

## INSIDE

# 19th's Swordsmen make OEF history

MPs, CID are key components for stability, commander states

**STAFF SGT. JESSIKA GREENDEER**  
8th Military Police Brigade Public Affairs

**WHEELER ARMY AIRFIELD** — The sun shone upon the warrior's faces as the Soldiers of the 19th Criminal Investigations Division Battalion were honored in a deployment ceremony, Jan. 26 at Sword Field, here.

ny, Jan. 26 at Sword Field, here.

The battalion is slated to deploy to Afghanistan in support of Operation Enduring Freedom. The unit will be the first CID battalion in the Afghanistan theater of operations.

The 19th CID will conduct forensic exploitation, Rule of Law criminal investigations, felony Title 10 investigations, and commanding and

**SEE SWORDSMEN, A-8**



Les Ozawa | Tripler Army Medical Center

Jun Manuel, a nurse at the Schofield Barracks allergy-immunology clinic, demonstrates giving a nasal vaccine to Philip Snell, a patient representative at the Schofield Barracks Health Clinic.

## H1N1 vaccine now readily available 4 all

**TRIPLER ARMY MEDICAL CENTER**  
News Release

**HONOLULU** — H1N1 vaccine, in both injectable and nasal spray forms, is now available for all military and civilian personnel, as well as military family members.

"There is now enough H1N1 vaccine for all beneficiaries, including any Department of Defense civilians who request it," said Col. (Dr.) Mike Sigmon, Tripler's chief of preventive medicine.

Sigmon noted that while influenza cases nationwide are at or slightly below the baseline for this time of the year, H1N1 cases remain by far the predominant strain in Hawaii and elsewhere.

If the novel H1N1 strain follows the historical pattern for seasonal flu, a third wave of influenza outbreaks could occur in March.

Sigmon emphasized that vaccination remains the single best method for stopping the spread of the virus, before it seriously impacts the workplace, schools and families.

"Currently, our general population, other than active duty, has immunizations rates of around 40 percent. This is not sufficient to stop an outbreak," Sigmon said.

During earlier waves of outbreaks around the world, vaccine production could not meet the demand.

Vaccinations were then prioritized to reach those most vulnerable to the deadly effects of flu virus. As vaccine production has stabilized, prioritization is no longer an issue.

Fort Shafter civilians can get vaccinations at the wellness fair, Thursday, Feb. 18, 9-10 a.m., at the Shafter physical fitness center. Call 433-6834.

Sigmon noted that while the State of Hawaii Department of Health partnered with local schools to provide students with H1N1 vaccinations late last year, those younger than 9 years old who have received only one vaccination must receive their second booster shot, to ensure the vaccine's effectiveness.

Also, while previous CDC guidance had delayed vaccination of those 65 years and older, now that the vaccine is readily available, older populations should get vaccinated.

"Seniors are not completely immune to the newest strain of the H1N1 virus. They may have serious complications if they become ill," Sigmon said.

Feb. 18, as part of a U.S. Army-Pacific civilian walk/health and wellness fair, injectable vaccinations will be available for all civilians at the Fort Shafter physical fitness center from 9 to 10 a.m.



Spc. Jesus J. Aranda | 25th Infantry Division Public Affairs

## Fast as lightning

**SCHOFIELD BARRACKS** — Soldiers sprint toward the finishing mark as their commander renders honors at the conclusion of the 25th "Tropic Lightning" Division's Friday, brigades and battalions from Schofield Barracks. See page B-5 for full story.

## Tripler's blood center provides the 'gift of life'

Frequent blood drives needed since many are ineligible donors

Story and Photo by  
**BILL MOSSMAN**  
Staff Writer

**TRIPLER ARMY MEDICAL CENTER** — When it comes to assisting comrades in harm's way, the blood donor center, here, has a lifesaving reach that extends not only throughout the Pacific Rim, but also to faraway places such as Iraq and Afghanistan.

Each week, the Tripler Blood Donor Center and its team of phlebotomists draw a self-imposed quota of 200 units, or pints, from both walk-in donors and those they encounter at blood drives.



Once collected, the platelet donations are tested and then either stored at Tripler to help in local emergencies, shipped off to distant lands, where serv-

ice members are deployed or routed to areas dealing with man-made or natural disasters.

Assisting the local center with the

Left — Cadet Jonathan Jonescu, Warrior Battalion, Army ROTC, watches his blood flow through a tube as Spec. Christopher Goodman, a phlebotomist with the Tripler Blood Donor Center, checks to see if there are any coagulation issues. Jonescu was one of about 60 cadets who turned out for an Armed Services Blood Program drive earlier this week at the University of Hawaii-Manoa.

number of blood donor requests here and abroad are approximately 20 other Armed Services Blood Program centers, located within the continental U.S. and in foreign countries.

"If we had a big emergency here, it would take about 24 hours before blood could be shipped in," explained Michelle

**SEE DONATE, A-7**

## 8th Forward Surgical Team will wrap up, redeploy from Afghanistan

The 45th Sust. Bde. medics became "busiest Level II trauma center" in theater

**SGT. MAJ. TERRY ANDERSON**  
8th Theater Sustainment Command Public Affairs

**FOB SHANK, Afghanistan** — One of the busiest Level II trauma centers on the battlefields of Afghanistan is wrapping up a yearlong deployment and returning to families, friends and loved ones.

The 8th Forward Surgical Team, 45th Sustainment Brigade, was originally scheduled to deploy to Iraq in September 2009, but was notified of a mission change and deployed to Logar

Province in February of 2009. Capt. Benjamin Wilhelm, detachment commander, realized he had much to do and little time to do it.

"Our Soldiers pulled together, and we got the job done," said Wilhelm. "We did a complete equipment reset, sent the entire FST to the Army Trauma Training Center in Miami, and then got on a plane bound for Bagram Air Field."

The 45th Sustainment Brigade moved the FST's equipment by ground convoy to Forward Operating Base Shank, and the team arrived by helicopter. Wilhelm said the team set up its medical equipment in a large tent and prepared to receive casualties.

**SEE SURGICAL, A-8**



Courtesy Photo

Lt. Col. Christopher "Kit" Swiecki and Lt. Col. James Sebesta, 8th Forward Surgical Team, perform surgery while Spc. Greg Roberts assists.



## Lending an international helping hand

U.S. forces and international agencies continue to provide humanitarian aid to Haiti

**A-2**

## Cadet Sheridan Road closure

Cadet Sheridan Road, between Kolekole Avenue and Trimble Road, will be closed beginning Feb. 8, through Feb. 26, for construction.

**See News Briefs, A-6**

## A great way to celebrate Presidents Day

Sign up now for the 26th Annual Great Aloha Run that winds its way through downtown Honolulu.

**See Community Sports, B-5**



## Only 1,047 steps...

Take a deep breath and lace up your hiking boots for a hike up Koko Head Crater.

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## 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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**Nondelivery or distribution**

problems in Army Hawaii

Family Housing areas? If so,

call 656-3155 or 656-3156.

# 31 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 2/4/10.

# U.S. teams with Haiti to aid humanitarian efforts

**SGT. RICHARD ANDRADE**

Army News Service

PORT-AU-PRINCE, HAITI — The U.S. military continues to work in conjunction with interagency organizations and the government of Haiti to meet the critical needs of the Haitian people.

Col. Charles Heatherly, Joint Task Force-Haiti civil affairs officer, has the responsibility for humanitarian assistance, interagency organization and host-nation coordination.

**"If it can be done, it is being done ... from the search and rescue teams on the ground, to the interagency colleagues, to the paratroopers of the 2nd Brigade Combat Team, 82nd Airborne Division, in Port-au-Prince."**

— **Army Col. Charles Heatherly,** Joint Task Force-Haiti civil affairs officer

Heatherly, who is also the XVIII Airborne Corps civil affairs officer, and his staff, were in Haiti very early after the earthquake to establish the military effort in support of interagency partners, as well as the government of Haiti.

"Meeting the needs of the Haitian people is paramount to us," said Heatherly, "We continue to expand the distribution of water and food to those people at risk.

"We have had several meetings with senior officials in the Haitian government in order to get their guidelines, to see what their goals are, and to ensure that we are partnering with them in every step of the way," he continued.

"We realize that we are guests in this country," said Heatherly. "What we want to leave, when we depart, is a system in place that has been reinforced by our presence — not one that will be degraded as we transition at some point in time in the future."



Staff Sgt. John S. Laughter | Army News Service

Paratroopers from 2-325th Airborne Infantry Regiment unload cases of water and food for distribution from a Navy SH-60 Seahawk helicopter inside the National Stadium, Port-au-Prince, Haiti, Jan. 20.



Staff Sgt. Stephen Roach | Army News Service

Soldiers drag thousands of bags of relief supplies to a distribution station manned by Haitian community volunteers. The bags contain enough food and supplies to feed a family of five for up to two weeks.

Heatherly added, "This has been one of the most tremendous outpouring of international support, as well as camaraderie amongst the interagency partners in the U.S. government that I've ever had the fortune to participate in.

"Not only do we work with the government of Haiti, but we work with the United Nations so there is no duplication of efforts with other donors," he continued. "The international community has truly come to the aid of this country, and supplies are flowing in every day, originally

by aircraft and now by ship. We just have to get all those resources to the Haitian populace."

Heatherly said the people of the United States can take pride in their tremendous response to the Haitian people.

"If it can be done, it is being done," he said of the recovery process, "from the search and rescue teams on the ground, to the interagency colleagues, to the paratroopers of the 2nd Brigade Combat Team, 82nd Airborne Division, in Port-au-Prince. They are all working hard to make

sure that recovery effort takes hold as fast as it can."

Heatherly said about 6,000 Soldiers, Sailors, Airmen and Marines are on the ground and another 10,000 afloat off the shore helping with the humanitarian effort and providing the enabling force necessary to support U.S. Agency for International Development, or USAID, interagency partners and the government of Haiti.

Tim Callaghan, a disaster assistance response team leader with the USAID is proud to have his team be part of 132 rescues in the last few weeks.

"There are a lot of positive signs of the Haitian people moving on," Callaghan said, "like shops opening up, fresh fruits and vegetables being sold, fresh bread, gas stations opening up.

"We will continue to support the many areas to help the people of Haiti move forward as quickly as we can," Callaghan added. "We must remember why we are here. We are all here to help the people of Haiti. We are here and we are dedicated to saving lives, eliminating suffering and mitigating, when we can, the social economic impact of a disaster.

"I am proud to see the cooperation of my colleagues, the U.N. and also the people of Haiti," said Callaghan.

## Obama reaffirms desire to end 'Don't Ask, Don't Tell'

State of the union address includes challenge for change

**DONNA MILES**

American Forces Press Service

WASHINGTON — President Barack Obama announced during his State of the Union address Jan. 27 that he intends to work with Congress and the military during the year ahead to repeal the so-called "Don't Ask, Don't Tell" law.

Obama said he will aim "to finally repeal the law that denies gay Americans the right to serve the country they love because of who they are.

"It is the right thing to do," he added.

The president has long advocated allowing homosexuals to serve openly in the military, and Defense Secretary Robert M. Gates told reporters in June that he had directed Defense Department lawyers to explore ways to make the policy more flexible until the law is changed.

The law prohibits officials from inquiring into a service member's sexual orientation in the absence of statements or acts that indicate the service member is homosexual, but allows the services to take action against service members who disclose their homosexuality by word or action.

Gates told reporters in June

that he had talked with the president about how to work toward his goal of overturning the policy.

"The issue that we face is, how do we begin to do preparations and, simultaneously ... move forward in asking the Congress to change the law?" the secretary said.

