

INSIDE



Healing helpers

325th BSB Soldiers train members of the Iraqi army to handle multiple, simultaneous casualties in Kirkuk

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Celebrate diversity

Join the Black History Month celebration Feb. 15, at 10 a.m., Schofield Barracks' Sgt. Smith Theater and Feb. 23, Bldg 1554, at Ft. Shafter.



Run and gun

The 8th Military Police Brigade invests in its most precious resource — its Soldiers

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Art of control

Deida Bourne plays with dirt all day however, her work is anything but child's play

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Iraqi and coalition Soldiers run into a CH-47 Chinook helicopter after their mission has been completed. The helicopter is one of several crewed by pilots and Soldiers from 3rd Brigade, 25th Aviation Regiment that provided air transportation to get the troops into and out of their objective.

Crews take forces to action

Story and Photo by
SPEC. DANIEL BEARL
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq - At 6:30 a.m. on Jan. 30, six CH-47 Chinook helicopters touched down outside two villages near Kirkuk, Iraq. Iraqi and coalition Soldiers poured from the back of the aircraft before the double-bladed machines lifted off again.

The sun was just beginning to break the horizon as the helicopters flew back to a nearby coalition base to stand by to pick the troops up again, but their air crews had already been working for hours.

The pilots and crew members of the aircraft had been preparing their aircraft and examining maps of their routes and objectives since shortly after midnight that morning.

"[It was] pretty much a standard

type air assault that we do in order to assist the Iraqi army (IA) in doing cordon and searches so that the local populations can see that the IA is empowered and can provide security for the local nationals in the area," said Capt. James Fisher, the commander of B Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade whose unit provided the Chinook helicopters for the mission.

The ground troops' mission was to establish a perimeter and search the two villages for weapons caches or improvised explosive device production facilities. For the air crew, the mission was to get the troops in and out as quickly and safely as possible.

This can be dangerous in itself, especially with so many aircraft involved, said Sgt. Jesse Ander-

son, a crew chief for one of the Chinook helicopters from Company B, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade.

"There's a lot of stuff flying around," Anderson said, "so we got to keep alert, make sure we don't fly into each other. And watch out for obstructions on the ground. Coming in under goggles, kicking up dust is probably the most risky part of the operation for us."

Flying under goggles is when the pilots and crew operate the aircraft in the dark using night-vision equipment to see.

Working with Iraqi soldiers presents some challenges for the air crew. Before lifting off to take them to the villages, the crews and Soldiers from 2nd Battalion, 6th Cavalry Regiment drill with Iraqi sol-

diers on loading and unloading the helicopters.

In the dark, just-above-freezing morning air, the troops practiced running onto the aircraft and taking their seats and then rushing out again.

"You have a communications barrier and the biggest thing you need to have is linguists," Fisher said.

With the Iraqi troops are interpreters who echo the Coalition Soldiers' orders in Arabic while the troops trained.

Once the ground mission was completed, the Chinooks took to the skies again to retrieve the troops and bring them back to base.

The flights keep the air crews very busy.

SEE AIR CREW, A-4

Energy-efficient homes key to sustainability

ANN WHARTON
Army Hawaii Family Housing

Sustainability is among the most widely used words by managers and leaders today. But the concept of sustainability impacts everyone.

Sustainability is a key initiative of the U.S. Army, especially when it comes to communities where Soldiers live. For U.S. Army, Garrison, Hawaii, Commander Col. Howard Killian, it is one of the guiding forces behind the development of new homes on Oahu's Army installations.

"We have a tremendous opportunity with our residential development to be a model of sustainability, a model for military communities and for private-sector developments," said Killian. "Photovoltaic and solar [panels] to reduce energy consumption is just the start. Urban home design, the appliances we use, and even our daily habits at home and work are essential to this garrison's sustainability goals."

Through privatization of housing, the Army



Photo Courtesy of Army Hawaii Family Housing

Mature trees preserved during the development of Army Hawaii Family Housing's Kalakaua Community provide natural shading, which helps reduce heat inside homes.

can work with top urban planners, architectural designers and technical and environmental services professionals to create innovative, sustainable communities.

Many have heard that the Army Hawaii Family Housing (AHFH) project will be the largest solar powered residential community in the world through its use of photovoltaic

and solar panels, however, not much has been said about the sustainable design of homes.

Developer Actus Lend Lease has been tasked by the Department of the Army's Residential Communities Initiative (RCI) program, that manages privatization under the direction of

SEE ENERGY, A-6

Tax centers open for season, reduce 1040-type headaches

Story and Photo by
JEREMY S. BUDDEMEIER
Assistant Editor

Don Brawley has trained a small army and they're waiting for you — to file your tax return.

As of last week, tax centers at Fort Shafter and Schofield Barracks have begun processing tax returns for active duty service members, family members and retirees. Army National Guard and reservists can also use the service

if they are preparing to deploy.

Brawley, the tax center officer in charge, employs the epitome of a joint workforce: 18 Soldiers, two Navy personnel, one Coast Guard member and two civilian volunteers. This "army" is comprised of special duty personnel from infantrymen to communications specialists to cooks, he said.

However, this seemingly ragtag group from all walks of life isn't just moonlighting as tax specialists. Each tax preparer must

pass a rigorous 10-12 week curriculum including: a one-week course taught by the IRS, a three- to four-week practicum and another one-week course taught by the Staff Judge Advocate office. In addition, preparers also learn specifics for filing Hawaii state taxes.

"It's almost like having another MOS [military occupational specialty]," Brawley said.

The best part about the service is that it is free. Last year, the tax

center saved filers \$1.4 million, according to Brawley.

The center usually processes between 65 to 95 returns per day. Staff Sgt. Charles Daniels and his wife Shelley were one of those customers at the Schofield center, Jan. 31. They learned about the free tax service last year after it was too late.

"It cost us too much money — \$220," Daniels said about filing

SEE TAX CENTER, A-6

Accident kills two Schofield Soldiers

U.S. ARMY GARRISON, HAWAII,
PUBLIC AFFAIRS
News Release

The Department of Defense announced Saturday the death of two Soldiers who were supporting Operation Iraqi Freedom.

Pfc. David C. Armstrong, 21, of Zanesville, Ohio, and Cpl. Kenneth T. Butler, 21, of East Liverpool, Ohio, died Feb. 1 in Baghdad, Iraq, from noncombat-related causes. Both Soldiers were assigned to the 57th Military Police Company, 8th Military Police Brigade, 8th Theater Sustainment Command.



Armstrong



Butler

Both Soldiers also joined the Army in March 2005. The incident is under investigation.

IMCOM & USARPAC begin NSPS

DEPARTMENT OF DEFENSE
News Release

Under the National Security Personnel System (NSPS), the Army will transition 27,815 Army civilians during Spiral 1.3 from US Army, Pacific, and 10 additional Army organizations. The transition will occur between March and April 2007, with almost 37,000 nonbargaining unit employees entering the new personnel system.

A conversion zone over a two-month period provides the maximum opportunity to ensure employees are trained prior to implementation. DoD wants to allow organizations sufficient time to do the training, do it right and implement the changes when they are ready.

Spiral 1.3 employees and supervisors will receive training on the elements of NSPS and performance management. Training is critical to the successful transition to NSPS. The DoD is committed to ensuring its employees and managers have an appropriate understanding of the system and their roles.

In addition to USARPAC, ten additional Army organizations will transition during Spiral 1.3 including: US Army Military District of Washington; US Army Medical Command (CHPPM); Headquarters, Department of the Army; US Army Special Operations Command; US Army Forces Command; US Army Materiel Command; US Army Corps of Engineers; US Army Training and Doctrine Command (ASMC); US Army National Guard Bureau; and US Army Space and Missile Command.

Spiral 1.3 is the third stage of transitioning employees to the new system. As part of Spirals 1.1 and

SEE NSPS, A-7

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@hawaiiarmyweekly.com.

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

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

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

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

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

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

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 non-merit factor of the purchaser, user or patron.

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HAWAII ARMY WEEKLY

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87 days since last fatal accident

Soldiers, 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.

Current as of 2/7/07.

Straight Talk

DES suggests tips for dealing with bullies

DIRECTORATE OF EMERGENCY SERVICES

News Release

What exactly is bullying?

Is it kids just being kids or is it a more systematic and sinister type of behavior perpetrated by the strong against the weak?

The National Crime Prevention Institute (NCPI) reports bullying as the result of an imbalance of power that can take many forms. The more obvious forms are physical violence, taunting by name calling or put-downs, threats, stealing or harassment.

Who bullies? Who is bullied?

Boys and girls sometimes bully in different ways. Boys are more likely to be physical, using intimidation, extortion, physical or verbal attacks.

Girls are more likely to bully socially, by using exclusion, rumors, manipulation and embarrassment.

Social bullying is not as evident as physical bullying. While it may be easy to spot a child with a bruise or torn jacket, it is less easy to spot a child who is the victim of a rumor. To protect boys and girls from the effects of bullying, adults must be aware of the variety of bullying behaviors.

Children who bully can come from any

economic, cultural, or religious background and are often in late elementary or middle school when they begin to bully others.

What character traits do child bullies have?

The NCPI reports bullies as lacking empathy and mostly consumed with their own desires. They find it difficult to see things from another's perspective and are willing to use others to get what they want.

Additionally, their research shows children who bully want power, have a positive attitude toward violence and have quick tempers. That coupled with difficulty in conforming to rules and the instant satisfaction that comes from inflicting injury may be a recipe for trouble.

How widespread is bullying?

NCPI reports suggest that one in five young people have reported being bullied in grades 6-10. More than 50 percent of students, ages 12-17, have witnessed instances of bullying. History indicates that this can lead to lethal violence in some schools.

What are common signs of bullying?

When children are bullied, they don't of-

ten tell an adult right away. The child may be embarrassed, think an adult cannot help, or they may fear retaliation from the bully.

However, there are telltale signs of bullying. These signs can be physical, emotional, behavioral/social or academic.

Besides the obvious physical signs, a child who is being bullied might begin to damage property.

