

## INSIDE

# Civilian Aides join 'One Team'

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

FORT DERUSSY – Hundreds of well-wishers gathered at the Hawaii Army Museum here, March 27, to welcome five new Civilian Aides to the Secretary of the Army (CASA) during an investiture ceremony.

The new CASAs were sworn into office on behalf of the Secretary of the Army Pete Geren by Lt. Gen. Benjamin R. Mixon, commanding general of U.S. Army, Pacific.

Formally invested were Rick Morrison, Alaska-South; Mapu Jamias, American Samoa; David Mair, Guam; Allen Hoe, east Oahu, and the islands of Maui, Lanai, and Kahoolawe; and Peter Apo, west Oahu and the island of Kauai.

CASAs were selected because of their strong ties to their local and regional civilian communities, to help tell the Army story to their peers in the Pacific, while also advising top Army leaders about local community concerns on Army-related issues.

"In order to protect our vital national interests in the Pacific and remain prepared to meet the challenges of the future will require teamwork, from all elements of the command," Mixon said. "It requires a 'One Team' effort which is now greatly enhanced by our newly invested CASAs."

Apo and Hoe will join three other CASAs from Hawaii and will serve as liaisons between the Army and the communities they represent. Apo is a consultant on cultural tourism and former state representative.

"At the age of three ... my first experience in understanding the need for military was the bombing of Pearl Harbor, as we were ushered



Staff Sgt. Crista Yazzie | U.S. Army, Pacific, Public Affairs

Lt. Gen. Benjamin R. Mixon, commanding general, U.S. Army, Pacific, congratulates Alan Hoe, Civilian Aide to the Secretary of the Army (CASA) for East Oahu, Molokai, Maui, Lanai and Koolawe.

across the street, to Kahuumanu Schools, to a series of bunkers, bomb shelters that were there," Apo said.

Allen Hoe is a Honolulu attorney and former state judge. He is also the father of 1st Lt. Nainoa Hoe, who was killed in combat in Iraq in January 2005.

Hoe, himself a decorated Vietnam veteran, brought his wife Adele and son Sgt. Nakoa

Hoe to the ceremony.

"On the battlefields of Vietnam we called upon birds, such as the Cobra displayed behind me, to bring us protection, so now I view this opportunity to protect and preserve the young men and women who wear the uniform for us," he said.

SEE CASA, A-6

# 2SCBT Soldier killed in action

25TH INFANTRY DIVISION  
PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS – The Department of Defense announced Friday the death of a Soldier who was supporting Operation Iraqi Freedom.

Spc. Gregory B. Rundell, 21, of Ramsey, Minn., died March 26 in Taji, Iraq, of wounds suffered from small arms fire. He was assigned to the 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team.

Rundell joined the Army in August 2005 and was assigned to Schofield Barracks in January 2006.



Rundell



## Stocking up

The "Golden Dragon" Soldiers of 1-14th Inf. Regt. help fortify a police station in Abayachi

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## Down to the wire

Schofield Barracks Tax Center, next to Sgt. Mitchell Theater, will be open Saturday, April 5 & 12, from 9:30 a.m.-3 p.m. Call 655-1040.

See News Briefs, A-5

## Casting call

Join Outdoor Recreation Saturday, April 5, from 11:30 a.m.-4:30 p.m., to learn how ancient Hawaiians fished and lived. Cost is \$10 per person. Call 655-1043.

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## Diving into history

The USS Bowfin gives visitors a glimpse into lives of the "silent service" sailors of World War II

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# 524th CSSB takes steps toward deployment

Aloha Airlines' bankruptcy tests Soldiers' logistical problem-solving skills

Story and Photos by  
SGT. STEPHEN PROCTOR  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – They say practice makes perfect, and in preparation for deployments, Soldiers across the Army spend countless hours honing skills and rehearsing tasks so they can react accordingly if something goes wrong.

Soldiers with 524th Combat Service Support Battalion (CSSB) formed up at 2 a.m., Monday, to begin moving their vehicles to Pearl Harbor's Waipio Point. They loaded the vehicles onto the Army Maj. Gen. Charles P. Gross Logistic Support Vessel 5, which ferried the rolling vehicles to the Big Island's Pohakuloa Training Area (PTA).

PTA gives Soldiers on Oahu a unique opportunity to perform a condensed strategic deployment, which provides them with an advantage over training within their own post, according to Maj. Mark Russell, the 524th CSSB support operations officer.

"We have to get planes, have to do convoy clearances, have to load our stuff on a vessel [and] we actually go somewhere to do our training," he said.

Moving the vehicles to Waipio Point

went smoothly, however, there was a "minor hiccup" with flights, Russell said.

The cancellation of passenger operations by Aloha Airlines created some last-minute work for the logistics personnel, but also provided a valuable training opportunity.

"Our staff now goes into crisis action management," said Russell. "We're going to manage that crisis in the next 24 hours and we're going to get our Soldiers over to do realistic training at PTA."

That training will focus heavily on convoy operations, according to Capt. Jennifer Rader, the 524th Headquarters and Headquarters Company commander.

"We're going to manage that crisis ... to get our Soldiers over to do realistic training at PTA."

Maj. Mark Russell  
Support Operations Officer

"[The Soldiers will] drive convoys, engage targets, identify [improvised explosive devices], react to contact, perform rollover drills ... and a lot of convoy live fires," she said.

SEE 524TH, A-6



Sgt. Brad Willeford | 1st Battalion, 27th Infantry Regiment

## Giving back

CAMP TAJI, Iraq – Staff Sgt. Bruce Hillier, infantryman assigned to B Company, 1st Battalion, 27th Infantry Regiment "Wolfhounds," 2nd Stryker Brigade Combat Team, gives an Iraqi boy candy during a security patrol, March 20. The patrols focus on working with the Iraqi Security Forces to continue improving safety in the Taji Qada, northwest of Baghdad.

# Army cheat-proofs online correspondence course tests

U.S. ARMY TRAINING AND DOCTRINE COMMAND  
PUBLIC AFFAIRS  
Army News Service

FORT MONROE, Va. – The commander of the U.S. Army Training and Doctrine Command (TRADOC), Gen. William S. Wallace, directed TRADOC, which oversees Soldier training and standards, to determine the depth of a possible cheating problem associated with the Army Correspondence Course Program's (ACCP) online testing, recently.

In July 2007, TRADOC became aware that a Web site (shamschool.com) was posting answers to ACCP exams. A subsequent Army investigation determined a Soldier had developed a Web site and posted ACCP exams and answers that could be downloaded by

anyone that visited the site. The Soldier has since been discharged from the Army.

For many years, Army correspondence courses have been a part of the enlisted promotion process. The program is a formal nonresident extension of the TRADOC service schools' curriculum and is used to prepare Soldiers for advancement in their military careers.

Soldiers can receive one promotion point for every five hours of ACCP. The total number of points possible for military education, which includes Army schools and training, is 200.

The number of points a Soldier needs for promotion varies with specialty and needs of the Army. The more courses a Soldier completes, the more points he or she receives to

ward promotion up to the 200-point limit.

The ACCP's final exams represent evaluations of a Soldier's ability to comprehend course material. With the advancement of the Internet and communications and information-sharing technology, both military and civilian online testing became vulnerable to countermeasures that had once been used to maintain the integrity of the program, specifically the testing phase.

In mid-December of last year, the *Boston Globe* published the results of a five-month investigation into alleged online cheating by Soldiers, asserting that "hundreds of thousands of packages of completed exams had been downloaded by Soldiers over many years."

"Cheating violates our core Army val-

ues," said Wallace in mid-December in response to the article. "The backbone of our Army is our noncommissioned officer corps. Each and every one of them must live the Army values and be leaders of character. The institution depends on them."

After the *Boston Globe* article appeared, Wallace directed a top-down review of ACCP policies and practices and committed nearly \$6 million to overhaul the ACCP, hiring experts and integrating new software. As part of the review, a 12-person panel was formed to find solutions to the cheating problem.

In the overhaul of the testing

SEE TESTS, A-6

## 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 656-3155, 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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## 17 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 4/2/08.

# AHFH supports Earth Day project at Leilehua

ANN M. WHARTON  
Army Hawaii Family Housing

SCHOFIELD BARRACKS — The adage, one man's garbage is another man's treasure, is true. By cleaning out the clutter in and around your home, you can help students at Leilehua High School.

Army Hawaii Family Housing is proud to sponsor Leilehua's annual Aloha 'Aina Earth

Day recycling project and encourages residents to show their support by taking recyclables to the school. Leilehua's recycling day will be held Saturday, April 12, and drop-off of items will be accepted from 8 a.m. to 4 p.m.

The following is a list of items that will be accepted:

- Scrap metal, appliances, auto parts,

metal beams and bicycles

- Newspaper and cardboard
- Beverage containers (plastic, glass and aluminum)
- Useable clothing and household items
- Old tires
- Green waste
- Car batteries, cellular phones and printer cartridges

• Computers (one computer per household or car)

- Confidential documents shredding
- Used cooking oil
- Telephone books.

If you are interested in volunteering at the Leilehua Earth Day project, contact Rene Mansho at rmansho@sch.n.com or 306-1876.

## Drunk driving — sometimes the words 'I'm sorry' are not enough

COL. GARLAND H. WILLIAMS  
Army News Service

FORT BELVOIR — During a recent church service, our chaplain asked us to pray for a Fort Belvoir family whose brother had come to visit. During the brother's stay, he was killed by a drunk driver.

The chaplain's call to prayer encouraged me to think about my own experiences with drunk drivers.

One of my resolutions for the new year is to not get hit again by drunk drivers. That seems an unusual resolution, sure, but my family was affected twice last year by drunk drivers.

In February 2007, a drunk driver leaving the officers club here hit my car which was parked in front of my house.

The driver was so drunk she didn't even know she'd hit anything. She actually tried to drive away. Everybody was lucky there were no injuries as a result of this accident, but that drunk driver caused \$7,000 damage to my car, damaged the axel on her car, and still skidded 75 feet — all in a 15 mph zone. All she could say to me as she was being handcuffed by the military police is "I'm sorry."

Two days after Christmas, my family and I decided to go out to eat for dinner. On our way to the restaurant, the car we traveled in was rear-ended by

a drunk driver.

This time, the damage to my car took second place to the more important results of that accident. My family was had been in the car, and both my children were injured — each had a bad case of whiplash and one had a terrible headache from hitting the ceiling of the car.

The other driver — the drunk driver — blew a .34 on the breathalyzer test. And as with the last drunk driver I had encountered, all she could say to me as she was taken away in handcuffs by the police was "I'm sorry."

I'm sorry but, "I'm sorry" isn't good enough anymore.

This is my fifth command in 27 years of service and I can't tell you how many Article 15s and courts-martial I have been involved in with a charge of driving under the influence.

When are we going to wake up? If you think you can drink and then safely drive, you are wrong — dead wrong.

My heart goes out to the family our chaplain asked us to pray for, and I wish I could find that driver to tell him or her that "I'm sorry" isn't going to bring that gentleman back.

The bottom line is that drinking and driving is dangerous and a dumb idea — so don't do it.



