

INSIDE

State recognizes 3-25th Aviation

JEREMY S. BUDDEMEIER
Assistant Editor

HONOLULU – The Hawaii State House of Representatives recognized 15 members of the 25th Combat Aviation Brigade's medevac assistance program at the State Capitol Monday morning.

In its storied 34-year history, the Military Assistance to Safety and Traffic (MAST) program transported more than 7,100 patients, flew more than 6,000 missions, including to the Sacred Falls rockslide on Mother's Day 1999, and saved the State of Hawaii nearly \$90 million.

The program ended Saturday, to

allow members of C Company, 3rd Battalion, 25th Aviation Regiment, to train for an upcoming deployment. It is unclear when the unit will be able to provide MAST services in the future.

State Rep. Kymberly Pine (Ewa Beach-Puuloa) sponsored a resolution to honor the unit.

"A father will be able to play catch with his son, ... a teenager will live to see his college graduation because these men and women and those before them saved their lives," Pine said as she addressed the House floor and a smattering of spectators in the elevated gallery.

After her speech, members of the House presented lei to each of



Spc. Stephanie L. Carl | 17th Public Affairs Detachment

The 25th Infantry Division's UH-60 Blackhawk helicopter deploys to Iraq this summer. Previously, its unit aided the state of Hawaii in rescue operations. Above, civilians and military rescue workers train at a Belwos Air Force Station exercise in August 2003.

the five Soldiers who represented the regiment.

In the meantime, a Hawaii Army National Guard unit based out of Hilo has been activated for 90 days to provide temporary coverage while the state selects a civilian contractor to permanently replace the MAST program.

Although the members of 3-25th no longer will provide medevac coverage for the state, they will continue to train for the same mission, except it will be tailored for a combat environment.

"There are more pieces to the puzzle over there (Afghanistan and

SEE MAST, A-7

Rain-soaked JROTC students

Waianae High cadets show they are up to the task at hand

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Setting sights for 'splat'

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Locked up, but not in jail

Lightning Rumble boxing and combatives begin Monday at Conroy Bowl

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Pvt.2 Matthew C. Moeller | 17th Public Affairs Detachment

40th QMs win!

Although Pfc. Michael Cheek, a small forward for Headquarters and Headquarters Company, 2nd Battalion, 35th Infantry Regiment, launches a desperation three-pointer during the Intramural Basketball championship game March 30, the 40th Quartermasters would beat the Cacti, 62-52, in the finals. See page B-4 for the full story.

Army Emergency Relief kicks off annual fund drive

Donors invest in the welfare of the Tropic Lightning force

CHRISTA B. THOMAS
Staff Writer

SCHOFIELD BARRACKS – Army Emergency Relief (AER) kicks off its annual fundraising campaign today at 10 a.m. with a rally for commanders and command sergeants major, AER project officers, key personnel and interested Soldiers at the Nehelani Convention Center, Schofield Barracks.

This year's goal is \$290,000; up from last year's \$240,000. "Last year, our goal was exceeded by \$47,000," said 1st Lt. Aaron Carriere, AER campaign coordinator.

Carriere stressed, "Our goal achievement has a lot to do with the campaign staff and key personnel. They do all the leg-work required to achieve 100% notification." Additionally, 6,500 donation requests will be mailed to Hawaii and Pacific Island retirees. Carriere is optimistic that since all the Soldiers will be here during

SEE AER, A-8

DoD to begin NSPS for civilians

DONNA KLAPAKIS
Staff Writer

SCHOFIELD BARRACKS – The Department of Defense will implement the first phase of its new human resources system this month.

Spiral 1.1 of the National Security Personnel System (NSPS), which will involve about 11,000 civilian employees of all military services, will go into effect April 30. Only the Civilian Personnel Advisory Center, for the Army in Hawaii, will be affected in this phase, according to Headquarters, Department of the Army (DA).

changes in the way civilian employees are hired, paid, promoted and evaluated, as the performance-management, compensation and classification, staffing and workforce-shaping provisions of NSPS begin implementation.



No civilians will be paid less than their current pay at the outset of the new system. Nor will employees in Hawaii will see their cost of living allowance affected by NSPS, according

to Headquarters, DA.

In fact, employees with acceptable performance who are at step nine or lower in their pay grades may get a one-time, prorated, within-grade increase buy-in at conversion.

Pay may be reassessed later. "At the time of conversion to NSPS, there will be no reductions in total pay. The Secretary of Defense has the authority to adjust the pay rate ranges up or down, depending on labor market forces, mission requirements and other relevant factors," according to Headquarters, DA.

SEE NSPS, A-9

Housing issues top town hall

Low turnout crowd voice concerns about family housing shortages and current cell phone policies on posts

AIKO BRUM
Managing Editor

SCHOFIELD BARRACKS – Although the main topic impacted hundreds of Soldiers and their families in Hawaii, fewer than 100 attended the town hall meeting Tuesday night at the Sergeant Smith Theater.

Senior leaders representing G-3 Operations, Army Hawaii Family Housing, the Department of Public Works (DPW), the Army and Air Force Exchange Service (AAFES), the Provost Marshal Office (PMO), and Morale, Welfare and Recreation (MWR) discussed issues of interest to the Army Hawaii community.

In particular, the 25th Infantry Division's upcoming deployment affects multiple organizations, so leaders said they wanted to pass along timelines of deployment-related activities and give information regarding current housing shortages.

Upcoming deployment expos will provide a "one-stop shop of a wealth of information – beneficial when loved ones deploy," said Lt. Col. Sal Petrovia, who will be the G-3 Rear when the division deploys. As well, he continued, Oahu civic and government leaders will combine their efforts to recognize deploying and returning forces with several events in the months ahead: a USO Salute (May 6), a Twilight Tattoo (May 13), a Fourth of July celebration and more.

Typical of deployment schedules, Petrovia added, "Block leave windows have been planned so that Soldiers can take care of affairs in preparation for deployment."

Before the evening would end, the director of Property Management, Janine Lind, would spark the most discussion from attendees regarding housing concerns. Her detailed, but compact briefing addressed "Why Stay Hawaii" – must-know facts to help families decide whether to stick out a yearlong deployment on island (on or off-post) or to embrace family on the mainland.

Literature is available at AHFH community centers, at Army Community Service and through family readiness group leaders. Of importance, said Lind, families must know that "this year we are a bit more lenient." The Division has incorporated many lessons learned from its previous deployment, she explained.

"It's your choice," she emphasized, "but make an informed decision. We have shortages of housing in North [the Schofield and Wheeler areas], and we have a lot of younger families."

The transformation of the Army, Lind said, is impacting housing.

"We have accelerated some of our construction schedule," she continued, re-emphasizing informed decisions are critical because "it's a tough market out there [in Oahu]."

SEE TOWN HALL, A-9

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 655-4816, or e-mail editor@hawaiiarmyweekly.com.

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

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

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Letter to the Editor

Concert clean-up uncovers more than trash

SHAUN TOY
Family Member



Toy

My name is Shaun Toy. I am 12 years old, and I am a Boy Scout in Troop 135 located at Hickam Air Force Base. I was working on my star rank today by cleaning up at Diamond Head crater after the Crater Fest Concert held April 1st.

There were a total of 10 scouts present for clean-up duty early this past Sunday morning. The concert clean-up was very messy but fun. A lot of interesting things happened at that clean-up, and I will tell you what those things were.

It is incredible the things people leave behind after a concert. First

of all there was a lot more trash than I thought there was going to be. There was so much trash it took us three hours to clean it up and must have filled several hundred large garbage bags!

The fun thing about all this smelly, muddy experience was that we found many interesting things. We found tons of half eaten food, billions of beer cups, dozens of grass mats, and an equal number



Joaquin Siopack | The Honolulu Advertiser

WAR performs at the Diamond Head Crater Celebration, which had a late start yesterday due to production setbacks from Friday's rain.

of rubber slippers.

What are these people thinking going back home barefoot?

One thing I found was a pair of muddy binoculars. My scoutmaster Mr. Mac found loose cash and change (which I had walked right past maybe three or four times without seeing).

Other scouts found sunglasses, beach balls, plastic tarps and hats. I didn't find any big money, only 50 cents. I am surprised to see so much stuff left behind but more surprised to see people have no clue what a garbage can is!

I am really happy that I helped the community with keeping the island clean.

Army prohibits Soldiers from wearing unauthorized body armor

GERRY J. GILMORE
American Forces Press Service

WASHINGTON — U.S. Soldiers deployed in Afghanistan and Iraq are prohibited from wearing non-standard-issue body armor, a senior Army officer told reporters March 31.

Parents of Soldiers serving in overseas combat zones "ought to feel comfortable with the fact and know ... that we have provided the best body armor that is available anywhere in the world," said Maj. Gen. Jeffrey Sorenson, the Army secretary's deputy assistant for acquisition and systems management.

Claims of superiority voiced by some manufacturers whose body armor isn't certified for Soldiers' use are just claims, Sorenson said at a Pentagon news conference. Such equipment, he said, hasn't been tested or evaluated. "They have not passed the rigor that we put into standards determining whether something is safe, effective and suitable," Sorenson said. "And, until such time that they can do that, we will not give them, if you will, the 'Good Housekeeping Seal of Approval.'"

Sorenson referred to an Army safety message dated March 17 that directs commanders in Iraq and Afghanistan to ensure their soldiers wear only Army-tested and -approved body armor. Commanders have 30 days after receipt of the message to conduct inspections to see that Soldiers are in compliance, according to the message.

The message also cautioned commanders that some

Soldiers might be wearing a specific brand of non-Army-certified body armor that hasn't undergone standardized testing procedures, a commercial body armor called "Dragon Skin," made by Pinnacle Armor.

Sorenson confirmed that Dragon Skin currently is not authorized for Soldiers' wear. The manufacturer has received Army funding to develop lighter-weight body armor. However, that system has yet to be subjected to Army certification tests.

Plenty of standard-issue body armor is available for Soldiers serving in overseas combat zones, Sorenson said. In fact, more than 200,000 sets of tested and authorized body armor, he said, have been forwarded to U.S. military theaters of operation.

Some Soldiers in Afghanistan and Iraq have complained about the heavy weight of the body armor now being issued. Sorenson said the Army continues to address such soldier concerns. Providing Soldiers more comfortable and effective body armor "is what everybody is interested in," he said.

Meanwhile, the Army continues to examine "all types of composites, all types of materials" in the search for better body armor, he said. "So, this is just a constant evolution. And, if someone finds the 'holy grail' (of body armor), then we'll be right there to back up the dump truck and buy it," Sorenson said.



As of 4/5/06

9 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.

Be safe. Tropic Lightning!

Did you know?

■ That anyone who is departing or has sold a car that is registered on an Army installation needs to go by the vehicle registration office to cancel the registration? The decal that was issued to the car needs to be returned, along with any documents verifying disposition of the car. For more information, contact Eloise Holskil at 655-8940.

■ An active-duty Soldier may be referred to an alcohol or drug treatment facility in all cases in which alcohol or other drugs are considered a contributing factor in a traffic citation, incident or accident?

LIGHTNING SPIRIT

Welcome back sunshine, but rain does make rainbows

Whether 40 days and nights – or 100, recent torrential downpours recall God's promises

CHAPLAIN (MAJ.) SCOTT C. KENNEDY
Family Life Chaplain and Senior Pastor,
Helemano Community Chapel

When I first learned I was coming to Hawaii, I thought I would be sitting on the beach every weekend, soaking up the rays and working on my tan. Unfortunately, since we arrived in September of 2005, it seems like we've had more rain than sunshine.

Not only has the rain put a damper on the beach scene, but also it really gets my motorcycle dirty! But every time I start to complain about the rain, the Lord reminds me that without the rain, there would be no rainbow. And, after all, this is the Rainbow State.

These things got me thinking of what else we would be without, if it didn't rain all the time:

- I love the vegetation on the island, but without the rain, it would not be so lush and beautiful.
- I love the waterfalls, but without the rain, they would not exist.
- I love the way the clouds look as they roll in over the mountains. But once again, without the rain, there would be no rain clouds.

• I also like the fact that we are not experiencing a drought or the wildfires that folks in Texas and the Western states are facing right now, and will likely face throughout the summer.

