

INSIDE COE awards multiple Oahu contracts

All in the family

Senior leaders, including Lt. Gen. Rick Lynch, commander of Installation Management Command, emphasize their commitment to Army Family Covenant.

A-3

Latest contracts will aid several local Oahu businesses, economy

LACEY JUSTINGER

Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER – The U.S. Army Corps of Engineers-Honolulu District recently awarded four contracts for repairs and renovations at three Oahu military locations.

•Honolulu District awarded Alutiq-Mele, an 8(a) contractor from Honolulu, a \$1,539,810 contract to replace a roof and install two photovoltaic systems on Aliamau Military Reservation buildings.

The 47 kilowatt and 37 kilowatt photovoltaic systems will harness and convert the sun's rays to create electricity, and help foster a clean, energy-independent and efficient infrastructure on Oahu. The contract is an American Recovery and Reinvestment Act, or ARRA-funded project.

•Honolulu District awarded Wahiawa's Niking Corporation a \$2,726,540 ARRA contract to replace the water treatment plant generator at Schofield Barracks, a Multiple Award Task Order Contract project that will help create and maintain jobs in Hawaii.

•Honolulu District awarded StarCom Builders of Honolulu a \$528,994 contract to repair exterior drainage at a Schofield Barracks building. The ARRA-funded, Multiple Award Task Order Contract project uses federal government re-

sources to stimulate the local economy.

•Honolulu District awarded C.W. Crosser Construction of Anaheim, Calif., a \$5,769,523 contract to renovate hangar buildings and replace cooling equipment at Hickam Air Force Base, as part of a Multiple Award Task Order Contract for this project.

The Corps of Engineers and the Army in Hawaii are committed to building and facilitating structures that improve service members' community and help the local economy.



Best of the best

Candidates test their skills at NCO, Soldier and Career Counselor of the Year competitions.

See A-4



Pfc. Ashley Armstrong | 94th Army Air and Missile Defense Command Public Affairs

Navy Capt. Lawrence Scruggs, Pearl Harbor Naval Station, congratulates Sgt. Jennifer Wilkins, 185th Military Intelligence Company, 2nd Stryker Brigade Combat Team, 25th Infantry Division, after a joint re-enlistment ceremony aboard the USS Missouri, Jan. 7.

100-plus reaffirm service aboard battleship

PFC. ASHLEY ARMSTRONG

94th Army Air and Missile Defense Command Public Affairs

PEARL HARBOR – Service members representing each branch of U.S. military were honored for giving more of themselves in service to their nation aboard the USS Missouri as it came out of drydock to return to Battleship Row, Jan. 7.

Approximately 100 service members, more than 57 of them representing the Army, re-enlisted during the historical event.

"It is not the equipment that makes up the military; it is the people that serve that

do. ... I think the historical ceremony was a reminder and celebration of that fact," said Master Sgt. Brian Byington, retention operations noncommissioned officer, U.S. Army-Pacific.

The USS Missouri, site of Japan's World War II surrender, returned to Battleship Row after undergoing maintenance since October 2009.

"It was an honor and privilege to re-enlist on something that has so much historical value to the military, especially as it was moving," said Spc. Brett Ott, early warning systems operator, 94th Army Air and Missile Defense Command,

about being among those who re-enlisted. "It was truly a once-in-a-lifetime experience."

The USS Missouri welcomed 1,000 passengers including military members, active and retired, and civilians aboard its memorable two-mile journey. An original crew member of the Missouri, Art Albert, was an honored passenger aboard the ship during its return.

"Bringing the warship back was, of course, important. But, in the end, the battleship could not have been famous, it

SEE USS MISSOURI, A-8

Plt. leader dies from hiking fall

SCHOFIELD BARRACKS – An 8th Theater Sustainment Command Soldier died from injuries sustained from a fall, Sunday, in the Waianae Mountain range.

1st Lt. Garland

J. English, 29, a native of Averill Park, N.Y., was hiking in the Waianae Mountain range, Jan. 10, when he fell to his death.

English was a platoon leader with the Forward Support Company, 84th Engineer Battalion, 8th TSC.

"1st Lt. English was an outstanding Soldier. The Soldiers of the 8th Theater Sustainment Command are greatly saddened by this loss. We continue to pray for his family in this most difficult time," said Maj. Gen. Michael Terry, commander, 8th TSC.

English arrived in Hawaii in October of 2008 and was assigned to the 84th Eng. Bn., headquartered at Schofield Barracks.

He is survived by his mother, Lynne Luft, and his father, Reed M. English.



English

Quarterly retirement

Soldiers, family and friends are invited to participate in the Quarterly Retirement Ceremony, Wednesday, 4-5 p.m., at Sills Field, Schofield Barracks.

See News Briefs, A-8



Grease is the word

Calling all DIY mechanics. Save your hard-earned money by making repairs at the Auto Skills Center.

B-1

New course, but same mission at NCOA

Story and Photos by

SGT. RICARDO BRANCH

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Morning reveille at the Noncommissioned Officer Academy, Hawaii, here, does more than signal the start of a new day around the school house.

Reveille heralds a change of procedures at the school, keeping pace with today's Army.

"The Army knows Soldiers returning from deployments have lost a lot of time to spend with their families," said Staff Sgt. Joel Velez, small group leader, NCOA-HI. "WLC (Warrior Leader Course) is now a 15-day course, which allows Soldiers more time to spend at home and still receive their military education and training here at the academy."

Gone are the 30-day cycles and on-campus living, replaced with a demanding 15-day curriculum, with on-site Wi-Fi access and the opportunity for sergeants to spend their off-duty time at home instead of at the academy barracks.

WLC may have transformed into a 15-day course, which does create longer days; however, the knowledge and foundation for career growth of new sergeants still remain.

"Some of the additional training we added in the past was cut out, such as drill and ceremonies, but this gives us the opportunity to concentrate on the specific tasks required for leaders in today's Army," said Sgt. Maj. James Frajio, NCOA



A sergeant aligns his squad members in line during an open ranks inspection, Jan. 11, at the Noncommissioned Officer Academy, Hawaii.

commandant.

The leader's tasks that are required in the schoolhouse are geared to what a sergeant's role will be in a given situation.

"How do you deal with training now as a leader?" Frajio asked. "In a contemporary environment, how do you apply all the things you are learning here? Experiences in combat and how you will use what you learn here is what we focus and hone in on for sergeants."

Although the benefits for attending WLC are many, one key thing for any sergeant climbing through the ranks is the foundation the course brings to a Soldier's career.

"The Warrior Leader Course builds the foundation and the knowledge a sergeant requires to train and lead Soldiers," Frajio said. "Some of the same tasks we train here – (like) map reading, giving classes and mentoring Soldiers – are going to be

built upon throughout a Soldier's career."

New sergeants can prepare themselves for WLC by refreshing themselves with the administrative tasks leaders need, such as counseling, in-ranks inspections, NCO evaluation reports and time management.

"Task, conditions and standards are crucial in training," said Spc. Christine McKenzie, Headquarters and Headquarters Company, 8th Theater Sustainment Command. "Learning the proper ways to give classes and put out training can really help you a lot before you come here."

Despite the long school days and time constraints for the information put out, Soldiers like McKenzie are enjoying their time learning to become leaders. "The studying and lack of sleep can be a challenge, but it's how you apply your time that gets you through each day," McKenzie said. "It's hard, but you learn a lot. But for me, this is the stepping-stone."

SB Tax Center opens Tuesday for Soldiers

BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS – Junior enlisted personnel are encouraged to take advantage of a tax preparation assistance program that not only shortens the time in which they receive their refunds, but saves them from having to pay for an outside service.

The Tax Center, here, will open exclusively to Soldiers within the ranks of E-1 to E-4, Jan. 20-22, offering them free assistance in organizing and completing their 2009 income tax forms.

For more information on tax assistance for junior enlisted Soldiers, contact the center at 655-1040, beginning Jan. 20.

Inquiries from the general public can be made Jan. 25 or later.

Filers will be able to take advantage of the service on a walk-in basis between 8 a.m.-6 p.m., each day, with up to 14 tax specialists on hand to field questions and help prepare necessary paperwork.

In catering to junior enlisted personnel through this new program, center officials hope to encourage use of the center.

"These Soldiers are the ones with the simplest returns, and it's silly for them to have to be paying for this service outside when they can get it here for free," explained Monica Ojeda, the center's officer in charge.

"Every dollar counts," she continued, "and these Soldiers, who have a lower wage, need every dollar they can get."

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This issue

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.

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

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

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

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Preventing suicides is major objective

Army's Vice Chief of Staff addresses every leader's responsibilities



Chiarelli

Leaders, I am very concerned about early-year suicides that we are currently experiencing within the ranks.

As of Jan. 8, there have been eight active duty suicides. In January 2009, we had 21 suicides – our highest month in recent history.

We need to re-double our efforts to let Soldiers know we are concerned about their well-being.

I am asking the backbone of our Army, our Noncommissioned Officer Corps, and other green-tab leaders and supervisors, to troop the line. Walk through the motor pool, stop by the barracks, eat a meal in the dining facility and visit the guard post at midnight.

Look each and every Soldier in the eye. Convey the message that each one is valued by our Army, their families and friends, and our nation.

Remind Soldiers that their Army remains committed to help, support and assist them to meet hardships head-on, no matter the struggle, stressor or challenge.

It is important for all Soldiers to know and understand their self worth and importance to our team. Having a feeling of self worth and pride in belonging to something bigger than yourself could be an important deterrent to suicide.

While Soldiers face many stresses and life challenges, they must know that one of their most important con-

tributions is serving as a member of our organizations. Every Soldier adds to the great diversity of our formations, and it is our leaders at all levels who find and unlock the hidden potential of every Soldier, empowering them to become part of our band of brothers and sisters.

We have made great improvements in the policies, programs and initiatives related to health promotion, risk reduction and suicide prevention. I am aware that we have conducted training, supported and educated Army families, and worked tirelessly to combat the stressors that plague our Army on all fronts.

Still, our efforts are ongoing. Our leaders, family members, friends and peers must continue to be vigilant in these efforts.

At the end of the day, no matter how much effort we spend on programs, how many changes we make to policies or hours spent on suicide prevention training, our last and most potent line of defense remains our leadership.

Peter W. Chiarelli
 Peter W. Chiarelli
 General
 Vice Chief of Staff
 U.S. Army

USARPAC commander says suicide prevention requires more than just another program to hit at challenge

Suicide prevention has gained a lot of attention Armywide this past year:

- Commanders conducted mandated suicide prevention training for Soldiers and Department of the Army civilians.
- The Army developed a Web site, which included a comprehensive leaders program with multiple resources and self-help information.
- Articles were published online and in command information newspapers.



