

INSIDE

Official discusses sea disposal

**U.S. ARMY,
PACIFIC, PUBLIC AFFAIRS OFFICE**
News Release

FORT SHAFTER – The deputy assistant secretary of the Army for environmental, safety and occupational health returned to Hawaii last week and updated local, state, and federal officials as well as community leaders with latest information about World War II era sea disposal operations.

In an effort to promote public safety and to raise awareness about potential hazards associated with munitions that may be encountered during maritime operations, the

U.S. Army has developed an explosives safety guide, "Munitions at Sea, a Guide for Commercial Maritime Industries."

"The U.S. Army takes its role in safeguarding the American public very seriously. Our intent is for this guide to provide the citizens of Hawaii with helpful advice should they encounter munitions while at work or when pursuing recreational activities," Tad Davis said.

This guide advises people who work in U.S. maritime industries of the potential



explosive hazards associated with munitions inadvertently recovered from the sea and the actions that should be taken to

help ensure safety.

Prior to 1972, the military sea disposed of excess, obsolete or unserviceable munitions en route to port or as part of planned disposals. In the 1970s, the U.S. military stopped sea disposal of munitions and now only allows such disposals during an on-board ship emergency.

"We believe the 3Rs 'Recognize, Retreat, Report,' provide a simple

SEE DISPOSAL, A-4

See page A-6 for related story.



The real 'Baywatch' course

Soldiers earn lifeguard qualifications and learn life-saving techniques in water safety

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Drivers, start your batteries

Electric car enthusiasts outwit, out-drive and outlast the competition

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Your wife wears combat boots

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25th Combat Aviation Brigade Soldiers "sling" a howitzer into Makua Valley during leadership air assault exercises March 13.

3rd Brigade 'drops' into the Makua Valley

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

MAKUA VALLEY – Although Division Soldiers cannot conduct live-fire exercises in Makua Valley, the 3rd Brigade has found other ways to use this critical location for pre-deployment training.

On March 13, command and control elements of 3rd Brigade's Infantry Brigade Combat Team (3IBCT) and leadership personnel from 2nd Battalion, 27th Infantry Regiment; 3rd Squadron, 4th Cavalry;

3rd Battalion, 7th Field Artillery; and Wheeler Army Air Field's 25th Combat Aviation Brigade chose Makua Valley to conduct coordinated leadership air assault exercises.

The exercise included transporting troops and "slinging" vehicles and artillery equipment into the valley by helicopter. On the ground, troops conducted recon and security exercises, support fire operations and medical evacuations, among other activities. In addition, an aviator exercise was conducted requiring Soldiers to

respond to a downed aircraft simulation.

During this "recovery team drill," Soldiers traveled by helicopter to the site to repair the main rotor blade on the damaged aircraft.

"This air assault operation was conducted to train the leaders of the brigade staff and its subordinate battalions on air assault planning, standard procedures and the execution process," said Maj. Paul Cravey, brigade aviation officer, 3IBCT.

SEE MAKUA VALLEY, A-4

Military – 'sex assault prevention working'

DONNA MILES
American Forces Press Service

WASHINGTON – The Defense Department's second annual report on its sexual assault prevention and response program reflects increased understanding about what sexual assault is and more willingness to report it, the commander of the joint task force overseeing the program said.

"Our climate of confidence is building, and our programs are working," Air Force Brig. Gen. K.C. McClain, commander of DoD's Joint Task Force for Sexual Assault Prevention and Response, told reporters here.

DoD sent the second annual report on the program to Congress, March 16, as required by the 2005 National Defense Authorization Act. According to the report, DoD received 2,374 allegations of sexual assault that involved a military member as either a victim or alleged perpetrator in 2005.

That's up 40 percent from 2004, but McClain said it more likely reflects more willingness to report such assaults than a surge in incidents.

"Sexual assault is the most underreported crime in our society as well as our military," McClain said.

