004.

The incident is under investigation. Sixteen 25th Infantry Division Soldiers have been killed in action since their deployment began in August. Taula was the second Soldier who has died from non-combat related injuries.



Taula



# AER launches '07 campaign at local rally

Story and Photos by  
**JEREMY S. BUDDEMEIER**  
Assistant Editor

With horns from the Pacific Fleet Band Brass Quintet creating a festive atmosphere, Hawaii Army Emergency Relief (AER) launched its 2007 campaign at the Schofield Barracks Nehelani Banquet and Conference Center, Monday.

More than 30 Soldiers and family members filled seats in a cordoned-off section of the ballroom to listen to testimonials and celebrate the first day of the campaign, which runs through May 4.

Debra Duddy, wife of Staff Sgt. George Duddy, 1st Battalion, 21st Infantry Regiment, relayed her AER-success story and encouraged others to support the drive.

Debra and George married in June last year, when George was home on "rest and recuperation" leave from deployment. She moved to Hawaii three months later while George was still deployed.

New to the island, she found her funds quickly wearing thin, but "didn't even know who to ask" for help. After speaking with an AER representative, Debra began the process for receiving relief.

However, in the interim, the

**SEE AER, A-4**

# 2-35th Cacti's Price receives Purple Heart

Story and Photos by  
**JEREMY S. BUDDEMEIER**  
Assistant Editor

Sgt. William Price sat at attention as the award citation was read.

More than 50 Soldiers stood shoulder-to-shoulder, straight-faced, while Price's battalion commander pinned a Purple Heart to his uniform outside the Schofield Barracks Tropic Lightning Museum, March 14.

The relative calm of the tropical morning was in some ways similar to the scenario Price had experienced two weeks earlier.

As the acting squad leader, Price and four Soldiers from 2nd Battalion, 35th Infantry Regiment, were on patrol in their humvee near Forward Operating Base Warrior in Kirkuk, Iraq.

According to Price, the event was not unlike the 30 to 50 patrols his battalion

completes each day.

Suddenly, the routine was shattered by an improvised explosive device.

"As I opened my eyes, I saw the vehicle," said Price, who momentarily lost consciousness after being blown out the front passenger-side door, landing more than 30 feet away from the humvee.

"The right front half [of the vehicle] was blown off, and I started to worry," he continued. "The medic got there pretty quick and told me I was OK."

Miraculously, none of the other four Soldiers in the vehicle were injured in the explosion.

Price suffered several "spiderweb" fractures

**SEE MEDAL, A-4**

Right — Lt. Col. Michael Browder, left, commander, 2-35 Inf. Regt., pins a Purple Heart on Sgt. William Price, March 14.



## Spring to action

Don't waste your time traveling to far-off destinations for spring break; hit the road for some top stops without draining your wallet.

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## Memorial service

A memorial service will be held for Staff Sgt. Nimo W. Taula Wednesday, March 28, 10 a.m., at the Wheeler Army Air Field Chapel.

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# Dress policy gets renewed attention on local posts

**AIKO BRUM**  
Chief, Command Information  
U.S. Army Garrison, Hawaii, Public Affairs

Dress with consideration for others.

In a nutshell, the garrison Standards of Dress and Prohibited Attire policy sets guidelines for acceptable attire when browsing or shopping in public places like Morale, Welfare and Recreation (MWR), the Army & Air Force Exchange Service (AAFES), and Defense Commissary Agency facilities.

No longer can patrons enter these establishments with their baseball caps turned backwards or sideways; walk about with exposed midriffs and the like; or sport stocking

caps, do-rags, or sexually suggestive clothing.

The policy, last revised in November 2006, applies to all individuals within U.S. Army Garrison, Hawaii (USAG-HI), installations: Schofield Barracks, Helemano & Aliamanu Military Reservations, Wheeler Army Air Field, Forts Shafter and DeRussy, Tripler Army Medical Center, the island of Hawaii's Pohakuloa Training Area, and even Oahu's Piliilau Army Recreation Center and the Big Island's Kilauea Military Camp.

"It clarifies. It makes it very, very clear on what the policy is. It doesn't leave room for misinterpretation or gray areas," said Lt. Col. Mark Boussy, commander, Oahu Base Support

Battalion, regarding Policy Memorandum USAG-HI-31.

A standard of dress, he said, allows the entire community to move about in a comfortable setting. It's not designed to inhibit individual expression, according to the memorandum.

"In Hawaii, we have warm, nice weather, so people dress like they are at the beach. A lot of times that is inappropriate," Boussy explained.

"Some people do not appreciate or like to see people scantily dressed or in clothing that is

**SEE DRESS, A-5**

**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 full captions and bylines.

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# AHFH clarifies priority and waitlist policy

**ANN WHARTON**  
 Army Hawaii Family Housing

At a recent Town Hall meeting at Schofield Barracks, the Oahu Base Support Battalion, which runs the bimonthly gathering, discovered some misperceptions about Army Hawaii Family Housing's (AHFH) housing priority and waitlist policy.

"Some of our residents that stayed with AHFH and put in a

request for a convenience move into another AHFH home were under the impression they would have priority over families returning to Hawaii following deployment," said AHFH Director of Property Management Janine Lind. "However, this is not our policy."

While convenience moves and requests for on-post housing by families returning from deployment are both categorized as Priority 2 on the waitlist, AHFH gives

preference to families who are in need of a home. Additionally, AHFH maintains only one waitlist in the north and one waitlist in the south. No waitlist is used for new homes or specific communities.

Families that vacated their AHFH home upon deployment and are

now requesting an AHFH home in anticipation of their spouses' return are put on the waitlist as a Priority 2, along with their sponsor's rank and the number of bedrooms they are eligible for.

The first home to become available that matches a family's criteria is

offered, regardless if it is a new home or an existing home. Families requesting a convenience move will be offered a home if one matching their eligibility becomes available and there is no one ahead of them on the waitlist.

For more information about AHFH's housing priority and waitlist policy, residents are encouraged to call AHFH at 275-3700 (North Region Office) or 275-3800 (South Region Office).



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

## Bird bath

WHEELER ARMY AIR FIELD — Spc. Adrian Dawson, center, scrubs as Sgts. Ernie Muna and Matthew Ward, all from Task Force 49, Fort Wainwright, Alaska, put the finishing touches on their UH-60A Black Hawk helicopter, Wednesday, March 14.

Since Feb. 22, Task Force 49 has been providing casualty evacuation services for the state of Hawaii while the 25th Combat Aviation Brigade is deployed to Iraq.

### LIGHTNING SPIRIT

## Strong bonds in marriage and relationships require hard work

**CHAPLAIN (CAPT.) PATRICK IRELAND**  
 205th and 301st Military Intelligence Battalions

How many of you remember "The Honey-moaners"? What a show. How funny. It grabbed my interest.

Have you seen the movie, too? It is funny as well, much like the original show, and Jackie is quite an optimist. But, his strange optimistic business ideas drive his wife, Alison, almost into a paranoid state. His manner causes her to confront him about his strange entrepreneurial ideas.

If I could have hopped into or transported myself into the movie, I possibly could have offered them some marriage counseling. That is, if they were willing to work with me because work was needed.

We must work to maintain a good relationship. Jackie needed to know his wife had other ideas and should have consulted with her before purchasing the big deal: a train engine as I recall, which could not be moved from where it was located on the tracks underground.

What ideas do you have? What ideas does your spouse have?

Do you know one another and do you agree on ideas? How much do you talk with one another about your ideas?

Do not start to worry. Your relationship may not be as bad as you might imagine it is.

The key is to understand your spouse. Understanding — which is listening and paraphrasing what was said by your spouse, without rebuttals from you attempting to solve every problem — may be the key to marital bliss, per the authors of the marriage enrichment books I have read.

It is interesting to me that in high school, even college, there have not been many marriage classes. Training may be available on harmful drugs, or even harmful habits, and these are all good classes, great classes, but what about how to build strong relationships? I love the idea of continuing a great relationship with my spouse; I believe you do also.

Not many of us get married with the idea of divorce in mind. And, no matter who we marry, we know there will be someone else more attractive, richer, younger and the like. But, I want to remind you that there was a special bond between you and your spouse that drew the two of you together.

You bonded because you were spending time together and your interests were similar enough. And, there was a special spark between the two of you.

Have you ever heard the following: "The grass may be greener (or appear greener) on the other side of the fence, but it still needs to be mowed"? The grass may look greener, but examine it even from a distance and you will notice the flaws.

There is no one perfect here on the earth. I am not referring to spouse abuse, which is a serious matter to be dealt with by the proper authorities. I am referring to the following:

We have desires and wants and often want them sooner than they can be made available.

Relationships are like that, at times, unfortunately. Therefore, I encourage Soldiers to attend "Strong Bonds" programs offered by the Army. Your first sergeant knows what I'm talking about; ask him or her about an opportunity to attend a Strong Bonds program.

Your marriage is a covenant entered into, often in front of friends and family. I remind you, you always enter into marriage before our Creator. Your vows were restated after the minister stated them to you.

I remember my vows. They mean more today than they did the day I married my wife. My vows were a promise to her and to her folks, my folks, our relatives and friends, and to God. I cannot take them lightly.

If I were to ask you on a scale of 1 to 10, with 10 being the best (and one the worst), "How is your marriage doing?" what would you say?

We can all improve our relationships and strengthen our marriages. Attending Strong Bonds may be part of your answer to strengthening your relationship, and a program may be taking place in your unit. Check out the opportunity to attend a married or single Soldier program, or other marriage enhancement opportunities.

Having stronger bonds with your spouse, children and friends, makes for a stronger Army. Our nation needs you now more than ever, and I desire you to have a great marriage.

May God bless you, and God Bless America.



Ireland

### Straight Talk

## Crime prevention tips aid personal security

**DIRECTORATE OF EMERGENCY SERVICES**  
 Special to the Hawaii Army Weekly

Living in the 21st century provides us with amazing opportunities.

We have access to incredible technology that allows us to communicate instantaneously through e-mail and cell phones.

