

HAWAII ARMY WEEKLY

VOL. 39 NO. 13 | APRIL 2, 2010

Serving the U.S. Army Community in Hawaii | ★ www.garrison.hawaii.army.mil/haw.asp

INSIDE Covenant shows Army, Native Hawaiian trust

LOREN DOANE & JACK WIERS
U.S. Army Garrison-Hawaii Public Affairs

FORT DERUSSY — Leaders from across Hawaii, representing Native Hawaiian organizations, community groups, and political and civil interests, joined Army leadership, here, March 24, to formally sign a Native Hawaiian Covenant.

"The covenant recognizes that Hawaii's rich cultural and historical experiences are shaped by the land and surrounding ocean," said Maj. Gen. Michael Terry, commanding general, U.S. Army-Hawaii.

"We acknowledge that the Army has the responsibility of being good stewards for the lands it maintains and must be mindful to protect and preserve this frag-



Spc. Jesus Aranda | 25th Infantry Division Public Affairs

Maj. Gen. Michael Terry, commanding general, U.S. Army-Hawaii, left, and Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, assist local native Hawaiian community leaders with the planting of an Ulu tree at Native Hawaiian Covenant signing at Fort DeRussy.

ile environment for future generations," Terry said. The pledge is a joint accord

between the Army and the Native Hawaiian community. The pledge signifies the commitment to for-

ing a stronger relationship of cooperation, appreciation and understanding of Hawaii's native culture and resources.

The pledge also signifies the Army's role in Hawaii and the inclusiveness of its Soldiers in local communities.

The signing is meant to underscore the mutuality of the agreement and the creation of a new relationship between them.

More than 30 leaders from the Army in Hawaii and Native Hawaiian groups came forward during the ceremony and signed the document in front of more than 100 witnesses and media representatives from around the state.

"The signing of this covenant is a significant step to our vision of a relationship built on under-

standing, respect and trust," said Annette Amaral, Native Hawaiian Liaison to U.S. Army Garrison-Hawaii.

The basis for the Army's environmental initiatives are to prevent pollution, minimize adverse impacts on the land, and to conserve, protect and preserve the native plants, birds and cultural treasures.

"The Army in Hawaii and throughout the world is capable of providing sustainable installation support and services for joint warfighters, our Army families, and our local communities of which we are a part," said Col. Matthew Margotta, commander, USAG-HI.

SEE HAWAIIAN, A-8

Top honors

The 298th Regiment, Multi-Functional Training Unit Regional Training Institute receives highest level of accreditation for its Warrior Leader Course

A-6

Road closure

Road "A" between Quad A and Quad B or Waianae and Kolekole Avenues on Schofield Barracks will be closed for road surfacing, April 12-25.

See News Briefs A-8



The children participants of the 6th Cavalry Regiment Spur Ride emerge from a downpour of water, courtesy of the Wheeler Army Airfield Fire Department, following the a road march, at Wheeler Army Airfield, March 26. The event allowed children of 25th Combat Aviation Brigade Soldiers to get together for fun, games and some military experience with several physical challenges throughout the day.

Keiki earn Spur Ride cavalry cross sabers

Story and Photos by
SPC. JESUS ARANDA
25th Infantry Division Public Affairs

WHEELER ARMY AIRFIELD — Children of deployed Soldiers tried on the combat boots of their deployed mothers and fathers, and they wrote their own heroic adventure story during a day filled with military challenges and fun, here, Friday.

More than 40 children of Soldiers assigned to the 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, participated in a Spur Ride.

The Spur Ride was designed to introduce the young warriors into the world of the

U.S. Army Cavalry.

Participants were divided into color-coded groups; a Soldier served as the group's team leader and guide.

"We began with a road march down to the gulch, which is approximately a mile-and-a-half," said Capt. James Pascoe, rear detachment commander for the 2nd Sqdn., 6th Cav. Regt. "After that, we had a round robin of events to test their skills and endurance, to keep them motivated and having fun."

The squadron's rear detachment Soldiers planned the events.

"An event like this offers an opportunity for us to interact with the kids and the

spouses of deployed Soldiers, provides camaraderie and builds team unity here at home, all while having fun," said Pascoe.

Groups circulated the field and surrounding woods during each of five preliminary challenges, which included a modified Army Physical Fitness Test, individual movement tactics, a water balloon grenadier course, combat medical training and a low-crawl mud pit.

"We modeled the water balloon course after a hand grenade course," said Pascoe. "The children like to throw water balloons at each other and our cadre members."

SEE 2-6TH CAV., A-7

'Don't Ask, Don't Tell' under new regulations

ALEXANDRA HEMMERLY-BROWN
Army News Service

WASHINGTON — Pending a congressional decision on the military's "Don't Ask, Don't Tell" law, the secretary of Defense has implemented changes to current regulations to ensure a "fairer and more appropriate" enforcement of the law.

Effective immediately, U.S. Code, Title 10, Section 654 will see changes in how military separation investigations are conducted and what kind of information can be used as "credible information" in homosexual conduct discharges.

"I am determined that we in the department carry out the president's directive on 'Don't Ask, Don't Tell' in a professional and thorough way," said Secretary of Defense Robert Gates, during a press conference, March 25.

For example, information given in confidence to lawyers, clergy, psychotherapists or medical professionals will not be used for the purposes of discharging service members.

The military will also be more cautious in examining facts before initiating an inquiry, taking into consideration that hearsay or falsified information could be presented by someone who wants to do the service member harm.

Last year, 428 service members were discharged from the military under the law.

Lots of chrome

Car enthusiasts were treated to shiny chrome and gleaming metal at the International Auto Show

B-1

U.S., Indian forces hold joint conference

Story and Photo by
MASTER SGT. CHRISTINA BHATTI-MADDEN
U.S. Army-Pacific Public Affairs

CHANDIGARH, India — Senior leaders and planners from the Indian Army; U.S. Army-Pacific; Marine Forces Pacific, Special Operations Command; and the Department of the Army met, here, to discuss the future of bilateral ground and amphibious engagements between the two countries, March 22-23.

The 14th Executive Steering Group was held at the Indian army's Western Command headquarters, here, as India is an emerging regional and global superpower due to the country's economic growth and infrastructure improvements.

The relationship between the world's two largest democracies continues to grow yearly with the onset of more complex exercises, exchanges and growing realizations of shared interests within the South-west Asia region.

"This forum provides senior lead-



Indian Army Lt. Gen. AS Sekhon, Director General Military Operations signs meeting minutes signaling the agreement of upcoming bilateral exercises and scholarly exchanges with the U.S. Military.

ers the opportunity to come together to chart out a program of exchanges for the U.S. and Indian armies," said Lt. Gen. Benjamin Mixon, USARPAC commanding general.

The India ESG was established in 1995, and encompasses all Theater Security Cooperation Program

events, as well as bilateral studies and working group meetings between functional experts.

The ESG meeting directly contributes to Pacific Command's Theater Campaign Plan objectives by allowing senior leaders to come to-

SEE USARPAC, A-6

Show celebrates National Women's History Month

STAFF SGT. COREY BALTOS
45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS — Soldiers and civilians gathered to pay tribute to American women during U.S. Army-Hawaii's Women's History Month celebration, here, at the Sgt. Smith Theater, March 24

The event featured Broadway actress Kate Campbell Stevenson, who brought her one-woman show "Women: Back to the Future" to the members of the Schofield Barracks community.

Stevenson opened the show with a portrayal of famous women who helped to bring equality

SEE WOMEN, A-8

Sgt. 1st Class Tuyen Do | 45th Sustainment Brigade Public Affairs

Kate Campbell Stevenson portrays Sacajawea during her one woman show, "Women: back to the future," held at the Sgt. Smith Theater at Schofield Barracks.



'I found it!'

Be the lucky one to find the Golden Egg at Piliilau Army Recreation Center, April 2, from 4:30-7 p.m.

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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.

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

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

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

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

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HAWAII ARMY WEEKLY
Commander, U.S. Army Garrison-Hawaii

Col. Matthew Margotta
Director, Public Affairs
Dennis C. Drake

Chief, Internal Communication

Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil

Managing Editor
Vickey Mouze, 656-3156
editor@hawaiiarmyweekly.com

News Editor
Bill Mossman
bill@hawaiiarmyweekly.com

Pau Hana Editor
Lacey Justinger, 656-3488
lacey@hawaiiarmyweekly.com

Layout
Rynell Shauf

Web Content
Stephanie Rush, 656-3153
stephanie.anne.rush@us.army.mil

Advertising: 525-7439

Classifieds: 521-9111

Editorial Office: 656-3155/3156

Address:
Public Affairs Office
742 Santos Dumont Ave., WAAF
Building 108, Room 304
Schofield Barracks, HI
96857-5000

Web site:
www.garrison.hawaii.army.mil/
haw.asp & hawaiiarmyweekly.com

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Commander's Corner

Residents receive AHFH surveys soon

LT. COL. RICHARD GLEDHILL
Commander, U.S. Army Garrison-Oahu

Residents living in Army Hawaii Family Housing communities throughout U.S. Army Garrison-Hawaii will have an opportunity to participate in an annual housing survey, this month.

The Military Housing and Lodging Institute survey is a tool used by the Department of the Army's Residential Communities Initiative to assess housing services, community amenities and homes.

Feedback provided by residents will help AHFH identify what is important to families living in its communities.

The survey results will indicate what

services and benefits are most valuable to families, as well as identify areas where there may be room for improvements.

The results of last year's survey provided valuable information, which resulted in positive changes for residents.

When a survey result indicated a need to provide better customer service while in-processing, AHFH increased staff at its North Regional Office during the peak hours between 8 a.m.-2 p.m., to reduce



Gledhill

the time spent waiting, as well as to ensure that customer questions were answered and the housing process fully explained.

Other programs, such as building a dog park to provide an area for residents to interact with neighbors and their dogs, are longer term programs, but are of equal importance.

Other improvements resulting from the survey will continue to be reviewed and implemented.

This year, the survey will be e-mailed to residents who have an e-mail registered with AHFH, and mailed to residents who do not. The e-mail subject line will indicate it is the Department of the Army Resident Survey, and it will con-

tain a link to USAG-HI's annual resident satisfaction survey.

The identities of residents responding to the surveys are kept confidential by an independent administrator. Responses will not be shared with USAG-HI, AHFH or the Department of the Army.

Our partnership with AHFH gives us an opportunity to better support families living in our communities.

The feedback you provide about AHFH's services, homes and amenities will be invaluable in our pursuit to continually improve our communities here.

Please, do your part by completing the survey and making a difference.

Mahalo!



Pfc. Jennifer L. Lowes | 130th Engineer Brigade Public Affairs

130th Engineer Brigade Chaplain (Lt. Col.) John Molina leads a class in the sunshine during the four-day singles and married retreat for self and relationship improvement at Contingency Operating Base Speicher's Freedom Rest Center.

Retreat improves self, relationships

PFC. JENNIFER LOWES
130th Engineer Brigade Public Affairs

CONTINGENCY OPERATING SITE, Marez, Iraq — Married and single Soldiers from the 1st Engineer Battalion, 779th Engineer Battalion and the Headquarters Company of the 130th Engineer Brigade, here, traveled to Contingency Operating Base Speicher's Freedom Rest Center, March 18, to discover new ways of improving their interpersonal relationships.