See the Commanders' Toolkit at www.armyg1.army.mil/hr/suicide/default.asp.

In October 2009, the Army launched its Comprehensive Soldier Fitness program focusing on five dimensions of strength: physical, emotional, social, spiritual and family. And yet, leaders across the Army remain highly concerned about the number of suicides affecting our troops.

As the commander of U.S. Army-Pacific, it is my responsibility to proactively seek effective ways to identify and help at-risk Soldiers, but I can't do this alone. I need commanders and noncommissioned officers, at all levels, to first take time to educate themselves with the resources available, and then, to actively seek opportunities for interaction with troops.

The success of the Army Suicide

Prevention Program rests upon proactive, caring and courageous people who recognize the imminent danger and then take immediate action to save a life. Active engagement of everyone can help to minimize the risk of suicide within the Army to stop this tragic and unnecessary loss of human life.

Suicide prevention is everybody's business in the Army.

The Commanders' Tool Kit is designed to assist leaders at all levels as they implement

their suicide prevention program. This tool kit was developed so leaders can incorporate these resources into existing training or create new training.

However, the tool kit is not meant for leaders only. All Soldiers are encouraged to use the materials.

As the former chairman of the U.S. Joint Chiefs of Staff, Gen. Colin Powell, said, "The day Soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership."

Remember, we are all in the business of saving lives in combat and out.

Benjamin R. Mixon
 Benjamin R. Mixon
 Lieutenant General
 Commander
 U.S. Army-Pacific

We must be agents of forgiveness, then reconciliation

CHAPLAIN (CAPT.) JESSE R. KING
 Deputy North Community Chaplain

Roger and his wife Denise had just moved into their first home in a quiet neighborhood. Denise was pregnant with their first child, they would be attending a new church, and life was good.

Roger was proud that he had found such a nice home and believed he and Denise were safe and secure. But, one evening his feeling of security was shaken. His neighbor was outside polishing his car and listening to his music very loudly late at night.

Roger was angry and wanted to go to sleep. He believed that his neighbor had no right to disturb his peace and security.

Feeling justified, Roger blew his stack. He flew out the front door and into the dark street. He began yelling at the man before he even reached him.

When Roger stopped yelling, the man said calmly, "I would be happy to turn it down. All you had to do was ask."

I always regret those moments when I lose my temper and fly off the handle. This type response is totally out of character.

Being argumentative and hateful are not spiritual values. The goal for every personal conflict is reconciliation, to preserve and restore relationships with others.

Reconciliation is one step deeper than forgiveness. When we forgive someone,

we let go of our desire to retaliate. Forgiveness is required, first, and then comes reconciliation.

We must all practice forgiveness. Reconciliation, on the other hand, involves mending a broken relationship and restoring it. It involves at least two people and is dependent upon each person.

We must be agents of reconciliation. We must deliberately try to preserve and restore relationships with others, even our enemies. We must be "peacemakers."

Jesus said, "Blessed are the Peacemakers for they shall be called children of God" (Matthew 5:9).

Roger was unkind when he confronted his neighbor. His act of unkindness covered up his insecurity and feelings of powerlessness. His actions provoked his neighbor and were intended to start a fight rather than promote good relationships with people around him. Unfortunately, we are all guilty of doing similar things.

"Peacemaking" involves more than just keeping the friends we already have. It means making friends of our enemies.

Jesus clearly taught this principle in Matthew 5:43-48. Jesus said, "You have heard that it was said, 'Love your neighbor and hate your enemies.' But I tell you, love your enemies."

To be reconciled with our friends only is not enough. We must make peace with people we don't like.



King

How do we reconcile with others?

Reconciliation can be achieved through acts of kindness. A good example is recorded in Exodus 23:4-5: "If you come across your enemy's ox or donkey wandering off, be sure to return it. If you see the donkey of someone who hates you fallen down under its load, do not leave it there; be sure you help your enemy with it."

To remain angry at someone who treats you with sincere kindness is difficult. The Old Testament is full of examples of people who show kindness to their enemies.

Reconciliation can be achieved through prayer. Jesus said, "Pray for those who persecute you."

God is kind even to those who don't deserve it. "He causes his sun to rise on the evil and the good and sends rain on the righteous and the unrighteous" (Matthew 5:45).

Reconciliation can also be achieved through personal example: One afternoon in 1953, reporters and city officials gathered at a Chicago railroad station. The person they were meeting was the 1952 Nobel Peace Prize winner.

A few minutes after the train came to

a stop, a giant of a man – six feet, four inches with bushy hair and a large mustache – stepped from the train. Cameras flashed. City officials approached him with hands outstretched. Various people began telling him how honored they were to meet him.

The man politely thanked them, and then, looking over their heads, asked if he could be excused for a moment.

He quickly walked through the crowd until he reached the side of an elderly black woman who was struggling with two large suitcases. He picked up the bags and, with a smile, escorted the woman to a bus. After helping her aboard, he wished her a safe journey. As he returned to the greeting party, he apologized, "Sorry to have kept you waiting."

The man was Dr. Albert Schweitzer, the famous missionary doctor who had spent his life helping the poor in Africa. In response to Schweitzer's action, one member of the reception committee said to the reporter standing next to him, "That's the first time I ever saw a sermon walking."

The goal for every personal conflict is reconciliation. We must be "peacemakers" – people who deliberately try to preserve and restore relationships with others.

We preserve and restore relationships through acts of kindness, prayer and personal example.

Tax: Center OIC hopes to see a 'mad rush' beginning next week

CONTINUED FROM A-1

As an added incentive, Ojeda said that those who file their taxes through the new program will likely receive their refunds sooner. In the past, the government would usually take about six weeks' time to refund checks, but thanks to e-file and direct deposit, that time has, in many instances, been cut in, at least, half.

"The W-2 forms come out Jan. 20," Ojeda said, "so if they file with us on that day, for example, they should be able to get their money back within a week."

Those interested in using the service should come prepared and armed with necessary documents, she added. Aside from their W-2 forms, filers should also bring their military identification cards, Social Security cards for family members, last year's tax returns, and any other documentation, including receipts and canceled checks, which support an item of income or a deduction Soldiers plan on claiming on their return.

What patrons should not take to the center, however, are their children, as both the waiting period and time spent

with a tax specialist could last about two hours.

"If you have little kids, this may not be the best place to bring them because they're going to be bored just waiting around," Ojeda said.

While she wouldn't predict how many Soldiers might take advantage of the new service, Ojeda revealed that she's secretly hoping for "a mad rush" over the three-day period.

"We're excited about being able to reach out to these Soldiers, specifically because they're probably the ones (who) will feel the greatest impact by saving

that tax preparation fee," she said. "And if they take advantage of this service, maybe we can keep doing this program."

The center, which provides free tax preparation services to approximately 65,000 active duty Soldiers and their family members, reservists and retirees each year, opens its doors to the general public, Jan. 25, and remains open until the end of April.

Customers will be able to take advantage of a new 1040EZ station, which Ojeda said will be reserved for those patrons filing "simple tax returns."

3 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 1/13/10.

Voices of Ohana

"Here in Hawaii, not so much (impact), because we are a melting pot. But in the mainland, his impact united humanity – not just black and white, but all races."
Bob Bondoni
 Schofield Barracks Auto Crafts Center

"His speech, 'I Have a Dream,' is so profound. It inspired many to have a dream."
Jocelyn Chang-Chuck
 Chief, USAG-HI Workforce Development

"It has impacted all races to bring us together more. ... Shows that anyone can succeed, can achieve your goals, if you really want them."
Cpl. Lucero Hernandez-velasquez
 3-7th Field Artillery, 3rd Infantry Brigade Combat Team

"Mr. King's 'I Have a Dream' speech says there is nothing you can't reach, nothing you can't do. ... Not just for African-Americans, but for all mankind."
Master Sgt. Calvin Noble
 Reserve Component Career Counselors Office

"Diversity."
Ted Tajeron
 Operations Officer, Oahu North Community Director's Office, USAG-HI

AFAP delegates review most pressing Army issues

Top five of 81 concerns to be briefed to senior leaders at presentation

ROB MCILVAINE

Family and Morale,
Welfare and Recreation Command Public Affairs

ARLINGTON, Va. – The Army Family Action Plan conference – an intensive, weeklong event where delegates from across the Army meet to discuss 82 quality of life issues that originated at the installation level throughout the past year – began Jan. 11 and will continue through today.

Nearly 350 people from across the Army, including 98 delegates, 32 workgroup managers, family members and friends arrived in the nation's capital during the weekend to begin their working group sessions.

"The delegates here are the best of the best," said Lt. Gen. Rick Lynch, commanding general of Installation Management Command and Assistant Chief of Installation Management.

"We are a nation at war, and the impact on our families is almost insurmountable. Our Soldiers realize their mission, but I lose sleep at night when I think about the stress and strain on families," Lynch said.

"We cannot allow families to break," he emphasized.

Since the first signing of the Army Family Covenant in 2007, Army leaders have made a commitment to improving family readiness by standardizing and funding existing family programs and services:

- by increasing accessibility and quality of health care,
- by ensuring excellence in schools, youth services and child care,
- by improving Soldier and family housing, and
- by providing Soldiers and families a quality of life that is commensurate with their service.

While commitment remains strong, the Army has had to reduce the amount of money needed to ensure these programs continue.

"We have less money than we had last year, but I'm convinced we can still

achieve our goals," Lynch said. "We have to ask ourselves, 'are we doing the right thing,' but also, 'are we doing things right?' If things about a program make no sense, we need your support to change."

During the past 26 years since AFAP initiated its first conference, family members have never had a problem with both speaking up about the quality of programs and helping senior leaders find appropriate solutions.

The four stars on the shoulders of Gen. Peter Chiarelli, Army vice chief of staff, weren't enough to intimidate the audience of AFAP delegates. Immediately following a brief presentation on post-traumatic stress disorder, delegates used his Q&A period to begin addressing AFAP issues.

Since the delegates had 82 issues before them, with the mission to pare them to the top 16 by Wednesday and arrive at the top five issues for presentation to Army senior leaders today, Chiarelli thanked them for their questions and suggested they break into working groups.

"This is how we get at all these issues facing our families, so thank you very, very much," Lynch said.

AFAP was created in 1980 through focus groups, but was fully developed with the first official AFAP conference held July 1983. Its mission is to help Army leaders address the needs and concerns of the total Army family.

After representatives across the Army identify issues that will improve the standard of living for Soldiers and families, Army leaders then provide policy changes that become tangible end products for the Army family, including Soldiers, retirees and Department of the Army civilian employees and all their family members.

