HAWAI'I ARMY WEEKLY
VOL.35 NO.5 | FEBRUARY 3, 2006
SERVING THE U.S. ARMY COMMUNITY IN HAWAI'I ★ www.25id.army.mil/haw.asp

## INSIDE

### Size and strength don't matter anymore

Soldiers drop their guns and take a step into the past with combatives

A-3

### Making good Soldiers even better

The 196th Infantry Brigade trains thousands for deployment around the globe

A-5

### Canvas Comp.

Artists battle for top prizes at arts and crafts contest

B-1

### This issue


| | |
|---|---|
| Lightning Spirit | A-2 |
| Training | A-3 |
| News Briefs | A-5 |
| Community | B-2 |
| Sports & Fitness | B-4 |

SPC Daniel Bearl | 25th Infantry Division

## Soldiers charge into training

Sgt. Frank Enriquez, a team leader in A Company, 1-21st Infantry, runs across a bridge during a field training exercise. Enriquez is currently enrolled in the Warrior Leadership Course at the U.S. Army Noncommissioned Officer Academy, Hawaii. The NCOA implemented the new training course Jan. 10, replacing the Primary Leadership Development Course.

# Stop loss, movement are clarified

**PFC. DURWOOD BLACKMON**
Staff Writer

SCHOFIELD BARRACKS -- As Army Hawaii prepares for an upcoming deployment to Iraq, drastic changes have occurred to organize for the operation.

In an effort to sustain deploying units Stop Loss and Stop Movement have been instituted to strengthen the ranks of our fighting force.

The most recent information on SL/SM updates Soldiers on how, if and when they will be affected by these policies.

According to the policy memorandum, Soldiers will be stabilized from the unit SL/SM date to a date no later than 90 days after redeployment to home station. This action applies to both enlisted Soldiers and officers in both deployed units and rear detachments.

The chart within this article outlines the most accurate and current dates that can be used for planning personnel actions. Major changes to deployment dates will require adjustment to SL/SM dates.

Per policy guidelines, Soldiers whose date of separation (e.g., ETS, approved retirement) is inside this time period will be affected by SL/SM. Soldiers are advised to not take any permanent change of station (PCS) or separation actions (e.g., shipment of household goods, transition leave, leave en route in conjunction with PCS, or clear the Transition Center) unless an Human Resource Center exception to policy has been approved.

Completion of these actions will not, in and of themselves, ac-

SEE STOP LOSS, A-3

# New facilities provide high-speed training in virtual environment

Story and Photos by
**PFC. DURWOOD BLACKMON AND PFC. BRYANNA POULIN**
Staff Writers

SCHOFIELD BARRACKS – As part of the Army's transformation the 25th Infantry Division introduced two new facilities that were officially indoctrinated at a ribbon cutting ceremony here Jan. 31.

Two new buildings were officially opened for the training of troops using highly advanced and technologically state of the art equipment.

The first ribbon to be cut was that of the Information System Facility. ISF is a critical central hub that provides connectivity that supports essential constructive, virtual and real information systems.

"What started out as a gleam in someone's eye and together with the core of engineers, director of information management and our general contractor, the ISF is a world class facility that will prepare our soldiers for deployment and will house the key and essential communication functions necessary to the Army's transformation of the 25th ID," said Col. Howard J. Killian, Commander, US Army Garrison, Hawaii.

The ISF has replaced smaller offices that were grossly overextended and now provides greater capacity for digital communications and file servers.

"ISF is a digital hub that is responsible for linking all the digital forces in Hawaii. The demand when we digitized the division was not only the computers here but for vehicle and classified computers as well as the sipper net. All the forces communication equipment is now using a digital format," said Ronald L. Borne, Transformation Director for 25th ID and USARHAW.

ISF operations will support 24 hours per day, 7 days a week in a Fixed Tactical Internet management location.

"Located directly within the ISF, the Fixed Tactical Internet, are towers that will be throughout the island that allows information to be transmitted digitally," Borne said. "Messages and communications can be transmitted back and forth to wherever it needs to go and a reach back portal is valuable in helping troops who are deployed to communicate with the division here.

In addition to the ISF a second facility was introduced that was

SEE TRAINING, A-3

# Brigades get deployment orders

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

SCHOFIELD BARRACKS – Two additional brigades from the 25th Infantry Division have been issued deployment orders to Iraq in 2006, according to Lt. Col. Walt Piatt, operations officer for the 25th Infantry Division.

Piatt announced the deployment of approximately 500 Soldiers from the 45th Sustainment Brigade and approximately 2,400 Soldiers from the 25th Combat Aviation Brigade. Both brigades will begin deploying this summer.

"With these deployments on the horizon, it is imperative that we focus our energy and efforts on Soldier and family readiness," said Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division and U.S. Army, Hawaii. "We must ensure that each and every Soldier gets the tough, realistic training they need to ensure combat readiness and, most importantly, to save lives."

Colonels Thomas Ball, commander, Combat Aviation Brigade, and Michael McBride, commander, 45th Sustainment Brigade, echoed similar comments. "The key to accomplishing our mission in country, taking care of our Soldiers and bringing them home safely is our unfettered access to quality local training areas here on Oahu and on the Big Island," Ball said.

McBride stressed the importance of convoy operations in the Makua Military Reservation.

"Convoy operations are a large and dangerous piece of our daily duties, and convoy live-fire training is critical to our preparedness."

The 45th Sustainment Brigade and 25th CAB were reorganized in November as part of the Army's transformation to more brigade-size units. These units can be deployed rapidly and are better suited for joint operations with the Air Force, Navy and Marine Corps.

This deployment is the division's second for 2006. In November 2005, the Department of Defense announced the Iraq deployment of the Division Headquarters and the 3rd Infantry Brigade Combat Team.

Overall, approximately 7,000 Soldiers will be deploying from Schofield Barracks.

# Acute Care provides immediate care

Story and Photo by
**PVT.2 CARLEE HEATH**
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – The Acute Care Clinic here provides services to patients who are experiencing illnesses and injuries that need immediate care.

Hours of operation for the clinic, which is located in Building 684, are from 6 a.m. to 9 p.m. every day. The hours for its ambulance services are 24 hours a day, seven days a week.

Active duty, retirees, their families and other TRICARE-enrolled beneficiaries can receive care at the clinic, said Maj. Pam Ellis, the head nurse at the clinic.

The clinic only accepts walk-in patients.

When patients come for care, they sign in and either an emergency medical technician or a licensed practitioner nurse screen their vital signs, said Newson. Using a triage-like method, the clinic categorizes and sees them in order of the severity of their symptoms, said Newson.

For example, if an infant and adult exhibit the same symptoms, the child is seen first, said Newson, explaining the child's health can deteriorate faster than an adult's.

The clinic places patients in three levels of evaluation. Emergent patients are first priority; their conditions are life threatening. Patients who have stable but serious conditions are urgent, the second level. A physician sees them within 15 minutes. Finally, nonurgent patients exhibit stable conditions.

Although the clinic offers basic lab and X-ray work, and minimum pharmacy facilities, it is not an emergency room. The Acute Care Clinic does not have a physician on hand after 9 p.m., said Ellis.

Ambulance services are unique at

SEE Acute Care, A-5

A patient at the Acute Care Clinic, 1 year old Nicholas Macmiller, is being held by his mom, Christina Macmiller, while receiving oxygen on Monday.

## We want to hear from you...

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

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

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

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

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

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

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

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Advertiser, of the firms, products or services advertised.

HAWAI'I ARMY WEEKLY

**Commander**
Maj. Gen. Benjamin R. Mixon
**Public Affairs Officer**
Lt. Col. Mike Donnelly
**Command Information Officer**
Ed Aber-Song
(edward.abersong@schofield.army.mil)
**Managing Editor**
Aiko Rose Brum
**Assistant Editors**
Jeremy Buddemeier
Sgt. Tyrone Marshall
**Photojournalists**
Joy Boisselle
Spc. Daniel Bearl
Spc. Amanda Flemett
Spc. Juan Jimenez
Pfc. Durwood Blackmon
Pfc. Kyndal Brewer
Pfc. Bryanna Poulin
Pvt.2 Carlee Heath
**Layout**
Leah Mayo

**Advertising:** 525-7654
**Editorial Office:** 655-4816/8728
**Fax:** 655-9290
**E-mail:** Write the HAW at editor@hawaiiarmyweekly.com
**Address:**
Public Affairs Office
Bldg. 580, Stop 215
Schofield Barracks, HI 96857
**Web Site:**
http://www.25idl.army.mil/haw.asp

# Provost Marshal Corner

## A bimonthly recap of Army military police activities on Oahu

**COL. JACQUELINE CUMBO**
Provost Marshal, 25th Infantry Division

Cumbo

As the top law enforcement officer for the Army in Hawaii, I will try to keep you informed on a biweekly basis of the events that can be beneficial to your security and safety while you live, work and play during your tour here in the beautiful state of Hawaii.

This information is general in nature and a roll up of incidents as they are reported to the Military Police during the time frames stated.

### Crime trends

The crime data provided is to make you aware of trends that may be developing in or around your community. The Provost Marshal Office (PMO) uses this data to direct patrol activities designed to apprehend offenders and eliminate these occurrences.

In our joint fight against crime, PMO asks that you use this information and take pro-active measures to avoid being a victim. Report suspicious activity to the Military Police at Fort Shafter, 438-7114, or Schofield Barracks, 655-7114. Dial 911 for emergencies.

The below crime statistics were recorded for Jan. 5 – 17.

### Fort Shafter

The Fort Shafter PMO reports that of all crimes occurring in the Fort Shafter area, Fort DeRussy experienced 50 percent during this period, while Aliamanu Military Reservation (AMR) experienced 43 percent, with the remaining 7 percent taking place at Fort Shafter.

Fort DeRussy reported one auto theft of a 1993 Honda Civic from the Hale Koa Hotel parking garage and one larceny of private property from within the Fort DeRussy dinning hall.

Damage to a privately owned vehicle (POV), assault and a fraudulent use of a credit card were also reported, along with one other assault incident. There were two DUI cases that involved U.S. Navy service members as subjects.

Crime in AMR for this reporting period was one auto theft of a 2004 SMC Scooter, four larcenies of private property, of which two were unsecured property left outside in the front yards of quarters.

One damage to a POV was also reported at AMR.

Fort Shafter reported one larceny of a laptop computer and various personal items stolen from a barracks room in Building 503-A. The victim was on leave.

### Schofield Barracks

The Schofield Barracks PMO reported one shoplifting case from the main post exchange (PX). Items stolen included one DVD and a pair of headphones.

A total of eight larcenies occurred in the Schofield area: seven from Schofield Barracks proper and one from Helemano Military Reservation (HMR). Half of the larcenies took place in housing areas. Three were of bicycles.

Four instances of driving under the influence (DUI) were reported during the time frame. Active duty service members were subjects in all cases, all four occurring at Schofield Barracks.

Five cases of damage to private property were reported, four of the five to privately owned vehicles.

### Safety, awareness and preventive tips

Bicycle-related injuries are common in our communities, especially with children. Head injuries related to falls cause the greatest risk to a child's safety. Parents are encouraged to equip their children with properly fitting bicycle helmets. Equally important, parents should teach children basic safety tips to further avoid accidents.

For example, when riding bikes on a sidewalk, children/adults must yield to pedestrians. Some sidewalk areas with heavy pedestrian traffic prohibit riding bicycles on the sidewalk.

Bicyclists should give pedestrians audible (horn, bell or voice) warnings when they pass. When you ride on the road, you must obey traffic laws. Scan the road behind. Learn to look back over your shoulder without losing your balance or swerving left.

Always look behind you before changing lanes or changing positions within your lane, and only move when no other vehicle is in your way.

When on the road, ride in a straight line, whenever possible. Ride with, not against, the traffic. Keep to the right, but stay about a car-door width away from parked cars.

### Hot Topics

Domestic violence and child abuse are crimes. They are sad realities in our society, and our military community is not immune either. In fact, domestic violence and child abuse do not discriminate or play favorites. They will not go away on their own.

These crimes can occur anywhere and at all levels within the community. Therefore, if you or someone you know is a victim, report this crime immediately. You don't have to live in an environment that degrades and/or physically affects you.

If you think that you are in real or immediate danger, call the Military Police at Fort Shafter (438-7114), Schofield Barracks (655-7114) or 911. We can help you.

You can also get assistance and information by calling the Crisis Line, which is operational 24 hours a day, at 624-SAFE (624-7233). Reach the Victim Advocacy Center during business hours at 655-1551.

Traffic safety is a constant concern for everyone. Please be aware that what we do while operating a motor vehicle can result in dire consequences for ourselves and others.

Here is a partial count of some of the traffic citations written on post in January:

Expired registration, 30
Expired safety inspection, 39
No seatbelt, 32
Parking violation, 40
Speeding, 67

Parking at the Schofield Barracks PX is at a premium due to construction of the new facility. Still, please do not take it upon yourselves to create new parking stalls or new parking areas.

Parking will be very tight all about post, and you may find that you will have to walk further to get to the facility you wish to visit. Some parking you might want to consider is the area between the Commissary and "F" Quad.

Please help us to increase traffic safety by obeying and let's all "take a bite out of crime."

### Off Limits Establishments

The following establishments have been placed "Off Limits" to all military personnel in Hawaii until rescinded by the Armed Forces Disciplinary Control Board:

Hawaii Natural High
343 Saratoga Rd
Honolulu, HI 96815

Nimitz Mart
3131 N. Nimitz Hwy
Honolulu, HI 96819

Pearl Kai Mini -Mart
98-199 Kamehameha Hwy
Aiea, HI 96701

The Shelter/Club1739
1739 Kalakaua Ave.
Honolulu, HI 96826

The Dungeon/
Temple/Atomics
142 Mokuea St.
Honolulu, HI 96819

LIGHTNING SPIRIT

# What happens to us in end times?

**CHAPLAIN (MAJ) BRIAN MEAD**
25th Special Troops Battalion

"For many will come in my name, claiming, 'I am the Christ,' and will deceive many.

You will hear of wars and rumors of wars, but see to it that you are not alarmed. Such things must happen, but the end is still to come.

Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places."

– Matthew 24:5-7 (New International Version)

Many times Soldiers come up to me and are curious about the Bible in regards to end time prophecy. So what will happen to the United States in the end times?

Does Scripture tell us or mention us in that regard? What is the role of the United States at that time?

Let me start by saying that the United States of America is never explicitly mentioned in the Bible. Revelation is a veiled book – meaning that the writer John did the best he could to describe these events.

Yet, with so much symbolic representation, the interpretation of this prophetic book remains a mystery.

With regard to the end times, the only nation the Bible seems to be specifically concerned with is Israel (Revelation 7:4; 21:12). The Bible mentions Babylon (Revelation 14:8; 16:19), but beyond that, does not name specific places.

Bible scholars debate whether this reference is to a literal city of Babylon or whether Babylon is being used symbolically. Again, Israel is the focus of end times' Bible prophesies.

Probably the better question for us to ask is why is the United States never mentioned in Bible prophecy? Scholars have concluded that there are several reasons, but let me share with you three of the most widely held possibilities:

(1) Perhaps the United States does not play an important role in the end times. This seems incomprehensible to us as we feel we are currently the greatest power on the earth.

How could we not be in the game? Possibilities range from us not being a super power any more to that of a fallen nation. This question leads us to our next scenario.

(2) Perhaps the United States does not exist anymore once the end times begin. So what happens to us?

Are we conquered as a nation? Are we destroyed? Are we absorbed into something else? All of the above could be answers.

Think back to the Roman Empire; no one at that time could ever see that nation falling. The Romans had military strength and technology. Their trade was unsurpassed by all. No nation could touch them.