The four-day retreat included daily classes to teach married Soldiers how to improve their relationships with their wives or husbands.

Single Soldiers were offered advice on picking a good partner and healthy ways of dating.

Soldiers would then spend the rest of their days enjoying the luxuries of the Freedom Rest Center.

The COB Speicher Freedom Rest Center — a compound where Soldiers can relax, wear civilian clothing, have access to movies, books, Internet and phones — turned out to be an ideal setting for the retreat.

"For Soldiers, this was a breather and a chance to challenge their interpersonal skills," said Lt. Col. John Molina, chaplain for the 130th Eng. Bde., and one of three chaplains leading the retreat. "Soldiers got some good, useful training, and some well-deserved time off."

Two other chaplains supported the retreat: Capt. Jeff Peppers of 779th Eng. Bn., and Capt. Jason Hill of 1st Eng. Bn.

When classes finished for the day, many Soldiers still had questions about the material covered. Discussions about what was being said in class continued through dinner and even into the early morning hours, Molina said.

"The food was the best part," said Spc. Michael Hiebert, 130th Eng. Bde. "After being in Iraq for 10 months, you'd be surprised how awesome it was just to have a good burger."

"Meeting new people in a different setting was nice, too," Hiebert added. "Working with the same people every day can be a little mundane. I wish we could have had more time there."

Soldiers were allowed to choose for themselves which classes they would like to participate in.

For example, Spc. Brittany Spiering, a married Soldier in the 779th Eng. Bn., decided to participate in the singles classes in order to be with her comrades.

"Not everything applied to me because I'm already married, but I still learned a lot," Spiering said. "I learned how to keep working on my existing relationship and how to work towards making things equal between me and my husband. We're doing well, though, and haven't had any problems since I've deployed."

Whether it was for self-improvement, relationship improvement or just some much-needed relaxation, participating Soldiers, feeling refreshed and in high spirits, said they were happy with the way things turned out at the retreat.

Self-control takes practice

CHAPLAIN (MAJ.) KEN HUBBS
130th Engineer Brigade (Rear) Chaplain

Control, what a farce! The only real control anyone gets ignored. However, self-control is the one safeguard keeping selfishness in check.

It's also the least developed and implemented. Not exercising self-control is like relinquishing all control, which diminishes our influence on anything and anyone, in our lives.

The illusion is that we have control at all.

We don't.

We can't control others, circumstances, the past, present or future. We have sole responsibility to control our own choices.

Potential consequences for our choices rarely factor in. We learn from mistakes so slowly — the wrong lessons robustly and the right ones feebly, repeating the same patterns over and over.

Temptation is common, yet so personal, private, and intimate. Temptations are like fingerprints, unique; yet, we all have fingerprints.

What tempts us, and to what degree, is as numerous as grains of sand on the beach.

Free will, what a paradox!

The more I try to control my environment, the more under control I become to my own desires and the less control I have.

Even right goals with wrong techniques are disastrous. This is perhaps best illustrated by fly-fishing. No, really.

Fly-fishing requires forgetting everything you know about bait-casting. It's completely different.

Bait-casting requires increasing weight on the end of the line and forcefully launching it in conjunction with the action of the rod.

In fly-casting, force is counterproductive; it's easier to fly-cast as you decrease weight on the end of the line. Rod action is important, but in a different way. You cast line, not weight.

The proper technique builds energy into the line and focuses it to a designated point.

Distance is irrelevant. Accuracy and presentation are everything.

We want the same things out of life: peace of mind, happiness, fulfillment, contentment, etc., but we use the wrong technique(s).

The Bible says there's a way that seems right, but leads to the opposite of what we want. The insanity is that we keep using the same wrong technique(s) hoping for different results.

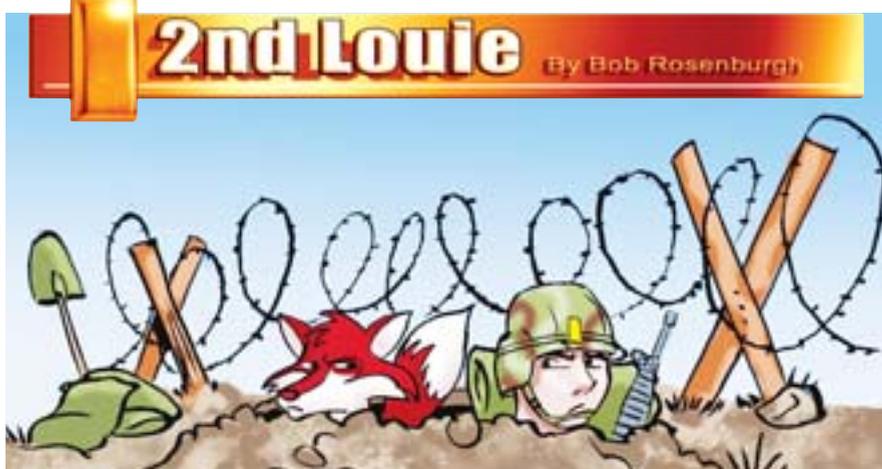
Any joy or pleasure we might get out of something or techniques is a counterfeit version of what we really want — and joy or pleasure almost always leaves us hungrier.

It's not how hard you cast in life, but how you cast that gets results.

Life isn't about control, but self-control.



Hubbs

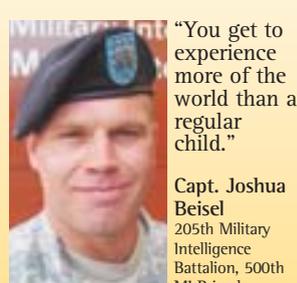


81 days since last fatal accident

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 4/1/10.

Voices of Ohana

What's the best thing about being a military child?



"You get to experience more of the world than a regular child."

Capt. Joshua Beisl
205th Military Intelligence Battalion, 500th MI Brigade



"Military children experience many different cultures through their travels."

Spc. Courtney Davis
18th Medical Command, Direct Support



"Military children are better adjusted, strong, determined, and understand the value of family."

Master Sgt. Jim Guzior
Headquarters, U.S. Army-Pacific



"Having to relocate and leave what you know can make it hard on children."

Linda Maak
Family Member



"Cost benefits for medical expenses are far less for children in the military"

Spc. Quiera Santiago
205th Military Intelligence Battalion, 500th MI Brigade

Ask the Commander!

The colonel reminds the community, "The next time the bugle sounds ... remember to pay tribute" to those who serve

The "Ask the Commander" program is designed as a communication tool for Soldiers, civilians and family members to have their concerns addressed and questions answered by the garrison commander.

All submitted questions go directly to the garrison commander; directorates and support staff research the queries and provide responses to the commander.

A sampling of questions are printed in the Hawaii Army Weekly and broadcast on TV2, a channel available on Army installations.

Generally, the commander answers questions of communitywide impact.

Q: Can you please remind our community what the appropriate action is to take when the flag is being lowered at the end of the day?

A: The U.S. Army is steeped in a rich history of traditions, including ceremonies we conduct to convey honor and respect to our nation and to the members of our military community.

Among our many traditions are the different bugle calls that are rendered. The most familiar bugle calls are reveille, retreat and taps.

Reveille and retreat signify the beginning and end of our workday. At 6:30 a.m., reveille is played and the American flag is raised, signifying the start of the official duty day.

Service members in uniform who are outside should face toward the direction of the flagpole (if visible) or toward the sound of the music and render a hand salute.

The salute is lowered when the



U.S. Army Garrison-Hawaii File Photo

Following retreat, a detail lowers the national flag and prepares to fold it. Retreat is played daily at 5 p.m.

music stops playing.

Service members not in uniform should stand at attention without saluting. Civilians should stop what they are doing and face the direction of the flagpole and place their hands

over their hearts. Personnel in vehicles should stop the vehicle and wait until reveille concludes.

Retreat is played at 5 p.m., denoting the close of the duty day. The same protocol that is used during

reveille should also be followed during retreat. However, retreat is played, first, followed by the firing of cannon and then the playing of "To the Colors."

The American flag is lowered and a salute is rendered during "To the Colors."

At 10 p.m., taps is sounded, calling for quiet and an end to the day.

While established protocols govern reveille and retreat, I would ask you to think beyond "what to do" and consider more "why we do it."

The American flag is a symbol of our great nation. As it is raised and lowered each day, I invite you to reflect on our American values and on the freedoms and liberties we enjoy.

Remember the Soldiers who defend our nation and those who are with us today and those who have fallen.

The next time the bugle sounds, let it be a reminder to pay tribute, not because it is required of you, not because it is tradition, but because you feel pride for our country and are honoring those who serve.

Having your voice heard

Another successful Army Family Action Plan conference concluded March 18. I was reminded again how the garrison is best able to serve the community when we are able to hear its concerns and suggestions.

Please remember that throughout the year, there are several methods you can use to be heard.

The Interactive Customer Evaluation system, or ICE, is one of the primary ways that our customers – our community members – can reach us.

Through ICE, community members can comment, via a Web link, on a specific transaction with a partic-



Margotta

ular service provider. Every comment submitted is immediately e-mailed to an installation service manager.

Access ICE at <https://ice.disa.mil>.

Another method to communicate is the Installation Action Council. The council is composed of Soldier and spouse representatives from each brigade and command, and from constituent groups, such as retirees, veterans, civilian employees and single Soldiers.

The council has a unique opportunity to talk with the garrison leadership about community issues.

To submit an issue you'd like reviewed by the council, call 655-9033 or go to www.garrison.hawaii.army.mil/sites/cms/comments/issueform.aspx.

Additionally, community members can attend quarterly town hall meetings. For upcoming meetings, contact the North Community office at 655-0497 or the South Community office at 438-6996.

To reach the Community Relations office at the Directorate of Emergency Services, call 655-5170 in the North and 438-8727 in the South.

Finally, to reach the Army Hawaii Family Housing Resident Hotline, call 275-3710 in the North or 275-3810 in the South.

To learn more about these and other community outreach programs, call Customer Management Services at 655-9033 or send e-mail to usaghi.cms@us.army.mil.

To submit an "Ask the Commander" question, send an e-mail to AskTheCommander.usaghi@us.army.mil. For more information, call Ophelia Isreal (655-9033) at Customer Management Services, or call Aiko Brum (656-3155) or Jack Wiers (656-3489) at U.S. Army Garrison-Hawaii Public Affairs.

Operation 'Bright Eagle' leads air assault

TASK FORCE WINGS PUBLIC AFFAIRS

News Release

CONTINGENCY OPERATING BASE SPEICHER, Iraq – U.S. Soldiers from Battery B, 2nd Battalion, 32nd Field Artillery Regiment, recently conducted an air assault with the Iraqi Police Emergency Response Unit and Rapid Deployment Unit from Contingency Operating Location Danger, near Tikrit, Iraq.

The Operation Bright Eagle mission was to deny the enemy networks' ability to disrupt Provincial elections by confiscating unauthorized weapons and interdicting suspected terrorists.

