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

### 'Exercise, exercise, exercise!'

Hawaii firefighters (from left) Ray McGill and Kea Hinau strap down simulated casualty Pvt. Andrew Unglesbee, 325th Aviation Bde., during Exercise Patriot 2008. This exercise allows federal, state and military employees the opportunity to test emergency response plans, policies and procedures involved with terrorist attacks. For full exercise coverage, see next week's Hawaii Army Weekly.

## Results of DU impact are out

State and federal agencies find area safe for people

U.S. ARMY PACIFIC  
News Release

Results of the Army's recent depleted uranium (DU) health risk assessment in the Schofield Barracks impact area indicate that the area is safe for Soldiers, those who live near the site, and current and future workers.

This survey was conducted in full partnership and disclosure with repre-

sentatives of several state and federal agencies responsible for radiation and chemical cleanup. These agencies include, but are not limited to the following: the Hawaii Department of Health; the U.S. Nuclear Regulatory Commission; the Department of Geology and Geophysics, University of Hawaii at Manoa; the Centers for Disease Control and Prevention; and the Radiation Safety Office, U.S. Army Test and Evaluation Command.

The Army and the State Department of Health are also engaging Oahu and

island of Hawaii community associations, neighborhood boards, government leaders and other community organizations to provide informational updates and address concerns about DU.

Depleted uranium was first found within the boundary of the Schofield Barracks impact area in August 2005; subsequent investigations, to date, conducted in coordination with state and expert partners, indicate that DU is not present outside of the impact area.

SEE IMPACT, A-9

## Specialist awarded Bronze Star

Story and Photo by  
SPC. NATALIE BARBER  
8th MP Bde. Public Affairs

SCHOFIELD BARRACKS – Soldiers of the 8th Military Police "Watchdog" Brigade gathered to honor a comrade receiving the Bronze Star, April 16, at their headquarters.

Spc. Michael Brown of the 552nd MP Co. earned the Bronze Star for his actions in support of Operation Iraqi Freedom.

While conducting a mission, Brown's vehicle was hit by an improvised explosive device (IED). Brown gave his crew and himself first-aid, and because of his actions, no one died.

After the IED hit his vehicle, Brown had lost all feeling in his leg, but he managed to assess

the situation and condition of the Soldiers on his team.

A recovery vehicle arrived to assist the Soldiers and members applied a tourniquet to Brown. Meanwhile, Brown pulled himself into the humvee and monitored his condition while performing the duties of a combat medic.

Brown credits his military police and combat lifesaver training for his ability to react to the attack and render first-aid.

"I did not do anything special," he insisted. "I was just doing my job."

Generally, the Bronze Star is awarded to a person who distinguishes him or herself by heroic or meritorious achievement, while engaged in an action against an enemy of the U.S.



Col. Scott Jones, commander, 8th Military Police Brigade, pins the Bronze Star onto Spc. Michael Brown for his heroism in OIF.

## 8th TSC's 83rd Ordnance wins top safety award

8TH THEATER SUSTAINMENT  
COMMAND PUBLIC AFFAIRS  
News Release

WASHINGTON – The Army selected a subordinate unit of the 8th Theater Sustainment Command (TSC) as the winner of the 2007 Army Exceptional Organization Award-Battalion for safety, April 19.

The 83rd Ordnance Battalion, 10th Support Group, 8th TSC, received the award, presented by the Chief of Staff of the Army, as a result of its continued excellence in safety.

The ordnance unit's outstanding safety record includes no

recordable accidents in the past 14 years, as well as 35 years without an explosive accident and 28 years without an alcohol-related accident.

The 8th TSC unit will be presented with the award during a ceremony in the next few weeks.

The Army Exceptional Organization Award is presented each year to the battalion, brigade, division and garrison organization with the most effective overall safety program throughout the Army.

The award is designed to promote and recognize the Army's continued pursuit of overall safety and the units that spearhead that pursuit.

SEE AFAP, A-9

## Captain incentives announced to retain Army's mid-level leaders

Incentives include cash bonus, graduate schooling and language training

LT. COL. KEVIN ARATA  
Army News Service

WASHINGTON – In an effort to encourage more mid-grade officers to remain in the Army, the Department of the Army is again offering a menu of incen-

tives for certain active component captains, now through Nov. 30, 2008, with options for a cash bonus, attendance at graduate school, or the Defense Language Institute.

"The Army recognizes the tremendous experience and professionalism of the captains serving in our Army today," said Col. Brian Baldy, director, Officer Personnel Management Directorate, Human Resources Command. "This program is an effort to retain these great officers as the

Army transforms and grows. We need to retain these quality officers and this program is being executed to do just that."

The menu of incentives offered this year is essentially the same as last year's program, with minor changes.

First, active component category officers and select Medical Service Corps and Army Nurse Corps officers in basic year group 2005 will now be eligible to participate.

Qualifying officers in year groups 1999 through 2004 who did not participate in the

first program will still remain eligible.

Second, the branch of choice, post of choice and Ranger School options will not be offered. Options available this year are as follows:

- 1) The cash option, payable in the same \$25,000, \$30,000, or \$35,000 tiers based on the officer's accessed branch;
- 2) The Expanded Graduate School Program option, which is fully funded gradu-

SEE INCENTIVES, A-9

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 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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**HAWAII ARMY WEEKLY**  
**Commander, U.S. Army Garrison**  
 Col. Matthew Margotta  
**Director, Public Affairs**  
 Dennis C. Drake  
**Chief, Command Information**  
 Aiko Rose Brum, 656-3155  
 Aiko.Brum@us.army.mil  
**Managing Editor**  
 Jeremy S. Buddemeier, 656-3156  
 editor@hawaiiarmyweekly.com  
**News Editor**  
 Kyle Ford  
**Pua Hana Editor**  
 Stephanie Rush  
**Layout**  
 Leah Mayo  
 Jay Parco  
**Staff Writers**  
 Molly Hayden  
 Kayla Overton  
**Advertising:** 525-7439  
**Classifieds:** 521-9111  
**Editorial Office:** 656-3155/3156  
**Fax:** 656-3162  
**Address:**  
 Public Affairs Office  
 742 Santos Dumont Ave., WAAF  
 Building 108, Rm. 304  
 Schofield Barracks, HI 96857-5000  
**Web site:**  
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**39 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 4/24/08.

# Lt. Governor proclaims Army Reserve Day

**HEADQUARTERS, 9TH MISSION SUPPORT COMMAND**  
 News Release

HONOLULU – In recognition of the Army Reserve's 100th Anniversary, James R. "Duke" Aiona Jr., Lieutenant Governor of the State of Hawaii proclaimed April 23, 2008, as "U.S. Army Reserve Day" in Hawaii.

The proclamation, signed by the Governor and Lieutenant Governor, was presented to the commander of the Pacific Army Reserve, April 14. The event, held in the Governor's Ceremonial Chambers, recognized all Army Reserve Soldiers for their courageous duty and offered best wishes from the people of Hawaii for the next century.

"When a crisis occurs, America counts on its military reserve forces as a vital part of the response, and here in Hawaii that bond is particularly strong," Aiona said while presenting the proclamation to Brig. Gen. Alexander I. Kozlov, commander of the 9th Mission Support Command (MSC) representing 3,600 Army Reserve Soldiers in the Pacific. "The commitment of our reserve Soldiers is indeed incredible."

The members of the U.S. Army Reserve have made major contributions to recent conflicts, including Operation Enduring Freedom, Operation Noble Eagle, and Operation Iraqi Freedom, with 98 percent of units either deploying or providing Soldiers for the engagements. To date, more than 100 Army Reserve Soldiers have made the ultimate sacrifice in support of these operations.

"The people of Hawaii reflect with gratitude on the Reserve's 100 years of courageous duty and offer our best wishes for the next century for the more than one million members of the Ready Reserve, Standby Reserve and Retired Reserve," said Aiona. "April 23, 2008, will be U.S. Army Reserve Day in Hawaii, and we thank all reservists for their outstanding service to our country."



SSG Dave Conklin

Lt. Gov. James R. "Duke" Aiona joins Army Reserve Ambassador P. Pasha Baker (center) and Brig. Gen. Alexander Kozlov holding the proclamation designating April 23, 2008, as U.S. Army Reserve Day in Hawaii, with Soldiers from the Pacific Army Reserve in the Hawaii Governor's Ceremonial Chambers Apr. 14, 2008.

The Army Reserve in the Pacific is represented by the 9th MSC located at Fort Shafter Flats, Honolulu. The 9th MSC oversees 24 units in three countries, four states and territories, and five islands spanning seven different time zones throughout the Pacific – in Alaska, Hawaii, Japan, Korea, American Samoa, Guam and Saipan.

Army Reserve Soldiers from the command are currently deployed in support of Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom in Iraq. Skills found in 9th MSC units include civil affairs, military police, infantry, linguistics, heavy construction engineers, public affairs, communications, medical, professional development schools, and installation and garrison support.

"I want to thank the people of Hawaii for

their unflinching support of the Army Reserve as we take on additional responsibilities in preparing Army Reserve soldiers for duty," said Kozlov, as he presented Lt. Gov. Aiona with a new 9th MSC commemorative coin. "Our families and Soldiers really appreciate this recognition for the sacrifices they make on behalf of this great state and great country."

In part, the proclamation recognizes the birth of the U.S. Army Reserve. In response to a recommendation from President Theodore Roosevelt, Congress established the Medical Reserve Corps April 23, 1908, to create a reserve of well-trained medical officers. Since then, the U.S. Army Reserve has grown far beyond medical support. Its men and women have served with distinction in every major conflict and have become in-

creasingly vital to America's forces.

The Army Reserve is a community-based force with an active presence in 1,100 communities and 975 Army Reserve centers throughout the United States.