Studies show that as few as 5 percent of sexual assaults ever get reported, she noted.

DoD's Sexual Assault Prevention and

SEE SEX ASSAULT, A-11



McClain

Team Hawaii savors the sweet taste of victory at culinary competition

MINDY CAMPBELL
Fort Lee Public Affairs Office

FORT LEE, Va. – After surviving the sweltering heat of the kitchen for two weeks, the Army's top chefs remained cool as the winners of the U.S. Army Culinary Competition were announced Friday.

The competition, which was held this year from March 6-17 at Fort Lee, Va., began in 1975 to challenge military cooks to continually raise the standards of culinary excellence and professionalism, and to promote camaraderie and educational opportunities.

The competition is rated as the largest culinary arts competition in America, featuring more than 12 teams, competing with 138 food service professionals entering 339 exhibits, according to Lt. Col. Don



Mike Strasser | Fort Lee Public Affairs

Cpl. Randy Agno adds sauce on the plate for flavor. Agno is representing Team Hawaii in the Junior Chef event, March 9, at the U.S. Army Culinary Arts Competition, Fort Lee, Va.

Vtivil, director of the Army Center of Excellence, Subsistence. "Keeping our show on the cutting edge of culinary techniques

SEE CULINARY, A-10

Army revises tattoo policy

J.D. LEIPOLD
Army News Service

WASHINGTON – The Army has revised its policy on tattoos in an effort to bolster recruitment of highly qualified individuals who might otherwise have been excluded from joining.

Tattoos are now permitted on the hands and back of the neck if they are not "extremist, indecent, sexist or racist." Army Regulation 670-1, which was modified via a message released Jan. 25, also now specifies, "Any tattoo or brand anywhere on the head or face is prohibited except for permanent make-up."

For women, allowable makeup is permanent eyeliner, eyebrows and makeup applied to fill in lips, officials said. They added permanent makeup should be conservative and compliment the uniform and complexion in both style and color and should not be trendy.

The change was made because Army officials realized the number of potential recruits bearing skin art had grown enormously throughout the years.

About 30 percent of Americans between the ages of 25 and 34 have tattoos, according to a Scripps Howard News Service and Ohio University survey. For those under age 25, the number is about 28 percent. In all, the post-baby-boom generations are more than three times as likely as boomers to have tattoos.

As a result of tattoo attitude changes, AR 670-1, Chapter 1-8E (1) has been modified via an ALARACT 017/2006 message.

Additionally, Paragraph 1-8B (1) (A) was revised to state, "Tattoos that are not extremist, indecent, sexist or racist are allowed on the hands and neck. Initial entry de-

SEE TATTOO, A-11

We want to hear from you...

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

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

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

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

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Lightning Six Sends

Safety will require your daily devotion

As many of you know, three weeks ago U.S. Army, Hawaii, reached a 100-day nonfatal accident milestone. The weekend of March 3rd marked the first time the 100-day milestone was achieved since we started monitoring that statistic. The entire 25th Infantry Division received a training holiday to signify the diligence and focus of our Tropic Lightning team.

However, the purpose of the 100-day courier is not merely to reward Soldiers with a training holiday, but to make us all conscious of the role safety plays in our everyday lives.

As we continue to prepare for deployment, our schedules will be inundated with competing priorities and stressors. I stress to each of you to take a step back and evaluate your actions and their potential ramifications, daily. Determine whether the activity being performed is a potentially hazardous task or not – especially routine activities like driving to and from work – and respond accordingly.

Since October of last year, 70 percent of accidental deaths occurred behind the wheel

in privately owned or tactical vehicles. We lost 111 Soldiers Army-wide; that's more three platoons, to driving accidents. In addition, last year 33 percent of the Soldiers killed in privately owned vehicle accidents were in the rank of E5 to E7; these same personnel are the leaders I count on to mentor and develop our future leaders.

