**New MEV arrives for 2SBCT**

**Hawaii court rules on Makua**

**TRICARE fee may hike for younger retirees**

**Cultivating warriors**

**Headquarters drives home team aspect on stop loss, movement**

**Rainy ordeal tests physical, mental stamina**

**Captains wrestle with field exercise at Schofield Barracks**

**Wounded Wolfhound returns**

**Soldier bowls to All-Army**

**Armed forces news briefs**

**Serving the U.S. Army Community in Hawaii**

**Vol. 35 No. 6 | February 10, 2006**
**LIGHTNING SPIRIT**

An Effective Listener – listens before speaking.

By D. Cooray

Some time ago, I read a short story about a young man who was looking for work. He was a young, energetic lad who spent time selling newspapers on his way to school and had a knack for learning new things. His main goal was to find a job where he could use his skills and make a good living.

The story was about a man who was looking for a job at a local newspaper. He had a degree in journalism and was excited about the opportunity. However, he was rejected because he didn’t have any experience. He was told that he needed to gain some practical experience before he could be considered for the job.

The young man was disappointed, but he didn’t give up. He decided to take matters into his own hands. He went to the newspaper’s office and asked to talk to the editor. The editor was impressed by the young man’s enthusiasm and agreed to give him a tryout.

The young man worked hard and showed a lot of promise. He quickly rose through the ranks and eventually became the editor of the newspaper.

The story is a reminder that sometimes we need to take risks and be willing to learn new things. It’s important to be open-minded and willing to try new things. Sometimes, the best way to learn is by doing.

The young man’s story also highlights the importance of persistence. Sometimes, we may encounter obstacles that seem insurmountable. But if we keep working hard and never give up, we can achieve our goals.

In summary, the story of the young man who became the editor of the newspaper serves as a useful reminder that sometimes we need to take risks and be willing to learn new things. It’s important to be open-minded and willing to try new things. Sometimes, the best way to learn is by doing.

**Are we worthy of past sacrifices?**

By Bob Woods

In the face of these challenges, we need to keep our focus on the path to equality and racial justice. The sacrifices of those who came before us have laid the foundation for what we can achieve today.

We must continue to work towards a future where everyone is treated with dignity and respect. We must continue to fight for a world where people are valued for who they are, not what they look like.

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**8 DAYS since last fatal accident**

By Lynn Onderko

Remember, Be Safe Tropic Lightning!

The Tropic Lightning command sallies and encourages continued support from Rotarians.

**Division CG addresses Windward Rotarians**

By Ed Aber-Song

Chief of Staff

**The Army because it is in our history.**

By Stu Woods

**Army because of my lifetime military service.**

By John McTigue

**Military Family**

By A. Scott Conner

**Because it’s in our blood.**

By Ms. Snow

**National because it's patriotism.**

By Maj. Robert Trinkle

**Army Goes Go at it again.**

By Capt. Jason Hua

**National because it's our country.**

By Cmdr. John Smith
Good Neighbor Joe makes his debut

SCHOFIELD BARRACKS — Being a good neighbor is important in the Army, and the Good Neighbor Award recognizes those efforts.

Recently, members of the Army Hawaii community participated in a slogan contest to show their enthusiasm for building stronger community partnerships with local communities on the island. The theme of the contest was “Transforming ourselves to reaping the benefits of previous generations and commit ourselves to reaping the benefits of our parents’ efforts.”

Several slogans were submitted from across the Army, U.S. Army Garrison-Pacific, Hawaii, Directorate of Public Works. His slogan, was Wesley K. Nakamoto, U.S. Army Garrison-Pacific’s director of community development.

An entry submitted by Spc. Daniel M. Bearl, 3rd Battalion, 25th Infantry, 2nd Brigade Combat Team, 25th Infantry Division, was selected from a long list of entries. The entry was:

Transforming ourselves to reaping the benefits of our parents’ efforts. America is depending on our youth. America is depending on our youth. America is depending on our youth.

The new program meets the Army’s needs for highly trained leadership as a changing combat environment. Thomas added.

“The Warrior Leadership Course focuses on leadership skills in combat,” said Command Sgt. Maj. Michael A. Thomas, commandant of the academy. “We’re constantly exposed to different situations in the Army. We impart their field goals.” WLC takes recently promoted and soon-to-be NCOs through 30 days of intense training, including approximately five days in the field. During the field training exercise, the Soldiers operate in squads with rotating leadership positions. After executing proficient combat drills, the Soldiers engage in an after-action report with the squad, to analyze what happened, what went well and what could be improved.

“Transforming ourselves to reaping the benefits of our parents’ efforts. America is depending on our youth. America is depending on our youth. America is depending on our youth.”

Black History: The Army celebrates

CONTINUED FROM A2

The changes in the course were triggered by the Army’s experiences in Iraq and Afghanistan. The new training course targets NCOs to become more combat-ready, adaptable and flexible in combat, he explained.