What is my point? Every cloud has a silver lining – pun intended. With so many things to complain about, it is easy to miss the good things in life – like taking a walk in the rain, going scuba diving or snorkeling, riding a bike or a motorcycle, going sailing, hanging out with your family or friends, going to the beach or the mountains, and/or taking in one of the many local attractions or celebrating your faith.

The Bible says, "God causes everything to work together for the good of those who love God" (Romans 8:28). So you can be sure that despite how terrible things may look in your life – as a result of your sin, someone else's or as a result of living in an imperfect world – God is already at work to redeem that situation for you.

But what should we do while we are waiting for God to work everything out for our good? The Bible also says that there is no need to worry or be anxious about anything (Matthew 6:34).

Instead, we should pray about everything, telling God what we need and thanking Him for everything he has already done for us.

And the Bible says, if you do these things, you will experience God's peace, which is far more wonderful than the human mind can understand. And this divine peace will also

serve as a guard to protect your heart and mind from giving into fear and returning to worry (Philippians 4:6-7).

The Bible encourages us not to complain (James 1:19), but to be content in every situation, knowing that God will give us the strength we need to do what he has asked us to do (Philippians 4:13).

Sometimes, the very struggle itself is redemptive.

In the New Testament, Paul reminds us of a time when he was crushed and completely overwhelmed to the point that he thought he would never live through it (2Cor 1:8-10). In fact, he expected to die. As a result, however, he learned not to rely on himself, but on God.

God delivered Paul, and Paul resolved to place his hope in God to deliver him in future storms.

The Bible also says that in comparison to eternity, our present troubles are quite small and won't last very long (2 Corinthians 4:17). Yet, troubles produce for us an immeasurably great glory that will last forever.

We might think of the rain as our "present troubles," but it does not last forever and the glorious rainbow that the rain produces



brings joy to our souls.

James reminds us that whenever trouble comes our way, we should let it be an opportunity for joy.

Why, you might ask? Well, James says it this way: When your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything (James 1:2-4).

We've all heard the saying, "No pain, no gain," referring to the need to push our bodies to increase our level of fitness or performance. We can easily see how this physical principal can apply to our spiritual lives as well.

Even as the very first rainbow appeared in the sky after the flood, God told Noah that this sign would be a permanent reminder that he would never destroy the earth again with a flood.

The next time you complain about the torrential downpours or the monsoons we've been having lately, just think of the people in Noah's day, and be grateful for the refreshing rain that will not destroy us.

After all, no rain, no rainbow.

Voices of Lightning:

What is the greatest challenge facing the military child?



"The constant moving and having to leave friends."

Sfc. Moses McFadden Jr.
3rd Bn., 196 Inf.
Supply Advisor



"Having to move around a lot."

Carrie Holguin
Family Member



"Changing schools."

Gabrielle Culeertson
Family Member



"Deployments."

Sgt. Gary Santos
C Co., 1-294
Team Leader



"Establishing new friendships and the constant change."

Lori Garcia
Family Member

Advanced planning eases worries

PFC. CARLEE ROSS
Staff Writer

SCHOFIELD BARRACKS – Financial planning for deployment can be an annoying but necessary task to prepare Soldiers and their families for a long separation. Once finances are in order, Soldiers can focus on the more important issues like spending time with their loved ones before departing.

The Army Community Service, family readiness groups, and other morale and welfare programs can help Soldiers prepare their own financial readiness plans.

Family readiness groups and units may request briefings by the 125th Finance Battalion, which include slide shows of information that Soldiers and their families need to know in order to get their finances ready for deployment, said Sgt. 1st Class Jose Marina the financial manager and operations non-commissioned officer for 125th Finance Battalion.

Family readiness groups or units may contact Marina to set up the briefing and slide show at 655-1244. Individuals with finance questions should contact the unit personnel action center (PAC).

“Soldiers can get information from deployment expos also,” stated Capt. Rodlin Doyle, rear detachment commander, who can be reached at 655-4283. Sgt. 1st Class Jack Blanchard is the rear detachment non-commissioned officer in charge, and can be reached at 655-1247.

A private company, United Services Automobile Association, also has a deployment response team for all Soldiers. They can be reached at 1-877-233-7569 (toll free). They can also help Soldiers create a plan for their money from deployment at 1-800-898-7389, or visit, www.usaa.com.

The Army Community Service is in building 2091. The main contact number for the office is 655-2400, and for finance questions specifically, call 655-8692.

For assistance with financial planning, Soldiers and family members may also visit the MWR web-site at www.mwrarmyhawaii.com.

Soldiers plot course to financial entitlements

Understanding entitlements helps when Soldiers make household budget decisions

PFC. CARLEE ROSS
Staff Writer

SCHOFIELD BARRACKS – Of the many questions that will arise when Soldiers deploy this year, one is sure to be “what financial entitlements will I receive?”

Factors considered when determining deployment entitlements vary by Soldier. Some determining factors are type, location, and duration of deployment; rank; marital status; whether he or she has children; and present living arrangements.

Another question that may looms is, “When do all the various entitlements begin?”

According to Sgt. 1st Class Jose Marina, financial manager for 125th Finance Battalion, most entitlements are triggered once a Soldier is in-processed in Kuwait. “There, Soldiers slide their ID cards into our system and their pay entitlements begin,” Marina said.

“Before departing to the states, Soldiers once again slide their ID cards through the out-processing system and deployment entitlements discontinue.”

It is important to note that while Soldiers are on deployment, base pay and all entitlements are tax exempt.

There are many locations where deployment entitlement information can be found, on post and on the Internet.

The following information was taken from www.usarpac.army.mil and covers basic entitlements.

All Soldiers are entitled to: Basic Allowance for Subsistence (BAS). All deploying Soldiers, even those presently using meal cards, will receive BAS. BAS is \$187.49 monthly for officers, and \$272.26 monthly for enlisted members.

Entitlement begins the day of departure and ends the day of return to home station.

Per Diem. All deployed Soldiers are entitled to a \$3.50 incidental per diem to be paid once they submit a completed travel settlement voucher (DD Form 1351-2). Soldiers do not receive per diem during rest and recreation leaves.

Hostile Fire Pay (HFP)/Imminent Danger Pay (IDP). All Soldiers in locations supporting Operation Enduring Freedom receive HFP/IDP. Soldiers receive \$225 per month. One day spent in a designated HFP/IDP area qualifies the Soldier for the entire monthly amount.

Hardship Duty Pay-Location (HDP-L). Formerly known as Foreign Duty Pay, and identified as “Save Pay” on the Leave and Earnings Statement, HDP-L is payable



monthly according to location and living conditions. The Soldier must be deployed for a minimum of 30 consecutive days in the foreign country, and the entitlement



starts on the 31st day, retroactive to the first day of eligibility. The current rate for Iraq is \$3.33 per day or \$100 per month.

Cost of Living Allowance (COLA), base pay and separate rations. Soldiers will continue to receive COLA. If a Soldier's family leaves the permanent duty station for more than 30 days, the Soldier will receive the “without dependent” rate. Base pay and separate rations will continue during the deployment with no change.

Special Leave Accrual (SLA). SLA provides relief to Soldiers not allowed leave during lengthy deployments or periods of hostility. This gives the Soldier authority to exceed the 60-day fiscal year leave limit. Soldiers have up to three fiscal years to take the excess leave.

Entitlements for Soldiers with depend-

ents, or not living in the barracks include the above entitlements as well as the following:

Basic Allowance for housing (BAH). Under general circumstances, BAH entitlement continues during deployment. Soldiers authorized to live on the economy but not assigned government quarters, continue to draw BAH at the “without dependent” rate.

Family Separation Housing Allowance (FSH). If dependents leave the permanent duty station and relocate on Early Return of Dependent orders, BAH will be paid at the “with dependent” rate based on their new residence. In some cases, a Soldier might receive two BAH entitlements.

Family Separation Allowance (FSA-2). FSA-2 of \$8.33 daily is paid when a Soldier is involuntarily separated from his or her dependents for more than 30 days. Soldiers must submit a Family Separation Form (DD Form 1561) to initiate payment. Entitlement starts on the 31st day of separation and is retroactive to the first day of eligibility.

For more information on deployment entitlements, money management, and where to find help, visit www.usarpac.army.mil, or call Sgt. 1st Class Marina at 655-1244, Capt. Rodlin Doyle, rear detachment commander, at 655-4283 or Sgt. 1st Class Jack Buchanan, rear detachment non-commissioned officer in charge at 655-1247.

New DoD Web site shows studies of deployment health issues

GERRY J. GILMORE
American Forces Press Service

WASHINGTON – A new Defense Department Web site that debuted Monday will feature government-funded scientific studies of medical issues experienced by military members during deployments, a contractor involved with the project said March 31.

The DeployMed ResearchLINK site will initially contain 1991 Gulf War-related medical research that's been compiled by government researchers, Dr. Francis L. O'Donnell, physician and DoD medical consultant, said. Around June, ad-

ditional medical information gathered from Operations Enduring and Iraqi Freedom will be added.

The site contains “information that you really can't find anywhere else about what's going on within not only DoD, but also the (Veterans Administration) and Health and Human Services that is research about the health aspects of military deployments,” O'Donnell said.

The new site is a merger of DeployMed and Medsearch, two sites

sponsored by DoD Force Health Protection and Readiness.

The new Web site eventually will offer a cornucopia of medical research drawn from military deployments, O'Donnell said, such as Gulf War Illness, mental health issues, and service members' exposure to leishmaniasis, a curable parasitic infection caused by sand fly bites.

“Leishmaniasis is brought on by one-celled creatures that enter the blood stream, but is usually evi-

denced by skin sores,” said O'Donnell, an infectious disease specialist. The disease can be successfully treated with antibiotics, and if left untreated the infection eventually will heal on its own accord, O'Donnell said.

U.S. service members during the Gulf War experienced about 32 cases of leishmaniasis, he said, and more than 1,000 U.S. military members who served in Afghanistan, Iraq, and other Middle Eastern theaters of opera-

tion have contracted leishmaniasis over the past few years.

“In the Gulf War, we were mostly in Saudi Arabia and Kuwait and just a short period of time in southern Iraq,” O'Donnell said in explaining the increase in leishmaniasis cases among U.S. service members.

“This time around we're all over Iraq, and the disease is really much more common in Iraq than it is in Saudi Arabia and Kuwait,” O'Donnell said.

News Briefs

Send military news announcements to news@hawaiiarmyweekly.com.

Oahu South Town Hall — The Oahu South Community Town Hall is scheduled for Wednesday, April 12 at 6:30 p.m. at the Aliamanu Military Reservation Chapel. The meeting is a proactive forum designed to assemble directors and agency chiefs to provide information on matters pertaining to the Fort Shafter Community. For more information, call 438-6147.

Schofield Barracks Tax Center — will be open Saturday and April 15 from 10 a.m. to 4 p.m. It will be open weekdays until May 26 from 9:30 a.m. to 5 p.m.

AER Kick-off Rally — The 64th Annual Army Emergency Relief Campaign will begin this year at a kickoff rally today from 10 to 11 a.m. at the Nehelani Club on Schofield Barracks. Attendance at this important event is requested of Commanders and Command Sergeants Major, project officers, key personnel and interested Soldiers. For more information, call the AER office at 655-7132.

ITR Office Closed — The Schofield Barracks and Fort Shafter Information, Ticketing and Registration offices will close April 15 for the Family Fun Fest.

AER Fund Campaign — Army Emergency Relief will conduct its annual fund campaign from today to May 11. During this period, unit key persons will be contacting every Soldier for contributions. Contributions are voluntary. Contributions allow AER to fulfill its mission of helping soldiers in time of distress and misfortune. For further information, call the AER office at 655-7132.

Macomb Gate — Schofield Barracks' Macomb Gate will close to outgoing traffic April 10-13 from 8 a.m. to 4 p.m. for installation of telecommunication duct lines. For more information, contact Rick Lewis, Lucent Technologies, 624-5896.

Static Display — Fort Shafter will host a static display of military and state response agencies' equipment on Palm Circle April 11 from 10 a.m. to 2 p.m.