Mentoring is an art that combines leading by example, refusing to accept anything less than your best, and dedication to your Soldiers' personal and professional development. As leaders, it is our responsibility to develop those with whom we serve, to enforce standards and avoid unnecessary risks.

Leadership is not a rank-based responsibility reserved for upper level commanders; it is a duty we must embrace daily on and off post. I charge every Soldier to live by this standard.

Now that we are experiencing the height of the rainy season here in Hawaii, Soldiers must continue to exercise caution while operating vehicles. Slippery conditions can drastically reduce reaction time and the ability to stop quickly.

In addition, it can be tempting to multitask in the car, as we do at work; however, realize that a great deal more is at stake when you are behind the wheel. You must concentrate on driving and refrain from using the cell phone or other distracting tasks.

Although I have seen significant improvement in the level of Soldiers' vehicle safety, we need to continue to be safety conscious in all aspects of our lives.

This fiscal year, half of the non-fatal accidents were due to soldiering, which is any noncombat activity such as marching or physical training. These accidents cause Soldiers to miss work and decrease the overall effectiveness of our team.

While we may never be able to completely eliminate accidents, we can minimize their impact on our readiness as we prepare for deployment. The 100-day fatality-free sign is just one reminder to be safety conscious each day.

I charge each and everyone in the Tropic Lightning team to do their part – think, act, be safe.

Tropic Lightning!



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

LIGHTNING SPIRIT

Healing from infidelity can be a killer

CHAPLAIN (MAJ.) NORMAN W. JONES
Fort Shafter Community Family Life Chaplain

The American Heritage Dictionary defines infidelity as "an act of marital unfaithfulness."

Infidelity occurs when a married person becomes disloyal to his or her partner by engaging in sexual activities or relationship with another person, and other terms used for infidelity are cheating, adultery, "fooling around" and affair.

The affair usually starts with an innocent conversation, a little flirting or a lustful attraction. Curiosity and excitement builds in secrecy as the forbidden fruit becomes appealing with the lust of the eyes, the lust of the flesh and the pride of life.

Reasons and caution flags go out the window as the flesh craves for sexual gratification. Finally, the hotly pursued comes to a crescendo at a place and time where the sexual act takes place.

But what happens after is usually a nightmare, a disaster, a gut-wrenching, emotional roller coaster and regrets. Lives are torn apart.

Ladies and gentlemen, that's only a part of "the rest of the story."

Some common reasons – none justifiable – for an affair are unmet emotional needs; loneliness; feeling unloved, unappreciated, uncared for, neglected and/or sex-starved; lack of intimacy; dissatisfaction; midlife crises; and sexual addiction.

From a theological perspective, our sinful nature is the root cause of an affair. I believe it's safe to say that all married couples have experienced some form of sexual temptation and have the propensity to commit adultery.

It is not a sin to be tempted, but it is a sin when we yield to the temptation.

Jesus was tempted by the devil in the wilderness, but he never sinned (Matthew 4:1-11). The apostle James tells us in James 1:14-15 that when we are tempted, we are carried away and enticed by our own lust. When lust is conceived, it gives birth to sin; when sin is committed or accomplished, it brings forth death.

An affair can be an intriguing prospect, but the end thereof can be lethal to a relationship, a promising career, a dream or one's life.

An affair is probably the most painful experience that a spouse or couple will ever endure. It's a deep wound that takes a long time to heal.

When an affair occurs, the faithful partner usually feels like a fool, betrayed, violated, angry, bitter, sickening, resentful and lonely. The partner may have a strong urge to retaliate.

The nagging questions of why and what happened linger in agonizing moments of trying to make sense of the situation. Also, the betrayed spouse goes through a grieving period of shock, numbness, denial, rage, hurt, crying spells, disillusionment, depression and/or intense sadness. These emotions are normal reactions to a painful situation.

An affair is costly and can have devastating effects on a couple. A spouse can lose everything in one fleeting moment of pleasure.

The affair cannot only cost the marriage, but relationships with children and one's reputation, job, rank, physical and mental health – it can even be deadly.