In the more than 25 years AFAP has been operating, 651 issues have been adopted and have resulted in 112 changes to legislation, 159 changes to Department of Defense and Army policy, and 178 improvements to programs and services.

AFAP remains the pre-eminent means for commanders, at all levels, to seek solutions to the concerns of their communities.

Defender 6

Covenant focuses on five specific areas

Oct. 8, 2007, the Army unveiled the Army Family Covenant, institutionalizing the Army's commitment to providing Soldiers and families – active, Guard and Reserve – a quality of life commensurate with their quality of service.

However, as I travel around the Army meeting with Soldiers and families, I'm surprised to find that many are not familiar with the Army Family Covenant and the commitment Army leadership has made to provide a better quality of life to Soldiers and families.

We are delivering the Army Family Covenant with a focus on five specific areas: standardization and funding of existing programs and services; increasing accessibility and quality of health care; improving Soldier and family housing; ensuring excellence in schools, youth services and child care; and expanding education and employment opportunities for family members.

Some accomplishments over the past two years include the following:

- Standardized Army community staffing and programs at all garrisons;
- Added 1,079 family readiness support assistant positions to provide administrative and logistical support to commanders and family readiness group leaders;
- Funded Exceptional Family Member Program respite care providing up to 40 hours of care per month for families;
- Increased primary care visits to more than 7 million people, meeting access standards for 90 percent of acute, routine and specialty appointments;
- Authorized Tricare standard coverage for more than 500,000 eligible members of the Selective Reserve and their family members and lowered co-payment;
- Funded the Training Barracks Modernization Program to allow 11,306 Soldiers to move into newly designed or renovated barracks in Fiscal Year 2009 and introduced the First Sergeants Barracks Initiative to enhance single Soldier quality of life;
- Reduced financial burden on Army families by eliminating Child, Youth and School Services registration fees and reducing program fees;
- Collaborated with more than 373 school districts

to support military-connected students transferring to new school districts; and

•Increased placement of military spouses through the Army Spouse Employment Program, a partnership with Fortune 500 companies and government agencies to provide employment opportunities.

We are indeed making progress on delivering the Army Family Covenant, but we have much more work to do.

I am dedicated to deliver on the Army leadership's promise to continue to provide the best care and quality of life possible to Soldiers and their families.



Lynch

Our commitment to delivering the Army Family Covenant is nonnegotiable. We will not depart from this commitment.

I would ask that we always take the time to accentuate the positive. We have so very much to be thankful for when it comes to health care, housing, services and programs, and many other things.

Many times we immediately start talking about negative items, and many of those conversations are based on anecdotal evidence without firsthand knowledge.

Let's be grateful for what we have and strive together to improve. An attitude of appreciation will go a long way. Optimism is a combat multiplier.

As always, thanks for your continued service to our Army, and our nation. Together we are making history.

Rick Lynch
Lieutenant General
Commander
Installation Management Command

18th MEDCOM hosts 'NCO' and 'Soldier of the Year' competitions

Story and Photo By

SGT. 1ST CLASS RODNEY JACKSON
18th Medical Command Public Affairs

FORT SHAFTER — Soldiers from the 18th Medical Deployment Support Command went through a grueling four days of competition during the second year of the unit's Noncommissioned Officer and Soldier of the Year Competition, here, Jan. 5-8.

The group was pitted against each other to earn the most points for the top honors of the unit by participating in demanding events that ranged from taking the Army physical fitness test in the Army combat uniform, drown-proofing with weapon and individual body armor, and warrior testing and urban orienteering with a full combat load, with some ordered sequentially.

Advancing to win the competition was Staff Sgt. Theresa Conway, logistics sergeant, and Spc. Matthew Gunther, generator mechanic.

"The competition was very rigorous, but it was worth it and motivating," Conway said. "Day urban orienteering was the most challenging event. It was very hot, and with all of your equipment on, you have to go to certain points within a time limit. ...It forces you to push yourself to meet that requirement."

The junior competitor had a little different per-



Staff Sgt. Theresa Conway (right), logistics sergeant, reviews a map before taking off on an almost three-mile urban orienteering event, after spending most of the morning participating in other events during 18th Medical Deployment Support Command 2010 NCO and Soldier of the Year Competition.

spective about the contest.

"The competition was fun and I enjoyed it," Gunther said. "It was physically demanding, so I prepared by doing a lot of running.

"The board was more challenging for me," Gunther continued. "I remembered most of the exam and board questions from prior boards, but I get nervous. I need to study a little more and try

to stay healthy for the next competition."

During the ceremony, the commander and command sergeant major praised the competitors and gave them words of encouragement.

"This competition gave you a great opportunity to learn more about yourselves and to grow as junior leaders," said Col. Erin Edgar, commander, 18th MEDCOM (DS). "This is much more of a beginning for you than it is an end. This is just that first step if you envision your career as a ladder or stairway."

Edgar continued, "This is a great rung that you just jump up on, but the intent is to keep on climbing, so you're off to a great start.

"For the Soldiers (who) didn't win first place, you are all all-stars and winners and have something special in you just by being in the competition," Edgar added. "You are all winners."

"The competition went very, very, well; was challenging for you Soldiers; and gave you a chance to step out of work and get focused on Soldier-related tasks," said Command Sgt. Maj. Timothy Shelton of 18th MEDCOM (DS). "Since its inception, (this organization) has strived to be the best in the Pacific, and we've met that on many levels. This competition just shows that on a smaller scale ... in you ... and how you are striving to be the best, as well."

'Warriors' learn valuable skills from City, County before going downrange

Story and Photo by

PVT. ROBERT ENGLAND
2nd Stryker Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Soldiers from the 2nd Stryker "Warrior" Brigade Combat Team, 25th Infantry Division, here, began Essential Services Training at the post conference room, Dec. 14.

The main purpose of EST is to provide information to Soldiers that will help them assist local Iraqis with infrastructure construction, operation and maintenance while on deployment.

Four training sessions are separated into two phases: classroom briefings and field training exercises. Soldiers first attend two classroom briefings that offer guidance in the relative areas of operation. The final two sessions are a series of field training exercises that give Soldiers first-hand experience with tools they may be using in theater.

Training will also show how the city and county of Honolulu maintains its basic utilities and how Soldiers can apply the knowledge gained from their training to improve living conditions of

local Iraqi citizens.

"The hands-on training is a good way for the Soldiers to relate the skills taught in the classroom to a practical application," said Tim Houghton, executive assistant for the City and County of Honolulu's Department of Environmental Services.

Training covers basic utilities such as waste and electricity. The goal is to establish a reliable method of solid waste collection and disposal, maintaining separation of wastewater from potable water through renovation of sewage systems and installing electrical systems.

In addition to training Soldiers are receiving before they deploy, they have access to a large network of subject matter experts back in the U.S. who are willing and able to assist them while they are in Iraq.

"We have a 'reach-back' program that will provide deployed Soldiers information to help them succeed in their mission," Houghton said. "They can get in touch with us from downrange, and we will answer any questions they have."



Soldiers from 2nd Stryker Brigade Combat Team attend training on construction management as part of their essential services training. Dec. 14, at Schofield.

Soldiers began the first of two hands-on training exercises, Jan. 8, with a tour of the Laie Water Reclamation Facility to see how the City and County of Honolulu maintains a steady supply of potable water.

Stryker Brigade

warriors received a brief demonstration showing the collection process, which teaches them how to help Iraqi



communities improve their collection and reclamation facilities.

Houghton, along with former U.S. Attorney Edward Kubo Jr. and Lt. Col. Gustav Waterhouse, civil affairs officer, 2nd SBCT, organized the training. The Department of Environmental Services, the Department of Design and Construction, and the Hawaiian Electric Company are all coordinating their efforts to see that Soldiers get the most out of the training.

Kubo, recently nominated to be First Circuit Court judge by Gov. Linda Lingde, gave words of encouragement and support to participating Soldiers.

"From the son of a Soldier and a father of a Soldier, I appreciate everything that you do for this country and you have my full support," Kubo said.

45th Sustainment Brigade boasts Pacific's 'Career Counselor of Year'

17-year veteran who started his counseling career after 9/11 will compete Armywide in January

SGT. MAJ. TERRY ANDERSON

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — A former Army recruiter and logistics specialist was named the U.S. Army-Pacific Career Counselor of the Year following a selection board, here, Jan. 6.

Sgt. 1st Class Luis Sanchez, career counselor, 45th Sustainment Brigade, 8th Theater Sustainment Command, scored more points from the selection board judges and defeated Sgt. 1st Class Vincent Vinci, U.S. Army-Alaska, for the USARPAC Career Counselor of the Year honors.

"This selection board was very similar to the 8th TSC board," Sanchez said. "The board focused more on the Army as a whole, rather than career counseling at the unit level. It was pretty stressful, and I feel fortunate to have come out on top."

Sanchez had many notable achievements during 2009. Oct. 1, Sanchez and the 8th TSC team organized a mass re-enlistment aboard the USS Missouri in Pearl Harbor, re-enlisting 50 Soldiers aboard the historic battleship the week before it went into dry dock. That event got the new fiscal year off to a flying start for career counselors.



Sanchez

"(Sanchez) played a big part in getting the event set up, ensuring the Soldiers' paperwork was ready and executing the event," said Sgt. Maj. Brad McDonnell, 8th TSC command career counselor. "I was extremely pleased with how the event turned out. We have a great team at the 8th TSC, and Sanchez is one of our superstars."

Sanchez, a 17-year veteran, began his Army career as a logistics specialist and was detailed as a recruiter in 2001, just as the current conflict began. He converted his military occupational specialty to become a career recruiter in 2003, earned his recruiting ring for outstanding job performance, served as a recruiting station commander, and then became a career counselor.

"I feel very confident going into the Department of the Army competition," Sanchez said. "It's a great honor for me, personally and professionally, to win the USARPAC Career Counselor of the Year."

Sanchez now travels to Washington, D.C., to compete in the Secretary of the Army Career Counselor competition, held at the end of January.



Pfc. Ashley Armstrong | 94th Army Air and Missile Defense Command Public Affairs

In appreciation

FORT SHAFTER — Harry Shindo (right), a network communications associate, receives a certificate of appreciation from Brig. Gen. Jeffery Underhill (left), commanding general, 94th Army Air and Missile Defense Command, here, Monday. Shindo and other contractors helped restore Underhill's office after it sustained massive damages inflicted by an electrical fire, Aug. 8, 2009. Other awardees were Dale Adams, Gary Childress, Kevin Rost and Edward Rick.

