

INSIDE

IED kills four 2nd Bde. Soldiers

25TH INFANTRY DIVISION PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS – The Department of Defense announced Tuesday the death of four Soldiers from units within the 2nd Stryker Brigade Combat Team, 25th Infantry Division, who were supporting Operation Iraqi Freedom.

The Soldiers died Feb. 8, in Taji, Iraq, of wounds suffered when their vehicle encountered an improvised explosive device.

The following Soldiers were killed:

Spc. Michael T. Manibog, 31, of Alameda, Calif., who was assigned to 1st Battalion, 21st Infantry Regiment. He joined the Army in August 2005 and was assigned to Schofield Barracks in October 2006.

Sgt. Timothy P. Martin, 27, of Pixley, Calif., who was assigned to 2nd Squadron, 14th Cavalry Regiment. He joined the Army in



Manibog



Martin



Whisenhunt



Willett

April 2005 and was assigned to Schofield Barracks in March 2007.

Staff Sgt. Jerald A. Whisenhunt, 32, of Orrick, Mo., who was assigned to 1st Battalion, 21st Infantry Regiment. He joined the Army in October 2000 and was assigned

to Schofield Barracks in May 2007.

Sgt. Gary D. Willett, 34, of Alamogordo, N.M., who was assigned to 1st Battalion, 21st Infantry Regiment. He joined the Army in February 1995 and was assigned to Schofield Barracks in October 2006.



Center mass

Jerry "The Burner" Barnhart teaches 25th ID, 3rd Brigade Combat Team Soldiers world-call marksmanship.

A-5

Launch off

Celebrate African-American History Month with NASA Astronaut Robert Satcher, at Fort Shafter Flats, Feb. 22.

See Community Calendar, B-2

Kolekole Jam II

Don't miss the best, free concert of the year with Montgomery Gentry, Feb. 23, at Sills Field, Schofield Barracks.

B-3



NFC takes title

Football fanatics fill the Aloha Stadium to witness the battle between NFC and AFC at the Pro Bowl.

B-1

This issue

Lightning Spirit A-2

Deployed Forces A-3

News Briefs A-6

MWR B-2

Sports & Fitness B-4



Spc. David House | 8th Theater Sustainment Command Public Affairs

Muddy low-crawling 101

SCHOFIELD BARRACKS — Members of the 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, master low-crawling techniques as part of their training regimen, Feb. 4, at Area X.

Sappers train for close quarters, urban warfare

Engineers learn transitioning skills to close quarters combat

Story and Photos by
SPC. KYNDAL HERNANDEZ
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Combat engineers with the 95th Engineer Company "Sappers" honed urban warfare tactics during extensive training the past three weeks at Area X.

The 95th, a relatively new unit with the 8th Theater Sustainment Command's 65th Engineer Battalion, has been growing since this

summer. The phased training began with Close-Quarters Marksmanship (CQM), where Soldiers focused on reflexive fire drills and basic movement techniques. The second week Soldiers practiced close-quarters battle drills and moved on to demolitions the final week of training.

"We are beginning with CQM, which is just learning how to transition when Soldiers enter or clear a building," said Staff Sgt. Jason Wrynn, a platoon sergeant with the Sappers. "During deployments, a lot of engineers are conducting missions where they are clearing buildings right alongside the infantry or by themselves, so this will help

them train and be prepared for that."

"This is all brand new to me," said Pfc. Richard Kugelmana, a combat engineer with the unit. Kugelmana joined the Army after serving in the Air Force security forces. He said the Army's training is more extensive.

"I think this is really good training, because it teaches us about another aspect of our job and what we need to know when we are deployed," Kugelmana said. "Plus, it helps with muscle memory – if you keep doing it, you keep getting better at it."

CQM, the basic building block for the Sap-

SEE SAPPERS, A-11

Tax centers offer free assistance for service members & their families

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – The 2007 tax-filing season is well on its way, and Soldiers and families can turn their visions of tax refunds into reality with help from the Schofield Barracks and Fort Shafter tax centers.

More than 80 members of the military ohana recently walked through the doors of the tax center here, recently. On the opening day, Soldiers and families received more than \$50,000 in refunds and saved more than \$14,500 in tax preparation fees, according to Capt. Geoffrey Guska, officer in charge, Office of the Staff Judge



Pfc. Anne Marie Crumpler (right) prepares a tax return for Spc. Pete Rodriguez. The tax centers on both Schofield Barracks and Fort Shafter provide a free walk-in service for members of the military ohana.

Advocate Tax Assistance Programs, 25th Infantry Division. "We had an overwhelming re-

Tax Centers

Fort Shafter:
The Aloha Center, Rooms 107 and 108
9:30a.m.-5 p.m.,
Monday-Wednesday
Call 438-1813

Schofield Barracks:
1612 Foote Ave., Building 648
9:30a.m.-5 p.m.,
Monday-Thursday
9:30a.m.-4 p.m., Friday
Call 655-1040.

This shouldn't be a stressful process."

The Schofield Barracks and Fort Shafter tax centers provide free walk-in service for all eligible in-



Sgt. Jeremy Tomlin's son waves at the camera during a welcome home celebration, Feb. 4.

Dive team resurfaces

7th Engineer Dive Team Soldiers return home from 15-month deployment

Story and Photo by
SPC. NATALIE BARBER
8th Military Police Brigade Public Affairs

FORT SHAFTER – Soldiers with the 7th Engineer Dive Team were welcomed with open arms, Feb. 4, when they returned home from a 15-month deployment in support of Operation Iraqi Freedom.

During deployment, Soldiers performed their wartime mission in four different countries in the Middle East: Iraq, Kuwait, Bahrain and Qatar. The dive team's daily functions included force protection, security swims, hydrographic surveys, and searches for equipment and fallen Soldiers.

While every mission carried equal importance, the team said one mission in particular was most gratifying. That mission involved a 142-ton bridge on the Euphrates River, according to Staff Sgt. Chris Foster.

"If left as it was, [the bridge] would have fallen and hit a gas line that could have killed a lot of people," Foster said. "That was one of our biggest tasks and felt most rewarding."

The team worked directly with the Kuwaiti Navy, the Iraqi Ministry of Defense, Multinational Corps-Iraq, and many other organizations throughout the Central Command Theater.

"We worked a lot with the Kuwaiti people," Spc. Taylor Lopez said. "We had very good relations with them; they would even invite us over to their homes to eat with them."

Overall, the 7th Eng. Dive Team made more than 260 dives, spent

SEE DIVE, A-11

dividuals, including active duty personnel and retirees. Also eligible are family members of active or retired personnel, along with reservists and National Guard members serving on active duty orders in excess of 29 days.

Returns are prepared for the 2007 tax year, along with the 2005 and 2006 tax years for Soldiers who have recently redeployed to Hawaii from combat tours.

"This experience has been more personal and more efficient than my past experiences," said Spc. Pete Rodriguez, 540th Quartermaster, 45th Sustainment Brigade. "They went through all of our op-

SEE TAX, A-9

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

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Gates favors pause after deployment surge

JIM GARAMONE

American Forces Press Service

FORWARD OPERATING BASE FALCON, Iraq — Defense Secretary Robert M. Gates said Monday he'll probably recommend a pause for evaluation and assessment in Iraq before further troop reductions when the last surge brigade leaves in July.

Gates spoke following a two-hour meeting with Multinational Force Iraq commander Army Gen. David H. Petraeus.

"I think the notion of a brief period of consolidation and evaluation probably does make sense," Gates told reporters traveling with him. The secretary did not speculate on how long the pause would be.

Last month, Petraeus recommended a pause in redeployment from Iraq after the surge brigades left Iraq. The first of the five

surge brigades left Iraq in December. The second is scheduled to leave by the end of next month, then one more will go home each month through July. These movements will leave 15 brigade combat teams, or their equivalents, in Iraq.

Petraeus said he wanted to have a pause to reassess the conditions on the ground and to evaluate how the Iraqis are picking up the security mission.

Gates has said repeatedly that conditions on the ground will dictate how fast further brigades will redeploy. Though he had expressed the hope that more brigades could leave Iraq in August, he said he had been leaning toward a brief pause.

"I had been kind of headed in that direction as well," he said. "One of the keys is how long is that period and then what hap-

pens after that. All of that is still to be determined, and then ultimately decided by the president."

Gates arrived in Baghdad, Sunday, and immediately went to a working dinner with Iraqi officials, including Prime Minister Nouri al-Maliki. Gates complimented the Iraqis on the legislative progress they have made and urged them to keep it up.

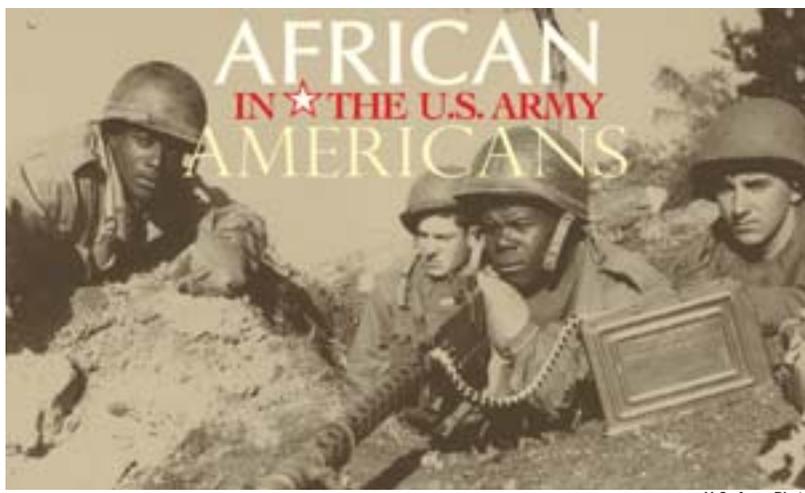
Monday, the secretary had breakfast with Multinational Corps Iraq sergeants major. He said the sergeants major talked to him about troop morale, the commitment troops have made, and problems that remain.

Following the breakfast, Gates moved to the Al Faw Palace and presented Army Lt. Gen. Raymond T. Odierno and Command Sgt. Maj. Neil L. Ciotola with awards for their service in Iraq. Odierno and Ciotola are

the commander and senior enlisted advisor for the Multinational Corps Iraq, and they're wrapping up their 15-month tour this week. Pending Senate confirmation, Odierno is slated to receive his fourth star and to become Army vice chief of staff later this year.

"General Odierno and his team arrived last year in what was considered a grim time in the Iraq mission," Gates said. "Under the guidance of General Petraeus, the Corps carried out a strategy that combined classic counterinsurgency principles with approaches that broke new ground in the history of warfighting."

Gates said the Corps made impressive gains under Odierno and Ciocola, that attacks have dropped, and the Iraqis have a chance for freedom and prosperity.



U.S. Army Photo

Sgt. 1st Class Major Cleveland, weapons squad leader, 2nd Infantry Division, points out communist-led North Korea's position north of the Chonchon River to his machine crew, Nov. 20, 1950.

