

INSIDE

Black Hawk up

In Hurmuz, Iraq, 2-27th Wolfhounds take to the air to disrupt enemy tactics

A-5



Two down

Sappers from the 66th Engineer Company storm through an intense week during their second situational training exercise

A-7

South Town Hall

Fort Shafter & Aliamanu Military Reservation communities are encouraged to attend the Oahu South Town Hall meeting, Tuesday at 6 p.m. at AMR Chapel.



Soaked & stoked

Hundreds of JROTC cadets from more than 15 high schools around the state challenge themselves physically and mentally at Schofield

B-1

Celebrate Easter

The public is invited to worship Easter with Hawaii Soldiers.

B-3

This issue

- Lightning Spirit **A-2**
- News Briefs **A-6**
- MWR **B-2**
- Community **B-3**
- Sports & Fitness **B-6**



Rebuilding bridges, unity

KIRKUK, Iraq — Engineers, above, from the Army's 25th Infantry Division and Corps of Engineers survey the damage made by explosives on a bridge.

A section of the Shumayt Bridge in northern Iraq, at right, was ripped apart by several explosives. The bridge links the villages along the upper and lower Zaab River in the Kirkuk province. For the full story, see page A-3.



Photos by 3rd Infantry Brigade Combat Team Public Affairs

Delegates 'report out' from HAFAP

Story and Photo by
AIKO BRUM
Chief, Command Information
U.S. Army Garrison, Hawaii, Public Affairs

Delegates presented their findings before a packed audience attending the Hawaii Army Family Action Plan Report Out, March 22.

In four separate areas, they gave background and discussed dynamics of issues, then recommended suggestions and changes to improve processes and services.

In little more than a half hour, they gave Col. Howard J. Killian, U.S. Army Garrison, Hawaii, commander, and local installation steering committee chair, 12 recommendations to improve standards of living on posts in Hawaii.



Brandenburg

Now, Killian and his staff will either oversee the recommendations till execution or forward them to the next higher level for action, the major command or MACOM.

"I know how difficult it is for each one of you to get together and work through a range of issues that truly come from your heart," said Maj. Gen. William H. Brandenburg, deputy commanding general, U.S. Army, Pacific, who gave concluding remarks.

"Each and every one of the recommendations that I saw today truly indicates the hard work that went into the last few days. Each and every one has merit," the general continued, "and most of them can be worked here locally."

Findings & Recommendations

•Base Operations

Parking, pets, housing conditions and security concerns were top issues studied by Base Ops delegates. Of note, explained Genie Brainerd, spokesperson, "I don't remember ever a day where there was just one car per family; yet, parking areas are set up [that way]."

Present-day realities impact emergency vehicles, she explained, so the team recommended designating two parking spaces per housing unit and enforcing parking regulations.

Continuing, she said, "I didn't realize how much emotion we had on this issue [pets] until we sat around and talked about it."

Brainerd said that the team discovered three agencies control pet policies: Army Hawaii Family Housing (AHFH), the military police, and Oahu Base Support Battalion. Hence, many procedures, tracking methods and enforcement methods vary, but these findings could be improved if consistent policies, tracking methods and roles are established. Also, policies must be communicated to residents through diverse media, her team reported.

"I want to say with an exclamation point, 'I love living in Army family housing!'" stressed Brainerd; however, "across the board" AHFH does not update and maintain older housing units to promote safe and hospital environments, she said on behalf of her team.

Base Ops delegates stated many residents must make repeated calls to receive satisfaction on basic infrastructure repairs, all of which

SEE HAFAP, A-8

Sapper receives Gen. MacArthur award

66th Engineer Company commander rises to the top, obtains recognition for his excellence in leadership

Story and Photo by
JEREMY S. BUDDEMEIER
Editor

Capt. Anthony Barbina is not your typical engineering geek: He met his wife on a blind date, and recently had to cut back on skydiving because it was eating into his surfing time.

But then again, perhaps skydiving was just getting old. Barbina stopped counting after his 900th jump — having once jumped 16 times in one day.

No, not much is typical about this commander of the 66th Engineering Company, except for his knack for routinely rising to the top.

In his relatively short, eight-year career, Barbina has achieved the titles of honor graduate at Ranger school; distinguished graduate at Sapper school; and top graduate at the Engineer Captains Career Course. This month, he was selected for the prestigious Gen. Douglas MacArthur Leadership Award.

Established in 1987, the MacArthur Award is presented to one active duty warrant officer and 13 company-grade officers who demonstrate traits such as duty, honor and service to their country. Seven members of the National



Capt. Anthony Barbina (left), commander, 66th Engineer Company, discusses training plans with Staff Sgt. Scott Casey, 196th Infantry Brigade, during the 66th's urban operations module on Schofield Barracks, March 19.

Guard and Army Reserve also receive the award.

Barbina was the sole MacArthur Award recipient from U.S. Army, Pacific, and will be presented the award at the Pentagon, May 16.

He believes part of what distinguished him from the scores of Soldiers in the competition was his creation of a Warrior Urban Breacher Program, which trains participants on mechanical, ballistic and explosive breaching

techniques for securing buildings in urban terrain.

Barbina borrowed some aspects of his program from the Marine Corps Urban Mobility Breacher course and the Army Rangers at Fort Lewis, Wash.; however, his program, which already has graduated 92 Soldiers, teaches participants to administer the training to others.

Despite the amount of real estate the

SEE AWARD, A-8

DoD investigates hacking of troops' computers

CARMEN L. GLEASON
American Forces Press Service

WASHINGTON — Defense Department officials have launched an investigation into recent computer hackings of service members' home computers that compromised personal information and led to the redirection of funds from their military pay accounts.

Over the past eight months, nearly two dozen Defense Finance and Accounting Service "myPay" participants have had their accounts accessed by unauthorized personnel, officials said. The myPay program allows DFAS users to manage pay information, leave and earnings statements, and W-2s online.

The compromise likely came from personal information being stolen from home computers via spyware and keystroke-logging viruses, DFAS officials said.

A hacker redirected one service member's pay to a credit card vendor by changing account in-

formation the day before pay day, Tom LaRock, DFAS spokesman, said. However, he added, DFAS quickly worked with his bank to have funds returned to his account within two days.

RELATED STORY

• Help protect yourself from "keylogging." See page A-2 for more details.

When suspicious activity is detected under the current DFAS system, LaRock explained, financial institutions are immediately notified so reversals can be made to service member's accounts. DFAS plans to launch a new program soon that will increase the ability to detect unauthorized changes prior to processing by pay systems. This change will make the system even more responsive for myPay's 3.7 million users, LaRock said.

"This won't completely stop compromises," he said, "but it will help alert us more quickly so appropriate actions can be taken."

Key-logging software often is installed on systems when an individual simply views e-mails or clicks links that look and seem like reputable sites. Hackers then are able to detect passwords and other personal information, DFAS officials said.

The organization is reminding customers that they have a responsibility to take measures to protect their personal information from scams and identity theft.

DFAS warns that a variety of methods can be used to attack home computers, including "phishing," malicious software and outside takeovers via bad software configurations. Users are encouraged to install and continually update anti-virus and firewall software.

The Defense Department offers free downloads of antivirus and firewall software programs to service members and civilians under terms of the DoD enterprise antivirus license with supporting companies.

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.

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

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

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

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Advertiser, of the firms, products or services advertised.

Veterans Affairs invites feedback on services

**DEPARTMENT OF VETERANS AFFAIRS
PUBLIC AFFAIRS**
News Release

WASHINGTON — Secretary of Veterans Affairs Jim Nicholson, head of the new interagency task force examining the processes for combat veterans seeking services and benefits from the Department of Veterans Affairs and other federal agencies, announced the creation of a dedicated Web page to solicit input on the ease of accessing federal services.

"As the task force moves forward in studying how we can enhance services and cut red tape, we believe it's important to provide veterans, their family members and others with the opportunity to share their ideas and experiences," said Nicholson.

People can e-mail their comments to the task force at TFHeroes@va.gov or fax comments to 1-202-273-9599. Information on the task force, and mailing addresses are available at www.va.gov/taskforce.

The Web page allows active duty service members, veterans, family members and others to comment directly to the task force on the accessibility, timeliness and delivery of services. Comments will be studied by the task force, used in the panel's evaluation of gaps in service and will form the basis of recommended solutions.

Called the "Task Force on Returning Global War on Terror Heroes," the panel consists of the secretaries of Defense, Labor, Health and Human Services, Housing and Urban Development, and Education, plus the ad-

ministrators of the Small Business Administration and the director of the Office of Management and Budget.

Under the terms of the executive order creating the task force, the group has 45 days to identify and examine existing federal services for returning war on terror service members; identify gaps in such services; seek recommendations from federal agencies on ways to fill those gaps; and ensure that appropriate federal agencies are communicating and cooperating effectively.



Ashley Cassel

Governor gratitude

HONOLULU — (From left to right) Staff Sgt. Schmara Singley, Master Sgt. Eddie Banks and Capt. Shane Corcoran, all assigned to Alpha Company, 45th Special Troops Battalion, 45th Sustainment Brigade, present an encased flag to Governor Linda Lingle at the State Capitol, March 22, in recognition of her continued support of the military in Hawaii.