"What we have is a law, not a policy or regulation," he said, "and as I discovered when I got into it, it is a very prescriptive law. It doesn't leave a lot to the imagination or a lot of flexibility. So one of the things we are looking at is, is there flexibility in how we apply this law?"

Gates cited the example of someone who's been "outed by a third party," possibly the result of blackmail or a jilting.

"Does that force us to take an action?" he questioned. "I don't know the answer to that. I don't want to pretend to, but that is the kind of thing we are looking at."

Gates said he believes there's "at least a more humane way to comply with the law until the law gets changed," though he acknowledged that what that way might be is up to legal interpretation.

"We have general counsel working on it," he said.

The "Don't Ask, Don't Tell" law has been in effect since 1993. Previously, homosexuals were strictly banned from military service.

**51 STEPS in FAITH**

## Do you know your purpose?

**CHAPLAIN (CAPT.) JUAN ADRIATICO JR.**

2nd Battalion, 35th Infantry Regiment

3rd Infantry Brigade Combat Team, 25th Infantry Division

What is your purpose?

A person without purpose is like a Soldier without a weapon, boots or a uniform.

King Solomon, a Jewish ruler of Israel, was one of the richest, militarily esteemed, powerful and respected men to have ever walked the face of the Earth, and he begins his book of wisdom with these words, "Meaningless! Meaningless!"

The teacher reinforces his point with further emphasis, "Utterly meaningless! Everything is meaningless" (Ecclesiastes 1:2).

The message may sound pretty morbid, but it brings hope to know that a person can also find hope outside this world.

In the conclusion of this little book of Ecclesiastes, King Solomon sums up the whole duty of man and his purpose of living: "Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandment, for this is the whole duty of man.

"For God will bring every deed into judgment, including every hidden thing, whether it is good or evil" (Ecclesiastes 1:13-14).

Hope is the foundation of the human heart. Without it, an army will cripple and with it become a force that can conquer legions 10 times its size despite the odds.

When a Soldier or military family member loses sight on what is important and forgets to be thankful for the good that God has given us, we find ourselves lost, emotionally confused, broken and even at the edge of suicide.

Are you living your life for what your physical eyes can see? What about after this life?

"Who are you?" is a question I ask many men and women as I come into contact with them on a daily basis, and many times they struggle to answer this question.

Honor is good and courage is wonderful, but

honor and courage without morality is dangerous. Like a football player who is fast and explosive, but runs in the wrong direction to score a touchdown, efforts can be counterproductive.

Business tends to be our middle name in the military, and deployments are just part of what we are called to do. But through the valley of adversity, there is always a mountaintop of rewards. Just make sure what you are living for is concrete and eternal.

We are born, we live and we die, but could there be something more important than what is offered to us in this life alone? Stop for a moment and ask yourself this question: What I am living for. And then ask, is it worth it?

The foundation of your life is who you are, and who you are is what is reflected within your character.

Action speaks louder than words, so cling to the only hope that will last.

The Bible is the greatest love letter from God to you in how much he truly cares. If you are willing to seek God, then you will find him.

"For God so loved the world that whoever believes in him shall not perish but have eternal life. For God did not send his son into the world to condemn the world, but to save the world through him" (John 3:16-17).

Learn to embrace who God is, who you are and why you are here. Drive without purpose is meaningless, but a life with purpose is a life that centers on making God big and the opinion of others very small.

Trust, revere and live for God. It is here that you will experience the most authentic, realistic and truthful life in this world you could ever imagine.

When God is your center, it all works.



Adriatico Jr.

# Voices of Ohana

What aspect of the African-American culture do you find unique?



"The tribal art. It's unique and very distinguishing. I'm an artist, so I know this."

**Spc. Christopher Flynn**  
Command Group  
USAG-HI



"The African American culture is a very rich and diversified one. That in itself makes it unique."

**Marie Henderson**  
Family Member



"Singing, especially within our church culture. It takes us from where we were to where we are."

**Maj. Victor Richardson**  
Chaplain, USAG-HI



"The unique part of the culture is helping family, friends or others, and of close families."

**Pfc. Jacob Rivers**  
B Co., 1-21st  
Infantry Regt.



"The spiritual aspect, because it is the glue that kept the families together in spite of being separated from one another."

**Command Sgt. Maj. Robert Williamson, III**  
USAG-HI Command  
Sergeant Major

# 311th Signal Command connects Cobra Gold

Deployed Forces

Story and Photo by  
**STAFF SGT. CRISTA YAZZIE**  
U.S. Army-Pacific Public Affairs

CHIANG MAI, Thailand – From 15 stories above the ground, Soldiers and Marines dangle telephone wires and fiber-optic cables from a hotel rooftop to windows below, connecting U.S., Thai, Singaporean, Indonesian and Japanese militaries throughout the Kingdom of Thailand for “Exercise Cobra Gold 2010.”

Connecting cables is but one of the many responsibilities for the 311th Signal Command (Theater) during the 28th U.S. and Thai-led multilateral exercise.

“The 311th Signal Command’s mission, here, is to integrate all the communication assets with this joint exercise,” said Master Sgt. Adren Kela, non-commissioned officer in charge of the CG10 Joint Command Control Center. These communications assets span locations throughout Thailand and include U.S., Marine Corps, and Navy forces, as well as Thai counterparts.

“Although we are of multiple services and commands, we are one team going forward to support communications needs for U.S. Army-Pacific in Cobra Gold,” said Lt. Col. Thomas Mahoney, 311th chief of plans and exercises. “It’s essential that we are integrated together.”

The Army is the executive agent for Cobra Gold and must work with its service component peers to establish communications throughout the coun-

try, Mahoney said.

Several commands within the 311th must also collaborate during the exercise.

“We’re all working together,” said Kela. “The communications platoon from the 307th (Integrated Theater Signal Battalion) is standing up its systems for the Combined Army Forces Headquarters.”

Teams from within the 311th SC (T), to include the 30th Signal Battalion and 516th Signal Brigade, are helping to bring everyone participating in the exercise together.

The 311th SC (T), a multi-component headquarters command incorporating active duty, reserve and active guard reserve Soldiers, was activated from its status as an Army Reserve Command in 2006 and headquartered at Fort Shafter.

As the signal command for USARPAC, the 311th SC (T) must ensure the Pacific LandWarNet, a digital telecommunications network across the U.S. Pacific Command’s area of responsibility – which includes Hawaii, Alaska, Japan and Asia-Pacific nations and territories – can be extended to support the deployment and integration of modular, expeditionary Army units called to execute contingency operations.

Each year, Exercise Cobra Gold is headquartered and executed in different parts of Thailand.

“This exercise, the Joint Task Force,

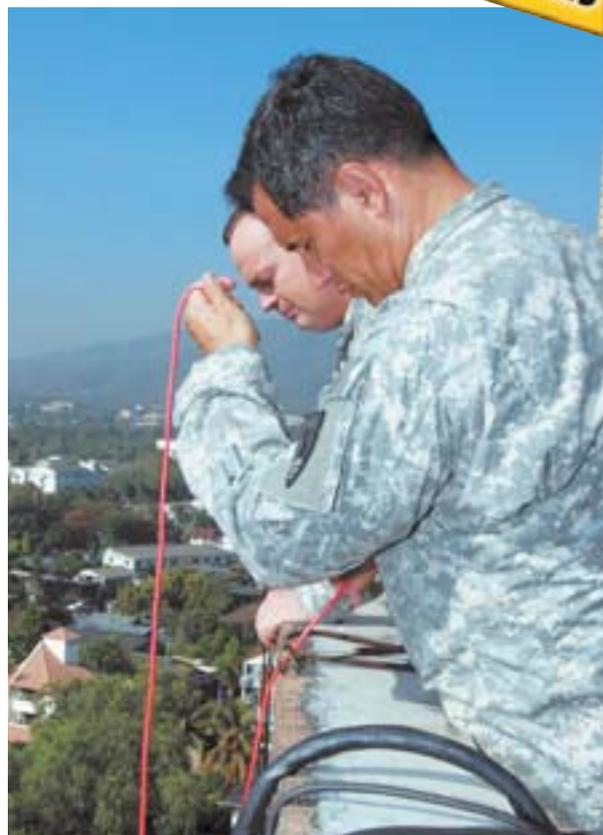
or headquarters, rotates throughout the Kingdom of Thailand,” said Kela. “This year, it’s up here in Chiang Mai; last year it was focused in Korat.

“It moves around, and this is good because we do a lot of good bilateral training with the Thai army rather than focusing on one area of the country,” Kela continued. “We have one team here in Chiang Mai. We have Army forces signal assets and Marine assets located in Phitsanulok, about a four-hour drive south from here; (and) we have military forces with the Thais working side-by-side in Utaphao, down in Samaesan,” he said.

Cobra Gold is designed to increase interoperability of the involved nations to respond to contingencies in the region.

“We always need to improve and work with our counterparts, because one day, like any exercise, it could actually turn into a real-world mission,” said Kela.

“Last year at the end of Cobra Gold 09, we were faced with the Burma crisis, and we were already in country. It didn’t develop to where they needed our involvement, but being here, being in position and staging, working with the Thais, has always made it more comfortable for us and them to accomplish any mission,” Kela said. “That’s probably one of the most important aspects of these exercises we conduct in the Pacific.”



Soldiers from the 311th Signal Command (Theater) work diligently to establish communications in support of Cobra Gold in Chiang Mai, Thailand.

## ‘Keen Edge 2010’ tests US, Japanese bilateral missile defenses outside Tokyo

Exercise allows military units chance at realistic, unobtrusive training in times of crisis

**PFC. ASHLEY M. ARMSTRONG**

94th Army Air and Missile Defense Command Public Affairs

YOKOTA AIR BASE, Japan – Soldiers in the 94th Army Air and Missile Defense Command joined forces with their Japan Self Defense Force and U.S. military counterparts to collaborate and synchronize their tactical knowledge and training in defense of Japan during “Keen Edge 2010,” a joint and bilateral command post exercise, here, Jan. 22-27.

Keen Edge 2010 is designed to increase combat readiness and interoperability of U.S. forces and JSDF by focusing on bilateral coordination, force protection, host nation support, ballistic missile defense and noncombatant evacuation operations.

“The main purpose of the exercise for the 94th AAMDC is to exercise bilateral ballistic missile defense planning with our Japanese Self Defense Force partners and our U.S. Forces Japan counterparts,” said Col. James R. Spangler, U.S. deputy area air defense commander forward, 94th

AAMDC.

Exercise participants of the 94th AAMDC conducted operations from various locations in Japan and at Hickam Air Force Base. Main operations were conducted, here, at USFJ headquarters.

Exercise participants teamed with their joint and bilateral allies to react accordingly to computer-simulated combat and disaster scenarios using the Joint Theater Level Simulation system.

“Due to limited opportunities for the 94th AAMDC to work side-by-side with our partners in a true bilateral training environment, the execution of the Joint Theater Air and Ballistic Missile Defense portion of the exercise was extremely crucial,” Spangler said.

The Joint Theater Air and Ballistic Missile Defense members representing different military branches and Japan worked together to harmonize their systems and defense plans to become better prepared to adequately defend Japan.

“The planning and coordination conducted during the exercise, combined with tactics, techniques and procedures developed during the bilateral JTAMD working groups are instrumental in developing a seamless ballistic missile defense of the both Japanese and U.S. critical assets,” added Spangler.

During Keen Edge this year, 94th AAMDC

Soldiers were trained on the Command and Control, Battle Management, and Communications system, which is the critical integrating command and control function that enables the Ballistic Missile Defense System.