Yet, they fell from within.

Could that same internal fall happen to us?

(3) Perhaps the United States is included with all the other nations that reject God in the end times (Revelation 10:11; 11:18). As a nation, we seem to be continually moving away from out spiritual center of balance.

Right now we are a nation blessed by God, but what happens if he takes his hand of blessing away from us? This scenario seems to be the most likely answer to what happens to the United States in the end.

OK, so what can we do? I suggest three things to you:

(1) Realize that God's word is true and it will come to fruition. The end times will be ushered in at his timing. Be prepared for his return.

If you do not have a faith, I would highly recommend finding your spiritual roots and being faithful.

(2) Pray. If you look and glean through the Bible, you can see numerous times when prayer was necessary.

As the end times approach, now more than ever is the time for daily prayer.

(3) Be active in your church; we should all be attending our worship service and preparing for Christ's second coming.

If you knew he was coming back today, would he find you ready to receive him?

May you find peace and security now and forever. Blessings.

*(Editor's Note: Get the full Biblical perspective of end times in the book of Revelation, chapters 14-23.)*

# Parents should talk to teachers about kids

**JAN TURNER**
Teacher, Solomon Elementary School

Speaking with your child's teacher is the best way to get a full understanding of how he or she is faring in school. Combined with the feedback you get from your child on a day-to-day basis, the parent-teacher conference can help you find the most effective ways to help your child succeed academically.

If you prepare some thoughts on the issues you are most concerned about as a parent before going into the conference, you can help the teacher understand your child better. In addition, the teacher can offer suggestions on how to help your child at home.

Here are five tips to prepare for your parent-teacher conference:

•Schedule the conference to give the teacher enough time to prepare work samples, comments, etc. This way, the teacher will not be caught off-guard, and you will be sure to have his or her undivided attention.

•Come with a set of specific questions or concerns for the teacher. For example, "I'm concerned that Johnny is having trouble with division. What can I do to help at home?" is more productive and useful than "How's Suzy doing in school?"

If possible when you schedule the conference, give the teacher a brief summary of your concerns so the teacher can be prepared to address them fully.

•Be prepared to ask for and offer suggestions for helping your child at home as well as questions about what the teacher is doing to help your child in school. This shows that, as your child's primary educator, you are willing to help at home and work as a team with your child's teacher.

•If possible, bring examples of your child's work about which you have concerns. This will help the teacher remember specific details about assignments. The teacher will not necessarily have memorized the exact problems your child has on any given assignment.

Take notes about the teacher's concerns and suggestions. Often, a teacher will provide a conference form on which to take notes.

It's a good idea to write down the concerns both you and the teacher have, and exactly what both of you, and your child, will do to help your child be successful. Keep this on file for future conferences.

*(Editor's Note: This article is provided through the Hawaii State Teachers Association. Jan Turner is a teacher at Solomon Elementary, which is located at Schofield Barracks.)*

**74 DAYS**
**since last fatal accident**
**Remember, Be Safe Tropic Lightning!**
As of 2/1/06

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

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.

A four day holiday/long weekend will be awarded for 200 consecutive days with no accidental fatalities.

# Voices of Lightning: How do you relieve stress?

"...Going to the gym."
**Spc. Stephen Jenkins**
HHC, 29th Engineer Bn. Utility Equipment Repairman

"Work out."
**Spc. Robert Clark**
2-11th Field Artillery Bn., Medic

"Come on a vacation to Hawaii!"
**Charlotte Neitzel**
Visitor from Ontario, Canada

"Pray. If it is something I can't fix."
**Staff Sgt. Christopher McIntosh**
25th Trans Co. Squad Leader

"Play X-box and watch funny movies."
**Jarrelyn Martin**
Family Member

# 3rd Brigade uses old-fashioned fighting techniques

## Soldiers learn and teach combatives using minimal force on the enemy

Story And Photos By
SGT. MAURICE SMITH
3rd Brigade Public Affairs

Combat is a word with which the Army is very familiar. Before the creation of so many high-powered weapons, such as rifles, grenades and bombs, the most basic weapons known to man were his own hands.

Hand-to-hand combat (combatives) is often overshadowed by the use of automatic weapons. However, when the ammunition runs out, possessing this skill could mean the difference between life and death.

Many Soldiers, like Sgt. 1st Class Brian Burgan from the 3rd Brigade Infantry Combat Team, recognize this fact and are incorporating combatives into their morning physical training programs.

"I just want to stress the fact that I think every Soldier needs this type of training, especially before ramping up and going [in]to combat," said Burgan, the senior topographical analyst and combatives instructor for 3rd Brigade, 25th Infantry Division.

Each technique is demonstrated first before it is taught in-depth. Afterwards, Soldiers must explain their actions step-by-step while demonstrating the technique, which allows Soldiers to not only learn combatives, but train others as well.

Pvt. Julie Comtois, a student from 3rd Brigade, thoroughly enjoyed the training because it gave her confidence in defending herself against bigger, stronger enemies.

Above — Spc. Michael Givens has subdued Staff Sgt. Augustus Wright, and now he is in perfect position to put handcuffs on him.

Right — Pvt. Julie Comtois applies a choke to Sgt 1st Class Brian Burgan to momentarily disorient him and break his guard position.

"It's not all about strength," said Comtois. "It's about technique, speed and agility. We got to do this all day. I like it a lot," she said.

Although the training was fun for many of the Soldiers, using combatives in real life should be taken seriously. Combatives are a skill that, when used properly, can help someone defeat his or her opponents without causing serious injury to self or assailants.

"For some people, if they've never been in any kind of situation or fight, it could give them a base of knowledge of how to defend themselves," Burgan said.

Burgan teaches Soldiers how to defend themselves and subdue an enemy using minimum force.

When in combat, a Soldier doesn't want to seriously hurt or abuse his detainee unnecessarily – the reason for minimum force. More so, using unnecessary force is considered unethical and a possible violation of rules of engagement.

"We don't need the Army in a bad light," Burgan said. "You can do it in a way with minimal force, so it doesn't abuse the enemy," he explained.

Some of the techniques taught included how to escape various headlock positions by the enemy, how to maneuver around the opponent into a dominant position and also how to supply numerous submissive moves.

# Training: Soldiers get state-of-the-art technology, IT facilities

CONTINUED FROM A1

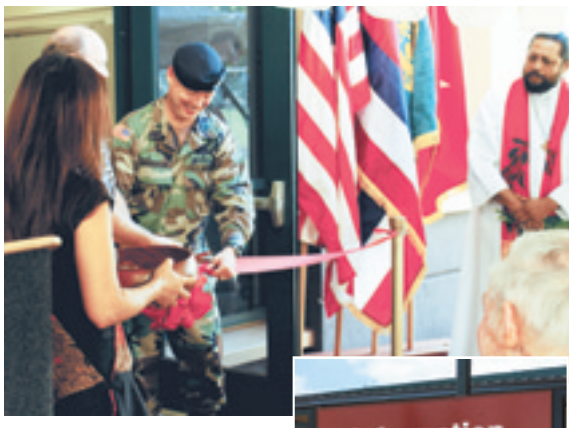
just as impressive as it's counterpart. The all new Battle Command Training Center's has a primary function to support simulated and automated training requirements of the 25th ID.

"The BCTC, formally known as the Mission Support Training Facility is one of the most demanding digital centers. It includes 2 main levels with an antenna farm on the roof," Borne said.

"This facility will be responsible for organizing the functions required to conduct embedded warfighting simulation operations to support Medium Brigade, Joint, and Combined Arms simulation training," said Killian.

The BCTC includes two floors which include the Reconfigurable Tactical Operations Centers; Simulation Work Cells to support Joint Army Navy Uniform Simulation/Force XXI Battle Command Brigade and Below; Exercise Control; Simulation Control; Corps Battle Simulation/Opposing Forces; Digital Classrooms; Virtual Leaders Effects Trainer; Fire Effects; Reach back, and Sensitive Compartmented Information Facility.

"It is critical that the Army possesses knowledge to fight future wars, to keep our country strong and our future intact," said Col. Hanson R. Boney, Installation Chaplain, USARHAW. "This facility will play a vital component in the training our soldiers receive."



Above — Lt. Col. Anderson officially opens the new Battle Command Training Center.

Right — The new Information Systems Facility provides all digital communication training for Soldiers.

"Soldiers that train here and deploy will be prepared to face the most difficult situation, far better prepared than ever before," said Lt. Col. David E. Anderson, District Commander Honolulu Engineer District.

At the conclusion of both ceremonies the single most important factor in creating the two facilities was brought into focus.

"The entire division staff will train, in this facility, including a large computer driven exercise in June. We will also bring four or five other Brigades that will be attached to us from around the mainland here or through the virtual world and we will train with them and it will be as realistic as it can be prior to our deployment. In a nutshell this facility will save lives," said Maj. Gen. Benjamin R. Mixon, commanding general of the 25th ID.

# Stop Loss: New procedures outlined

CONTINUED FROM A1

cording to the memo, be a basis for an exception to policy.

SL/SM can be considered an unappealing course of action, but as the War on Terror continues to rage, every Soldier has a very crucial and obligating duty to support each other in completing the mission, said Maj. Rodney Price, adjutant general, Headquarters and Headquarters Company, 25th Infantry Division.

"Stop loss is an unpopular, but necessary, part of ensuring that units have enough Soldiers to do their real-world mission," said Price.

Several stipulations, however, will prevent an Army service member from being affected by SL/SM.

The memorandum states that Soldiers already on transition leave or on leave in conjunction with PCS, those eligible for mandatory retirement (30 years active federal service, or age 55); those with physical disabilities that prevent deployment; and those pending separation due to dependency, hardship, conscientious objector status, homosexual conduct, convenience of government, failure to obtain security clearance or for the good of the service are excluded from SL/SM.

Soldiers who are currently, or scheduled to, participate in certain specialized training or programs will also be exempt from SL/SM.

According to the guidelines, other exemptions exist for Soldiers scheduled to attend Special Forces or Army Medical Department training, officer or warrant officer-producing programs, or reclassification training resulting from military occupational specialty (MOS) or Medical Retention Bonus or Bonus Extension Retraining Program participation.

The memorandum also states officers selected for assignment to central selection list (CSL) positions will PCS as directed, but CSL-designated commanders will remain in command for the duration of the deployment.

Consideration of command sergeants major and sergeants major will be by exception. Soldiers who have compelling reasons may request an exception to policy through the chain of command to HRC.

Although SL/SM may affect troops in differing aspects, it is currently a necessary program that aims to support units preparing for, or in, combat areas.

Perhaps SL/SM is not the most welcomed policy in the Army, said Price, but in an organization where we "Always place the mission first," it illustrates the true dedication and sense of duty that American Soldiers continuously exhibit as they serve our country with pride and honor.

### Stop Loss and Stop Movement

| UNIT | SL/SM Date |
|---|---|
| 706th EOD | March 14 |
| 45th Sustainment Bde. | April 9 |
| 605th Trans. Det. (LSV) | April 24 |
| CAB (-) | April 26 |
| 3d IBCT | May 7 |
| 70th TOPO Co. | May 10 |
| *25th ID Special Troops Bn. | May 18 |
| HHD, 125th Finance Bn. | May 22 |
| 524 CSB | May 28 |
| Bravo Det., 125th Finance Bn. | May 28 |
| 8th Med. Det. | May 28 |
| Golf Co/58th ATS | June 9 |
| 556 PSB (-) | June 21 |
| 40th QM Co. | June 28 |
| Charlie Co./3-25 GSAB | July 23 |
| 58th MP Co. | Nov 16 |

*Includes, 25th ID HQ, MCP, TCP1, TCP2, STB HHC, 25ID HHC, Band, Signal Element, Security Element

*(Editor's Note: Compiled by Pfc. Durwood Blackmon, 25th Infantry Division Public Affairs.)*

# Big Islander literally moves Afghan mountains

Story and Photos by
SGT. 1ST CLASS STEPHEN LUM
117 Mobile Public Affairs Detachment

KANDAHAR AIRFIELD, Afghanistan – Spc. David S. Ige, a 298th Engineer Detachment heavy equipment operator, loves hard work. His Hawaii Army National Guard horizontal engineer section joined active duty and Army Reserve Soldiers to complete the 117-kilometer Tarin Kowt Road this past fall.

Twelve to 14-hour workdays fit well into Ige's work ethic.

The 41-year-old operations engineer normally works for Local No. 3 out of the sleepy, rainy town of Hilo on the Big Island of Hawaii. Here he has not only helped build the Tarin Kowt Road, which now links Uruzgan and Kandahar Provinces' two capitals (Tarin Kowt and Kandahar City), but also shared experience and expertise by training others.

"I only have nine years in the Guard," Ige said, "but I've got more than 15 years in the business."

The father of five spent more than six months of his one-year deployment in the rocky, arid countryside, cutting through villages, mountain passes and water crossings to help reconnect Afghanistan.

"After arriving at Forward Operating Base Tiger II this summer, I assessed the operations and made some suggestions to expedite the road completion," Ige explained.

Task Force Pacemaker engineers crews cut path through a mountain pass to connect Tarin Kowt to Kandahar City, Aug. 26.

Horizontal team supervisor Staff Sgt. Leif E. Anderson, from Haleiwa, on Oahu, has nothing but praise for his engineers.

"Ige and Sergeant Joshua Waid's expertise proved invaluable to completing the Tarin Kowt Road," Anderson said. "These guys literally moved mountains.

"Our team worked on the toughest part of the road, to include cutting through mountain passes and over water hazards," the staff sergeant emphasized.

Spc. David S. Ige of Hilo bleeds the fluid lines of a grader before it goes out to work on the Tarin Kowt Road.

"Ige taught me how to use finesse when cutting the road with the scrapper and grader," said Spc. Mario N. Baradi, a Frito-Lay packer from Ewa Beach. "Lots of us were really [inexperienced] as heavy equipment operators. He told us to take our time, make the cut a little wider and go a little further.

"Do it right the first time ... speed doesn't make it better," Baradi recalled.

Spc. Patrick H. Tinay, from Makiki, said, "Ige's work ethic also rubbed off on us. Keeping busy has made the time here in Afghanistan go by faster."

# New 'Helmets to Hardhats' office aids Hawaii's military

## Former service members will be matched with private sector jobs

OFFICE OF U.S. REPRESENTATIVE NEIL ABERCROMBIE
News Release

HONOLULU – In recent years, Hawaii-based troops, including approximately 3,000 Hawaii National Guard personnel and reservists, have been deployed for duty in Iraq and Afghanistan, some serving tours of a year or longer.

Some of these service men and women return to Hawaii facing unemployment after their discharge.

To help address this, Congressman Neil Abercrombie announced Jan. 26 his plans to form a Hawaii office of Helmets to Hardhats, a program that uses federal funds to provide training in the construction trades to military, National Guard and Reserve personnel transitioning from military to civilian life.

Helmets to Hardhats is administered by the Center for Military Recruitment, Assessment, and Veterans Employment. The U.S. Army administers the funding, which was made available in January 2003 to get the program off the ground.

Offered free of charge, the program works with trade unions for construction careers and qualified employers for all other types of careers.

Abercrombie said, "Our returning troops have served with valor and distinction. They've done everything we've asked of them. It would be deeply troubling if they find themselves struggling to make ends meet while workers are brought in from the Mainland to build military facilities right here in their own backyards.

"That's where Helmets to Hardhats comes in ... matching Hawaii veterans with Hawaii jobs in a context that provides training, opportunity and support."