We are the healthiest, best-educated generation in history, and the level of crime that we face is lower than it has been in 30 years.

Still, crime rates are still too high, so we must learn to take care of ourselves by reading and living the tips for personal security.

#### Don'ts: when you are outside

Try not to go out alone at night. Avoid unfamiliar areas, if possible, and don't take shortcuts. Don't walk in or near alleys, and don't walk on deserted streets.

Use caution in parking lots, and don't walk in poorly lighted areas, dark doorways, or near shrubbery. Don't accept rides from strangers, and don't respond to comments from strangers on the street.

Don't get into an empty elevator with a stranger. If you do ride with another person, stand near the control panel and, if attacked, press as many of the control buttons as possible.

Don't hitchhike, and if someone suspicious is following you, cross the street and walk into an open business. Watch your surroundings and be alert for suspicious persons, especially around banks, stores, streets, and your car or home.

When meeting a new friend, exchange phone numbers only, not addresses.

On a first date, let family and friends know where you are going. Consider a daytime meeting rather than a nighttime meeting, for a first date, plus meet in a public place.

It is never a good idea to go to a nightclub alone, and if you do, provide your own transportation. Keep your space: an intimate space at 0 to 1.5 feet, personal space at 1.5 to 4 feet, social space at 4 to 12 feet, and public space at 12 feet or more.

Don't allow alcohol or drugs to impair your judgment. If you haven't already set a few social standards, do so and stick to them. Don't allow an overly aggressive pursuer to change your mind.

#### Do's of car safety

Always lock your car doors after entering or leaving your car, and always try to park in well-lit areas.

Have your car keys in your hand, so you don't have to linger outside before entering your car. Keys can also serve as a possible weapon against an attacker.

Always check the back seat of your car before getting into your car.

If you are being followed, drive to a well-lit, heavily populated area, or an open business for help. Do not go home. Don't let a potential attacker or robber know where you live.

If your car breaks down, raise the

hood and attach a white cloth to the car antenna. If someone stops to help, stay in your car with your car doors locked, and ask them to call the police and/or a tow truck.

#### Do's if attacked

Use common sense. Try to talk your way out of the situation, stall for time, be verbally assertive, distract or divert the assailant, and then flee.

Run toward an open business or a group of people and/or hide if you get the opportunity.

Scream loudly, and keep it up to attract attention and help from people near by.

If the attacker threatens you with a deadly weapon, and you come out of it alive, you took the proper course of action.

During an armed attack, you must decide the proper course of action. No hard and fast rules govern self defense. You must consider your physical capabilities, your location and your perceived chances of success.

If you cannot escape, hide your time and look for another opportunity; a half-hearted attempt could be worse than no attempt at all.

Notify the police immediately thereafter when you get the opportunity, and if there are witnesses, ask them to stay until police arrive.

And finally, if a crime occurs, report it. When you report a crime and all the facts about it, it helps the police to assign officers in the places where crimes are occurring or where they are most likely to occur. If you don't report a crime, this non-reporting allows criminals to operate without interference.

#### Reporting crimes or emergencies

An important responsibility of a victim or witness of a crime, or other emergency, is timely reporting to appropriate authorities. You can report an incident by calling 911. When doing so, attempt to provide as much detail as possible about the situation, including at least the following:

- Your name.
- Your location and telephone number where you can be reached.
- The nature of the problem you are reporting.
- Additional information as requested by the communications operator.

When reporting a crime by telephone, remain on the phone until the public safety operator is fully briefed with all the information necessary to dispatch the appropriate response personnel to the scene.

Also, when dialing 911, tell the operator where you are and what happened.

Try to remember as many details about the assailant as possible, such as clothing, hair color, tattoos and scars, or other identifiable marks. Write this information down, don't trust your memory.

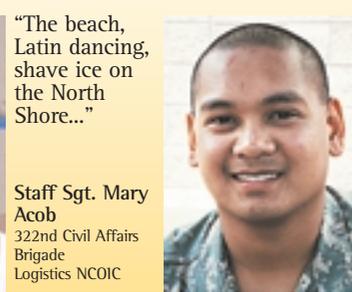
Do not disturb or destroy any possible evidence.

## 129 days since last fatal accident

Soldiers, 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.

Current as of 3/21/07.

# Voices of Lightning: "What activity would you recommend to someone visiting the isle for spring break?"

 <p><b>Staff Sgt. Mary Acob</b>              322nd Civil Affairs Brigade Logistics NCOIC</p>	 <p><b>Sgt. Arjim Auto</b>              84th Eng. Bn. Medic</p>	 <p><b>Spc. Marsha Blankenship</b>              TAMC Medic</p>	 <p><b>Spc. Teresa Dunlap</b>              TAMC Radiology Tech.</p>	 <p><b>Sgt. Patricia Garrett</b>              HHC, Div. G-1 Readiness NCO</p>	<p>"The beach, Latin dancing, shave ice on the North Shore..."</p> <p>"Surfing lessons."</p> <p>"Snorkeling."</p> <p>"Staying out of trouble."</p> <p>"Parasailing."</p>
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# Deployed artillerymen hit their mark

Teamwork essential for aiming accuracy, supporting Soldiers, assets downrange

Story and Photo by  
**SPC. AMANDA MORRISSEY**  
5th Mobile Public Affairs Detachment

HAWIJA, Iraq — A loud explosion rips through the air, sending shock waves into Soldiers behind a howitzer. Then one Soldier swiftly lifts a lever, ejecting a spent cartridge. Another appears with the next round, checks it, then shoves in the breech.

The section chief quickly rechecks coordinates, and then the gunner pulls the trigger. Another round on target.

The artillerymen of A Battery, 3rd Battalion, 7th Field Artillery Regiment, 25th Infantry Division, spent the day perfecting their craft during a live-fire training exercise at Forward Operating Base McHenry.

“What we are doing out here today is a registration, and making sure the rounds are fast enough to get out of the tube, and that everything is in order,” said Sgt. Dwayne Newby, a section chief. “It’s a test fire procedure, basically, to see that everything is in order and that rounds get to where they’re supposed to.”

The registration process, which ensures the aiming accuracy of howitzers, is a complicated process that depends on teamwork. Forward observers mark coordinates of where rounds hit in relation to targets. Then they call in the information to a fire direction center, which processes and relays any adjustments necessary to teams manning the guns.

The crew makes the adjustments recommended by the fire



Staff Sgt. Clinton Stanfield (left), a section crew chief, Spc. Christopher Flores (center), a gunner, and Pfc. Chealse McMillian, an assistant gunner, all with A Battery, 3rd Battalion, 7th Field Artillery Regiment, fire a Howitzer during a live-fire exercise at Forward Operating Base McHenry, Hawija, Iraq.

direction center, then fires off another round. They repeat this process until all rounds consistently hit the target accurately.

“A fire mission is basically very simple,” Newby said. “Everybody has their set jobs, and as long as they do what their supposed to do, everything should go smoothly. That’s all it is about, teamwork.”

Teamwork is also essential to the Soldiers manning the guns. The crew spends many hours in daily training to make sure their skills remain sharp and that everyone knows the ins and outs of their job, Newby said.

A crew consists of five Soldiers, each with specific duties. A section chief is in charge of the gun and the crew; his responsibilities include verifying coordinates and fire mission data, and ensuring the correct shells and fuses are employed.

A radio man is in constant contact with the fire direction center, relaying information between the center and a crew team. An ammunition team chief keeps track of the rounds, prepares the ammunition and fuses to be fired, then shuttles rounds to howitzer.

The gunner is the expert at aiming the

howitzer. He uses coordinates to hit targets that cannot be seen directly. The assistant gunner loads the rounds and removes the used casings after each firing.

“If the infantry needs us, I know that me getting rounds to that [howitzer] is going to help give them any extra time they might need,” said Sgt. Zachary Erickson, an ammunition team chief.

When properly executed, Soldiers move in coordinated chaos, firing off round after round without a hitch, returning fire to enemy positions in support of U.S. troops in the field.

## Wounded Soldier hotline debuts

ARMY NEWS SERVICE  
News Release

WASHINGTON — The Army will open phone lines Monday for its new Wounded Soldier and Family Hotline, providing wounded and injured Soldiers and their family members another way to resolve medical issues.

The hotline can be reached from 7 a.m. to 7 p.m., Monday through Friday, at 1-800-984-8523. The call center is under the command of the U.S. Army’s Human Resources Command (HRC).

The hotline provides an information channel for Soldiers’ medical-related issues to go directly to senior Army leadership in order to improve the way the Army serves the medical needs of Soldiers and their families, said the commander of U.S. Army HRC, Maj. Gen. Sean J. Byrne.

“Our Army is committed to providing outstanding medical care for the men and women who have volunteered to serve,” Byrne said. “But recent events at Walter Reed Army Medical Center made it clear the Army needs to revise how it meets the needs of our injured and wounded.”

Leaders in the chain of command need to know that the call center exists and was not created to circumvent the chain, he added.



## 3-25 pumps a million gallons of fuel

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

TIKRIT, Iraq — Pumping a million gallon of fuels — indispensable assets for aviation brigades that are responsible for flying Soldiers and supplies

Left — Lt. Col Michael Fleetwood, commander, Echo Company, 3rd Battalion, 25th Combat Aviation Brigade and a fuel technician check the fuel gauge as they gear up to pump the millionth gallon of fuel at Contingency Operating Base Speicher.

throughout Iraq — is a feat that was conquered by one aviation battalion last week.

Lt. Col Michael Fleetwood, commander and the only aviation pilot for Echo Company, 3rd Battalion, 25th Combat Aviation Brigade, Contingency Operating Base Speicher, assisted crew chiefs and fuel technicians as they pumped the millionth gallon of fuel in a CH-47.

“This is an incredible day for 3-25,” noted Fleetwood, who was flying for the air assault mission being conducted. “For one battalion to pump a million gallons of fuels in aircrafts alone is a tremendous ac-

complishment.”