Fort Shafter Exercise — Fort Shafter will conduct an exercise April 13 to test military, federal, state and local emergency response to a simulated chemical, biological, radiological, nuclear and explosive incident on the installation.

Traffic in and around Palm Circle will be affected from 9-12 a.m. For more information, call Fort Shafter Public Affairs at 438-2662.

U.S. Army Birthday Ball — Celebrate the Army's 231st Birthday at the Hilton Hawaiian

Village Hotel on June 3 from 6 p.m. to midnight. The cost is \$55 per person and the event is military formal or black tie. Ticket information is available through unit Command Sergeants Major or unit representatives.

Financial Forum — The NASD Investor Education Foundation, in partnership with Pacific Comand Military Family Support Centers, will host a free financial education forum at the Hawaii Convention Center in Honolulu to help military personnel and their families better understand saving and investing and provide information on where to turn for objective information to help them invest wisely for their future. The forum is co-sponsored by Sen. Daniel Akaka and State of Hawaii Department of Commerce and Consumer Affairs.

Active-duty service members, spouses, military retirees, and Department of Defense and Department of Homeland Security civilian employees and their spouses are invited to attend from 9:30 a.m. to 4 p.m. Wednesday, April 12. Register and sign up online at www.saveandinvest.org;

Job Fair — Windward Community College Employment Training Center will sponsor a Career, College, and Job Fair Tuesday, 11 April. The event will be held at the Hale Akoakoa Atrium on the campus from 9:30 a.m. to 2:30 p.m. Attendees will be able to obtain career information, learn about college programs, and find employment opportunities. The event is open to the public; admission and parking is free. Over 50 companies and organizations are expected. For additional info, call 844-2357; for directions: <http://www.wcc.hawaii.edu/WCCmap/html>.

The AMEDD Enlisted Commissioning Program — provides eligible active-duty Soldiers the opportunity to complete a baccalaureate degree in nursing (BSN), and become commissioned in the Army Nurse Corps (active component). Participants continue to receive their current pay and allowances; as well as, academic costs of up to \$9,000 per academic year.

The deadline for FY07 application is 1 July 2006. No exceptions for late applications will be considered. Any questions, call Ms. Samuel 655-4511/4510.

General requirements: Applicant must be an enlisted member (active) in the U.S. Army with minimum of three years active military service. The applicant must be within 24 consecutive calendar months or less (non-waiverable) of obtaining a bachelor's degree in nursing from an accredited and

SEE NEWS BRIEFS, A-6

Soldiers get packed, ready to go

PFC. KYNDAL HERNANDEZ
Staff Writer

SCHOFIELD BARRACKS — "Where in the world is all of my stuff going to go? What am I supposed to do with my car? My clothes? My furniture?"

Sound familiar?

Soldiers who have deployed before, know the basics of how much has to be done before departure.

For those who are new to deployment, one of the main concerns might be personal goods and vehicle storage.

Answers are usually just a click or phone call away. This process can be simpler when preparations are made in advance.

Those who begin preparing now will still have time to make informed decisions.

Household Goods

To begin the household goods (HHG) storage process, the Soldier must notify his or her unit contact who will provide specific storage spread sheets that must be submitted to the installation transportation office (ITO).

The ITO and the Soldier then coordinate a pick-up date for the HHG. On the pick-up date, the Soldier must be present to release the items to be stored. All HHG will be packed by the carrier.



On that date, the Soldier must be present at the address given to the ITO for pick up.

For personal property or household goods (HHG), non-temporary storage is authorized during deployment up to the Soldiers' weight limit approved for his or her rank.

Any kind of furniture or personal belongings that are not on the prohibited list may be stored. Prohibited items include flammable liquids, explosives, and other flammable items. Boats are considered HHG.

Married Soldiers whose spouse elects to

leave the island during the deployment period will have to provide any necessary storage at their own expense.

For Soldiers living in barracks, dual military when both are deployed, and Soldiers who are single parents who have a child-care plan that requires the child to leave the residence are also authorized to store their goods at no cost.



Household goods will be stored at a commercial storage facility for the duration of the deployment, and up to 90 days after returning to the states, at the government's expense. Any personal property not picked up after that period will be stored at the Soldier's expense.

The government carries liability insurance up to \$40,000 for all items placed in storage. Supplemental insurance can be purchased at the property owner's option and expense.

Upon return to the states, Soldiers see their unit contact to submit the required paperwork to have HHG delivered.

Privately Owned Vehicles (POV)

The Directorate of Logistics requires a three-day notice before vehicle drop off. Each Soldier is allowed to store only one vehicle.

Documentation required include military

identification card, deployment orders, current registration, current state safety inspection sticker and certificate, and documented proof of insurance. Note: Some insurance carriers offer reduced rates for vehicles that will be stored for an extended period.

The interior and exterior of the vehicle must be cleaned, all personal items must be removed, as well as, after-market alarms and stereo equipment, and factory alarm systems must be disabled.

There should be no less than three-fourths tank of fuel, and all other fluid levels must be full.

All necessary keys — ignition, gas cap, remote, etc. — must remain with the stored vehicle.

Without the proper, valid documentation, or if the vehicle does not meet the physical requirements, it cannot be put into storage.

For more information on HHG (808) 656-4963 or POV storage, call (808) 656-2289.

Resident surveys provide feedback to garrison, AHFH

ANN M. WHARTON
Army Hawaii Family Housing

SCHOFIELD BARRACKS — A housing survey will be making its way to certain family housing residents' doors during April.

Army Hawaii Family Housing (AHFH) and the local garrison are constantly working towards meeting the needs and expectations of its residents. One tool used is the semi-annual Cel Survey, which provides an essential means for measuring resident satisfaction.

During the month of April, the surveys will be distributed door to door to a select number of residents in each community.

"We encourage our residents take the time to complete and return the survey," said Janine Lind, Director of Property Management, Army Hawaii Family Housing. "The results provide valuable guidance to our property and maintenance management teams, which help us to respond to resident needs." Results of the survey

are expected in May.

In addition to measuring the level of services, the surveys also give residents an opportunity to suggest capital improvements that would enhance the quality of life in their respective communities. Suggestions range from repairing sidewalks and paving parking lots to relocating tot lots and adding exterior storage.

These suggestions are reviewed by AHFH and the local garrison and become part of what is called

the Early Wins program.

Along with the Cel Survey, all AHFH residents will receive a deployment information survey. This survey will help determine the best way AHFH and the garrison can support families during the upcoming deployment.

Residents are strongly encouraged to share their ideas and suggestions. For more information on these surveys or the Early Wins program, contact your AHFH community center.

Waianae JROTC proves tough

Story and Photo by
SPC. AMANDA FLEMETT
2nd Brigade Public Affairs

SCHOFIELD BARRACKS – On a day when most teenagers might prefer spending time watching television or talking on the phone, the Waianae High School Junior Reserve Officer Training Corps spent the day training.

With the support of 2nd Stryker Brigade Combat Team's 1st Battalion 21st Infantry Regiment, Gimlets, JROTC cadets gathered at Area X to participate in various confidence-building skills March 27.

"These kids are thoroughly enjoying themselves," said Master Sgt. (R) Haines "Buddy" Reggo, Waianae JROTC leader and teacher. "They actually volunteer to come out here!"

"The parents look forward to the kids coming out also. It gives them a vacation," he jokes.

As the cadets learned skills such as rappel and belay, drown-proofing and first aid, the constant downpour of rain didn't dampen their drive or sense of fun.

The cadets' determination was evident as they marched from station to station receiving instruction from classmates.

Cadets switched leadership positions every night allowing everyone the opportunity to lead and to follow. Alternating positions also prepares them for challenges they may face later in life.

"We're having fun," said JROTC cadet 1st Lt. Marc Aquino of Waianae High School. "The cadets will make it fun."

This is Aquino's third year, as he will graduate this semester. He currently serves in the Hawaii National Guard and after graduation hopes to attend New Mexico Military Institute, a college preparatory school.

Today, Aquino is the hasty rappel instructor along with JROTC cadet 2nd Lt. Victor Park, of Roosevelt High School.

These two young men are not typical 17- and 18-year olds. They have planned where they want to



A Waianae High School JROTC cadet practices rappelling with help from members of 2nd Brigade last Monday. The exercise was part of confidence-building training at Area X on Schofield Barracks.

go in their lives and strive to learn the skills they will need to reach their goals.

"JROTC has helped me with so many things," Park said, taking a break from giving instruction. It has helped me with speech, like how to talk in front of a lot of people and giving and taking instructions."

At the knot coral, the cadets refined their skills with the assistance of 2nd Lt. Philip Smith, Fire Support Officer of 1-21st.

"We were expecting about 400 students and 356 showed up, so we've had a great turnout," Smith said. "The kids are enthusiastic and it helps us keep our levels (of enthusiasm) up, too. We enjoy working with Waianae JROTC."

The wet weather made the training dangerous for the teens. Much to the dismay of the cadets, it was decided at midday that the exercises would cease.

Tired, wet and disappointed, the cadets prepared for their trip home; their leaders confident that some instruction, along with the rain, soaked in to these young leaders.

"I've learned to bring an open mind to these functions," Aquino said. "You learn to take criticism and take suggestions. Then you can come up with a plan."

"Col. Stefan J. Banach, 2nd "Warrior" Stryker Brigade Combat Team commander is very supportive, especially of the partnership with the Waianae Civilian Advisory Committee," Lt. Col. (R) Don Arakaki, senior Army instructor at Waianae High School said.

"We love working with 1-21st. Whenever we've asked, they've always supported," Reggo went on to explain.

"They are always quick to volunteer on their days off to help our kids out and that says a lot about them."



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

'Medic up!'

Sgt. Earle D. Hudson, a 94th Army Air and Missile Defense Command combat lifesaver, administers intravenous fluids to Staff Sgt. Eli Handler, 94th AAMDC Healthcare noncommissioned officer. Handler, with the symptoms of a heat casualty, had unsuspectingly collapsed to the ground immediately after a 6-mile foot-march. "I wanted to ensure all Soldiers are able to respond with the proper step-by-step life saving techniques," said Handler.

News Briefs

From A-4

approved educational institution.

FBI Recruitment — Are you interested in a career with the FBI as a Special Agent? Learn about the FBI by attending the monthly FBI career presentation on April 11 at Schofield Barracks, Building 690 (Aloha Center), third floor conference room, from 10 to 11 a.m. For confirmation, contact the Army Career and Alumni Pro-

gram office at 655-1028. For information on future monthly presentations, contact Special Agent Kal Wong at 566-4488.

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

MP Found Property — Many "Found Personal Property" items

are being stored at the Schofield Barracks Military Police Found Property Locker. Items include bicycles, sporting goods, cellular phones, keys, jewelry, wallets, gun replicas and more. Soldiers or family members should contact the Provost Marshall office at 655-9519 for more information or to claim their missing items.

Quarterly Volunteer Recognition — The Quarterly Volunteer Recognition will be held

Tuesday, April 25 from 2 to 2:30 p.m. in the Command Conference Room.

New IRS site tracks tax return refunds

INTERNAL REVENUE SERVICE
News Release

WASHINGTON — The Internal Revenue Service announced that more people than ever are using "Where's My Refund," the popular Internet-based service used by taxpayers to check on their federal income tax refunds.

More than 21 million requests have been received at the site so far this year, representing a growth of more than 20 percent compared to the same period last year.

"Where's My Refund is a fast, easy way to check on a refund," said IRS Commissioner Mark W. Everson. "Taxpayers are using this feature and our other electronic services at a record rate."

Taxpayers can securely access their personal refund information through the agency's Web site at IRS.gov. All they need to do is enter their Social Security number, filing status and the exact amount of their refund. These shared secrets, which are data known only to the taxpayer and IRS, verify the person is authorized to access the account.

The IRS reminds taxpayers to not share any of this data to anyone claiming to be the IRS in an e-mail. This phony e-mail scheme is called "phishing," and it is an attempt to get private information such as Social Security, credit card or bank account numbers from taxpayers.

The IRS reminds taxpayers it does not send out unsolicited e-mails.

Taxpayers have been successful almost 81 percent of the time when they try to access their accounts on "Where's My Refund." The IRS says the major reason some taxpayers are not successful in accessing their accounts is because they are not entering the exact refund amount in whole dollars from the return they submitted.