Troopers from 3rd Battalion, 25th General Support Aviation Battalion, Task Force Hammerhead, led the air assault with aircraft from Company Alpha and Bravo, 3-25th GSAB, and Alpha Troop, 2nd Battalion, 6th Cavalry Regiment, Task Force Diamond Head.

The partnered air assault inserted ISF and U.S. forces into three objectives in Salah ad-Din province.

"The Iraqi Police captured 22 individuals," said Lt. Col. Robert Cain, 2-32nd FA Regt. commander. "Iraqi Police worked together to develop their own plan and execute quite a large-scale operation, successfully."

Soldiers arrived in theater last year and have taught advanced policing techniques to improve ISF planning and execution processes.

"The Iraqi Security Forces conducted the operation well," said Cain. "They performed good rehearsals in prepara-

tion for the air assault and quickly cleared each objective. They showed that the ISF can reach outlying areas and conduct large joint operations."

"We (also received) excellent aviation support for our ground units," he said.

Task Forces Hammerhead and Diamond Head employed multiple aircraft and unmanned aerial systems and provided lift support and aerial reconnaissance for ground forces.

Chief Warrant Officer Owen Connors, a CH-47D Chinook helicopter pilot with Company B, 3-25th GSAB, was one of several pilots who inserted troops into the objectives.

"It's extremely important for the Iraqis to provide their own security," Connors said. "Any support we can give them absolutely helps; it helps for these elections and, in a broader sense, it helps to give them a sense of ownership."

"We're setting conditions for the Iraq military and Iraq police to provide their own security and enable them to further establish and develop their own democracy," said Capt. Robert Beale, commander, Company B, 3-25th GSAB, TF Hammerhead. "They're definitely moving in the right direction, not only with our assistance but also with help other coalition forces have provided the past couple of years. The ISF is right on the right track."

"They definitely made it look like they've been doing it for a while," Beale said.

Another testament to the improved capability of the Iraqi Police was how



Sgt. 1st Class Tyrone Marshall | 25th Combat Aviation Brigade Public Affairs

Iraqi Police and Soldiers from 2nd Battalion, 32nd Field Artillery Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, rehearse exiting from a helicopter at Contingency Operating Location Danger.

quickly they learned to safely enter and exit aircraft.

Cold load training is often conducted with less experienced passengers when aircraft are shut down and before missions, to ensure all passengers un-

derstand the elements of loading and unloading a helicopter.

According to the pilots involved, passengers should be able to exit the aircraft and safely position themselves within 15 seconds of touching-down

on an objective.

"During the cold load training portion of the mission, comparing the Iraqi Army units and the U.S. Army, they were all on and off the aircraft quickly," said Beale.

Remotely operated aircraft aids TF Wings surveillance mission

Story and Photo by

STAFF SGT. MIKE ALBERTS

25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – It's invisible to the enemy, can cover distances of up to 250 kilometers, fly at altitudes of 20,000 feet for more than 10 hours, and gather and transmit visual information in real time to ground force commanders.

What is it?

It's the Hunter – a 23-foot long, remotely operated, unmanned aircraft system maintained and operated by a team of aviation Soldiers with Troop F, 2nd Squadron, 6th Cavalry Regiment, Task Force Diamond Head, and approximately 30 Northrop Grumman Corporation civilian contractors, here.

To those it serves, the aircraft is an invaluable and indispensable part of Task Force Wings and 3rd Infantry Division operations throughout U.S. Division-North.

"We have used the Hunter for counter-indirect fire and counter-improvised exploding device operations, as well as multiple manned and unmanned teaming operations, which has led to the detention of indirect fire cells among other things," said Maj. Robert Bryant, UH-60 Black Hawk pilot and executive officer, 2nd Battalion, 25th Aviation Regiment, Task Force Diamond Head.

His unit has experienced the full spectrum of



Ground crew contractors of Northrop Grumman Corporation quickly move to recover and transport a Hunter Unmanned Aircraft System from a runway at Contingency Operating Base Speicher, near Tikrit, Iraq, March 14. The Hunter is maintained and operated by a team of aviation Soldiers with Troop F, 2nd Squadron, 6th Cavalry Regiment, Task Force Diamond Head, 25th Infantry Division, and approximately 30 Northrop civilian contractors.

benefits from the Hunter since TF Diamond Head began conducting partnered Iraqi and U.S. operations, here, last October.

Among its tactical advantages, the Hunter provides Soldiers with state-of-the-art intelligence, surveillance and reconnaissance capabilities, along

with target acquisition and communications relay platforms.

"The Hunter provides division-level intelligence, surveillance and reconnaissance every day, nearly 24 hours-a-day," he added. "It directly links the customer via communication (systems) to aviation

command and control elements and to ground force commanders with real time information."

Unlike more traditional ISR assets, especially manned assets, the Hunter requires far less maintenance and operational infrastructure.

"In operational battlefield situational awareness, you simply cannot get those benefits anywhere else in combination," Bryant said. "The Hunter has better capabilities than traditional ISR. Its reconnaissance continuity and persistence is unmatched."

In addition to logistical and maintenance needs, Hunter operations require one external pilot and five personnel to serve as ground crew to launch and land it; a UAS operator working from an on-site launch shelter for operations during the launch and recovery phase; and, finally, a UAS operator in a mission control shelter who handles flying the Hunter above certain altitudes.

"Our mission is to be division's 'eyes and ears on the battlefield,'" said. Capt. Brian Hunt, the command officer tasked to manage and orchestrate Hunter operations in USD-N. "To do it, we rely on seven warrant officers, all rotary wing aviators, and a significant Northrop Grumman contractor team who are all UAS operators and maintainers."

Hunt's unit is one of the few significantly augmented by and partnered with civilian contractors.

The Hunter has flown almost 400 missions and logged more than 2,270 hours of flight time.

AAMDC forges ties with ally on virtual battlefield

Deployed Forces

Story and Photo by

STAFF SGT. CHRISTOPHER ROBERTS
94th Army Air and Missile Defense Command
Public Affairs

OSAN AIR FORCE BASE, South Korea – The threat of missile attacks from hostile nations dates back to President Ronald Reagan's time in office, when he announced the Strategic Defense Initiative for development of a system to defend against ballistic missile attacks.

Soldiers of the 94th Army Air and Missile Defense Command, with headquarters at Fort Shafter, traveled here, Feb. 23-March 20, to help build a stronger defense of the South Korea peninsula by training alongside the Republic of Korea in an exercise known as Key Resolve.

The exercise was an opportunity for the U.S., through combined efforts of more than 20,000 troops from all branches, to work closely with its Pacific ally on a virtual battlefield and build a stronger partnership at the same time.

"We continue to improve our relationship with the ROK and Air Defense Command," said Lt. Col. Brian Bowen, current and future plans officer, 94th AAMDC. "We are moving closer to the goal of a combined workspace from which we will be able to conduct Force Operations." Challenges were soon met head on when the exercise was in full swing.

"Because of the joint nature of our fight, our unit must operate under a complicated command and control," Bowen said.

"It was a challenge to ensure that the staff performed all the functions of an Army Air and Missile Defense Command, and that all the commands in theater got the support that we owe them," Bowen added.

The 94th AAMDC needed to succeed in many components during its mission.

All, however, fell under four pillars: passive defense; attack operations; active defense; and command, control, communication and intelligence.

Attack operations involved locating and assessing the hidden enemy's ballistic missile locations and determining battle damage assessments should friendly forces have decided to attack and disrupt the adversary's ability to launch ballistic missiles.



The day shift – comprised of Maj. Charles Semenko (left), Maj. Richard Dixon and Staff Sgt. Courtney Johnson, all with Attack Operations, 94th Army Air and Missile Defense Command – studies screens of the virtual battle space, during this year's Key Resolve exercise, to identify and exploit locations of enemy theater ballistic missile launch sites and re-supply routes for offensive attack strategies from Osan Air Force Base, South Korea.

This mission was accomplished through timely and accurate joint information from the intelligence office and attack operations.

"The most significant outcome I noticed was the increased efficiency between the intelligence section and the Attack Operations section in regards to focusing our targeting efforts over the course of the exercise," said Maj. Charles Semenko, attack operations officer, 94th AAMDC.

"As both shops began receiving positive results from our efforts we began understanding how to better improve our products for increased efficiency in targeting theater ballistic missiles using joint assets from air, land and sea com-

ponents," Semenko said.

Aside from success on a virtual battlefield, the mission was deemed productive because of the improved relationship between the ROK and United States.

"The ROK/US relationship was increased as our counterparts worked with us and saw how our ability to influence and shape the battlefield was instrumental in supporting their efforts," added Semenko.

Staff Sgt. Paul Glenn, left, and Staff Sgt. Steven McAfoose, 94th Army Air and Missile Defense Command, ensure that logistics match up for virtual war efforts during Key Resolve.



Accreditation team bestows top honor on 298th Regiment unit

TRADOC and sergeants major laud performance and issue unit its first-ever "Excellence" rating

Story and Photo by
DAISY BUENO

8th Theater Sustainment Command Public Affairs

WAIMANALO — The 298th Regiment, Multi-Functional Training Unit, Regional Training Institute, received the highest level of accreditation, the Institution of Excellence, for their Warrior Leader Course during a site visit from a Training and Doctrine Command accreditation team, March 16-19, here.

The accreditation team included members from TRADOC headquarters and the U.S. Army Sergeants Major Academy.

During the accreditation team visit, here, members reviewed training sessions, administered student and in-



Part of the Warrior Leader Course, 298th Regiment Multi-Functional Training Unit, Regional Training Institute, Soldiers provide security for comrades attending to wounded during a combat training scenario in Waimanalo, March 18.

structor group discussions, interviewed leaders, and reviewed documents.

"They were impressed with our product, the caliber of our students, our instructors and the quality of training for our students," said Command Sgt. Maj. Robert Ednilao, commandant,

298th Regiment, MFTU RTI. "Our facilities and staff can't be beat. Our facilities are also used by the Marines, Air Force, Navy, active and reserve component, as well as civilians."

Ednilao said he is fortunate to have such a dedicated, hard-working staff.

"One of the most fulfilling things for me is when the students understand that we are learning from them, as well," said Sgt. 1st Class Ryan Taniguchi, an instructor at the school. "Every class, I learn a little bit about myself as an instructor, along with

different approaches to leading and instructing."

The accreditation certifies that an institution's administration, operations and logistical support are adequate to support training to course standards. It verifies that training is following accurate training methods.

There are four levels of accreditation: Candidate for Accreditation, Conditional Candidate for Accreditation, Full Accreditation, and Institute of Excellence.

To be an Institution of Excellence, an institution has to be performing at the 95 percentile. Army training institutions are accredited every three years.

The honor is the first time the 298th Regiment RTI has earned the "Institution of Excellence" rating.

In July, the school's 11B, Infantryman course will go through the accreditation process.

That visiting accreditation team will include infantry subject matters experts from Fort Benning, Ga.



Staff Sgt. Corey Baltos | 45th Sustainment Brigade Public Affairs

The hand-off

SCHOFIELD BARRACKS — Lt. Col. Teresa Rae, the outgoing 45th Special Troops Battalion Commander takes the battalion colors from acting battalion Sgt. Maj. 1st Sgt. Hector Reyes, during her change of command ceremony on Hamilton Field, March 23. Lt. Col. Tracy Lanier is the in-coming commander.