2nd Lt. Joe Stewart | 3rd Squadron, 4th Cavalry Regiment

## Church for nonchurch goes

The Nooma Praise Band leads worship at the first Nooma night, March 26. Nooma is a new Christian ministry that reaches out to Soldiers, ages 18-25, with contemporary songs and relevant teaching. Mark your calendar for the next two Nooma Nights, April 9 & 16.

## Family support tops Army's list

SGT. SARA MOORE  
Army Forces Press Service

WASHINGTON — The Army is doubling its investment in family support programs in the 2009 budget and will use that money to hire support personnel for family readiness groups, improve child care, and expand educational opportunities for spouses and children of troops, the Army secretary said, March 26.

The Army has been building on several years of emphasis on better support for families, Pete Geren told online journalists and "bloggers" during a conference call.

The 2009 budget for family support programs will be \$1.4 billion, up from \$700 million last year. Through traveling to different Army bases and talking with soldiers and spouses, Army leaders have learned that child care and family support are important issues for troops, he said.

"So much of the family support over the years has been based on volunteers, where you have spouses that carry the heaviest burden for family support initiatives," Geren said.

"One deployment, perhaps that works; two deployments, that's starting to be too much to ask;

and three deployments is pushing those volunteers to the breaking point," he said.

To remedy this problem, Geren said, the Army will use its expanded budget to hire full-time support personnel for family readiness groups to help spouses who also have to balance career and family responsibilities. The Army also will hire more staff for child care and youth services, he said.

Another important issue the Army is working on is improving career opportunities for spouses of soldiers as they have to relocate around the country, Geren said. The Army has started the spouse employment partnership, working with industry across the country to provide greater spousal employment opportunities, he said, and the secretaries of defense and labor have entered into a joint venture to expand employment opportunities for military spouses.

Geren added that the Army is seeking to better manage the force so Soldiers and their families face fewer moves throughout their careers, to give spouses more opportunities for education and professional development, and to work with employers to identify more opportunities for Army spouses.

## LIGHTNING SPIRIT

# Negative emotions and words cause irreparable harm in relationships

Sowing good deeds will pay dividends for the entire community

CHAPLAIN (CAPT.) ROY ANDREW HAMILTON

Headquarters and Headquarters Battery, 3rd Battalion, 7th Field Artillery Regiment

A young boy frequently lost his temper with his younger brother, resulting in name calling and other degrading behavior. His father gave him a box of nails and said, "Son, I want you to hammer a nail into our garden fence every time you feel irritated or angry."

Reluctantly, the boy followed his father's advice. On the first day alone, he hammered 37 nails into the fence. Too much work, he thought, so he decided to try and control himself, especially his mouth, when he became angry.

As the days went by, the boy hammered fewer and fewer nails into the fence, and within a week he was able to control his angry outbursts (although his brother still made him angry, as brothers are prone to do). He proudly went to his father, the hammer and empty box of nails in hands.

"Good," the father said. "Now go back to the fence and remove every nail you hammered in." It took a long time, but finally the boy, exhausted, finished the task. Together, the boy and his father stood by the fence.

"What do you see?" the father asked.

"Holes, lots of holes," the boy replied.

"What do you feel?" the father asked.

Carefully, the boy ran his hand over the once-smooth wood. "It's splintered and damaged," he answered.

"Can you fix it?" the father asked.

Puzzled, the boy looked up at his father. "I could try," he said, not wanting to disappoint, "but I doubt the fence will ever look or feel the same again, no matter how hard I try."

"Exactly," the father said, kneeling next to his son. "Every time you say or do things in a state of irritation or anger, you leave marks like these holes on the other person's heart and soul. No matter how you try to take it back or make it up, that person will never be the same."

At times, anger, envy, disappointment, exhaustion and a laundry list of other negative emotions can get the best of us, and can cause us to hurt, and lose the respect of, those with whom we interact on a daily basis.

Many relationships are strained or destroyed because we forget (or perhaps choose) to ignore a simple but profound truth most of us learned in kindergarten: "If you can't say somethin' nice ...

don't say nothin' at all."

Sound familiar? Remember who said it? Bambi. That's right, the little deer from the popular animated Disney movie. He was right, and yet what we say is only a part (albeit an important one) of keeping our relationships working as smoothly as a Lamborghini's well-oiled engine.

Did you know that how you say something can have a greater impact than what you say? Experts say that only 10 percent of our communication is verbal. Thirty percent is communicated by our tone and the other 60 percent — yes, more than half — is communicated via body language.

In other words, 90 percent of what you say to others is judged by the "A" word — your attitude. Think about it, if your sergeant says to you, "Sure, take the day off. In fact, you've been working so hard, why don't you take off the entire week with pay!" However, he says it with a scowl scarier than Mike Tyson's tattooed face and a knockout punch deadlier than Muhammad Ali's uppercut, what would you say, "See you next week, sarge," and let the sound of your combat boots racing to the door be your only goodbye? Or would you find the closest bag of ice, nurse your swollen lip and black eye, and get back to work? Exactly. So, what's the point of all this?

Respect. Yes, Aretha Franklin sang it back in 1967, but it's still relevant today. And "honoring everyone's individual worth by treating all people with dignity and respect" is one of the Army's core values.

Most importantly, the Bible tells us in Matthew 7:12, To do unto others as you would have them do unto you. If you don't want someone swiping your property, then make sure you don't have "sticky fingers" when it comes to other people's things. If you don't like it when someone points out what you've done wrong without ever mentioning what you've done well, then make sure you're dispensing plenty of kudos to those around you.

It's true, the person who zipped into the parking space you'd been sitting and waiting for for ten minutes might not have an attack of remorse and offer you his or her most sincere apology, but what you reap you certainly will eventually sow (Galatians 6:7).

Practice sowing instead of nailing and soon everybody will not only be singing "R-e-s-p-e-c-t," but living it.



Hamilton

# Voices of Lightning: If you could change jobs, what would it be and why?



"I would be a nurse. Because it provides a sense of reward in helping people."

Babette Hendry  
Lifeguard at Richardson Pool



"I would be in information technology."

Seaman Daniel Marquez  
U.S. Coast Guard Cutter Jarvis Helmsman and Lookout



"I wouldn't change it."

Sgt. Herman Sledge  
536 Maint. Co. Track Vehicle Mechanic



"I love my job."

Spc. Cyan Toussaint  
2-35th Inf. Regt. Supply



"Medic or physician, because you can make good money when you get out."

Pfc. Travis Warner  
2-35th Inf. Regt. Infantryman



Spc. Chris Riley, a mine detection specialist with 2nd Platoon, 66th Engineer Company, 2nd Stryker Brigade Combat Team, digs through a pile of palm leaves after getting a suspicious signal from a mine detector on a farm northwest of Baghdad, March 27. Soldiers from 2SBCT, along with U.S. Marines and Iraqi army soldiers participated in the weapons cache search mission called Operation Iron Curtain.

# Soldiers, Marines, IA join forces, search for caches

Story and Photo by  
**SGT. JEROME BISHOP**  
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — During the early morning, March 27, Multinational Division – Baghdad Soldiers, along with Iraqi army (IA) soldiers and a handful of U.S. Marines, walked side-by-side, starting at the ground.

The Soldiers from the 66th Engineer Company, 2nd Stryker Brigade Combat Team, were conducting Operation Iron Curtain — a joint search looking for terrorist and extremist weapons and caches.

“We were supposed to be looking for caches in the area of Al Raood Bridge,” said Staff Sgt. Angel Ortiz-Bello, a squad leader from 2nd Platoon, 66th Eng. Co.

The Iraqi army, which had a company from the 3rd Battalion, 2nd Brigade, 1st IA Division, made up the majority of the manpower and had the lead on the mission as they took to the fields of rural Taji, northwest of Baghdad, to search for hidden weapons.

Armed with mine and metal detectors, Soldiers scoured piles of trash, dirt, gravel and rubble for the

slightest hint of a metallic presence, denoting a possible cache.

Caches have been found hidden almost anywhere around homes and fields, such as in water, under dirt piles, under palm leaves and inside random objects around the yards, said Spc. Chris Riley, a mine detection specialist with the 66th Eng. Co.

The search only unearthed a few hundred AK-47 rounds, but the Soldiers of the 66th Eng. Co. still thought the day had positive results.

“The good thing about not finding [weapons] is you know the enemy knows we’re looking for them,” said Spc. William Kramer, a combat engineer with the 66th Eng. Co. “Plus, the person who may have placed the cache might already be detained or killed, so no one else would know it’s there.”

The purpose of the mission was to ensure the IA took an operational lead, said Marine Capt. Sean Connor, an advisor for the IA from the Military Transition Team attached to the 3rd Bn., 2nd Bde., 1st IA Div.

“It went pretty well. The IA’s took the lead, and that was the positive thing,” he added.

# Nurse strives to make a difference in Iraqi community

Story and Photos by  
**SGT. 1ST CLASS CHRISTINA BHATTI**  
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — She stands out like a sore thumb. Her barely five-foot tall stature is easily dwarfed by the sea of infantrymen. Her body armor and helmet make her look like a child and her M4 is more than half her size.

“Come here. I want a picture,” Capt. Jody Brown said to a fellow medic. The medic reluctantly posed with her for a picture before they loaded into Strykers on their way to Batta Village, northwest of Baghdad, for a combined medical effort (CME), recently.

“She’s never been outside the wire,” a Soldier said under his breath with a snicker.

That assessment is false.

Brown is an Army registered nurse assigned to C Company, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team (2SBCT). She supports the units of 2SBCT with immunizations, traveling to wherever the Soldiers are — even outside the wire.

“I’m the immunization Nazi,” Brown said. Her laugh, so infectious and frequent, can almost make a person forget that her job is to inflict pain.

“I will find anyone who is delinquent,” she said.

But today, Brown was not wielding syringes or tracking down Soldiers, she joined her fellow doctors, physician’s assistants and medics from the 225th BSB and 2nd Squadron, 14th Cavalry Regiment to give medical aid to the people of Batta Village.

“I’m so excited,” she said. The mission was Brown’s first CME, and she said it was a great way to help the Iraqi people and build



Capt. Jody Brown, a registered nurse with C Company, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, takes blood pressure from a woman in Batta Village, northwest of Baghdad, at a combined medical effort.

positive relationships with them.

Admittedly, Brown said she didn’t always want to be a nurse, but she knew it was a great way to help people — something she has always wanted to do.

Brown joined the Army 10 years ago as a transportation officer and was able to transfer into the medical corps because of “great leadership,” she said.

Shortly after making the decision to transfer, Brown graduated nursing school from the University of New Hampshire.

The thought of all she’s accomplished “floors her.”

“Being a nurse is great,” she said. “There are not many people who are nurses and even less can say they serve in the Army.”

To date, her accomplishments

are somewhat unfathomable to her.

“I mean, here I am, this petite woman,” she said. “I know I can’t be infantry, and I know I will never be able to lift what those guys lift or do what those guys do, but this is just as amazing. I am here, and I can do a lot as a nurse.”

The line at the CME seems endless. Patient after patient shoveled into the over-crowded room.

