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Iraqis defy enemy, vote

Sgt. Sean Kimmons
25th ID (L) Public Affairs

KIRKUK, Iraq – It was about an hour before the polling site next to the police station opened, when a line of Iraqi voters began to form outside Jan. 30.

Hundreds of Iraqi men and women – equally in force – and their children, stood in a growing line of determined Iraqis who have never voted in a democratic election in this country.

The crowd heard sporadic AK-47 gunfire and rockets launched by insurgents, but they were not intimidated and stayed in line.

The Iraqis demonstrated their desire to follow the road to a better future, and saw the Iraqi elections as a way to help pave that road.

"This is the first time [Iraqis] feel free," said

Read about the security behind this mission on page A-3.



Sgt. Sean Kimmons

Iraqi police officers display their ink-covered fingers after they cast ballots at a polling site in Kirkuk. About 583,000 Iraqis registered to vote in the Kirkuk Province for Iraq's first democratic elections Jan. 30.

Mohamad Rasoul, an interpreter with Company B, Task Force 1-21 Infantry.

"The true Iraq has started today and I am proud to be a part of it."

Rasoul voted in the elections, along with many other Iraqis. After each

Iraqi voted they dipped one of their fingers in ink. The ink made sure no Iraqi could vote more than once, but also in a way, the ink-stained fingers became a symbol of freedom.

Hassan Hussein walked almost 15 miles to a polling site to cast his ballot.

"It was a long way to walk, but it was worth it," Hussein said through an interpreter. "I feel very good about today because it's the first time that there's going to be a real election in Iraq."

Iraqi voters cast two separate ballots Jan. 30. One for a 275-member national assembly, the other for provincial leaders.

Sgt. Richard Allen, a team leader with Co. B, TF 1-21 Inf., witnessed the long lines outside polling sites in the city.

"I feel good about it. It will go down in history of how they got more freedom to do what they want and maybe it will lead on to how [Americans] have it now," See "Iraqi elections" Page A-9

Soldier dies in Iraq

25th ID (L) News Release

The Department of Defense announced the death of a 25th Infantry Division (Light) Soldier who was supporting Operation Iraqi Freedom. Pfc. Stephen A. Castellano, 21, died Jan. 28 in Mosul, Iraq, from a non-combat related injury.

Castellano was an infantryman assigned to Company C, 1st Battalion, 14th Infantry Regiment. He entered the Army Feb. 11, 2003, from Long Beach, Calif., and arrived in Hawaii in April 2003. He is survived by his parents.

What's Inside



Getting Your 'Ride'

Vehicle out-processing has never been easier. Learn why. A-6

Black History Month Luncheon

Feb. 11 at 11:30 a.m., the 45th Corps Support Group (Forward) will host the Black History Month luncheon at the Nehelani on Schofield Barracks. Ticket price is \$12. The point of contacts for this event are Sgt. 1st Class James Young at 655-2018 or Sgt. 1st Class Williams at 655-2155.



Iraqi Election Security

TF 1-21 Inf. helps Iraqis with security efforts. A-3

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Fox Battery shows force in Khost Bowl

By Staff Sgt. Bradley Rhen
CTF Thunder Public Affairs

FORWARD OPERATING BASE SALERNO, Afghanistan – To get the big guns, all you have to do is dial 198-PAIN.

Well, not literally. That's the motto of Battery F, 7th Field Artillery Regiment, whose M198 155 mm howitzers stand ready at the edge of base here to rain steel down on enemy targets at a moment's notice.

On Jan. 29, the battery demonstrated its ability to reach out and touch someone during a show of force exercise. For several hours, the battery's "big guns" let loose with a barrage of bone-jarring blasts that sent rounds screaming down-range and impacting on the side of a mountain several miles away.

Spc. Ontario Smith, a cannon crew member with Fox Battery, actually pulls the lanyard and fires the rounds. Despite the tooth-rattling blasts he said he loves his job.

"We get to just sit back and blow (stuff) up," Smith

"We're just like the police, You get into trouble, and we'll help you out."

- Spc. Ontario Smith

said, adding that he loves the feeling of being able to help fellow Soldiers and Marines who get into trouble while out on patrols.

The Washington, D.C., native said the battery played a major role in reducing the number of rocket attacks on the base over the past few months, but thinks they should shoot every once and a while "just to let them know we're still here."

As for the 198-PAIN motto, Sgt. Ricardo Tucker, a gun chief with Fox bat-

See "198-PAIN" Page A-9

Great Aloha Run - Afghanistan



Courtesy photo

Maj. Gen. Eric T. Olson, commander, 25th Inf. Div. (L) and CJTF-76 cheers Soldiers as they cross the finish line of the Great Aloha Run in Afghanistan Jan. 30. See full story on page A-10.

Pentagon, Senate seek doubling of G.I. survivors' benefit

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON – Pentagon leaders and Capitol Hill legislators want to increase the current available combined government death benefit for families of fallen service members by about \$250,000.

If enacted, the proposed change essentially would double the \$262,000 now available to families of service members killed in wartime operations, David S.C. Chu, undersecretary of defense for personnel and readiness, said today during testimony before the Senate Armed Services Committee. The issue has been under study for two

years.

Senior defense leaders "believe that sum ought to be nearer to \$500,000," Chu told the panel, by increasing the maximum coverage offered by the Service members' Group Life Insurance program and raising the separate death gratuity payment.

The current survivor's death gratuity payment, which is tax-free, is about \$12,420. Survivors of service members killed in war operations also can now receive \$250,000 in maximum SGLI coverage, if they'd elected to do so.

DoD and Senate proposals would increase the death gratuity payment to \$100,000, and boost maximum SGLI

coverage to \$400,000. The Pentagon would pay the premiums for the extra \$150,000 in SGLI coverage when participating service members are deployed in a combat zone.

A plan under discussion, if approved by Congress and the president, would be retroactive to Oct. 7, 2001, the day Operation Enduring Freedom began in Afghanistan.

The U.S. government "already provides a significant set of programs to help the families of those who give their lives in service to the country," Chu said. Current compensation programs now available to surviving spouses with children, he added, approximately provide "dollar-

for-dollar, what the military member was earning on active service."

DoD also provides transitional housing assistance for surviving spouses and children, Chu said, as well as access to the Tricare health system and commissary and exchange systems, and surviving spouse and children's education benefits.

The proposed increase in survivor's monetary benefits would also provide "greater recognition" of the sacrifices America's service members have made during the global war on terrorism, noted Sen. John Warner of Virginia, chairman of the SASC. DoD officials reported Feb. 1 that 1,415 Americans have died in

Iraq and 156 others died in Afghanistan and other wartime theaters during the global war on terror.

During the hearing, some Senate members noted that survivors of the Sept. 11, 2001, terrorist attacks were paid an average of \$2 million per family. The proposed changes to G.I. death benefits for survivors wouldn't apply to families of service members killed during those terrorist attacks.

"There is nothing in the financial sense," Chu pointed out, "that we can do to replace a lost service member." Yet, the government can provide "the appropriate financial tools," he noted, to comfort surviving spouses and families so they can go forward.

OPINION & COMMENTARY

We want to hear from you

The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com.

The deadline for articles is the Friday prior to the week of publication. Send all articles in Microsoft Word or text format.

Friday

A-2

February 4, 2005



Sgt. April Johnson

Families came out en masse for Iraq's first democratic election Jan. 30. An Iraqi woman fills out a ballot while a baby peers over her shoulder.

A Soldier's story

Commentary

1st Sgt. Robert Jennings

Co. A, 1-21st Inf.

With all the enemy activity around our region and the rest of the country, Company A and the rest of 1st Bn. 21st Inf. "Gimlets" were preparing for the worst-case scenarios. We have conducted endless hours mentoring and training our Iraqi Security Force counterparts in preparation for the Jan. 30 elections.

In the middle of the night we began to see preparation forces attempting to prevent and deter our enemy from making the first move. Our Iraqi Army attachments began emplacing metal and wire barriers throughout our area of operation in order to control any unauthorized traffic.

Throughout the night we could here the gun battles around the city. RPG, machine gun fire, and AK-47 tracers lit up the sky. All attempts to damage polling stations or break the will of ISF performing their duties were quelled.

1st Platoon led by 1st Lt. Richard Lane and Staff Sgt. Robert Ryder, 2nd Platoon led by 2nd Lt. Joel Evans and Sgt. 1st Class Richard Woodruff, and 3rd Platoon led by 1st Lt. Timothy Bullock and Sgt. 1st Class Austin Brown were in position a few hours before polls opened.

Election day
6:10 a.m. - we are getting first reports from our platoons that people are starting to form lines outside polling stations.

6:45 a.m. - A mortar round impacted in a field just south of the patrol base. Everyone standing near me just gave that look. I heard one Soldier say, "Game on."

6:50 a.m. - Capt. Derek Bird departed with the first Quick Reaction Force to assess our area of operation.

7 a.m. - Polls are open.

7:10 a.m. - A second mortar round impacted near the same area of the first one. No casualties or damage were reported.

7:25 a.m. - Two mortars could be heard launching, in the distance, south of the patrol base. Faint explosions were heard identifying the impacts as quite a distance from my location. Even though these mortars were being launched they weren't deterring the people from voting.

As we drove around our area of operations, the citizens were out in huge numbers. It seemed to be a quiet celebration of what was yet to come. Lines were forming outside all of the polling stations with people dressed in their Sunday's best. There were some women dressed in traditional celebration outfits, elderly people in wheelchairs, and parents carrying children.

This seemed to be an event the citizens of Kirkuk were not going to miss and something they were going to relish the rest of their lives.

The entire day we visited our polling sites talking with the people. There was one common remark most people were making. "I never thought I would see this in my lifetime. We are so happy and so grateful for the Soldiers of the United States; thank you."

3:45 p.m. - A mortar round impacted a few hundred meters from our location. For a split second people looked around, then they carried on with what they were doing.

5 p.m. - The polls closed.
If I had one word to summarize today's activities it would be - "victory." Victory because the enemy was either outsmarted or suppressed by the enormous presence in the city.

Victory because we were able to secure all the polling sites in Kirkuk with no casualties to either Iraqi or coalition forces.

Victory because the citizens of Iraq were able to vote and have some say so in the future of their country.

God Bless and Aloha.

Redeployment tips

Commentary

By Vicki Olson

Spouse of 25th ID (L) commander

We have welcomed home 11 flights of Soldiers and every ceremony brings tears of joy and pride about their accomplishments. Some of us are facing several more months before our reunions. These months can slip by quickly or seem impossibly long.

Are you really ready for the redeployment? The Tropic Lightning Division leadership wants you and your Soldier to have the very best reunion possible, but you need to prepare. Your family has been separated for a long time and under stressful conditions. Having realistic expectations of what your reunion will be like is key to a happy future. To be too idealistic, may lead to great disappointment.

Be proud of your Soldier and their unit. They served selflessly under difficult conditions for a year or more. They formed lifelong bonds with other Soldiers and you formed lifelong bonds with others, too. Both of you have changed.

Remain flexible

One challenge ahead is the changing times and dates for return flights. Your family readiness group and rear detachment commander will notify you of official flight return times. Although your Soldier may give you flight information, count on the official word from your unit for an accurate arrival time at Wheeler Army Air Field.

All Soldiers must go through the same in-processing procedures. They will have a three days pass followed by the Deployment Cycle Support process. Following DCS, block leave begins. After block leave, Soldiers attend Tropic Lightning Academy, a program to help your Soldier reintegrate back into their family and "normal" life.

Strain on the family

The feedback from other divisions has been that many families experience adjustment problems 90 to 120 days after a Soldier's return. It is then that the "honeymoon" period is over and reality sets in. I encourage you to attend this academy with your Soldier.

Even the best marriages may face temporary strains and attending the classes doesn't mean something is wrong. Resources are available to help strengthen your union. Not every marriage was strong when the Soldier deployed and most likely, marriages that needed help before will need help when the Soldier returns.

