

HAWAII ARMY WEEKLY

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2-27th honors, trains with Indians in Delhi

3rd Brigade Soldiers review foreign recruit training, then participate in joint exercises

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Photo By | Robyn Mack

New Year's presents

Members of the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, prepare one of 13 new Black Hawk helicopters to be offloaded from the MV Jean Anne. SEE STORY, A-6

Transformation evolves roles of former DISCOM, 45th CSG

As units inactivate, two more are born

PFC. DURWOOD BLACKMON
Staff Writer

SCHOFIELD BARRACKS — Hundreds of Soldiers stood at attention as they encompassed Sills Field here for the 25th Infantry Division Support Command and 45th Corps Support Group (Forward) inactivation/activation ceremony, Jan. 11.

In keeping with transformation, as the 45th CSG (F) and 25th ID DISCOM were inactivated, and the 45th Sustainment Brigade and the 8th Sustainment Command (Theatre-Provisional) were activated. However, officially, the DISCOM and 45th CSG were inactivated Nov. 15, 2005; the 45th SSB became effective Nov. 16; and the 8th SSC (T-P) was assigned to USARPAC, Sept. 16.

Many dignitaries attended the ceremonial event, including commanders from Army Material

Command, U.S. Pacific Command, and U.S. Army, Pacific.

"Today's ceremony is a well-deserved tribute to the Soldiers of the 45th Command Support Group and the Soldiers of the Division Support Command, past and present," said Col. Stanley Q. Tunstall, commander 8th SSC (T-P). "Both units share a rich tradition of providing combat support and combat service support across the Pacific and around the world."

"With the casing of the colors, we are marking the end of years

of service as a corps support group, and at the same time, we are celebrating a new beginning as a theater-level sustainment command."

In order for a smooth transition to take place, Soldiers must organize and prepare for each phase of transformation. Leaders said the activation ceremony was not only an assembly honoring unit changes, but also the efforts

SEE SUPPORT, A-4

Nascar Café races to open at Schofield dining rooms

Story and Photos by
SPC. AMANDA FLEMETT
Staff Writer

SCHOFIELD BARRACKS — Nascar fans, they have finally arrived here in Hawaii. Well, maybe not the actual races, but the new Nascar Cafés that are featured in dining facilities (DFACs), which celebrated their grand opening Jan. 11.

The U.S. Army teamed up with Pierre Foods to help bring something new to Soldiers who eat in the DFAC. Since the Army sponsors a car driven by Joe Nemecheck in the Nascar circuit, the idea for a fun dining atmosphere with a racing theme revved into overdrive.

"It's already been given to Soldiers in Iraq; it's just a good venture," said Chief Warrant Officer 3 Shawn Michael Malinowski, food program manager for Schofield Barracks.

Soldiers can order a burger, a spicy chicken or a barbecue pork sandwich, along with fries, chips and fruit including a drink. For meal cardholders, no charge is levied, and for those just wanting



to sample the grinds, total cost is about \$3.55.

Along with lunch and dinner selections, the café also sports breakfast sandwiches, so Soldiers can triple their dining pleasure.

The grand opening also featured a prize drawing. Two lucky Soldiers will win a replica die cast metal car of the one that is used in the Nascar series.



Photo By | Lt. Col. John C. Williams, U.S. Army Pacific

Tad Davis, deputy assistant secretary of the Army for environment, safety and occupational health, updates Hawaii's Governor Linda Lingle.

DA addresses environmental issues with Hawaii leaders

PUBLIC AFFAIRS OFFICE
U.S. Army, Pacific

FORT SHAFTER — Throughout his recent visit to Hawaii, the deputy assistant secretary of the Army for environmental, safety and occupational health, Tad Davis, stressed that the Army and the military are committed to providing the public with current information about World War II era sea disposal operations.

The U.S. Army and the Department of Defense are aware that the

military disposed of chemical munitions off the coast of Oahu during the close of World War II, the deputy assistant secretary said, adding that "at that time, the only other alternatives were land-based burials and open incineration. Sea disposal was believed to be the safest of the alternatives available."

DoD's use of sea disposal followed the national and international practice, at the time. Today, DoD prohibits such disposals and relies on modern, contained

technologies to safely dispose of chemical munitions and chemical agents.

One of the key factors Davis highlighted is the need for the military to work with various local, state and federal agencies as well as the community in gathering facts and working towards the next steps in the process.

In addition to this fact-finding mission, three phases in the

SEE UPDATES, A-3

New SRB increases last only till spring

SGT. TYRONE C. MARSHALL JR.
Assistant Editor

Soldiers with "end of term service" dates between Jan. 6 and April 30, 2006, are eligible for additional increases to selective re-enlistment bonuses, or SRBs, based on their contractual ETS dates.

The SRB program is a monetary incentive used to retain Soldiers in military occupational specialties with critical shortages. Fifty percent of the bonus is paid at the time of re-enlistment. The remaining bonus amount is paid in equal, annual installments over the re-enlistment contract. The payment is usually on the anniversary of the re-enlistment.

The SRB program is constantly changing. Jan. 6 the latest changes to the SRB became effective. Cap and multiplier increases have been implemented in the SRB.

Multipliers are increased by 0.5 for Soldiers with an ETS date between Jan. 6 and Sept. 30. Multipliers for Soldiers with an ETS date between Oct. 1, 2006, and Sept. 30, 2007, have increased by 1.5. However, multiplier increases are based on contractual ETS dates, not stop-loss ETS dates.

SRB caps have also been affected by the new changes. The SRB caps have been increased by \$7,500. The cap or ceiling is the highest amount the bonus can reach.

These cap and multiplier increases are in addition to the current caps and multipliers in effect under the current SRB provisions. For example, a specialist with a contractual ETS date between Oct. 1, 2006, and Sept. 30, 2006, is entitled to a 1.5A multiplier and his SRB is capped at \$10,000. This Soldier's new multiplier is 3.0A with a new cap of \$17,500, ac-

We want to hear from you...

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

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

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

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

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Commander

Maj. Gen. Benjamin R. Mixon

Public Affairs Officer

Lt. Col. Mike Donnelly

Command Information Officer

Ed Aber-Song

(edward.abersong@schofield.army.mil)

Managing Editor

Aiko Rose Brum

Assistant Editor

Sgt. Tyrone Marshall

Photojournalists

Joy Boisselle

Spc. Daniel Bearl

Spc. Amanda Flemett

Spc. Juan Jimenez

Pfc. Kyndal Brewer

Pfc. Durwood Blackmon

Pfc. Bryanna Poulin

Pvt.2 Carlee Heath

Layout

Leah Mayo

17th Public Affairs Detachment

Capt. Tage Rainsford

Staff Sgt. Manuel Torres-Cortes

Spc. David House

Spc. Stephen Proctor

Pfc. Nicole R. Montoya

Pfc. Terney Humberson

Pvt.2 Michael Moeller

Advertising: 521-9111

Editorial Office: 655-4816/8728

Fax: 655-9290

E-mail: Write the HAW at

editor@hawaiiarmyweekly.com

Address:

Public Affairs Office

Bldg. 580, Stop 215

Schofield Barracks, HI 96857

Web Site:

<http://www.25idl.army.mil/haw.asp>

Lightning Six Sends

Resolutions bring greater focus to Division

It is a time honored American tradition to make New Year's resolutions. Generally speaking, we focus on areas to improve such as physical fitness, losing weight, stopping smoking, saving more money and the like.

These are all good goals, but New Year's resolutions have a tendency to fade away as the year progresses. Perhaps that is a part of the tradition, but I know we can do better by focusing on something truly important.

I would like to suggest to all Soldiers, civilians and family members that we focus on living the Army values and the Soldiers Creed and Warrior Ethos. These very important concepts have been around for a while; we have posters listing them and we sometimes recite them at formations.

Ask yourself if you are living them and make a New Year's resolution to make them your guideposts for the upcoming year. Each of us – Soldier, civilian employee and family member – can benefit from living these creeds.