Blacks have long legacy of military service, sacrifice

African-American Soldiers have fought in every war since the American Revolution

AMERICAN FORCES PRESS SERVICE

News Release

WASHINGTON — Since the birth of America, African-Americans have been fighting and dying alongside their countrymen as the U.S. has struggled for freedom and peace at home and abroad.

African-American Soldiers have fought in every war the U.S. has participated in, from the Revolutionary War to the current war on terror.

About 5,000 African-American Soldiers fought in the American Revolutionary War. In the Civil War, 180,000 African-Americans made up 163 units of the Union Army, and many more served in the Union Navy. African-Americans were used mostly for labor by the Confederate forces, although in 1865, Confederate President Jefferson Davis signed a bill authorizing the enlistment of slaves.

Fifteen African-American Soldiers were awarded the Medal of Honor for their actions in the Civil War, and another seven African-American sailors were honored for their heroism.

In 1866, federal legislation was passed that allowed African-Americans to enlist into the regular Army, and by 1869, the Army had four all-African-American units: the 9th and 10th Cavalry and 24th and 25th Infantry regiments. It was these African-American units that fought in the Indian Wars of 1867-1891, the Spanish-American War in 1898, the Philippines Insurrection from 1899 to 1901, and

Celebrate African-American History Month Feb. 22 at Fort Shafter Flats and Feb. 28 at Schofield Barracks. See Community Calendar, B-2.

Gen. John Pershing's punitive expedition into Mexico in 1916. The units were dubbed "Buffalo Soldiers" by the Native Americans they fought against.

The first African-American general officer in the U.S. Army was Benjamin O. Davis, of Washington, D.C., who entered the military July 13, 1898, during the Spanish-American War. He reached the rank of brigadier general Oct. 25, 1940.

Davis' son, retired Air Force Lt. Gen. Benjamin O. Davis Jr., was the fourth African-American graduate of the U.S. Military Academy at West Point and the nation's second

RELATED STORY

• Staff Sgt. Arshad Jones, 30th Signal Battalion, was honored with the 2008 African-American History Award. See A-4.

African-American general officer.

Although the U.S. armed forces remained segregated throughout World War I, many African-Americans volunteered and fought with U.S. forces. By the end of the war, more than 350,000 African-Americans had served in the conflict, 1,400 of whom were commissioned officers.

Many African-American units were relegated to support roles during World War I, but

SEE LEGACY, A-5

Getting it Straight:

In the Feb. 1 edition, page A-1, the article "MPSA reunites Soldiers and parcels" listed the wrong e-mail address. The correct address is MPSA-MRC@conus.army.mil. Also, in the article "AMR housing's cultural fest makes a lasting impression," page B-3 of the Jan. 25 edition, Maj. Rajesh Lobrecht was incorrectly referred to by the pronoun she.

LIGHTNING SPIRIT

Sometimes U-turns are the most direct route

CHAPLAIN (MAJ.) SCOTT A. STERLING

U.S. Army, Pacific, Chaplain's Office

After living in the Mojave Desert for four years, I decided that the desert (any desert) can be a great and beautiful place to travel through, but not always such a wonderful place to live.

This belief was reaffirmed during two deployments in the deserts of Iraq. I learned that deserts are not called "wastelands" for nothing.

But I have also discovered that even though deserts may be considered wastelands, that doesn't mean our time there has to be wasted. Deserts can be places of growth and nourishment.

As people travel to desert health spas to become physically rejuvenated, many also retreat to deserts for spiritual refreshment as part of a spiritual journey. In fact, many of the world's religions see the desert as a place to seek God, be tried and tested, and ultimately move forward.

In the Bible, the Israelites traveled in the desert for 40 years after escaping from slavery in Egypt and before entering the promised land. They had to learn to love and follow God's law.

And, of course, Jesus spent a spiritually exhausting 40 days in the desert at the beginning of his ministry, facing challenges and temptations, and overcoming by the power of God.

Likewise, today, Christian holy men and women retreat to the desert to commune with God without distractions. Each year still, faithful Muslims wait in the desert plains outside of Mecca, praying and reflecting, before entering the city during the Hajj pilgrimage.

The thread that runs through all of these desert experiences is the theme of spiritual renewal and transformation through prayer, self-reflection and self-denial.

In the Christian calendar we have entered the 40-day period of preparation for Easter called Lent, an annual season of intentional spiritual renewal and transformation. Unfortunately, many Christians are too eager to get to the party (Easter) and tend to ignore the journey of preparation along the way.

And although Lent, the passion and Easter are certainly Christian concepts, there are still some universal truths that can be appreciated by people of all faiths. For example, Rabbi Michael Greenstein said, "Part of the Lenten draw, I believe, is this season's underlying message of renewal."

The idea of renewal simply means that we're not content or satisfied where we are at the moment, and we want to be different. There are areas of our lives that we want to shed like

a heavy overcoat on the first warm days of spring (OK, maybe that metaphor doesn't work in Hawaii, but ...).

Dr. Marcus Borg put it this way: "Some of us may need to die to specific things in our lives — perhaps to a behavior that has become destructive or dysfunctional; perhaps to a relationship that has ended or gone bad; perhaps to an unresolved grief or to a stage in our life that it is time to leave; perhaps to our self-preoccupation; or even to a deadness in our lives."

Borg concludes by saying that the journey of Lent is about "dying and rising, about ... transformation."

When I'm driving in unfamiliar or confusing cities, I am so grateful for the opportunities to make U-turns. It is maddening to me to have to continue down a road that I know to be wrong, but I can't turn around. It's like getting on the H-3 by mistake — the view may be beautiful, but you'll end up where you don't want to be.

But the joy of our relationship with God is that God not only allows U-turns, but encourages them. No matter how far down the road we are, no matter how many times we take wrong turns, go down blind alleys or dead end streets, or wind up on dirt paths, God always encourages us to make U-turns and get back on the right road. That's what we call renewal.

"The idea of renewal simply means that we're not content or satisfied where we are ..."

Chaplain (Maj.) Scott Sterling

Where do we start and how do we prepare? The Lenten tradition of preparation usually includes prayer, self-denial and giving to charity. Each of these practices leads us to look outward, either to God (in prayer), or to those around us.

Martin Luther King Jr. said, "An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

It pleases God and enriches our lives when our focus turns from ourselves to God and God's world.

Deserts come in various sizes, shapes and temperatures. But what all deserts have in common is the uncanny ability to force human beings to face self and our challenges.

On our desert journeys we can either move forward in God's strength, or we can be content to wander and thereby squander the opportunities for renewal God offers. Remember, U-turns are permitted.

43 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 2/13/08.

Voices of Lightning: With President's Day coming up next week, what do you treasure most about the U.S.?



"Just being able to be a female and serve in the U.S. Army is what I enjoy the most."

Sgt. Ebony Banks
94th AAMDC
Administrative specialist



"I treasure the freedom that we have as Americans, and I treasure the opportunity to fight for freedom, not only for Americans but for those of other countries."

1st Sgt. Tiffany Basley
536th MC, Rear Det.
First Sergeant



"With President's Day coming up, I think the U.S. is a great place to live because you know you're safe here. You know your family is safe, and you don't have to be afraid when you go out because you know you are safe."

Pfc. Kevin Crum
643rd Eng. Company
Electrician



"I treasure being able to travel freely, and all the different things the U.S. has to offer."

Maj. David Lynn
G6, 25th ID
Information systems manager



"I value our freedoms and the possibilities the U.S. has to offer as far as job careers and the ability to do what we want in our lives."

Pvt. Dylan McEwen
D Co., 2-35th, 3rd IBCT
Infantry



Sgt. Brad Willeford | 1st Battalion, 27th Infantry Regiment

Pvt. Benjamin Raulerson, 1-27th Infantry, speaks to a child while on patrol in Taji, which is north of Baghdad.

Infantryman patrols Iraq to oust criminals

STAFF SGT. J.B. JASO III
1st Battalion, 27th Infantry Regiment

CAMP TAJI, Iraq – A long way from friends, family and his favorite past time, hunting, Pvt. Benjamin Raulerson is here helping his unit, A Company, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” 2nd Stryker Brigade Combat Team, rid the northwest Baghdad area of terrorism and criminal activity.

In his first month in Iraq, the 22-year-old infantryman participated in more than 50 patrols, where he assisted identifying and seizing enemy cache sites and helped secure the area so the Iraqi government could provide essential services to its people.

“[It] feels good knowing that I’m assisting in removing items that can harm the U.S. and [Iraqi citizens],” said Raulerson, after returning from a patrol where his unit located a weapons cache.

The cache contained several mortars, rocket-propelled grenades and other items that could have been used as improvised explosive devices (IEDs).

Raulerson said his typical day includes patrols into various villages where his unit assists the Iraqi Army in securing the area. When not on patrol, Raulerson said he uses the rest of his time to relax.

Though he had many stories about various patrols, one incident stuck out in his mind. While on patrol, he was invited to lunch at a local leader’s home.

“I had no idea what I was eating, but it was good,” he said. “I enjoy trying new things.”

That same adventurous spirit of trying new things led Raulerson to join the Army in April 2007. After completing Basic Combat Training at Fort Benning, Ga., he was assigned to the Wolfhounds. He reported to the unit just in time to join his fellow Soldiers at the National Training Center (NTC) in Fort Irwin, Calif. There, he spent seven weeks honing his skills as an infantryman.

While at NTC, Raulerson was awarded the Army Achievement Medal for his exemplary service.

“Raulerson is the best Soldier in my team,” said Cpl. Douglas Urias, Raulerson’s team leader.

Raulerson said he attributes his initiative and natural leadership to his father, who served in the Army as a military police officer in South Korea.

When Raulerson returns to Hawaii, in about 13-months, he said he plans to explore the Hawaiian Islands, learn to surf and frequent the beaches. In the meantime, however, he will continue to help protect the new freedoms of the Iraqi people.

Macedonian Soldiers join 2-11th FA

Story and Photo by
SPC. AARON ROSECRANS
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – Soldiers with 2nd Battalion, 11th Field Artillery (FA) Regiment, helped get a platoon of Soldiers from the Macedonian Army up to speed with gate procedures here, recently. Training went smoother than some Multinational Division-Baghdad (MND-B) Soldiers initially thought it would.

Macedonian Soldiers volunteered to help with perimeter security around the military base here, which is located northwest of Baghdad.

Each Soldier had his or her own reasons for volunteering for the six-month deployment, but all have one mission – to help secure and stabilize this region of Iraq.

“The whole platoon came, except for five guys who couldn’t come for one reason or another,” said Sgt. Elvis Torovski, platoon leader, 2nd Battalion, 2nd Mechanized Infantry Brigade (MIB), Macedonian Army.

“I came to Iraq because a lot of my colleagues raised their hands and decided to come here,” said Torovski, who didn’t want to leave his Soldiers with a new platoon leader.