Taxpayers can check on the status of their federal income tax refunds seven days after they e-filed their return. If they file a paper return, they can check four to six weeks after mailing their return.

Hirai gets the APCSS deputy position

ASIA-PACIFIC CENTER FOR SECURITY STUDIES
News Release

HONOLULU — U.S. Army retired Brig. Gen. James T. Hirai has been selected as the new deputy director at the Asia-Pacific Center for Security Studies.

Hirai brings a wealth of relevant experience to the position, including assignments as deputy commandant at the Army's Command and General Staff College; as Army representative to the chairman, Joint Chief of Staff Education board; chief of staff at U.S. Army, Pacific; commander of U.S. Army, Alaska; and most recently as the chief, Office of Security Cooperation in Afghanistan.

A native of Oahu, Hirai has served in the Pacific on a number of occasions. He was commissioned in 1974 as a Reserve Officer Training Corps Distinguished Military Graduate of the University of Hawaii, Manoa.

"I am fully confident of the contribution he will make to our team," said retired Army Lt. Gen. Ed Smith, director of the Asia-Pacific Center. "Our great team just got a little stronger."



Hirai



MAST: State honors military for medevacs

CONTINUED FROM A-1

Iraq)," CW03 Brian O'Connell said, and cited operating with additional aircraft and having ground support. "Here, the people who caused the accident are other motorists. There, usually the accident was caused by someone firing a weapon; and when you arrive they might want to shoot at you too."

Capt. Mary Miller, from the battalion's S-3 (plans) who flies with C Company to maintain her flight status, also expanded on the unit's specific training. "Heat puts different strains on the aircraft," she said. The training will simulate how the helicopters will operate in hot environments so that when deployed, maneuvers will be based on a pilot's "muscle memory."

The MAST program, which began in 1972, was originally known as the 68th Medical Company (Air Ambulance). It has been activated during numerous conflicts and humanitarian missions since World War II, including several tours in Vietnam.



Photos by Jeremy S. Buddemeier | 25th Infantry Division Public Affairs

Above — Representative Kymberly Pine (R-Ewa, Iroquois Point) hosts members of the 3-25th Aviation Regiment in her office at the State Capitol Monday morning. Pine spearheaded a resolution to recognize the 3-25th Aviation Regiment for providing over 34 years of service to Hawaii's community.

Left — (from left to right) 2nd Lt. Matthew Ardaiz, Spc. Ralzemond Parker, Staff Sgts. Bryan Resh and David Reese, and other members of the 3-25th Aviation Regiment wait to be honored in the House of Representatives gallery at the State Capitol in Honolulu Monday morning.

Army Emergency Relief clarifies its mission

CHRISTA B. THOMAS
Staff Writer

SCHOFIELD BARRACKS – A recent study by A.C. Nielsen, a marketing and research firm, revealed that nearly one in four Americans report living paycheck to paycheck with no substantial savings for emergencies. Accordingly, many Soldiers and family members are fully aware how quickly life's curves – illness, car repairs, a new mouth to feed – can escalate into financial crises.

There are situations when no amount of good budgeting seems to help. For those times, it's handy to know how Army Emergency Relief (AER) may be able to free you from dire financial straits.

Sgt. 1st Class Andrew Bright, AER assistant campaign coordinator emphasized that pride should not be a deterrent to keep those in need from applying.

"Our system really works. Stay away from those high-interest check-cashing and payday loan places. You risk going into a tighter financial bind," he stressed.

There are common misconceptions associated with AER and its mission. The AER staffers separate fact from fiction and discredit the many myths that surround the program's capabilities when rendering assistance.

FACT #1 – AER assistance is for any active-duty Soldier, retirees, active National Guard and Reserve Soldiers, surviving spouses, and orphans of deceased Army Soldiers who died on active duty.

FACT #2 – AER fund approval is not based on rank. Anyone from private to general can request AER funds under emergency conditions. Approval is based on a process where a Soldier with a valid, unforeseen need can get financial assistance.

FACT #3 – AER funds cannot be used for whatever is needed, for example, marriage, divorce, car purchase, court fees, ordinary leave, or a variety of other non-emergency issues. Specific guidelines dictate if assistance can be approved. Those guidelines include unforeseen and emergent needs, death of a family member, illness, natural disaster, auto repairs, food needs, utilities, rent and more.

FACT #4 – Using AER will not have an

adverse effect on a recipient's career.

FACT #5 – Your case is private and confidential, including whatever is discussed with counselors. However, the chain of command must be involved to facilitate the AER request.

FACT #6 – The AER procedure is simple. Most appointments last an hour and, depending upon the amount requested, a check may be issued from the office that day. Requests over \$2,000 require higher-level approval and can take one to five days.

FACT #7 – AER assistance is offered as either a full grant that doesn't require repayment, or an interest-free loan with a reasonable repayment plan from three months to a year. AER does not seek to add more debt to an already-overloaded budget. In fact, each Soldier leaves the AER office with a written budget and a repayment plan tailored to his or her situation.

FACT #8 – Even if you've never contributed to the AER fund, you are still eligible to apply or receive it. However, you are not automatically eligible for AER simply because you have contributed to the fund.

FACT #9 – There is no dollar limit on how much a Soldier can request. However, requests above \$2,000 require more levels of approval, increasing processing time.

A new guideline was set in November 2005 allowing Soldiers who needed less than \$1,000 to go directly to their first sergeant and commander for approval, stated 1st Lt. Aaron Carriere, AER campaign coordinator.

"This new system empowers the people who know the Soldier best a chance to get them the help they need at the same time lightening our load," Carriere said.

FACT #10 – AER offices are different at every installation. The basic program is the same; however, Hawaii is considered an overseas assignment, so the needs may be different, i.e. travel. Every request is evaluated on a case-by case basis.

For more information on Army Emergency Relief, call 655-1716 or visit the Army Community Service Office.

AER: Fund lets Soldiers care for Soldiers

CONTINUED FROM A-1

which ends May 11, the goal will be met and exceeded.

Even the best money managers may face an emergency situation and not have the necessary funds to meet the emergent need. This organization exists for precisely those times.

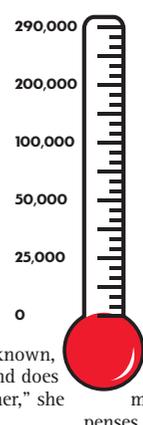
Since 1942, the AER has existed as the Army's own emergency financial assistance organization and is dedicated to "helping the Army take care of its own." To date, AER has provided more than \$942 million of assistance to more than three million Soldiers and their families.

In 2005, 698 Hawaii-based Soldiers and families received more than \$439,000 in AER loans and grants. The majority

of assistance was granted for travel and automotive needs. AER funds were also issued for food, housing and more. In the Schofield Barracks AER, only 50 requests were denied.

AER is unique in that it is funded by Soldiers to benefit Soldiers. Funds donated by active and retired Soldiers directly benefit Soldiers requesting assistance. Jackie Torres, AER officer, emphasized that donating to the fund doesn't automatically qualify one for assistance. "It must be known, too, that not donating to the fund does not disqualify an applicant, either," she stressed.

Funds are not exclusively granted to active duty Soldiers. Retirees, spouses with power of attorney, activated National Guard, Reservists, widows, and children of deceased soldiers are all eligible to apply for emergency financial assistance.



Although raising funds is the campaign's main priority, educating Soldiers about AER and its programs is just as important.

"We hold briefings regularly at ACS, unit briefings, pre-deployment briefings and more," Torres emphasized.

AER, a private, non-profit, non-government organization, has received stellar marks from Charity Navigator, an independent charity evaluator, for its operating efficiency. On average, 87 cents of every dollar goes directly to helping Soldiers, the remaining 13 cents covers AER administrative and fundraising expenses.

This year's drive is April 7 – May 11. For more information on the annual AER fundraising campaign, contact 1st Lt. Aaron Carriere or Sgt. 1st Class Andrew Bright at 655-1716. Contact Jackie Torres at 655-7132 for AER assistance.

Virtual gateway opens to tuition assistance

ARMY NEWS SERVICE
News Release

WASHINGTON – The Army Continuing Education System launched the new GoArmyEd portal at www.GoArmyEd.com April 1.

The virtual gateway is a one-stop location where Soldiers can process tuition assistance (TA) and sign up for college courses anytime. The portal can also link Soldiers to technical support.

"We now provide Soldiers much greater access to their education benefits. We're

especially excited about how this will help our Soldiers who are deployed," said Kelley Mustion, program manager for the new gateway.

Previously, Soldiers were required to visit an Army Education Center in order to enroll in classes and process paperwork for TA. The new system saves Soldiers time and makes seeking a higher education easier. It also enables AEC personnel to focus on providing education counseling instead of processing hundreds of TA invoices each month.

More than 150 schools that have his-

torically processed TA with ACES are listed in the GoArmyEd portal. These schools typically support 90 percent of the Army's TA-funded enrollments.

GoArmyEd is also now the portal for eArmyU, an online academic program offering more than 145 degree and certificate programs from 28 colleges and universities. Developed in 2001, more than 65,000 Soldiers are currently enrolled in eArmyU.

(Editor's note: Information provided by Kelley Mustion, program manager for GoArmyEd.)

USE YOUR HEAD



WEAR A HELMET

NSPS: Civilian personnel system changes in offing

CONTINUED FROM A-1

New this week, a GS/NSPS conversion calculator has been set up for employees to view their positions within the new system at the time of conversion, at www.cpms.osd.mil/nsps/conversion/index.html.

Instead of the current system's narrow position descriptions, separate pay groups will be set up. The groups are medical, investigative and protective services, standard, and scientific and engineering. The standard group is by far the largest, containing more employees than the other three groups combined. Broad pay bands are then set up within each group.

Once the system is instituted, employees can move more easily between jobs within a pay band — moves that will be called reassignments, without having to formally compete for positions. Only moves to higher pay bands will be considered promotions.

Supervisors will also be able to evaluate needs of the organization more effectively and reassign personnel within pay bands as needs change. "NSPS will afford managers a great deal of flexibilities in the management of the civilian workforce. For example, employees will be put into pay banded positions. These employees may be moved within the pay band without competition. There are also new alternative forms of competition that managers have the option to use without vacancy announcements. These are assessment boards, alternate certification, and exceptional performance promotions, ..." according to Headquarters, DA.

The new system will be per-

formance-based. Managers and employees will work out goals at the beginning of a period, check that those goals are being met or redefine them if needs change during the period, and then judge how employees have performed at the end.

Performance may have an effect on all elements of civilians' pay under the new system. Base pay, local market supplement, and any bonuses may be affected. Employees will also no longer receive automatic within-grade increases for longevity.

"Pay pool panels," comprised of management officials, will be set up to review ratings of record to determine the amount each employee will receive as a pay increase or bonus.

To help employees and managers understand NSPS, town hall meetings were held in Hawaii last November. More town hall meetings are planned for this year, although no firm dates have yet been set for the next round.

Headquarters, DA recommends the new "NSPS 101" and "Human Resources Elements for Managers, Supervisors and Employees - A Guide to NSPS," as the two most helpful guides to understanding NSPS. Both are available at www.cpms.osd.mil/nsps, as is other information on the system.

Although no dates have been set for implementation of the next phases of the system, according to Headquarters, DA, "... DOD will continue to review options for deployment of Spirals 1.2 and 1.3, planned for later this year and early next year."

(Editor's Note: The USARPAC G1 staff coordinated with the DA NSPS office on responses to questions for this article.)

Courts-Martial Proceedings

Five get bad conduct discharge

A monthly recap of judicial proceedings

OFFICE OF THE STAFF JUDGE ADVOCATE
25th Infantry Division

SCHOFIELD BARRACKS — To deter misconduct and to inform the Division's Soldiers and civilians of military justice trends, the Office of the Staff Judge Advocate publishes the results of the following recent courts-martial, which took place in March.

While deployed to Afghanistan, a five-member refueling team from Headquarters and Headquarters Company, Combat Aviation Brigade, conspired to sell fuel to Afghan local nationals in exchange for money, drugs

and alcohol.