The Soldiers made the presentation on behalf of the brigade's commander, Col. Michael T. McBride, and its sergeant major, Command Sgt. Maj. Gregory Seals, both of whom are currently forward deployed to Forward Operating Base Q-West, Iraq.

Wolfhound is Army's 'Rising Star' journalist

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

Spc. Mike Alberts of 3rd Infantry Brigade Combat Team Public Affairs recently received the "Rising Star" military print journalist of the year award in the Army-wide Keith L. Ware journalism competition.



Alberts

The competition collects submissions from Army installations across the globe in more than 20 categories of print and broadcast media.

Each year, one enlisted Soldier, staff sergeant or below who has 24 months or less experience as a journalist, receives the Rising Star award. Soldiers must submit five articles, three of which must fall into three of four categories: news, feature, sports, and/or commentary.

Alberts is currently deployed in support of Operation Iraqi Freedom V in Kirkuk Province, Iraq. The Southern California native holds a Bachelor of Arts Degree in Urban Studies and Planning from the University of California at San Diego, and a law degree from Temple University School of Law, Philadelphia, Penn.

Upon e-mail notification of his win, he said, "I owe you all there for submitting my things for me and initiating the process. Please pass along my gratitude. I know it required quite a bit of effort and time."

The U.S. Army Garrison, Hawaii, command information staff of civilians reviewed the year's work for all Soldiers assigned to public affairs positions in the 25th Infantry Division and the 17th Public Affairs Detachment, which is deployed to Kosovo.

The Hawaii Army Weekly received several accolades in various categories of the Keith L. Ware competition, too:

- 1st Place, Special Achievement in Print Media, "Deployment Guide" of June 9.
- 3rd Place, Pfc. Michael Moeller, 17th Public Affairs Detachment, for Stand Alone Photograph, "Departures to Continue" of Aug. 11.
- 3rd Place, Jeremy S. Buddemeier, U.S. Army Garrison, Hawaii, for Story Series "Schofield-Wheeler Well Runs Deep" and "From Sink to Stream, Water Isn't Wasted" of June 30 and July 21.
- Honorable Mention, Christa B. Thomas, U.S. Army Garrison, Hawaii, for Moss-Holland Civilian Journalist of the Year.

'Keylogging' can breach TSP security

ARMY NEWS SERVICE
News Release

FORT BELVOIR, Va. — Soldiers, family members and Army civilians using their home computers to access Thrift Savings Plan (TSP) accounts online can be vulnerable to having personal information stolen, according to a recent alert posted on TSP's Web site.

According to the alert, TSP officials have identified customers who are victims of a computer crime known as "keylogging" or "keystroke logging."

Keylogging is a diagnostic tool used in software development that captures a user's keystrokes, but in the wrong hands, it enables criminals to record all the typing on a keyboard without the user's knowledge. The technique can capture a computer user's TSP personal identification number or other personal account information such as a Social Security number.

The Director of the U.S. Army Criminal Investigation Command's Computer Crime Investigative Unit, Michael Milner, said per-

sonal information is increasingly available on "keylogger" lists for sale through criminal networks, and so far, all of the TSP cases involve the transfer of electronic funds, since criminals normally prefer the "paperless" way to steal money.



"Computer users should protect themselves from keyloggers and other malicious software and should promptly close the Web browser after they have checked their TSP account information," Milner explained. "Users must remember logging off a Web site does not clear a browser's memory, and subsequent users might be able to access the TSP account information."

Milner said he is unaware of any Army victims at this point, but strongly recommends computer users review their home system's security effectiveness to reduce exposure to these types of attacks. He added the best ad-

vice for computer users is to follow general computer security principles at home and to download antivirus software.

According to the TSP notice, external penetration testing determined the TSP record keeping system was not breached, but concluded personal information was compromised when keyloggers monitored each individual keystroke of some victims when they used home computers to enter their TSP PIN and Social Security numbers.

TSP was also able to identify participants who had relatively small amounts withdrawn from their accounts. As an added security measure, TSP has discontinued making electronic payments for online transactions, according to TSP officials.

CID will continually release notices, such as the TSP alert through their CID Cyber Lookout program, an initiative aimed at helping Soldiers protect themselves and their families from becoming victims of cyber crime.

(Editor's Note: Information obtained from CID Public Affairs.)

LIGHTNING SPIRIT

'Peace Prayer' packs a powerful message

**CHAPLAIN (MAJ.)
RICHARD J. BENDORF**

U.S. Army Garrison, Hawaii, Senior Catholic Priest



Bendorf

Pax Et Bonum (peace and all good!)

One of the most elusive goals that we constantly seek in our chaotic world is peace. It seems that lately all the headlines glamorize the killings that go on in Iraq, Afghanistan, Israel and other unstable parts of our world. Will it ever end? Is peace even/ever possible during our lifetimes? Does God even care?

These are some of the questions that I personally deal with

and ponder almost daily. Even though I never arrive at any definitive answers, I usually take my worries and cares to prayer.

I would like to share a short, but very powerful prayer with you:

The Peace Prayer
*Lord, make me an instrument of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;*

*Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light
And where there is sadness, joy.*

*Grant that I may not so much seek to be consoled as to console;
To be understood, as to understand,
To be loved as to love;
For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to eternal life."*

Many of you know that I am a Franciscan Catholic priest. What

you may or may not know is that this prayer, which has universal appeal, is attributed to Francis of Assisi, the founder of the Franciscan order.

Many people say that St. Francis wrote the prayer, but in all likelihood, it is only about 100-150 years old. (St. Francis died more than 800 years ago.)

No matter what the origins of the Peace Prayer are, it pretty much encapsulates what this great man was about.

I would like to share it with you and ask you to pass it on to someone whose life might just be changed by these powerful and poignant words.

136 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 3/28/07.

Voices of Lightning: "If you could meet any person from history, who would it be, and why?"



"Walt Disney. He had a cool imagination."

Spc. John Embry
1-14th Inf. Regt. Infantryman



"George Washington. He was a great leader."

Zane Hart
Family Member



"JFK."

Spc. Jason Hodson
HSC, 84th Eng. Bn. Heavy Construction Equipment Operator



"General Patton. I liked his style."

Nathan Liljenquist
Bodell Construction



"Lee Harvey Oswald."

Pvt. Blake New
1-21st Inf. Regt. Infantryman

Damaged bridge creates opportunity to unite

OIF

**3RD INFANTRY BRIGADE
COMBAT TEAM PUBLIC AFFAIRS**
News Release

KIRKUK, Iraq – Insurgents are suspected of placing several explosive charges that damaged a bridge linking villages north and south of the Zaab River in western Kirkuk province, March 21.

A 12-meter section of the bridge near the village of Shumayt was rendered impassable by explosives that separated support I-beams and fractured the deck.

“There’s major structural damage to one section of the bridge,” said Maj. Michael Benson, brigade engineer, 3rd Infantry Brigade Combat Team, 25th Infantry Division, which operates in the province. “The explosives destroyed several support beams and ripped open the deck, and this is a critical path for civilian traffic to both sides.”

The bridge is the only link for nearly 60 miles for traffic to pass through the region. The real effect may be shortages in sup-



Spc. Juan Jimenez | 25th Infantry Division Public Affairs

plies that impact the daily life in the local villages. We have concerns about the people’s ability to receive critical products like benzene and other fuel from Hawijah, said Zaab Mayor Mohammed Mushi.

Coalition and Iraqi Security forces, along with local leaders are attempting to minimize that impact.

“While the damage is significant, the section may be repaired within weeks, instead of months,” said Benson.

“We’re working with the local leaders and Iraqi security forces to fix the damage that’s been done. Our goal is to return things to normal as soon as possible, and provide the Iraqi people with the basic services they need and deserve.”

Lt. Col. Drew Meyerowich, commander, 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, maneuvers his way around a blown up bridge in Zaab, Iraq.

FOB Warrior celebrates Women’s History

Guest speaker is proud that women filling a variety of roles is a ‘fact of life’

Story and Photo by
SPC. MIKE ALBERTS
3rd Infantry Brigade Public Affairs

KIRKUK, Iraq – Sgt. Irene Wells is a wife, mother of three young children, and a food service specialist who oversees operations at a dining facility to ensure that Soldiers receive quality food.

Spc. Dilia Delaya is a sister, daughter of a minister and an automotive logistics specialist who obtains critical automotive parts to ensure that the unit’s tactical vehicles remain mission capable.

Both women are Soldiers with the 3rd Infantry Brigade Combat Team’s 325 Brigade Support Battalion, and both are among the best part of our generation of women moving history forward.”

Soldiers, airmen and civilians honored the spirit, leadership and hard work of American women like Wells and Delaya, March 21, during a Women’s History Month Observance at Forward Operating Base Warrior, Kirkuk, Iraq.

The observance celebrated generations of women heralded with moving history forward and was marked by a lighting of candles, where select Soldiers reflected on women of the past; the recitation of Maya Angelo poetry; and a reception.