USARPAC: Working together toward common strategic goals

CONTINUED FROM A-1

gether and establish mutual objectives to enhance relationships.

PACOM's Theater Campaign Plan objectives are: optimize support to defeat violent extremism and reduce Weapons of Mass Destruction threat levels; optimize positive partnerships; and sustain and increase warfighting readiness and capabilities.

"It makes strategic sense to work together to achieve common goals," said Col. Kurt Meppen, chief, Department of the Army International Affairs Division.

"Senior leaders from both nations have learned to trust each other and share viewpoints," Meppen said.

During the conference, delegates shared viewpoints and information on immediate improvised explosive device threats within the area.

"It was good to glean information from the Indian army officers about their immense experience with IED threats," said Col. Ed Toy, director, IED Fusion Center.

Toy gave a briefing to selected delegates about IED countermeasures, and the Indian army shared its knowledge in return.

Throughout the working group, attendees devoted time and thought to strengthening partnerships through training and scholarly exchanges.

By the end of the conference, both armies

agreed to host and participate in six subject matter expert exchanges, including mechanized infantry, IED countermeasures, artillery, aviation and information operations over the next year.

The armies also agreed to three major exercises within India and the U.S.

The most visible and far-reaching exchange for USARPAC is Exercise Yudh Abhyas. The annual bilateral exercise has grown from a platoon-level command post exercise to boasting the largest deployment of Stryker vehicles outside of Operations Iraqi Freedom and Enduring Freedom in 2009.

Mixon said the monthlong field training exercise is a testament to how far relations have come with India and hopes the exercise will eventually grow into a division-level command post exercise within the next five years.

"We have reached a historic threshold with our relationship between the two countries," Mixon said. "The operations we do together are reaching a complexity of the highest level."

Lt. Gen AS Sekkhon, Indian army Director General of Military Operations, agreed.

"Yudh Abhyas was a huge achievement and certainly gives us all satisfaction," he said.

"We will continue to move forward through continued cooperation," said Indian Army Col. LP Singh, an officer assigned to the 9th Infantry Regiment (Mechanized). "This meeting, along with our exchanges will ensure that cooperation."



Team Orange members Jade Errico (left) Adrian Ray (center left), Nicholas Hodges (center right), and Jennifer Bean (right) carry a litter during the combat medical training portion of the 2nd Squadron, 6th Cavalry Regiment, Spur Ride held at Wheeler Army Airfield, March 26.

2-6TH CAV.: Kids pass PT tests

CONTINUED FROM A-1

“We modified the APFT by keeping the push-ups and sit-ups and replacing the 2-mile run with other events to challenge the cardio system,” Pascoe said.

After 20 jumps with a jump rope, 30 side-straddle hops and a fire hose drag event, children crawled through Hawaii’s infamous red mud.

“They really want to earn their spurs,” said Grace Hawley, senior advisor to the 2nd Sqdn., 6th Cav. Regt. Family Readiness Group.

A tug of war pitted teams against each other, followed by a road march from the challenge site to the Wheeler Army Airfield Fire Department.

Here, would-be troopers saw a downpour of water flowing from nearby fire trucks.

Undaunted and unafraid, the warriors gritted

their teeth, held their mud-caked shoulders square, and passed through the wall of water as though it were nothing but a light rain.

So brave were these heroes that many of the children actually ran back and passed through once more – laughing.

The journey ended at the squadron’s hangar on Santos Dumont Avenue.

The young troopers proved themselves worthy to wear the U.S. Army Cavalry’s signature cross sabers.

“For each candidate who successfully completes the course, we have a T-shirt, which has the 2nd Sqdn., 6th Cav. Regt. logo, as well as a certificate,” Pascoe said. “The boys receive cross saber pins to wear, and the girls receive a charm bracelet with the Kiowa helicopter.”

More than 40 kids became honorary members of the U.S. Army Order of the Spur.

Soldier awarded for his actions

MARILYN CULPEPPER
11th Military Intelligence Brigade

FORT HUACHUCA, Ariz. — During the Command Sergeant and Sergeants Major Conference, March 2, Sgt. Michael Cessna of Headquarters and Operations Company, 715th Military Intelligence Battalion, 500th MI Brigade, Schofield Barracks, was presented with the Command Sergeant Major Doug Russell Award by Command Sgt. Maj. Gerardus Wykoff, MI Corps command sergeant major, U.S. Army Intelligence Center of Excellence and Fort Huachuca.

The award recognizes a Soldier, in the rank of sergeant or below who has made a significant contribution to the Military Intelligence Corps, or non-military intelligence Soldiers assigned to an MI unit.

Cessna played a key role as the lead reporter of the 2nd Stryker Brigade Combat Team, 25th Infantry Division Signal Intelligence Platoon during its deployment to Iraq from December 2007 to February 2009.

As a direct result of his efforts, the platoon re-

ceived a prestigious award for the best tactical Signals Intelligence unit in the Army for 2008.

Cessna supported a mission that resulted in the capture of two insurgents responsible for an attack that killed several people.

Due to his analytical efforts, insurgent activity targeting friendly forces dropped 51 percent during 2008 in the unit’s operational environment.

The Soldier also impacted the enabling of the brigade to conduct lethal targeting operations.

Cessna received the prestigious Knowlton Award, courtesy of the Military Intelligence Corps Association, a one-year MICA membership, the American Military Society President’s Coin, a one-year membership in the American Military Society, a plaque inscribed with the MI Soldier’s Creed, and a \$150 gift certificate from the Army and Air Force Exchange Service.



Cessna

Hawaiian: Covenant builds understanding, trust, culture

CONTINUED FROM A-1

"We are capable and committed to protecting Hawaii's cultural and natural environmental resources while still meeting the mission and goals of the Army," he said.

During the past 15 years, the Army has developed a variety of community outreach efforts. These efforts include its Partnership of Ohana community relations program involving neighborhood boards, civic clubs and schools across Oahu and the Island of Hawaii. Additionally, the Native Hawaiian Advisory Council guides the Army in effectively working with Hawaiian leaders. Neil Hannahs, who represented the Native Hawaiian Advisory Council, the Kamehameha Schools and the Bishop Estate Land Man-

ager, also addressed the gathering.

Hannahs compared the covenant signing to the planting of a seed that required careful nurturing.

"The harvest is only assured if we commit to the care and growth of the seeds we plant," Hannahs said.

Terry also stressed the covenant signing as a "first step - a public promise to the building of a mutually beneficial relationship between the Army in Hawaii and the native Hawaiian community."

"These programs have allowed our Soldiers and family members living in Hawaii to gain a greater understanding and appreciation for Native Hawaiian issues and culture, and have provided opportunities for our neighbors to see that we share many of the same values and experiences," Margotta said.



Spc. Jesus J. Aranda | 25th Infantry Division Public Affairs

Command Sgt. Maj. Frank Leota, the 25th Infantry Division command sergeant major, signs the Native Hawaiian Covenant on behalf of the 25th Infantry Division, at Fort DeRussy, March 22.

Before the ceremony, members of the Royal Order of Kamehameha performed a hookupu in front of Fort DeRussy's Kukalepa Memorial. A hookupu is a gift given in exchange for spiritual mana (energy).

Built in 1999, the Kukalepa Memorial consists of five enormous wooden hand-sculptured pauku kino (torso-style statues). The statues commemorate fallen Maoli warrior ancestors who died in Native Hawaiian conflicts.

The ceremony concluded with the planting of an ulu tree on the grounds of Fort DeRussy. The tree will stand as both an offering and a reminder of the partnership between the Native Hawaiian community and the U.S. Army in Hawaii.

"The ulu is one of the trees brought by canoe to Hawaii by the first Hawaiians as evidenced

by the many Hawaiian legends about the ulu," said Amaral.

"The ulu served as a vital source of subsistence, and is viewed to Hawaiians as the 'kinolau of Kukailimoku,' which is the body form of the Hawaiian god, Ku," Amaral added. "Its importance symbolizes the significance and rewards of having strong cohesive relationships between the Army and Native Hawaiians."

"Ultimately, the goal of our coming together to sign the Native Hawaiian Covenant is to build bridges of understanding and cultural exchange between Kanaka 'o wi (Hawaii's native peoples) and create opportunities for mutual enrichment," Margotta said. The signing signifies a collaborative effort of more than a year, according to Amaral.

Women: Past, present is influenced by female roles

CONTINUED FROM A-1

to women in America. Stevenson's portrayals included Abigail Adams, Sacagawea, Bessie Coleman and Eleanor Roosevelt.

"Each of the [pioneer] women broke through so many obstacles and dug deep to find the courage they needed to move forward with their lives and help others," Stevenson said to her audience.

For example, Coleman, the child of Texas sharecroppers, became not only the first woman, but also the first African-American to obtain an international pilot's license.

"I chose these women because they exhibited the 'can-do attitude' of people who broke out of the established molds," Stevenson said. "It's important to look at these women and how they used their gifts and their talents to break down barriers and make the world a better place."

While Stevenson's show reminded the audience how valuable women have been throughout history, women continue to improve rights, equality and prosperity for the next generation of women.

"Without women, history would be greatly altered because women bring a personal touch in their day-to-day affairs, which men just don't bring," said Staff Sgt. Shay Williams, Headquarters and Headquarters Company, 8th Theater Sustainment Command.

"You have women like Rosa Parks who stood up and took a stand because she believed in her convictions, which are being carried on in the women who now have rights today," Williams said.

Women's History Month was first recognized as a weeklong celebration during a presidential proclamation by President Jimmy Carter, March 8, 1980.

Seven years later, the week was expanded to the entire month of March and celebrates the contributions women have made throughout history.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

Today

Water Restrictions - The Directorate of Public Works asks all residents and building occupants on Schofield Barracks, Wheeler Army Airfield, East Range and Helemano Military Reservation to conserve water because of electrical problems at the main water treatment plant for Schofield Barracks.

Water should be used for essential purposes only. Residents and tenants should refrain from watering lawns or washing cars until further notice.

DPW Operations and Maintenance Division are on site with back-up generators and are working diligently to permanently resolve the problem. Call 656-3296.

Road Closure - Devol Street, between Waianae and Kolekole avenues on Schofield Barracks, will be closed for road surfacing through April 11.

April

1/Thursday

Sewer Lines Smoke Testing - Annual sewer smoke testing will be conducted April 1-2, on Aliamanu, from the Post Exchange to the sewer pump station next to the skate park and baseball fields.

Although smoke testing will not be within neighborhoods, smoke may traverse to nearby areas. The smoke is non-toxic and non-staining, and it has no odor. The smoke is white to gray in color and creates no fire hazard. Call 621-3098.

7/Wednesday

Abuse Prevention Ceremony - Join Col. Matthew Margotta, garrison commander and the Army Family Advocacy Program for the Child Abuse Prevention and Sexual Assault Awareness Month Proclamation signing ceremony, April 7, 3:30-4:30 p.m. at Kaena Community Center. Call 655-1670.

12/Monday

Road Closure - Road "A" between Quad A and Quad B or Waianae and Kolekole Avenues on Schofield Barracks will be closed for road surfacing, April 12-25 April 2010.