Children also face a difficult adjustment. They may even withdraw from the very hug that the Soldier and child so longed for. The stress of the reunion may be reflected in the child's behavior, adding to the difficulty the family faces in resuming a normal life.

Statistics from other redeployed divisions indicate a rise in abuse during this phase. A

family that suffered abuse in the past is even more likely to face abuse after a deployment. It is critical for the spouse and child to seek help should this occur.

Not all Soldiers will come home to a loving family. There are incidents of spouses and Soldiers deciding to end their marriage during the deployment. Returning military units face increases in reckless driving, substance abuse, depression, and suicide.

Know the signs and know where and who to go for help. A Soldier and a family that knows what awaits them, is better able to deal with and adjust to changes.

Iraq has received a great deal of press coverage but, the Afghanistan mission is equally important and dangerous. No matter the location, the Soldiers were deployed to dangerous parts of the world and did it to serve their nation.

Be sensitive - the war is not over when your Soldier comes home. Remember that your neighbors may still have a long time before their own reunions.

Tropic Lightning Soldiers have paid the ultimate price in this war on terror. Many others have been wounded in the line of duty. The tremendous support for the families of those Soldiers demonstrates the great care and concern that we all have for one another. Please continue to reach out to these families.

Reunion is difficult

Consider whom you want to include in the reunion process. Would other family members add stress to your reunion while family tries to get reacquainted? Would your parents or in-laws understand if you asked them to wait before they visit?

Having additional people to worry about, transport, feed, and house can significantly add to the reunion stress level. Discuss your expectations with your Soldier. They will have just come from a high stress environment and will be tired and jet lagged. If you decide it is best for your immediate family to spend time alone before others join you, inform your relatives and friends gently and firmly - and together.

Give thanks

I would ask also that you take time to thank a few people who helped you through this past year or more. Whether it was a neighbor, a friend, a relative, the rear detachment, and those workhorses - the Family Readiness Group - thank them.

You may never have used them as a resource, but they were there, behind the scenes working on your behalf. Few will ever get the thanks that they truly deserve.

As we continue to bring our Soldiers home, I would like to thank all of the family readiness groups, the rear detachments, and the garrison and division staff for the work they do every day!

Army Community Service has developed a program to help prepare you for reunion. The program is "Ready 4 Reunion" and will be offered in three parts Feb. 9, 16, and 23. For more information call ACS at 655-2400.

Voices of Lightning

What do you want people to know about African-American culture?



"Remembering our past brings us all a blessed future."

Marilyn Willingham
Schofield Beauty Salon



"History repeats itself. Learn not to do what our predecessors did."

Sgt. Arthur Marina
84th Engineer Bn.



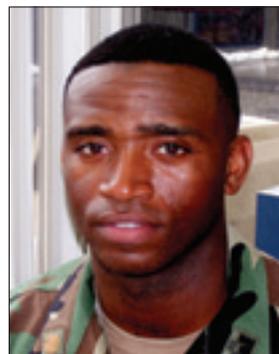
"Basically, be open-minded. Learn different aspects of people. Be willing to accept differences."

Spc. Jason Williams
1st Bn., 27th Inf. Rgt.



"Where [black history] originated - from the slavery days until the present. What we accomplished and what we went through."

Sgt 1st Class
Brenda Bell-Anderson
Oahu Base Support Bn.



"I would like for everyone to know that African American history is important because it played a vital role in the evolution of the wonderful world that we live in."

Maj. Calvin Hudson
196th Infantry Brigade



"I want people to know what we went through to get where we are now. People take for granted the struggle we went through."

Sgt. Darnell Tisby
125 Finance Bn.

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Sgt. Sean Kimmons

Capt. William Hampton, commander of Co. B, TF 1-21 Inf., questions a detainee who is believed to be responsible for a fire against Iraqi Police officers Jan. 29 in Kirkuk, Iraq. The man is also suspected of killing a 17-year-old girl with a stray bullet during the firefight.

Soldiers, Iraqi forces stay vigilant before Iraqi elections

Sgt. Sean Kimmons
25th ID (L) PAO

KIRKUK, Iraq – Before Iraq's first democratic elections, Soldiers from Task Force 1-21 Infantry and their counterparts in the Iraqi Security Forces, conducted multiple security operations to ensure safety on election day here.

Throughout January, TF 1-21 Inf. and the Kirkuk ISF carried out 12 joint operations that contributed to the capture of 89 suspected terrorists within the city.

"[TF 1-21 Inf.] took an offensive posture in order to disrupt Anti-Iraqi Force plans and attacks targeted at the elections," said Capt. Stephen Brown, assistant S3 for TF 1-21 Inf.

One of those key joint operations occurred Jan. 28, when 21 suspected terrorists were detained in raids. The early morning operation was headed by the Iraqi Police Emergency Services Unit.

"The ISF definitely stepped up for the elections," Brown said. "The results showed [Jan. 30] when we

had no complex or spectacular attacks. That was the result of a lot of hard work from the Iraqis."

The ISF effectiveness was an important development for the Soldiers in TF 1-21 Inf.

"[The] intent is for us to work the Army out of a job in the city of Kirkuk," Brown said. "The whole intent behind that is to have ISF take ownership of their city and have their people trust their local leadership."

The night before the elections, TF 1-21 Inf. and the ISF kept busy countering sporadic insurgent attacks in the fourth largest city of Iraq.

Capt. William Hampton, commander of Company B, TF 1-21 Inf., explained one such incident.

"We were calling for illumination in an area where there has been a lot of activity. In the middle of calling the illumination, we heard a burst [of gunfire] and saw the tracers going up [into the sky]," Hampton said.

Reports over the radio said that the Emergency Services Unit was under direct enemy fire. Hampton



Sgt. Sean Kimmons

Staff Sgt. Luis Parra, a NBC NCO with Co. B, TF 1-21 Inf., spreads out a weapons cache found by Iraqi police at a traffic control point.

and his convoy then left their area and picked up a field-line ambulance in route to where the incident was taking place.

When Hampton's convoy rolled up to the scene, one of his company elements and an ESU team cordon and searched a house where the suspect was believed to be hiding. One man with an AK-47 was detained and questioned about the incident.

A 17-year-old girl was the

only casualty and died from a stray bullet that hit her in the chest.

"She was in a house and the bullets came through the brick wall," Hampton said. "All the Soldiers and ESU fired north. [The insurgent] was the only one who fired south and that's where the fatality happened."

No Soldiers or ESU personnel were injured in the firefight.

Civilians on the battlefield

typically become the casualties in these incidents when they arise in a populated urban setting.

On another note, TF 1-21 Inf. completed several planning sessions with Iraqi emergency medical services to make sure the city would be prepared to handle a mass casualty situation, Brown said.

TF 1-21 Inf. Soldiers even provided security for the movement of election ballots to designated polling sites in the city.

"We just provided security and monitored the activity," said Sgt. Ivan A. Hernandez, a team leader with Co. B, TF 1-21 Inf. "We were secondary security, Iraqi Army was primary. We just [oversaw] what they were doing and they did a good job."

Hernandez and his three-vehicle convoy secured the outer perimeter, while Independent Electoral Commission, Iraq and Iraqi Army personnel delivered about 11,000 ballots to four polling sites on Jan. 28.

"I think it's cool, because we're part of history," Hernandez said about play-

ing a role in the Iraqi elections. "Twenty-five years from now, I can look back and tell my grandchildren, 'what you read about in those textbooks, I was there. I experienced it personally.'"

There were a total of 131 polling sites in the city. Soldiers from Co. B, 65th Engineer Battalion emplaced force protection at 110 of those sites.

To ensure security was tight on election day, TF 1-21 Inf. augmented an additional 423 Soldiers to bring the task force up to more than 1,000.

"[We] also had 1,540 Iraqi army and 2,947 Iraqi police operating in the city for a combined total of 5,500 personnel," Brown said.

All of that hard work and planning was worth it, as the outcome from the Kirkuk elections was better than expected, Brown said.

"It appeared to be an extremely [good] turnout. There were long lines at all of the [polling] sites.

"It was definitely a historic event. It all came together with all the different agencies involved," Brown said.

Briefs

USARHAW Prayer Breakfast

The 2005 25th Infantry Division (Light) and U.S. Army, Hawaii National Prayer Breakfast is an opportunity to enhance the spiritual life of Soldiers and reaffirm faith and dependence on God.

The breakfast will be held Feb. 24, 6:30 a.m. at the Nehelani on Schofield Barracks. The event is open to all Soldiers, family members, and DOD civilians.

Free, Fast and Accurate Tax Return Preparation

Schofield Barracks tax center, building 361 (in back of the museum), Mon - Wed, 9:30 a.m. - 5 p.m., Thu, 9:30 a.m. - 6 p.m., and Fri, 9:30 - 4 p.m. Call 655-5144 for information.

Fort Shafter tax center, Aloha Center, building 330, Mon - Wed, 9:30 a.m. - 5 p.m. Call 438-2829. Tax preparers certified by the Internal Revenue Service.

Schofield Barracks GSA Closure

Global Supply Store will be closed for inventory Feb. 7 - 11. The Hickam AFB GSA Global Supply Store is open during this time. Contact Mike Martin, 655-0280, for information.

Women's Soccer Team (WISA) Seeks Players

Any age (30+) or skill level welcome. Games are Sundays at Waipio soccer complex, March - May. Register by Feb. 12. For information, call 971-2503, or evening, 261-9951.

USARHAW Technology Expo

The Fort Shafter Technology Expo will be held this Monday at the Hale Ikena, building 711 from 10 a.m. - 2 p.m. The Schofield Barracks Technology Expo will be held on Thursday, Feb. 10 at the Nehelani, building 1249, from 10 a.m. - 2 p.m.

Public invited and events are free. Many exhibitors will be demonstrating the latest in computer hardware, software

and information services.

Complimentary refreshments and giveaways (while supplies last). For information, contact Karolyn Riordan at 888-603-8899 or email rioridan@ncsi.com.

Financial Assistance From Schofield and Fort Shafter Hui

The Schofield Barracks Hui O' Na Wahine welfare grant committee will be accepting requests for funds from community organizations.

Include organization name, point of contact with phone number, the amount requested, project for which the funds will be used, and how the project benefits the community.

Requests must be post-marked by April 9. Funds will be distributed in May. Send requests to Hui O Na Wahine, Attention: Welfare Committee P.O. Box 861305, Wahiawa, HI 96786. Contact Robin Orner, 624-6979, with any questions.

For the Fort Shafter area Hui O Wahine, the deadline for requests is March 18, 2005. Distribution of Funds will take place after April 7.

For more information about the Fort Shafter Hui, contact Marcella Heilig at 833-1834, mail requests to Fort Shafter Hui O Wahine, Welfare Committee, c/o Marcella Heilig, Hale Ikena: Building 710, Fort Shafter, HI 96858

Annual Joint Hui Luncheon

The luncheon will be Feb. 10 at the Fort Shafter Hale Ikena. Doors open at 11 a.m. The program will be Hollywood's Love Affair with Hawaii. Donna Dawson will be speaking about TV shows and movies filmed in Hawaii. Interested vendors contact Amy at 624-4989. For reservations call Judi at 778-3704. Limited on-site child care provided. Call central registration at 655-3929 or 655-5314 for reservations.

Employment in Hawaii

This workshop is the first step in helping you find the job you want. Learn how to prepare for your job search process.

Get employment informa-

Negotiating a shaky bridge



Col. Gary Cheek, commander of Combined Task Force Thunder, crosses the river after attending the grand opening of the Qamchai school in Kunar Province Jan. 17. Each brick and the cement to build the school had to be carried through this river and up a treacherous mountain on donkeys.

Capt. Juanita Chang

tion on federal, state, private sector, and staffing agencies. See the reference materials, job listings, and computers available for use at the ACS employment area.

Workshops are on Fri, Feb. 11, 18, and 25, 9 - 10:30 a.m. at Schofield Barracks ACS, building 2091. Call 655-2400 to register.