The seven Army values are loyalty, duty, respect, selfless service, honor, integrity and personal courage. These values are applicable to all of us, no matter what our occupation.

In particular, as members of the military and civilian communities, we should follow the true meaning of respect. Respect for our fellow Soldiers and family members builds pride in our community and

strengthens our ability to accomplish our mission.

Respect for our facilities – by obeying the traffic rules, not littering and keeping our living areas clean and neat – is important. Respect, demonstrated in our surrounding communities, enhances the image of the Army.

Respect for each other will eliminate the scourges of racial discrimination and sexual harassment. Let's all recommit ourselves to the seven Army values and place special emphasis on respect.

The Soldiers Creed and Warrior Ethos focus on soldiering and what it takes to fight and win the global war on terrorism. I expect each Soldier to live by the Soldiers Creed and Warrior Ethos. Our civilian employees and families must also understand this creed and ethos to gain an appreciation of what is expected of our Soldiers.

The Soldiers Creed affirms the following: "I am an American Soldier.

I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.

I will always place the mission first. I will never accept defeat.

I will never quit. I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment and myself.

Q	Question – What guides Soldiers and benefits civilians and family members as well?
A	Answer – Army values, the Soldiers Creed and the Warrior Ethos.
Army Values	Warrior Ethos
Leadership	I will always place the mission first.
Duty	I will never accept defeat.
Respect	I will never quit.
Selfless service	I will never leave a fallen comrade.
Honor	
Integrity	
Personal Courage	

I am an expert and I am a professional. I stand ready to deploy, engage and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier."

Our civilian employees should embrace the Soldiers Creed and Warrior Ethos to determine how best to enable Soldiers to live the creed. Families are vital to our Soldiers' success. Understanding the creed and what is expected of their Soldier is essential to Soldiers living and achieving the high standards embodied in the creed.



The Army is the greatest team sport in the world, but it takes the whole team – Soldier, civilian employee and family member – to live Army values and the Soldiers Creed, to achieve the high ideals contained in them.

Let's resolve in 2006 to live the Army values and Soldiers Creed and Warrior Ethos.

Tropic Lightning!

Benjamin R. Mixon

Benjamin R. Mixon
Major General
U.S. Army, Commanding



King, center, led marchers down Constitution Avenue in the nation's capital in August 1963, and gave his "I have a dream" speech.

MLK Blvds. defy a legacy

SGT. MAURICE SMITH
3rd Brigade Public Affairs

I volunteered for this writing assignment, a commentary of my personal thoughts and views on Rev. Dr. Martin Luther King Jr., since I'm an African American.

I viewed it as a responsibility, not a task, because I would be speaking of one of the greatest human beings to ever grace this planet – a perfect example of what a leader should be.

My ancestors witnessed firsthand as King directed the Civil Rights Movement. But, with a blank screen before me, I asked myself, "Why is this so hard for me to write, to get going?" When I took on this responsibility, I had jumped all over it, figuring I would have so much to say.

Why was I now clueless? A number of reasons came.

First off, I joined the military in 1998 partly to keep me away from the streets, the same streets I go home to on Christmas leave, the same streets with the same problems I sought to avoid by joining the Army.

Urban streets are flooded with drugs and violence, senseless murders and crime, and high unemployment rates. The "N" word is in heavy rotation and people are living as equals, but not viewed by each other as equals.

Most of these problems are the same ones Dr. King fought against in the 50s and 60s. His

biggest fight was for equality, and so now more opportunities are available than ever before for everyone. But neighbors still live in fear of their own neighbors.

I still won't walk alone outside of a three-block radius of my childhood neighborhood because I fear I will become some sort of statistic at the hands of my very own neighbor.

This reality reminds me of a Chris Rock comedy standup on HBO a while back. Rock said that if you are anywhere in America and you find yourself on Martin Luther King Boulevard, run! He said these roads are the most dangerous streets, no matter what state one lives in.

I haven't been to every state in the nation, but I've been to a few, and what Chris Rock said was right. But this is not funny.

Why must I be scared out of my mind to walk down MLK during the evening... and sometimes during the day? It's not supposed to be this way. King was a man who stood for nonviolence and equality for all races.

Many people from all over, of different races and religions, gather to celebrate the holiday. They peacefully march broad and narrow streets and end recognition ceremonies with speeches, entertainment and, most importantly, in peace.

What would it be like if we treated everyday like MLK Day? Would boulevards be safe?

LIGHTNING SPIRIT

Crossing the Border

Some boundaries define, but others are inconclusive

CHAPLAIN (CAPT.) ANDREW ROPP
1-25th Attack Helicopter Battalion Chaplain

WHEELER ARMY AIR FIELD – On Feb. 3, 2004, I crossed the border from Kuwait into the country of Iraq. I recalled the time a couple of years earlier when I was staged with my unit in Kuwait, wondering if we would enter Iraq, and now we were actually doing it.

We were crossing that invisible line that separated one country from another. It was a boundary that separated ideas, culture, philosophy and faith.

For many years, this boundary kept out those who wanted to reach out; it kept others captive, unable to reach out in times of need.

While the boundary between Kuwait and Iraq can be represented by a line on a map, we live with many other kinds of boundaries that are not so easily defined. An incomplete list, including public opinion, traditions of men, culture, prejudices and religious hypocrisy, all serve to separate people, imprisoning some and ostracizing others.

Those wanting to reach out across these barriers to help are often hindered by their fears, either their own fears or the fears of others who do what they can to hinder any effort to cross into the "forbidden land."

Crossing boundaries long kept unbroken can often take a great deal of courage, even a certain degree of risk.

One man was well known for crossing boundaries that separated people. The Bible tells us about Jesus, who crossed significant cultural boundaries when he went into Samaria and spoke to a Samaritan woman.

He crossed religious boundaries when he touched the unclean lepers and again when he healed on the Sabbath.

He snubbed his nose at public opinion when he invited himself to the house of a Jewish tax collector for dinner. He angered the religious leaders of his day when he challenged their hypocrisy and rules that kept the general populace from experiencing all that God desired for his people.

Before leaving his disciples, Jesus gave them a few final instructions. He told them

that they were to be his witnesses "in Jerusalem, and in all Judea and Samaria, and to the ends of the earth" (Acts 1:8).

Essentially, Jesus eliminated any boundaries that would ordinarily define where they would go and wouldn't go. No group of people, or individual, was to be excluded from hearing the Good News. The disciples knew that Jesus' words were not empty words; they were instructions that Jesus had already lived out in his own ministry.

Even now, centuries later, the principle found in Jesus' instruction still holds true. We still find people in need who are trapped behind some kind of boundary that keeps others from reaching out to them.

For those desiring to help and are willing to cross boundaries, risks must be taken, fears overcome, and self-interests must be set aside.

Often the potential for reward lies only in being able to go to sleep at night, thanking God for the privilege of helping another of his children.

It goes without saying that the Soldiers with me in Iraq took risks every day as they crossed boundaries of numerous types in order to reach a people in need of a helping hand. Soldiers continue to lay even their own lives on the line for a people whose names will perhaps never be known.

Soldiers and their families must often face the resistance of public opinion while some protest the very work for which so many have sacrificed. Often the greatest and most valuable help comes from those who take the greatest risks and pay the highest price while crossing boundaries to go where there is a need.

Jesus paid the ultimate price for us, and we too can offer no less for those around us who need the loving touch of a hand reaching out, breaking barriers and crossing boundaries that have been so long in the making.

Please pray for the Soldiers putting their lives on the line in foreign lands. And be inspired by those same Soldiers.

Take a risk and reach out to people in your own communities who are silently crying out for a touch from God ... a touch, perhaps, that will only come through your hands.

Voices of Lightning:

What is your favorite reality TV show, and why?

"...Survivor' cause it's the only one I've seen."

Sgt. Stephen Zellers
Co.A, 2nd Bn.,
299th Inf. Bde.
Infantryman

"...The Ultimate Fighter' because they beat each other up."

Staff Sgt. Mike Baber
HHC Div. G-2

"...The Cut' because it is entertaining."