14/Wednesday

The Days of Remembrance - The 516th Signal Brigade invites you to attend a special observance with a guest speaker from the United States Holocaust Memorial Museum, April 14, 1:30 p.m., Sgt. Smith Theater.

16/Friday

Behind Closed Doors: What's In Your Closet? - This training presentation followed by the movie "Precious" incorporates all of the different types of child maltreatment: emotional, verbal, sexual, physical abuse and neglect; April 16, Sgt. Smith Theater, 10 a.m.-12 p.m. or 1:30-3:30 p.m.

Earn six training credit hours from the Army Substance Abuse Program, Family Advocacy Program and Sexual Assault Prevention and Response.

Temporary Stadium Closure - Stoneman Stadium on Schofield Barracks will be temporarily closed April 16-17, 8 a.m.-6 p.m. to host the 2010 Special Olympics Track and Field events. Call 655-4804.

17/Saturday

Road Closure - Flagler Road between Matthews Avenue and Lyman Road on Schofield Barracks, will be closed April 17-May 9, for road construction work. Call 234-9102.

PAU HANA

www.garrison.hawaii.army.mil/haw.asp

"When work is finished!"

FRIDAY, April 2, 2010



AUTO SHOW

COOL. CLASSIC CARS AWE SPECTATORS

Story and Photos by
BILL MOSSMAN
News Editor

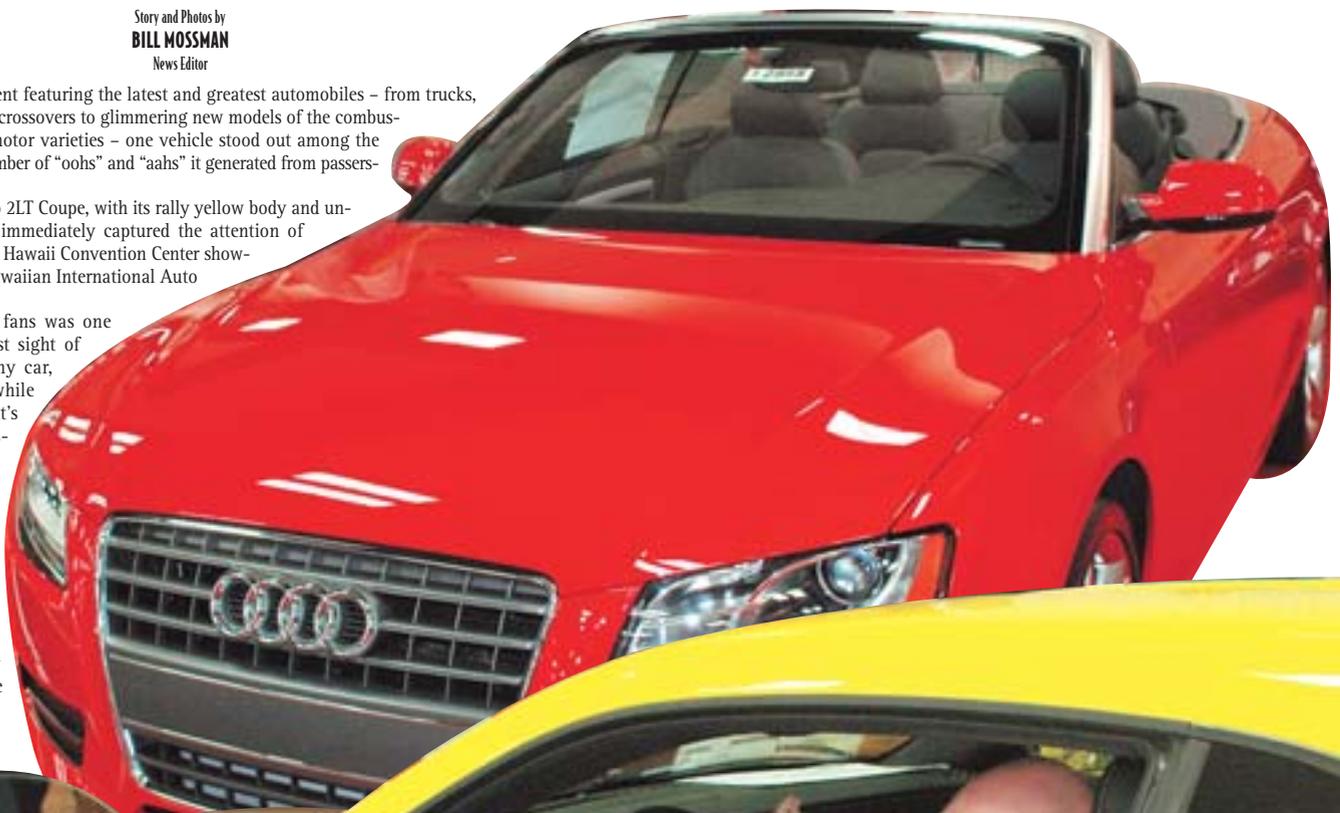
HONOLULU – In an event featuring the latest and greatest automobiles – from trucks, sports utility vehicles and crossovers to glimmering new models of the combustion engine and electric motor varieties – one vehicle stood out among the rest, based on the sheer number of “oohs” and “aahs” it generated from passers-by.

The 2010 Chevy Camaro 2LT Coupe, with its rally yellow body and unmistakable black stripes, immediately captured the attention of car-lovers who entered the Hawaii Convention Center showroom for the 2010 First Hawaiian International Auto Show, here, March 26-28.

Among the throng of fans was one youngster who, upon first sight of the sleekly designed pony car, pointed excitedly at it while squealing in delight, “That’s Bumblebee from ‘Transformers!’”

Another admirer, Navy Petty Officer 2nd Class Bob Brethour, took a more subdued approach to the displayed vehicle.

After coaxing a passerby into snapping a few photos of him with his camera phone, Brethour opened the driver-side



SEE CARS, B-3



Today

Waikiki Party Bus – Your free party bus to Waikiki runs again April 16, 9 p.m.-4 a.m. Reservations are required and pickups are available from Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

Eggs-traordinary Egg Hunt – Be the lucky one to find the Golden Egg at Piilaa Army Recreation Center, April 2, from 4:30-7 p.m.
Age groups are 1-3 years, 4-6 years and 7-11 years old. Call 696-4158.

Family Field Night – Enjoy the same great family fun at a new location. Bring the whole family for a night of great free food and games on Schofield Barracks at Stoneman Stadium, April 2, at 6 p.m. Call 655-5698.

6 / Tuesday

Happy Parent – In honor of Child Abuse Prevention Month, stress reduction classes for parents and caregivers are Tuesdays throughout April, 11:30 a.m.-12:30 p.m. at the Schofield Barracks Army Community Services building; or Thursdays, 11:30 a.m.-12:30 p.m. at Aliamanu Military Reservation.
Class topics are Release, Relax, and Let Go; Recognizing the Power Within; Tickle Your Funny Bone; and You are a Priority. Call 655-1670.

Exceptional Family Member Program – Families have an opportunity to share experiences, gather new information and become knowledgeable about community resources.

The Autism Support Group meets April 6, 6-8 p.m., Aliamanu Military Reservation Chapel; and April 14, 6-8 p.m., Schofield Barracks Main Chapel.

SHARE Support Group will meet April 20, 6-8 p.m., AMR Chapel; and April 28, 6-8 p.m., Schofield Barracks Main Post Chapel.

Onsite child care will be available. Children must be registered with Child and Youth Support Services. Call 655-4791 or 655-1551.

Homeschool PE Classes – Army Youth Services offers physical education for the homeschooled child starting April 6, 10-11 a.m. at Aliamanu and Fort Shafter. Call 836-1923.

Schofield Barracks, Helemano and Wheeler classes are Wednesdays, 11 a.m.-12 p.m. Call 655-6465.



Sgt. Leslie Allen | 25th Infantry Division

Play that funky music

FORT DERUSSY — The 25th Infantry Division Jazz Combo performs a variety of music for guests at the Hale Koa Hotel, here, underneath a banyan tree in the hotel's courtyard. The combo plays at the Hale Koa at least twice a month. Call 655-9759 for a schedule and additional band information.

Musicians are (left to right) Staff Sgt. Donald Scales, piano; Sgt. Jennifer Winston, vocalist (seated); Sgt. Juan Reyes, trumpet; Spc. Christopher Lafser, guitar; Staff Sgt. Ronald Strayhorn, drums; Sgt. 1st Class Dwayne Simmons, alto saxophone; Spc. Anthony Santos, tenor saxophone; and Staff Sgt. Troy Swanson, bass.

7 / Wednesday

Welcome to the Jungle – This is a program to assist people in obtaining the skills necessary to navigate through the military environment, April 7-8, 5-9 p.m. at Fort Shafter Flats, Building 1599.

This class will discuss expectations and impact of the Army lifestyle, acronyms, introduction to Family Readiness Groups and Community Resources.

An additional opportunity for the course is April 28-29, 5-9 p.m., at the Schofield Barracks Army Community Service, Building 2091, Kolekole Ave.

E-mail catherine.baldwin@us.army.mil or call 655-1703.

Lunch and Learn – In honor of Child Abuse Prevention Month, a parenting series will enrich the parenting experience for you and your 1-to 4-year old, Wednesdays in April, 11 a.m.-12:30 p.m., Schofield Barracks Army Community Services.

Gain knowledge on how to recognize developmental milestones and understand how to respond to difficult behavior in children. Call 655-1670.

9 / Friday

Job Fair – Employment Readiness Program is hosting a job fair for military spouses, April 9, 10 a.m.-3 p.m.

Interested personnel should bring copies of their resumes and be prepared for a job

interview. Call 655-4788.

Magic in Paradise Show – Celebrate Month of the Military Child with special prices for the Magic in Paradise Show, Hale Koa Hotel.

The show is filled with mystery, fantasy and comedy. There is pre-show all-you-can-eat dinner buffet. All children under 17 years old receive a free goodie bag or gift.

Month of the Military Child special ticket prices are not combinable with any other offer. Visit www.halekoa.com or call 955-0555, ext. 546.

Register by April 9, for a special show and prices for Blue Star Card holders, April 27, 4:30-9:30 p.m.

Call 655-0002 or email sarah.chadwick@us.army.mil. Limited tickets and transportation available from Schofield Barracks to the Hale Koa Hotel.

Right Arm Night – Join us at the Nehelani April 9, at 4:30 p.m., with your "Right Arm," the one who helps you accomplish your daily missions.

Advance sale tickets are available for \$7 at the Nehelani or the Information, Tickets and Registration Office; or \$8 at the door. There will be live music and a pupu buffet. All active duty Soldiers and Department of Defense civilians are invited to attend. This is an adult-only event as child care will not be available. Call 655-4466.

12 / Monday

Library Lingo – Come play bingo, with a library twist, to celebrate National Library Week and win cool prizes, April 12, at Aliamanu Military Reservation Library, and April 13 at Fort Shafter Library, 5:30-6:30 p.m. Call 833-4851 or 438-9521.

14 / Wednesday

Secrets of Carbuying – Financial Readiness is offering a class on how to negotiate the best deal for a new car and how to figure out how much you can afford, April 14, 10:30 a.m.-12 p.m., Schofield Barracks Army Community Service building. Call 655-4227.