Not wanting to go to school, decreased school productivity or behavioral changes at home, combined with the above factors, become clear signs that something — perhaps bullying — is the matter. The most important thing adults can do to prevent bullying is recognize the symptoms and act upon the information.

Will young people avoid telling adults about bullying because they think it is tattling?

Adults can help children understand the difference between tattling and telling. Tattling involves matters that are unimportant, harmless or accidental. Often, a tattling child could handle a particular situation alone and they are seeking to get someone in trouble.

Telling involves matters that are important, such as someone who is being, or is at

risk of being, physically or psychologically harmed.

As adults, we need to assess whether a child is tattling or telling, then take appropriate action.

One strategy for children being bullied is talking it out. Is this a realistic expectation?

If someone starts bullying another person, perhaps a friend may confront the bully immediately and ask he or she has started bullying. Again, not every strategy will work in every situation and young people must choose a comfortable tactic.

Why is "fighting back" considered an ineffective strategy for dealing with bullying?

Fighting back is not an effective strategy because of the negative consequences associated with it. If a person fights back against a bully, there is a risk of physical injury, retaliation, suspension from school or a stronger belief that violence is an acceptable way to deal with problems.

A sure-fire way to stop bullying is by investigating incidents and work with children who are involved to prevent future incidents.

USAG-HI Climate Survey Result (Highest to Lowest)				
	2004	2005	2006	2006 Compared to 2005
USAG-HI OVERALL	2.38	2.18	2.42	-11%
Strategy	2.01	1.85	1.86	0%
Climate	2.09	2.01	2.19	-9%
Immediate Supervisory Practices	2.43	2.17	2.25	-4%
Individual & Team Practice	2.26	2.15	2.31	-7%
Performance Goals & Feedback	2.13	2.09	2.32	-11%
Training & Education	2.30	2.13	2.42	-14%
Work Process	2.37	2.23	2.42	-9%
Senior Leadership Practices	2.53	2.30	2.56	-11%
Technology	2.37	2.28	2.58	-13%
Awards & Recognition	2.93	2.22	2.70	-22%
Organization & Job Structure	2.82	2.51	2.70	-8%
1 – Strongly Agree	4 – Somewhat Disagree			
2 – Agree	5 – Disagree			
3 – Somewhat agree	6 – Strongly Disagree			

The survey was designed similarly to previous years to effectively measure and compare results. The overall garrison rating was 2.42, a slight decrease from last year. Equating the 2.42 score to a color rating, which was adapted from the installation status report, overall the garrison rating is green (Scale: 1-2.99 is green (good); 3.0-4.99 is amber (average); and 5.0-6.99 is red (failing)). The chart above shows the past three years of garrison survey ratings by category.

Garrison releases survey results

GAYLE YANAGIDA

Program and Management Analyst, Directorate of Resource Management

The U.S. Army Garrison, Hawaii, conducted its third annual employee climate survey October 2006. A total of 1,190 out of 2,107 employees, or 56 percent of the garrison workforce, participated in this survey. The survey was open to all garrison military, appropriated fund (APF) and non-appropriated fund (NAF) civilian employees. Contractors were not included. Paper surveys were made available to those activities whose employees did not have access to computers. Out of the 1,190 employees who took the survey, 727 civilian employees took advantage of the one-hour time-off award incentive offer.

Comments received in 2005 indicated the survey was too long. The 2006 survey was shortened by 10 questions (from 69 to 59 questions).

2006 survey narrative questions were analyzed to determine "common threads" garrison-wide. Issues of concern to the workforce included:

- Need to improve communication (throughout the garrison and within directorates)

- Burn-out and stress due to vacant positions caused by the hiring freeze.
- Perceptions of unfairness
- Lack of teamwork
- Need for technological improvements

"What works in the garrison" included:

- Great people
- As a whole, the workforce is treated with dignity and respect
- Garrison is very service and customer-service oriented
- We take pride in what we do
- Garrison allows a wide variety of opportunities for training and access to information
- Our mission is clear, we understand our role in supporting the gwt and our war-fighting mission

Each garrison leader received a copy of their organizational results. Garrison leaders were asked to analyze results, relay to workforce, and initiate appropriate internal corrective actions. The garrison commander and deputy garrison commander were briefed on results, on common threads, and received a complete report on results of each garrison organization.

Our first garrison-wide corrective action being executed in January will help improve communication. The garrison commander conducted two employees town-hall meetings (Jan. 29 at Fort Shafter and Jan. 30 at Schofield Barracks).

Survey results are now available on the garrison IDMT website, please use the following web link <https://25id.pac.army.mil/C10/USA-G-HI/default.aspx> to access this document. The site is accessible to all AP Domain NIPNET users by entering their user name (AP/user name) and password. Related charts are self-explanatory and provide comparative results from 2004 through 2006.

These annual surveys are important because they provide leaders an indicator of employee attitude and satisfaction. Survey results identify areas in need of improvement and give garrison leaders the data needed to affect positive change. Participation in this survey affords employees a platform to express satisfaction or surface issues. Overall, this survey is a garrison vehicle to implement positive change in this command.

LIGHTNING SPIRIT

Marriage needs more than one type of love

CHAPLAIN (CAPT.) RAY ESTES

2nd Squadron 6th Cavalry Regiment Chaplain

With Valentine's Day right around the corner, many couples' minds are being drawn to thoughts of love. In 1 Corinthians chapter 13, Paul tells us what true love is like and what love does.

He writes, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."

It is unfortunate that the English language only has one word for love. The same word is used to describe everything from the highest act of sacrifice and devotion to the most polluted form of lust and selfishness. The New Testament, however, was written in Greek, and it uses three different words for love. They are eros, philia, and agape; meaning physical love, emotional love, and spiritual love. Every good marriage needs all three of these kinds of love.

Eros is romantic love. It is usually associated with sexual love. It is inspired by the biological structure of human nature. Its basic element is desire. Eros exists because it sees something desirable in another. It seeks sensual expression and satisfaction. But it is more than just the actual act of sex. It is what gets our heart pounding when we see the other person after a time of absence. It is what inspires the longing to hold the other person or the desire to be flirtatious. It is a vital and important love for a healthy and happy marriage.

Philia, the second form of love, is friendly love. It is a sharing love that is motivated by common interests and goals. It is the affection we feel for those close to us, such as family and friends. Philia is what is meant when the husband and wife say they "like"

each other. It's expressed in the feeling that you'd rather be doing nothing with your spouse than anything else without them or with someone else. It's what you mean when you think your spouse is fun to live with. As a

married couple, you are to be more than lovers; you are also to be friends — best friends. You are meant to enjoy each other's company.

The third essential love in marriage is agape. Agape is unconditional, sacrificial love. It is a giving love that finds its motivating power, not in the loved but in the lover. It is a love that compels one to sacrifice for the benefit of another. It is not the kind of love you can either "fall" into or out of. It is not something that happens to you; it is something you make happen. It is a choice; a choice that is demonstrated through actions.

The first two forms of love are "because of" kinds of love. They say, "I love you because you are attractive, because you make me laugh, or because of how I feel when I'm with you." To be sure, there is nothing wrong with this, but agape love is different.

It is an "even though" kind of love. It says, "I love you even though you hurt me, or even though I'm not attracted to you right now, or even though I don't like how you make me feel when I'm around you."

Agape love seeks to give rather than receive. It is given and demonstrated without asking for anything in return. It is the ultimate in unconditional, committed, sacrificial love. Agape love is like the Energizer Bunny: it's a love that keeps on going and going, even when your partner is

SEE SPIRIT, A-3

Voices of Lightning: "What are your Valentine's Day plans?"



"I'm going to buy dinner, roses and a diamond necklace for my wife."

Sgt. Dentron Eason
84th Engineer Bn.
Engineer



"Take my wife to dinner."

Spc. Cornell Harris
307 Signal Bn.
Chemical Specialist



"I'm going to Maui."

Petty Officer 1st Class Peni Motu
Coast Guard Dist. 14
Search and Rescue
Controller



"I'm staying home with the boys."

Erica Portugal
Family member



"I'm spending it with my husband and baby."

Jenny Weiss
Family member

MNC-I Corps' Ciotola thanks Q-West troops

SPC. KYNDAL HERNANDEZ
45th Sustainment Brigade Public Affairs

FORWARD OPERATING BASE Q-WEST, Iraq — As part of a multi-stop whirlwind tour of bases throughout Iraq, the Multi-National Corps - Iraq (MNC-I) command sergeant major spoke to a capacity crowd Saturday at Q-West's Morale Welfare and Recreation Theater.

Command Sgt. Maj. Neil Ciotola made the trip from Camp Victory to speak with Soldiers about the importance of their missions and express his appreciation for their efforts to sustain logistical operations in Iraq. Known for his exceptional sense of humor, Ciotola used his comedic wit to relay a message of gratitude.

"I really only came here to thank you. You guys are doing an outstanding job, and I wanted to come and give credit where credit is due," Ciotola said.

"We will fix this country one broken down motorist at a time," he added, reflecting on a personal experience involving Iraqi citizens and expressing his hopes for the successful future of this nation.

Ciotola also conveyed to the Soldiers of Q-West the importance of this logistics hub and its support of forward forces.

"You make the toughest part of warfare look easy, sustaining the force, and the logistical aspects of it. I think you are going to see major growth here," Ciotola said.

"Q-West will remain here for a while because when we pull out of places like Mosul and Tikrit, it will be up to FOBs with logistical support to maintain the structure and support of fighting forces."

More than 1,000 Soldiers, packed theater seats and temporary bleachers, some even standing in rows five deep, responded warmly to his frank way of getting his point across.



Sgt. 1st Class David E. Gillespie | 45th Sustainment Brigade Public Affairs

A capacity crowd of Soldiers share laughter and questions as Command Sgt. Maj. Neil Ciotola, the Multi-National Corps-Iraq command sergeant major, makes a motivational speech during a town hall-style meeting at the base's Morale Welfare and Recreation Theater.