"[An affair] has a resounding ripple effect after the explosive, passionate and fleeting moment of pleasure occurs."

*Maj. Norman W. Jones
Chaplain, Fort Shafter*

An affair destroys trust and intimacy, which are hard to regain. It has a resounding ripple effect after the explosive, passionate and fleeting moment of pleasure occurs. Friends, relatives, neighbors, coworkers or an organization such as the U.S. Army usually become casualties to some degree.

Everyone who is closely connected to the couple feels the effect. The unfaithful partner is usually riddled with guilt, shame and remorse. The price for having an affair is simply incalculable. It is not worth the moment of pleasure that only lingers for a brief moment.

Still, there is hope for couples who have crossed the line and entered into the forbidden zone. In spite of the negative consequences of an extramarital affair, couples can find healing, reconciliation, restoration and a renewed

sense of a bright future together.

The healing process requires hard and frustrating work, specifically teamwork, commitment, patience and tolerance.

Couples can expect setbacks, emotional outbursts and mood swings, but they will get lesser as the healing process unfolds. In order for the healing to begin, the unfaithful partner must end the affair. He or she should answer painful, personal and uncomfortable questions.

I recommend that the questions should be addressed in a controlled environment with a counselor or chaplain. The unfaithful partner should be willing to do what it takes to rebuild trust in the relationship. The unfaithful spouse should be willing to "come clean" – even if it hurts – by answering his or her spouse's questions with brutal honesty, openness and sincerity.

The betrayed spouse should be prepared for uncomfortable answers. The betrayed spouse may never get a clear or satisfactory answer. However, both must be willing to discuss what they believe led to the affair, the root cause, so they can make the necessary changes to prevent it from reoccurring.

Complete healing will not occur unless the betrayed spouse is willing to forgive his or her partner, and the betrayer forgives him or herself. Forgiveness is a process; therefore, it should not be rushed and forced upon by the betrayed spouse.

Forgiveness is a decision that is not based on feelings. It is a gracious act that no one deserves.

If you are recovering from an affair, I recommend that you seek professional help from a chaplain or marriage counselor. Let God perform inner healing of your mind and soul. Attend marriage seminars.

For more information, get an abundance of help online at www.smartmarriages.com.

An affair is avoidable. During deployments, field exercise, temporary duty and while working with members of the opposite sex, couples should avoid placing themselves in compromising situations that may lead to an affair.

Openly express to one another how you feel about your relationship. You need to listen and try to understand each other and seek help long before the relationship begins to deteriorate.

Did you know?

•Points for traffic infractions on post or in housing areas remain for accumulation purposes for two years, not one?

•When a Soldier is ticketed, a copy of the citation is forwarded to his or her company commander?

•Driving while license or installation driving privileges are suspended or revoked is a mandatory five-year revocation?

•Department of Army civilians' and family members' licenses can also be revoked.



Here's a Sobering Thought

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking. Play it safe. Don't start drinking until you've finished riding.



(800) 446-9227 • www.msf-usa.org

123 days since last fatal accident



Soldiers, as your daily reminder to be safe, place a "red dot" on your wristwatch. Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.

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

Be safe. Tropic Lightning!

Q: Question – What's the commander's intent behind the accident sign? Why

hasn't the number of fatalities changed since the Pohakuloa Training Area accident, March 10?

A: – According to the chief of staff of the 25th Infantry Division, Col. Jim Boisselle, the number is "focused on irresponsible and unsafe behavior." He

Voices of Lightning: What does Spring remind you of?



"Spring reminds me of Easter."

Sheena Victorino
Family Member



"...Childhood memories like fun and being outside."

Sfc. Tony Watson
45th Sustain Bde
5th Plt.
Platoon Sergeant



"...Being comfortable and warm."

Danice Filipkowsai
Family Member



"...Mowing my lawn after all that rain ... that and a fresh supply of bugs. Mmm!"