Fluor Federal Services, LLC, the contractor conducting the Navy's Ford Island Master Development project, has committed to funding the first five months of Helmets to Hardhats' operations in Hawaii, as well as the training of an administrator who will run the program locally. Fluor will also house the Helmets to Hardhats office at its field office on Ford Island, Pearl Harbor.

Alan Mockler, Fluor's project director in Hawaii, said, "The Helmets to Hardhats program – along with Fluor's Aloha Stabilization Agreement that allows both union and nonunion labor to work on our project – will reinforce the full use of the local workforce."

For more information on the national Helmets to Hardhats program, visit www.helmetstohardhats.com.

The Hawaii Congressional Delegation has made a major contribution to the state's economy and low unemployment rate by securing funding for military construction. Projects like the 50-year, $10 billion public-private family housing agreements have created an unprecedented demand for construction workers, a situation ideally suited for a program like Helmets to Hardhats.

*The remaining elements of the 29th Brigade Combat Team of Army Reserve and National Guard Soldiers in Hawaii returned to Oahu, Monday night.*

Spc. Dane R. Calvan, a 298th Engineer Detachment electrician from Kailua-Kona, Hawaii, installs a light switch at the newly built POL (Petroleum, Oil and Lubricant) Barn at Kandahar Airfield.

# Soldier accomplishes education goals despite being deployed

Story and Photo By
BY SGT. 1ST CLASS STEPHEN LUM
117 Mobile Public Affairs Detachment

KANDAHAR AIRFIELD, Afghanistan – Deploying to Afghanistan with the 298th Engineer Detachment has not kept Spc. Dane Calvan from pursuing his goals; educational opportunities and travel were the reasons he joined the Army in 1987.

The Kailua-Kona electrician spent the deployment doing vertical construction at Kandahar and Bagram airfields, and at forward operating bases Wolverine, Sweeney and Lagman.

"I wasn't always an electrician;" Calvan said. "Most of my erratic14 years of military service have been as a general repair mechanic. Three years of active duty and Hawaii National Guard service has been interrupted by educational goals," said Calvan, who started college to become an apprentice electrician.

Prior to deployment Calvan became a journeyman electrician, earning his associates degree at Honolulu Community College. According to the specialist, his military education earned him a few credits toward his degree. He applied for and finally received a civilian acquired skills waiver to become a military electrician.

Goal-oriented, Calvan is waiting for his application for the unit's vacant warrant officer position to be approved. When he returns to Hawaii, he's looking forward to earning his bachelor's degree in business management.

"We're going home, but I'm glad I've been a part of the coalition forces that [are] giving the Afghan people the tools ... to build a better life for their future generations."

# On into 2006, busy year doesn't let up for 196th Inf. Bde.

## Unit mobilizes thousands to support the war on terror

**SPC. STEPHEN PROCTOR**
U.S. Army, Pacific, Public Affairs Office

FORT SHAFTER – Proper training is crucial to the safety of Soldiers on deployment. In support of the global war on terrorism, the 196th Infantry Brigade trained thousands of Army Reserve and Army National Guard Soldiers last year.

In 2005, the brigade took part in mobilizing a total of 11 units from Alaska, Guam, American Samoa and Hawaii. The largest unit mobilized was the Hawaii National Guard's 29th Brigade Combat Team with more than 3,000 Soldiers.

The 29th BCT is made up of Soldiers from Hawaii, Alaska, California, Oregon, Minnesota, American Samoa and Saipan.

"This whole mobilization period we've been in the past two years has been the biggest in USARPAC [U.S. Army, Pacific] history, both in terms of number of Soldiers and number of organizations," said Col. Jeffrey Jarkowsky, the commander of the 196th Inf. Bde.

Mobilization is the process of transitioning Army Reserve and Army National Guard Soldiers into full-time Soldiers and making sure they are properly trained for deployment.

"We take good Soldiers and help make them even better," Jarkowsky said.

The two main parts to the mobilization process are administrative and training.

The garrison command is responsible for administrative issues such as making sure medical records are up to date, shots are all current, wills are updated, and anything else associated with making sure that deploying Soldiers are fit for duty.

U.S. Army Photo

Soldiers from Guam Army National Guard train at Schofield Barracks for deployment to Iraq.

Training is conducted by the 196th Infantry Brigade.

"We want to provide the best training possible to our Soldiers," said Command Sgt. Maj. Joseph H. Uncangco, the 196th Inf. Bde.'s command sergeant major. "We want to ensure the units are ready for their upcoming missions."

The training plan is determined by the commander in the area of operations the Soldiers are supporting.

"We take the critical tasks of the commander in the AO [area of operation] and put that into a training plan," Uncangco said. "We then run the Soldiers through that training to get them better prepared for their upcoming mission."

With a unit as large as the 29th BCT, the logistics of training thousands of Soldiers provided a unique challenge.

"Because the unit was so large, we split them up," Jarkowsky said. "The Soldiers stationed on the mainland all went to Fort Bliss, Texas, and the Soldiers from the islands married up with them. And they all moved together to Fort Polk, Louisiana, for a mission rehearsal exercise at the Joint Readiness Training Center."

After months of training, and a yearlong deployment in Iraq as the Theater Security Force, the 29th BCT is back in the United States.

"Between the training and the deployment, they spent about 18 months away from their homes and did a great job while deployed," Jarkowsky emphasized.

The operational tempo for the unit didn't slow down after the 29th BCT deployed. Last year, the 196th Inf. Bde. mobilized 10 additional units and deployed some of its own Soldiers into combat zones for the first time since the end of the Vietnam War.

A team of Soldiers from the 196th deployed with the 29th BCT to Iraq and supported Task Force Kono Hiki. The mission of the task force was to train an Iraqi National Guard unit.

Three Mobile Training Teams were also deployed to the Horn of Africa to conduct specialized Foreign Internal Defense missions. The Soldiers worked with the local military to better prepare themselves to handle terrorism in their own countries.

Between training Soldiers and deploying their own, the 196th Inf. Bde. experienced a busy year in 2005. Leaders said they're ready for the challenges of 2006.

# News Briefs

**Worship Service** – In order to kick off a change in worship time from 11 a.m. to 10 a.m., Helemano Community Chapel's will hold a "Chapel at the Beach" service. The service will occur at Haleiwa Ali'i Beach Park. on Feb. 5 at 10 a.m. Following the worship service they will be baptizing some of the new converts in the ocean and having a potluck lunch on the beach. For more information contact Scott Kennedy at 653-0703.

**Recruiting** – A Recruiting Team from Headquarters, U.S. Army Recruiting Command, Ft. Knox, Ky., will hold a brief on "Opportunities and Benefits of becoming a Recruiter," Feb. 14 at 10 a.m. and 2 p.m. at the Post Conference Room on Trimble Road. Attendance by all E-4's through E-7 is highly encouraged. This briefing does not obligate you for recruiting duty; a personal interview following the briefing will determine qualifications.

For information contact MSG Drummond at Division Retention (808) 655-8780/8781. Additional information is available at web site www.usarec.army.mil/hq/recruiter or by contacting MSG Mills at (502) 626-0465 DSN: 536-0465.

**NEX Motorcycle Safety Day** – The Navy Region Hawaii motorcycle safety program is hosting a family-fun event Feb. 11 from 9 a.m. to 6 p.m. The day will feature motorcycle dealer displays, riding club representatives and motorcycle safety representatives from the Navy, Army, Marines and Air Force. Also, fun field events to test slow ride and control skills will be available to riders with protective gear. Contact Rodd Johnson at 474-3447, x246 for more information or to request a booth space.

**OCS Selection Board** – The next Officer Candidate School Selection Board is scheduled to convene the week of Feb. 13. Soldiers who wish to be considered must submit their applications no later than Jan. 30. For more information, call Quenita Samuel at 655-4511.

**FBI Recruitment** – Are you interested in a career with the FBI as a special agent? Join FBI Special Agent Kal Wong and get the facts at the monthly FBI career presentation on Feb. 16 from 10 to 11 a.m. at Aloha Center (building 690), third floor conference room at Schofield Barracks.

For registration, call 655-1028. For information on upcoming presentations, call 566-4488.

**Memorial Bricks** – The 25th Infantry Division Association is offering supporters the opportunity to become a permanent part of the Schofield Memorial Monument. Engraved brick pavers are available in 4x8 inches containing up to three lines of type for $100 or 8x8 inches containing up to six lines of type for $250.

Orders received before May 31 will be installed in time for rededication in September 2006.For more information, visit www.25thida.com to download an order form.

**ACAP classes and VA brief** – The Army Career Alumni Program (ACAP) is offering three job assistance and business seminars during Feb.:

- "Writing Powerful Resume Accomplishments" – Feb. 9 from 10 a.m. to noon;
- "Federal Resume Writing" Feb. 16, 11 a.m. to 1 p.m;
- "Business Owners Seminar" Feb. 23, 10 a.m. to noon.

All ACAP clients and their family members are welcome to attend.

In addition, ACAP hosts a Veterans Affairs briefing every Friday from 8:30 to 11:30 a.m. in building 690 (Aloha Center) room 3H,

SEE NEWS BRIEFS, A-13

# Acute care : Clinic welcomes walk-ins, provides assistance

CONTINUED FROM A1

the clinic, said Sgt. Nathan Porter, the noncommissioned officer in charge of the ambulance section. Military medics respond to on-post emergencies with two ambulances that cover Wheeler Army Air Field, the Naval Computer Telecommunications Area Master Station in Kunia Tunnel, Schofield Barracks and the East Range.

Because the clinic maintains the ambulance service, though, many people think it is an emergency room, Newson said. But the Acute Care Clinic is not an emergency room, he explained.

The clinic does not have the facilities to care for emergency room type procedures. Yet, 24 medics, two EMTs, five registered nurses, three LPNs and five doctors attend patients. In the Trauma Room, staff stabilize patients and move them out by ambulance as soon as possible.

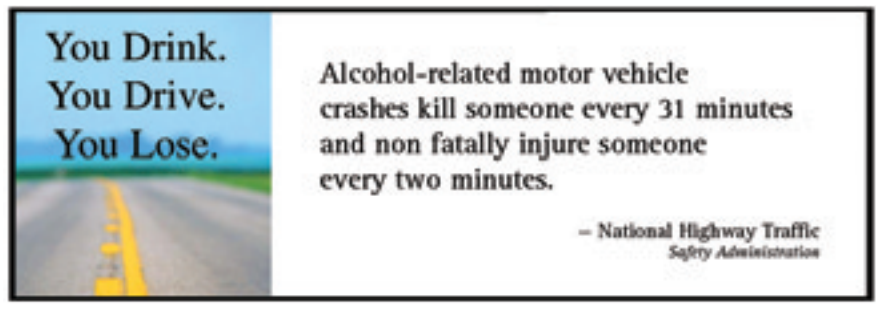
When a 911 call is received, both city and county, and the clinic's ambulances respond. About 20 ambulances can respond to various emergencies for the entire island, said Porter.

The clinic advises patients to call 911 if there is any doubt about how critical a medical condition may be. For example, the clinic often gets first-time mothers who aren't sure about what is wrong with their newborn, or who are unsure of how much medication to give their children, said Ellis. The clinic encourages parents to call with questions and concerns like these.

To contact the front desk at the clinic, call 433-8500.

The Acute Care Clinic provides the best possible care to all its patients with the facilities that it has, said Newson.

"We want to make sure that the people know that there is no doctor in this building after 9 p.m.," said Ellis. "[Still,] we're here to serve the community in the best way that we can."



# India and Australia fellows bring festive traditions

Story and Photo by
WILLIAM R. GOODWIN
Asia-Pacific Center for Security Studies Public Affairs

FORT DERUSSY – More than 100 fellows, staff and faculty members of the Asia-Pacific Center for Security Studies (APCSS) gathered on the center's lanai Jan. 26 to celebrate India's Republic Day and Australia Day. Coincidentally, both holidays are celebrated Jan. 26 each year.

Retired Army Lt. Col. Tom Patykula, chief of admissions at APCSS, kicked off the festivities by introducing representatives from each country, who spoke a few words about their country's celebrations.

"It's a great honor and privilege to have you all come out and share the Indian Republic Day festivities with us," said Indian Army Brig. Gen. Harinder Pal Singh Bedi, attending the Executive Course. "Way back in 1950, this great country of ours became a republic and adopted a constitution. On this day, we have festivities at a very grandiose level in New Delhi."

India's constitution was put into force Jan. 26, 1950, and is considered the day the country truly became a sovereign state. A decree was set forth proclaiming that day a national holiday and it is celebrated as Republic Day of India.

APCSS staff, faculty and fellows read brochures and travel guides from India and Australia to learn more about the two countries.

Australia Day is celebrated as the day that Captain Arthur Phillip took formal possession of the colony of New South Wales and became its first governor Jan. 26, 1788. Today, Australia Day is a community day with formal ceremonies around the country – flag raising, citizenship ceremonies and the presentation of community awards – combined with local events and activities.

"It's an honor to spend National Day with my international colleagues at APCSS," said Cameron Gill, a senior policy officer in the Strategic Policy Branch of Australia's Department of Defense, attending the Junior Executive Course.

"In Australia, we normally celebrate Australia Day by recognizing our cultural diversity and all the good things about our country," Gill explained. "We get together with family and friends, and relax at the beach or park and enjoy a picnic or barbecue."

After Bedi and Gill spoke about their country's holidays, cake and punch (jokingly referred to as "kangaroo juice") were served. Pamphlets, posters and travel guides from the two countries for everyone to read were also provided.

Bedi summed it up by saying, "It was a very good feeling that everyone so willingly came out and joined us on our Republic Day here at the center. It speaks of a very good mutual understanding and brotherhood of everyone here."

The APCSS addresses regional and global security issues, inviting military and civilian representatives of the United States and 45 Asia-Pacific nations to its comprehensive program of courses and conferences, both in Hawaii and throughout the Asia-Pacific region. The Center supports the U.S. Pacific Command's objective of developing professional and personalities among national security establishments throughout the region.

# 94th AAMDC commander gets 'starred'

MAJ. RICHARD A. STEBBINS
94th Army Air and Missile Defense Command

FORT SHAFTER – The Pacific Region's commander for theater ballistic missile defense was frocked in a ceremony on the battleship USS Missouri earlier this month.

As commander of the 94th Army Air and Missile Defense Command, Brig. Gen. John E. Seward has air defense oversight of the largest area within the Department of Defense. In ballistic missile sense, the area is perceivably one of the most volatile with threats such as North Korea and possibly China.

Seward credited his family and the Soldiers he has led for making the day possible.

"There is no greater profession than being a Soldier," Seward said to the crowd. "Soldiers represent what is best about our Army and nation – noble by sacrifice, magnificent by performance and respected by all."

Seward's star was pinned on by Lt. Gen. John W. Brown III, commander of U.S. Army, Pacific, and by his wife Lisa. Also in attendance were Seward' four daughters, his mother and mother-in-law.

An 11-gun salute thundered in the background while Seward unfurled his one-star colors.

Seward is authorized general officer rank but will not be officially promoted until the Senate confirms the general officer promotion list.

He is a 25-year air defense officer, who has commanded from platoon through brigade level units. His last leadership position was as commandant of the Sergeants Major Academy at Fort Bliss, Texas.

Staff Sgt. Kimberly Green | 94th AAMDC

Brig. Gen. John E. Seward (center) gets his star pinned on by Lt. Gen. John W. Brown III and his wife, Lisa.

# Army says farewell to retirees

Col. Jacqueline Cumbo (left), provost marshal, presents plaques to retirees and their spouses at the quarterly retirement ceremony.

## Retirees, spouses honored for their decades of service

Story and Photo by
**PFC. TEIRNEY M. HUMBERSON**
17th Public Affairs Detachment

SCHOFIELD BARRACKS – The 25th Infantry Division bid farewell to 29 service members during a retirement ceremony at the Nehelani, Friday.