Sgt. Emma Ramos
Co.B, 225th FSB
Logistics NCO

"...The Biggest Loser,' because it's comedy."

Navy CT13 Kirk Iseli
Aloha Div.

"...Next Top Model,' because it's interesting to see what people will do for their career choices."

Jade Dekalh
Business Owner



Photo By | Capt. Tage J. Rainsford, 17th PAD

During deployment to India, Soldiers of 2-27th, 3rd Brigade, led by Capt. Robert Atienza present arms at the JAT Regimental Compound in observance of India's Army Day.

2-27th gets foreign recruiting tips

SPC. MIKE ALBERTS
3rd Brigade Public Affairs

BAREILLY CITY, India — Soldiers from 3rd Brigade's Company C, 2nd Battalion, 27th Infantry Regiment, and attached units, are in India participating with the Indian Army in joint, cooperative training exercises called Yudh Abhyas.

They observed a training demonstration by the Indian Army's JAT Regiment here and participated in a recognition ceremony that honored India's fallen soldiers, Jan. 15.

After briefings on the unit's heritage and military accomplishments, U.S. Soldiers observed JAT Regt. drill and ceremony, obstacle course training in full battle dress,

bayonet prowess and tactical movement drills where squad-sized elements responded to simulated direct fire.

"Your visit is a good way for you to see our regimental center and how our recruiting is carried out," said Lt. Col. T.J. Ajith Fumar, JAT training officer. "We wanted to show the U.S. Soldier all the training activities that we conduct here, but we also want you to experience our culture," he added.

"There is great value in seeing foreign armies train," explained Maj. Philip C. Hughes, battalion operations officer, 2-27th. "We can go back and NCOs and Soldiers can evaluate what the foreign soldiers do and look for ways we can improve. Gaining a different perspective is always valuable,"

Hughes emphasized.

The fundamental difference between U.S. and Indian recruit training was also notable, said Hughes.

"Our Soldiers come to us already having completed basic training and advanced individual training. The Indian army recruit shows up to the regiment fresh.

"All of their training is conducted within the unit, and the Soldier stays with that regiment for the rest of their service," Hughes explained.

After demonstrations, U.S. Soldiers participated in the JAT Regiment's Army Day.

Amid ceremonial music and a color guard demonstration, Hughes received the select honor of laying a ceremonial wreath at the

RELATED STORY
• While deployed, Soldiers embrace the culture of India. B-1

foot of the JAT Regiment's war memorial.

"I was very humbled that they would consider me worthy to be part of their ceremony," said Hughes. "The JAT Regiment went above and beyond the rules of engagement for hospitality."

Hughes' sentiment was shared by the 2-27th.

"They are a very disciplined and organized Army; I feel honored to be here," said Spc. Zachary Pierce, Bravo Company, 2-27th. "I had the chance to turn this training down ... I am glad I came."

Updates: DA official addresses sea disposals

CONTINUED FROM A-1

process include archiving research and characterizing disposal sites, developing possible courses of action, and implementing actions.

According to Davis, the Army is engaged in the most comprehensive archive search to date. This comprehensive effort, which includes reviewing information provided by other federal agencies, will determine, to the extent practical, the what, when and where of sea disposal operations.

"The information obtained from this search, which will be cross-checked and validated, will be critical to characterizing disposal sites," he said. "The Army is working with its sister services and other federal agencies to garner all available information to supplement and validate the information available."

Until the research and analysis is complete, the military is not in a position to address the actions needed, Davis said. The results of these studies or any monitoring that may be required may indicate that these muni-

tions do not pose a hazard to the public or the environment, and the safest course of action is to leave them in place.

As part of the information-sharing process, Davis is planning on returning here in a few months to update community leaders as well as government officials on what has been found to date.

Before departing Hawaii, however, Davis took the opportunity to meet with Governor Linda Lingde, representatives of the Hawaii state legislature, community leaders and other federal agencies to provide information on environmental topics of interest. The meetings allowed Davis to gain key insights on issues, he explained.

(Editor's Note: Individuals with personal knowledge of sea disposal operations in the Hawaiian Islands are encouraged to contact a local hotline that has been established in the U.S. Army, Pacific, Public Affairs Office at (808) 438-2662. Information received will be provided to the research team.)



As of 1/18/06

60 DAYS since last fatal accident

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

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

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

Remember, Be Safe! Tropic Lightning!

209th ASB activates at WAAF

Story and Photo by

PFC. TEIRNEY M. HUMBERSON
17th Public Affairs Detachment

WHEELER ARMY AIR FIELD — The 25th Infantry Division welcomed its newest aviation battalion in an activation ceremony held here, Jan. 12.

“We activate the 209th Aviation Support Battalion in a time of war and transformation,” said Lt. Col. William O. Fisher, 209th ASB commander.

The 209th leads the way with a mission to provide world class combat service support to the Combat Aviation Brigade, and is one of the first battalions able to function as a separate entity from the Division Support Command.

“This mission is important enough to activate six months sooner than scheduled,” said Col. Thomas A. Ball, Combat Aviation Brigade commander.

The battalion is designed to represent an aviation brigade structured to deploy, completing the milestone of modularity intended to better the structure of the Army, but has altered aviation structure enormously.

The battalion supports functions previously dependent on things such as critical refueling, ground maintenance and aviation logistics.

Despite the lack of personnel in battalion staff due to rotational commitment, the 209th remains



On a windy day at historic Wheeler Army Air Field, the 209th ASB activates within the Tropic Lightning Division.

steady and strong. The unit is expected to be at full force, growing to nearly 800 hundred strong by the time the 209th deploys to Iraq in support of Operation Iraqi Freedom, said Ball.

But for these Soldiers there is pride in being in the 209th ASB, both enlisted and officers alike.

“I am honored to serve in the capacity as commander for the 209th, we have much to do,” said Fisher. “Before, aviation didn’t

have organic support. We do now. Under transformation we can support ourselves.”

Urging Soldiers to prepare for the events that lay ahead, the commanders recognize the choice the Soldiers of today’s new modular Army have made.

“Historical units in combat always head for the guns,” said Fisher. “Not too soon we will be stepping off aircraft into a hostile land. But we’re a one-stop-shop, fully loaded brigade.”

SUPPORT: Two more units transform

CONTINUED FROM A-1

of all Soldiers.

“Today is the combination of months of extremely hard back-breaking work to reorganize under a compressed timeline, transferring thousands of pieces of equipment and about one thousand Soldiers,” Tunstall explained, “while at the same time relocating head-

quarters, orderly rooms, barracks and motor pools.”

The uncasing of 45th SSB and 8th SSC (T-P) colors and guidons signified the transfer of command for the 524th CSB and 17th CSB to the 45th SSB.

Soldiers on the front lines are ensuring restructuring of the Army continues smooth and efficiently.

“These Soldiers executed our in-

tent flawlessly ... safely ... while maintaining strict accountability in their property and maintaining a great sense of humor and balance in their lives,” said Col. Michael T. McBride, commander, 45th SSB. “I cannot thank them or their families enough. We understand clearly what the road ahead entails for us, and we will be ready.”

FRG leaders prep for deployment with trauma training

Story and Photo by
JOY BOISSELLE
Staff Writer

SCHOFIELD BARRACKS — Preparation and training is the key to any military unit's success or failure on the battlefield. The same can be said of the success or failure of the unit family readiness group (FRG).

With that in mind, 25th Infantry Division FRG leaders are training hard for the division's upcoming deployment this fall. Jan. 12, 65 leaders and rear detachment Soldiers took part in the first of a division-sponsored training series aimed at dealing with trauma and crisis support.

The two-hour training entitled "Caring for Wounded Soldiers and Family Members" gave leaders a broad-brush overview of trauma. Topics included the trauma cycle, common misconceptions, stress and recognizing its symptoms, the effects of trauma on children, and how to be effective in a trauma situation.

Guest speaker Chaplain (Lt. Col.) Mike Brainerd of Tripler Army Medical Center said the training equips FRG members with the tools and skills needed to render support to a family in crisis.