It contributes to military readiness by providing support to the U.S. Army in combat, peacekeeping, nation-building and civil support. The Army Reserve provides all of the Army's chemical brigades, interment brigades, judge advocate general units, medical groups, railway units, training and exercise divisions, and water supply battalions.

The 9th MSC (formerly 9th Regional Readiness Command) leads the Army Reserve in the Pacific, from Guam to Alaska, as well as Japan, American Samoa, Saipan, and Korea.

## LIGHTNING SPIRIT

# Was Jonah really swallowed by a whale? The debate continues

**CHAPLAIN (CAPT.) STEVE HOMMEL**  
 Warrior Transition Battalion

While on deployment with the Joint Special Operations Task Force-Philippines, on the southern Philippine island of Mindanao, I was asked an interesting question over lunch. As we broke lumpia together, two of my friends teasingly asked me, "Come on, Chaps, so do you really believe Jonah was swallowed by a whale or what?"

I told them that in Jonah 1:17, "The Lord appointed a great fish to swallow Jonah, and Jonah was in the stomach of the fish three days and three nights."

First of all, I am not sure if the creature that swallowed Jonah was actually a whale, although I think it likely. The literal Hebrew words "gadol dawg," translated as "whale" in the King James Version and more accurately as "great fish" in the New American Standard Bible, could be referring to a whale but could also be used for several other kinds of large sea creatures.

Our modern taxonomic system places whales among the mammals, and sharks among the fish and aquatic dinosaurs, like the reptilian plesiosaur. The Old Testament term "great fish" could be used to describe any of these different types of animals.

In addition, Dr. John Morris, the president of the Institute for Creation Research, wrote, "There are several species of whale and of sharks alive today with gullets large enough to swallow a man whole. Among extinct animals like the plesiosaurs, the same could be said, and perhaps this was a heretofore unknown fish of large size. The point is, the story is not impossible. However, most importantly, the Bible says that 'the Lord had prepared a great fish to swallow up Jonah.'



Hommel

Clearly this event was miraculous and not a naturalistic phenomenon. Thus we don't have to give it an explanation limited by modern experience or knowledge."

Could a man survive for three days and three nights in the belly of a fish? The Biblical idiom for "three days and three nights" does not necessarily mean three 24-hour days. It means any part of three days. But could a man survive even that long? There are historical accounts from Yankee whalers, during the eighteenth and nineteenth cen-

turies, that tell of sailors being swallowed by whales and recovered alive many hours later when the creatures were processed. Apparently, under certain circumstances, the sailors would have maneuver small boats close to the whales in order to set harpoons. On rare occasions, certain species of whales had, in their pain and panic, swallowed men whole. However, it should be noted that it is unclear whether the whales had swallowed the sailors accidentally or in self-defense.

For the Christian, the account of Jonah and the Whale or Great Fish, has an added significance. Jonah is the only Old Testament prophet whom Jesus likened to himself. Matthew 12:40 states, "For just as Jonah was three days and three nights in the belly of the sea monster so will the Son of Man be three days and three nights in the heart of the earth."

Jonah's ordeal was a sign of Christ's own death, burial and resurrection.

The Biblical account is not intended to be taken symbolically or metaphorically. It is a literal, historical account of something that actually happened. While the Bible does from time to time employ metaphors and other figures of speech, according to the

first or golden rule of interpretation, Jonah's ordeal should be taken literally. Arnold Fruchtenbaum defines the golden rule of Biblical interpretation as, "When the plain sense of Scripture makes common sense, seek no other sense; therefore, take every word at its primary, ordinary, usual, literal meaning, unless the fact of the immediate context, studied in the light of related passages and axiomatic and fundamental truths, indicate clearly otherwise."

While Jonah's experience was indeed miraculous, it is also not beyond the realm of natural possibility. It really happened, but as C.S. Lewis observed, "Real things are not simple. They look simple, but they are not ... Besides being complicated, reality, in my experience, is usually odd. It is not neat, not obvious, not what you expect ... Reality, in fact, is usually something you could not have guessed." The sign of Jonah, while unusual, is to be taken literally. One should not get lost in the dramatic details of being swallowed and vomited up by a great fish (how gross must that have been?), the real importance of Jonah's sign was that it served as prophetic foundation for the Gospel itself; the death, burial and resurrection of Jesus Christ, the Messiah.

# Corrales court-martial underway

**25TH INFANTRY DIVISION PUBLIC AFFAIRS OFFICE**  
 News Release

WHEELER ARMY AIR FIELD – Sgt. 1st Class Trey Corrales was arraigned and motions were argued at the court house here, Monday. Corrales' trial began Wednesday.

The sergeant first class is charged with premeditated murder, a violation of Article 118 of the Uniform Code of Military Justice, and two separate violations of Article 134 for the following crimes:

- 1) Wrongfully soliciting another Soldier to shoot an unarmed, wounded Iraqi who had previously been shot by Corrales, and
- 2) Wrongfully impeding an investigation into the incident by causing an AK-47 rifle to be placed near the victim after he had been shot.

**Q:** Why does the Hawaii Army Weekly publish court-martial findings?

**A:** The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.



2ndLouie by Lisa Rosenberry

# Voices of Lightning: Why do we need to do exercises like the antiterrorism exercise this week?



"So everybody knows what they should be doing, especially key players."

Noel Garcia  
 Engineer Tech, DPW



"To train the organizations, units and interservice to work as one cohesive team, for operational flow."

Jesse Kalekini  
 Crime Analyst, DES



"It takes exercises like this to be able to handle real-word situations; practice makes perfect."

Jerry Lemke  
 Army Pgm Mgr., Coastal Int'l Scty.



"To prepare for the real thing."

Shari Madrid  
 Resource Manager, RMO



"To be always alert."

Jay Parco  
 Pro Surfer

# Military police train at Shanti Doot 2

Story and Photo by  
**SGT DAVID HOUSE**

8th Theater Sustainment Command Public Affairs

BANGLADESH — In a shift from their traditional combat roles, members of 1st Platoon, 57th Military Police Company, 8th MP Brigade, participated in Exercise Shanti Doot-2 at the Bangladesh Institute of Peace Support Operation Training, Rajandrapur Cantonment, Bangladesh, April 1–20, to refine their capabilities in peace support operations.

The exercise, co-hosted by the U.S. Army Pacific Command and the Bangladesh Armed Forces, focused on training countries to conduct peace support operations under the guidance of a U.S. State Department initiative.

Each of the 10 participating nations conducted six training lanes where they learned standard operating procedures on typical roles they may encounter in peace support operations such as check point operations, patrolling, securing a distribution site, cordon and search, convoy operations and disarmament.

The lanes were guided by noncommissioned officers from the U.S. Army, called lane walkers or observer controllers (OC); they provided guidance to the international trainers teaching the scenario.

The peace support training the Soldiers learned is a different experience than the training they're used to for combat in Iraq and Afghanistan, according to Sgt. Marcus Pricher, an OC with the 83rd Ordnance Battalion, 10th Support Group.

"Some of the scenarios we throw at the students include civilians walking around with weapons," he said. "In some countries, that is acceptable, and in others, it is not. Here we are teaching the students how to react based on the mandated rules of engagement (ROE)."

Training is nothing new to these Soldiers, but this training is teaching them about subtle differences and the softer hand required for peace support missions as opposed to combat missions.

"Training for us is an everyday thing," said Sgt. 1st Class Jed Warnock, platoon sergeant. "During the exercise, we have been able to get out of the warfighter mindset and obtain a fresh peacekeeping mindset all while still retaining the essential warfighter skills."

"It's different," agreed Pfc. Matthew Faith,



Sgt. David House | 17th Public Affairs Detachment

Sgt. Randy Blackburn, 1st Platoon, 57th Military Police Company, 8th MP Brigade, 8th Theater Support Command, searches a role-player during Check Point Operations lane training during Exercise Shanti-Doot 2 at Rajendrapur Cantonment, Bangladesh April 15, 2008.

with the 57th MP Co. "Although it might be a combat scenario, we are acting as peacekeepers and unlike in Iraq, our ROE focuses on peacekeeping, not warfighting."

Pfc. Nelson Castillo, a medic with the 57th MP Co., added, "Handling a noncombatant situation [requires a] different mindset from what we are used to. What we are doing here helps expand our training knowledge and reinforces the notion of keeping an eye on everything."

The peace support training taught the Soldiers tasks for specific scenarios, but beyond that, they learned basics they can apply to other situations.

"It is all about preparation and planning," said Sgt. 1st Class Esteban De La Cruz, training noncommissioned officer in charge. "Before you can execute, you need to be able to

plan and prepare for a successful mission no matter what the task entails. What we are teaching is not the lanes themselves but how to plan and coordinate each phase of the training as well as adjust to each country's different culture."

The end goal for the participating countries is a United Nations peacekeeping certification.

"The information is first taught to the senior leaders of each country who then pass it down their respective chains of command and finally to each of the country's platoons in order to make sure they are teaching the material to U.N. standards," said Pricher.

After all of the platoons pass each lane, their country becomes certified and is added to the U.N. peacekeeping list. Then they can be called upon for future missions.



Sgt. Brad Willeford | 1st Bn.; 27th Inf. Regt.; 2nd SBCT; 25th Inf. Div.; MND-B

## Metal detection

CAMP TAJI, Iraq — Pvt. Justin Do, inspects the ground for improvised explosive devices and mines Feb. 26 northwest of Baghdad. Do is assigned to A Co., 1st Battalion, 27th Infantry Regiment "Wolfhounds," 2nd Stryker Brigade Combat Team. Along with the rest of his unit and the Iraqi Army, Do helps secure the Taji area, which helps afford the Government of Iraq an opportunity to provide essential services to the Iraqi residents in the area.

# SAMC recognizes newest members

Story and Photo By

**SPC. KYNDAL HERNANDEZ**

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – The Sergeant Audie Murphy Club hosted its quarterly induction ceremony, April 16, at the Nehelani here, and also recognized a Dr. Mary E. Walker award recipient.