First Aid and CPR Offered

The Schofield Barracks American Red Cross Service Center is teaching standard first aid, adult CPR, and child and infant CPR class. The class is Feb. 26, 8 a.m. - 5 p.m. Cost is \$39 and includes the instruction book. Call 655-4927 to register.

Provost Marshall's Office Hours

The Schofield Barracks Provost Marshal's Office, Vehicle Registration Section, building 6508 on Leilehua Golf Course Road, hours have been expanded from 9 a.m. to 3:30 p.m. Monday through Friday to accommodate Soldiers registering vehicles during redeployment processing. Call Ella Holskil at 655-8940 for more information.

Seeking Volunteer Nominations

The Hawaii business community, Chamber of Commerce and Military Affairs Council, is sponsoring a series of annual events to recognize U.S. service mem-

bers here.

A special luncheon will be held to recognize active duty military members for their volunteer work done in addition to their normal military duties. For example, giving back to the community in service to schools, youth groups, sports leagues, churches and social agencies.

If you wish to be nominated or know someone who fits the criteria, contact your command's senior enlisted advisor or check with your base Public Affairs Office.

Nomination forms are available at your base Public Affairs Office and must be endorsed by your command. Completed nomination forms are due to U.S. Pacific Command, Office of Community Relations before March 1.

Contact Dennis Fujii, U.S. Pacific Command, Community Relations, at 477-6282 for more information.

Tropic Lightning Band to Perform Live

The 25th Inf. Div. (L) Tropic Lightning Band will perform in a joint concert at the Kapiolani Band Stand with Evergreen Valley High School Symphonic and Concert Band Feb. 21 at 4 p.m.

Wheeler Middle School Fundraiser

For an aloha ceremony for military families (slated in May). The school is selling

Jamba Juice mugs (24 ounces) and it comes with a coupon for a 24 oz. drink (no expiration). Cost is \$7 per mug. Sales have already begun and mugs can be bought in the Wheeler Middle School Administrative office.

Recruit the Recruiter Team Visit

The rewards for recruiters are many. Volunteers have the option of selecting their priority assignments under the New Assignment Incentive Program.

The following briefing will address the challenges, benefits and opportunities to become recruiters. Pay grades E-4 through E-7 are highly encouraged to attend. Briefings will be held:

Fort Shafter at building T101 Conference Room on Feb. 14 at 10 a.m. and 1:30 p.m.

Schofield Barracks at Post Conference Room on Feb. 15, 1 p.m. and Feb. 16 at 9 a.m.

Tripler Army Medical Center in Kyser Auditorium on Feb. 17 at 9:30 a.m. and 1:30 p.m.

More information can be found at Web site www.usarec.army.mil/hq/recruiter or contact Master Sgt. Mills at (502) 626-0465, DSN: 536-0465. For information regarding the briefing contact Master Sgt. Jones at 438-1123.

Are You a 42L?

No, not your suit size - your

military occupational specialty. As the administrative specialist, or 42L community transitions, Soldiers who completed their resident training before Oct. 1, 2004, will be required to complete a certification course via distance learning.

The required courses include: Course number 805CT12, Human Resources Specialist Certification Course and Course number 805CT35, Human Resources NCO Certification Course. Both courses are available through the following link: www.atrrs.army.mil. Click the link "Course Catalog."

University of Oklahoma

OU offers a Master of Arts in Managerial Economics and a Master of Public Administration. Non-thesis programs can be completed in about 18 months. One week classes are very TDY/TAD friendly. Call 449-6364 or e-mail aphickam@ou.edu. Visit our Web site at www.gouou.edu

Local Hui Raises Funds for Afghan Women and Girls

Feb. 12, a fundraiser for Afghan women. Humanitarian Mavis Leno (Talk show host Jay Leno's wife), an international advocate for the rights of Afghan women, will travel to the Islands to keynote an evening celebrating Afghan poetry, music, art, photography, food, and most of all, women.

An Evening in Solidarity with Afghan Women and Girls will be held Saturday, Feb. 12 from 6 to 9 pm, at College Hill, University of Hawaii-Manoa.

Raofa Ahrary, editor of Afghanistan's first women's magazine, and Mavis Leno will speak. Money raised will go to the Shuhada Organization, in Kabul and runs schools, clinics and hospitals throughout Afghanistan and for refugees in Pakistan.

Tickets cost \$100, \$85 of which is tax-deductible.

To contribute or to purchase tickets, email the Afghan Women's Hui at afghanwomenshui@yahoo.com.

Tripler's severe blood donor shortage

TAMC Public Affairs

While the demand for blood has increased, Tripler Army Medical Center's Blood Donor Center has a smaller donor pool to work with, according to Capt. Michael Bukovitz, its director. The center is now conducting an awareness campaign to increase its donor pool on Oahu.

"We highly encourage service members, retirees, military family members, and Department of Defense civilian employees to

donate, and to donate more often," Bukovitz said.

Demand has increased, because medical advances have increased the kinds and frequency of lifesaving procedures which require more blood supplies. Ongoing military operations in Iraq and Afghanistan are also straining the Armed Services Blood Program, of which Tripler is one of 24 centers worldwide. Service members wounded and injured in Operation Iraqi Freedom and Operation Enduring Freedom now receive about 355

units of blood a week from the Armed Services Blood Program.

What's not well known is that since the Vietnam War, the U.S. Armed Services have relied solely on the Armed Services Blood Program for their blood needs. Hawaii's location in the middle of the Pacific also creates a unique challenge. Because blood is perishable, the Tripler program cannot make up shortages by relying on other military blood donation centers on the mainland that are too many miles and hours away. Tripler

also doesn't rely on the well-known Blood Bank of Hawaii program.

For the Schofield Barracks area, a blood drive will be held at Sgt. Smith Theater, Feb. 18 from 9 a.m. to 5 p.m. to benefit Soldiers and families based in Hawaii. When the Soldiers redeploy, they will be unable to donate blood because of the overseas duty limitation. This has impacted the blood and donor pool shortage even more.

For more information on how to donate, call the Tripler blood donor center at 433-6195.

Logistics, contractor team improves troops' lives

JO1 (SW/AW)
Kristin Fitzsimmons
Combined Joint Task Force 76
Public Affairs

BAGRAM AIRFIELD, Afghanistan – The Joint Logistics Command and Kellogg, Brown and Root joined to provide U.S. military forces here with supplies and a better way of life.

In the last nine months, Combined Joint Task Force 76, JLC and KBR have made significant changes to the logistics system in Afghanistan.

"The relationship between KBR and JLC is one of teamwork and trust," said KBR representative Rick Reuter. "Without a solid relationship and teamwork contingency, contracting will not work..."

KBR has hundreds of direct and subcontractor employees working

in Afghanistan supporting the military's operations. Together with JLC, the only logistics organization in Afghanistan, KBR offers many services that allow Soldiers to focus on fighting the global war on terrorism.

"In the old days, American Soldiers were fed by a low-ranking Army cook. In today's Afghanistan, however, they are fed by employees of KBR," said JLC Commander, Col. Dave McKenna.

"KBR does not only help with feeding our troops, but with many other tasks like building barracks and general maintenance and upkeep of the base."

Implementation of the 21-day menu has probably had the most significant impact on the quality of life of all Soldiers, Sailors, Airmen and Marines. Daily coordination between KBR and the JLC on the

planning and implementation of the 21-day menu has significantly increased both the variety and quality of rations.

Significant progress has also been achieved through a teaming effort to improve the efficiency of container management.

Although work continues on this effort, more supplies and equipment are reaching their destinations here to sustain the force and provide for their needs.

"It is nice to know that ever since KBR started working with the Army that wherever the U.S. Army goes, KBR goes, too," McKenna said.

Rapid responses and personal relationships between JLC and KBR have helped translate many of the Army's missions in Afghanistan into tactical successes.

"The KBR relationship with the JLC increases the quality of life for

all Soldiers by augmenting or assuming responsibility for logistics functions throughout the CJOA," said Reuter.

"Additionally, KBR is a combat multiplier by filling MOS shortfalls and capabilities and allowing the military to better focus on their highest priorities."

According to McKenna, JLC has the largest and most complex presence of theater support structure currently deployed in a combat zone

"The JLC and KBR team has taken on all the challenges presented to them and continue to help keep the needs of the troops met and focused on the larger overall mission," said McKenna.

KBR employees have served side by side with the Army in places like Afghanistan, Croatia, Kosovo, Kuwait, Saudi Arabia and Somalia.



Maj. Gen. Stephen D. Tom

New USARPAC Deputy Commander

U.S. Army, Pacific News Release

Major General Stephen D. Tom, currently the deputy commander for U.S. Army Reserves at U. S. Army, Pacific, will temporarily take over as the deputy commanding general beginning Feb. 1. This 179-day assignment will fill the position vacated by Maj. Gen. William Brandenburg who is currently serving in Operation Iraqi Freedom.

The role of the deputy commander is a critical one providing oversight of a number of major focus areas including: Transformation, Joint Task Force Homeland Defense, and deployments and redeployments of USARPAC units in support of Operation Iraqi Freedom and Operation Enduring Freedom.

"I enjoy working with the USARPAC team. As deputy commanding general, I look forward to actively participating in the daily operations and strategic planning for the Army in the Pacific," said Maj. Gen. Tom, an Oahu native.

In his civilian capacity, Maj. Gen. Tom is an attorney and partner in a law firm.

New baby in the house? Don't forget to enroll in TriCare

From TriWest
Healthcare Alliance

Life can get hectic when there's a new addition to the family, but don't let time slip away before enrolling the new loved one in TriCare's Prime health care plan.

Under TriCare's new policy, parents now have 60 days from

the birth or adoption of TriCare eligible children to enroll them in TriCare Prime to help avoid delays or gaps in processing health care claims.

Children must be registered in the Defense Enrollment Eligibility Reporting System database within the first 60 days of their life or adoption or they will not show as being eligible

for TriCare Prime benefits.

To register, obtain a copy of the child's birth certificate, certificate of live birth, or adoption papers and file it with the base personnel office.

If the sponsor is deployed or on TDY, the other parent or a guardian should be prepared to show power of attorney to register.

With unique issues brought about by deployments, the enrollment time may be extended in certain cases.

For questions about TriCare coverage, visit www.triwest.com, call 1-888-TRIWEST (1-888-874-9378), or contact the DEERS support office at 1-800-538-9552 from 6 a.m. to 3:30 p.m. Pacific time Monday through Friday.

Vehicle out-processing station considered 'on time and on target'

By Joy Boisselle
Staff Writer

Last year, deploying Soldiers stored more than 3,500 vehicles at two Directorate of Logistics Vehicle Storage Facilities.

The process to retrieve stored vehicles is the culmination of efforts between DOL staff, The Pasha Group, Flagship Fast Lube, and the State of Hawaii Department of Motor Vehicles.

Walter Kramer, DOL deputy chief, said, "One of our goals was to return the vehicle to the Soldier in as good a shape as we got it, and perhaps even better."

To that end, stored vehicle services included storage in a covered facility, a monthly maintenance check, periodically moving the vehicle, and the creation of a service and maintenance record. DOL staff started the unique storage program, from scratch, according to Tammie Phillips, DOL contracting chief.

Feedback from Soldiers has been overwhelmingly positive according to Kramer. "Best customer service," "have never seen as good a system in 25 years [of service]," and "my car looks better now than when I stored it" are the typical Soldier survey responses.

Phillips stated, "The best part about this is we are making a difference in the Soldiers' transition back into their normal lives. We are on a learning curve now, and as the numbers of redeploying Soldiers get bigger, we'll be more than up to the task."

During initial in-processing at Wheeler Army Air Field, Soldiers get the first of several briefings on the vehicle pick up process. Usually one and four days after arriving home, Soldiers receive an appointment to retrieve their cars.



Joy Boisselle

Kennedyanne Medeiros, a FastLube safety inspector, places a safety inspection sticker on Spc. Andrew Bear's bumper at the stored vehicle out-processing station.

DOL staff spearhead the scheduling process and coordinate with the contractor to ensure vehicles are ready for the Soldiers' arrival. Included in the preparation are a wash and vacuum, tire inflation, and a pre-inspection to note any problems, which may require the Soldier's attention.