“This is exhausting,” Brown said. “I didn’t imagine ...,” her sentence was cut short by a patient looking for her help.

Immediately Brown’s mood changed from the bubbly personality earlier in the day to a more somber and empathetic one.

**SEE NURSE, A-4**



Sgt. Katrina Colvin, a medic with C Company, 225th Brigade Support Battalion, treats a child with an arm injury in Batta Village.

## Nurse: Positivity breaks barriers

CONTINUED FROM A-3

Like so many places in Iraq, having the opportunity to see a medical professional in a small village such as this one is a rarity.

Watching Brown talk and work with patients is almost surreal. Her caring and ability to calm are fascinating. She easily breaks cultural and language barriers with her actions and tone of voice.

Only when she was satisfied with the level of care she has given to her current patient did she move on to the next.

"She's a great nurse," said Capt. Drew Webb, physician's assistant with Headquarters and Headquarters Troop, 2nd Squadron, 14th Cavalry Regiment. "She's very caring, and we are happy to have her here."

Brown said she is happy to be in Iraq. She volunteered, against the wishes of her husband, Capt. Steve Brown, to deploy by his side.

"Quite frankly, he was mad," she said of her husband, who is the commander of A Company, 1st Battalion, 21st Infantry Regiment, at Camp Liberty. "He couldn't think of his wife in a combat zone."

Brown said the deployment has made her stronger, and she and her husband talk whenever they can.

But for now, Brown is focused on the task at hand, working side-by-side with the Iraqi army medics and the town doctor to help the people of Batta Village.

"I know I can't help everyone," she said, "but just helping these people is a start in the right direction."

# 'Golden Dragons' re-establish ties, improve force protection in Iraq

OIF

Story and Photo by  
**SGT. JEROME BISHOP**  
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – Soldiers from 1st Battalion, 14th Infantry Regiment "Golden Dragons," 2nd Stryker Brigade Combat Team, took several more steps, March 30, to show the people of Abayachi, a village north of Camp Taji, they haven't been forgotten.

As part of an effort to assist the locals in the village, 1-14th Inf. Regt. Soldiers offloaded force protection supplies at the Abayachi Iraqi Police Station to assist in providing law and order for the area.

"The Tarmiyah district police have decided to occupy and start to rebuild the Abayachi Police Station. There's no furniture, and we delivered the initial package of wire and wood and a tip line phone to get them on their feet," said Lt. Col. Thomas Boccardi, battalion commander, 1-14th Inf. Regt.

Boccardi traveled to the village to meet with local leaders as Soldiers from his battalion, as well as the 411th Military Police Company, and assisted the Iraqi police at the fledgling station in offloading supplies, such as barrier wood, sand bags, Hesco barriers and concertina wire.

"Our top goal right now is to improve the force protection of the current police station," said Capt. Norma James, commander, 411th MP Co.

While in the village, Boccardi also took the opportunity to visit a Nahia council member who recently suffered the tragic loss of his infant son.

"In this culture, you can never compensate the loss of a loved one – a child in this case. You have to do something instead of nothing," said Boccardi. "I went through the claims program and tried to compensate him as best we could for the loss of his son."

While traveling to Ramadi, a ricochet from an escalation of force incident struck his son, Boccardi said.

"The people up here, they're not forgotten. It's all too often you can't reach out and touch certain people just by the number of troops you have available or how far the bases are away. If you can get out to the little remote areas, you can make a big impact by just doing small things."

The difference between the visit to the police station and the resolution of the claims appear to be separate; however, the completion of both objectives came together to better integrate the meaning of the mission.

"They intertwine because you reach out and show that you care about someone. Just that little bit of hope and little bit of reach sparks a little fire that they aren't out here and forgotten," said Boccardi.



Soldiers from 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, and Iraqi police officers offload wood from a pallet of force protection supplies dropped off at the Abayachi Iraqi Police Station, March 30. The supplies will be used to improve the station's force protection measures.

While the Soldiers' visit to the Abayachi police station didn't end with a ceremony or a grand opening, the mission was still a success.

"We didn't cut a ribbon today," said Boccardi. "We didn't give life back to his son. We didn't bring

the people who were responsible to bear. But we made a step forward in making a police station functional, and we made a step forward in making the people believe that the Americans aren't egre- gious people who don't care about anything."

## MIA Soldier's remains recovered

**SGT. 1ST CLASS WILLIAM QUIETT**  
2nd Stryker Cavalry Regiment Public Affairs

BAGHDAD – Elements of the Multinational Division – Baghdad's 2nd Stryker Cavalry Regiment (SCR), along with Soldiers from 1st Battalion, 21st Infantry Regiment, recovered the remains of Staff Sgt. Keith Matthew Maupin northwest of Baghdad, March 20.

The announcement culminates an almost four-year search for the 724th Transportation Company Soldier. Then-Pfc. Maupin had been missing since his fuel convoy came under enemy attack in Iraq April 9, 2004.

"I want to say this once again to the families of our other captured Soldiers in Iraq," said Army Secretary Geren. "We will not stop searching for your loved ones, Army Sgt. Ahmed K. Altaie (missing since Oct. 23, 2006), Sgt. Alex R. Jimenez, and Pfc. Byron W. Fouty (both missing since May 12, 2007)."

The recovery was the result of four years of intensive effort by Soldiers and multiple joint and interagency organizations. Soldiers of 1-21st Inf. Regt., currently under the tactical control of 2SCR, which is based out of Vilseck, Germany, performed the actual recovery mission. The recovery was made possible by the Gimlets relentlessly pursuing intelligence leads and simultaneously leveraging the new

relationships made possible by reconciliation.

"We were able to produce great synergy by pursuing this investigation in conjunction with our ongoing targeting efforts," said Lt. Col. Omar Jones, executive officer, 2SCR.

The Soldiers of 2SCR helped recover Maupin's remains by approaching the mission as a criminal investigation and employing appropriate investigative techniques.

"Since beginning operations in Abu Ghraib, we made finding Staff Sergeant Maupin a top priority to clearly demonstrate to every service member, and every family, that we will never leave a fallen comrade," said Col. John RisCassi, commander, 2SCR.

Many of the terrorists involved in this incident have continued to attack coalition forces and Iraqi people for the past four years, he added, and 2SCR identified and detained the vast majority of these insurgents in recent weeks. In addition to recovering Maupin's remains, it has been removing a significant threat to the security of the Iraqi people.

Though honored to return a fallen comrade to his family, the Dragoons of 2SCR and Gimlets of 1-21 Inf. Regt. will continue to pursue those responsible for Maupin's death and all who threaten the security of Abu Ghraib.

*(Editor's Note: The Army News Service was a source for this article.)*

# Engineers prove 'never daunted' motto

Story and Photo by  
**SGT. JESSIKA MALOTT**  
8th Military Police Brigade Public Affairs

SCHOFIELD BARRACKS — The Soldiers of 561st Engineer Company successfully completed an aggressive convoy live-fire exercise here, March 24. Convoy live-fire exercises provide Soldiers with the knowledge and capabilities to protect their convoy in a hostile environment.

Prior to the start of the exercise, 2nd Lt. Jose Villafana, a 561st Engineer Company platoon leader, briefed his Soldiers on the terrain and routes of travel for their "mission."

The importance of safety resonated well with Soldiers. Weapon discipline, muzzle awareness and maintaining sectors of fire are key factors to live-fire training because each aspect keeps Soldiers alert and aware at all times.

"This exercise will create muscle memory for us," said Spc. Richard Felix, a gunner with 3rd Platoon, 561st Eng. Co. "Not everybody is the enemy. Practicing these methods will help us stay alert and not accidentally discharge our weapons or fire at anything."

During the exercise, Soldiers were challenged by several scenarios, from reacting to an improvised explosive device to evacuating casualties.

Good communication for a convoy is essential, but Soldiers must also be proficient in other aspects, such as marksmanship, weapon awareness, dismounting a vehicle, and securing a perimeter.

In the days leading up to the exercise, Soldiers completed training that incorporated target discrimination as well



Sgt. Benicio Ayalabrundo, 561st Engineer Company, loads a casualty into a vehicle as the rest of the Soldiers in his convoy provide cover fire for evacuation, March 24.

as communication between each vehicle of the convoy.

As each company certified on the convoy live-fire training range, unit leadership expressed satisfaction with Soldiers' performance.

"The unit stood up in November and

they are set to deploy in May," said Lt. Col. Nicholas Katers, commander, 84th Engineer Battalion. "They have completed the first half of their certification with no problems. This training is truly a battalion effort."

Soldiers were grateful for the oppor-

tunity to train in a variety of different scenarios.

"It is great that we are able to do realistic training in preparation for our upcoming deployment," said Sgt. 1st Class Adam Bills, Headquarters and Headquarters Company, 84th Eng. Bn.

# Police honor faithful friend

**SGT. JESSIKA MALOTT**  
8th Military Police Brigade Public Affairs

SCHOFIELD BARRACKS — Soldiers and friends of the 13th Military Police Detachment paid homage to one of their military working dogs in a memorial ceremony at the Military Working Dog Memorial, here, March 25.

The ceremony for "Ringo," a patrol and explosive detector dog, honored his service to the Army and this country. Ringo lost a battle to cancer, March 13.

"This is a tribute to our partners," said Sgt. 1st Class Matthew Gillespie, kennel master. "They mean the world to us."



Ringo

Ringo arrived at Schofield Barracks in May 2001 and had deployed five times. With his keen sense for explosives, he deployed to Bosnia, Indonesia, the Philippines, Afghanistan and Iraq.

Although Ringo and his handler, Sgt. Jessica Acfalle, never deployed together, they still accomplished many missions here.

"Ringo and I were partners for 18 months," she said. "We have done sweeps for VIPs that came to Hawaii and have gone on many patrols together. He truly was one of the best dogs at Schofield."

Ringo excelled in his duties on patrol and detection missions. He was extremely loyal and always provided his handler with a sense of well-being, Acfalle said.

Ringo was awarded the Army Commendation Medal for his outstanding military service.

Dogs have been in service to the armed forces since World War I. Dogs entered the Army's "K-9 Corps" during World War II in March 1942.

## News Briefs

Send news announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 5 / Saturday

**Extended Tax Center Hours of Operation** - In anticipation of the tax deadline rush, the Schofield Barracks Tax Center will be open on Saturday, April 5 and 12, 9:30 a.m.-3 p.m. The Tax Center is located next to the Sgt. Smith Theater, Building 648. For more information, call 655-1040.

### 7 / Monday

**Schofield Advisory Council Meeting** - The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting will be April 7, 10:15-11:15 a.m., at the Small Post Conference Room. This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Contact Melvin Wright, 655-0497, for more information.

### 14 / Monday

**2008 Army Family Action Plan** - The 2008 Army Family Action Plan conference, "Building the Future of Hawaii," April 14-16, will kick off with an ice breaker at 6:30 p.m., April 16, at the Nehelani, Schofield Barracks. The purpose of the conference is to fix the quality of life issues submitted by the local military community. For more details, call Tracey Clark, 656-1703.

