

# HAWAII ARMY WEEKLY

Vol. 34, No. 12

Serving the U.S. Army community in Hawaii

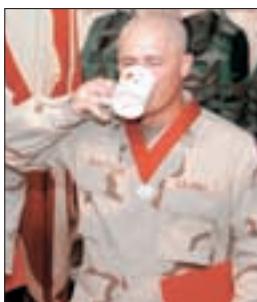
March 25, 2005

## What's Inside



### Combat Engineers

Complete hardcore training at PTA.  
A-6

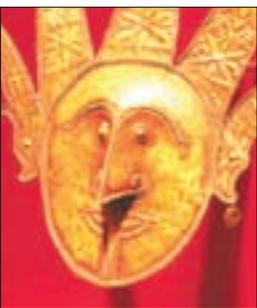


### Order of St. Barbara

Saint protects Sappers from accidental explosions.  
A-10

### Family Fun Fest and ITR Travel Fair

Enjoy food, entertainment and travel information Saturday from 9 a.m. - 2 p.m. at Sills Field, Schofield Barracks. Keiki activities include fun runs, inflatables, rides, crafts and pictures with the Easter bunny. Also featured: Magic, Irish dance, karate, door prizes and travel deals offered by local businesses. Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) for fun run schedule, see brief on page B-2 or call 655-0110 or 655-0112 for information.



### Academy of Arts

Art lovers have eye candy in store at this museum.  
B-1

Commentary . . . . .A-2  
Briefs . . . . .A-4, B-2  
Transfer of Authority A-8  
Prevent Child Abuse .B-3  
All About Teens . . . .B-4  
Sports . . . . .B-6

## "Grenade!"



Maj. Jack Haefner

Soldiers from 29th Engineers throw a grenade at a live-fire range at Pohakoloa Training Area on the Big Island of Hawaii. See full story on page A-6.

## Deployed Army mom swears daughter into Air Force via VTC



Capt. Michael Giottelly

Army mom Chief Warrant Officer Tammy Rose, 17th CSB, performed the Oath of Enlistment for Air Force recruit and daughter Erica James, Tuesday.

### Family members and friends watch from Georgia

By Sharee Moore  
Acting Editor

Some parents are telling their children to wait until the war blows over before pledging "I do" to Uncle Sam, but Chief Warrant Officer Tammy Rose, a career Soldier, isn't one of them.

While dressed in desert-colored fatigues and standing on Iraqi soil, Rose administered the oath of enlistment, via satellite, to daughter Erica James, Tuesday.

"If you want anything done, keep nagging. Keep pushing and it'll get done," said Erica about the lesson she learned from this experience.

The mother-daughter team took that advice to heart and overcame seemingly insurmountable odds.

See "Oath of enlistment" Page A-5

## Culinary team places at CAC

### Hawaii team wins third in Army Culinary Arts Field Kitchen Category

By Travis Edwards  
Fort Lee Strategic  
Outreach Officer

After two-weeks of bitter lemon meringue pie and sweet culinary creations, the pastries have finally been tallied and the hot food masterpieces counted in the 30th Annual U.S. Army Culinary Arts Competition that was held at Fort Lee, Va., from March 5 -18.

Soldier chefs from Team Hawaii won third place in the field kitchen category. Team Korea capped the intense competition to earn the coveted title of Installation of the Year for culinary arts team competition.

The Hawaii team and winners in other categories were recognized at a joint awards ceremony held March 18 in the U.S. Army Quartermaster Center and School, "the home of U.S. Army Logistics."

"As we celebrate the winners of this year's competition, we remember that America's most valuable weapon system is the American Soldier, and no one supports them better than our food service professionals you see standing here today," said Brig. Gen. Scott West, U.S. Army Quartermaster Center and School commanding general, the ceremony's keynote speaker.

"More than half of this year's competitors are combat veterans."

"I feel honored and proud to represent team Hawaii," said Spc. Florine P. Nevins from the 58th Military Police Company. "I got to experience other cuisines and learn from chefs all over the world."

Spc. Edmund Perez from the 125th Military Intelligence Battalion said that winning the competition

See "Soldier chefs" Page A-5



Travis Edwards

Spc. Florine Nevins (left), an apprentice, assists chef Pfc. Leticia Melo, both from TEAM Hawaii, during the Junior Chef Competition of the 30th Annual U.S. Army Culinary Arts Competition.

## New policy authorizes BAH for single staff sergeants

Army News Service

Single staff sergeants on stateside military installations will be allowed to live off post thanks to a new policy announced this month.

The policy authorizes nondependent basic allowance for housing pay to single staff sergeants on installations in the continental United States, Hawaii and Alaska. The policy does not apply to overseas facilities.

George Lloyd, a strategic planner for Army Unaccompanied Personnel Housing, said the goal of the new policy toward staff sergeant housing is twofold.

"It provides these Soldiers with more stability and gives staff sergeants the ability to plan their lives a little better," Lloyd said.

Lloyd added that staff sergeants who want to take advantage of the new policy should contact their commanders.

When the policy is fully implemented, three years from now, staff sergeants will live off post automatically, officials said, unless they apply for senior enlisted rooms and compete along with master sergeants and sergeants major where that type of billeting is available.

"The information has gone out to the field and is on our

Web page," Lloyd explained.

The change comes at a time when the Army is making numerous updates to the way it houses Soldiers, according to information from the Army's Office of the Assistant Chief of Staff for Installation Management.

Earlier this year, the housing allowance increased by 8 percent, to cover a 4.5-percent increase in housing costs nationwide.

An E-8 with dependents now receives about \$60 more in each paycheck than before the change; an E-4 with dependents receives \$47 more.

Staff sergeants will not all

move off post immediately, officials said, explaining that the policy is designed to work by attrition.

Suzanne Harrison, chief of Army Unaccompanied Personnel Housing, believes it will be about three years before all single staff sergeants move out of a barracks, as noncommissioned officers move and are reassigned in the normal course of Army operations.

The Army will pay for moves when staff sergeants are told to move off post; however, Soldiers who elect to move on their own must do so at their own expense, officials explained.

As well, staff sergeants can

remain in their current billets until they are reassigned. When they have a permanent change of station to another duty station in the 50 United States, they will be authorized to live off post.

Lloyd emphasized that Soldiers should work with their on-post Community Housing Relocation and Referral Services to ensure that they receive affordable and safe off-post properties when they are renting or buying.

For more information on the new policy, see "Hot Topics" on the ACSIM Web site: [www.hqda.army.mil/acsimweb](http://www.hqda.army.mil/acsimweb)

We want to hear from you

The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com.

The deadline for articles is the Friday prior to the week of publication. Send all articles in Microsoft Word or text format.

OPINION & COMMENTARY

Friday

A-2

March 25, 2005

Rocket attack marks deployment milestone

Commentary

By Staff Sgt. Bradley Rhen, CTF Thunder Public Affairs

FORWARD OPERATING BASE SALERNO, Afghanistan - I had just finished my typical Friday night steak and lobster dinner and was about to head back to my tent on March 11, which was not a bad day to wrap up the five-month anniversary of the day I left Hawaii and deployed to Afghanistan.

Or so I thought. As I stood up to walk out of the chow hall, I heard a muffled "boom" and felt the ground shake a little. With 155mm howitzers at one end of the base and a firing range for Cobra helicopters to practice shooting Hellfire missiles at the other, I shook the noise off and continued on.

Then somebody came inside and yelled, "Rocket attack!"

Immediately people were out of their seats and heading for the exits so they could get to a bunker. Some people left their food on tables; others took their steak and lobster with them to the bunker. Some were moving faster than others, and some were just downright out of control.

One guy pushed past my friend and me with his hat on backwards and pulled down, nearly covering his eyes.

I contemplated joining the fray by tossing my tray into the air and running out of the chow hall screaming, but I decided against it. Instead, I carried my tray past the garbage cans and out the door.

When I got outside, I realized I forgot to throw my tray



Pfc. Joshua Hutcheson

Soldiers examine mortars and rocket propelled grenades to see if any of them are armed. Rockets like these may have been used during the attack.

away, and then I had to wait for everyone else to stop streaming out the exit so I could get back inside to the garbage can.

My friend and I then crowded into a sandbag-reinforced concrete bunker just outside the chow hall. Some of the people who carried their trays of food out of the chow hall were already in there finishing their meal. We all spent the next 45 minutes or so inside this bunker.

At one time rocket attacks were a frequent occurrence here, happening almost weekly. However, due to the deadly accurate fire from the aforementioned 155mm howitzers, their frequency has declined in recent months.

In the five months I've called this place home, there have only been three rocket

attacks. Fortunately, I was only present for one of them.

In the days and weeks leading up to this most recent attack, several men claiming to be spokesmen for the Taliban promised to resume attacking the government and the Coalition when the weather got better.

You see, when it gets cold, fighters in Afghanistan have historically stopped fighting and stayed indoors.

When the weather starts to get fairer, fighters resume their attacks and call it a "spring offensive." I assume this attack was the start to that "offensive," so we'll see how much "offense" they continue to play until they resume running and hiding.

Inside the bunker, topics of conversation ranged from whether our bunker could

withstand a direct hit from a rocket to the chances of a ground assault by enemy forces. My friend and I told our fellow bunker dwellers neither were likely.

Then, for some sick reason, the lyrics to the song "Rocket Man" by Elton John kept popping up in my head. "Rocket man burning out his fuse up here alone." I guess I'm just sick like that.

In the end, a couple rockets hit our base, but no one was injured - unless you count my rear end falling asleep from sitting on the ground inside the bunker.

My friend and I eventually found one of the impact craters and dug out a couple pieces of shrapnel.

Now I have a souvenir and another "No kidding; there I was" story.

Counterdrug mission part of Guard's Homeland Defense

Commentary

By Staff Sgt. Cheryl Hackley, Army News Service

ARLINGTON, Va. - The Guard's number one priority is the security and defense of our homeland, at home and abroad, according to Army Lt. Gen. H Steven Blum, chief of the National Guard Bureau.

As homeland defense operations continue to evolve around this priority, nowhere is it more apparent than in the Guard's fight against illegal drug use and narcotics trafficking, he added.

Blum is referring to the National Guard's successful Counterdrug Program. It employs nearly 2,500 Soldiers and airmen to work together in a variety of jobs to reduce the use and abuse of illegal drugs, and to disrupt the supply and demand in all 54 states and territories.

"We play a central role in shaping our nation's response to drugs and associated transnational threats," said Air Force Col. Earl Bell, chief of the National Guard's Counterdrug Program.

Many of the known terrorists groups, including Al Qaeda, have connections into illegal drug funding. President George W. Bush's 2002 National Drug Strategy stated 70 percent of the world's opium trade came from Afghanistan. This factoid resulted in a significant income source to the Taliban and others who supported the Sept. 11, 2001, attacks.

Because the drug trade generates a lot of cash, an alliance between terrorists and drug trafficking is not surprising, said Blum.

He added that trafficking delivery systems provide potential avenues for other transnational threats to enter the United States. Reasons like these are why Americans should be aware of just how much drugs continue to threaten their homeland.

"Subtle and insidious attacks through the sale and use of illegal drugs will also erode our core values and tear at our culture and institutions," explained Bell. "It brings enormous personal, social and economic expense."

The expense is so much so that the National Guard cannot tackle this task alone. The Guard's Counterdrug Program also works as a liaison between the Department of Defense and non-DoD institutions in the fight against prohibited drugs and large-scale threats at home. This effort includes nearly 5,000 law enforcement agencies, according to General Blum.

"The National Guard is supporting law enforcement and community-based organizations at all levels of government to anticipate, prevent, deter and defeat those threats," added Bell. "This enhances national security and protects our society."

Trained Soldiers and airmen with unique military skills and equipment make the National Guard an ideal leader in America's fight against drugs, Blum said.

(Editor's note: Staff Sgt. Cheryl Hackley serves with the National Guard's Counterdrug Public Affairs.)

Voices of Lightning

Why should you use the Tax Center?



"First of all, and most important, it's free. You can drop your taxes off and come back when they are ready. You don't have to wait."



"The preparers are well-trained and understand military pay. For the customer, the service is free."



"Preparers have to pass a 'military personnel only' section of the IRS test, which includes combat pays and different credits. The Tax Center has the same program as what's available outside [post] with one difference - we don't charge."



"It's a free service to service members and their dependents. The Tax Center does practically everything: state taxes, federal taxes and amendments."



"I am here because it's free and convenient. The preparers make sure that [military taxes] are done right."



"It's free. And, because the preparers are military too, I suppose they will know it [military taxes] better than anyone else."

Sgt. Kurt Frederick, 65th Engineer Bn.

Spc. Luis Santana, 125th Signal Bn.

Sgt. Rafael Monroy, Jr., 1st Bn., 27th Inf. Rgt.

Benjamin Brown, HHB, DIVARTY

Pfc. William Eberle, 500th MI Bde.

Staff Sgt. Robert Burgos, LRSD, 125th MI Bn.

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

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

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

HAWAII ARMY WEEKLY

under exclusive written agreement with the U.S. Army, Hawaii.

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital sta-

tus, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer will refuse to print advertising from that source until the violation is corrected.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Advertiser, of the firms, products or services advertised.

Commander Col. Michael McBride, Public Affairs Officer, Capt. Kathleen Turner, Command Information Officer, Ed Aber-Song, Managing Editor, Aiko Brum, Acting Editor, Sharee Moore, Staff Writers, Spc. Daniel P. Kelly, Joy Boisselle, Layout, Tony Vercelez.

Editorial Office: 655-4816/8728, Fax: 655-9290, E-mail: e-mail the HAW direct at editor@hawaiiarmyweekly.com or ed.aber-song@schofield.army.mil, Address: Public Affairs Office, Bldg. 580, Stop 215, Schofield Barracks, HI 96857, Web site: http://www.25idl.army.mil/haw.asp, Advertising: 521-9111

# The future of Army training is now

PM DLS News Release

NEWPORT NEWS, Va. – Imagine going online and selecting a course that you need for promotion points or an upcoming deployment, all without ever leaving your duty station or your home.

However, you don't have to imagine this convenience nor wait for this technology to arrive at Schofield because the future is now.

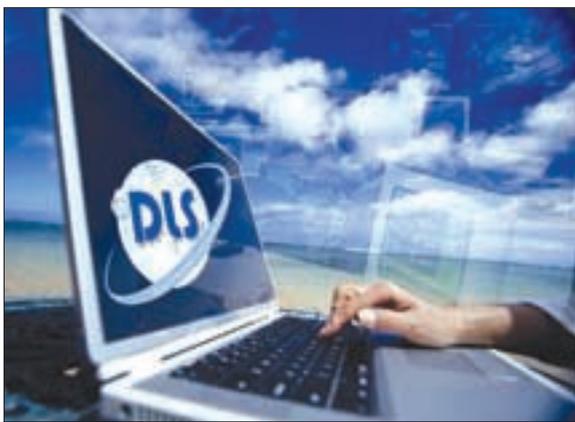
The Army is revolutionizing training methods with digital training facilities, Distributed Learning Systems and Learning Management Systems.