When deficiencies arise, Soldiers receive notification and can either do the repair themselves or elect to have FastLube mechanics correct the deficiency, where possible. FastLube offers a 20 percent discount for repairs.

FastLube personnel also provide safety inspections on-site and DMV personnel stand ready to issue current registration paperwork.

Kramer said, "We want this to be a one-time, one-stop shop."

Soldiers receive transportation from the Schofield

Barracks commissary parking lot to the storage facility. Before boarding the bus, they receive a briefing from DOL staff on what to expect, required paperwork, and costs.

Once on site, the Soldier performs a joint vehicle inspection with a contractor representative. Discrepancies noted are initially handled through on-site settlement negotiation, where the contractor offers a dollar amount for noted problems.

If the Soldier and contractor cannot agree, DOL personnel aid the Soldier in the claims process. Either way, the DOL goal, according to Sandy Kim, DOL regional contracting officer, is to look out for the Soldier.

At the DMV registration station, Staff Sgt. Calista Garmon, 225th Forward Support Battalion, gave her

thoughts on the pick-up procedures. She said, "I am pleased with the procedure. It's great, convenient and they let us know step-by-step what to do; it was pretty simple."

Staff Sgt. Corey Jones, picking up a vehicle for a friend, said, "I was expecting a couple of hours here, but spent only 25 minutes. I really liked having the safety and registration available." Everything was all in one spot, he added.

From the air-conditioned bus ride complete with movies, to the on-site amenities available at the waiting area including bottled water, magazines, board games, and ping-pong, Soldiers pronounced DOL efforts as A-plus.

Andy Billos, DOL government property administrator, said, "This is for our Soldiers and it's got to be perfect. This is a continuing process of improving excellence."

Picking up your stored POV? Here's what you need to know

- Coordinate with unit rear detachment for a vehicle pick up appointment.
- At least one hour before the appointment, report to the commissary parking lot for bus transport to the site.
- Documents required for POV Pick-up:
 - ✓ Driver's License
 - ✓ Valid Vehicle Registration
 - ✓ Current Safety Inspection
 - ✓ Current Insurance Card (many insurance companies will provide faxed copies or online copies of this document)
 - ✓ Copy of the In-processing POV Inspection (available on-site if unable to locate)
 - ✓ Special power of attorney authorizing a designated person to pick up vehicle, if needed.
Note: Spouses not on vehicle title will need a special POA to retrieve a stored vehicle.
- Bring cash, no credit cards or checks accepted. Minimum fees are \$10 for a state safety inspection and \$20.50 for registration.
- Modified POVs require a reconstruction sticker obtained from DMV before issue of the safety inspection.
- Safety and vehicle registration are not required at the storage facility, but a liability waiver must be signed before leaving.
- Vehicles failing the safety inspection will be given a 10-day temporary document. Repairs must be made during this time.
- Plan on a two-hour wait from start to finish.

After pick-up recommendation, change engine oil and other fluids.

What is Black History Month about?

Commentary

Diana Barron
Contributing writer

February is Black History Month. You may wonder why.

It started with Dr. Carter G. Woodson, a coal miner and Harvard graduate, who felt disturbed by the lack of African-American recognition in history books, so he founded Negro History Week.

Woodson chose February because of the birth of Frederick Douglas and Abraham Lincoln who were big influences in Black Americans' history.

Douglas had freed himself from slavery and helped free millions of others. He worked in Washington D.C. on behalf of African Americans and published the "North Star" (a newspaper that helped bring forward the brutality and immorality of slavery).

Abraham Lincoln, an advocate for the freeing of slaves, was responsible for the Emancipation Proclamation issued in January of 1863.

When February rolls

around, we notice a new look in our libraries and bookstores. We have end-caps made of novels by Black Americans. Children start to read and talk about African American history in class.

Because of Woodson's devotion to positive recognition of Black History, today we can celebrate the great contributions that shaped the past. Black History is so much more than slavery. There are individuals who have contributed a lot to making a difference, and we need to push them to the forefront.

Lewis Howard Latimer

A talented drafter who became the first person to work with Thomas Edison installing electric light.

Granville T. Woods

Created many inventions in the railroad industry. He was known as the "Black Edison." He invented a device that would allow a train to detect how close it was to another train. This helped prevent many accidents. Edison also wanted him to work for him, but Woods enjoyed working independently.

Louis Armstrong

Brought music to us in a wonderful way with his jazz trumpet playing.

Mary McLeod Bethune

Worked with Presidents Roosevelt and Truman as an unofficial advisor on African-American issues. She also founded Florida's Daytona Normal and Industrial Institute for Girls, which later became the Bethune-Cookman College.

Ralph Bunche

The first Black American to be awarded a Nobel Peace Prize. Bunche was able to secure signatures on armistice agreements between Israel and the Arab States.

Charles R. Drew

Became a doctor and studied blood. He discovered that plasma could be dried and stored for extended periods of time without deteriorating. This discovery is helping save lives today.

Dr. Henrik Clarke said, "The role of history is to tell a people what they have been, where they have been and where they are."

When I think about the great lengths Black Americans went through in order to make life easier and better for their country, I get chills. This is the type of determination needed by every man, woman and child today.

The people mentioned here, and countless others, are excellent role models for our children today. A lot of these men and women educated themselves, went to college and earned their way through hard labor in order to make a difference.

Why should we teach Black History to our younger generations?

To promote knowledge of Black History and experience and focus on the positive contributions African Americans have made in society.

Black History started as a week and it became a month.

Why not make it a daily gratitude to those who have stepped out of adversity, into an extraordinary example of strength courage and leadership?

Slavery and the "Underground Railroad"

Commentary

Diana Barron
Contributing writer

Imagine that you are owned by another person. Somebody watches everything you do and if it pleases your owner, he will beat you for the fun of it.

Then comes a woman Black slaves called "Moses." Moses is Harriet Tubman a slave who ran away but came back to help free other slaves by following the North Star.

The journey

First you would find a home with a white lantern outside. There you would find a White family who would feed you and help you on to your next step toward freedom.

First Stop: Wilmington, Delaware. There you meet Thomas Garret. He is a white man who worked for the Underground Railroad for more than 40 years. He was fined once and ordered

to stop, but he didn't. He will lead you to William Sill at your second stop in Philadelphia, Pa.

William Sill is an educated, free African-American. He will map out your journey to the third stop in Rochester, N.Y.

Even though freedom seems so close you are still being chased by bounty hunters. You're not in the clear yet, you need to go on.

Susan B. Anthony meets you in New York and there you receive warm clothing for the cold Canadian weather. You have traveled an estimated 250 miles. Your next step is Lake Erie.

At Lake Erie you cross into Canada. It has been a long hard journey but you made it. Freedom is finally yours. And with that freedom, you'll educate yourself and take a job.

Those who actually survived this journey went to work for the Underground Railroad or became great inventors and others continued the fight for civil rights for African Americans.

3/4 CAV helps save injured mechanic's life

By 1st Lt. J. Elaine Hunnicutt
Regional Command West
Public Affairs

HERAT, Afghanistan – Mel Dickerson is alive today because of luck and the quick response of his “three quarter cav” family.

Dickerson was hit by the moving blade of OH-58D Kiowa Warrior helicopter Oct. 24. He was rushed to the Shindand Airfield Aid Station, where he received immediate care. The back of his scalp was almost completely severed. The flight surgeon and his staff stitched him up before sending him off to Bagram Air Base, Afghanistan, for an MRI.

“When he came in and we saw his head wound and heard that he had been hit by the rotor system of a helicopter we immediately suspected a skull fracture and thought that his chances might not be good given our remote location,” said Army Maj. Mike Anderson, 3/4 Cavalry flight doctor.

“We had heard that Mel was given the option to not come back and we all suspected that he would probably return to finish the job he started. I guess you can say that Mel is hard-headed and really mean it in this case,” said Anderson.

“I was asked if I wanted to stay in the states or return to Afghanistan (following the accident), said Dickerson.

“I wanted to come back and finish what I started. These are my people; I am very close to these guys.



Courtesy photo

Mel Dickerson, a Rolls-Royce contractor field service representative for the 3rd Squadron 4th Cavalry Regiment, was hit by the moving blade of OH-58D Kiowa Warrior helicopter in Shindand, Afghanistan.

“You couldn’t ask for better care. I woke up in the aid station and a C-130 Hercules was waiting outside on the flightline to transport me to Bagram,” said Dickerson.

“We are in the middle of Afghanistan; [but] you don’t get this kind of care in New Orleans.”

Dickerson, a Rolls-Royce contractor field service representative for the 3rd Squadron 4th Cavalry Regiment, asked to return to work after three days, but was told to return to the states for a little rest and relaxation in New Orleans, La.

“The accident was silly; it was just complacency. I have been working on aircraft

since 1964 and never had an accident,” said Dickerson.

“I just hope others can learn from my mistake. I was very lucky and don’t want to see anyone else hurt themselves. I have known other guys that have done the same thing ... none of them survived.”

Dickerson has been working with the Hawaii-based unit, as a contractor from Rolls Royce, since their move to the island in 1998. He has trained and deployed with them; he knows everyone, and they know him.

“I have had dinner with these folks, gone to parties in their homes and watched their children ... we are like one big family,” said

Dickerson.

Dickerson, or “Saber Mel,” as the “Cav” refers to him, has served under five commanders during his time with the team.

“We just pack up and go. This is an outstanding outfit,” he said. “I try to take care of the guys when I can on exercises, by bringing them food to the field and here they are taking care of me,” he said.

The Vietnam veteran received the highest honor a civilian can receive in 2002, the AAAA Order of St. Michael’s, thanks to 3/4 Cavalry’s nomination, during the annual aviation ball in Hawaii. This demonstrates the team’s high regard for Dickerson.

What Soldiers should know before ‘going civilian’

By Sharee Moore
Editor

For Active duty Soldiers hoping to leave the service, read this first. The National Guard or Army Reserve may be an alternative for you.

Here’s how it works. After attending a pre-separation brief, Soldiers receive an appointment letter and the opportunity to meet one on one with a retention officer. Packet prep comes next.

Although the packet can be prepared early, Soldiers may not actually submit their packets until 90 days before separation from the Army.

In preparing packets, there are a few decisions Soldiers must make. First, they must decide whether they want to join the National Guard, Reserves or the Active Guard and Reserve.

The majority of National Guard positions are combat arms, while the Reserves are typically combat service support. Together, they make up an important part of the Army’s total force, said Master Sgt. Gregory Jacobs, ARA senior retention noncommissioned officer in Afghanistan.

Second, the Soldier must decide whether to work full-time or part-time. Both Reserve and National Guard components offer this option.

Job availability varies by location.

While the military can’t operate successfully without the Reserve component, the Reserve component couldn’t operate without the AGR.

“You can’t run a part-time force with just part-time operations,” said Jacobs.

The AGR provides an opportunity for Soldiers to work full-time supporting either a National Guard or Reserve unit.

In Hawaii options include the 29th Separate Infantry Brigade, 103rd Troop Command, 298th Regiment-Multifunctional, Regional Institute and the Headquarters, HIARNG.

The 9th Regional Readiness Command is the Reserve Component option operating on Fort Shafter.

The Army Web site www.goarmy.com offers information about Reserve jobs, benefits and more. Soldiers can also find recruiters, units and training information. Visit www.arng.army.mil for more information about National Guard units and benefits in other states.

(Adapted from an article written by Sgt. Stephanie L. Carl assigned to the 17th Public Affairs Detachment. Read the article at www.defenselink.mil/news/Jan2005/n01312005_2005013104.html)

AFE comedy tour comes to Tripler, GWOT Soldiers

By Spc. Daniel P. Kelly
Staff Writer

Soldiers re-deployed from Operations Enduring and Iraqi Freedom, family members and other Soldiers from Tripler Army Medical Center had the opportunity to enjoy professional stand-up comedy in a free performance Jan. 28.