"I thought his speech was very humorous, but also very informative," said Spc. Steven Pilkons, a driver with 45th Sustainment Brigade. "I think his visit was definitely a morale booster for the Soldiers here. Everyone really seemed to enjoy it and get a lot out of it."

Ciotola's messages included maintaining moral and ethical conduct at all times, taking care of yourself as a Soldier as well as the rest of your team, and maintaining high standards and discipline.

With more than 30 years of Army experience

and having seen the military post-Vietnam to current operations in the global war on Terrorism, Ciotola said he has a better understanding of the Soldiers under MNC-I.

"People talk to me all the time about the state of the noncommissioned officer corps," said Ciotola. "The Army that I joined 31 years ago, paled in comparison to the capacity, the capability and the effectiveness that is fielded here today."

As an example, Ciotola grabbed a Small Arms Protective Insert, or body armor plate,

and highlighted rapidly evolving technology that continues to be fielded at an unprecedented rate to make the Army stronger and Soldiers safer.

Imparting his knowledge and sharing his experience is one of his personal missions as a military leader, he said.

"I have so much that I want to pass on to all of you but there are not enough hours in the day sometimes. This is the only job where you can just devote yourself every day to making your men and women [Soldiers and NCOs] better than you are."

Spirit: Love builds stable bond in marriage

CONTINUED FROM A-1

not being particularly lovable. This is the love that Paul described in 1 Corinthians 13.

There is a simple exercise you can do to apply these verses to your life and your marriage to determine how you're doing at loving your spouse. Whenever the word "love" or its pronoun appears in the text, substitute your name:

For example: John is patient, John is kind, John does not envy, John does not boast, he is not proud. Sue is not rude, Sue is not self-seeking, Sue is not easily angered, Sue keeps no record of wrongs, and so on.

Husbands and wives need to have all three forms of love for each other; agape love, however, has to be predominant. Unless agape controls the other two kinds of love the relationship will not be stable enough to endure the conflicts and difficulties of marriage. It is hard to live up to, but it is certainly worth aspiring to.

They say you marry the one you love. My advice is to love the one you marry.

Happy Valentine's Day!

Mass casualty exercise teaches Iraqi army to save lives

Iraqi army medics practice triage on multiple patients

SGT. MAURICE SMITH

3rd Infantry Brigade Combat Team, 25th ID Public Affairs

KIRKUK, Iraq – It's an unmistakable sound coalition forces have been fighting to silence for the past few years. In just an instant, the roar from an improvised explosive device (IED) explosion injures innocent Iraqi citizens.

Mass casualty situations in Iraq can leave hospitals overwhelmed. On the same day where a car bomb killed ten Iraqis and injured more than 40 outside of a police station in Kirkuk, the medics of 2nd Brigade, 4th Iraqi Army Division, were training at K-1 Military Base to respond and save lives during these types of crises.

"Today was a [mass casualty] exercise," said Capt. Charles Douglas, company commander, C Company (Charlie Med), 325th Brigade Support Battalion, 3rd Infantry Brigade Combat Team. "The simulation today was supposed to be an IED or an explosion, resulting in a catastrophic event where there were approximately 24 casualties," he added.

The casualties were spread throughout a maze of barriers for this scenario, with one to five Iraqi soldiers around each cor-



Two Iraqi Soldiers simulate being injured during a mass casualty exercise at K1 Military Base in Kirkuk, Iraq, last month. The Iraqi soldiers were training to respond and save as many lives as possible based on receiving as little information as possible.

ner, portraying civilians with various injuries ranging from head trauma to uncontrolled or internal bleeding, multiple fractures, amputations and even death.

Simulation or not, it was quite the challenge for the Iraqi medics as they responded without knowing how many people were injured, the extent of their injuries

and how much equipment to bring.

"It's supposed to be surprising," said Pfc. Nakea Griggs, evacuation medic, C Co., 325th BSB. "We were trying to get them ready for this when it actually does happen," said Griggs.

"They didn't know what type of enemy they were facing. They didn't know how many people were out there and what type of injuries they had. They were just supposed to go out there blindfolded," she added.

Even with uncontrolled confusion, these Iraqi medics did not panic, because with the help of coalition forces they've been training for months on how to handle catastrophes such as this.

"We deal with emergency cases the correct way – stopping bleeding, opening airways, also giving [the injured] IVs and oxygen, said Warrant Officer 1 Arie Anwar, medic, 2nd Brigade, 4th IAD. "We have a good idea how to deal with [mass casualties] now. We have that feeling and know the conditions," he said.

Douglas and his medical company have been working with their Iraqi counterparts since September 2006, after the 101st Airborne Division transferred responsibility of Kirkuk province to 3rd IBCT.

Vast improvements have been made in just a matter of months. Their communi-

cation and casualty evacuation procedures are better, and most importantly, so are their life-saving skills. With their capabilities growing each day, Douglas believes that the drive toward Iraqi independent operations starts and continues throughout the country with exercises like this.

"They get increased competence, proficiency and confidence in their job so they can actually perform this without any sort of assistance," said Douglas.

"They've made a major improvement from when we first took on the role of mentoring and training them as a clinic. I've seen the progress of not just focusing on the day-to-day [training], but also focusing on training requirements for the future, which is going to set them up for their ability to conduct self-sustaining operations without the assistance of [coalition forces]."

"Some of these leaders today will end up turning into leaders down the road in other areas of Iraq as well. So what we do in one isolated pocket of Iraq can eventually spread to other areas," he said.

"It's something that I'm very proud to see. They are taking the initiative on taking the lead because that's what our ultimate goal is."

Air Crew: Job is own reward for 2-6th Cav.

CONTINUED FROM A-1

"We have to maintain the aircraft, make sure everything is good to go for the flights," Anderson said. "And then we get up, go out and fly, we have to man our guns and maintain airspace surveillance."

Despite the dangers and the challenges, the pilots and their crews say they enjoy their work.

"I enjoy the fact that I get out and I actually execute the mission," Fisher said. "I spent the last three years on staff so being back at the company command level, it's good to actually have job satisfaction and to know that you're out there helping people and you're getting the job done."

"For me, I enjoy just getting up and going out and flying around," Anderson said. "Sitting back on the ramp, it's like watching the world through a big screen TV. I love it."

Air ambulance team receives award for daring rescue

Story and Photo by
SPC. DANIEL BEARL

25th Combat Aviation Brigade Public Affairs

In the late afternoon of March 10, 2006, an explosion rocked a firing range in the Pohakuloa Training Area on the Big Island. A mortar round exploded inside its tube, wounding six Soldiers training for an upcoming deployment to Iraq. Reacting quickly, an air medical evacuation team flew through treacherous weather to take the wounded to a nearby hospital for treatment. In recognition for their daring actions, the Army Aviation Association of America awarded the crew members of Dustoff 77 its "Rescue of the year" award Jan. 24. Staff Sgt. Bryan Resh, the flight medic with the crew, remembers the events of that day.

TIKRIT, Iraq – When Soldiers from the 68th Medical Company made a promise last March, they may not have known what it would take to keep their word. "The 1-14th Field Artillery's battalion commander had been in to see us several times," recalled Staff Sgt. Bryan Resh, the ranking flight medic that day. "He seemed concerned about the evacuation situation and preparing his guys for combat in Iraq. We reassured him several times that if anything happened, we'd be able to get these guys out."

Soldiers from 1-14th Field Artillery had been training for the upcoming deployment at the Pohakuloa Training Area on the Big Island of Hawaii.

When something did go wrong late in the afternoon of March 10, 2006, the Dustoff 77 crew kept their promise and distinguished themselves by risking their lives and their aircraft to save the lives of their fellow Soldiers.

"The weather was marginal at best," Resh said.

When the team received the call that six Soldiers were injured after a mortar round had exploded in its tube, cloud ceilings were below 300 feet, and visibility was less than one mile.

And there was even worse weather between them and the training area.

Weather conditions were so bad that the crew had to decide whether or not they would be able to perform the evacuation.

"We're talking on the internal [communication] in the aircraft," Resh said, "and we decide that even though the weather was [not the best]. We could not just sit there and not attempt to help, since we had made the promises that we could do it."

So, they headed for the accident site.

After successfully navigating to the training area, the crew found that their landing zone was packed with ground vehicles.

"It was very congested," Resh said. "There was lots of chaos. We wound up landing in an area that was not designated for us to land. It was in front of the mortar tubes."

As soon as the aircraft was on the ground, Resh was out and assisting the ground medics at the scene. Then he was forced to make a decision.

Six Soldiers lay wounded from the explosion, but the helicopter only had room to carry four. Fortunately, Resh had thought ahead.

"Knowing that I would only be able to load four Soldiers and care for four patients when this call came in, I immediately told range control to go ahead to dispatch the fire department, the ground ambulance that's out there," Resh said. "I'd evaluate the situation and give them the two least injured patients."

Once the patients were loaded, the pilots lifted off into heavy cloud cover.

"It was the only way we could get out of there," Resh said. "We didn't have a control tower watching us under radar takeoff tell us where to fly. So we just picked up, climbed."

The helicopter headed immediately to the hospital in Hilo, which is the primary trauma care facility on the island, Resh said.

As the aircraft fought its way through the dangerous weather, the crew faced a new problem.

"By the time we get over there and with the delay on the ground and weather conditions, we were approaching critical fuel levels," Resh said.

In addition, weather was so bad at the Hilo airport, which was just a mile ahead of hospital, that it was closed to all traffic, Resh said.

However, the airport made an emergency opening for the helicopter and the pilots approached.

"They told me afterwards that they didn't think they were going to be able to land because they couldn't see the ground," Resh said. "They couldn't see the runway, couldn't see the lights."

But then with about 200 feet left in their approach, what some might call a miracle happened.

"The weather just broke in clear," Resh said. "We followed the runway down, hopped over the trees and landed at the hospital. And as soon as we landed visibility just dropped, another set of clouds rolled in and we weren't flying anywhere."

Once on the ground, Resh and the rest of the crew worked quickly to get the injured Soldiers into the hospital.

Resh said this is where the pilots and rest of the crew distinguished themselves.

