

## INSIDE



### Boxes of health

Soldiers from 325th Brigade Support Battalion deliver more than six months of medical supplies to a pediatric hospital in Kirkuk, Iraq

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Capt. Kamil Sztalkoper

### Just dropping by

FORT BENNING, Ga. — Capt. Andrew Farina and David Uthlaut, both from 2nd Stryker Brigade Combat Team, descend from a UH-60 Black Hawk helicopter with their rucksack raft during the helocast and swim event of the 2007 Best Ranger Competition. The timed event tested the competitors raft construction and swimming abilities. The team finished second overall in the competition.

## DoD unveils rewards for frequently deployed

SGT. SARA WOOD  
Army News Service

WASHINGTON — The Defense Department unveiled a program, April 19, that will reward administrative leave to service members whose service in combat does not meet the department's goal for time at home-station between deployments.

Defense Secretary Robert M. Gates directed the development of this plan Jan. 19, when he implemented a force-management policy stating that DoD's goal was to give active duty troops two years at home-station for every year deployed, and reserve-component troops five years at home-station for every year deployed.

At the time, Gates recognized that national security concerns would require service members to be deployed more frequently than this goal, so he announced a compensation plan to make up for frequent deployments.

Under the new policy, active duty service members who are deployed for more than 12 months in a 36-month period will earn one day of administrative absence for each month beyond 12. If service members are deployed for more than 18 months in a 36-month period, they will earn two days of administrative absence a month. Past 24 months, they will earn four days a month.

Members of the reserve components will earn one day of administrative absence a month for every month beyond 12 they are mobilized in a 72-month period. Members of the reserve components will also earn two days a month if they are mobilized past 18 months in a 72-month period, and four days a month if they are mobilized past 24 months in the same period.

Administrative absences are days off authorized by the commander, and are separate from normal leave accrued by a service member.

In a Pentagon news conference announcing the policy, Michael Dominguez, principal deputy undersecretary of defense for personnel and readiness, said that this program is meant to recognize the sacrifices service members make, but is in no way trying to put a physical value on their service.

The policy is retroactive to Jan. 19, so any service member who was deployed or involuntarily mobilized from that day forward, whose service exceeds the time frame in the policy, will earn the days off, Dominguez said.

Also, troops who were deployed within the last three years, and are deployed now, will earn administrative leave for their current deployment, he said.

DoD has had a policy since 2004 that pays service members who are extended in theater beyond 12 months \$1,000 a month, Dominguez said. That policy is still in effect, he said, and applies to Army personnel who now have to serve 15-month tours in Iraq and Afghanistan.

(Sgt. Sara Wood writes for the American Forces Press Service.)

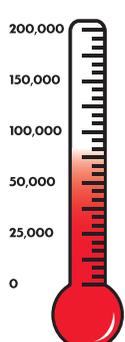
## South Town Hall

Voice your concerns and hear of upcoming events at the Fort Shafter - Aliamanu Military Reservation town hall meeting, Wednesday, May 2 at 6:30 p.m. in the AMR Chapel. Call 438-6147.

## Earth Day salute

From Makua Valley to Honolulu, Soldiers and civilians take steps to preserve our most precious resource for future generations

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## AER update

As of April 20, the Army Emergency Relief program has collected \$77,443 en route to its \$200,000 goal. The donation campaign runs through May 4. Call Capt. Engle at 655-4783, or Jacqueline Torres at 655-7132, to donate.

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## One-stop aid station saves on time

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

TIKRIT, Iraq — Military analyst Col. Harry G. Summers Jr. once said, "The combat Army has a totally different ethic: Accomplish your mission and take care of your men."

For the medical personnel with Headquarters Support Company, 209th Aviation Support Battalion, 25th Combat Aviation Brigade (CAB), and 1st Attack Reconnaissance Battalion, 82nd CAB, taking care of Soldiers is their mission.

"We are here to ensure Soldiers are healthy," Pvt. Katherin Hibbard, health care specialist and combat medic with Headquarters and Headquarters Company (HHC), 25th CAB said. "Soldiers have to stay strong so they can continue their missions."

The Troop Medical Center at Contingency Operating Base Speicher held an open house April 14 to unveil the new facility that took almost a year to complete.

"The building was the brainchild of the 101st Airborne Division surgeon," said Maj. Winnie Elizabeth Paul, senior physician assistant for HHC 25th CAB. "When we arrived, the plans

were in place and ready for ground breaking."

The development of the new level-one clinic allows the standard of care that most Soldiers expect. Acute trauma care, sick call and basic health care needs are all daily operations for the clinic.

"The aid station offers sick call twice a day for ailments like dehydrations, bladder infections, viruses, headaches and muscles strains," Paul noted. "Medics are also trained in rendering cardiopulmonary resuscitation and providing basic care for the Soldiers."

What makes this treatment facility unique however, is the time it will save for Soldiers needing extensive physicals. Whether it's the annual physical required for pilots, or a physical that must be prepared for officer packets, Soldiers no longer need to journey all over COB Speicher to meet these obligations.

"The Army offers many educational opportunities for service members to take advantage of," said Paul, who is prior enlisted. "Programs like Warrant Officer School and Officer Candidate School requires a physical including

SEE AID, A-3



Pvt.2 Katherin Hibbard, health care specialist/combat medic with Headquarters Support Company, 25th Combat Aviation Brigade (CAB), listens to the pulse of Staff. Sgt. Franklin Siverio of 82nd CAB during a sick call visit.

## Tripler to take firm stance on 'no shows'

Patients who do not show for their appointments can cause clinic to lose funding

Story and Photo by  
**MINDY ANDERSON**  
Tripler Army Medical Center Public Affairs

HONOLULU — With a primary mission to deploy a healthy work force and ensure all military personnel and their families receive the highest quality of care, Tripler Army Medical Center (TAMC) is campaigning to increase awareness of the importance of keeping medical appointments.

According to Maj. Amy Brinson, executive officer, TAMC, from August 2006 to October 2006, there was an estimated 6,956 "no shows."



Spc. Tasha DeFalco, military police, 13th MP Detachment, Schofield Barracks, checks-in with Front Desk Clerk Quinton Bibbs at the Family Medicine Clinic at Tripler Army Medical Center.

large part based on workload generated.

"Every patient appointment we see results in workload generated, which translates into funding," said Col. Derick Ziegler, deputy commander for administration and chief of staff, TAMC. "So, when a patient doesn't show-up for a scheduled appointment and doesn't call to cancel, the appoint-

"That's an average of 77 no shows per day," Brinson said. At this rate, there would be 27,824 no shows a year. At an average cost of \$44.91 each, that equates to a loss of \$1.25 million, she said.

All Army hospitals are now funded in

SEE TRIPLER, A-7

## Military reception highlights partnership with public schools

Students reap rewards of Army-sponsored programs

**TAMSIN KEONE**  
Army School Liaison Office

Nearly 500 guests filled the spacious ballroom of the Nehelani Banquet and Conference Center for the annual School Partnership Reception, April 18. The reception highlighted the accomplishments of the Military/School Partnership Program.

Through this partnership, the Army spon-

sors 46 public schools in Hawaii by providing assistance with reading, tutoring, mentoring, construction, school cleanup, campus safety, and campus improvement. Local schools and children benefit directly from this partnership.

This year, each school received an allotment of \$5,000 to support the partnership with their assigned Army unit. Past partnership projects include pouring cement sidewalks, installing air conditioners, repainting parking lot stalls and school buildings, upgrading library books and resources,

planting grass and shrubbery, and upgrading school computers labs.

Col. Howard Killian, commander, U.S. Army Garrison, Hawaii, presented a commander's coin and certificate of appreciation to Deputy Superintendent Clayton Fujie and complex area superintendents, as a vast audience of principals, teachers and school staff, legislators, Board of Education members, and Joint Venture Education Forum members looked on.

In addition, Leilehua High School provided a musical ensemble, while the Wa-

ianae High School JROTC Program's drill team dazzled the audience with its crisp, coordinated maneuvers. Also, various Army units set up displays that documented school partnership projects in which Soldiers had participated.

Child & Youth Services, Youth Education Support Services (YESS) actively coordinated with all partners involved in the planning to ensure a successful reception.

For information regarding the School Partnership Reception contact Youth Education Support Services at 655-9818.

## We want to hear from you...

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

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

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

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

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## 163 days since last fatal accident

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

Remember, two division training holidays will be awarded for 200 consecutive days with no accidental fatalities. Current as of 4/25/07.

# Watching out means helping out

**DIRECTORATE OF EMERGENCY SERVICES**  
News Release

In many ways, safety begins at home. However, individuals can only do so much; in some cases community involvement is required to ensure individual and collective safety. Take this home safety quiz to gauge your neighborhood's safety.

## Home Safety Quiz

1. Do you know if any burglaries or vandalism occurred in your neighborhood recently?
2. Have you properly secured all means of entry?
3. Do you use your locks, even when running an errand or working in the yard?
4. Do you avoid hiding keys outside the house?
5. Have you marked valuable property with identification numbers?
6. Do your children know not to give your address over the phone?
7. Do you alert a neighbor you trust when you'll be away from home more than a day?
8. Do you know your neighbors?
9. Do you look out for your neighbors, and do they look out for you?
10. Do you know who your child invites into your home when you are not there?

If you answered "yes" to all ten questions, congratulations! A score of 7 or more indicates that your home is fairly secure. Under 7, you're a good tar-

get and should make your home safer.

## Tips for travelers — protecting your home when you're not home

Many burglars will spend no longer than 60 seconds trying to break into a home. Good locks and good neighbors who watch out for each other can be big deterrents to burglars.

Other helpful tips to better secure your home include turning on lights and a radio or TV so it looks like someone is home when you're gone for the evening. If you're traveling or will be away from home for an extended period of time, get an automatic timer for your lights or ask a neighbor you trust to watch your home and park their car in your driveway from time to time.

Don't forget to discontinue mail and newspaper deliveries. Newspaper pile-up is a sure sign the occupant is gone. Find an unpredictable place to hide valuable items, like among cleaning supplies under the sink. Mark all valuable property and compile an inventory list, using receipts, photos or videotapes if possible. Secure all items left on the lanai.