Both Wheeler Army Air Field and Fort Shafter bring this latest technology to individuals and organizations wanting to avail themselves of the latest conveniences.

Soldiers or units can register for specific courses, complete them, and get the results put into training and personnel records for credit accountability.

Enlisted personnel can step through the Army's portal to promotion points and better pay.

The Distributed Learning System breaks new ground by



www.dls.army.mil

bringing training to the Soldier whenever and wherever needed.

DLS delivers distributed learning and provides the Soldier self-development, and unit and mission-critical training, in the form of both synchronous training (where the instructor and student interact while linked via videoconferencing, teleconferencing or the Internet) and asynchronous training (where the instructor and student interact via e-mail and the Internet).

"DLS provides ... the ability to distribute standardized

training to individual Soldiers and units through the application of information technology," said Col. Sharon L. Holmes, project manager for DLS.

"It is critical that we upgrade the skills of our Soldiers ... but sometimes it is hard to work on education because of [Soldiers'] irregular schedules, deployments, reassignments and family commitments," said a former Secretary of the Army. "Distance learning knocks down all those barriers."

Distributed learning instruction may not even

require an instructor's presence, as DLS can involve several types of media.

The process emphasizes the use of reusable content, networks and learning management systems.

"One of the things that's important to the Army leadership from the chief of staff on down — whether it's the officer or the NCO chain — is Soldiers being able to reach out and touch training ... that's the bottom line message," said Holmes.

DLS consists of five components: digital training facilities, the Army Learning Management System, Army e-Learning, an Enterprise Management Center, and the development of a deployed digital training campus.

Distributed learning provides high quality, standardized Web-based courseware at the right place and the right time for the Soldier.

Troops, especially those without a home computer, can take advantage of DLS DTFs to access Web-based, job-related and self-development courses away from distracting environments.

"We're scattered all over the world, and we've been busy

here," said Mike Ivey, digital training facility manager at WAAF, "even though the troops have been deployed. DAC [Department of the Army civilians] have taken advantage of the DTF."

"Likewise, since DLS supports full-distance and resident training, we are booked with individual and unit training," echoed Robert Ishimoto, Fort Shafter's DTF manager.

DLS has successfully fielded 274 fully operational DTFs worldwide. Locally, the Wheeler facility runs three classrooms, each equipped with 16 computer stations and a video teleconferencing training capability.

Fort Shafter provides the same capabilities in one classroom.

TRADOC, which oversees the development of military occupational specialty qualification courseware, is an integral part of the Army team fielding the LMS component.

The LMS allows 24/7 access to the distributed learning courseware and collaboration with other students and instructors.

Hence, from the office, home or DTF, Soldiers can meet their training needs and access con-

tent, course catalogs and schedules, collaborative resources and training history.

The combined capabilities of DTFs and the Army LMS will make training coordination more efficient and delivery more flexible, since Soldiers can track their own training history.

TRADOC and Army LMS have already witnessed a positive impact on the individual Soldier and unit readiness.

"The Army LMS has the potential to touch every Soldier and civilian in the U.S. Army," Holmes explained.

In addition to the many benefits of increased training flexibility and opportunities, distributed learning affords the Soldier less time away from his or her duty station and family.

Other benefits include improved training coordination and information access for leaders, training officers and NCOs in determining training requirements and status.

For more information on your training future, visit the DLS Web site at [www.dls.army.mil](http://www.dls.army.mil), or contact Wheeler DTF Manager Mike Ivey at 656-0159, or Fort Shafter's DTF Manager Robert Ishimoto at 438-0451.

## 'Faces of Fallen' exhibit opens at Arlington

By Jim Garamone

American Forces Press Service

ARLINGTON NATIONAL CEMETERY, Virginia – The faces remind us of what we have lost.

"Faces of the Fallen," an exhibition that opened Tuesday at the Women in Military Service to America Memorial here, features more than 1,300 portraits of service men and women who have died in the wars in Afghanistan and Iraq.

"To say this is a moving exhibit would be a serious understatement," said Air Force Gen. Richard B. Myers, the keynote speaker at the opening. "Words always fall short when we try to describe our respect, sympathy and profound gratitude to those who have sacrificed everything in the service to our nation.

"The lesson here today is the artists have succeeded where our words have failed," continued the chairman of the Joint Chiefs of Staff.

Hundreds of family members came to see portraits of their loved one. The portraits were done from photos, and more than 200 artists participated in this "labor of love," said Annette Polan, the cochair and one of the artists for the project.

The various artists used different media and styles to portray the fallen. Some worked from photos taken in Iraq or Afghanistan and depicted a young man or woman peering out of the portrait wearing full battle rattle.

Other portraits were taken from service enlistment photos, and reveal young men and women trying to look older and tougher than they feel.

The men and women in the portraits sport new military haircuts, military-issue glasses and big ears that longer hair once covered.



Air Force Staff Sgt. D. Myles Cullen

A visitor places a rose near one of the painted portraits of more than 1,300 American military men and women killed in the war on terrorism during the "Faces of the Fallen" exhibit opening ceremony at Arlington, Va., March 22. Artists from across the country have contributed to the tribute.

Still other portraits came from graduation, wedding or family reunion photographs. All the portraits say something about those who have died.

"You have captured the spirit of those who have given their lives and really the spirit of all the brave men and women who serve," Myers said, "a spirit that has lived in so many generations of Americans, a spirit of belief that freedom and justice for themselves, for their fellow Americans and for people around the world are more important than personal safety or comfort," he continued.

The families crowded into the Education Hall of the memorial. Many saw the portraits of their loved one for the first time.

"They really caught John's goofy grin," said one mom.

Another family group hugged each other in front of the portrait of their son. Tears flowed.

"It's still too raw for us," said

the father.

One family took a picture of the portrait, so they could bring it back to grandma.

"She couldn't face this," said the father. "But she would want to know he is honored."

And they are honored. Myers said the portraits represent "the very best America has to offer."

"When I looked at the faces in this exhibit, what I saw was the faces of men and women who made very noble decisions: to serve the cause of freedom," he said. "They could have chosen another profession that was safer, or less demanding or more profitable. But at this critical time in our nation's history — when terrorists threaten to replace our way of life with intolerance and tyranny, hatred and fear — these selfless men and women raised their right hands and swore to defend liberty."

Myers said the fallen are heroes not because they died,

"but because they lived their lives in service to their country."

The chairman told the families that the country will continue the fight their sons and daughters, husbands and wives, brothers and sisters died in.

"The war will be long, it will be hard, and the stakes ... could not be higher," he said. "Failure is not an option. And we won't fail, because the spirits of the fallen live on in the men and women that serve today, and they are doing a tremendous job."

Myers thanked families for the support they give the country and each other. After the ceremony, he and his wife, Mary Jo, spoke and posed for pictures with families of the fallen and shook hands with everyone.

When all had been said and done, the general was the last to leave the hallowed ground of Arlington.

## Army announces test program to raise the enlistment age for the Army Reserve

Army News Service

The U.S. Army announced March 18 that it is establishing a three-year test program to evaluate raising the Reserve Component non-prior service maximum enlistment age from 34 years to 39 years of age.

The program will evaluate the feasibility of a permanent change to Army Reserve Component enlistment policy. The test program begins immediately and will run through Sept. 30, 2008.

The program concept was initiated by the U.S. Army Recruiting Command in the fall of 2004. The Army requested and received an exception to Department of Defense policy that currently sets the maximum enlistment age in the active and Reserve components at less than 35 years of age.

Raising the maximum age for non-prior service enlistment expands the recruiting pool, provides motivated individuals an opportunity to serve and strengthens the readiness of Reserve units. All applicants must meet the same eligibility standards, to include passing the same physical standards and medical examination.

Experience has shown that older recruits who can meet the physical demands of military service generally make excellent Soldiers based on their maturity, motivation, loyalty and patriotism.

The impact of the measure on meeting enlistment goals has not been forecast, but it is expected to contribute to the Army's efforts to recruit top-quality individuals.

The program applies to both men and women. Older applicants are eligible for the same enlistment bonuses and other incentives available to younger applicants.

The program does not extend to active-duty Army enlistments. Active duty enlistment requirements are set by Federal law.

For information about the test program, contact Maj. Elizabeth Robbins at (703) 697-5343 or [elizabeth.robbins@hqda.army.mil](mailto:elizabeth.robbins@hqda.army.mil).

For information about Army Recruiting, contact S. Douglas Smith at (502) 626-0164 or [s.douglas.smith@us.army.mil](mailto:s.douglas.smith@us.army.mil).

## Tripler phasing in new military computer-based medical record system

By Lt. Col.

Cherub I. Williamson  
Tripler Army Medical Center

A revolution in U.S. military medicine is coming to Tripler Army Medical Center in May. The days of large paper medical records and stacks of handwritten documents will slowly come to an end.

Tripler's staff is now installing and being trained to use a new, computerized system called the Composite Health Care System II, or CHCS II. The new system will eventually replace service members' and their family members' paper medical files at Tripler, and

at all military medical facilities around the world.

Today, most information about patients is recorded and stored on paper, requiring hundreds of feet of shelf space at clinics and hospitals for patient medical records. CHCS II will eventually be used to record and store all military patients' medical information in one large, computerized database on the mainland.

Initially, medical records will continue in paper form at facilities caring for patients. However, all new records will also be entered into the CHCS II database. This process will allow authorized med-

ical providers in military hospitals worldwide to view online a single, up-to-date record for each patient.

Several benefits complement having a computerized system.

Through CHCS II, a healthcare provider can easily check to ensure a patient's prescriptions aren't in conflict. Another advantage of CHCS II is that patients won't have to repeat lab work and x-rays, simply because their paper records are not readily available.

In preparing for CHCS II, all patient medical histories from August 2003 are being entered into a centralized database. Patients with medical histories

before that date will continue to have their paper records on file to supplement electronic records.

As new visits are completed, new entries in the electronic health record will eventually cover all information in the paper record.

CHCS II is a Department of Defense-wide medical initiative that started in January 2004 at seven U.S. military hospitals. It was introduced to medical facilities in Europe in January 2005.

The Pacific region is the last major geographic area to be phased in. By the end of 2006, the system will include all DoD med-

ical facilities, including dental facilities.

As part of the transition, healthcare providers, their support staff and other facility personnel are now being trained to use the new CHCS II software program.

To allow doctors and other healthcare providers' time to learn how to enter and obtain information about their patients into CHCS II, longer and fewer appointments per day will be scheduled for patients.

To reduce the impact on patient care, only a few providers in each clinic will train at specific times.

# Army installations to receive higher priority for funding

## Army News Service

The Army has begun implementing a new policy that will increase annual funding for installations.

Army leaders have set a goal of funding installations at an annual rate of 90 percent of validated requirements for base operations services and for sustainment, restoration and modernization. Leaders will continue to program to the goal of 95 percent for SRM set by the Office of the Secretary of Defense.

The Army Budget Office will distribute the funding in phases through the Assistant Chief of Staff for Installation Management and the Installation Management Agency. Funds will come from other parts of the Army's budget as the Army identifies programs lagging

“  
... it recognizes the need to give Soldiers and their families services and facilities equal to the service they give this nation.”

- Maj. Gen. Ronald L. Johnson

in execution during its annual budget review.

IMA will program the funds to provide infrastructure upgrades and services that have been most lacking during recent months.

This new 90-90 funding renews the Army's commitment to improving the quality of life for our Soldiers and their families.

Funding installations to 90 percent of requirements provides a more predictable level of funding that gives garrison commanders more control in managing their communities.

Secretary of the Army Francis J. Harvey has placed well being and quality of life for Soldiers and families as the top priority for the Army,

saying, "Soldiers are the centerpiece of our formations, so nothing can be more important than a Soldier; nothing can be more important than the family."

"Our installations serve as our flagships of readiness," said Army Chief of Staff General Peter J. Schoomaker. "The environment in which our Soldiers train, our civilians work, and our families live plays a key role in attracting, recruiting and retaining the high quality people the Army needs."

"To enhance combat effectiveness and enrich the workplace setting, we are reinforcing our commitment to our Army family."

"The Army leadership has made an important decision that recognizes the vital role installations play in the Global War on Terrorism," said IMA Director Maj.

Gen. Ronald L. Johnson. "This is the highest level of funding ever committed to installations, and it recognizes the need to give Soldiers and their families services and facilities equal to the service they give this nation."

IMA planners are working to execute the new funding for maximum impact at installations. Funding will be released through a phased plan over the balance of this year and through an annual funding program for future years.

For information about installation management and funding, contact Mr. Ned Christensen at 703-602-2193 or ned.christensen@hqda.army.mil.

For information about the Army budget, contact Lt. Col. Kevin Curry at 703-697-4314 or currykt@hqda.army.mil.

## Briefs

### Flying "V" Ceremony

On April 11 at 2:30 p.m. the 25th Infantry Division (Light) and U.S. Army, Hawaii will conduct a ceremony to farewell Brig. Gen. Charles H. Jacoby, the outgoing assistant division commander (support) and welcome Brig. Gen. John M. Bednarek, the incoming assistant division commander (support).

The ceremony will be held on Sills Field, Schofield Barracks.

### Car Show Coming to Blaisdell

The Hawaii Convention Center will soon be transformed into an automotive paradise with highway carpet, roadway signs and hanging traffic lights.

Featuring hundreds of 2005-model vehicles and 2006-model sneak previews, the show will offer an up-close look at the future of automotive design and the latest technological advancements.

Open to the public for four days, from Thursday through Sunday, April 3, the show offers something for everyone, including flashy exotics, racecars, Aftermarket Alley loaded with tuners, special character appearances for kids and much more.

This event is a non-selling show, so attendees are invited to sit in the driver's seat, inspect engines and compare legroom on a host of new vehicles from more than 35 manufacturers, without the pressure to buy.

Tickets are \$5 for military.

### Renovation Shop Hours

The 540th Quartermaster Company Renovation Shop is located in building 585 and it offers free sewing of patches for BDUs, DCUs, Gortex, Kevlar-covers, bands and minor repairs.

Turn around time is 24 to 72 hours. The shop will also sew patches while you wait.

Hours are Monday - Wednesday from 9:30 a.m. - 4 p.m. and Friday from 9:30 a.m. - 3:45 p.m. Call 655-0253 for more information.

### TV2 Visual Information Center

For all video production service requests, TV2 Bulletin Board announcements, equipment, audio or presentation support submit a completed DA Form 3903 (Visual Information Work Order) via e-mail to opsrrpt@shafter.army.mil or fax the Network Operation Center, 30th Signal Battalion at 438-0804.