The CH-47, primarily used for operational missions and transporting Soldiers from one forward operating base to another, received cold fuel on the memorable day.

“It’s important that units have a reliable form of transportation for their Soldiers,” said Capt. Brooke Wilson, battalion S-1, Headquarters, Headquarters Company, 3-25th. “Cold fuel is used when an aircraft is shut down and the rotor wings have stopped,” he said. “Hot fuel is when the motor is still going and the aircraft is getting refueled.”

# Medal: Purple Heart recipient to begin physical therapy

CONTINUED FROM A-1

to his right heel and foot, which is now shrouded in a thick cast that extends to just below his knee.

His wife, Rachel, was in shock when she heard the news.

"You don't really ever think it will happen to you," she said. "And now you have to worry about everyone else."

Rachel pushed her husband in his wheelchair — decorated with a magnetic faux bullet hole commonly seen on truck tailgates — up the sidewalk just before he was awarded the Purple Heart.

Lt. Col. Michael Browder, 2-35th battalion commander whose two weeks of "rest and recuperation" leave coincided with Price's return, relayed the details of the Price's patrol to the Soldiers and family members who attended the intimate ceremony.

"The Purple Heart is the one medal nobody really wants to get," said Browder, referring to the fact that a Soldier must be wounded or killed in combat to receive the medal. "But when you do [receive the award], you're very proud."

Browder said he was proud of his battalion and all the Soldiers who serve.

"It takes a lot of courage to put your life on the line everyday," he said.

After receiving the medal, Price was given the opportunity to address the audience.

"Thanks everybody for coming. I left a lot of good men over there, and I'm look-



Lt. Col. Michael Browder (rear left), commander, 2nd Battalion, 35th Infantry Regiment, addresses more than 50 Soldiers and family members prior to awarding Sgt. William Price the Purple Heart at Schofield Barracks' Tropic Lightning Museum, March 14.

ing forward to seeing them again," he said, his voice carrying the humility and character not usually evinced by the average 23-year-old.

Shortly thereafter, Soldiers formed a line to shake Price's hand and wish him a speedy recovery.

A handful of Soldiers who had served with Price during a previous deployment talked with him before and after the ceremony. Most of their questions centered around deployment.

"Is the electricity still not working?" asked a smiling Staff Sgt. Jaime Oliveros, squad leader with C Company, 1st Battalion, 21st Infantry Regiment.

The Soldiers reminisced about interpreters and barbers in Iraq as though they had attended high school with them.

Price said while the country had not changed, the mission was more complex and covered a larger area, compared to his previous deployment to the same forward operating base.

"The best part is training and being around the guys," Price said. "You have fun in pretty much anything you do." The most challenging part, he said, was "knowing there's a chance everyday you might get blown up."

As he continues to recover, Price will spend eight weeks in a cast, and the next six months performing physical therapy for his foot.

What's the plan now?" asked Sgt. 1st Class Glen DeMarcus, 1-21st Inf. Regt.

"I'm just trying to get better," Price said.

## AER: Contributing makes funds available for tough times

CONTINUED FROM A-1

lodging facility where she was staying required payment upfront, with a maximum of a three-day stay. Debra only had enough money for two days.

She went back to AER.

"Can you help me please?" she recalled asking. "And they did, without the blink of an eye," she said.

"It's amazing when you know the money is coming, but don't have it in your hand," she said. "You just need a little bit to help to get you through."

The Duddys were just one of the 1,290 families Hawaii AER financially assisted last year.

According to Col. Howard J. Killian, commander, U.S. Army Garrison, Hawaii, and 2007 Hawaii AER campaign chair, the organization provided more than \$1 million last year — double the amount from the previous year.

"AER is another tool in the kit bag for commanders," Killian said after providing a brief history of the organization. He stressed the importance of making sure Soldiers and family members



Debra Duddy gives a testimonial on how AER assisted her during difficult times when her husband was deployed last year.

know how to obtain AER assistance.

Likewise, by contributing to the fund, Soldiers and family members ensure AER continues to replenish the pot, he said.

Killian urged volunteers to take an honest, straightforward approach while collecting donations, and stressed the essence of AER's philosophy: the

**The AER helps with emergency financial needs for:**

- Food, rent or utilities
- Emergency transportation or essential personally-owned vehicle
- Funeral expenses
- Medical / dental expenses
- Personal needs if pay is delayed or stolen
- Undergraduate-level education scholarships, based primarily on financial need, to children and spouses of Soldiers.

Army takes care of its own.

Following the kick-off rally, volunteers and key personnel met at the Army Community Service building for training on distributing packets and donation slip accountability.

Capt. John Stillwell, Hawaii AER campaign coordinator, who also works in division headquarters G-6, said he and his two-Soldier staff are trying to make the drive as efficient as possible this year and are counting on solid support from volunteers.

For more information, call the campaign headquarters at 655-7132 or e-mail Jackie Torres, AER officer, at [Torresjm@schofield.army.mil](mailto:Torresjm@schofield.army.mil).



The Pacific Fleet Band Brass Quintet creates a festive atmosphere during the 2007 AER Kickoff Rally, Monday.

# Team Hawaii places in chef competition at Fort Lee

Local team brings home 2nd & 3rd place in field cooking and culinary bowl

**MIKE STRASSER**  
Army News Service

FORT LEE, Va. — The sounds of more than 150 chefs at work in the kitchen were nothing compared to the noise of the gold, silver and bronze medals they wore around their necks at the end of the presentations.

The Fort Bliss Texas-based team of chefs earned the Installation of the Year Award at the 2007 U.S. Army Culinary Arts Competition here, March 16 — a first for that post; however, Team Hawaii captured two awards.

The team placed third in the Field Cooking Competition and second in the Baron H. Garland Culinary Knowledge Bowl.

The Culinary Arts Competition, held March 5-16, began 32 years ago to challenge military cooks to continually raise the standards of excellence and professionalism. The building where they competed, McLaughlin Hall, is named in honor of Lt. Gen. John D. McLaughlin, whose name is synonymous with excellence in Army food service and credited with establishing training courses for cooks and bakers, as well as building a world-class Culinary Arts Team.

Brig. Gen. Mark A. Bellini, U.S. Army Quartermaster Center and School commanding general, spoke to the competitors at the ceremony, reminding them of what McLaughlin believed.

"In 1975, Gen. McLaughlin had this vision that in order to increase confidence, we should have a little bit of competition," said Bellini. "That vision is a reality now in what you've demonstrated in the past two weeks. It is living proof that his vision is not only sound, but it's been effective. Our nation is better because of that, and your contributions and what you do when you're wearing those uniforms is important."

The competition, held annually at Fort Lee since its inception, is rated the largest culinary competition in America. This year, 17 teams competed, with more than 150 food-service professionals entering 518 exhibits, according to Maj. David Allen, director of the Army Center of Excellence, Subsistence. An unprecedented 23 Soldiers roasted, poached, baked and created culinary masterpieces in the quest to become a member of the U.S. Army Culinary Team.

"Keeping our show on the cutting edge of culinary techniques is what has kept us strong for 32 years," said Allen. "The American Culinary Federation judging standards — the toughest in the nation — are the guidelines for our competition. When they receive ACF recognition, they can truly be proud of their accomplishments and feel confident of their exceptional skills."

*(Editor's Note: Mike Strasser writes for the "Fort Lee Traveller.")*



Aiko Brum | U.S. Army Garrison, Hawaii, Public Affairs

## Hawaii Army Family Action Plan

Delegates discuss issues at the 2007 HAFAP Conference, held at the Nehelani Banquet and Conference Center, Schofield Barracks, Wednesday and Thursday. The conference addresses issues that affect the standard of living for Soldiers, retirees, family members and Department of the Army civilians at U.S. Army Garrison, Hawaii, installations. See next week's Hawaii Army Weekly for the full story.

# Civilians eligible for referral bonus

**HEIKE HASENAUER**  
Army News Service

WASHINGTON — The Army has expanded its \$2K Referral Bonus program to include civilian employees, making it possible for them to earn \$2,000 while helping the Army boost enlistments.

Until yesterday, the recruiting incentive — known as the "\$2K Referral Bonus" program for the regular Army and Army Reserve, and "Every Soldier is a Recruiter" in the National Guard — applied only to Soldiers and Army retirees who referred applicants who enlist, complete basic training and graduate from advanced individual training.

The bonus for referring a prospective applicant who has never served in the armed forces originated in January 2006 with a \$1,000 bonus. It was doubled in November 2006.

Under the newly expanded program, a Department of the Army civilian who refers a prospective recruit before the applicant meets with a recruiter is eligible for the award. Restrictions preclude the referral of an immediate family member (including an adopted or step-child). Additionally, the referral must be made via the fol-

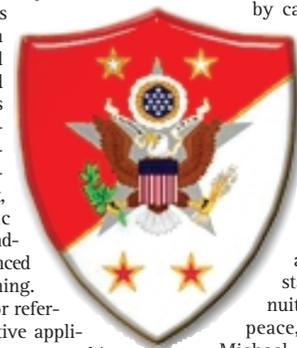
lowing Web sites, respectively, for active-duty Army prospective recruits and Army National Guard prospective recruits: <https://www.usarec.army.mil/smart/> or [www.1800goguard.com/esar](https://www.1800goguard.com/esar).

Referrals for the regular Army and Army Reserve may also be made by calling U.S. Army Recruiting Command's toll-free number: (800) 223-3735. Referrals to the National Guard may be made by calling the Guard's toll-free number: (866) 566-2472.

"As the Army Civilian Creed notes, Army civilians are dedicated members of the Army team. They support the mission, and they provide stability and continuity during war and peace," said Lt. Gen. Michael Rochelle, the Army's deputy chief of staff for personnel. "I know they are directing deserving youth to recruiters now. This will not only encourage them, but also reward them for their service."

For more information about the referral program, visit <https://www.usarec.army.mil/smart/> or call (800) 223-3735, extension 6-0473.