"When you are dealing with trauma, ignorance is not bliss," he began. "This is a tough discussion, but you need to be pre-



Brainerd delivers the first of a series of crisis intervention classes for 25th ID FRG leaders. More than 65 attended training held Jan. 12 at the Main Post Chapel, Schofield Barracks.

pared and aware of the issues surrounding trauma. The bottom line is caring — if you don't sincerely care about that family in pain, they will know it."

According to Brainerd, there is no textbook plan for dealing with trauma; crisis covers a multitude of situations and no two people handle crises the same. He cautioned the group to not make assumptions nor come with preconceived notions.

Drawing from his own deployment experiences as a Special Forces and hospital chaplain, Brainerd came well equipped to share trauma stories. He recounted examples, both good and bad, of caregivers helping families

in need. FRG training was key to helping in a positive way, he emphasized.

Of the division's upcoming deployment, Brainerd said, "Most of the Soldiers will go and will come back all right, but lives are going to change. Be prepared," he continued. "You are going to see hurt and pain, maybe even your own. And, lives are going to change and the face of Schofield Barracks is going to change."

Margie Banach, 2nd Brigade Combat Team FRG leader, said, "This type of training is an intricate part of readying our FRG leaders for deployment. Addressing trauma early on will help FRGs to start thinking about ways

to help as a unit and as part of the crisis response teams."

Echoing Banach's remarks was Cynthia Piatt, a battalion FRG leader from the division's last deployment.

"I think this kind of training is a great way to learn how to react and what to expect when the unexpected happens," said Piatt.

Maj. Gen. Benjamin R. Mixon, commanding general, 25th In-

fantry Division, briefly attended the training and spoke to leaders about the importance of what they do and the impact of their service.

"FRGs and FRG training is one of my number one priorities," the commander said. "I have an obligation to provide you [FRG leaders] with as much training and equipping as possible, and to make sure that we have

good, solid rear detachments to assist you during the deployment."

A Jan. 6 directive sets specific standards and requirements for commanders about deployments.

[Editor's Note: Contact your unit FRG leader about Feb. 15 training: "The Healing Conversation," to be held at the Main Post Chapel.

A free dinner will be provided at 5:30 p.m. followed by training at 6:15 p.m.)

News Briefs

Water Outage — A scheduled post-wide water outage will take place for 12 hours, from 9 p.m. to 9 a.m., today and tomorrow. All personnel on Schofield Barracks, Wheeler Army Air Field and Kunia will be affected by the outage, which accommodates water line connections for the new AAFES shopping center.

PX Parking Lot Closure — The front portion of the Schofield Barracks Post Exchange will be closed through early March 2006 to construct a parking lot for the new AAFES shopping center.

The PX, PXtra and Home Center will remain open from 9 a.m. to 9 p.m., and assistance with large purchases will be available. For more details, contact Susan Nonamaker at 622-1773.

AUSA — The Hawaii Chapter of the Association of the United States Army will conduct a general membership meeting Wednesday, Jan. 25, from 5 to 7 p.m. at the Nehelani Club, Schofield Barracks. The 25th ID commanding general will provide remarks, as well as other dignitaries. Free pupus will be provided along with a cash beverage station. All active members and anyone joining the Association at the door are welcome.

From now through Jan. 25, Soldiers E-5 and below who join for full membership will receive a 50 percent discount. For more details, contact retired Sgt. Maj. Ed Baumgartner at 722-4345 or Sgt. Maj. Larry Webb at 655-6447.

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

Black History — Friday, Feb. 2 at 11:30 a.m., the 8th Sustain-

ment Command (Theater) will host an African-American Black History Month Luncheon at the Schofield Barracks Nehelani.

Ticket price is \$14. Contact Sgt. 1st Class Young at 655-0092 or Sgt. 1st Class Williams at 655-5349 for more information.

Troops To Teachers — Gain valuable information about the Troops to Teachers program and the teaching profession. Participate in sessions with a local representative any first Tuesday from 11:30 a.m. to 1 p.m., at the Education Center, Room 223.

All military and spouses are welcome. Call 587-5580, extension, 409, or e-mail hawaii tt@notes.k12.hi.us for more information.

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

Orders received prior to Jan. 31 will be sold at a reduced price of \$75 for the 4x8 brick and \$225 for the 8x8 brick. Orders received after Jan. 31 and before May 31 will be sold at regular prices, but will be installed in time for rededication in September 2006.

For more information, visit www.25thida.com to download an order form.

Tax Center — The Schofield Barracks Tax Assistance Center opens for business on Monday, Jan. 23, and the Fort Shafter Tax Center opens a week later, Jan. 30. Free services will be available through April 15.

When individuals walk in, they should bring their wage and tax statements (W-2s), documents for deductions, 2004 federal and state returns, bank routing and account numbers

SEE NEWS BRIEFS, A-8

13 Black Hawks come to Wheeler

599TH TRANSPORTATION GROUP

News Release

WHEELER ARMY AIR FIELD — Soldiers from the 599th Transportation Group and 25th Infantry Division successfully offloaded 13 Black Hawk helicopters, Jan. 15, at Pearl Harbor's shipyard.

The new helicopters will be used for training and operational purposes by the 2-25th Aviation Battalion here. The Black Hawk is the Army's front line utility helicopter used for air assault, general support, air cavalry, aeromedical evacuation units, command and control, and special operations support.

The choppers were transported on Pasha Hawaii Transport Lines' MV Jean Anne, from National City Port, San Diego, to Pearl Harbor. Members of the aviation battalion, as well as the 209th Aviation Support Battalion, were on hand in San Diego and at Pearl Harbor to ensure the safe upload and offload of this unique cargo.

The 579-foot pure truck carrier, Jean Anne, is a commercial vessel contracted through the Military Surface Deployment and Distribution Command for military use. Because of the ship's capabilities, including a 100-ton stern ramp and fully-enclosed adjustable decks, the vessel can move all types of wheeled and tracked military vehicles, including M-1 tanks.

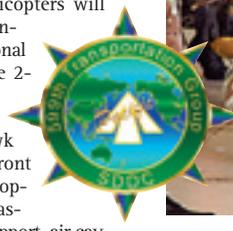
More importantly, the ship can carry the 65-foot long, 16-foot high helicopters solely with the blades folded back. By doing so, the helicopters can enter quickly into operational status.

The 599th, along with maintenance support from the 209th ASB, provided port management to the warfighter during the deployment and distribution of 25th ID resources. The 599th is SDDC's representative for the Pacific area of responsibility.



Photo By I Robyn Mack

Members of the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division prepare one of 13 new Black Hawk helicopters to be offloaded from MV Jean Anne. The 209th provides maintenance support to the helicopter owners, the 2-25th Aviation Battalion.



Flight surgeon makes the ultimate cut

Dunford earns top award at Quad A

Story and Photo by
PFC. KYNDAL BREWER
Staff Writer

SCHOFIELD BARRACKS — For nearly half a century, the Army Aviation Association of America (Quad A) has served as a cohesive force providing its members professional development and the ability to share experiences holding the Army Aviation Community together.

The Quad A Awards Program recognizes outstanding achievements in Army Aviation in many areas Army wide.

One award in particular, the Quad A Medicine Award or Flight Surgeon of the Year Award, is an award that recognizes the flight surgeon who has best supported the aviation unit and has contributed the most towards the aviation community.

One of our very own 25th Infantry Division Soldiers has achieved just that.

Capt. Nicole Powell Dunford, Aviation Brigade surgeon, recognized with this award for her outstanding soldiering skills, motivation and hard work she demonstrated in the course of per-



Capt. Nicole Powell Dunford, Aviation Brigade surgeon, consults with a patient. Dunford has been recognized as the Flight Surgeon of the Year.

forming her duties this past year.

“She is not only an outstanding Soldier but she is an outstanding commissioned officer, especially in terms of aviation medicine,” said Lt. Col. Thomas J. Rogers, division surgeon.

Capt. Dunford has certainly proved herself while serving as the Aviation Brigade surgeon, which is usually a major’s position, said Rogers.