Spc. Chris Speer was one GWOT Soldier at the show. Speer, a Company A, 2nd Battalion, 11th Field Artillery forward observer, was serving in Kirkuk, Iraq when his left leg was seriously injured.

"It was pretty good," Speer commented about the show. "It was funny, and it made me laugh."

Comedians Keith Barany and Jennifer Rawlings, make a living bringing laughter and joy to others, but both say there's something special about performing for troops through Armed Forces Entertainment.

"I couldn't be more proud to be here," Barany said.

"I have a lot of respect for service members," Rawlings added.

The show opened with a brief introduction of the comedians, then the jokes started flying.

Rawlings recently returned from Iraq, and has "deployed" to numerous war-zone venues to entertain Soldiers. She opened the show with hospital and married humor. Throughout her performance she gave out DVDs and autographed papers.

Barany took to the stage next and proved himself "witty," as the New York Times critics call him, through an improvisation about hospital service using personal experience and audience participation. He also told numerous personal stories, making audience members laugh.

"Look at this," he said pulling his bangs back to reveal his small forehead, "... I have a two head!"

Barany, who also used to write for the famous comedy show "Seinfeld," gave T-shirts to audience members who helped with his comic performance.

He closed the show telling Soldiers how much he, Rawlings and all his friends back home appreciate their service.

Armed Forces Entertainment provided the comedians while Kathy Giannetti, U.S. Army, Hawaii leisure activities director for the community recreation division, helped set up the event. However, Giannetti said she didn't deserve all the credit.

"This is all thanks to Staff Sgt. Ortiz," she said.

Staff Sgt. Lydia Ortiz is the Global War on Terrorism Office noncommissioned officer in charge at Tripler. Her job is to oversee every OIF and OEF injured or sick redeployed Soldiers' medical care with the help of registered nurses and case managers.

Ortiz said her mission is to take care of the Soldiers medically, and provide them with entertainment.



Spc. Daniel P. Kelly

Jennifer Rawlings entertains Soldiers at a free comedy show sponsored by Armed Forces Entertainment Jan. 28 at Tripler Army Medical Center.

"The original plan [when I called Giannetti] was to help GWOT Soldiers have entertainment," Ortiz said. Ortiz helped in arranging a "piggy-back" show at

Tripler, as the AFE comedians were originally slotted to only perform an evening show at Pearl Harbor.

Ortiz said the extra event meant the world to her.

"It's people like Keith and Jennifer that make it better for our Soldiers," Ortiz said. "Right now I could kiss them."

Barany and Rawlings will

continue a tour of the Pacific to include Guam, Okinawa, Japan and Alaska.

"Our hope is to get more things like this for our Soldiers," Ortiz said.

America supports you: Foundation benefits service members

By John Valceanu
American Forces Press Service

WASHINGTON - A nonprofit foundation created by a military-related credit union has expanded its services to help service members and veterans deal with more than just their finances.

The Pentagon Federal Credit Union is a financial institution with about \$7 billion in assets and 600,000 members. Most of its members are affiliated with the Defense Department.

PFCU founded a nonprofit charitable foundation in December 2001 to help troops with their financial affairs. Funding for foundation projects comes from donations, according to Mary Lynn Stevens, vice president of external relations for the Pentagon Federal Credit Union.

Stevens, who has worked for the credit union for 20 years and with the foundation for almost three years, said she is moved by the way the credit union's members

and others have contributed to the foundation.

"The American people are so good. They're always searching for ways to help our troops," she said. "We know that there's a great desire out there to help, especially on the part of our members, and the foundation pro-

vides a great way for them to make a difference."

Initially, the foundation focused primarily on helping service members learn how to better manage their finances and avoid the pitfalls of debt. As the war on terror created the need for many different types of sup-

port for veterans and their families, however, the foundation began helping in other ways, Stevens said.

"When wounded Soldiers first started coming back to hospitals in the states, they didn't really have any personal items," Stevens said. "We helped provide them

with necessities, such as sweat suits, socks, and other necessities that would make their hospital stays more comfortable."

After the Department of Defense became aware of the need for such personal items and began supplying the needed items to the wounded service members, the Pentagon Federal Credit Union Foundation found other ways to continue helping, Stevens said. This included the donation of gift cards to base exchanges and phone cards that service members can use to make calls from the hospital.

The foundation's "Military Heroes" fund supports wounded service members and their families. One of the ways in which this is done is through support of Fisher Houses. The Fisher House Foundation donates "comfort homes" on the grounds of military medical centers, according to Stevens.

Fisher Houses enable family members to be close to their loved ones during hos-

pitalization. Outpatients also stay at the Fisher Houses, so some bedrooms are shared by wounded service members and their family members, and some are used by the families of inpatients.

The credit union pays all the administrative expenses of both the foundation and Military Heroes fund, so that all the money donated goes to help the Soldiers, Stevens said.

Currently, the foundation is working with Fisher Houses at Walter Reed Army Medical Center here; at Tripler Army Medical Center in Honolulu, Hawaii; at Brooke Army Medical Center on Fort Sam Houston, Texas; at Wilford Hall Medical Center on Lackland Air Force Base, Texas; and Darnell Military Community Hospital at Fort Hood, Texas.

(Editor's Note: Read the full article on the following Web site: www.defenselink.mil/news/Jan2005/n01312005_2005013105.html)

Iraqi elections

From A-1

Allen said. Iraqi Security Forces provided primary security around the polling sites, while Allen and other Soldiers took up secondary security positions throughout the city. This was important, so the elections would be an Iraqi effort not run by Soldiers.

"It goes to legitimacy," Maj. Daniel Hurlbut, S3 for 2nd Brigade Combat Team, said about the Iraqi elections.

"If we ran the polling sites, the election would be perfectly valid. But there are people in this country whose desire is to see us do that so they claim that [the election] is corrupt," Hurlbut said.

Even though Soldiers did not participate in the management of the elections or the direct security, it was still important for them to be out there to assist the ISF.

"In some areas the [ISF] can do it by themselves, in other areas they are going to need help," Hurlbut said.

About 4,500 ISF personnel and 1,000



A woman gets help over a concrete barrier in order for her to reach the polling station. Age nor ailments seemed to deter Iraqis from the polls.

Soldiers, regardless of military occupational specialty, helped provide security in the city election day. Other Soldiers were pushed out to dif-

ferent sectors of the 2nd BCT "Warriors" area of operations.

They manned traffic control point, did combat patrols and did oper-

ations deliberately off [forward operating bases] to make a public support showing of the Iraqi Security Forces, Hurlbut said.

The Soldiers assisted ISF personnel to make sure 583,000 registered voters could vote at 217 polling sites in the Kirkuk Province.



Sgt. April Johnson

An elderly trio make their way to the polls to stand in line before they opened Jan. 30.



Sgt. Sean Kimmons

Spc. Anthony Authier, a mortarman with Co. B, TF 1-21 Inf., prepares to search a vehicle Jan. 30 in Kirkuk, Iraq. Only designated vehicles were allowed on the road to lessen the chances for vehicle-borne IEDs. This vehicle was not one of those designated vehicles.

198-PAIN

From A-1

tery, said it's like a call sign comrades down-range can use to call on the big guns.

"We're just like the police," the Chicago native said. "You get into trouble, and we'll help you out."

In addition to the show of force the exercise had many purposes, according to Capt. Brendan Raymond, commander of Fox Battery. It was used to synchronize all the fire support assets in the area, as a show of

force to demonstrate the battery's capabilities, and the battery to maintain their critical war fighting skills to deliver fires.

For the Soldiers on the gun line, Raymond said, it was a chance to practice the crew drills and each person's individual job to ensure rounds are fired safely.

Since the rounds were impacting on a mountain outside the base, Raymond said the coalition took many steps to let local resi-

dents know exactly what's going on so they didn't get hurt.

"The big thing that we have to do is deconflict this with the local populace and make sure everything is safe and there's not collateral damage," he said.

The day before the exercise, the battery delivered humanitarian aid to locals near the impact zone to let them know the coalition is here to help and not just to shake the foundations of their homes.

However, the main point of the exercise remained the show of force. Raymond believes there are anti-governmental factions in the Khost Bowl, and by having this show of force, the coalition is able to deny those factions sanctuary or safe-haven.

"It shows them that if they do want to attack an

Afghan or coalition force, the big guns are there to provide that fire support and disrupt and destroy them," Raymond said.

Smith echoed those thoughts, saying would-be terrorists are starting to realize the error in their ways.

"Oh, they're getting the picture," he said. "I don't

think they want to come out and play around."

Tucker also said the battery definitely showed force during the exercise.

"The sound travels a lot, and if they see the explosion, they can tell these big guns are nothing to be playing with," he said.

Can you hear them now? Good.



Staff Sgt. Bradley Rhen

Spc. Ontario Smith, a cannon crew member for Battery F, 7th Field Artillery Regiment, pulls the lanyard on an M198 155mm howitzer and sends a round down-range during a show of force exercise Jan. 29 at Forward Operating Base Salerno, Afghanistan.



Officers can now do hometown recruiting

By Sgt. 1st Class Tammy M. Jarrett
Army News Service

WASHINGTON – Officers can now share deployment experiences with their local communities through the Special Recruiter Assistance Program.

As of Jan. 15, officers who are currently located in CONUS and have served in support of Operation Enduring Freedom or Operation Iraqi Freedom may request to participate in SRAP, where eligible personnel can serve up to 14 days on temporary duty at a recruiting station nearest their hometown.

Although this option isn't available in Hawaii yet, the benefit may kick in after changing duty assignments. Contact the U.S. Army Recruiting Command for detailed information.

"I think this is an excellent opportunity for officers to return to their hometowns to tell them about the positive things the Army is doing in the Global War on Terrorism," said Maj. Mark D. Van Hout, retentions officer for Cadet Command. "Many small towns never get the opportunity to hear what their hometown heroes are doing."

Before SRAP, interested officers could participate in the U.S. Army Command Cadet program called Officer Returning Alumni Program, or ORAP.

The program, which is completely unfunded, allows an officer to return to his alma mater on permissive TDY status to share his experiences as an officer, said Van Hout.

"When SRAP came out, we [Cadet Command] thought it would offer our officers more opportunities to return to their schools since, as ORAP is run, an officer would incur out of pocket costs," Van Hout said.

"Cadet Command believes this is a good initiative and feels that officers

should be allowed to participate and support this effort."

In addition to being a veteran, Van Hout said interested officers must be 28 years old or less, look the part of an Army officer, display a positive image, and be articulate and enthusiastic about what they do.

"We only want high quality officers who are recommended by their chain of command," said Vanhout, who conducts the screening process for ROTC graduates.

"I speak with the officers to find out what they want to share with their communities and basically make sure they can do what we want them to ... tell the Army's story."

Interested ROTC officers must submit their applications directly to Van Hout, at VanhoutMD@USACC.army.mil.

All requests will undergo a screening process, which takes about seven days. Approved officers will be notified via e-mail.

Other interested officers should contact the U.S. Army Recruiting Command at www.usarec.army.mil.

Upon receipt of notification, approved officers must have their requests (DA Form 4187) approved by the first lieutenant colonel in their chain of command and then fax it to 757-788-6677 or DSN 680-6677. An approved DD Form 1610 will be completed by the USACC program manager and faxed to the officer and his unit personnel section (as provided on the DA Form 4187).

The OEF/OIF officers will report with their signed DD Form 1610 to their designated ROTC/Recruiting Station commander.

(Editor's Note: For more information, e-mail Maj. Van Hout or call 757-788-3076, DSN 680-3076. Web site: www.usarec.army.mil. Information provided by an ALARACT message on this subject.)

Deployed Hawaii troops run in coldest Great Aloha Run ever

Combined Joint Task Force News Release

BAGRAM AIRFIELD, Afghanistan – At 1 below zero, with the wind chill factor, almost 2,000 Hawaii Soldiers and Marines participated in the coldest Great Aloha Run ever Jan. 30 at four separate fire bases here.