## Privately owned vehicles — a criminal's bounty

Leaving items, from groceries to personal items visible inside your automobile is an irresistible temptation to a thief. Commonly, a thief lured by visible goods will break a window or lock to obtain the rewarding possessions. Store your property in the trunk

or take it with you into your house. Never leave your wallet, identification, keys or anything of value in your vehicle. Always roll up the windows and lock the car, even if it's in front of your home.

## At large, but not in charge

When the military police say that the unknown subject or criminal is "at large" this means that the location or whereabouts of the person who committed the crime is unknown to law enforcement. This mysterious location could more than likely be our own community.

Surprisingly, the majority of crimes is committed by someone with knowledge of the neighborhood, such as an acquaintance or co-worker — that's right — someone who lives and or works in our own community. Crime prevention is much more than just a police officer's job. It's your, my, your neighbors' and your friends' job.

As a U.S. Army Garrison, Hawaii community member, you have a job to help reduce crime. We all do. Looking out for your neighbors and acting as extra eyes and ears for law enforcement helps reduce opportunities for crime.

If you see any suspicious activities or hear any unusual noises, immediately call the military police. Persons can call the Schofield Barracks MP station at 655-7114 or the Fort Shafter MP station at 438-7114 to relay any information concerning a crime. Remember, you are the best deterrent to crime in the USAG-HI community.



Sp. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

## Situational awareness

KIRKUK, Iraq — Lt. Col. Michael Browder, commander, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, talks and listens to his Soldiers about the recent deployment extension at Forward Operating Base Warrior, April 20.

# Schools should teach children History, patriotism, civic duty

**CARRIE DAVID FORD**  
Army News Service

FORT JACKSON, S.C. — What year did Abraham Lincoln sign the Emancipation Proclamation? What British document provided a framework for the United States' founding fathers while they penned the Declaration of Independence? In what document can the words "separation of church and state" be found?

For some, the answers to these questions are easy. Others may be asking what does "emancipation" mean and why should I care?

The United States' founding fathers believed that educating the country's citizens was the best safeguard for the freedoms we possess. In 1787, John Adams wrote, "Children should be educated and instructed in the principles of freedom." But are they?

The short answer is no. A 2005 study of 50 colleges by the Intercollegiate Studies Institute tested 14,000 college freshmen's and seniors' knowledge with 60 multiple-choice questions covering four sections: American history, government, America and the world, and market economy.

Neither group passed the exam, or any section of the exam for that matter. Freshmen scored an average of 51.7 percent, while seniors scored an average of 53.2 percent. My favorite result from this study is the 5.7 percent of respondents who said Israel was the main source of Saddam Hussein's political support. What?!

Beyond these study results, the most striking facts I have discovered is that although 57 percent of 12th grade students scored below basic knowledge of U.S. history on the National Assessment of Educational Progress in 2001, the average national grade-point average in social studies actually rose in graduates from 1990 to 2000 — from 2.56 to 2.83.

How can a GPA rise — which means higher grades — when more than 50 percent of high school seniors are ignorant of American history and incompetent about civic and citizenship functions and duties? How do we as parents ensure our children are functional citizens?

It is not enough to "get out and vote." Citizenship goes beyond that. Understand-

ing how our political system works is imperative to understanding the passing of laws and how they affect us as citizens and as a nation. Understanding history helps us not to repeat mistakes made both in the past in America and in other countries.

If you don't learn about Hitler or Stalin, how do you recognize a tyrant? If you don't know how the world dealt with these leaders and their countries, then how do you know if our political leaders are trying the right approach to dealing with current foreign leaders?

Thomas Jefferson said in 1781, "History by apprising (citizens) of the past will enable them to judge of the future; it will avail them of the experience of other times and other nations."

If you don't know about socialism, communism or totalitarianism, then how do you know how great America really is? I've listened to middle and high school students talk about America, and somehow they've learned not only to dislike this great country, but that we are in some sense evil. The mentality of children today is something foreign and strange to me.

I was raised an Army brat by patriotic parents who honored Soldiers and the sacrifices they made so that I could sleep safely in my bed each night. History was an integral part of my upbringing. My father majored in history with a minor in political science, and he was quick to set me straight if I said something that was inaccurate.

I have taken it upon myself to share my beliefs with my 8-year-old daughter, because I am certain that what little she will be taught in school about America won't be flattering. I want my daughter to understand the political process and how laws passed can diminish her rights as a U.S. citizen and whether the cost is worth the gain.

I want her to understand, above all else, that freedom is not free, and countless men and women have paid with blood for her to enjoy the rights she has been granted as a United States citizen, and for that gift she owes a debt.

*(Editor's note: The answers to the three questions beginning this article are: 1863, the Magna Carta and a letter from Thomas Jefferson to the Danbury Baptist Association in 1802. Carrie David Ford is the editor of the Fort Jackson Leader.)*

# God still present during hard times

**CHAPLAIN (LT. COL.) LANCE SNEATH**  
8th Theater Sustainment Command Deputy Chaplain

How many times have you said or thought, I need a miracle to get through this? This common feeling of needing a miracle characterizes the times we live in as a military during a time of war. Many people are stretched further than they have ever been stretched emotionally, physically, and spiritually.

Now, many Soldiers and family members are facing a new challenge — how to somehow get through three extra months of deployment.

Others in our military community are dealing with the uncertainties of permanent change of station moves; changes of employment; behavioral problems with children related to changing schools and friends; the list of challenges goes on.

Ultimately, most of us realize that we must have God's help to meet the challenges of our day as Soldiers and military families. The good news for us is that God is never short in supplying miracles for us. He doesn't tire of coming to the aid of the people he loves.

The prophet Isaiah tells us: "The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak" Isaiah 40:28-29.

When our family moved to Hawaii from Fort Hood in July 2004, we brought our golden retriever along with us, but not without the help of another miracle of God.

We went through the myriad of medical and administrative steps that are required to bring a pet to Hawaii. We also had to fly on the very first flight out of Dallas, due to the intense Texas heat. I watched as my wife called the airlines two days before our flight to ensure that all our preparations and our kennel were in order.

The airlines told us we had everything in good order. Not! The day of our flight, we arrived at the airport at 6 a.m., and got in line. The airline ticket counter clerk informed us that we had the wrong pet kennel.

I proceeded to inform the clerk that his airline told us our kennel would work. The clerk called his manager, but the answer remained the same. The manager informed us we would have to miss our flight if we could not get the appropriate kennel in the next 30 minutes.

I was hot with anger, but my wife held out her hand to pray for a miracle. I looked at my wife in disbelief, and with a crowd looking on, I prayed for God to provide a miracle.

The manager, apparently convicted by our prayer, picked up the phone and asked someone to check for any abandoned extra large dog kennels. I thought to myself, "Yeah, what are the odds of that happening?"

Before a minute had passed, a lady came running down the corridor shouting, "Does someone here need an extra large dog kennel? Does someone here need an extra large dog kennel?"

I shouted back, now full of faith, "Yes, that would be me!"

She led me to an abandoned extra large dog kennel just around the corner that was left on the last flight of the night. All I had to do was clean it up, and it was just what we needed!

The woman who led me there said, "Someone's sure looking after you."

True.  
Someone's sure looking after you too.



Sneath



"I am continuing to recycle."

Staff Sgt. Edward Balli  
2-14th Cavalry  
Aviation Sergeant



"We need to be more conservative. Use less plastic, reduce litter, and plant a tree, whenever possible."

Loretta Luta  
Family Member



"We should all recycle. Drive electric cars or use ethanol gas alternative."

Sgt. Ralph Martin  
205th MI Bn.



"Recycling and using an economy car. Clean air is important to me."

Diane Smith  
Family Member



"I use a compost pile in my garden"

Sgt. 1st Class Kenneth Lonowski  
72nd Civil Support Team  
Weapons of Mass Destruction-RECON NCO

# Voices of Lightning: What are you doing or what can be done to improve the environment?

# Brigade's medical deliveries impact care of Iraqi kids

## 325th BSB delivers meds to Kirkuk pediatric hospital

**SPC. AMANDA MORRISSEY**  
5th Mobile Public Affairs Detachment

KIRKUK, Iraq — “They do more with less.” That’s how Capt. Christopher Curtis, the surgeon for 3rd Brigade Combat Team, 25th Infantry Division, described the doctors at the pediatric hospital in Kirkuk. Now, thanks to the efforts of Curtis and his team, the doctors will have more to work with when it comes to medication and supplies.

Curtis, in coordination with A Company, 325th Brigade Support Battalion, delivered a large quantity of medical supplies to the Kirkuk Pediatric Hospital, April 19. It’s the only pediatric hospital in the province.

The supplies included 6,500 liters of intravenous (IV) fluids, 4,000 IV needles and tubing, as well as antibiotics, surgical anesthesia, X-ray films and sutures.

“This will really make a difference because it will help them stay ahead,” Curtis said. “I see this as a pay-it-forward type of activity where we start the ball moving, get it going for the next few months, and then they will be able to continue it on from there.”

“The supplies we’re delivering are over six month’s worth of medical care for the children. That means any discretionary funds the hospital gets in the future can go towards much needed surgical supplies and durable medical equipment to sustain its medical operations,” Curtis added.

The supplies will help battle the most common ailments of Iraqi children: fever, infection and dehydration.

One of the more important items delivered was the bags of IV solution, which will allow for approximately 3,000 children to be treated for dehydration and receive IV



Capt. Janet Herrick | 5th Mobile Public Affairs Detachment

Lt. Col. Michael Browder, commander, 2nd Battalion, 35th Infantry Regiment, hands out stuffed toys to a patient at Kirkuk Pediatric Hospital in Kirkuk, Iraq, April 19.

medications, said Curtis.

The doctors at the Kirkuk Pediatric Hospital are excited by the arrival of the supplies, and what it means for the treatment of their small patients.