Two of my mentors are

excellent family practioners having also received this award, Dunford explained. “When I was training under them, I saw that achievement and I said to myself, I would love to be that quality of a flight surgeon that I would be deserving of such a great honor.”

Dunford also explained that she hasn’t been working toward an award per se, but she has always tried to emulate the qual-

ities of her role models.

“It’s a huge honor to win this award. I was almost in a state of disbelief over it,” said Dunford. “It makes me really proud. It’s such an honor to serve the aviation community, because they are the most professional, brave, courageous, hardest working groups of Soldiers I’ve ever encountered and it’s an honor to support them for what they do everyday.”



Photo By I Getty Images

Currently, Soldiers are receiving significantly more dollars in their reenlistment bonuses.

Bonus: Higher SRB amounts last 4 months

CONTINUED FROM A-1

ording to the new changes.

The increase to the current SRB benefits include the Bonus Extension and Retraining Program (BEAR), as well. The BEAR program is another key monetary incentive to encourage sufficient re-enlistments in certain enlisted MOSs.

BEAR provides eligible, highly qualified Soldiers an opportunity to extend their enlistment for formal retraining into a shortage MOS, and upon completion of retraining, to be awarded the new primary MOS, re-enlist and receive an SRB in the newly awarded PMOS.

The BEAR window opens 15

months prior to ETS, and is usually reserved for Soldiers in the rank of staff sergeant and below.

Headquarters, Department of the Army, determines MOSs in the BEAR Program and periodically changes those occupational specialties.

Soldiers can monitor changes to the SRB program by viewing military personnel messages, or MILPERs, as they are posted. Each message is posted and assigned a number. The current MILPER message for the SRB program is 06-007.

Soldiers interested in more information on SRBs and BEAR should contact their servicing career counselor for advice.

Excess weight kills hundreds of thousands

No ideal weight governs all body types, but a healthy lifestyle improves overall well-being

NORMA SUAREZ

Public Health Nursing, Tripler Army Medical Center

HONOLULU — Especially important at a time when more Americans are overweight than ever before, Healthy Weight Week (Jan. 15–21) is an annual, national observance that focuses on the importance of maintaining a healthy weight.

According to the U.S. Surgeon General's call to action, which aims to prevent and decrease overweight and obese Americans, approximately 300,000 adult deaths in the United States each year are associated with weight. These deaths are attributed to unhealthy dietary habits, physical inactivity and/or sedentary behavior.

A healthy weight is different for everyone, as weight is based on factors such as genes, food intake and the level of an individual's physical activity. Therefore, having one ideal weight that is suitable for everyone is not possible.

What's more, healthy weight is more than just weight loss. It includes a healthy lifestyle such as good eating habits, good nutrition and daily physical activity.

Good eating habits and nutrition imply eating three meals and one or two snacks a day, at regular times and in moderation. They also mean choosing a variety of foods.

The National Institutes of Health define obesity and overweight adults using a body mass index, or BMI. An overweight adult is defined as one with a BMI between 25 and 29.9, while an obese adult has a BMI of 30 or higher.

The risk of death, although modest until a BMI of 30 is reached, increases with increases in BMI. Obese adults have a 50 to 100 percent increased risk of premature death compared to adults with a BMI of 20 to 25.

But even weight in excess of 10 to 20 pounds for a person of average height increases the risk of death, particularly among adults ages 30 to 64.

Efforts to maintain a healthy weight begin with children. Parents have an important role to play because they are usually the main source of information. More importantly, they are the key role models when it comes to shaping children's eating habits.

Children learn from their parents what, when and how much to eat. For both children and adults, it is important to learn when their body tells them when they are hungry, full or have overeaten.

Being at a healthy weight and eating healthy can enhance feelings of well-being and provide the needed energy to lead a fulfilling life. Further, maintaining a healthy weight is an important component of self-esteem because one's

weight affects his or her body image, moods, emotions and physical health. Also, a healthy weight can help reduce one's risk for physical and mental illnesses.

Adults who wish to change their behaviors, attitudes and lifestyle patterns in order to reach a healthy weight should begin by getting reliable information on nutrition and physical fitness. A good place

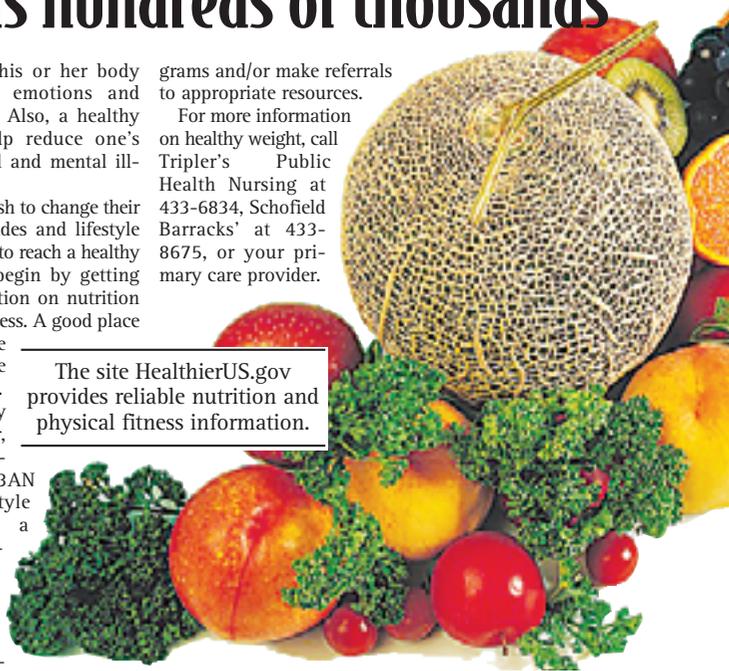
to start is where adults receive their health care.

Tripler Army Medical Center, for example, offers the LE3AN Healthy Lifestyle program and a number of nutrition classes. Other military health care facilities on Oahu offer similar pro-

grams and/or make referrals to appropriate resources.

For more information on healthy weight, call Tripler's Public Health Nursing at 433-6834, Schofield Barracks' at 433-8675, or your primary care provider.

The site HealthierUS.gov provides reliable nutrition and physical fitness information.



News Briefs

From A-6

for direct deposit (from voided checks) and Social Security cards.

The Schofield Barracks (655-5144) location will be open Mondays through Wednesdays, 10 a.m. to 6 p.m.; Thursdays, 8 a.m. to 6 p.m.; and Fridays, 10 a.m. to 5 p.m.

Fort Shafter (438-2829) will be open Mondays through Wednesdays, 10 a.m. to 6 p.m.

Purple Heart — The president of the Military Order of the Purple Heart, Hawaii chapter, Thomas Tanaka, is extending a one-year free enrollment in the local MOPH chapter to all MOPH recipients from Operation Iraqi Freedom and Operation Enduring Freedom.

Interested recipients of the Purple Heart should contact Tanaka at 988-2820 for more details.

Strong Marriages — Do you want to strengthen your marriage? Take a day off work? Spend some time alone without the kids? Stay overnight at a hotel at no cost to you?

If your answers are yes, see your unit chaplain about the "Building Strong and Ready Families" program, or contact the division chaplain's office at 655-9303.



Barely discernable in the distance, Soldiers from 2-27th enter the front of the spectacular 16th century structure that houses Humayun's tomb.

New Delhi calls, enfolds Hawaii's Soldiers

After working hard with Yudh Abhyas, 3rd Brigade Soldiers embrace culture

Story and Photos by
SPC. MIKE ALBERTS
3rd Brigade Public Affairs

NEW DELHI — Cows wander city streets. Snake charmers entertain tourists for rupees (the local currency), and women can be seen carrying goods in thatched baskets atop their heads. All this is still a part of India, a country that Schofield Barracks Soldiers are experiencing half a world away from the comfortable environs of Hawaii.