By presidential proclamation this year, President George W. Bush declared March 2007 as Women’s History Month, specifically acknowledging women of the armed forces and their vital contribution to our nation’s security by serving the cause of freedom and peace across the world. The event’s keynote speaker, Maj. Cynthia Doolittle, spent time reflecting on one of those service women, her grandmother.



Maj. Cynthia Doolittle (center), engineering officer, 506th Expeditionary Civil Engineering Squadron, is flanked by female Soldiers of 3rd Brigade Special Troops Battalion, 25th Infantry Division, during the observance, March 21.

Doolittle’s grandmother served in World War II during a time when there was a severe shortage of clerical help. To address the shortfall, on July 30, 1942, President Roosevelt signed into law the “WAVE” – Women Accepted for Volunteer Emergency Service. In 1943, Doolittle’s grandmother enlisted as a “WAVE,” was assigned to the Navy Bureau of Personnel in Washington, D.C., and was honorably discharged in 1946.

“I didn’t fully appreciate the impact [my grandmother] had on my sister and me until, of course, I was much older,” said Doolittle.

Doolittle earned a Bachelor of Science in mechanical engineering, a Master of Science in management and later completed Squadron Officer School at Maxwell Air Force Base, Ala. She is currently assigned as an engineering officer with the 506th Expeditionary Civil Engineering Squadron.

“I look around FOB Warrior and I look around this room, and see so many women serving in both traditional and nontraditional roles,” said Doolittle. “In a way, there are so many of us that it’s not news and it is not exceptional. It’s a fact of life, and I am proud to say that it is.”

Neither Wells nor Delaya feels exceptional. Both Soldiers are here just to do their part. Wells is on a mission to be fit and progress professionally.

“To get promoted you need to be fit, and I plan on getting my E-6 and then going to drill sergeant’s school,” said Wells. As for Delaya, she doesn’t think she’s interested in pursuing a career in the military. Nevertheless, both women are outstanding examples of female Soldiers doing their part to move history forward.

25th CAB birds get wings

SPC. BRYANNA POULIN
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq – Webster’s dictionary defines teamwork as a cooperative effort by the members of a group to achieve a common goal.

For one aviation unit, working together was a key factor to completing a two-week process that ensures the safety of Soldiers flying in an aircraft.

“We are a good team and working together on this mission enabled everything to go efficiently,” said Spc. Robert Munson, a UH-60 Black Hawk mechanic with B Company, 209th Aviation Support Battalion 25th Combat Aviation Brigade at Contingency Operating Base Speicher.

As the wrenches turned and rock music played in the background, B Co. mechanics clambered on the Black Hawk like children on a jungle gym, taking their final steps to complete the weeklong process of maintaining a helicopter.

Like pieces of a jigsaw puzzle, Soldiers put the helicopter back together during the final segment of the Phase Maintenance Inspection 2 (PMI-2), March 18.

Major steps had to be completed before the Black Hawk could be mission capable, included installing the main rotor blades and tail rotor paddles, and connecting the main flight controls.

Munson, who has been in the Army for more than two years, explained the process effortlessly. He feels he has become more proficient in his field since being deployed.

“Advanced Individual Training (AIT) taught me the basic procedures of a Black Hawk ... pretty much how to read the directions,” he added. “Being out here [in Iraq] has given me

the hands-on training to do things that I never had the opportunity to do when I was in the rear [detachment].”

Munson said, “getting the aircraft back out flying as quickly and as safely as possible is the key difference in a PMI-2 in Iraq versus a nondeployed environment.” He further explained, at Wheeler Army Airfield [home of the 25th CAB] maintenance primarily consists of basic inspections and checking the blades for any damage.

“Out here, parts and pieces get more wear and tear and it’s important we catch it before the aircraft is stamped mission capable,” he said. “It’s imperative that the safety for the pilots and passengers are never at risk.”

With every mission, other factors can delay a PMI-2. Not having parts readily available or realizing a major piece of equipment needs to be replaced later than expected are challenges B Co. knew they could face.

However, according to Munson, when B Co. is faced with a challenge, they adapt and overcome to complete the mission.

“Every Soldier distinguishes what they need to take care of and additionally we get support from other units such as 2-25 and 3-25 Aviation Regiments, to assist us in getting parts or other tools to complete the inspections,” Munson said.

For B Co., the PMI-2 that began March 13 was a smooth success; this success was due in part to the helicopter’s relatively young age, but primarily because of the unit’s motivation and team effort.

“We work hard, but also get the rest and down time that we need,” Munson said.

The final segment of the PMI-2 will involve balancing the blades, and conducting a test flight on traffic patterns to ensure the helicopter responds correctly.

Soldiers thank their Iraqi chefs

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

TIKRIT, Iraq — Soldiers in theater have a variety of work shifts. For example, some may work at night and eat breakfast at midnight. Yet, regardless of a Soldier's shift, the dining facility has something to offer everyone, whether a slice of chocolate cake that oozes with rich chocolate frosting or a sizzling cheeseburger topped with all the fixings.

Contracted third country nationals work meticulously to prepare food so that Soldiers never go hungry. A majority dressed in crisp, white shirts and starched black pants, approximately 168 local nationals were publicly recognized for their dedication and diligent efforts with certificates of appreciation by Col. A.T. Ball and Command Sgt. Maj. Roger Kingston, the commander and the sergeant major of the 25th Combat Aviation Brigade (CAB).

"In the time I have been deployed, I haven't had any of my Soldiers come to me about how bad the food is," Ball said during the awards ceremony. "You all do a superb job in preparing our food."

Above and beyond the scope of serving appetizing food and following health guidelines, the professionalism and demeanor demonstrated by the nationals is only one of the many things Soldiers look forward to when entering Eagle's Nest Dining Facility.

"In addition to always showing up to work on time and the basic job duties they perform, they are happy to be here taking care of the Soldiers," said a smiling Master Sgt. Danny Vantassell, Headquarters, Headquarters Company, 25th CAB.



Col. A.T. Ball, commander for the 25th Combat Aviation Brigade, presents certificates of appreciation to the Eagle's Nest Dining facility third country local nationals at Contingency Operating Base Speicher, March 15.



Maj. Gen. Benjamin R. Mixon, commanding general of the 25th Infantry Division, awards Sgt. 1st Class James Warner, 3rd Infantry Brigade Combat Team, March 20, at Forward Operating Base Warrior.

Hawaii-based counselor is best

Division general travels to FOB Warrior to personally congratulate him

Story and Photo by
SGT. MAURICE SMITH
3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq — Maj. Gen. Benjamin R. Mixon, commanding general of the 25th Infantry Division (ID), made his way to Forward Operating Base Warrior, March 20, to present an award to Sgt. 1st Class James Warner for winning the U.S. Army Pacific (USARPAC) Career Counselor of the Year Competition

(held earlier in the year in Hawaii).

The USARPAC competition is an annual face-off between non-commissioned officers who have won their division career counseling competitions. Warner is a career counselor for the 3rd Infantry Brigade Combat Team, and represented the entire Division in the competition, taking first place.

Warner won the division competition for the 25th ID last November before leaving theater in December to compete for higher honors.

"I was very proud to hear that a 25th ID Soldier won this award," said Mixon as he pinned the award onto Warner's chest.

"I knew he would win," said Master Sgt. Cary Potts, Warner's supervisor, who says he has complete faith in his subordinate and sees nothing but good things in Warner's future.

Warner said winning the competition and having the commanding general fly out to award him was something he will always cherish.

"It's a good day when the commanding general comes to recognize you for something positive," said Warner. "It was a proud day for me and my family because the last thing the general is going to remember of me is giving me that award."

Bird's-eye view gives Soldiers wealth of information

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

HURMUZ, Iraq – Villagers looked up to the sky, shielding their eyes from the sun as UH-60 Black Hawks circled overhead.

They headed in from both countryside and streets as the helicopters landed in a nearby field, and troops spilled out their open doors.

Soldiers of C Company, 2nd Battalion, 27th Infantry Regiment conducted an aerial reaction force (ARF) mission to the small village of Hurmuz to perform an assessment and talk with the residents about living conditions in their village.

“Recently, we’ve been utilizing the helicopters to get to some of the villages that are kind of difficult to get to,” said 1st Lt. Joseph Martin, the platoon leader in charge of the mission.

“It’s good to get a complete view of the village, and I think a lot of the time you can’t get that from the ground,” Martin continued. “When you fly on the helicopter, you can take a look at what’s going on in the village, how people are out in the fields and working, and get an

overall impression of the village.”

The village assessments are important for the Soldiers who work in the area, providing vital information regarding any possible suspicious activities, such as emplacing improvised explosive devices, or IEDs.

These engagements also give the Soldiers the opportunity to evaluate the needs of the villages as well as address any concerns the locals have about the coalition presence in the area.

“All these villages out in this area are our business, so we need to have a general assessment of the villages so we know the kind of people we’re working around,” said Staff Sgt. Christopher Malone, a squad leader in charge of security on this mission.

“The location is pretty close to a main avenue of approach to a lot of other villages and Iraqi army compounds. For that reason, we wanted to talk to the muqtar and see how the locals are acting in that village,” Malone continued.