Three new members were inducted into SAMC, which recognizes exemplary performance by noncommissioned officers (NCOs) throughout the Army.

Since SAMC's inception in 1986, the club has continuously added distinguished leaders to its ranks, while still honoring Sgt. Audie Murphy, the most decorated Soldier in the history of the U.S. Army.

"I would definitely say that all NCOs and future NCOs should strive to be in the SAMC," said Command Sgt. Maj. George Duncan, command sergeant major of the 8th Theater Sustainment Command. "These Soldiers are the best of the best."

The award and organization are named for Audie Leon Murphy, a successful Soldier, actor, writer, and entrepreneur, who is also known as the greatest combat Soldier in U.S. history.

During the course of Murphy's three-year tour of duty in Europe, during World War II, he was awarded every decoration for valor the United States issues, as well as three from France and one from Belgium.

"I feel very honored to be a member of



Maj. Gen. Raymond V. Mason, commander of the 8th Theater Sustainment Command, pins an Army Commendation Medal on Staff Sgt. Jonathon Grazaiano's uniform.

## New inductees

Staff Sgt. Nicholas Fowler  
Staff Sgt. Jonathon Grazaiano  
Staff Sgt. Arshad Jones

the SAMC. I worked very hard for this," said Staff Sgt. Nicholas Fowler, signal and communications team leader with the 500th Military Intelligence Battalion. "It feels good to be inducted because the SAMC is for the top of the line, best of the best NCOs in the Army, and I am ex-

tremely proud to be a part of that."

The Dr. Mary E. Walker award was also presented during the ceremony to Mrs. Jennifer Brock, wife of Command Sgt. Maj. Freddie Brock, command sergeant major of the 8th Military Police Brigade, for her own exemplary service and volunteerism in support of Soldiers and their families.

The award's namesake is the only woman ever to be awarded the Medal of Honor for her dauntless courage and unwavering service during the Civil War.

# Ceremony honors twenty Tropic Lightning retirees

**SPC. CARLEE ROSS**

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – Soldiers, friends and family from near and far gathered here to honor 20 Tropic Lightning Division Soldiers at a retirement ceremony, April 17, at the Post Conference Room.

"The Soldiers retiring today represent more than 500 years of service," said

Brig. Gen. Mick Bednarek, 25th Infantry Division commander. "There is no way we're going to replace all these great leaders leaving us today, but the Tropic Lightning Soldiers are your legacy."

At the conclusion of the ceremony the retirees stood together and received honors and thanks for their service, one by one. Everyone wished them good luck in their future endeavors.

## Retirees

- Command Sgt. Maj. Nathaniel Shephard III, Headquarters and Headquarters Command (HHC), 556th Personnel Service Battalion (Bn.)
- Sgt. Maj. Daniel Alltop, Headquarters and Headquarters Troop (HHT), 25th Special Troops Battalion (STB)
- 1st Sgt. Joseph Angelo Pagliaro, HHT, 2nd Squadron, 6th Cavalry (Cav.) Regiment (Regt.)
- 1st Sgt. Paul Bryan Raduziner, HHT, 3rd Squadron, 4th Cav. Regt.
- 1st Sgt. Green N. Wilson, HHT, 3rd Squadron, 4th Cav. Regt.
- Master Sgt. Phillip Gilbert, B Company (Co.), 3-25th Brigade Support Battalion
- Master Sgt. Merlin Lilienthal, HHT, 3rd Squadron, 4th Cav. Regt.
- Master Sgt. Peggy Blair Turner, HHC, 3-25th BSB
- Sgt. 1st Class Kenneth Brown, A Co., 25th STB

- Sgt. 1st Class Molly Davis Coufal, HHT, 2nd Squadron, 6th Cav. Regt.
- Sgt. 1st Class James Debose, HHC, 25th Combat Aviation Brigade
- Sgt. 1st Class John George Jr., HHC, 25th STB
- Sgt. 1st Class Lawrence Mullen, HHC, 25th STB
- Sgt. 1st Class Wesley Patch Jr., D Co., 2-25th Avn. Regt.
- Sgt. 1st Class Nelson Quinones, Headquarters Support Command, 209th Aviation Support Battalion (ASB)
- Sgt. 1st Class Tomas Quinones, Golf Forward Support Company, 3rd Bn., 7th Field Artillery Regt.
- Sgt 1st Class Kevin Soule, B Co., 209th ASB
- Staff Sgt. Leo Boeglin, B Co., 209th ASB
- Staff Sgt. Neal Renth, Delta Troop, 2nd Squadron, 6th Cav. Regt.
- Staff Sgt. Pablo Villafranco, B. Co., 3-25th Avn. Regt.

# Close combat attack training helps Soldiers save lives

**STAFF SGT. MAURICE SMITH**  
3rd Brigade Public Affairs

SCHOFIELD BARRACKS – Soldiers from the 2nd Battalion, 27th Infantry Regiment, spent their day learning the importance of Close Combat Attack (CCA) training, April 17, at East Range here.

Close combat attacks are hasty or deliberate attacks made in support of units engaged in close combat. Typically, helicopters engage enemy units with direct fire that impacts targets ranging from a few hundred meters to a few thousand meters away.

The close combat attack is coordinated and directed by team, platoon or company-level ground Soldiers using standardized procedures.

“During CCA, attack and cavalry aircraft may engage targets that are in close proximity of



Staff Sgt. Maurice Smith

2nd Lt. Sean Navin, A Company, 2-27, makes a call over the radio, requesting aviation support during CCA training April 17 at East Range

friendly forces, thereby requiring detailed coordination between the ground forces and the air mis-

sion commander,” explained Maj. Bevin Cherot, CCA instructor and brigade aviation officer, 3rd In-

fantry Brigade Combat Team. “To achieve the desired effects and reduce the risk of fratricide, air and ground integration must take place down to the company, platoon and team levels.”

Soldiers embraced their characters during the training; some dressed up as rebel forces who were coordinating an attack on a convoy, while others called in aviation support from two Kiowa helicopters to help eliminate the threat.

The unit quickly learned that CCA is a bit more complicated than a simple radio call. Like a crew drill, the driver, task coordinator, gunner and leaders must work together to formulate the information needed for the close combat attack.

Soldiers marked friendly and enemy forces, location and distance, and provided helicopters with any additional information

to achieve the mission.

“The most challenging part of the training was trying to maneuver the aircraft so you and other friendly forces aren’t in danger,” said Spc. Juan Necuze. A Co., 2-27th. “This is why we learned how to talk to them, so they can respond to us, and we can communicate with them better over the radio.”

Helicopters swarmed in within minutes, once called. They simulated an attack on enemy forces and then returned back to base.

The unit gained more confidence as the training continued, and Soldiers soon saw the results of making accurate calls as well as giving detailed information.

“It benefited me and everybody else out here to actually get some practice,” said Pfc. Walter Jochim, A Company, 2-27th. “I believe this will make me more confident in my job to not panic over the radio,

so I won’t stumble over my words and can execute when needed to.”

Soldiers continue to train on operations such as CCA because they will most likely use close combat attacks during deployment – when it will matter most to them because actual lives are at stake.

“This was good training for us. I like having control of the [helicopters] because it’s an important role, and I can save real lives when we are back in Iraq. It’s a very good asset to have,” said Necuze.

Ground and aviation forces conduct countless operations with each other daily in today’s U.S. Army. As they continue to work hand-in hand, their radio communication is the key element in eliminating enemy forces, saving the lives of nearby friendly forces, and conducting successful operations during close combat attacks.

## News Briefs

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

### 25 / Today

**Found Bicycles** – Two bicycles were recently found on Schofield Barracks. Contact the Found Property Custodian at 655-8255.

### 30 / Wednesday

**Oahu South Town Hall** – The next Oahu South town hall meeting for the Oahu South community will be held at the Aliamanu Military Reservation Chapel, April 30, at 6:30 p.m. Call 438-6147 for more information.

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

**Volunteer Ceremony** – U.S. Army Garrison, Hawaii’s Installation Annual Volunteer Ceremony will be held at the Nehelani, Schofield Barracks, April 30, at 11:30 a.m.

## June

### 14 / Saturday

**Army Ball** – You are cordially invited to attend the U.S. Army Pacific Command (USARPAC) Army Ball at the Hilton Hawaiian Village commemorating the Army’s 233rd birthday, June 14, 6 p.m.

During the ball, the USARPAC Noncommissioned Officer, Soldier and Community Leader of the Year will be honored.

Attire is formal and cost is \$80 per person. Call 438-9761.

## Ongoing

**MASS Transportation Benefit Program** – Soldiers, Department of the Army civilians and nonappropriated fund employees are eligible to receive free vouchers, which are redeemable for monthly bus passes, and/or vouchers for monthly participation in the Hawaii Vanpool Program.

The program was initiated six years ago, and the objective is to ease traffic congestion and air pollution. Call Keith Daszek at 656-8720 to apply.

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

The 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

# Army Reserve Soldiers clean-up path for Earth Day

Story and Photos by  
**AMANDA M. BARBIER**  
9th Mission Support Command

The annual Army Earth Day is usually acknowledged as a time to reflect on our deeds and achievements with respect to the environment, and to renew and energize our efforts for the future. However, this year Earth Day for the 9th MSC was celebrated a little differently. On April 18th, the Army Reserves 9th Mission Support Command (MSC) and several other organizations joined with the City and County of Honolulu for the Pearl Harbor Bike Path Clean-Up. 9th MSC volunteers were responsible for one mile of this bike path, a section usually covered with common trash items and in serious need of clean-up. This was one of many clean-up opportunities coordinated by the City & County of Honolulu during April, or Earth Month, to promote awareness of Hawaii's fragile ecosystem, while preventing unwanted debris from polluting the environment that we all work, live, and play in.