The lengthened field training exercise is one of the key differences between the WLC and the PLDC. Further, in the WLC, more emphasis is placed on battlefield leadership than in PLDC, Thomas explained.

“With the PLDC, the Soldiers turned to their weapons to the zone runs on day one, and only got them out when they next to the field,” Thomas said. “Now, the Soldiers have its weapons at hours a day.”

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This will help.”

Sgt. Carl Ervin, team leader, Charlie Co., and a veteran of a tour in Iraq, sets up in a covered position in response to simulated direct fire during jungle lane training. Left — Staff Sgt. Jayson Teague (front), also a squad leader in 2-27th, and Sgt. Wilson Ginger (rear), a platoon leader in the unit, prepare to enter "shoot rooms" during Phase 2 of Yudh Abhyas.

Above — Sgt. Carl Ervin, team leader, 2nd Battalion, 27th Infantry Regiment, and a veteran of a tour in Iraq, sets up in a covered position in response to simulated direct fire during jungle lane training.

"This training is important ... to strengthen relationships between our two nations and 2-27th Battalion will be of great value,” he emphasized.

Robert Atienza, commanding officer, Charlie Co., explained that the entire training operation will not only help the individual Soldiers, but international fighting capabilities as well.

"The aim of the exercise was to understand each others’ methods of operation, standard operating procedures, battle drills and battle procedures in recognition of the expansion of defense cooperation of the Indian Army and U.S. Army," said Brig. Gen. R.K. Mahna, training officer and battalion commander, 9th Battalion, Kumaon Regiment.

"The room shooting exercises are realistic training," said Sgt. Reid Drummond, Charlie Company and the attached elements of 2nd Battalion, 25th Infantry, 2-27th Inf. wraps-up at Yudh Abhyas.

COB, conducted night patrols and set up perimeter control and house searches, and the occupation of a "COB" (company operating base).

From a broader perspective, Capt. Ervin explained, "the ultimate goal is improved fighting capabilities as well.

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Captains take warrior spirit to field

Captains from 2-11th Field Artillery Regiment receive a presentation on how an artillery unit functions as a maneuver element in Iraq from the leaders of 2-8th FA, the Fort Lewis, Wash., unit that just returned from a similar mission.

"It was beneficial for another unit to share their TTP's (tactics, techniques and procedures) with us," said Capt. Rob Rockhold, commander, Battery C, 2-11th. "It will enable us to prepare for our future deployment."

The Soldiers of 2-11th FA are no strangers to combat, having just returned from OIF last spring. They have not deployed as a battalion task force with the Stryker Brigade in Iraq. In addition, the LPD provided the chance to build camaraderie throughout the ranks of the field artillery community.

"It was beneficial for another unit to share their TTP's (tactics, techniques and procedures) with us," said Capt. Rob Rockhold, commander, Battery C, 2-11th. "It will enable us to prepare for our future deployment."

The purpose of the training was "absolutely superb," Banach said. "The end result of the training was the captains are as proficient as my own tactical training."

Aside from external assessment of the officers, he said, the exercise also emphasized self-assessment and peer review. Learning to know one's self and understand one's own limitations are key to successful training, he explained.

The training was also structured as an adaptive leadership exercise, the captains were placed in scenarios and environments intended to train them on an ethos of exploitation tactics, most relevant on today's battlefield, according to Banach.

"Captains don't typically have the chance to get out and do this sort of thing," said Capt. Brian M. Sweigart, from 2nd Brigade's Headquarters and Headquarters Company, and one of the officers participating in the Mongodai field exercise.

Sweigart noted that captains in command positions frequently spend so much time ensuring their Soldiers are well trained that they end up neglecting their own tactical training. This is "the best training I've had in a while," Sweigart said.

The end result of the training was "absolutely superb," Banach said, adding the exercise successfully trained, stressed and assessed the captains.

Hawaii and Washington field artillerymen swap best tactics during LPD

Capt. Ralph Gurian of 1st Battalion, 244th Infantry, practices stabilizing a wounded Soldier during an LPD gathering, the "On Time" Soldiers of 2-11th Field Artillery Regiment received a presentation on how an artillery unit functions as a maneuver element in Iraq from the leaders of 2-8th FA, the Fort Lewis, Wash., unit that just returned from a similar mission.

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Military, law enforcement leaders and professionals discuss prevention tactics

PFC. KRYSHA BIEBER
Staff Writer

WAIKIKI — What are spouses to do when their soul mates come home from a bad day at work and decide to release all their verbal and physical aggression on them? Whom do they call? Whom do they tell?

Despite the Uniform Code of Military Justice and the general moral abhorrence of domestic violence in the military, domestic abuse happens everyday on every base Army wide. We all make mistakes and bad decisions sometimes, but some of them cannot and will not be tolerated by the military. Therefore, 25th Infantry Division commanders, judge advocates and law enforcement personnel joined like-minded professionals at the Domestic Abuse Conference held across the nation to train commanders and law enforcement officials from every military branch. Participants learned what they need to do and how to handle situations when a Soldier or family member reports a case of domestic violence.