Soldiers ranging from chief warrant officer to staff sergeant were honored for their service and dedication to the Army. The Soldiers were recognized for their exemplary ability to follow, lead, coach and mentor.

These Soldiers represent the high ideals and standards for which America and its armed forces stand, said Col. Jacqueline Cumbo, U.S. Army Hawaii military police brigade commander.

Not only have they served as exemplary Soldiers, Cumbo continued, but in the process, they achieved personal goals, including educational degrees that will help them pursue successfully the next chapter of their lives.

Staff Sgt. Kyle Yeager, who spent 10 years with the 25th Infantry Division Band as a trumpet player, thanked the service members.

"Any Soldier's sacrifice allows my family to have the freedoms they deserve, " said Yeager, who played at more than 860 funerals.

Cumbo ended the ceremony with a quote from President Theodore Roosevelt: "'The credit belongs to the man who is actually in the arena, whose face is marred by the dust and sweat and blood.'"

### Recent retirees

Chief Warrant Officer 5 Thomas Struck, 29 years
Chief Warrant Officer 4 Susan Bowen, 23
Chief Warrant Officer 4 Marc Elig, 21
Chief Warrant Officer 4 Jeffrey Martin, 26
Chief Warrant Officer 3 Aundrey Cherry, 21
Chief Warrant Officer 3 Peter Kutheis, 20
Command Sgt. Maj. Ronald Craig, 24
First Sgt. Charles Alsleben, 20
First Sgt. Ever Gutilerrez, 22
Master Sgt. Peter Batalon, 22
Master Sgt. Bobby Jeter, 22
Master Sgt. Jay Lewis, 20
Master Sgt. Kenneth Maccartney, 20
Master Sgt. Jennifer Mann, 26
Master Sgt. Louis Sabia, 26
Master Sgt. Melvin Wright, 28
Sgt. 1st Class Eric Baker, 20
Sgt. 1st Class Joseph Barker, 21
Sgt. 1st Class Clayton Creech, 24
Sgt. 1st Class James Elliot, 20
Sgt. 1st Class Freddie Golson, 20
Sgt. 1st Class Earnest M Hale, Jr., 21
Sgt. 1st Class Delbert Hicks, 21
Sgt. 1st Class Gregory Hinkle, 23
Sgt. 1st Class Eric Hutless, 22
Sgt. 1st Class Norberto Seda-Ortiz, 23
Sgt. 1st Class Mario Sevilla, 20
Sgt. 1st Class Demauro Turner, 25
Staff Sgt. Kyle Yeager, 20

A wish can teach a sick child that anything is possible.
Even the future.

Visit us at **www.wish.org**
or call **(800) 722-WISH**

***Share the Power of a Wish®***

Make-A-Wish Foundation® is a CFC participant.
Provided as a public service.

COMIC STRIP BY Grant Brownrigg

# Loose cyber-lips sink ships

**ED BEEMER**
Army News Service

**On The WEB** More information on OPSEC can be found at https://opsec.1stiocmd.army.mil/io_portal/Public/Pages/Sections.cfm?Section=Opsec

ARLINGTON, Va. – If we screamed out deployment or operation details at the Super Bowl, fewer people would know about them than if we posted the information on a Web log, or blog.

Common sense tells us not to discuss sensitive subjects on the streets of Baghdad. The same common sense should also apply on the highways of cyberspace.

Soldiers need to keep common sense in mind, not only because it is the right thing to do, but because, if not, their actions could land them in a world of trouble.

The technology of communication is a double-edged sword, and often the sharper edge is being used against us. There have been too many instances of sensitive information being made public. For example, one officer posted a picture of his tactical operations center, or TOC, on the Web, complete with secret documents showing troop rotations.

Another Soldier in theater posted when his unit's laundry runs were made. Any of this information has improvised explosive device, or IED, opportunity written all over it.

The list of what should not be posted on an unsecured site, or sent via unsecured communication channels, is almost endless. It includes the obvious like troop movements, operational details, temporary duty (TDY) assignments, planning issues and any classified material. The listing also includes any personal information: information that could be used to put us, our fellow Soldiers or even our own family at risk.

Situational awareness is paramount; we must know what seemingly innocent information could be useful to the enemy. Each unit's operational security (OPSEC) professional needs to advise supervisors on means to prevent the release of sensitive information.

But every Soldier, regardless of rank and position, has a personal responsibility to safeguard what makes it onto the Internet. In order to ensure that sensitive and unauthorized information is not posted, we must check with our immediate supervisor for approval before our next blog entry or site update.

OPSEC is a very serious matter and the fallout from even one instance of releasing unauthorized information can be severe. Senior Army commanders have clearly stated that the Army must "hold people accountable that place others at risk."

Relevant punitive measures are spelled out in Army Regulation 25-2; they are worth a thorough reading.

Soldiers have been fined and demoted because of information put on a blog that could have helped the enemy. But the consequences of allowing mission and personal information to get out are more dangerous than simply running the risk of a fine. The consequences could get fellow Soldiers killed and even put one's family members in harm's way.

Psychologically, keeping information tightly guarded is a challenge, especially for Soldiers in a wartime environment a long way from friends and family. A great urge exists to connect and let people know what is going on.

Often, it seems that just a little bit of information can't hurt. However, everyone needs to remember that many ears and eyes focus on these little pieces of information.

A terrorist manual found in Afghanistan stated 80 percent of information gathered on the enemy (us) is gathered openly. The technical abilities, resourcefulness, patience and determination of enemy operatives cannot be underestimated. All must watch what they blog.

*(Editor's Note: Information provided by the G-6 Information Assurance Office.)*

# Army actively recruits physician assistants

ANN ERICKSON
Army News Service

ARLINGTON, Va – The Army is short about 100 physician assistants and is stepping up attempts to recruit both civilians and Soldiers to do the job.

The Army has always recruited inside its ranks, but this is the first time that the Army Medical Department, or AMEDD, has recruited certified civilian physician, said Capt. James Jones, the Interservice Physician Assistant Program (IPAP) manager. Contributing to this change is the Army's modularity and high operations tempo, he added.

"We have a recruiting mission to obtain 20 certified civilian physician assistants this year, but this is likely to rise to 60," Jones said.

The Army also offers qualified officers, warrant officers and enlisted Soldiers an educational opportunity to become a physician assistant through the IPAP located at Fort Sam Houston, Texas. There, Soldiers train alongside candidates from the Air Force, Navy, Coast Guard, U.S. Army Reserve, National Guard and U.S. Public Health Service, said IPAP officials.

"The Army plans on filling the shortages by increasing the number of students in the IPAP. This year we are training 92 Army students versus 60," Jones said.

Spc. Daniel Bearl | 25th Infantry Division Public Affairs

Spc. Pamela J. Merchant, a medic with the Family Practice Clinic, takes vitals from Spc. Kimberly T. Rawls. The Army is recruiting physicians assistants in an attempt to boost their numbers.

Upon completion of the program, graduates earn a master's degree from the University of Nebraska and receive a commission in the Army Medical Specialist Corps as a second lieutenant. In addition, officer students receive constructive credit for their commissioned service.

To become fully qualified as a physician's assistant, graduates must pass the "Physician Assistant National Certifying Exam" before they can provide health care to Soldiers.

The program does require some prerequisite coursework. To assist candidates, a new program called the "Requirements Completion Course" is designed to help Soldiers complete these courses.

"This is another way that we are working to reduce the shortages while still maintaining the highest quality medical provider possible," said Jones, emphasizing the physician assistant's role as a frontline medical responder.

"They [physician assistants] are usually the first medical care that Soldiers receive before being transported to a hospital," he said. "They are a critical component of the Army."

Applications for the IPAP must be sent by March 1 to the program manager at HQ, USAREC, RCHS-SVD-PA, 1307 Third Avenue, Fort Knox, KY 40121-2726. For more information about physician assistants or the IPAP and its requirements, visit www.armypa.info.

*(Editor's Note: This article was initially released stating civilians could apply for the IPAP, but they cannot. However, certified civilian physician assistants are being recruited to join the Army program.)*

# Claims extend list of deployment items eligible for reimbursement

## Soldiers have until early October to file claims for privately purchased body armor and other gear

CAPTS. TRACY MORRIS AND IRENE HANKS
Office of the Staff Judge Advocate, 25th Infantry Division

On Nov. 21, 2005, the Secretary of the Army issued final instructions implementing the Department of the Army's program to reimburse Soldiers who purchased body armor and other protective, health and safety equipment for use in Operations Noble Eagle, Enduring Freedom or Iraqi Freedom.

Three weeks later, the Under Secretary of Defense of Personnel and Readiness approved additional items for reimbursement. The additions were made at the request of the Secretary of the Army who recognized that the initial list did not cover many items that Soldiers had purchased on their own prior to deployment, needed for protection, safety or health.

Reimbursement is available for the following items; those marked with an asterick were added last month:

- Complete outer tactical Vest (OTV) or components of OTV purchased separately
- Combat helmet
- Ballistic eye protection
- Hydration systems
- Summer weight gloves*
- Knee pads*
- Elbow pads*
- Deltoid and auxillary protectors*
- Side plate body armor*

Soldiers on active duty, including those in the Army Reserve or National Guard, former Soldiers, and survivors of deceased Soldiers may file claims and receive reimbursement for privately purchased protective equipment, if the Soldier was not issued equivalent equipment by the Army prior to deployment on one of these operations.

Soldiers can also be reimbursed for gear purchased for them by someone else, like a family member.

Still other criteria must be met. To qualify for reimbursement, the equipment must have been purchased after Sep. 10, 2001, and before Aug. 1, 2004, and all equipment for which reimbursement is sought must be turned into the Army at the time a claim is filed.

Claimants who no longer have the equipment must explain in writing why they can't turn the items in with their claim. If the reason is valid, they may still be paid. Further, equipment purchased must be identified as a shortage item for which the Soldier was not issued equivalent government-provided protective, safety or health equipment prior to engaging in imminent danger or hostile fire operations in support of Operations Noble Eagle, Enduring Freedom or Iraqi Freedom.

Claims must be submitted prior to Oct. 3, 2006, and reimbursement is limited to actual cost plus shipping of the item. In no case may reimbursement for any one item exceed $1,100.

All items that the Army pays reimbursement for become the property of the U.S. government. They must be turned in to the Soldier's unit in order to process the claim, a DD Form 2902, "Claim for Reimbursement and Payment Voucher for Privately Purchased Protective, Safety and Health Equipment Used in Combat."

The first field grade commander in the Soldier's chain is the authorizing official. Former Soldiers (retirees and end term of service Soldiers), survivors of Soldiers and members of the Individual Ready Reserve can submit claims directly to the U.S. Army Claims Service.

The Army is committed to properly reimbursing Soldiers who privately purchased protective gear. Forms and instructions on filing the forms are available at the following Web site: www.dtic.mil/whs/directives/infomgt/forms/formsprogram.htm.

The 25th ID Claims Office can be reached at 655-9279 or via equip.reimbursement@us.army.mil for assistance.

# Documentary to showcase unique military careers

## Two Oahu Soldiers star in a one-hour film in syndication through April

DONNA MILES
American Forces Press Service

WASHINGTON – A new documentary launched Monday will help to educate the American public about military service and clear up misconceptions, the Defense Department's top personnel official said.

David S.C. Chu, undersecretary of defense for personnel and readiness, said the one-hour film, "Today's Military: Extraordinary People; Extraordinary Opportunities," takes viewers around the country and overseas.

The documentary features 11 active and reserve component service members who share experiences that shed light on opportunities available in the military.

"This film offers a glimpse into the lives of 11 extraordinary men and women who have achieved extraordinary success," Chu told a Pentagon audience at the film's first screening, Jan 26.

The service members featured, who represent all branches of the service, including the Coast Guard, showcase jobs many people don't associate with military service. The participants include a journalist, a motion picture liaison, a musician, an animal care specialist and a language instructor.

Other participants help show the excitement of some military careers, including that of a combat helicopter pilot, a coxswain, a joint terminal attack controller and instructors who teach aviation pararescue and surfman skills.

Through their personal stories, the featured service members share their satisfaction with military life and the doors it has opened in their careers.

Army Cpl. Mary Simms, a broadcast journalist previously deployed to Afghanistan, said her job gives her the opportunity "to really get out there and work with people" and to experience firsthand the military's vast operations around the world.

Months after returning to Schofield Barracks from Afghanistan, Simms deployed to Pakistan. There, she sent back broadcast and print news of the U.S. relief efforts in the wake of the country's devastating earthquake.

In Hawaii, Simms anchors a bimonthly newscast, the "Hawaii Army Report."

"I can't think of anything else I could do that would make me as happy," Army Sgt. Chet Stugus said of his job as a medical animal care specialist for military working dogs at Marine Corps Base Hawaii, Kaneohe Bay. "I'm doing a job I love."

Several other service members are featured in the documentary, including Coast Guard Reserve Petty Officer 2nd Class Trish Carroll, a coxswain for the Department of Homeland Security; Air Force Master Sgt. John Holsonback, a Russian linguist instructor at the Defense Language Institute in Monterrey, Calif.; Coast Guard Petty Officer 1st Class William Armstrong, a surfman instructor; and Marine Corps Capt. Vernice Armour, a combat AH-1 Cobra helicopter pilot.

Matt Boehmer, program manager for the Joint Advertising, Market Research and Studies program, called the documentary a powerful way to capture the spirit of the men and women in uniform. The finished project makes a strong statement in communicating the message that "today's military is an extraordinary place to be," he said.

DoD will use the new documentary to help educate "adult influencers" – parents, teachers, guidance counselors and coaches who play an important part in young people's career decisions – about opportunities in the military, Chu said at the premier screening.

"We have discovered in the Department of Defense that most Americans have limited understanding of the military, and also misconceptions," he said. Chu expressed hope that the film will help clear them up and set the record straight. "We want them to know about the opportunities in the military," he said.

DoD is planning a broad outreach effort to reach these adult influencers. "Today's Military" is slated to broadcast through April in syndication in many major markets throughout the country, including San Francisco, Atlanta and Washington.

One-minute "webisodes" of the film are posted online at www.todaysmilitary.com.

Next month, DoD will mail 40,000 DVDs to guidance counselors who have requested more information for their students. In addition, a 13-minute version of the film will be shown in April during inflight programming on domestic United Airlines flights.

The documentary is part of DoD's integrated "Get the Facts" communication plan designed to reach about 85 percent of U.S. households by April through a premiere event, online, television, airline, and educator mailings, said Air Force Maj. Rene Stockwell, marketing communications chief for the JAMRS program.

The JAMRS staff began planning the documentary in October 2004 in partnership with Northern Light Productions and Mullen Advertising.

"Our DoD market research indicated that a personally relevant emotional appeal – in this case, "Today's Military" – was needed to encourage adult influencers to get the facts about the military as a strong career option for recruitment-aged youth," Boehmer said.

DoD received 2,600 nominations of service members to feature in the film within two weeks of seeking participants last January. The 11 service members profiled were selected based on their common drive to do something exceptional with their lives, Stockwell said.

Sgt. Tyrone C. Marshall Jr. | 25th Infantry Division Public Affairs

Above (left to right) — Master Sgt. Terence Anderson, Cpl. Mary Simms and Sgt. Dijon Rolle check over their scripts in preparation for a taping of the Hawaii Army Report Tuesday at Schofield Barracks' Hawaii Army Cable Network TV2 studio.

Left — Cpl. Mary Simms, featured in "Today's Military: Extraordinary People; Extraordinary Opportunities," edits footage in the Hawaii Army Cable Network TV2 studio.