Money Management – Learn basic tools for financial success through developing a spending plan, reducing expenses and making a paycheck work, April 14, 9-10:30 a.m., Schofield Barracks Army Community Service building. Call 655-4227.

20 / Tuesday

Sexting, Cyber Bullying and Internet Safety – Learn how to protect children from becoming victims or perpetrators of social technology, April 20, 6-7:30 p.m., Sgt. Smith Theater, Schofield Barracks; or April 22, 6-7:30 p.m., Tripler Army Medical Center Kaiser Auditorium. A police detective will present tips. Call 655-1670.

community calendar

Send announcements to community@hawaiiarmyweekly.com.

Today

Holy Week – Services include an Ecumenical Living Station at the Cross at the Chapel Annex at 5:30 p.m.; a Protestant Service of Darkness at the Main Post Chapel at 12 p.m.; and a Catholic Stations of the Cross at Wheeler Army Airfield at 5:30 p.m., April 2. Call 836-4599, 655-9307/9355 or 656-1384.

USO Easter Egg Hunt – The United Service Organization in Hawaii celebrates April's Month of the Military Child with an Easter Bunny Egg Hunt for kids up to 12 years old. Registration is due by April 2, for the April 4 event, held 9-10 a.m. at Hickam Air Force Base Officer's Club. Call 256-7744.

4 / Sunday

Community Easter Sunrise Service – The community is invited to attend the Easter service at Stoneman Stadium, April 4, at 6:30 a.m. Special music and refreshments will follow the service. Call 655-6644 or 655-9307. See a list of additional Easter sunrise services on military installations, B-3.

Royal Hawaiian Band – Hear the band at the Easter sunrise service, April 4, 6:15 a.m., Punchbowl Cemetery. Or come to the April performances every Friday, 12 p.m., Iolani Palace; and every Sunday, 2 p.m., Kapiolani Bandstand. Call 922-5331.

Easter Cruise – The Star of Honolulu with an Easter lunch and champagne cruise is April 4, 12-2:30 p.m. The whole family can enjoy beautiful coastline views while searching for

whales, a Hawaii lunch buffet, champagne toast, hands-on cultural activities, and even an Easter egg hunt and prize giveaways for keiki.

Kamaaina and military rate is \$42.06 for adults, and \$25.53 for keiki ages 3-11. Visit www.starofhonolulu.com or call 983-7827.

6 / Tuesday

Parent Participation Preschool – Armed Services YMCA's newest program is a Parent Participation Preschool at Wheeler, beginning April 6. Program costs \$30 and runs Tuesdays and Thursdays, 9-11 a.m. Call 624-5645 to register.

9 / Friday

Military Kids Camp – Operation: Military Kids Camp-Hawaii, along with YMCA-Camp Erdman, is offering two family camps geared toward helping recently redeployed service members and their families reconnect. The camp, April 9-11, is open for registration. Call 956-4125, e-mail omk@ctahr.hawaii.edu or visit www.ctahr.hawaii.edu/hw/omk.

Earth Day at the Waikiki Aquarium – The Waikiki Aquarium will host its annual Mauka to Makai environmental expo with free admission, 9 a.m.-2 p.m., April 9.

Earth Day showcases the efforts to preserve and protect Hawaii's environment with an emphasis on the islands' unique water resources.

Family-friendly and hands-on educational displays will include picture taking with Apoha the oopu, water pollution prevention games and activity books, natural resource arts and crafts, and a Kona Kampachi (fish) release.

The first 500 families in attendance will receive a native Hawaiian plant.

Taste of Scotland – The Hawaiian Scottish Association is hosting the Taste of Scotland, April 9, 5-9 p.m., Willows Restaurant, 901 Hausten Street, Honolulu.

Be a part of the official Ceilidh, or social gathering, for the 2010 Hawaiian

This week on installation

“Talk, Listen Connect”
Daily at 8 a.m. and 3 p.m.

The Sesame Street Workshop, in partnership with the Department of the Army and United Service Organizations, has developed a series of Sesame Street episodes featuring your favorite Sesame Street characters and stars including Queen Latifah, John Mayer and Cuba Gooding, Jr. The program is specially designed as an educational outreach for military families and their young children.

Scottish Festival & Highland Games, with a variety of traditional food; Scottish-style beers and whisky; and Scottish singers, pipe bands and other entertainment. Tickets start at \$25. Call 952-9200.

10 / Saturday

Scottish Festival – The Hawaiian Scottish Festival & Highland Games, April 10-11, 9 a.m.-6 p.m., at Kapiolani Park bandstand, showcases the rich culture of Scotland with music, dancing, entertainment, food and drink.

The two-day festival features athletic contests, testing one's strength, stamina and agility, practiced in Scotland for centuries. A great day of all-around family fun. Free to the public. Visit www.scotshawaii.org.

Share a Bear – Prevent Child Abuse Hawaii donates teddy bears for abused children. New or gently used teddy bears or stuffed animals will be collected April 10, 10 a.m.-2 p.m., Pearlridge Center Uptown Center Court.

14 / Wednesday

PXmarket Meeting – The next Fort Shafter PXmarket Meeting for the Oahu South community is April 14, 10-11 a.m.,

TV 2

at Building 1599, Room 115, Fort Shafter Flats. All Fort Shafter community members are invited to attend. Call 438-6996.

15 / Thursday

Playmorning Field Trip – Register by April 15, for the Armed Services YMCA playmorning fieldtrip, April 19, 9:30-11 a.m., at Chuck E. Cheese in Pearl City. Cost is \$6 per child and includes a drink, two slices of pizza and 12 tokens. Call 624-5645.

16 / Friday

Camp Smith Earth Day – Come celebrate Earth Day at Camp Smith, April 16, from 11:30 a.m.-1:30 p.m., outside of Pollock Theatre.

See the World in a Day – Hawaii Pacific University's annual Intercultural Day, 10 a.m.-4 p.m., April 16, HPU Downtown Campus on upper Fort Street Mall.

The event is free and features exhibit booths, a parade and performances from Singapore, Taiwan, France, China, Sri Lanka, Vietnam, Jamaica, Norway, Malaysia and Latin America. Parade begins at 11:30 a.m., with performances from 1-4 p.m. Call 544-0265.

Worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- FS: Fort Shafter Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Friday, 9 a.m. at AMR
- Saturday, 5 p.m. at FD, TAMC and WAAF chapels
- Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
- Sunday services: -7:30 a.m. at WAAF -8 a.m. at AMR -10:30 a.m. at MPC Annex -11 a.m. at TAMC
- Monday-Friday, noon at MPC and TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Saturday and Sunday, 5:30 a.m., 6 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Orthodox Divine Liturgy

- Sunday, 9 a.m. at TAMC

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services -9 a.m. at FD, FS, MPC, TAMC and WAAF chapels -10 a.m. at AMR and HMR

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to cafes.com under reeltime movie listing.



Cop Out

(R)
Fri., April 2, 7 p.m.

The Princess and the Frog

(PG)
Sat., April 3, 4 p.m.

Valentine's Day

(PG-13)
Sat., April 3, 7 p.m.

Percy Jackson and the Olympians – The Lightning Thief

(PG)
Sun., April 4, 4 p.m.



The Wolf Man

(R)
Wed., April 7, 7 p.m.

From Paris With Love

(R)
Thur., April 8, 7 p.m.

No shows on Mondays or Tuesdays.

Cars: Antiques, exotic new models on display

CONTINUED FROM B-1

door, slid behind the wheel and smiled – quietly savoring the moment.

"I'm a big fan of Camaros," explained the Naval officer, who also served in the U.S. Army from 1982 to 1985, as a corporal in the 101st Airborne Division, and with the Army National Guard from 1992 to 2000. "I've got a couple of my own."

Although not adding to his Camaro collection anytime soon, Brethour looked at about a dozen automobiles parked below a Chevy banner, and said, "I saw a Chevy Tahoe down there that I liked. Maybe I'll just pick one of those up instead."

While Brethour snuggled up to Chevy's creations, others, like Pete Fagan, took an interest in

the auto show's collection of antique cars.

"I'm just here to dream," said Fagan, while admiring a 1931 Packard 840 Dual Cowl Phaeton, one of only about a dozen known models around the world.

When built in 1931, the convertible cost \$3,750. Today, the same model can fetch between \$250,000 and \$300,000 – easily.

A high price indeed, according to Fagan, but worth just about every penny.

"These things are beauties," he said, "and unlike Rolls-Royces that might only be 20 years old and cost a lot more, these Packards retain their value."

"I mean just look at this one," he added. "The restoration on it is just wonderful."

Both Fagan and Brethour were among the thousands of attendees who flocked, here, to the

convention center, where, in a non-selling environment, they were allowed to inspect the latest models and learn about cutting-edge fuel-saving automotive technologies.

Aside from the new or redesigned 2010-model vehicles on display – such as the Acura ZDX, BMW 5 Series Gran Turismo, Lexus IS C and Mercedes-Benz E-Class, the car show also featured hybrid models of some of America's most popular vehicles, including the Cadillac Escalade, Ford Fusion and Toyota Camry.

In addition, an exotic vehicle display made up of Ferrari, Maserati, Lamborghini, Lotus and Bentley vehicles flaunted flawless designs while matched with high-horsepower engines – and all for six-figure prices.

Showgoers also took advantage of several free promotions, including "Military Two-fer Day"

on Saturday, in which military members with valid Department of Defense IDs who purchased one admission ticket, received a second one for free, as well as the opportunity to take home \$100,000 in cash – thanks to a contest sponsored by the Hawaii Automobile Dealers Association and Clear Channel Radio.

Among those who signed up, finalists were selected every two hours during the show and invited to climb inside a stretch limousine and choose among one of the 295 available bags stuffed with prizes valued up to \$100,000.

After spending nearly two hours exploring the latest designs of the auto industry, Brethour called it a day. Still, he admitted that he never grows weary of attending car shows.

"I love coming to them," he said. "You get all of this in one convenient location. It's great."

Joint services host Easter sunrise services aboard USS Missouri

KAREN S. SPANGLER

Contributing Writer

PEARL HARBOR – The Navy and Army will host a joint Easter Sunrise Service aboard the Battleship Missouri Memorial, 6:30 a.m., April 4.

"The historic connection the Missouri has, as both a symbol of power and a symbol of peace – being the location of the signing of the instrument of surrender with Japan ending World War II – makes the Missouri a unique place to celebrate the Easter holiday," said Chaplain (Lt.) Steven Voris, staff chaplain at Joint Base Pearl Harbor-Hickam, Pearl Harbor Chapel.

Chaplain (Col.) Jack Van Dyken, the U.S. Army-Pacific Command chaplain, will be the speaker. Music will be provided by the Pacific Fleet Navy Band.

The Hula No Ke Akua (Dancing for Him) group will participate in the service, and a continental breakfast will be served pierside following the service.

"While it might seem strange to some that a warship has been chosen as the location for celebrating Christianity's most important holiday, to Sailors that is not strange at all," said Voris. "Worship services are regularly conducted on warships at sea."