Above — 9th MSC Volunteers at the start of the Pearl Harbor Bike Path Clean-Up, with gloves and collection bags in hand. (L to R): SSG Jerry Reyes, COL Stacey Yamada, Marybeth Racette, Brian Yamada, MAJ Brenda Crummell.

Right — 9th MSC Soldier SSG Jerry Reyes, working to fill his second bag of trash.

Those who attended were definitely prepared for a day in the dirt, and the soldiers were more than willing to assist. Supporting the activity was BG Alexander Kozlov, Commanding General of the 9th MSC, whose Environmental Policy

states "(We) will strive to be a leader in environmental stewardship as an integral part of our mission." To emphasize BG Kozlov's policy, 9th MSC volunteers were actively engaged with cleaning the bike path and restoring its unsightly ap-



pearance while extending the command's environmental vision to the community. Many of the passersby expressed their gratitude for the clean-up effort and

their support for the cause.

For all volunteers, secondary affects of the event were educational, influential, and most of all an inspiration for future generations. The most common response regarding the event was that we all need to be concerned about sustainability and the ecological impact from the human foot-print. "I wanted to be a part of the community, and represent the Army Reserves for a good cause," said COL Stacey Yamada who was present with his 8 year-old son Brian. "My son will inherit the earth that I leave him, and despite all of the eco-friendly activities we do, this was a hands-on experience that (Brian) will hopefully carry on."

Following the event, all 9th MSC participants received gift packs from the Army Reserve Environmental Command and the City and County of Honolulu as a token of appreciation for their efforts.

A big Mahalo to all of the volunteers from the 9th MSC, and to all those who made it happen!

## News Briefs

From A-5

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 details, visit [www.hirea-hero.org](http://www.hirea-hero.org).

# 8th TSC helps restore Hawaii 's last island fishing village

## Soldiers remove trash, debris and even an abandoned boat

Story and Photo by  
**SGT. MATTHEW MOELLER**

8th Theater Sustainment Command Public Affairs

MOKAUEA ISLAND – An important piece of Hawaii 's past breathed new life April 19th with the help of 8th Theater Sustainment Command Soldiers.

With Earth Day approaching, about 65 Soldiers from the 545th Transportation Company sailed to the tiny three acre island of Mokauea, removing debris, litter, garbage and even abandoned boats washed up from its larger neighboring islands.

Originally only open to Hawaiian royalty, Mokauea Island became part of a highly productive fishing community. Now Hawaii 's last island fishing village, it has suffered greatly due to increased boat traffic and strong currents leaving rubbish on its shores.

"It's only us residents here that are left to maintain the island, and we can't do it by ourselves," said Joni Bagood, a member of one the five families who call the tiny island home. "It would take us months, if not years to clean it all up, but thanks to the



Soldiers of the 545th Transportation Company, a subordinate unit of the 8th Theater Sustainment Command, work to restore Mokauea Island, Hawaii's last island fishing village, April 18.

Army it will be done in a day."

After the 545th parked the 4,200-ton U.S. Army Logistic Support Vessel Chief Warrant Officer 3 Harold C. Clinger (LSV-2) on the beach of the tiny island, Soldiers immediately began the difficult process of removing debris built up since the last major clean up operation in 1979.

"It was amazing watching the boat sailing up to the beach," said Bagood. "It's almost as big as the island."

"We arrived and immediately started unloading equipment, so we could start cleaning up the island," said Chief Warrant Officer 3 Scott Titus, chief engineer of LSV-2, and one of the

event's main organizers.

According to a representative of Kai Makana, a non-profit

group partnered with the Army, and dedicated to the restoration of the island, the Soldiers will remove most of the trash found on the island, and transport it to the island of Oahu in dumpsters provided for free by the city of Honolulu. Once on Oahu, the Soldiers will hand it off city of Honolulu sanitation workers, who will dispose of it.

**"We're all really excited to give back to the local community ."**

*Staff Sgt. Shawn Wilden  
LSV-5 crewmember*

But the event did not start overnight.

According to Titus and Kai Makana representatives, the Army was contacted on behalf of Kai Makana by a former Army Marine Center last fall. After several assessments and preparation, the 545th developed a plan

to help restore Mokauea.

Despite the all the hard work, the 8th TSC Soldiers participating felt it was well worth it.

"We're all pretty excited, all working hard. We're all really excited to give back to the local community," said Staff Sgt. Shawn Wilden, LSV-5 crewmember.

"It's been very positive reactions from all the Soldiers here," said Titus. "When you see the reaction from the residents of the island and the folks from Kai Makana, it's really overwhelming. I think it gives everyone a good feeling."

The event has also touched the island's residents.

"I just want to thank the United States Army. [They] are so wonderful for wanting to come and help us clean our little island," said one resident.

"After everything is settled, we would all love to have [the Soldiers] come here and just relax and enjoy. [They] deserve it after helping us like this," Bagood said.

# Incentives: Over half of officers eligible for incentive

CONTINUED FROM A-1

ate school; or  
3) The Defense Language School option, based upon a pre-Defense Language Aptitude Battery score.  
An eligible officer can only select one option in exchange for a three year non-concurrent active duty service obligation, if accepting the cash option, or a 3:1

active duty service obligation in the case of accepting the expanded graduate school program or attendance at the Defense Language Institute.  
Human Resources Command estimates that approximately 8,400 officers are eligible to participate in this year's program.  
Officers must be in the rank of captain in order to participate. Promotable first

lieutenants must wait and submit upon promotion to captain. Certain officers in year groups 1999-2001 who will become promotable to major during this time frame must submit their request prior to their effective date of promotion.  
Sixty-seven percent, or 12,000 of 17,700 eligible captains, participated in the menu of incentives program offered in November 2007. Several hundred of-

ficers from that same population who did not participate also expressed an interest in the incentives after the window closed. Of those officers who did participate in the last menu of incentives, 94 percent of those 12,000 chose the Critical Skills Retention Bonus (CSRB).  
Three percent chose the opportunity to change branches, and the remaining 3 percent elected to take the graduate

school, post of choice, or military schooling options.  
If the MILPER message does not answer all of an officer's questions, additional questions can be addressed to the Soldier's branch manager at HRC. Also, e-mail HRC directly at OPMDRetention@conus.army.mil or visit [https://www.hrc.army.mil/site/protect/Active/opfamdd/LDD\\_Home.htm](https://www.hrc.army.mil/site/protect/Active/opfamdd/LDD_Home.htm).

# DU: Depleted Uranium poses no health risk at site

CONTINUED FROM A-1

The purpose of the Basic Human Health Risk Assessment (BHHRA) report is to evaluate the potential risk posed by DU residue in the Schofield Barracks impact area.  
The results of the risk assessment demonstrate that the presence of DU in soil at the Schofield Barracks impact area results in radiological doses, as well as chemical and radiological risks, that are within limits for what is considered safe by the U.S. Environmental Protection Agency (EPA) and the U.S. Nuclear Regulatory Commission (NRC).

within established limits for what is considered safe by the EPA and the NRC.  
Although access to the Schofield Barracks impact area is tightly controlled and restricted to qualified, specially trained experts, the Army is taking additional steps to ensure the health and safety of workers and the local community is protected.  
Because trace amounts of DU are present within the Schofield Barracks impact area, the Army is applying to the NRC for a license to possess the residual DU already on the range.  
Programs will be implemented to ensure those authorized access to the Schofield Barracks impact area are qualified and properly trained to identify DU, and to initiate appropriate safety precautions and notification procedures while onsite.  
Finally, because the Army remains committed to continue protecting the safety of workers and the local community, the Army will continue to monitor for DU migration in the environment.

Following guidance from the EPA and with the input from partner agencies, five potential exposure scenarios were evaluated:  
1) Current and future range maintenance workers, 2) Future construction/cleanup workers, 3) Future adult cultural monitors, 4) Future site workers/visitors/trespassers, and 5) Subsistence farmers living at the site boundary.  
Each scenario considered four possible methods of contact:  
1) Incidental swallowing of soil containing DU, 2) dust inhalation, 3) skin contact with DU, and 4) direct exposure to gamma radiation.  
Results of this comprehensive risk assessment indicate that the Schofield Barracks impact area is safe for current and future workers, as well as those who live near the site. The radiological chemical risks from the DU were found to be well

within established limits for what is considered safe by the EPA and the NRC.  
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Finally, because the Army remains committed to continue protecting the safety of workers and the local community, the Army will continue to monitor for DU migration in the environment.  
The Army has published an informational pamphlet: "Depleted Uranium (DU) in Hawaii." To obtain a copy, or to learn more about DU, contact Howard Sugai, chief, Public Affairs, Installation Management Command-Pacific Region (IMCOM-Pacific) at 438-0650.

# AFAP: Workgroups suggest changes

CONTINUED FROM A-1

program, health care and hiring practices in the Civilian Personnel Advisory Center/Civilian Personnel Online (CPAC/CPOL), recommending educating veterans on the hiring process and resume writing. Last on the list was a recommendation to reinstate the military bus system for Soldiers and family members who reside at facilities such as AMR and HMR.  
**Teen.** Ryan Murphy from the Teen workgroup presented the final briefing. This workgroup was also concerned about the lack of transportation between installations, seeing it as a safety issue. Like the Ideating group, the teens recommended an installation bus system and suggested a fee could be charged to offset costs. The workgroup looked at more classes for teens, and age requirements

for gym use and baby-sitting.  
After the briefings, Col. Matthew Margotta, commander, U.S. Army Garrison, Hawaii, thanked the delegates for, "spending a couple days to make our communities that much better."