Local human resources association hosts membership drive, commander

SGT. MAJ. TERRY ANDERSON

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — The Aloha Chapter of the Adjutant General's Corps Regimental Association held a membership drive, recently, attended by the top human resources professionals in the Army.

Maj. Gen. Sean Byrnes, commander, U.S. Army Human Resources Command, paid a visit, here, to discuss several issues with Aloha Chapter members, including the decrease in the recruiting and retention budgets, the phase out plan in Iraq, and the Afghanistan surge.

Byrnes also talked about HRC's upcoming move from Alexandria, Va., to Fort Knox, Ky.

"Maj. Gen. Byrnes was in Hawaii

for a Pacific Command conference, and it was significant that he took some time to address the HR professionals on the island," said Col. Tim Ryan, commander, 8th Human Resources Sustainment Command, and 8th Sustainment Brigade (provisional). "He briefed us on how his staff was working to mitigate any impact the reorganization and relocation of HRC may have on the field."

The AGCRA, according to its chapter fact sheet, is a private, nonprofit organization providing opportunities for all U.S. Army Active, Reserve, National Guard and retired Adjutant General Corps officers, warrant officers, enlisted members and civilians to aid in preserving the proud heritage of the U.S. Army Adjutant General's Corps for posterity.



Courtesy Photo

Maj. Gen. Sean Byrnes (center), commander, U.S. Army Human Resources Command, takes some time to gather for a keepsake photos and speak to the Aloha Chapter of the Adjutant General's Corps Regimental Association during its membership drive. Also pictured are Col. Bruce Jenkins, left, founder of the Aloha Chapter, and current president, Col. Tim Ryan, right.

Ryan, who is also the Aloha Chapter president, added that becoming a member of the AGCRA has many ben-

efits for active duty, Army Reserve and retired Soldiers.

"As the Adjutant General Corps has

If you hold a 42 series military occupational specialty and you would like to join the Aloha Chapter, contact Chief Warrant Officer Robert Wolfe at robert.wolfe1@us.army.mil.

become more decentralized and we have small groups of HR Soldiers at the battalion and brigade combat team levels, it's vital for Soldiers to stay connected to other professionals," Ryan said.

"Soldiers can do that by becoming a member of a professional organization like the AGCRA," he continued. "We share best practices and ideas, and our local Aloha Chapter gives us an opportunity to network with each other and provide camaraderie."



2009

Year in Review

Jay Kashiwamura (left), Power Planning and Response Team, or PRT, mission specialist, and Geoffrey Lee, Power PRT mission manager, work inside a FEMA igloo that serves as a temporary office in a power generator staging area used to establish a portable satellite communication link during a 2009 Corps of Engineers power mission.

Donald Schlack | Corps of Engineers-Honolulu District

Corps of Engineers supports U.S. Army-Pacific region in 2009

CORPS OF ENGINEERS-HONOLULU DISTRICT PUBLIC AFFAIRS

News Release

FORT SHAFTER — The U.S. Army Corps of Engineers-Honolulu District, awarded more than \$195.3 million worth of contract actions during Fiscal Year 2009, including more than \$41.2 million to small business firms.

Small business 8 (a) contract awards, which are small businesses that have been certified by the Small Business Administration, totaled more than \$30.78 million with \$1.4 million awarded to Service Disabled Veteran Owned Small Business contractors.

These awards signify the Corps' commitment to provide high quality facilities to the armed forces of the U.S., to protect and improve the lives of the people of Hawaii and the region, and to



Maj. John Henderson | Corps of Engineers-Honolulu District

Sgt. David Manjarrez (background, left) and Staff Sgt. Matthew Nelson (foreground, right) from B Company, 249th Engineer Battalion, work with American Samoa Power Authority workers to install a FEMA generator in the Pago Pago Market Plaza.

award contracts that make a positive impact on the local economy.

A key milestone was awarding

a contract for architect-engineer services for the design of the future U.S. Army-Pacific Headquar-

ters to AECOM Services, Inc.

"This is exciting news for US-ARPAC and the entire Army from Alaska to Japan," said Lt. Gen. Benjamin Mixon, commander, US-ARPAC. "We look forward to the groundbreaking for the Army's premier command and control headquarters in the Pacific.

"This command and control facility," Mixon continued, "will enable us to exercise our responsibilities across the Pacific Region, including additional responsibilities supporting the United States alliance with South Korea."

Other key projects included multiple contract awards and ongoing projects for facilities improvements and new Soldiers' barracks at Schofield Barracks and Fort Shafter, completion of a new Intelligence, Surveillance and Reconnaissance operations facility on

Hickam Air Force Base, and a contract award for the Battle Area Complex and tactical vehicle wash facility at Pohakuloa Training Area on the Big Island, among other significant events.

One of the top stories of the year was the Corps' continuing support of the Federal Emergency Management Agency by deploying personnel and supporting the people of American Samoa in the aftermath of the Sept. 29 tsunami.

"In this emergency, our friends need help and the federal government, including FEMA and the Corps of Engineers, has responded aggressively," said Brig. Gen. Mark Yenter, commander, U.S. Army Corps of Engineers-Pacific Ocean Division. "I am very proud of the support our federal employees and Soldiers have provided."

Health clinic finishes year helping troops, families

2009
Year in Review

TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS – Schofield Barracks Health Clinic, or SBHC, continued throughout 2009 to create innovative ways to support deployed and redeployed Soldiers and their families.

Established in November 2008, the "Pohai Pulama" (Hawaiian for "the Caring Circle") built steam in 2009 to become a driving force focused on behavioral wellness and resilience.

By developing modern, contemporary techniques and protocol to address ongoing issues faced by today's Soldiers and families, "Pohai Pulama" created ways of providing greater behavioral health resources through programs and services.

Family Strong-Hawaii provided 21 new, pre-, during and post-deployment Family Strong Series classes, eight Coffee with Joe gatherings at the Tropics Recreation Center, 40 Warrior Adventure Quest sessions for 754 redeployed Soldiers, three Lantern Ceremony Remembrance programs for families of fallen warriors, two mindfulness training workshops by national leaders and various Warrior Transition units, and Army Community Service and Soldier and

The "Pohai Pulama" Collaborative Team

- Schofield Barracks Health Clinic
- Tripler Army Medical Center Behavioral Health
- Senior spouses of the 25th Infantry Division
- Family and Morale, Welfare, and Recreation
- Army Community Service
- Rear detachment commanders
- Family readiness group leaders
- School-based behavioral health program leaders
- Active volunteers from the community

Family Assistance Center ongoing programs.

Renovation projects at the health clinic – to the sum of \$14 million – preserved the clinic's early 1900s plantation-style architecture while meeting the standards and demands of modern medicine.

In February, renovations to Building 681 modernized four clinics: the Family Advocacy Clinic, the Child and Adolescent Assistance Center, the Adult Family Member Assistance Center, and the Marriage and Family Treatment Center.

Building 691, home of the Occupa-

tional Health Clinic and the Automated Neuropsychological Assessment Metric clinic, was completed in November 2009. Dozens of Soldiers can take a computer-based test to assess health baselines and identify brain injuries.

Renovations are ongoing at Building 672. The \$3 million renovation will enclose the existing lanai to increase clinical spaces. The Soldier Evaluation for Life Fitness and the concussion/traumatic brain injury programs will be relocated there in March 2010.

Under the Pacific Regional Medical Command umbrella, staff from Tripler Army Medical Center and SBHC planned and completed the Department of the Army and U.S. Medical Command's first change of post deployment tuberculosis screening. Post deployment tuberculosis screening changed from PPD skin testing, or purified protein derivative, to a focused Public Health Nursing screening of all Soldiers to determine those with actual risks.

This change, resulted in an 80 percent drop in false positive skin testing. SBHC accomplished its diverse mission all while meeting its medical requirements for Soldier Readiness Processing of more than 7,900 deployed Soldiers and over 8,000 redeployed Soldiers.

Two warriors show true resiliency in recovery

TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS

News Release

HONOLULU – You've most likely heard their stories before, but in Tripler's Year in Review, we would be remiss if we didn't once again mention Capt. Raymond O'Donnell and Staff Sgt. Abe Smith, both members of the 2nd Stryker Brigade Combat Team, 25th Infantry Division.

They are Soldiers who have found within them the ability to recover from setbacks, defined as resiliency.

O'Donnell. In October 2009, O'Donnell completed a biathlon. In November, he went on to complete a triathlon.

"While my story began in Afghanistan in August 2007 when I sustained numerous injuries when ejected from my humvee, it most definitely doesn't end there," O'Donnell said. "My goal, beyond walking again, was to remain on active duty as an infantry officer in the Army."

"I hope that my story will encourage other severely injured and wounded service members who desire to stay in the military," he added.

There was a distinct possibility O'Donnell would never walk again, but, after months of therapy, he not only relearned how to walk, but how to run. He was fitted with an ankle-foot orthosis, or AFO, that assisted in his recovery.

The initial device was inadequate.

With assistance from Brig. Gen. Steve Jones, commander, Pacific Regional Medical Command and Tripler Army Medical Center, O'Donnell received a state-of-the-art dynamic AFO in June that he has since put to good use – successfully completing the biathlon and triathlon and being well on his way to passing the Army's physical fitness test.

"With faith, determination and support from their family, friends and unit, service members can show amazing resiliency in overcoming significant obstacles set before them by their wounds and injuries, and continue to be productive



Courtesy Photo

Capt. Ray O'Donnell (left), and his physical therapist, David Newman, run towards the finish line at a race held on Marine Corps Base Hawaii, Kaneohe Bay, in 2009.

members of their unit or their civilian community if they medically retire," O'Donnell said. "If I can do it, anybody can do it."

O'Donnell chose to forgo medical retirement and stay in the Army through the Continuation on Active Duty program. He is now preparing to take command of Headquarters and Headquarters Company, 2nd SBCT.

Smith. Fitted with an AFO in October, Smith credits much of his recovery to the support he has received from his command.

"They continue to believe in me; they have not held me back or looked down upon me," Smith said. "I work a regular day just like everyone else, with the same taskings, conditions and standards

expected of me as someone who is not hurt. I've been given the opportunity to shine."

Injured during his second deployment, Smith was shot by a sniper in Sador City, Iraq, March 26, 2008.

Like O'Donnell, his recovery was long. He too was provided an Army-issue AFO that assisted him in walking, but AFO did not provide adequate support to allow Smith to achieve his goals of running, doing cardiovascular exercise and passing the APFT.

A device received last fall helped him to accomplish those things.

Another of Smith's goals is to pass the word to his fellow Soldiers that help is available.

"I participated in the Soldier Evaluation for Life Fitness video that focuses on Soldiers recognizing and seeking help for post-traumatic stress disorder because I felt, that if I could reach just one person, it was worth doing," Smith said.