“I believe the training was important because C2BMC is a stepping tool used to link all the different missile defense systems in the joint and bilateral ballistic missile defense world,” said Staff Sgt. Paul Glenn, night shift battle noncommissioned officer forward, 94th AAMDC.

The exercise not only strengthens joint and bilateral ties within the tactical training realm, but also allows opportunities to bridge the culture gap.

“KE10 not only offers an opportunity to improve bilateral JTAMD operations, but also creates an environment where we can learn about each other’s culture and build long-term relationships that will perpetuate success in the future,” said Spangler.

Command post exercises are a cost-effective way of providing military participants with realistic and unobtrusive training in a simulated crisis.

“The investment in an exercise that stresses bilateral JTAMD command and control from the tactical to strategic level and across multiple commands will pay large dividends for both countries for years to come,” Spangler said.

# 18th MEDCOM makes shift to high-frequency PRC 150 radios

Radio reps teach Soldiers Vietnam-era radio skills

Story and Photo by

**SGT. 1ST CLASS RODNEY JACKSON**

18th Medical Deployment Support Command Public Affairs

SCHOFIELD BARRACKS — During the new era of Army transformation, the Department of the Army is fielding a new era of high-frequency radios.

Known as the Harris portable radio configuration, or AN/PRC 150, the radio was introduced to Soldiers assigned to the 18th Medical Deployment Support Command, here, Jan. 18-29.

Representatives from the Harris Communications Corporation, the radio's manufacturer, met with 18th MEDCOM-DS Soldiers to teach them how to operate the radio.

George Poitras, technical trainer, and Tommy Mach, field engineer, from the Harris Communications Corporation tactical radio division, taught the Soldiers about different aspects of the radio.

"The G6/S6 course, or Advanced Communicators Course, allows those Soldiers to actually create radio plans to load into these radios," said Poitras. "The Basic Operators Course teaches all Soldiers how to load the operating plan given by the 'six shops' (G6), and understand how to operate in all the different modes."

"It was a very productive learning experience, and the system is great and easy to operate," said Spc. Dominique Ford, computer systems analyst. "We learned differences in signal complications of radio waves and how to program and set up the radios and different antenna systems."

A computerized remote programming application gives communications Soldiers more control over each individual radio set.

"That application allows the communications personnel to build their communications plan and program all of their radios, which identifies each radio as its own station, allowing the communications personnel to be very, very



Spc. Dominique Ford (right) and Spc. Alex Champigny, both computer systems analysts, 18th Medical Deployment Support Command, operate a computerized remote programming application of the Harris AN/PRC 150 radio system during a communicators operating course at Schofield Barracks.

specific when the radios are in operation," said Mach.

High-frequency systems are the best substitution or backup when other ra-

dio systems shut down without warning, added Poitras.

"The difference between these radios and other military radios is that

these can be used for beyond line-of-sight communications. So, with a 20-watt radio, you can regularly talk out to about a 1,000 miles," said Poitras.

"The radios have been around since Vietnam," Poitras continued. "The Army stopped using them at one point and the skill was lost. We are retraining the skill that used to be in every Army unit everywhere."

While the Army adopted the Marine's version of the high-frequency radio in the 1970s, the skill to operate the radios eroded with the arrival of satellite communications and ground-based retransmitting stations.

"This was a very well-facilitated class; the instructors were very knowledgeable about the equipment," said Sgt. 1st Class Justin Fordice, force protection supervisor. "I was reluctant at the beginning because I thought the class was more of a communications Soldier's training, but I quickly realized that this is very high-tech and useful equipment that every Army Soldier should know how to use."

## Franks recommends streamlining medical, physical boards processes

Research and survey both show MEB/PEB process is complicated

**GARY SHEFTICK**

Army News Service

WASHINGTON — Among recommendations to streamline the medical evaluation board process made by an Army-sponsored task force, led by retired Gen. Frederick Franks Jr., is the elimination of "dual" disability ratings.

In the past, disability ratings were issued independently by the Army and the Department of Veterans Affairs. The Army's ratings were often much lower than ratings the VA ended up giving wounded, ill and injured Soldiers, which created mistrust and confusion, Franks said, in a 42-page report on the MEB and Physical Evaluation Board process.

The Army, by law, could base its disability ratings only on the injury or condition that disqualifies a Soldier from service, while the VA conducts a "full body" diagnosis that often ends up determining higher disability levels.

Franks was asked to research the MEB/PEB



Franks Jr.

process by Army Chief of Staff Gen. George W. Casey Jr., in July 2008. The report contains three strategic recommendations and 43 supporting recommendations in the areas of command emphasis, education & training, policy, and process.

Recommendations stem in part from a survey to wounded warriors and their family members and interviewed experts.

Many of the recommendations require legislation to change existing laws. The report explains the current Physical Disability Evaluation System is based on a complicated "patchwork" of laws and amendments with some that date back to World War II.

Franks' study found that many injured Soldiers and their families do not fully understand the complicated MEB/PEB process. As a remedy, he recommends extensive education beginning with basic combat training.

The report recommends immediately beginning

MEB/PEB training in pre-command and leader courses at all levels in both officer and noncommissioned officer schools. It also recommends accelerating an effort started late last year at Fort Leavenworth, Kan., to collect and analyze lessons from the healing and rehabilitation process of wounded warriors.

Franks and his task force interviewed experts on PDES not only from the Army, but also from other services and allied nations. They reviewed work and research already done to simplify the disability system. In their first meeting, the task force was briefed about the current Disability Evaluation System, or DES, pilot program that has three features:

- A single, comprehensive medical examination,
- A single-source VA disability rating, and
- Enhanced case-management methods.

The DES pilot program is conducted by the VA and Defense Department and has been implemented at several Army installations including the Walter Reed Army Medical Center, Wash, D.C.; Fort

Meade, Md.; Fort Belvoir, Va.; Fort Carson, Colo.; Fort Drum, N.Y.; Fort Stewart, Ga.; Forts Richardson and Wainwright, Alaska; Brooke Army Medical Center, Texas; and Fort Polk, La.

During 2010, the DES pilot program is being expanded to Fort Lewis, Wash.; Fort Riley, Kan.; Fort Hood, Texas; Fort Benning, Ga.; and Fort Bragg, N.C.

The pilot program aims to help injured and ill service members get faster access to Tricare and other health care and VA benefits by developing a single medical examination used by both the Department of Defense and the VA, with a single-source disability evaluation done by VA and accepted by DoD.

Franks' study essentially recommends extending the pilot to the entire Army and incorporating the features into a revamped disability system. He recommends that one comprehensive exam be used by the Army to determine whether a Soldier continues on active duty and by VA to determine disability levels.

# VA to begin recovery of Post-9/11 GI Bill advance payments

Monies were not intended for active duty service members

## DEPARTMENT OF VETERANS AFFAIRS News Release

WASHINGTON — The Department of Veterans Affairs has started the process of recovering advance payments made available during the fall 2009 semester to service members who applied for education benefits.

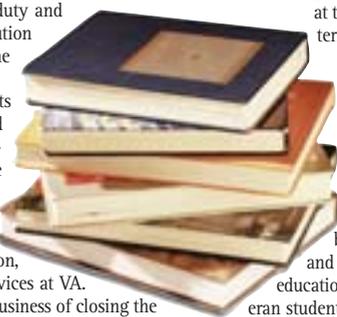
Active duty service members were actually not eligible for the "advance" or partial payment on reimbursements owed veterans under the Post 9-11 GI Bill, according to VA officials. They said those service members who mistakenly applied for and received the advance payment may be asked to pay it back or return un-cashed checks.

VA began sending out notification letters in January explaining the repayment process, officials said.

Some service members may have been confused, one official said, because under VA terminology active duty service members are not considered "student veterans." The advance payments were only intended for veterans who had left active duty and were enrolled in an institution of higher learning for the fall 2009 term.

"The advance payments were a huge success and helped thousands of student veterans during the first days of the historic Post-9/11 GI Bill focus on studies and not their finances," said Keith Wilson, director of Education Services at VA.

"Now, we can get to the business of closing the



## On The WEB

For more information about VA education benefits, visit [www.va.gov/](http://www.va.gov/).

books on advance payments and focus on supporting veterans for the spring semester."

In October, VA instituted the advanced payment process for all eligible students to ensure the veterans were able to focus on their academic studies and not be burdened with financial concerns, officials said. As part of that process, a Web portal was established to allow electronic submission for advance payment.

Advance payments were also made on-site at VA offices around the country. At that time student veterans were told that advance payments would be deducted from future benefit payments.

VA discontinued advance payments via the Web portal following the conclusion of the fall 2009 semester.

VA is currently processing about 7,000 education benefits daily, up from an average of 2,000 at the beginning of the fall 2009 term, officials there said.

As of Jan. 22, the department has processed more than 105,000 of the approximately 132,000 spring enrollments received.

Since the inception of the new program last year, VA has paid out more than \$1.3 billion in education benefits and opened the door to higher education to more than 183,000 veteran students.



File Photo | Army News Service

A formation of African-American troops stands at attention prior to World War II.

## PBS highlights untold story

WASHINGTON — To commemorate Black History Month and honor African Americans who served, "For Love of Liberty: The Story of America's Black Patriots" will air in February on some Public Broadcasting System stations.

The two-part documentary was produced with the Army's cooperation and tells the untold story of African-Americans' service in the military throughout the nation's history to win and protect freedoms they

themselves often didn't enjoy.

Hosted by Halle Berry, narrated by Avery Brooks, and introduced by retired Army Gen. Colin Powell, the four-hour documentary begins at the dawn of U.S. history to tell the story of African Americans who risked their lives to win and protect American freedom while striving to acquire it themselves.

In addition to film footage and photos, "For Love of Liberty" uses letters, diaries, speeches, journalistic accounts, historical text and

military records to document the accomplishments of African-Americans who served in the military since the republic's earliest days.

The personal stories give a moving account of service and sacrifice, from the Revolutionary War — whose first casualty was a black man, Crispus Attucks — to today's war against terrorism.

*(Editor's Note: The broadcast isn't currently scheduled to air locally, according to KHET.)*



# USAG-HI aids homeless shelters by donating hotel furnishings

Story and Photo by  
**JACK WIERS**

U.S. Army Garrison-Hawaii Public Affairs

HONOLULU – The privatization of Tripler Lodging last August means new furnishings for current and future temporary residents who patronize the 90-room complex behind Tripler Army Medical Center, here.

Additionally, the upgrades allow U.S. Army Garrison-Hawaii to lend support to homeless shelters on Oahu's Leeward coast.

The first donation of furniture, shower curtains, unused VCRs and computers came in January. The Kahumana Residential Center of Waianae received USAG-HI's donation. The nonprofit center is a homeless shelter for adults and families and offers a self-sustaining agriculture program with a stated mission to live, learn and work for and with adults with developmental disabilities.

"We recognize there are many in need, particularly now, and the Garrison, as a member of our Hawaiian community, is pleased to view this opportunity as a chance to assist," said Col. Matthew Margotta, commander, USAG-HI.



Annelie Amaral (right), U.S. Army Garrison-Hawaii Native Hawaiian community liaison, observes the loading of Tripler Lodge donation items to the Kahumana Residential Center of Waianae.

During the coming months, items ranging from furniture, shower fixtures and curtains, TVs and other electronics will be replaced by new lodging ownership, providing the Garrison with more opportunities to help the less fortunate.

"It's been one of our objectives since originating our native Hawaiian community program to create new ways to help our Hawaiian community," Margotta said.

Annelie Amaral, the garrison's Native Hawaiian

community liaison, worked with the coordinators of six Leeward coast area support centers.

"Basically, they act as a consortium, so the shelters will act together to parcel out according to the needs of the shelters," Amaral explained.