Macedonian 1st Lt. Ljupco Sosoloski, platoon executive officer, 2-2 MIB, had other reasons for volunteering to come to Iraq.

“I volunteered to help the coalition forces and fight the terrorists around the world,” said Sosloski. “I wanted to see how American Soldiers work, to work with them and to learn from them.”

“Preparing the Macedonian Soldiers was fairly easy because they caught on very quickly,” said Sgt. Felix Correa, an initial vehicle search team leader with A Battery, 2-11th FA. “We had a hard time at first because of the language barrier, but we worked around that and everything went smoothly.”

Before the platoon arrived in country, it received the same training MND-B Soldiers receive.



Sgt. Felix Correa (right), the initial vehicle search team leader with Battery A, 2nd Battery, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, Multi-National Division – Baghdad, and Macedonian Sgt. Elvis Torovski, team leader, with 2nd Platoon, 2nd Battalion, 2nd Mechanized Infantry Brigade, check identification cards and suspicious electronic devices in vehicles as they enter the Gunner’s Gate here Jan. 28.

“They got the full package of training in Kuwait that everybody else has,” said 1st Lt. Ryan Napier, executive officer, A Battery, 2-11th FA. “Back in Macedonia, they have a desert training area in the center of the country where they did their desert warfare train-

ing before going to Kuwait and coming here.”

According to the 2-11th Soldiers on the ground at the Gunners Gate, the new influx from Macedonia has been a big help, and U.S. Soldiers look forward to the next six months with their new comrades in arms.

Signal staff sergeant wins history award at U.S. Army level

BILL MCPHERSON

516th Signal Brigade Public Affairs

FORT SHAFTER — The 516th Signal Brigade's reigning Noncommissioned Officer of the Year, Staff Sgt. Arshad Jones of the 30th Signal Battalion, bested candidates from seven major commands to win this year's 2008 African-American History Award, said Maj. Phoebe Jeter, U.S. Army Pacific (USARPAC) equal opportunity program manager. Jones had been named USARPAC's recipient in January.

Jones will accept the award at the Department of Defense's African-American Heritage Symposium, Feb. 25-26, at Fayetteville State University, Fayetteville, N.C. Accompanying him to the symposium will



Jones

be his supervisor, Capt. Maribel Ostergaard, commander, 396th Signal Company, who nominated him for the honor.

“In the past year, Staff Sergeant Jones has demonstrated the qualities of an outstanding leader and

has lived the United States Army core values,” said Ostergaard.

“His relentless drive for excellence led him to get promoted to staff sergeant in March 2007, with only four short years of active service,” Ostergaard said. “One week later, as the 30th Signal Battalion NCO of the Year, he beat out five other NCOs of the Year

to become the brigade NCO of the Year.”

Jones then represented the brigade at the Network Enterprise Technology Command (NETCOM) and finished first runner-up, missing winning the title by one point. Although Jones did not take the NETCOM title, his professional essay on “Safety within the Army” was submitted by NETCOM Command Sgt. Maj. Donna Harbolt to the deputy secretary of the Army.

Last fall, Jones attended the Basic Noncommissioned Officer Course (BNOC) at Fort Gordon, Ga.; he was selected as the distinguished graduate for his class and also earned a superior evaluation for his leadership abilities while serving as platoon sergeant and class leader.

Jones exceeded BNOC academic standards by maintaining a grade point aver-

age of 98.53 and received the commandant's Certificate of Achievement for scoring 297 on the end of course Army Physical Fitness Test.

While still in BNOC, Jones earned his Cisco network associate certification, scoring a perfect score of 1000/1000.

“Staff Sergeant Jones is now applying the knowledge and experience he gained in BNOC to devise a training program at the 396th, which will ensure the professional development of his Soldiers,” Ostergaard said.

Recently in his off-duty hours, Jones was instrumental in coordinating and executing a project for raising funds to refurbish the playground at the Winsor Elementary School. His team raised enough money to replace 16 swing sets, paint the

corroding playground equipment, and repair the basketball courts, Ostergaard said.

“Jones truly embodies every aspect of the Total Soldier Concept,” Ostergaard said. “He is a leader who excels at everything he does, and takes the time to share his knowledge and experience with not only his peers, but his subordinates alike. He is the type of leader that every Soldier hopes to be and every leader is grateful to have.”

A native of Suffolk, Va., Jones graduated in 2000 as the valedictorian of his high school class. He then completed two years at the College of William and Mary before joining the Army, Jan. 1, 2003.

His first assignment was with the 3rd Signal Brigade, Fort Hood, Texas, where he deployed to Iraq for 15 months in support of Operation Iraqi Freedom.

‘The Burner’ teaches marksmanship

Story and Photos By
PFC. JAZZ BURNEY

3rd Infantry Brigade Combat Team Public Affairs

PUULOLO RANGE — One by one each round punched through the center mass of the paper targets as Soldiers practiced advanced training from a world-renowned marksman and demonstrated their new skill, accuracy and competency.

World-class firearms instructor Jerry Barnhart taught Soldiers from the 25th Infantry Division's 3rd Brigade Combat Team during an advanced marksmanship course at Iroquois Point's Puuloa Range, recently. Barnhart shared his skills and passion for marksmanship to help Soldiers perform more efficiently during deployment.

"I've always liked to shoot and [was] a recreational shooter as a kid," Barnhart explained. "I always had a knack for [shooting] and have become a technician at my craft. [Since] I have a lot of friends overseas and ... responsibilities to ... ensure that our Soldiers are way ahead of our enemies and trained with these techniques," he added.

The training enhanced small unit leaders' knowledge and warfighting capabilities.

"In a perfect world, every brigade would have Barnhart-trained Soldiers," said 1st Lt. Matthew Dotson, officer in charge of the range, B Company, 2nd Battalion, 35th Infantry Regiment.

Barnhart's training is geared to allow Soldiers to take knowledge back to their fire teams, squads or whatever size element they might have.

"Everything that Barnhart teaches in this course has 'train the trainer' type material," said Dotson. He added that Barnhart instructed Soldiers not only how to use drills and materials, but also about why the drills are important.

During the training, students developed skills to better teach advanced marksmanship techniques to other Soldiers.

"This training is very user-friendly," said Sgt. Derek Kerns, squad leader, C Company, 2-35th Inf. Regt. The course helps noncommissioned officers focus on Soldiers' capabilities, where to start, what to teach, and where to build on previous knowledge.

As a private contractor hired by the military, Barnhart has trained Soldiers for more than 15 years, and he has the experience and practical knowledge to demonstrate and teach advanced combat marksmanship.

"I am constantly watching and trying to learn more myself, to improve what I do every day to



Above — Soldiers with 2nd Battalion, 35th Infantry Regiment receive advanced marksmanship training from Jerry Barnhart who helps Soldiers perform more efficiently during deployment.

Right — A Soldier from the 2-35th sites in a target as he practices skills developed by Jerry Barnhart during an advanced marksmanship course on Puuloa Range at Iroquois Point.

make the Soldiers more proficient," said Barnhart. "Since the environment they're fighting in today is different, my job is to bring Soldiers up to the 21st century of marksmanship."

During the training, Soldiers listened and trained intensely to grasp concepts that could eventually make the difference in combat.

"Mr. Barnhart's training gives you enough repetitions of each exercise to partially override existing muscle-memory ... [and] develop the Soldier's new abilities to be used downrange," said Kerns.



Legacy: Enlistment of African-Americans jumps with all-volunteer force

CONTINUED FROM A-2

several units distinguished themselves in combat.

In World War II, more than 2.5 million African-Americans registered for service, but only 1 million actually served. African-American service members served in Casablanca, Italy, the Aleutians, Northern Ireland, Liberia, New Guinea, the China-Burma-India theater, Guam, Iwo Jima, Guadalcanal, Bougainville, Saipan, Okinawa, Peleliu, Australia, France and England.

It was during World War II that the famed Tuskegee Airmen served. Actually the 332nd Fighter Group of the U.S. Army Air Corps, the Tuskegee Airmen were the first African-American military pilots.

In 1948, President Harry S. Truman signed Executive Order 9981, integrating the armed forces and eliminating racial discrimination in federal employment. Segregation in the military officially ended in 1954, when the last all-African-American unit was abolished. Soon, the Korean War and Vietnam War both saw many great accomplishments by African-American service members.

African-American enlistment into the U.S. military jumped with the advent of the all-volunteer force in 1973. African-Americans made up about 17 percent of the military's enlisted force when the draft ended in 1973.

By the early 1980s, African-Americans made up nearly 24 percent of the enlisted force. When the U.S. and its allies pushed Iraqi dictator Saddam Hussein's forces out of Kuwait in 1991, the most senior officer in the U.S. military was an African-American, Army Gen. Colin Powell, the chairman of the Joint Chiefs of Staff. Powell later served as secretary of state in President George W. Bush's administration.

Today, African-Americans continue to serve the nation as members of the military during the war on terror.

(Editor's Note: Information for this article was taken from several military, government and civilian sources.)

Natural Resources 'outplants' new ground

STAFF SGT. CRISTA YAZZIE
U.S. Army, Pacific, Public Affairs

MAKUA VALLEY — Endangered species of Hawaii have found a friend in the Oahu Army Natural Resource Program (OARNRP).

Natural Resource staff members and several volunteers recently scaled some of Oahu's tallest ridges and rode helicopters to Makua Valley's tightly angled peaks to keep the countryside green.

"It was absolutely amazing," said Candace Russo, environmental outreach specialist. "We got to fly in a helicopter to the most beautiful spot I've ever been to, all while surrounded by native Hawaiian vegetation ... and then we outplanted even more vegetation."

Outplanting involves collecting seeds from endangered plants in the area, planting the seeds in the Natural Resource nursery, and then replanting the growing seedlings in the original area.

The Natural Resource staff conducts outplanting for endangered species seasonally, during the rainy season between December and early March. This particular venture encompassed two days of outplanting.

"We bring the plants up with us in the helicopter, we take a couple of loads with us, and we carry the plants down along the slope on the side of the ridge, to particularly good habitats for each plant," said Kim Welch, environmental outreach specialist.

Due to weather, the outplanting crew was unable to use helicopters the first day. Instead, they hiked to



Kim Welch | Environmental Outreach Specialist

Army Natural Resources staff members Vince Costello (top), Rob Romualdo, and volunteer Tom Rau (bottom) hike along the fenceline to reach the outplanting site.

the site in the Waianae Mountain Range, carrying the plants with them.

"They're definitely troopers, hiking at least 45 minutes to the site. It's very steep terrain, so they did an awesome job getting it done," said Jane Beachy, Natural Resource management coordinator.

"People don't always realize that Oahu has a lot of endangered plants, that there are a lot of amazing resources out there to preserve them and just how much

is being done to facilitate their stabilization," Beachy said.

One plant finding more ground along the ridge thanks to the OARNRP is the "Loulu" (scientific name: *pritchardia kaalae*), an endangered palm native to the northern Waianae Mountains.