# Army divorce rates drop as marriage programs gain momentum

**DONNA MILES**
American Forces Press Service

WASHINGTON – Soldiers and their spouses are flocking to new and beefed-up programs to help them strengthen their marriages, and a dip in divorce rates appears to show it's having a positive effect, Army officials told American Forces Press Service.

Divorce rates among Army officers dropped a whopping 61 percent last year following a 2004 spike that sent shudders through the service. In 2004, 3,325 Army officers divorced, but that number dropped to 1,292 in 2005, Army officials said.

Divorces also were down slightly among enlisted members, from 7,152 in 2004 to 7,075 last year.

Army spokesman Martha Rudd said percentages tell the story more clearly, particularly in the officer corps. In 2004, 6 percent of married officers divorced. In 2005, the figure dropped by more than half: 2.3 percent of married officers divorced.

Army Chaplain (Lt. Col.) Pete Frederich, family ministries officer for the Army Chief of Chaplains, said there's no concrete explanation for why divorce rates climbed in 2004 or why they dropped last year.

"There are many, many anecdotal reasons," he said, noting that every marriage and every divorce is different.

But most likely, the stress of multiple deployments and an increased operational tempo throughout the Army played their part in the 2004 increase, Frederich acknowledged.

The divorces mounted at a time when re-enlistments surged in the Army, possibly an indication that while Soldiers are committed to military life, their spouses may not be, explained Chaplain (Col.) Glen Bloomstrom, director of ministry initiatives for the Army Chief of Chaplains.

An informal survey conducted by the Army in February 2005 showed that Soldiers and their spouses or significant others rated the loss of a relationship as their top deployment concern—above death or injury, Bloomstrom said.

Recognizing the stresses military life and multiple deployments put on couples, the Army and other services have stepped up their efforts to help military families strengthen their relationships and avoid the divorce courts.

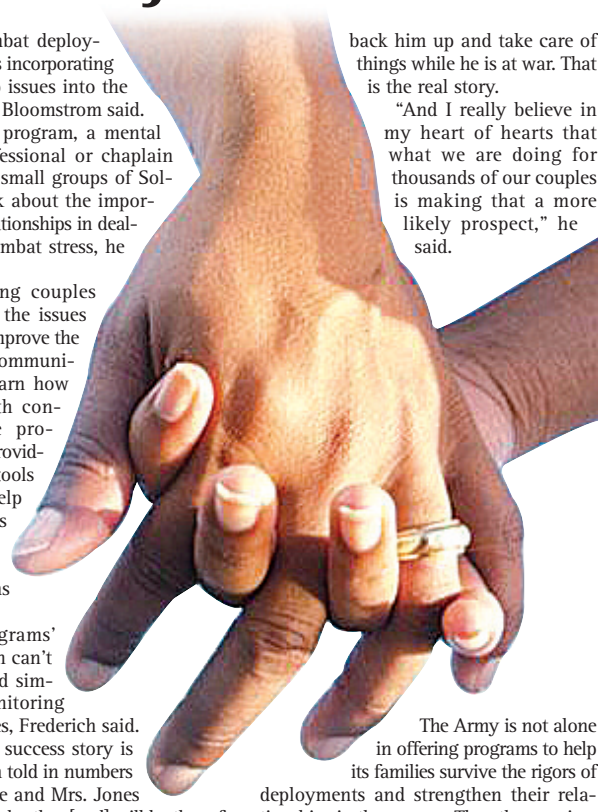
The programs recognize the fact that strong, happy families are more likely to stay in the military and that troops not distracted by relationship problems are less likely to be able to focus on their mission, officials said.

In response, a full range of programs – from support groups for spouses of deployed troops to weekend retreats for military couples – aim to help military families endure the hardships that military life often imposes. These programs are offered through the services' family support, chaplain and mental health counseling networks. For example, the Army's offerings include the following:

- The Deployment Cycle Support Program, which includes briefings for Soldiers on how their absence and return may affect their family relationships and how they can cope with the inevitable changes;
- A family support group system that provides both practical and emotional support for spouses of deployed Soldiers;
- The Military OneSource program, which serves as a clearinghouse to steer Soldiers and families to resources to support them;
- The Building Strong and Ready Families (BSRF) program, a two-day program that helps couples develop better communication skills, reinforced by a weekend retreat;
- The Strong Bonds marriage education program, which focuses specifically on issues that affect Reserve and National Guard couples; and
- The P.I.C.K. a Partner program (Premarital Interpersonal Choices and Knowledge), which helps single Soldiers make wise decisions when they choose mates.

Soldiers and their families are tapping into these offerings. During 2006 alone, 10,000 Soldiers are projected to attend the BSRF and P.I.C.K. a Partner programs, Bloomstrom said. It's a number he said the Army would like to see increase even more, particularly because 54 percent of Soldiers are married.

Battle Mind, an Army program to help troops adjust to peacetime after returning from a combat deployment, also is incorporating relationship issues into the curriculum, Bloomstrom said. During the program, a mental health professional or chaplain meets with small groups of Soldiers to talk about the importance of relationships in dealing with combat stress, he said.



By helping couples understand the issues they face, improve the way they communicate and learn how to deal with conflict, these programs are providing critical tools that will help marriages and families endure, the chaplains said.

The programs' contribution can't be measured simply by monitoring divorce rates, Frederich said.

"The real success story is not so much told in numbers as in Private and Mrs. Jones who love each other [and] will be there for each other," he said. "She knows he is in her court, [and] he knows she is going to back him up and take care of things while he is at war. That is the real story.

"And I really believe in my heart of hearts that what we are doing for thousands of our couples is making that a more likely prospect," he said.

The Army is not alone in offering programs to help its families survive the rigors of deployments and strengthen their relationships in the process. The other services each offer programs to support and develop healthy marriages.

# Gum perks up troops

**STEVEN DONALD SMITH**
American Forces Press Service

SILVER SPRING, Md. – Caffeine gum now available to U.S. troops is intended to improve performance and alertness in a myriad of tasks, a sleep researcher at Walter Reed Army Institute of Research here said.

"We've tested the caffeine gum in a laboratory where we had a lot of control, and we tested it in field studies. We found that it improves all sorts of performance and alertness tasks," Dr. Tom Balkin said in an interview at the institute yesterday. "And importantly, we didn't find any evidence that it had any detrimental effects."

Institute researchers concluded that the right amount of caffeine improves cognitive abilities, marksmanship, physical performance and overall vigilance, while preventing fatigue-related injuries and deaths.

The fruit of the research is a new product called "Stay Alert" caffeine chewing gum, which is now in production and available to U.S. armed forces and security agencies through military supply channels. Each pack of Stay Alert consists of five pieces of cinnamon-flavored gum, with each piece containing 100 milligrams of caffeine, equivalent to a 6-ounce cup of coffee.

"Our studies with caffeine have shown that at the right dose it's just as effective as some other stimulants that are more powerful, like amphetamines," Balkin said. "The advantage of caffeine is that it's widely available, doesn't require a prescription, and people have a lot of experience with it, so everybody already knows if they are sensitive to it or not."

Balkin said the caffeine gum has several advantages over other caffeinated products. For instance, the gum is easy to transport and is readily accessible, and the caffeine in the gum is absorbed much quicker. Its affects also are felt much sooner.

"When you chew the gum, the caffeine is extruded into the saliva and is absorbed right through the tissues in the mouth into the bloodstream. It gets into the brain very quickly, in about five minutes. It takes coffee about 20 to 25 minutes," Balkin said.

When asked about possible safety hazards associated with misuse of the gum, Balkin said the bad taste of the gum would probably prevent its abuse. "The stuff doesn't taste that good. It doesn't taste as good as regular gum, so people are not going to be chewing it for the taste. I think most people will use it for what it's intended, and that's to help with alertness," Balkin said.

# Kissing some stress goodbye is not impossible, even with minimal effort

**PFC. TEIRNEY M. HUMBERSON**
17th Public Affairs Detachment

Dealing with good and bad stress is a natural part of every Soldier's life.

Army Community Services (ACS) offers a variety of classes that provide knowledge and support to Soldiers and their families for dealing with stressful situations.

The stress is the reaction our bodies and minds have to any changes in our environment or bodies that cause the body to take a "flight or fight" stance.

In and of itself, on a daily basis, military life is hectic and quite literally overcrowded. Workdays can sometimes extend up to 17 hours, especially with the occasional social gathering for a promotion board and the like, or routine Soldiering tasks or physical fitness tests. A Soldier can easily become maxed out in his work life.

At the end of a day, however, time should be left for personal life. If time is not properly apportioned, a recipe for stress, or disaster, are in the making.

One really big issue or a bunch of small events can create pressure.

"Stress is kind of personal," said Dee Athey, senior prevention specialist for Family Advocacy at ACS. "People interpret stress differently. What might be huge for one person can be a piece of cake for the next."

Daily chores such as managing time, money, work and family life can be causes for stress, said Athey.

"It can be positive changes that the body interprets as stressful such as birth of a baby, going to school, promotion boards, having a presentation. But for the time being, it's a lot to deal with, but when it's over, you're like 'Whew!,'" explained Athey.

Good stress can be used for positive motivation. However, when experienced more than once a day, stress develops into chronic stress, which can cause physical and mental reactions.

"Coping with stress inappropriately can lead to things like domestic violence, and substance and child abuse," said Athey.

Mentally, stress can lead to irritability, anger, depression, fatigue, rapid mood swings and overpowering urges to cry, run or hide, according to MilitaryOneSource.com, a Web site designed to provide support for Soldiers and their families. Because these symptoms can sometimes be misconstrued as something else, physical symptoms should trigger red flags.

Physical symptoms ranging from simple headaches to stomach pains and ulcers can be stress related. Determining causal relationships are a matter of knowing our body's reactions to certain situations.

Soldiers have several ways to deal with stress such as talking to the unit chaplain, taking classes at ACS or simply contacting Military One Source.

Numerous pamphlets at ACS offer additional advice like learning to relax and breathe despite stress, taking yoga, eating healthy, exercising daily and being prepared for the next mission, said Athey.

For example, said Spc. Angela Quinonez, a generator mechanic for Headquarters and Headquarters Company, Special Troops Battalion, "Stress causes tension in my family knowing this is a rapidly deploying duty station. But, the motor pool tries to get together at least once a month and have lunch or a barbecue, so the families will get to know each other."

Whatever the stressor, one piece of advice remains consistent:

"A healthy stress management program gives your body a chance to recover," emphasized Athey.

*(Editor's Note: Material from militaryonesource.com was used for this article.)*

# Replacement Company rallies 300-plus units of blood

## Selfless Oahu service members answer blood donor calls and many net medical awards

MARK JACKSON
Tripler Army Medical Center Public Affairs Office

HONOLULU – Tripler is the only blood donor center in Hawaii that serves the military – both here and in the global war on terrorism – giving the gift of life to those in need. Blood collected in Hawaii is shipped to Iraq and Afghanistan to support the troops, said Maj. Melanie Sloan, officer in charge of Tripler's Blood Donor Center.

However, in the first week of January, the donor center received a call from U.S. Army Medical Command that blood was running very low in Iraq and Afghanistan, said Justin Metz, Tripler's blood donor recruiter. They needed as much blood as possible and as soon as possible.

That Friday, the donor center conducted a blood drive at the 25th Infantry Division's Replacement Company on Schofield Barracks that collected more than 80 units of blood, Metz explained, attributing success to the company's leadership: Company Commander 1st Lt. Jeremy Cervantes, 1st Sgt. Robert Shawlinski and Sgt. 1st Class James Harris.

In just five months, Metz continued, the 25th ID Replacement Company helped inspire collection of 307 units of blood. The unit's multiple contributions earned it the Life Force Award, along with co-honorees Holy Family Catholic Academy and the Army ROTC at University of Hawaii-Manoa Tripler Army Medical Center's National Volunteer Blood Donor Month celebration, Jan. 24, at Tripler's Kyser Auditorium.

Unit Coordinator awards were presented to 1st Lt. Erin Heupel, Wheeler Army Airfield; Coast Guard Petty Officer 2nd Class Danielle Gushwa; Coast Guard, Petty Officer 3rd Class Amber McCroskey; Tech. Sgts. Carrie Baker and Jennifer Breton of Hickam Air Force Base; Marine Corps Sgt. Rex Gonzelez of Marine Corps Hawaii, Kaneohe Bay; and Navy Seaman Yoko Bell of Pearl Harbor.

Courtesy of Tripler Army Medical Center

A nurse preps a patient to give blood donation.

"I just wanted to follow in the footsteps of my mother who was also a frequent, 'big-time' giver," said retired Marine Corps Capt. Richard Hill. "The best way to show support is to lead by example."

Hill received the Lifetime Achievement Award. To date, Hill has contributed 50 pints of blood to the program.

More than 35 people were recognized at the ceremony. Lifetime Achievement awards were presented to Marine Corps Lt. Col. Kenton Bradford, with 41 pints; Cmdr. Michael Freeman, with 26 pints; Petty Officer 1st Class Randy Fox, with 22 pints' and Navy Capt. Thomas Brovarone, with 20 pints.

The Pacific Regional Medical Command also honored the Kaneohe Officer Spouse's Club for the largest blood drive, Hickam Air Force Base for the most annual collections, and the Installation Personnel Administration Center for the largest number of new donors.

The Tripler Blood Donor Center collects more than 3,700 units of blood annually. Anyone interested in donating blood to support the military should call 433-6148 for more information, or log on at www.tamc.amedd.army.mil.

# Gaps can be avoided in TRICARE Prime coverage

## Retirees, new enrollees must follow the '20th rule'

MARK JECKER
TriWest Healthcare Alliance

As his retirement date on the first of the month drew closer, Chief Petty Officer Matt Jefferson counted the days. He was glad his wife Judy did, too.

Judy circled the 20th of the current month on the calendar, with a reminder to enroll the family for TRICARE Prime health care coverage as retirees on or before that date.

"If I hadn't remembered to renew our coverage, we would have been without Prime coverage when I hurt my leg falling off the kitchen stool," Judy said. "Although we still could have used TRICARE Standard or Extra, we would have had to pay more out of pocket."

Individuals who've been in the TRICARE system for any length of time may have heard of the "20th of the month rule" without really understanding what it means.

TRICARE's "20th of the month rule" is designed to prevent a service member's TRICARE Prime health care coverage from being interrupted, whether the military member is enrolling for the first time or re-enrolling in anticipation of retirement.

On The WEB Get forms at www.TriWest.com.

TRICARE Prime coverage requires service members to complete and submit a TRICARE Prime Enrollment Application (available on www.TriWest.com) and the appropriate enrollment fee. Under most circumstances, the service member must submit the form and the fee on or before the 20th of the current month, so that Prime coverage will be effective on the first day of the following month.

For new enrollments, if TriWest Healthcare Alliance (the TRICARE West Region contractor) receives a new Prime enrollment application on or before the 20th day of the month, the service member and family will be enrolled in Prime effective the first day of the following month. But if the enrollment form and fee are received after the 20th of the month, Prime enrollment will not be effective until the first day of the second month after application is received.

If an active duty service member's date of retirement falls on the first of the month (as it does for most), and he or she chooses to re-enroll in Prime and then returns the completed enrollment form and fee to TriWest on or before the 20th of the month preceding the retirement date, Prime coverage will begin on the first. This method helps ensure continuous, no-lapse coverage for the retiree and his or her family.

If the retirement date does not fall on the first of the month, the Prime enrollment application and fee must be submitted within 30 days before the beneficiary's retirement date. That way the effective enrollment date will be the retirement date, and there will be no break in coverage.