Good Neighbor Joe
25th ID
Spokesperson



"...Nature getting prettier."

Spc. Dadds Duval
HHC/29th Eng.
Mechanic

Deployed Soldiers' families welcome to stay in on-post housing

Story and Photo by
DONNA KLAPAKIS
Staff Writer

SCHOFIELD BARRACKS – Soldiers who receive deployment orders do not have to decide whether to stay or to go – that decision has been made for them. However, many must still decide whether their family members will remain in Hawaii to await their return.

Janine Lind, director of property management for Army Hawaii Family Housing, said housing office employees are currently giving briefings to inform Soldiers and their families of the choices available, and the consequences of each choice.

“Anyone who would like us to come, we’ll be where we’re needed,” she said. “We’ll go and answer their questions.”

Normally the housing office is first contacted by the family readiness groups within units, or by the units themselves, said Morgan Brock, operations director of family housing.

“It started about a month ago, and we’re scheduled to go all the way, as often as they want us to come,” Brock said.

Early Return of Dependents

Early return of dependents (ERD) must be approved within the Soldier’s chain of command. If a Soldier and his family decide to give up command sponsorship, clear housing, and send the family back on ERD, then later decide they want the family back to Hawaii, the move back, including all household goods, tickets and vehicles at their own expense, even if they re-enlist for Hawaii or are extended, Lind said.

Stephanie Clair, resident service coordinator for Kalakaua, said when her husband, Spc. Dustin Clair, of 2nd Battalion 27th Infantry Regiment, deployed in March 2004, she and her two children left Hawaii and went to Mansfield, Texas, to live with her family there.

“It was such a mistake,” she said. Her husband had to return unexpectedly from deployment four months later to have surgery. She and the children returned to Hawaii to join him in August 2004. Clair had to pay for all plane tickets and the cost of shipping her car both ways. She was lucky housing was available for her family when they arrived, because temporary



Morgan Brock, operations director of Army Hawaii Family Housing, briefs Soldiers and family members during a Family Readiness Group meeting in the B Company conference room of 2nd Battalion 35th Infantry Regiment, March 15.

lodging allowance would not have been available for them, since they had given up command sponsorship, she said.

Clair said while she was in Texas she realized that now, as an adult, she is happier remaining in her own home with her children. Her friends in Texas also had interests that were different from hers. Her single friends were interested in activities more suitable for singles, and her married friends were busy with their own spouses.

“I’d much rather stay here with married friends whose husbands are gone the same



as mine,” she added.

Soldiers should be aware that if they give up their housing, clear quarters, and then want to reapply for housing at the end of the deployment, they will be listed as a low priority on the housing list. All incoming applicants will be ahead of them. Although there is no shortage of housing now, it is very likely there will be a short-

age during the busy summer months at the end of deployment, said Lind.

Family Remains in Housing

Christine Miller had just arrived on Oahu when her husband, Sgt. 1st Class Scott Miller, brigade fire NCO for Headquarters and Headquarters Company, 3rd Brigade, was deployed to Afghanistan in January 2004. Although the housing office did not have quarters available for almost a year, she was still pleased with her decision.

“How hard is it to wait in Hawaii,” she said. “People save for their whole lives just to come here for a two-week vacation.”

“You can go home, but the people at home really don’t understand or empathize with your position,” she said. “At home you get so many people saying, ‘How do you live like that?’”

“I saw a lot of people who did store their things. People should know that it isn’t climate-controlled storage. It’s hot here, and things mold,” she added.

Miller also said that the advantages offered by the Army now far exceed those available during her husband’s

1990 deployment.

“Before it was, ‘What? You have a wife? Hope she’s all right. Gotta go,’” she said.

Lind also emphasized that most military families are more comfortable in family housing where neighbors understand about deployments. There they have a built-in community and friends whose spouses are also deployed and understand their needs better than the civilian community, either here or on the mainland, could, she said.