**Soldiers and family members can submit an issue online at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com), click on ACS, Getting involved, AFAP and scroll down to issue submission.**

Margotta reminded the workgroups that this system does work and has produced

concrete changes throughout the Army community.  
Mason also thanked the workgroups, promising that each issue in the AFAP would be examined.  
"I'd be lying if I told you we were going to solve all the issues," Mason said, "but we are going to take your input seriously. Our job as generals is supporting you, to make your jobs as Soldiers easier."  
Each of these issues will now be reviewed by the U.S. Army - Hawaii Garrison staff and presented to the garrison commander, who will determine which ideas are feasible and practical within budgetary and other resources. Those that cannot be accomplished will be forwarded to U.S. Army Pacific for review, and on to Department of the Army for review and decision.



## USE YOUR HEAD WEAR YOUR HELMET

# HAWAII **ARMY** WEEKLY PAU HANA

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

"When work is finished."

FRIDAY, APRIL 25, 2008



U.S. Army Photo

The Army Family and Morale, Welfare and Recreation Command honors military children throughout April — "Month of the Military Child."

## Army recognizes military children throughout April

MARGARET MCKENZIE  
FMWRC Public Affairs

ALEXANDRIA, Va. — April marks a special month in the lives of military families.

The Army Family and Morale, Welfare and Recreation Command joins the military community in recognizing April as the "Month of the Military Child," a time to honor military families and their children for the sacrifices they make and challenges they overcome every day of the year.

In 1986, Secretary of Defense Caspar Weinberger recognized the importance of military children and their role in military families when he established April as "Month of the Military Child" in a Defense Department commemoration.

Active duty military families move almost every two or three years, uprooting children, changing schools, and saying goodbye to friends. Children must learn to adapt with each transition as they gain new experiences in their new environment.

"Sometimes we forget that military children 'serve' as a result of a parent's military career," Director of Army Child and Youth Services M.A. Lucas said. "A military family averages nine moves through a 20-year career, and in doing so, their children must say goodbye to friends, change schools, and start all over again."

Deployments are difficult for everyone involved, from Soldiers who are being deployed to the children who are left behind, to the community of family and friends who must take on new responsibilities and provide support and services.

Military children undergo hardships and



Jalayah Beasley, daughter of Sgt. Michelle Beasley, 2nd Squadron, 14th Cavalry Regiment, at the Family Child Care Field Day, held Monday at Schofield Barracks.

face many obstacles by having a parent deployed for long periods at a time. These children make sacrifices and serve their country as much as anyone in uniform. By doing their part quietly, they make their parents realize that what they do is just as important.

**For More Information Contact**  
William Bradner, Deputy Public Affairs Officer  
Family and MWR Command  
william.bradner@fmwrc.army.mil  
(703) 681-1548

According to the "Month of the Military Child" Web site, more than one million American children have at least one parent actively serving in the military.

Throughout the month of April, the military community hosted special programs and events to salute military children. These programs included festivals, tournaments, carnivals, health screenings for children, youth talent shows and more.

In 2007, garrison events stressed the importance of providing quality services and supporting children. Families, installations, schools and communities have come together to provide a stable environment for children.

"We have found in previous years that we need to provide a balance between community and Child and Youth Services 'in-house' activities," said Sally Haskell, chief of Child and Youth Services at Fort Belvoir, Va. "Both entities provide awareness to everyone about the importance of children, in general, as well as emphasize the importance of spending time with children."

"We believe," she continued, "once parents are provided with training and appropriate options, that they will make the right choices when interacting with their children and selecting activities for their families."

## Education is key in ending abuse

KYLE FORD  
News Editor

SCHOFIELD BARRACKS — As "Child Abuse Prevention Month" and the "Month of the Military Child" come to a close, Army Community Service (ACS) continues to focus on the best thing a person can do to protect a child: prevention.

"Child abuse prevention is interwoven in everything we do," said Heather Keeler, R.N., a home visitor for the New Parent Support Program (NPSP). In fact, the Army's NPSP, she said, has been proven to reduce incidents of child abuse.

According to Keeler, education is the key to prevention. Sometimes abuse and neglect in the home occur because caregivers simply don't know how to properly care for children. The New Parent Support Program can help any family with children ages infant to 5 years old.

NPSP teaches families about a host of parenting responsibilities: everything from breastfeeding to effective techniques for disciplining toddlers. NPSP also offers home visits, referrals, resource materials, information on parenting and even a "playmorning."

We want parents to call us if they have any questions regarding their child, Keeler explained. If we can't help, we will point them in the correct direction, she said.

Parents interested in the New Parent Support Program or parents who just have questions needing answers, can call 655-4ACS (4227) and ask for an NPSP staff member.

### What to look for

Some signs of abuse include sudden changes in behavior, patterns of injury, unusual conditions or impossible excuses.

If you suspect child abuse, you should first and foremost seek help for the child or suspected victim. Call an abuse hotline, a chaplain or Army Community Service.

### Shaken Baby Syndrome

Preventing Shaken Baby Syndrome, or SBS, is possible, according to Keeler. The term is used to describe the signs and symptoms resulting from violent shaking — or shaking and impacting the head — of an infant or small child.

Shaking infants and young children can result in mental retardation, and even death.

SBS usually happens when frustrated parents or caregivers believe that shaking their baby or small child can make him or her stop crying. Parents or caregivers mistakenly believe that shaking babies and small children is harmless.

Two "Shaken Baby Quilts" were displayed at several Hawaii Army installations throughout the month.

One quilt honored babies who survived being shaken. While the other quilt honored the memories of children who did not survive.

The bottom line, Keeler said, "No matter how frustrated you get [with a baby's crying], never shake a baby."

So what's a parent to do with a screaming child? Staff at ACS's Family Advocacy Program offer advice and coping mechanisms to deal with a crying child. Some methods they give are to take the baby for a stroller ride, play music, take a time-out and/or even ask a friend to take over caregiving responsibilities for a while.

You can get more information about Shaken Baby Syndrome at www.dontshake.com. As well, the NewParent Support Program can provide you more information about preventing SBS.

### Other resources

Resources abound to protect children; most are just a phone call away. Perhaps, outside of a loving home, one of the best advocates for children is the ACS Family Advocacy Program, which is dedicated to spousal and child abuse prevention, education, prompt reporting, investigation, intervention and treatment.

The program provides a variety of services to soldiers and families to enhance their relationship skills and improve their quality of life.

Another resource is Prevent Child Abuse Hawaii. Its executive director, Jon Won, said preventing child abuse is everyone's responsibility.

When people recognize the signs of child abuse, he said, they must report their suspicions. That's another child we can help, he stressed.

The blue ribbon campaign has also effectively increased child abuse awareness, but now, Won said, it's time to start preventing child abuse in the first place.

Prevent Child Abuse America has adopted a new symbol, the pinwheel, to demonstrate the winds of change — shifting the focus from awareness to prevention.

Prevent Child Abuse Hawaii sponsors the 11th Annual Teddy Bear Round Up for children tomorrow from 11 a.m.-2 p.m. at Ward Warehouse stage in Honolulu.

The public is invited to donate new or gently used teddy bears or stuffed animals; child abuse prevention agencies will use the animals to calm children who are experiencing stressful situations.

## Family Child Care program provides fun for keiki

Story and Photo by  
STEPHANIE RUSH  
Pau Hana Editor

SCHOFIELD BARRACKS — Keeping in line with other "Month of the Military Child" events, the Family Child Care (FCC) office held a field day, here, Monday, celebrating the youngest members of the Army family.

The field day, held in the grassy field behind Building 645 on Leilehua Avenue, included traditional field day activities like a ring and beanbag toss, potato sack races, and a chance to meet Sparky the Fire Dog and fire fighters from the Federal Fire Department.

The FCC office oversees the home child care program on Army installations. It is responsible for training and supporting military spouses who want to operate a day care in their homes. Child care is available for children 4 weeks through 12 years old, for a variety of hours to fit the demands of a military family.

Oahu South and North communities boast 230 children in 45 family child care homes, according to Sarah Logan, administrative assistant, FCC. More than 20 child care providers and 54 children came to the field day.

FCC homes have the ability to offer small group care for children in a homelike atmosphere, according to Danna Foster, director, FCC. The child care providers are a well-trained asset to the military community, Foster added.

The field day is just one of several activities held in April to celebrate the Month of the Military Child. An event like the field day has not been held in several years at Schofield Barracks, but Foster plans to begin offering an activity for providers and children quarterly based on Monday's success.

Foster wanted the children and child care providers to get as much out of the day as possible.

"We wanted the participants of the field day to build relationships and bonds with other

providers," Foster said. "It was a great opportunity to enhance the children's physical development in a unique setting. It encouraged our youth to enjoy a healthy lifestyle, as well as our providers."

In addition to child care providers, FCC employs a trainer and nutritionist to ensure children are receiving accredited care in compliance with the National Association of Family Child Care and the U.S. Department of Agriculture. According to Foster, the Army's model for FCC is the standard that other state and regional programs use as a model when setting up their own child care programs.

Each group event, like Monday's field day, are planned to compliment the children's child care experience and enrich their physical, emotional and social well-being.

"[Events like the field day] give the children an opportunity for them to interact and socialize with their peers," said Wendy Oshiro, training and curriculum specialist, FCC. "It also encourages

them to practice and strengthen their gross motor skills."

In the end, though, Foster just wanted everyone to have a good time like parent Sgt. Michelle Beasley, a human resource specialist with 2nd Squadron, 14th Cavalry Regiment. Beasley took the day off to play games with her daughter, Jalayah, who is 20 months old.

"I came out to spend the day with my daughter and the kids," she said. "I love that they did this; it is a really nice thing."

Right — Lisette Figueroa, child care provider, supervises 2-year old Katherine O'Brien as she crawls through a tunnel at the Family Child Care Field Day, held Monday.