Requests for services and loan of visual information equipment and library items must be submitted 30 days before the required date of service. Customers must plan accordingly to ensure completion by the required date.

Failure to comply with these requirements will result in VIC services and

support not being provided. For more information, call Larry Thomas, DOIM, at 295-0205.

### Army Hawaii Texas Hold'um Championships

The card playing will commence April 19-21 from 6 - 9 p.m. at the Tropics, building 589 on Schofield Barracks. Army active duty, family members, Army Reserve, Army DoD civilian employees, Army National Guard and Army AAFES employees are eligible to participate; however registration is limited to the first 64 registered participants 18 and older.

Entry is free. First and second place winners will receive trophies.

Entry forms are available at Army Physical Fitness Centers and MWR facilities, and online applications can be obtained by e-mail at bautistar@schofield.army.mil.

Mailed applications must be postmarked no later than April 9.

### Mothers of Twins Club

AMOM is a social and emotional support group for families with twins, triplets or more; it's one of the few places where having multiples are a common occurrence.

With membership in AMOM comes membership in the National Organization of Mothers of Twins Club (on the Web at www.nomotc.org), plus access to the members-only part of the organization's Web site and its bimonthly national newsletter.

Local club benefits include networking with other parents of multiples, monthly meetings, biannual clothing and equipment swaps and other activities.

Meetings are held at the Salt Lake District Park Gym at 7 p.m. and are normally the third Thursday of each month. Call 247-8946 for more information.

### Free IT Training

Did you know that as an Army Soldier or civilian you have access to more than 1,500 free Web-based IT, business and self development courses that provide IT certification training as well as continuous learning points?

If your office or home environment is not conducive to training, visit a Digital Training Facility to take the training in a classroom style setting.

For more information, go to www.us.army.mil and select "My Education" under "Self Service" and click "Army e-Learning."

DTFs are located at Fort Shafter and Wheeler. To locate others, visit www.dls.army.mil and click on "Digital Training Facilities."

### Easter Sunrise Worship Services

Services will be held Sunday at Stoneman Stadium on Schofield Barracks. However, in case of inclement weather, servic-

es will be held at the Schofield Main Post Chapel.

Chaplain (Col.) Kerry Steedley will preside over the Protestant service at 6:30 a.m. Chaplain (Maj.) Jack Herron will preside over the Roman Catholic service at 8 a.m.

Worship attire is casual, and light refreshments will be served after the service.

### Annual Easter Festival

A festival will be held at the Wahiawa Shopping Center and Wahiawa Town Center on California Avenue in the Long's parking lot on Saturday from 10 a.m. to 2 p.m.

Children can enjoy free keiki games, prizes, balloons (while supplies last) and Easter bunny photos at Long's Drug Store in Wahiawa from 10 a.m. - 1 p.m.

Other free activities include a magic show by Pockets the Clown from 10:15 - 10:45 a.m., choo-choo train rides from 11 a.m. - 1 p.m., a keiki Easter egg hunt at 12 p.m. (for youth ages 2 - 11) and pony rides from 12 - 2 p.m.

### FBI Recruitment

Agents will host an FBI seminar Thursday at the Prince Kuhio Federal Building, Room 5-208, 300 Ala Moana Blvd., Honolulu, from 10 a.m. to noon.

For reservations and additional information on future seminars, contact FBI Special Agent Kal Wong at 566-4488.

### Schofield Barracks Commissary Hours

The Schofield Barracks commissary will open at 8 a.m. and close at 3 p.m., April 11. Store hours will be 8 a.m. - 8 p.m. on April 12.

### Free Easter Breakfast

Come to the WAVE, Easter Sunday at 9:15 a.m. for a free breakfast. A service will follow at 10 a.m.

The Wave is a new worship service on Fort Shafter that meets in the dining facility of building 503-B.

For more information call 438-1816.

### DFAS Changes Web Site Address

The Defense Finance and Accounting Service public Web site has changed from www.dfas.mil to www.dod.mil/dfas.

Webmasters who link to the site or pages within the site should review their links and update them accordingly. The old address will remain available until Thursday. After that date, users will be redirected to the root level of the new site.

Direct links to pages at the previous site are now generating an error message notifying users of the move.

### Free Square Dancing

The military is invited to free Community Square dances on Saturdays through April 2 at Manana Community Park, Waimano Home Road, Pearl City, from 7 - 9 p.m. New dancers will

be introduced to the basic moves of this national folk dance, and no experience is required.

Singles, couples and families with teens are welcome. Admission is free, and casual attire is suggested.

Also, register for a new 10-week class beginning April 9. Contact Dave Lemon at 456-8465 for details.

### Army Emergency Relief Fund Raiser

This year's campaign officially starts Friday for voluntary contributions from the Army community. Your contribution is important to individuals with emergency needs.

AER key persons will contact Soldiers in units throughout Hawaii, and retirees will receive a request for support by mail. Monetary donations are accepted at any time.

For more information, contact your unit AER Fund Campaign project officer, or call 655-2383.

### Free Tax Return Preparation

The Schofield Barracks Tax Center, building 361 (in back of the museum), is open Monday - Wednesday from 9:30 a.m. - 5 p.m., Thursday from 9:30 a.m. - 6 p.m. and Friday from 9:30 - 4 p.m.

Call 655-5144 for more information.

The Fort Shafter Tax Center, Aloha Center, building 330, is open Monday - Wednesday from 9:30 a.m. - 5 p.m. Call 438-2829 for more details.

Tax preparers at both facilities are certified by the Internal Revenue Service.

### The Hui O' Na Wahine Thrift Shop

Are you moving, or do you just have too much stuff? The thrift shop has clothes, furniture, toys, books and more.

Make some money by putting your items on consignment during the following hours: Tuesdays and Thursdays from 9 a.m. - 1 p.m.; first Saturdays at 9 a.m. - 1 p.m.; or third Thursdays from 3:30 - 7 p.m.

Consignments close at 12 p.m., and the thrift shop is located behind Army Community Service on Schofield Barracks.

Call 624-3254 for information.

### Foreign Service Officers Needed

Think you have what it takes to be a U.S. diplomat? Registration for the 2005 Foreign Service Written Exam, which measures candidates' knowledge of subjects necessary for performing foreign service officer tasks, is now open.

The exam is free and is comprised of multiple choice questions that cover such areas as the structure and workings of the U.S. government, psychology, American culture, management and finance. It also includes a job knowledge and an English usage section, a biographical

inventory and an essay exercise.

Candidates must be U.S. citizens between 20 and 59 years old and available for worldwide assignment.

Surf at www.careers.state.gov/officer/join/exam info.html for information on how to register and where to find the nearest testing center.

### New Fort Shafter Chapel Service

The Wave is a new chapel service on Fort Shafter. It is committed to helping you find God's purpose in your life, and you can worship at the Wave on Sundays from 10 - 11 a.m. in the Fort Shafter dining facility in building 503-B.

Come in casual attire (shorts and flip-flops too),

and enjoy free coffee or soda.

Service is nondenominational, and the Wave is using newer Christian music to appeal to a younger crowd.

Soldiers and families are welcome and encouraged to attend. We want to help Soldiers and families figure out what God has planned for their lives.

We are the only chapel service where you can eat during the service.

### The University of Oklahoma offers a Master of Arts

Get your master's in managerial economics or public administration in about 18 months at our TDY- and TAD-friendly campus.

For more details, contact Hickam's OU at 449-6364.



Travis Edwards

American Culinary Federation certified judges (left to right) Lou Jones, Roland Schaeffer and Fritz Sonnenschmidt test the creations of Army junior chefs during the 30th Annual Culinary Arts competition March 10.



Kirsten Tacker

Team Manager Sgt. 1st Class Caroline Trent, HHC, DISCOM; Staff Sgt. Elizabeth Justo, 725th MSB; and Master Sgt. Tonya Benton, HHC, 25th Inf. Div. plan their dessert strategy in preparation for the Culinary Arts Competition held at Fort Lee, Va. recently.

## Soldier chefs

From A-1

“means a great deal. I can now train my Soldiers.”

Nevins summed up the key to landing in the top three for field kitchen competition. It’s all about teamwork and having a positive attitude, she said.

Teams must enter 14 separate categories, including live cooking, team cold buffet and the culinary knowledge bowl competition.

Nine categories are selected from the cold food buffet, but more than 60 percent of the overall team score is evaluated on taste and proper cooking of food.

“I really enjoy the camaraderie of competition,” said Chief Warrant Officer Travis Smith, Korea team manager, who also won the Distinguished Military Chef of the Year title.

“To compete and win as a team for Installation of the Year in the 30th Annual U.S. Army Culinary Arts competition is huge,” he added.

“The competition is something all cooks look forward to each and every year.”

The Fort Lee event is the premier culinary competition in the U.S. Armed Forces, and the competition also serves as an arena for military personnel to try out for the U.S. Army Culinary Arts Team.

Out of 28 Soldier chefs who tried out for the USACAT team, 15 were selected.

The world champion USACAT is recognized by the ACF as the official military team representing the United States in the World Association of Cooks Societies, which sanctions culinary competitions around the world.

The USACAT competed in the World Culinary Olympics held in Erfurt, Germany, in October 2004 and brought home second place overall while capturing 16 gold medals and 17 silver medals for an USACAT high of 33 total medals.

### The members of the 2005 U.S. Army, Hawaii Culinary Arts Team

**Team Captain**

Chief Warrant Officer Jeffrey Lein  
HHC, 3rd Brigade

**Team Co-captain**

Sgt. Karen Glanzer, 125th MI Bn.

**Team Manager**

Sgt. 1st Class Caroline Trent  
HHC Division Support Command

**Team Members**

- Master Sgt. Tonya Benton, HHC, 25th Inf. Div.
- Staff Sgt. Elizabeth Justo, 725th MSB
- Spc. Richard Raby, 65th Eng. Bn.
- Spc. Edmund Perez, 125th MI Bn.
- Spc. Krista Christian, 125th MI Bn.
- Spc. Florine Nevins, 58th MP Co.
- Pfc. Scott Maye, HHC 65th Eng. Bn.
- Pfc. Leticia Melo, 725th MSB
- (Civ.) Angela Smith (Y-HATA & Co.)

**Winners of the team competition, Installation of the Year**

- 1st Place, Team Korea, U.S. Army Korea
- 2nd Place, Team Bragg, Fort Bragg, N.C.
- 3rd Place, Team USAREUR, U.S. Army Europe

## Oath of enlistment

From A-1

able obstacles to accomplish Erica’s request to have Rose perform the swearing in.

With help from the 17th Corps Support Battalion rear detachment, Dennis Patton, communication specialist in Mosul and Tech. Sgt. Billie Lopez, senior military liaison for the Honolulu Military Entrance Processing Station, the team first tackled the legalities of having a deployed Army officer administer the oath of enlistment to an Air Force recruit.

The idea of coordinating between video teleconference stations on Schofield Barracks and in Iraq seemed complicated enough, but then grandmother Pearlina Lockett asked to participate in the ceremony – from Georgia.

Early Tuesday morning, Rose administered the oath to her daughter while Georgia news media, Lockett and other family members watched from a VTC at Robbins Air Force Base, Ga. After the swearing-in, Lockett sang “The Lord’s Prayer.”

“At first I thought I was going to get a little choked up because I thought my mom was going to [cry], but she didn’t ... she did good,” said Erica after the ceremony.

“Being a career Soldier did wonders for me; I think she can excel even more,” said Rose, an accountable officer with the 17th CSB out of Mosul, Iraq.

Rose pushed hard for the swearing-in for sentimental reasons.

“While I was enlisted, I insisted my mom was at everything,” Rose said. “She has attended every graduation, visited every



Capt. Michael Gioffredo

Air Force recruit Erica James is sworn in by her deployed Army mom, Chief Warrant Officer Tammy Rose, 17th CSB, during a VTC on Schofield Barracks Tuesday. (From left) Kim Rowland, family friend; Jake Branch, stepfather; Christina Korodan; and Air Force Liaison, Tech. Sgt. Billie Lopez, observe the ceremony.

duty station, and has even sung at a re-enlistment or two. I can’t sing, so administering the oath has to be my legacy,” Rose explained. “Of course I am concerned for [Erica’s] safety, but she has goals for herself, and she believes that the Air Force is a step toward those goals. That being the case, I don’t want her to put her goals on hold for fear of deployment.

“Bad things happen everywhere, not just in war,” Rose wrote in an e-mail.

“Why would parents discourage their kids from joining the military?” asked 19-year-old Erica, matter-of-factly.

Through the military, Erica added, “You get free schooling and discipline, and I’m learning how to manage my money. Some people think the military is all about war. Don’t think of it like that,” she advised. “The military is an opportunity to start your life, to have a career and not have

to go in debt trying to pay for college.”

Erica hoped a basketball scholarship would pay for her education, but was unable to play at Mililani High School during her sophomore and junior years.

“There’s no need to struggle and worry about getting a scholarship; everybody can’t get a scholarship,” Erica said. “I knew that wasn’t going to happen [for me], so why not join the Air Force?”

After the swearing-in, Rose took a moment to pass along a final piece of motherly advice.

“She kept reinforcing that I control my temper, don’t talk back and don’t bring back any husbands or kids!” Erica explained while laughing. “I have a dream right now, and a husband or kids don’t fit into that.”

*(Editor’s Note: For information about joining the Army, visit [www.goarmy.com](http://www.goarmy.com).)*

# 29th Engineers get multilevel training

## Renegades on the march

By 1st Lt. Jesse Jones  
HHC, 29th Eng. Bn.

The Headquarters and Headquarters Company, 29th Engineer Battalion (Topographic) recently returned from a 12-day field training exercise at the Pohakuloa Training Area on the Big Island in February.

The focus of the battalion's deployment was individual Soldier skills and weapons training, which gave HHC a break from its garrison mission of providing logistical and administrative support to the mappers, divers and mariners who make up the rest of the unit.

Many Soldiers relished the opportunity to get out and "put some lead downrange," and the "Renegades" of HHC certainly got their chance.

The deployment was truly joint, with much of the unit flying to the Kona Airport on Coast Guard C-130s and most of the equipment sailing to Kawaihae Docks aboard a large Army vessel, the battalion's own Logistic Support Vessel-2.

Once on the ground, the company quickly set to work conducting Individual Readiness Training, where Soldiers learn the skills necessary to survive in a combat environment.

The company started with basic first aid techniques to treat fractures and burns.

Soldiers didn't have to work hard to motivate each other to pay attention, knowing that they definitely wanted their buddies to be proficient at the tasks that might save their life one day.

Soldiers also went through extensive training on communications equipment and chemical defense drills.

Soldiers leaving Pfc. Cristina Hatler's nuclear, biological and chemical station could be identified by the black smudges left on their faces from the charcoal lining their chemical defense gear.