"The message we need to continue to convey to Soldiers is that if they have a problem, they can admit it. They will not be chastised," Smith continued. "The command honestly does want to help."

Smith expressed his gratitude to his unit command and Tripler providers.

"The change since my first deployment in 2005 is great.

Back then, PTSD was still a bit taboo. It was a little hush, hush. But now, that is definitely not the case," Smith said. "Soldiers are realizing it is okay to ask for help. At even the smallest sign that something could be going down with a Soldier, the chain of command steps in to help get the Soldier what they need."

What both Soldiers agree on is that resiliency comes from within, but is nurtured from without.



Smith

News Briefs

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

15 / Today

Macomb Gate Closure – Macomb Gate will be closed through Jan. 22 to complete a security upgrade. McNair, Foote and Lyman gates will all remain open 24 hours during this time. Motorists are urged to allow additional travel time in light of expected traffic congestion. Call 656-6734.

TAMC Lab Relocation – Effective today, the Tripler Army Medical Center Outpatient Laboratory is temporarily relocated from Room 4G216 to 2G011. For patient assistance, directional posters are located at Oceanside and Mountainside entrances of the hospital. Call 433-6198.

SAEDA Briefs – Army Counterintelligence Office-Hawaii offers monthly Subversion and Espionage Directed Against the US Army, or SAEDA, briefs. For groups of more than 100, make reservations at 655-1306.

18 / Monday

Counseling Services – Effective Jan. 18, counseling services will be temporarily re-

duced at the Fort Shafter/Tripler Education Center, due to a personnel shortage. Counseling is available Wednesdays and Fridays, only, from 8 a.m. to 5 p.m. until March 19. All other services at the center will still be available during normal business hours, Monday-Friday.

Customers who need counseling on days the FS/TEC is closed may obtain services at the Schofield Barracks Army Education Center, Monday-Friday, 8 a.m.-5 p.m. Call 655-4444.

19 / Tuesday

Newcomers Brief for Soldiers – The next monthly newcomers briefing for Soldiers is scheduled Jan. 19, 1-2 p.m., at the Sgt. Smith Theater, Schofield Barracks.

20 / Wednesday

Quarterly Retirement Ceremony – The next quarterly ceremony will be held, Jan. 20, 4-5 p.m., at Sills Field.

22 / Friday

Arrival Ceremony – The Joint POW/MIA Accounting Command will conduct an Arrival Ceremony at 9 a.m., Jan. 22, in Hangar 35, Hickam Air Force Base, to honor fallen U.S. personnel whose identities remain unknown.

For more information, e-mail public_affairs@jpac.pacom.mil or call 448-1934.



Units announce their leadership changes

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

The following ceremonies will take place at Sills Field, Schofield Barracks, unless otherwise noted.

•Jan. 19, 11 a.m., 25th Divisional Special Troops Battalion, 25th Infantry Division; Lt. Col. Eric Angeli will relinquish command to Lt. Col. Paul Romagnoli.

•Jan. 26, at 10 a.m., 3rd Squadron, 4th Cavalry Regiment, 3rd Infantry Brigade Combat Team; Lt. Col. David Hodne will relinquish command to Lt. Col. Jerry Turner.

•Jan. 26, at 2 p.m., 3rd Special Troops Battalion, 3IBCT; Lt. Col. Christopher Stenman will relinquish command to Lt. Col. Douglas Jones.

•Jan. 27, at 10 a.m., 325th Brigade Support Battalion, 3IBCT; Lt. Col. Mark Shade will relinquish command to Lt. Col. Joseph Morrow.

•Jan. 27, 2 p.m., 3rd Battalion, 7th Field Artillery Regiment, 3IBCT; Lt. Col. Glenn

Walters will relinquish command to Lt. Col. Richard Kelling.

•Jan. 28, 10 a.m., 2nd Battalion, 27th Infantry Regiment, 3IBCT; Lt. Col. Raul Gonzalez will relinquish command to Lt. Col. Daniel Wilson.

•Jan. 28, 2 p.m., 2nd Battalion, 35th Inf. Regt., 3IBCT; Lt. Col. Samuel Whitehurst will relinquish command to Lt. Col. Colin Tuley.

(Editor's Note: Information listed is subject to change due to inclement weather. Times listed are start times for the changes of command; awards ceremonies usually precede the change of command.)

USS Missouri: 57 Soldiers among re-enlistees

CONTINUED FROM A-1

could not have done anything without the service members that served on it, and I think the memorial honors that," said Byington.

The ceremony took place while the ship was in tow to its home next to the USS Arizona Memorial on Ford Island.

"The fact that it was a joint

ceremony, I think is symbolic of our combined effort to defend our country. We are all one team," said Byington.

Immediately following the ceremony, service members manned the rail to honor the ship's arrival to Battleship Row.

"When you see re-enlistments, people want to make them special. Being on the

most famous warship in the world, and to be able to perform the ceremony while it's moving, is a truly exceptional opportunity," said Byington. "It should be a high point in their (the service members') military career, something they will never forget."

The Battleship Missouri Memorial will officially re-open Jan. 30.



The Auto Craft Centers at Fort Shafter and Schofield Barracks have equipment available for the do-it-yourself or car enthusiasts to accomplish all facets of maintenance, repair or overhaul of their vehicles.

Brenda Naki | U.S. Army Garrison-Hawaii Public Affairs

DIY at the Auto Skills Center

BILL MOSSMAN
Staff Writer

FORT SHAFTER FLATS – When Chief Warrant Officer Leonardo Bereton drove his 1999 Ford Expedition into the Auto Skills Center, here, on Sunday, he was certain that two things would happen before leaving the shop for do-it-yourself mechanics.

One, the four wheels on his sports utility vehicle would be perfectly balanced.

And two, and more importantly, his wallet wouldn't be considerably lighter – despite escalating prices everywhere.

"The main thing for me is to save money," said Bereton, U.S. Army-Pacific G-4. "Now I'm an officer, and I make enough to pay someone to balance my wheels. But I like to put whatever I earn into other things."

In Bereton's case, all that was required was that he rent one of the shop's bays equipped with a lift, remove the tires himself with center-provided tools, then wait as the tires were checked by one of the shop's workers and properly balanced with weight clips.

After about 30 minutes, Bereton put the tires back in their newly rotated positions and tallied up his bill. At a reasonable rate of \$4 an hour to rent a lift-bay, and \$6 to balance each tire, the Army officer knew he had saved anywhere from 40 percent to 75 percent over what an outside service would have charged for parts and labor.

"I've been using skills centers for about 14 years, everywhere I've been in the world," said Bereton, who is currently on his second tour of duty in Hawaii. "To me, it's always better to do it here."

ASC manager Carl Morinaga agreed.

"I would think most people save at least 50 percent at a skills center," he said. "Plus, it's better when people do it themselves because then they know the work's been done correctly."

As a service provided by the Directorate of Family and Morale, Welfare and Recreation, the ASC, here,



Bill Mossman | Honolulu Advertiser

Chief Warrant Officer Leonardo Bereton of U.S. Army-Pacific's G-4 prepares to have his tires properly balanced by removing the lug nuts from his 1999 Ford Expedition at the Auto Skills Center, Fort Shafter Flats, Sunday. During the last decade, Bereton has been a frequent visitor at the center for do-it-yourself mechanics.

and at Schofield Barracks, possesses the necessary tools and equipment to satisfy just about any type of repair job.

As a result, hundreds of customers visit these centers each month, all prepared to roll up their sleeves and get a little bit greasy.

The clientele usually varies, from those who know their way around a car engine, to those whose knowledge of vehicles may be limited to turning the ignition on.

Tasks, however, remain the same – from fairly common brake jobs, and oil and tire changes, to the more complex transmission repairs and engine overhauls.

And while the centers provide cost-efficient alternatives to outside businesses, they also serve as mini-schools by helping patrons become more self-sufficient in regular car maintenance.

Staffed by automotive experts, the centers' instructors remain on hand to provide advice and computer printouts on how to complete just about any repair job. Occasionally, they'll even jump in and lend a hand.

"Like anything else, you can give a man a fish or you can teach him how to fish," said James Casey, ASC manager, Schofield Barracks. "If you teach him to fish, he can eat forever. "The same (principle) holds true at

these centers."

Instructors do perform routine repair jobs, if requested, for nominal fees, but the idea behind these centers is for the client to do the work him or herself.

Of course, the centers' staff will sometimes make exceptions and go beyond the call of duty.

"If a woman whose husband has been deployed comes in, for example, we may do auto repair services for her that we wouldn't normally do for other personnel," Casey said. "That's because we know she's by herself and she's looking for help."

In addition to meeting customers' automotive repair needs, the centers also provide other invaluable services, including automobile towing, car safety inspections, and long-term storage spaces for vehicles and recreational vehicles, RVs (only at Schofield), and boats and watercrafts, such as Jet Skis.

Some boat harbors on Oahu charge upwards of \$140 a month to store sea vessels, Casey noted.

"But we rent our spaces out for \$30 a month, which is a substantial savings for boat owners," he said.

Of course, there is another

Auto Skills centers are open Wednesday through Sunday, from 9:30 a.m. to 5 p.m. For more information, call 438-9402 (Fort Shafter Flats) or 655-9368 (Schofield Barracks).

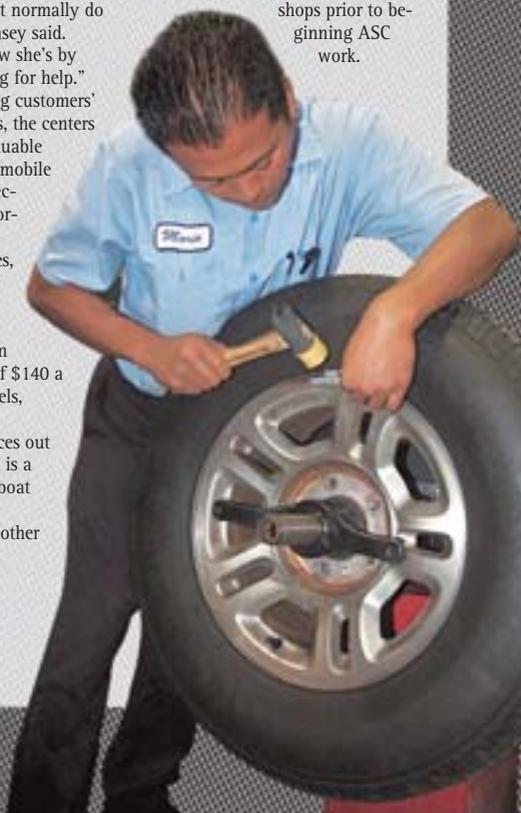
advantage to these centers that may be just as important as keeping cash in customers' pockets.