Soldiers and Marines endured the freezing temperatures and raised money for local Afghan charities.

"What we are doing today is raising money for an orphanage in downtown Khowst [Afghanistan]," said Gary Cheek, commander for the 25th Infantry Division (Light) Division Artillery and Combined Task Force Thunder. "It's cold and it's hard, but it's not as cold as it is for the children in that orphanage. And it's not as hard on us as it is on them."

CTF Thunder raised more than \$1,200 for the Afghan orphanage.

Hawaii troops ran either in formation or as individuals, just like the Great Aloha Run in Hawaii. The troops ran at Forward Operating Base Salerno, Bagram, Kandahar and Shindand airfields in areas from the eastern to the western borders of Afghanistan.

"It's pretty amazing when you think about it," said Matt Kelley, 25th Inf. Div. (L) operations officer and race organizer. "Last night Soldiers were out conducting combat missions, and this morning they're up conducting the Great Aloha Run."

William Sutton, a 36-year-old 25th Inf. Div. (L) engineer,



2nd Lt. Christy Kercheval

Frankie Bangal, CJTF 76 displays the "shaka" symbol near mile six. The race began early in the morning and runners braved wind chills of minus one degree Fahrenheit. The cold didn't deter the troops from running, however, and nearly 500 people ran the race at Bagram.

was the fastest finisher, running the 6.2 mile loop around Bagram Airfield at 40 minutes and 44 seconds.

"It feels pretty good. It's always good that a 25th Soldier wins the race to keep the tradition going over here in Afghanistan," said Sutton. "It feels good to be wrapping up a year of hard work over

here and going back to family and loved ones in Hawaii."

25th Inf. Div. (L) Headquarters Company personnel organized the shipment of Great Aloha Run T-shirts and race numbers to reach runners at all race locations in Afghanistan. Gregory Valcin and Rafael Torres of 25th Inf. Div. (L)

Headquarters Company also ensured a "Great Aloha Run – Afghanistan" banner, lights, medical and water points were in place for the run at Bagram Airfield that began at 6 a.m.

AAFES in Afghanistan donated portable stereos as prizes for the unit and individual race winners.



COMMUNITY & SPORTS



Friday

B-1

February 4, 2005



Story and photos by Joy Boisselle
Staff Writer

The Aloha Tower Marketplace offers a unique experience in downtown Honolulu's historic harbor district. Built in 1994, the Marketplace has history, fine dining, shopping at more than 70 stores, and entertainment for visitors from around the world.

Floyd Williamson, general manager, said the Marketplace is special.

"Obviously water adds to our appeal, because of the ship and cruise activities. The design is very open, nothing is indoors, and there is a high level of greenery and landscaping," Williamson said.

Aloha Tower is the Marketplace focal point. It served as a landmark and welcoming beacon to ocean travelers. Today, the 10-story tower offers four observation decks with spectacular views of Oahu and still welcomes visitors to Honolulu.

Visitors can still see cruise liners arriving at Piers 10 and 11 including Hawaii's own Pride of Aloha. Periodically, the Aloha Boat Days Committee performs a traditional hula and lei welcome for the incoming cruise ships, which is reminiscent of a by-gone era.

Next to the Marketplace is the Hawaii Maritime Center, a museum devoted to Hawaii's water roots. Children can explore "The Falls of Clyde," an 1878 four-mast, full-rigged ship. The ship is the only one of its kind that still exists today.

Though owing much of its character to its location on the waterfront and colorful history, the Marketplace has what Williamson describes as a distinct Hawaiian feeling.

Visitor, Anne Hagman, said, "When we visit here, I always take friends to the Marketplace. The shops are fun and unique, the entertainment is exceptional, and in one stop, you can get a lot," she explained.

One unique shop is Martin and MacArthur specializing in hand-crafted one-of-a-kind Koa wood pieces. "Koa is one aspect of our store, but our primary focus are items made in or for Hawaii with a Hawaiian theme," explained Sandy Wooden, district manager.

Perhaps the most unusual business is that of Bruce "The Bird Guy" McGonigal. Wednesday to Sunday from 2 to 8 p.m., McGonigal brings at least 20 of his 40-feathered friends to the Marketplace. The birds draw quite



Since 1926, the historic Aloha Tower welcomed ocean travelers to Hawaii. Visitors can tour the Tower daily from 9 a.m. to 5 p.m.

a crowd as McGonigal deftly arranges them around visitors for picture taking opportunities.

"I am not a hardcore salesman and Waikiki is not my style. Everyone who takes a picture here with me is happy," McGonigal said.

Women in need of formalwear can visit Stone Gear, a shop specializing in eveningwear and accessories. Or, those who like Texas-style clothes can shop at Out of the West, Hawaii's largest supplier of western wear. There are numerous apparel shops including a surf store, a red dirt t-shirt store, and several clothing stores for children. Many accessories are also available.

Shopping and sightseeing is hungry work, and the Marketplace offers a variety of restaurants and fast food options. For fast food, the Makai Food Lanai offers exceptional harbor views and open air dining in the most casual of settings.

For sit-down service with a touch of mainland home, diners might want to try Hooter's of Honolulu. Manager Paul Dexter said, "It's not just about the ladies, it's about customer service. We offer good American food and we are very popular with the military."

Also popular with military is the Gordon Biersch Brewery and Restaurant. "We brew our own beer, we have two great bars, and we have live music Wednesday through Saturdays," said Jeff Naumann, restaurant manager, adding, "This is a great spot to watch the sun go down."

Six other restaurants round out the menu with offerings of steak, Chinese, Thai, Pacific Rim, and seafood. Many restaurants offer Happy Hour with entertainment.

Monthly, the Marketplace presents dance groups featuring line, hula, and belly dancing demonstrations, musicians, vocal groups, and other talented performers. Williamson noted that the Marketplace is user-friendly. Parking, a challenge at many popular spots, is not much of an issue at the Marketplace as it boasts the largest valet operation in the state.

Williamson said, "This is a dynamic property with a variety of things going on." The Aloha Tower Marketplace is still a landmark providing visitors with a uniquely Hawaiian experience.

(Editor's Note: Information about Marketplace shopping, dining, and entertainment is available online at www.alohatower.com.)



Teal Willingham, Martin and MacArthur sales representative, puts the final touches on a Hawaii-themed table display.



Bruce, "The Bird Guy" McGonigal gives Dan, 11, a view of his menagerie. McGonigal operates a photo kiosk featuring his birds.



Belly dancing is only one of the few activities offered free to patrons. Car shows and aerobics are others.

Courtesy photo



SGT. SMITH THEATER

Today
Lemony Snickets
7 p.m. (PG)

Saturday Feb. 5
Spanglish
7 p.m. (PG-13)

Sunday Feb. 6
Lemony Snickets
7 p.m. (PG)

Monday Feb. 7
Closed

Tuesday Feb. 8
Closed

Wednesday Feb. 9
Closed

Thursday Feb. 10
Closed

HICKAM AFB MOVIE SCHEDULE

Today
Meet the Fockers
7 p.m. (PG-13)

Saturday Feb. 5
Meet the Fockers
7 p.m. (PG-13)

Sunday Feb. 6
Meet the Fockers
7 p.m. (PG-13)

Monday Feb. 7
Closed

Tuesday Feb. 8
Closed

Wednesday Feb. 9
The Life Aquatic with Steve Martin
7 p.m. (R)

Thursday Feb. 10
The Life Aquatic with Steve Martin
7 p.m. (R)

Pro Bowl Appearances – Say Aloha to your favorite NFL team players, mascots, and cheerleaders. Appearances scheduled at the Tropics, building 589, Schofield Barracks, Feb. 9, 3:30 – 5:30 p.m. and at the Aliamanu Community Gymnasium Feb. 10, 4 – 6 p.m. At both locations, cheerleaders perform and sign autographs from 4 – 5 p.m. Mascots visit from 4:30 – 5:30 p.m. and players follow from 5 – 6 p.m. This is a tentative schedule. Visit www.mwrarmyhawaii.com as the event nears for dates, times and locations.

Spring Camp for Teens – Interested in meeting new people and going on field trips? Sign up for the middle school and teen spring camp at Schofield Barracks Teen Center. Cost is \$25 per week, waiver required. Register at the Registration and Referral office Feb. 18. Call 655-0451.

New Operating Hours at Tropics – Tropics new hours are Mon – Thu, 8 a.m. – 10 p.m., Fri and Sat, 8 a.m. – midnight, and Sunday 11 a.m. – 7 p.m. Macgregor's Market is open at 11 a.m. daily. 18 years and under must be accompanied by parent or guardian unless participating in an organized event, Mon – Thu after 6 p.m. and Fri and Sat after 8 p.m. Call 655-0002.

"Miss Saigon" Preview for Blue Star Card Holders – Free Miss Saigon preview, Fort Shafter's Richardson Theatre, for Blue Star Card holders, Feb. 23, 7 p.m. Appetizers included. Registration required. Round

trip transportation provided from Peterson Child Development Center on Schofield Barracks, limited seating. Make transportation reservations by 3 p.m., Feb. 17 by calling 655-0111 or 655-0112. Free child care offered at Peterson, make reservations from Feb. 10 – 18. Call 655-3929 for information.

"Miss Saigon" – Fort Shafter's Richardson Theatre presents "Miss Saigon," a classic love story of an American Soldier and Vietnamese girl. Performances on Feb. 24 – 26 and Mar. 4, 5, 11, and 12, curtain at 7:30 p.m. Adult tickets are \$25 and children under 12 are \$17. Adult subject matter not recommended for children under 12. For tickets, visit the box office Mon. – Fri., 10 a.m. – 2 p.m. Or, call 438-4480.

Black History Program at Tropics – Watch local step teams, listen to motivational speakers and music from local groups and soloists, or view African American books and art on display. Celebration is free at the Tropics, Schofield Barracks Feb. 19, 6 p.m. Call 655-5697.

Parent's Night Out – Get out of the house Feb. 19 for Parent's Night Out. Reservations on a first come, first served basis at the Resource and Referral office. Children enrolled in the program must be registered no later than noon on Wednesday before the event each month. Call 655-8313.

Spouses Night Out – Enjoy a friend and enjoy a movie and free popcorn at the Tropics Feb. 10. Supervised

children invited. Call 655-0002.

At Army Community Service, make a special valentine card to send to your deployed spouse. Materials provided. Call 655-2736 to sign up. MWR Blue Star Card holders receive free child care from 6 - 9 p.m. by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make child care reservations. Reservations can be made two weeks in advance. Call 655-2400 for information.

Super Bowl Parties – Join the excitement this Sunday, all-you-can-eat pupus for \$10 at Reggie's on Schofield Barracks. Call 655-0660. Or, watch the game at the Waianae Beach Club and buy drink and pupu specials. Call 696-4778. Pre-game starts at 11 a.m. at both locations.

President's Day Sale at Nagorski – Take 30 percent off any red, white, or blue clothing item at Nagorski Golf Course on Feb. 19 – 21. Call 438-9587.

February Food Special at Tropics – Enjoy a spicy chicken sandwich with choice of a side for \$4.25 or two slices of cheese or pepperoni pizza with a soda for \$5. Call 655-0002 for information.

Chinese New Year Activities – Participate in games and crafts and celebrate the New Year with other fun activities at the Tropics, Schofield Barracks Feb. 10, 4 p.m. Cost is \$1. Call 655-0002.

Yu-Gi-Oh Tournament – Feb. 12, 2 p.m. at the Tropics,

registration begins at 1 p.m. Cost is \$6 and includes Yu-Gi-Oh merchandise. Prizes awarded and all ages welcomed. Call 655-8522.

Valentine's Day Crafts – Make a valentine at the Fort Shafter Library, Feb. 14, 10 a.m. – 7 p.m. Call 438-9521.

Family Readiness Group Fund Raiser Available – An organizational meeting will be held on Feb. 16, 9 a.m., at Kaala Community Activities Center, room 101 for FRGs interested in operating a food or game booth at the Family Fun Fest and ITR Travel Fair event, March 26. For more information, call 655-0110, 655-0111, or 655-0112.