She added, "Because there is so much variety in what the (Tripler) Lodge has been able to provide, this is a huge gift to the community and will help immensely."

"The contribution of computers and monitors will assist shelter residents with beginning computer skills to prepare them for work in the community," Amaral added.

After the initial furniture transfer, Roy Yamane, general manager, Tripler Lodge, said he expects more furniture to be available in the summer.

"We were left with a lot of furnishings, and this will allow us to return them to the Garrison and, in turn, donate them to the community," Yamane said.

The privatized Tripler Lodge became part of the company called "I C Group," Aug. 15, 2009 – the world's largest hotel group, which includes the Intercontinental Hotels and Holiday Inn.

## NDAAs announces retirement changes

**OFFICE OF PERSONNEL MANAGEMENT**  
News Release

A Benefits Administration Letter, or BAL, was issued Jan. 12 from the Office of Personnel Management providing general guidance concerning benefits under the Civil Service Retirement System and the Federal Employees' Retirement System.

Some benefits were affected by the "National Defense Authorization Act for Fiscal Year 2010," Public Law 111-84, signed Oct. 28, 2009.

Further analysis related to the effects of the changes is being conducted by the organization, and informational materials and forms will be updated, as needed, on its Web site.

Additional BALs will be issued as warranted, too.

The NDAAs for Fiscal Year 2010, Public

Law 111-84, provides for many benefits changes under CSRS and FERS:

- Part-Time Re-employment;
- Credit for unused sick leave under FERS;
- Limited expansion of the class of individuals eligible to receive an actuarially reduced annuity under the CSRS;
- Computation of CSRS annuities based on part-time service;
- Authority to deposit refunds under FERS;
- Retirement credit for service of certain employees transferred from District of Columbia service to federal service, and
- Non-foreign area retirement equity assurance.

More details about each of the changes can be found on the OPM Web Site and by reviewing the following document: [www.opm.gov/retire/pubs/bals/2010/10-101.pdf](http://www.opm.gov/retire/pubs/bals/2010/10-101.pdf).



## News Briefs

Send news announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 5 / Today

**DA Photo Lab** – The Fort Shafter Department of the Army photo lab will close till further notice. The Schofield Barracks DA photo lab will be open from 8 a.m.-4 p.m. on regular business days. Call 655-1905 for an appointment. Walk-ins are welcome until normal schedules resume.

### 8 / Monday

**Cadet Sheridan Road** – Cadet Sheridan Road, between Kolekole Avenue and Trimble Road, will be

closed beginning Feb. 8, 8 a.m., through Feb. 26, 3 p.m., for construction.

Motorists destined for Richardson Pool and the Fernandez Hall rear parking lot should enter the lot from Elou Street.

A closure map is posted at [www.garrisonhawaii.army.mil/sites/traffic/communityimpact.asp](http://www.garrisonhawaii.army.mil/sites/traffic/communityimpact.asp). Call Craig Kojima at 656-2462 or e-mail [craig.kojima@us.army.mil](mailto:craig.kojima@us.army.mil).

**GSA Facility Closure** – The Schofield Barracks General Services Administration store will be closed for inventory, Feb. 8-12. Customers can shop at GSA Hickam during this time. Call 655-0280.

### 9 / Tuesday

**"Feelin' Lucky"** – The Army Substance Abuse Program and the Risk Reduction Program will host "Feelin' Lucky," an uncensored look at alcohol, drugs and sexual assault

prevention, Feb. 9, 2-3:30 p.m., at Sgt. Smith Theater, Schofield Barracks. Call 655-8322 (service members) or 655-6047 (civilians). Online information available at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil).

**Train as You Ride** – The Directorate of Installation Safety will offer "Train as You Ride," an advanced motorcycle safety class, Feb. 10 and 11, at Wheeler Army Airfield. The half-day classes are limited to military personnel.

Register at <https://airs.lmi.org>, select "Pacific," "Hawaii," and "Advanced Motorcycle Course." Call 655-6455.

### 10 / Wednesday

**Change of Command** – Lt. Col. Nicholas Katers, commander, 84th Engineer Battalion, will relinquish command to Lt. Col. Jerry Farnsworth, Feb. 10, 10 a.m., at Sills Field, Schofield Barracks.

# Donate: Community is urged to give blood

CONTINUED FROM A-1

Lele, recruiter, Tripler Blood Donor Center, "so we always have to make sure we have an adequate supply of blood on hand. It's sort of like an insurance policy for us in Hawaii."

And while the center hasn't yet been asked to donate blood to Haitian residents, whose Caribbean country was rocked by a devastating earthquake on Jan. 12, Lele said the center's willingness to assist remains for any emergency situation around the globe.

"When Fort Hood had the shootings last November, we received a request to send blood there, and we did," she said, "so if an emergency arises, we're more than capable of helping out."

Still, the demands for additional blood have risen sharply in recent days. Up until last month, for example, the center was only asked to provide 20 units of blood for service members stationed in Iraq and Afghanistan.

Since then, the requested number has doubled.

"In 2010, we are hoping to collect at least 1,000 more units of blood," said Lele, adding that should the center come up short of its quota, the fallback option will be to purchase blood from the mainland.

"But that would be very expensive," she noted.

With that in mind, the push for additional blood was launched in January, on the 40th anniversary since former President Richard Nixon designated January as National Blood Donor Month.

Already, the local center has scheduled some 15 blood drives through the end of February, including dates at Fort Shafter and the Hale Koa Hotel at Fort DeRussy. (See sidebar for more information.)

Earlier this week, Cadet Tari Rullo-



Cadet Tari Rulloda, Warrior Battalion, Army ROTC, braces herself for the prick of a needle, compliments of Tonee Crisostomo, a civilian phlebotomist with the Tripler Blood Donor Center. Miss Rulloda was one of about 60 cadets who turned out for an Armed Services Blood Program drive earlier this week at the University of Hawaii-Manoa.

da was one of about 60 men and women enrolled in the Army ROTC program, Warrior Battalion, to show for an early morning blood drive at the University of Hawaii-Manoa.

Giving blood, the college junior explained, is something she manages to work into her schedule several times each year.

"I've been to Iraq before," Rulloda said, "and I know that the need for blood is important, especially when you have your comrades in battle."

By increasing the number of drives in the coming days, Lele and her team hope to ensure that the collected units of blood remain fresh, despite its perishable nature.

"Blood has an expiration date on it. That's why it's especially important that we do three or four drives per week," Lele said, "but we'll only collect on what we need. If we have a larger turnout, chances are we'll ask our

donors to come back the following week."

Lele noted that despite the enthusiasm of many within the military community to contribute, deferrals, or the ineligibility to give blood, often greatly reduce the overall number of donors.

Those who travel to Iraq and Afghanistan, and other areas with identified blood-borne diseases, for example, are immediately disqualified unless they've been back home for at least 12 months.

This requirement, of course, poses an ongoing challenge since many service members are subject to repeat deployments.

"A lot of people think that just because we're on a military base that we have access to a large number of people to donate," Lele explained. "But if you think about it, how many military people have been deployed and haven't been back for 12 months? In reality, a

lot of bases are redeployed before they even make the 12-month mark.

"Also, there are people who do come out to donate, who have lived in Europe between 1980 and 1996, and that makes them ineligible to donate," she continued, "so all of this makes it very difficult for us."

Despite the challenges, Lele encourages Soldiers and their family members to do their part, particularly those who have the extremely rare blood type O negative.

"Our center is open five days a week," she said, "and if businesses want to schedule a blood drive with us, we only ask that at least 25 people commit to giving blood. We don't have a mobile bus, but we're more than willing to set up shop inside an office, a conference room, a cafeteria or a chapel."

Lele added that she's also in need of new points of contact to help with up-

## Upcoming Blood Drives

The Tripler Blood Donor Center has scheduled blood drives on the following dates and locations:

•**Feb. 5-6**  
11 a.m.-3 p.m.  
Fort Shafter (311th Signal)

•**Feb. 8**  
8 a.m.-2 p.m.  
Kaneohe Bay Chapel  
(1st Battalion, 12th Marines)

•**Feb. 12**  
10 a.m.-2 p.m.  
Hale Koa Hotel, Fort Derussy

•**Feb. 17-20**  
9 a.m.-5 p.m.  
Maui Army Recruiting Station  
at Queen Ka'ahumanu Center

•**Feb. 18, 19**  
8 a.m.-5 p.m.  
U.S. Army Reserves Center  
in Maui

•**Feb. 24**  
10 a.m.-2 p.m.  
Joint Intelligence  
Center-Pacific (JICPAC)

•**Feb. 26**  
9 a.m.-2 p.m.  
Pearl Harbor Shipyard

coming blood drives. Those interested in learning more about what it takes to be a point of contact, or POC, and those wanting additional information on the center and its upcoming schedule of blood drives, can call Lele at 433-6699.

# Surgical: 8th FST trauma center fully engaged

CONTINUED FROM A-1

He said things were slow during the month of March, but that soon changed.

"We only saw about a dozen trauma patients in March," Wilhelm said. "When April rolled around, we suddenly became the busiest Level II trauma center in the entire theater of operations."

The 8th FST, whose motto is "Always Ready," saw more than 500 trauma patients from April through August. The FST treats anyone seeking medical attention — U.S. troops, members of the Afghan National Army or local civilians.

On Afghan Election Day, Aug. 21, Wilhelm recalled, 12 patients arrived at FOB Shank in a four-hour period via medical evacuation, or MEDEVAC flights. It was a stressful time, but Wilhelm said the team performed brilliantly.

"Myself and my detachment sergeant, Sgt. 1st Class Jonathan Goodman, cleared patients of weapons and ordnance; our medics, Staff Sgt. Jonathan Johnson and Spc. David Dela Cruz,



Courtesy Photo

gave resuscitative care to U.S. Soldiers; and our surgeons, Lt. Col.'s "Kit" Swiecki and James Sebesta, took care of the

casualties with a poise and a calm that was extremely impressive," said Wilhelm.

In September, the FST came under close rocket attack while a patient was undergoing surgery. Wilhelm said the

Left — Spc. Noel Arocho and Maj. Rodger Christy, 8th Forward Surgical Team, prep an Afghan patient for surgery.

operating room staff stood by their patients as the explosions shook the tent, continuing to care for the wounded troops.

Wilhelm and Johnson rushed to the site of the attack and gave first aid to wounded U.S. civilians, transporting the most critical patient to a bunker on the hood of a HMMWV.

The 8th FST is preparing to hand off the Level II trauma mission to the members of the 909th FST, an Army Reserve unit from Chicago, and the 8th will return to Hawaii at the end of February.

Wilhelm said it was the sense of humor of all the FST members that got the unit through a difficult year.

"Keeping morale up can be difficult at times when you deal with so much carnage," he said. "Pranks and inside jokes were always a good mood lighter. Remembering that you will be going home helps, too."

# Swordsmen: Battalion came to Hawaii from Korea

CONTINUED FROM A-1

controlling law enforcement programs.

"It should be no surprise to anyone that this long war has brought about a tremendous demand for military police and CID units and Soldiers," said Col. Joe Ethridge, deputy commander, U. S. Army Criminal Investigations Command. "The MP Corps and CID are key and essential components in bringing stability to Iraq and Afghanistan."

Although the battalion will command all of the CID detachments throughout the country of Afghanistan, it will leave in Hawaii enough personnel to accomplish daily operations, as well as the Republic of Korea.

During the last 12 months, the Headquarters, Headquarters Detachment, 19th MP Battalion, successfully deactivated from Korea and reactivat-

ed in Hawaii. The unit stood up the first Korean Field Office to oversee two Korean detachments with offices geographically dispersed in more than six camps and redesignated the 102nd Hawaiian Field Office to the 102nd MP Detachment (CID) in Hawaii.