Led by a noncommissioned officer, the group forged fuel receipts to indicate the refuelers had received a certain amount of fuel. Instead of offloading the fuel, the group let the driver keep it in exchange for hashish, alcohol and money. Certain members of the conspiracy then habitually smoked hashish and got drunk.

The refuelers committed this crime numerous times, often exchanging an entire 5,000-gallon container. However, the conspiracy went unnoticed for months — until one of the conspirators reported to Criminal Investigation Division, Afghanistan, that another conspirator had stolen \$3,000 from him.

With the aforementioned evidence, several of the co-conspir-

Q: Why does the Hawaii Army Weekly publish courts-martial findings?
A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

ators admitted to their crimes.

In a series of trials, the co-conspirators all pleaded guilty and received sentences ranging from 12 months of confinement up to

five years. All received bad-conduct discharges and forfeitures of all pay and allowances as well.

Several of the Soldiers' sentences to confinement were limited by a pre-trial agreement.

In addition to forfeitures of pay (either adjudged or by operation of law), confinement and a punitive discharge, each Soldier will also have a federal conviction that the Soldier must report when filling out job and other applications, and that may also operate to strip the former Soldier of some significant civil rights such as the right to bear arms and the right to vote.

Court-martial proceedings are open to the public. If any Soldier or civilian would like to observe a court-martial, contact the Military Justice Office at 656-1368.

Town Hall: Community must improve attendance

CONTINUED FROM A-1

More good news, however, was forthcoming. Not only have timelines for demolition of older homes been accelerated (at Aliamanu Military Reservation's [AMR] Ama housing, in the Coast Guard area of Red Hill Mauka and at Schofield's Leader Field neighborhood), but new homes will open as early as May in Schofield's Kalakaua community, helping to relieve the housing crunch.

All new homes are "built to last and built with care," said Steve Wendell, development liaison for AHFH, who provided slides of interior construction and renderings of fully constructed, solar-powered, air-conditioned, three-to-five bedroom homes.

Lind wrapped the AHFH briefing stating 270 new homes should be open by Oct. 1, but AHFH is still looking at several options. A lottery or rank distribution method may be used, among others, to decide who gets priority placement.

Also, the AHFH deployment care package comes with a host of goodies for families maintaining their on-post housing during the service member's deployment. They include five hours of free child care each month, complimentary lawn care and maintenance support each quarter.

DPW, AAFES, PMO and MWR wrapped up the full agenda.

Bill McGinnis of DPW's Environmental Office reminded attendees of recycling dates, times and restrictions at Schofield, AMR and Fort Shafter that provide "cash back on the spot," per Hawaii's "Hi5" recycling program.

Susan Nonamaker provided an update on construction of the new post exchange at Schofield, explaining that the AAFES outlet will house seven food concessionaires and a playground, among

many other amenities.

"We are looking at what the community would like to see in the concessions," she said. "If you [the Army community] have an interest, fill out a survey, and we will look to go out and contract that service."

PMO and MWR announced plenty of activities, too, such as a bicycle rodeo, a family fun fest (April 15), Easter buffets (April 16), bowling extravaganzas (April 29-30) and the famed musical "Damn Yankees," to play in May at Fort Shafter's Richardson Theatre.

"To make sure our roadways are safe, we have hiked up our efforts with radar and noticing if you are using your cell phones while driving," said Dennis Rocho, deputy provost marshal.

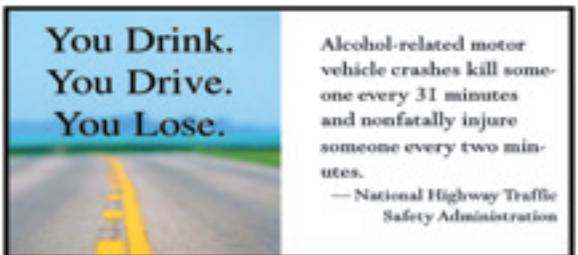
He added that military police are seeking community involvement in "PEEP," the Police, Eyes and Ears Program, similar to neighborhood watch.

"We are giving away tickets to the Olympic [contenders event, April 13 at 7 p.m.] at the Blaisdell," said Jack Wiers, director of MWR.

He explained that tickets will be available Saturday, until none are left. Soldiers and families, however, must visit the MWR Web site at www.mwrarmyhawaii.com to find out more details.

Oahu Base Support Battalion commander, Lt. Col. Stephen Morniz, took questions from the audience before ending the town hall meeting as he had begun it, with door prizes. He echoed the sentiments of Maj. Gen. Benjamin R. Mixon, commanding general of the 25th ID and U.S. Army, Hawaii, with a challenge to talk up the monthly town hall meetings.

The leaders expressed their dismay that town hall meetings are heavy with representation from various directorates, but too light on community participation.



Shaping up with lifestyle changes

Resource clinic at Schofield tackles weight, nutrition

MARK JACKSON

Tripler Army Medical Center, Public Affairs Office

HONOLULU – A class developed by a nurse at the Schofield Barracks Health Clinic is helping Soldiers get in better all-around shape.

Capt. Carly M. Skarphol, officer-in-charge of Army Public Health Nursing at Schofield Barracks, developed the Body Composition Class (BCC). “When it comes to health and fitness, it’s not a one-stop shop,” said Skarphol. The goal of the BCC is to assist Soldiers with their nutrition and exercise programs to get them back within the weight standards set by the Army.

The BCC uses a modified health assessment that provides a baseline for Soldiers. During the first session, blood pressure, height, weight, body fat and heart rate are measured. Those metrics are matched against the Army standards. Skarphol uses that information to develop a health and fitness program for each Soldier.

Individual interviews are conducted periodically through the duration of the class. Currently, Soldiers are enrolled in the class for six weeks.

Although the focus is individuals, Skarphol encourages units to participate in the program.

“Chances are, if they are having a problem with their weight, they probably know of someone else in the unit who is having the same problem,” said Skarphol. She recommends designating a



Jeremy S. Buddemeier | 25th Infantry Division Public Affairs

Two Soldiers demonstrate the proper procedure for measuring the waist, which is one factor used to determine body-fat composition.

point of contact to administer the program at the unit level.

“In addition to a paying for a gym

membership, they would have to pay for a personal trainer, a nutritionist and pay for other specialty care. These are re-

sources that they have for free on post,” said Skarphol. “We are going above and beyond what is required to show that we

are committed to their success.”

Soldiers are required to list their fitness strengths and weaknesses. Then Skarphol helps them establish measurable goals.

Soldiers are encouraged to take small steps as they progress toward meeting their goals. “If you do fad diets or workout plans, you can’t keep up that pace,” said Skarphol. She educates soldiers on popular diets such as the Atkins diet, as well as providing them with information on using supplements. “Diets are temporary. They are not to be used all year around.”

One benefit of the BCC is that Skarphol can make required consults for Soldiers. Consults usually require Soldiers to get an appointment with their primary physician, who then schedules the appointment for the Soldier. “I really do want them to understand that we are a resource clinic that will help them take care of their individual needs,” said Skarphol.

Soldiers can come to the Schofield Barracks Public Health Nursing clinic without an appointment, or they can call 433-8765 for more information. Multiple staff nurses are in the office daily.

“Don’t weigh yourself daily,” suggested Skarphol. “Try checking your weight just once a week. This will give your body a chance to adjust to the small changes. This will keep you motivated.”

Health benefits impacted by expanding customer base, increasing costs

SAMANTHA L. QUIGLEY

American Forces Press Service

WASHINGTON – The Defense Department’s Military Health System must transform to continue its commitment to protecting the health of its service members and other beneficiaries, a top DoD official told Congressmen.

The armed forces have more than 275,000 service members in Afghanistan, Iraq and other areas around the world, David S. C. Chu, undersecretary of Defense for personnel and readiness, said yesterday in prepared remarks before the House Armed Services Committee’s subcommittee on military personnel.

“The department is firmly committed to protecting the health of these and all service members before, during and after their deployment and (of) our other health care beneficiaries, who now number nine million,” he said.

Several changes in the military health system will make achieving this goal possible, he said. One of the biggest will address the rising costs of health care.

The military health system has doubled in size in the past five years from about \$19 billion in

2001 to \$38 billion this year, he said. Officials estimate expenditures could reach \$64 billion by 2015, he added.

“This rapid growth in cost clearly puts the sustainability of our health benefit at risk,” Chu said. “The facts show that the expansion of Tricare, high health inflation, the reduction in beneficiary cost shares, and sharp increase of usage by our retirees under 65 is responsible for this growth.”

Beneficiaries paid 27 percent of total health costs in 1995. Today they pay only 12 percent. The DoD proposes to bring this into better balance by increasing cost sharing for retirees under 65. After a two-year transition, beginning in fiscal 2009, these premium and co-pay increases would match the average percentage increase of the Federal Employees Health Benefit Program, he said. Additionally, the department is proposing changes to pharmacy co-payments for all beneficiaries except active-duty members. These changes would encourage use of mail order and military treatment facility pharmacy refills and generic products.

“We also ask that Congress clarify to those who oppose the department our legal authority to obtain fed-

eral pricing discounts for prescriptions obtained at retail pharmacies,” he said.

The department expects to save about \$735 million in fiscal 2007, if both premium and deductible changes as well as pharmacy program adjustments are implemented, he said. Between fiscal 2007 and 2011, expected savings total \$11.2 billion.

DoD also has addressed internal efficiencies. “We have implemented a number of actions in the last several years designed to slow health care cost,” he said.

A partnership with the Department of Veterans Affairs and obtaining federal pricing for mail order and pharmacy services have contributed to this, Chu said. Consolidation of Tricare contracts, regions and contractors also has led to significant administrative savings.

New health care contracts use best-practice principles to enhance quality of care, emphasize patient safety, improve beneficiary satisfaction, and control private-sector costs, he said.

However, Congress-imposed restrictions on funding adversely affect military treatment facilities as well as private-sector care, he said. “We need the flexibility

to move funds between direct-care and private-sector care,” Chu said. This would allow DoD to set military treatment facilities’ budgets based on workload output, not staff numbers, supply costs and other materials, he added.

DoD’s medical health system also is revamping its infrastructure. Medical centers in the national capital area and San Antonio will be consolidated, he said. By contrast, some areas, such as Fort Belvoir, Va., will see significant enhancements.

“Another substantial change to the (military health system) infrastructure is the development of joint facilities as a result of increased collaboration with the VA,” Chu said. “The most visible example today is at Naval Hospital Great Lakes.”

There, an aging, oversized hospital is being replaced with a new outpatient facility at North Chicago VA Medical Center, he said.

Looking to the future, Chu said, DoD will adapt to new challenges by building on today’s achievements. “The transformation process is designed to provide the armed forces with world-class operational-medicine capabilities while delivering the outstanding Tricare benefit to our beneficiaries,” he said.

PAU HANA



Marine Corps Lance Cpl. Jessica Wahlin

Schofield Barracks Soldiers rush their opponents during a game at Paintball Hawaii, located at Marine Corps Base Hawaii in Kaneohe.

17th Public Affairs Detachment gets messy with paintball frenzy

PVT.2 MATTHEW C. MOELLER
3rd Brigade Public Affairs

MARINE CORPS BASE HAWAII – To retired Navy Senior Chief Petty Officer Roland Manahan paintball is a sport like no other. And after 20 years playing the sport, he should know. In 2002, Manahan started Paintball Hawaii, a facility the size of two football fields located on Marine Corps Base Hawaii in Kaneohe.

“It’s a lifestyle,” said Manahan. “A game for people seeking an adrenaline rush.”

Paintball Hawaii is a place where service members and civilians over the age of 10, can escape into a world of fast and furious shoot-em-up action fields.

“Anyone can jump in a game and

play. It doesn’t matter how strong you are; all that matters is what you have up here,” said Manahan, motioning towards his temple.

Before each game, players are divided into teams based on their skill level and equipment.

“We try to keep a pretty good mixture with the skill level,” said Manahan, “It’s important to make sure everyone has fun, and you can’t do that if the teams are uneven.”