After two days of individual task training, the Renegades moved into the next phase of operations: basic and advanced weapons training. Adhering to the idea that any Soldier might have to pick up and operate any type of weapon system in a combat situation, the company familiarized

every Soldier on all the company's organic weapons.

Most Soldiers had plenty of experience with the Army's standard assault rifle, the M16A2, but not many had been able to fire from various nonstandard positions. They took that opportunity at PTA.

By the end of the second day, Soldiers who had never fired the Army's sidearm, the M9 Beretta 9mm, were walking down the lanes at PTA's combat pistol range, taking down targets as they popped up in front of them.

The next day focused on the company's primary firepower, the M249 Squad Automatic Weapon and the venerable M2 .50-cal machine gun.

Even experienced Soldiers like Sgt. Sean Lane couldn't help but smile as the M2 — in the Army inventory since World War II but still very effective — rocked the ground underneath him.

The training culminated in two live-fire exercises that gave junior leaders in the company a chance to shine.

Staff Sgt. Phillip Davis, who had never led more than a team, expertly emplaced his platoon in defensive positions for the defensive live-fire exercise.

The last day contained a vehicle live-fire exercise, designed to give Soldiers a feel for what it's like to fire from a moving vehicle in a convoy going through an ambush zone.

Most Soldiers experienced difficulty firing on the move, but Pvt. Jeremy Spiekout adjusted quickly, knocking down at least three targets from 150 meters, while bouncing down the road in the back of a humvee.

That experience, along with some convoy battle drills that the company rehearsed, made the Soldiers a bit more confident in their abilities to make it through a deployment to a combat theater.

The Renegades of HHC, 29th Eng., flew back to Oahu after 12 strenuous days, grateful for the excellent training opportunities.

Their experiences in the desolate lava fields in the shadow of Hawaii's Mauna Kea should prepare them well for future service in some of the world's most rugged places.



Courtesy photo

Army divers from 7th Engineer Det. (Dive) conduct bangalore (an explosive at the end of a long pipe) training at PTA on the Big Island.

## Demolitions range: Pohakuloa Training Area

By 1st Lt. Charles T. Denike  
29th Engineer Battalion

POHAKULOA TRAINING AREA, Hawaii — Army divers with the 7th Engineer Detachment (Dive), 29th Engineer Battalion (Topographic), recently departed here fully prepared to employ demolitions on real-world missions throughout the Pacific.

The detachment is one of a few units in the Army certified to conduct demolition missions, both on land and underwater, and the training was a first experience firing all 10 sections of a bangalore, in one single shot, for most of the detachment.

The Soldiers conducted land demolitions training, which consisted of conventional and field-expedient demolitions, under the watchful eyes of Capt. Matt Chaney, assistant S-3 and former 7th Dive executive officer, and Staff Sgt. William Vaughan, the 7th Dive operations sergeant, who reviewed, corrected and verified skills being learned.

The duo also examined each squad leader's application of standards from FM 5-250 (Explosives and Demolitions) and the Sapper Handbook.

All squads received one full day on the demolitions range, to train on cratering charges, claymores, steel cutting charges, field expedient bangalores and field expedient shape charges. Squad leaders received an allotment of demolition charges and significant decision-making flexibility regarding their use.

Their first mission required employing the bangalore, a 5-foot long tube, 2-inches in diameter, which is predominantly used for



Photos courtesy 29th Eng. Bn.

Before and after shots show the result of a saddle charge blow through a piece of round steel stock.

breaching operations through a wire obstacle. A support squad assembled the wire obstacles, which the demolitions squad later breeched.

Following the bangalore charges, squads calculated placing three cratering charges — a 40-pound cylindrical charge — to create a roadway obstacle. They instructed their squads about the purpose and employment of various types of steel-cutting charges, including the block, saddle and diamond charge.

Afterwards, squad members designed their own field-expedient demolition charges in an attempt to cut through their own project.

Soldiers of the 7th Engineer Detachment (Dive) said they thor-

oughly enjoyed the field-expedient demolitions phase of the PTA operation because it gave them a chance to test their ingenuity and design calculations.

Their ingenuity led them to shape charges out of numerous objects ranging from soda cans to cardboard tubes. Tests allowed them to determine which design penetrated pieces of steel most effectively, and they discovered that a shape charge with a metal cone liner bores a hole in steel the easiest.

They also discovered that field-expedient charges and steel cutting charges created using C4, a common military high explosive, are easily moldable.

# 29th Eng. conducts unit's first trench-clearing exercise

## Commentary

By 1st Lt. David Bryant  
70th Eng. Company

During a two-week Field Training Exercise at Pohakuloa Training Area in late February, the 70th Engineer Company (Topographic) paved new roads for live-fire training that places realism second only to safety.

The capstone exercise for the 70th Eng. Co., trench-clearing live fire, comprised a scenario that evaluated Soldiers on every task they had performed during the FTX.

Soldiers zigzagged through one of two trenches firing at pop-up targets with the M16A2 weapon system and clearing enclosures with simulated grenades.

As Soldiers traversed the bends and forks of each trench, they had to react to both direct and indirect fire under limited visibility. Use of air weapon systems, artillery simulators and smoke grenades only added to the realism.

The planning, resourcing, and preparation for this exercise were intense, but the benefits proved to be without bound.

Soldiers left the live-fire exercise with renewed appreciation of individual weapons systems, confidence in personal ability, refined proficiency in warrior tasks and

drills, and a newfound connection with their khaki-clad forefathers who solved this operational level obstacle with an arsenal of similar tactical-level skill sets and movements.

In conducting the 29th Engineer Bn.'s first trench-clearing live-fire exercise, the 70th Eng. Co. fully illuminated the myriad realistic training opportunities available for future FTXs.

Courtesy photo

Soldiers zigzag through trenches and fire at pop-up targets during training at PTA in February.





Capt. Vondalyn Simmons (left), a 249th Combat Support Hospital operating room nurse, cleans Habib Ullah's arm, which has been made into a pincer so he can maintain functionality of the limb. An IED exploded near Ullah, injuring his arm and eye.

# Bagram hospital performs surgery on local boy injured in IED blast

## Army doctors perform Afghanistan's first Krukenberg procedure

Story and photo by  
Spc. Cheryl Ransford  
17th Public Affairs Det.

BAGRAM AIRFIELD, Afghanistan — Helping people live healthy, fulfilling lives after severe injuries can be challenging, especially in Afghanistan.

However, the surgical staff at the combat support hospital at Bagram Airfield has been able to do just that for one boy from Zabul Province who lost his right hand and vision in one

eye after an improvised explosive device detonated near him.

With the help of Dr. (Lt. Col.) Inez Kelleher, a 325th Combat Support Hospital pediatric orthopedic surgeon, Habib Ullah will still be able to have a functional limb.

"Being in a third-world country, it is very difficult to get prosthetics," said Kelleher. "So, instead, the Krukenberg procedure is done."

The Krukenberg procedure is a surgery that separates the bones in the forearm to form a pincer that can be used to grasp and hold things, she said.

"I wasn't sure at first if the boy's father would accept the procedure, so I showed him some photographs of other patients who have had it

done," said Kelleher. "After seeing them, his father agreed to have the surgery done."

Having such a dramatic surgery performed can be very hard, and not just for the person receiving the surgery. The Ullahs are not only very accepting of the surgery, but also looking forward to the benefits that will be gained from it.

"I want my son to be able to do everyday activities," said Mohib Ullah, Habib's father. "By having this surgery, he will still be able to have use of his right arm."

For Ullah to remain a functioning member of his society is an important capability.

The surgery to create the pincer is complete, but Ullah still has a

long road ahead of him before the pincer becomes a functioning part of his lifestyle.

"Before he can leave the hospital, he still needs a skin graft for the pincer," said Kelleher. "Once the swelling goes down and the skin graft is complete, he will begin physical therapy to activate the muscles in the pincer."

Ullah's care will take a few weeks to complete. Dr. (Maj.) Herbert Eidt, a 249th Combat Support Hospital orthopedic surgeon, will be handling the remaining care.

"This is one of the best cases I have ever seen," Eidt said. "I was expecting there to be some complications, but he has begun healing wonderfully. We should be able to do

the skin graft, start physical therapy and have him back to his village within the next month."

Since the physical therapy needed for the pincer is fairly limited, it can begin at the hospital and be completed once Ullah gets back to his village.

Although the procedure is the first time this type of surgery has been accomplished here, Kelleher is confident a demand for the surgery is soon to follow.

"The people of Afghanistan rely heavily on being able to function in society," she said. "By receiving surgeries, such as this, they are able to remain functional and be able to find their way back into society after receiving horrible injuries."



First Sgt. Charles Miller and Lt. Col. Brian Haebig, commander, case the Logistics Task Force 524 colors during a transfer of authority ceremony with LTF 191, March 16 at Forward Operating Base Salerno, Afghanistan.

## LTF 191 assumes authority of logistics mission

By Staff Sgt. Bradley Rhen  
CTF Thunder Public Affairs

FORWARD OPERATING BASE SALERNO, Afghanistan – Logistics Task Force 191 assumed authority of the logistics mission from LTF 524 during a transfer of authority ceremony here March 16.

As LTF concluded its mission, it marked the first casing of colors from a unit from the 45th Corps Support Group (Forward) for service in Operation Enduring Freedom.

Col. Dave McKenna, commander of Joint Logistics Command, said LTF 524 Soldiers displayed great commitment, courage, confidence and selflessness every day.

McKenna said all the Soldiers of LTF 524 had one thing in common.

“While they were here, they served and they soldiered for each other. As combat service support Soldiers and health care providers in support of service of others, it became their personal affair of the heart.”

McKenna said it was an honor and a privilege to serve with the Soldiers of LTF 524, saying, “You are the absolute best of the best.”

“As you prepare to leave Afghanistan, know that what you did was good, what you did was right, and what you did really made a difference,” he added. “This country and the world are a better place, a safer place because of what

each of you have done.”

McKenna told LTF 191 that he had no doubt they were the best prepared unit in the U.S. Army to assume this mission.

“You have trained long and hard to get here, you arrive here with fresh legs, new thoughts and enthusiasm beyond compare,” he said. “The challenge is now yours. Keep focused on the mission, care for each other and let soldiering together become your affair of the heart.”

Lt. Col. Brian Haebig, commander of LTF 524, said the unit had a “wild ride” over the last 12 months.

“The officers and the Soldiers that you see here before you put together plans and executed missions that

weren’t in any field manual, and just went about making it happen,” he said.

Haebig added that when the Soldiers arrived at FOB Salerno in May 2004, they found a base with no post office, finance office, personnel detachment nor PX, and they had to eat MREs for lunch since the dining facility only served two hot meals a day.

“These Soldiers adopted our battalion motto ‘Make a Way’ and started to take the time to truly make this place

a better place,” Haebig explained. “Their only limiting factor to make this place better was their own imagination.”

Lt. Col. Thomas Langowski, commander of LTF 191, said the service of LTF 524 is nothing short of magnificent and commendable.

“The combat service support and combat health support provided by your logistics task force ... were unmatched and unparalleled,” he emphasized. “Due to your efforts, the warfighter

was provided unprecedented access to all services and classes of supply that greatly enhanced their ability to execute their combat mission.”

Langowski said it is now LTF 191’s turn to add to the history that LTF 524 started.

“We will do that by performing our mission to the utmost of our abilities,” he continued, “ensuring that Task Force Thunder and all the combat forces in Regional Command East always have the logistics capabilities to perform their mission.”

# Facing the Future: Preparing today's military for its next challenges

By Jim Garamone  
*American Forces Press Service*

WASHINGTON – One of the hardest parts of transforming the military is the lack of a clear picture of the challenges it will face, the chairman of the Joint Chiefs of Staff said in a recent interview.

“The transformation of the United States military (today) is to get us ready for what’s around the next corner,” said Air Force Gen. Richard B. Myers. “And this is difficult, because we don’t know what’s around the next corner.”

The chairman said that while the United States may not know specifically where the next threat will come from, “we know that the forces we came out of the last century with are not the forces we need

today, or probably the forces we will need in the future.”

Myers credits the Goldwater-Nichols Act of 1986 as starting transformation in the military by forcing the services to work more closely together. He said the landmark law laid the groundwork for the success of today’s forces.

The global war on terrorism highlights the accomplishments and needs of the military. In Afghanistan, innovative ways of using air power and special operations forces embedded with indigenous forces were the key to defeating al Qaeda and the Taliban. Around 20,000 U.S. service members continue to provide support to the Afghan government and to hunt al Qaeda and Taliban remnants in some

of the most forbidding terrain in the world.

Operation Iraqi Freedom was the first “really integrated joint fight” in U.S. history, the chairman said. In the first Gulf War, the services were “deconflicted,” meaning the Marines were given a certain area, the Army another and coalition forces still another. In Operation Iraqi Freedom, the services depended on each other for combat power and support. In one instance, a Marine commander, serving under an Army commander, was in charge not only of Marine forces, but also British and U.S. Army units.

“Any unit making the approach to Baghdad relied heavily on airpower to be there at the right time, in the right place and with the right ord-

nance,” Myers said. It didn’t matter if the aircraft were from the Air Force, Navy, Marines or Army – all worked off a common knowledge base, common mission plan and were able to speak directly with the supported units on the ground.

But the military can do better, Myers said. Command and control is the area that will give warfighters the single biggest payoff. “We need to put efforts into command and control and link all players on the battlefield so information flows seamlessly between soldiers in foxholes and airplanes and tanks and ships and air defenses,” he said.

The joint task force commander should have the visibility of the battlespace and the tools needed to make

changes in the plan quickly, Myers said. Right now, the Defense Department is ensuring that “legacy systems” – those systems already in use – can speak to each other. “If every commander in a joint task force – from platoon on up – sees the battlefield the same way, then they can very quickly apportion forces to get the job done,” the general said.

This flexibility and agility, Myers said, is key to new capabilities needed to defend against unknown threats. The U.S. military must be able to adapt quickly to changing circumstances. It must have the capabilities honed and ready when they are needed.

New technology plays a part, but only a part, said the chairman. “Technology can help you transform, but the

real nuggets are how you employ what you have or how you develop systems that have inherent agility and flexibility and that aren’t single-purpose,” he said.

The bottom line, the chairman said, is that people are necessary for transformation in the military. Commanders cannot be threatened when subordinates have new ideas, but rather need to encourage new ideas and give subordinates the room and budget to try those ideas out, Myers said.

“We need people who say ‘I understand what the doctrine says, but the situation we’re confronting is quite a bit different, and here’s what I think we ought to do,’” the chairman said. “Most of this transformation will be cultural and will happen between our ears.”

## Army to train 1,000 advocates to help sexual assault victims

By Eric Cramer  
*Army News Service*

WASHINGTON -- Army commanders were notified last week to begin selecting advocates to help victims of sexual assault.