Martin met with Hurmuz’s muqtar, which is an honorary position similar to that of a



A Soldier with 2nd Squadron, 6th Cavalry Regiment, provides security from a Black Hawk helicopter while flying over Hurmuz, Iraq, during a village assessment.

mayor. They spoke of several issues affecting the lives of the villagers, such as the availability of medical care, the water

supply and education. Martin also fielded any questions and complaints the villagers had.

“A lot of times they’re honest and they’ll tell us that fuel was much cheaper, and they didn’t have to worry about IEDs when Saddam was here,” Martin said. “We go into the fact that the government is in a transitional state right now and that, for the long run, this is really what’s going to be best for all of Iraq, and it’s going to make Iraq a stronger, better country.”

At the end of their meeting, the muqtar and Martin shook hands and exchanged farewells. The troops headed back to the Black Hawks to continue on with their mission.

ARFs are multipurpose missions with dual objectives. Besides the village assessments, the Soldiers perform an aerial route reconnaissance of the roads frequently used by U.S. and Iraqi security forces, looking to interdict any insurgents emplacing IEDs along these routes, Martin said.

They also keep a lookout for any sus-

SEE VIEW, A-7

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

30 / Today

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.

April

2 / Monday

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

This bimonthly meeting is a fo-



Spc. Tyechia Bounthong | 8th Military Police Brigade

Real-world training

POHAKULOA TRAINING AREA, Hawaii — Soldiers from the 58th Military Police Company load a "casualty" onto a UH-60 Black Hawk helicopter during a live-fire exercise, March 16. In total, the company conducted two weeks of training, which also included MK-19 qualifications, in preparation for the unit's upcoming deployment.

rum 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.

8 / Sunday

Wheeler Easter Sunrise Service — The U.S. Army Garrison, Hawaii, and the 25th Infantry Division, will conduct their annual Easter Sunrise Service, Sunday, April 8 at 6:30 a.m. at Wheeler

Chapel, Wheeler Army Air Field.

All Soldiers, their family members and civilians are invited to attend this Easter celebration.

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 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.

TSP Classes — Learn how a 403(b) plan like Thrift Savings Plan works in terms of allowable amounts and different types of investment opportunities.

Classes are held on the third Wednesday of every month at the Schofield Barracks' Army Community Service, Building 2091 from 9-10:30 a.m.

Call Georgianna McAnany at 655-1714 or e-mail Georgianna.McAnany@schofield.army.mil.

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.

Call the University of Hawaii Army ROTC Warrior Battalion, 956-7766 or e-mail gblt@hawaii.edu.

Military Channel — The cable network channel features "Around the Services," a half-hour news program from the Department of Defense that takes viewers directly to news conferences and press briefings, and allows members of the armed forces, veterans, family members and loved ones to stay informed regarding current military affairs. Shows broadcast weekdays at 4 p.m.

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?pagename=reilly_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.

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.

66th Engineers gear up for their deployment

Story and Photos by
JEREMY S. BUDDMEIER
Editor

With deployment on the horizon for the 66th Engineer Company, the unit's 127 Soldiers made strides to prepare themselves, mentally and physically, for various upcoming missions during a situational training exercise here, March 19-23.

The weeklong exercise on Schofield Barracks' South and East ranges was designed to integrate the company's Stryker vehicles into engineering drills and to practice improvised explosive device (IED) route clearance, said Capt. Anthony Barbina, commander, 66th Eng. Co.

Soldiers began the exercise by "securing" single rooms using four-person teams. By the end of the second day, they had conducted day and nighttime assaults on buildings with multiple rooms, hallways and stairwells.

Next, the engineers practiced route clearance formations that focused on detecting and defeating IEDs. While the company's Strykers searched for IEDs using plows and rollers on the front of the vehicle, Soldiers scanned the sides of the road on foot.

"You're looking for anything out of the ordinary," said Pfc. Benjamin Minnela. "The most difficult part, when stress levels are high, is applying that knowledge. Until you really do it, you don't know it."

However, even Soldiers with deployment experience admitted how tricky IED detection can be.

"Detecting IEDs is really hard," said Sgt. Angel Ortiz-Bello, who was deployed in 2004-2005 to Forward Operating Base McHenry in Hawijah, Iraq. "We've looked in an area and didn't find anything, and then another unit along the same stretch of road got hit by [an IED]."

Throughout the exercise, the Tactical Op-



Above — A senior noncommissioned officer gives his Soldiers instructions for clearing multiple rooms and stairwells during the 66th Engineer Company's urban operations module March 19-23.

Left — Pfc. Nicholas Worley, left, and Cpl. Daniel Jones explode into a room during the first day of the engineers' training.



Staff Sgt. Jamey Young and his squad charge up stairs as part of a room and stair clearance drill. The Sappers began with single "glass houses" and eventually conducted nighttime, multiple-room breaching missions.

erations Center — which Barbina called "the brain of the operation" and "exploitation cell" — tracked platoon movement using a global positioning system interface, and relayed reports and information up the chain of command.

On the final day, the company toured both the Schofield water treatment and

wastewater treatment plants. In addition, they performed bridge reconnaissance by collecting measurements and determining load-bearing capabilities for a particular span, and conducted a comprehensive engineering assessment for a mock town at the East Range's air assault course.

"Everything was intensified," said Pfc.

Omarsharif Castano, comparing it to the last exercise held Feb. 5-9. Soldiers "crawled" through the first exercise, methodically taking one step at a time, learning proper techniques and procedures.

"This exercise you're walkin' and then you hit the road," he said. "It was more intense and realistic."

View: ARF missions keep enemy on the run

CONTINUED FROM A-5

picious vehicles on the roads. The infantrymen look for vehicles that don't fit the local profile. These serve as warning signs for the Soldiers, indicating that the drivers don't belong in the area or that an insurgent may be emplacing an IED.

The mobility of the helicopters enables the Soldiers to react quickly in such situations, allowing them to quickly set up traffic control points to conduct searches and question the vehicle's occupants.

"We're not trying to disrupt them in their movement or mess with anybody," Malone said. "This is generally how we're going to be able to find somebody and catch them off guard when they're least expecting it."

We have stopped vehicles on these missions and captured people that were carrying IED materials, mortar tubes, a pretty big quantity of weapons with ammunition, things like that," Malone continued.

At the end of the day, the ARF missions offer several benefits. Beyond providing security on the roads, they also afford the Soldiers an avenue to reach inaccessible villages in order to engage the locals.

"I think it's the overall influence of these people realizing that we are checking on them and that the government hasn't forgotten about them," Martin said. "If the people give it time, I really believe the Iraqi government is going to come around and the people will see benefits from this new government that they hadn't seen from the old government."

News Briefs

From A-6

For a map of the changes, visit www.25idl.army.mil/communityimpactupdates/roadclosuremap.jpg.

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.

Reserve Opportunities — Active duty, Guard, reserve Soldiers: Are you looking to continue your Army career but your job, school, or schedule conflicts keep you from attending weekend drill? Are you leaving

active duty and want to continue earning points towards retirement?

Join a local points-only reserve unit and continue your military career while maintaining your benefits (commissary/PX/SGLI). Drills are three evenings each month at Fort Shafter Flats. All ranks and any MOS are eligible. Annual training, schooling, and other paid tour opportunities exist.

Call Maj. Pepper 438-6242 or Sgt. Maj. Kahalehoe 228-3323.

HAFAP: 'Report Out' gives 12 suggestions

CONTINUED FROM A-1

impact retention, Brainerd said. They recommended a system be developed that provides a written maintenance report to residents.

Wrapping up her team's presentation, Brainerd discussed safety and security concerns in AHFH. Most egregious, she said, are jalousie-type windows, which don't lock. Delegates recommended use of the AHFH automatic phone messaging system to inform residents of security improvements, increased street level patrols by security personnel, and aggressive promotion of the PEEP (Police Eyes and Ears) neighborhood watch program.

• Community Services

Spokesperson Basil Pierce, said, "We had a whole lot of issues and a whole lot of opinions ... so we figured out our top three."

Child care availability; customer service at the post exchange (run by the Army & Air Force Exchange Service), and outreach to spouses by the local Army Family Team Building program topped their agenda.

"Current hours of child care availability ... do not support all sectors of the U.S. Army community here in Hawaii, especially those who are 24-hour shifters," he said. Families incur undue stress and extra expense seeking care off-post, so his team suggested implementing a child care survey to determine needs. Additionally, his teammates recommended a marketing and recruiting strategy target more Family Child Care providers, and that qualified contractors fill provider positions in the Child Development Center.

Delegates also pointed out, current policies prohibit AAFES from hiring teenagers who are family members of Soldiers; directives also severely limit advertising and recruitment of locals from the off-post civilian population. Customer service, they said, is impacted.

A revised policy that promotes AAFES employment, together with a student-work program, should effectively address employment issues, the delegates said.

Concluding, Pierce reported that the AFTB outreach is not adequately reaching whom it's supposed to serve: spouses new to the Army community, who have limited or no understanding of the Army lifestyle. No directives impel spouses to participate in AFTB; therefore, spouses should be required to provide documented proof of attending AFTB Level 1 training.