“It is obvious by looking around that the hospital is short on supplies and equipment,” said Dr. Samir Yousef, a senior pediatrician and the head of the medical department at the hospital. “Today is very important because we received some very necessary supplies. We are very thankful to U.S. Soldiers for getting these things for us.”

While the hospital still needs some important items, such as blood

transfusion sets, the supplies they received will go a long ways toward improving the level of care they are able to give.

“The skills of the physicians are amazing. They know their material well, they know what they want to do, and they have a plan of treatment. They just asked for supplies so they can complete that treatment for the children,” Curtis said.

Normally, the hospital receives its medical supplies from the Ministry of Health in Baghdad; however, due to security issues

associated with the delivery route from Baghdad to Kirkuk, the pediatric hospital has been unable to obtain the things it needs to properly treat patients.

There are also risks with the supplies being diverted to the black market or taken to support anti-Iraqi forces, said Curtis.

That’s where coalition forces step in. To ensure supplies reach the hospital so that they can be used quickly to treat the children, the brigade delivered its load of medicine directly to the hospital.

“Our goal is to keep the supplies where they’re needed most by delivering them directly to the hospital, where the hospital has its own storage facilities and means of accountability for the equipment,” Curtis said.

The pediatric hospital will now have the capability to perform approximately 12,750 surgical cases with anesthesia, or roughly three months worth of surgeries.

It will also enable the doctors to treat 1,720 children suffering with seizures, and care for 2,400 children with infections.

Everyone involved in the medical supply delivery, from the hospital doctors and administrators to the troops who delivered the load, have high hopes for the possibilities now that some of the shortages have been remedied.

“The supplies and medicines change the type of services we are able to provide and improve medical care for the children,” said Dr. Rashid Burhan, the deputy director with the Ministry of Health in Kirkuk. “With these supplies, we have everything for medical care. I want to let the people know we are ready for any emergency and can treat any condition.”

# Aid: Three units merge in building, provide care

CONTINUED FROM A-1

evaluation of vital signs, dental assessment and a physical exam from a doctor.”

In the past it would have taken Soldiers a few days to complete a physical, because they would have to travel to different locations, she said. With the new health center Soldiers have almost everything here.

“Time is essential in a combat zone,” Paul said. “Two days away from a mission is a major concern when you’re flying over a battlefield.”

For the medical staff to provide continuous operations, one challenge was merging three providers — HSC, 209th ASB and 1-82nd — into one building.

“We brought everyone together to have around the clock medical care available for Soldiers,” Paul said. “We are in a war zone and everything in the examining rooms now has the resources to provide courteous, efficient and private standards of care to patients.”

Soldiers want to feel like a patient not a number, Hibbard added.

# Army Hawaii honors 10 retiring 'guardians of freedom'



"What an enormous impact that your generation of soldiering has had on our country," said keynote speaker Col. Scott A. Jones, commander, 8th Military Police Brigade, to Soldiers who retired from the Army, April 20.

Story and Photos by  
**AIKO BRUM**  
Chief, Command Information

"Anxious is the best way to describe it," said Sgt. 1st Class Anthony Hamblin, expressing his feelings just prior to officially retiring from the Army, last Friday, at the Schofield Barracks quarterly retirement ceremony.

Feelings of uncertainty, as well as joy, pride and excitement – about what's to come – also aptly described his overwhelming emotions upon culminating 20 years of military service.

In total, 10 senior noncommissioned officers began their journey, a transition from one way of life to another, some with definite plans, others intending to sort their future out in the days, weeks and months ahead.

"Coming up through the military, I've learned some of my strengths relating to younger peo-



**"Congratulations."** In keeping with tradition, Soldiers and Department of the Army employees of various commands skirt the flank of newly retired Soldiers and their spouses to extend personal acknowledgements

ple, mentoring and coaching them along," said Master Sgt. Jerome Brinson, a husband and father of four, originally from Georgia. "Hopefully, I can take that experience and help our youth out."

"I'm going to pursue a career with the Troops to Teachers program, in a middle school, in world

history or social studies." But first, he explained, he will spend some quality time with his family, which will settle at Fort Bliss, Texas.

One by one during the retirement ceremony, which was packed beyond seating availability and overflowing to standing-room ca-

capacity, Soldiers and their spouses received honors, then shared a few comments, capping their distinguished careers.

A very emotional Hamblin gave thanks to God, his Soldiers, his family and church.

**SEE RETIREMENT, A-5**

## Quarterly Retirement Ceremony



Belanga



Brinson



Bushong



Cardenas



Filipkowski



Hamblin



Howard



Jones



Smeragliuolo

# Awesome volunteers

Ten Army spouses gather for a souvenir photo to remember being recognized as Volunteer of the Quarter, April 20. Left to right, award recipients are Kimberly Tomlin, Crystal Roberts, Jessi Burns, Beth Watkins, Emily Harrison, Roberta Cole, Laurel Klinge, Darlene Marshall, Katie Payne, and Debbie Wyllie for their support of the Army community.



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

# Retirement: Capacity crowd witnesses emotional farewell for warriors

CONTINUED FROM A-4

Overcome with emotion himself, Sgt. Maj. William Filipkowski, among many thanks, expressed appreciation to his wife, Denise, for 10 change of station moves in 24 years, and to his children for constantly changing schools.

Other retiring Soldiers like Master Sgt. Mark Smeragliuolo, a husband and father of two, passed along words of wisdom to Soldiers still serving. "Watch and learn what's going on around you. Stay in the Army long enough to make a difference," he stressed.

After all retirees had been recognized, keynote speaker Col. Scott A. Jones, commander, 8th Military Police Brigade, made three

points – about families, proud service and continuing support. He described the 10 as "great Americans," as the "guardians of freedom that guarantee our American way of life."

"Our Army is about people," he said, "and a critical aspect of the

retirees: "Although you might not have your boots on the ground anymore, you are still called to duty. ... We need you to continue to lead by example, and to influence and inspire our young people, so that they too may serve our nation."

"It's been an honor and a privilege to serve my country for 28 years. I'm proud to have worn the uniform. ... I'm proud to be an American."



— 1ST SGT. DONALD JARMON SR.

Army way of life is families ... who make enormous sacrifices. ... No other profession demands the sacrifices that they must endure during a Soldier's career."

Concluding, Jones addressed the

Each retiring Soldier received an assortment of commendations: one, the Legion of Merit; some, the Meritorious Service Medal or Army Commendation Medal; and all a certificate of appreciation from the Commander in Chief, President George W. Bush, and a national ensign.

Their spouses received a certificate of appreciation from the Army chief of staff.



"Well done!" Soldiers and civilians from North and South Oahu installations give applause honoring the 10 newly retired Soldiers. The audience burst into several rousing ovations throughout the ceremony.

# Holocaust observances help keep survivors' stories alive

Story and Photos by

**AIKO BRUM**

Chief, Command Information

Lest the younger generation dare to forget the past, the horrors and atrocities of the Holocaust were remembered during observances at Fort Shafter, Schofield Barracks and Tripler Army Medical Center, last week.

Equal Opportunity, U.S. Army Garrison, Hawaii, hosted the events, which featured guest speakers Dr. Robert O. Fisch and Stan Rubens, both Holocaust survivors. They embraced the theme, "Children in Crisis: Voices from the Holocaust."

For Fisch, a native of Budapest, Hungary, who survived the Nazi concentration camps, his feelings about the Holocaust and his experiences were a private matter for many years of his life.

He told the Fort Shafter audience, April 16, that he now shares his story so that others might learn from the past. His book, *Light from the Yellow Star: A Lesson of Love from the Holocaust*, tells how he came to understand the power of love and freedom.

"This is a very intimate affair," Rubens began, inviting the audience at Schofield Barracks' Sgt. Smith Theater to come in closer. He continued, "I feel that I have closed the circle ... you are the children of those who liberated me from the Nazis. ... To say thank you wouldn't even come



Historical photos, images and patches depict the atrocities of the Holocaust.

"You could feel the fear in the air. ... We knew. If we were caught, we were finished."

— STAN RUBENS,

HOLOCAUST SURVIVOR

AUTHOR, *A BOY IN HIDING: SURVIVING THE NAZIS*



close to [explaining] my feelings."

Rubens recalled events that remain vivid in his mind, 67 years later. They are chronicled in his book *A Boy in Hiding: Sur-*

*ving the Nazis*, and he shared his memories with audiences at Schofield Barracks and Tripler.

"Dirty Jew!" he recalled children tout-

ing him when he was a boy of 8. As well,

he remembers German checkpoints in

his Amsterdam, Netherlands, homeland,

though he was, at first, blissfully unaware

of the German concentration camps.

Soon, rumors reached everyone's ears,

"Holocaust" is Greek in origin, and means "sacrifice by fire."

— U.S. Holocaust Memorial Museum

he recalled. The Germans were rounding up people, Jews, anyone who opposed the regime, and sending them to concentration camps.

"You could feel the fear in the air," he said.

He remembers how hard it was just to get food, how care was needed when anyone dared to venture outside.

"We knew. If we were caught, we were finished," he explained.

Then he uttered, "Betrayal."

The Germans offered money to anyone who would offer information about where to find the Jews.

"It was 8:30 p.m. when the doorbell rang. ... Two men in raincoats ran up the stairs."

The family had been betrayed by their landlady.

Many hiding places later, only Ruben, his father, mother and sister eventually escaped. His grandmother, uncles, aunts and several cousins were murdered in the gas chambers at Auschwitz, Poland.

After Rubens concluded retelling some sobering memories, Installation Chaplain (Lt. Col.) Hanson Boney gave closing re-

marks, graciously thanking Ruben for sharing some of his life story.

"It is important for us to remember, to never forget. The people who remain ... serve to remind us that this should never happen again. Yet, there are many around the world who have not learned," the chaplain said.

Darfur, Sudan, engaged in long and bloody conflicts, even genocide, since 2003, is a present-day example of regimes that refuse to learn — "simply because [people] are different," Boney said.

"We are our brothers' and sisters' keepers," the chaplain stressed.