Unit victims advocates will be a source for sexual assault victims to obtain information about their rights and options and to get access to services, said Lt. Col. Mary Dooley-Bernard, deputy director of Family Programs and Family Advocacy Program manager for the U.S. Army Community and Family Support Center.

“It’s not their job to be a counselor,” Dooley-Bernard said. “They’re there to be knowledgeable and provide support to the victim.”

She said the UVAs are part of an Army-wide response to requests from units in the field to help with problems relating to sexual assault.

In May 2004, an Army Task Force made 14 major findings to improve the service’s sexual assault prevention and response program. These were developed into an action plan of 239 recommendations. Since August, when the Sexual Assault Action Plan was approved, the Army staff has been systematically putting in place actions related to policy, training/education, incident response, investigations, victim services, and program improvement.

“It’s a coordinated response to increase awareness, provide prevention and provide care in the event an assault takes place,” Dooley-Bernard said.

She said mobile training units will train 1,000 UVAs worldwide.

“They need to be someone who is sensitive, who has some maturity. Commanders have a set of Defense Department guidelines to help them make selections,” Dooley-Bernard said.

Although the UVAs are the first line of response to a victim, Dooley-Bernard stressed that they are not the only outlet for victims.

“Victims can talk to the medical staff and chaplains. On installations, there are also installation victim advocates. The victim has the choice of which avenue

to use. We want to empower the victim, who has been stripped of power by the assault,” she said.

In addition to the UVAs, the Army will let a contract this week to place special assault response coordinators to provide oversight.

There will be one full-time SARC at each of the 15 major power projection platforms and three at selected power support platforms,” Lt. Col. Dooley-Bernard said. The Community and Family Support Center is training 88 existing domestic violence advocates, located at installations, to respond to sexual assault. At smaller installations, the existing victim advocate coordinators will also serve as SARCs.

“In garrisons, the SARCs will be civilians, contractors,” Dooley-Bernard said. “But it has to be a deployable asset, so there will be a military SARC at the brigade and higher levels in units that are deployed.”

She said the SARC will operate in ways that are somewhat similar to a unit equal employment opportunity officer.

“They provide training and oversight to the UVAs, so they have to have administrative skills, and they will also be involved in data collection,” she said.

All of these efforts were designed to change the environment and atmosphere regarding sexual assault, Dooley-Bernard said.

“We’re working to make it clear that the Army doesn’t encourage or tolerate sexual assault,” Dooley-Bernard said. “We have to make certain we are training our Soldiers that it is wrong. We also have to be aware that it takes place and aware of things such as acquaintance assault.”

She said the data acquisition by both UVAs and SARCs is critical to the program’s success.

“The Army has a commitment to eradicating sexual assault through clear policy, awareness training, care and support for sexual assault victims and punishment for offenders,” Dooley-Bernard said.

(Editor’s note: See related Department of Defense News Release, DoD Issues Confidentiality Policy for Sexual Assault Victims.)



Inductees into the Order of St. Barbara drink the traditional "Artillery Punch" March 19 at Forward Operating Base Salerno, Afghanistan. The punch supposedly has a medicinal value. It can also be used as a bore cleaner for the cannon or as a lubricant for the breech.

## CTF Thunder inducts five Soldiers into Order of St. Barbara

Story and photos by  
Staff Sgt. Bradley Rhen  
CTF Thunder Public Affairs

FORWARD OPERATING BASE SALERNO, Afghanistan – Combined Task Force Thunder inducted five Soldiers into the order of St. Barbara, Saturday.

Lt. Col. Bobby Mundell, Maj. Duke Davis and Maj. Tony Migos of the CTF Thunder headquarters staff, and Staff Sgt. Robert Flynn and Staff Sgt. Maurice Brittain of Battery F, 7th Field Artillery Regiment, were inducted into the prestigious field artillery club.

"This is a great recognition of individuals who have made contributions to the field artillery," said Col. Gary H. Cheek, commander of CTF Thunder. "All of these folks represent some enormous contributions."

According to legend, St. Barbara was a woman of incomparable beauty who was beheaded by her own father, Dioscurus, for her belief in Christianity.

As he walked back from the execution, Dioscurus was struck by lightning and his body consumed. It is believed that St. Barbara sent the lightning bolt that struck down Dioscurus.

St. Barbara came to be regarded as the patron saint offering refuge in the time of danger from thunderstorms, fire and sudden death.

When gun powder made its appearance in the Western world, St. Barbara was invoked for aid against

accidents resulting from explosions. Since some of the early artillery pieces often blew up instead of firing their projectiles, St. Barbara became the patroness of artillerymen.

To pay homage to the saint, every year the artillery inducts a handful of upstanding Soldiers into the Order of St. Barbara – a "traditional brotherhood of stonehurlers, archers, catapulters, rocketeers and gunners."

Cheek said the two NCOs are great trainers of Soldiers and great leaders of field artillerymen in combat operations here in Afghanistan.

"They are ones who have served with distinction for a long time, manning the guns," he said.

Cheek credited the three officers with being part of the reason the headquarters – a division artillery headquarters – has been so successful in its mission here in Afghanistan.

Mundell and Davis are both infantry officers, and Migos is an intelligence officer.

"The three officers are ones that have served in different ways and made different contributions to the field artillery," he said.

Brittain, the fire direction section chief for Fox Battery, said it meant a great deal to him as a field artilleryman to be inducted into the order.

He said every artilleryman strives to become a member of the order like every infantryman strives to earn a Combat

Infantryman Badge.

"To consider yourself a great artilleryman, this would be the best honor you could receive," he said.

Brittain added that when he reflects on his accomplishment, it will mean more to

him to know he was inducted into the order while in a combat zone.

To be worthy of this honor an individual must have demonstrated the highest standards of integrity and moral character, displayed

an outstanding degree of professional competence and made significant contributions to U.S. Army Field Artillery.

Following induction, the new members drank a cup of "Artillery Punch."

According to legend, the punch has a medicinal value that cures "what ails you or ensures that you don't care."

In a pinch, Artillery Punch can be used as a bore cleaner for cannons, or as a lubricant for the breech.



Col. Gary H. Cheek, commander of Combined Task Force Thunder, places a St. Barbara medallion around the neck of Staff Sgt. Maurice Brittain, fire direction section chief for Battery F, 7th Field Artillery Regiment, March 19 at Forward Operating Base Salerno, Afghanistan.

# Two years in Iraq: What do the Iraqis think?

By Donna Miles  
American Forces Press Service

BAGHDAD, Iraq – Two years after the launch of Operation Iraqi Freedom, most Iraqi people are relieved to be free of Saddam Hussein, hopeful for their country's future, but frustrated that progress isn't coming as quickly as they'd like.

That was the assessment of several Iraqi journalists here, who spoke with the American Forces Press Service on the condition that their names not be used, for fear of retaliation by extremists.

The journalists described an Iraq buoyed by Saddam's removal from power and the possibilities ahead under a new democratic government.

"Under Saddam and his army, people were always afraid.

"Talk to just about anyone and they know someone killed under Saddam," said a journalist for an Iraqi daily newspaper. "Anyone, even the devil, would be better," agreed a reporter who covers Iraq for a U.S. newspaper.

Across the board, journalists agreed that nothing short of Operation Iraqi Freedom could successfully have freed Iraq from Saddam's iron grip.

The population is split regarding the length of the coalition mission here, but generally understands that it's too soon for the coalition to leave Iraq.

They don't like what they perceive as aggressive convoys running through their streets, but they recognize that they're necessary for Iraq's long-term security, reporters said.

"People understand that it is necessary for the coalition to stay through this transient, difficult stage for our country," one reporter said. "The soldiers need to stay until we're able to secure ourselves from the dangerous enemies, both in and out of Iraq."

But at the same time, many Iraqis are frustrated by the difficulties



Sgt. Sean Kimmons

**Staff Sgt. Chris Golde, a squad leader with Co. A, TF 1-21 Inf., befriends a Kurdish child during a dismounted patrol within a displaced Kurdish camp in Northwest Kirkuk.**

they're experiencing during their country's transition period — from concerns about security and unemployment, to uncertainty about their future government, to inconveniences caused by dilapidated water and electrical systems.

Regular insurgent attacks on Iraqi civilians have left the population frazzled, and many are growing increasingly angry at those behind the attacks.

More than 2,000 people marched through Baghdad March 18 to protest a bombing that left 125 people dead. The attackers include Iraqis who refuse to let go of the Saddam regime.

While stressing that he disagrees with their viewpoints and tactics, one reporter said he understands their desperation.

"Under Saddam, they had money, they had big houses and cars, they

had high-level jobs. Now they have nothing," he said.

These loyalists aren't necessarily committed to Saddam the man, the reporter explained. What many are clinging to are the lives of privilege they once had, but have lost.

Ridding Iraq of extremists has to be a top priority in Iraq's progress, a reporter said.

"The first demand has to be to kill the terrorists," he said. "We can't

move forward with the terrorists operating freely and killing our people."

In terms of their future government, the people are mixed, with some wanting a clear separation between church and state and others preferring an Islamic government. The latter alternative, one Iraqi journalist (who reports for a U.S. newspaper) fears, likely would be strongly influenced by Iran.

"People don't want to see an Iranian style of government for Iraq," he explained.

As they ponder their country's political future, some Iraqis have difficulty looking beyond the day-to-day inconveniences caused by Iraq's long-neglected infrastructure, journalists agreed.

The Iraqi people have heard about the \$18 billion the United States has committed in reconstruction funds, but aren't seeing signs of the efforts or believe they're taking too long.

"Many Iraqis thought that the Americans could come in and wave a magic wand and everything would be fixed," said one reporter who covers Baghdad for a local daily newspaper. "They don't understand that it's going to take time to clean up after 35 years."

Similarly, as they watch their country transition from a dictatorship to a democracy, many Iraqis, particularly those with less education, are grappling with their newfound liberties.

"People are trying to understand: What is democracy? What is freedom?" a reporter said. "To some, it means that now they can do anything they want, but that's not true."

"There are a lot of misconceptions, and the Iraqi leaders and Iraqi media need to help educate them."

Despite the difficulties and frustrations of Iraq's transition period, most Iraqi people are now looking to the future with hopes and aspirations unimaginable just two years ago, reporters said.

# Secretary sees 'solid progress' in Iraq

Story and photo by  
Staff Sgt. Carmen L. Burgess  
Army News Service

BAGHDAD, Iraq – “If I was an (Iraqi) insurgent, I think I’d find a new profession,” said Secretary of the Army Francis Harvey while in Iraq, March 17-18.

“We are sending a strong message to tyrants around the world: You’d better straighten up or there will be a high price to pay,” Harvey said.

Harvey made this comment during his first trip to the war-torn country in his four months as Secretary of the Army. Making stops in Baghdad, Balad, Tikrit, Abu Ghraib and Mosul, Harvey said that he sees “solid progress” being made in rebuilding the nation and creating democracy for those who live there.

Harvey received updates on Iraqi Security Forces and the progress being made by units falling under XVIII Airborne Corps, 3rd Infantry Division, 1st Corps Support Command and 42nd Infantry Division.

“The latest polls are quite heartening,” said Lt. Gen. David Petraeus, commander, Multi-National Security Transition Command – Iraq, while updating the secretary on the training of the country’s forces. “The Iraqis are by nature an optimistic people.”

This optimism is evident in the fact that 8.4 million people risked potential election-day violence Jan. 30 to vote for the 275-member transitional Iraqi National Assembly.

“The weight of Iraqi security forces is being felt,” Petraeus told Harvey.

More than 145,000 Iraqi soldiers are trained and individually equipped, with 35,000 more in uniform and awaiting training.

“Iraqi security forces are in the fight, and Iraqi leadership and coalition force back-up are the keys to success,” said an optimistic Harvey about progress.

While visiting Soldiers of the 3rd Infantry Division, Harvey pointed



Staff Sgt. Carmen L. Burgess

**“You are the vanguard of democracy,” Secretary of the Army Francis Harvey tells 3rd Infantry Division Soldiers in Baghdad, Iraq, March 18. The secretary spent a week in Afghanistan, Iraq and Germany getting briefings and visiting Soldiers.**

out that their efforts, along with those of XVIII Airborne Corps and Iraqi forces, allowed for the first meeting of the interim national assembly without incident.

“I am very proud of what you have accomplished and what you are doing,” he said. “You should realize that you are the vanguards of freedom and democracy.”

The Army’s top leader also

praised reconstruction efforts of the Iraq Project and Contracting Office. They have the task of overseeing the \$18.4 billion allocated by the United States to complete projects like the rebuilding and maintaining of power plants and improving roads.

“I see some dramatic progress,” Harvey said. “I know that these things don’t happen randomly. I

know it takes a lot of committed and dedicated people to accomplish what we have.”

Comparing Army units to football teams, Harvey told Soldiers stationed at Abu Ghraib he will do his best to provide the best game strategy, coaching and training possible.

“As long as I’m around, I’ll ensure that you remain strong and

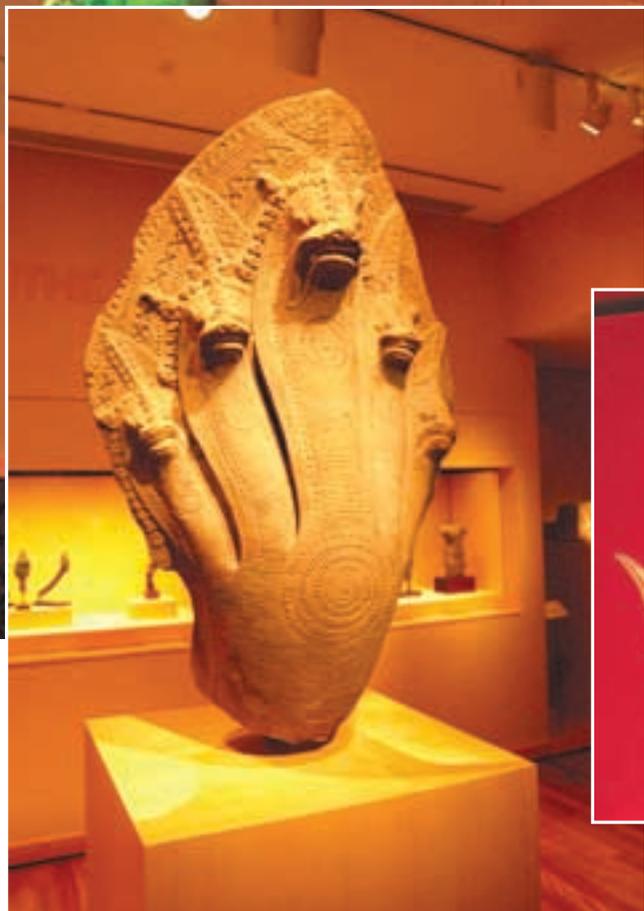
well-equipped,” he said. “I think that we’ve turned the corner.”