As well, marketing is needed for Levels 2 and 3, and training should be provided in various



Agreeing to disagree? — Delegates debate issues during the HAFAP Conference, March 21.

Soldier career courses, the team reported.

• Family Services

Only two issues dominated discussion for delegates reviewing Family Services. One, the hours of operation and number of keiki who can be accommodated in the Children's Waiting Room, Schofield Barracks, is inadequate. So, Eunice Meadoux's team recommended increased hours and a larger location to accommodate more children at the Schofield Children's Waiting Room.

Two, said Meadoux, the Army does not provide higher-education funds for spouses of Soldiers. The Air Force, however, does provides a program for spouses of airmen, and a similar program needs to be established for Army spouses, she said on behalf of her team.

• Force Support

Paul Barira reported findings from delegates reviewing Force Support.

"As many of you are aware, currently, the Conroy Bowl is the location where many SRPs [Soldier Readiness Processing] are done. It's one long-line process that involves a long period of waiting, not necessarily conducive to ... privacy, safety," he said.

His team recommended a new location site for SRP that meets within safety and privacy standards.

"Our next issue, transitioning out of the military, the Army, without a transition center," Barira began, causes Soldiers who process out, who are

from remote locations outside of Hawaii, to foot the bill to travel back to their home stations. The Army only pays costs to a transition center, he explained.

A policy change to the Joint Federal Travel Regulation, to authorize entitlement of round-trip travel from remote locations to a transition center, is needed. Also, electronic services should be provided through Army Knowledge Online, he reported.

His team's last issue addressed barracks renovation at Tripler Army Medical Center; it's been pushed too far in the future, Barira said. Team members recommended that Building 101 receive much higher priority and that the Department of Public Works begin to install dehumidifiers and increase power generators to support the dehumidifiers.

• Most Valuable

Before closing out the 2007 HAFAP Conference, delegates reported that three services are considered "most valuable" by Soldiers, family members and retirees in Hawaii: medical and commissary benefits, and the Army Community Service, which assists commanders in maintaining readiness of individuals, families and communities by offering numerous services and programs.

Robin Sherrod, HAFAP coordinator, extended heartfelt appreciation to all who were involved in the 2007 HAFAP, including facilitators, recorders, team assistants, issue supporters, the heart of the process — the delegates.

Award: Easy-going competitive nature sets Barbina apart

CONTINUED FROM A-1

myriad awards occupy on his mantle, success has not gone to Barbina's head.

"My first sergeant and [executive officer] both watch my back, and do the tough tasks so I can do my job," Barbina said, humbly.

As he supervised his company's urban operations module last week, occasionally Barbina took Soldiers aside to offer advice or help polish their techniques; their respect for him seemed to extend beyond merely the insignia on his uniform.

Perhaps his ability to earn respect is because underneath the shimmer of all his accolades, Barbina is all Soldier.

In 2005, he and fellow West Point classmate Capt. Will Boyd nabbed first place in the inaugural Best Sapper competition at Fort Leonard Wood, Mo.

Barbina called the grueling competition "three days of pure exhaustion."

Several miles of heavily wooded, rolling terrain separate each of the 26 stations in the competition, where participants carry 70-80-pound rucksacks and race against time to complete tasks, such as assembling several weapons from a box full of their components — in complete darkness.

"And all that's before the eighteen-mile road march," Barbina added.

In the two years since the Best Sapper competition has been held, Soldiers from Barbina's company have won first place.

"No pressure," he jokingly assured one of his lieutenants who will be competing in May.

Barbina's easy-going, yet highly-competitive approach to leadership might just be the key to his success; or perhaps he's just enjoying his life.

"The best part of my job is working with Soldiers, and watching them grow and become more competent leaders," Barbina said.

For younger Soldiers, he recommended listening intently to the experienced noncommissioned officers in their units.

"Try to learn everything you can before you go on deployment," he said. "[Deployment operations] are getting so complex that if you're not learning from those with experience, you're gonna' fail."

When he is not training with or learning from his Soldiers, Barbina collects and sells baseball and basketball cards, and enjoys a good science-fiction book by Robert Jordan, J.R.R. Tolkien or C.S. Lewis.

"I've always loved memorizing statistics," said Barbina, whose 20,000-card collection fills a portion of his garage.

Sci-fi? Memorizing statistics? Maybe Barbina is just your typical engineer.



PAU HANA



www.25idl.army.mil/haw.asp

“When work is finished.”

FRIDAY, MARCH 30, 2007



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

“Yes, Sir!” cadets respond in unison to company commander Ellary Hawkins (right, forefront) to his query, “Are you motivated?” The high school students who are from diverse schools on Oahu, Hawaii and Kauai were participating in the JROTC Cadet Leadership Challenge at Richardson Pool, Schofield Barracks, Tuesday (March 27, 2007).

Cadets conquer Schofield obstacles

AIKO BRUM

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

“Are you motivated?” yelled company commander Ellary Hawkins of Leilehua High School.

“Yes, Sir!” cadets shouted back.

About 400 Junior Reserve Officer Training Corps cadets from 15 high schools, including Kealahou (in Kona) and Hilo on the island of Hawaii, and Kapaa, Kauai, participated in the JROTC Leadership Challenge held at Schofield Barracks, Monday through Wednesday. Representing both Army and Air Force JROTC programs, the annual challenge inspires leadership and builds confidence.

“All those good values that teach us social skills and good life skills,” explained retired Lt. Col. Don Arakaki, senior Army instructor, Waianae H.S., “like discipline, motivation, morale, teamwork, camaraderie ... that’s what these kids are learning.”

Initially, 52 cadets vied for leadership positions during an “advanced” challenge at their schools and at Area X, Schofield Barracks, March 22–25. They received instruction on operational plans, first aid techniques, drill and ceremony, and the nine principles of leadership espoused by Gen. George C. Marshall: integrity, action, selflessness, candor, preparation, learning and teaching, fairness, vision, and caring.

Afterwards, the cadets performed skits depicting selected leadership principles and were selected for leadership positions. “We gave them leadership positions over the rest of the 400 cadets that came out,” said Arakaki. “They are running the whole JROTC Cadet Leadership Challenge here.”

The 400 met challenges in four events. At the Leadership Reaction Course, they participated in a series of puzzles, explained Lt. Col. Hana Lee, 16, a Punahou student. There, cadets completed specific tasks within specific time limits, some serving as leaders, others as team members. The course, a mental challenge, tested their decision-making skills.

At Richardson Pool, cadets practiced “drown-proofing” — swimming the full width, and back, across the pool in full BDUs (battle dress uniforms) — and righting themselves from an overturned life raft to hone techniques, Lee said. A 3-meter plunge off the high diving board tested their confidence.

At the East Range, cadets participated in obstacles and negotiated river crossings during a rope bridging challenge, which tested physical fitness, teamwork and motivation.

Kahuku H.S. student and battalion commander Carlyn Huvner, 16, said she is learning life skills.

“I’m in ROTC because I wanted to learn leadership capabilities. In ROTC, I’ve learned to lead people by example and be a part of motivating other cadets,” she explained. “This is something that not only



Covered in mud, JROTC students brave the balance beams at the East Range Air Assault obstacle course, Wednesday.

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

you would use if you join the military, but something you would use in anything you do.”

Aiea H.S. student Jonathan Fine, 17, said he plans to make the military a career.

“So far, I’ve been in the ROTC program about three years,” said Fine, the command sergeant major, Training Group 2. “I always wanted to be the best ... and even though there’s a war going on right now, and most people say they don’t want to join the military, I want to.”

“For me, it’s because there’s a war going on that I want to join. I want to help the Soldiers that are over there,” he said of his longtime desire to join the Marines. “I just don’t want to stay back.”

U.S. Army Cadet Command, Training & Doctrine Command sanctions and governs local JROTC programs, said Arakaki. TRADOC also provides classroom curriculum.

By mandate, the program requires retired service members like Arakaki and Master Sgt. Haines Rego, Army instructor, Waianae H.S., to serve as instructors for JROTC.

Rego said, “I was in the Army National Guard. I’ve been working with these kids since 1981, helping them train, camp out, condition themselves. For me, it’s like being back home and helping kids out who are like me.”

The retired master sergeant hopes to influence teenagers and impress upon them that there’s “much out in life to do than just going to the beach or getting in trouble.”

“I’m giving back to my community what I learned, where I grew up,” Rego said. “I really want them to get ahead in the world.”

Hawaii JROTC cadets from 21 schools around the state will next assemble for the Waianae Adventure Challenge, April 14-15.

Having arighted themselves from an overturned life raft, JROTC cadets participating in Tuesday’s JROTC Cadet Leadership Challenge maneuver a turn and head toward shore, the edge of Richardson Pool, Schofield Barracks.

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





30 / Today

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 Ike-ma on Fort Shafter, or 11 a.m.-2 p.m. at the Schofield Nehelani.

Cost is \$9.95 per person. Call the Hale Ike-ma 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 flash-light Easter egg hunt. Listen to music, dance and hunt for Easter eggs in the dark.