“Currently we have plenty of housing for command-sponsored spouses who want to move to one of the housing areas before the deployment,” Lind said, “but they should apply now, so they can make the move before the deployment.”

Family members who live in on-post housing and stay in place during deployments also enjoy additional benefits.

The visiting privilege is eased for family of deployed service members living in housing. If family members want to have friends or family stay with them for an extended period, or even the whole deployment, that will be allowed, said Lind. As long as the guest is not residing on Oahu, sponsors can sign up for a guest pass through the housing office, after

which the visitors will be granted on-post access, she said.

During the last deployment only one visitor was allowed at a time. Although the rules on this have now been eased, the regulations on the number of bedrooms for adults and children staying in quarters must still be followed, said Brock.

If family members go back to the mainland, although they must notify housing that they are leaving, they do not have to clear quarters. They may also have someone stay in the quarters to watch their valuables, and must register that person with the housing office. Sponsors are responsible for anything done by guests who are living in the quarters during the time of deployment, though, so Soldiers should choose carefully when picking someone to house sit, said Lind.

Benefits of Staying — Support

Yard crews will do all lawn maintenance bi-weekly. Crews already keep the front and sides of housing mowed, but additional crews will maintain the backyards for family members who elect to stay in housing during deployment.

The housing office will fund childcare for family members of deployed Soldiers who live in on-post housing, said Lind.

“They just take as many children as they have to CYS [Child and Youth Services] for five hours on the third Saturday of every month and we pay for it,” said Lind. This is in addition to, not instead of the five hours a month that MWR provides, she added. The family member just needs to call CYS in advance to reserve space.

Maintenance men will be available once quarterly for virtually any help that the family member needs. This is in addition to, not in lieu of, regular maintenance calls. If family members need help with tasks such as moving something around, hanging pictures, or putting something together, they can let the housing office know the size of the task and housing will provide help.

Brock said the housing office will also host shopping trips for the spouses of deployed Soldiers on the third Saturday of each month to coincide with the days on which childcare is offered, which will include a bus to the Navy Exchange, outlet malls and lunch. In addition, they are putting a program together that will include spouses’ night out.

News Briefs

Send military news announcements to news@hawaiiarmyweekly.com.

Schofield Barracks Town Hall – The Schofield Barracks Town Hall, an information forum, will be held April 4 at 6:30 p.m. at the Sgt. Smith Theater. The com-

munity is invited to attend. For more information, call 655-4483.

Fort Shafter Town Hall – Town Hall Meeting for the Oahu South Community will be held Wednesday, April 12th in the AMR Chapel, Fort Shafter. The community is invited to attend. For more information contact Rosey Stone, 438-6147.

PX Parking Lot Closure – The Schofield Barracks Post Exchange front parking lot will be closed through March. The PX, PXtra and Home Center will be open from 9 a.m. to 9 p.m., and help with large purchases is available.

For more details, contact Susan Nonamaker at 622-1773.

Road Closure – On April 1, the north portion of Duncan Street

near Williston Avenue will be closed and Duncan Street will become a dead-end road off Ayres Avenue. For more information, call 624-8201.

Fort Shafter Main Gate to Close – The Army, state, federal and local agencies will conduct a joint emergency response exercise on Ft. Shafter April 13th. The exercise will impact movement on post,

particularly during the morning hours when the front gate will be closed to all traffic for about two hours between 9-12 A.M. during which time the back gate will be open for exiting traffic only. For more information, call Fort Shafter Public Affairs at 438-2662.

SAEDA-OPSEC Briefing – A subversion and espionage directed against the army (SAEDA) and op-

erational security (OPSEC) briefing will be held at Richardson Theater, Fort Shafter, April 6 at 1 p.m. For more information, contact Hawaii Resident Office personnel at 438-1872 or 306-8050 (24-hour duty phone), or e-mail james.l.cummins@us.army.mil.