*(Editor's Note: Heike Hasenauer is the senior editor for "Soldiers" magazine.)*



# Dress: All are responsible for enforcing standards

CONTINUED FROM A-1

derogatory or disparaging. You as a community member shouldn't see somebody's shirt that has vulgarity on it. You shouldn't have to see somebody whose bottom is exposed."

The dress code policy applies to everyone on USAG-HI installations: military, civilians, contractors, family members, children and visitors.

Individuals may courteously bring violations to an offender's attention, or they may seek out store managers, whichever is more comfortable, Boussy said.

"We do look for the senior NCOs [noncommissioned officers] ... the sergeants major ... to step up and take charge when they see a violation."

All community members are asked to make Army posts a better place to live.

"Enforcing the standards is not just a senior NCO responsibility; it is the responsibility of all leaders," stressed Sgt. Maj. Billy Thompson, Division Rear sergeant major. "When dealing with Soldiers and other service members, it is very cut and dry: Be professional and make the on-the-spot correction.

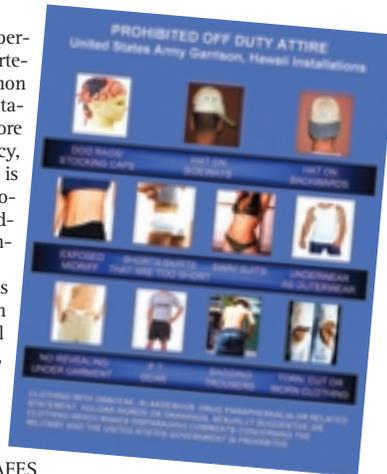
"When dealing with dependents

[family members] and other personnel," he continued, "be courteous, professional and use common sense. Do not get in a confrontation with the patron; use the store managers. Reinforce the policy, so they clearly understand it. It is important that sponsors help police their dependents and for leaders to do the right thing in enforcing these standards."

The dress standards policy is founded upon Army Regulation 670-1, which governs apparel and wear of the Army uniform, plus AR 30-22 and TB Med 530, which delineate environmental and sanitation standards in food areas.

Currently, the Schofield AAFES and commissary are reminding patrons of the policy. A poster depicting acceptable dress standards greets patrons upon entrances. Plus, an audio recording plays at the Schofield post exchange.

"It plays randomly in all our AAFES stores that have the 'radionet,'" said Susan Nonamaker, retail store manager, Schofield PX. "It informs the community that the dress code is mandatory and refers customers to managers, if they have questions."



Courtesy Photo

Posters have been distributed to numerous on-post stores, including the main PX and commissary.

According to the memorandum, "The wearing of civilian attire should be a matter of personal pride. ... Sponsors are reminded they are responsible for the appearance, attire, and conduct of their family members and are expected to conform to acceptable standards," it re-emphasizes.

## Prohibited Attire

- Clothing with obscene, slanderous, drug paraphernalia, sexually suggestive, illegal activity, distasteful or vulgar language or depiction.
- Clothing that makes disparaging comments about the military or U.S. government.
- Short shorts or skirts, halter-tops, swimsuits in public facilities.
- See-through clothing or revealing garments that expose midriffs.
- Exposed underwear.
- Hats worn sideways or backwards.
- Stocking caps and do-rags.
- Sagging trousers or cut-off, excessively worn or torn clothing that expose inner linings.
- PT gear, except for authorized hours in dining facilities.
- Tank tops, sleeveless shirts and soiled or wet clothing in dining facilities.
- Headgear of any type and curlers, with or without a scarf, in dining facilities.

# 94th AAMDC improves U.S.-Japan relations with talks

Story and Photo by  
**CAPT. WILL HUNTER**

1st Space Brigade, attached to 94th Army Air and Missile Defense Command

SHARIKI, Japan — Even among the Japanese, Shariki, Japan, is not a well-known location. As such, it is the perfect location for the Army's new Forward Based X-Band Radar system, the AN/TPY-2.

However, the remoteness of Shariki does not mean that personnel there are keeping a low profile. In addition to conducting clean-up projects in the community, supporting a local orphanage, and participating in local events and festivals, Soldiers and civilians of Detachment 3, 1st Space Brigade, attached to the 94th Army Air and Missile Defense Command, have been giving weekly English lessons to the Soldiers of the Japanese Air Self Defense Force (JASDF).

Every Thursday evening, a number of Americans and Japanese meet on the JASDF base to study conversational English. Although some Japanese receive up to 10 years of English instruction between secondary school and college, they rarely get the chance to use it. So, it is no surprise that many Japanese have a difficult time expressing themselves in English.

Lt. Col. Hiroshi Yokoo, commander of the Shariki sub-base, sought out the help of his American neighbors to start a bilateral English conversation class.



1st Sgt. Stephen Brunley, 1st Space Brigade, attached to the 94th AAMDC, assists Japan Air Self Defense Force (JASDF) members with their conversational English in Shariki, Japan.

"Many people can study English at a desk and write English, but many Japanese are shy and don't want to speak around foreigners. The purpose [of the class] is to overcome this fear, and speak," said Yokoo.

The American detachment was eager to help.

Most weeks, up to five Americans show up to serve as study aids for the JASDF

students, a remarkable number considering the 24 hour/seven-day-per-week nature of the AN/TPY-2's mission.

Having five study aids usually results in a 1:5 teacher student ratio.

"The students are progressing and starting to feel more confident with their English abilities," said Blaine Cannon, who volunteers whenever his work schedule allows.

One lesson topic is how to answer the phone if an American calls. Typically, one of the bilingual Americans will lead the class to ensure comprehension of the lesson. Time is then provided to Japanese airmen and officers to practice what they have learned with other Americans and improve their grammar and pronunciation. "I think it's very good because we can study English and deepen mutual under-

standing," said 1st Lt. Ryo Tatsukawa, officer in charge for the classes and the unofficial JASDF interpreter.

Having English lessons provides additional benefits, some of which are job related. Tatsukawa expressed that along with improving his English proficiency, the classes create opportunities for bilateral exchange.

Yokoo said, "Recently, U.S.-Japan relations have deepened, and the communication tool is English."

English proficiency also affects career advancements for the JASDF. For instance, company-grade JASDF officers must demonstrate a minimum level of English proficiency in order to advance to higher ranks. But the greatest appeal of having English classes for most Japanese students and Americans at Shariki comes from day-to-day interaction they now have with one another.

In time, Yokoo has expressed an interest in opening the lessons up to the local population. Additionally, Capt. Will Hunter and 1st Sgt. Stephen Burnley, the detachment leadership, are working with the local government officials to establish Japanese conversation classes for the Americans.

As Burnley put it, "Because it is a conversational English class ... it's the stuff they would actually use, and it is a great bonding experience."

## News Briefs

Send calendar announcements to  
community@hawaiiarmy  
weekly.com.

### 23/Today

**CEL Customer Satisfaction Survey** — AHFH strongly encourages residents to complete the CEL survey distributed last month and submit it no later than March 30. "This survey is very important to AHFH and the garrison," said AHFH Property Management Director Janine Lind. "It tells us what we are doing right, where we can improve and how to prioritize our residents' needs."

The CEL survey is conducted by a third part research company, so confidentiality is guaranteed.

**School Surveys** — More than 3,000 military households on Oahu have been randomly selected to participate in a survey to measure their perception of Hawaii public schools by the University of Hawaii.

A cover letter and survey was mailed out March 8 to families across the state. The data generated from the survey will provide useful information that will assist public schools, which support military children and families in Hawaii.

If your household was selected, your participation is highly encouraged. Call Amanda Quijano or Dr. Kathleen Berg at 956-4729.

**Lyman Closure** — Lyman Gate on Schofield Barracks will close through June 30 for construction improvements.

Macomb Gate will reopen only for exiting the post. McNair Gate will be used for entry only. Commercial deliveries, visitors and unregistered vehicles must use McNair Gate. Call 656-2473.

For a map of the changes, visit [www.25idl.army.mil/community-impactupdates/roadclosuremap.jpg](http://www.25idl.army.mil/community-impactupdates/roadclosuremap.jpg).

**Tool Time** — The Schofield Barracks GSA store will host a tool exhibition March 22, from 10

a.m.-2 p.m. The Mac Tool Company and Snap-on Tools will be available. For more information, call Mike Martin at 655-0280.

## April

### 2/Monday

**Advisory Council Meeting** — The next Schofield Barracks PX/Commissary Nehelani Advisory Council Meeting will be held April 2, 10:15-11:15 a.m., at the Small Post Conference Room.

This bimonthly meeting is a forum for representatives from those organizations and its patrons to share ideas and information. For more information, contact Mr. Melvin Wright, Deputy Community Director, Oahu North Office at 655-0497.

## Ongoing

**Tax Center Hours** — The Fort Shafter and Schofield Barracks Tax Centers will provide free federal and state income tax preparation and assistance to Soldiers, family members, retirees, active Reservists and National Guard members.

Patrons must bring proper identification, social security cards for all individuals to be claimed on all returns, W-2's and any other tax-related forms they deem necessary.

The Fort Shafter Tax Center is located in Building 330. The hours of operation are Monday-Wednesday, from 9:30 a.m.-5 p.m., and Thursday, from 9:30 a.m.-6 p.m. Call 438-0829.

The Schofield Barracks Tax Center is located in Building 678. The hours of operation are Monday-Wednesday, from 9:30 a.m.-5 p.m., Thursday, from 9:30 a.m.-6 p.m., and Friday, from 9:30 a.m.-4 p.m. Call 655-1040.

Both centers will be closed on federal holidays.

Since April 15 falls on Sunday and April 15 is Emancipation Day, a legal holiday in the District of Columbia, taxpayers will have until April 17 to file their 2006 returns and pay any taxes due.

**Green to Gold** — A program briefing on the Army Green to Gold Program will be held at the Schofield Barracks and Tripler

Army Medical Center Education Centers the last Wednesday of each month.

To be eligible, Soldiers must have served at least two years on active duty. The current application window will be open until Apr. 1.

Visit [www.rotc.usaac.army.mil/command/Green2Gold/index.htm](http://www.rotc.usaac.army.mil/command/Green2Gold/index.htm).