"We had really overwhelmed the hospital," Resh said.

While hospital staff worked on the most severely injured Soldiers, the helicopter's pilots and crew provide supportive care for the other two wounded.



Sadly, despite the efforts of the flight crew and the hospital staff, Staff Sgt. Oscar Rodriguez, one of the wounded Soldiers, succumbed to his injuries and passed away at the hospital.

Hospital staff members were able to perform surgery on the other severely critical patient and stabilize him.

Then came another tough decision. The stabilized Soldier couldn't stay at the hospital in Hilo.

"It came down to, 'We can't leave him here because we can't care for him and his wounds, but the patient transfer to Oahu may kill him,'" Resh said.

Staff Sgt. Bryan Resh stands in front of a medical evacuation helicopter at Forward Operating Base Sykes where he is serving in Operation Iraqi Freedom. Resh, with Company C, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, is one of several crew members of Dustoff 77, which has been awarded the Army Aviation Association of America's Rescue of the Year Award.

Ultimately, the Soldier was taken back to Oahu. Not only did he survive the flight, but he recovered from his wounds.

"Three days later, he gets up and walks out of the [intensive care unit]," Resh said. "It pretty much just scared the whole ICU staff because they weren't expecting him to live."

The Soldier ended up spending about four months in the hospital before being released, and the other two wounded Soldiers spent about two weeks each in the hospital, Resh said.

For their actions, the crew of Dustoff 77, which now falls under Company C, 3rd Battalion, 25th Aviation Regiment, was awarded the Army Aviation Association of America Rescue of the Year Award.

Resh said the crew's success was a result of training and outstanding abilities.

"We go and train ... at [the National Training Center], but when everybody gets a real patient in the back, that's where the real training comes."

Tax center: Advisers prevent costly mistakes

CONTINUED FROM A-1

his taxes with a well-known tax preparer in town. "We vowed we would never do that again when we can get it done for free here."

When asked why they didn't consider doing their own taxes, Shelley said, "We have very little knowledge about filing taxes. The IRS is a large, frightening institution and we need [our return] to be done right."

Still, Brawley's tax preparers can only do so much. Customers, who are taken on a walk-in basis only, must remember to bring the proper documents.

Brawley mentioned the number one problem his office experiences is social security cards; either customers don't bring them or they have gotten married and forgot to change name on the card. "However [the social security card] is printed, that's how it has to be submitted," he said.

Although the tax center closes at 5 p.m. most days, they will service anyone who's still in the waiting room until the last person is done, Brawley said.

(Editor's Note: Christa B. Thomas contributed to this article.)



Maj. Gen. William Brandenburg, commander 8th Theater Sustainment Command, gives awards to 2005 tax preparers at the Schofield Tax Center, Jan. 30.

Tax center facts and information:

- Free and open to all active duty service members and family members, retirees, national guard and reservists if they are being deployed.

Hours:

- Schofield (655-1040) – Bldg 648 (between Sgt. Smith Theater and F Quad on the corner of Lewis and Foote streets)
- Fort Shafter (438-0829) – (Aloha Center Bldg 330, next to Carlson-Wagonlit travel office)
- Both centers are open Monday–Wednesday, 9:30 a.m.–5 p.m., Thursday 9:30 a.m.–6 p.m.
- On Fridays, Fort Shafter is closed, Schofield is open 9:30 a.m.–4:30 p.m.
- In addition, both tax centers will be open the last two Saturdays before April 17 (April 7 and 14) from 10 a.m. – 3 p.m.

Items to bring:

- Military ID card
- W-2 form from employer
- Social Security cards for everyone who will be on tax return
- 1099 Forms (Interest and Dividend statements)
- Copy of last year's federal and state tax returns
- Day care provider's identifying tax number and all receipts
- Bank routing numbers for direct deposit (voided check)

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

15 / Thursday

Black History Presentation — The 8th Theater Sustainment Command and the 25th Infantry Division Equal Opportunity will host an event to recognize the significant contributions of Black Americans Feb. 15, from 10–11:30 a.m. at the Sgt. Smith Theater, Schofield Barracks. Call Sgt. 1st Class Michael Alicea at 655-0053.

Special Forces — The U.S. Army Special Forces is now seeking male officer volunteers from year group 2004.

Officer packets will be accepted until Feb. 15, but early submission is strongly encouraged. Visit www.bragg.army.mil/specialforces.

20 / Tuesday

GSA Closes for Inventory — The GSA Customer Supply Center at Schofield Barracks will be closed Feb. 20–23 to take its annual inventory. The center will reopen Feb. 26.

In the interim, customers are reminded to make purchases at the Hickam Air Force Base GSA store. Call 655-0280.

Recruiting Recruiters Cancelled

The U.S. Army Recruiting Command has cancelled all scheduled briefings for Soldiers interested in recruiting duty.

The presentations were scheduled for the Schofield Barracks Post Conference Room, Feb. 20 at 1:30 p.m.

and Feb. 21 at 10 a.m. and 1:30 p.m. Call Sgt. 1st Class Perez, 502-626-0465.

22 / Thursday

National Prayer Luncheon — The annual National Prayer Luncheon will be held Feb. 22 at 11:30 a.m. in the Nehelani on Schofield Barracks.

The theme of the luncheon is "Caring for God's People in the Midst of Crisis." The guest speaker will be Command Chaplain (Col.) Sonny Moore, U.S. Forces Command, Atlanta, Ga.

Tickets will be available through unit ministry teams, command sergeants major or at the event. The suggested ticket donations are \$3 for Soldiers E-1 through E-5, and \$5 for all others. Call 656-1384 or 655-9355.

23 / Friday

Black History Celebration — U.S. Army Pacific will have a

Black History Month celebration Feb. 23, from 11:30 a.m.–1 p.m. The event will take place in Building 1554, in the 9th Regional Readiness Command assembly conference room, Fort Shafter Flats.

Everyone is invited to enjoy gospel singing, food sampling, a keynote speaker, role-playing, a slide presentation and more. Call Col. Jennie Williamson at 438-3157.

28 / Wednesday

Pre-retirement Orientation — The semiannual pre-retirement orientation will be held Feb. 28, from 8 - 11:30 a.m. at the Schofield Barracks Post Conference Room.

This orientation will cover the benefits and privileges of military retirement. Invited personnel include Soldiers and their spouses with at least 18 years of active service. Call 655-1585 /1514.

Energy: AHFH keeps on-post residents 'green'

CONTINUED FROM A-1

the local garrison, to design and build sustainable homes. This translates to several initiatives to include minimizing waste during demolition and construction, building homes that last and reducing energy consumption. One of the most visible sustainability initiatives is the home design.

"From the outside in, our urban planners and architects have taken an innovative approach to cooling homes in Hawaii's year-round tropical climate," said Claire Ridding, Actus senior development manager. "For example, the preservation of large, mature trees and planting of new trees will reduce what is called the urban-heat island effect." Retaining existing landscaping provides shading for homes and reduces the need for air-conditioners, thereby lowering energy consumption.

Several home design features that help lower energy consumption by reducing the heat gain load in homes include:

- Low-e glazing on windows that reflects heat away from homes
 - Radiant barriers under the roofing shingles to reflect heat away from the home
 - Insulation in walls and attics
 - Ridge vents on the roof to funnel hot air out of attics
 - High-efficiency air conditioning units
- Inside the home, reducing energy use remains high on the list of things to accomplish.

Natural ventilation is maximized through ceiling fans and operable windows, allowing residents to take advantage of Hawaii's trade winds. Compact fluorescent lights (CFL) have replaced traditional incandescent lighting because of their longer life, which reduces replacement and maintenance costs.

In the kitchen all major appliances – refrigerator, oven, microwave, dishwasher – meet Gold Energy standards, and all new homes are outfitted with solar water heaters.

"With these design features, along with community-based recycling and energy conservation programs being developed by AHFH's property management staff, our design team, the garrison and our residents can be proud to be part of an innovative, sustainable community," said Ridding.

NSPS: Spiral 1.3 adds employees to performance-based system

CONTINUED FROM A-1

1.2, 77,000 non-bargaining unit employees successfully converted to NSPS, which included over 13,000 Army civilians.

Spirals 1.1 and 1.2 employees and supervisors were trained on the functional elements of NSPS and the performance management system, with emphasis on writing meaningful job objectives and how the performance management cycle works. Components also conducted behavioral or "soft skill" training on subjects such as effective communication, coaching and mentoring, etc.

NSPS employees are functioning under new performance objectives aligned to organization and mission goals.

Spiral 1.1 supervisors were trained on pay pool management to assist them in effectively managing the performance payout process.

In January 2007, Spiral 1.1 organizations successfully completed the first performance appraisal cycle; employees are receiving the first performance-based payouts under NSPS.

Payout process top-line results indicate supervisors made meaningful distinctions in employee performance and rewarded employees accordingly. A detailed evaluation of the process is underway.

The DoD will continue to use the spiral approach to incrementally phase in the rest of the eligible DoD workforce over the subsequent 2-3 years, upgrading and im-

proving NSPS as it moves forward.

The DoD has already received feedback on lessons learned from implementation of Spiral 1.1 and is developing its evaluation plan, including criteria and measures.

NSPS Spiral 1.3 details

Question: What are the appraisal cycle and performance pay out dates for Spiral 1.3?

Answer: The appraisal cycle will begin upon conversion to NSPS and end Sept. 30, 2007. The performance pay out will be January 2008.

Question: Which employees will be converted in Spiral 1.3?

Answer: Spiral 1.3 consists of managers, supervisors, and nonbargaining unit employees from the General Schedule, General Manager, Alternative Personnel Systems, and Acquisition Demo pay schedules.

Question: How can DoD implement NSPS when the court permanently enjoined DoD from implementing certain parts of NSPS?

Answer: The court did not enjoin the entire system. Major portions of the human resources system (performance management, classification, compensation, staffing, and workforce shaping) were not covered by the court's decision. The DoD is implementing those provisions in or-

ganizations that are ready to convert to NSPS. Until the lawsuit is resolved, the labor relations, adverse actions, and appeals systems are enjoined and will not be implemented at this time.