Cost is \$2 for members and \$4 for non-members. Call 655-0445.

7 / Saturday

Family Fun Fest — Hop on over to the Nehelani, Schofield Barracks, from 9 a.m.-2 p.m. for a day of Easter fun. Children will enjoy pictures with the Easter bunny, kiddie dashes and infant activities, inflatables, crafts, rides, and other activities. Adults can check out great travel deals offered by a variety of local businesses at the Information, Ticketing, and Registration (ITR) Travel Fair.

Door prizes include a trip to Las Vegas or a neighbor island. Call 655-0111 or 655-0112.

ITR Closure — Offices on Fort Shafter and Schofield Barracks will be closed April 7 for the Family Fun Fest. Call 438-1985 (Fort Shafter) or 655-9971 (Schofield Barracks).

8 / Sunday

Easter Brunch — Join KoleKole Bar & Grill for a special Easter Brunch, April 8, 10



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

‘Baywatch’ beckons

At forefront, Joseph Peltier, 11, Waianae Elementary School, hones his CPR techniques on a trusting Piikea Kailio, 12, Kamehameha Schools, in the Junior Lifeguard Course at Schofield Barracks’ Richardson Pool, Tuesday.

a.m.-2 p.m. Enjoy a buffet with all of your favorites, including delicious salads, made-to-order omelettes, hot breakfast and entrée selections, and a carving station.

Cost is \$23 per person and children’s pricing is available. For reservations, call 655-4466.

11 / Wednesday

Oogles n Googles — Preschoolers, come join the fun when Oogles n Googles present “Wild Wild West” at Sgt. Yano Library, April 11, 10 a.m. This program will provide preschoolers ages 3-5 an exciting adventure full of jumping, dancing, singing, laughing and learning. Call 655-8002.

13 / Friday

Hot Country Nights — Country music fans are invited to a free night of music, contests, giveaways and more at Hot Coun-

try Nights. Come to the Tropics, April 13, 8 p.m.-midnight, and enjoy DJs Charlie “Ghost Rider” and Kathleen “Rodeo Radio Girl” Garrett, who will spin all your country favorites. Patrons must be 18 or older. Call 655-5697.

Ongoing

SKIES Registration— Children and youth who register for instructional classes and off-post discounts through the Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited only need to enroll in SKIES and do not need to enroll with CYS. Parents must complete a one-page application and show proof of the child/youth’s age.

A one-time enrollment fee of \$18 applies. To enroll in SKIES, visit the CYS Reg-

istration Office on Schofield Barracks, Building 556 (655-8380), or on Aliamanu Military Reservation, Building 1782 (833-5393).

To register for sports, Child Development Centers, School Age Services, Middle School Teens, Summer Fun, Family Child Care, Parents Night Out, or Short Term Alternative Child Care, children and youth need to be a registered member of CYS. SKIES Unlimited enrollment does not cover CYS membership.

Hawaii MusicWorks — SKIES Unlimited is partnering with Hawaii MusicWorks Studio to offer a military discount program for music and voice lessons. Hawaii MusicWorks offers both classical study and pop study.

Classes include “Intro to Piano and Composition,” “Intro to Guitar and Ukulele,” “Intro to Voice,” “Intro to Percussion” and “Rock School.” Discount cards can be picked up at the CYS registration offices. Call 655-9818.

Storage Shed Rentals — Many 8-by-6-foot sheds are available for rental at \$40 per month at Schofield Barracks, Fort Shafter. Call 655-9368 (Schofield Auto Craft Center) or 438-9402 (Fort Shafter Auto Craft Center).

Outdoor Recreation Rentals — Outdoor recreation can supply all your party needs to include tables, chairs, canopies, inflatables and even a dunk tank for your kids.

Not having a party, going camping instead? Outdoor Recreation also supplies all gear, from tents and coolers to stoves.

Outdoor Recreation is open every day, except Tuesday. Call 655-0143.

Tropics & Starbucks — Visit the Ono Isle at the Tropics and enjoy hot and cold Starbucks specialties such as lattes, cappuccinos, mochas, hot chocolate and much more. The Ono Isle serves delicious pastries, desserts and smoothies. Visit the Tropics in Building 589 on Schofield Barracks. Call 655-0002.

Waianae Beach — Unwind over the weekend at Waianae Beach. Enjoy live entertainment every Saturday from 9 p.m.-1 a.m. and Sunday from 6-10 p.m. Call 696-4778.

MWR Happenings —To find out more information about MWR activities, programs and facilities, pick-up a copy of the “Discovery” magazine available at the Schofield Barracks commissary, Fort Shafter post exchange, Aliamanu shoppette, Tripler mauka entrance, or any MWR facility.

Visit the MWR Web site at www.mwrrarmyhawaii.com.

Job Search — Visit, browse and apply for federal jobs that are available in Hawaii at www.nafjobs.com.

Bellows Easter — Sunrise Service/Egg Hunt — Sunday April 8th Bellows will be having it’s Annual Easter Sunrise Service/Egg Hunt. The Sunrise Service begins at 6:30am at Pavilion B. A free breakfast buffet will follow the service at 7am. After the breakfast, there will be a Easter Egg Hunt starting at 8:30am for children ages 0-16, and free photos with the Easter Bunny. For more information call the Marketing Dept at 259-4112.

9 / Monday

Jorei — Join Mokichi Okada Association (MOA) Hawaii Health Activities and improve your mind and body through jorei: the practice of flower arranging and the Japanese tea ceremony. This free event takes place Monday, April 9 & 23 from 7:30-9:30 a.m. at Pearlridge Uptown Center Court.

10 / Tuesday

Sunshine Generation Hawaii — Come watch kids shine. This award-winning, non-auditioned children’s performing group will present their spring show at Farrington Auditorium, located at 1564 N. King St. in Kalihi, Tuesday, April 10, beginning at 7 p.m. Refreshments will be provided at this free event. Call Angela Harris, director, at 489-1998 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 olopuu, 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.

Ongoing

Food For Families — The Armed Services

SEE COMMUNITY CALENDAR, B-4



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 Sunday, 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



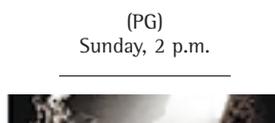
Breach
(PG-13)
Friday, 7 p.m.
Thursday, 7 p.m.



Hannibal Rising
(R)
Saturday, 7 p.m.



Night at the Museum
(PG)
Sunday, 2 p.m.



Letters from Iwo Jima
(PG)
Wednesday, 7 p.m.

The theater is closed Monday & Tuesday.

Community Calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

30 / Today

Family Festival — Four days of fun are scheduled for the Honolulu Family Festival, today–Sunday at Magic Island, Ala Moana Beach Park. This festival will include carnival 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 p.m.–midnight, today; 10 a.m.–midnight, Saturday; and 10 a.m.–10 p.m., Sunday. Visit www.honolulufamilyfestival.com.

April

2 / Monday

Waiting Children — The Children’s Waiting Room provides on-site child care for healthy children while their parents or siblings have medical appointments in any of the Schofield Clinics or at the Tripler Medical Center. Beginning Monday, the operating hours of the Schofield Children’s Waiting Room will be 8 a.m.–noon, Monday–Friday.

The service is located inside the Pediatrics Clinic in Building 680, Schofield Barracks. Call 624-5645 for appointments.

The Tripler Children’s Waiting Room is open Mondays, Tuesdays and Thursdays from 8 a.m.–noon. Call 833-1185 for appointments.

3 / Tuesday

Winning Resume — Have you never written a resume or do you need professional advice on updating, formatting and editing your resume? A “Creating a Winning Resume” workshop is just what you need.

In addition to assistance with resume

preparation, help developing other job search tools, including cover letters, networking cards and follow-up letters will be available during this workshop at Army Community Service, Schofield Barracks, Tuesday from 9:30-11:30 a.m. or Thursday, April 19 from 9:30-11:30 a.m. at the Fort Shafter Outreach Center.

Register online at www.mwrrarmyhawaii.com or call 655-4227.

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.

Pearlridge Fair — Catch the Central District Community Resource Fair at Pearlridge’s Uptown Center Court, Tuesday, April 3 from 10 a.m.–noon. Learn about early childhood programs throughout the Leeward and Central areas of Oahu at this special one-stop shop.

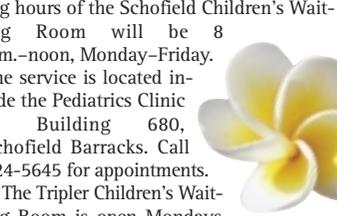
5 / Thursday

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, 622-6525, extension 260, for more details.

6 / Friday

Employment Orientation — This orientation is the first step to prepare you for the job you want. So get employment information on federal, state, private sector and staffing agencies and see the reference materials, job listings, computers and more that are available for use at the ACS Em-



Military Intelligence to offer scholarships for family members

ARMY NEWS SERVICE
News Release

FORT HUACHUCA, Ariz. – The Military Intelligence Corps Association (MICA) is accepting applications through May 15 for undergraduate scholarships for family members of active duty, reserve-component and retired Soldiers who are MICA members.