Call the University of Hawaii Army ROTC Warrior Battalion, 956-7766 or e-mail [gblt@hawaii.edu](mailto:gblt@hawaii.edu).

### Reserve Officers Scholarship

Applications for The Henry J. Reilly Memorial Scholarship program, sponsored by the Reserve Officers Association (ROA), are now available online at [www.roa.org/site/PageServer?pagenamereilly\\_scholarship](http://www.roa.org/site/PageServer?pagenamereilly_scholarship).

ROA awards merit-based graduate scholarships to members and merit-based undergraduate scholarships to children and grandchildren of members.

Scholarships are valued at \$500. Winners can resubmit annually as

long as they meet application criteria. The application deadline is April 10. Contact Henry.David.Pendleton@us.army.mil.

**Leadership Development Program** — The Military Child Education Coalition (MCEC) is accepting applications for The Frances Hesselbein Student Leadership Program for students in the Student to Student program.

The leadership program is a new initiative established by the MCEC

board of directors to identify exemplary young people to provide them with specialized training that will nurture and develop their leadership skills, patriotism, commitment to service, and their intellectual and problem solving capacity.

The program will be held at the U.S. Military Academy, West Point, N.Y.

Call Jewel Csiszar at 655-9818 or 258-9192 for application information.

# Partner: Fences help preserve PTA

CONTINUED FROM A-1

ing towards the future.

“Sustainability is a team effort,” said Col. Howard J. Killian, U.S. Army Garrison, Hawaii commander. “By ourselves, we can only accomplish so much, but when we pair up with other stakeholders, we can share ideas and break down barriers; thoughts become realities. Our partnership with the U.S. Fish and Wildlife Service is an excellent example of that.”

## Accomplishments

So what has PTA accomplished? Quite a bit, it turns out, partnering with agencies like the USFWS, the Hawaii Division of Forestry and Wildlife, the Junior Sierra Club, and Hawaii Community College along the way.

PTA covers more than 131,000 acres and is home to 19 federally listed threatened or endangered species; however, conservation does not stop with them.

“We don’t only focus on federally listed species,” said Darryl York, PTA biologist. “We also focus on rare species that don’t have a federal designation because they’re part of the ecosystem, and they need to be preserved.”

One big way the Natural Resource staff is preserving these species is by putting up 6-foot-tall metal fences.

The fencing project focuses on keeping wild animals, like sheep, goats and pigs, which devastate the land with their eating habits, away from threatened and endangered species so the habitat has a chance to recover.

Since 2005, workers have fenced 7,000 acres of land, with the end goal of 33,000 acres, or about 70 miles, of fence.

“The large-scale kind of stuff we’re doing is unprecedented,” York said. “To have 33,000 acres of native dryland forest protected is just going to be phenomenal.”

Another key part of PTA’s conservation work is its rare plant propagation facility. Here the Natural Resources staff develops sprouting and reproduction techniques for its threatened and endangered plant species, in addition to learning how to treat the plants for disease.

“Recovery is a big part of the Endangered Species Act,” York said.

“It doesn’t do the species any good if you’re just out there protecting the last fifty of them. You have to protect the last fifty, and ten years from now have one-hundred fifty, and twenty years from now have five hundred, so that one day, hopefully, the species can be de-listed.”

So from small beginnings as seeds or cuttings, these plants grow to become the future, and possibly even savior, of their species.

“With the State, we plant these species in suitable habitats throughout the island where they may have been found in the past,” York said.

“That way if there is a catastrophic event here at PTA, such as a volcanic eruption or huge wildfire, we would have other populations of



Photo Courtesy of U.S. Army Garrison, Hawaii, Natural Resources

Contractor Charles Rosa drills a hole for a fence post at Pohakuloa Training Area, Wednesday. So far, workers have fenced 7,000 of the 33,000 acres to be fenced for habitat restoration.

plants around the island and wouldn’t be faced with an extinction event.”

Whether it is serving as a member of Hawaiian Hoary Bat Working Group, coordinating firefighting resources and constructing an extensive series of fuel breaks to guard against fires, or volunteering in the community to help weed and reintroduce native plants at the West Hawaii Veterans Cemetery, PTA and its partners are getting the job done.

“Pohakuloa has shown that military installations can complete their mission while still doing their part to promote long-term habitat management and conservation that benefit wildlife, especially endangered or threatened species,” said Patrick Leonard, field supervisor, Pacific Islands Fish and Wildlife Office.

York agreed.

“The conservation of native ecosystems and endangered species is compatible with the Army’s training mission. We can do both, and we can do both well,” he said.



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

## Tall order

Tall order — Amondo Raguidin of Leeward Landscaping uses a saw attached to the end of a 25-foot pole to remove coconuts from the palms outside of the Schofield Barracks Headquarters Building, Monday.

# PAU HANA



## Celebrate spring break island-style

Scott K. Carl

**1** Mark Occhilupo races down the line during the 2005 Pipeline Masters Competition, North Shore. Check out the mountain-sized winter waves, but exercise caution before you dive in.

**JEREMY S. BUDDEMEIER**  
Assistant Editor

While many mainland residents are digging their way out of their snow-covered hovels and searching for flights to warmer climes, Hawaii residents are enjoying the last few days of "winter" — though anyone who lives where temperatures don't drop below 50 degrees shouldn't be able to use the word winter, a friend recently commented.

Semantics of winter aside, the number of daylight hours have been slowly increasing, allowing families to spend more time together outside or catch that sunset surf session after a full day's work.

With more time comes more reasons to get out and explore the island. However, before the inevitable distant relatives and friends begin e-mailing their visitation plans to you, it's helpful to have your own list of recommended itineraries for them when they arrive.

So this spring, whether you have guests visiting or have the break all to yourself, here are a few suggestions for maximizing relaxation and minimizing the strain that vacations — even those close to home — can put on your wallet.

*(Editor's Note: Unless otherwise specified, all photos by Jeremy S. Buddemeier, U.S. Army Garrison, Hawaii, Public Affairs.)*



**2**

**Eastern shores (above)** — Take the drive east down Kalaniana'ole Highway from Hawaii Kai to Waimanalo for numerous panoramic views and beaches. Frolicking Humpback whales can also be seen for a few more months before they migrate east.

**Manoa Falls Trail (left)** — Muddy steps climb the side of a hill just past the main bamboo forest on the Manoa Falls Trail.

**Nuuanu-Pali Lookout, steeped in history (below)** — In his quest to unite the islands, Kamehameha I and his army fought a decisive battle here in 1795, forcing enemies over the 1,000-foot cliffs ("pali" is the Hawaiian word for cliff).

One hundred years later, workers established a paved, winding road to ease transportation between the windward O'ahu and Honolulu. The current tunnels and lookout were built in 1959.

Take Route 61 from Kailua or Honolulu and follow the signs for the lookout.



**3**

Hawaii's cuisine is as eclectic as its demographics. Each costing less than a few dollars, shave ice, malasadas and manapuas are three bulb-shaped treats that, pound-for-pound, have no mainland equivalents.

**Shave Ice** — (Left to right) Chrysanthemum Castillo, Shawn Date and India Clark enjoy the perfect treat on a hot day. For the softest, most finely-shaven shave ice, try the General Store in Haleiwa or one of the two Waiola Shave Ice locations in Honolulu. The adventurous shouldn't forget the azuki beans, liliiko syrup or the sweetened condensed milk "snow cap."

**Malasadas** — 'Donut' call them doughnuts. Though other companies might make these Portugese delights, none have been more successful than Leonard's in establishing their sugary foothold in Hawaii. Some will contend the Punahou Carnival malasadas give Leonard's a run for its money, but tasters only have the first week in February, when the carnival runs, to compare wares.

**Manapuas** — Dinner-roll sized sandwiches for those on the go, they come with everything from pork to chicken curry to seafood on the inside. Try them baked or steamed, but don't forget to ask for the spicy soy-mustard sauce. The Island Manapua Factory in Manoa, and The Kalihi Bakery do them right.



**4**



**5**

**USS Arizona Memorial (above)** — Touted as the most popular tourist attraction on the island, the USS Arizona Memorial receives more than one million visitors each year.

Tickets are free, but the long lines form early. Check out the USS Bowfin, a World War II submarine, or the USS Missouri if your wait is more than an hour.

**Polynesian Cultural Center** — Experience a plethora of Polynesian-island cultures at the number one paid attraction in Hawaii. This month Hawaii residents get free admission when they bring mainland guests, who also receive 20 percent off.



**6**



# March

## 26 / Monday

**Spring Camp** — Teens at the Schofield Teen Center, "4-H Fitness" spring camp continues March 26-30, 10 a.m.-6 p.m. Activities will include cooking, art, technology, photography, community service, gym day and a 4-H finale.

Field trips will include a Pearlridge scavenger hunt and movie, the beach, Richardson Pool, Hawaiian Waters Adventure Park, the Polynesian Cultural Center, and a Kualoa Ranch Aqua Tour and Jungle Tour. Cost is \$30. Call 655-0451.

## 28 / Wednesday

**Babysitting Class** — Free classes are available to teens, 13-17 who are either members of Child and Youth Services (CYS) or enrolled in SKIES Unlimited.

Classes will cover "Characteristics of a Great Babysitter," "Communicating With Your Own Parents," "Information Babysitters Need," "Ages and Stages," and much more.

Free CPR and first aid classes are also available for teens, 13-17, who have completed the CYS babysitting course and have their parents' approval.

Classes begin March 28, 9 a.m.-4 p.m. Call 836-2106 or 655-9818.

## 29 / Thursday

**Home Alone Workshop** — This fun workshop is designed to teach children the safety skills needed for staying home alone.

Activities will include fire safety, safe telephone usage and basic first aid. Kids will also enjoy a day of fun activities, goodies and lots of important safety information.

This workshop is designed for children ages 9-12, and participants need to bring a bagged lunch. Registration is required. The workshop will be held at the Helemano Community Center, March 29, 9 a.m.-3:30 p.m.