“It’s not over yet, but we’ve done it before, in France, Italy, Germany and South Korea. We have a long history of spreading peace and freedom around the world.”

*(Editor’s note: Staff Sgt. Carmen L. Burgess works in the Strategic Communications Division, Office of the Army Chief of Public Affairs.)*



Colorful lamps hang on display, illuminating one of the Academy's traveling exhibits dedicated to rice (grain) art.



The "Naga Finial" is a sandstone sculpture from 10th century Cambodia.



Left: The "Southeast Moluccas," from the 19th century's Luang Island, is made from a gold sheet with repousse and gold wire.

## Art from around the world, at the Honolulu Academy of Arts

Story and Photos by  
Spc. Daniel P. Kelly  
Staff Writer

White beaches with blue waves crashing and soft golden sunsets on the Pacific are only the "skin deep" beauties of Hawaii.

Still deeper beauty can be found in art collections from around the world on display for public viewing at the Honolulu Academy of Arts.

Located at 900 S. Beretania St. in Honolulu, the academy has a wide range of collections and holdings.

One of its larger collections consist of Japanese and Chinese works.

A famous Kress collection of Italian Renaissance paintings, and American and European paintings and decorative arts also capture the eye of passersby.

The academy has images from Africa, Oceania and the Americas; of textiles and contemporary art; and an extensive graphics collection of 17,000 works on papers.

Permanent collections are presented in 32 galleries that surround six courtyards.

Along with works of art, patrons can visit the academy's Doris Duke Theatre. The theatre presents concerts, lectures and films. (Call its box office at 532-8768.)

Art goers can dine at the Pavilion Café, which offers a variety of foods and drinks. Reservations must be made in advance, however, at 532-8734.

Another venue designed for young and social professionals in their 20s to 40s is "ARTafterDARK." This event supports the academy efforts to enrich Honolulu's cultural life and takes place at the museum in a night-club environment, complete with drinks, dancing and socializing.

"80's Night" is scheduled April 29. Admission is \$7.

Anna Rice chartered the academy in 1922 out of a desire to share

her love of fine art with Hawaii's children. The academy first opened April 8, 1927, and has since become the state's largest private presenter of visual arts programs.

During World War II, the academy served as a Uniformed Services Organization and Red Cross, said Charlie Aldinger, director of public relations for the academy.

"Women would sew mittens and caps for service members at war in Korea and Europe," Aldinger reminisced.

Soldiers and families can visit the Honolulu Academy of Arts, Tuesdays through Saturdays from 10 a.m. until 4:30 p.m., and

Sundays from 1 to 5 p.m.

General admission is \$7; \$4 for seniors (65 and older); and \$4 for military and students with ID. Members and children 12 and under are admitted free during public hours.

The public and service members and their families can enjoy free admission on the first Wednesday and third Sunday of each month.

Entry to the Pavilion Café, the academy shop and the Doris Duke Theatre is free.

For more information about the Honolulu Academy of Arts, visit [www.honoluluacademy.org](http://www.honoluluacademy.org), or call 532-8701.



A wall of "Santos" figures on display at the academy. These Christian deities largely replaced indigenous religious figures as the Spanish spread Christianity during the 19th and 20th centuries.



Above: "Annapurna" is the pan-Indian goddess of rice, and her name means never-ending food. This work of art is just one of many traveling displays at the Academy.



The "Ancestor Figure with Skull" sculpture is from Papua New Guinea. It's made with a human skull and hair. The skull of this ancestor would have belonged to a highly respected clan member.



# This Week at the MOVIES

## SGT. SMITH THEATER

Today  
**The Boggeyman**  
7 p.m. (PG-13)

Saturday March 26  
**Pooh's Heffalump Movie**  
2 p.m. (G)

Sunday March 27  
**Are We There Yet?**  
7 p.m. (PG)

Monday March 28  
**Closed**

Tuesday March 29  
**Closed**

Wednesday March 30  
**Closed**

Thursday March 31  
**The Boggeyman**  
7 p.m. (PG-13)

## HICKAM AFB MOVIE SCHEDULE

Today  
**The Passion of the Christ**  
7 p.m. (R)

Saturday March 26  
**The Passion of the Christ**  
7 p.m. (R)

Sunday March 27  
**The Aviator**  
7 p.m. (PG-13)

Monday March 28  
**Closed**

Tuesday March 29  
**Closed**

Wednesday March 30  
**The Aviator**  
7 p.m. (PG-13)

Thursday March 31  
**Son of the Mask**  
7 p.m. (PG)

**Spring Break Youth Art Classes** – Register children for spring break art classes offered at the Arts and Crafts Center, Schofield Barracks. Classes available include "Foto Frame Fun," Saturday, and "Paint n' Take," Wednesday, 10:30 a.m. – noon, open to youth ages 7 – 11. Cost is \$12 per class or \$10 for both classes. Call 655-4202 for registration and information.

**Story Time with Nyla Ching-Fujii** – Enjoy a special story time sponsored by the Fort Shafter Library on April 12 at 3 p.m. and at the Aliamanu Gym on April 13 at 3 p.m. Call 438-9521.

**Spouses Night Out** – Catch part one of "The Seven Habits of Highly Effective Families," by Dr. Stephen Covey, at the Schofield Barracks Army Community Service, April 7 from 4:30 – 6:30 p.m. A 6 p.m. break is planned for a free pizza dinner, and books will be provided. (Part two continues April 14.) Call 655-2736 to sign up.

MWR Blue Star Card holders receive free child care from 6 - 9 p.m., by reservation only at Peterson Child Care Center. Call 655-3929 by noon of the Tuesday before each Thursday event to make reservations.

All reservations can be made two weeks in advance. Call 655-2400 for more information.

### Salute the Troops

**Concert Series** – Enjoy live local entertainment at the Tropics, Schofield Barracks, every Friday night in April at 8:30 p.m.; no cover charge.

Listen to "Upstanding Youth" April 1, "Primal Tribe" April 8, and "808" April 15. Plus, enjoy free entertainment, drink specials and food from MacGregor's Market.

Visit the Tropics and register to win a sport utility vehicle. Finalists are selected at each concert event, and at the concert series end (approximately June, date to be announced), finalists will select a random key that may start the SUV.

Visit the Tropics or call 655-0002 for information.

**Intramural Bowling** – MWR is seeking teams from units, sections or directorates in the Fort Shafter area. Call 438-6733.

**Hawaii Army Family Action Planning** – The Hawaii Army Family Action Plan is designed to improve the quality of life in the U.S. Army Hawaii community by receiving input from its community members.

Make a difference by submitting issues or comments online at [www.mwrarmy-hawaii.com](http://www.mwrarmy-hawaii.com), by e-mail to [HAFAP@schofield.army.mil](mailto:HAFAP@schofield.army.mil), or by calling 655-2744.

Issues will be discussed in a forum April 18 – 19 at the Nehelani, Schofield Barracks. Call 655-2744 for HAFAP information.

**PT in the Park** – Join the fun April 5 at Bennett Youth Center Field, Schofield Barracks from 6:30 – 7:30 a.m. or at the Fort Shafter Gym, April 26 from 6:30 – 7:30 a.m. Participating children will receive custom Army PT shirts and enjoy a free continental breakfast.

The event will feature an exciting and high energy Disney Mousersize aerobic routine led by mouse instructors – a fun event for the whole family. Call 438-9336.

**Lost in Paradise Update** – Find out which battalion won the Lost in Paradise program. Winners will be announced Saturday at the Family Fun Fest on Sills Field, Schofield Barracks at approximately 1:30 p.m.

Winners will receive a \$1,000 party at the Nehelani and participants receive a free three-month membership to the Health and Fitness Center on Schofield Barracks.

Participating battalions were the 556th Personnel Support Battalion; 1-62nd Air Defense Artillery; 524th CSB, 65th Eng. Bn.; 1st Bn., 14th Inf. Rgt.; HHC, DISCOM; 1st Bn., 21st Inf. Rgt.; 3rd Bn., 7th FA Rgt.; 2nd Bn., 27th Inf. Rgt.; 2nd Bn., 11th FA Rgt.; and 25th MP Brigade. May the biggest "losers" win.

**Water Exercise Class** – Burn calories in Richardson Pool, Schofield Barracks Tuesday and Thursday, 11 a.m. – noon. Cost is \$2 per

class, or patrons can purchase a punch card for \$15 (10 classes). Call 655-9698.

**Summer Learn to Swim Program** – "Learn to Swim" takes participants level by level from their first step into the water to a level of ease and proficiency with standard swimming skills.

Registration for Level I ("Introduction to Water Skills") begins Saturday, 10 a.m. – 5 p.m., at Richardson Pool, Schofield Barracks. Cost is \$40 for nine, 45-minute classes. A multi-child discount is offered.

Registration is first-come, first-served. Call 655-9698.

The Tripler, Helemano and Aliamanu pools will also hold Level I and other courses. Registration in these areas begins in June. Call the nearest pool for information.

**Intramural Softball Season** – Participate in this year's intramural softball season, May 2 – Aug. 26. Applications are available at the USAG-HI Sports Office or Martinez Physical Fitness Center. Register by April 22. Call 655-0856 or 655-0101 for information.

**Family Fun Fest and ITR Travel Fair** – Enjoy food, fun, entertainment and travel information for the whole family on Saturday from 9 a.m. – 2 p.m. at Sills Field, Schofield Barracks.

Child events and activities include fun runs, inflatables, rides, crafts and pictures with the Easter bunny. Plus, catch demonstrations of magic, Irish dance, karate and more.

Fun runs are scheduled at 9 a.m. (50 yards, age 2 and under), 9:15 a.m. (100 yards, ages 3 and 4), 9:30 a.m. (800 yards, ages 5 and 6), and 9:45 a.m. (one mile, ages 7 and above).

Check out travel deals offered by a variety of local businesses and hourly door prizes. Entertainment will be provided by the Polynesian Cultural Center. Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) for information and schedules, or call 655-0110 or 655-0112.

**Richardson Pool Open** – Richardson Pool on Schofield Barracks is open. Hours are Monday – Friday, active duty physical training; and 6 – 8 a.m. and 10 a.m. – 6 p.m. for open swim. On weekends, open swim goes from 10 a.m. – 6 p.m. Call 655-1128 for information.

**Blue Star Card Program Closing** – The Blue Star Card Program for spouses of Deployed Soldiers will end as Soldiers redeploy. However, Operation Iraqi Freedom cards, those with a

blue background, are valid until Thursday. Operation Enduring Freedom cards, yellow background, are valid until April 30.

The program will continue for units returning after this date. The program end date will be publicized.

Green background cards issued for the 29th Brigade Combat Team and the 100th and 442nd Infantry Regiments are valid through 2006.

Visit the Installation Access Pass Office to receive the Blue Star card. Call 438-0572 or 655-1620.

**Easter Sunday Brunch at Hale Ikena** – Feast on a brunch featuring a breakfast station, chilled shrimp, smoked salmon, garlic pepper crusted prime rib, furikaki crusted mahi mahi and more, Sunday, 8 a.m. – 2 p.m. at Hale Ikena. Cost is \$23.95 for adults; children's prices are available. Place reservations at 438-1974.

**Easter Buffet at Waianae Beach Club** – Enjoy an Easter breakfast buffet, Sunday, 8:30 – 11 a.m., or an Easter dinner buffet served from 5:30 – 9 p.m. at the Waianae Beach Club. Call 696-4778.

**Hawaiian Luau Lunch Buffet** – Taste a traditional Hawaii style feast today, 11 a.m. – 1 p.m. at the Hale Ikena, Fort Shafter or Reggie's, Schofield Barracks. Cost is \$9.95 per person. Call the Nehelani 655-4466 or Hale Ikena at 438-1974 for reservations or information.

**Bunny Brunch at Nehelani** – Join the Easter bunny, Sunday, for an all-you-can eat brunch featuring breakfast favorites with a ham and beef carving station and more. Brunch will be served from 9 a.m. – 1 p.m. Cost is \$18.95 for adults and children's pricing is available. For reservations, call 655-0660.

**Noodle "Kicker" Tournament** – Take advantage of a reserved tee time every Saturday and Sunday during March at Nagorski Golf Course, Fort Shafter. Entry fee is \$4. Prizes will be awarded daily. Call 438-9587.

**Hawaii Youth Track and Field Program** – Youth born in any year from 1987 to 1996 can register for track and field through April 8. A tentative start date is April 13. Cost is \$40 and includes a team uniform, qualified coaching and a USA Track and Field Membership Card.

Contact an area sports director at 655-6465, 438-9336, 836-1923 or 655-0883.

HACN TV Schedule		March 25 - 31	
<b>Morning</b>			
6:00	Sign on	3:32	OAHU-Aloha Begins
6:30	What's Down the Drain	3:40	Welcome Home
6:36	Fit for Life	3:44	Volunteers
7:00	Bulletin Board	3:54	Safety Video
7:30	SHAMU-Wild Life, Grasslands	4:00	Pentagon Channel
8:00	Army News Watch		
<b>Evening</b>			
8:30	Pentagon Channel	6:00	Bulletin Board
9:00	Pentagon Channel	6:30	Community Focus
10:00	ASAP	6:42	Welcome Home
10:30	Bulletin Board	6:47	Army Values-Respect
11:20	Safety Video	6:56	Safety Video
11:24	Dash and Grab	7:00	NFL-Turf Talk
11:30	Hawaii Hidden Beauty, Danger	8:00	Bulletin Board
11:52	Welcome Home	8:45	History of JAG
12:00	Pentagon Channel	9:00	Antiterrorism FP
		9:30	Oakland Army Base
<b>Afternoon</b>			
2:02	What's Down the Drain	10:00	Youth Protection
2:10	Dash and Grab	11:00	NFL-Greatest Games
2:19	Safety Video	12:14	Bulletin Board
2:22	Welcome Home	1:00	What's Down the Drain
2:30	SHAMU-Rumble in Jungle		
<b>Overnight</b>			
3:00	SHAMU-Great Ape Story	12:51	Pentagon Channel



# April is child abuse prevention month

By 1st Lt. Jenice Francis  
Tripler Army Medical Center

In 1989, Bonnie Finney of Norfolk, Va., decided to take a stand. Her grandson was found in a toolbox at the bottom of a swamp, three months after he was killed.

Finney tied a blue ribbon on her van to tell her community and the world about the death of her grandchild.

Today, Finney's blue ribbon has come to symbolize the bruised and battered body not only of her grandson but the many other abused children across the nation, especially during Child Abuse Prevention Month in April.

Tripler Army Medical Center's Community Health Nursing is joining other Hawaii organizations in next month's Child Abuse Prevention Month campaign. As part of the campaign, CHN clinics and the Joint New Parents Support Program at Tripler and at Schofield Barracks are now

collecting teddy bears for Hawaii's children.