"The largest population of this palm is found in the Makua Valley," said Welch.

"We do a lot of work with this palm, the main threat being rats, which eat all its fruit," said Beachy. "Rats are so good at eat-

ing all the fruit that there had been no young trees for many years. So we set out rat bait, collect fruit from the tree, grow it, and take it back to the wild. Now there are hundreds of trees growing."

During the second day of outplanting, the crew planted 90 Palapalai ferns along Ohikilolo Ridge, on the southern ridge of the Makua Valley.

The Palapalai are not endangered, but are planted as a form of weed control. Culturally, the plant is significant to Hawaiians for use in hula and lei making.

"We have a relationship with a 'hula halau' [hula group], and Palapalai is used quite often in the hula," said Russo.

"This halau comes out and does volunteer work with us; then after a certain number of trips, they come out and collect ferns for their performances," she added.

Russo said there weren't any Loulu seedlings in Makua Valley in 2000; now there are hundreds.

"We don't want to make the forest into a garden, but we want to give the forest a bit of a head start," she said.

News Briefs

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

19 / Tuesday

Bone Marrow Drive Training Session

— A bone marrow drive training session will take place at Sgt. Smith Theater, Feb. 19, 9:30-10:30 a.m. All commanders and directors are highly encouraged to send a representative.

The goal is to have each command/organization at Schofield Barracks, Wheeler Army Air Field and Helemano Military Reservation host its own drive during the week of March 10-14, with a final base-wide drive March 14. Bone Marrow registration is as easy as two pages of paperwork and four Q-tip swabs inside of a cheek — and it's done.

Currently, more than 500 Soldiers and family members are sick and in need of life-saving bone marrow transplants. Call Cathy Ballie at 655-8978/0497, or e-mail catherine.ballie@us.army.mil for more details.

27 / Wednesday

Pre-Retirement Orientation

— A semiannual preretirement orientation will be held Feb. 27, 8-11:30 a.m. at the Schofield Barracks Post Conference Room, Building 584. This orientation is for Soldiers with 18 or more years of active service. Spouses are also encouraged to attend.

Information concerning the benefits and privileges of a military retirement will be provided. Representatives of federal, state agencies and military staff offices will be available to answer individual questions. Call 655-1585/1514 for more information.

Ongoing

Tax Centers — File your tax return at the Schofield Barracks and Fort Shafter Tax Centers. Fort Shafter's center is located in Room 107 and 108 of the Aloha Center. Hours of operation are 9:30 a.m.-5 p.m., Monday-Wednesday.

The Schofield Barracks Tax Center is located at 1612 Foote Ave., Building 648. This facility is open 9:30 a.m.-5 p.m., Monday-Thursday, and 9:30 a.m.-4 p.m., Fridays.

Call Schofield Barracks at 655-1040, or Fort Shafter at 438-2941.

Smokeless tobacco just as bad as cigarettes, heroin

Annual Great American Spit Out day encourages chewless tobacco users to quit, Feb. 21

BRAD TAFT

U.S. Army Center for Health Promotion & Preventive Medicine

"Smoking is bad. I know that. "But look, I don't smoke, I chew. That's a lot better choice, right?" "That depends."

Chewing tobacco is a choice that depends on two things: what you want to get out of using smokeless tobacco and the price you're willing to pay to get what you want.

Soldiers are the Army's most important asset. They are strong – Army strong. Therefore, nothing should get in a Soldier's way as he or she lives out strength of character, strength of will and strength of purpose.

The problem is, smokeless tobacco does get in the way because it is highly addictive. The drug nicotine makes smokeless tobacco addictive, and the amount of nicotine users get from a dip of chewing tobacco is three to four times the amount delivered by a cigarette.

Just like any other addiction, addiction to smokeless tobacco takes things away from users:

- Money. Each year hundreds of dollars of a Soldier's hard-earned money gets put in the mouth and then spit out.

- Health. A Soldier may develop problems with his or her teeth, mouth and stomach from the chemicals in smokeless tobacco. As well, there's the possibility of heart problems and cancer.

- Priorities. Everything starts to revolve around the Soldier being able to have a chew.



The Army Toolkit for GASpO 2008 has some good resources as do the sites listed below. Check them out and talk to your healthcare provider about beating the addiction to smokeless tobacco.

Resources:

- Army Toolkit—GASpO 2008 <http://chppm-www.apgea.army.mil/dhpw/Population/Tobacco-Cessation.aspx> (Scroll down to "Great American Spit Out.")

- Centers for Disease Control and Prevention http://www.cdc.gov/healthmarketing/entertainment_education/tips/tobacco.htm

- National Institute of Dental and Craniofacial Research <http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/SpitTobacco/default.htm>

The U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) is the Army's public health organization. It supports Soldiers around the world with health education information and deploys its expert medical and scientific staff to deliver occupational and environmental health surveillance everywhere Soldiers go. On U.S. military installations, CHPPM provides environmental health engineering and health hazard assessments as well as injury and disease prevention programs.

If a Soldier can't get through the day without chewing tobacco, then he or she is probably addicted.

According to the U.S. Centers for Disease Control and Prevention, the nicotine in tobacco makes it as tough to break free of as addiction to heroin or cocaine.

However, Soldiers can free themselves from smokeless tobacco addiction and get all the resources they need to quit by calling 433-8675

Ten tips to aid losing weight

MAJ. KAREN E. FAUBER

Dietitian, Defense Commissary Agency

FORT LEE, Va. – The new year is here and you are off and running with your resolution to lose weight. Tennis shoes in one hand and water bottle in the other, you are going to lose those five, 10 or more pounds this time, right?

Well, to help you reach your individual weight loss goal, try these tips and the pounds will melt away:

- Be real. Set a realistic goal for weight loss and write it down. Losing two to no more than three pounds a week is generally recommended by the experts. Remember how long it took to gain the weight? Give yourself time to lose it gradually and you are more likely to keep it off as you change your lifestyle habits.

- Feel the burn. Calories in, calories out, or what you eat is what you get; this means be active. Go walking, swimming, jogging, bicycling and dancing to burn those calories. The key is to make physical activity a part of your everyday life.

- Go small. Use the small plate and small bowl at meals instead of the large ones. It is too easy to eat too much when you use a big dinner plate or a large bowl, especially for that nighttime ice cream.

- Eat fiber. Aim for 25 to 35 grams of fiber a day. Fiber fills you up and helps you feel full for a long time between meals.

Easy ways to get more fiber include eating cereal for breakfast that has 10 or more grams per serving, eat a pear or an apple for a snack, add beans to your meals, soups and salads, and add a few nuts as a snack or on a salad.

- Got protein? Do not skimp on protein, which includes chicken, fish, turkey, lean beef and pork. It also includes dairy foods like skim milk, yogurt, low-fat cheese, beans and nuts, all found in your commissary at savings of 30 percent or more.

The average person needs .8 grams protein per kilogram body weight, about 60 to 90 grams protein a day.

- Is that plate big enough? Portion control, portion control, portion control. A serving that is bigger than your fist is probably too much to eat – unless that serving is vegetables.

- Mama said, "Eat your veggies," and mama was right. Eat vegetables at lunch and dinner. Portions are not so important here. In fact, eating vegetables is a good place to cheat if you need to. Make sure to fill up half your plate at meals with vegetables. The fiber, water

content and nutrients in vegetables help the body lose weight.

Fresh, canned or frozen veggies are all great choices. Avoid the sauces, though, as they add many extra calories.



www.commissaries.com.

- Don't forget the fruit. Fresh, canned or frozen, they all make great snacks and a nice desert. Dried fruit is OK, too, as long as you control the portion sizes.

- "I get by with a little help from my friends." Get support to stay on track with your weight loss from your family and friends. How about creating your own biggest losers contest and invite others to join? Support goes a long way with weight loss.

- Celebrate your progress. Give yourself a pat on the back and more as you continue to lose weight. It's no easy task. As you reach a weight loss goal, how about something special to reward yourself?

Make it something that you really can enjoy like a new outfit, season tickets for your favorite sport, or taking a special vacation. You decide what it is and write it down with your goal.

Parents must remember to enroll newborns in Tricare Prime

NICOLE KRUG

TriWest Healthcare Alliance

If you're expecting a new addition to your family this year, you have a lot to think about and probably more than a few questions. Getting Tricare Prime or Prime Remote coverage for your new child is one of the important things you should be thinking about, and now it's easier than ever.

Whether welcoming a newborn or adopting, it pays for parents to understand how to get Tricare Prime coverage for their child. If all of your bases aren't covered, you may receive unexpected bills for out-of-pocket fees.

New parents have 60 days from the date of birth or adoption to

enroll their child into Tricare Prime. On the 61st day, a child not enrolled in Prime will automatically be covered by Tricare Standard.

You can still enroll your child in Prime, but the 20th of the month rule applies. This means that if a completed application for Prime enrollment is received by TriWest on or before the 20th of the month, Prime benefits will go into effect on the 1st of the next month. If TriWest receives the application after the 20th of the month, the Prime enrollment will be effective on the 1st two months away.

By taking a couple baby steps within the first 60 days, you can keep your child's Prime coverage continuous:

1. DEERS (Defense Enrollment Eligibility Reporting System)

The first step is to add the child into DEERS. This must be done at a DEERS identification site. You may contact DEERS at 1-800-538-9552 to obtain the location of the identification site nearest to you.

An Application for Uniformed Services ID Card and DEERS Enrollment Form (DD Form 1172) must be signed at the DEERS identification site by the sponsor. This form may be downloaded from www.triwest.com on the "Birth or Adoption" page of the "Life Changing Events" section. Additional documentation is required such as a birth certificate.

For more specific information, contact DEERS at 1-800-538-9552.

2. Tricare Prime Enrollment
Once the child is enrolled in DEERS, he or she can be enrolled in Prime. You may now enroll your child online at Tricare's Beneficiary Web Enrollment (BWE) site. Go to www.triwest.com and click the "Enrollment" link on the left-hand side under "Quick Links" to find the link to the BWE site, where you can enroll your child.

You may also choose to download a Tricare Prime Enrollment Application and PCM Change Form (DD Form 2876) found on the same page on www.triwest.com.

Both forms require you to iden-

tify your first and second preference for a primary care manager (PCM), since the final PCM assignment is dependent upon provider availability and local military treatment facility (MTF) policy.

If you are an active duty family member (ADFM) who would like to



receive medical care from an MTF PCM, you should contact your Tricare Service Center (TSC) before

submitting your enrollment application. MTF provider assignments are coordinated at your MTF or through the local TSC. MTF providers are not listed in the online Provider Directory.

If you are mailing your forms, be sure to sign the form in either blue or black ink. Forms that are not signed and dated are considered incomplete and will be returned, delaying the enrollment process. Completed forms should be mailed to: TriWest Healthcare Alliance P.O. Box 41520, Phoenix, AZ 85080-1520.