Question: Does the litigation by some unions representing DoD employees prevent the department from converting bargaining union employees to the NSPS human resources system?

Answer: No, the litigation does not prevent DoD from converting bargaining unit employees to the human resources system. The department elected to implement the NSPS human resources system to nonbargaining unit employees until the litigation is resolved.

Tripler police officer a welcome addition to the force

Story and Photo by
MINDY ANDERSON

Tripler Army Medical Center Public Affairs

How does Jola Hlavaty feel about being Tripler Army Medical Center's (TAMC) first female police officer? Would lyrics from that 70's Helen Reddy song "I am woman, hear me roar" appropriately describe the feeling? How about the battle-cry of feminists nationwide during the late-60's and early-70's "I'm mad as hell, and I'm not going to take this anymore?" How about, Hlavaty said, "I feel like a groundbreaker for more females to come in the future?"

There was no hoop-la or bra-burning ceremony when Hlavaty accepted the position as the first female officer at TAMC — simply the best-qualified individual was selected and the candidate just happened to be a female.

"Officer Hlavaty brings an added dimension to the Tripler Provost Marshal Office," said Don Devaney, TAMC's provost marshal officer. "She is a military police school graduate and served with the Military Police Battalion at Fort Shafter, prior to assuming her current job."

Additionally, Devaney said Hlavaty has a sharp intellect, is conscientious, and has a cheerful and caring personality.

"A friendly smile in law enforcement goes a long way, but behind that smile is a strong person with high ethical standards for doing what has to be done fairly," Devaney said. "She is a team player and is a junior member of the elite Special Operations Team in which her skill will be a big benefit, especially in the event of

crisis intervention," he said.

Actually, to say 'Hlavaty brings an added dimension' is an understatement.

She came to the United States in 1993 and graduated from UCLA in 1999 with two degrees — Russian Language and Literature and European Studies. She worked for Boy Scouts of America for two years and then joined the military after Sept. 11, 2001.

"I wanted to do something about what happened September 11th, so I joined the Army," Hlavaty said. "I always wanted to be a police officer — they wanted me to be military intelligence because of my language skills, but I wanted to be an MP," she said.

After serving five years with the Army, Hlavaty wanted more stability in her life as far as staying in one place.

"I love Hawaii and I knew I wanted to continue working with the military because I still support the Army and Soldiers and everything they do," Hlavaty said. "I want to be beneficial to the department with my experience in traffic and accident investigations, and I am so thankful to Mr. Devaney for giving me this opportunity."

Hlavaty said the pace is very different at TAMC compared to Fort Shafter.

"I worked with Soldiers with family or domestic problems when I was in the military," she said. "We deal with patients, staff and doctors — it's such a different environment and different cases than what I was getting before."

Hlavaty said everyone has been very supportive since her arrival to TAMC.



Officer Jola Hlavaty, Tripler Army Medical Center, monitors events at near the center from the Tripler Police Department Control Room, Jan. 30. Hlavaty is Tripler's first female police officer.

"Most people have been very curious, but made me feel very welcome," she said. "Everyone

has gone out of their way to help me familiarize myself with procedures here — just

very supportive," she said.

Devaney said unfortunately

the female veteran population

has not applied for government

police employment and that

has limited the effectiveness of

our department's overall perform-

ance.

"With the addition of Officer

Hlavaty, we believe more women

will see that the Tripler PMO offers

an opportunity that they couldn't

see in the past," Devaney said. "I

am convinced more quality and

qualified applicants will be in the

mix down the line."

In addition to support from the

TAMC staff and PMO, Hlavaty has

the respect of her colleagues as

well.

"She brings a lot of experience

with her to the job, and offers a lot

of expertise to the team," said

Officer Michael Ballesteros, TAMC.

"Now if we can just get her to

push the seat back when she

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"With the addition of Officer Hlavaty, we believe more women will see that the Tripler PMO offers an opportunity that they couldn't see in the past," Devaney said. "I am convinced more quality and qualified applicants will be in the mix down the line."

In addition to support from the TAMC staff and PMO, Hlavaty has the respect of her colleagues as well.

"She brings a lot of experience with her to the job, and offers a lot of expertise to the team," said Officer Michael Ballesteros, TAMC. "Now if we can just get her to push the seat back when she gets out of the truck — you should see the bruises on my knees," he said, laughing.

8th MP officers build cohesion, prof. development

CAPT. TONY MAI

8th Military Police Brigade Public Affairs

The officers of the 8th Military Police Brigade recently spent time perfecting the use of the most efficient weapon in their arsenal — themselves.

The officers participated in an Officer Professional Development (OPD) event on Schofield Barracks, which covered weapon, night vision device and optical systems to familiarize themselves with some of the equipment in the brigade's inventory.

"We have a philosophy in this brigade to make our Soldiers into weapons experts," said Col. Scott Jones, brigade commander.

Jones said he wanted to familiarize the officers with firing the weapon systems and using all the night devices to make them as knowledgeable as their Soldiers.

Jones kicked off the all-day event by leading a two-mile road march to range KR-5, near Kolekole Pass.

Once on the range, the brigade Soldiers who facilitate range operations gave the officers their safety briefing and instructions on the stress-fire range.

Participants formed fifteen three-man teams to earn bragging rights as the most proficient with the M9.

Chief Warrant Officer 3 Fatuma Salim-Shirazy, an event participant, said "The range was challenging for me since it was my first time shooting an M9 under stress."

At the end of the event, team three, Capt. Barry Brinker, Capt. Karla Owen and 1st Lt. Matt Wagner, was declared the winner of the stress-fire event by posting the best time and most accurate shots on the M9 range.

Midmorning, officers received primary marksmanship instruction from senior noncommissioned officers on the M4, M240B, M249, optical systems, and a night-vision device class.

After learning theories of marksmanship in a classroom, officers had a chance to put what they learned into practice during live-fire training.

The event culminated with the participants lighting up the evening skies with a night-fire exercise.

Sgt. Maj. William Fath, non-commissioned officer in charge of the brigade S3, said the OPD wasn't just for the officers.

"It was a success in three ways. First, [The OPD] validated non-commissioned officers in the basic skills of the weapon systems, especially the crew served," Fath

said. "It allowed the Soldiers to build confidence and train their counterparts, the officers, in the brigade and validating them in the importance of these weapon systems from the crew, squad, and team level."

Fath said that the exercise also gave participants a chance to "refresh and refamiliarize themselves ... and hone their skills into a fine edge."

(Left to right) Col. Scott Jones, 8th MP commander, engages targets with his M4 behind the hood of an up-armor humvee as Sgt. Robert Wong and Capt. Martin Schmidt observe.

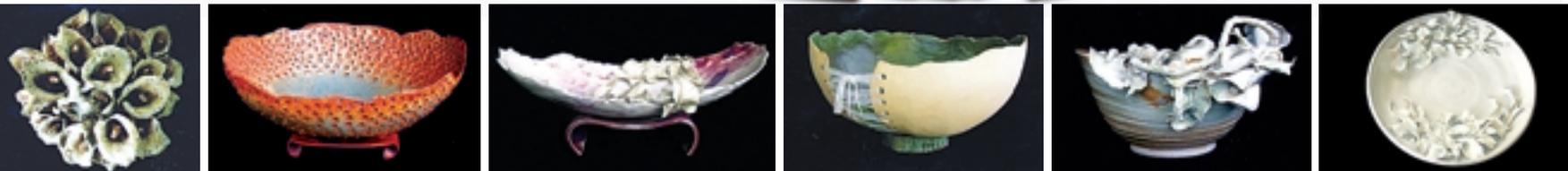


Spc. Tyechia Price 1 8th Military Police Brigade

PAU HANA



Deida Bourne art photos by Shea Reiner



Artists' passion emerges from earth into

Art

CHRISTA B. THOMAS
Pau Hana Editor

Deida Bourne is out of control. She spends most days playing alone in the dirt, other days she hangs out with people who throw plates and bowls.

While this may sound like madness, it is the method for a gifted artisan who has spent many years perfecting her craft — molding clay into a glazed works of fine art.

"I think not being in control is both the fascination and the frustration," Bourne said. "I find it exhilarating that a lump of clay can eventually become a creation."

About the creative process, Henri Matisse said precision is not reality. True to that declaration, Bourne's self-described lack of control is part of her creative process. Heat, humidity, chemical applications and thickness can literally make or break her creations.

Bourne said, "Who knew that [those factors] could make a treasure turn out so wrong or so right?"

Through this process, Bourne said she has learned patience and the ability to say, "It is out of my hands. I equate the process with pregnancy and choosing not to know the sex of the child. It's always a surprise!"

Bourne, a Texas City, Texas native, creates her masterpieces at the Fort Shafter Arts and Crafts Center, the Linekona School, a section of the Honolulu Academy of Arts, the downtown YWCA and at home.

In 2005, Bourne, the spouse of a retired Air Force colonel, entered her first juried competition, the Department of the Army (DA) Army Arts and Crafts contest. In the ceramics category, novice division, Bourne won first and second place among 306 entrants for technical skill and creativity (pictured above, two far left photos).

In the 2006 DA contest, Bourne's "Lily Pond

The Army Arts and Crafts Centers offer a variety of programs to enhance the creativity and technical skills of its patrons. Do-it-yourself classes and work areas are available in ceramics, custom framing, pottery, stained glass, wood-working and quilting.

The Schofield Barracks and Fort Shafter facilities offer custom services, such as framing, laser engraving, supply resale and more.

For more information on class locations, services and hours of operation, visit www.mwrarmyhawaii.com and click leisure activities, e-mail artscrafts@mwrarmyhawaii.com, call the Schofield center at 655-4202 or the Fort Shafter center at 438-1071.

The submission deadline for the 2007 Army Arts and Crafts Contest is May 25. Authorized MWR patrons, with the exception of employees of the Army Arts and Crafts program, are eligible to enter. All submissions must be the entrant's original work and must have been completed within 24 months of the beginning of the contest year.

with Carp," garnered a first-place nod in the ceramics category, accomplished division.