AER Kick-off Rally – The 6th

SEE NEWS BRIEFS, A-8

Makua Valley: 3IBCT conducts air assault

CONTINUED FROM A-1

"The intent was to train leaders on our air assault planning process and operations execution. The training also helped validate some of the assets being used to develop 3rd Brigade's air assault standard operating procedure [SOP]," he said.

"Planning, coordinating and carrying-out these types of operations ensure greater efficiency at many levels when we go to the National Training Center at Fort Irwin, California, and ultimately to Iraq," according to Cravey. "It is important to standardize operating procedures between the command and control elements of the brigade and our aviation element. These exercises will shorten future planning processes, build relationships and make future operations safe," he said.

By all accounts, the mission was a success at the brigade command and control level as well as the battalion execution level. Throughout the exercise, the brigade employed nearly 14 UH-60 Black Hawks, a HH-60 helicopter (medevac), a OH-58 Kiowa Warrior, a CH-47 Chinook helicopter, two Howitzers and four HUMVEEs.

"This was a leadership learning process," explained Maj. Brian Payne, battalion S-3 officer, 2nd Battalion, 27th Infantry Regiment. "A big component of this mission was to develop an understanding in our junior leaders that intelligence drives operations and operations drive intelligence. Exercises like this help to accomplish that mission."

Disposal: Davis offers explosive safety guide

CONTINUED FROM A-1

reminder that helps provide for public safety when dealing with the dangers of the past," Davis said.

The guide, coordinated with the U.S. Coast Guard and the Department of Defense Explosives Safety Board, is one of a series of guides the Army is developing as part of its Unexploded Ordnance Safety Education Program. The Army's UXO Safety Education Program is publicly available at www.denix.osd.mil/UXOSafety.

"Because the Army, its sister

services and other federal agencies believe the protection of human health and the environment to be critical, they are working closely and deliberately to safeguard the public and the environment," Davis said.

For additional information please use the document links for the guide below or contact J. C. King, Special Assistant for Munitions, Office of the Deputy Assistant Secretary of the Army (Environment, Safety and Occupational Health) at (703) 697-5564, jc.king@us.army.mil, or locally USARPAC Public Affairs at 808-438-2662.

Soldiers learn to prevent water casualties

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

SCHOFIELD BARRACKS – Soldiers drown. Statistics prove it. Division is aware of this unfortunate reality and is training Soldiers in lifesaving to keep them safer in the water.

Seven Soldiers earned their life-guard certifications to help prevent water emergencies and keep fellow Soldiers from dying in the water at Richardson swimming pool Feb. 17.

Richardson Swimming Pool's life guard course is a free class sponsored by Division's G-3 (operations – training branch), and endorsed and supported by the American Red Cross, according to Momi Smith, lead recreation supervisor, Richardson Pool. In addition to ensuring that all military members tasked to pool duty have adequate lifeguard training, Smith explained that the goal is to get as many Soldiers as possible certified as professional water rescuers.

"We are surrounded by water. A lot of Soldiers come from places where they don't see bodies of water. Of course, when they are in Hawaii they want to enjoy the beaches. They must know the water, know how to swim and be comfortable in it," said Smith. "Our goal is to get these Soldiers trained to save lives not only in the water but in everyday life as well."

The course is offered approximately eight times annually, and each course spans 11 days.

"Day one requires a swim test where each Soldier must pass a 500 meter swim using a variety of stroke techniques to qualify for enrollment," explained Stephanie Higa, lead recreational assistant, Richardson Pool. Once enrolled, for each of the next ten days, Soldiers conduct warm-up swims and engage in classroom study to learn



Spc. Boyd Samuelson, 5th Squadron, 14th Cavalry, 2nd Brigade, safely transports a drowning victim to shore during lifeguard certification training at Richardson Pool.

rescue skills, first aid, and to handle breathing and cardiac emergencies, among other things. In addition, Soldiers participate in scenario-driven water rescue exercises each day, according to Higa.