Visit "Life Changing Events" in the Beneficiary section of www.triwest.com for more details.

Tax: Patrons seek relief

CONTINUED FROM A-1

tions and provided us with the best possible refund.”

To expedite the refund process, tax centers use electronic filing, or “E-file,” for federal tax returns. E-file returns are handled on a first-come, first-served basis. All clients receive a copy of their tax forms so they may mail their return instead of E-filing.

A new service for the 2008 tax season is “drop off” tax preparation services. This tax season, Soldiers and other qualifying taxpayers who file using the IRS Form 1040EZ may, after completing an interview at the tax center, drop off their tax documents for the center to prepare. Completed tax forms may be picked up within 24 hours.

“Our goal is to help Soldiers and provide assistant with current taxes as well as future tax planning,” said Guska. “We want to provide Soldiers and family members a clear path for their financial future.”

The tax center staff includes 18 Soldiers who are IRS Volunteer Income Tax Assistance certified tax preparers. Their training encompasses all IRS-required subject areas and ensures staff members are familiar with the IRS tax code and personal income tax preparation.

Soldiers also receive instruction

The following forms and documentation are required to prepare your federal income tax return:

- Social security cards for you, your spouse and any claimed dependents or Individual Taxpayer Identification Number (ITIN) and supporting documentation for individuals without Social Security Numbers.
 - Military ID card.
 - Federal tax package that you receive in the mail.
 - Forms W-2, W-2G, 1099-R, 1099 MISC or any other income statements you have received.
 - Form 1099-INT and 1099-DIV, or other statements to report interest, dividends and other types of income.
 - Forms SSA-1099 or 1099-R to report social security or retirement income.
 - A copy of your 2006 tax return.
 - Voided check if you wish to have any refund direct deposited into your account.
 - All documents supporting your adjustment or deductions.
 - Bring all information related to itemized expenses if you plan on itemizing your taxes.
 - IRS Form 2848 if you are having someone else’s taxes prepared.
-

Requirements to file 1040EZ:

- Filing status is single or married filing jointly.
 - No dependents.
 - Income is from wages, salaries, tips, taxable scholarship or fellowship grants, unemployment compensation, or Alaska Permanent Fund Dividends.
 - Taxable interest income must be under \$1500.
 - Taxable income is less than \$100,000.
 - Claiming standard deduction.
-

from the IRS, the State of Hawaii Department of Taxation, the Judge Advocate General’s Legal Center and School (in tax law), and the tax software.

“We provide quality for our mil-

itary personnel,” said Guska. “Everyone is here to help.”

“I’d recommend this service to anyone,” said family member Ashley Rodriguez. “It’s quick, easy and we are saving money.”

Sappers: Training prepares engineers for possibilities



Above — Soldiers with the 95th Sapper Company engage targets during a close-quarters marksmanship qualification range.



Right — Spc. Fernando Valles, a Sapper with the 95th Sapper Company, practices shooting targets while maneuvering during close-quarters marksmanship training.

CONTINUED FROM A-1

pers' three-week's training, is a series of individual drills where Soldiers fire at a variety of targets while standing stationary and maneuvering with live rounds.

"It teaches them how to control and do weapons manipulations to engage the enemy if a target pops up," Wrynn said. "They learn how to shoot at different distances — four, seven and 10 meters — while moving."

"We are also doing CQM qualification where they have to engage 18 out of 20 targets in order to qualify at those various distances," he added.

CQM also prepares Soldiers for breaching and close-quarters battle, where, instead of individual drills, four-man teams learn tactics for clearing a building.

In the typical close-quarters battle (CQB) scenario, the team conducts a very fast, violent takeover of an enemy structure where the enemy usually has no easy way to withdraw. Because of the

close proximity, CQB demands quickness and precision, as well as the ability to make split-second decisions, to limit friendly casualties.

The Sappers' CQB training teaches Soldiers to clear rooms in a swift, safe manner, while at the same time maintaining muzzle awareness and protecting battle buddies to their left and right. The training also introduces Soldiers to possible scenarios they may face in close-quarters combat and provides ways to make the best of each situation.

"You are never 100-percent prepared for deployment, but we train to help us be as prepared as we can be," Wrynn said. "But aside from training, a lot of it is just getting to know their battle buddy."

"This is a brand new unit, so a lot of these Soldiers are still trying to get to know each other. What most units already have, as far as camaraderie and teamwork, is something we have to build. But as far as today's training and marksmanship goes, they are doing extremely well," he added.

ASY site gives calendar of ideas to aid the deployed

AMERICAN FORCES PRESS SERVICE
News Release

WASHINGTON — New Year's resolutions frequently include good intentions, such as joining a gym, calling parents or organizing closets. But through its America Supports You program, the Department of Defense (DoD) is helping Americans resolve to support the nation's service members throughout 2008.

America Supports You connects citizens and corporations with military personnel and their families serving at home and abroad. It's established a 12-month calendar suggesting ways to support the nation's military men and women and their families each month.

"Remembering the troops at a time when people are already setting goals will help keep the nation's servicemen and women in the forefront of our minds throughout the year," said Allison Barber, deputy assistant secretary of defense for public liaison and internal communications.

The calendar can be downloaded into Outlook or iCal calendars and is available on AmericaSupportsYou.mil. The site not only offers ideas on how individuals can support troops, but also contains information about troop-support groups in their area.

Some suggestions found on the calendar include lending a helping hand to military families during April, the Month of the Military Child and donating frequent-flier miles to service members and their families during the summer.

September brings the opportunity to join in or plan a local America Supports You Freedom Walk to commemorate victims of the Sept. 11, 2001, terrorist attacks and to honor veterans, past and present.

The calendar also includes ways to honor service members on Memorial Day and Veterans Day.

"There are so many ways to show the military men and women we support them and the work they do," Barber said.

For more information, visit AmericaSupportsYou.mil.

Dive: Team returns home

CONTINUED FROM A-1

more than 250 hours underwater and used more than 12,000 pounds of military explosives to accomplish its mission.

"We did a lot of good over there, and we still could have done more," Foster said.

The 7th Eng. Dive Team returned home to the 65th Engineer Battalion with no mission-related injuries and no lost or damaged equipment.

Now back in Hawaii, most Soldiers had a similar thought in mind.

"I am going to enjoy my time off," said Foster.

PAU HANA

www.25idl.army.mil/haw.asp

"When work is finished."

FRIDAY, FEBRUARY 15, 2008



Spc. David House | 8th Theater Sustainment Command, Public Affairs
Members of the 8th Theater Sustainment Command carry out a trampoline for the half-time performance at the 2008 NFL Pro Bowl at Aloha Stadium.

All together

Football's All-Star game ends with NFC victory

Soldiers help make Pro Bowl halftime show a success

SPC. DAVID HOUSE

8th Theater Sustainment Command Public Affairs

HONOLULU — After the recent deluge of rain, the sun finally broke through just in time for the National Football League's annual Pro Bowl at Aloha Stadium, Saturday.

Held in front of more than 50,000 fans, the sold out game featured selected all-star players from the National Football Conference and the American Football Conference and was the culmination of a weeklong series of events involving the military.

Stars from the NFL visited bases around Oahu and conducted meet and greets at Tripler Army Medical Center, Pearl Harbor, Aliamanu Military Reservation, the Schofield Barracks Tropics and the Schofield Engagement Skills Trainer.

The game itself featured a tribute to the late Sean Taylor from the Washington Redskins as three of his teammates (Chris Cooley, Chris Samuels and Ethan Albright) wore his jersey number for the game while others sported a "21" on their helmets.



Jeremy S. Buddemeier | U.S. Army Garrison, Hawaii, Public Affairs

Soldiers from the 45th Sustainment Brigade and 25th Special Troops Battalion haul a stage off the field following the Pro Bowl halftime show, Sunday.

The notably offensive heavy game also saw a strong showing from Terrell Owens and rookie Adrian Petersen, the latter of which was named Most Valuable Player after rushing 16 times to

rack up 129 yards and two touchdowns.

The halftime show featured a performance by the band Lifehouse as well as Soldiers from the 8th Theater Sustainment Command. The Soldiers traded in their Army Combat Uniforms for black T-shirts and volunteered their time to become stagehands for the day by moving the halftime stages on and off the playing field.

"This was a good opportunity to be able to participate," said Pfc. Kevin Nutt, 40th Quartermaster, 45th Sustainment Brigade, Special Troops Battalion. "It has been good training and a lot of fun as well as a chance to see the game."

Others saw it as a time to party.

"We have been coming every year since the late 80s," said Malcom Wright, Steelers fan from Pittsburgh. "What better way to beat the cold winters than a vacation to Hawaii and, of course, a tailgate party, the most crucial of all events."

After the game, Peterson probably said it best, "We [the Vikings] didn't get into the playoffs, so for me to come here and do this at the Pro Bowl means a lot. I came with a goal to win the game and become the MVP, but the true MVP of this game is Sean Taylor. This game was for him."

The final score of the game was 42 to 30 with the NFC besting their rival AFC and marking a conclusion to the football season.



Jeremy S. Buddemeier | U.S. Army Garrison, Hawaii, Public Affairs

Above — Children from the Halau Hula Olana of Aiea perform during the Pro Bowl pregame show, Sunday.

Left — Rookie Adrian Peterson of the Minnesota Vikings eludes a defender enroute to a touchdown in the second quarter at the Pro Bowl, Sunday.



15 / Today

NAF Property Sale – Get the best bargains on furniture, restaurant equipment, electronics, golf clubs and more at a Non-Appropriated Funds (NAF) excess property sale, Building 1598, Fort Shafter Flats, today, 9 a.m.–2 p.m. Call 438-3503.

Hot Country Nights – Join DJ Charlie Garrett, the Ghost Rider, and Kathleen, Rodeo Radio Girl, today, 8 p.m.–midnight, at the Tropics.

Enjoy great music, contests, giveaways and much more. Ages 18 and older are welcome at this free event. Call 655-5697.

Employment Orientation – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation class and get employment information on federal, state, private sector and staffing agencies.

Reference materials, job listings, computers, Web tour and more will be available for use. Orientations will be held at the Schofield Barracks ACS, today, Feb. 22 & 29, 9–10:30 a.m.

Call ACS Schofield at 655-4227. Register online at www.acsclasses.com. Free child care vouchers are available. Call 655-5314.

Big Time Urban R&B – Enjoy great music, card games and a cash bar at the Nehelani, Schofield Barracks, today, Feb. 22 & 29, 9 p.m. to closing.

Enjoy a free taco bar with a beverage purchase, 9–10 p.m. Call 655-4466.

16 / Saturday

Read to Dogs – Register now for the first session of the Read to a Dog Program, which will be held Feb. 16, 11 a.m.–12 p.m. All children must be able to read on their own to participate. Call 655-8002.

Also, mark your calendars for additional Read to a Dog sessions, March 15, April 19 and May 17.