# Retirees must update with DEERS

MARK JECKER
TriWest Healthcare Alliance

Before re-enrolling in TRICARE Prime, soon-to-retire service members must also update their records in the Defense Enrollment Eligibility Reporting System (DEERS) to reflect changes in status, address or other information.

Status changes reflecting retirement must be completed in person, by visiting the military personnel office or ID-card-issuing facility, so that new ID cards can be issued.

Address changes can be made:

- online at www.tricare.osd.mil/DEERS/ default.cfm or directly to the DMDC Web site at https://www.dmdc.osd.mil/appj/address/index.jsp;
- or by fax at 1-831-655-8317; or mail to:

Defense Manpower Data Center Support Office
ATTN: COA
400 Gigling Road, Seaside, CA 93955-6771

For more TRICARE information, visit www.tricare.osd.mil or www.triwest.com or call 1-888-TRIWEST (1-888-874-9378).

# Medical conference reviews military medicine

**TRICARE MANAGEMENT ACTIVITY**
News Release

WASHINGTON – More than 3,000 military medical professionals from installations around the globe converged on the nation's capital to attend their annual strategic conference to learn about the transformation of the Military Health System in support of Department of Defense (DoD) future plans.

The conference began Monday and continued through Thursday at the Marriott Wardman Park Hotel.

The annual conference also serves as a forum for Military Health System health care professionals and their civilian partners to discuss new programs and initiatives that affect health care delivery to 9.2 million TRICARE beneficiaries.

Dr. William J. Winkenwerder Jr., assistant secretary of defense for Health Affairs and director of the TRICARE Management Activity (TMA); Army Brig. Gen. Elder Granger, deputy director of TMA; and the Surgeons General of the Army, Navy and Air Force are hosting the four-day event.

Throughout the conference, DoD senior leadership will discuss the four pillars of transformation: the benefit, the force, the infrastructure and the business, as they provide attendees a glimpse into the future of the Military Health System.

The opening remarks of Winkenwerder and Dr. David S.C. Chu, under secretary of defense for Personnel Readiness, discussed the transformation of military medicine and its continuing importance in supporting the joint force.

Following their presentation, Principal Deputy Assistant Secretary of Defense for Health Affairs Dr. Steven Jones, explained the Military Health System transformation that will enable military medical forces to continue to provide superior operational medicine, unmatched force health protection and quality health care to DoD's service members, retirees and their families.

During an awards ceremony, Winkenwerder and the Services' Surgeons General recognized military health organizations as the "best-of-the-best" in the categories of customer service, patient safety and innovation while providing quality medical care to deployed forces and TRICARE beneficiaries.

Additionally, more than 200 government and corporate exhibitors from around the country displayed innovative products and services related to health care management and medical supply and services.

## News Briefs

From A-5

on Schofield Barracks. No appointment is necessary.

For information or to reserve a spot for a class, call 655-1028

**Black History** – Wednesday, Feb. 15, from 10:30-11: 30 a.m. There will be an African-American Black History Month Observance at the SGT Smith Theater on Schofield Barracks. The guest speaker will be Chaplain (Col.) Boney and the Hawaii Army band will be on hand. Contact Sgt. 1st Class Young at 655-0092 or Sgt. 1st Class Williams at 655-5349 for more information.

**Employer Award Nomination** – Employer Support of the Guard and Reserve (ESGR), announces the opening of the 2006 Secretary of Defense Employer Support Freedom Award nomination season. National Guardsmen, Reservists and their family members are eligible to nominate their employers for this prestigious national award from the Department of Defense. The nomination season will close on Feb. 28th. Visit www.esgr.mil to nominate your employer.

**Pre-Retirement Orientation** – A semiannual pre-retirement orientation is scheduled on Feb. 28 from 8 a.m. to 11:30 a.m. at the Schofield Barracks Post Conference Room (Bldg 584) on Trimble Road, across the street from the Sergeant Smith Theater. This orientation is for Soldiers with 18 or more years of active service and their spouses. Information concerning the benefits and privileges of a military retirement will be provided and representatives from federal and state agencies and military staff offices will be available to answer individual questions. For more information, call the Schofield Barracks Retirement Services Office at 655-1585/1514.

**Annual Volunteer Awards** – In conjunction with National Volunteer Week in April, annual volunteer award nominations are now being accepted. Instructions and criteria for submissions have been provided to all brigade and battalion commanders and volunteer user agencies. The deadline for submissions to the Army volunteer coordinator (AVC) is Feb. 24 and the annual volunteer recognition will be held Friday, April 28, from 4 to 6 p.m. at Bowen Park. For more information, contact AVC Cathie Henderson at 655-1703 or e-mail at hendersonca@schofield. army.mil.

### Ongoing:

**Strong Marriages** – Do you want to strengthen your marriage? Take a day off work? Spend some time alone without the kids? Stay overnight at a hotel at no cost to you? If your answers are yes, see your unit chaplain about the "Building Strong and Ready Families" program or contact the division chaplain's office at 655-9303.

**PX Parking Lot Closure** – The front portion of the Schofield Barracks Post Exchange will be closed through early March 2006 to construct a parking lot for the new AAFES shopping center. The PX, PXtra and Home Center will remain open from 9 a.m. to 9 p.m., and assistance with large purchases will be available. For more details, contact Susan Nonamaker at 622-1773.

**"The Wave"** – This Fort Shafter worship service meets each Sunday at 9 a.m. in the Fort Shafter dining facility. You are invited to worship and attend the breakfast potluck. For more details, call Chaplain (Capt.) James Lester at 438-1816.

**Patch Gate** – Fort Shafter has posted new hours for Patch Gate, which is the rear gate at Fort Shafter allowing access to Notley Street – that leads to Middle Street and North School Street in Kalihi.

Patch Gate is an exit only gate for vehicles, motorcycles, mopeds and motor scooters, and an entry and exit point for pedestrians and bicyclists.

Gate hours are 6 to 8 a.m. and 3:30 to 6 p.m., Mondays through Fridays. The gate is closed at all other times, including weekends and federal holidays. For more information, contact the Fort Shafter Military Police at 438-7114.

**Tax Center** – The Schofield Bar-

# Schofield health clinic recognized for exemplary customer service

**TRICARE MANAGEMENT ACTIVITY**
News Release

WASHINGTON – Thirteen military health organizations within the military medical community were recognized as the "best-of-the-best" Monday during the Department of Defense's annual Military Health System conference for their superior customer service while providing quality medical care to deployed forces and TRICARE beneficiaries.

Dr. William Winkenwerder Jr., assistant secretary of defense for Health Affairs, recognized medical treatment facilities for outstanding customer satisfaction in the following categories:

- DoD Military Treatment Facility Customer Satisfaction Award for Continental U.S. Hospitals and Free-Standing Clinics: Schofield Barracks Army Health Clinic, Schofield Barracks, Hawaii
- DoD Military Treatment Facility Customer Satisfaction Award for Medium Size Continental U.S. Military Treatment Facilities: Naval Hospital Pensacola, Pensacola, Fla.
- DoD Military Treatment Facility Customer Satisfaction Award for Continental U.S. Medical Centers: 74th Medical Group, Wright-Patterson AFB, Ohio
- DoD Military Treatment Facility Customer Satisfaction Award for Overseas Military Treatment Facilities: Naval Hospital Guantanamo Bay, Guantanamo Bay, Cuba
- Obstetrical Care Award: U.S. Naval Hospital, LeMoore, Calif.

The DoD also places great emphasis on patient safety and the importance of leadership and innovation in quality, safety and commitment to patient care. Three medical facilities received the 2006 DoD Patient Safety Award. Additionally, the Air Force, Navy, Army and Coast Guard recognized medical organizations within their respective services for superior customer service with the presentation of the 2006 DoD Surgeons General Awards.

Winkenwerder applauded the recipients for their courage and commitment to excellence in providing quality medical care to service members, retirees and their family members around the world.

HAWAI'I ARMY WEEKLY

# PAU HANA

www.25id.army.mil/haw.asp FRIDAY, FEBRUARY 3, 2006

# The Arts 'Poetry In Motion

## Winning artist paints her world on canvas

Story and Photos By
**PFC. BRYANNA POULIN**
Staff Writer

SCHOFIELD BARRACKS – Visualize a place that is too beautiful to describe, a place that is only real to you. Self-taught artist Rebecca Phillips turns her imaginary places into something real with a blank canvas, vibrant colors and a simple stroke of a paintbrush.

Phillips has been drawing since she was old enough to hold a brush. Her artistic talents recently paid off when she won four awards in the 2005 Morale, Welfare, and Recreation Arts and Craft Contest held here at Schofield Barracks.

"I have been drawing forever, as far back as I can remember," said Phillips, an Army spouse. "I learned how to paint as I got older, and I would experiment with different types of paints such as watercolor or oil-based paints," she explained.

Artists Rebecca Phillips First place painting in the mixed media 2-D with "Street Crossing."

On impulse, Phillips visited the Schofield Barracks Arts and Crafts Center and decided to submit her artwork for the 2005 contest.

"There was so much time between the time that I entered my artwork until the time I was notified," she said. "I actually figured I didn't win."

Phillips won and won big, according to Donna Van Winkle, art director for the Arts and Craft Center. She earned two first place wins and two third place wins in oil-based paintings and mixed media categories.

"Phillips is a young, talented artist who received four checks that totaled $800," Van Winkle said.

Phillips' muse is close to home: her husband, Spc. Timothy Phillips, a 2nd Battalion, 35th Infantry Regiment Soldier, and his music.

"My husband is a musician and his music really inspires me," she said. With a backdrop of alternative rock playing, Phillips uses her painting as a way to unwind and deal with daily stressors.

"People have different ways to deal with stress. I use painting as a way of having solitude and to think. Art is my way of communicating my feelings and ideas without having to talk," she added.

Art is individual and perceived differently by each person viewing it, according to Phillips.

"Art is a different language that speaks to everyone differently, an expression of words that are not spoken, so many different meanings, and everyone reads it differently," she explained.

### Art is a passion for Phillips

Today, she works full time and has a family, but one day, her dream is to turn her passion into her career.

"My dream would be to have my studio in my house and paint as a living," she said. "That would be my ultimate goal."

## Arts & Crafts competition wraps at DA

**PFC. BRYANNA POULIN**
Staff Writer

Whatever hobby or interest a person may have, the Arts and Crafts Center hereis tailored to meet the military community needs.

Ceramics, picture framing, pottery, stained glass, wood working and quilting are only a few, of the many classes the center offers to evoke the creativity for everyone.

The center is a great place to prepare, for the upcoming 2006 Morale Welfare Recreation Army Arts and Craft contest and will be accepting entries starting in February, said Donna Van Winkle, Director of the Arts and Craft Center here.

The Army Arts and Crafts Contest is an annual, juried competition of two and three-dimensional artwork that accomplished and novice artists can enter. All authorized MWR patrons, excluding Army Arts and Crafts program employees, are eligible to enter.

The 2005 contest featured 306 entries from military installations world wide, all entering the contests in the categories of ceramics, drawings, fibers and textiles, glass, metals and jewelry, oil-based painting, water-based painting, wood, and mixed media.

An artist at the Art and Craft Center here, adds detail to his ceramic vase, Sunday

## 2005 Winners

*(Editor's Note: Only U.S. Army, Hawaii, participants of the national competition are listed.)*

### Ceramics

Accomplished Category
Honorable Mention,Val Kono, Fort Shafter, "Bottles"

Novice Category
1st: Deida Bourne, Fort Shafter, "Standing Lillies"
2nd: Deida Bourne, "Hollie Bowl"
3rd: Yuko Westover, Fort Shafter, "Vase Flower"

### Drawings

Novice Category
3rd: Rebecca Phillips, Schofield Barracks, "Sleeping"
3rd: Conner Berrier, Schofield Barracks, "Deep in Thought"

### Fibers

Novice Category
1st: Yuko Westover, "Hawaiian Quilt"
3rd: Lucy Carvalho, Fort Shafter,"Stenciled Hawaiian Quilt Turtles"

### Glass

Novice Category
2nd: Mutsuyo Royster, Schofield Barracks, "Aloha Shirt"
3rd: Kiku Kealoha, Fort Shafter, "Mosaic '152601' House Number"
Honorable Mention: Norma Fuqua, Fort Shafter, "Abstract Flame"

### Mixed Media 2-D

Novice:
1st: Rebecca Phillips, "Street Crossing"
2nd: Joyce Miyamoto, Fort Shafter, "Bird of Paradise & Monsteria Leaves"
3rd: Hee Sun Sagatis, Schofield Barracks,"Hawaiian Heritage Quilt of Glass Beads"

### Oil-Based Painting

Accomplished Category
2nd: Sgt. 1st Class Max Gomes, Fort Shafter, "Images of Hawaii: Makaha Roach"

Novice Category
1st: Rebecca Phillips, "Before Dinner"
2nd: Hee Sun Sagatis, "Aloha State Radio Control Air Show"
3rd: Rebecca Phillips, "Inspiration"

Above — Head woodworking volunteer, Alan Gamble, cuts a piece of wood at the Arts and Craft Center, Sunday.

Left — An artist works on ceramics at one of the stations at the Arts and Craft Center

# MWR Briefs

Serving America's Army in Hawaii

## FEBRUARY

### 3 / Tonight

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

### 4 / Saturday

**Latin Night** — Enjoy an evening of Latin music and dancing with DJ Ever at the Tropics. Latin night is the first Saturday of every month, 8 p.m. to midnight and is open to ages 18 and over.

A $2 cover charge applies at the door. For more information, call 655-5697.

### 8 / Wednesday

**Band of Brothers** — Meet the cast and veterans of Band of Brothers, Feb. 8 from 9 to 11 a.m., at Sgt. Smith Theater. The cast will be at Schofield Barracks for an autograph and question and answer session. Call 655-0111 for additional details.

**Library After School** — Elementary-age children are invited to celebrate Valentine's Day at the Sgt. Yano Library, with a story and craft activity. The activity is free and begins at 3 p.m.

### 10 / Friday

**Youth Welcome Party** — Students, ages 5 to 18, who are new to Hawaii are invited to the youth sponsorship welcome party at the Tropics, Feb. 10, from 3:30 to 5 p.m. Come meet new friends, learn about Hawaii, enjoy refreshments, play games and win prizes. To register, contact the School Liaison Office, 655-8326.

**High School Teen Social**— Join friends for an evening of fun at the Schofield Barracks Teen Center from 7 to 9:30 p.m. Listen to music and dance, play games or participate in contests. Admission is $3 for members and $4 for nonmembers. This social is for high school students only.

Courtesy of Cirque Hawaii

Valery Serbyakov Jr. performs one of his tricks.

## Cirque Hawaii stretch

February will bring sweet rewards when Cirque Hawaii presents a "Ka-ma'aina Opening Celebration" in partnership with the *Honolulu Advertiser* and Pepsi.

From Feb. 1 – 28, residents and active military personnel can receive two Cirque Hawaii tickets for the price of one at equal or lesser value, subject to black-out and availability.

"Cirque Hawaii boasts an outstanding group of talented performers and is a wonderful addition to Waikiki's entertainment scene,"said Mike Fisch, president and publisher of the *Honolulu Advertiser*.

Wowing audiences since opening in December 2005, the show features an award-winning cast of 34 artists from around the globe and blends beauty, grace and strength in one fantastic compilation of aerial, dance and acrobatic artistry.

The Cirque Hawaii Theatre is located at 325 Seaside Ave. in the heart of Waikiki. Two performances run nightly, except Wednesdays, at 6:30 p.m. and 8:30 p.m.

Ticket prices start at $55, with discounts offered to kama'aina, military and children under 12. Call 922-0017 to make reservations.