## 30 / Friday

**Robotech** — Come see this new anime movie, March 30, 6 p.m., at the Tropics, Schofield Barracks. Call 655-0968.

**Hawaiian Luau Lunch Buffet** — Enjoy the "ono" taste of a traditional Hawaiian style feast, 11 a.m.-1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m.-2 p.m. at



Spc. Cheryl Ransford | U.S. Army File Photo

Spc. Roger Sanchez, tax preparer, goes over the 2005 return of Spc. Ryan Green, Company A, 2nd Battalion, 5th Infantry Regt.

# Telephone excise tax refund due

INTERNAL REVENUE SERVICE  
News Release

SEATTLE — The Internal Revenue Service reminds taxpayers that a one-time refund of the telephone excise tax paid on long-distance and bundled service is available on this year's tax return. However, 30 percent of the total returns filed from Hawaii taxpayers in a six-week period did not request this special refund. While some may not be eligible, others may qualify and not know it.

The telephone tax refund is available to taxpayers who paid the 3-percent federal excise tax on long-distance and bundled phone service billed from March 1, 2003, through July 31, 2006.

"If you qualify, you must request the telephone tax refund on your 2006 tax return," said Judy Monahan, IRS spokeswoman. Taxpayers may request the actual amount of excise tax paid during that 41-month period or can simplify the process by using the standard amount, which ranges from \$30 to \$60 and is based upon the number of exemptions claimed on the 2006 tax return. Using the standard amount to figure the refund is easy, with only one line to complete on the tax return.

For the millions of people not required to file a tax return, the IRS has created a special short form for requesting the refund:

Form 1040EZ-T, Request for Refund of Federal Telephone Excise Tax.

Form 1040EZ-T can be e-filed for free through some of the software companies participating in the IRS Free File program. Free File is available on the IRS Web site at [www.irs.gov](http://www.irs.gov). More than 10 million people, many of them senior citizens, are expected to file this form.

If you paid more than the standard amount, you may figure your refund using the actual amount of tax shown on your phone bills. Base your refund request on the 3-percent federal excise tax paid, not the total phone bill. Do not count tax paid on local-only service.

Complete Form 8913, Credit for Federal Excise Tax Paid, and attach it to your tax return. You must have phone bills or other records to support the amount you are requesting, but do not mail the supporting documents with your tax return. Keep them with your 2006 tax records.

Early mistakes found on a sample of returns filed include not listing the telephone tax refund amount on Form 1040EZ-T, not requesting the refund when the taxpayer appears to qualify, filing duplicate requests — both on a regular tax return and Form 1040EZ-T, and requesting a refund based on the entire amount of the phone bill instead of the three-percent tax on long-distance and bundled service.

the Schofield Nehelani.

Cost is \$9.95 per person. Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or more information.

## 6 / Friday

**NAF Property Sale** — An NAF excess

property sale will be held April 6, Building 1598, Fort Shafter Flats. Sale items include office and home furniture, golf course equipment, golf carts, restaurant equipment, and more. All property will be sold "as is." Acceptable forms of payment will be cash, personal checks or credit cards. Call 438-3492.

**Easter Egg Hunt** — Teens, join friends for an evening of fun at the Schofield Barracks Teen Center, 7-9:30 p.m. for a flashlight Easter egg hunt.

Listen to music, dance and hunt for Easter eggs in the dark. Cost is \$2 for members and \$4 for nonmembers. Call 655-0445.

[www.motortrendautoshow.com/honolulu](http://www.motortrendautoshow.com/honolulu).

## 24 / Saturday

**Apprentice Openings** — About 100 apprentice positions will be available at Shipyard Job Fair. Two generations of shipyard workers will be on hand to discuss the shipyard's workforce revitalization.

The job fair will run from 9 a.m. till noon, March 24, at the Marine Education Training Center, 10 Sand Island Access Rd. The Pearl Harbor Naval Shipyard and Honolulu Community College sponsor this job fair.

This apprentice program is open to all U.S. citizens, 18 or older who graduated high school. Get more details at <https://acep.hawaii.navy.mil/>.

**Sunset on the Beach** — Tesoro Hawaii and the National Oceanic and Atmospheric Administration (NOAA) will present a very special Sunset on the Beach celebrating NOAA's 200th anniversary on March 24 and 25. The perfect event for families to enjoy the beach, learn interesting and important lessons about our ever-changing environment, and listen to awesome live music by some of Hawaii's best entertainers (including Na Hoku Hanohano Award winners Makana and Tony C), the family-friendly films "The Little Mermaid" (Saturday) and "Shark Tale" (Sunday) will help celebrate a truly historic occasion as NOAA celebrates 200 years of science, service and stewardship.

Sunset on the Beach food booths will open at 4 p.m.; live entertainment will start at 5 p.m. Movies will begin shortly after sunset at approximately 7:30 p.m. The Girl Scout Council of Hawaii will help NOAA volunteers provide information and oversee games and crafts designed to promote ocean awareness, family disaster preparedness and environmental stewardship.

## 25 / Sunday

**Vintage Collectibles Show** — The biannual Wiki Wiki One-Day Vintage Collectibles and Hawaiiana Show will be held March 25 at the Neal S. Blaisdell Center from 10:30 a.m.-4:30 p.m.

Ninety-one tables of estate jewelry, art, glass, coins, ephemera and Hawaiiana will be on display and available for purchase from vendors around the islands and the mainland.

Tickets will be \$3.50 for general admission and may be purchased at the box office.

## 27 / Tuesday

**Open House** — Army Hawaii Family Housing will host an Open House showcasing of homes available to single officers in the Tripler community, Tuesday, March 27, from 4 p.m.-6 p.m. at 364A Reno Rd., Tripler. Call Connie Yu-Palmonale at 275-3805 or e-mail [cpalmonale@army-hawaiiifh.com](mailto:cpalmonale@army-hawaiiifh.com) for more details. Refreshments will be served.

**HPU Cheerleading** — Hawaii Pacific University's national champion cheerleading and dance teams are heading back to Florida for the National Cheerleaders Association Chick-fil-A Collegiate Championships to defend their national titles April 5-6. In support of the teams and in celebration of their accomplishments, HPU Student Life is sponsoring a Cheer and Dance Nationals Preview, March 27 at 7 p.m., at the Neal Blaisdell Arena. This event is free and open to the public.

The Chick-fil-A Cheer and Dance Collegiate Championship is the largest event of its kind in the world. With teams from across the U.S., Mexico, Japan and Canada, it is the most widely viewed college cheer and dance event in the history of collegiate spirit competitions.

## 29 / Thursday

**Family Festival** — Four days of fun are scheduled for the Honolulu Family Festival, March 29-April 1 at Magic Island, Ala Moana Beach Park. This festival will include cultural rides, activities, food and entertainment for all ages.

Also scheduled is the Ultimate Dog Show, featuring stunt canines; Watershow Productions' Pirates of the Caribbean High Dive Show; and Backyard Circus and Family Puppet Parade. Event proceeds will go toward updates and repairs of Ala Moana Beach Park.

Event times are 5-10 p.m., March 29; 5 p.m.-midnight, March 30; 10 a.m.-midnight, March 31; and 10 a.m.-10 p.m., April 1. Visit [www.honolulufamilyfestival.com](http://www.honolulufamilyfestival.com).

# April

## 3 / Tuesday

**Quilt Display** — Army Community Service (ACS) will host a "Shaken Baby Syndrome (SBS) Quilt Display" in Building 2091, Kolekole Avenue, Schofield Barracks, Tuesday, April 3 from 7:30 a.m.-4:30 p.m.

In observance of April's Child Abuse Prevention Month, the community is invited to come by and view the memorial. The Shaken Baby Alliance initiated this memorial for victims of SBS. Squares consist of actual pictures and personal mementos from victims.

SBS quilts serve as a reminder to everyone that SBS is a form of child abuse that should not be ignored. For more details, call Catherine Heflin or Cole Weeks at 655-1670.

## 5 / Thursday

**Family Bingo** — The Wheeler Middle School Parent Teacher Student Organization (PTSO) is hosting a Family Bingo Night, Thursday, April 5, from 6-8 p.m. in the school's cafeteria. Join the PTSO for an evening of fun, food and prizes.

A \$5 admission fee (per person) will buy attendees two slices of pizza, two bread sticks, a soft drink and 15 bingo cards. RSVP as soon as possible Call Mary Rice at Wheeler Middle School, 622-6525, extension 260, for more details.

## 7 / Saturday

**Plantation Days** — Hawaii's Plantation Village presents "Relive the Plantation Days: Drum Festival," Saturday, April 7. Headlined by the internationally renowned Kenny Endo Taiko Ensemble on the main outdoor stage, the Drum Festival will showcase percussion performances and Bon Dance workshops by cultural groups.

Following his performance, Kenny Endo's group will be leading an impromptu short "hands-on" introduction to Taiko drumming. And, to add to the day's enjoyment, tasting of "bean" items prepared by the eight plantation heritage groups will be offered throughout the Village.

Activities and crafts for keiki include the popular catch and release fishing, buzz saw (an original plantation toy), origami, kite-making and more.

Admission to this family event is \$4 for kamaaina and military, \$7 general admission, and free for children under 12 years, as well as HPV members. Ample parking will be available for free.

## 8 / Sunday

USS Missouri Sunrise Service — For the seventh year in a row, the Army and Navy

SEE COMMUNITY CALENDAR, B-3



**Aliamanu (AMR) Chapel, 836-4599**

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

**Fort DeRussy Chapel, 836-4599**

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

**Fort Shafter Chapel, 836-4599**

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

**Helemano (HMR) Chapel**

- Contemporary Protestant Sunday, 10 a.m. — Worship Service & Children's Church

**\*Main Post Chapel, 655-9307**

- \* (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)
- Catholic Sunday, 9 a.m.—CCD & RCIA Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

**MPC Annex, Building 791**

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

**Soldiers Chapel**

- Catholic Friday-Saturday, 12 p.m. — Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. — Worship Service

**Tripler AMC Chapel, 433-5727**

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

**Wheeler Chapel**

- Catholic Saturday, 5 p.m.—Mass Sunday, 10:30 a.m.—Mass
- Collective Protestant Sunday, 9 a.m. — Worship Service
- Gospel Sunday, 12 p.m. — Worship Service



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

# March

## 23 / Today

**Aquarium Egg Hunt** — Island families must register today if they want to participate in the Waikiki Aquarium's Easter Sea Hunt. Afterwards, families are invited to hop on over Saturday, March 31, from 9 a.m. to 12 noon, when the morning egg-stravaganza of Easter fun will include egg hunts for children ages 2-7, a fishpond game, craft activity and visits with the Easter bunny.