Ruben and Boney's messages were not lost on Pfc. Frank Carroll, a mechanic

with Headquarters Headquarters Company, 8th Military Police Brigade.

"I came here to see what was going on. I learned a lot more about the pain they endured, especially coming from someone who was in it," Carroll said.

He added, to hear him [Rubens] speak about what happened, that was different. Carroll tried to explain that he was personally touched.

It's just ... coming from someone, firsthand..." he started to say, then just shook his head.



# News Briefs

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

## April 27/Today

**Free Getaway Vacation** — The National Military Family Association (NMFA) is now accepting applications for a free getaway vacation for wounded service members and their families. Working in partnership with The Blewitt Foundation, NMFA will select participants to embark on Destination R&R.

This retreat is offered to service members of all branches of service, as well as members of the Commissioned Corps of the U.S. Public Health Service and the National Oceanic and Atmospheric Administration, who were wounded or experienced emotional trauma or illness related to their service in the global war on terror. Members of the National Guard and Reserve in either activated or drilling status are eligible, provided their injury was sustained while on active duty or training.

Applications are only accepted online at [http://www.nmfa.org/site/PageServer?pagename=destination\\_rr](http://www.nmfa.org/site/PageServer?pagename=destination_rr), and must be submitted by midnight May 4.

**TDS Move** — Trial Defense Services has moved to Schofield Barracks Building 2027 on Aleshire Avenue near the 2nd Brigade "Warrior Inn" Dining Facility. The hours remain the same: Article 15 and Chapter briefings begin at 2:45 p.m., Monday, Wednesday and Friday. Call 655-6000 for more information.

## May 1/Tuesday

**Troops to Teachers** — The Troops to Teachers/Spouses to Teachers state coordinator, Bryan Miller, will be at the Schofield Barracks Education Center, Room 220, from 11:30 a.m.-1 p.m., for an information session with any person interested in the two programs or the teaching profession.

## 2/Wednesday

**Oahu South Town Hall** — The next Oahu Base Support Battalion Town Hall meeting for the Oahu South community is scheduled for Wednesday, May 2, at 6:30 p.m., in the AMR Chapel. For more information, contact Rosey Stone at 438-6147.

## 4/Friday

**MP Ball** — The 8th Military Police Brigade will host the 66th Military Police Regimental Ball Friday, May 4, from 5:30 p.m.-midnight, at the Turtle Bay Resort, North Shore. Dress is military formal / black tie and tickets are \$50 per person. For information contact Capt. Sharon Lgyht at 655-5390.

**PWOC Spring Session** — Take the opportunity to spend time together discovering your spiritual gifts while enjoying some food, fun and fellowship with the Protestant Women of the Chapel (PWOC) Saturday, May 5 from 5:30-9 p.m. at the Schofield Barracks Kalakaua Center. Call Katie Payne at 206-8504.

In addition, the PWOC will host their Spring Session every Tuesday through May 15.

## 12/Saturday

**Power Outage** — The Directorate of Public Works is scheduling an isolated four-hour electrical outage at Schofield Barracks Saturday, May 12 from 7:30-11:30 a.m. The outage will affect buildings on Duck Road (Vet Clinic, Army Hawaii Family Housing LLC, Boiler Plant, Laundry, Self-help Auto Craft Shop), Lyman Road (from Lyman Gate up to Humphreys Road) and buildings bounded by Aleshire and Matthews avenues between Flagler Road and Humphreys Road. Affected buildings include the CID

Office, Provost Marshall's Office, Building 3004, SJA building, AAFES warehouse, TMDE Support Center, SBTV2 and several motor pools and troop storage warehouses.

The purpose of the outage is to provide power to two new guard shacks being installed at Lyman gate. Contact Frank Ono at 655-1305.

# Ongoing

**Car-buying Classes** — Learn how to get the most vehicle for your money. Car buying classes are held on the third Wednesday of every month at the Schofield Barracks' Army Community Service, Building 2091 from 9-10:30 a.m. Contact Georgianna McAnany at 655-4227 or [Georgianna.McAnany@schofield.army.mil](mailto:Georgianna.McAnany@schofield.army.mil).

**Army Ball** — Registration for the Army Birthday Ball, which will celebrate the United States Army's 232nd Birthday, opens April 12.

The celebration will be held Saturday, June 16, at the Hilton Washington Hotel, Washington D.C. Join us for an elegant evening of dining, dancing and entertainment. All Army Soldiers, family, DA civilians, retirees and veterans are welcome! Formal attire is required.

Visit the United States Army Homepage at [www.army.mil/birthday/232/ball/default.htm](http://www.army.mil/birthday/232/ball/default.htm) for additional information and links to online registration.

**Tripler Wants You** — Tripler Army Medical Center is seeking new patients age 65 and over with Medicare Part A & Part B to enroll in the Adult Medicine

Clinic Tricare-Plus program.

Patients with chronic medical problems, defined as high blood pressure, diabetes, stroke, cardiac problems, kidney problems, cholesterol problems, thyroid problems, liver problems, or cancer, are desired.

For an application, go to the Tricare Service Center at Schofield Barracks Health Clinic or Tripler. Call 433-3422.

**AER Campaign** — Army Emergency Relief will conduct its annual campaign through May 4. Your contributions remain important to allow AER to fulfill its mission of helping Soldiers in time of distress and misfortune. Contact Jackie Torres at 655-7132.

**TSP Classes** — Learn how a 403(b) plan like Thrift Savings Plan works in terms of allowable amounts and different types of investment opportunities. Classes are held on the third Wednesday of every month at the Schofield Barracks' Army Community Service, Building 2091 from 9-10:30 a.m.

Contact Georgianna McAnany at 655-1714 or [Georgianna.McAnany@schofield.army.mil](mailto:Georgianna.McAnany@schofield.army.mil).

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

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

yahoo.com.

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

**Career Assistance** — Need help in finding a job? Are you wondering how to market your skills and abilities? Explore [www.militaryspousejobsearch.org](http://www.militaryspousejobsearch.org) and [www.myarmylifetoo.com](http://www.myarmylifetoo.com) to learn job search techniques, resume writing tips, and obtain information on the Army Spouse Employment Partnership.

For additional assistance, call 655-2390.

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

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

The leadership program is a new initiative established by the MCEC board of directors to identify exemplary young people to provide them with specialized training that will nurture and develop their leadership skills, patriotism, commitment to service, and their intellectual and problem solving capacity.

The program will be held at the U.S. Military Academy, West Point, N.Y. Call Jewel Csizar at 655-9818.

# Tripler: No shows hurt

CONTINUED FROM A-1

ment will go unfilled, therefore we won't generate the workload credit and the associated funding," he said.

Workload credit equates to funding for the hospital.

"It is the funding that allows us to hire the physicians, nurses, and support staff, and to buy the needed medical equipment," Ziegler said. "Simply put, unfilled appointments, means decreased workload, which leads to reduced funding, which results in fewer staff."

Ziegler said beneficiaries can help in many ways.

"First of all, if you know that you will not be able to make a scheduled appointment, simply call to either reschedule or cancel the appointment," the chief of staff said. "Ideally, we would like at least a 24-hour notice, but even canceling the morning of the scheduled appointment will still allow us to fill that appointment."

The "No Show" campaign began in November 2006 with posters posted at all main entrances and in all clinics at Tripler. The campaign is strategically expanding, putting tent cards in all military dining facilities, digital posters on military Web sites, postings on command information channels, and articles published in military newspapers. With the continued commitment and support of local military leaders the campaign will be a success.

Slow roasted, juicy, tasty, succulent  
**Huge 22 oz. "Sam's size" PRIME RIB**  
 Served with baked potato, island vegetables and salad  
**\$19.95**  
**Prime Rib Mondays**  
 This Monday and every Monday; Served from 5pm till all gone!  
**580 Nimitz Hwy. 545-7979**

# PAU HANA

# EARTH DAY

## Giving Back to the Aina

**Story and Photos by STEFANIE GARDIN**  
U.S. Army Garrison, Hawaii Public Affairs

**KAHANAHAIKI GULCH**— A bright reddish-pink liquid stained the stems of freshly cut plants. The sound of cutting and chopping, and the sound of plants being torn from the ground, mingled with laughter and the occasional, "Die plant die!"

They moved from one area to the next, leaving piles of once healthy plants to shrivel and waste away. They enjoyed leaving a path of destruction. What's more, they did it in honor of Earth Day.

Saturday morning, 21 volunteers ignored the snooze button and gave up the comfort of sleeping in to participate in an Earth Day weed whack at Kahanahai-ki Gulch, Makua Military Reservation. The event was organized by the U.S. Army Garrison, Hawaii, Natural Resources staff.

For the volunteers, not only was the weed whack an opportunity to get outside and do something for

Earth Day, but it was the opportunity of a lifetime — a rare chance to explore an area generally not open to the public.

"I was born and raised in Hawaii, and I have never had the opportunity to come to Makua Valley," said volunteer Ann Wharton. "I'm so happy that I did it. I mean it's beautiful."

"It seemed like a neat chance to get to some place that I've never been to before and to go and pull weeds at the same time, which, believe it or not, I actually enjoy," added fellow volunteer Jean Campbell.

After introductions and an initial briefing at the Natural Resource Center, the group piled into trucks and headed to the Mokuleia Forest Reserve Access Road. At the end of the road, volunteers grabbed their tool of choice, pruners, loppers or saws, and began the 30-minute hike to the weed whack destination.

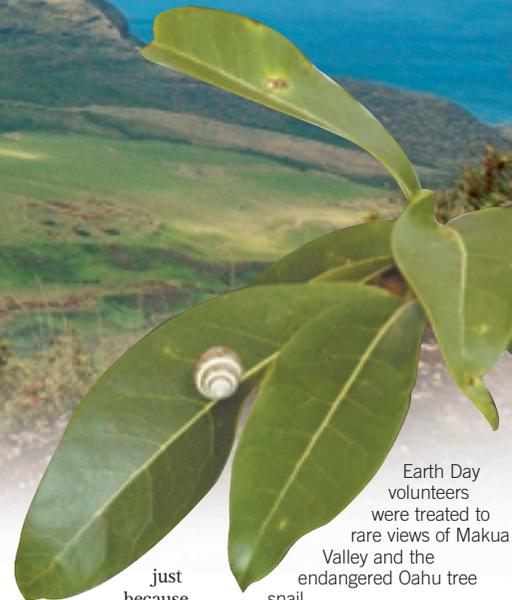
Mother Nature seemed to smile down on the group, sending pleasant temperatures and sunny

skies. At each twist and turn, each dip and climb of the trail, views of the lush, green landscape and legendary North Shore delighted the volunteers.