The battalion headquarters is eager to set

standards and accomplish its mission in Afghanistan.

"To achieve victory in Afghanistan, we must re-establish the rule of law," said Ethridge. "CID is a critical component of that mission. (We are) diligently seeking the truth deterred neither by fear nor prejudice."



# PAU HANA



Below – Lauren Lessard, a Charlottesville, Va. native, takes her first of 1,048 steps at the Koko Crater hiking trail in the Koko Head Regional Park at South Shore, Dec. 30.

Take this hill and

# HIKE IT

Koko Head Crater challenges hikers, adventurers to take the first step ... the next 1,047 steps are up to them

**LANCE CPL. RONALD W. STAUFFER**  
Marine Corps Base Hawaii Public Affairs

HONOLULU – Some things in life may seem inevitable, no matter how they're looked at. The fact you know something is going to hurt before you start may be foreboding, but you can still yearn for the challenge.

Hiking Koko Crater happens to fall into that category. Located in the Koko Head Regional Park in Southeast Oahu, the massive mound of dirt and rock is hard to miss. Anyone driving down Kalaniana'ole Highway may have glanced at the rocky formation protruding into the sky.

The formation may be easiest seen at the lookout point located down the hill from one of Oahu's most popular snorkeling attractions, Hanauma Bay. That glance is enough to witness the lone trail that leads up the side of the vegetation-filled crater.

Little specks can be seen up and down the steep incline.

What would possess a person to hike up all those stairs? Pride maybe. The sheer enjoyment of fitness or the miraculous view at the top of the summit, possibly.

“It's a great hike,” said Army Capt. Susan Styer, assigned to Fort Shafer's 413th Contracting Support Brigade. “You get to see the sunrise and hang out with friends.”

The trail is close to Kaneohe, as well as Honolulu residents, and is always readily available for anyone looking for a challenge and a workout. However, inexperienced hikers should not take this uphill battle lightly.

For those who make it to the top, a beautiful view of Hanauma Bay awaits. If the day is particularly special, whales may be seen breaching outside the bay.

No tropical trees shade adventurers from the heat of the sun or majestic waterfalls at the end of the trail. The only pools of water are the pools of sweat dripping off hikers who push their bodies to the limit.

An abandoned military lookout point sits at 1,208 feet. The only way to get there is straight up the aged railroad ties once used to transport personnel and supplies.

Each tie symbolizes a step in the roughly mile-long trail, and there are 1,048 steps of joy from bottom to top.

“It starts out deceptive,” said Bernie Lessard, a native of Fairfax, Va., visiting Oahu. “You get committed at the bridge, and then the hike gets really steep.”

Lessard said the trek was his first time hiking up the trail and admitted it was especially challenging toward the top, but worth it.



Photos by Lance Cpl. Reece E. Lodder | MCBH-Kaneohe Bay Public Affairs

A local hiker carefully makes his way down the “steps,” railroad ties, of the Koko Crater hiking trail. To experience the view on top, hikers climb a grueling 1,048 steps from the base of the hill to its summit.

At the top of the monstrosity of a trail, hikers will find old bunkers and cable systems marking a tiny speck of history. They can also peer down upon the lush botanical garden cradled inside the crater and the never-ending blue of ocean fusing into the sky.

Despite the sweat, shortness of breath and aching burn running from calves to thighs, the grueling trail keeps hikers coming back for more.

But hikers aren't the only ones who tread the large stairs.

“I come here once a week and try and get Leo tired,” said Larry Jodion, Honolulu resident, about his 2 1/2-year-old golden retriever, “and I like the workout.”

The park is open and available to the public at all hours; however, hiking the trail after sunset is not advised. The best time to start is around sun up, before the path gets hot.

*(Editor's Note: Combat correspondent Lance Cpl. Stauffer writes for the Hawaii Marine newspaper.)*



Right — Although sweating and exhausted, a local hiker leads the pack and continues to trudge up the Koko Crater hiking trail while fellow hikers pause for a break behind him. The trail offers locals and sightseers a challenging workout and a rewarding view.



Left — Weathered rails serve as stepping stones for hikers climbing the steep trail. The rails are remnants from an abandoned military lookout point that used to transport personnel and supplies up Koko Crater. The last step is marked 1,048.

# General recognizes several outstanding volunteers

CG and his wife host ceremony at their historic Palm Circle quarters

**SGT. MAJ. TERRY ANDERSON**  
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The 8th Theater Sustainment Command commanding general and his wife opened up their home Jan. 29 to recognize a group of volunteers who sacrificed their time to help Soldiers and their families.

Maj. Gen. Michael J. Terry and his wife, Cathy, welcomed more than 25 guests into their home on Palm Circle, to make the Volunteer of the Quarter ceremony a more personal occasion.

"Our home, Quarters #7, is a historic place," Terry said. "We used to hold these volunteer recognition ceremonies at our home when we were stationed at Fort Hood (Texas), and we really enjoy recognizing our great volunteers in this setting."

Each 8th TSC subordinate brigade submitted a Volunteer of the Quarter nominee: Kimberly Battle, 45th Sustainment Brigade; April Estes, 8th Military Police Brigade; Melinda Yeary, 8th Special Troops Battalion; and Janice Wilson, 130th Engineer Brigade.

The commanding general also recognized Jen Leinweber, from 2nd Stryker Brigade Combat Team, 25th Infantry Division, for her outstanding volunteerism.

After Terry and Command Sgt. Maj. George Duncan presented Certificates of Appreciation to all of the nominees, Melinda Yeary, 8th Special Troops Battalion,



Pfc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Melinda Yeary is presented with the 8th Theater Sustainment Command Volunteer of the Quarter award, Jan. 29, at Quarters #7 on Fort Shafter. Pictured from left to right are Command Sgt. Maj. George Duncan and wife, Jackie; Yeary; and Cathy and Maj. Gen. Michael J. Terry, commanding general, 8th TSC.

was recognized as the 8th TSC Volunteer of the Quarter.

"It was definitely a surprise," Yeary said. Yearly volunteers at Hale Kula Elementary School on Schofield Barracks, and is the family readiness group leader for the 8th STB. She volunteers to help out Soldiers and families, who have enough to worry about

with deployments to Iraq and Afghanistan. "I get satisfaction knowing that I'm helping someone who needs it," Yeary said. "I think everybody should volunteer their time, not only to just help the schools, but to help out anywhere that they're needed. Just give one hour of your time, and you'll get a lot in return."



Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- FS: Fort Shafter Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Friday, 9 a.m. at AMR  
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels  
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)  
•Sunday services:  
-7:30 a.m. at WAAF  
-8 a.m. at AMR  
-10:30 a.m. at MPC Annex  
-11 a.m. at TAMC  
•Monday-Friday, noon at MPC and TAMC

**Gospel Worship**  
•Sunday, noon at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Saturday and Sunday, 5:30 a.m., 6 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Monday, 6 p.m. at PH (Bible Study)  
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

**Orthodox Divine Liturgy**  
•Sunday, 9 a.m. at TAMC

**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex

**Protestant Worship**  
•Sunday Services  
-9 a.m. at FD, FS, MPC, TAMC and WAAF chapels  
-10 a.m. at AMR and HMR



## 5/Today

**Family Fun Friday** — Family Fun Friday is back at the Tropics Recreation Center, Feb. 5, at 6 p.m. Enjoy free Papa John's pizza, fun and games, HDTVs, Nintendo Wii, PS3 and Xbox 360 games for checkout, family table games, pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

**Valentine's Day Ceramics** — Come to the Schofield Barracks Arts and Crafts Center, Feb. 5, 10 a.m.-12 p.m., to paint your very own ceramic heart box for your special someone.

Make this year's Valentine's gift extra special by using your creativity. Cost is just \$15 per person and includes all supplies. Call 655-4202.

## 9/Tuesday

**Valentine's Day Card-Making & Rubber Stamping** — Learn new techniques with stamps, inks and more and to design one-of-a-kind Valentine's Day cards on Feb. 9, 6-8 p.m., at the Schofield Barracks Arts and Crafts Center.

Just \$10 covers the class and all your supplies. Call 655-4202.

## 10/Wednesday

**Money Management and Money Harmony** — The best way to accomplish your dreams is to start with a plan, so learn how to decrease your expenses and make your money work for you.

•The Feb. 10 Money Management workshop is designed to help you resolve money conflict in life and relationships. It will focus upon the basic tools for financial success. This workshop will be held at Army Community Service, Schofield Barracks, 9-10:30 a.m.

•The Feb. 10 Money Harmony workshop is designed for all couples who need to talk about money issues. When money problems get out of control, so can the relationship. This workshop will also be held at the Schofield ACS, 10:30 a.m.-12 noon.

Call 655-4227 or register online for workshops at [www.acsclasses.com](http://www.acsclasses.com).

## 12/Friday

**Furlough Fridays** — Looking for Furlough Fridays activities? The next Furlough Friday is scheduled Feb. 12, and Family and Morale, Welfare and Recreation has families covered with a variety of options for students and teens in all grades.

Programs offered at Child, Youth and School Services and Army Community Service can keep keiki busy. Download your FMWR Furlough Friday activity program guide at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com). Click on "CYSS."

Upcoming Furlough Friday days are scheduled March 5 and 12; April 23 and 30; and May 7 and 14.

scheduled Feb. 17, 4 p.m., at the Porter Community Center.

**2010 Scholarships for Military Children** — All applications for the 2010 Scholarships for Military Children Program must be turned in to a commissary by close of business Feb. 17. See article on page B-4 for more details.

## 19/Friday

**Art and Essay Contest** — The Armed Services YMCA's annual art and essay contest invites military children to create artwork and essays on this year's themes, "My Military Hero" and "My Military Family."

Entries for the art contest must be postmarked no later than Feb. 19, and are for children in grades K-6.

Students in grades 1-12 are asked to write their essay about "My Military Hero" and to postmark entries no later than March 19.

Winning entries will be displayed in a number of locations in the Washington D.C. area, and winners will be recognized at a luncheon on Capitol Hill.

Entry forms are available at [www.asymca.org](http://www.asymca.org).

ond Thursday, 6:30 p.m.; and  
•International Women's Writing Guide, first and third Wednesday, 7 p.m.  
Call 676-6699 for more information.

**Welfare Grants & Scholarships** — The Hui O' Na Wahine, the Schofield Barracks spouses club, is now accepting applications for welfare grants and scholarships.

The Hui provides grants to organizations that support military families and the surrounding community. Grant awards are dependent upon substantial need and the amount of money available for distribution.

Scholarships are available for graduating seniors and for continuing education; however, the submission deadline is March 31.

For information or applications, visit [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com)

**Family Advocacy Program Survey** — Could you use an extra \$100 to spend at AAFES? Be the voice for your community and you could win a \$100 AAFES gift card.

Gift card drawings are held every two weeks. For more information on your chance to win, call Regina Peirce at 655-0596.

**Family Camp** — The Sierra Club and the Sierra Club Foundation are funding camping opportunities for military families through the Honolulu Armed Services YMCA.

Camp Edrman has been contracted to provide a weekend family camp that will include multiple opportunities for great experiences in the natural environment, conservation education, camaraderie and fun.

Some sample activities scheduled are swimming, archery, wall climbing, Saturday night campfires and more.

This camp starts early evening, Friday, March 12, and ends early afternoon, Sunday, March 14.

All meals and activities are included and are provided at no cost to families. Call 624-5645 or e-mail [wheeler@asymca.hawaii.gov](mailto:wheeler@asymca.hawaii.gov) for more information.