**25 / Today**

**Kualoa Ranch & Island Tour Adventure**

— Join Outdoor Recreation for a special North Shore Tour, a Kualoa Ranch Jeep or Movie Set Tour, a visit to Secret Island and a turtle-watching sail to Chinaman's Hat, April 25, 8 a.m.-1:30 p.m. Cost is \$45 per person, and lunch and transportation will be provided. For more information or reservations, call 655-0143.

**No Limit Texas Hold 'Em Tournament**

— Don't miss your chance to qualify to participate in an Armywide national tournament April 25, noon-5 p.m. at the Tropics, Schofield Barracks. First place is a \$500 AAFES gift card. Call 655-0002 for more information.

**30 / Wednesday**

**Letter Writing at the Library**

— Children of deployed Soldiers are invited to a library letter-writing activity, April 30, 3 p.m., at the Sgt. Yano Library, Schofield Barracks. Come and share your favorite ways to communicate with a parent who is deployed and then create a special Mother's Day or Father's Day card for them. The library will provide stationary, cards and markers. This event is a Blue Star Card program. Call 655-8002 to sign up or 438-0376 to learn about the Blue Star Card program.

**1 / Thursday**

**ITR Expo**

— Don't miss your chance to see everything that Morale, Welfare and Recreation (MWR) and the wonderful state of Hawaii have to offer, May 1, 10:30 a.m.-1:30 p.m. at the Schofield Barracks Post Exchange. Dozens of travel vendors and MWR facilities will be on-hand to tell you about their best deals and offerings.

Enjoy a Polynesian dance show and enter to win an all-inclusive trip for two to the Big Island. Call 655-9971.

**3 / Saturday**

**Aquaculture**

— Here's your chance to learn how the ancient Hawaiians fished and lived, May 3, 11:45 a.m.-4:30 p.m. You'll have a unique chance to participate in an authentic Hawaiian throw net experience. Transportation and will be snacks provided. Cost is \$20 per person and space is limited. Call Outdoor Recreation, 655-0143.

**8 / Thursday**

**Bye Bye Birdie**

— Don't miss opening



Ariene Bali | Kilauea Military Camp

**View from the top**

KILAUEA MILITARY CAMP, Island of Hawaii — Volcanic fumes from the newly created gas vent in the base of Halemaumau Crater as seen from a northern overlook 100 feet from Kilauea Military Camp (KMC). KMC was closed briefly April 3-5 due to volcanic emissions but is now open and accepting reservations. Eligible patrons include all service members, Department of Defense civilians and their sponsored guests. Visit [www.kmc-volcano.com](http://www.kmc-volcano.com).

night for one of the most captivating musical shows of our time. It tells the story of a rock and roll singer who is about to be inducted into the U.S. Army.

The musical runs until May 24. Call 438-4480 to purchase tickets.

**Ongoing**

**Friday Night Scrappers**

— Schofield Barracks Arts and Crafts will hold a new program every Friday night for scrapbooking fun and festivities, beginning May 2. The sessions run 6-10 p.m. The cost is \$10, which includes snacks, prizes and demos. Supplies are available for an extra fee.

Join us for fun projects, refreshments and prizes. Call 655-4202.

**Piliilau's New Reservation Policy**

— Piliilau Army Recreation Center (PARC) has announced the reserving of 50 percent of its 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 Year's weekend.

The previous policy held 10 percent of the

rooms for active duty and reservists during peak periods.

PARC will release noncommitted beachfront 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.

**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.

**Calling All American Girls**

— Visit the Army Family, Morale, Welfare and Recreation Libraries in May and June to learn how you can win a "Kit Kittredge, an American Girl" prize, as well as an all-expense-paid shopping spree to an American Girl store.

You can log on to [www.ArmyMWR.com](http://www.ArmyMWR.com) for details and enter to win. One entry will be provided to children ages 6-16 each time they visit the library and check a book out. Call 655-8002.

**Salvage Yard Auto Sales**

— Fort Shafter and Schofield Barracks salvage yards will be sponsoring sealed bid auto sales twice a month. Bidding will end on the first and third Saturdays of each month, and the highest bidder will be notified the following day.

A minimum bid will be marked on each auto for sale. Call 655-9368 (Schofield Barracks) or 438-9402 (Fort Shafter).

tatives from public and private two- and four-year colleges will be present.

The fair is free and open to the public. Contact Amalia Bueno, 956-4303, for more information.

**Camp Warrior for Children of Deployed Soldiers**

— The 2nd Stryker Brigade Combat Team will host an all-day Camp Warrior Saturday, April 26, 8:15 a.m., at Area X-Ray, Schofield Barracks.

Camp Warrior is for children of deployed Soldiers, ages 2-16. Activities for the day include camouflage face painting, miniature PT tests, beanbag toss, gym obstacle course, jungle gym, sand castle building contest, water balloon toss and crafts. A free lunch is provided but children are free to bring additional snacks with them.

This event is not a drop-off activity; a parent or guardian must accompany children at all times during Camp Warrior. Children can register starting at 7:30 a.m., but pre-registration guarantees a Camp Warrior T-shirt for each participant.

To sign your child up, call Letticia Rivera at 655-8132.

**Stomp the Island Step Show**

— The Hawaii Alumnae Chapter of Delta Sigma Theta Sorority, Inc., will hold a step show, April 26, 6 p.m. at the Hickam Enlisted Club, Hickam Air Force Base.

Tickets are \$30 for adults and \$10 for children. Contact Barbara Jackson at [bjackson005@hawaii.rr.com](mailto:bjackson005@hawaii.rr.com) for tickets.

A portion of the proceeds will benefit the Hawaii Literacy Program.

**27 / Sunday**

**The Bead Gallery's 8th Annual Charity Fair**

— The Friends of the Bead Gallery will host their 8th Annual Charity Fair, April 27, 10 a.m.-2 p.m. The fair features baked goods, beads, gifts, jewelry, a silent auction, white elephants and a raffle. A portion of the proceeds will benefit the Kapiolani Breast Health Center and the Kukui Children's Foundation.

The Bead Gallery is located at 250 Ward Avenue, 2nd floor courtyard, Honolulu. Visit [www.thebeadgallery.com](http://www.thebeadgallery.com) or call 371-2124.

**3rd Annual Nike Reuse-A-Shoe**

Bring your old athletic shoes to Niketown, April 27, 9 a.m.-1 p.m. The shoes will be ground up to create a new sport surfaces like soccer fields, basketball courts and playground surfacing. Anyone who brings in an old pair of athletic shoes can trade their old shoes for a coupon good towards a new pair.

Niketown is located at 2080 Kalakaua, Honolulu.

**30 / Wednesday**

**Oahu South Town Hall** — The next Oahu South town hall meeting for the Aliamau community will be held at the Aliamau Military Reservation Chapel, April 30, at 6:30 p.m. Call 438-6147 for more information.

**Days of Remembrance Observance**

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

**May**

**2 / Friday**

**"Musical Misadventures"** — The Hawaii Theatre Center (HTC) will host the performance "The Musical Misadventures of Robin Hood (Barbershop in Tights)," May 2-3, 7:38 p.m.

The award-winning Sounds of Aloha Chorus, the 2007 International Silver Medalists quartet, California's OC Times, and Kahuku High School Show Choir will also be performing. Theatre organ stylings by Don Conover will start at 7 p.m.

Tickets are \$27 for orchestra, \$20 for balcony or \$14 for upper balcony. A \$5 discount is offered to senior citizens, active duty military, students, HTC members or groups of 10 or more. Call 528-0506 for tickets or visit [www.hawaiitheatre.com](http://www.hawaiitheatre.com).

**3 / Saturday**

**Festival of Flowers** — Hawaii's Plantation Village, Waipahu, will hold a Festival of Flowers, May 3, 10 a.m.-2 p.m.

The festival is a traditional Filipino celebration marking the coming of spring and pays tribute to Hawaii's multicultural society.

Genealogy workshops, cultural per-

formances, a baby quilt display, an ikebana exhibit and food tasting will be featured.

This family event is open to the public and free. Call 677-0110 or visit [www.hawaiiplantationvillage.org](http://www.hawaiiplantationvillage.org).

**5 / Monday**

**Cinco de Mayo Celebration** — The Aloha Tower Marketplace, Honolulu, will host its 5th Annual Cinco de Mayo party, May 5, starting at 5 p.m.

Festivities include live local and Mexican music, free salsa lessons, Mariachi del Pacifico, a Chihuahua fashion show and parade and free prizes. Admission is free and open to the public.

**9 / Friday**

**Learn About Cub Scouting**

— Cub Scouting is a fun program where boys can experience excitement and outdoor adventure. Pack 564 will hold an information session, May 9, 7-8 p.m., at the Mililani Mauka Elementary School cafeteria, and invites parents and boys to join the fun and learn more about Scouting. Call Scot at 626-4818.

**17 / Saturday**

**Living History Day** — The U.S. Army Museum of Hawaii will host a Living History Day to commemorate Armed Forces Day, May 17, 10 a.m.-3 p.m., on the lawn area in front of the museum at Fort DeRussy.

The event will include static exhibits of modern military Soldiers and equipment, military memorabilia, restored military vehicles, re-enactors in period uniforms and hands-on displays of non-government military artifacts.

**Ongoing**

**Free DVD messages for Deployed Soldiers**

— Family members can record a 30-second video message on DVD to send to their deployed Soldier. The free service is offered every Saturday, 10 a.m.-2 p.m., TV2 station, Schofield Barracks.

To reserve your spot, contact Larry Thomas at 295-0205 or e-mail [Larry.Thomas9@us.army.mil](mailto:Larry.Thomas9@us.army.mil).

**Preschool Story Time** — Parents and children ages 3-5 are invited to sing songs

**SEE COMMUNITY CALENDAR, B-5**



**Aliamau (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 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 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



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

**25 / Today**

**Job Fair** — Army Community Service (ACS) will hold a job fair, April 25, 9 a.m.-noon at ACS, Building 2091, 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, Coastal International Security and more.