DoD's core principles of intervention, which outline how to respond to the instances of violence, provide a measured response, coordinate military and civilian response, involve victims in monitoring domestic violence services and provide early intervention — all to severely lessen the instances of domestic violence and to promote wholesome environments.

The Climate Survey was open to all Garrison senior leadership has received briefings on the survey results, and the top ten issues arising from the survey were discussed at the recently held USAG-HI Leadership Offsite, Feb. 3. Each director/staff officer takes action on the results in his or her organization, to include rating and narrative comments. Many eligible participants allowed their voices to be heard to influence future corrective actions by leadership. Their comments will directly improve their work environments.

The format stayed basically the same as in previous years, allowing USAG-HI to measure improvements. Eleven categories were examined, and overall results were compared for years 2004 and 2005. The rating scale also remained the same: 1 – strongly agree, 2 – agree, 3 – somewhat agree, 4 – somewhat disagree, 5 – disagree, and 6 – strongly disagree.

Results will be posted on the Director of Information Management (DOIM) Intranet home page, listed under “Items of Interest”.

Survey results will be available from Feb. 17 through August 2006. The comparative results charts are self-explanatory.

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Surveys of the entire workforce provide the most accurate indicator of employee attitude and satisfaction. Knowledge of the Garrison’s climate help support the goal of a high-performance organization: 1. Employees know what work has to be done (outcome of clear goals). 2. They know why the work must be done (outcome of clear vision). 3. They can develop an effective plan to carry work out. 4. They have access to the resources needed to execute the work plan. 5. They are alert to cues and feedback that show them the effectiveness of their performance, and they are able to make adjustments to continuously improve. 6. They maintain energy and enthusiasm despite difficulties because they understand the importance of flexibility. 7. They feel recognized and appreciated for their contributions. Garrison leadership extended hearty “thank yous” to participating service members and civilians for their candid feedback.

(Editors Note: Future articles will outline corrective actions taken by leadership as a result of the survey and will cover both the directorate and garrison levels.)

Military, law enforcement leaders and professionals discuss prevention tactics

U.S. Army Garrison, Hawaii releases survey results

Climate Survey’s Overall Rating

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Rating Scale measures 1 (strongly agree) to 6 (strongly disagree)
Micro-sensors and filtration system decrease maintenance, and ensure safety

Story and Photo by PV2 Amanda Sweetnam

HHC Aviation Brigade

WHEELER ARMY AIR FIELD — Just moments after the celebratory ribbon was cut, a 58-D helicopter effortlessly landed in the middle of the large concrete pad. As water vigorously splashed the helicopter from all sides, the crowd gave an overwhelming round of applause. Even the helicopter seemed to breathe a sigh of relief; after nearly five years of research, development and testing, the new Clear Water Rinse System was finally operational.

The Clear Water Rinse System (CWRS) is designed to eliminate helicopter corrosion by placing 50 microchips at specific points around the aircraft. Each microchip detects the location and type of corrosion and relays that information back to the rinse system. “We will all reap the benefits, Army wide, from what this system has to give us,” said Col. Howard J. Killian, commander of U.S. Army Garrison, Hawaii, Schofield Barracks. “It will set the standard in the fight against aviation corrosion.”

CWRS is also equipped with a special filtration system that removes fuel, hydraulic fluid, oil, heavy metals and salt from the water after each rinse. The 6,000 gallons of water are then re-used to clean the next helicopter. The system is capable of cleaning up to 20 helicopters per day and is the only rinse system designed specifically for Department of Defense helicopters.

Besides removing corrosion, the system will reduce the cost of maintaining helicopters and ensure the safety of the pilots and crew, Killian said.

The CWRS ribbon was cut on Jan. 25 by Col. A. T. Ball, commander of the 25th Aviation Brigade and Col. Yvette Kelley, Deputy Director of the Pacific Regional Office.

MEV: Community is getting a first look

CONTINUED FROM A1

The medical evacuation vehicle, or MEV, arrives in Hawaii, Saturday night, at the Matson terminal on Sand Island.

This test of the logistics flow from the plant to Schofield Barracks went well, he added, and experienced only minor complications.

The Soldiers at 1-14 are also excited by the arrival of the MEV. “Hopefully, it will get rid of all our other vehicles and make the infantry more lethal,” said Staff Sgt. Miguel A. Rivera, a supply sergeant with Headquarters and Headquarters Company, 1-14.

Rivera said that he hopes the arrival of the Stryker will help show the people of Hawaii what the benefits of the new vehicle are. “It’s better at protecting our Soldiers and [helping] them out when we get to Iraq,” he said.
Peabody gets brig. gen. star

TRICARE: Agency attempts to realign costs and benefits for retirees

CONTINUED FROM A1

The assistant secretary of defense for health affairs, said during an interview with Pen-
"Book it!"