The egg hunt is \$10 per child; children of members are free. A \$2 fee will be charged to participate in the fishpond game, and preregistration is required.

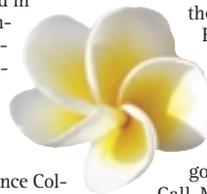
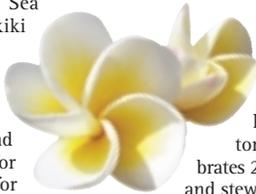
Proceeds from the Easter Sea Hunt will benefit the Waikiki Aquarium. Admission is \$9 for visitors; \$6 for local residents, active duty military with ID, students with ID and seniors; \$4 for youths ages 13-17 and persons with disabilities; \$2 for juniors ages 5-12; and free for children 4 and under and Friends of Waikiki Aquarium (FOWA) members.

To register or for more details, call 923-9741, option 3, Monday-Friday from 8 a.m.-4 p.m.

**Show Motion** — The 2007 1st Hawaiian International Auto Show is being held now through Sunday, March 25, in the Hawaii Convention Center, located at 1801 Kalakaua Ave. in Waikiki.

Watch the pages of "Motor Trend" magazine come alive as hundreds of the newest cars, trucks, minivans and sport-utility vehicles are put on display. From an up-close look at newly introduced pre-production models and futuristic concept cars to special guests and themed days for the youngest auto show attendees, this show will have something for everyone.

Event hours are today from noon-10:30 p.m.; Saturday, 10 a.m.-10:30 p.m.; and Sunday, 10 a.m.-7 p.m. Call 943-3500, e-mail [steve.freeman@primedia.com](mailto:steve.freeman@primedia.com) or visit



**Because I Said So**

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



**The Messengers**

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



**Charlotte's Web**

(PG)  
Sunday, 2 p.m.

The theater is closed Monday & Tuesday.



At the American Legion building in Honolulu, Boy Scouts of Troop 135 laugh as they fold U.S. flags for Schofield Barracks Soldiers deployed in Iraq.

# Boy Scouts fold flags for patriotism, OIF Soldiers

Story and Photos by  
**PFC. NATHAN PORTER**  
U.S. Army, Pacific, Public Affairs

WAIKIKI — Carefully folding them by hand with the utmost reverence and honors, the Boy Scouts of Troop 135, along with a group of volunteers, folded 1,800 flags that will be shipped to the Hawaii-based 45th Sustainment Brigade currently deployed in Iraq, last week.

Francis Eyre, the scout who organized the event, said the reason for sending these flags was “to help the troops, to raise their morale and to let them know that we want them to come home safely.”

Eyre has served as a scout for seven years and is working toward becoming an Eagle Scout, the highest rank a Boy Scout can attain. He said it’s important to support our troops because “they’re the ones who are fighting for the freedom of the Iraqis.”

Eyre added that the thing he loves most about being a scout is “being able to serve the public.”



Before packaging, Scouts ensure flags are sharp and crisp by ironing out any wrinkles.

## Boy Scout Oath

“On my honor I will do my best,  
To do my duty to God and my country, and to obey the Scout Law;  
To help other people at all times;  
To keep myself physically strong, mentally awake, and morally straight.”

Coddy Eyre, Francis’ mother, said that she’s very proud of her son.

“I think the project he’s chosen to undertake says a lot for an Eagle Scout project,” she said.

Boy Scouts routinely participate in charitable projects and volunteer their time to help others. Troop 135 takes their scout oath to heart, not only its words but also their actions.

# Holy Week Schedule

## Easter Sunrise Services

- April 8, 6 a.m., Aboard USS Missouri (an entrance fee applies)
- April 8, 6:30 a.m., Wheeler Chapel, Wheeler Army Air Field

## April’s Holy Week

(Note: Preregistered child care is available at Aliamanu Military Reservation and Schofield chapels. Families must pre-register at 655-8313.)

### 1st, Palm Sunday

All denominations meet at regular times/locations

### 5th, Maundy Thursday

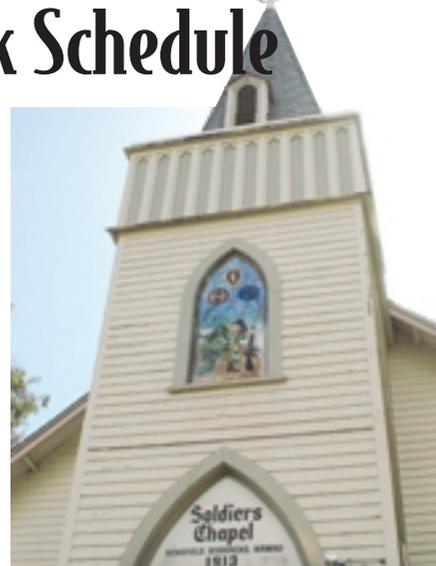
- Protestant Maundy Thursday, Fort DeRussy Chapel, 5 p.m.
- Catholic Mass of the Lord’s Supper, Wheeler Chapel, 6 p.m.
- Liturgical Maundy Thursday, Schofield Soldiers’ Chapel, 6 p.m.
- Protestant Maundy Thursday, Main Post Chapel, Room D-9, 6 p.m.
- Catholic Mass for Holy Thursday, Fort DeRussy Chapel, 7 p.m.

### 6th, Good Friday

- Protestant’s “Last Seven Words of Christ,” Wheeler Chapel, 12 noon
- Catholic Good Friday Service, Wheeler Chapel, 1:30 pm.
- Catholic Good Friday Service, Aliamanu Military Reservation (AMR) Chapel, 3 p.m.
- Catholic Good Friday Service, Fort DeRussy Chapel, 3 p.m.
- Protestant Good Friday Service, Fort DeRussy Chapel, 5 p.m.
- Liturgical Good Friday Service, Schofield Soldiers’ Chapel, 6 p.m.

### 7th, Holy Saturday

- Catholic Holy Saturday Easter Vigil, Wheeler Chapel, 7 p.m.



Aiko Brum | U.S. Army Garrison, Hawaii, Public Affairs

- Catholic Holy Saturday Easter Vigil, Fort DeRussy Chapel, 7 p.m.

### 8th, Easter Sunday

- Catholic Mass, AMR Chapel, 8:30 a.m.
- Protestant Easter Sunday Service, Fort DeRussy Chapel, 9 a.m.
- Protestant Easter Sunday Service, Fort Shafter Chapel, 9 a.m.
- Protestant Easter Sunday Service, Wheeler Chapel, 9 a.m.
- Protestant Easter Sunday Service, Schofield Soldiers’ Chapel, 9:30 a.m.
- Protestant Easter Sunday Service, AMR Chapel, 9:45 a.m.
- Protestant Easter Sunday Service, Helemano Military Reservation (HMR) Chapel, 10 a.m.
- Catholic Mass, Wheeler Chapel, 10:30 a.m.
- Protestant Easter Sunday Service, Wheeler Chapel, 12 noon
- Protestant Easter Sunday Service, AMR Chapel, 12:30 p.m.

## Community Calendar

From B-2

will join together of Easter Sunrise Service onboard the USS Missouri, Easter Sunday, April 8. The service will begin at 6 a.m., and participants will be able to celebrate and enjoy a beautiful sunrise overlooking historic Pearl Harbor.

Come participate. Call the Pearl Harbor Memorial Chapel at 473-3972 for more details.

### 21 / Saturday

#### Earth Day Weed Whack —

The community is invited to participate in this Earth Day activity. Meet at the Army Natural Resource Center at 8 a.m., Building 1595, East Range, Schofield Barracks, April 21.

Groups will hike approximately 30 minutes each way on a narrow trail to an overlook of beautiful

Makua Valley. There, weed-whacking parties will eradicate non-native strawberry guava with herbicide from a native koa and ohia forest.

This event is your opportunity to see native plants such as olopua, palapalai fern and native tree snails up close. Bring lunch, water (at least 1.5 liters), good hiking shoes, long pants, long sleeves, sunscreen and mosquito repellent (optional).

Call to reserve a spot. Contact Kapua Kawelo or Susan Ching at 656-7641.

# Weight-loss program urges adding exercise to workday

## DELICIE AKAU

Take Off Pounds Sensibly, Hawaii Area

The American Council on Exercise (ACE) recently released results of its study that examined on-the-job physical activity of 10 common occupations. Not surprisingly, the study revealed that the typical office worker needs to get supplemental physical activity built into each day.

The amount of exercise varies with each person. In general, experts recommend that most people's goal should be to walk 10,000 steps per day — the approximate equivalent of walking five miles.

In the ACE study, secretaries were observed to walk an average of 4,327 steps per day, not quite half the minimum recommendation. Alternatively, mail carriers topped the list at 18,904 daily steps.

Finding the time to exercise before or after work can present a challenge, so incorporating physical activity into the

workday is important. TOPS (Take Off Pounds Sensibly) Club, Inc., an international nonprofit, weight-loss support organization, offers tips on how "desk jockeys" can slip some extra steps into their day.

### 'Desk Jockey' To Do's

- Walk down the hall and deliver messages or documents to a co-worker instead of sending an e-mail.
- Stand up and gently march in place while talking on the phone.
- Take a few flights of stairs during your break, or go for a walk at lunch.
- At least every half-hour, take a break from sitting. Get up, move around and do some gentle stretching.