Paintball is a constantly changing sport, said Manahan. Originally a long, drawn-out game played in the backwoods (woods ball); the sport has now evolved into fast-paced, timed events played on officially sanctioned fields (speed ball). Paintball



Hawaii

Marine Corps Lance Cpl. Jessica Wahlin

Above — A group of Schofield Barracks Soldiers comes out blasting during the start of a game. The team with the last “unpainted” person wins. Paintball Hawaii is a volunteer-run facility located at Marine Corps Base Hawaii in Kaneohe.

Below — Marine Corps Lance Cpl. Jaun Leera, an infantryman with E. Company 2nd Div, 3rd Marines, hones his skills as he peers around the corner of a barrier. “It’s good training for when we actually get deployed,” said Leera.



Marine Corps Lance Cpl. Jessica Wahlin

Military spouse A.J. Wahlin takes careful aim at his opponents during an afternoon at Paintball Hawaii located at Marine Corps Base Hawaii.

offers four speed ball fields, each changing about every month, and is hoping to build a woods ball field soon.

“It’s good training for when we actually get deployed,” said Marine Corps Pfc. Ryan Lloyd, an Infantryman with E. Company 2nd Div, 3rd Marines who is also a volunteer referee at Paintball Hawaii.

The rules are simple to follow, according to Manahan. Two teams of three or more players face off on opposite sides of a field, seeking cover from wooden, plastic or inflatable barriers strewn across the area.

Players are allowed to shoot up to 15 paintballs per second and are removed from the field if a shot leaves a quarter-sized paint impact anywhere on their bodies. The team with the last player(s) wins. Referees are on the field to ensure fairness.



Pvt.2 Matthew C. Moeller | 17th Public Affairs Detachment

“I like it because of the thrill you get by shooting your friends,” said Lloyd excitedly.

Paintball Hawaii is open Saturday and Sunday from 9 a.m. to 5 p.m., and weekdays by reservation. An all-day fee of \$15 is required to use the field. Rental equipment is available for an additional \$10.

Participants can bring their own

paintballs or purchase them at the facility; prices usually range from \$20 to \$60.

Players are required to wear protective masks and sign two insurance waivers, available at the park or on Paintball Hawaii’s website.

For additional information, visit Paintball Hawaii’s website www.paintballhawaii.com, or call (808) 265-4283.



April 7/Today

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables and Reggie's staff will grill them to your liking. Come tonight from 5 to 8 p.m. for Mongolian barbecue, cooked outside in front of Nehelani with seating in air-conditioned Reggie's. Cost is 65 cents for each ounce, and reservations are recommended. For more information, call 655-4466.

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

8/Saturday

Yu-Gi-Oh — Get ready to duel at the Tropics. Registration for the Yu-Gi-Oh tournament starts at noon and matches will start at 1 p.m. Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards. Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

Parents Night Out — Leave your kids with Child and Youth Services (CYS) at the Peterson Child Development Center on Parents Night Out, Saturday, and then enjoy a nice night out on the town. Children enrolled in Parents Night Out must be registered with the Central Enrollment Registration Office no later than noon April 7. Reservations are first-come, first-served at the Resource and Referral Office. Call 655-8313 for more information.

13/Thursday

Family Outdoor Pizza Party — Come enjoy a family night out at the Tropics, April 13, 6 p.m. Enjoy three slices of pizza and a fountain drink, along with many outdoor games. Cost is \$5 per person. For more information or to sign up, call 655-8522.

Reggie's Taco Bar — Spend your Tropic Lightning time at Reggie's Thursdays from 3:30 to 5 p.m. Enjoy a \$5 taco bar plus free chips, salsa, and cheese. For more information, call 655-4466.

Chinese apparel exhibit

Bishop Museum will host the exhibit, "Celebrating Chinese Women: Qing Dynasty to Modern Hawaii," featuring ornate robes of the women of the Imperial Court and accoutrements from The Palace Museum of the Forbidden City in Beijing. The exhibit will be held from April 21 to May 21 in the Castle Memorial Building. Cultural lectures and demonstrations will take place Saturday, April 22. At 2:30 p.m., Dr. Mingxin Bao of the Fashion Art Design Institute of Donghua University will present a lecture on women's wear during the late Qing Dynasty and early Republic period. Other cultural demonstrations and activities, including paper cutting, will be held from 10 a.m. to 2 p.m.



Photos Courtesy of Jocelyn Collado

14/Friday

Seafood Bucket for Two — It's back! Seafood lovers can dig into a variety of seafood, including shrimp, crabs, clams and mussels at Reggie's tonight from 5 to 8 p.m. Cost is \$24.95 for two, and includes the seafood bucket and a pitcher of your favorite beverage. For reservations or more information, call 655-4466.

15/Saturday

Family Fun Fest and ITR Travel Fair—

Hop on over to Sills Field, Schofield Barracks, from 9 a.m. to 2 p.m. for a day of Easter Fun. Children will enjoy fun runs, inflatables, crafts, rides, and other activities, while adults can check out great travel deals offered by a variety of local businesses. Door prizes include a trip to Las Vegas or a neighbor island. For more information, call 655-0111 or 655-0112.

ITR Office Closure — The Schofield Barracks and Fort Shafter Information, Ticketing and Registration offices will be

provided. For more information, call 655-4227. Register and sign up online at www.saveandinvest.org.

13/Thursday

Military Spouse 101 — is designed to introduce the military spouse to the lifestyle of the military and can serve as a refresher course for those who have been around awhile. This is a great opportunity for spouses new to the Army. Military Spouses should come, meet new people, share experiences and increase their knowledge. To register, call Schofield Barracks ACS at 655-4227, or Fort Shafter ACS at 438-9286.

PH Rotary Club — Join the Pearl Harbor Rotary Club as they sponsor a "Poker Run" Saturday, April 15 at Richardson Field across from Aloha Stadium. Motorcycle riders should register at 9 a.m. with roll out scheduled for 10 a.m. Proceeds will benefit the Hawaii USO and will go to Rotary International's efforts to eliminate polio. A \$25 donation for riders includes lunch, a Rotary "Service above Self" pin, entertainment and a chance to win cash and door prizes. Non-riders are welcome to participate in lunch, door prizes and music for a \$15 donation beginning around 1 p.m. Contact John McLaughlin at 423-4488 for more information.

NMFA Scholarships — The National Military Family Association is now accepting applications for the NMFA Joanne Holbrook Patton Military Spouse Scholarship Program. Uniformed service spouses, active, retired, National Guard, Reserve or survivor, who are studying toward professional certification or attending post-secondary or graduate school are encouraged to apply. Scholarships are normally \$1000. Applications will only be accepted online, and must be submitted by midnight, April 15. Applications can be found at

www.nmfa.org/scholarships2006.

17/Monday

Lee Greenwood — will headline the Air Force Reserve Command's Patriot World Tour at Hickam April 17th. All military I.D. cardholders are invited to attend the concert scheduled for 6-9 p.m. on the Freedom Tower grass mall.

18/Thursday

AFTB Level 2 — will be offered from 9 a.m. to 12:30 pm, Apr 18, 20, 25 & 27 at Schofield Barracks ACS. AFTB Level 2 is focused on personal development in areas such as time and stress management and enhancing relationship building. To register, call Schofield Barracks ACS at 655-4227, or Fort Shafter ACS at 438-9286.

20/Thursday

Schofield Barracks Hui O' Na Wahine will have its monthly luncheon 11 a.m., April 20 at the Nehelani Club. Doors open at 10:30 a.m. for shopping. This month's program will feature Laurie Lucking, Historian for the 25th Infantry Division and Schofield Barracks. For reservations, A-L call Kristin Flynn at 624-8199 or e-mail dkflynn@earthlink.net; M-Z call Kelly Albert 624-0015 or e-mail kelly.s.albert@us.army.mil

Limited on-site child care will be provided. Call Central Registration at 655-3929 and 655-5314 to make a reservation. Child(ren) must be registered with Child and Youth Services prior to calling

21/Friday

Hawaii Pacific University — Hawaii Pacific University will celebrate its 22nd annual Intercultural Day Friday, April 21, from 10 a.m. to 4 p.m. on Fort Street Mall. The event is free and open to the public.

22/Saturday

The Bishop Museum's exhibit "Chinese Women, Qing Dynasty to Modern Hawaii" will be on display from Saturday, April 22, 2006 and through May 21, 2006 in the Castle Memorial Building.

23/Sunday

Chapel Buddhist Fellowship — The community is invited to a monthly Buddhist

closed on April 15 for the Family Fun Fest.

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

Parents Night Out — Leave your kids with CYS at the Fort Shafter Child Development Center on Parents Night Out, April 15, and then enjoy a nice night out on the town. Children enrolled in Parents Night Out must be registered with the Central Enrollment Registration Office no later than noon April 14. Reservations are first-come, first-served at the Resource and Referral Office. Call 655-8313 for more information.

16/Sunday

Easter Buffets — Enjoy one of three delicious buffets offered on April 16, Easter Sunday. Come to the Nehelani for brunch from 9 a.m. to 1 p.m. Cost is \$12.95 for adults and children's pricing is available. Fort Shafter's Hale Ikena has an Easter brunch from 8 a.m. to 1 p.m. Cost is \$23.95 for adults, \$18 for children 6 to 10 and \$12 for children 3 to 5. Waianae Beach Club is holding a breakfast buffet from 8:30 to 11 a.m. and a dinner buffet. Cost for breakfast is \$10.25 for adults and \$6.95 for children ages 5 to 10. Cost for dinner is \$25.95 for adults and \$13.75 for children ages 5 to 10. For more information or reservations, 655-4466 (Nehelani), 438-1974 (Hale Ikena) or 696-4778 (Waianae Beach Club).

21/Friday

Steak Night — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls, and vegetables at Reggie's. Dinner will be served from 5 to 8 p.m. Cost is only \$11.95 for top sirloin steak and \$14.95 for Porterhouse steak. Children's pricing is available. For additional information, call 655-4466.

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

25/Tuesday

"PT in the Gym" — Kids are invited to join their active-duty parent at "PT in the Gym," 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. Come April 25 from 6:30 to 7:30 a.m., at the Fort Shafter Gym. For more information, call 836-1923.

25/Tuesday

Quarterly Volunteer Recognition — will be held Tuesday, April 25, 2-2:30 p.m. in the Command Conference Room. Brigade nominations will be accepted through today. Nominations are available at www.mwrarmy-hawaii.com/acs/acsvolunteer.asp, or through the AVC, Cathie Henderson at 655-4227 or e-mail at hendersonca@schofield.army.mil.

28/Friday

Annual Volunteer Ceremony — will be held Friday, April 28, from 4 to 6 p.m. at Bowen Park. For more information, contact Cathie Henderson at 655-1703 or e-mail at hendersonca@schofield.army.mil.

May 1/Friday

Hui O Na Wahine — Hui O Na Wahine will hold its annual scholarship and welfare dinner at 6 p.m., May 1 at the Nehelani. Scholarships and welfare grants will be awarded. We anticipate giving away over \$37,000. To make a reservation, A-L call Kristen Flynn at 624-8199. M-Z call Kelly Albert, 624-0015. Reservation deadline is Wednesday, April 26.

5/Friday

Aloha Tower Marketplace — Enjoy a Cinco de Mayo party Friday, May 5 from 5 to 9 p.m. Celebrate at the only waterfront party in town on four different stages. Admission is free.

Hunters — Hunter Education Classes are offered by the Hawaii Dept. of Land and Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, rules and regulation, game care, and outdoor responsibility. Attendance for all sessions is required for certification.