The current TRICARE Prime annual enrollment fee for retirees is $230 for individu-
als and $460 for families for both enlisted and commissioned military retirees, according to DOD docu-
ments. The proposed changes would increase TRICARE Prime enrollment fees for junior enlisted retirees at pay
grades E-6 and below to $325 per individual and $650 for families by October 2008.

Enlisted retirees at pay grades E-7 and above would pay $475 for individuals and $950 for families by October 2008.

Another reason for increased DoD health care costs, Pace told the committee, is that many younger military retirees are
using their TRICARE health care benefits at the behest of their civilian employers, rather than across company health plans.

Finding ways to manage increased mil-
itary health care costs ‘is something we
just have to face up to, because it’s an
enormous amount of money,” Defense
Secretary Donald H. Rumsfeld, at the same
House hearing with Pace, said to com-
mmittee members.

The alternative to not raising rates,
Winkenwerder said, would be to degrade
a first-class benefit for retired military
members and their families.

“You can see our benefit is a much bet-
ter benefit, and we want to keep it that
way,” Winkenwerder said.
SCHOFIELD BARRACKS — When Staff Sgt. Eric W. Cagle returned to Hawaii for the first time in two years after being deployed, he was ambushed — pleasantly.

In honor of the valor he demonstrated in Iraq, Wolfhound Soldiers with 1st Battalion, 27th Infantry Regiment recently dedicated their new weight room to Cagle.

A squad leader in Co. A, 1st Bn., 27th Inf. Rgt., Cagle deployed to Iraq in Feb. of 2004. In Oct. that same year, on what seemed like a normal day in Iraq, Cagle was severely injured when his squad's convoy was hit with an improvised explosive device.

"We were on a routine patrol through the city and turned the corner," Cagle explained. "And BOOM! We were hit."

In the explosion, Cagle was struck in the head with shrapnel. His fellow Soldiers pulled him out of the convoy to make sure he was okay.

"When they pulled me out, I was walking around asking everyone if they were okay," Cagle said. "And then I just passed out."

Cagle was transported out of the combat zone to three different hospitals in the Middle East before making it home to Walter Reed Army Medical Center in Washington D.C.

Cagle suffered a traumatic brain injury and as result, has paralysis in the left side of his body, loss of sight in his right eye and in half of his left eye. These are just a few of his injuries.

The surprise dedication ceremony was held on Monday, outside of the weight room. Cagle was humbled.

"I wasn't even supposed to know about coming out here, it was all supposed to be a surprise," Cagle explained. "But I convinced my mom to tell me about it. She didn't tell me about the ceremony though," he continued. "I was just excited to be coming out here to see all the guys again, that's all I really cared about."

Employer Award Nomination — Employer Support of the Guard and Reserve 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 Feb. 28th. Visit www.esgr.mil to nominate your employer.

Preretirement Orientation — A semiannual preretirement orientation is scheduled on Feb. 28 from 8 a.m. to 11:30 a.m. at the Schofield Barracks Post Conference Room (Building 584) on Trimble Road, across the street from Sgt. 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 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.

Ongoing

The Wave — This Fort Shafter worship service meets each Sunday at 9 a.m. in the Fort Shafter dining facility. Come worship and attend the breakfast potluck.

For more details, call Chaplain (Capt.) James Lester at 438-1816.
HALIEWA — Imagine you’re surrounded by lush gardens, or hiking to a tranquil waterfall or discovering wild animals and birds in their natural habitats. Why imagine those things when Waimea Valley’s Audubon Center in Haleiwa offers all of the above and more.

The National Audubon Society was founded in 1905 and is one of the oldest and most respected conservation organizations in the United States. Its mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats, and believes that stewardship of the environment is a value that should be held by all.

Since 2003, the Audubon Center has performed that mission by managing, operating and safeguarding the important cultural, botanical and ecological resources of Waimea Valley.

Whether a plant enthusiast, bird lover, history buff, or just looking for a true Hawaiian island experience, Waimea Valley is the place to be.

Strolling along calm paths or hiking old stream trails, the valley offers visitors an excellent botanical garden, home to ferns, flowering plants, invertebrates, birds and Hawaii’s only land animal, the hoary bat.

With 36 gardens and more than 6,000 species of rare plants from all over the globe, including many endangered species, visitors can spend an afternoon strolling or simply discovering the simple joys of nature.

Flower lovers will delight in the premier collection of heliconia, ginger, hibiscus and other native Hawaiian plants. For those wanting to learn something as well as be visually stimulated, each plant is identified with a plastic engraved label that shows the common name, genus and species names, family name, and origin.

Green labels are for common plants, while red labels identify rare and endangered species. Additionally blue labels are used to indicate economic uses for the plants.