"I think the biggest benefit is that they serve as stress relievers," said customer Gary Dunn, a computer technician with the Information Management Office at USARPAC. "You have guys coming home from war, and they've got to find something to blow off steam, so they come in and start working with their hands, and they feel better about themselves."

That experience, Dunn added, "is priceless."

The centers are open to all active duty and retired military, Reservists, and Department of Defense and Army & Air Force Exchange Service civilians. They operate on a first-come, first-served basis, with customers presenting their I.D. and Standard Operating Procedure cards (a safety test administered on-site) at

the centers' tool shops prior to beginning ASC work.



At right, instructor Mario Braga taps a wheel weight onto one of the tires belonging to customer Chief Warrant Officer Leonard Bereton (not pictured here) at the Auto Skills Center, Fort Shafter Flats, Sunday. The center provides all the necessary tools and equipment for just about any auto repair job to hundreds of do-it-yourself mechanics each month. On hand to assist the patrons are automotive experts such as Braga.

Bill Mossman | Honolulu Advertiser

25th ID thanks 'Operation Christmas Aloha'



Story and Photo By
SPC. JESUS J. ARANDA
25th Infantry Division Public Affairs Office

SCHOFIELD BARRACKS – Several local community members, volunteers and their families gathered, here, Jan. 6, by invitation of the leaders of the 25th Infantry Division, to show appreciation for their recent participation and devotion of time, funds and gifts that helped to make "Operation Christmas Aloha" a success.

Several of the volunteers received awards of appreciation from Maj. Gen. Robert L. Caslen Jr., commanding general, 25th ID, at the division's headquarters.

Operation Christmas Aloha is an annual charity event that offers members of the Oahu ohana the opportunity to send a gift to a military service member during the holiday season.

"If we can give something back to the people who give so much for us – even if it is something small – we get a lot of joy doing that," said Bryan J. Okuno, an Operation Christmas Aloha volunteer and award recipient.

Mirroring this sentiment was Pastor Elwin P. Ahu, a volunteer and award recipient, who believes the contribution was minimal compared to those of active duty military ohana.

The charity began nearly five years ago and still continues to provide appreciation and support to military service members in the form of care packages and small gifts.

This year's effort by volunteers resulted in approximately 2,500 gift packages being distributed to thankful Hawaiian military recipients.

According to Ahu, Operation Christmas Aloha has opened the door for people of the Hawaiian ohana to take the opportunity to donate books, clothing or snacks to be sent to active duty military personnel over the holiday season.

One of the more personal items sent among the gifts were handwritten letters from volunteers to a service member.



Maj. Gen. Robert Caslen Jr., commanding general, 25th Infantry Division, meets with local community members and volunteers who participated in this past holiday season's "Operation Christmas Aloha" at Schofield Barracks, Jan. 6. Operation Christmas Aloha is a charity in which members of the local Hawaiian ohana work together to donate thousands of gifts and care packages to Hawaii-based military service members.

"Some individuals decided to choose a Soldier to write to and keep that person in their thoughts and prayers," said Ahu.

The neighborly connection may have inspired Hawaiian community members to play an active part in the goal of the charity, working together through various roles to ensure the holiday mission was accomplished with the gifts assembled by donations from the local community.

"We take part by contributing and donating to put together these care packages, which number over 4,200 over the past two years," said Ahu.

Every year the volunteers gather at various places throughout the communi-

ty to assemble holiday gifts. Then the boxes are stored locally before shipment overseas.

"The gifts are packaged in boxes, and the boxes are stored in our facility," said Okuno, a manager with the storage facility, which offers storage to the charity free of charge.

"We believe in giving back to the community," said Okuno. "The Soldiers support our community and our business, so it is the least we can do."

Many of the group's gift recipients are either deployed, returning to Hawaii from a deployment, or someone who may not have received a gift otherwise.

"When one of our Soldiers receives a gift like these, unsolicited from their

hometown or neighborhood, they just have a tremendous feeling of appreciation for knowing their community is behind them and appreciative of what they do," said Caslen. "It makes a world of difference."

The general thanked each award recipient and all of Operation Christmas Aloha's numerous volunteers who were not in attendance for their hard work and dedication to the cause, noting how much difference a small gift can do for someone over the holidays.

"This effort really means a lot," said Caslen. "I've been to a lot of posts, but the community support and outreach from Hawaii's ohana is tremendous. Our Soldiers couldn't ask for more."

using duct tape. This program is free, and all supplies will be provided. Call 655-8002.

21/Thursday

Online Investing Training – Join us at the Sgt. Yano Library Jan. 21, anytime between 2-6 p.m., for a hands-on training session on how to use the Morningstar online database.

This investment program is free and open to all Active Duty, family members, and Department of Defense civilians. Call 655-8002.

Texas Hold Em Poker Tournament

– Do you have the best poker face on post? Prove it in this great new multi-week tournament kicking off Jan. 21, 6 p.m. at the Tropics Recreation Center, Schofield Barracks. The competition continues on Jan. 28, Feb. 4 and Feb. 11. The overall winner gets \$500 in cash and advances to the finals to compete against the best in the Army. Call 655-5698.

27/Wednesday

Create a Card – All family members of deployed Soldiers are invited to make a Valentine card to send to their deployed loved ones, Jan. 27, 3-4 p.m., at Sgt. Yano Library, Schofield Barracks. The library will provide all materials but please bring your creativity. No registration is required. Call 655-8002.

29/ Friday

Furlough Friday – Looking for Furlough Fridays activities? The next Furlough Friday is scheduled Jan. 29.

Family and Morale, Welfare and Recreation has you covered with a variety of options for students and teens in all grades. Programs offered at Child, Youth and School Services (CYSS) and Army Community Service will keep your keiki busy.

An FMWR Furlough Friday Activity program guide can be downloaded at www.mvrmilitaryhawaii.com, click on CYSS. The next Furlough Friday days are scheduled, Feb. 5, 12; March 5, 12; April 23, 30; and May 7, 14.

Ongoing

Confidential Counseling – Military and Family Life Consultants (MFLC) are available to assist Soldiers and family members by providing short-term, situational, problem-solving counseling services, which are private and can be arranged by calling 222-7088. If your issue is financial-based, call an MFLC personal financial counselor at 265-8136.

Fort Shafter Library Closure – The Fort Shafter Library will be temporarily closed for remodeling now through Feb. 26, 2010. When reopened, the new energy-efficient library will have new windows,



Send announcements to community@hawaiiarmyweekly.com.

26/ Tuesday

English as a Second Language – Wheeler Armed services YMCA present an adult education course addressing the fundamentals of English Language. The course is appropriate for beginners or those who desire to improve their written and verbal communications skills. Classes run Jan. 26 through April 22, and are held Tuesday and Thursday mornings from 8:30-11 a.m. Registration is required and a \$20.00 fee is charged. Call 624-5645 or e-mail ASYMCAWHLR@aol.com.

29/ Friday

Casino Night – Hui O Na Wahine present Casino Night on Fri. Jan. 29, 6:30 – 10:30 p.m. at the Nehelani, Schofield Barracks. This open to the public event will feature Vegas style games, live & silent auctions, heavy pupit and a cash bar. A variety of items will be auctioned off with all proceeds going to the Hui's Scholarship & Welfare Grants. This is a ticket-only event. Ticket prices are \$20 (earlybird) and increases to \$30 Jan. 17. Last day to purchase tickets is Jan. 21. For information on ticket purchase, call Ctriztina Jean at armyjeans@msn.com or 888-0907. Check out the Hui website at www.schofieldspousesclub.com.

30/ Saturday

Waimea Valley Tour – Waimea Valley will present "Whispering Walls of Waimea," a Saturday night walking tour, Jan. 30, 6:30 p.m. This 1 1/2 - 2 hour tour will include stories and legends of the high priests who once lived in the valley, the healing power of the Valley's plant life and the rumored children who played in the valley. Each tour is limited to 50 participants, and reservations are required. Children under 12 are not allowed on the tour. Prices start at \$35 for children and \$50 for adults. Military and kamaaina discounts are available. Other tour dates include March 20, May 22, July 24, Sept. 25 and Nov. 6. Visit www.waimeavalley.net or call 638-7766.

Ongoing

Food for Families – The ASYMCA emergency food locker assists military families who are experiencing financial difficulty who could use extra assistance. There is generally a supply of canned

goods, frozen food, dry goods and personal care items. PCSing? Don't throw away your excess food! The ASYMCA gladly accepts your unopened, non-perishable food for our emergency food locker. We also accept unopened personal hygiene products and opened cleaning products. Call 624-5645 for information.

Medical On Site Childcare

– Children's Waiting Rooms offer on site childcare for healthy children while their parents or siblings have medical appointments in any of the Schofield Clinics or at Tripler Medical Center. There is no set fee for this service but your donations keep this program running. Open Monday through Friday from 8-12 a.m. Call 624-5645 for reservations at The Schofield Barracks Health Clinics or 833-1185 for reservations at Tripler Medical Center.

Playmorning

– ASYMCA has an interactive playgroup for children up to age 5 and their parent or caregivers Mon. - Fri., from 9-10:30 a.m. Playmorning features a variety of age appropriate activities, crafts, songs and more! No Pre-registration is required. Playmorning Fee - \$1.00 per child. Playmorning Punch Cards are also available at \$10.00 for 11 visits. E-mail ASYMCAWHLR@aol.com or call 624-5645.

Civil Air Patrol

– Civil Air Patrol's Wheeler Composite Squadron will meet every Tuesday, 5:30-8:30 p.m., Wheeler Army Air Field. The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education, leadership training, physical fitness, and character development.

Youth can participate in a number of activities, including building model rockets and receiving power/glider flight training. The squadron is also involved with community service projects and participates in training for disaster response and search and rescue. For more information, call 386-1374 or e-mail tony4atmos@aol.com.

Waipahu Market

– The Waipahu Festival Marketplace is open 7 a.m.-6 p.m., daily, at Waipahu Depot Road, offering fresh fish, produce, crafts, refreshments and island-made products. Call 677-6939.

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.

Topics include card magic, rope magic, how to make our own production boxes, magic tables and more. Visit www.hawaiimagiclub.com or call 234-5262.



15/ Today

Scrap & Pour Madness – Stop by the Schofield Barracks Arts and Crafts Center, today, 5-10 p.m., for a scrapbooking and ceramic-pouring marathon. Cost is just \$5 for scrapppers and \$10 for pourers. Scrapppers can work on your own projects, use our Cricut die cutter and socialize with your friends. An instructor will be available for new creative ideas. Pourers can pour up to 10 molds with no user fees. Food, fun and prizes will be available. Call 655-4202.