Honolulu Academy of Arts – Visit the Academy Feb. 20 for a keiki day with art projects, free refreshments, live entertainment and a gallery hunt. Free transportation provided for Blue Star Card holders from the Schofield Barracks Commissary departing at 11:30 a.m. and returning by 4 p.m. Registration deadline is Feb. 17. Call 655-0110 or 655-0112 to register.

Gopher Golf – A gopher has hidden a golf ball in the MWR "Discovery Magazine," find it and you could win. Pick up a copy of the magazine at the Schofield Barracks Commissary or any MWR facility for your chance to win. Look for hidden golf balls monthly in the "Discovery." Call 438-0117.

Armed Forces Vacation Club – Take advantage of the Armed Forces Vacation Club, a "space available" program that offers DOD-affiliated personnel and their relatives the opportunity to take affordable condominium vacations at resorts around the world for \$259 per unit, per week (seven nights). Complete details and reservations are made online at www.afvclub.com.

Quarters Mania Bowling – Bowl for two quarters a game and two quarters for shoe rental, Mon – Fri, 10 a.m. – 5 p.m. at the Wheeler Bowling Center. Call 656-1745.

Feeling Crafty? – Visit the Arts and Crafts Center on Schofield Barracks or Fort Shafter for a listing of current or on-going craft classes. Participate in ceramics, pottery painting, picture framing, mosaic glass, stained glass, polymer clay, scrap booking and more. Call 655-4202 or 438-1315 for information.

Mongolian BBQ – Select from a large variety of meats and vegetables, and have them grilled to personal preferences on Feb. 9, 5 p.m. at the Nehelani, Schofield Barracks with seating at Reggie's. Cost is \$4 for the first four ounces and 65 cents each additional ounce. Reservations required, call 655-0660.

Valentine's Flutes and Wine Glasses – Better Opportunity for Single Soldiers is selling Valentine's Day flutes and wine glasses filled with goodies. Cost is \$10 per glass. Glasses are available at the Tropics BOSS office, building 589 on Schofield Barracks. Supplies limited. Call 655-8169 for information.

Valentine's Dinner at Waianae Beach Club – Treat your special valentine to a romantic evening of dinner and dancing at the Waianae Beach Club Feb. 14. Dinner starts at 5:30 p.m. with live entertainment. Reservations recommended. Call 696-4778.

Cupid's Dinner at Nehelani – Have a romantic evening at the Nehelani, Schofield Barracks Feb. 14 from 5 – 8 p.m. Call 655-0660 for reservations.

Lighten Up! Tighten Up! – Eat healthy and win prizes. Pick up a "healthy" stamp card at the Schofield Bowling Center Snack bar or at the Hale Ikena on Fort Shafter. Every "healthy" meal purchased earns one stamp. Collect 10 "healthy menu" item stamps and receive a prize. Enter completed stamp cards for the grand prize drawing. For information, call 655-0573 or 438-1974.

Anti-Violence and Gang Initiative Make Youth "Street Smart" – Street SMART is a gang and violence prevention program for youth ages 11-13. The curriculum was designed to educate pre-adolescents about the destructive lifestyle of gangs; managing conflict and helping youth develop resistance skills. The conflict resolution component of the Street SMART curriculum is slated to begin in February at the four middle school and teen centers at Aliamanu Military Reservation, Fort Shafter, Helemano Military Reservation, and Schofield Barracks. To register a child, call 655-5314 or 833-5393. For information call 836-2106.

2005 Partner Basketball Shootout – Open to youth, ages 9 – 17, born on or before March 5. Registration begins on Feb. 8 – March 3. Shootout will begin March 5 at 10:30 a.m. at the Aliamanu Gym. Prizes awarded for 1st, 2nd, and 3rd place in each age division and category. Enter to win a Shaquille O'Neal, Allen Iverson, or LeBron James jersey. Call 438-9336 or 836-1923 for information.

Youth Baseball and Softball League – Open to youth born in 1986 to 1999. Registration until Feb. 15. The season is April 2 – May 21. Cost is \$55 for baseball and softball and \$45 for t-ball and coach-pitch per child. Call 438-9336 or 655-6465.



HAGN TV2 Schedule Feb. 4 - Feb. 10

Morning		Evening	
6:00	Sign on	3:45	OIF Photo Montage 5
6:30	Fit for Life	3:51	Volunteers
7:00	Bulletin Board	4:00	Pentagon Channel
7:30	SHAMU -Wild Babies		
7:54	Dash and Grab	6:00	Community Focus
8:00	Pentagon Channel	6:15	Bulletin Board
9:00	Pentagon Channel	6:44	Army Values - Respect
10:00	ASAP-Drugs	6:50	OIF Photo Montage 3
10:30	OIF Photo Montage 7	6:54	Jake Shimabukuro
10:46	Bulletin Board	7:00	NFL-Tight on the Spiral
11:30	Hawaii Hidden Beauty, Danger	8:00	Bulletin Board
11:50	OIF Photo Montage 6	8:47	History of JAG
12:00	Pentagon Channel	9:00	Anti Terrorism FP
		9:24	Oakland Army Base
Afternoon		10:00	Youth Protection
2:02	Hurricane Safety	11:00	NFL-'58 Championship
2:25	OIF Photo Montage 2	12:17	Bulletin Board
2:30	SHAMU-The Manatee Story		
3:00	SHAMU-The Sea Turtle Story	Overnight	
3:35	OAHU-Aloha Begins	12:51	Pentagon Channel

All about community centers - the hubs of neighborhood life

By Joy Boisselle
Staff Writer

If the heart of a neighborhood is its residents, than the heart's pulse is the Army Hawaii Family Housing community center.

At 14 community centers across Oahu, managers oversee and maintain more than 8,000 former military housing units under a concept titled, "community based management."

Janine Lind, AHFH director of property management, said, "The concept involves getting our teams [maintenance and management] out into the neighborhoods and residents." By doing so, she added, "We can offer more personalized service and through our centers foster, enhance, and grow neighborhood spirit."

Military housing featured a centralized housing office and separate service facilities through the Directorate of Public Works. The decentralized community center encompasses all housing services under one roof providing a more convenient manner of doing business.

Even so, Lind said, "Each community center is different." Basic management and maintenance remains the same, but center staffs build programs based on the area residents live in and their demographics, including rank structure and family profiles.

Community Centers activated in June 2004 under the initial sole source contract between Actus Lend Lease and U.S. Army Hawaii. Each center oversees more than 500 homes, has a management team of four to five personnel, and a six to eight-person maintenance team on-site.

Benefits of the concept include developing strong relationships between the staff and the residents they serve. Many residents now know their center staff by name and vice versa, Lind explained.



Joy Boisselle

This home on Aguda Place, in the Leader Field community, belongs to Sgt. Robert Bruff and wife, Casey.

"Last quarter, we had a nearly 99 percent positive survey result from residents, and many in their surveys note their maintenance representative by name," she said, illustrating the more personal nature of doing business. With more than 6,000 service calls monthly, this is an accomplishment, she added.

On the other side, Lind finds community center staff going the extra mile for their residents as their relationships strengthen. "Our community center managers all want to be known as the best and are working hard toward that end," she said.

Plans for community centers include new building construction. Community centers are currently located in vacant homes in the neighborhoods they serve. Building proposals include a 5,000 to 7,000 square foot facility complete with management and maintenance offices, fitness centers, interactive cafes, and meeting rooms.

Lind said, "Within this and

the next year, residents will see construction begin on five centers, including Kalakaua, Porter, Fort Shafter, and AMR." All new centers should be complete in 2011, she added.

Ongoing events at centers include educational workshops, petting zoo visits, craft events, and holiday-themed parties. One innovative service project in the planning stages is recycling truck visits for residents to take advantage of the new Hawaii 5 cents refund program.

Also underway are community center focus groups to determine resident priorities as well as areas requiring immediate attention. Lind said, "We want to better the lives of our residents and use their feedback for immediate impact projects."

Families wanting to live in AHFH homes first go to one of two regional offices, the Aloha Center on Schofield Barracks, building 690, or the Fort Shafter office at building 344. From there, the family can elect to live

in either regional area, but many try to select a community near their duty stations.

Availability of homes is checked and if none are available, the family is put on a waiting list. Once homes become available, the regional office staff offers the family up to three community areas that meet their needs.

After viewing the homes, the family has 24-hours to make a decision.

Lind concluded, "Our teams are awesome. I have never seen people work so hard to try to do right for their communities. The spirit of the staff is what creates the community and makes it come alive."

(Editor's Note: This is the second in a series of housing articles. For housing information, contact the North Regional Office at Schofield Barracks, 275-3700, or the South Regional Office at Fort Shafter, 275-3800 or go online to www.armyhawaii-familyhousing.com.)

What's happening in your neck of the woods?

Focus on Leader Field
Community Center

By Joy Boisselle
Staff Writer

The Leader Field community, predominantly enlisted and junior non-commissioned officer housing, nestles between Trimble and Lyman Streets. More than 500 units make up this out-of-the-way community and almost 300 residents currently call it home.

Peggy Hoots, the community center manager, said, "We have worked hard to make this community a better place to live. [Community center staff] began by picking up rubbish, tires, and batteries and before we knew it; residents were helping us to clean up."

According to Hoots, their efforts became contagious and have transformed the rundown housing area into a "nice, pristine quaint community with great neighborhood pride."

Citing the long road ahead, Hoots said, "We feel proud now and the thing that sets us apart from other communities is we have gelled into such a team (consisting of staff and the residents)."

Ongoing efforts include exterior and interior painting, and renovations throughout, with emphasis on the nearly 200 vacant units. Some improvements residents can expect are ceiling fans, new countertops, bathroom surrounds, and new flooring.

The community center staff has sponsored barbecues, Bible studies, do-it-yourself workshops, and holiday celebrations. Future events include an Easter event and a petting zoo visit.

A community focus group will meet soon to determine neighborhood priorities.

"From talking to residents, I know that they want more playgrounds, better lighting, and continued emphasis on a clean neighborhood," Hoots said.

For the community center team, Hoots feels the best part of the job is making a difference in a military family's life. "If the residents believe someone cares; it means a lot."

Contact the Leader Field Community Center at 275-3720 for information.

Spouses Night Out when counting calories is truly a win – win!



By Kirsten Tacker
Contributing Writer

More than 100 spouses turned out for the "Wellness Expo" at the Tropics on Schofield Barracks Jan. 27.

This Spouses Night Out offered an evening full of food, general wellness information and door prizes. There were product demonstrations, massages, tips on hair styling, makeup, beauty and selecting the right wardrobe. Every 15 minutes, door prizes were handed out by answering a trivia question.

Michelle McQueary, recreation specialist asked the audience, "How many calories do you burn banging your head against a wall for an hour?" Many shouts rang out in mayhem but, 150 wins!

The list of door prizes included a Homedic's deluxe infrared massager, Healing Garden items for the body. An assortment of six Hawaiian print bags

Kirsten Tacker

Ann Tramuta of The American Institute of Massage Therapy gives Joy Benis a free massage at the Spouses Night Out on Schofield Barracks.

filled with t-shirts, pens, a mug and coasters.

Relaxing eye masks, a bath pillow, anti-stress eye mask and an Envirosapes waterfall. Also, a large multiple candle holder and a gift certificate for a one-hour massage from The American Institute of Massage Therapy.

Between trivia questions, spectators talked to an assortment of vendors.

"Choosing the right color [of clothing] is half the battle, a color that will complement the skin. See? Purple has power," affirmed Rhonda Johnson of Beauticontrol.

Spouse Linda Girdner looked down and said, "I would never wear this purple it makes too bold a statement. With ease Johnson switched the fabric swatch to a softer purple, a little darker than lavender, and Girdner relaxed a bit more in her chair.

Beauticontrol's table was replete with wellness flyers.

McQueary grabbed the microphone and asked, "What burns more calories sleeping or watching television?" Several holler, "Sleeping!"