After wandering sun-drenched trails and clear pools, visitors can investigate archeological sites, such as the sacred “Hale Iwi” or the traditional Hawaiian living site, the “Kauhale.” The main attraction of the valley, however, is the majestic Waihi Falls, which in Hawaiian means “trickling water.” After the mile-long hike from the center’s entrance, the falls is a refreshing stop to kick off your shoes and swim in the sparkling water.

The center offers day and evening programs for the nature lover. Hiking by flashlight will open even the most jaded visitor’s eyes to the delights that Mother Nature has to offer.

The Waimea Valley Audubon Center is located on the North Shore of Oahu, directly across from Waimea Bay on the makaha (mountain) side of Highway 83. The center is open daily from 9:30 a.m to 5 p.m and military members can enter the park for a discounted rate of $5. Children ages 4 to 12 are $3 and children under 4 free. For more information, call 638-9199.

Kauhale includes house sites, stone platforms and burial sites. Bird lovers are truly in paradise. Many birds use the valley for nesting purposes and bird watchers can observe several species year-round. The Alae Ulua, Aukuu, Shama Thrush and the Pikake are just a few of the many birds that can be seen nesting and tending to their young.

The main attraction of the valley, however, is the majestic Waihi Falls, which in Hawaiian means “trickling water.” After the mile-long hike from the center’s entrance, the falls is a refreshing stop to kick off your shoes and swim in the sparkling water.

The center offers day and evening programs for the nature lover. Hiking by flashlight will open even the most jaded visitor’s eyes to the delights that Mother Nature has to offer.

No matter what thrill or interest you have, the Waimea Valley Audubon Center is the place to experience the beauty and culture of Hawaii’s oldest and most respected conservation organization.
**February 2006, Hawaii Army Weekly**

**10 / Friday**

**Parade**

Youth Wellness Partnership Students, ages 5 to 18, who are new to Hawaii are invited to the youth sponsorship program. The deadline for applications is from 3:30 to 5 p.m. in ACS. Parents and students, learn about Hawaii, enjoy refreshments, play games and meet ACS personnel. Contact the School Counselor's Office, 655-8126.

**10 / Friday**

**High School Teen Social**

Join friends for an evening of fun at the Schofield Barracks Teen Center and the Alani Teen Center. Sign up to be a volunteer or for more information, call Scott Daubert at 655-0438.

**10 / Friday**

**24 / Friday**

**Tropic Lightning Museum**

See the world-famous military aircraft from the Vietnam War at 9 a.m. at ACS, Building 2091, Schofield Barracks. The theater is closed Monday and Tuesday.

**11 / Saturday**

**Gy-Yo-Gi!**

Get ready to get to the duel at the Yu-Gi-Oh tournament registration begins at 9 a.m. in Hui O Na Wahine. Get ready to duel at the KMC Spring Fling Savings on Saturday, 2/25 at 11:30 a.m. at the Schofield Barracks Shafter Thrift Shop. Shoppers will also be asked to attend an Overnight Mystery Shopper and will be provided any money that is found.

**12 / Sunday**

**Tropic Lightning Museum**

The Tropic Lightning Museum will feature the "Mark of the Hawk," Feb. 25. The matinee begins at 1 p.m.

**13 / Monday**

**Tropic Lightning Museum**

Escape from "The Mark of the Hawk," Feb. 25. The matinee begins at 1 p.m.

**13 / Monday**

**B-2**

The deadline for submission of nominations is from 2 to 8 p.m. in the Schofield Barracks Hui Thrift Shop, Fort Shafter Library, the Hui Thrift Shop, and agencies must complete the volunteer award nominations are being sought for exemplary employees.

**13 / Monday**

**B-2**

The deadline for submission of nominations is from 2 to 8 p.m. in the Schofield Barracks Hui Thrift Shop, Fort Shafter Library, the Hui Thrift Shop, and agencies must complete the volunteer award nominations are being sought for exemplary employees.

**14 / Tuesday**

**Tropic Lightning Museum**

Review Friday from 9:30 to 11 p.m. The show is $9.50 per month and group for $5. For more information, call 655-2488 to obtain a copy of the November calendar or learn more about registration.

**15 / Wednesday**

**Family Survival Night**

Calling all new detachment and family readiness group members or parents of children with special needs. A free, catered meal begins at 5:30 p.m., followed by the program at 6:15 p.m. For additional details, call the Main Post Chapel, Building 790, Schofield Barracks.

**16 / Thursday**

**Cheaper By The Dozen 2**

Today, 7 p.m.

**5:00 Hawaii-Hidden Mystery**

Sunday, 7 p.m.

**4:10 Pentagon Channel**

Rumor Has It

Tuesday, 7 p.m.

**5:00 Hawaii-Hidden Mystery**

Wednesday, 7 p.m.

**17 / Friday**

**Hawaii Army Reports**

The Army Community Theater is the first in America to get the rights to "Meow!" Join friends for an evening of fun at the Schofield Barracks Teen Center and the Alani Teen Center. Sign up to be a volunteer or for more information, call Scott Daubert at 655-0438.