January 11th, Soldiers from 3rd Brigade's Charlie Company and attached elements, 2nd Battalion, 27th Infantry Regiment, 25th Infantry Division, touched down here, into the warm hospitality of their Indian military partners as part of joint, cooperative training exercises with the Indian Army called Yudh Abhyas.

Prior to commencing training exercises, however, Soldiers were welcomed to New Delhi by the Indian Army's 11 Sikh Regiment.

"Sikh is a religion," explained Capt. Abhishek, security officer, 11 Sikh Regiment. "It is common for Indian battalions to be organized by faith. In this compound alone, there are other simi-



Soldiers from 2-27th photograph Delhi's Lotus Temple in the background.

larly organized battalions of different faiths. Here, the 11 Sikh Regiment is a battalion of approximately 800 Soldiers," Abhishek said.

During their two-day stay in New Delhi, Soldiers were housed in the two-story barracks temporarily vacated by Sikh soldiers. They dined on cuisine prepared by Sikh cooks. Meals included, among other delectables, gulab jamun, tandoori roti with butter, vegetable pulao with biryani rice, rajma makhani and butter chicken.

"I like the food," said Spc. Mark Bongiorno, Company C, 2-27. "My wife got me started on Indian food some time ago, so it hasn't been too much of a shock."

Other soldiers agreed.

"I haven't eaten anything that I didn't like," said Sgt. Demetreus Perez, Alpha Co., 2-27.

While in New Delhi, Soldiers also toured a portion of New Delhi's government, commercial and historic districts by bus. Soldiers cruised through New Delhi's embassy row, which is a series of streets lined with embassies from various countries. They saw both India's Presidential Palace and Parliament buildings.

During the tour, Soldiers disembarked their busses to view India Gate, a 42-meter-high arching structure constructed in memory of the more than 90,000 In-

dian soldiers killed during World War I. Soldiers then saw Humayun's Tomb, an architectural phenomenon built in the mid-16th century, which served as a template for the later constructed Taj Mahal. The tour culminated at Lotus Temple, a Baha'i house of worship inspired by, and constructed in the shape of, the lotus.

"Good tour. I really enjoyed it," said Sgt. Ronald Gamett, Alpha Co., 2-27. "I really liked just seeing the differences between our standard of living and theirs, and the downtown area and the different structures," he said.

Pfc. Mathew Todd Garrison, also of Alpha Co., 2-27 agreed. "I liked the tour a lot, and am just really thankful to the Army," he said. "I will probably never get back to India. So, thanks to the Army and the tour, I was able to see it once."

However, the true highlight of the Soldiers' two-day stay with the Sikh Regiment was the reception ceremony. Here, Soldiers quickly learned that the real appeal of India is not in sacred cows or the spectacle of snakes, but in the

generosity and kindness of the people — in particular their Indian counterparts.

The sunset ceremony was held at the Sikh Army compound sporting field Jan. 12. U.S. and Indian soldiers and officers were entertained by 20 select Sikh soldiers performing the Bhangra while wearing traditional garments and headgear. The Bhangra is a local folk dance exclusive to the Sikh and only performed during special ceremonies, according to Abhishek.

For one U.S. Soldier in particular, the dance was an experience he will literally carry with him forever.

"I was admiring a silver bracelet of one of the Sikh," said Sgt. Perez.

"I noticed that only the Sikh wore it and asked about it. In response, I was told," Perez continued, "that it was unique to the Sikh faith, and that the inscription translated meant 'Only One God,'" Perez said.

"[The performer] then placed his bracelet on my wrist, and when I tried to return it, he just said 'Keep it, keep it!'"



A street performer, one of many in Delhi, entertains Soldiers by "charming" a Cobra.



Staff Sgt. Ricky Deshaw takes his final steps to the finish line of the HURT 100-mile trail race which began Saturday and ended Sunday.

Local Soldiers run HURT 100-miler

Story and Photo by
PFC. BRYANNA POULIN
Staff Writer

MAKIKI — Two 25th Infantry Division Soldiers were among the 94 ultra-runners registered in a 100-mile endurance run that began at 6 a.m., Saturday, at the Honolulu Nature Center here.

Attracting runners throughout the world, the sixth annual Hawaiian Ultra Running Team (HURT) Trail consists of a 20-mile loop that starts at the Hawaii Nature Center and proceeds through a sequence of trails via the Tantalus, Manoa, Nuuanu and reverse.

With an allotted time of 36 hours to complete the race, runners travel an excess of 23,000 feet in the Koolau Mountains on a single-track system.

During the long hours on the trail, runners must overcome the countless obstacles the trail offers — hazards that include fallen cliffs, uprooted rocks and encounters with wild pigs. Adverse terrain, sleep deprivation and sore muscles make the HURT 100-miler a difficult race to finish.

"Throughout the trail, you have the wall of the mountain with a 10-to-300 foot drop off, with no room for two runners to run side by side," said Sgt. Maj. Ben Cavazos of the U.S. Army, Pacific, Inspector General's Office at Fort Shafter, an

ultra-runner who has ran and finished HURT for six consecutive years.

"The majority of the trail consists of roots and rocks, which makes the runner have to watch where they step," said Staff Sgt. Ricky Deshaw of Headquarters, USARPAC, running his second HURT.

Both Cavazos and Deshaw have put countless hours training for the HURT 100-miler, sometimes with runs that last more than 10 hours.

"There are times when we would go out and start at 11 p.m., run throughout the night and continue work in the morning," Deshaw explained.

"Training for the HURT, consists of training for a minimum of six hours," added Cavazos. "When a person is running such a long distance it's not the amount of miles that is ran, but how many hours are put in."

"Every year I do other races and marathons such as the Volcano Marathon, in preparation for the HURT 100-miler," Cavazos continued.

"We have put more miles on our shoes than we drive on our cars — up to 100 miles per week," emphasized Deshaw.

Engaging in a run that lasts throughout the night makes for sleep deprivation, yet another factor that runners must face and defeat. Hence, HURT allows companions to run beside contestants when

it's dark.

"The key is to pace oneself evenly and not get fatigued ... to look forward to the sun coming up the next day," Cavazos said.

"It's difficult, both physically and mentally, because after about 60 miles the body wants to shut down, and that's where a runner has to keep going and overcome it mentally," Deshaw piped in.

Organizers set up aid stations that offered abundant supplies of all types of food to aid runners. The stations allowed runners to not only maintain proper hydration and calorie intake throughout the race, but also to have medical assistance on hand if needed.

On average, only 24 percent of runners ever complete the entire 100 miles of HURT. Both Cavazos and Deshaw explained they like the challenge that HURT offers and embrace the attitude that quitting is not an option.

"The feeling you feel when you touch the finish line is a feeling that nobody can take away," Cavazos said. "The pain from the race goes away, but the glory is forever."

Unofficially, 23 out of 94 registered runners completed the race. Deshaw completed 100 miles in 33 hours and 29 minutes. Cavazos completed his sixth consecutive race in 33:59.

MWR Briefs
Serving America's Army in Hawaii

JANUARY

20 / Today

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

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

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

21 / Saturday

Great American Voices – Come enjoy exciting selections from American musicals and popular operas at the Great American Voices performance at 6 p.m., tomorrow, at the Nehelani.

Presented by the National Endowment for the Arts, the evening will include the talented voices of the Hawaii Opera Theater, pupus, no host cocktails and door prizes. For more information, call 655-4466.

22 / Sunday

Hawaii TV Bowling – The Schofield Bowling Center is hosting a "Modified Doubles" event, part of the Hawaii TV Bowling Tournament, Jan. 22. Three categories will be held: men under 50, women under 50 and seniors.

The prepaid entry fee is \$65 and walk-in entry is \$70. Check-in is at 8 a.m., practice at 8:30 a.m., and the tournament begins at 9 a.m. For additional information, call 655-0573.