TOPS is a nonprofit, noncommercial weight-loss support organization with about 10,000 associate chapters throughout the U.S. and Canada. Nearly 200,000

members worldwide learn about nutrition, food planning, exercise and more in weekly meetings. Weigh-ins, group feedback, support and motivation help members to achieve their goals.



Visit [www.tops.org](http://www.tops.org) or call 623-1403 for more about TOPS.

Oahu boasts three chapters. The Aliamanu Military Reservation (AMR) chapter meets at 5:30 p.m., Wednesdays, at the Armed Services YMCA; the Wheeler Army Air Field chapter meets Thursday at 5:30 p.m. at Bldg 782 Santos Dumont Rd.; and a Kaneohe chapter meets at 9 a.m., Wednesdays, at the Pohai Nani Retirement Community.

Rebecca Vivian and Jay Jelinek lost 243 and 141 pounds, respectively, as part of the Take Off Pounds Sensibly Club, Inc.





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

## March

### 23 / Today

**Officials Needed** — If you are interested in becoming a sports official and earning a few extra dollars, training is provided for the following sports: baseball, softball, flag football, basketball and soccer.

Many games are being played right in your backyard, as game sites include Schofield Barracks, Helemano Military Reservation, Fort Shafter and Aliamanu Military Reservation.

The baseball/softball season is coming up in early May, so officiating classes will begin March 26 at the Yano Library, Schofield. Practice with field mechanics is also scheduled.

Presently, 14 Soldiers and three wives are officiating, but more officials are needed, due to deployed Soldiers. Call Larry Cravalho at 780-4099 or 455-4575 for more details.

**Canoe Club** — The Honolulu Pearl Canoe Club, a military-oriented outrigger paddling canoe club, is currently recruiting new paddlers of all ages, skill and experience levels for the upcoming outrigger canoe regatta season.

Regatta races are sprints ranging from one-fourth mile to one-and-a-half miles, held every Sunday from June 3 to July 22 at Kailua

Beach, Keehi Lagoon, Nanakuli Beach and Waimanalo Beach. This private organization operates on Naval Station Pearl Harbor and is open to all military and civilians.

Learn six-man, outrigger canoe paddling skills and techniques for fun or competition in a positive social environment. If you're interested in paddling, visit the Morale, Welfare and Recreation (MWR) Canoe Hale located at Rainbow Bay Marina, near the Arizona Memorial Visitor's Center, any Monday, Wednesday or Friday between 5 p.m. and sunset.

E-mail [megtoad@mac.com](mailto:megtoad@mac.com) or visit [www.honolulupearl.com](http://www.honolulupearl.com) for more details.

### 24 / Saturday

**Rubber Duckie Race** — The United Cerebral Palsy Association's "Great Hawaiian Rubber Duckie Race" will waddle down Ala Wai Canal for its twentieth year. Thousands of rubber duckies will challenge the rigors of the Ala Wai canal, March 24, in efforts to raise dollars for those with cerebral palsy and other disabilities.

Pre-race activities will begin at 9 a.m. and will include entertainment and what is billed (ahem) as the state's largest duck store in the McCully Shopping Center.

The race will begin at 1:20 p.m. from the Kalakaua Avenue Bridge. Visit [www.ucpahi.org](http://www.ucpahi.org)

### 29 / Thursday

**Revenge & Retribution** — Action Zone Wrestling (AZW) presents "Revenge & Retribution" at the Filipino Community Center, March 29, beginning at 8 p.m.

Come see live wrestling action, featuring AZW heavyweight champion "The Rage," who will take on "King Makoa." Also scheduled are grudge matches and tag team matches.

Advance tickets are \$7 and \$10 the day of the event. E-mail [ActionZoneWrestling@webtv.net](mailto:ActionZoneWrestling@webtv.net) or visit [www.actionzonewrestling.com](http://www.actionzonewrestling.com) to purchase tickets.

The center is located at 94-428 Mokuola St. in Waipahu.

## April

### 7 / Saturday

**Hike Oahu** — Come join the Hawaiian Trail & Mountain Club on its next hike: an alternate route to the Koolau summit above Waialeale Iki, a four-mile intermediate trek, easier than most, at 8 a.m., April 7. A final ascent will get your heart pumping, and great views of the windward side and east Oahu will be your reward.

Novide hikers are encouraged to tackle this venture. Call coordinator Wil Kawano, 373-1492, for more details.

A \$2 donation is requested of nonmembers 18 and older. Children under 18 must be accompanied by a responsible adult.

Hikers meet at the Iolani Palace, unless otherwise noted. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://htnclub.org> for more details.

### 20 / Friday

**Hunter Education Courses** — The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, sur-

vival and first aid, game care, and more.

The next free, two-day class is April 20-21. Class runs Friday from 5:45-10 p.m., then Saturday from 7:45 a.m.-4 p.m. They are family-friendly and open to anyone age 10 years and older.

Classes are held at the Nimitz Center, second floor, Room #A-212A, 1130 N. Nimitz Hwy. (Drive up the ramp, the classroom is the first on the right.) All students are required to provide a picture ID. Visit [www](http://www).

### 21 / Saturday

**Jackpot Rodeo** — The Hawaii Women's Rodeo Association will host a Jackpot Rodeo Saturday, April 21, at the Diamond J Ranch Arena in Waianae. Rodeo action will begin at 10 a.m. with open, 3D and keiki barrel racing followed

by pole-bending.

Admission and parking are free. Call John Teixeira at 389-9884 or visit the HWRA online at [www.rodeoohu.com](http://www.rodeoohu.com) for more details.

## Ongoing

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

**Masters Swim Program** — Team Move hosts a master's swimming program Wednesdays from 7:30-8:30 a.m., and Saturdays from 7-8:15 a.m. in the Pearl City

district park swimming pool.

These innovative group workouts are designed for beginning and advanced swimmers. Expert coaching is provided to improve upon form and technique. All ages are welcome. Cost is \$15 per month for Team Move members and \$25 per month for nonmembers. The pool is located at 785 Hoomaemae St., Pearl City.

**Bike Hawaii** — Join Bike Hawaii's professional nature guides, and explore Oahu from the rainforest to the reef. Packages can include downhill biking, waterfall hiking, and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

Meals are included. To schedule your adventure, call 734-4214, 877-682-7433, or go online at [www.bikehawaii.com](http://www.bikehawaii.com).



## March

### 24 / Saturday

**Teen Pool Party** — Come to the Aliamano Military Reservation (AMR) pool for refreshments, games, prizes and lots of splashin' fun, March 24, 5–7 p.m. Call 833-0920.

### 27 / Tuesday

**Mini Soccer** — Registration for Mini Soccer begins March 27 and is open to youths born in 2002-2003. Cost is \$10, which includes a T-shirt.

Mini Soccer is a parent-participation program, which meets once a week from 5–6 p.m., April 24–June 14. Youth learn the basic skills of soccer.

Call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield), or 655-0883 (Helemano Military Reservation, or HMR, and Wheeler Army Air Field).

### 1 / Sunday

**Bowling Tournament** — A “5 Game, No Tap” tournament will be held at the Schofield Bowling Center, April 1. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

### 3 / Tuesday

**PT in the Park** — Kids are invited to join their active duty par-

ent at “PT in the Park,” a 30-minute Mousercise aerobic routine with Mickey and Friends, followed by a continental breakfast.

Every child participant will receive a “PT in the Park” T-shirt and a pocket radio. Active duty Soldiers will receive a participation voucher.

The event is scheduled April 3 at Schofield Barracks' Bennett Youth Center Field from 6:30–7:30 a.m. and for April 24 at the Fort Shafter Gym. Call 836-1923.

**Soccer Registration** — Youth Sports soccer registration will be held April 3–24 and is open to youths born in the years 1991–2002. Cost is \$45 per person.

Practices are scheduled to begin July 2; the season will run July 26–Sept. 22. Call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465

(Schofield), or 655-0883 (HMR/Wheeler).

### 10 / Tuesday

**Blue Star Card Golf Day** — Blue Star cardholders are invited to a golf day at Leilehua Golf Course, April 10. Enjoy golfing with other Blue Star cardholders or golf instruction for beginners.

Card holders will also receive 10-percent off green fees, cart fees and purchases in the Pro Shop for the day. Participants must sign up by April 2. Call 438-2911.

## Ongoing

**Cardio Kickboxing** — Cardio kickboxing can help develop cardio-vascular fitness, improve balance, and enhance self-confidence. Classes are offered at the Fort Shafter Physical

Fitness Center, Tuesdays and Thursdays, from 4:30–5:30 p.m. Call instructor DarylLynn Gandaoli at 779-4495.

**Chess Club** — Come and play chess every Monday from 5–8:30 p.m. at the Tropics on Schofield. Competitors should bring their own equipment. A few sets will be available for participants without equipment. Call the Tropics at 655-0002.

**Step Classes** — A variety of step classes are offered at the Schofield Barracks Health and Fitness Center, including a Multistep class held Mondays at 8:30 a.m.; a Step and Ab class held Mondays at 5 p.m. and Saturdays at 9 a.m.; and a Step and Pump class held Tuesdays at 11:45 a.m., Thursdays at 5 p.m., and Fridays at 8:30 a.m.

Classes are available Monday through Saturday. Call 655-8007.

# Nutrition takes spotlight in March

## TRICARE MANAGEMENT ACTIVITY

News Release

March is National Nutrition Month, which the American Dietetic Association sponsors every year to highlight the importance of both food and exercise.

This year's theme is “100% Fad Free,” and the message aims to develop an eating plan for lifelong health. For brief fact sheets providing nutritional information, healthy eating tips and recipes, visit [www.eatright.org](http://www.eatright.org).

While men and women in uniform have traditionally been models of robust health and physical fitness, staggering statistics prove they must now face the challenge as a force, a family and a nation.

To see what Tricare is doing to educate active duty family members and retired beneficiaries about the negative effects of obesity and prevention, visit [www.tricare.mil/healthychoices/loseweight.cfm](http://www.tricare.mil/healthychoices/loseweight.cfm).