19 / Tuesday

Pregnancy Education – Mothers-to-be and their spouses are invited to attend Pregnancy Education classes, which are held every Tuesday at Public Health Nursing, Building 673, 2nd floor, Schofield Barracks, 7–8 a.m. Call 433-8675.

20 / Wednesday

Chocolate Celebrations at the Library – Enjoy chocolate-themed events at your local library throughout February. Sgt. Yano Library kicks off chocolate indulgence with the History of Theobroma Cacao, a special session on chocolate for adults, Feb. 20, at 6 p.m.

Enjoy chocolate tasting at the Aliamanu



Spc. Corey Idleburg

Army greener

Spc. Marco Mazzurco, B Company, 2nd Battalion, 35th Infantry Regiment, and Bill McKale plant stakes to support trees at the Oahu Veterans Center. Better Opportunities for Single Soldiers (BOSS) volunteered to plant new trees at the Veterans Center. Trees were donated by Home Depot.

Military Reservation (AMR) Library, Feb. 26, at 5:30 p.m.

Concluding the chocolate series, the movie “Chocolat” will be shown at Sgt. Yano Library, Feb. 28, at 5:30 p.m. The movie is rated PG-13 and refreshments will be served.

Call the Sgt. Yano Library at 655-8002 or the AMR Library at 833-4851.

21 / Thursday

New Parent Support Program – The New Parent Support Program is hosting a Resource Group Workshop for new parents at Army Community Service (ACS), Schofield Barracks, Feb. 21, 9:15–11 a.m.

This workshop provides information on the nurturing parent curriculum, resources available in the community, and short videos on preventing shaken baby syndrome and basic newborn care.

Call 655-4227 to register. Seating is limited to the first 24 participants.

Ten Steps to a Federal Job – Learn the most important skills to finding a career in the federal system. Attend a “Ten Steps to a Federal Job” workshop at the Fort Shafter Outreach Center, Feb. 21, 10–11:30 a.m.

Service members, family members and Department of Defense (DoD) employees are welcome to attend. Register online at www.acsclasses.com, or call 655-4227.

Texas Hold 'Em Tournament – Put on your best poker face to compete in a free Texas Hold 'Em Tournament at the Tropics, Feb. 21, from 6–9:30 p.m. All ID cardholders age 18 and older are welcome.

Only the first 120 contestants to enter will play. Call 655-5698/8522.

Heath Tutorial – Join Sgt. Yano Library, Schofield Barracks, Feb. 21, 2–6 p.m. for a free, hands-on session of Consumer Health Complete. This program provides

access to health and medical information through Army Knowledge Online (AKO). Call 655-8002.

23 / Saturday

Kolekole Jam II – Don't miss the best, free concert of the year, Feb. 23, at Sills Field, Schofield Barracks. Montgomery Gentry and Bowling for Soup are already confirmed, with more names on the way.

Stay tuned to Family and Morale, Welfare and Recreation publications for further details on special offers and chances to win reserved seating for this great event. Call 655-0112.

Ocean Count 2008 – Outdoor Recreation at Schofield Barracks is looking for volunteers interested in counting migrating whales and recording their behavior, Feb. 23 and March 29, 8 a.m.–12:15 p.m.

This free event includes transportation and is great for families. Call 655-0143.

28 / Thursday

Build Wealth Not Debt – Military Saves Week kicks off with a Build Wealth Not Debt class, Feb. 28, 1–6 p.m., at Kalakaua Community Center, Schofield Barracks. Learn how to make your money work for you, and enter a drawing for prizes. Call Army Community Services (ACS) at 655-4227.

Aida – Catch a presentation of “Aida” at Richardson Theatre, Fort Shafter, Feb. 28 & 29, March 1, 7, 8, 14 & 15. Performances begin at 7:30 p.m.

Enjoy music by Elton John, with lyrics by Tim Rice. Tickets are \$22–28. Call 438-4480/5230.

Ongoing

Military Spouse Career Advancement – The Military Spouse Career Advancement Initiative provides assistance to military spouses seeking to gain the skills and credentials necessary to begin or advance their career.

Career Advancement Accounts (CAA) cover the costs of training and education, enabling participants to earn a degree or credential in, in-demand, portable fields in almost any community across the country.

Spouses can find out more by going to www.milspouse.org and attending a CAA orientation. Call ACS at 655-4227 or 438-9285, the Education Center at 655-0800 for more information.

Cooking Club for Teens – The Fort Shafter Teen Lounge is looking for teens who enjoy cooking and want to learn new recipes, participate in food tours and shows, and earn cooking award points toward reward excursions. The club will meet once a week, February through May. Call the teen manager at 438-6470.

MWR – Visit MWR on the Web at www.mwrarmyhawaii.com.

Casino Night 2008 – Be a winner at the 2008 Casino Night and Silent Auction, hosted by the Leilehua High School Band Booster Association, at the LHS Gymnasium. All proceeds will benefit the LHS Band and will be used to buy desperately needed new uniforms.

Cost is \$20 in advance and \$25 at the door. Call 225-3946, or visit www.leilehuaband.org.

19 / Tuesday

Exploring the Reef at Night – For an experience you'll not forget, visit the Waikiki Aquarium to explore the reef at night, Feb. 19, 6:30–9 p.m.

Aquarium staff and participants wade up to their knees on these wet-and-wild excursions. Coral reef natural history, reef conservation and safety are all covered.

Participants must be at least 5 years old and children must be accompanied by an adult. Cost is \$10 per adult, \$8 per child, or \$12 and \$10, respectively, for nonmembers.

Call 923-9741, or visit www.waquarium.org.

21 / Thursday

Square Dance Class – Join the action at a free square dance class at the Kalakaua Community Center, Schofield Barracks, beginning Feb. 21, 7–9 p.m.

The class lasts six–10 weeks, depending on interest. Call 624-9490, or visit www.squaredancehawaii.org.

22 / Friday

African American History Month – Celebrate African American History Month at Building 1554, Fort Shafter Flats, Feb. 22, 11:30 a.m.–1 p.m. The event will feature exciting cultural entertainment, educational displays and ethnic food sampling.

NASA astronaut Dr. Robert Satcher, an orthopedic surgeon, will be the special guest speaker. Call 438-2678.

23 / Saturday

Free Practice Tests – The Honolulu Kaplan Test Prep will hold a free GRE, GMAT, LSAT, MCAT, DAT, OAT and PCAT

practice test Feb. 23 for Oahu residents who are considering applying to a graduate/professional school at University of Hawaii, Manoa, Richardson School of Law.

Check in opens at 8 a.m.

In addition to taking practice tests under timed conditions, students will receive their scores and detailed feedback on their performance, including an analysis of their strengths and weaknesses.

Visit www.kaptest.com/practice, or call 1-800-KAP-TEST.

SGI Crater Women's Division Meeting

– Join Soka Gakkai International (SGI) at the SGI Hawaii Culture Center, Feb. 23, 11 a.m.–1 p.m. for lively discussion and afternoon tea.

SGI is a Buddhist organization that promotes world peace and individual happiness. Visit www.sgi-usa.org or call 595-6324.

28 / Thursday

African American History Month – Celebrate African American History Month at Sgt. Smith Theater, Schofield Barracks, Feb. 28, 10–11:30 a.m. Enjoy cultural displays, musical entertainment and dancing demonstrations. Call 655-0053.

Magic Lessons

– The Hawaii Magicians Society holds free beginners magic lessons at Kalihi-Palama Public Library, Community Room, 1325 Kalihi St., every fourth Thursday of the month, from 6–7 p.m. Topics include card magic, rope magic, how to make our own production boxes, magic tables and more. Call 234-5262 or visit www.hawaiimagicclub.com.

29 / Friday

West Point Founder's Day Dinner – The West Point Society of Hawaii will be hosting the 2008 West Point Founder's Day Dinner at DeRussy Hall in the Hale Koa Hotel, Fort DeRussy, March 7. All West Point graduates and their families are invited to attend.

The evening will begin with Benny Haven's Hour at 6:30 p.m., and dinner will be served at 7:15 p.m. The guest speaker

will be Lt. Gen. “Buster” Hagenback, class of 1971. The attire is aloha “crisp.” Cost is \$45 per person.

The deadline to R.S.V.P. is Feb. 29. Send payment to retired Col. Chuck Cardinal, 576 Kumukahi Place, Honolulu, HI 96825; e-mail bandccardinal@msn.com or 1st Lt. Desiree Strozier at dstrozier@gmail.com.

Latino Idol – Singers are now being sought for Hawaii's second Latino Idol competition. Participants must be Hispanic, ages 18 and older, and sing in Spanish. The winner will receive \$1,000 cash and a CD recording.

Deadline to register is Feb. 29. Call Alma Latina Productions at 285-0072.

Ongoing

Stained Glass Class – Make a beautiful stained glass panel using copper foil technique at the Menhune Stained Glass Studio. Leading, lamp and advanced classes are also available. Cost is \$95 for six weeks. Call 622-2686.

AER Scholarships – Do you need money for college? Applications for the State-side Spouse Education Assistance Program and the Dependent Children Scholarship Program are now available online at www.aerhq.org. Call Jackie Torres at 655-7132.

Coffee Social – Spouses, a piping hot, rich brew of java is waiting for you at the Fort Shafter Army Community Service (ACS) Outreach Center, located in Building S330, Room 111. If you are tired of sitting at home with nothing to do, new to the community, or just need a break, join your neighbors for free coffee and fun conversation.

This coffee social takes place every first and third Wednesday; child care is provided at the Child Development Center, if your child is registered with Child and Youth Services. Call 438-9285 for more details.

SEE COMMUNITY CALENDAR, B-6



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
653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study, 10 a.m. – Worship Service & Children's Church

Main Post Chapel
655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Service, Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School, Sunday, noon – Worship Service

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, noon – Adoration (24 hours)
- Liturgical Sunday, 10:30 a.m.– Worship Service

Tripler AMC Chapel
433-5727

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

Wheeler Chapel
656-4481

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

community calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

15 / Today

GAR Sports, Health and Fitness Expo – Visit the Great Aloha Run Sports, Health and Fitness Expo, Feb. 15–17, at the Neal Blaisdell Center Exhibition Hall. This three-day event will showcase the most up-to-date, comprehensive, fun products and services in sports, health and fitness.

The expo will be open Feb. 15, 4–9 p.m.; Feb. 16, 10 a.m.–8 p.m.; and Feb. 17, 10 a.m.–5 p.m. Admission is \$4 for ages 13–64; \$2 for military personnel with valid ID; free for keiki 12 and younger, and senior citizens 65 and older, and all registered entrants of the Great Aloha Run. Visit www.greataloharunexpo.com or call 528-7392.