23 / Monday

Library Closure – The Aliamanu Military Reservation Library will be closed Jan. 23 to 28 for carpet installation. The library will resume its regular hours Jan. 30. Regular hours are Monday and Tuesday, 11



Courtesy Photo

Big Easy meets Hawaii

"Mardi Gras Follies" showtimes are Feb. 3 and 4 at 7:30 p.m. and Feb. 5 at 2 p.m. at the Hawaii Theater in Honolulu. Ticket prices range from \$25-35.

a.m. to 7 p.m.; Wednesday and Thursday, 11 a.m. to 6 p.m.; Friday and Saturday, 11 a.m. to 4 p.m.

The library is closed on Sundays and holidays. For more information, call 833-4851.

25 / Wednesday

Library After School – Elementary-age children are invited to celebrate the Chinese New Year with a story and craft activity at 3 p.m., Jan. 25, at Sgt. Yano library. The event is free and no registration is required.

Groups interested in participating can call 655-8002 to reserve a space.

27 / Friday

Hawaiian Luau Lunch Buffet – Taste a traditional Hawaiian style feast today from 11 a.m. to 1 p.m. at the Hale Ikena on Fort

Shafter, or 11 a.m. to 2 p.m. at the Nehelani on Schofield Barracks. Cost is \$9.95 per person.

Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or information.

Mongolian Barbecue – Select your favorites from a large variety of meats and vegetables, and Reggie's staff will grill them to your liking. Come Jan. 27 from 5 to 8 p.m. for Mongolian barbecue, cooked outside in front of Nehelani with seating in air-conditioned Reggie's.

Cost is 65 cents per ounce, and reservations are recommended. For more information, call 655-4466.

28 / Saturday

Teen Social – Join friends for an evening

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

Parents Night Out – Leave your kids in the competent hands of Child and Youth Services on Parents Night Out, Jan. 28, and then enjoy a nice night out on the town. Children enrolled in Parent's Night Out must be registered with the Resource and Referral Office no later than noon Jan. 25.

Reservations are first-come, first-served at the Resource and Referral Office. Call 655-8313 for more information.

Hawaii Championship Wrestling – Come watch Hawaii Championship Wrestling at the Tropics today. Doors open at 6 p.m. and matches start at 7 p.m.

The cost is \$5 for ages 12 and up, \$3 for ages 11 and under, and free for children ages 5 and under. Call 655-8522 for more information.

31 / Tuesday

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

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

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

ONGOING

SKIES Driver Education – Learn to drive with SKIES at Valentine's Driving School. The session includes 32 hours of classroom instruction and six hours of behind-the-wheel time, taught by qualified instructors.

The total fee for all instruction is \$295 and must be paid at the time of registration. For more information, call 655-5525.

"Paint It & Take It" – Ceramic parties offer a unique way to celebrate get-togethers, coffees, children's birthday parties and more. Bring out the artist in you at the Arts and Crafts Center. Call 655-6330 at Schofield or 438-1315 at Fort Shafter.

personal essay and contribution to the local Oahu community.

Applications are available at Sgt. Yano Library, the Hui Thrift Shop, the Schofield Barracks ACS Building, the Leilehua High School counselor's office, Hui O Na Wahine luncheons and spouse information meetings.

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

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

The following classes are offered in January: Checkbook Maintenance, Money Management, Credit Management, Thrift Savings Plan, Car Buying, Mutual Fund Investing, College Funding, and AER/Command Referral.

Instructors will also assist with zero percent interest Army Emergency Relief loans. To attend a class or schedule a one-on-one appointment with a financial counselor, call 655-4ACS (4227). All services are free and help is only a phone call away.

ACS Volunteers – Free child care at an hourly site is provided for up to 20 hours per week when you volunteer with ACS. What's more, volunteering offers valuable job experience and flexible hours.

Come on out and support your Army family today. Contact Cathie Henderson at 655-2398 or hendersonca@schofield.army.mil for more information.

Fort Shafter Newcomers Orientation Tour – The Fort Shafter Army Community Service presents a Newcomers Orientation Tour every other Tuesday.

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

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

HACN TV2 Schedule

Morning	
6:00	Sign On
6:26	Coqui Frog Invasion in Hawaii
6:47	Welcome Home Redeployment Guam
7:00	Bulletin Board
7:30	What's Down the Drain
7:41	White Face
7:55	Water Safety
8:00	Hawaii Army Report
8:30	Army News Watch
9:00	Pentagon Channel
10:00	White Face
10:15	Change of Command Ceremony 25ID (L) & USARHAW
10:20	Bulletin Board
10:50	Welcome Home Redeployment Guam
11:04	Coqui Frog Invasion in Hawaii
11:26	VATV #2
11:52	Inside Afghanistan 8/31/05
12:00	Hawaii Army Report
12:35	Pentagon Channel
Afternoon	
2:00	Inside Afghanistan 9/08/05
2:12	Bulletin Board
2:42	Welcome Home Redeployment Guam
2:55	Shamu: The Rhino Story
3:30	Coqui Frog Invasion in Hawaii
3:50	Hurricane Safety
4:00	Pentagon Channel

Evening	
6:00	Hawaii Army Report
6:30	Community Focus
6:47	What's Down the Drain
6:56	Change of Command Ceremony 25ID (L) & USARHAW
7:00	NFL: Football Follies
8:00	Bulletin Board
8:30	Inside Afghanistan 8/31/05
8:42	What's Down the Drain
8:50	White Face
9:06	Volunteers
9:21	Welcome Home Redeployment Guam
9:34	Inside Afghanistan 8/22/05
9:45	Safety Video
9:49	Coqui Frog Invasion in Hawaii
10:10	NFL: Ice Bowl
11:25	Bulletin Board

Overnight
Pentagon Channel

This Week at the MOVIES Sgt. Smith Theater



Saw II (R)

Friday 20 1900
Wednesday 25 1900



Just Friends

(PG-13)
Saturday 21 1400
Thursday 26 1900



Aeon Flux

(PG-13)
Sunday 22 1900

The theater is closed Monday, and Tuesday.

Community Calendar

JANUARY

20 / Today

Great Aloha Run – The Great Aloha Run, an 8.15-mile race run from the Aloha Tower to Aloha Stadium, is Feb. 20. Don't miss a great "last chance" opportunity to enter the Great Aloha Run for \$20. The regular individual entry fee of \$20 ends today; however active duty Soldiers, family members and DoD civilians have a final chance to enter at the reduced rate from 10 a.m. to 2 p.m., Jan. 30, in front of the Schofield Barracks Post Exchange.

Late entries are \$30 and will be accepted from Jan. 21 to Feb. 3. Remember, Carole Kai Charities return \$1 from every entry to military MWRs. For more information, call Vera Ross at 655-8789.



21 / Saturday

Tropic Lightning Museum – Every Saturday, the Tropic Lightning Museum, Schofield Barracks, will feature a movie matinee beginning at 1 p.m. at the museum. Come with your family and enjoy "Gung Ho" tomorrow and "The Thin Red Line" on Jan. 28. All movies are free.

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

Project Visitation – Join Project Visitation for volunteer training Saturday at Chaminade University from 9 a.m. to noon. Some foster children are placed in separate foster homes and are not able to see their brothers or sisters. Project Visitation helps these children spend time with their siblings.

Being a volunteer takes approximately six to eight hours a month, including scheduling, pick-up and drop off of children, as well as the actual visits. Volunteers receive training, must have no criminal convictions, a clean driver's abstract and be at least 18 years of age.

For more information, contact Project Visitation at 528-7050 or e-mail jaime@vlsh.org.

23 / Monday

American Red Cross – The American Red Cross Schofield Barracks Service Center will be offering an Adult, Child and Infant CPR class, plus First Aid, Jan. 23, 25 and 26 from 6 to 9:30 p.m.

The cost is \$40 and the book is included. To register, call the Red Cross at 655-4927 or stop by Building 690, Room 3F.



26 / Thursday

Army Career Alumni Program – The Army Career Alumni Program (ACAP) is offering a number of specialized job assistance seminars during the month of January. ACAP clients and their family members are welcome to attend these events. Join the team on Jan. 26 from noon to 2 p.m. for a seminar on conducting information referral meetings and salary negotiation.

Call the Schofield Barracks ACAP Center at 655-1028 to reserve a place in any of these job assistance seminars.