**Precious Metal Clay Workshop** — Create your very own precious metal clay jewelry, Feb. 12, 9 a.m.-12 p.m., at the Schofield Barracks Arts and Crafts Center.

Learn the basics of precious metal clay and torch safety while crafting your own homemade pendant or a pair of earrings. Call 655-4202.

## 17/Wednesday

**Checking Accounts** — How many times a day do you swipe your debit card? Learn how to track your purchases and maintain your checking account.

This workshop covers how to choose the right bank for your needs and will be held at Army Community Service, Schofield Barracks, 9-10:30 a.m., Feb. 17.

Call 655-4227 or register online at [www.acsclasses.com](http://www.acsclasses.com).

## Ongoing

**Personal Financial Counseling** — Now is a good time to look at how and where your money is spent and examine ways to save more. Now is the time to establish a plan for short-term and long-term financial health.

Schedule an appointment for credit or budget counseling with Army Community Service's Financial Readiness Program. Call 655-4227.

**Earth Day Recycled Art Contest** — Enter your art made of recycled materials to any Army library or the Schofield Barracks Arts & Crafts Center now through March 30 to participate in April 22's 40th anniversary of Earth Day. Post libraries will be hosting this 100% recycled art contest, which is open to all ages. Call 655-8002

**AFAP 2010** — All Aboard! "Ride the Train of Change" at Army Family Action Plan 2010. Get on-board today with your particular quality of life issues by submitting them to the 2010 Installation Conference today through Feb. 28.

The 2010 AFAP conference runs March 16-18 at the Nehelani, Schofield Barracks. Issues can be submitted online at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) or via fax, 655-1654, to Schofield Barracks Army Community Service.

Call Michael Briglin, AFAP manager, at 655-1696 or e-mail [michael.briglin@us.army.mil](mailto:michael.briglin@us.army.mil).

lege expenses for their dependent children may be eligible to apply for the Maj. Gen. James Ursano Scholarship Program, which offers scholarships based on financial need, academics, leadership and achievement for each academic year.

The Stateside Spouse Education Assistance Program is a need-based education assistance program designed to assist spouses/widows(ers) in gaining the education required to allow them to qualify for increased occupational opportunities.

Applications are available online at [www.aerhq.org](http://www.aerhq.org). and due March 1.

**Recycling** — Keep unwanted metals and plastics out of landfills by recycling old cellular phones. Proceeds generated from this initiative will help fund environmental projects and Family and Morale, Welfare and Recreation events for the community.

Call 655-5411 or 864-1048 for a pick up, or drop off recyclables at the Environmental Division offices, Building 105, 3rd floor, Wheeler Army Airfield.

All items will be collected when customers request a regular pick up. To learn more about post recycling efforts, go to [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil), and click on "Sustainability."

**Twitter** — Follow the Garrison at [www.twitter.com/usaghi](http://www.twitter.com/usaghi).

**Pacific Aviation Museum Offer** — The Pacific Aviation Museum Pearl Harbor is offering one free keiki admission (4-12 years old) with each paid adult admission every Saturday and Sunday. Children under 4 are always free. Adult ticket rates are \$14; \$10 for kamaaina and military.

The museum is open 9 a.m.-5 p.m., daily. Visit [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org), or call 441-1000.

**SEE COMM. CALENDAR, B-3**



Send announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## 13/Saturday

**Chinese New Year Celebration** — Help welcome in the Year of the Tiger with an ancient Chinese lion dance as it spreads good wishes to the family of Pearlridge Center customers, merchants and employees, Feb. 13.

Considered the third in the cycle of the 12 Chinese animal signs, the Year of the Tiger heralds a year of new beginnings and significant change.

Shows run "Uptown" from noon-1 p.m., then "Downtown" from 2-3 p.m.

**Keiki Talk Story** — "Aloha to You" will be the topic of this month's Keiki Talk Story program at Mission Houses Museum. Valentine's Day is a perfect time to explore the meaning of "Aloha," one of the most used words in the Hawaiian language.

Perfect for ages 3 and up, this program engages children and provides a fun hands-on activity, Feb. 13, 10-11 a.m., Chamberlain House Kitchen, 553 S. King St., Honolulu.

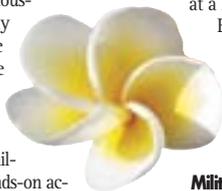
This event is free. Call 447-3910.

## 14/Sunday

**Ring in Valentines** — Roses are red, violets are blue, a ring from AAFES says, "I love you." Army & Air Force Exchange Service patrons are reminded to check out the many specials and sweepstakes run by AAFES at [www.aafes.com](http://www.aafes.com).

## 17/Wednesday

**Save the Date** — The next Army Hawaii Family Housing resident forum is



## Ongoing

**Military Kids Camp** — Operation: Military Kids Camp-Hawaii, along with YMCA-Camp Erdman, is offering two family camps geared toward helping recently redeployed service members and their families reconnect.

The camp, scheduled April 9-11 is open for registration.

Visit [www.ctahr.hawaii.edu/4h/omk](http://www.ctahr.hawaii.edu/4h/omk), e-mail [omk@ctahr.hawaii.edu](mailto:omk@ctahr.hawaii.edu), or call 956-4125.

**Borders Reading Groups** — Borders Waikale hosts three monthly reading groups:  
•Bestsellers, second Wednesday, 7 p.m.;  
•Romance Readers Anonymous, sec-



Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.



### Sherlock Holmes

(PG-13)  
Fri., Feb. 5, 7 p.m.  
Sun., Feb. 7, 2 p.m.  
Thurs., Feb. 11, 7 p.m.

### The Princess and the Frog

(G)  
Sat., Feb. 6, 4 p.m.



### Did You Hear About the Morgans

(PG-13)  
Sat., Feb. 6, 7 p.m.

### The Blindside

(PG-13)  
Wed., Feb. 10, 7 p.m.

No shows on Mondays or Tuesdays

# ACS program assists spouses seeking employment

Employment Readiness program manager is the "go to" for all things related to job hunting

Story and Photo by  
**BILL MOSSMAN**  
Staff Writer

SCHOFIELD BARRACKS — When it comes to helping the jobless find employment, either on post or off, the woman affectionately referred to as "Ms. Johnson" is the one all Army spouses, here, come to see.

Since being hired as the Employment Readiness program manager at Army Community Service in October, Yolanda Johnson has been the principal source of trust and good advice for hundreds of job-seeking spouses of active duty military personnel.

Since arriving, Johnson estimates she has helped about 50 women successfully find permanent employment since relocating to Hawaii with their husbands.

The Army, Johnson explained, recognizes how important spouse satisfaction is to the overall well being of a family unit. An estimated 55 percent of all Army spouses, in fact, are in the workforce and contribute anywhere from 20 to 40 percent of their families' income, according to a recent report from the Family and Morale, Welfare and Recreation Command.

Thus, Johnson views her job as assisting clients — the majority of whom are age 25 or younger — find fulfillment through employment education and training opportunities, in spite of the challenges many face in developing long-term careers due to frequent Soldier reassignments and relocations.

"For me, it's all about empowerment," said Johnson, who hosts orientation meetings, here, every Friday for new arrivals to the islands, as well as quarterly gatherings that focus on resume writing and dress tips for job interviews. "If you can help these people find jobs, that's huge."

In addition, keeping spouses gainfully employed has a positive impact in the retention of military personnel, she said.

"Not everyone wants to be a housewife, so



At right, Yolanda Johnson, Employment Readiness program manager, Army Community Service, prepares a newsletter for distribution to newly arrived spouses to Hawaii, with the assistance of Hailey Stout. Thanks to Johnson's help, about 50 spouses, including Stout, have found jobs in the past four months through the employment program.

when you empower spouses by giving them the tools they need to find a job, the retention rate among Soldiers is bound to go up," she said.

But those in need of Johnson's help are warned to come in with their sleeves rolled up, prepared to labor unceasingly.

"Finding a job is hard work, and it will often beat you down," admitted Johnson, whose staff includes two assistants.

"Our goal for our clients is to send out 20 resumes a day," she continued. "We don't ever want them to simply look at one job and say, 'That's me!' I mean it could be you, but then again, maybe not. And what you just did by focusing on one job was put all of your eggs in one basket."

Clients are also warned not to be idle during their search for employment, but to remain active by doing volunteer work.

"We'd all like to get paid for everything we do, but that's not possible," Johnson said. "I'll often tell my people to volunteer somewhere while they're out looking for a job, especially if they're the type that needs to get out of the house."

Hailey Stout, one of Johnson's clients, agreed. "Volunteering keeps you in a professional atmosphere and allows you to network," said Stout, who, through Johnson's assistance, recently landed a full-time job with ACS' Relocation Readiness team. "I used my volunteer experience on my resume, and I'm sure it helped. Instead of looking like I wasn't doing much while unemployed, it showed that I was engaged, and not just sitting around."

To better prepare military spouses for the job market, Johnson and the ACS team have helped form an alliance with about 26 local businesses — including Army Career and Alumni Program, Bank of Hawaii, Starbucks, Servco Inc., Toys R Us, and Dellew Corporation Facilities Management — through the Army Spouse Employment Partnership.

Additionally, the Military Spouse Career Advancement Account, or MSCAA, provides military spouses with up to \$6,000 in grant money for college or technical training.

"For us here at ACS, it's all about hope," Johnson said. "And if we can offer our clients a little more hope, then it makes our jobs all the more worthwhile."

To learn more about Employment Readiness and current job opportunities, visit ACS, located at Building 2091, on Kolekole Avenue, or call 655-4227.

## New homes now open in Wili Wili community

**ARMY HAWAII FAMILY HOUSING**  
News Release

SCHOFIELD BARRACKS — Families began moving into the first of 241 homes planned for the Wili Wili neighborhood at Wheeler Army Airfield last month.

And, in keeping with Army Hawaii Family Housing's vision to build communities and not just homes, a new community center is also under construction.

Adjacent to the center will be the Wilikina Community Center Splash Park. The park will feature a 25-meter swimming pool and spray park, and it is the last of two planned aquatic facilities at AHFH.

Both the homes in Wili Wili and the Wilikina Community Center are scheduled for completion in August.



Courtesy Photo

Families are moving into the first of 241 new homes planned for the Wili Wili neighborhood at Wheeler Army Airfield. All homes are scheduled to be completed by fall.

## Community Calendar

From B-2

**Religious Services** — A full list of all services, children's programs and educational classes the garrison's Religious Support Office offers can be found online at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). From the home page, click on "Religious Support," which is under the "Directorates & Support Staff" menu.

For more information, call 655-6644 (North communities) or 833-6831 (South communities).

**Club Beyond** — Middle school and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group. The group meets Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and

Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation community center.

Free dinners are available 30 minutes prior to the meeting. Contact youth minister Kevin Schmidt at 372-1567, or e-mail [kschmidt@clubbeyond.org](mailto:kschmidt@clubbeyond.org).

**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, 6-7 p.m.

Visit [www.hawaiimagicclub.com](http://www.hawaiimagicclub.com). or call 234-5262.

**Waikiki Aquarium Volunteers** — Residents are invited to join the Waikiki Aquarium's volunteer team. During weekly two-hour shifts, volunteers explain different habitats and species within the exhibits to visitors, share information about Hawaii's marine life and provide the opportunity for visitors to learn about the importance of conservation.

Volunteers receive extensive, hands-on training from expert staff, as well as

continuous education about Hawaiian marine life. For more information, call 440-9020.

**Sexual Assault Prevention** — The Army has launched a new and improved sexual assault prevention program Web site as part of its new "I.A.M. Strong" sexual assault prevention campaign. Visit [www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil).