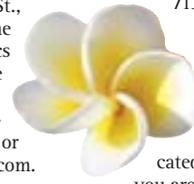
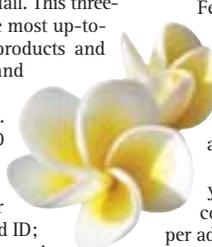
16 / Saturday

Bourbon Street Basket Bash – Join the masquerade at the Hui O' Na Wahine Bourbon Street Basket Bash at Helemano Plantation, Feb. 16, 6:30–9:30 p.m. Baskets of goodies to be auctioned off include luxurious getaways for two, jewelry, Buzz's Steakhouse certificates and much more.

Last year, guests had a grand ole Mardi Gras time and went home with more than \$10,000 of amazing baskets and prizes.

Cost is \$15 in advance or \$20 at the door. Call 646-0107.

Wahiawa's Chinese New Year Celebration – Welcome the “Year of the Rat” with Wahiawa Shopping Center and Wahiawa Town Center's Chinese New Year celebration, Feb. 16, 3–6 p.m. Free mah jongg fortune readings, a traditional lion dance and lucky number prize giveaways will be provided. Call 262-0687.



This Week at the MOVIES Sgt. Smith Theater



The Water Horse: Legend of the Deep

(PG)
Friday, 7 p.m.
Sunday, 2 p.m.

National Treasure: Book of Secrets

(PG)
Saturday, 2 p.m.
Thursday, 9 p.m.



One Missed Call

(R)
Saturday, 7 p.m.
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

Montgomery Gentry to headline Kolekole Jam II

Troy Gentry of country duo shares his thoughts on military, music and charity

KYLE FORD
Staff Writer

SCHOFIELD BARRACKS — Country music powerhouse Montgomery Gentry brings its brand of hard-driving music to Sills Field, Feb. 23, 5-10 p.m.

"We plan on getting the Soldiers rowdy and showing them a good time," said Troy Gentry of the award-winning duo. "If you leave our concert and didn't have a good time, it's not our fault."

Gentry said he and Eddie Montgomery really feed off the crowd, and the rowdier the audience gets, the "wilder and better we perform."

Soldiers should expect to hear some hits from the past eight to 10 years in addition to songs from the new album "Some People Change."

"My favorite song on the new album has to be 'Takes All Kinds,'" Gentry said. "It's a song everyone can embrace because it does take everybody to make this country work. Whether you're a doctor, a lawyer, Soldier, or a sanitation worker, we need everybody."

His favorite songs of all time are "Hillbilly Shoes" and "Hillbilly Hell Yeah."

Montgomery Gentry's involvement with the military goes back to when the duo first started playing Veterans of Foreign Wars posts as teenagers.



Courtesy Photo

Eddie Montgomery and Troy Gentry of Montgomery Gentry will play at the Kolekole Jam II Soldier and Family Appreciation Concert, 5-10 p.m., Feb. 23 at Sills Field.

"We talked to a lot of the veterans of Vietnam, World War II and other veterans, and listened to their stories," Gentry

said. "The Soldiers always intrigued us. The group's continued support of the military stems from these early experi-

ences, in addition to a respect and sense of patriotism for the United States.

"We live in a country that's blessed

with freedom of speech and [the freedom] to pretty much do whatever we want as long as we're responsible," Gentry explained. "The reason we're able to do that is the men and women of the armed forces."

The band plans on thanking these men and women by entertaining them with some great country music.

Most Soldiers look at what they do as just another job, but to others, like Gentry, they are heroes.

"I sometimes get intimidated just walking up to a Soldier, extending my hand out and saying thanks," Gentry said. "They do need to know that we're behind them, no matter what they may see or hear."

"We're excited to be getting some of our military home and welcoming them back," Gentry added.

In addition to supporting the military, Montgomery Gentry has put its power behind several charitable causes.

"Regardless of charity, I've been truly blessed to live the life I do," Gentry said. "There are a lot of people who aren't as fortunate to achieve the successes I have, so I like to reach out to people."

His favorite charities include cancer research and children's foundations.

The Kolekole Jam II Soldier and Family Appreciation Concert also features Bowling For Soup and Katie Ray Davis, as well as food and beverage vendors, and sponsor booths.

The Kolekole Jam is free and open to the public.

Soldiers, families encouraged to 'build wealth, not debt' in portfolios

MARK DAYBELL
NEED ORGANIZATION

"Build Wealth, Not Debt" is this year's theme for the Military Saves Campaign, which runs Feb. 24-March 2. Simple daily changes can cut costs and make big savings over time. You can do many things with your monthly savings so you can build upon your wealth.

When you are working on your "Build Wealth, Not Debt" financial plan, two priorities should be addressed. One priority is debt reduction, and the key to debt re-

duction is learning to manage your expenses.

Here are some tips:

- Switch to lower interest rates.
- Avoid impulse buying.
- Pay bills as soon as possible.
- Keep track of purchases.
- Avoid double spending.
- Pay off balances in full each month.

To get to the point where you can pay off balances every month, you will need to lower your existing debt. One way to start lowering your debt is by making extra payments, that is, use the money from

making simple daily changes to cut costs on credit cards with the highest interest rate, or pay off the smallest bills. Then, when you get one paid off, keep the monthly payments the same and apply the difference to another debt.

Another priority with any financial plan is to save. The two most important types of savings accounts are for



emergency savings and reserve savings. Your emergency savings should be liquid and placed in a safe and guaranteed account. This fund should not be used for your day-to-day-expenses.

Experience shows that if every family had at least \$500 in emergency savings, 90 percent of payday loans would be eliminated.

A reserve savings account should be

available for funding to pay those recurring expenses that pop up every so often, such as car insurance payments every six months, vehicle maintenance, or even a vacation later in the year.

For more information and ideas, attend the Military Saves Week event at the Kalakaua Community Center, Feb. 28, from 1-6 p.m.

Financial counselors will be available to answer your questions, and the event will include information booths, free food, games and prizes.



Ongoing

Mom and Baby Yoga – Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Heath and Fitness Center, Schofield Barracks. Mats are provided, but it is recommended that moms bring a small towel or blanket for their babies to lay on. Register at 655-8007.

Karate Classes – Children ages 5 and older can learn Do Shu-

dokan karate at these physical fitness centers: Aliamanu, Fort Shafter, Helemano or Schofield's Bennett Youth Center.

All youth students must be Child and Youth Services (CYS) members, and the cost is \$35 per month. A discount is offered for two or more family members.

Adults 18 and older can learn Do Shudokan karate at the Aliamanu Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m. Cost is \$40 per month. Call instructor Joseph Bunch at 488-6372 or 265-5476.

Belly Dance – Learn the art of belly dancing at the Health and Fitness Center, Schofield Barracks, every Tuesday, 4-5 p.m. Call 655-8007.

Paintball – Check out the new paintball facility at Wheeler Army

Air Field, just off of Lauhala Road next to the baseball fields. The facility features three lighted fields for day and evening play. It's open for regular play, league and youth play, private parties and physical training (PT) reservations.

Hours of operation are Tuesday and Thursday, 5-9 p.m.; and Saturday and Sunday, 11 a.m.-7 p.m. Rental equipment is available, and you can bring your own paint or buy it there. Instruction is available for those new to the sport. Call 343-3929, or visit www.paintball-hawaii.com.

Little Ninja Classes – Parents or guardians, bring 3- to 5-year-olds to Child and Youth Services (CYS) to learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and social-

ization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Call SKIES at 655-9818.

Ladies Golf Clinic – Ladies, looking to improve your golf game? Come to a free ladies golf clinic the first Saturday of every month, 2:20 p.m., at the Leilehua Golf Course driving range. Call 655-4653.

100-Mile Run/Walk & 50-Mile Swim Clubs – Record each mile you run, walk or swim and win incentive prizes. Stop by any Army physical fitness center or swimming pool to pick up a log sheet. Call 655-9914.

All Army Sports – Soldiers interested in applying for Depart-

ment of the Army-level sports competitions must submit applications with their Army Knowledge Online (AKO) account at <https://armsports.cfsc.army.mil>. Faxed copies are no longer accepted by the DA Sports Office. Call 655-9914 or 655-0856.

Youth Dive Team Lessons – Spring board and platform youth diving lessons are available Monday-Thursday, 4-6 p.m., at Richardson Pool, Schofield Barracks. Cost is \$63 per month. Call 864-0037.

Sharks Youth Swim Team – Come join the Sharks Youth Swim Team.

Applicants must be level 4 or higher swimmers. Tryouts are held at the Richardson Pool, Schofield Barracks, Fridays at 3 p.m. Club fee is \$35 per month. Call 655-9698.

Racquetball Ladder Challenge – The Fort Shafter Physical Fitness Center is hosting a Racquetball Ladder Challenge, now through March 31. Military and their family members, civilians and contractors who work on an Army installation on Oahu are eligible.

Divisions include co-ed, open (Level A) and novice (Level B). Entries will be accepted until the end of the challenge. Call 438-1152 or stop by the front desk at Building 665.

Volunteer Coaches – Interested in volunteering to be a Youth Sports coach? Contact your nearest youth sports director today. Call 836-1923 for AMR; 438-9336 for Fort Shafter/Tripler; 655-6465 for Schofield; or 655-0883 for Helemano Military Reservation.



Send sports announcements to community@hawaiiarmyweekly.com.

15 / Today

In-Line Hockey League – The Oahu In-Line Hockey League is starting an adult league soon, and is always looking for more players to play on Sunday afternoons. Call Richard Pentecost at 372-9270, or Norine Liem at 396-9475.

16 / Saturday

Swamp Romp – Register now for Swamp Romp, the muddiest

run on the island of Oahu, which takes place Feb. 23. This event is approximately five-miles through various types of terrain. Participants must register in teams of six.

Cost is \$120 per team. Online registration closes Feb. 16 at 4 p.m. Visit www.mccshawaii.com/cgfit.htm, or call 254-7590.

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a camping adventure, Feb. 16-18. Hike along the rim of Makua Valley to a campsite below the Waianae summit. Call 263-4690.

A \$2 donation is requested of nonmembers. Children under 18 must be accompanied by an adult.

Hikers meet at Iolani Palace, mountainside, at 8 a.m. Bring lunch and water on all hikes; wear sturdy shoes as extra caution may be

required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Visit www.htmclub.org.

Silverstreaks Sunrise Walk – Join in on the Silverstreaks Sunrise Walk at Ala Moana Beach Park, Feb. 16, at 7:30 a.m. This sunrise walk is for competitors ages 55 and older. One-, two- and three-mile courses will be available. Participants can enjoy refreshments, entertainment, goodie bags, door prizes and T-shirts for finishers. Cost is \$15 and \$20 for late registration.

Call 528-7388, or visit www.greataloharun.com.

Keiki Run & Circus Party – Children 12 and under are invited to participate in the Kraft Hawaii

Keiki Run at the Blaisdell Center, Feb. 16, at 8:30 a.m.

Close to 1,000 island children are expected to participate in this 1.5 mile fun run. Following the run, children and their guardians will enjoy a Circus Party, which will include ono snacks, keiki activities, appearances by Kraft Chees-a-saurus Rex, clowns and balloons, magicians and more. Participants will also receive T-shirts, goodie bags and free entry to the Sports, Health & Fitness Expo.