Along the way, staff members pointed out items of interest — destruction by wild pigs, threatened and endangered species, areas where native plants were re-planted after being grown in a greenhouse, and, perhaps oddest of them all, a "snail jail."

Unlike most jails, snail jails are designed to keep the bad guys, rats and invasive, cannibal snails, out while keeping the good guys, endangered Oahu tree snails, in. Each jail consists of a four-foot fence topped with a strand of barbed wire. An attached tray of salt and solar-powered electric wire also keep the Oahu tree snails safe from ending up in the bellies of their would-be predators.

"Before, people described [the endangered snails] as being as common as dripping off the vines of trees ... people would collect them and trade them



Earth Day volunteers were treated to rare views of Makua Valley and the endangered Oahu tree snail.

just because they were very pretty," explained Susan Ching, Natural Resource technician. "Now we're down to just a handful of species."

As the group hiked, conversations continued. Volunteers asked questions. Some even contributed their own knowledge of local plants and customs.

Finally everyone arrived at the first work station. Staff members explained the ins and outs of weed whacking, while passing around samples of the invasive, or non-native, species targeted for the day.

The problem with invasive species, explained the staff, is that they thrive in local habitats, competing

**SEE WEED WHACK, B-4**

## Corps of Engineers promotes Earth Day

More than 20 organizations gather to celebrate Earth Day in Waikiki

**DINO BUCHANAN**  
Honolulu Engineer District Public Affairs

**FORT DERUSSY** — The U.S. Army Corps of Engineers provided free, interactive exhibits, video presentations, tours and hands-on environmental clean-up activities as part of Earth Day 2007 at its Pacific Regional Visitor Center (RVC), Saturday.

Earth Day activities ran from 9 a.m. to 1 p.m. and included a Fort DeRussy beach berm cleanup on the Ewa side of Battery Randolph and other events that celebrated the Army's Earth Day theme, "Sustaining the Environment for a Secure Future," and Honolulu's, "Be An Everyday Environmental Hero."

Volunteers and representatives from the Ala Wai Association, 20 local civic organizations and Earth Day co-sponsors — the City and County of Honolulu's Department of Environmental Services, its Division of Environmental Quality, the Storm Water Quality Branch, the Adopt-A-Stream Program, and the Hawaii Department of Land and Natural Resources' Division of Aquatic Resources — all provided manpower for events throughout the Ala Wai Watershed area.

Earth Day is held each year to increase awareness and broaden support for ongoing education and other efforts, and to build partnerships and grassroots involvement to cleanup the Ala Wai watershed year-round.

Earth Day was first established March 21, 1970, as an annual event to deepen reverence and care for life on our planet.

## Students get hands-on education from DPW



**Photos by John Reese** | U.S. Army Garrison, Hawaii, Public Affairs

Students measure the differences in amps between compact fluorescent lamp and incandescent bulbs.

**JOE FEIND**  
Resource Efficiency Manager, Tetra Tech, Directorate of Public Works

Elementary school children seized the opportunity to celebrate Earth Day 2007 the day after Earth Day with an energy awareness "show & tell" event at Schofield Barracks' Bennett Youth Activity Center, April 23.

Keith Yamanaka and Joe Feind, both with the Directorate of Public Works Utilities division, gave presentations to the children. Bonnie Griffith and Jennifer Lopez from Army Hawaii Family Housing also assisted.

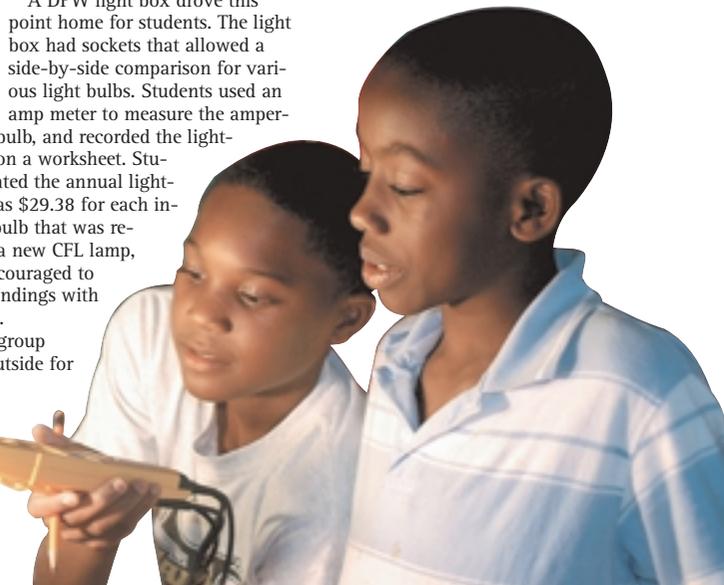
Students watched a short video on the environment and learned that to help reduce green-

Replacing old incandescent light bulbs with new CFL lamps is good for the environment and your wallet. Also, remember the ultimate energy saver: if you are not using it turn it off.

house gases and improve the global warming situation, we each need to go on a carbon dioxide diet. For example, replacing a 12-year-old refrigerator with a new Energy Star fridge prevents 1,000 pounds of carbon dioxide from entering the atmosphere. Similarly, trading a 100-watt incandescent light bulb for a new 23-watt compact fluorescent lamp or CFL, prevents 260 pounds of carbon dioxide from entering the atmosphere.

A DPW light box drove this point home for students. The light box had sockets that allowed a side-by-side comparison for various light bulbs. Students used an amp meter to measure the amper-

demonstration. A small model car was used to show how the sun's energy can be directly harnessed to power a vehicle. A photovoltaic, or PV, panel connected to an electric motor, which powered the car. The clear skies allowed the students to play catch with the car sending it back and forth across the youth center's courtyard.



age of each bulb, and recorded the lighting savings on a worksheet. Students calculated the annual lighting savings as \$29.38 for each incandescent bulb that was replaced with a new CFL lamp, and were encouraged to share their findings with their parents.

Later, the group proceeded outside for the solar car

Below — Students measure the amps of a light bulb on a DPW light box during an energy awareness "show and tell" event at the Bennett Youth Activity Center, Monday.

# MWR Briefs

Serving America's Army in Hawaii

## 27 / Today

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

Cost is \$39.95 per person. Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or more information.

**Blue Star Preview Night** — A Special Blue Star Card Preview of Grease will be held May 9 at Richardson Theatre, Fort Shafter. Enjoy free appetizers, transportation and child care. Register by April 27 with the Leisure Activities Office, 655-0111 or 655-0112. Register today because space is limited.

## 28 / Saturday

**Blue Star Beach Day** — Blue Star Card holders are invited to a Beach Day at Piliiaau Army Recreation Center, April 28 from 10:30 a.m.–3 p.m.

Enjoy lunch on the lanai overlooking the leeward coast, and enjoy the sun, sand and surf for the afternoon.

Transportation will be provided and cost is \$6, including lunch. Call 438-3785.

# May

## 4 / Friday

**Books R Fun** — Bring your family and friends and come enjoy Books R Fun, May 4, 8 a.m.–2 p.m. at Tropics on Schofield Barracks. There will be “tons” of new books and many fun kids’ products for sale. Call 655-0002.

## 5 / Saturday

**Keiki Crafts** — Make mom a framed photo at the Schofield Barracks Arts & Crafts Center, May 5, 10 a.m.–11:30 a.m. Call 655-4202 to register.

**Teen Social** — Join friends for an evening of fun at the Schofield Barracks Teen Center from 7-9:30 p.m. Listen to music and dance, play games or participate in contests. Admission is \$3 for members and \$4 for nonmembers. Call 655-0451.

## 9 / Wednesday

**Oogles n Googles** — Preschoolers,



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

## A little kokua

WAIKIKI — As part of Earth Day 2007, Jack Johnson plays for a sold-out crowd during the two-day Kokua Festival, April 21–22, which brought together musicians, artists and eco-friendly businesses to encourage environmental education in Hawaii.

come join the fun when Oogles n Googles present “Traffic Safety” at Schofield’s Sgt. Yano Library, May 9, 10 a.m. This program will provide preschoolers ages 3–5 an exciting adventure full of jumping, dancing, singing, laughing and learning. Call 655-8002.

## 10 / Thursday

**Grease** — Get your tickets today for the Army Community Theater musical “Grease.” Performances will be held at Richardson Theatre, Fort Shafter, May 10, 11, 12, 18, 19, 25 and 26. Tickets are available at the box office, Monday–Friday, 10 a.m.–2 p.m., or online at [www.square-one.org/ACT/tickets.html](http://www.square-one.org/ACT/tickets.html). Call 438-4480.

# Ongoing

**New Pau Hana “Social Hour”** — Gather all of your friends and come to Kolekole Bar & Grill on Schofield Barracks, 4:30–5:30 p.m. for the new Pau Hana Social Hour. Receive half off your favorite appetizers. Call 655-4466.

awaii.com or call 655-4227.

## 5 / Saturday

**Delta Sigma Theta Step Show** — Register now for the May 5 step show “Do the red thing to support the fight against AIDS in Africa,” sponsored by the Hawaii Alumnae Chapter of Delta Sigma Theta Sorority, at the Hickam Air Force Base Enlisted Club from 6–12 p.m.

Ticket cost is \$30. Call Barbara Jackson at 343-2145 or e-mail [bjackson005@hawaii.rr.com](mailto:bjackson005@hawaii.rr.com) for more details.