### 15 / Tuesday

**Town Hall** - The next Oahu North Town Hall meeting, for residents of Schofield Barracks, Wheeler Army Air Field and Helemano Military Reservation, is April 15.

Meetings begin at 6:30 p.m. at Sgt. Smith Theater, Schofield. Dates are subject to change. Call 438-6996 for more details.

### 17 / Thursday

**Retirement Ceremony** - The next 25th Infantry Division retirement ceremony will be held at the Post Conference Room, Schofield Barracks, April 17, 2 p.m.

### 24 / Thursday

**Volunteer Ceremony** - The next 25th Infantry Division Quarterly Volunteer Ceremony will be held at the Post Conference Room, April 24, 10:30 a.m.

### 30 / Wednesday

**Days of Remembrance Observance** - Holocaust survivor Dr. Robert O. Fisch will be speaking at Schofield's Days of Remembrance Observance, at the Sgt. Smith Theater, Schofield Barracks, April 30, 10-11:30 a.m.

**Volunteer Ceremony** - The U.S. Army Garrison-Hawaii installation's annual Volunteer Ceremony will be held at the Nehelani, Schofield Barracks, April 30, at 11:30 a.m.

## Ongoing

**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.

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

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

### Deployment Financial Checklist

The NASD Investor Education Foundation, the National Endowment for Financial Education (NEFE) and the National Military Family Association have created the Family Financial Checklist. The checklist details financial commitments service members need to be aware of when preparing to deploy.

The list also helps service members and their families discuss important financial issues before deployment such as credit card bills, mortgage payments, taxes and insurance.

Visit [www.SaveAndInvest.org](http://www.SaveAndInvest.org) for more information.

**Hire a Hero** - Active and transitioning military personnel, veterans, National Guard members, Reservists and their spouses have access to a unique online community that helps them network into quality job opportunities and training through the Armed Forces Support Foundation's (AFSF) Hire A Hero program.

The Hire A Hero online community is powered by volunteers who have connections to jobs and training in their hometowns.

For more information visit [www.hireahero.org](http://www.hireahero.org).



Sgt. Matthew C. Moeller | 8th Theater Sustainment Command Public Affairs

## Setting sights

SCHOFIELD BARRACKS — Spc. Zachary Curtis, a heating and air conditioning repair specialist with A Company, 45th Special Troops Battalion, practices rifle marksmanship during a weapons qualification training event here, March 26.

# Tests: Measures added to resolve vulnerabilities

CONTINUED FROM A-1

environment, proctored exams were considered, but quickly rejected by the review team, as the exams would have put additional stress on Soldiers who are already time-stressed, and would have unfairly disenfranchised Reserve and National Guard Soldiers who would have had to travel to proctoring centers on their own time and sometimes at their own expense.

Course testing will remain as open-book exams, and the tests will still be in a multiple-choice format, but Soldiers will begin to notice significant changes in May and June. These changes will align the Army's ACCP with the best practices in the commercial sector and meet or exceed American Council on Education standards.

TRADOC continues to review the conduct of its on-line courses, officials said. It added that by enacting the recommendations of the 12-person panel, the Army strives to ensure that the points Soldiers gain for promotion through correspondence courses are earned honestly and with integrity.

Additional initiatives aimed at resolving the ACCP online testing vulnerabilities include:

- The testing will have Soldiers being presented with one of three questions per subject area. The computer will select the question at random and will present questions one at a time on a single screen. The order of the answer within the question will also be random so a Soldier will get a random question in random order.
- The ability of Soldiers to print out the questions that come up on the screen will be limited.
- Soldiers may fail the test only twice. If they fail the test a third time, they will be disenrolled and have to wait up to 90 days to re-enroll. This limits a Soldier's ability to repeatedly take the test to review all of the questions until he can compile the answers over time.
- The Army is looking at using Army Knowledge On-Line (AKO), which requires Soldiers to log-in using Common Access Cards (CAC), and its current protective measures as a method to add integrity to the test process and reduce the possibility of test-taking by someone other than the Soldier enrolled in the course.
- Soldiers who sign up for large courses will be required to wait for a reasonable amount of time to study for it, acknowledging that a one- to eight-hour course could conceivably be completed in a day or two.

# Garuda Shield '08 kicks off in Jakarta

**CAPT. BRIAN MELANEPHY**  
9th Mission Support Command Public Affairs

JAKARTA, Indonesia — Approximately 170 Soldiers from the 9th Mission Support Command (MSC), Hawaii National Guard's 29th Brigade and the Indonesian Army (TNI-AD) gathered for the Garuda Shield 2008 opening ceremony here, Sunday.

Soldiers took their seats and waited anxiously for the event to begin. The opening ceremony marks the formal beginning of Garuda Shield 2008, a multilateral brigade level training exercise that focuses on United Nations Peace Keeping Operations.

The ceremony, steeped in tradition, was led by the Indonesians. Suddenly, a TNI-AD soldier moved to the side of the room and strongly barked out commands in Indonesian.

Brig. Gen. Alexander I. Kozlov and TNI-AD Maj. Gen. J. Suryo Prabowo entered the room.

Upon command, the exercise directors Col. Kurt T. Smith and Indonesian Col. I. Dewa Ketut Siagan moved toward the two generals. After saluting, they received exercise badges, officially marking the start of the exercise.

"This is an opportunity for two nation's armies to come together in a learning environment to share experiences and gain wisdom from the lessons from one another," Kozlov said. "Equally important, Exercise Garuda Shield presents everyone here the chance to form close friendships and learn of one another's communities and cultures. From these friendships we become better soldiers and citizens, forever carrying a per-

sonal knowledge and appreciation of one another's rich culture and traditions."

The Garuda is the national symbol of Indonesia, a mythical predatory bird of intelligence and social organization.

Although training is the primary focus of Garuda Shield, there are other goals too. The exercise is an excellent opportunity for professional and cultural exchanges, teamwork, expanding common ground, sharing, learning, training and friendship. Throughout the exercise time is set aside for interaction with TNI-AD, including two sports days and a cultural day.

"This is an important exercise that engages two countries not just in the military aspect but as partners in the Pacific," Kozlov said.

The 9th MSC, the headquarters for U.S. Army Pacific (USARPAC), consists of approximately 3,300 Army Reserve Soldiers. The command not only carries out missions from U.S. Army Reserve Command (USARC), but also USARPAC, which makes the 9th MSC unique.

The Army Reserve is currently undergoing transformation to a more strategic force, ready to deploy at a moment's notice. The 9th MSC is leading the way in this transformation, largely due to its USARPAC responsibilities.

The 9th MSC Soldiers are stationed throughout the Pacific including Alaska, Hawaii, Guam, American Samoa, Saipan, Japan and Korea. This geographical area encompasses 55 percent of the globe.

# 524th: Soldiers ready for next training phase

CONTINUED FROM A-1

At PTA, Soldiers will learn critical reactionary skills for future deployments to Afghanistan and Iraq, but additionally, many Soldiers who have field-related jobs will get the chance to perform their military occupational specialties.

"It's like a mini deployment," said Pfc. Class Kevin Nutt, a petroleum supply specialist with the 524th, who has worked mostly as a gunner during his six months in Hawaii. "In the motor pool, we don't really do that much fueling operations, but [at PTA] that's pretty much mainly what we'll do. I'm excited to learn how to do that stuff because that's my job."

PTA is not the first or last step in the training process, but an important step that will prepare Soldiers for the next phase, and eventually deployment.

Recently, units conducted platoon level training while the battalion staff performed a tactical operation center exercise.

"That was kind of our crawl phase," said Russell. "PTA is our walk phase, and by the time we get to [the National Training Center] we should be at a sprint."



Above — Soldiers with the 524th Combat Service Support Battalion tie down their vehicles to the Army Logistic Support Vessel 5, Monday.

Left — The crew of the Army Logistic Support Vessel 5 and 524th CSSB Soldiers carefully park vehicles prior to departure. The LSV moved more than 50 vehicles for an exercise at the Big Island's Pohakuloa Training Area.

# Casa: Appointed civilians become vital link between Army, community

CONTINUED FROM A-1

Hawaii previously was represented by Christina Kemmer. Last summer, business and community leader Paula Helfrich was appointed to represent the island of Hawaii. Kemmer has been named to an emeritus position and now represents the entire Pacific region working in conjunction with Bill Paty who has held that same position since March 2005.

Morrison, owner of two major auto dealerships in Anchorage, was also sworn in to fill a second CASA position in Alaska. He will represent Alaska-South, joining Charles Wallace, who will now represent the Army in the northern half of the state. Wallace who formerly represented the entire state of Alaska has been a CASA since March 1997.

Also sworn into office to fill previously vacant CASA positions in Guam and American Samoa were David Mair and Mapu Jamias. Mair is the president of one of the largest law firms in Guam and a former assistant attorney general for the Guam government. Mapu Jamias, American Samoa's new CASA, organized and formerly commanded the Army Re-

serve in American Samoa and is the developer of the new Maluu Mai Beach Resort.

"I was struck by the varied experiences that each one of our new CASA brings to these duties and responsibilities ... they are varied and different, but you heard each one of them talk about their sense of duty," Mixon said. "They spoke of their dedication, which unites them together to serve their nation in this very important position."

With the addition of the five CASAs, the Army in the Pacific will be represented by a total of 10 CASAs: five in Hawaii, two in Alaska, and one each in American Samoa, Guam, and the Commonwealth of the Mariana Islands.

At least one CASA is appointed for each state and each serves a renewable, two-year, unpaid term. Since 1950, more than 500 persons have served as CASAs.

"CASAs are a vital and valuable link between the Army and the community," Paty said. "They are outstanding business and community leaders selected ... because of their special insight and experience in the communities they serve."



A Mark 14 steam-driven torpedo sits on display at the USS Bowfin Submarine Museum and Park in Pearl Harbor. The park is open daily from 8 a.m. to 5 p.m.

## Visitors dive deep into history

Story and Photos by  
**SGT. MATTHEW C. MOELLER**  
8th Theater Sustainment Command Public Affairs

PEARL HARBOR — When launched exactly one year after the Japanese attack on Pearl Harbor, the U.S. Navy's Bowfin submarine was proudly declared the "Pearl Harbor Avenger."

Today, the vessel rests along Pearl Harbor's historic Battleship Row, serving as a public memorial to the World War II sailors who lost their lives while in the "silent service."

"There was a lot of people that never came home from World War II; 52 submarines, 3,500 submariners!" said Shirley Viernes, an administrative assistant for the facility. "That's what this facility is for, for people to remember them. I just hope they leave with a lasting impression."

Vietnam veteran Chuck Schultheis and his wife Carol enjoyed their visit.

"I was in the Army, so I never got my sea legs," Schultheis said. "This place though, it really helps me understand what they had to go through. Cramped spaces, not seeing the sun for weeks, I don't know if I could handle it."

### Built for War

The 312-foot Balao-class submarine was launched from the Navy Yard in Portsmouth, N.H. Like many ships commissioned in World War II, the Bowfin had little time to prepare before being sent into combat.