Admission for job seekers is free. Don't forget to bring your resume! Call 655-4227.

**26 / Saturday**

**Child Abuse Prevention Month** — April is Child Abuse Prevention Month and the New Parent Support Program (NPSP) will sponsor several programs to highlight this issue.

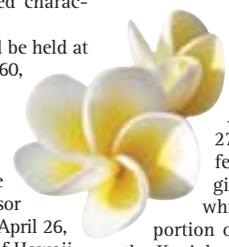
• April 26: Prevent Child Abuse Hawaii will collect new or gently used teddy bears at the 11th Annual Teddy Bear Round Up, at the Ward Warehouse Amphitheater, 1575 South Beretania St., Honolulu. There will be free parenting tips, appearances by local entertainers and costumed characters.

• April 28: Baby Massage will be held at the Sgt. Yano Library, Building 560, Schofield Barracks, 9-11 a.m.

**Hilo College Fair and College Planning Session**

— The National Association for College Admission Counseling will sponsor a national college fair Saturday, April 26, 1-4:30 p.m., at the University of Hawaii at Hilo.

In addition to learning about admission requirements, financial aid, course offerings and the college's campus environment, students and parents can also talk about their individual needs with college experts at the fair's counseling center. Represent-



**10,000 BC**  
(PG-13)  
Friday, 7 p.m.

**The Spiderwick Chronicles**  
(PG)  
Saturday, 2 p.m.



**The Bank Job**  
(PG-13)  
Saturday, 7 p.m.

**College Road Trip**  
(G)  
Sunday, 2 p.m.

**Doomsday**  
(R)  
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

# Local student raises \$600 in donations for project

**KEVIN DOWNEY**  
Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER — A fifth-grader from Samuel K. Solomon Elementary School collected donations worth more than approximately \$600 to help military families staying at the Fisher Houses here, April 22.

To some extent, Tripler's two Fisher Houses rely on charitable donations to supply the temporary residences where active duty service members, veterans, retirees and their families can stay at no cost while their family members are being treated at Tripler Army Medical Center.

Student Michael Gevers said the lesson he learned throughout his class project, which had the theme of "Change the World," was the joy of helping others through giving back.

"I picked the Fisher House because of the wounded Soldiers coming back from Iraq and Afghanistan," Gevers said. "I knew that the families come and stay [at

the Fisher House] while they are sick and thought they could use the extra help."

Gevers contacted Fisher House Manager Theresa Johnson for a standard donation list, then made flyers and distributed them throughout Solomon Elementary School and its community to gather support.

Gevers also set up a booth so people could drop off donations at his school's annual Spring Fest, an arts and crafts fair held by the student body, Saturday.

For his final grade, Gevers must write a report of his experience.

"I think it's great what he accomplished," said Mara Holmes, president of the school's Parents, Teachers and Students Association. "It took quite a bit of work on his part, but he stayed focused for a good cause."

The Fisher House falls under non-



Michael Gevers



Theresa Johnson | TAMH Fisher House

The Fisher Houses (pictured is the second one, built in 2003) serve as temporary residences where active duty servicemembers, veterans, retirees and their families can stay at no cost while being treated at Tripler Army Medical Hospital.

appropriated funds within the government's budget, which pays utilities, employees' salaries and building maintenance.

However, according to Johnson, it's the "charitable donations that make this house

a 'home,' allowing us to provide our guests with food, shampoo, laundry detergent, toys, computers, phone cards, and such," she said.

"It takes a community to support our troops, and [Michael] helped us raise

The Fisher House is always looking for donations of permanent items (like power strips, kitchenware, appliances, etc.) and disposable items (toiletries, batteries, books, etc.)

For more information on donations or volunteer programs, contact Fisher House Manager Theresa Johnson at 561-7423, or visit [www.triplerfisherhouse.com](http://www.triplerfisherhouse.com).

awareness tremendously," Johnson said. "It means a lot to the residents here, seeing the youth get involved like this. We're very grateful for his support."

Donations made to a specific Army Fisher House are spent on that house. The money is used to improve the facility, provide amenities for guests, celebrate holidays, and enhance the range of services provided.

# Army wives talk through their issues via live radio, Mondays

**ELIZABETH M. LORGE**  
AR News

"Army Wife Talk Radio" is a weekly, live radio show, available via podcast, by and for Army wives

WASHINGTON — Every Monday night at 8 p.m., a group of Army wives gather to hear news, relationship advice, parenting tips and deployment support. But this isn't your traditional readiness or support group.

Most of the women haven't met and don't even know each other's names. But over the Internet radio waves and blogs, "Army Wife Talk Radio" (AWTR) founder and host Tara Crooks tries to help Army

families and empower Army spouses.

"I just wanted to mention how much fun I had yesterday rocking out to last month's AWTR shows on my Ipod," said Kim P. on the "Loving a Soldier Blog," which is run by AWTR. "It was like doing housework with friends keeping me company."

"There's a common denominator that holds us all together," said Crooks, a Fort Stewart, Ga., Army wife of 10 years whose husband just returned from Iraq.

She gave birth to their second daughter during his deployment, an experience she said that she is still surprised she survived. She attributes her strength partly to the help of AWTR listener support.

"Part of what really makes this work ... is I think that I need you as

much as you need me," she said. "I remember talking to Star Henderson, my business partner, when I was pregnant, and I was sobbing and I said, 'Star, I'm not going to make it through this. How can I motivate people when I can't even get out of bed in the morning?' And she was like, 'You're going to do this, and you doing this is going to motivate other people.'"

AWTR celebrated its third anniversary April 7. It was born late one night while Crooks' husband was on another deployment and has grown from 37 listeners to about 1,500. Crooks says while she once had to scramble to find guests, now experts on deployment, relationships and parenting eagerly pitch their ideas. The show is booked through July, and it's available throughout the week via

Army Wife Talk Radio can be heard at [www.ArmyWifeTalkRadio.com](http://www.ArmyWifeTalkRadio.com). To participate in AWTR live shows recorded weekly on Mondays at 8pm EST, visit [www.BlogTalkRadio.com](http://www.BlogTalkRadio.com).

the Internet and podcast on [www.armywifetalkradio.com](http://www.armywifetalkradio.com),

Dr. Gary Chapman, author of *The Five Love Languages*, recently appeared. Monday's show will feature Maj. Gen. Elder Granger, deputy director of Tricare, as well as one of Tricare's customer service representatives who will be available to answer listener's questions.

"I've really had an amazing response with doctors and authors and speakers, and people who

want to get their word out to the military folks. ...I don't know, maybe because it's a podcast, it's grassroots, it's where all the younger spouses are right now, it's on the Internet ... we've caught on and we have that audience.

"We're able to bridge the gap between these resources and this information available to these military families," Crooks added.

She had expected most of her listeners to be fairly new Army wives who need a source of information, but a recent viewer poll found that even experienced Army wives are tuning in.

"It's definitely a support group," she said. "Some of those girls say that their Monday night is like their date, to show up on Monday nights for live shows."

The support aspect is especially

evident on the "Loving a Soldier Blog," where women commiserate over extended deployments, laugh and cry over daily struggles, and celebrate homecomings together.

In addition to the radio show and blog, AWTR sponsors a book club and often extends giveaways on the air.

Crooks and Henderson also write columns and travel to Army posts conducting "field exercises," events teaching Army wives how to make the most of their benefits and combat problems.

"Some day I'd like to say, oh look, someone stayed in because we helped them," Crooks said. "We can help the retention efforts somehow and build a stronger Army. I truly believe that Army families are the key to having a stronger Army."



# May

## 1/Thursday

**Free Physical Fitness Test** — Curious about how in shape you really are? Sign up, May 1, for a free sub-maximal bench-step fitness test. The test will be available during the month of May at the Helemano Military Reservation's Physical Fitness Center.

All military members, families, Department of Defense and AAFES civilians are eligible. Call 653-0719.



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

## 27/Sunday

**Hike Oahu** — Join the Hawaiian Trail & Mountain Club on a hike through Manana, what is perhaps the best ungraded ridge hike in the Koolau Range.

The route follows a paved road, then a wide path through regenerating native dryland forest. After the helipad, the vegetation closes in, and the trail becomes rough and muddy. The last mile on the open, windswept ridge is out of this world.

This advanced hike is 12 miles. Call coordinator Doug Klein at 263-8330.

Save the date for these upcoming hikes, too:

- May 3, a 6-mile intermediate hike at Kalihi Valley Ridge, and
- May 11, a 9-mile intermediate hike at Pupukea Ridge

All hikes begin at 8 a.m., and a \$2 donation is requested of non-members. An adult must accom-

## Ongoing

**Summer Learn to Swim Aquatic Camp** — Aquatic instructional classes have already begun at all Army Family Morale, Welfare and Recreation pools.

Pools are located at Schofield Barracks, Tripler Army Medical Center (TAMC), Helemano Military Reservation (HMR) and Aliamanu Military Reservation (AMR). All skill levels are welcome.

Classes are offered for Level 1, Introduction to Water Skills, through Level 6, Swimming and Skill Proficiency. Classes are \$40 for nine 45-minute sessions or \$35 for nine 30-minute sessions.

For toddler and preschool-age children, classes are \$35 for each 30-minute session or \$40 for each \$45-minute session.

pany children under 18. Hikers meet at Iolani Palace, mountain-side.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

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

Visit [www.htmclub.org](http://www.htmclub.org).

**Hawaii Bicycle League** — Join the Hawaii Bicycle League (HBL) for the Haleiwa Metric Century Bicycle Ride at Kaiaka Bay Beach Park on the North Shore, April 27, 7:30 a.m.

Price is \$40.50 for adult members, \$13.50 for children if you register online at [www.hbl.org](http://www.hbl.org). This price includes the member discount and 10 percent off for registering online.