Cost is \$12 for children and \$6 for adults. Late registration is available.

Call 528-7388, or visit www.greataloharun.com.

18 / Monday

Great Aloha Run – Experience the spirit of aloha at the Great Aloha Run, Feb. 18. This 8.15-mile

course starts at Aloha Tower, winds its way along the historic Honolulu Harbor, down Nimitz Highway, through Kamehameha Highway and into the Aloha Stadium. Cost is \$40 until Feb. 2.

Call 528-7388, or visit www.greataloharun.com.

19 / Tuesday

Escrima Classes – Pedoy's School of Escrima holds classes every Tuesday, Thursday and Sunday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438, or 216-3211.

Ongoing

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.

Bicycling League – Join the Hawaii Bicycling League's Heavy Breathers as they bike from Pali Park to Makapuu Beach and back, Saturday mornings at 9:15 a.m.

This 20 to 40-mile ride is open to intermediate to advanced bikers who want to improve their fitness. Call 368-6980 or 479-8142.

Wrestlers Wanted – Hawaiian Championship Wrestling seeks new members. Persons should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build. Sports background is preferred. Call 676-8107.



Sgt. Brandi Clark, A Co., 45th STB, motivates a student, in a race Feb. 1 during their annual Physical Fitness meet at the Sunset Beach Elementary School, near North Shore. Soldiers from the 45th Special Troops Battalion volunteered their time, lungs and even their skills to the children the school to help promote health and fitness.

Children show 45th STB how PE is done

Story and Photos by
STAFF SGT. MANUEL TORRES-CORTES
8th Theater Sustainment Command Public Affairs

PUPUKEA — Ear-shattering screams filled the air as children from the Sunset Beach Elementary School cheered on fellow classmates during the school's annual physical fitness meet, Feb. 1.

However, the children weren't the only ones yelling; alongside them were Soldiers who volunteered to assist in judging and scoring various events.

Soldiers with the 45th Special Troops Battalion (STB), 45th Sustainment Brigade, volunteered their time, lungs and skills to help promote health and fitness.

"We don't only go to wars and stop the bad guys," said Sgt. Brandi Clark, A Company, 45th STB. "We want the kids to know that the Army cares about supporting the communities with activities such as this."

Throughout the day, 45th STB Soldiers judged numerous events, including pull-ups, sit-ups, the eraser dash and the long jump.

"The state is starting up a wellness program



A Soldier from B. Co., 45th STB, times a student in the bar-hang event, Feb. 1 during the annual Physical Fitness meet at the Sunset Beach Elementary School, near North Shore.

promoting youth fitness and health," said Cindy Murakami, a first grade teacher at Sunset Elementary. She said older students were

competing in the Windward District for top scores and times.

"It's very important for the kids to get out and be active in competitions within the district during these physical fitness meets," she said.

Though they didn't compete for top scores, the younger children still took the opportunity to have fun with the Soldiers. Getting outside during recess to play soccer and run with Soldiers was the highlight of their day.

"It's really cool and pretty fun having the Soldiers here," said sixth grader Jake Anderson. "It's important to stay healthy to live a longer life, and you can also do more things with your friends."

That kind of awareness is what 45th STB Soldiers hoped to promote. By maintaining partnerships with the local community, Soldiers are able to support schools with events that benefit local children.

"I'm getting my PT [physical training] on out here," said Clark as she finished racing a student. "I'm having a lot of fun motivating the kids and sweatin' at the same time."

Pro Bowl festivities spill over to Kapiolani Park

Military, their families and kamaiana test their skills at pre-Pro Bowl challenges

Story and Photos by
JEREMY S. BUDDEMEIER
Editor

WAIKIKI — Despite the recent trend of rain showers and gusty winds, the weather cleared up Saturday and was perfect for beachgoers again. However, many of the beaches here remained relatively empty. That's because thousands of residents and tourists flocked across the street to Kapiolani Park for the Pro Bowl Football Festival.

The free festival resembled an NFL-themed carnival, where football-related games replaced the midway rides, and merchants peddled jerseys and autographed collectors' items instead of elephant ears and funhouse mirrors.

Legions of air blower machines kept the army of bounce houses and kicking and passing games inflated as children of all ages romped around, emulating their favorite players from the gridiron.

"I was so close ... did you see that spiral, Daddy?" a child asked his father while the pair hastened to the next game.

All day families breezed between games, long lines and booths where NFL players and cheerleaders were signing autographs. However, these same stars stepped out of the booths from 10 a.m. to 4 p.m. for the YMCA Youth Football and Cheerleading clinics.

Hawaii National Guardsman Michael Geister of B Battery, 1st Battalion, 487th Field Artillery Regiment, brought his 10-year-old son Kurt to the football clinic. In addition to meeting a few of the Dallas Cowboys himself, Geister said he came to watch his son interact with and learn from the pros.

"That's what it's all about," he said.

Both Geisters planned to attend the Pro Bowl the next day.

"It's too bad [the Cowboys] choked in the playoffs," the elder Geister said, but conceded that at least they lost to the Super Bowl champion New York Giants.

Only a 40-yard dash from the clinics, the U.S. Army's solid black tents stood out like a wide open receiver in the end zone. There, recruiters from stations around Oahu, and even the mainland, ran an Xbox 360 Madden '08 tournament and gave fans a chance to play quarterback at



Above — Emre Ozguc, 11, cranks out one of 30 push ups as Sgt. 1st Class Steve Thomas, Kapolei Recruiting Station, counts during the Pro Bowl Festival in Kapiolani Park, Saturday. Ozguc and his father, Maj. Omer Ozguc, a family practitioner at Tripler Army Medical Center, attended the Pro Bowl the following day.

Left — Staff Sgt. David Armstrong, Kapolei Recruiting Station, gives a fan another shot at playing quarterback behind the U.S. Army tent during the Pro Bowl Festival.

one of two inflatable football tosses.

The Madden tournament winner went home with an Eli Manning Super Bowl jersey, iPod Nano and a replica of the medallion used in the coin toss at this year's Super Bowl.

Though the festival's atmosphere was one of fun and games, recruiters in the tent also encouraged participants to work for their prizes.

Recruiters gave Army T-shirts and bags to adults and children who could crank out 50 and 30 push ups, respectively. Senior citizens earned the same prizes by demonstrating one or two push ups with proper form.

Maj. Omer Ozguc, a family practitioner at Tripler Army Medical Center, encouraged his 11-year-old son, Emre, as he eeked out his last push up. Both also planned to at-

tend the Pro Bowl the following day.

"How many did I do?" the younger Ozguc asked.

Sgt. 1st Class Steve Thomas, Kapolei Recruiting Station, smiled and said "30" as he handed Ozguc his T-shirt and bag.

"[It's about] giving back to the community ... and trying to spark an interest in the Army," Staff Sgt. Jake Aitaro, Kapolei Army Recruiting Station.

Community Calendar

From B-2

Video Messenger — Reading stories to children is important and Sgt. Yano Library, Schofield Barracks, provides a video messenger service so deploying Soldiers can tape DVD or VHS video recordings for their children before their unit deploys.

Interested in this service? Call 655-8002 for more details.

HI-5 Recycling — Residents may redeem their recyclable aluminum/metal cans, plastic, and glass containers any Saturday from 10 a.m.-4 p.m. (or any Tuesday from 9 a.m.-1 p.m.) at the parking lot of the Schofield Barracks commissary.

Containers must be empty and clean, and state law prohibits milk or dairy product containers.

Alcoholics Anonymous — All interested personnel are welcome to attend Alcoholics Anonymous, a free program of recovery for dealing with alcoholism. Meetings are held every Thursday morning, 11:30 a.m.-12:30 p.m., at the Petersen Child Development Center, Schofield Barracks, Room 223.

For details, contact J. Paul Campbell at 537-3406, or e-mail jpcampbell1218@yahoo.com.

Marriage Enrichment Seminar — Bring your significant other to a Marriage Enrichment Seminar and learn the keys to building a strong, satisfying and lasting marriage.

This seminar runs every third Wednesday of the month, 9 a.m.-4 p.m., at the Wheeler Army Air Field Chapel. It's designed for engaged couples, but all couples are invited to enhance their communication, manage conflict and learn secrets to a more satisfying relationship.

A free lunch will be provided, and child care is available. Call Staff Sgt. Parker at 656-4481, or e-mail latonia.parker@us.army.mil, for more details.

Military ohana throw punches, shape up at cardio kickboxing

Story and Photo by
MOLLY HAYDEN
Staff Writer

TRIPLER ARMY MEDICAL CENTER — The beat of dance music piped from a radio as 14 pairs of fists punched the air in rhythmic motion at the Health and Fitness Center, here, Friday.

Led by instructor Maj. Kinsey McFadden, surgery division, U.S. Army, Pacific, members of the military ohana demonstrated moves worked into swiftly executed combinations, including a jab, uppercut and front kick. The class bobbed, weaved, and jumped amidst the punches and kicks for the hour-long session.

Cardio Kicking boxing classes offered:

- Tripler Army Medical Center Mondays, Wednesdays and Fridays, 4:30 p.m. Call 433-5772.
- Schofield Barracks Health and Fitness Center Tuesdays, 5 p.m. and Wednesdays, 8:30 a.m. Call 655-8007.

“This workout develops the whole body,” said McFadden. “It starts with the core, using abdomen muscles, and enables the power to come from within for each kick or punch.”

Cardio kickboxing is a combination of aerobics, boxing and martial arts. It’s one of the most popular fitness trends to hit gymnasiums in recent years. The intense, total-body workout can improve strength, aerobic fitness, flexibility, endurance, coordination and balance, according to McFadden. It can also reduce body fat and stress levels.

McFadden explained cardio kickboxing uses and strengthens almost every muscle in the body. Along with its cardiovascular benefits and body toning, cardio kickboxing is a full body workout.

“We offer this class three times a



Cathy Rucker strengthens her muscles by throwing punches during a cardio kickboxing class. Members of the military ohana attend TAMC’s cardio kickboxing class for the overall health benefits and fun nature of the class.

week,” said McFadden. “Some people come all three days for a complete workout, and others come once or twice week.”

“Participating in such an activity for any number of days will aid in overall health,” he added.

Muscle and Fitness magazine rated cardio kickboxing as the number one calorie burner of all fitness activities, averaging 800 calories burned per hour.

“This class gives me stamina to get through the day,” said family member Cathy Rucker. “And it’s a great stress reliever after work.”

Cardio kickboxing involves a wide range of moves, combining various techniques that add up to an impressive workout.

The class leaves participants drenched in sweat, stress-free and energized.

All of the moves used in cardio kickboxing, when done correctly, will aid in making everyday tasks a little easier. Whether moving a heavy box, hauling children around or taking an Army physical fitness test, cardio kickboxing will provide more strength to get the job done.