Big R: Bunco

– Today is the deadline to register for the next Redeployment Countdown event. Come celebrate another month of deployment complete with your Blue Star Card friends, Jan. 22, 6-8 p.m., at the Tropics, Schofield Barracks. Bunco is a fun dice game and is great for socializing. It's also very quick and easy to learn. Light pupus and child care will be provided. Call 655-0112 or 655-0113 for information or to register.

Family Fun Friday

– Family Fun Friday is back at the Tropics Recreation Center on Jan. 15, at 6 p.m. Along with that, enjoy free Papa John's pizza, fun and games, and some of the most hilarious and entertaining contests around. Also on hand will be HDTVs, tons of Nintendo Wii, PS3 and Xbox 360 games for check-out, family table games and pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

Waikiki Party Bus

– Your party bus to Waikiki runs again on Jan. 15, 9 p.m.-4 a.m. Let FMWR be your own personal chauffeur with this bus traveling to Waikiki on pay day Fridays. Cost is just \$10 and tickets are required to reserve your seat. Pick-ups are available at both Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

16/ Saturday

Jewelry Workshop – The next jewelry workshop will take place Jan. 16, 9-11 a.m. at the Schofield Barracks Arts and Crafts Center. Just \$20 includes all supplies to make your own fabulous hand-crafted jewelry. Call 655-4202.

20/ Wednesday

Duct Tape Craft – Teens, did you know that the ultra-popular duct tape can be used to create interesting items? Stop by the Sgt. Yano Library, Schofield Barracks, Jan. 20, 4-5 p.m., to create novelty items

Additional religious services, children's programs, educational services and contact information can be found at 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 7 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



Call 624-2585 for movie listings or go to cafes.com under realtime movie listing.



The Blind Side

(PG-13)
Fri., Jan. 15, 7 p.m.
Sat., Jan. 16, 7 p.m.
Wed., Jan. 20, 7 p.m.

Old Dogs

(PG)
Sat., Jan. 16, 4 p.m.



Planet 51

(PG-13)
Sun., Jan. 17, 2 p.m.

Everybody's Fine

(PG-13)
Thurs., Jan. 21, 7 p.m.

Parents must ensure keiki apply backpack sensibilities

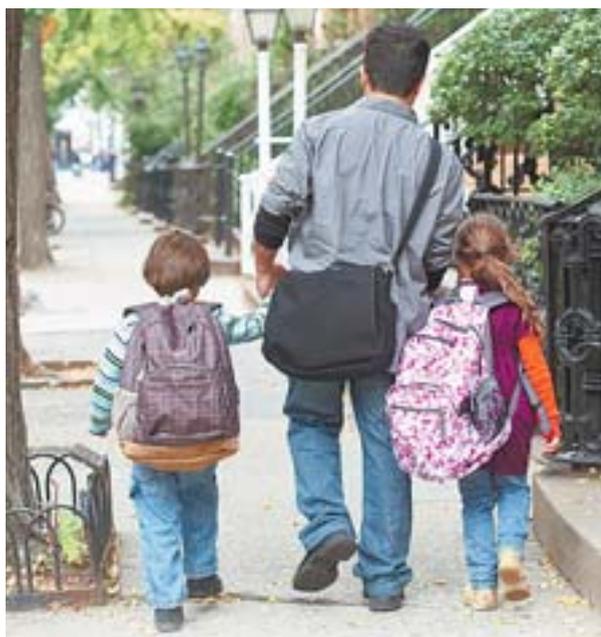
MARCIE BIRK

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

Backpacks are incredibly handy. For children, backpacks help to keep important schoolbooks and papers organized.

Compared with messenger bags and purses, backpacks are better because the strongest muscles in the body – the back and abdominal muscles – support the weight of the pack.

But a backpack that is too heavy or worn improperly can strain muscles



In the short term, this strain can cause muscle spasms and back pains. In the long term, this muscle imbalance can lead to back problems later in life.

Backpacks that are too heavy are also a common problem. Too much weight in a pack can pull the child backward. To compensate, the child

may bend forward at the hips or arch the back, which can cause the spine to compress unnaturally.

And a heavy load combined with tight narrow straps that dig into the shoulders can contribute to tingling, numbness and weakness in the arms and hands.

More Information about backpacks

Backpack design features to look for including the following:

- Lightweight material (canvas as opposed to leather).
- Two-padded, adjustable shoulder straps at least 2 inches wide.
- Padded back, which not only increases comfort, but also protects from being poked by pencils, rulers, etc., inside the pack.
- Waist belt to help distribute the weight more evenly across the body.
- Individualized compartments to help distribute weight more evenly.

Teach children how to properly load and wear the backpack:

- Pack heaviest objects first, so they are lower and closer to the body.
- Use compartments, so items don't shift during movement.
- Distribute the load evenly throughout the backpack.
- Use both shoulder straps.
- Adjust straps to fit the backpack snugly to the body, holding the bottom of the backpack 2 inches above the waist.
- Do not carry the backpack low near the buttocks.

Things to remember:

- Ask children to clean out backpacks at least once a week.
- Watch to make sure the child isn't leaning forward when walking with the backpack.
- Ask children if they have any backaches or pains.
- Watch to see if the child struggles to get the pack on or off.
- Encourage children to carry to and from school only those items needed.
- Consider buying a copy of the heaviest books to keep at home.

Most doctors and physical therapists recommend that a loaded backpack weigh no more 10 to 15 percent of a child's weight. For example, an 80-pound child should carry no more than

8-12 pounds. Use a bathroom scale to check the weight of the pack.

(Editor's Note: Marcie Birk is a health educator at U.S. Army Center for Health Promotion and Preventive Medicine.)

2009 brought improvements to Tricare dental, OTC programs

TRICARE MANAGEMENT ACTIVITY

News Release

Tricare enhanced some of its programs last year, including standard preventive care, a new active duty dental program and over-the-counter medications.

Standard Preventive Care. Getting clinical preventive services can help prevent major health problems. In September 2009, Tricare waived all cost shares for Standard beneficiaries for colorectal cancer, breast cancer, cervical cancer and prostate cancer screenings, immunizations and well-child visits for children under 6 years of age.

Also, for all beneficiaries over age 6, when a visit to a health care provider includes one or more of the benefits listed above, the cost share for the visit is waived. Other services provided during the same visit are subject to cost shares and deductibles.

New Active Duty Dental Program. Aug. 1, 2009, Tricare launched a new dental program for active duty members.

The Active Duty Dental Program is designed for service members assigned to locations with no access to a military dental facility, and for those referred by their dental treatment facility, or DTF, to the civilian network for specialty care or due to unavailability of timely DTF appointments.

For more information about the new dental program, go to www.addp-ucci.com.

Over-The-Counter Medications. Due to positive feedback and cost savings, Tricare's OTC medication demonstration was



• For more information about the Tricare Pharmacy Program, go to www.tricare.mil/pharmacy.

• Visit www.addp-ucci.com for more information on the new dental program.

• While you're online, you can choose to "Go Green" and receive paperless Explanation of Benefits statements at www.triwest.com/gogreen.

(Submitted by Tyler Patterson, Tri-West Healthcare Alliance.)

continued. The demonstration allows Tricare beneficiaries to substitute certain prescription drugs with OTC versions for zero copay.

OTC medications are generally less expensive than their prescription versions, by as much as 400 percent in some cases.

For more information about the Tricare Pharmacy Program, go to www.tricare.mil/pharmacy.

Keep an eye on www.tricare.mil/pressroom for news throughout the year, and get benefit information direct from Tricare via e-mail by signing up at www.tricare.mil/subscriptions.

(Editor's Note: Briefs compiled from Tricare news releases.)

ness groups and others can use AFTB to assist in team building, increase unit readiness, help new family members adjust to the Army lifestyle, and reacquaint with other family members.

For more information on classes, concept blocks and unit briefs, call 655-1703 or e-mail catherine.baldwin@us.army.mil.

BSC Facebook – Stay current on all upcoming Blue Star Card (BSC) events and activities at the BSC Facebook page. R.S.V.P. online to attend events, see photos, and tag your friends with special BSC stickers. Find BSC at www.facebook.com.

EFMP Support Groups – The monthly Autism Support Group and SHARE Support Group, organized through the Exceptional Family Member Program, will not meet during the month of July.

The group meetings will resume in August and observe the regular schedule.

Call 655-4227.

Home chefs can save time by cooking slowly

KAY BLAKLEY

Defense Commissary Agency

FORT LEE, Va. – Almost any food purchased at the commissary and prepared at home offers the advantage of better nutrition at a lower cost, but where will you find the time to cook?

Just dust off your slow-cooker, spend 10 minutes filling it with ingredients before you head off to work, school or a day full of running errands, and come home to a meal that's already made.

Keep the ingredients few and keep them simple to ensure they go together in a flash. All Defense Commissary Agency recipes featured at the DeCA Web site fit those requirements.

And, if you think slow-cookers are only good for roasts and stews, think again. They can also produce tasty desserts like the hot fudge sundae cake, and flavorful vegetarian main dishes like red beans and rice or lentil and mixed vegetable casserole.

Slow-cooker cooking is pretty basic, but do be sure to follow any special instructions pertaining to your specific model. Add these few "rule-of-thumb" tips and you're good to go!

•High temperature or low? It's always best to use the heat setting a recipe recommends, but if you need it done in a shorter or longer amount of time, use the general guideline that one hour on high is equivalent to 2-



Go to www.commissaries.com/kays_kitchen.cfm to access recipes.

2½ hours on low. If your recipe calls for 8-10 hours on low heat, cook it on high instead, for 4-5 hours.

•Keep the lid on or off? Nearly all recipes are cooked with the lid on, so keep it covered unless instructed to do otherwise. Don't be tempted to peek, either. Each time you remove the cover adds another 15-20 minutes to the total cooking time.

•How full to fill the pot? For best results, a slow-cooker should be between one-half and three-fourths full.

•Other good-to-know tips? Vegetables like potatoes and carrots take longer to cook, so slice or cut them into smaller pieces and place them in the bottom of the pot. Also, for safety reasons, always brown and drain ground meats before adding to the slow-cooker. Browning other meats and poultry isn't necessary, but adds to flavor and appearance, especially with beef.

Finally, use dried leaf herbs instead of ground. Their flavor holds up better over the extended cooking time.

(Editor's Note: Kay Blakley is DeCA's home economist.)

Tripler, Schofield clinics to provide H1N1 shots

H1N1 vaccinations are now available on a walk-in basis for military family members and other Tricare beneficiaries.