During the war, the Bowfin conducted nine war patrols in the Pacific Theater, sinking 44 Japanese vessels before being reassigned to the Atlantic fleet, August 29, 1945. The ship was decommissioned in 1947. For her service, the Bowfin was awarded a Presidential Unit

Citation and a Navy Unit Commendation.

The Korean War brought a new need to the aging ship, and it was recommissioned from 1951 to 1954. The ship was later converted into a Naval Reserve training vessel from 1960 to 1971.

### A New Role

In 1979, Pacific Fleet Memorial Association acquired the Bowfin. Two years later it was opened to the public at Pearl Harbor as a museum ship next to fellow World War II memorials, the USS Arizona and the USS Missouri.

In its new role, the Bowfin offers visitors a rare firsthand look at a submariner's life. With free self-guided audio tours, visitors dive deep below the ship's deck and view the Bowfin's cramped living quarters, eating spaces, control room, radio room, engine rooms and two torpedo rooms where up to 80 sailors lived and worked for months at a time.

Back on deck, visitors get a rare glimpse at the surrounding harbor through the sights of the Bowfin's 16-inch deck-gun and various viewing stations.

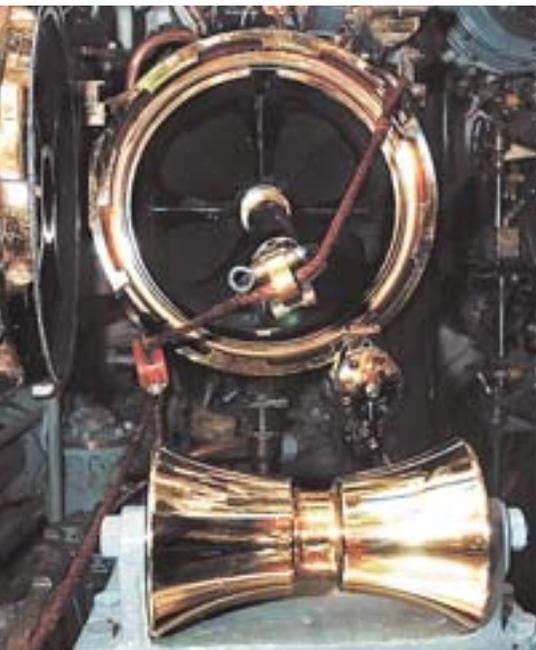
In addition to the Bowfin, the park also houses a 10,000 square-foot museum, with exhibits showing a variety of submarine-related artifacts dating as far back as first daring submarine attempt in 1776, including weapon systems, battle flags, photographs, submarine models and recruitment posters.

Also on exhibit is the Purple Heart that was awarded to crewmember Reid Lee, the lone Bowfin casualty of war who suffered shrapnel wounds during the ship's seventh patrol.

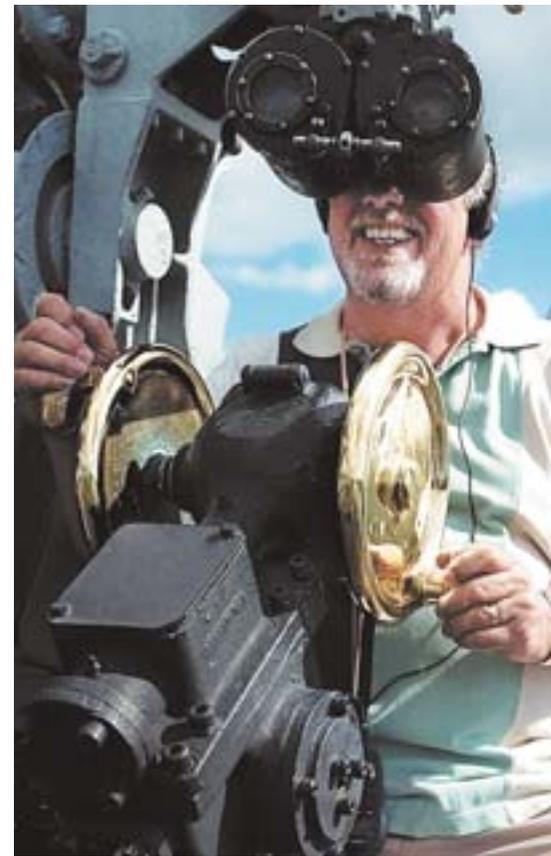
The Waterfront Memorial, also at the park, pays silent tribute to the 52 submarines, 3,500 submariners lost during World War II.



A woman reads a monument dedicated to the USS Bonefish at the Waterfront Memorial, a memorial at the USS Bowfin Submarine Museum and Park. Fifty-two similar monuments form the memorial; one for each submarine lost during World War II.



An aft torpedo tube with a dummy torpedo loaded is just one of the available displays for park visitors. In addition to the 10 torpedo tubes, visitors can also see living quarters, eating spaces, the control room, radio room and two engine rooms where up to 80 submariners lived and worked.



Army Vietnam veteran Chuck Schultheis views Pearl Harbor through the sights of the USS Bowfin's 16-inch deck gun.



A father and son view one of the USS Bowfin's two engine rooms while listening to the self-guided audio tour. The Bowfin offers park visitors free audio tours.

The USS Bowfin Submarine Museum and Park is located at 11 Arizona Memorial Drive in Pearl Harbor, next to the USS Arizona Memorial Tour and Museum, and is open daily from 8 a.m. to 5 p.m.; the last tour is offered at 4:30 p.m. Regular admission is \$10 for adults and \$4 for children 12 and under. The military discount is \$7 for adults.

For more information on the park and its facilities, call 423-1341 or visit the Web site at [www.bowfin.org](http://www.bowfin.org).



**5 / Saturday**

**Aquaculture** - Join Outdoor Recreation April 5, 11:30 a.m.-4:30 p.m., to learn about how the ancient Hawaiians fished and lived. Learn about the birds and plants found in the tropical areas of Oahu's Northeast shore. You'll have a unique chance to participate in an authentic Hawaiian throw net experience. Bring a zip lock bag to keep what you catch. Transportation and snacks are provided. Cost is \$10 per person, and space is limited. Call Outdoor Recreation at 655-0143.

**Youth Art Sessions** - Special youth art sessions are available every Saturday in April. The cost is \$12 per session, and sessions run from 10-11:30 a.m. Call 655-4202.

**Stamp a Stack** - Make your own cards for all occasions at Fort Shafter Arts & Crafts. Cost is \$10 and includes all supplies and instruction. You can get everything you need to make six cards from 1:30-3:30 p.m. Program also repeats April 12 at Schofield Barracks Arts & Crafts Center. Call Schofield Barracks at 655-4202 or Fort Shafter at 438-1071 for more information.

**9 / Wednesday**

**Earth Day** - Join FMWR for the Fort Shafter Library Earth Day celebration on April 9, 3-5 p.m. Sign an Earth Day pledge to help protect the environment and design and color a flowerpot. Call 438-9521 for more information.

**10 / Thursday**

**Discover Scuba** - Free introductory classes are being offered through Outdoor Recreation to learn the basics of scuba diving and the certification process. The classes are taking place April 10, 6 p.m., at Richardson Pool, Schofield Barracks. Call Outdoor Recreation at 655-0143 for more information.

**12 / Saturday**

**Deep-Sea Fishing** - Join Outdoor Recreation, April 12, 11:30 a.m., for deep-sea fishing. Transportation and a cooler with ice for the fish are provided. The cost is \$62.50 per person and there is a limit of six participants per session. Call Outdoor Recreation at 655-0143.

**15 / Tuesday**

**Library FunFest** - Help celebrate National Library Week by joining in the FunFest at all Hawaii Army libraries. There will be balloon animals, face painting, games and crafts available for children of all ages. These events will be held 3-4:30 p.m. at the Fort Shafter Library, April 15, the Sgt.



Kyle Ford | U.S. Army Garrison, Hawaii, Public Affairs

**Not just another pipe team**

SCHOFIELD BARRACKS — (From Left) Junior Reserve Officer Training Corps students Pfc. Tylor Schwarze, Kapaa H.S. 1st Sgt. Mershelle Rivera, Waimea H.S. and 2nd Lt. Katherine McLaughlin, Waimea H.S. work to pass a pipe to Staff Sgt. Chelsey Miyake, Kaimuki H.S. in an attempt to solve a physical challenge at the Leadership Reaction Course, March 26. Students from 18 schools across Hawaii participated in a leadership training camp from March 19-27.

Yano Library, April 16, and the Aliamanu Library, April 17. Call Fort Shafter at 438-9521, Sgt. Yano Library at 655-8002 or Aliamanu Library at 833-4851 for more information.

**17 / Thursday**

**Texas Hold 'Em Poker** - Test your skills against the best of the best in this free tournament, April 17, 6:30-9:30 p.m. All ID card holders 18 and older are welcome, but only the first 120 will be able to play. Call 655-0002.

**20 / Sunday**

**BOSS Surf Trip** - Better Opportunities for Single Soldiers will be offering Barber's Point Surf Lessons, April 20, 10 a.m.-5 p.m. This is a chance to ensure you didn't come all the way to Hawaii without learning how to surf. Lessons cost \$20 per person and includes board rental and lunch.

Contact your BOSS representative or call the BOSS Office at 655-1130 for more information.

**Ongoing**

**Blue Star Card Program** - Spouses of deployed Soldiers, make sure you sign up for your Blue Star Card. The Blue Star Card is

an MWR deployment discount card for spouses of deployed Soldiers. The card offers everyday discounts at MWR facilities, free child care options and special events and activities.

Blue Star Cards are valid through the entire deployment. If you are eligible for a Blue Star Card, bring a copy of your spouse's orders, along with your military ID to Army Community Service. You can fill out an application online at [www.bluestarcard-hawaii.com](http://www.bluestarcard-hawaii.com) and then visit ACS to pick up your card. Submit your email address when signing up for a Blue Star Card to receive e-mails with the latest discounts, events and activities for card holders. Call 438-0376 or 438-2911.

**Piililau Army Recreation Center's New Reservation Policy** - Piililau Army Recreation Center (PARC) has announced the reserving of 50 percent of their beachfront cabins for the exclusive use by active duty and reservist personnel during peak periods. Peak periods include Memorial Day weekend until Labor Day weekend, Thanksgiving weekend, and the weeks prior to Christmas until New Years weekend.

The previous policy held 10 percent of the rooms for active duty and reservists during peak periods.

PARC will release noncommitted beach front cabins 15 days before date of occupancy to all other authorized patrons. Prior to this change, beachfront cabins were released 30 days before desired date of occupancy.

Reservation requests may be made by phone for a maximum stay of 21 nights and are accepted on a first-come, first-served basis. A one-night deposit is required on the same day after reservations are made. Reservations can be made one year in advance of desired date of occupancy. Call 696-4158 for more information.

**Information, Ticketing and Registration** - Looking for tickets to area attractions? Visit Information Ticketing and Registration (ITR) at Schofield Barracks or Fort Shafter for your tickets to paradise.

A variety of tickets to luaus, cruises, whale watching adventures, Hawaiian Waters Adventure Park, Sea Life Park and much more are available for service members, Department of Defense (DoD) civilians and family members.