SEE COMMUNITY CALENDAR, B-3

HACN TV2 Schedule

6:00	CG Mixon Safety
6:01	CG Brown Safety
6:06	Bulletin Board
6:36	Pentagon Channel
7:00	CG Mixon Safety
7:01	CG Brown Safety
7:06	Pentagon Channel
8:00	CG Brown Safety
8:04	CG Mixon Safety
8:06	Hawaii Army Report
8:36	Pentagon Channel
9:00	CG Mixon Safety
9:01	CG Brown Safety
9:06	Pentagon Channel
10:00	CG Brown Safety
10:04	CG Mixon Safety
10:06	Pentagon Channel
11:00	CG Mixon Safety
11:01	CG Brown Safety
11:06	Pentagon Channel
12:00	CG Brown Safety
12:04	CG Mixon Safety
12:06	Hawaii Army Report
12:30	Pentagon Channel
4:00	CG Mixon Safety
4:01	CG Brown Safety
4:06	Pentagon Channel
5:00	CG Brown Safety
5:04	CG Mixon Safety
5:06	Pentagon Channel
6:00	CG Mixon Safety
6:01	Hawaii Army Report
6:26	CG Brown Safety
6:30	Bulletin Board
7:00	Pentagon Channel
8:00	CG Brown Safety
8:04	CG Mixon Safety
8:06	Pentagon Channel
9:00	CG Mixon Safety
9:01	Bulletin Board
9:31	CG Brown Safety
9:36	Pentagon Channel
10:00	CG Mixon Safety
10:01	CG Brown Safety
10:06	Pentagon Channel
11:00	CG Brown Safety
11:04	CG Mixon Safety
11:06	Pentagon Channel
12:00	CG Brown Safety
12:01	CG Mixon Safety
12:06	Pentagon Channel

Overnight
Pentagon Channel

(Note: Because of hardware failure, TV2 programming may be interrupted during daily scheduled programming and replaced with the Pentagon Channel and/or the Bulletin Board.)

This Week at the MOVIES Sgt. Smith Theater

GET A CLUE!



The Pink Panther
(PG)
Today, 7 p.m.
Wednesday, 7 p.m.

Show Me The Monkey!



Curious George
(G)
Saturday, 2 p.m.
Sunday, 2 p.m.



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

The theater is closed Monday & Tuesday.

Community Calendar

Send community announcements to community@hawaiiarmyweekly.com.

April

Roberts Hawaii — offers one child, ages four to 11, admission free with two adult admissions on Alii Kai dinner cruise and Magic of Polynesia show during April to all military identification card holders.

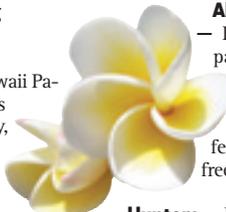
AER Spouse Education Assistance — Spouse education assistance is available through Army Emergency Relief (AER). The program assists spouses and widows in furthering their education, which affords them increased job opportunities. Financial assistance is provided as a grant and is awarded based on financial need, assets, family size and special financial obligations. Scholarship money can be used for tuition, books, supplies and fees. Applications are available at www.aerhq.org; at the AER office; or by mail from HQ, AER.

10/Monday

Marriage 101 — for engaged couples and newlyweds will be offered April 10 from 9 a.m. to 4 p.m. at the HMR Chapel. Call Chaplain Scott Kennedy at 653-0703 or 286-4066, or Chaplain Norman Jones at 836-4599 or 232-8090 for more information or to sign up.

12/Wednesday

Financial Education Forum — Learn to manage money with confidence at a free Financial Education Forum for military families. Scheduled for April 12 from 9:30 a.m. to 2 p.m. at the Hawaii Convention Center, 1801 Kalakaua Avenue downtown, the event is open to active-duty service members, spouses, military retirees, and civilian employees and their spouses. A continental breakfast and lunch will be



DoD celebrates 'Month of the Military Child'

STEVEN DONALD SMITH
American Forces Press Service

WASHINGTON — The Defense Department has long understood the value of caring for and celebrating children of service members.

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community — a time to applaud military families and their children for the daily sacrifices they make, and challenges they overcome.

Military children face many obstacles unique to their situation, such as having a parent deployed for extended periods of time and frequently being uprooted from school.

"Military children endure a great deal of change as a result of a parents military career," said Douglas Ide, a public affairs officer with the Army's Community and Family Support Center. "The military family averages nine moves through a 20-year career. And in doing so, their children must say goodbye to friends, change schools and start all over again."

Throughout the month, numerous military commands will plan special events to honor military children. These events will stress the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle, defense personnel and readiness officials said.

"Installations are honoring military children by providing the month packed with special activities that include arts and crafts shows, picnics, carnivals, fairs, parades, block parties and other special activities, focusing on military children that highlight the unique contributions they make," according to a Defense Department fact sheet.



Spc. David House | 17th Public Affairs Detachment

Alex Schulz, age 10 from Cub Scout Pack 126 gets his face painted during the 37th annual Cub Scout Schofield Days held at the Air Assault School range Dec 27 to 29.

April — Month of the Military Child

- 1st — State Bear Drive at Ward Center
- 3rd — Wear Blue for Child Abuse Awareness
- 4th — PT in the Park at Schofield Barracks
- 6th — CDC Shafter Yellow Day & Favorite Book Day
- 8th — Wheeler Easter Egg Hunt
- 10th — Wear Blue for Child Abuse Awareness
- 11th — Child Abuse Information at Gates
- 12th — Baby Quilt at NEX
- 13th — Baby Quilt at AAFES/PX
- 14th — Schofield Barracks & AMR CDC Parades with FAP/ACS
- 15th — Schofield Barracks Fun Fest
- 17th — Wear Blue for Child Abuse Awareness
- 18th — Child Abuse Information at Gates
- 21st — CDC & ACS/FAP Munch & Learn
- 24th — Wear Blue for Child Abuse Awareness
- 25th — AMR PT in the Park
- 26th — ACS / FAP Bear and Book Drive
- 27th — Bring Child to Work Day
- 29th — AMR Spring Round Up
- 30th — Sunset on the Beach / Spank Out Day

The Defense Department will also launch a new toolkit series called "Military Students on the Move." The toolkit includes material designed to promote more efficient and effective methods of moving military children from school to school. The toolkit includes material for parents, children, installation commanders and school officials, Defense Department officials said.

Army bases will plan their own events

such as fun runs, bicycle safety courses, carnivals, fishing derbies, community service projects and other events geared specifically toward children and youth, Army officials said.

The Month of the Military Child is part of the legacy left by former Defense Secretary Caspar Weinberger, who died March 28. He established the Defense Department commemoration in 1986.

Community Calendar

From B-2

Times are 5:45-10 p.m. May 5, and 7:45 a.m. to 4 p.m. May 6. Call the Hunter Education Office at 587-0200 to register. A picture ID is required at the door.

6 / Saturday

USO Hawaii — presents "A Salute to Our Troops," featuring a Waikiki parade and concert Saturday, May 6. The event will honor

all of Hawaii's active-duty military personnel. The parade begins at Fort DeRussy, proceeds down Kalakaua and Monsarrat Avenues, and ends at Kapiolani Park for the concert.

Food and beverages will be served at no cost to active-duty personnel and their families. Vendors will also provide food for purchase. For more information, contact USO Hawaii at 836-3351.

Ongoing

Community Calendar Briefs — e-mail announcements to comm

unity@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.

Pearlridge Center — Hop on over to the Pearlridge Center for Easter Bunny Photos. The Easter Bunny will appear now through April 15 during center hours at the downtown center court.

ACS Volunteers — Free child care is provided for up to 20 hours per week for those who volunteer with ACS. Volunteering offers job experience and flexible hours. For more information, call 655-4227.

Work and Careers Web Site

— Explore the Web sites <http://www.myarmylifetoo.com> and <http://www.militaryspousejobsearch.org> for job search techniques and resume writing tips.

For additional help, contact your ACS Employment Readiness Program manager at 655-4227.

Fort Shafter Newcomers

Tour — ACS presents a newcomers' orientation tour every other Tuesday. The tour helps familiarize new Soldiers and family members with many aspects of Hawaiian culture, and various points of interest on the island. Registration is required.

The tour is 7:30 a.m. to 4 p.m. Lunch is not provided. Call the Fort Shafter ACS at 438-9285 for registration or questions.

Financial Health

— Want to find the road to healthy finances? Contact ACS, located in Building 2091 across the street from Richardson swimming pool. Classes include: checkbook maintenance, money management, credit management, the Thrift Savings Plan, car buying, mutual fund investing, college funding, and AER/Command Referral. Instructors also assist with zero percent interest AERloans.

For more information, 655-4427. Services are free and help is only a phone call away.

Schofield Barracks Newcomers

Tour — ACS will conduct a newcomers' orientation tour every Friday for new Soldiers and family members. The tour will include military and civilian points of interest on the island.

The tour will depart at 7:30 a.m. and return at 4:30 p.m. and registration is required. Lunch is not provided, but participants may bring their own.

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

40th QMs slam Cacti in basketball championship

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

Although the final score of 62-52 doesn't show it, the 40th Quartermasters mopped the floor with the Headquarters and Headquarters Co., 2nd Battalion, 35th Infantry Regiment, "Cacti," in the 2006 Army Hawaii Intramural Basketball Tournament championship game at the Helamono Fitness Center March 30.

"I've been with this unit for seven years and this is the first time we've ever won. It's the first time we've ever been to the playoffs," said Sgt. Eddie Rembert, 40th QM's coach.

40th QM defeated a torpid Cacti team by starting early. The Quartermasters secured an 8-2 lead in the first minutes of the game, widened it to 30-16 by the end of the first half and never looked back.

"We came out sluggish in the beginning," said Sgt. Daniel Hyacinthe, coach for the Cacti. "We were just fatigued from a back-to-back game the night before."

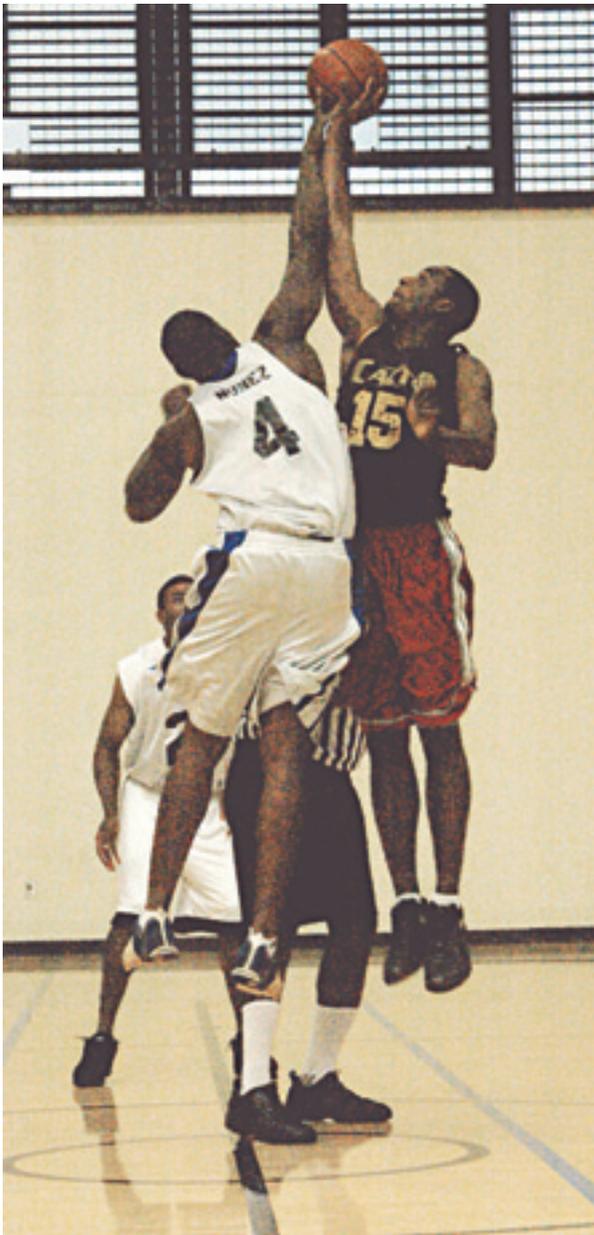
Spc. Roderick "Rod Rob" Roberson, a shooting guard for the 40th QM, led the charge with 16 points. "Both teams played great," he said. "It was a great showing of military bearing."

The Cacti managed to rally during the second half by scoring 36 points. But it wasn't enough to clinch a victory against the well-organized Quartermasters.

"They outplayed us the second half," said Spc. James Combs, Cacti power forward. "We tried to come back the second half, but we just couldn't get it together."

"It was a good game, I just wish we could have won by more," said Rembert, grinning.

The 40th Quartermasters will spend their off-season preparing for the next season.



40th Quartermasters and the Cacti of Headquarters and Headquarters Co., 2nd Battalion, 35th Infantry Regiment, face off at the tip-off during the intramural basketball championship game March 30.