Qualifying family members include spouses, children or immediate relatives living with or supported by the qualify-

-ing Soldier in the association.

Scholarships may be used for attendance at regionally accredited colleges, universities or state-approved vocational schools. Applicants must be pursuing their first undergraduate degree or a technical certificate and must be accepted by an institution of higher education.

Previous MICA scholarship recipients may compete for subsequent scholarships.

For instructions and application forms, go to www.micorps.org, or contact the MICA scholarship committee at Office

of the Chief, Military Intelligence (OCMI) Attn: MICA Scholarship Committee, 110 Rhea Street, Fort Huachuca, AZ 85613-7080.

MICA is the professional association of the U.S. Army's Military Intelligence Corps.

(Editor's Note: Information provided by Fort Huachuca Public Affairs.)



Easter sunrise services on post

All Soldiers, their family members and-civilians are invited to attend various Easter celebrations, Sunday, April 8, including the following events:

- April 8, 6 a.m., Aboard USS Missouri (an entrance fee applies)

- April 8, 6:30 a.m., Wheeler Chapel, Wheeler Army Air Field

Holy Week Services

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.
- 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.

HONOLULU FAMILY FESTIVAL

FEATURING Live Entertainment

2007 The Greatest Day Show

Minimum Production Powers of the Cosmos

Discount Tickets and Priority Passes

U.S. Parachute Team and Games

Business Free Day March 29!

FREE PARKING AND SHUTTLE TO AND FROM MAGIC ISLAND

March 29 5 P.M. TO 10 P.M.

March 30 5 P.M. TO MIDNIGHT

March 31 10 A.M. TO MIDNIGHT

April 1 10 A.M. TO 10 P.M.

Presented by City and County of Honolulu, Schofield Barracks and U.S. Parachute Team

SHOW ADMISSIONS FREE

MAGIC ISLAND

Fun for the whole 'ohana

Take a break from the routine this weekend and head into town for the Honolulu Family Festival. The festival features a variety of shows and is open past most children's bedtime.

Commissary Web site sports a fresher look

DeCA responds to patron feedback, requests for more general news, coupons and sales information

BONNIE POWELL
Defense Commissary Agency

FORT LEE, Va. — The Defense Commissary Agency (DeCA) has a brand new look on its Web at www.commissaries.com. In addition to a front page that changes with the season — or the occasion — links popular with commissary shoppers are featured more prominently and easier to find through dropdown menus at the top of the front page.

“We asked shoppers what they wanted to see on the Web site during our most recent customer satisfaction survey,” said Patrick Nixon, DeCA director and chief executive officer. “The top three requests by far were for sales information, coupons and general commissary news. We’ve tried to make sure the information customers want is easy to find.”

Due to advertising restrictions, DeCA can’t list prices on the Web site, but customers can find out what’s on sale and the “percent off” regular price by going to the savings aisle under the shopping link.

“Customers can download a list of all items on sale at their commissary, or just by category,” said Nixon. Internet coupons can be downloaded from the links page and commissary news is on the front page under the news and information link.

Customers can also purchase or donate

commissary gift certificates at commissaries.com, select from more than 100 gift baskets and baked goods at the Virtual Commissary, and sign up for delivery of general commissary news via e-mail through the Commissary Connection.

Store information is readily available under the locations link.



“Since many of our customers move around, they can use commissaries.com to get store hours and contact information, and even print out directions to their new commissary,” said Nixon.

Another reason to bookmark commissaries.com is to access the comprehensive case lot sales page available during the “Worldwide Case Lot Sales Event” in May and September. The case lot sale page is particularly popular with authorized shoppers who live a long distance from a commissary, but are willing to make a special trip for case lot sales, where savings can run as high as 50 percent over regular commissary prices.

Other features planned for commissaries.com include a more interactive health and wellness section and features such as “Ask the Dietitian,” a greater emphasis on recipes, improvements in the customer “Your Action Line” program, and increased online shopping through the Virtual Commissary.

“Check back every day,” advises Nixon; “we have lots more in store.”



Community Calendar

From B-2

YMCA accepts donations of nonperishable items to replenish its food pantry. Its emergency food locker is available to families experiencing financial difficulty who could use extra assistance. Supplies of canned goods, frozen food, dry goods and personal care items are accepted. Call 624-5645.

Playmorning — This family interactive playgroup is designed for children up to age 5 and their parents or caregivers. Playmorning features a variety of age-appropriate activities, crafts, stories, songs and more from 9–10:30 a.m. No preregistration is required.

- Mondays at Wheeler ASYMCA
- Tuesdays at Helemano Community Center & Iroquois Elementary School
- Wednesdays at Wheeler & Iroquois
- Thursdays at Helemano & Iroquois
- Fridays at Wheeler & Iroquois

There will be no Playmorning, April 6 (due to Springfest) and May 28 (Memorial Day).

PWOC Spring Session — A place to find laughter, a place to find hope, a place to find friends, a place to find faith. The Protestant Women of the Chapel (PWOC) will host its Spring Session every Tuesday through May 15.

Sessions will be held in the Main Post Chapel on Schofield, from 9–11:30 a.m. Free on-site child care is available by reservation. Call 206-8504.

Wives of the Warriors — The Military Council of Catholic Women (MCCW) at Aliamanu Military Reservation (AMR) chapel meets each Thursday at 9:15 a.m. in the chapel for its fall Bible study, “Wives of the Warriors.” The focus of this Bible study is learning to live confidently in Christ as a military spouse.

On-site child care will be provided for STACC-registered children at least 9 months old. Nursing babies are welcome; however, RSVP for child care. Call 836-4599 or e-mail MCCWHawaii@yahoo.com.

When big things happen in life, don't lose out

JENNA HOLTZ
TriWest Healthcare Alliance

The big events in life are busy times, but don't forget one important thing to avoid losing Tricare health care coverage eligibility. Keep your Tricare information current.

It's simple to do. Just notify the Defense Enrollment Eligibility Reporting System (DEERS) when life's big events occur.

The following Qualifying Life Events (QLE) require updates of personal information to DEERS:

- marriage
- divorce or annulment
- moving
- having a baby
- adopting or obtaining legal custody of a child

- a death in the family
- a child reaching age 21

QLE changes should be made in DEERS as soon as possible, but enrolling newborns or adopted children in Tricare Prime or Prime Remote must be completed within 60 days of the birth or adoption to continue Prime or Prime Remote coverage.

After adding a spouse or a child to DEERS, enroll them in Tricare Prime or Prime Remote by visiting a Tricare Service Center or mailing an enrollment form to the address on the form. The form is available on www.triwest.com.

How to update DEERS

Updating DEERS is simple, using any of the following options:

Call the Defense Manpower Data Center Support Office (DSO) at 1-800-538-9552

Fax address changes to DEERS at 1-831-655-8317

Mail address changes to:

Defense Manpower Data Center Support Office

Attn: COA

Seaside, CA 93955-6771

Make changes online at: <http://www.tricare.mil/DEERS>

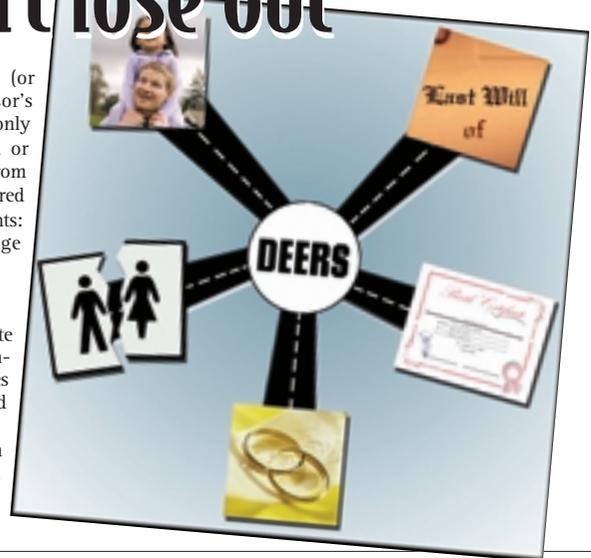
Beneficiaries may also visit the nearest uniformed services personnel office (ID-card issuing facility).

If information is incorrect, only registered family members can make address changes. This can be done online at <http://www.tricare.mil/DEERS>.

The military sponsor (or someone with the sponsor's power of attorney) is the only individual who can add or delete a family member from DEERS. To do so, be prepared to provide needed documents:

- an original marriage license
 - divorce decree
 - adoption papers
 - death or birth certificate
- DD Form 1172 (Application for Uniformed Services Identification Card and DEERS Enrollment).

For more information visit triwest.com, or call TriWest at 1-888-TRI-WEST.



Interactive map now helping TriWest families

Service assists those coping with deployment

PHOENIX — Service members returning from the war in Iraq now have a new resource to help them and their family members deal with the unique set of readjustment challenges they may face.

In a proactive approach to preventing, identifying and treating post-deployment issues, TriWest Healthcare Alliance launched an interactive behavioral health resource map at www.triwest.com, last week. Visitors may simply click on their state and view a list of national and local, civilian or military, behavioral health resources.