Bourne has recently completed a collaborative piece (pictured above, far right) with Cory Lum, a plate that he threw and she designed, painted and glazed. The item has been donated to the Opera Ball as a fundraising item.

"I have found my passion and my medium and I am thrilled to be putting those college classes as an art major (Southwest Texas State University) to use," she said. "Humbling as it is, I hope to have many more years to develop and grow as an artist."

"I snorkel a lot with my dad, so I put a lot of turtles in my work. Turtles are amazing," she said.

Albaneze, who mostly uses colored pencils and charcoal for her drawings, has been working on an acrylic mural (pictured) at the Fort Shafter Thrift Shop for almost a year.

• Since taking classes 10 years ago at a local craft center in Alexandria, Va., **Mitsy Royster** has presented her masterpieces as stained glass.

"I've always loved the stained glass in church windows," Royster said. "I love flowers and nature, so I've combined the two and try to stay close to nature [with my work]."

The retired Army spouse shows her work regularly at the Hui Na Wahine luncheons on Fort Shafter

and local craft fairs.

Royster's "Bonsai and Shoji screen" (pictured) won third place in the 2006 DA contest. She also has second place accolades from the 2005 contest for a stained glass aloha shirt.

• **Denniè "Jot" Sutton**, right, who sometimes describes himself as simply a talented carpenter, volunteers his expertise on weekends at the Fort Shafter Arts and Crafts Center.

The Air Force technical sergeant won third place in the 2006 DA contest, wood category, for his submission, "Ebony," pictured.

"I like to do a variety of wood crafting, after my 'honey-do' list of redecorating kitchen cabinets and such," Sutton said. "I've made guitars and ukuleles,



• **Paula Albanese**, above, an Army family member, was awarded first place in the two-dimension mixed media category for her "Blue Cat" in the 2006 DA contest.

The 16-year-old Moanalua High School student said she is inspired by her fellow artists, but primarily by "songs, people, and movies."



jewelry boxes, pens and turned bowls. "I like to work on several projects at a time to ward off the boredom," said the Florida native. "I look at a piece of wood and just let my imagination go wild."



9 / Today

Mongolian Barbecue — Select favorites from a large variety of meats and vegetables and have them grilled to your liking. Mongolian barbecue will be held from 5–8 p.m. in front of the Schofield Nehelani with seating in air-conditioned Kolekole Bar & Grill. Cost is 65 cents per ounce, and reservations are recommended. Call 655-4466.

12 / Monday

Hoomaluhia Botanical Garden Walking Trip — Walkers are invited to explore Hoomaluhia Botanical Garden, Feb. 12, 10 a.m.–12:30 p.m. Come enjoy the network of trails, 400 acres of endangered and rare plants and the 32 acre lake. Blue Star Card holders may register for transportation by calling 655-0112.

13 / Tuesday

Gung Hay Fat Choy — Usher in the year of the pig by watching a puppet show and making dragon crafts, Feb. 13 at Fort Shafter Library (438-9521); Feb. 14 at Schofield Barracks' Sgt. Yano Library (655-8002); and Feb. 15 at Aliamanu Library (833-4851). All performances will start at 3 p.m. This program is open to children of all ages.

14 / Wednesday

Oogles-N-Googles — Sgt. Yano Library and Oogles-N-Googles present Heart of America, Feb. 14, at 10 a.m. This program provides children ages 3-5 an exciting adventure of jumping, dancing, singing, laughing and learning. Call 655-8002.

Valentine's Day Special — Celebrate Valentine's Day with a special dinner at Nehelani on Schofield Barracks. Look for more details to come. Call 655-4466.

17 / Saturday

Parents Night Out — Leave your children with Child and Youth Services (CYS) at Peterson Center, Schofield Barracks, and then enjoy a nice night out on the town. Children enrolled in Parents Night Out must be registered with CYS by noon, Feb. 13. Reservations are first-come, first-served. Call 655-8313.



Bonnie Griffith | Army Family Housing Hawaii

Weird science

Junior "mad scientists" show their versions of Isaac Newton's color wheel during the first Mad Science class held recently.

This class, Lights, Color... Action, uncovered components in ordinary lights. Children from various Army Hawaii Family Housing (AHFH) communities will enjoy more Mad Science classes that will be held Thursdays through March 8 at the new Kalakaua Community Center. In upcoming classes, children will harness heat, discover sound waves and explore the world of polymers.

The Mad Science events are being presented as part of the AHFH SYNERGY initiative. The intent of the partnership is to get kids excited about energy and other elements of science.

To learn more about this program, visit www.madscience.org

Yu-Gi-Oh — Get ready to duel at Tropics on Schofield Barracks. Registration for the tournament starts at noon and matches will start at 1 p.m. Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards. Prizes will be awarded, and all ages are welcome. Call 655-8522.

18 / Sunday

Seafood Sunday Brunch — Experience a delightful meal featuring popular brunch menu favorites with a special seafood selection at the Kolekole Bar & Grill, Schofield

Barracks, 10 a.m.–2 p.m. Call 655-4466.

21 / Wednesday

Blue Star Card Preview Night — Blue Star Card holders are invited to a special preview of the Army Community Theater production of "Joseph and the Amazing Technicolor Dreamcoat" at Richardson Theatre, Fort Shafter. This special evening out will light refreshments, transportation and child care. Call 655-0112. Performances will also be held Feb. 22–24 and Mar. 2, 3, 9, 10, 16 and 17. Tickets

Ongoing

Summer Art Festival — Visual artists are invited to apply for the tenth Annual Haleiwa Arts Festival Summer Event, held July 21–22 in the Haleiwa Beach Park. Artists will be selected by jury to exhibit and sell their artwork and demonstrate their artistic styles and techniques during this two-day fine arts and crafts festival. Original and limited edition works of fine art in all media will be considered. The deadline to submit an application is Mar. 24. Guidelines, applications and additional information are available at: www.HaleiwaArtsFestival.org

Keiki Tuesday — Kid-friendly entertainers including Chris da Clown, Aloha Clowns, Paradise Jugglers and Families for R.E.A.L. will delight the whole family at free celebrations every Tuesday, from 10:30 a.m.-noon in the Pearlridge Mall uptown center court. Bring the children for crafts, balloons, storytelling, face-painting and silly songs. School-age children are invited to join the fun from 6-8 p.m. The Balloon Monsoon will be held Feb. 13.

Military Spouses Scholarship — The National Military Family Association (NMFA) in partnership with the Military Channel invites military spouses to apply for the Joanne Holbrook Patton Military Spouse Scholarship Program. The scholarships are available to military spouses of any branch or rank who want to train for professional certifications or to attend post-secondary or graduate school and range from \$500 to \$1,000 and may be used for tuition, fees, room and board. Applications will be accepted through March 15. Visit www.nmfa.org/scholarship.

MDA Volunteers Needed — The Muscular Dystrophy Association (MDA) has begun its search for summer camp volunteers. Volunteer counselors are needed to help young people with neuromuscular diseases enjoy a fun-filled MDA summer camp June 8–15 at YMCA Camp H.R. Erdman on the North Shore. Volunteer counselors must be at least age 16 and able to lift and care for a young person between ages 6 and 21. For an application, call the Honolulu MDA office at 593-4454 or 800-572-1717. Visit www.mda.org/clinics/camp or www.groups.yahoo.com/group/mdahawaii.

may be purchased at the box office, Monday-Friday, from 10 a.m.-2 p.m., or online at www.squareone.org/ACT/tickets.html. Call 438-4480.

22 / Thursday

Ante up! — Put on your best poker face and participate in a free Texas Hold'em tournament at Tropics, Feb. 22 at 6 p.m. All ID card holders are welcome to play, but get there early because there is only room for 120 people to play. Call 655-5697.

23 / Friday

Hawaiian Luau Lunch Buffet — Enjoy the "ono" taste of a traditional Hawaiian style feast, 11 a.m.–1 p.m. Hale Ikena on Fort Shafter, or 11 a.m.–2 p.m. at Nehelani on Schofield Barracks. Cost is \$9.95 per person. Call Hale Ikena at 438-1974 or Nehelani at 655-4466.

Ongoing

New MWR Calendar Feature — Visit the MWR Web site, www.mwrarmy.hawaii.com, and check out the calendar feature. The calendar allows users to view by day, week, or month, in a list or tabular format. Other features allow users to search for events, receive event reminders or notifications of changes by e-mail or text message, download event info, e-mail information, and import events to a calendar.

Leilehua High School Students — Looking for an air-conditioned ride from high school? The Schofield Barracks Teen Center offers students rides from high school straight to the teen center at no cost for all registered teens. Limited seats are available, and a waiver form is required. Call 655-0451.

SKIES Driver Education — Learn to drive with Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) at Valentine's Driving School, Schofield Barracks. The session is taught by qualified instructors and includes 32 hours of classroom instruction and six hours of behind-the-wheel instruction. The fee is \$295 and is due at registration. Call 655-9818.

High School Volunteer Opportunity — Students can earn volunteer credits by being part of the 2007 Hawaii Army Family Action Plan Conference. Teens are needed to represent the Army as delegates, prepare graphics and decorations, and assist at the conference. Call 655-9818.

Wives of the Warriors — The Military Council of Catholic Women (MCCW) at Aliamanu Military Reservation (AMR) chapel meet each Thursday at 9:15 a.m. in the chapel for Bible study, "Wives of the Warriors." The focus of this Bible study is learning to live confidently in Christ as a military spouse. On-site child care will be provided for STACC-registered children at least 9 months old. Nursing babies are welcome; however, RSVP for child care. Call 836-4599 or e-mail MCCW Hawaii@yahoo.com.

Torch Lighting and Hula Show — Enjoy free nightly performances (weather permitting), 6:30–7:30 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue in Waikiki. This show features a torch-lighting and conch shell ceremony, authentic local music and dancing by some of the island's finest halau (troupes). Call 843-8002.