This 8th Annual Teddy Bear Roundup ends April 1. The stuffed animals will be presented to various organizations to give to abused children each helps.

In April, CHN will be distributing blue ribbons at its offices and clinics. Wearing the ribbon or tying it on your vehicles will remind people about this very preventable but real problem in our families, neighborhoods and communities.

Hawaii's Child Protective Services System recently reported 4,762 cases of child abuse and neglect in 1998. Of this, 147 reports involved children in military communities.

CHN will conduct other activities during the month of April to help prevent child abuse.

Awareness and education remains the key to preventing child abuse.

For more details, call 433-2110.

## Fort Shafter Veterinary Clinic

The Fort Shafter Veterinary Clinic is currently making changes to better serve its clients and patients and to ensure better service.

Appointments can be made Mondays, Tuesdays and Thursdays. The clinic will continue to stay open from 8 a.m. - 4 p.m., Mondays through Fridays

for all other services.

Fort Shafter is not an emergency veterinary clinic but encourages all pet owners to go to a civilian veterinary clinic in case of any emergency.

The clinic is located in building 435 on Pierce Road aboard Fort Shafter. Call 433-2271 for more details.



Karry Still-Hettich, a volunteer medical assistant, draws blood from Sgt. Dawn Tanega, 196th Inf. BDE. Still-Hettich is Red Cross certified through a Schofield Barracks program.

## The Red Cross generates volunteer opportunities that benefit the community

By Kirsten Tacker  
Contributing Writer

On Schofield Barracks the Red Cross offers free courses in the Volunteer Medical Program and Dental Assistant Program.

Courses give student volunteers an introduction to the medical or dental assistant profession, and both programs provide knowledge and hands-on training.

Graduates receive a certificate of completion from the Red Cross and the Schofield Medical Clinic. Also, the training can be used toward medical board certification, though graduates might need

to meet additional training requirements for board certification.

Schofield Barracks classes are often full, but courses are available at other military installations. Hickam Air Force Base offers the Volunteer Dental and Certified Nurse Assistant Program, and Marine Corps Base Hawaii, Kaneohe Bay, offers the Volunteer Dental Assistant Program.

The CardioPulmonary Resuscitation Course is the only one with a fee of \$52. CPR certification is required for patient contact.

Students in the Volunteer Medical Assistant Program

gain experience in many clinics: Family Practice, the Troop Medical Clinic, Acute Care, the Laboratory, Pharmacy, Orthopedics, Central Material Supply, Physical Therapy, Medical Records, Community Health and Occupational Health.

"We try and find out what clinic they are interested in volunteering in," said Judy Rossi, Red Cross chairman of volunteers. "We want to place them where they'd be most happy and try and balance that with the needs of the clinic."

The Red Cross also pays for volunteers to become CPR or first aid instructors, and

many volunteers have received employment offers upon certification.

Also, for individuals interested in volunteering but in need of child care, funding or compensation may be possible from the State of Hawaii through Maximus Child Care Connection Hawaii. (Call 483-7340 for child care options.)

"Volunteer opportunities are there; if we can't get them in here [at Schofield Barracks], we can get them in at Tripler Army Medical Center."

Call 655-4927 for more details about Red Cross programs.



Spring teen camp featured a "getting to know you" game of tag for the nearly 30 participants.

# Spring Break Teen Camp offers one more week of affordable fun

Story and photos by  
Joy Boisselle  
Staff Writer

Parents looking for a way to entertain their preteens and teenagers can take advantage of the last Schofield Barracks Teen Center Spring Break Camp, Monday through April. The camp will allow children maximum activities before most head back to school. Teens must sign up today to participate next week. This week nearly 30 youth enjoyed a wide variety of on- and off-post activities at an affordable \$25 fee. Activities included bowling, a Sea Life Park visit, a day at the Honolulu Arts Academy, swimming at Richardson Pool, and a battle of the genders. Teens brought sack lunches and spending money, but all other fees

were included in the weekly rate for the camp. According to Gloria Freitas, middle school and teen program assistant, besides providing a fun-filled and safe experience, the camp staff tries to incorporate education and a community service project in their camps. "We want to show them in a fun way how important it is to be involved in their community," Freitas explained. To participate in Teen Center activities, children must register at the Resource and Referral Office located at the Army Community Service building. The cost is \$18 annually and entitles a teenager or preteen admission to all activities and events held at the center.

*(Editor's Note: For Teen Center*



Shanice Wilson (standing at right), 13, gets the group laughing during a spring teen camp "ice breaker." Other camp participants pictured are Leilani Turner, 12; Brianna Brown, 11; Alicia Elam, 12; and Kimberly Wright, 11.

# Tropics Teen Job Expo educates newest members of the workforce

Story and photo by Joy Boisselle  
Staff Writer

What can I do to prepare for a job interview? What should I wear? What employment opportunities are available to me? Prospective employers answered these questions and more for teens at the first-ever Teen Job Expo held at the Tropics on Wednesday. "The Teen Job Expo was a great opportunity to give teens information on how to apply for jobs, what's available and how to be successful when looking for a job," said Margie Millett, event coordinator and teen program manager. Fourteen companies attended the event providing employment information, "dress for success" tips and a variety of facts to consider when searching for a job. Civilian employers included Pizza Hut, Norwegian Cruise Lines, the ALTRES employment service agency and Jamba Juice. Army Community Service, Army and Air Force Exchange Service, non-appropriated fund and the Schofield Barracks Teen Center, which offered commissary bagger employment



Cristelyn Salon, 16, receives employment information from Sheri-Lyn Angala, an ALTRES Staffing company representative. ALTRES was one of 14 companies represented at the Tropics Teen Job Expo held Wednesday at Schofield Barracks.

assistance, were among several on-post agencies at the expo. Beauty consultant Linda Girdner, from BeautiControl

Cosmetics, provided dress for success tips. Girdner presented hair, make-up, and color analysis for the teen participants.

"We are here to provide a focus for putting together a head-to-toe professional image," she said, adding, "If everyone has the same job

qualifications, you want to be the one that stands out as a detail-oriented person at the interview." Citing low Hawaii unem-

ployment rates, Sheri-Lyn Angala of ALTRES said, "It is time to educate our youth about what it's like in the job market and help them prepare better for their future success." ALTRES offers its services at no cost to those seeking jobs. Linda Bolosan of Army Community Service supplied Web site information for available jobs, as well as tips on how to turn volunteer experience into resume work experience and potential employment. "It is important, now more than ever, that teens prepare and plan for what they want to do," she stressed. One teen participant was high school student Patrick Sutherland, 16, who is new to Hawaii. "I need to find a job and I think the teen expo will help me get the needed information about what's available, where to look and how to get started," Sutherland said. Although not as heavily attended as she had hoped, Millett plans to continue offering expos throughout the year. "This is the first [job expo] for teens and it's a good thing. It's an important life skill because it is something they will do for the rest of their lives," she emphasized.

# Dietary guidelines stress fitness and nutrition

Two programs designed to help you meet those goals

By Nadja Gassert-Depape  
Contributing Writer

The release of the 2005 Dietary Guidelines for Americans has created ripples in defense news.

According to Agriculture Secretary Ann M. Vevean, new guidelines will “help consumers make smart choices from every food group, get the most nutrition out of the calories consumed and find a balance between eating and physical activity.”

TriCare and the Defense Commissary Agency are helping military families make sense of nutrition and healthier lifestyles with two military-centered programs.

TriCare has unveiled a DoD-wide “Healthy Choices for Life” campaign, aimed at ending tobacco use, promoting responsible consumption of alcohol and curbing the growing trend of obesity among military families.

The Defense Commissary Agency, or DeCA, initiative “It’s Your Choice, Make it Healthy,” focuses on making sure commissary shoppers have infor-

mation guiding their food selection decisions.

The 2005 Dietary Guidelines are an excellent theoretical tool, but DeCA’s new initiative will deliver hands-on guidance.

Shelf signs are being developed by a joint-services team of nutrition professionals for almost every food category in the store, reminding shoppers of exactly what qualifies as a “whole grain” product when selecting bread or cereal, or how to determine if a dairy product meets the guidelines for “low-fat” or “nonfat,” or harder still, which cuts of fresh meat qualify as “lean.”

DeCA’s “It’s Your Choice, Make it Healthy” plans to have a nutrition professional on hand who can take shoppers on commissary tours, break down information on a product’s nutrition label into comprehensible terms, answer healthy choice questions specific to personal circumstances, and clarify any points of nutrition confusion.

Check with the commissary for these and other new programs such as food fairs and product sampling opportunities.

It’s important to get moving down the path to a healthier lifestyle. Why? Almost two-thirds of Americans are overweight or obese, which is more than half the people in America.

As a result, the 2005 Dietary Guidelines place an equal emphasis on calories, nutrition and physical activity, the keys to success.

Counting calories is not enough. Physical activity is vital. The guidelines state, Americans need to “engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being and a healthy body weight.”

Just how much physical activity do the guidelines suggest? At least 30 minutes of moderate intensity exercises – above usual activity – on most days of the week is sufficient to reduce the risk of chronic diseases in adults.

For most people, however, greater benefits will be derived from activities of more vigorous intensity and duration.

If your interest lies in managing your weight and preventing weight gain, then engaging in 60 minutes of “moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake” will do the trick.

Overweight? Get out of the house and “participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake.”

Make no mistake, not exceeding caloric intake does not mean you can continue to eat unbalanced,

unhealthy meals with empty calories.

The new Dietary Guidelines might stress activity, but they are still dietary guidelines and as such are all about the food you should eat or avoid. In fact, the guidelines “provide authoritative advice for people 2 years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases.”

While the Dietary Guidelines are described as “common sense,” it is clear that Americans who increasingly gain weight need more help than detailed brochures, Web sites and the Food Guidance System, a.k.a. the

Food Guide Pyramid, which is currently being revised to reflect the information in the new Dietary Guidelines.

With the new Dietary Guidelines (and the accompanying, soon-to-be-released new Food Guide Pyramid), TriCare’s campaign and DeCA’s hands-on help, 2005 should become a healthy and lean year for military families on Hawaii.

*(Editor’s note: The 2005 Dietary Guidelines and consumer brochure are both available at the Web site [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).)*

## The new Dietary Guidelines for Americans 2005, in particular, encourage the consumption of the following foods:

- Consume a sufficient amount of fruits and vegetables while staying within energy needs: 2 cups of fruit and 2 cups of vegetables per day are recommended.
- Choose a variety of fruits and vegetables. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables and other vegetables) several times a week.
- Consume 3-ounce (or more ounce) equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

# Top 10 checklist aids parents, kids with deployment

From Hooah4Health Web site

As Soldiers from the 25th Infantry Division (Light) have been returning from deployments in Afghanistan and Iraq, more units will likely deploy in support of the Global War on Terror. Before every deployment, however, families should discuss how they will operate in the absence of the service member.

According to the Hooah 4 Health Web site, parents should discuss a variety of issues.

## Top 10 Deployment Tips

**1) Talk as a family before deployment.** Before a deployment, military members are usually preoccupied with preparatory activities at their military unit, requiring extended hours and increased workload. As a result, military members come home tired, perhaps late, and are already reluctant to address painful issues of impending separation. Still, it’s important to overcome this resistance and make plans with the family as far ahead as possible.

**2) Bestow, rather than “dump,” responsibilities on remaining family members.** Concerns expressed by children after a parent has been deployed are that everything has changed at home and they now have to do “everything” that the deployed parent used to do. Having discussions before deployment, in which trust

and faith in a child’s ability to carry out a responsibility are expressed, are valuable times to help children to feel important to the family and deployed parent.

Children can discover that they can help share a potential burden with the remaining parent. As a result, the remaining parent will have more time and energy for children.

**3) Make plans for the family to continue to progress together, and include the deployed parent in ongoing projects.** It is important that the family not put “life on hold” in anticipation of the return of the deployed parent. This approach will result in stagnation, loss of direction, and burn-out.

Make plans for specific goals to be reached by each child and the remaining parent, as well as family projects to work on. Help children design ways to communicate and relate progress made with the deployed parent, so that the service member can be part of that progress by seeing things like pictures and report cards of which he or she can respond to and provide encouragement.

Have specific plans on how to communicate; keep regular but not too frequent communication. Keep the deployed parent informed and involved, but choose not to discuss problems and issues that the service member cannot do anything about.

## 4) Continue family tradi-

**tions and develop new ones.** One very stabilizing factor in a family is routine and tradition. Don’t stop Friday pizza night or Saturday outings because a parent has deployed. If anything, become more predictable in continuing traditions as these events are important ways to maintain a sense of stability and continuity.

**5) Help children understand the finite nature of a deployment by devising developmentally appropriate timelines.** Although parents may not always know the exact time that a deployment will take place, it’s still helpful to make an estimate, and then help a child craft a calendar of some type, to be illustrated and punctuated with events that help to define the timeline. Examples are holidays, birthdays, special family events, school events, vacations, and other “markers” that help to divide up the time of deployments into short and finite episodes.

**6) To children, no news is worse than bad news.** Studies with children of

deployed parents reveal that their main preoccupation from day to day is not over the absent parent, but with the remaining parent. At some level, children are concerned about what is going on with the remaining parent.

If that parent becomes short, cross, self-absorbed or tearful with no explanation, the child’s fantasies about that parent’s ability to function are worse than what the reality is. Thus, the remaining parent should be relatively open about sharing concerns and news about the deployed parent. However, parents should not use their children as surrogate adults and load all of their concerns on a child. Good judgment must precede open communication.

**7) Listen to a child’s worries about the deployed parent and answer questions as truthfully as possible.** Follow up children’s questions with further questions as to what prompted them to bring up an issue. Listen carefully first — before trying to dispel what you consider to be false

notions on the part of the child. Then, don’t keep pursuing an issue after a child appears to be satisfied. Be reassuring about protective measures and training designed to protect the deployed parent, but don’t make false assurances about not getting hurt or not dying.

**8) Maintain a firm routine and discipline in the home.** Under the best of circumstances, maintaining order and routine for children in the home is difficult. Children may manifest anxiety about a new separation and test the resolve of the remaining parent, as well as rules and routines.

Be proactive and discuss with children your intent to have very firm routines related to bedtimes, room clean-up, chore accountability and homework. Follow through with a clear and predictable set of consequences and rewards to keep the program going.

**9) Initiate and maintain a close relationship with your children’s school and teacher.** Have a conference

with significant figures (teachers, counselors or principals) if appropriate for your child’s grade level. Make clear to them that the child’s parent has been deployed and that there may be an increase in stress at home.

Signs of vulnerability and stress are deteriorating academic performance, behavioral problems in the classroom, problems in peer relationships, unexplained mood changes, tearfulness or irritability, or worsening of previously existing behavioral problems. Have a plan devised with school authorities for constructive and helpful interventions.