**Cinco de Mayo** — Celebrate Cinco de Mayo at Honolulu’s biggest waterfront party in town with live entertainment on multiple stages. Aloha Tower Marketplace presents its 4th annual Cinco de Mayo, May 5 beginning at 4 p.m. Admission is free.

Festivities will include live local and Mexican music, tons of free party beads while supplies last, three amigos, free salsa lessons, mariachis, and much more at center stage.

Many Marketplace concessions will offer discount foods and beverages. Aloha Tower Marketplace offers validated self and valet parking. Call 566-2337 or visit [www.alohatower.com](http://www.alohatower.com).

**Plantation Days** — Hawaii Plantation Village (HPV) will relive its plantation days when it celebrates “Festival of Flowers,” Saturday, May 5 from 10 a.m.–2 p.m. The festival will pay tribute to Hawaii’s multicultural society.

The entire family will love this event, chockfull of games, activities, make & take crafts and “party food” tastings, courtesy of volunteers and students from Waipahu High School’s Culinary Arts Class.

Admission is \$4, kamaaina and military; \$7 general admission; and free for children under 12, as well as HPV members. Ample and free parking will be available. HPV is located near the old sugar mill in historic Waipahu town, at 94-695 Waipahu Street, Waipahu. Call 677-0110 or visit [www.hawaiiplantationvillage.org](http://www.hawaiiplantationvillage.org).

## 6 / Sunday

**Dance Workshop** — The IONA Contemporary Dance Theatre will offer a dance

**New MWR Calendar Feature** — Visit the Morale, Welfare and Recreation Web site, [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com), and check out the new calendar feature, which allows users to view the calendar by day, week or month, in a list or tabular format.

Other features allow users to search for events, receive event reminders or notifications of event changes by e-mail or text message, as well as download event info, e-mail event information to friends, and import events to a calendar.

**Leilehua Students** — Looking for an air conditioned ride from high school? The Schofield Barracks Teen Center offers students rides from high school straight to the teen center at no cost for all registered teens. Limited seats are available, and a waiver form is required. Call 655-0451.

**SKIES Driver Education** — Learn to drive with Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) at Valentine’s Driving School, Schofield Barracks. The session is taught by qualified instructors and includes 32 hours of classroom instruction and six hours of behind-the-wheel instruction.

workshop May 6–27, with classes taught by an award-winning choreographer. The workshop will be held at the YWCA Sundays from 1–4p.m. The fee is \$200.

Classes are open to all levels; however, space is limited. Call 262-0110 or e-mail [info@iona360.com](mailto:info@iona360.com) to make reservations.

## 9 / Wednesday

**Food Distribution** — The Armed Services YMCA will be distributing free bags of canned and packaged food to income-qualified families May 9 at the Wheeler ASYMC from 8 a.m.–1 p.m. Call 624-5645.

**Craft Fair** — The Hawaii United Okinawa Association presents its Evening Spring Craft Fair, May 9, 5:30–9 p.m. at the Hawaii Okinawa Center, 94-587 Ukeke St., Waipio Gentry Business Park.

You’re invited to shop for handmade crafts, jewelry, clothing and special treats in air-conditioned comfort.

Don’t miss out on the silent auction, door prizes, food and free entertainment at this free event with plenty of free parking, too. Call 676-5400 or visit [www.huoa.org](http://www.huoa.org).

## 19 / Saturday

**Oh Baby!** — The 10th annual “New Baby Expo,” Hawaii’s largest prenatal to preschool exposition will return to the Neal S. Blaisdell Center exhibition hall, May 19–20, from 10 a.m.–5 p.m.

The weekend event will feature more than 150 exhibitors who will be offering guests the latest news, product information and services. Also, catch several special events and activities, including “Hawaii’s Largest Baby Shower,” a baby crawling contest, a children’s activity area, and a demonstration area where speakers and experts will share advice on prenatal through preschool topics.

Tickets are \$4.50 for general admission and may be purchased at the box office.

## 23 / Wednesday

**Kids in the Kitchen** — Preschoolers and their parents are invited to join the Armed Services YMCA and make “Octo-Dogs & Shells,” May 23 at 10:30 a.m. to make “Happy Ice Cream Mice.” Cost is \$3 per child. Preregister at 624-5645.

The fee is \$295 and must be paid at the time of registration. Call 655-9818.

**“Paint It & Take It”** — Ceramic parties offer a unique way to celebrate get-togethers, coffees, children’s birthday parties, showers or any occasion.

Your Arts and Crafts Center provides a varied selection of ceramic bisqueware to paint and take home. Call Schofield Barracks (655-6330) or Fort Shafter (438-1315).

**Salvage Yard Auto Sales** — Fort Shafter and Schofield Barracks Salvage Yards will be sponsoring sealed bid auto sales twice a month.

Bidding will end on the first and third Saturdays of each month, and the highest bidder will be notified the following day.

A minimum bid will be marked on each auto that is for sale. Call Schofield Barracks at 655-9368 or Fort Shafter, 438-9402.

**Tropic Lightning** — Enjoy a fast and hot lunch buffet, Monday–Friday, from 11 a.m.–2 p.m. at Kolekole Bar & Grill. Cost is \$8.95 per person. Call 655-4466.

**Family Child Care** — Individuals interested in caring for children in their home should inquire with the CYS Family Child Care Program. Benefits include free training, additional income and flexible hours.

Call the AMR Family Child Care office at 837-0236, or the Schofield Barracks Family Child Care office at 655-8373.

**Information, Ticketing and Registration (ITR)** — Looking for tickets to area attractions? We’ve got your tickets to paradise.

Visit the ITR offices located on Schofield Barracks and Fort Shafter for a variety of tickets to luaus, cruises, whale watching adventures, Hawaiian Water Park, Sea Life Park, movie tickets, inter-island packages and much more.

Call the Schofield Barracks ITR at 655-9971, the Fort Shafter ITR at 438-1985, or log onto [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com). Click on ITR Ticketing and Registration for a full list of discounts at the various attractions.

**SKIES Movement Center** — Do you have a love for the performing arts? If so, classes that feature creativity, cooperation, confidence and more are available at the SKIES movement center for \$33 per month or \$99 per semester. Call 655-9818.

**Newcomers** — New to Hawaii? Come join the fun at the Army Community Service (ACS) weekly orientation workshop. Learn about community resources and Hawaiian culture.

Workshops are held every Tuesday, from 8:15 a.m.–2:30 p.m. at the Schofield ACS. Free child care is provided from 8:30 a.m.–2:30 p.m. for children enrolled in CYS. Call 655-5314 to register for child care and 655-4227 to register for the class.

# Ongoing

**Keiki Tuesday** — Kid-friendly entertainers including Chris da Clown, Aloha Clowns, Stevo the Clown, and Mad Science of Hawaii will delight the whole family at free celebrations every Tuesday at Uptown Center Court, Pearlridge Mall from 10:30 a.m.–noon. Bring the keiki for crafts, balloons, storytelling, face painting, silly songs and more.

Also, filled Keiki Tuesday’s big brother, a fun-filled evening adventure for families with school-age children each Tuesday evening. Chess classes are also held each Tuesday, teaching the intricacies of this popular family activity from 6–8 p.m.

**Hawaii Theater** — Docent-led tours of the renovated historic Hawaii Theatre are provided Tuesdays at 11 a.m. Cost is \$5. Call 791-1305.

**Oklahoma Degrees** — The University of Oklahoma (OU) is now accepting applications and registration for its summer term. OU is proud to offer a Master of Arts in Managerial Economics on Hickam Air Force Base. Its nonthesis program can be completed in about 18 months.

Contact OU at 449-6364, at [aphickam@ou.edu](mailto:aphickam@ou.edu), or visit [www.goou.edu](http://www.goou.edu).

**CLEP & DANTES Exams** — Hawaii Pacific University, in partnership with military education centers on Oahu, offers military students the opportunity to earn college credit through electronic computer-based testing. E-based exams are free to all active duty service members, reservists and National Guard members. Active duty family members, military retirees and Defense civilians are also eligible to take the exams for a nominal charge of \$80.

A total of 37 exams are free to anyone who is funded for CLEP exams, \$90 for active duty family members, retirees and Defense civilians. Testing locations and times subject to change: Schofield Barracks, Tuesday & Friday; Tripler Education Center, Friday.

To schedule an exam, e-mail the date,

**SEE COMMUNITY CALENDAR, B-3**

# Worship Services

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

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

**Fort DeRussy Chapel, 836-4599**

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

**Fort Shafter Chapel, 836-4599**

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

**Helemano (HMR) Chapel**

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

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

*\* (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)*

- Catholic Sunday, 9 a.m.—CCD & RCIA Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

**MPC Annex, Building 791**

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

**Soldiers Chapel**

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

**Tripler AMC Chapel, 433-5727**

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

**Wheeler Chapel**

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

# community Calendar

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

## 27 / Today

**HPU Online Terms** — Registration is underway now for the June 4–July 6 online spring/summer term at Hawaii Pacific University. This special five-week online summer term complements regular summer interim term offerings in justice administration, political science and business fields.

The HPU spouse scholarship program can be used to subsidize the cost of tuition. Call HPU at the base education center, 422-0079, or visit [www.hpu.edu/military](http://www.hpu.edu/military).

## 28 / Saturday

**Distinctive Women** — Cultural practitioners and community history presenters will examine the lives of women in Hawaiian history, April 28, 9 a.m.–5 p.m. Presented by the Friends of Iolani Palace, this free event will be held at Mission Memorial Auditorium, 550 South King St. Visit [www.iolanipalace.org/events](http://www.iolanipalace.org/events) for registration info.

# May

## 4 / Friday

**Employment Orientation** — Kick start your job search in Hawaii. Attend this free Army Community Service (ACS) employment orientation and get employment information on federal, state, private sector and staffing agencies. Also, review reference materials, job listings, computers and more, available for use at the ACS Employment Resource Center.

Workshops will be held May 4, 9–10:30 a.m. at ACS, Schofield, and May 7, 1–2:30 p.m. at the Fort Shafter Outreach Center. Register on line at [www.mwrarmyh](http://www.mwrarmyh)

# This Week at the MOVIES Sgt. Smith Theater



**Premonition**  
(PG-13)

Friday, 7 p.m.  
Thursday, 7 p.m.