Free financial education forum set for military personnel, families

Sen. Daniel Akaka joins top regulators to address investing

**NASD INVESTOR
EDUCATION FOUNDATION**
News Release

WASHINGTON – An April 12 financial education forum will help military personnel and their families better understand saving and investing and provide objective information to help them invest wisely for their future.

The National Association of Securities Dealers Investor Education Foundation, in partnership with Pacific Command Military Family Support Centers, will host the forum, which is co-sponsored by Sen. Daniel Akaka and the State of Hawaii Department of Commerce and Consumer Affairs.

The event is open to active-duty service members, spouses, military retirees and Department of Defense and Department of Homeland Security civilian employees and their spouses. It will take place at the Hawaii Convention Center in Honolulu.

At the forum, two top experts on the securities industry – Robert Glauber, chairman and CEO of NASD, and Mary Schapiro, member of the foundation's board of directors and NASD's vice chairman and president of Regulatory Policy and Oversight – will provide guidance on the fundamen-

tal principles of saving and investing. They will also highlight important tools and resources to help service members and their spouses become more informed.

On The **WEB**

Register at www.saveandinvest.org,
call (866) 862-0110 or e-mail
SaveAndInvestForum@nasd.com.

Breakout sessions will follow the general session, which will allow attendees to learn about specific financial issues, including the following topics: Smart Saving and Investing; Avoiding the Predatory Loan Trap; What to Look for in an Investment Advisor; Mutual Funds, 529 Plans and More; and Smart Saving for Retirement.

"Like all of us, military families must plan for major financial events, like purchasing a home, saving for college and retirement, but unlike most of us, they have to do so on the go, from literally anywhere in the world," Sen. Akaka said. "This forum recognizes the unique challenges faced by our nation's military personnel and their families and aims to provide them with the tools they need to save and invest with confidence."

Research conducted in June 2005 found that only 29 percent

Who: All military (active, reserves, retirees) and family members

What: Financial Education Forum

When: 9:30 a.m. to 2:20 p.m., Wednesday, April 12

Where: Convention Center, Honolulu

Why: Free Investment information

of military personnel who currently invest received a passing grade on a quiz about basic financial knowledge. However, 58 percent of survey respondents said that it was very important to them that they become more knowledgeable about saving and investing.

"Education is the best way to protect investors from costly mistakes, and we want to make sure that service members and their families know about the wide range of resources available to them," Glauber said. "The Web site we have created specifically for military personnel and their families, SaveAndInvest.org, provides tools and resources free of charge that can be accessed from anywhere in the world."

Fists of fury collide for Lightning Rumble IV

Story and Photos by
JEREMY S. BUDDEMEIER
Assistant Editor

SCHOFIELD BARRACKS — When most Soldiers are running around the post or lifting weights for morning physical training, a small group gathers in the Martinez Physical Fitness Center to prepare for battle.

Nine boxers, out of about 100 boxers who will fight in this year's Lightning Rumble boxing competition, donned headgear and 20-ounce boxing gloves March 27, to continue training for a shot at the championships April 13.

"Every time he has to tell you to put your arms up, he will add 30 seconds," Staff Sgt. Luis Parra of B Company, 1st Battalion, 21st Infantry Regiment, barked out to the boxers as his assistant kept time on a stopwatch.

Parra begins each practice with 10 to 15 minutes of arm exercises and then goes straight into sparring. His method appears to be an effective technique for weeding out Soldiers who don't really want to fight.

Three weeks ago, Parra started out with 18 participants from 1-21st alone; after two days of sparring, only six boxers still had their "dukes" up.

And though this type of attrition is nothing new for Parra, who has been coaching boxing since 2002, his philosophy has changed during the years. Initially, he focused on boxing techniques; now his primary aim is conditioning.

"They looked all pretty with their punches, and it just turned into a slugfest for the last two rounds," he said, referring to his early boxers who were coached strictly on technique. "All I can do now is put them in shape to fight."

In addition, Parra employs what he calls a "round-robin" training regimen: A boxer starts in the middle with an additional boxer in each corner. The boxer in the middle fights one-minute bouts successively with each boxer from a different corner. In this way, a fatigued boxer must continually compete against a fresh set of fists.

Parra's changes in coaching techniques have produced tangible results.

One of his fourth-year protégés, Sgt. Erick Leon from B Co., 1-14th, has won his 141-pound weight class for the past three years straight. He placed second during his first year competing.

Another pupil, Sgt. Edan Rosales from C Co., 1-21st, came in second in the 147-pound weight class last year. Parra stated confidently that both Leon and Rosales will win their weight divisions this year.

When asked about the most difficult



Above — **Not just a boys' club** — Pfc. Yolanda Nesmith of the 40th Quartermaster, 524th Battalion works the heavy bag during a morning boxing practice Tuesday, March 28, at the Martinez Physical Fitness Center at Schofield Barracks. Nesmith is one of six women who will compete in the boxing portion of Lightning Rumble IV this year.

Inset — 1st Lt. Jason Constable (left) ducks and throws a left hook as Pfc. Brian Kelso connects with a left punch during boxing practice at Schofield Barracks Tuesday morning last week. Both boxers, from 514th Cavalry, are training for the main event April 13.

Preliminaries: April 10-12:

Boxing: 9 a.m. until completion each day, Conroy Bowl at Schofield Barracks

Combatives: 9 a.m. until finish, at 3rd Brigade's F Quad, Schofield Barracks

Championships: April 13 at the Conroy Bowl, Schofield Barracks

Doors open at 4:30 p.m., bouts begin at 5 p.m.

aspect of boxing to teach, without hesitation Parra said, "Heart. You can't make 'em want to fight."

Boxing basics

Each bout will consist of three, two-minute rounds. Judges will rate the boxers on aggressiveness, style and connected punches to make a determination on who dominated the round. The winner of each round will receive 10 points; the loser will receive nine points.

One point will be deducted if a boxer is knocked down or if the boxer hits below the belt. The judges will consist of volunteers from each unit, and the Hawaii

Amateur Boxing Association will provide referees for the bouts.

Nine weight classes for males ranging from bantamweight (below 119 lbs.) to super heavyweight (over 201 lbs.) will be judged — for the women, three weight classes. Six women will compete against each other in the tournament this year.

Though boxers train with 20-ounce gloves, they use 12-ounce gloves during the tournament. The heavier gloves prevent cuts and injuries such as broken noses while boxers train for their real bouts.

History

The Lightning Rumble began four years ago but existed previously under names such as the Warrior Brigade (for six years) and the Smack Down, where participants pummeled each other with pugil sticks.

This year's Rumble will carry a festive, gladiator-style atmosphere, complete with tiki torches and food booths.



All mixed up — 1st Lt. Todd Tompkins of C Co., 1-14 Inf. spins on top of Pvt.2 Michael Creech (left) of C Co., 1-21st Inf. during 2nd Brigade's combatives preliminaries Monday morning. Creech won the match.

Combatives bouts in full swing

Story and Photo by
JEREMY S. BUDDEMEIER
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SCHOFIELD BARRACKS — Within earshot of the Martinez Physical Fitness Center where boxers were training for next week's Lightning Rumble IV, spectators pounded rubber mats with their open palms and cheered for two men, bodies tangled, wrestling for position.

The 2nd Brigade combative preliminary bouts were held at the Todd E. Nunes "sweat factory" gym, Monday morning. The winners from these preliminaries will advance to fight winners from 3rd Brigade's preliminaries next week.

Combatives are "more or less the UFC [ultimate fighting challenge] without the striking," Pvt.2 Shawn McDonald, a first-year competitor from B Company, 1st Battalion, 21st Infantry Regiment, said as 30 fighters

warmed up and stretched.

Sgt. Gabriel Piepenhagen, 2nd Brigade combatives noncommissioned officer in charge, reviewed the rules for the fighters.

"If somebody gives you a bloody lip, don't complain to me. I don't care," Piepenhagen said.

A few minutes later, he discussed safety, fair play and the team concept.

"There will be no small joint manipulation, no ankle or knee locks ... we do [combatives] to train and encourage each other," he said, and reminded participants to keep it clean, as they would have to see their foes the next day at work.

Combatives scoring awards two to four points for each maneuver where one participant gains a dominant position over his opponent or recovers from a weaker position. After a warning from the referee, one point is deducted if a fighter is in a dominant position and "stalls" or does not attempt

to improve his position.

Each match can last six to 10 minutes. However, most matches Monday morning were decided by submission. A submission is indicated when a fighter concedes the loss and taps the mat twice with his hand.

Through egos and stray buttons rolled across the mats, the spirit of camaraderie was evident as numerous fighters, red-faced, sweating and out of breath, discussed the match with their former adversaries.

"I didn't feel like I had anything on you," Spc. Gage Cooper of the 5-14th Cavalry said to Sgt. Coby Carpenter of A Co., 1-14th.

Carpenter began to respond, but spectators' cheers for the next match drowned his words.

The formal combatives preliminaries will be held April 10-11 at 3rd Brigade's F Quad. The finals take place at the Conroy Bowl main event April 13 at 5 p.m.



Send community announcements to community@hawaiiarmyweekly.com.

April

Hawaiian Trail and Mountain Club — cross the top of a waterfall, get great views of Kaneohe Bay and the Koolaus, on a five-mile, intermediate hike on Kuolani-Waianu in Waiahole, Sunday, April 16. All are invited, but a \$2 donation is requested from non-members. Hikers meet at the mauka side of Iolani Palace at 8 a.m. Call Doug at 235-8330 to confirm.

Multiple Sclerosis Society — will hold the 2006 MS Walk Saturday, April 8 at McCoy Pavilion, Ala Moana Beach Park. Walk three miles, meet new people, and

help more than 700 local residents with MS. There are great refreshments and wonderful incentives. For more information or to walk, call the Hawaii division of the National MS Society at 532-0806 or log onto www.nationalmssociety.org

23 / Sunday

10K Volksmarch — The Menhune Marchers is sponsoring a 10K volksmarch on April 23 at Maunaloa Bay Beach Park in Hawaii Kai. Start is between 8 and noon. The cost is free unless volksmarch credit is desired, then marchers must pay a \$3 fee. Contact Marsha at 395-9724 for more information.

30 / Sunday

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

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

and children riders.

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

Ongoing

Honolulu Marathon Clinic

— Looking to get in shape and run a marathon? Join the free Honolulu Marathon Clinic, led by Dr. Jack Scaff and his trained staff. The clinic meets Sundays at 7:30 a.m. at Kapiolani Park at 3833 Paki Ave. The clinic stresses slow, recreational running, for beginners and walkers. The focus is training to finish the Honolulu Marathon in December. For more information, call 655-4692.

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.

21 / Friday

Youth Sports Track and Field

— April 21 is the last day to register for youth track and field. Registration is held at AMR, Fort Shafter, Schofield Barracks and Wheeler Youth Centers and is open to youth born between 1988 and 1997. Cost for the program is \$40.

Participants will receive a team uniform, qualified coaching, and a USA Track and Field membership card. A military ID card or birth certificate and physical exam are required to sign up. Practice begins in early April and the season runs from June to July.

For more information, call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield Barracks) or 655-0883 (Wheeler/Helemano Military Reservation).



April

12 / Wednesday

BMX Track — The BMX track on WAAF is now open on Wednesdays from 5 to 6 p.m. and Saturdays from 10 a.m. to noon. For additional information, call 655-0883 or visit www.mwrarmy-hawaii.com/cys/bmx_track.htm.

16 / Sunday

"5 Game, No Tap" Tournament — Individuals are invited to participate in a "5 Game, No Tap"

Tournament at the Schofield Bowling Center. Check in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

18 / Tuesday

Army Mini-Sports Soccer

— April 18 is the last day to register for the Army Mini-Sports Soccer program for youth ages 4 to 5. The program runs April 25 to June 15. In this parent-participation program, youth will learn basic soccer, including dribbling, passing and throw-ins. The cost is \$10 and includes a T-shirt.

The program will be held at the Bennett Youth Center field and the Aliamanu Military Reservation baseball fields. For more information, call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield Barracks) or 655-0883 (Wheeler/Helemano Military Reservation).