### 11 / Saturday

**Yu-Gi-Oh** — Get ready to duel at the Tropics. Yu-Gi-Oh tournament registration starts at noon and matches will start at 1 p.m. Cost is $6 and includes a pack of the Yu-Gi-Oh cards.

Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

**Parents Night Out** — Leave your kids with Child and Youth Services on Parents Night Out, Feb. 11, and then enjoy a nice night out on the town. Children enrolled in Parents Night Out must be registered with the Resource and Referral Office no later than noon Feb. 9.

Call the Resource and Referral Office at 655-8313 for more information.

### 14 / Tuesday

**Cupid's Dinner for Two** — Celebrate Valentine's Day with a special dinner at the Nehelani, Feb. 14 from 5 to 8 p.m. Cost is $37 for two. For reservations or additional information, call 655-4466.

## ONGOING

**Auto Crafts Car Care** — The Fort Shafter and Schofield Barracks Auto Craft Shops offer oil change, tire repair patch, tire demount/mount, tire rotations, transmission service and wheel balance services by appointment only on Wednesdays and Thursdays

The staff will provide services while the customer supplies the parts and fluids (oils) for the vehicle. Prices vary by service needed.

For more information, call 655-9368 (Schofield Barracks) or 438-9402 (Ft. Shafter).

**Waianae Beach Live Entertainment** — Unwind over the weekend at Waianae Beach with live entertainment, every Saturday from 9 p.m. to 1 a.m. and Sunday from 6 to 10 p.m. Call 696-4778 for more information.

**Mystery Shopper Program** — Volunteers are needed for the Mystery Shopper Program. Mystery shoppers anonymously shop at various facilities or activities providing feedback and identifying employees providing legendary service. Approximately three hours may be required for each assignment, and shoppers will be provided any money that is required for their shopping visit.

Shoppers will also be asked to attend an in-and-out brief where they can briefly explain their shopping experience. Contact Sandy Kawahara at 656-0078 for more information.

## HACN TV2 Schedule

| | |
|---|---|
| 6:00 | Sign on |
| 6:25 | Bulletin Board |
| 7:00 | Pentagon Channel |
| 8:00 | Hawaii Army Report |
| 8:24 | Bulletin Board |
| 9:00 | Community Focus |
| 10:00 | Bulletin Board |
| 10:30 | Pentagon Channel |
| 12:00 | Hawaii Army Report |
| 12:25 | Bulletin Board |
| 12:54 | Community Focus |
| 1:10 | Pentagon Channel |
| 2:00 | White Face |
| 2:15 | Pentagon Channel |
| 3:00 | Shamu-The Bird Story |
| 3:30 | Pentagon Channel |
| 4:00 | Oahu |
| 4:10 | Pentagon Channel |
| 5:00 | Hawaii-Hidden Beauty |
| 5:20 | Pentagon Channel |
| 6:00 | Hawaii Army Report |
| 6:24 | Honor to Serve |
| 6:32 | Community Focus |
| 6:46 | Bulletin Board |
| 7:16 | Pentagon Channel |
| 8:00 | NFL-Turf Talk '95 |
| 8:53 | Volunteers |
| 8:55 | Pentagon Channel |
| 10:00 | Bulletin Board |
| 10:30 | Pentagon Channel |
| 11:00 | Coqui Frog Invasion in Hawaii |
| 11:21 | Oakland Army Base |
| 11:50 | Bulletin Board |

**Overnight**
Pentagon Channel

# community Calendar

## February

### 3 / Today

**Hawaii Theatre** — Come enjoy Jack Cione's "Mardi Gras Follies," complete with beautiful showgirls, lavish costumes, and talented singers and dancers at the Hawaii Theatre. The show will run from tonight through Sunday.

Tickets are available at the theater box office or by calling 528-0506. For more, go to www.hawaiitheatre.com.

**Diamond Head Crater Celebration** — Tickets are now available for the Diamond Head Crater Celebration, April 1 from 2 to 8 p.m.

The celebration includes headlining artists "The Steve Miller Band," Linda Ronstadt, Yvonne Elliman, plus the Honolulu Symphony and numerous other major mainland and Hawaii talents.

Tickets are available at the Blaisdell Arena Box Office, online at www.ticketmaster.com or by calling toll-free 1-877-750-4400.

For more information on the Crater Celebration, call the hotline at 735-7000 or visit www.cratercelebration.com.

### 4 / Saturday

**Tropic Lightning Museum** — Every Saturday, the Tropic Lightning Museum, Schofield Barracks, will feature a movie matinee beginning at 1 p.m. at the museum. Come with your family and enjoy "War Head," Saturday, and "The Devil's Cavaliers," Feb. 11. All movies are free.

Parents take note; some movies may be too graphic for younger viewers. For more information, call Scott Daubert, museum technician, at 655-0438.

**Hawaii Plantation Village** — Hawaii Plantation Village celebrates Korean heritage and the Year of the Dog, Saturday, Feb. 4, from 9:45 a.m. to 2 p.m.

A Chinese Lion Dance kicks off festivities that include kimchee demonstrations and samplings, Korean costume dressings, tours of the museum and more, all for the entire family.

Military entry with ID is $4, kids 12 and younger are free, general admission is $7, and parking is free. Call 677-0110 or surf www.hawaiiplantationvillage.org for more details.

### 5 / Sunday

**Chapel at the Beach** — Helemano Community Chapel is sponsoring "Chapel at the Beach" at Haleiwa Alii Beach Park at 10 a.m. on Feb. 5.

Part of the worship service will include an ocean baptism of some parishioners as well as a potluck following the service. For more information, call 653-0703.

### 6 / Monday

**AFTB Level 2** — The Schofield Barracks Army Community Service (ACS) will offer Army Family Team Building Level 2 training, Monday through Thursday from 5:30 to 8:30 p.m. AFTB 2 focuses on personal development, relationship building, stress management and communication skills.

A certificate of completion and a special gift from AFTB will be presented to all attendees. For more information, call 655-4368.

### 7 / Tuesday

**English as a Second Language** — Come check out this adult education course addressing the fundamentals of the English language. Classes will be held every Tuesday and Thursday morning from 8:30 to 11 a.m. from Jan. 31 – April 18.

Registration is required and a $15 fee is charged. Call the Armed Services YMCA Wheeler at 624-5645 or come by the office located at 782 Santos Dumont Ave., Wheeler Army Air Field, for more information.

### 8 / Wednesday

**Ladies Night Out** — The ACS Fort Shafter Outreach Center will be hosting a "Ladies Night Out," Wednesday, at the Aliamanu Military Reservation (AMR) West Community Center from 5:30 to 7:30 p.m.

The event topic is "The Five Love Languages" of communicating and connecting with your loved ones. For more information, call the Fort Shafter ACS at 438-9285.

### 9 / Thursday

**ACAP Schedule** — The Army Career Alumni Program (ACAP) is offering three job assistance and business seminars during February.

Classes are "Writing Powerful Resume Accomplishments" on Feb. 9 from 10 a.m. to noon; "Federal Resume Writing" on Feb. 16 from 11 a.m. to 1 p.m.; and "Business Owners Seminar" on Feb. 23 from 10 a.m. to noon.

All ACAP clients and their family members are welcome to attend these events. Call the Schofield Barracks ACAP Center at 655-1028 to reserve a place.

### 16 / Thursday

**EFMP** — The Exceptional Family Member Program will begin a monthly support group for adults who have been diagnosed with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD), or for parents of children who have been diagnosed with these disorders or Oppositional Defiant Disorder (ODD).

The group will meet on Thursday, Feb. 16, at 9 a.m. at ACS, Building 2091, Schofield Barracks. For further information, call 655-1442, or ACS at 655-4227.

No child care will be available.

**Sign Language** — EFMP is offering a sign language course to EFMP-enrolled families who have children with communication problems on Thursday, Feb. 16, at 10:30 a.m. at ACS, Building 2091. An independent certified instructor will share knowledge and strategies and explain the value of signing.

There is no charge for this program; however, EFMP enrollment is mandatory. To register for the workshop, call 655-1442.

**Hui O Na Wahine** — Want to learn more about Hawaii's plants? Join the Hui O Na Wahine all-ranks spouses club, Thursday, Feb. 16, as the club welcomes a guest speaker from the Waiemea Audubon Center.

Come early and shop at the many vendors. Doors will open at 10:30 a.m. for shopping with many unique vendors and lunch being served at 11 a.m.

### 24 / Friday

**Annual Volunteer Awards** — Annual volunteer award nominations are being accepted, now, in conjunction with National Volunteer Week in April.

Instructions and criteria for submitting nominations have been provided to all brigade and battalion commanders and volunteer user agencies.

The deadline for submission of nominations to the Army volunteer coordinator (AVC) is Feb. 24, and the annual volunteer recognition will be held Friday, April 28, from 4 to 6 p.m. at Bowen Park.

For more information, contact AVC Cathie Henderson at 655-1703 or e-mail at hendersonca@schofield.army.mil.

### 28 / Tuesday

**Hui O'Wahine** — The Fort Shafter Hui O'Wahine serving Fort Shafter, Tripler Army Medical Center (TAMC) and Camp Smith, is offering continuing education scholarships and charitable endowments to the community.

Deadline for submission is Feb. 28 and awards will be presented in May.

Applications are available at the Fort Shafter Thrift Shop, Fort Shafter Library, TAMC Library, AMR Library, Fort Shafter and AMR Youth Centers, Radford High School, Moanalua High School, or by calling committee chairperson Marilyn Murphy at 834-6168.

### 28 / Saturday

**Hawaii Theatre Collectibles Sale** — The Hawaii Theatre will host a "Hawaii's Treasures and Collectibles" sale on Saturday, March 18, from 7 a.m. to 2 p.m. at the theater located at 1130 Bethel Street.

Attendees are promised a myriad of merchandise, including furniture, rugs, paintings, household items, costume jewelry, accessories, art objects,crystal and silver, and even three pianos.

Admission to the event is $5 per person, and tickets go on sale Saturday, Feb. 28, at the Hawaii Theatre box office.

Call 528-0506 or go online to www.hawaiitheatre.com for more information. Donations are still being accepted.

The fund-raising committee is seeking tax-deductible contributions of merchandise to add into the inventory already assembled. Donations may be made by calling 791-1302 to support fund-raising efforts.

## March

### 1 / Wednesday

**Career, College, and Job Fair** — Leeward Partnership for School-to-Work, University of Hawaii-West Oahu, and Leeward Community College, will be sponsoring a Career, College and Job Fair, March 1 from 9 a.m. to 5:30 p.m at the Leeward Community College Campus.

This event is open to the public and admission and parking are free. More than 40 companies and organizations are expected to participate.

For additional information, call 455-0140.

### 24 / Friday

**Hui O Na Wahine Scholarships** — The Schofield Barracks Hui O Na Wahine all-ranks spouses club is accepting applications for merit scholarships from now until March 24.

Applications are available at Sgt. Yano Library, the Hui Thrift Shop, the Schofield

SEE COMMUNITY CALENDAR, B-5

## This Week at the MOVIES Sgt. Smith Theater

**The Chronicles of Narnia: The Lion, The Witch and The Wardrobe**
(PG)
Today, 7 p.m.
Saturday, 2 p.m.
Wednesday, 7 p.m.

**The Family Stone**
(PG-13)
Saturday, 7 p.m.
Thursday, 7 p.m.

**Pride & Prejudice**
(PG)
Sunday, 2 p.m.

The theater is closed Monday and Tuesday.

John Reese

Staff Sgt. Michelle Johnson interviews Vicki Cody (right) about her new book, "Your Soldier, Your Army: A Parents' Guide," which helps families cope with the deployment of their Soldier.

# Book aims to help parents of deployed Soldiers

**ANN ERICKSON**
Army News Service

ARLINGTON, Va. – The author of the newest book for Army parents, "Your Soldier, Your Army: A Parents' Guide," is not only the wife of the vice chief of staff of the Army, but she also has two Soldiers deployed to Iraq.

Vicki Cody has seen the Army for the past 30 years, so she said it seemed quite natural when she wrote her book to help families of Soldiers deal with deployments and Army life from her personal experiences.

It all started when her oldest son deployed to Afghanistan, and she suddenly found herself in a new role of not just being an Army spouse, but as the mother of a Soldier. She started to have some ideas then.

Her older son returned from Afghanistan, and six months later, he was ready to deploy to Iraq. Cody realized there were parents out there who didn't have the background and the experiences that she had.

Within a few months, her younger son was also getting ready to deploy to Iraq.

"And that's when it really hit home, that I have two kids serving in the Army and they weren't just serving, but they were deploying overseas," Cody said.

She realized there wasn't anything out on bookshelves for parents, she said.

"I thought ... I could write down some real easy, common sense things that would help guide them through the whole process," Cody explained.

The book not only informs parents about the Army, but it also includes acronyms and useful Web sites. The main things Cody hopes people get out of the book are a sense of reassurance and comfort. She hopes that parents feel like they're not alone.

"This booklet doesn't have all the answers, and the answers aren't always right or wrong," she said. "I never try to judge or tell people how they should feel."

Cody's biggest challenge in writing the book was finding the time to write.

"When I would sit down to write, the words, the experiences just literally flowed out of me. I had no problem with that," she said. "I always had the thoughts and ideas, but it was just finding the time to put pen to paper."

Her family's reaction to the book was positive. She said it gave them some insight into what she had been feeling and what others might be feeling too.

The most rewarding part of writing the book has been the feedback from actual mothers and fathers, she said. Since the book's release in the fall, Cody has been able to meet people that she would have never done otherwise.

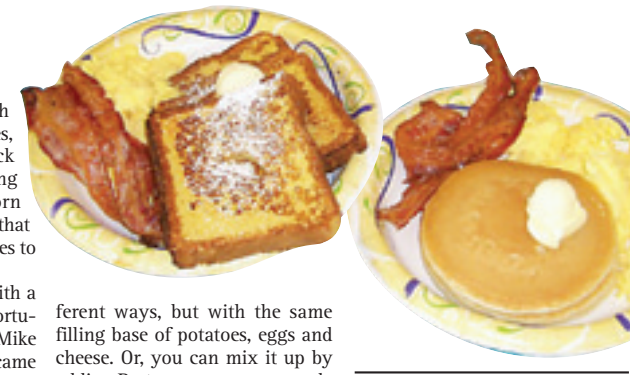
"I love it when I hear from parents and family members," she said. "I know it's making a difference and it's working its way throughout the Army."

For more information or to obtain a free copy of the book, call (800) 336-4570, extension 630, or send an e-mail to ilwpublications@ausa.org.

Island Flavors

# Kono's relishes casual diner

Story and Photos by
**PATRICE MISHKET**
Contributing Writer



HALEIWA – The North Shore is known for big waves, surfers and the laid-back lifestyle that comes from being so far away from well-worn Waikiki. Fitting right in with that lifestyle is one of the best places to stop and eat here ... Kono's.

I recently shared a meal with a friend there and had the opportunity to chat with the owner, Mike Motyka, about how Kono's came about.

Arriving in Hawaii just a few years ago, California transplants Motyka and his girlfriend, now wife, Wendy were working in different restaurants around the island.

Seeing an ad for a small rental space in Haleiwa, they jumped at the chance to try the restaurant business. Opting to keep it simple, they started out with a very limited menu of hotdogs, breakfast and smoothies.

Realizing that delivering what the customer wanted would be key to their success, Motyka was very open to suggestions. At that point, the menu took on a life of its own. Today, more than 50 items are available. And take it from me, you won't go wrong with anything that you order.

The restaurant has a casual surfer's feel, from the mural of the perfect wave on the front wall to the surfboards made into tables and surf posters on the walls. In addition, for the guest that still needs to feel connected, Kono's has a few computers so that they can check their e-mail if need be.