**Dead Silence**  
(R)

Saturday, 7 p.m.



**Bridge To Terabithia**  
(PG)

Sunday, 2 p.m.



**I Think I Love My Wife**  
(R)

Wednesday, 7 p.m.

# Program provides resources for exceptional families

Part Four in a four-part series on raising children in a safe environment: *"It takes a community ..."*

## Army Community Service Exceptional Family Member Program ensures families receive community support

**JEREMY S. BUDDEMEIER**  
Editor

Raising a child is a full-time job. Raising a special needs child without access to the available resources can become a grueling, full-time job.

Five months ago, Carmen Ortiz found herself in this predicament.

"I was about to pull my hair out," said Ortiz, who had just moved to the island after her husband was activated from the reserves.

After weeks of frantically trying to find assistance for her special-needs son, Ortiz just happened to be in the Army Community Service building when she overheard Jane Bruns discussing issues similar to hers with another family member.

Bruns, who manages the Exceptional Family Member Program, or EFMP, began the process of connecting Ortiz with resources at ACS and in the community.

To be enrolled in the program, a family member must have chronic mental health or special educational needs — anything that requires ongoing care from a specialist, Bruns said. As of last month, 3,600 Army exceptional family members, including children and adults, were enrolled in the program on the island.

The term "special needs" can refer to variety of con-

ditions, such as autism, diabetes, multiple sclerosis, deafness and Attention Deficit Hyperactivity Disorder. Bruns said the majority of special needs family members on the island have asthma or are bipolar.

"[Caring for an exceptional family member] drains a family so much. It's 24/7 care a lot of times and causes additional stress within the household," Bruns said.

Ortiz is familiar with the additional stress Bruns mentioned.

"The most taxing thing is there's a lot of redirection. I tell him to go read a book and he'll find 10 oth-

er things," she said of her 3-year-old son.

"He doesn't like change, it has to be the same routine all the time," Ortiz continued. "You gotta have breakfast the same way."

Ortiz's son is diagnosed with Pervasive Development Disorder (PDD), which falls on the autism spectrum of behavioral classifications. Individuals with PDD experience a delay in the development of socialization and communication skills, and exhibit behaviors such as not making eye contact, having dif-

ficulty with changes in routine, and repeatedly playing with the same toy.

However, diagnosing special needs can prove as challenging as finding resources and assistance.

"That was the hardest part [getting her son diagnosed], because if you were to meet him, nothing about his behavior would give it away," Ortiz said. Speech and occupational therapists from Solomon Elementary School and Tripler Army Medical Center conducted separate evaluations of Ortiz's son, and the "results were completely opposite," Ortiz said.

Tripler's specialists diagnosed Ortiz's son as "highly functioning with PDD," and insisted he warranted special needs assistance.

The diagnosis enabled Ortiz to enroll her son in a special-needs class at Solomon, which she felt had the best intervention program.

In addition to coordinating with school programs, EFMP connects parents like Ortiz with resources such as Child and Youth Services and the housing office, if the family needs a house without stairs or requires handrails in the bathroom.

Also, the program offers support groups and hosts monthly events, such as trips to the bowling alley and pool parties.

**"EFMP has given me tools to move forward and made me aware of resources available. If I don't fight for [my son], who is going to?"**

— CARMEN ORTIZ, FAMILY MEMBER

"There is strength in being able to be with others

**"There is strength in being able to be with others going through the same situation."**



— JANE BRUNS, EXCEPTIONAL FAMILY MEMBER PROGRAM MANAGER

The Exceptional Family Member Program offers a special needs support group, which is not need specific, the fourth Tuesday of every month at 1 p.m., Schofield Barracks'

Army Community Service Building 2091. In addition, pool parties are planned for June and August, and bowling alley outings will be held in May, July and September.

For details, call Jane Bruns at 655-4777.

going through the same situation," Bruns said. "The objective is to offer relaxed atmosphere for exceptional families to come and interact ... to give folks a chance to relax."

Besides social activities, EFMP also provides respite care to give family members a much-needed break to take care of themselves, which is a huge issue since the recent deployment extension, Bruns said. Respite care can include paying for child care services, if appropriate, or funding additional care by an in-home provider.

Though Ortiz has not used respite care, she has developed her own way of recharging her batteries.

"In the beginning, I was stressed out, losing sleep," she said. "Really, the only way to get a break is when [the children are] both in school ... and have a little peace at the supermarket."

"It's the little things that someone who doesn't have kids takes for granted," she said.

## Community Calendar

From B-2

time and exam you want to take to hpu\_clep@hpu.edu. Call or e-mail Dave Terry, 422-0204, dterry@hpu.edu.

**Making a Difference** — Do you know the difference between unrestricted and restricted reporting of sexual assault? You don't have to be afraid; you can stand up against sexual assault and make a difference.

Look for ribbons and bracelets that will be handed out at multiple locations during the month of April to promote sexu-

al assault awareness. Help stop sexual assault.

If you or anyone that you know has been sexually assaulted, contact the 24/7 victim advocate hotline at 624-SAFE (624-7233). Call the Sexual Assault Response coordinator at 655-1718.

**Food For Families** — The Armed Services YMCA accepts donations of non-perishable items to replenish its food pantry. Its emergency food locker is available to families experiencing financial difficulty who could use extra assistance. Supplies of canned goods, frozen food, dry goods and personal care items are accepted. Call 624-5645.

**Waikiki Aquarium** — The sea-curious are invited to get up close and per-

sonal with some of the ocean's most incredible creatures during the Aquarium's spring schedule of education programs and events.

Mondays, 4:15-6 p.m., catch "Marine Munchies." It's fresh, it's salty and it's new to the Aquarium, a smorgasbord of aquatic nutrition as visitors learn who eats what in the wild. Minimum age is 5 years; youngsters must be accompanied by an adult. Cost is \$16/adult, \$12/child (\$20/\$15 for non-members).

**Info Booth** — Mondays in April, stop by the information booth and give to the clothing drive — activities promoting the Sexual Assault Prevention and Response Program at Schofield Barracks, to be positioned at the Schofield post exchange from noon-3 p.m.

Donations of unisex clothing, hygiene products and undergarments will be provided to the Windward Shelter.

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

- Mondays at Wheeler ASYMCA
  - Tuesdays at Helemano Community Center & Iroquois Elementary School
  - Wednesdays at Wheeler & Iroquois
  - Thursdays at Helemano & Iroquois
  - Fridays at Wheeler & Iroquois
- There will be no Playmorning May 28 (Memorial Day).

**Waiting Children** — The Children's Waiting Room, sponsored by the Armed Services YMCA, provides on-site child care for healthy children while their parents or siblings have medical appointments in any of the Schofield Clinics or at the Tripler Medical Center.

The operating hours of the Schofield Children's Waiting Room are Monday-Friday, 8 a.m.-noon. The service is located inside the Pediatrics Clinic in Building 680, Schofield Barracks. Call 624-5645 for appointments.

The Tripler Children's Waiting Room is open Mondays, Tuesdays and Thursdays from 8 a.m.-noon, and is located next to Pediatrics in the Well Baby Waiting Room on the fourth floor. Call 833-1185.



Above — Jan Nakamura, Natural Resources field technician, carries more than her share of supplies downhill, as Earth Day volunteers hike to weed whack sites in Kahanahaiki Gulch, Saturday.



Susan Ching, Natural Resource technician, pours pesticide into an applicator bottle.



Susan Ching, left, displays one of the rare plants the Natural Resource staff cultivates.

# Weed whack: Volunteers trim invasive species out of the valley

CONTINUED FROM B-1

with, or even eliminating, native species. Armed with this knowledge, the volunteers were spurred on, witnessing first-hand how invasive, invasive species really are. At first glance, the task seemed overwhelming. The invasive “weeds” were seemingly everywhere. Kahale Pali, one of the field technicians, put it in local terms: “If can, can. If no can, no can.” The group split up, one half focusing on the immediate area, while the other moved to an area that overlooked part of Makua Valley. Along the overlook, volunteers captured the view they had been waiting for, a birds-eye view of Makua Valley. Somewhere in the group, a woman whispered under her breath, “What an honor to be up here.” Many understood the sentiment. “The views were excellent. I would say that was probably the best sort of payoff ... being in the back of Makua,” said volunteer Alikea Campbell. As the day moved on, hands continued to chop and

pull. People laughed, talked story and shared food. Sons worked along fathers, husbands worked along wives, and everyone worked as a group. “It was both a mix of education and getting some work done,” Ching said. “When you see pictures of the valley, it’s just grass at the bottom...but there really are quite a few nice pockets of really neat, native intact forests that we’re trying to preserve and protect. It’s worth it,” she added.

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For those who missed being part of the Earth Day “21,” the opportunity to contribute to is still there. Just send Ching an email ([susan.ching@us.army.mil](mailto:susan.ching@us.army.mil)) asking to be added to her volunteer list. At the beginning of each month a new schedule for volunteer activities comes out, and help is always welcomed.



Volunteers Joel Narusawa and his wife, Lily, work as a team to weed out invasive species.

# Treatment readily available to aid struggles with alcohol

Department of Defense multimedia campaign revs efforts to lessen excessive drinking

**BRIAN P. SMITH**  
TriWest Healthcare Alliance

As part of a proactive outreach campaign, the Department of Defense launched "That Guy," a multimedia campaign with the goal of reducing excessive drinking among service men and women, with a campaign reminder, "Don't be 'that guy' (or gal)!"

Although "that guy" is the butt of many jokes, the effects of alcohol — particularly prolonged abuse — can have a significant impact on the health and well-being of service members and those who love them.

In fact, more than 16,000 active duty service members volunteered to complete a Pentagon survey. The results, which were released earlier this year, showed that 44.5 percent of respondents participated in "binge drinking," up from 41.8 percent in 2002.