According to Voris, attendance at

- For more details about the Navy-Army joint service, call 473-3972.
- For details about Schofield Barracks services, call 655-6644.
- For information about Air Force services, call 449-1754.
- For details about Marine Corps Base Hawaii services, call 257-3552.
- RSVP for the Coast Guard service at 535-3206.

Other Sponsored Services:

An Easter service at Stoneman Stadium, Schofield Barracks, is scheduled at 6:30 a.m. Special music and refreshments will follow the service.

The Air Force will hold a Easter service at Foster's Point near Hickam Beach at 6 a.m. Chaplain (Col.) Keith Darlington, Headquarters Pacific Air Forces command chaplain, will be the speaker. Breakfast, catered by Keneke's, will follow the service.

A sunrise service will be hosted by Marine Corps Base Hawaii, Kaneohe Bay, 6:30 a.m., at Fort Hase Beach. Churches from the local community

will be participating in the service.

The Coast Guard's service, hosted by Rear Adm. Manson Brown and his wife, 7-8:30 a.m., at Diamond Head Lighthouse. Chaplain Carl Barnes, U.S. Coast Guard District 14 command chaplain, will be the speaker.

The program for the Coast Guard service includes Hula for Worship Dancers for God and the Dan Siangco family; a keiki Easter egg hunt will follow the service, which is open only to Coast Guard personnel and their families.

(Editor's Note: Karen Spangler is the editor for Hawaii Navy News.)

last year's joint Easter Sunrise Service, sponsored by the Navy and the Army, was approximately 1,000 people.



Jack Wiers | U.S. Army Garrison-Hawaii Public Affairs

Jodi Stein reads to her second grade students at Shafter Elementary School at Fort Shafter. The elementary school was recently accredited by the Western Association of Schools and Colleges. Only 11 out of 170 public elementary schools in Hawaii are accredited by the WASC.

Shafter Elementary gets national accreditation

Mainland team assessed school's leadership, governance, curriculum to verify Shafter Elementary's accreditation standards

SCHOOL LIAISON OFFICE

News Release

FORT SHAFTER – Shafter Elementary School has been accredited by the Western Association of Schools and Colleges for the next six years.

"Elementary schools are not required to be accredited," said Robin Martin, Shafter Elementary School principal. "However, at Shafter, we feel it is important for us to continually reflect and improve on what we offer to students."

Only 11 out of 170 public elementary schools in Hawaii are accredited.

"The Accrediting Commission for Schools offers us a process for not only assessing ourselves, but also brings a team of trusted educators from the mainland or other schools to objectively examine all aspects of our school," Martin said.

"This visitation team looks at leadership and governance as well as student support, curriculum, instruction and assessment," Martin said.

The WASC is one of six regional accrediting associations in the United States that assists schools and colleges in achieving accreditation certifications.

"I was very impressed that the teachers and staff were willing to participate in the accreditation process," said Anne Shanks, who has a third grader at Shafter Elementary.

"A tremendous amount of work went into reviewing the school's curriculum, instruction, assessment and student support services, as well as documenting the findings and recommendations," Shanks said. "Our school is extremely fortunate to have such dedicated and gifted educators."

The accreditation process strengthens schools in the delivery of high-quality learning opportunities.

"As a military parent, it is very reassuring to know that my son

is attending a WASC-accredited elementary school," Shanks said. "I feel confident that he is well-prepared to transition to his new school. My friends whose children attended Shafter, and have since moved to the mainland, all say that their children easily transition to their new schools."

"It is important for us to continually reflect and improve on what we offer to students."

— Robin Martin

Principal, Shafter Elementary School



"There is great parent participation, and the staff is very supportive of the students," said Pam Anderson, parent of Shafter Elementary sixth-grader Kirsten. "The school's student enrollment is small, and the staff really knows the students in all of the grades. The staff is very caring toward the students and 'wears many hats' to allow the students to be able to take part in extracurricular activities and clubs."

"I love the extra activities offered at Shafter Elementary," said Kirsten Anderson. "My sixth grade class has only 15 students, so we have more one-on-one time with the teachers and more computer time since we don't have to take turns. We all get to know each other better. I think this helps us all learn faster."

Shafter Elementary is accredited until 2015, the longest accreditation term available.

"It is because evidence shows that the school, by any standard, is delivering a quality curriculum and best practices in instruction," said Martin. "We want our parents, students and community to understand that at Shafter, we work hard to provide a quality education for our students."

"You can be proud to say that you or your children have attended an accredited elementary school," Martin said.

Family Housing hosts Earth Day Festival

ARMY HAWAII FAMILY HOUSING

News Release

SCHOFIELD BARRACKS – Come and celebrate the 3rd Annual Earth Day Festival, April 23, from 12-3 p.m. at the Kalakaua Community Center, here.

Army Hawaii Family Housing and U.S. Army Garrison-Hawaii have teamed up again to bring families an exciting opportunity to learn about their environment and what they can do to help preserve its natural resources.

Earthday Festival

The event is free and all military families are welcome.

"Our Earth Day Festival has grown each year with more exhibits and activities for kids to enjoy, and we encourage all our families to come out to this year's event," said Col. Matthew Margotta, USAG-HI commander.

"It's important that we teach our children about conservation and help them learn good habits

On The WEB

For more details visit www.ArmyHawaiiFamilyHousing.com.

early in life. The activities and excitement make the festival a perfect venue for learning," Margotta added.

Interactive exhibits, games, and a recycling relay are among the activities planned. Families also will enjoy storytelling and live performances by Ohia Productions, a popular drama group for children.

Several "make 'n take" activities are planned, including a T-shirt design station.

Among exhibitors and organizations providing activities and information are the Hawaii Nature Center; Sea Life Park; Hawaii Coral Reef Initiative; USAG-HI's Directorate of Public Works' Environmental Services Division; Hawaii State Department of Health Clean Water Branch; Aqua Engineering; and Tetra Tech.

Tropics closed for renovations

JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – The Tropics Recreation Center is closed for scheduled renovations through May 25.

The Family and Morale, Welfare and Recreation community center is undergoing roofing and flooring upgrades, in addition to scheduled painting.

When completed, Building 589 on Schofield Barracks will offer new programs, including the addition of breakfast and dinner menu offerings to complement the current luncheon menu.

While undergoing the \$500,000 renovation, current Tropic programs will be operated at different locations.

The FMWR Army-Hawaii Web site provides the latest closure information and program locations at www.mwrrarmyhawaii.com.

Pharmacists work with patients beyond the counter

Pharmacists take time to ensure correct dosage and avoid adverse reactions, possible overdoses or patient complications

LES OZAWA

Tripler Army Medical Center Public Affairs

HONOLULU – Most patients getting prescriptions at Tripler frame their pharmacy experience around the small windows where they get their medications.

The patients don't see the dozens of pharmacists and technicians who work behind the walls of the pharmacy.

The pharmacists and their fellow staffers, working elsewhere at Tripler, fill and refill an average of 2,000 prescriptions a day for all service members, retirees and family members on Oahu.

"Some patients get frustrated waiting at our outpatient pharmacy, but if they just understand what is going on behind that wall," said Dr. Brian White, Tripler pharmacy department's clinical coordinator.

White said Tripler's wait times compare favorably with civilian hospitals. Here, the average wait is 27 minutes.

"You don't really want the pharmacist behind the counter rushing through the steps when they're filling your prescription," he said.

Maj. James Masterson, deputy chief of Tripler's pharmacy department, recalls that the average wait time at a local pharmacy where he worked two



Leslie Ozawa | Tripler Army Medical Center Public Affairs

Tripler pharmacist Dr. Geraldine Bagui measures liquid flavoring also used to dilute the strength of a prescription drug for a pediatric formulation.

years ago was about 45 minutes.

White explained that, by law, whether at a military clinic pharmacy or

at drugstore downtown, a licensed pharmacist must check all prescriptions.

The pharmacist ensures each pre-

scription being readied is the right drug and the right dosage.

The pharmacist also checks for any possible allergic reaction or drug interaction with other medications already prescribed for the patient.

Masterson noted that for many patients, drugs dispensed at military treatment facilities don't require co-payments, unlike drugs ordered through the Tricare mail order system.

Pharmacy Phone Numbers

- Tripler: 433-7880, ext. 3
- Schofield Barracks Health Clinic: 433-8425
- Refill Requests: 433-6962

Besides ensuring a quality system of dispensing prescriptions, Tripler pharmacists work closely with patients' doctors. In January, for example, a pharmacist was added to the Warrior Transition Battalion at Schofield Barracks.

"We had a triad of care for the WT's (Warriors in Transition), consisting of the squad leader, the nurse case manager and the physician," Masterson said. "Now it's more like a square."

The on-site pharmacist helps with patient education, ensuring that Soldiers understand the purpose of their medications and possible side effects.

The pharmacist also keeps track of how well Soldiers are taking medications as prescribed.

"These Soldiers have so much going on in their lives," said Masterson. "It's important that the pharmacist tracks

their medications, especially the high-risk Soldiers."

In addition, pharmacists are part of the health care teams in the adult medicine, family practice and emergency services clinics and in the neo-natal intensive care unit.

White said these pharmacists tend to get the more challenging patients who have multiple medications and patients who may not know how to take their medications.

"The pharmacists do the whole gamut, such as diabetes, asthma education and chronic diseases that tend to be controlled by medications," White said. "Physicians are often constrained by 15-minute appointments. We can spend 45 to 60 minutes, to give them the extra time."

White said that pharmacists in the clinics can be seen by appointment or as walk-ins when available.

The pharmacists can educate patients about prescribed medications and non-drug therapies that enhance the health, from diets to exercise.

Pharmacists can also manage prescribed doses, adjusting them as needed, in consultation with the patients' doctor.

"A take-home message for Tripler patients is that at any point in the health care system here on Oahu, if someone wants to speak to a pharmacist, whether it be at the dispensing pharmacy or after they leave, a pharmacist is pretty much available to talk with them," said Masterson. "All they need to do is ask."



Secretary of the Army John McHugh, left, and Chief of Staff of the Army Gen. George Casey Jr. confer before a March 23 hearing before the House Appropriations Subcommittee on Defense. They discussed, among other things, prescription pain killer use among Soldiers.

Congress told Army will stem overuse of prescription drugs

Army leaders answer Congressional queries about Soldier prescription abuse, suicide, mental health

Story and Photo by
C. TODD LOPEZ
Army News Service

WASHINGTON – Overuse of prescription painkillers by Soldiers, as reported recently in the civilian press, may be the result of seemingly unrelenting deployments to both Afghanistan and Iraq.

Speaking before the House Appropriations Subcommittee on Defense, Chief of Staff of the Army Gen. George Casey Jr. attributed a rise in prescription painkiller use among Soldiers to the ongoing conflict.

It's "part of the cumulative effects of eight-and-a-half years at war," Casey told legislators. "It's something – not a pretty thing – something we need to get on the table and deal with."

A recent article in *USA Today* said that prescriptions for painkillers to military members has increased by four times since 2001 – from just under 900,000 in 2001, to nearly 4 million in 2009.

Secretary of the Army John McHugh told lawmakers it is possible that Soldiers, like those in the civilian community, end up seeing multiple doctors and are in turn getting multiple prescriptions. He also noted the distinction between such a situation being deliberate or by chance.