The Web site provides a fast and easy way to get help and information to those who need it, regardless of time zone or location.

"Being a military service or family member can sometimes bring emotional and mental health challenges, requiring support from outside sources," said Blake Chaffee, TriWest's vice president of Integrated Health Care Services. "In response to this need, TriWest launched this interactive map featuring nearly 150 resources. This is especially useful for military health care beneficiaries in rural communities who otherwise would not have immediate access to behavioral health resources."

To access the interactive map, visit www.triwest.com, click on Behavioral Health, then click on "Access Local & National Resources." When you see the map, click on your state for a list of resources.

Beneficiaries who need help or know of



someone who needs help — from emotional support, to counseling, financial help or other family support — should visit the Behavioral Health portal, which features tools to pinpoint and address common military behavioral health issues, including PTSD, depression, substance abuse and much more.

TriWest recently expanded the portal to include a focus on child/adolescent issues, including information on depression, sleep, ADHD and other behavioral health problems a child or teen may experience as a result

of a parent's military deployment.

TriWest also staffs a toll-free crisis hotline at 1-866-284-3743, offering assistance 24-hours a day.

TriWest Healthcare Alliance is a Phoenix-based corporation that partners with the Department of Defense to provide access to cost-effective, high-quality health care for 2.8 million members of America's military family in the 21-state Tricare West Region, which includes Hawaii.

Convenient payment option available for Prime retirees

TRICARE MANAGEMENT ACTIVITY
News Release

FALLS CHURCH, Va. — Tricare makes it easy for retirees to pay their Tricare Prime enrollment fees by establishing a monthly allotment from their service retirement pay. The Defense Financial Accounting System (DFAS), the U.S. Coast Guard or the U.S. Public Health Service can deduct the retirement pay allotment.

"Retirees enrolled in Tricare Prime currently receive a quarterly bill. They then have to write and mail a check," said Army Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "We can help our retirees alleviate the stress of paperwork and save time by making a monthly allotment available to them."

Retirees may take advantage of this convenient process by taking these steps.

Step 1: Download and complete an enrollment fee allotment authorization form, based on the region in which they live: Tricare North, Tricare South, Tricare West. This form is used to stop, start or change monthly allotment payments from retiree pay accounts.

Step 2: Send the form with an initial quarterly payment to the regional contractor.

Step 3: The regional contractor will forward a payment request to the designated pay agency and the agency will set up a monthly payment to the regional contractor on the retiree's behalf.

Retirees should contact their regional contractor or go online to a contractor's secure Web site to make sure it received the enrollment fee allotment authorization form and initial quarterly payment.

DFAS will put allotment orders in a pay system for processing, once Tricare sends the request. Retirees may view their allotment details through myPay at <https://mypay.dfas.mil/mypay.aspx>, or on their pay statements (leave and earnings statement or retired or annuitant account statement), when DFAS activates the allotment.

Beneficiaries who receive survivor benefits from either retired or active duty sponsors are paid through a separate pay account and are not eligible for an enrollment fee allotment.

Get more details at West Region, TriWest, 1-888-874-9378 or www.tricare.osd.mil/west. For more information on monthly allotments, visit the DFAS Web site at www.dfas.mil.



April

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 parent 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 from 6:30–7:30 a.m., April 3, at Schofield Barracks’ Bennett Youth Center Field and 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 begin (approximately) July 2, and the season will run July 26–Sept. 22. Call 836-1923 (Aliamanu Military Reservation, or AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield), or 655-0883 (Helemano Military Reservation, or HMR and Wheeler Army Air Field, or WAAF).

4 / Wednesday

Teen Fit — The Schofield Barracks Health and Fitness Center is offering a new Teen Fit class for ages 12–17. Teens will be taught by a certified personal trainer and a strength and conditioning specialist. They will learn the basics of proper strength training, cardio and stretching.

Classes in the four week session will be held April 4, 11, 18 and 25 at 3 p.m. Cost is \$35 per person or \$60 for two siblings. To sign up or for more information, call 381-5944.

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.

14 / Saturday

Witness the Smackdown — Come watch Hawaii Championship Wrestling at the Schofield Tropics,

April 14. Doors will open at 6 p.m. and matches will start at 7 p.m.

The cost is \$5 for guests age 12 and up, \$3 for ages 11 and under, and free for children age 5 and under.

Call 655-5697.

17 / Tuesday

Mini Soccer — Register now through April 17 for Mini Sports Soccer. This program is open to youths born in 2002–2003 and 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 will learn the basic skills of soccer.

Call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield), or 655-0883 (HMR and WAAF).

Ongoing

Cardio Kickboxing — Cardio kickboxing can help develop cardio-vascular fitness, improve balance, and enhance self-confidence.



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

Spring swing

Golfers perfect their swing before hitting the links at the Leilehua Golf Course driving range, Wednesday.

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.

SKIES Martial Arts — Come and learn Hawaii Okinawa Kenpo Karate-Do Shudokan (HOKK), a martial arts program taught by master instructors, at the Schools of Knowledge, Inspiration, Exploration & Skills (SKIES).

HOKK teaches self-discipline and dedication to overcoming obstacles. Classes are \$35 per month or \$105 per semester; family discounts are available. Classes are offered for students in grades first through tenth, and parents are welcome to take classes also.

New students start at the beginning of each month. Call 655-5525.



Send community announcements to community@hawaiiarmyweekly.com.

April 6 / Friday

Mixed Martial Arts — Come watch Schofield's Luis Parra, a staff sergeant with 71st Chemical Company, try his hand at Mixed Martial Arts, Friday, April 6 at 6:30 p.m., Dole Cannery Ballroom. In his professional debut, Parra will take on young Duke Sargosa of the 808 Fight Factory, Waipahu.

Parra is making tickets available for \$25; call 351-7046. Or, pay \$35 fight night. Doors will open at 6 p.m.

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.

Novice 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://htmclub.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, survival 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.

21 / Saturday

Karate Showcase — See the Japan International Karate-Ki Center Showcase, Saturday, April 21, from 1:30-2:30 p.m. at the Pearlridge Uptown Center Court.

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 for more details.

June

3 / Sunday

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 in-

terested 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 or visit www.honolulupearl.com for more details.

Ongoing

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 are underway 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.

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

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.

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

All-Army women prevail in military's 'March Madness'

Schofield Barracks first lieutenant earns coveted spot on Armed Forces All-Tournament Team

TIM HIPPS

Army News Service

ALEXANDRIA, Va. — The All-Army team celebrated the 30th anniversary of Armed Forces women's basketball by going 6-0 in the double round-robin tournament, capturing its 26th crown against sister services Air Force (3-3), Marine Corps (2-4) and Navy (1-5) at the 2007 Armed Forces Women's Basketball Championship March 12-17 at Fort Indiantown Gap, Pa.

"It's an awesome tradition to be part of," said All-Army fourth-year head coach Leroy Williams of Fort Sam Houston, Texas. "We've been blessed to get a lot of good, quality athletes that find a way to play together despite that it's only for a short period of time."

"It just kind of speaks for itself. It's just amazing this type of dominance is happening," he said.

All-Army teammates — guard 1st Lt. Alonna Marable of Schofield Barracks, Hawaii; Sgt. Evevetta Crawford, stationed at Camp Buckner in Okinawa, Japan; and forward Pfc. Shelly Jones of Fort Bragg, N.C. — were named to the Armed Forces All-Tournament Team.

Marable averaged 14.8 points and 7.8 rebounds; Crawford averaged 20.2 points in six games; and Jones averaged 10.3 points and a team-high 9.7 rebounds during the Armed Forces tourney.

In the 80-59 victory over All-Marine that clinched the gold medal for the Soldiers, Marable gained 23 points on 9-for-10 shooting, seven rebounds, three assists and two steals to lead All-Army.

Although 10 inches of snow blanketed the installation, Marable added 16 points and 10 rebounds in All-Army's 72-70 victory over All-Air Force, which concluded the Soldiers' undefeated run.

"It was down, basically, to the last shot," Williams said. "All four teams were very competitive and pretty close in structure as far as athletes go. We got pushed to the limit in a couple of those games. I was very much impressed that they stayed focused and endured the distraction of the snow. Even though they had already won the tournament, they were able to pull out a victory in that last game."

During the tourney opener, Marable scored 18 points and Crawford added 17 points and eight rebounds as All-Army defeated All-Navy, 73-62.



Courtesy of Family and Morale, Welfare and Recreation Command

Alonna Marable, a first lieutenant stationed at Schofield Barracks, scopes the court during finals at the 2007 Armed Forces Women's Basketball Championship, held March 12-17 at Fort Indiantown Gap, Pa. Playing guard, Marable averaged 14.8 points and 7.8 rebounds during the tourney.

Presently, the Armed Forces All-Star Team is playing in the Pro-Am National Championships, which runs March 28 through April 1 in Las Vegas.

(Editor's Note: Tim Hipps writes for the Family and Morale, Welfare and Recreation Command. Claudia A. Berwager, an Army Sports Specialist at Fort Indiantown Gap, Pa., contributed.)