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

forming group, is offering classes to teach singing, dancing and showmanship. The classes are for children aged 3 to 16 and cost \$35 per month.

There are no auditions and performances are held throughout the island. Classes started April 1, but are offered in Mililani and Honolulu on Mondays and Tuesdays through the end of May. Call 489-1998 or visit [www.sunshinehawaii.net](http://www.sunshinehawaii.net) for more information.

**9 / Wednesday**

**Nooma Night** - A different live band plays each week at the Schofield Barracks Tropics for Christian single Soldiers and young couples, ages 18-25. Catch the four-week trial run of this new Christian-based fellowship, Wednesdays, 6-9 p.m., April 2-16. Call Chaplain (Capt.) Ed Willis at 655-6644 for more details or visit [www.nooma.com](http://www.nooma.com).

No on-site child care is provided, and only ID cardholders 18 and above are permitted in the Tropics in the evenings.

**10 / Thursday**

**Free Book Discussions on Eckhart Tolle's "A New Earth"** - Free book discussions on Eckhart Tolle's "A New Earth" are being offered Thursdays, April 10-June 12, 7-8:30 p.m., at Halau Lokahi Public Charter School, 401 Waiakamilo Road, Unit 1A in Honolulu. The book discussions will be facilitated by Rev. Patri Hildreth of the Windward Religious Science Church. The discussion groups are free and everyone is welcome. For further information, call 236-0950 or visit [www.WindwardRSC.org](http://www.WindwardRSC.org).

**11 / Friday**

**Job Fair** - Army Community Service is sponsoring an upcoming job fair, April 11, 9 a.m.-noon. at ACS, Schofield Barracks.

Whether you're a first-time job seeker or not, job fairs open the door to a variety of employment opportunities. Attendees have the chance to apply for positions and meet representatives from companies such as Enterprise Car Rental, Nurse Finders, NAF jobs, AAFES, Coastal International Security and many more. Admission for job seekers is free. And don't for-

get to bring your resume! Call 655-4227 for more information.

**Romance Festival** - The application deadline is April 11 to vie in the 2008 Hawaii Romance Festival. If you are engaged and ready to be married, the Matt Catingub Orchestra of Hawaii is looking for you. One couple from each branch of the active duty military in Hawaii will be wed during the Festival at the Waikiki Shell, May 9.

As part of their Back to Romance wedding, winning couples will receive one night's hotel accommodations in Waikiki; a private car service to and from the concert; an onstage wedding ceremony; flowers, photography and video for the ceremony; preferred seating during the concert; and a champagne breakfast in their room the following morning. The orchestra will serenade couples onstage with special music arranged by the maestro just for this occasion.

The Back to Romance concert also features Motown legend Smokey Robinson, returning to Hawaii for the first time in two decades.

To be considered, couples must submit their love stories, in 300 words or less, describing their military romance. Stories can be e-mailed to [teambecker@beckercommunications.com](mailto:teambecker@beckercommunications.com) or faxed to 537-4990.

Participating service members should consult Legal Assistance regarding gifts and endorsements.

**14 / Monday**

**Blowhole Lot Temporary Closed** - The city will temporarily close the parking lot and viewing area at Halona Blow Hole, April 14, to complete renovations to the area. The construction is scheduled to be completed by September before the whale-watching season begins.

**15 / Tuesday**

**North Town Hall** - The next Oahu North Town Hall meeting, for residents of Schofield Barracks, Wheeler Army Air Field and Helemano Military Reservation is April 15. Mark your calendars for these upcoming dates, too: July 15 & Oct. 21. Meetings begin at 6:30 p.m. at Sgt. Smith

Theater, Schofield Barracks. Call 438-6996.

**Free Online Job Training Classes** - Attend job search training from your home or office. All you need is a phone and a computer. Join us, April 15, 10-11 a.m. for a class on negotiating your salary. Not sure how much your job skills are worth? This online class will give you pointers for negotiating a salary right for you. Register at [www.acshiemployment.com](http://www.acshiemployment.com) and click on the TeleSeminar link under the Virtual Classes header.

**18 / Friday**

**Poster and Essay Contest** - Deadline is April 18 for the Hawaiian Humane Society "Be Kind to Animals" competition. Students can express their love for animals through art and essays that offer cash prizes. The Society welcomes K-6th grade students in the poster contest and 7th-12th-grade students in the essay contest.

Both contests will be judged by grade category, and each category will have three winners: first, \$75; second, \$50; and third, \$25. Visit [www.hawaiianhumane.org](http://www.hawaiianhumane.org) for more details. Call 356-2206.

**23 / Wednesday**

**Career and College Fair** - Leilehua High School is looking for speakers and exhibitors for their upcoming 2008 Career and College Fair, which will be held April 23.

The purpose of the fair is to help students explore different careers, colleges, and other post-secondary options. Call Janet Hyme at 622-6554.

**25 / Friday**

**Job Fair** - Army Community Service is sponsoring an upcoming job fair, April 25, 9 a.m.-noon. at the Aliamanu Military Reservation Community Center.

Whether you're a first-time job seeker or not, job fairs open the door to a variety of employment opportunities. Attendees have the chance to apply for positions and meet representatives from companies such as Enterprise Car Rental, Nurse Finders, NAF jobs, AAFES, Coastal International Security and many more. Admission for job seekers is free. Don't forget to bring your resume! Call 655-4227 for more information.



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

- Catholic Sunday, 8:30 a.m. - Mass Sunday, 9:45 a.m. - Religious Edu.
- 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 653-0703**

- Contemporary Protestant Sunday, 9 a.m. - Bible Study Sunday, 10 a.m. - Worship Service & Children's Church

**Main Post Chapel 655-9307**

- Catholic Sunday, 9 a.m. - CCD & RCIA Sunday, 10:30 a.m. - Mass
- Collective Protestant Sunday, 9 a.m. - Worship Sunday, 10:30 a.m. - Sunday School
- Gospel Sunday, 10:30 a.m. - Sunday School Sunday, noon - Worship Service

**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, noon - Adoration
- Liturgical Sunday, 10:30 a.m. - Worship

**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 656-4481**

- Catholic Saturday, 5 p.m. - Mass
- Collective Protestant Sunday, 9 a.m. - Worship Sunday, 9 a.m. - Sunday School



**Step up 2: The Streets**

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

**Definitely, Maybe**

(PG-13) Saturday, 2 p.m.



**Fool's Gold**

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

**The Eye**

(PG-13) Sunday, 7 p.m.

No shows on Mondays or Tuesdays.



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

**4 / Today**

**Employment Orientation** - Prepare for the job you want! Attend an Army Community Service Employment Orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, web tour and more will be available for use.

Orientations will be held at the ACS, Schofield Barracks, April 4 and 18, 9-10:30 a.m., and at the Outreach Center, Fort Shafter, April 10 10-11:30 a.m. Call ACS Schofield at 655-4227 or Fort Shafter 438-9285. Register online at [www.acsclasses.com](http://www.acsclasses.com).

Free Child Care vouchers are available but children must be registered and space reserved by parent call 655-5314 or AMR, call 833-5393.

**5 / Saturday**

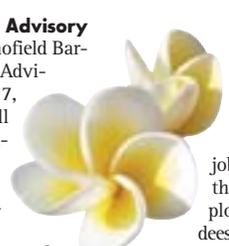
**Extended Tax Center Hours of Operation** - In anticipation of the tax deadline rush, the Schofield Barracks Tax Center will be open Saturday, April 5 and 12, 9:30 a.m. - 3 p.m. The Tax Center is located next to the Sgt. Smith theater, Building 648. For more information, call 655-1040.

**7 / Monday**

**PX/Commissary/Nehelani Advisory Council Meeting** - The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting is April 7, 10:15-11:15 a.m., at the Small Post Conference Room. This bi-monthly forum of representatives allows the council and patrons to exchange ideas and information.

Contact Melvin Wright, 655-0497, for more information.

**Children's Performing Group** - Sunshine Generation Hawaii, an award-winning per-





Pfc. Jason Thompson, Headquarters and Headquarters Company, 25th Combat Aviation Brigade, purchases a Coke from a vending machine at the Wheeler Physical Fitness Center. DPW and AAFES are teaming up to save energy by removing the lamps from more than 98 percent of the vending machines on post.

# Lights out but soda machines still on

### DPW, AAFES team up to conserve energy

Story and Photo by **ROBIN HIBLER**  
Directorate of Public Works

As part of the Energy Independence and Security Act of 2007 signed by President Bush, the U.S. Army Garrison, Hawaii, Directorate of Public Works is working on post to comply with the requirement for all federal facilities to decrease electricity use by three percent each year (30 percent by

year 2015). One initiative consists of removing sign lamps from vendor machines. The Army and Air Force Exchange Service is helping to save energy by removing the sign lamps in 98 percent of the vending machines. If you see the lights off, the machines are still working. This can be further verified by noting if the indicator lights are still on. Removing the lamps will conserve 1,058,368 kilowatt-hours of electricity, avoid 964 tons of emissions, and save the Army \$211,000 annually.

For more information, contact Mr. Robin Hibler, energy conservation manager at DPW, at 656-2682, ext. 1123.

# DeCA, industry partner to extend commissary benefit to Nat'l Guard

**CHERIE HUNTINGTON**  
Defense Commissary Agency

FORT LEE, Va. — “The groceries are coming! The groceries are coming!”

With apologies to Paul Revere, those could be the fighting words of the Defense Commissary Agency (DeCA) as it strives to deliver the benefit to geographically separated Reserve and National Guard members and their families throughout America.

“It’s open season for good ideas on how to expand the benefit to our reserve forces,” said Rick Page, DeCA’s acting director. “Help us get more of the benefit to you.”

Thinking outside the “box” of conventional commissary locations, DeCA team members have been taking the benefit on the road to authorized shoppers, conducting on-site sales out of warehouses, aircraft hangars, armories, tents in parking lots, and even the back ends of semitrailers. Even as the agency plans to in-

crease the number of these events this year, industry partners made them even more inviting by donating \$95,000 in commissary gift certificates for distribution to thousands of National Guard members during the past holiday season.

The extent of industry support surprised even DeCA officials.

“I was overwhelmed by the generosity of our suppliers and manufacturers,” Page said. “Since your commissary delivers thirty percent savings or more, that \$95,000 in your shopping cart represents \$130,000 in a commercial grocery store.”

The American Logistics Association (ALA) presented industry’s gift to the National Guard bureau chief at the Pentagon in December. The ALA’s members represent industries providing products and services to military resale systems, including commissaries and military exchanges.



# Barracks cooking can be healthy

**MAJ. KAREN E. FAUBER**

Defense Commissary Agency Dietitian

FORT LEE, Va. – Life in the barracks is not all that bad; often you have a refrigerator and a microwave in your own room along with some of the other comforts of home. But now do you wish you had paid more attention to how your mom cooked her meals before you left home? Well, it's not too late to learn how to make some simple dishes that can be healthy and add a little variety to your diet.