PWOC Spring Session — A place to find laughter, a place to find hope, a place to find friends, a place to find faith. The Protestant Women of the Chapel (PWOC) will host its Spring session every Tuesday through May 15th. Sessions are held in the Main Post Chapel on Schofield, from 9–11:30 a.m. Free on-site child care is available by reservation. Call 206-8504.

Volunteer Opportunities — Give back to the community by volunteering. It is a great way to meet new people, receive valuable job experience and support the Army Hawaii family. Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. Visit www.mwrarmyhawaii.com or call 655-4227.

Lyon Arboretum — The Lyon Arboretum, a 193-acre rainforest botanical garden, is offering free, guided tours, weekdays from 10–11:30 a.m. The tour is limited to the first 12 participants. For reservations, call 988-0461. The Arboretum is open Monday-Friday, 8 a.m.–4 p.m., and closed on state and federal holidays.

Community Calendar Briefs — To announce upcoming events, sports or activities in the Hawaii Army Weekly, e-mail the information to community@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.



Aliamanu (AMR) Chapel, 836-4599

- Catholic Sunday, 8:30 a.m. — Mass Sunday, 9:45 a.m. — Religious Education (Sept.–May only)
- Gospel Sunday, 11 a.m. — Sunday School (Sept.–June only) Sunday, 12:30 p.m. — Worship service
- Protestant Sundays, 9:45 a.m. — Worship Service Sunday, 11 a.m. — Sunday School (Sept. — June only)

Fort DeRussy Chapel, 836-4599

- Catholic Saturday, 5 p.m.—Mass in Chapel (May–Aug.) Saturday, 6 p.m.—Mass on Beach
- Protestant Sunday, 9 a.m. — Worship Service

Fort Shafter Chapel, 836-4599

- Contemporary Protestant Sunday, 9 a.m.—"The Wave" Worship

Helemano (HMR) Chapel

- Contemporary Protestant Sunday, 10 a.m. — Worship Service & Children's Church

***Main Post Chapel, 655-9307**

- * (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)
- Catholic Sunday, 9 a.m.—CCD & RCIA Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday–Saturday, 12p.m. — Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. — Worship Service

Tripler AMC Chapel, 433-5727

- Catholic Sunday, 11 a.m.—Mass Monday — Friday, 12 p.m.—Mass Saturday, 5 p.m.—Mass
- Protestant Sunday, 9 a.m. — Worship Service

Wheeler Chapel

- Catholic Saturday, 5 p.m.—Mass Sunday, 10:30 a.m.—Mass
- Collective Protestant Sunday, 9 a.m. — Worship Service
- Gospel Sunday, 12 p.m. — Worship Service



Send calendar announcements to community@hawaiiarmyweekly.com.

9 / Today

High-Flying Rock — Antigravity — the aerial explosion of athletic theater and American pop culture continues at the Hawaii Theatre through Feb. 11.

The New York Times called Antigravity "industrial strength entertainment" where art meets science, athletics meets dance, and rock meets theater. This show was performed at the 2002 Winter Olympics, the Grammy Awards and with P. Diddy at the MTV Video Music Awards. Tickets for the Feb. 9–11 show will be priced \$35–\$55. To purchase tickets, call the box office at 528-0506, or visit www.hawaiitheatre.com. Also, visit www.anti-gravity.com for information on the performance.

14 / Wednesday

James and the Giant Peach — The Hawaii Theatre Center and Paliku Theatre at Windward Community College will present the premiere musical adaptation of "James and the Giant Peach" Feb. 14, at 7:30 p.m.

This lively incarnation of song, dance and shadow puppets is based on the Roald Dahl story of a mistreated orphan whose life changes the day a giant peach appears in his garden. Tickets are available at the Hawaii Theatre Box Office, 1130 Bethel Street, for \$12 for adults, and \$9 for students, seniors and military. Tickets may be purchased electronically by calling 528-0506 or visiting www.hawaiitheatre.com.

Sea-duction Dinner — The Waikiki Aquarium invites loving couples to enjoy a unique and romantic tryst at its annual "Sea-duction Valentine's Day Dinner."

The private, candlelit dinner for two will feature champagne, a three-course dinner with wine, a commemorative photo, a single rose for all the ladies and valet parking. Doors will open at 6:30 p.m. and dinner will be served at 7 p.m. Cost is \$300 per

couple, with all proceeds benefiting the Waikiki Aquarium's future Northwestern Hawaiian Islands exhibit. For reservations, call 923-9741, ext. 3.

15 / Thursday

Vein Drain — The 2nd Brigade will host the monthly Schofield Barracks unit blood drive Feb. 15 in the Kaala Recreation Center, Room 101. The Tripler Blood Donor Center conducts a blood drive the third Tuesday of each month, with different units hosting, and the last Tuesday of each month at Tropics. Upcoming drive dates are Feb. 27, March 15 and 27.

For dates and locations of additional blood drives, or to schedule a donation at Tripler, visit www.militarylifeforce.com, or call 433-6699.

16 / Friday

College Scholarship — The Army Engineer Officers' Wives announces the availability of the Army Engineer Memorial Awards (AEMA) for graduating high school seniors. Students must be planning on attending an accredited college, university, technical school or vocational school in any field of study.

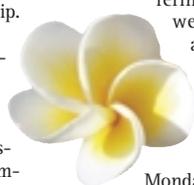
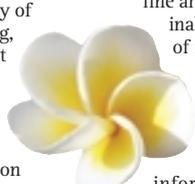
The Geraldine K. Morris Award, another AEMA scholarship, will be available to high school seniors enrolling in an accredited nursing program. Applicants may apply for both awards, but may only receive one. Eligible applicants must have a parent who is an active duty or retired Army engineer officer, or who died on active duty. Call (703) 383-3970, e-mail aema.scholarship@gmail.com, or visit www.aeowc.com. Applications must be postmarked by Feb. 16.

17 / Saturday

Pig Business at Pearlridge — Help welcome in the Chinese New Year in Pearlridge Mall. The year of the pig will be ushered in with an ancient Chinese lion dance Feb. 17, starting at 10:30 a.m. in the uptown center court.

18 / Sunday

March of the Lions — The Aloha Stadium Swap Meet will welcome the Chinese New Year with a performance by the Asia Arts Organization. Three lions will welcome the year of the pig Feb. 18. The opening ceremony will begin at 9 a.m. at the main entrance in parking section 4-E. Visit www.alohastadium-swapmeet.net or call 486-6704.



We Are Marshall

(PG)
Friday, 7 p.m.
Wednesday, 7 p.m.



The Pursuit of Happiness

(PG-13)
Saturday, 7 p.m.
Thursday, 7 p.m.



Children of Men

(R)
Sunday, 7 p.m.

Cut-off to apply for AER grant is approaching

KHALIDA DUBOSE
Staff Writer

Jackie Torres wants Soldiers, retirees and family members to know there is money available for them to help pay for college if they apply for it.

Thursday, March 1 is the last day spouses and young adults under the age of 23 can apply for the Army Emergency Relief (AER) scholarships and grants for the 2007-2008 academic year.

Scholarships and grants for spouses, active duty and retirees are available for a maximum of \$2,500 per year depending on financial need.

Under AER criteria, potential applicants must be a Soldier, be related to a Soldier, a retiree, widow or widower. Applicants must also be attempting to obtain a two-year, four-year or technical degree.

To receive aid, a Student Aid Report (SAR) has to be filled out online or by mail to determine financial need. For applicants who apply by mail, Torres, AER officer at Army Community Service, suggested that mail be postmarked no later than Feb. 20. Nonmarried family members under the age of 23 and still dependent, may apply for grants and scholarships that do not have a maximum dollar amount, said Torres.

In 2005 AER, which proudly uses the slogan, "Helping the Army take care of its own," awarded 2,140 scholarships internationally to children of Soldiers, totaling more than \$3.8 million, according to the 2005 AER annual report. Scholarships ranged from \$900 to \$2,700 with the average being \$1,811, the report said.

The approaching academic year is the first year spouses in the U.S. are able to take advantage of the opportunity. In previous years, only spouses overseas were able to apply for grants and scholarships.

March 19, AER is holding a kick-off rally at the Nehelani Club to get fund-raising activities rolling in mid to late March, Torres said. The rally, as well as other projects to raise money, will benefit scholarships, grants and emergency loans that are given to Soldiers and family members.

To fill out grant forms or an SAR, log on to www.aerhq.org or call Jackie Torres for more information at 655-7132.

Art: Local artists win big in annual Army contest

CONTINUED FROM B-1

• **Joseph Teijiero**, entered the 2006 contest "as a fluke."

"I didn't feel my work measured up to all the talented military personnel around the world," he said. "I figured what the heck. Nothing ventured, nothing gained, so I did it."

As events unfolded, the Commander, Pacific Fleet civil service worker placed in two categories. He won first place and an honorable mention in the novice wood category, and second place in the water-based paint category.

With no formal art training, Teijiero is moved by his love for art and working with his hands.

"My inspiration and joy comes from the creative process and giving the things I make to my loved ones and friends," he said.

Teijiero's winning entry in the wood category was "Man's Valet Box."

"It is a really simple design and made from a beautiful local Hawaiian wood

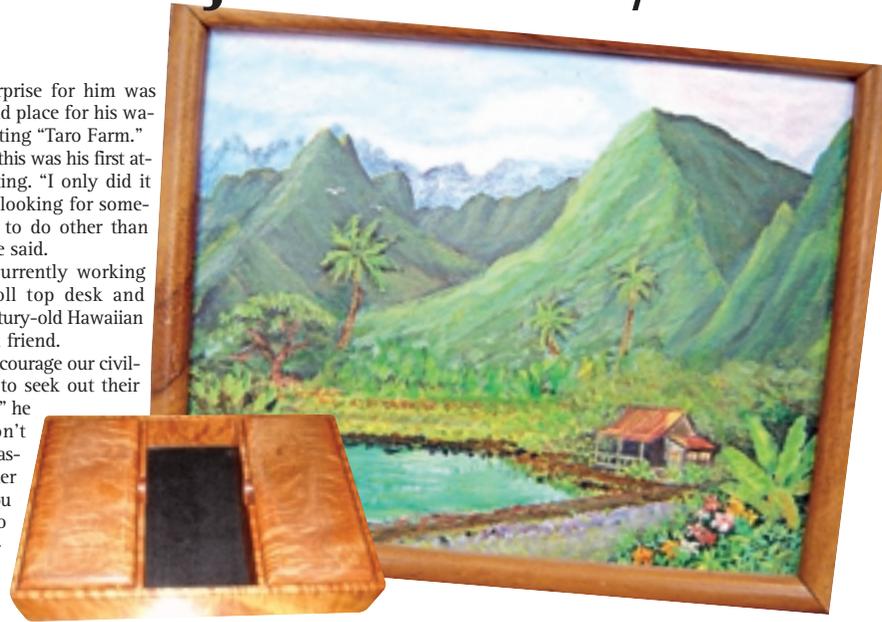
ohia," he said.