**17 / Friday**

**Events**

**Army Community Theater**

The Army Community Theater is the first in America to get the rights to "Meow!" The matinee begins at 1 p.m. at the Schofield Barracks Shafter Thrift Shop. Shoppers will also be asked to attend an Overnight Mystery Shopper and will be provided any money that is found.

**19 / Sunday**

**Mard**

9 / Wednesday

KMC Spring Fling Savings — Military Camp is offering spring fling savings for a limited time only, when you book between now and March 9 for reservations made between April 1 and May 28. Visiting will receive four nights of lodging for the price of three, so increase your savings for your next trip to Hawaii with a person when you book a KMC tour. Contact ACS or Shafter travel shop, tours and sites, visit www.mard.com.

**22 / Saturday**

**A Day At The Races**

Youth Welcome Party — The Schofield Barracks Hui Thrift Shop, Fort Shafter Library, the Hui Thrift Shop, and agencies must complete the volunteer award nominations are being sought for exemplary employees.

**23 / Sunday**

**Mard**

9 / Wednesday

KMC Spring Fling Savings — Military Camp is offering spring fling savings for a limited time only, when you book between now and March 9 for reservations made between April 1 and May 28. Visiting will receive four nights of lodging for the price of three, so increase your savings for your next trip to Hawaii with a person when you book a KMC tour. Contact ACS or Shafter travel shop, tours and sites, visit www.mard.com.

**14 / Tuesday**

**Tropic Lightning Museum**

The Tropic Lightning Museum will feature the "Mark of the Hawk," Feb. 25. The matinee begins at 1 p.m.

**more, contact 655-9325.**

**Arts and Crafts Center — Need a fast gift? Stop by the Arts and Crafts Center and choose from a variety of items, including mirrors, baskets, woodcarvings, home decor, and more.**

**For more information, call 655-6320 at the Schofield Barracks Shafter Thrift Shop.**

**Do Employees — Don’t have the time to take your car to an oil change, tire rotation or oil flush? Give the Auto Craft Shop a call.**

**Shoppers will also be asked to attend an Overnight Mystery Shopper and will be provided any money that is found.**

**March Head Shot Celebration — The Diamond Head Shot Celebration, April 1 from 5 to 8 p.m. Features a live painting, national artists Linda Rustand, the Steve Miller Band, Yeon Ellumin, the Blossom Symphony, the Diamond Head Crater Conservation, and Hawaiian artists.**

**3 / Monday**

**Hui O Na Wahine Welfare**

The Schofield Barracks Hui Thrift Shop, Fort Shafter Library, the Hui Thrift Shop, and agencies must complete the volunteer award nominations are being sought for exemplary employees.

**For more information, call 715-2070 or visit www.certifications.com.**

**April 2006, Hawaii Army Weekly**

**1 / Saturday**

**Diamond Head Crater Conservation**

Diamond Head Crater Conservation. Join friends for an evening of fun at the Schofield Barracks Teen Center and the Alani Teen Center. Sign up to be a volunteer or for more information, call Scott Daubert at 655-0438.

**3 / Monday**

**Hui O Na Wahine Welfare**

The Schofield Barracks Hui Thrift Shop, Fort Shafter Library, the Hui Thrift Shop, and agencies must complete the volunteer award nominations are being sought for exemplary employees.

**For more information, call 715-2070 or visit www.certifications.com.**

**Rumor Has It**

Sunday, 7 p.m.

**11/20 Oakland Army Base

11/20**

**11/21 Oakland Army Base

11/20**

**12/25 Bulletin Board

12/20**

**Hawaii Army Report

12/20**

**Bulletin Board

12/20**

**Community Focus

10/30**

**Hawaii Army Report

10/30**

**Bulletin Board

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**Community Focus

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**Hawaii Army Report

10/30**

**Bulletin Board

10/30**

**Community Focus

10/30**

**Hawaii Army Report

10/30**

**Bulletin Board
SCHOFIELD BARRACKS — Hale Kula Elementary became more than just a school last week as parents, students, and faculty banded together Feb. 3 for “Survivor Night.”

The event was held in conjunction with the school’s book fair in hopes of increasing participation and overall fun. Hale Kula tries to hold one family event a month according to school librarian, Michelle Colte.

“It was my initial idea, but very early on one of our families (the Garcia family) gave me the idea for the theme, children earned immunity chips at several unusual stations. Together, we brainstormed how the event would work and the supplies needed,” said Colte.

Using the “Survivor” theme, children earned immunity chips through participation at several unusual event activities. Stations included “Dig for Treasure,” “Animal Scavenger Hunt,” “First Aid Kit,” “Trail Mix Station,” “Obstacle Course” and “Listen to Campfire Stories.”