There are plenty of convenient, packaged and fresh foods available in the commissary at savings of 30 percent or more that can help you do just that. And, if you want some help in dropping a few pounds before that next weigh-in, visit <http://commissaries.com>, go to the Ask the Dietitian Web page and post your questions on the DeCA Dietitian Forum. This may be just the thing to help you make the weight with a little effort.

Keep these foods on hand, and remember, if you think they've been in the dorm refrigerator too long, follow this advice: when it doubt, throw it out. Keeping food safe is important to staying healthy.

## Refrigerator basics

- Small bags of precooked chicken
- Bag of dark green lettuce salad
- Small bag of frozen vegetables
- Low-fat milk
- Low-fat cheese

## In your locker

- Canned or small pouches of cooked chicken, salmon and tuna
- Crackers
- Quick-cooking noodles (to go light on the salt, leave out the seasoning packet)
- Instant brown rice
- High-fiber (five grams per serving) cereal
- Whole grain, high-fiber (three grams or more per serving) bread
- Powdered garlic and dried-onion flakes are great for adding flavor to almost any food.
- Fresh, canned and dried fruit are good for quick, healthy snacks.

## Cook it quick

Add a little garlic and onion flakes to the noodles or rice in a bowl, cook as directed on the package. Add the frozen vegetables and chicken and heat for a few minutes.

Now that you have whet your appetite, and are on your way to becoming a barracks chef, you can get more microwave recipes from the BOSS Barracks Cookbook at [www.drum.army.mil/mwr](http://www.drum.army.mil/mwr).

See you in the commissary!

# Food safety commissary's top priority

**KEVIN ROBINSON**

Defense Commissary Agency

FORT LEE, Va. – The Defense Commissary Agency (DeCA) considers food safety such a priority that its 259 stores will be highlighting this message throughout the month of April.

The April campaign is part of DeCA's yearlong efforts to demonstrate what the commissary does to be a source of safe food, said Rick Page, DeCA acting director and a staunch advocate of food safety throughout his three decades as a military grocer.

"Recent events in foodborne illness outbreaks have caused many consumers to wonder if their food supply is safe," Page said. "Our customers can be confident that we employ higher standards of safety and security to protect the food sold in commissaries."

"Nationwide, food safety awareness is observed in September," he added. "However, DeCA's emphasis on food safety is such that we want to do this twice a year – it's that important."

During April, customers will learn more about how commissary products are safeguarded during delivery to the store. Also, DeCA will announce its participation in "Be Food Safe," a government program involving a group of nearly 30 retail grocery chains, to help educate consumers about the four steps of preventing foodborne illnesses in the kitchen: cleaning, separating, cooking and chilling foods. Customers will begin seeing Be Food Safe posters in the stores and information linked to DeCA's Food Safety Web page at [www.commissaries.com](http://www.commissaries.com).

These measures and more are all part of DeCA's daily vigilance to help safeguard the products sold in its commissaries, said Army Col. Perry Chumley, DeCA's top food safety officer.



In the store, DeCA has a group of employees who are trained to examine products upon delivery, looking for any evidence of issues such as improper temperature during transport; condition of packaging materials; cleanliness of the carrier; and product exposure to any potentially harmful elements. As products arrive to the store, they are subject to inspection, as necessary, by military food inspectors, from both Air Force Public Health and Army Veterinary Service. In situations involving higher threat levels, DeCA works with installation security officials to check delivery vehicles before they enter a base.

"What we do in food safety goes well beyond anything you'd experience in the commercial sector," Chumley said. "Our store employees and the military food safety inspectors are part of a combined effort to ensure that we deliver a quality commissary benefit that is safe and secure."

# Commissary makes one-stop shopping easy

**CHERIE HUNTINGTON**

Defense Commissary Agency

FORT LEE, Va. – Though gas prices rise daily and the stock market makes nerve-racking adjustments by the hour, commissaries provide customers the constant relief of groceries sold at cost – every day, every hour.

"Commissaries save authorized shoppers 30 percent or more over commercial grocery store prices," said Rick Page, Defense Commissary Agency acting director. "That means a family of four saves nearly \$3,000 annually. Couples can save nearly \$1,900; single shoppers, more than \$1,000."

DeCA's average savings calculations are based on an annual price comparison study, which compares commissary prices on approximately 30,000 items with those of local supermarkets, major grocery store chains and supercenters. The survey also takes into account state taxes and the five-percent commissary surcharge, which funds commissary renovation and construction.

Figures for fresh meat and produce, as well as data for locations outside the contiguous United States, are obtained via random sampling. Weighting techniques take into account such factors as cost of living in a variety of areas and regions, as well as customer buying habits.

"Commercial stores are profit-motivated," said Page. "They lower prices on popular items to attract customers, and they recoup those

losses by pricing other items much higher. This routine business practice uses a lower-priced item as a 'loss leader.'"

Perhaps a more accurate term would be "bait." Sure, a pack of off-brand hot dogs might be a nickel cheaper for the shopper presenting a "loyalty card," but hot dog buns might be 10 cents higher; and baked beans, 15 cents higher. Yet some bargain hunters enjoy the thrill of pursuing loss leaders, studying newspaper ads and traveling from grocery store to grocery store, claiming they have commissary prices beat.

Other shoppers, however, appreciate how the commissary's 30 percent or more savings also saves them time and gasoline.

"Though we operate in businesslike fashion and are proud of our stewardship of American tax dollars, our sole reason for being here is to deliver the benefit," said Page. "Our cost is your cost."

Like any commercial grocery store, however,

DeCA's business partners provide commissaries with frequent "sales" on hundreds of products on any given day, or special pricing on "club packs" or bulk items. "If a manufacturer offers us a special price, we pass it on," Page said. "There's no need for loss leader strategies or customer loyalty cards. Your military ID is the only 'special card' you need."

Commissary customers get an additional break by not paying sales tax when shopping at the commissary. In some locations, that amounts to sizeable savings.

"Help us spread the word and make sure all active duty, Guard and Reserve, and retired military and their families take advantage of their commissary benefit," Page said. "Consider the big picture. It doesn't make sense to spend valuable time and gas running all over town to save on a few items, when shopping regularly at the commissary delivers savings of 30 percent or more."

# Screenings vital to prevent colorectal cancer

# Tricare updates available online

**JANICE E. CARVER**  
U.S. Army Center for Health Promotion and Preventive Medicine

ABERDEEN PROVING GROUND, Md. — April is Cancer Control Month. One of the cancers that we can do more than control is colorectal cancer. It can be prevented through regular screening and early intervention.

Colorectal cancer is the second leading cause of cancer-related death in the United States. Colorectal cancer, which is cancer of the colon or rectum, affects men and women. It is the third most common cancer.

The National Cancer Institute estimates that there were 112,340 new cases of colon cancer and 41,420 new cases of rectal cancer in the United States in 2007. There were an estimated 52,180 deaths from the two forms of cancer combined. Military members assigned in the United States are included in these numbers.

Colorectal cancer begins as a polyp, a small, noncancerous growth, in the wall of the colon. Screening can detect precancerous and cancerous growths on the lining of the colon or rectum. Removing the growths can prevent the development of

colorectal cancer. The U.S. Centers for Disease Control and Prevention says only 50 percent of the recommended population is obtaining screenings. If everyone over 50 had regular screenings, 60 percent of deaths from colorectal cancer could be prevented.

### Recommended screening

What are the recommended screenings? The American Cancer Society recommends the following:

- A fecal occult blood test (stool blood test) annually, or
- A flexible sigmoidoscopy every five years, or
- A yearly stool blood test plus a flexible sigmoidoscopy every five years, or
- A double-contrast barium enema every five years, or
- A colonoscopy every 10 years.

Individuals should discuss the type of screening appropriate for them with their health care provider.

For most people, physicians begin screenings at age 50. Those at higher risk for developing colorectal cancer may require earlier testing. The risk of colorectal cancer in-

creases with age — more than 90 percent of people diagnosed are over 50. Research has shown that African-Americans are more frequently diagnosed at a younger age; for that reason, the American College of Gastroenterology suggests they begin screening at age 45.

The incidence of colorectal cancer is higher in men. African-Americans and Hispanics are more likely than Caucasians to be diagnosed with colorectal cancer in more advanced stages. Death rates are higher among these populations than in Caucasians.

An individual's risk for colon cancer is also increased by family history of benign (noncancerous) colorectal polyps, personal or family history of colorectal cancer, and personal or family history of inflammatory bowel disease. Screening should begin earlier in these individuals, too.

### Decreasing the risk

The most effective risk reduction tool for colorectal cancer is undergoing routine screening tests. This cancer often develops without any symptoms; therefore it is crucial to have screenings.

Additionally, people can reduce their risk for colorectal cancer by exercising regularly, maintaining a healthy weight, limiting consumption of alcohol, and limiting intake of red or processed meats. Refrain from the use of tobacco products.

### Symptoms

The symptoms that may occur include:

- Rectal bleeding
- Blood in or on the stool
- A change in bowel habits
- Stools that are narrower than usual
- Feeling bloated or stomach cramps
- Diarrhea, constipation or feeling that the bowel does not completely empty
- Frequent gas pain
- Unexplained weight loss
- Constant fatigue
- Vomiting.

If any of these symptoms are present for more than two weeks, see your health care provider.

Screening and preventive measures have proven very effective against colorectal cancer. It can be successfully treated when detected and diagnosed in the early stages.

**TIFFANY ANDERSON**  
TriWest Health Care Alliance

Say goodbye to the old eight-page Tricare Prime enrollment form and hello to paperless enrollment online.

Tricare's new Beneficiary Web Enrollment (BWE) site, [www.dmdc.osd.mil/appj/bwe](http://www.dmdc.osd.mil/appj/bwe), allows Tricare sponsors to simultaneously enroll in Tricare Prime and update the Defense Enrollment Eligibility Reporting System (DEERS) information anytime, from any Internet connection, [www.tricare.mil/deers](http://www.tricare.mil/deers).

Eligible retirees re-enrolling in

**SEE ONLINE, B-6**

# Two easy steps reduce the risk of developing cervical cancer

**CICI MOORE**  
TriWest Health Care Alliance

In 2006, approximately 9,700 cases of cervical cancer were diagnosed in the U.S. and nearly 3,700 women died from the disease, according to the Centers for Disease Control and Prevention (CDC). The survival rate for women who detect their cancers early is between 79-97 percent.

Women can greatly reduce their risk of developing cervical cancer by following two easy steps:

### Step 1: Get regular Pap tests

Approximately half of the cervical cancers currently diagnosed in the U.S. are in women who have never received a Pap test. An additional 10 percent occur in women who have not been screened within the past five years.

Pap tests can help your doctor detect precancers and the Human Papillomavirus (HPV). Treatment of these precancers can

stop cervical cancer before it fully develops.

Consult with your doctor about your options for pelvic exams and Pap tests. As part of regular clinical preventive services, Tricare will cover pelvic examinations and Pap smear testing each year beginning at age 18, or younger if sexually active. After three consecutive normal Pap smears, Tricare will cover one Pap test every three years or as recommended by your doctor.

### Step 2: Obtain the HPV vaccine

Cervical infection with HPV is the main risk for cervical cancer, as HPV can cause changes in the cervix. In fact, nearly all cervical cancer cases are associated with an HPV infection.