**Troops to Teachers** — This program is a federally-funded program that directly supports military members who have chosen teaching as a career.

The program provides direct resource support, including hiring, and allows up to a \$10,000 bonus for teaching in high-needs schools.

Find out what it takes to become a teacher and the benefits of the program. Contact Bryan Miller, program coordinator for TTT, at the Education Center, Schofield Barracks, Room 209, on the first Tuesday of every month, 11:30 a.m.-1 p.m., or call 586-4054, ext. 409.

## Shafter PXMarket, Tripler shoppette offer variety of merchandise, vendors

**MIKE EGAMI**

U.S. Army Garrison-Hawaii Public Affairs

FORT SHAFTER — A unique shopping experience is located here.

The PXMarket serves as a hybrid store designed to service the Fort Shafter community's specific needs.

Run by the Army & Air Force Exchange Service, the facility provides residents a modestly sized, on-post facility that offers a variety of shopping opportunities.

The PXMarket opened in 2002 with a special purpose. When the Shafter commissary was scheduled for closure and AAFES only had a shoppette, the PXMarket was designed to fill the void and provide residents with a grocery and retail store on Fort Shafter.

Like a traditional commissary, the PXMarket carries fresh produce, meat and a large assortment of dry, chilled and frozen products. Also a deli and a fresh fish department are available, as well as a Class VI section with spirits, wine and other beverages.

While shopping, customers can also take advantage of their immediate food and beverage needs at Subway, Snack Avenue or Starbucks.

The PXMarket offers a wide range of retail merchandise, though not the same selection as patrons will find in a Main Exchange, but the PXMarket is a great source for finding basic needs like sundries, linens, cleaning supplies books, music and electronics.

The next Fort Shafter PXMarket Council Meeting will be held April 14 from 10 a.m.-11 a.m. at the conference room in Building 1599.

The store has a Military Clothing Store, Beauty Shop and an Information, Ticketing and Registration, or ITR, office. The adjacent service station was recently joined by a Burger King trailer in August of 2009.

The AAFES PXMarket has recently added sporting goods and hardware materials, too, plus increased its selection of cleaning supplies.

A toy aisle is planned. A deli provides customers with a wide assortment of fresh meats at competitive prices, in addition to an assortment of fish, fresh fruits and vegetables.

At the same time, the Tripler Army Medical Center AAFES shoppette has increased its store hours from 8 a.m. to 3:30 p.m. to 8 a.m. to 8 p.m.

The TAMC Snack Bar will undergo renovations from Feb. 1-15; however, during the renovation, the Tripler shoppette will offer additional food items such as rotisserie chicken and sandwiches.

Customers can provide feedback about all these new experiences at any AAFES Customer Suggestion Box, located at the PXMarket and shoppettes.

# First lady announces family program budget boost

Story and Photo By  
**DONNA MILES**

American Forces Press Service

WASHINGTON — President Barack Obama's fiscal year 2011 budget request calls for a record \$8.8 billion for military family support programs, first lady Michelle Obama told military spouses Jan. 26 at Bolling Air Force Base, here.

The request represents a three percent increase over current funding, she told attendees at the Joint Armed Forces Officers' Wives Club annual luncheon.

The budget request will include \$1.3 billion to reduce shortages in military child care and ensure its quality remains high, and also increases funding for youth programs, she said.

Another provision will provide \$439 million to build 10 new Department of Defense Education Activity Schools. This measure, directed by Defense Secretary Robert M. Gates, is part of a major, five-year effort to renovate or replace 103 of the schools by 2015.

Obama emphasized the challenges military children face and the need to ensure they're cared for.

"We cannot forget that military kids also serve in their own special way," she said. "They're just like any other child in this country, except their lives are turned upside-down every time their mom or dad is gone halfway around the world, risking their lives so that all our children can enjoy the freedoms of our democracy."

As a result, she said, military children often experience higher levels of anxiety and a higher risk of depression than their nonmilitary classmates, and a tougher time focusing at school.



First lady Michelle Obama outlines military family support measures in the fiscal year 2011 budget request to members of the Joint Armed Forces Officers Wives Club during its annual luncheon, Jan. 26, at Bolling Air Force Base, Washington, D.C.

"So, we can never forget just how much these wars affect our military kids, and we all have an obligation to ensure they have the support they need at home and at school," she said.

Based on input from military spouses, the fiscal 2011 budget request also will include \$84 million for spousal career development, Obama said, including tuition assistance and a federal internship program.

Another provision will provide \$14 million in new funding for Coast Guard housing.

"These are all major investments,

and they are the result of military families speaking up and being heard," the first lady said. "They are part of a larger, ongoing commitment to care for our troops and their families after the fighting ends."

Obama said her many interactions with military families over the past year has deepened her respect and gratitude for them, and her recognition of "the spirit and strength and courage that our military families display every day."

"You put your own priorities aside. You take care of one another. You take care of this nation," she said. "So, as

first lady, I can't thank you enough for that sacrifice, and I promise you that I will use every ounce of my energy to make sure that America always takes care of you."

Obama said she recognizes that providing this level of support network will require "active citizens," as well as the government, working hand in hand.

She said she will continue making it a priority to keep asking all Americans to join in supporting military families. She noted, for example, the "Mission Serve" network she and Dr. Jill Biden, wife of Vice President Joe Biden, helped

to launch on Veterans Day to bring civilian and military services groups together to help in supporting military members and their families.

"We're asking Americans to engage and support military families any way they can," she said, through job opportunities, professional services, or even babysitting or providing a home-cooked meal. "Our men and women in uniform and their families sacrifice for every single one of us, and every single one of us can do something in return, even if it's as simple as saying, 'Thank you.'"

Attendees at the luncheon said they welcomed the first lady's commitment to military families — a commitment they noted she has demonstrated continually since her husband entered the presidential race.

"The fact that she's shown such an interest means a lot," said Meredith Simpson, whose husband, Marine Corps Capt. Neal Simpson, is a student at the Expeditionary Warfare School at Marine Corps Base Quantico, Va.

Simpson is no stranger to the challenges military families face. The couple's 3-year-old twins were born when their father was deployed to Iraq, and they were 3 months old before he met them.

Simpson said she's encouraged by Obama's emphasis on putting military families first and by the example she credits the first lady with showing by putting her own family first.

"That's very promising to me," Simpson said.

## Study finds active kids suffer less deployment stress

**MASTER SGT. DOUG SAMPLE**

Army News Service

WASHINGTON — Adolescents who believe that America supports the war in Iraq and Afghanistan and that Soldiers are making a difference in the world are less likely to suffer from anxiety and stress when their parent deploys, according to research unveiled, here, Jan. 28.



Sgt. Lynette Hoke | U.S. Army photo

Children decorate vehicles while they wait for U.S. Army Soldiers from Alpha Company, 1st Brigade Combat Team, 34th Infantry Division to arrive at the Brooklyn Park Armory in Minnesota July 17, 2007.

on military adolescents.

The research revealed that strong Army families and increased activity by children also reduced the level of stress, Wong said.

Wong and War College colleague

Stephen Gerras conducted a survey of more than 2,000 Soldiers, 700 Army spouses and 550 Army adolescents. They further interviewed more than 100 Army children (ages 11-17) at eight Army installations across the



Get the complete Army study online at [www.strategicstudiesinstitute.army.mil](http://www.strategicstudiesinstitute.army.mil).

country, asking them a variety of questions based on psychological scales.

The study was based on six factors they believed influenced the amount of stress that a child experiences when his or her Soldier deploys to war: the cumulative amount of deployments; strong families; supportive mentors; activities, communication, and personal beliefs.

Wong pointed out the study showed a cumulative number of previous deployments did not significantly relate with adolescent levels of deployment stress.

"There was no raising of the stress levels," he said.

## Commissaries set to receive scholarship applications

**TAMMY L. WOODY**

Defense Commissary Agency

FORT LEE, Va. — The Feb. 17 deadline for students to apply for the 2010 Scholarships for Military Children Program is fast approaching.

All students interested and eligible to apply are encouraged to gather their materials and submit their applications as soon as possible.

One of the materials needed includes an essay on the following topic: "You can travel back in time, however, you cannot change events. What point in history would you visit and why?"

The Scholarships for Military Children Program was created 10 years ago to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

Applications are available in commissaries worldwide and online through a link at [www.commissaries.com](http://www.commissaries.com) and directly at [www.militaryscholar.org](http://www.militaryscholar.org).

Applications must be turned in to a commissary by close of business Feb. 17. At least one scholarship will be awarded at every commissary location with qualified applicants.

Those eligible to apply for a scholarship are dependent, unmarried children, younger than 21 (or 23 if enrolled as a full-time student at a college or university) of active duty, Reserve, Guard or retired military members; survivors of service members who died while on active duty; or survivors of individuals who died while receiving military retired pay.

Eligibility is determined using DEERS, the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in DEERS and have a current ID card.

An applicant must be planning to attend, or already be attending, an accredited college or university full time in the fall of 2010, or be enrolled in a program of studies designed to transfer directly into a four-year program.

The scholarships program is administered by the Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

Scholarship Managers, a national, nonprofit scholarship management services organization, manages and awards the scholarships. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to the program, and every dollar donated goes directly to funding the scholarships.

Since its inception in 2001, the program has awarded \$7.3 million in scholarships to almost 5,000 children of service members.

### Related Links

- Study: The Effects of Multiple Deployments on Army Adolescents
- Strategic Studies Institute

Army War College researcher Leonard Wong described his 2009 study during a media roundtable at the Pentagon. The study, which was supported by U.S. Army Forces Command, examined the effects of multiple deployments

## Students SOAR with tutoring, homework help online

**SCHOOL SUPPORT SERVICES**

News Release

SCHOFIELD BARRACKS — Two online technology programs have recently been launched to help military families with tutoring services and homework assistance.

Student Online Achievement Resources, or SOAR, is a free Web site for students in grades 3-11 that helps families manage their children's education with various tutoring resources.

The SOAR program aims to "address the unique challenges facing military children and parents in our nation's public schools, while benefiting the overall student population," according to the SOAR Web site.

The Military Impacted Schools Association sponsors SOAR in partnership with the University of Northern Iowa, *The Princeton Review*, and Skills Tutor.

With a focus on math, reading and language arts, SOAR takes a student to a virtual classroom to determine the student's academic strengths and weaknesses.

Parents can log onto [www.SoarAtHome.org](http://www.SoarAtHome.org) and fill out a one-page registration form. Students and parents will be directed to their specific links.



The SOAR Web site is at [www.tutor.com/Army](http://www.tutor.com/Army). Families can contact the School Support Services Office at 655-9818 for more information.

Students can take a test on any of the state learning standards, receive immediate feedback and be directed to a tutorial that will improve their skills, where needed.

Parents can monitor the progress of their child's work from anywhere in the world. Also, parents are provided with resource materials that will assist their children in areas where they may need help.

Information about state education systems and schools is available, as well as locations of schools located in foreign locations.

"Study Strong," available at [www.tutor.com/army](http://www.tutor.com/army) allows students in grades K-12 to work with a certified professional tutor online, 24/7, to get help with

homework, studying, test preparation and resume writing.

Everything is live, one-on-one, anonymous and free. A helpful video can be viewed on the home page that explains how the process all works, after completing the one-page registration form before starting work as an actual tutor.

The tutors are teachers, college professors and graduate students who provide services in all grade levels of math, science, English and social studies. Every tutor is background checked by a third party security firm and certified through Tutor.com.

Conner Dooley, a freshman at Radford High School, said he "likes Study Strong because it's easy to use, it's helpful and it's not complicated.