**10) Take care of yourself.** Give high priority in planning to this necessity. Sit and plan a schedule, and include your children in planning, if appropriate. Take time to get out and exercise, schedule a nap or alone time, or visit with a good supportive friend.

*(Editor’s note: For more deployment helps, visit [www.hooah4health.com](http://www.hooah4health.com). The Department of Behavioral Medicine at BAMC contributed to this article.)*

# Squared Circle lands at the Tropics

Story and photo by  
1st Lt. Kevin A. McQueary  
65th Eng. Bn.

Professional wrestling arrived at Schofield Barracks March 18 at the Tropics community activity center with a special media event and autograph signing.

Local news, military press and wrestling fans were in attendance for the announcement of the inaugural edition of "Saturday Nite Slam!" a series of two-hour exhibitions of professional wrestling with the stars of Hawaii Championship Wrestling and National Wrestling Alliance-Hawaii.

In attendance at the event were big names in the HCW and NWA-Hawaii wrestling circuit like current NWA North American heavyweight champion J.T. Wolfen, his manager "Diamond" Dave Heart, "Cholo," "Nightmare," "Ricky Thunder," and No. 2 ranked tag team "Hawaiian Blood" members Kaimana and Kaniala.

Despite any animosity they might bear each other in the squared circle, all were well-behaved and no furniture was broken.

Saturday Nite Slam! is the brainchild of Punahou graduate, former World Wrestling Federation wrestler and current HCW Commissioner Don Muraco.

His agenda for the Kensuke Cup tournament is to produce a No. 1 ranked wrestler in Hawaii that will face the No. 1 wrestler in Japan: Kensuke Sasaki.

If victorious, the Kamehameha Heritage title will be moved back to Hawaiian soil. Plus, the Kekaulike tag team title is up for grabs.

The winner of the Kensuke Cup tournament will be fighting for the prestigious Kamehameha Heritage title belt, designed by former wrestler and legendary championship belt designer Reggie Parks.

The belt has the unique attribute of having been blessed by the Royal Order of Kamehameha on the Big Island of Hawaii. As such, the HCW and NWA-Hawaii wrestlers are especially motivated to return the belt to the Islands.

Commissioner Muraco chose the military venue in an effort to develop a lasting relationship with military communities in Hawaii, in recognition of support provided for professional wrestling in the state, and "to thank and praise the young US service men and women who have put their lives on the line for our country ... every day."

"We want to welcome home the troops from Schofield [Barracks] in a lively way."

The Tropics will host the first match-ups on Saturday, April 9, starting at 7 p.m., and again on April 23. Tickets are \$5 for adults, \$3 for kids 6-12, and free for kids 5 and under.



Michael Vazquez eagerly waits as NWA North American heavyweight champion wrestler JT Wolfen digs out a marker to autograph a photo. Michael's father Antonio is a first sergeant who is currently serving in Iraq. Although a fan of JT Wolfen, Michael said his father could "take him."

# Lightning Spirit: Re-energizing your life

## Commentary

By Chaplain (Capt.) James Lester  
29th Eng. Bn. (TOPO)

A motivational poster I once read began with "Ambition" and underneath it read "A journey of a thousand miles sometimes ends very, very badly."

I don't know about you but that doesn't motivate me. It makes me not want to succeed or do my best. So, how do I motivate myself or re-energize my life. We need to refocus our pri-

orities. We have to change the way we view God, He's more than a figurehead that we celebrate twice a year at Christmas and Easter, and He is personal and desires to know us.

"He will give you all you need from day to day if you live for Him and make the kingdom of God your primary concern." Matthew 6:33.

God doesn't want to become another spoke in the wheel that we add to our overburdened workload he wants to become the hub that everything comes to.

Matthew 3:2 states, "Turn to God and change the way you think and act because the king-

dom of heaven is near." We can't simply reorganize our lives by adding things to our lives we actually have to take the time to change the way we do things. We have to take God from where he may be a number ... and move him up to number one. This is called a change of heart and when we do this life begins to make sense.

Many of us in the past have been angry or depressed, or simply hurting, but one day we woke up and went Wow I feel better, what caused this, it was a change of heart our priorities get focused not on ourselves but upon God.

So how do we change? One

way is by experiencing pain. If the stove is hot it only takes one time of burning yourself not to do it again. The second way is to realize that God does want what is best for your life; He really does love you and care about YOU! Isaiah 48:17 states, "I am the Lord your God who teaches you what is best for you who directs you in the way that you should go."

He wants what is best for you. The third way to make a change is to know God's truth, Philippians 15:14 says "A wise person is hungry for truth. The fool feeds on trash." None of us want to eat trash, but we end up

eating trash because when you're starving or you're in the trash can all you see is trash. You must get out of the trash and see the truth. "Did you think that because He's such a nice God, He'd let you off the hook? Better think this one through from the beginning. God is kind, but He's not soft. In kindness He takes us firmly by the hand and leads us into a radical life change." Romans 2:4 (Message).

That's my God, he's gentle but oh so firm, consistent not afraid to get in the mud with me. Someone that I know will continue to help me in the priorities of life.

## Tips for avoiding identity theft

### Commentary

Compiled by Bill Heath  
Second Fleet Security Force

I wanted to pass along some useful information for the entire staff regarding identity theft and some safety tips as complaints of identity theft are skyrocketing.

Daily, hackers are attempting to tap into systems that contain personal financial information so the information can be used for fraudulent purposes.

**Here are some tips to consider:**

- Make things easier for your bank to spot fraud. When you order checks, use initials for your first and middle name. A would-be thief has no idea how you normally sign your checks but your banking institution will.

Similarly, you should use initials if your phone number is listed in a telephone directory.

- Consider placing a work telephone number on your check rather than your actual home phone.

- Never get your social security number printed on checks. Also, do refuse to provide your SSN to a cashier if it's requested.

Though an accepted practice, no legal requirement exists to provide your SSN on your check.

Further, don't use your SSN as your driver's license number. Request a DMV-generated number.

- Some advise that you should not sign the backs of credit cards at all; either way, the best move is to write "See ID" or "Check ID" with a permanent marker on the back of credit cards, so clerks will ask for a photo ID.

- If you write a check to pay on a credit account do not write the complete account number in the "For" blank on the check. The company knows your number and doesn't need to see it on your payment check.

- A best practice is to mail outgoing mail that contains account numbers or personal checks directly from the post office. These days, placing payments in your street mailbox and then raising the little red flag is simply asking for trouble.

The Postal Inspection Service is now seeing a rise in complaints of theft and subsequent identity theft from residential mailboxes because would-be thieves - in addition to obtaining your account numbers off checks - are removing the ink from its face by a chem-

ical bath method, which leaves a nice blank check for use or reproduction.

- Place the contents of your wallet or purse on a photocopy machine and copy both sides of all cards, IDs and the like. Then safeguard this info as if it were the real thing.

Subsequently, if your valuables are stolen, you will have copies to use when contacting authorities.

- If a loss occurs, file a police report immediately in the jurisdiction in which the loss or theft took place.

Speed is key. When your information is stolen, accounts are usually "maxed out" in a matter of hours or days. The damage can take years to repair.

Police notification shows credit companies that you were diligent in making notifications and attempting to minimize losses.

- The most important notifications are to three major national credit corporations. Each should notify the others in the event of a reported theft; however, I would personally call all three to make sure.

Advise each that your credit cards have been stolen and you want to place a "Fraud Alert" on your accounts, which means that any company inquiring into your credit history is aware that there has been a theft.

Any new credit accounts must be cleared by you before a new account is activated.

The three companies are Equifax, 1-800-525-6285; Transunion, 1-800-680-7289; and Experian, 1-888-397-3742.

- Also, contact the Social Security Fraud number if your SSN is compromised at 1-800-269-0271.

- Under the Fair Credit Reporting Act, consumers are able to obtain one free copy per year of their credit history for review. At a minimum, review your credit report once a year for mistakes and fraudulent accounts in your name.

If you notice a discrepancy, make the proper notifications and keep a logbook of who you have notified, dates, times and other details.

You will need personal records documenting your fight to clear your name. The process will be painful, oftentimes expensive.

- Lastly, if it pains you to think that strangers are lurking around and attempting to steal your identity, reality gets worse. Approximately 40 percent of suspects caught in such scams are friends or relatives of victims.

It is vital that you be careful who has access to your private financial information.

## QRF enhances security at Ghazni PRT

Story by  
Sgt. Jennifer S. Emmons  
and Spc. Chris Stump  
17th Public Affairs Detachment

GHAZNI PROVINCIAL RECONSTRUCTION TEAM, Afghanistan — When Soldiers head out on combat missions, they know if they find themselves in a situation warranting assistance, the quick reaction force at their base can respond at a moment's notice.

The Soldiers at the Ghazni Provincial Reconstruction Team in central Afghanistan perform daily patrols in the area to ensure the security of themselves and the people in the region, with a force dedicated to respond to the needs of these patrols.

These QRF Soldiers are on call 24 hours a day to respond to any situation that may arise in the area.

"We can respond to anything from a broken down vehicle to a fire," said Military Policeman Sgt. Joshua Henson, of the 25th Military Police Company, whose main mission as QRF is to reinforce elements already on the ground.



Sgt. Jennifer S. Emmons

**Sgt. Joshua Henson (left) and Sgt. Shawn McKenna, both from the Ghazni PRT, discuss information they received from a local elder, while Spc. Carol Russell provides security from the turret of an up-armored HMMWV.**

"The Number 1 reason the QRF is such a valuable asset is how fast we are ready to go," he said.

But the QRF isn't just about quickness. The Soldiers move out with a considerable amount of firepower.

The QRF is always mounted, so the Soldiers can bring a

lot of weapons to an area quickly, said Sgt. Shawn McKenna, 25th MP Co.

Knowing they're backed up with a quick responding, heavily armed force gives the Soldiers on patrol an added sense of security.

"It helps out those on patrol to know there are peo-

ple back at the base ready to help them at the drop of a hat," said Henson. "It gives them extra confidence."

Although the QRF's responsibility is to back up those outside the wire, they actively show their presence in the area on patrols.

"We patrol throughout the day, as well as being on-call 24 hours a day," said Henson.

During the winter months, the QRF Soldiers also evaluate the roads to see if they are passable, or find alternate routes to places they may have to go.

These patrols also add to the Coalition presence in the region.

"We go through villages to show that the Coalition is here," said Henson. "It helps the overall security of the area."

The QRF mission is shared by the different units operating out of the PRT.

But no matter who is on call, the mission of the QRF doesn't change.

"We are immediate support for our fellow Soldiers working out in the area," said Henson. "It's important that we are always ready to reinforce our fellow Soldiers."



Courtesy photo

A Soldier coaches Afghan boys how to fly kites as part of an outreach program called Flying High.

# Unit leader reflects on Afghan mission

By Maj. Joseph P. Walsh  
2nd Bn. 35th Inf.

School is officially open in Zabol Province and starting tomorrow children across the province will be able to do something that for years has been a banned activity by the Taliban.

The rain and snow has damaged quite a few of the schools but through the quick responses and planning of the central government and aid agencies like USAID and the World Food Program temporary schools have been established to support the education initiative. A formal opening ceremony was conducted at the girl's primary school in Qalat and hundreds of children, parents, school officials and governmental agencies were in attendance.

The central government of Zabol Province planted trees to commemorate the new year. The trees are called Paula Trees, named after a young lady who works directly for USAID and has literally paved the way for a brighter and more progressive province. It was a great event and a smart start to a brighter future for the children and leaders of Afghanistan.

A program called Flying High also took to the skies and will continue well into the future. Kites were released into the skies over Qalat with more planning on being delivered to the schools of the outlying districts starting soon. Soldiers used the speaker systems from their vehicle to lure the curious children out of the villages to the vehicles stocked with the kites.

Believe me, all it really took was one kite to take to the air and the kids came running. Anyway, everybody had fun for a good hour, maybe two, any signs of conflict and war was put aside and forgotten, while innocence ruled the skies over Qalat. Kites of all shapes and sizes lured parents and children to the site; Tiger Kites,

Dragon Flies, Balloon shaped kites and others were amongst some of the kites being flown. Next we will break out the Box-Kites and trick kites for the children to enjoy.

Spc. Uhr and Staff Sgt. Torginson, our unit's Psychological Operations Team (Psyops) handed out soccer balls and volleyballs to the children as well. They both planned out the advertisement of the event, developing flyers and broadcasts in Pashtun for the children and parents to understand. Seeing the children pour down from the villages was the most rewarding event for them. Smiles popped on their faces immediately as the children approached and they handed out the balls and took pictures.

I went out on a limb when I petitioned some of my email friends to send fingernail polish for the girls and ladies in the province. I wasn't sure that this was something they would grasp or accept...lets just say I was entirely wrong on my analysis and as a result, had to hand out the polish from on top of my vehicle for

fear of being mauled. It was a big hit! Thanks to those of you who contributed stocks of old and new polishes. I attached some photos of this event as well.

In closing let me thank you all again for the support you have provided the battalion over the past year. It has been non-stop from day one and not a Soldier in the battalion has wanted for anything. All of you together have contributed greatly to the morale of this battalion and to the sincere gratitude of the Afghan people. Thank you all very much. In reflecting on this past years deployment, It is amazing what the people back home have done for us. Let me tell you, what you have done and what I listed below is just one Soldiers reflection of what many thousands more Americans have provided to other Soldiers deployed overseas. This small representation listed below multiplied by the thousands of supporters of our men and women in uniform make me ever so proud to be an American and being able to serve the country that I love

so much.

Contributions to the "Cacti," 2nd Battalion, 35th Infantry have included the following: Care packages from loved ones and support groups such as the Any Soldier program, emails and letters, pen pals from schools (elementary through college), free stationary, AT&T calling cards, donations for multiple activities from private organizations, churches, corporations and to the "Army Moms" out there thanks so much for your unwavering support.

Lastly, I am forever indebted to our veterans. These Soldiers and leaders of wars current and past, those recently injured to those who have put their lives on the line not so long ago. Veterans of WWII, Korea, Vietnam and others were some of the first people on the scene to receive our fallen and injured Cacti-Soldiers back at home. Our Cacti Association veterans have been a mainstay to this unit and have made our wounded Soldiers stay in hospitals, for some, over several months,

that much more tolerable. I salute you now and will salute you again upon our return. You have done an outstanding job, something obviously we could not begin to match from where we are in theater. These are the men of wars past that have placed America where it is today, a proud nation and unwavering. The guidon has simply been passed to a new generation of Soldiers and we are just walking in their footsteps caring on a proud and honorable tradition. We are American Soldiers.



Courtesy photo

An Afghan boy carries an oversized kite. Soldiers taught the village children how to fly kites as part of a program called Flying High.