The HPV vaccine is a Tricare-covered benefit; it has been approved by the U.S. Food and Drug Administration for females 9-26 years of age to prevent cervical cancer caused by HPV. The CDC recommends a three-dose schedule for the HPV vaccine with the sec-

ond and third doses administered two and six months after the first dose. Routine vaccination for girls 11 to 12 years old is also recommended.

Because the vaccine is new, it may not be available everywhere. The vaccine does not protect against every type of HPV infection and can't prevent all cervical cancers. It is still important to get regular gynecological exams and Pap tests.

If you are interested in the HPV vaccine for yourself or a family member, contact your physician to find out if they administer the vaccine. For more information on your Tricare benefits, visit TriWest online at [www.triwest.com](http://www.triwest.com) or call 1-888-TriWest (874-9378).

Learn more about HPV prevention and treatment at the CDC Web site at [www.cdc.gov/std/hpv](http://www.cdc.gov/std/hpv)



Women can reduce their risk of developing cervical cancer by getting regular Pap tests and obtaining the HPV vaccine.

# Soldiers battle for bragging rights in Ladder Challenge

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

FORT SHAFER — Two men competed furiously for a small bouncy rubber ball that ricocheted off of the wall here, during the finale of the Racquetball Ladder Challenge, Monday. Sgt. 1st Class Deon Spence, 94th Army Air and Missile Defense Command, ran up for the rebound, punishing the ball with his racket, sending it 40 feet across the court to the back wall.

"This game can get quite competitive," said Spence. "We are all here to get higher in the competition and sharpen our skills of the game."

The challenge began Jan. 8 and finished March 31. More than 35 Soldiers, Department of Defense civilians and family members participated.

The object of the competition was to work up to the top of the "ladder" by winning games against higher-ranked opponents. The initial listing of players on the ladder was nominal. Winning or losing determined where participants fell on the list. Participants challenged one position above them on the ladder to increase their rank, and in turn, challenge the next person on the ladder.

"This is our way of promoting the sports and getting people involved in a community activity," said Recreation Assistant Joe Fischer, Fort Shafter Physical Fitness Center. "It creates connection for those who appreciate the physical and competitive nature of the sport."

According to Fischer, the popularity of racquetball has increased on the installations over the past year.

"We have had a lot of people saying that they want us to run this program again," said Fischer. "The response has been great."

The game of racquetball is an indoor sport in which two teams of one or two players hit the ball against the four walls and ceiling of an enclosed court with short rackets made of wood, steel, or fiberglass, strung with nylon. The object of the



Racquetball rackets line the wall of the Fort Shafter Physical Fitness Center for use during the Racquetball Ladder Challenge. The popularity of racquetball has increased on many installations as it provides a fun, fast-paced cardio workout.

game is to hit the ball in a manner that makes it difficult for opponents to return the ball successfully. The first team to score 15 points wins.

The fast-paced game provides a great cardio workout while also creating strategic problems for players, which helps make the sport interesting at many different levels of physical fitness. The combination of speed, power, and intelligence that racquetball demands makes this game a great workout for both the body and the mind.

"During this competition I've found that age doesn't matter in this game," said Spence. "As long as you know how to play, you can do well regardless of experience or physical stature."

Plaques displaying the winners of the challenge will be hung at the Fort Shafter Physical Fitness Center.



Master Sgt. Andy Tafua (right) rebounds the racquetball as Sgt. 1st Class Deon Spence prepares to respond. The challenge brought together 35 Soldiers, DoD civilians and family members, all eager to compete for the top rung in the Ladder Competition.

## Online: Customers get wealth of options with Tricare's improved Web site

CONTINUED FROM B-5

Tricare Prime can elect to pay the enrollment fee by credit card, bank transfer or have it automatically deducted as an allotment from their Uniformed Services retired pay.

### How it works

To access the new BWE site, beneficiaries will need one of the following:

- Sponsor's valid Common Access Card (CAC), [www.dmdc.osd.mil/rs/owa/home](http://www.dmdc.osd.mil/rs/owa/home)
- Defense Financial and Accounting Services (DFAS) myPay PIN, <https://mypay.dfas.mil>

- Family Member Account, <https://sso.dmdc.osd.mil/famAcctMgr>

### Already Prime? There's still more in store

The new site is not just for new Prime beneficiaries. Those already enrolled in Tricare Prime may also:

- Transfer enrollment to a new location (portability)



- Request a new primary care manager (PCM)

- Convert an active duty enrollment to a retiree enrollment up to 90 days before your retirement

- View enrollment information

- Request a new program enrollment card

- Update personal information in DEERS to ensure smooth claims processing

Through [www.triwest.com](http://www.triwest.com), Tricare West

Region beneficiaries have access to additional features to check claims, authorizations and referrals, eligibility and other health insurance information, as well as a new life-changing events section to help you keep DEERS information current to ensure seamless Tricare coverage for your family's changing needs. An interactive demo is available to walk visitors through the simple registration process.

Beneficiaries will still have the option to enroll in Prime at the Tricare office, located in the post hospital or clinic, or through the mail when they submit a DD Form 2876 (Tricare Prime Enrollment Application and PCM Change Form, available on

the "Find a Form" page on [www.triwest.com](http://www.triwest.com)) to TriWest and sign and date the completed form in blue or black ink to:

TriWest Healthcare Alliance  
P.O. Box 43590  
Phoenix, AZ 85080-3590

### Ready, set, go!

To log into the Beneficiary Web Enrollment site, go to <https://www.dmdc.osd.mil/appj/bwe/> today.

For more information about TriWest's online features, visit [www.triwest.com](http://www.triwest.com) or call TriWest at 1-888-TriWest (874-9378).



## 12 / Saturday

**Hawaii Championship Wrestling** - The best action in local wrestling is back at the Tropics, Schofield Barracks, April 12, 6-9 p.m. Call 655-0002.

## 15 / Tuesday

**All Army Sports Deadlines** - Sign up by April 15 to compete in the All Army Women's Soccer and Men's and Women's Triathlon competitions. Soldiers must submit applications through the All Army Sports Web site at <https://armysports.cfsc.army.mil>, using their AKO account information. All active duty Army, National Guardsmen, and Army Reservists are eligible to compete. Contact the Sports, Fitness and Aquatics Office at 655-9914 for more information.

## 16 / Wednesday

**2008 Sprinter's Challenge Deadline** - Sign up today to compete in the 40-yard and 100-meter dash competitions. The races will take place at Stoneman Stadium on Schofield Barracks, April 26. First call is at 7:45 a.m. All active duty Army, National Guardsmen, and Army Reservists stationed in Hawaii are eligible to

compete. Send all entries to the USAG-HI Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, no later than 4 p.m., April 16. Call 655-0856/0101.

## 22 / Tuesday

**Intramural Softball League** - Applications are now being accepted for this year's softball league. Active duty Army, National Guard and Army Reserve units within Hawaii are allowed to enter one team. Men and women's divisions will compete at Schofield Barracks, Fort Shafter and Tripler Army Medical Center. All entries must be received by the USAG-HI Sports, Fitness and Aquatics Office by 4 p.m. April 22. Entries may be sent to Stop 112, Bldg. 556, Room 100, Kaala Community Activity Center or faxed to 655-8012.

Call 655-0856/0101 for more information.

## Ongoing

**Physical Fitness Centers** - Don't miss out on enhanced services at all Army Physical Fitness Centers, effective April 1, brought to you by the Army Family Covenant.

These enhanced services include extended weekend and holiday hours at Schofield Barracks and Fort Shafter Physical Fitness Centers, and at the Health and Fitness Center.

Hours of operation are now 6 a.m.-6 p.m., weekends and holidays. In addition, free towels and

classes are provided to patrons.

**Mom and Baby Yoga** - Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Health and Fitness Center, Schofield Barracks. Mats are provided, but moms should bring a small towel or blanket for their babies to lay on. Call 655-8007 to register.

**Little Ninja Classes** - Parents or guardians, bring 3- to 5-year-olds to Child and Youth Services (CYS) to learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Call SKIES at 655-9818.

**Karate Classes** - Children ages 5 and older can learn Do Shudokan karate at these physical fitness centers: Aliamanu, Fort Shafter, Helemano or Schofield's Bennett Youth Center.

All youth students must be registered at Child and Youth Services (CYS); cost is \$35 per month. A discount is offered for two or more family members.

Also, adults 18 and older can learn Do Shudokan karate at the Aliamanu Physical Fitness

Center, Mondays and Wednesdays, 7-8:30 p.m. Cost is \$40 per month. Call instructor Joseph Bunch at 488-6372 or 265-5476.



Spc. Dustin Weidman | 1st Battalion, 21st Infantry Regiment

## Making the assist

CAMP LIBERTY, Iraq — Sgt. Eugenio Amador gives Iraqi children a soccer ball at a local sheikhs house in the Taji Qada, northwest of Baghdad, March 21. Amador is the platoon sergeant for the 1st Battalion, 21st Infantry Regiment "Gimlets," 2nd Stryker Cavalry Regiment, personal security detachment.



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

## 12 / Saturday

**Volksmarch** - Join the Menenhune Marchers Volkspport Club on a 5K or 10K volksmarch, or walk, April 12 in West Loch. The starting point will be at Asing Community Park, 91-1450 Renton Road,

Ewa. Participants can start anytime between 8 & 10 a.m.

Call Carol at 626-3575 for more details or visit [www.ava.org](http://www.ava.org). Award and IVV credit, if desired, is available for \$5.

## Ongoing

### Competitive Girls' Basketball Tryouts

The Hawaii Strikers Club team is comprised of skilled players who have a passion for basketball and can perform as a member of a cohesive team. The selection process is very competitive, and requires each player to be a well-rounded individual who performs at a high academic

level, exhibits superior sportsmanship qualities, and displays a positive attitude and a respectful and coachable demeanor at all times. The Strikers are currently participating in weekly National Junior Basketball League of Honolulu games. Practices are conducted three days a week at various locations in the Central Oahu area.

Contact Coach Thompson at 381-7722 or [hawaiistrikers@yahoo.com](mailto:hawaiistrikers@yahoo.com) or visit [www.hawaiistrikersbasketball.com](http://www.hawaiistrikersbasketball.com) for more information.

**Bike Hawaii** - Join Bike Hawaii's professional nature guides and explore Oahu

from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, call 734-4214, or toll free 1-877-682-7433. Visit [www.bikehawaii.com](http://www.bikehawaii.com).

### Military Bass Angler Tournament

Entries are now being accepted for the 18th Annual Military Bass Team Bass Tournament, being held May 5-9 at Dake Hollow Lake, Byrdstown, Tenn. To apply or find out more information, visit [www.militarybassanglers.com](http://www.militarybassanglers.com).

**Wrestlers Wanted** - Hawaiian Cham-

pionship Wrestling seeks new members. Persons should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build.

Sports background is preferred. Call 676-8107 for more information.

### Football League

The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality experience for kids.

Visit [www.myhalos.com](http://www.myhalos.com), or call 620-8523 for more details.