Visit the primary care clinic at Schofield Barracks Health Clinic or Tripler Army Medical Center where you regularly receive health care.

TRIPLER ARMY MEDICAL CENTER

• **Adult Immunization Clinic**
C Wing, 4th Floor, 433-2778
Tuesday: 1-3 p.m.
Wednesday and Friday: 9-11:30 a.m.

• **Family Medicine Clinic**
D Wing, 1st Floor, 433-3304
Monday-Thursday: 8 a.m.- 7 p.m.
Friday: 8 a.m.-4 p.m.

• **Pediatric Clinic**
F Wing, 4th Floor, 433-6234

Monday-Friday: 8 a.m.-4 p.m.
Saturday: By appointment

SCHOFIELD BARRACKS HEALTH CLINIC

• **Troop Immunization Clinic**
Building 679, 433-8800
Monday, Tuesday and Friday: 6:30-11:30 a.m., 1-3 p.m.
Wednesday: 1-3 p.m.
Thursday: 6:30-10 a.m., 1-3 p.m.

• **Family Practice**
Building 682, 1st Floor, 433-8145
Monday and Wednesday: 7:30-11:30 a.m., 1-3 p.m.
Tuesday and Thursday: 7:30-11:30 a.m., 1-2 p.m.
Friday: 9-11:30 a.m., 1-3 p.m.

• **Pediatric Clinic**
Building 680, 1st Floor, 433-8176
Monday, Wednesday-Friday: 8-11 a.m., 1-3 p.m.
Tuesday: 9-11 a.m. and 1-3 p.m.

MWR Briefs

From B-2

central air conditioning, energy-efficient lights and remodeled bathrooms.

Library activities previously advertised during this time have been cancelled.

Blue Star Card – Spouses of deployed Soldiers are eligible to sign up for a Blue Star card (BSC), which will give card holders discounts at Family and Morale, Welfare and Recreation facilities, activities and special events. BSC's are valid throughout the entire deployment. To sign up, visit Army Community Service (ACS) at Schofield Barracks or Tripler Army Medical Center ACS, or e-mail sarah.chadwick@us.army.mil.

AFTB Survival Training – Army Family Team Building (AFTB) connects families to the Army one class at a time. Call today to find out how commanders, family readi-



Commissary patrons save with 'Game On!'

Now's the time to stock up on party food, snacks for big football championships

KEVIN L. ROBINSON

Defense Commissary Agency Public Affairs

FORT LEE, Va. — As football fans prepare for their big game viewing events, the Defense Commissary Agency is launching a promotion blitz for authorized customers who want to grab all their snacks and party food at savings approaching 50-60 percent. Under a campaign titled "Game On!" DeCA is reminding customers that the commissary should be one of their stops as they prepare to watch the National Football League's conference championships, Jan. 24; the Pro Bowl, Jan. 31; and Super Bowl XLIV, Feb. 7. "We are kicking off 2010 with the best selection of snacks and beverages at promotional prices that go beyond our normal savings of 30 percent or more," said Philip

Sakowitz Jr., director and CEO, DeCA. "The football action on television is expected to be hot, but that's nothing compared to the sizzling savings our commissaries have for our customers."

Through Feb. 10, commissaries will showcase posters, banners and displays pointing customers toward extra savings on items such as snacks, chips, beverages, chicken wings, chicken breasts, chili, turkey bacon, shrimp, ham and turkey sub kits, franks, cooked ham, pizza, pizza rolls and paper towels, said Charlie Dowlen, agency promotions manager.

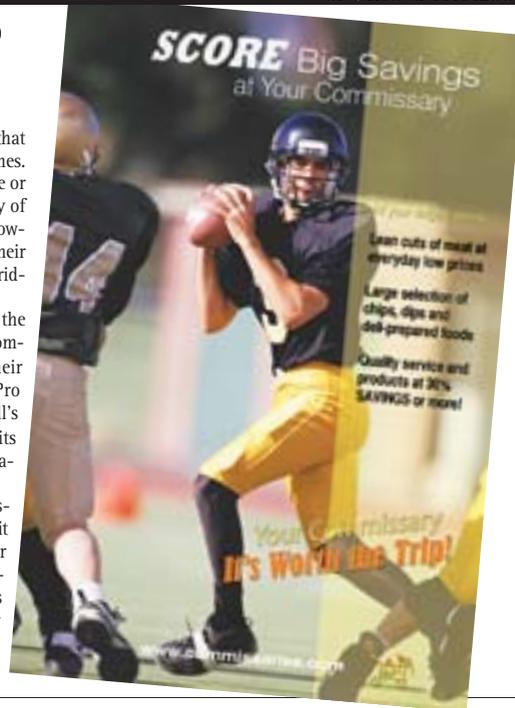
"Customers can already save an average of 30 percent or more when shopping in commissaries vs. commercial grocery stores," Dowlen said. "But during promotional periods, savings can approach 50-60 percent for certain discounted items. There's no doubt about it; shopping for your big game items in the commissary will net you substantial savings."

Dowlen said DeCA's product buyers have

done their homework to find products that military customers want for the big games. Topping the list are items that require little or no preparation along with a wider variety of healthier snacks for customers who are showing an increased interest in watching their weight as well as the action on the gridiron.

Traditionally, the days leading up to the Super Bowl have been prime time for commissary customers stocking up for their viewing parties. Now, with the NFL Pro Bowl moved to the week before football's biggest game, DeCA is ensuring that its stores' shelves are ready for even more patrons to get their "Game On!" fare.

"It's a big time of year for our customers to stock up for the big games, be it the playoffs, the Pro Bowl and the Super Bowl," Sakowitz said. "In fact, the Saturday before last year's Super Bowl was our best single shopping day ever. Our stores know how to prepare for our customers' big game food needs."



17 / Sunday

Big Surf Watch Bike Trip — Enjoy a nice relaxing bike ride along North shore beaches with Outdoor Recreation on Jan. 17, 7 a.m.-12 p.m. Check out the world-famous North Shore surfing scene and all the big waves without all the traffic hassles while moving at your own pace. Cost is just \$30 if using your own bike with an extra \$5 if you need to use one of ours. Round-trip transportation from Schofield Barracks is available. Call 655-0143.

18 / Monday

Great Aloha Run Sign-Up — Stop by the Navy Exchange store in the Pearl Harbor area to sign-up for the Great Aloha Run! The sign-up will take place on January 18, 10 a.m.-2 p.m. Each paid entry will receive a 2010 Great Aloha Run Planner. Call 655-9914.

19 / Tuesday

"Tournament Fishermen" Fresh Water Fishing Class —



Staff Sgt. Michael Iceman | 25th Infantry Division

Tropic Lightning regalia

SAN ANTONIO — 25th Infantry Division Command Sgt. Maj. Frank Leota (far left) stands with seven All-American high school football players who wore 25th ID insignia on their helmets in the U.S. Army All-American Bowl at the Alamo Dome, here, Jan. 9. Leota presented each player with a certificate of achievement and a 25th ID football jersey on behalf of Maj. Gen. Robert Caslen Jr., the division commanding general and his Tropic Lightning Soldiers.

Learn how to catch the big game you can find deep sea fishing in Hawaii on Jan. 19, 5-7 p.m. at Outdoor Recreation, Schofield Barracks. This is a free class open to any and all interested parties. Call 655-0143.

22 / Friday

HMR Partner Basketball Shootout — Entries are due Jan.

22 for the Helemano Military Reservation Physical Fitness Center Partner Basketball Shootout. Cost is \$5 per team. Scheduled for Jan. 27, at 5 p.m. Call 653-0719.

25 / Monday

Intramural Racquetball Tournament — Entries are now being accepted for the 2009 In-

tramural Racquetball Tournament. Active Duty Army, Army Reserve and National Guard Soldiers within Hawaii may enter. Entries must be received by the Ft. Shafter Physical Fitness Center, Stop 112, Building 665, no later than 4 p.m. Jan. 25, or fax entries to 655-8012 or 438-2470. Call 655-0856 or 438-9572 for more information.

26 / Tuesday

Intramural Soccer League Deadline Extension — The deadline to enter in the 2010 Intramural Men's Soccer league has been extended to Jan. 26. Active Duty Army, Army Reserve and National Guard units within Hawaii may enter a team. Entries must be received by the USAG-HI Sports, Fitness and

Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks by 4 p.m. Jan. 26, or fax entries to 655-8012 or 438-2470. Call 655-0856 or 438-9572.

Ongoing

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 exercise from China, designed to help relieve stress on mental, emotional and physical levels.

Even though we may not feel stressed, our bodies — even on an unconscious level — can be under tremendous stress.

Learn techniques to relieve 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.

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.



Send sports announcements to community@hawaiiarmyweekly.com.

25 / Monday

Aloha Readiness Series — The Mid-Pacific Road Runners Club is hosting a series of races designed to prepare runners for the 2010 Great Aloha Run in February.

Register for the entire series for \$60 at www.active.com. Entry fee includes T-shirt and timing chip. Visit www.mprc.com for detailed race descriptions. Enter online at www.active.com.

•Johnny Faerber 10K, Jan. 31. Race starts on Kalakaua Avenue beyond Kapiolani Park tennis courts, facing Diamond Head. Register by Jan. 25.

•Valentine's Day Biathlon, Feb. 14. Registration forms are due by Feb. 1.

For more information or to download registration forms, visit www.waikiki swimclub.org.

www.greataloharun.com. Only finishers receive a "finishers" T-shirt.

Blue Star Card holders can also enjoy a discount on the entry fee. Call 655-8006.

Hawaii Youth Triathlon Club — Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sports club run by athletes.

Membership is \$50 and includes an annual membership with USA Triathlon (USAT), insurance during training, a club certificate, swim cap, review clinics and the newsletter. Visit www.hawaiiyouthtri.com.

Jazzercise — Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

Outdoor Excursions for Veterans — Outward Bound, an international nonprofit outdoor education program, will offer fully funded outdoor adventure excursions to all Operation Iraqi Freedom and Operation Enduring Freedom (OIF/OEF) veterans.

Anyone who has deployed in support of OIF/OEF combat operations is eligible to apply. The five-day excursions offer adventure activities in Maine, Texas, Colorado, California and Minnesota.

All expedition costs for lodging, equipment, food and instruction are completely funded by a multimillion dollar Sierra Club grant, including the participants' round-trip transportation between home and the wilderness site.

To sign up for a prescheduled course, send an e-mail to obvets@outwardbound.org, or call Doug Hayward at 1-866-669-2362, ext. 8387.

Ongoing

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, age groups, wheelchair and handcycle competitors, and military personnel running individually or in Sounds of Freedom formations. Applications are available at