In theater, shopping for physicians is limited due to the concentration of Soldiers and the number of doctors available. But still, in theater, "tracking systems are not as reliable as they are here in CONUS," he said.

"We have established a program whereby all prescriptions in a Warrior Transition Unit go through a single reporting source."

— **John McHugh**
Secretary of the Army

The major concern is stateside.

In Warrior Transition Units, where the most wounded Soldiers reside and the need for pain management is most needed, the Army has made efforts to more accurately track prescription drugs.

"We have established a program whereby all prescriptions in a WTU go through a single reporting source," McHugh said, "So we have that opportunity to make sure that multiple prescriptions designed to do the same things are not finding themselves into a particular patient."

McHugh said he isn't ready to say how effective the program is now, but that the Army is moving "in the right direction."

Legislators also asked Casey and McHugh about the suicide rate among Soldiers.

Casey said young Americans brought into the Army often do not possess the "coping skills to deal with the challenges we're asking them to deal with."

A response to that is the Army's Comprehensive Soldier Fitness program. To date, some 380,000 Soldiers have taken the program's assessment to help determine their strengths and weakness in five key areas of fitness.

The Army has also trained 800 "Master Resilience Trainers."

"We want to bring mental fitness up to the same level we give physical fitness," Casey said.

Red Cross, military longtime friends

Alliance aids Army family

COL. DEBORAH B. GRAYS
Army News Service

ATLANTA – The American Red Cross has helped service members and their families since the 1800s.

The American people are confident and rely on the fact that the Red Cross will be on hand to lend support when a major disaster occurs, but it's also there to help individual service members and their families in times of need.

Clara Barton, the ARC founder, risked her life on Civil War battlefields to tend to fallen Soldiers.

Since then, the ARC has continued helping service members and their families through every military conflict, humanitarian effort and peacekeeping operation, and follows that commitment to the military by serving members of the armed forces, even after their military tours have ended.

Each year the president of the United States proclaims March to be Red Cross Month because it is important to celebrate an organization that focuses on a wide range of services to our military community, specifically when service members need help the most.

Each year the ARC delivers more than 1.4 million emergency messages to military installations and family residences around the world. It also reaches out to more than 1.2 million members of the National Guard and Reserves and their families living in nearly every community in America.

Messages range from the joyful news of a new birth to the heartbreaking news of a family illness or death.

Red Cross emergency messages provide military personnel and their commanders fast, reliable information to help them make decisions regarding emergency leave, deferment, compassionate reassignment and dependency discharge.

Red Cross personnel form a global network with chapters in civilian communities, military installations worldwide and forward-deployed locations in Kuwait, Afghanistan and Iraq.



Courtesy Photo

The Red Cross has helped servicemembers and their families since the 1800s.

Schofield Barracks Red Cross office temporarily closes

The local service center is currently transitioning personnel.

In an effort to minimize any long-term office closure, the Hawaii State Chapter is working to replace and train new staff as quickly as possible.

For emergency communication support to send or receive a Red Cross message, call 1-877-272-7337, and a caseworker will assist 24 hours a day, seven days a week.

To request support for pre-deployment, rear detachment or family readiness group briefings or presentations, or to register for the next CPR, first aid or "Coping with Deployments" course, call the Marine Corps Base Hawaii Kaneohe Service Center at 257-8848.

Red Cross workers brief departing service members and their families on available support services and explain how the Red Cross can assist them during their deployment.

Armed Forces Emergency Services partners with ARC to help service members and military families cope with separation by providing comfort and counseling.

Red Cross Armed Forces Emergency Services workers are neutral personnel to whom military persons or family members can go for confidential problem solving.

Through the U.S. Department of Veteran Affairs's Volunteer Services, Red Cross volunteers provide a number of support services to patients in VA

hospitals. The Red Cross also provides assistance and information to veterans about benefits through the VA.

Red Cross services include financial assistance when an urgent personal or family crisis arises. Financial assistance is provided when there is a demonstrated need for funds, for such things as emergency travel, burial assistance or urgent health and welfare needs, like food and shelter.

Red Cross workers also work with Army Emergency Relief and other military aid societies to ensure legitimate needs are met.

The ARC provides independent verification of emergency situations and financial assistance and referrals for emergency travel and other needs.

Mail-ordered meds help save money

Tricare partners with Express Scripts to provide fast pharmacy support for service members, families

TYLER PATTERSON
TriWest Healthcare Alliance

PHOENIX – If the to-do list is overflowing, consider saving time and hard-earned cash by filling prescriptions through the Tricare Mail Order Pharmacy.

TMOP can fill and deliver prescriptions anywhere in the United States and its territories, including Army Post Office and Fleet Post Office addresses.

Not only is the service convenient, it saves money.



Contact Express Scripts, Inc. at www.express-scripts.com/TRICARE, or call 877-363-1303, for more information.

Using TMOP, users can order a 90-day supply of medication and save up to 66 percent.

Although the TMOP is a cost-savings over retail pharmacies, remember that filling prescriptions at a local military clinic pharmacy remains the least expensive option for Tricare beneficiaries.

Additionally, refrigerated medica-

tions cannot be ordered through TMOP.

To order a new prescription through TMOP, complete an order form at www.express-scripts.com/TRICARE and mail the completed form and written prescription to:

Express Scripts, Inc
PO Box 52150
Phoenix, AZ 85072

To refill a prescription already received through TMOP, order online at www.express-scripts.com/members/TRICARE/; call the toll-free number on the prescription bottle; or complete and mail back the refill form that came with the current prescription.

TriWest does not administer the Tricare Mail Order Pharmacy program; it is administered by Express Scripts, Inc.



1 / Thursday

Golf Scramble – Registration is due April 1, for Soldiers and families looking to join the 45th Schofield Barracks Golf Scramble, April 5, at the Leilehua Golf Course.

Teams of four will compete. Registration begins at 10:30 a.m., and the tournament is at 12 p.m. The cost is \$30 for E-5s and below, \$40 for all other military, \$45 for civilians. Contact cheryl.myers@us.army.mil or michael.channon.love@us.army.mil.

Walk off the Wait – Register by April 1 for the latest Blue Star Card hike up Diamond Head Crater.

The hike up the crater provides good exercise and a spectacular 360-degree view of the island, April 6. Transportation will depart from the Schofield Barracks Bowling Center parking lot at 8 a.m. and return around 1:30 p.m.

The trail is not stroller accessible. Bring a picnic lunch for Kapiolani Park. Call 655-0002 or 655-0112/3.

3 / Saturday

Learn to Swim – Registration for adult or child swim lessons is April 3-4. Classes are April 12-22 on Schofield Barracks. Children ages 3 and above are welcome. Call 653-0716.

Little Ninja – Classes are offered at Aliamanu Military Reservation's

Youth Gym, Saturdays, 9-9:45 a.m., for children ages 3-5. The cost is \$35 per month. Call Child and Youth Service's at 833-5393.

6 / Tuesday

PT in the Park – Soldiers and families are invited to join Mickey Mouse and Friends, April 6, 6:30-7:30 a.m., at Bennett Youth Center Field on Schofield Barracks, for 30 minutes of aerobic exercise followed by a continental breakfast.

Participants should bring a towel. The next PT in the Park is April 27. Call 655-6465.

10 / Saturday

Outdoor Recreation Open House – Learn about all the exciting things going on at Outdoor Recreation, April 10.

Visit www.mwrarmyhawaii.com/recreation-and-leisure/outdoor-recreation-center.

15 / Thursday

Texas Hold 'Em – Prove your poker face, April 15, 6 p.m., Nehelani, Schofield Barracks. The first 120 ID cardholders, older than 18, may participate. Call 655-5698.

Regional Finals – The Professional Bowlers Association Western Region Finals have returned to Hawaii.

Come watch the Pros in action at the Schofield Barracks Bowling Center, April 15-16. Everyone is welcome to enter. Call 655-9746.

16 / Friday

Sprinters Challenge – Active duty Army, Reservists and National Guard Soldiers are eligible for the sprinters challenge.

All entries must be received by the



Lacey Justinger | U.S. Army Garrison-Hawaii

Keeping the pace

SCOFIELD BARRACKS — Vicki Rieger, a personal trainer, encourages Soldiers and civilians in a cycling class held Wednesdays, 4 p.m.; Thursdays, 5 p.m.; and Saturdays, 10:15 a.m.; at the Health and Fitness Center, Schofield Barracks. Additional Family and Morale, Welfare and Recreation aerobics classes at the facility include zumba, yoga, cardio-kickboxing, boot camp, core and multiple step varieties.

Fort Shafter Physical Fitness Center, April 16, 4 p.m. Call 438-9572 or visit www.mwrarmyhawaii.com.

21 / Wednesday

Slow-Pitch Softball Program – Company, battery, troop and detach-

ment level active duty Army, Reserve and National Guard Soldiers are eligible to play softball.

Applications due to the Fort Shafter Physical Fitness Center April 21, 4 p.m. Call 438-9572 or visit www.mwrarmyhawaii.com.

10 / Saturday

The Beast 10K Run – Can you handle a 10-K? If so, then put your feet to the test, and sign up for the 10-kilometer race, April 10, 7 a.m. Taking racers all across the base, this Commanding Officer's Fitness Series race is a real challenge. Runners will love this course designed to test novice and trained long-range racers. Visit www.mccshawaii.com/cgfit.htm.

15 / Thursday

Charity Golf Tournament – Register by April 15, for Moanalua Foot-

ball Team's golf tournament, May 14.

The 4-person scramble tourney offers 18 holes at The Hawaii Country Club, "Lunch at the Turn," a delicious dinner buffet, a gift bag and trophies, awards and prizes – all for a \$100 tax-deductible donation.

Call 368-2393, visit <http://moanaluafootball.com/golf/golf.html>, or e-mail MoanaluaFootball@gmail.com.

17 / Saturday

Special Olympics – The Special Olympics-Hawaii, Central Honolulu track and field competition is April 17, 6:30 a.m., at Stoneman Field,

Schofield Barracks.

The softball competition is May 1, 6 a.m., at the Wheeler Army Airfield softball fields. Call 943-8808, ext. 114 or e-mail carasohi@aol.com.

27 / Tuesday

Pineapple Run – Register for the 10K Pineapple Run by April 27. The 6.2 mile scenic course will start and finish at Kaala Elementary School, running through Wahiawa and area pineapple fields, May 1, 7 a.m.

Register at www.active.com, e-mail PineappleRun2010@gmail.com or call 471-4774 or 473-2142.



Send sports announcements to community@hawaiiarmyweekly.com.

Today

Commander's Classic – Registration for the golf tournament at Kaneohe Klipper Golf Course, Marine Corps Base Hawaii, is due March 26. Tournament is held April 2. Visit www.mccshawaii.com/golf.htm.

April

9 / Friday

Haleiwa Metric Century Ride – Early registration closes April 9, for Haleiwa Metric Ride, April 25.

Named one of "The Best 50 Rides in the United States" by Bicycling Magazine, ride through the North Shore, Haleiwa Town, Sunset Beach, Pipeline, Waimea and Swanzy Beach Park.

Aid stations set up at the 25, 50 or 100 kilometer options. Visit www.hbl.org.