"It's always available no matter what time it is," he continued. "I have only used it for math, but would not hesitate to use it for another subject if I needed to."

Both Web sites provide free resources to assist with the many challenges faced by military students, to help students improve in their academic endeavors and to ease the transition of moving from one military installation to another and starting over again in a new school.

## Family Advocacy survey results will yield change, rewards

**BRENDA NAKI**

US Army Garrison - Hawaii Public Affairs

Do you want your voice to be heard? Do you want your voice to count for programs and services provided by the Family Advocacy Program? Want a chance to win a \$100 AAFES gift card? I

If you answered yes to any of the above, visit the Family Advocacy Program personnel at Army Community Services on Schofield Barracks. You can fill out a Community Needs Assessment Survey, or simply go on-line to [https://www.surveymonkey.com/s.aspx?sm=2bMKiX6hHgfqK9BsHH9yW5w\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=2bMKiX6hHgfqK9BsHH9yW5w_3d_3d).

"Feedback from Soldiers and families is the most authentic way for their voices to be reflected in our programs and service delivery. aThis Community Needs Assessment will assist in providing better services for our Soldiers and Families in the Army Hawaii Community," said Regina Peirce, a Family Advocacy Prevention and Education Specialist.

The five main programs that Family Advocacy covers are the Exceptional Family Member Program; Education and Prevention Program; Victim Advocacy Program; Sexual Assault Prevention and Response Program; and the New Parents Support Program.



[https://www.surveymonkey.com/s.aspx?sm=2bMKiX6hHgfqK9BsHH9yW5w\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=2bMKiX6hHgfqK9BsHH9yW5w_3d_3d)

The Community Needs Assessment Survey only takes a minute to complete. To make it even easier, the folks at ACS go to the Exchange, FRGs and to units with the survey, which can be filled out on the spot. Not only will you be a voice for your community, you

could win a \$100 AAFES gift card.

Over the next few days, the Family Advocacy Program will be wrapping up its Soldiers and Families survey that will provide feedback on services and programs. However, there is still time to enter for the drawings. So don't delay; make your vote count toward improvements, changes or program evaluation by completing the survey today.

For questions regarding the survey, please contact Gina Peirce, Family Advocacy Program Senior Prevention Specialist, at 655-0596 or [regina.peirce@us.army.mil](mailto:regina.peirce@us.army.mil). To speak with someone about other ACS programs, call 655-4ACS (655-4227).

# Division run brings 'Tropic Lightning' together for fitness, aloha

Story and Photo by

**SPC. JESUS J. ARANDA**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – Soldiers serving with the many companies, battalions and brigades of the 25th "Tropic Lightning" Infantry Division exercised their bodies while displaying their morale and solidarity, Friday, by taking part in a division run through Schofield Barracks.

The recently redeployed 3rd "Bronco" Infantry Brigade Combat Team and the 25th "Phoenix" Special Troops Battalion joined the 2nd "Warrior" Stryker Brigade Combat Team and the rear detachment of the 25th Combat Aviation Brigade for the four-mile run.

"Division runs are an important tradition in our Army and allow all units, from the smallest platoon to the division itself, to demonstrate pride in the unit," said Col. Thomas P. Guthrie, Tropic Lightning's chief of staff. The run began immediately follow-



"Tropic Lightning" units run together for the first time in many years during the 25th Infantry Division's 2010 division run at Schofield Barracks, Friday.

ing reveille with the division's command staff leading the 25th STB on a circular route, with the 2nd SBCT and 3rd IBCT joining in the formation along the way.

"It was a wonderful run," said Sgt. 1st Class Dionne Nelson, senior human resources sergeant for the 25th ID and a three-time participant in the annual run. "The esprit de corps, the co-

hesion and the morale were great."

Almost all the units comprising the 25th ID on Schofield Barracks were running together for the first time in several years.

"With all of the deployments these past few years, it is rare to have so many units on Schofield at the same time," Guthrie said.

The only Schofield Barracks unit that was not present was 25th CAB, which is currently deployed to northern Iraq.

"To their credit, however, the aviation brigade just completed an Iraq version of the Great Aloha Run. We thank them for keeping the Hawaiian spirit and applaud all units who participated in the division run," Guthrie said.

With the pending deployment of the 2nd SBCT to Iraq, and the forthcoming departure of Maj. Gen. Robert L. Caslen Jr., the commanding general for the 25th ID, the run also served as a symbolic farewell.

As units crossed the finish mark, commanders and personnel of the units offered salutes to their Tropic Lightning leader as a sign of respect and gratitude for the success and teamwork of the division.

## Soldiers, families urged to stay in game this Super Bowl

**U.S. ARMY COMBAT READINESS/SAFETY CENTER  
PUBLIC AFFAIRS**

News Release

FORT RUCKER, Ala. – In just a couple days, millions of people will gather for Super Bowl XLIV parties in homes, bars and restaurants across the country to watch what analysts have billed as a meeting of "super-sized offenses."

As these great gatherings start to take shape, officials at the U.S. Army Combat Readiness/Safety Center are reminding all party hosts and attendees to keep the "offenses" on the field.

"Super Bowl parties are no time to super-size food, drinks or risk," Col. Scott Thompson, deputy commander for the USACR/Safety Center, said. "Whether planning a party menu or attending an event with friends, keep this Super Bowl Sunday a safe and healthy one by employing proper risk management during all parts of the day."

Mitigating risk when it comes to hosting a Super Bowl party means having a good plan and being a good host, according to officials at Mothers Against Drunk Driving. A responsible party host

not only ensures all guests have a good time, but also works diligently to keep friends and family safe.

A key party element that often puts a guest's safety in jeopardy is alcohol. MADD officials offer several tips to help hosts plan a safe Super Bowl party:

- Have low-alcohol and alcohol-free drinks available and serve plenty of food like vegetables, cheese and dips so people are not drinking on an empty stomach.

- Plan activities like party games or door prize drawings to engage people and make for less active consumption of alcohol.

- Identify non-drinking designated drivers in the group and offer them fun "mocktails."

- Before the first guest arrives, develop a plan to deal with guests who drink too much and be prepared to take away keys, to call and to pay for taxis or to welcome overnight guests.

Mitigating risk when it comes to attending a Super Bowl party also means having a plan and watching out for friends and family members. Remember, if you plan to drink, have a designated

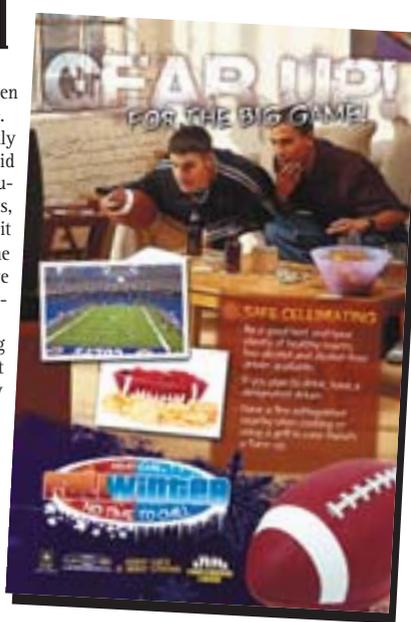
driver and ensure that those who have been drinking also have a safe way to get home.

"A great Super Bowl party can quickly turn tragic if something bad happens," said Dr. Patricia LeDuc, USACR/Safety Center Human Factors Task Force director. "Fights, people being too drunk, injuries or a visit from the police can shut a party down in the blink of an eye and turn what could have been a great memory into a very regrettable occasion."

Additional information about planning a safe party or staying safe on the roads at bars or parties this weekend can be found by visiting <https://safety.army.mil>.

"Like any successful Army operation, a successful party must be a place where every attendee not only has fun but also stays safe," Thompson said.

"Whether you are cheering for the Saints or the Colts, know that we here at the Safety Center are cheering you on as you make the decisions you need to make this a safe Super Bowl weekend."



**6 / Saturday**

**Hawaiian Canoe & Stand-Up Paddling** – Learn the sports that drive Hawaiians wild – outrigger canoeing and stand-up paddling – on Dec. 19, 6:30 a.m.-1 p.m. with Outdoor Recreation. Cost is \$64 and includes all equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

**12 / Friday**

**Kualoa Ranch Movie Set and Jungle Tour** – Enjoy all your favorite things about Hawaii in just one afternoon, Feb. 12, 6 a.m.-3:30 p.m. with Outdoor Recreation. Experience a North Shore tour and enjoy the thrilling Kualoa Ranch movie set and jungle tour.

This full action-packed day is just \$74 per person, and round-trip transportation is available. Call 655-0143.

**16 / Tuesday**

**Schofield's Health & Fitness Center** – The Health & Fitness Center, Schofield Barracks, is scheduled to reopen Feb. 16, at 6 a.m. The facility has been closed since Oct. 7, 2009, to replace the roof and for other renovation projects. For more details, call Daniel Padeken or Linda Williams at 655-0900.

## Ongoing

**Leilehua Driving Range** – The Leilehua Driving Range is open daily until 9 p.m. Each bucket of golf balls is only \$2. Call 655-4653.

**Bowling Parties** – Having a party or celebrating a special occasion? Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour. A three-hour minimum and \$2 shoe rental apply. Call 656-1745.

**Chi Gong Classes** – Learn how to relieve stress on all levels with new Chi Gong classes, Thursdays, 6-7 p.m., at the Martinez Physical Fitness Center, Schofield Barracks.

Chi Gong is a unique collection of exercises from China, designed to help relieve stress on mental, emotional and physical levels. Even though individuals may not feel stressed, their bodies – even on an unconscious level – can be under tremendous stress.

Learn techniques to relieve your stress, improve your health and add quality years to your life.

Chi Gong classes are free for active duty Soldiers and family members. Call 655-4804.

**Free Ladies Golf Clinic** – Learn the basics of golfing at a free ladies golf clinic. The clinic is offered the first Saturday of each month at Leilehua Golf Course Driving Range from 2:30-3:30 p.m. Call 655-4653 to register.

Referred to as Hawaii's dirtiest footrace, the Swamp Romp returns to Kaneohe Bay, Feb. 20, so start cross-training now.

The race begins at the Boondocker building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat – and mud.

Entry fees are \$130 for each six-person team. A race logo T-shirt is included with entry fee for each team member, if submitted by registration deadline, which is 4 p.m., Feb. 12. Registration after deadline increases to \$150.

Participants must wear utility/long trousers or sweat pants, and some sort of high-top shoe. No tennis running shoes are allowed.

Visit [www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm) for more information.

## Ongoing

**Bike Hawaii** – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included. Visit [www.bikehawaii.com](http://www.bikehawaii.com) or call 734-4214.

**Golfers Wanted** – Looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course may call 347-8038 or 375-3322. Tee off is before 8 a.m.



Send sports announcements to  
[community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**15 / Monday**

**Great Aloha Run** – Entries are being accepted for the 26th Annual Great Aloha Run, scheduled for Presidents Day, Feb. 15, 7 a.m. The 8.15-mile flat course starts at Aloha Tower in downtown Honolulu, winds its way along the historic Honolulu Harbor, down Nimitz Highway, Kamehameha Highway and into the Aloha Stadium.

The finish line is the back goal line of the north end zone on the stadium floor. Running divisions available include elites, specific age groups, wheelchair and handcycle competitors, and military personnel running individually or in Sounds of Freedom formations.

Applications are available online at [www.greataloharun.com](http://www.greataloharun.com). Only finishers receive a "finishers" T-Shirt.

**20 / Saturday**

**Swamp Romp** – Break out your utility boots, but don't scrape the mud off just yet. The Combat Logistics Battalion-3 Swamp Romp is right around the corner.