Results also indicated higher rates of heavy alcohol, cigarette and illicit drug use among those deployed from 2002 to 2005 than those who did not deploy. The survey was the ninth in a series of similar surveys administered by the Pentagon about health-related behaviors of active duty military.

"Alcohol abuse is common among service members returning from combat duty who try to self-medicate in hopes of relieving such symptoms as difficulty sleeping, irritability or anxiety — all common side effects of combat stress," said Dr. Blake Chaffee, vice



Alcohol abuse impacts more than the person with the drinking problem. If you or someone you know needs help, Call TriWest's Behavioral Health Crisis Line, anytime at 1-866-284-3743.

president of Integrated Health Care Services for TriWest Healthcare Alliance. However, "if left untreated, their problems can get significantly worse," he said. TriWest manages access to Tricare services and providers throughout Tricare's 21-state West Region.

## Help is always available

Regardless of the reason for alcohol abuse, help is always available. Tricare-eligible service members and their family members are eligible to receive care at

Military Treatment Facilities (MTFs) and Tricare -network behavioral health providers. In fact, eligible family members may attend up to eight behavioral health outpatient visits each fiscal year (Oct. 1-Sept.30) without a referral.

A printable brochure with an overview of Tricare-covered behavioral health care benefits and treatment options is available online at [www.triwest.com](http://www.triwest.com). Select "Beneficiary Services," then click on "Handbooks, Brochures and Flyers," and select Tricare Behavioral Health Care Services from the drop-down.

TriWest also offers a Behavioral Health Portal at [www.triwest.com](http://www.triwest.com), with an interactive map of resources by state, a variety of self-help options and answers to frequently asked questions. To access the portal from [www.triwest.com](http://www.triwest.com), select "Behavioral Health" from the left navigation menu.

TriWest's Behavioral Health Crisis Line is also staffed by clinicians 24 hours a day, 7 days a week, at 1-866-284-3743. Family members are invited to use these resources as well if they feel there might be a problem. But, remember, if there is an emergency, always call 911.

## Additional resources

The following Web sites provide more assistance:

- Tricare ([www.tricare.mil](http://www.tricare.mil))
- Military OneSource ([www.militaryonesource.com](http://www.militaryonesource.com))
- National Council on Alcoholism and Drug Dependence ([www.ncadd.org](http://www.ncadd.org))
- U.S. Department of Health and Human Services ([ncadi.samhsa.gov](http://ncadi.samhsa.gov)).

# Revamped Force Health Protection & Readiness site promotes "Fit Force"

**TRICARE MANAGEMENT ACTIVITY**  
News Release

FALLS CHURCH, Va. — Service members, DoD leadership, and health care planners and providers are among those who benefit from the launch of a revamped Force Health Protection and Readiness (FHP&R) Web site at <http://fhp.osd.mil>. Deputy Assistant Secretary for Force Health Protection & Readiness Ellen P. Embrey announced the launch effective April 19.

"The site enhances communication regarding the health and well-being of our service members and their families," said Embrey. "There is a wealth of information to promote and sustain a healthy and fit force, safeguard the health and well-being of serv-

ice members and their families, prevent injuries and illness and protect the force from health hazards, as well as sustain world-class medical and rehabilitative care to the sick and injured anywhere in the world."

In response to feedback from users and focus groups, the new design and organization is more logical, comprehensive, and easy to use.

"It contains all the same information previously found on DeploymentLink and its sub sites," continued Embrey, "but in a revitalized presentation that will enable users to search and find, leading them to the answers they seek."

A survey on the new site allows users to offer feedback. In addition, the Web site mirrors FHP&R capability areas:

Quality Assurance & Customer Support provides customer focus, Force Health Protection & Readiness quality assurance and strategic support for the FHP&R Office, collaborating with Veterans Affairs and National Military and Veterans Service Organizations.

Deployment Technologies & Support Programs supports research and development of systems that electronically document medical treatment in-theater.

Force Readiness & Health Assurance develops policies and programs that optimize and protect the health and safety of DoD personnel during all phases of deployment. In response to the National Defense Authorization Act for fiscal year 2005, DoD posted its health assessment policies, procedures and documents on the DeploymentLink Web site, now found at <http://fhp.osd.mil/ha-pg.jsp>.

Health Sciences & Force Optimization develops policy for, and oversees health research and clinical investigations conducted under, the Defense Health Program; the Component Clinical Investigation Programs; Congressionally Directed Medical Research Program; and the USD (P&R) Human Research Protection Program.

Global Civil-Military Medicine focuses on Force Health Protection on a global and civil level, including national disaster preparation and planning, pandemic influenza, coalition and nonbeneficiary health benefits, and international medicine.

Operational Medicine & Medical Force Readiness develops the ability to maintain medical readiness and project the continuum of health care resources required to provide for the health of the force.



## May

### 5 / Saturday

**Pepsi MLB Pitch, Hit & Run** — Show off your baseball skills in this free program for youngsters ages 7–14. Youngsters get the opportunity to showcase their pitching, hitting and running abilities.

Sign up is at the Aliamanu baseball fields, May 5, 10 a.m.–1 p.m. Call 836-1923 or 655-6465.

**Ladies Golf Clinic** — Ladies, sharpen those golfing skills at a free golf clinic. The clinic will be held May 5 at the Leilehua Golf Course located outside the Wheeler Army Air Field front gate.

This clinic will last for one hour and will begin promptly at 2:20 p.m. All required equipment will be provided to participants and advance reservations are recommended. For more details or to reserve a space, call 655-4653.

### 6 / Sunday

**Bowling Tournament** — A “5 Game, No Tap” tournament will be held at the Schofield Bowling Center, May 6. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

### 15 / Wednesday

**Exercise Bike** — Enter the Lifetime Sports & Recreation Pursuit to win a brand new Life Fitness Lifecycle Exercise Bike, valued at \$999. This scavenger hunt contest is open to all active duty Soldiers and their family members age 16 and older. Only one entry is available per person.

Enter at the Fort Shafter Physical Fitness Center or the Schofield Barracks Health and Fitness Center. Deadline for entries is May 15. The drawing will be held during National Fitness Month in May.

The winner must be on island. Call 655-0111/0112.

## Ongoing

**Karate Classes** — Hawaii Okinawa Karate Do Shodukan classes are offered at the Fort Shafter Physical Fitness Center, Thursdays from 6–7:45 p.m. and Saturdays from 1–2:45 p.m.

Karate helps develop character, confi-

dence, health, and self-discipline. Contact instructor Joseph Bunch at 488-6372.

**Mizuno Club Fitting** — Make an appointment with Professional Golfers Association member Lou Merkle to schedule custom fitting of your golf clubs or to schedule individual lessons to improve your game. Call 438-9587.

**Scuba Classes** — Scuba class provides individuals with an opportunity to earn their PADI certification during two weekends for only \$175.

Instruction is held Saturdays and Sundays at various locations, depending on class content and skills being taught. Call 655-0143.

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

Classes are held at various times on Tuesdays, Wednesdays and Thursdays. Call the Schofield Barracks Health and Fitness Center at 655-8007.

**Leilehua Golf** — The golf driving range at the Leilehua Golf Courses is open weekdays until 9:30 p.m. Call 655-4653.



Spc. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

## Shaka run

KIRKUK, Iraq — Soldiers of 3rd Battalion, 7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team, participate in a battalion run at Forward Operating Base Warrior here, April 21.



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

## April

### 28 / Saturday

**K-1 World Grand Prix 2007** — The Grand Prix comes back to Hawaiian shores April 28 at the Neal S. Blaisdell Arena. Started in 1993, K-1 is a contact martial arts sporting event that has reinvigorated an interest in the martial arts.

Unlike Super Brawl or other new types of fighting events, K-1 is martial arts-based sport that allows contenders from various martial arts disciplines to compete. A fighter that physically outmatches his opponent can be knocked out with a single kick or punch.

Tickets, available through Ticketmas-

ter, begin at \$40; doors will open at 5 p.m. Call 946-1988.

### 29 / Sunday

**Hike Oahu** — Come join the Hawaiian Trail & Mountain Club on its next hike: a nice intermediate-level trek through lush native forest, a waterfall lunch spot, slippery stream crossings, good company, native birds and oopu swimming in cool mountain water. Call coordinator Doug Kein, 235-8330, for more details.

Stay tuned for these adventures:

-May 5, 8 a.m., a 4-miler in Ulupaina for intermediate hikers.

-May 13, 8 a.m., a 5-miler in Kuolani-Waianu for intermediate hikers.

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

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

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms,

pets, radios and other audio devices are prohibited on all hikes. Visit <http://htmlclub.org>.

## May

### 4 / Friday

**Hunter Education Courses** — The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, survival and first aid, game care, and more.

The free, two-day classes are held Fridays and Saturdays: May 4 & 5, 11 & 12, and 18 & 19. Class runs from 5:45–10 p.m., Friday, then from 7:45 a.m.–4 p.m., Saturday. They are family-friendly and open to anyone age 10 years and older.

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

### 12 / Saturday

**Keiki Rodeo** — Mark your calendar

for the 4th Annual Special Keiki Rodeo & Horsemanship Competition, May 12 at the Waimanalo Polo Field. Activities will get underway at 10 a.m. with classic rodeo events such as Barrel Racing and Pole Riding, plus events tailored to the special needs riders.

Enjoy free pony rides and a petting zoo throughout the day, as well as shaved ice, ono food, event T-shirts and more at this free event. Call Dana Vennen, 342-9036, for more details.

### 20 / Sunday

**Volksmarch** — Menehune Marchers are sponsoring a 10K Kokohead Crater Botanical Garden and Sandy Beach volksmarch, or walk, May 20. This walk will start at the Makapuu end of Sandy Beach Park on Kalaniana'ole Highway at 8 a.m. It should finish by noon. Cost is \$3; call Marsha at 395-9724.

## Ongoing

**Take Off Pounds Sensibly** — The T.O.P.S support group meets every Thurs-

day evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

**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.

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

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

The baseball/softball season is coming up in early May, so officiating classes are underway. Practice with field mechanics is also scheduled. Call Larry Cravalho at 780-4099 or 455-4575.