Military members can get a discount by entering "military" in the HBL member number field. Call 735-5756.

## Ongoing

**Wahine Sailors** — The Wahine Sailors seek new members. Call for meeting place and times at

Space is limited and registrations are accepted on a first-come, first-served basis. All children must be registered with CYS for swimming classes, and payment is due at time of registration.

Call Richardson Pool, Schofield Barracks, 655-9698; TAMC Pool, 433-5257; HMR Pool, 653-0716; or AMR Pool, 833-0255.

**Physical Fitness Centers** — Don't miss out on enhanced services at all Army Physical Fitness Centers brought to you by the Army Family Covenant.

These enhanced services include extended weekend and holiday hours at fitness centers at Fort Shafter and Schofield Barracks.

Hours of operation are now 6 a.m.-6 p.m., weekends and holidays.

In addition, free towels and classes are provided to patrons.

235-8392. Cost is \$35 per year or \$5 per sail. All levels are welcome.

**Spring In-Line Hockey** — The Oahu In-Line Hockey League continues. It will be followed by a select teams mini-season, a skills competition and league social.

Contact a registrar for more details: Richard Pentecost at 372-9270 or Norine Liem at 396-9475. Visit [www.oihl.org](http://www.oihl.org).

**Shafter Bowling** — Unit PT (physical training) Bowling is held Monday-Friday, 6-8 a.m. Cost is \$1 per Soldier and includes all games and free shoe rental.

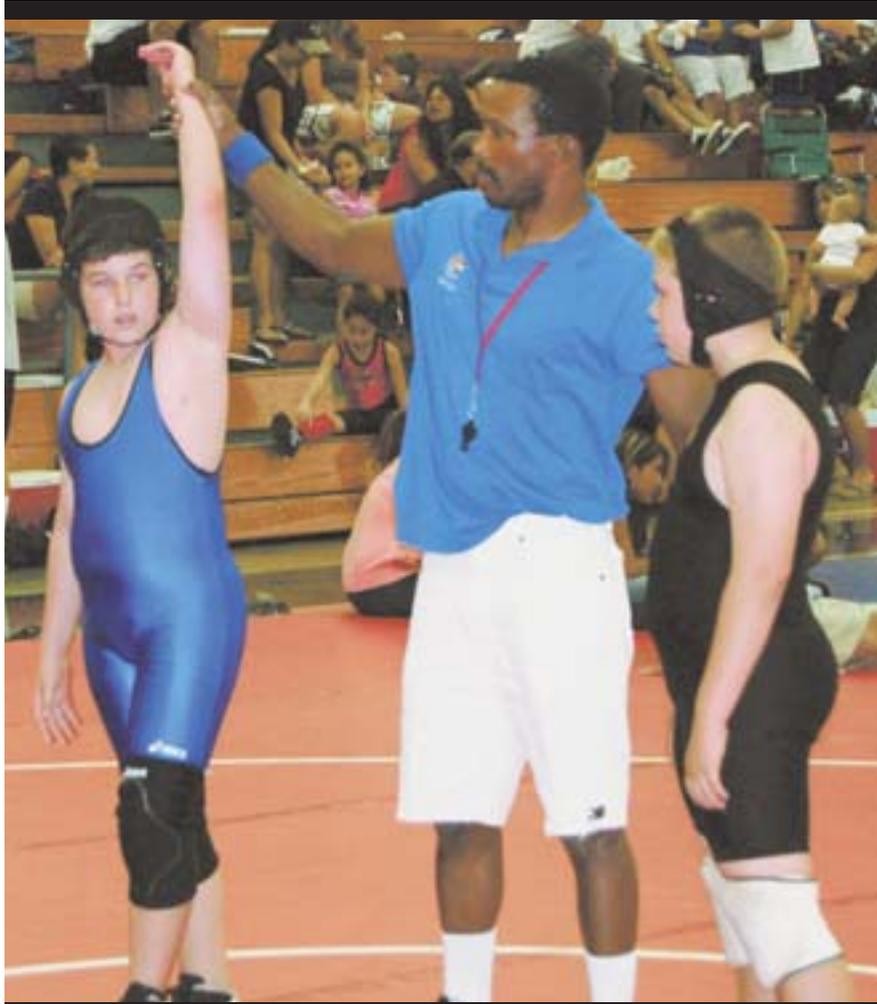
Reservations and a minimum of 20 bowlers is required.

**Jazzercise** — Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays & Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

**Waikale Wrestlers** — The Waikale Athletic Club holds wrestling classes for children and adults.

Cost is \$45 per student. Call 671-7169.



Courtesy of Tina Haywood

## Winning by a pin

SCHOFIELD BARRACKS — Tropic Lightning Wrestling Team's Gino Haywood, left, won by pin against Patrick McGinnis, right. The freestyle wrestling season has started, but registration remains open. Practice runs Mondays, Tuesdays, Thursdays and Fridays, 5-6:30 p.m., Bennett Youth Center.

# TV fitness star trains Soldiers

Story and Photo by  
**COL. TOM MACKENZIE**  
Strategic Communications Director, 9th Mission Support Command

It's not every day your physical training (PT) instructor is a world-renowned health and fitness icon, but that's just what happened at the headquarters for the Army Reserve's 9th Mission Support Command (MSC), April 12.

Famous for the spectacular "Bodies in Motion" videos with aerobics melded with the scenery of Hawaii, television legend Gilad Jankowicz high-kicked, boxed and stretched "Pride of the Pacific" Army Reserve Soldiers in a workout that they would remember for the rest of their lives.

Gilad's shows, shot in Waikiki by Magic Island, "Bodies in Motion" and "Total Body Sculpt" are seen on regular cable channel 51 in Hawaii, and on the Discovery Channel on the mainland.

As the driving music filled the room, Gilad's voice was as clear as a drill sergeant.

"So we're going to go two counts up to the top, then turn in, back to center, then come back down...up, turn, back to center, back down, up, turn, back to center and back down, again, up on two," he instructed.

The guy is in shape, and now he was taking his routine to the Army's warrior citizens. Sweat was pouring from the 30 Soldiers as they meet Gilad's challenge – high kick for high kick.

Command Sgt. Maj. Joven Miranda of the 9th Mission Support Command and several other Soldiers in the class had already completed a PT test at 6 that morning. Now they were enduring a grueling, high-energy hour-and-a-half of aerobics mixed with kickboxing, karate and boxing.

Those exercises and the energy-inspiring, techno-beat music are the mainstay of the award-winning fitness guru who advocates increasing the health and fitness level of anyone willing to put in the effort.

After an hour's workout, Gilad had the mats pulled out for what the group thought was to be a welcome relief from the high-energy kickboxing routine.

Negative. That's when the leg lifts started. "Doing it to music and cadence is kind of fun, yes?" said Gilad. "It's a nice workout." A half hour later, after a well deserved



Gilad Jankowicz assists Maj. Laurie Medina with her form while stretching during a PT session.

and effective cool down stretch, the group posed for photos to show off to their families and friends. The Soldiers said they will always have a chance to say they trained with the best.

Miranda, with more than his share of PT

throughout his career, summed up the session nicely.

"I loved it. It was awesome," he said. "I loved every minute of it."

And then he said, "I couldn't wait until the guy said 'that's it!'"

## Community Calendar

From B-2

and read stories at Wahiawa Public Library, Wednesdays, at 10 a.m. Call 622-6345.

**Children's Performing Group** – Sunshine Generation Hawaii, an award-winning performing group, will offer classes teaching singing, dancing and showmanship. The classes are for children ages 3 to 16 and costs \$35 per month.

No auditions are required; 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.sunshine-hawaii.net](http://www.sunshine-hawaii.net).

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

For additional assistance, call Alohailinda Bolosan at 655-2390.

**House Hunting Help** – Representatives from the Honolulu Board of Realtors are available from 8 a.m.-noon and 1-5 p.m., weekdays, at the Fort Shafter Housing Services Office (HSO), Building 344, located on Montgomery Drive.

At the Volunteer Realtor Program, realtors review the purchasing process and how to access listings. They explain different financing options and loan types to you.

This service is free, and no follow-up requirements or obligation to realtors from program attendees is required. Call Pam Hirota, Directorate of Public Works, Housing Services Office, at 438-1518.

**Making the Grade** – Students can cash in on the Army

and Air Force Exchange Service's (AAFES) "You Made the Grade" program. This reward program is designed to recognize above-average academic achievement.

Qualifying students will receive a coupon booklet that includes free admission to an AAFES Reel Time Theater, a complimentary slice of Anthony's Pizza with drink and a free magazine, as well as other coupons.

To be eligible for a booklet, students must present a valid military ID card and proof of an overall "B" or better average to their local post exchange.

**Conducting Business on Post** – Individuals wishing to conduct a home-based business on Army installations, such as Avon, Tupperware, Longaberger, Creative Memories or any other type of sales activity, must register with the Garrison, Oahu, Commercial Solicitation Control Office, which is open 7 a.m.-3:30 p.m.

No person may enter an Army installation and transact commercial business without a permit. All door-to-door sales are prohibited.

For more information call, Patricia Mowat at 655-8047 (Monday-Wednesday, Building 690, Schofield Barracks) or 438-4232 (Thursday-Friday, Building 344, Fort Shafter).

**Money For College** – The Military Spouse Career Advancement Initiative provides assistance to military spouses seeking to gain the skills and credentials necessary to begin or advance their career.

Career Advancement Accounts (CAA) cover the costs of training and education, enabling participants to earn a degree or credential in, in-demand, portable fields in almost any community across the country.

Go to [www.milspouse.org](http://www.milspouse.org) to determine eligibility and learn more about CAAs. Attend a CAA orientation session at the Tripler Education Center the first Wednesday of any month from 10-11 a.m., or at the Schofield Barracks Education Center any second or fourth Wednesday from 10-11 a.m.