The real surprise for him was winning second place for his water-based painting "Taro Farm."

Teijiero said this was his first attempt at painting. "I only did it because I was looking for something creative to do other than woodwork," he said.

Teijiero is currently working on a small roll top desk and restoring a century-old Hawaiian end table for a friend.

I strongly encourage our civilian personnel to seek out their creative spirits," he said. "You don't have to be a master woodworker or painter ... you only need to enjoy the experience of creating and having fun."



AHA urges public to have a heart-to-heart with loved ones

CHRISTA B. THOMAS
Pau Hana Editor

It's February, and everybody has hearts on the brain – the big red cardboard ones filled with candy.

Now is also the time everyone should think lovingly about the heart beating inside his or her chest.

Since 1963, February has been dubbed "American Heart Month" to urge people to think seriously about preventing cardiovascular diseases.

Each year, the American Heart Association (AHA), adopts a theme for the fight against heart disease. This year, it's "Go Red for Women."

The AHA is encouraging women to take action against their number one killer, heart disease, and take the "go red" challenge. The challenge is an online, 10-year risk assessment at www.americanheart.org, is designed to help women calculate their risk of heart disease.

Maj. Jessica Trueblood and the staff at the Army Public Health Nursing, have several suggestions to help even the

most sedentary person work toward a healthier heart.

"The recipe for maintaining a healthy heart consists of eating a healthy diet, exercising regularly and not smoking or drinking excessively," Trueblood said in an electronic interview. "Eating a low-fat, low-cholesterol and low-sodium diet keeps your heart working like it should."

Trueblood recommends initiating a good exercise routine for at least 30 minutes, three or four times a week, but cautions people to check with their primary care provider before starting any exercise program.

"Everyone knows that smoking doubles your risk of having a heart attack and double your risk of sudden cardiac death," she said. Each year, more than 300,000 Americans die of smoking related heart disease, so don't smoke. If you do, quit."

While drinking alcohol in moderation may not pose a risk, drinking excessively does pose a serious hazard to the heart. When alcohol gets into the

blood stream, the nutrient rich blood is less able to nourish the heart.

There are many other risk factors for heart disease, which include high blood pressure, high cholesterol, physical inactivity, obesity and diabetes. Age, race and heredity may also affect the risk for heart disease.

Fitness coach David Berger said everyone could achieve a healthier heart, mind and body.



"You just need to make a commitment to yourself and you can start with as little as 10 minutes each day," he said.

Berger offered the following suggestions for heart-healthy goals:

Hold the cheese.

One of the easiest ways to slash the fats in the daily diet is to say no to cheese. Consider ordering a pizza with

only half the normal portion of cheese and use grated Parmesan as needed.

Pass the salt.

The American Heart Association and the National Heart, Lung and Blood Institute advises adults to "cut back and cut out salt in the daily diet to reduce the risks of high blood-pressure. Buy lower sodium prepared meals and avoid adding more salt to anything.

Laugh out loud.

Laughing and smiling are often associated with positive change. Dr. Steve Sultanoff, president of the American Association of Therapeutic Humor said, "Laughter can both change how you feel physically and affect your biochemistry." Sultanoff believes that people cannot truly experience humor and feel depressed at the same time.

Visit www.americanheart.org for more information on American Heart Month, and get tips for decreasing the risks of cardiovascular disease.

(Editor's Note: The American Heart Association Web site was a source for this article.)



10 / Saturday

Witness the Smackdown — Come watch Hawaii Championship Wrestling at Tropics on Schofield Barracks, Feb. 10.

Doors will open at 6 p.m. and matches will start at 7 p.m. The cost is \$5 for guests

ages 12 and up, \$3 for ages 11 and under, and free for children ages 5 and under. Call 655-5697.

18 / Sunday

Bowling Tournament — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, Feb. 18. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

Ongoing

Karate Classes — Hawaii Okinawa Karate Do Shodukan classes

are offered at the Fort Shafter Physical Fitness Center, Thursdays, from 6-7:45 p.m. and Saturdays, from 1-2:45 p.m.

Karate helps develop character, confidence, health, and self-discipline. Contact instructor Joseph Bunch at 488-4495.

SKIES Movement Center

— Do you have a love for the performing arts? If so, classes that feature creativity, cooperation, confidence, and self-expression are available at the Schools of Knowledge, Inspiration, Explo-

ration, and Skills (SKIES) movement center.

Students can learn street dance, introduction to dance, hula and ukulele. Look for ballet and junior hip hop in January.

All classes cost \$33 per month or \$99 per semester. Call 655-9818.

Mizuno Club Fitting

— Make an appointment with Professional Golfers Association member Lou Merkle to schedule custom fitting of golf clubs or to schedule individual lessons to improve playing skills. Call 438-9587 to

make an appointment.

Scuba Classes — Scuba class provides individuals with an opportunity to earn their PADI certification during two weekends for only \$175.

Instruction is held Saturdays and Sundays at various locations depending on class content. Call 655-0143.

Group Cycling — Participants can use stationary bikes and drills to work out during group cycling. With tension and resist-

ance, individuals can simulate up and downhill climbs to provide challenging experiences.

Classes are held at various times on Tuesday, Wednesday and Thursday.

Call the Schofield Barracks Health and Fitness Center at 655-8007 for more details.

Leilehua Golf Course Driving Range — The golf driving range at the Leilehua Golf Course is open weekdays until 9:30 p.m. Call 655-4653.



Send community announcements to community@hawaiiarmyweekly.com.

9 / Today

Big Toys for Big Boys — The Hawaii Big Boy's Expo will feature the latest trends in automotive, health and fitness, electronics, gadgets, fashion, sports and much more.

The event will be held Friday, Feb. 9, from 5-10 p.m. in the Neal S. Blaisdell Exhibition Hall on Ward Avenue.

The event will also feature an autograph signing by NFL Pro Bowl players, guest appearances by the Budweiser 2007 World Poker Tour players, video game contests, local entertainment and special attractions.

Cost is \$8 for adults, \$5 for children age 6-12 and seniors.

Visit www.thehawaiiibig-boysshow.com.

10 / Saturday

Pro Bowl Events — The annual NFL Pro Bowl game will be held at 1 p.m. in Aloha Stadium Feb. 10. Active duty personnel will participate in pre-game and half-time ceremonial activities.

For information on Pro Bowl activities, call 877-750-4400 or visit www.nfl.com/probowl/ information.

16 / Friday

The GAR Expo — Come and enjoy The Great Aloha Run Sports, Health & Fitness Expo at the Neal

S. Blaisdell Center Exhibition Hall, Feb. 16-18.

The expo will feature and array of vendors sharing information on adventure, action sports, leisure activities, health and wellness, exercise, healthy foods and supplements information.

Guests may enjoy interactive workshops and demonstrations, keiki fun and games, prize giveaways, a farmers' market and food court. Visit www.greataloharun-expo.com.

19 / Monday

The GAR — The ever-popular Great Aloha Run will be held Feb. 19.

More than 20,000 participants are expected to participate in this year's 8.15-mile run/walk that starts on Nimitz Street at the Aloha Tower Marketplace in downtown Honolulu (with entertainment along the route) and ends in Aloha Stadium.

Call 528-7388 or visit www.greataloharun.com for event and registration information.

Ongoing

Hunter Education Courses

— The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes.

Subjects to be covered include wildlife identification and conservation, firearms and archery safety, survival, game care and more.

The free two-day classes are held each month, on a Saturday, from 5:45-10 p.m., and Sunday, 7:45 a.m.-4 p.m.

Classes are family-friendly and open to anyone age 10 and older.

Visit www.hawaii.gov/dlnr/

dcre/courses.htm or call 587-0200.

Fleet Feet — Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15-7 p.m.

Cost is \$50 per year. Call 277-3609.

Masters Swim Program

— Team Move hosts a master's swimming program Wednesdays, from 7:30-8:30 a.m., and Saturdays from 7-8:15 a.m., in the Pearl City district park swimming pool.

The innovative group workouts are designed for beginning and advanced swimmers. Expert coaching will be provided to improve upon form and technique.

All ages are welcome. Cost is \$15 per month for Team Move members and \$25 per month for nonmembers. The pool is located at 785 Hoomaemae St., Pearl City.

Golfers Wanted — Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

Bike Hawaii — Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages can include downhill biking, waterfall hiking and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

Meals are included. To schedule an adventure, call 734-4214, 877-682-7433, or go online at www.bikehawaii.com.



Pvt.2 Matthew C. Moeller | 17th Public Affairs Detachment

It's GAR-reat!

Soldiers from 2nd Battalion, 35 Infantry Regiment, 3rd Brigade Combat team finish the 2006 Hawaiian Telcom Great Aloha Run (GAR).

Active duty members from all branches of service around the island are expected to participate Feb. 19 in the Sounds of Freedom division of the 2007 GAR.

Units will run in formation and shout in cadence. The philosophy of this division centers on a unit's ability to accurately estimate the time it will take to complete the 8.15-mile course intact.

For run details, visit www.greataloharun.com.

You Drink.
You Drive.
You Lose.

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

— National Highway Traffic Safety Administration