Community Children's Council – The South Community Children's Council will meet at Moanalua High School Thursday, Jan. 26, at 6 p.m.

A support group for parents, the CCC is an outstanding program that can aid families with children enrolled in Hawaii public schools who have special education needs. It acts as a direct line of communication to the office of the school superintendent.

For more information, call the main CCC at 586-5363.

Hawaii Theater – Hawaii Theater's "The Three Phantoms in Concert" opens tonight. The show features Broadway performers Craig Schulman, known for his performance in "Les Miserables"; Cris Groenendaal who starred in "The Phantom of the Opera"; and Kevin Gray from "Miss Saigon."

Performances are Jan. 26 and 28 at 7:30 p.m. and Jan. 29 at 2 p.m. Tickets are priced from \$25 to \$60 at the Hawaii Theater Box Office, 1130 Bethel Street.

Discounts are available for students, seniors, military and members of the Hawaii

Theater. Tickets also may be ordered by phone at 528-0506 or online at www.hawaiitheatre.com.

29 / Sunday

Nichiren Daishonin's Buddhism – The community is invited to an introductory class on Nichiren Daishonin's Buddhism, Jan. 29 at 1 p.m. at the Community Chapel, Schofield Barracks, Building 791, Room 231. For more information, call 306-6530 or 423-1830.

31 / Tuesday

English as a Second Language – Come check out this adult education course addressing the fundamentals of the English language. The course is appropriate for beginners and those who desire to improve their written and verbal communications skills.

Classes will be held every Tuesday and Thursday morning from 8:30 to 11 a.m. from Jan. 31 through April 18. Registration is required and a \$15 fee is charged.

Call the Armed Services YMCA Wheeler at 624-5645 or come by the office located at 782 Santos Dumont Ave., Wheeler Army Air Field for more information.



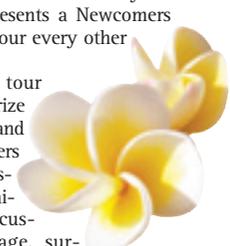
ONGOING

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

Hui O Na Wahine Scholarships – The Hui O Na Wahine all-ranks spouses club is accepting applications for merit scholarships from now until March 24. Last year, the club awarded more than \$37,000 in welfare grants and scholarships to deserving applicants.

Applicants must be members of the Hui O Na Wahine or their family members and possess a cumulative grade point average of 3.0 or better. Scholarships may be used for college entry-level, continuing education (undergraduate), or graduate school.

A scholarship committee will determine winners based on academic merit, extra-curricular activities, community service, a





The Learning Tree

'Ka la'au o ka na'auao'

DR. JULIA MYERS
Contributing Writer

SCHOFIELD BARRACKS — I have learned since coming to Hawaii that the soil is different here. I noticed this after my first trip to the North Shore when red footprints began showing up on my beige carpet.

I also noticed that not all things grow equally in this soil. Tomatoes we grew on the mainland didn't fare so well here on Oahu. Yet, the papaya tree my husband planted grew quickly from pencil size to more than 10 feet tall and has produced a massive amount of large, sweet fruit.

I have found that no two places are completely the same, and at each place, some things grow better than others. It is a good thing that as gardeners we are not easily deterred. We are always ready to explore different options for gardening, adding bagged soil to the native earth and adjusting the amount of sunlight and water for plants that seem to be struggling.

So, how does this apply to learning? The subtitle for this month's column is "Ka la'au o ka na'auao," which is Hawaiian for "the tree of learning." Chances are, if you are a parent, you have heard the reports regarding the school systems in Hawaii.

Long before most of us arrived, we "heard" about the quality of schools. And we were advised about the best options for ensuring our children were not "hurt" by

their educational experiences here.

We all desire the best for our children. We want to make certain that they are not only afforded the best opportunities, but also that they leave the island on equal academic footing with their peers on the mainland.

I believe this is possible. Although the educational soil may be different in Hawaii, it is not necessarily inferior, nor should it determine the fate of our children's learning trees.

There are many educational options and opportunities available for our children in Hawaii, and for parents, several resources that can assist us in helping our children succeed. With that said, here are four suggestions for nurturing your child's ka la'au o ka na'auao.

Keep an open mind.

Not only wait to form your own opinions of the schools in Hawaii, but also be open to various learning opportunities and options for schooling here. As with any location, different educational options are available in the state, including public, private and home schools.

During a move, many military families plan and take advice from other military families. But like children, schools and teachers are unique, and what may be ineffective for one child may be the best option for another. Additionally, as your child progresses in his or her education here, it may be neces-

About the writer

Julia Myers is an educational consultant and adjunct professor for Chaminade University. She holds a master's of arts in mathematics, a doctorate in curriculum and instruction, 16 years of teaching experience at every level from middle school to postgraduate and extensive experience with teacher professional development. Myers, her husband Stephen and their four children live in Schofield Barracks.



sary to re-evaluate the options from time to time.

Determine the needs and interests of your family and child.

Things to consider here are the special interests, talents and/or needs of your child, and other family considerations such as the location of the school and whether or not you want a school to have special programs or a specific religious affiliation.

By knowing well what your family and child's needs and priorities are, you'll be better able to find educational opportunities that meet these needs.

Become knowledgeable.

Clearly, to make well-informed decisions regarding your child's education is important. Decision-making entails not only having knowledge about a school's academic record, curricula, philosophy, programs, policies and services, but also of the state's educational laws, academic standards and requirements.

On a personal level, decision-making means possessing an understanding of how your child learns and how you can best help

Web sites for parents

[http://doe.k12.hi.us/Hawaii's Department of Education](http://doe.k12.hi.us/Hawaii's%20Department%20of%20Education)

[http://www.pacom.mil/jvef/The Joint Venture Education Forum](http://www.pacom.mil/jvef/The%20Joint%20Venture%20Education%20Forum)

[http://www.militarychild.org/The Military Child Education Coalition](http://www.militarychild.org/The%20Military%20Child%20Education%20Coalition)

<http://www.heritage.org/Research/Education/SchoolChoice>
The Heritage Foundation

<http://arch.k12.hi.us/school/nclb/default.html>
The Accountability Resource Center Hawaii (No Child Left Behind)

<http://www.greatschools.net> and <http://www.schoolresults.org>
For school information, including testing results and school comparisons.

<http://militaryfamily.k12.hi.us/seminar/alternatives.htm>
For alternative schooling options.

<http://www.ed.gov/parents/landing.jhtml?src=pn>
U.S. Department of Education.

SEE TREE, B-4

Tree: Resources abound for parents seeking the best in education for keiki

CONTINUED FROM B-3

him or her. Fortunately, many education sources in Hawaii can help you gain this knowledge such as the installation's school liaison officer, or SLO, whose is responsible for assisting parents and

students transferring in and out of schools and linking families to their correct source for school information.

Online resources include reliable information about school quality, educational requirements and school choice, as well as suggestions for parents to help their children succeed.

Get involved.

There are several ways you can get involved in your child's education. Organizations such as the Parent Teacher Association (PTA), the School Community Council (SCC) and the Parent-Community Networking Centers (PCNC) offer a means for parents to work with schools and teachers to enhance educational opportunities and the performance and well-being of all schoolchildren in Hawaii.

Perhaps the most important way you can get involved with your child's education, though, is

by taking interest in your child's schoolwork, interacting with teachers, communicating well with your child, and supporting your child in curricular, cocurricular

Army Hawaii school liaison officers are Wayne Yoshino and Kristine Noriega-Artis, who can be reached at 655-8328.

and extracurricular activities.

Volunteer in the classroom, chaperone a field trip or just read with your child. By getting involved you are not only conveying the importance of education to your child, you are also playing an active role in directly affecting the quality of your child's education here in Hawaii.

As an optimist, I believe strongly in the saying, "Bloom where you are planted." This philosophy seems especially fitting for military families who uproot on a regular basis and move to places they have never been. The philosophy is demonstrated time and time again by our mobile military students who show incredible flexibility and adaptability as they continue to grow and blossom in all types of environments.