At the popular camp fire station, children gathered to hear ghostly stories about Bigfoot, Dracula, Mummy and a teacher that steals students’ ideas with a magical potion. The students had written the stories themselves, earning a free book or gift certificate to the book fair.

For every completed station, the children collected immunity chips. At the end of the evening, the class with the most chips received books for everyone in the class, free books.

For each classroom in that grade level and an ice cream party. While not looking for great books to buy or survivor stations to attend, families feasted on decidedly non-“Survivor” food that included hot dogs, chips and cookies.

Last year Hale Kula sponsored a highly successful medieval-themed family night along with the book fair. More than 300 people attended the event, a feat Colte is hoping to repeat.

Surviving the Hale Kula book fair challenge

Parents can ready kids to lessen struggles during deployment

SCHOFIELD BARRACKS — With more than 3,000 Soldiers from the 25th Infantry Division preparing for their upcoming deployment to Iraq this summer, many married and single parents will be leaving their children for the first time.

Children who are separated from their parents for the first time may have a tough road. Feelings of loss, anger and abandonment are all too common, said Mel T. Kinoshita, Army Community Service, counseling to parents, as well as class- es ranging from infant play to ef- fective discipline, said Kinoshita. These services, he said, are vital benefits that lessen deployment struggles.

Parents should seek assistance from counselors, teachers, chaplains and other families that have been in similar situations, and then draw upon their experiences, Kinoshita added.

Single parents must have a family care plan that identifies the legal guardian during the Soldier’s deployment, said Cole Weeks, a New Parents Support Program so- cial worker for the family readiness group. The plan should outline specifics regarding care and emerg- encies.

Parents should establish an open and honest line of commu- nication, with age-appropriate re- sponses, to make the transition easier, Kinoshita explained. “Re- alizing that the child is going through some anxiety with the upcoming deployment will help the parent focus on the child’s needs,”

Further, Kinoshita said, children often feel like the parent is aban- doning them. Expressing warm and affectionate feelings will help children feel loved and more open to discussion about their feelings preceding and during deployment.

Parents and caregivers should spend as much time with children as possible before deployment. Finding a hobby or the whole fami- ly can enjoy, like swimming, board games or trips to the park, can bring the family closer, said Ki- noshita. As well, setting down and making audio or videotapes of children’s favorite bedtime stories will reap benefits down the road. These recordings help children, es- pecially younger ones, feel like the missing parent is still present with them.

(Editor’s Note: The Sgt. Yano Library can assist parents making audio and videotapes. A library assistant can help pick out appro- priate books to read, as well as record the interaction for VHS or DVD players.)
Breast-feeding benefits both baby and the entire family

LISA WOODHOUSE
Leche League Accredited Leader

Mothers who are breast-feeding, planning to breast-feed or trying to decide if breast-feeding is the right choice for them and their family may have trouble finding the facts. However, getting accurate and up-to-date information is essential for making an educated decision whether to breast-feed.

Benefits abound for the baby, mother, father, active duty Soldier and family budget. According to La Leche League, an organization devoted to prenatal care, benefits include the following:

• The colostrum, or pre-milk, delivers the baby’s first immmunization, protects them against infection and promotes the absorption of bile salts, a cause of neonatal jaundice.

• Mature milk is produced after the mother’s colostrum. This milk is the only food that babies need for at least the first six months of life. Mature milk supplies all the necessary nutrients, in the correct proportions, for a baby. Also, mature milk is best possible source of nutrition.

• Some important health benefits include protection from many serious diseases: Coeliac’s, Type 1 diabetis, asthma, meningitis, respiratory infections, gastrointestinal infections, ear infections, infantile anemia, newborn jaundice.

• Breast-feeding lowers the risk of sudden infant death syndrome (SIDS), and it raises IQ levels.

• Breast-feeding benefits mothers receive enormous advantages when they breast-feed. For many, easily increasing their infant’s nutrition needs for a baby as well as for themselves.”

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COMMUNITY

For more information on the Welcome Baby program call Terri at the Schofield/Wheeler ASYMCA at 624-5645 or Susan at the AMR ASTMACA at 833-1093.

Welcome Baby helps expecting parents

Story and Photo by

Staff Writer

Schofield Barracks — Hearing the words, “you’re preg-nant” can bring either dread or happiness; happiness in anticipa- tion of the tiny new life that will soon emerge and devoid of the un-expected. Decisions concerning the new baby often can cloud an expectant mother’s head like a hurricane. Then there is the dilemma of choosing a doctor to see her through the pregnancy. If the father is in the military and deployed, the burden of potential decisions can seem even more daunting.

So where should prospective parents begin with preparations for a coming baby?

Tripler Army Medical Center can provide assistance. Through a free program called “Welcome Baby,” a life educator, more commonly known as a home visitor, can help ease the load for expectant military parents.

A home visitor is a specialist with expertise in military lifestyles and available community resources. The home visitor also has vast experience with pregnancies and infant growth, development and care.