Other vendors like Mary Kay, PartyLite, Avon and Home Interiors spread out around the Tropics.

Mary Kay consultants gave away many samples of makeup, perfume and skin care at their table. Spouses entered to win gifts from the vendors in drawings held every 30 minutes.

Lina Buckmon of Home Interiors stated, "We are all about making the home beautiful. Home Interiors is the largest distributor of framed artwork. This is a 47-year-old Christian based company started by Mary Crowley.

"This is a great business part time for the stay at home mom. She can work straight from the house," Buckmon shared.

Here comes another morsel of trivia. "What percentage of the human brain is made of water?" One person hollered louder than the others, "75 percent!"

Once the crowd quieted down, a few announcements were made and the spouses were thanked for coming out. The evening ended with alluring music from Enya. It complemented the soothing aromas of food, candles and perfumes.

Every Thursday night from 6:30 – 8:30 is Spouses Night Out. It is a free adults - only program designed to get spouses out of the house to have fun. Call 655-0002 for more information.

Staying in touch made easy

By Nadja Gassert-Depape
Contributing Writer

While some of our Soldiers are returning now, others are leaving. Staying in touch with your loved one doesn't have to be time consuming or difficult, even if you already have a hectic life and too much to do.

The Basics

Make sure you have a correct mailing or e-mail address. Find out what can and cannot be sent, this includes e-mail attachments. Get a box of sturdy envelopes and a dark, non-bleeding, non-fading pen.

If you have addressed and stamped envelopes ready to go, it's easier and quicker to send a quick note.

Also, if you have trouble getting past all the blank space or feel the need to fill the page, a smaller size paper might work better for you. There is no need to write a novel-length letter every time. As a matter of fact, have a few addressed, stamped postcards ready for the times when you only have the time or inclination to drop a line or two.

There is nothing wrong with a quick "Hello darling. We miss you. We love you. Hope all is well. Love, your sweetheart."

E-mail versus snail mail

No doubt about it, e-mail is great. It's quick and efficient. And if you time it just right, it can function almost like a "chat." But computers are horribly cumbersome to take in the field. Even if

your Soldier has ready access to e-mail, don't forget to send him something he can carry in his uniform pocket. You want him to have something he can read whenever and wherever. Yes, yes, he can print out your e-mail, but consider how special a piece of paper would feel with your handwriting on it.

Content

Opinions differ about the message you sent with your letters. Do you want to burden your loved one with all your



problems and fears? Do you want to tell him that you cry yourself to sleep every night? That you don't feel safe at home alone?

The simple truth is your Soldier needs to concentrate on his mission, not worry about you and how to help you.

So be honest. You're lonely and sad and worried. Tell him, just don't expound on it. Instead of telling him how awful things are, try to find something positive to talk about. Maybe you went to a Spouses Night Out or an FRG meeting where you met other spouses dealing with similar issues. Maybe you saw something on TV that made you laugh out loud and it was the first time you laughed since he left. That's fine.

He'll be glad to hear that you managed.

At a loss for words? Why not keep him up-to-date on his favorite TV show or sports team? And sharing the mundane, everyday things you do will keep him connected.

Pictures

Please send pictures. But keep them rated PG.

Have a few rolls of 12-exposure films handy. It's quicker and less expensive than waiting around for 36 opportunities to snap a photo and develop them.

Yes, this is the age of the digital camera, but like e-mail, your loved one cannot take your digital attachment into the field with him. Mail him the print out.

Don't be too critical. Your Soldier already knows what you look like. He's seen the double chin that happens when you move your head just so. He knows about the extra 10 pounds who've been carrying around since the second baby.

Don't forget photos of his friends, the kids, your pet, heck, his car.

Packages

Sending packages is a great idea, but keep in mind that your Soldier won't have a lot of personal storage space. Send small, useful items. Some Soldiers miss their favorite brand of soap. Baby wipes – not the alcohol, disinfectant wipes – are surprisingly versatile and handy in case of a shower failure.

Also, remember the climate your loved one is in. Don't send items that spoil quickly or melt to the desert.

Keiki Resources Fair caters to military families

By Nadja Gassert-Depape
Contributing Writer

The 3rd annual Keiki Resources fair was held Jan. 22-23, at the Neal S. Blaisdell Exhibition Hall.

This uniquely interactive fair for keiki of all ages is organized every year by Childhood Resources, an information service firm that brings parents, child care providers and educators in contact with service organizations, enrichment programs and all types of professionals.

In a nutshell: if you have children and you need a tutor, a hobby, a toy, expert advice, an activity, a club, a nanny, clothing ... you get the idea ... then Childhood Resources can help you get in touch with the person, organization, retailer or expert you need, exactly what the Keiki Fair was all about.

Although an incredible resource for military families, the fair complemented, rather than replaced programs currently available to the U.S. Army Hawaii community.

"We've made finding what you need even easier," said Beth-Ann Kozlovich of Childhood Resources. "Our Web site now has a World of Child Directory that lists providers of programs, services and products for children of all ages in Hawaii."

Attending the fair was an excellent opportunity to get in touch with some of these service providers and experts in person. It didn't matter if you were in need of a face painter, a balloon artist or keiki photographer, an independent school, a modeling agency or a martial arts dojo, all those were present at the fair.

For the hands-on keiki there were rides, a bouncy, an inflatable obstacle course with slide, petting zoo and two ponies to ride. But the fun didn't stop



Nadja Gassert-Depape

Aloha Mothers of Multiples exhibitor and military mom Amanda McBride plays with busy twins, Alexis and Abigail at the Keiki Resources Fair.

there. Most vendors had activities for the kids and prizes that could be won.

While kids were busy playing with toys, eating ice cream or making music, parents were busy gathering information and entering their offspring – and themselves – in a variety of drawings offered by many vendors.

There was something for everyone. Interested in foster care? Or becoming a Guardian Angel? Hawaii Behavioral Health-Therapeutic Foster Homes and Guardian Angel Society of Oahu were on hand to answer questions and provide information. As were Parents Without Partners and Aloha Mothers of Multiples

who also had prominent booths and much support to offer.

More than 100 providers, service organizations and professionals were strategically distributed throughout the Blaisdell Exhibition Hall and Pikake Room. Some you didn't immediately think of when you heard "Keiki Fair." Their information wasn't tailored towards Hawaii's keiki, but to their parents who deserve the best as much as their children.

If you missed the Keiki Resources fair, visiting the Childhood Resources World of Child Directory is the next best thing at www.childhoodresources.org.

Part Two: Intervention

Suicide Prevention: Symptoms, intervention and treatment

By Spc. Daniel P. Kelly
Staff Writer

Suicide Prevention. Do you know someone who is thinking of suicide? Are you thinking of suicide? Maybe someone you know is suicidal, and you may not know what to look for.

Suicide is the 11th leading causes of death in the United States, according to the AFSP, American Foundation for Suicide Prevention.

There are ways of preventing suicide. Understanding which symptoms to look for, knowing treatment and knowing how to intervene can help you if confronted with suicide. You could help save your own, or someone else's life.

Suicide Awareness

Suicide Awareness Voices of Education, save.org, is a Web site dedicated to helping people deal with suicide prevention and cope with loss due to suicide. They discuss many ways to intercede with a suicidal person.

According to save.org, the Journal of the American Medical Association has reported that 95 percent of all suicides occur at the peak of a depressive episode. Education, recognition and treatment are the keys to suicide prevention.

Symptoms

- Symptoms of Depression
- Warning Signs of Suicide

What to do

Oftentimes there is a social stigma associated with depressive illnesses, and it can prevent people from getting help.

Willingness to talk about depression and suicide with a friend, family member or co-worker can be the first step in getting help and preventing suicide.

If you see the warning signs of suicide you should begin a dialogue with the person by asking questions. Suicidal thoughts are common with depressive illnesses and your willingness to talk about it in a nonjudgmental way can be the motivation a person needs to get help.

Questions to ask

- "Do you ever feel so badly that you think of suicide?"
- "Do you have a plan?"
- "Do you know when you would do it (today, next week)?"

• "Do you have access to what you would use?"
Asking these questions will allow you to better understand whether your friend is in immediate danger.

A suicidal person should see a doctor or psychiatrist immediately. Dialing 911 or going to a hospital emergency room are valid options. Always take thoughts of or plans for suicide seriously.

Never keep suicide secret

Don't worry about endangering a friendship if you truly feel a life is in danger. It's better to regret something you did, than something you didn't do to help.

Don't minimize or shame

Your opinion of a person's situation is irrelevant. Trying to convince a person "it's not that bad," or that they "have everything to live for," will only increase their feelings of guilt and hopelessness.

Instead, reassure them help is available, depression is treatable and suicidal feelings are only temporary.

If you feel the person isn't in immediate danger, for example; they don't have a plan for suicide; they are not overly depressed; they say they want to live, acknowledge the pain as legitimate and offer to work together to get help – Make sure you follow through.

This is one instance where you must be tenacious in your follow-up. Help find a doctor or a mental health professional, participate in making the first phone call, or go along to the first appointment.

If you're in a position to help, don't assume that your persistence is unwanted or intrusive. Risking your feelings to help save a life is a risk worth taking.

People and facilities are here to help if you or someone you know may be suicidal.

For more information

The Division Mental Health Clinic on Schofield Barracks at 433-8600, Division Chaplain's Office at 655-9307; call 1-800-SUI-CIDE (784-2433) for 24-hour person-to-person help or go to your nearest emergency room.

(Editors note: This is part 2 of 3 in a series about Suicide Prevention. Next week - Part 3: Treatment)



NHRA photo

Angelle Sampey, U.S. Army Pro Stock Motorcycle driver and three-time Pro Stock Motorcycle world champion, prepares for one of her many races in 2004.

Stock motorcycle team dips below 7-second mark

By Chris Dirato
Bradenton, Fla.
Army News Service

The U.S. Army Pro Stock Motorcycle team, with drivers Angelle Sampey and Antron Brown, broke the magical seven second mark in pre-season testing Jan. 25 at Bradenton Motorsports Park.

Sampey, who is a three-time Pro Stock Motorcycle world champion, recorded a 6.989-second pass at 189.70 mph, before Brown posted a 6.995-second jaunt at

190.35 mph.

"We realize this is just a pre-season test session, but it was pretty darn cool to see both of them get below seven seconds," said Steve Tartaglia, who recently assumed the crew chief duties for the U.S. Army team. "This is something that's never been done before, so we're all pretty pumped up."

Tartaglia credited superb weather conditions in helping Sampey and Brown get down the track the way they did.

"The conditions were pretty

awesome," he added. "The temperatures have been pretty cool here. Frankly, we probably should be going a little quicker."

The U.S. Army team continued testing in Bradenton until Jan. 26 with hopes of improving the best elapsed time to 6.950-seconds.

"There's definitely room for improvement," said Tartaglia. "Neither of those sub-seven second runs was particularly stellar. We'll just keep working on it."

Sampey and Brown fin-

ished second and third, respectively, in the Pro Stock Motorcycle point standings last year.

While the 2005 NHRA POWERade Drag Racing Series season starts in Pomona, Calif., Feb. 10-13, the Pro Stock Motorcycles don't hit the track for the first time until the Mac Tools Gatornationals in Gainesville, Fla., March 17-20.

(Editor's note: The article was provided by Chris Dirato with U.S. Army NHRA Racing.)

In-Training for the Great Aloha Run



Compiled by Rafi Grant

RUNNER PROFILE:

Alyssa Kutter

Kutter, a former member of the Ft. Bragg, N.C. 10-miler running team, is in training for the GAR. "It is my first race here on the island," Kutter said. She recently arrived on Oahu in September.

Training

Kutter follows a busy work-out schedule. She runs five times a week, a total of about 25 miles. "I usually run on my own, but Terry Houtkooper, personal trainer at the Family Fitness Center, is my motivator on the long runs," Kutter said. In addition, she attends yoga classes four times a week and hits the gym for additional strength training.

A week after the GAR, Kutter will participate on an all-female military team in the Oahu Perimeter Run, a 134-mile relay around the island.