What really makes Kono's terrific, however, is its great food. You can eat in or get food to go when those big North Shore waves call.

For breakfast lovers, Kono's offers a wide and varied selection. Breakfast burritos come four different ways, but with the same filling base of potatoes, eggs and cheese. Or, you can mix it up by adding Portuguese sausage, apple cider bacon, or tomato, peppers and onions.

All burritos are $4.79, no matter the filling, but you may also want to try the Killer Breakfast Bagel at $4.25.

Motyka keeps the source of his bagels secret, but it really doesn't matter where he gets them because once you have one, you will know that this is where you want to keep coming back for them.

If breakfast needs to be a little on the decadent side and chocolate is your primary food group, then the Chocolate Lava Waffle is calling your name. This piping hot waffle comes slathered in an artery-clogging concoction of Hershey's chocolate and whipped cream. It's indescribable, but delicious.

Another delicacy is the Banana-Macadamia Waffle, which mere words don't do justice. Nevertheless, for simplicity lovers, whether it's a plain waffle topped with butter, or a bagel with cream cheese, either sure to hit the spot.

If lunch is more what you are in the mood for, you have found your new favorite spot. Salads, oven-baked sandwiches, subs or wraps, and 100 percent Hawaiian burritos – Kono's has them all.

Sandwiches are served with Maui-style potato chips for only $6.95, and the variety makes you feel like you are at a gourmet bistro.

A few of my favorites are the Macadamia Nut Pesto Chicken, which comes with chicken breast, macadamia nut pesto, tomatoes, jack and cheddar cheese; the Teriyaki Tiki with chicken breast, pineapple, grilled onions, teriyaki sauce, jack and cheddar; and the Haleiwa Cheese Steak that will make you forget the "Philly."

For those wanting lighter fare, don't miss the Chinese Chicken Salad with lettuce, carrots, chicken breast, red onion, cucumbers, bell peppers and toasted nuts. The Greek Salad is great, too, with lettuce, tomato, cucumber, red onion, peppers, Feta, olives and garlic croutons.

Finally, if you want a meal, try the Kalua Pig. You can get it two different ways: plate lunch style with two scoops of rice and a fresh garden salad for $7.49, or the burrito with rice, cheese, sautéed

SEE KONO'S, B-5

**Kono's**

**Location:**
66-250 Kamehameha Hwy., Haleiwa, on the North Shore
**Hours:**
8 a.m. to 4 p.m., daily, and breakfast is served until 1 p.m.

**Phone:** 637-9211

MWR Sports

# FEBRUARY

## 4 / Saturday

**Ladies Golf Clinic** — Ladies, want to brush up on your golfing skills? A free golf clinic will be held Feb. 4, 2:30 p.m. at the Leilehua Golf Course located right outside the Wheeler Army Air Field front gate.

All equipment is provided and advance reservations are recommended. To reserve your space, call 655-4653.

## 5 / Sunday

**"5 Game, No Tap"** — Individuals are invited to participate in the "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is $20. Call 655-0573 for more information.

**Super Bowl Bash** — Watch the Super Bowl on one of Tropics' state-of-the-art TV systems, Feb. 5. Enjoy all you can eat pupus, meet the Coors Girls and enter to win Pro Bowl tickets.

Cost is $6 per person, and activities will kick off at noon. For more information, call 655-5697.

**Schofield Bowl Super Bowl** — Come to the Schofield Bowling Center and watch the Super Bowl on two wide-screen TVs. Plus, you can bowl while you watch. For more information, call 655-0573.

## 8 / Wednesday

**Pro Bowl** — Come to the Aliamanu Military Reservation (AMR) gym from 4 to 6 p.m. on Feb. 8 or the Tropics, Schofield Barracks, on Feb. 9 to meet NFL mascots, cheerleaders and a special guest.

The grand door prize will be a video IPOD. Active duty military will have the opportunity to win Pro Bowl tickets. For more information, call 438-2911.

## 10 / Friday

**Youth Wrestling Team** — Register now at Schofield Barracks through Feb. 10 for the USA Wrestling Team. Youth born from 1986 through 2001 are eligible to participate. Cost is $20 per person, plus a $30 USA Wrestling Team fee.

Registration is at the Bennett Youth Center, Monday through Friday, 11 a.m. to 5 p.m. For more information, call 655-6465.

# ONGOING

**Youth Baseball/Softball**— Registration for Hawaii Youth Sports baseball and softball will be held now through Feb. 21 at AMR, Fort Shafter, Schofield Barracks, Helemano Military Reservation and Wheeler Army Air Field Youth Centers.

First-time participants must sign up with the CYS Registration Office before they can register for activities. For baseball and softball, the Hawaii Youth Sports League is open to youth born in 1987 to 2000.

Cost is $55 for baseball or softball and $45 for T-Ball and Coach-Pitch. For more information, contact your area sports director.

**What's Up Gymnastics** — SKIES Unlimited is partnering with What's Up Gymnastics to offer a military discount program. What's Up Gymnastics provides several classes to choose from, including recreational and competitive classes and the only indoor climbing wall on Oahu.

Classes are provided for all ages, even as early as 1 year old. Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-5525.

**Wheeler Lanes Parties** — Score a strike with your friends by planning a party at Wheeler Lanes. Rent the entire six-lane bowling center on Saturdays or Sundays for birthday parties, reunions, hail and farewell gatherings, and other special occasions. Call 656-1745 for more information.

**Run/ Walk/ Swim Club** — Record each mile you run, walk or swim and win incentive prizes in the 100-mile run/walk and 50-mile swim clubs. Runners receive a pair of Thorlo running socks, and swimmers receive goggles.

Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914 for more information.

# Stephen Baldwin 'livin' it' on tour

Story and Photo By
SPC. AMANDA FLEMETT
25th Infantry Division Public Affairs

HONOLULU — The famed Baldwin brothers — Alec, Billy, Daniel and Stephen — are known for their acting in numerous movies and on television. However, Stephen, the youngest of the clan, wants to be known for something more: as a producer with a positive message.

For the last several years, Baldwin, along with Kevin Palau of PalauFest Productions, has produced a series of extreme skate films called "Livin' It" and "Livin' it LA." These productions, however, are not ordinary extreme sport films ... these films have a message.

A born-again Christian after the Sept. 11, 2001, attacks on the World Trade Centers, Baldwin's message stems from his need to affirm his faith and make a difference. In his films, skaters and bikers share their experiences with young people about God and their faith.

"I made this video about these [extreme sport] guys, and many of the cities that were involved in the distribution of the video started requesting the athletes and myself to come to town. ...The tour was born," Baldwin said.

The "Livin' It" tour recently finished a demonstration in Hawaii during the Hula Bowl.

"Livin' It" consists of skateboarding and BMX bikers who put on a three-hour demonstration of their talent. But they also take a break and interact with kids to speak with them directly, with a message of positivity and good news," Baldwin explained.

"It's something that we had never planned for," he continued, commenting on the tour's growing popularity.

When asked about how the tour benefits from his star status and being in the main stream media, Baldwin modestly played down his role.

"God has given me the platform, and it's just a privilege to utilize that for trying to do what I can to improve the options that kids have to live better lives," Baldwin said.

"It's all about being focused on the doors that God keeps opening with his reality and giving the kids other options.

"There's a lot of stuff that's very negative out there, so we just want to give something that's a better option, something more positive," Baldwin continued.

Children and young people are spiritually under attack, and Hollywood plays into that, at times, Baldwin shared.

"Hollywood is Hollywood," he added. "Hollywood is going to do what it knows, which is to make movies. Culturally and sociologically, the bigger problem is people.

"They think that that's just the way it is. ...Bad stuff is created and that's just the result of the culture, and that's what they want to see and buy, and that's just not true."

Baldwin is fighting against the belief that negativity sells. He believes that a positive message will sell if Hollywood produces positive music, video games, sports and movies that are as hard-core as their negative counterparts.

"If God created everything, then God created cool!" he stated, emphatically.

Baldwin wants to take the positive message of the "Livin' It" tour to deployed troops in Iraq and Afghanistan.

Actor Stephen Baldwin gave celebrity status to the pre-bowl activities of Hula Bowl 2006 at Aloha Stadium, Jan. 20. Pre-event activities featured a street course, Xtreme BMX, skateboarding, and motorcross exhibitions and inspirational speakers.

Baldwin said he has been working hand-in-hand with the new owners of the Bowl and thought that it was important to bring back the family atmosphere to the stadium.

Hawaii organizers teamed up with Christian churches across the state, including New Hope in Honolulu, to bring the tour to Hawaii. Although aimed primarily at young adults, the show also targets people searching for meaning in their lives and uses the cutting-edge action sports show combined in an environment of fun and faith as its outreach.

"We want to bless the military. There's a lot of people in the military who are big BMX bike and skateboard fans," he said, adding that a private donor recently provided funds to send "Livin' It" DVDs to deployed troops.

"We've sent over 15,000 copies of the DVD to troops in Iraq as our way of reaching out to them to show them support," he said.

Another project in the works is the creation of "Operation Save the US" (OSU). The project will be similar to the USO's, as far as traveling overseas. The OSU will offer a positive message and good news to troops.

As for the main message Baldwin wants to send, he said, "You can be hardcore, you can be radical, you can be a skateboarder or snow-boarder, surfer or BMX biker, and you can be relevant to that culture, but you can still be a person of faith.

"We're just trying to shed some light on the fact that you can be a strong believer in God and still be hardcore," he emphasized.

(Editor's Note: For more information on Stephen Baldwin and the "Livin' It" tour, go online to Livinit.com. Find more about Operation Save the US at Osutour.org.)

# Army youth centers fund football with NFL dollars

## Former NFL players and local coaches hold clinic for island's military youth

**SPC. DANIEL M. BEARL**
Staff Writer

ALIAMANUA MILITARY RESERVATION – Former NFL players gave football lessons to local children Saturday at the Football Bash Clinic at Aliamanu Military Reservation Community Field.

The event, which is slated to occur annually, was funded by a grant from the NFL Youth Football Fund received Jan. 3 by the Boys & Girls Club of America. Monies were distributed to the DMWR-Bennett Youth Center-Fort Shafter Youth Center.

Former NFL players Chrish Fuamatu-Ma'afala and Maa Tanuvasa, along with other football players and coaches from Oahu, conducted the clinic.

The event, which lasted from 9 a.m. to 4 p.m., gave children varied football training. Kids rotated through several different stations, each focused on a particular aspect of the sport such as defense, offense, passing and receiving.

"Even if they wanted to specialize in one thing, they had to go to all of the different skill stations," said Byron Y. Nagasako, training and program specialist with DMWR.

The $2,500 grant was also used to purchase a National Alliance of Youth Sports Football "Start Smart Kit," to develop an outreach football program and to buy supplies and equipment for the 2006 youth sports football program.

Start Smart is a program to teach children very basic football skills, Nagasako said.

The youth sports football program is run by U.S. Army Garrison Hawaii. All five Oahu Army installations, Hickam Air Force Base, Marine Corps Base Hawaii, Pearl Harbor and a few non-military local teams participate in the flag football league.

The flag football season runs from October through December each year, and the league includes 300 Army children as well as 88 volunteer coaches.

The Boys & Girls Clubs selected the Army youth centers for the grant in the fall of 2005. According to the selection letter, more than 400 organizations had applied to receive grant money from the fund, Nagasako explained.

**Gaylyn Hoshida** | AMR/FS Youth Sports, Fitness and Health Director

Children from the Schofield Barracks team, in blue, and the Fort Shafter team, in orange, square off during the previous season of the youth flag football league. U.S. Army Garrison Hawaii runs the league, which includes Oahu teams from Army, Navy, Air Force and Marine Corps installations.

# COMMUNITY CALENDAR

From B-2

Barracks ACS Building, the Leilehua High School counselor's office, Hui O Na Wahine luncheons and spouse information meetings.

For more information, contact Robertta Cole, scholarship chair, at bertnstoner@yahoo.com

## 26 / Sunday

**10K Volksmarch** — The Menehune Marchers are sponsoring a 10K volksmarch (walk) beginning at 8 a.m. on March 26 at Kaena Point (Mokuleia).

Marchers will meet at the Camp Erdman YMCA, and the cost is free. (IVV credit is available for a $3 fee.)

Call Barbara at 247-5059 or Carol at 626-3575 for more information.

# ONGOING

**Community Calendar Briefs** — Do you have announcements of upcoming events, sports or activities you'd like to post in the Hawaii Army Weekly? If so, e-mail your information to editor@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.

**Veterans Affairs Briefing** — The Army Career and Alumni Program (ACAP) hosts a Veterans Affairs briefing every Friday from 8:30 to 11:30 a.m. in the ACAP Center classroom, Building 690 (Aloha Center), Room 3H, on Schofield Barracks.

Call the ACAP Center at 655-1028 for more information.

No appointment is necessary.

**Military Council of Catholic Women (MCCW)** — The MCCW has weekly Bible study at the AMR Chapel on Thursdays. The group will meet for Mass at 9 a.m. followed by fellowship and Bible study from 9:30 to 11:30 am.

The spring Bible study is just beginning. Free child care is provided for children registered with Child Youth Services or the STACC site.

For more information, call the AMR Chapel at 839-4319.

**Golfers Wanted** — Are you looking for a golf group or are you interested in playing golf with your fellow Soldiers? Golfers (active duty, retirees, family members or DoD civilians) interested in playing golf on Sunday mornings at Leilehua Golf Course should call Sgt. 1st Class Jerry Hodge at 347-8038 or 375-3322.

Tee time is usually before 8 a.m.

**Financial Health** — Want to find the road to healthy finances? Contact Army Community Service, located in Building 2091 across the street from Richardson swimming pool.

The following classes are offered in February: checkbook maintenance, money management, credit management, thrift savings plan, car buying, mutual fund investing, college funding, and Army Emergency Relief (AER)/command referral.

Instructors also assist with zero percent interest AER loans.

To attend a class or schedule a one-on-one appointment with a financial counselor, call 655-4ACS (4227).

All services are free and help is only a phone call away.

**Fort Shafter Newcomers Orientation Tour** — The Fort Shafter ACS presents a Newcomers Orientation Tour every other Tuesday.

The tour helps familiarize new Soldiers and family members with many aspects of Hawaiian culture, customs, language, surrounding communities, the Hale Koa Hotel and various points of interest on the island.

Registration is required and seating is limited. Tour time is 7:30 a.m. to 4 pm. Lunch is not provided, but you can bring your lunch or purchase it at the Hale Koa. Call the Fort Shafter ACS at 438-9285 for registration or questions.

Owner Mike Motyka is all smiles standing behind the counter, ready to take your order, at Kono's in Haleiwa.

# Kono's: Hungry diners can get their fill or just grab a quick bite to go

CONTINUED FROM B-3

onions and Hawaiian barbecue sauce for just $5.69.

For drinks, I recommend the smoothies. My favorite is the Lava Flow, but the Strawberry-Banana is a very close second. Plus, you can never go wrong with the Mango-Strawberry. It's just plain delicious.

Kono's is a great little place to go when you are having a slow start and want to just relax and take it easy. Located between the Quicksilver shop and Breakers, Kono's is a very easygoing restaurant that only serves breakfast and lunch. Hours are from 8 a.m. to 4 p.m., daily, and breakfast is served until 1 p.m.

Seating is available both inside and out, and while parking can be tricky, I have never have had a problem.

Give Kono's a try the next time you are cruisin' the North Shore. Trust me, you will not be disappointed.

*(Editor's Note: Do you know a terrific spot to enjoy a good meal, simple or fancy? Send your finds to editor@hawaiiarmyweekly.com.)*