“Our goal is education for the expectant parent,” said Dela LaFluer, Armed Services YMCA Director of the Wheeler branch.

“We want to help and educate that mother in any way we can.”

The home visitor’s work can cover a wide range of supportive, educational and guidance, so having good interpersonal skills is a must.

A visit can consist of discussions concerning basic prenatal and infant care, and family experiences with the arrival of a baby. In some of the cases, home visitors have accompanied clients on medical visits, coordinated services and worked as an advocate for the new parents.

One-on-one home visits are the most requested service. Classes are open to all expectant and new parents with the most popular being the “Infant Massage and Nutrition for Mom and Baby” course.

“Some new and young mothers just aren’t aware of the nutrition needed for a baby as well as for themselves,” said Lena Wiley, office manager of Armed Services YMCA at the Schofield Barracks/Wheeler branch.

The one objective is nutri-tional awareness for both mom and baby.

The Welcome Baby program is available to all military person-nel. Offices at Schofield Barracks also support Wheeler Army Airfield and Hetman’s Military Reservation. The offices at Alamein Military Reservation provide service to Fort Shafter, Tripler and Alalmaunu, and some-times even clients as far as Kauai.

“When it comes down to it, sometimes the expectant mother just needs a break. We have even done a home visit just so the new mother could take a shower,” joked Wiley.

Breast-feeding encourages the production of the hormone prolactin, also known as the “mothering” hormone. Prolactin lowers the mother’s risk of postpartum depression and increases her ability to over-come the “baby blues.”

Further, a nursing mother is able to physically satisfy all of her baby’s needs, which increases the mother’s self-confidence and self-esteem.

Not only do moms and babies benefit. Fathers benefit too. They get more time to devote to his own baby bonding. Bathing, walking, rocking, reading, playing, and diaper changing can become dad’s time of perfection.

With frequent moves so common to military families, breast-feeding is an easily portable form of feeding. Parents need not worry about finding a reliable source for bottles. Also, from time to time, alternative feeding options are subject to product recall, specific brands may be unavailable or costly.


Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration

Alamaneu Military Reservation

The offices at Schofield Barracks provide support, encouragement and information to all interested expectant and nursing mothers.

Additionally, leaders who are willing to accommodate late-night breaks for breast-feeding mothers may find these Soldiers are out far fewer sick days due to ILL children, because of the baby’s extra im-munities derived from breast milk.

Economically, the military family reaps monetary benefits from breast-feeding. A family can save a minimum of $1,500 per year, just by avoiding the added costs of alternative feeding sources and methods.

Prospective Soldiers should not rule out the breast-feeding option. Much more information is available regarding advantages and avoiding common diffi-culties. Plus, resources abound on well infant, tod-der care and early nutrition.

In addition to the Tripler Army Medical Center and the Schofield Barracks Health Clinic, the local chap-lains at Le Che+le League at Schofield Barracks provides support, encouragement and information to all interested expectant and nursing mothers.

Monthly meetings are held the third Tuesday of each month at 10:30 a.m. in the small meeting room of St. Yano Library. For more details about La Leche, call Lisa Woodworth at 624-6679 or send e-mail to laparks22@yahoo.com.

La Leche League is an international nonprofit or-ganization. A Windward chapter also meets in Kaneohe, the first Wednesday of each month at 10 a.m. at the Queen Lili‘uokalani Children’s Center.
Shoefield bowler places at All-Army

Schofield bowler places at All-Army

SCHOFIELD BARRACKS — A 25th Infantry Division Soldier placed 5th in the 2006 Armed Forces Championship held Jan. 9–11 at the National Bowling Stadium in Reno, Nev.

Spc. Dale Gunthorpe of 1st Battalion, 27th Infantry Regiment, not only took 5th in the Armed Forces Championship but also placed 49th out of 230 amateur bowlers in the Team USA Championships.

Most nonbowlers might think the sport is simply rolling a ball and knocking down some pins; Gunthorpe begs to differ.

“Tennis is easy, but bowling is the most mental sport,” he said. “It’s an adrenaline rush when I get a good shot. It’s a feeling you can’t put into words. It’s like playing a game of chess every Monday from 5 to 8:30 pm.”

In addition to the Armed Forces Championship, Gunthorpe has been on the All-Hawaii Bowling Team and the PBA Western Regional Events. Gunthorpe mentioned a few simple but important rules for bowling: be mentally and physically prepared, have proper timing and footwork and focus on putting the ball in the correct place to hit the pins.

“I have to have a good attitude when I am bowling, not to get down on myself if I haven’t bowled as well as I wanted, yet not [get] too happy, when [I’m] bowling a good game,” he said. “It’s a mental psych-up when I get a good score.”

A seasoned bowler also uses bowling as a stress reliever.

“You have a lot of pressure,” Gunthorpe said. “The more tournaments I am in, the easier it becomes.”

This year was the third consecutive year the Armed Forces Championships were held in conjunction with the amateur Team USA Championships.