"If Soldiers pass their final written exam with a score of at least eighty percent, accomplish their final, timed 500 meter swim and satisfactorily complete the scenario-driven water rescue test, they become certified professional rescuers," said Higa. "Through the course, a Soldier can earn his certification which is a first-aid credential, good for three years, and a CPR credential, good for one year. Also, each Soldier for a ten dollar fee can get waterfront certified which remains in good standing as long as the other two credentials are up to date," she said. "And the credentials are recognized anywhere in the

United States."

But Higa was quick to add that most who show up for day one don't qualify due to the rigorous entry swim test. "Less than fifty percent usually qualify to participate in the training," said Higa. "This is a different type of workout. In my opinion, it works a different muscle structure than most people are accustomed to using," she said.

The importance of the accomplishment and training was not lost on the final seven who earned certifications.

"Just getting through the swim test and into the class is difficult," said Spc. Boyd Samuelson, 5th Squadron, 14th Cavalry. "Once in the class it doesn't let up," Samuelson said. "The water scenarios are very challenging. For instance, you are required to first identify distressed swimmers. Then, you not only need to get them out of the wa-

ter, but do it safely, all while keeping them and you above water."

"The value of this course is that I will be able to help out my troop and platoon do water training. Without someone certified to watch over you, you can get hurt."

Training guidelines for pool use

- A unit representative must reserve the pool in writing at least two weeks in advance.
- Reservation forms can be picked up at the pool and must be signed by the appropriate NCO.
- Training groups of 10 or more Soldiers must provide their own lifeguard if they intend to use the deep end.
- Lifeguard must have, and present, credentials.
- All pool users must present ID.

Convoy Café earns quarterly dining facility award

84th Engineer dining hall goes from worst to best in few months

CAPT. FACUNDO FUNES

84th Engineer Combat Battalion (Heavy)

LOGISTICAL SUPPORT AREA ANACONDA, Iraq — A base camp's quality of life is directly related to the quality of food in its dining facility (DFAC).

Here at LSA Anaconda, the five DFACs on post are providing a level of culinary expertise that greatly complements the living conditions afforded to the thousands of Soldiers, airmen and civilians who are conducting missions and operations in and around the surrounding area.

Once a quarter, an opportunity arises for a single DFAC to step into the spotlight and proudly earn the title "DFAC of the Quarter." Last month, that honor was bestowed upon DFAC #5, affectionately known as the Convoy Café.

The prestigious title of "Dining Facility of the Quarter" for the second quarter — an award that is based on the administrative, culinary and overall appearance of a mess hall — was presented to Staff Sgt. Kevin Chacon, senior food operations sergeant for the 84th Engineer Combat Battalion (Heavy), in a small ceremony that involved the 130th Engineer Brigade's deputy brigade commander (Lt. Col. Jose Ramos), the kitchen staff and a representative from the camp's command team.

While the Convoy Café does not serve the largest amount of people per meal, in fact it is the smallest DFAC on LSA Anaconda. What it lacks in size, however, it more than makes up for in quality of food and service.

With Chacon at the helm the past two months, the staff of DFAC #5 has worked its way to the top honors.

"It feels great because we've been working here for just a couple months, and we've basically established a garrison-style DFAC from scratch. KBR guys tell me all the time, 'Man, if only you guys were here six months ago; the food was really bad, it's great now!'"

Comprised of Soldiers with the



Dining Facility #5, the Convoy Café, wins the DFAC of the Quarter contest. Cooks from Hawaii's 84th Engineer Combat Battalion (Heavy) work at the DFAC performing administrative and force protection tasks.

84th from Hawaii, 50th Multi-Role Bridge Company from Missouri, 130th Engineer Brigade from Germany, KBR civilians and Pakistani, Indian and Philippine cooks, the Convoy Café got its name by feeding mostly civilian truck drivers that convoy up and down Iraq supplying base camps with essential items.

Most of the Soldiers are relegated to administrative duties such as head count, ID card checks at the door and monthly inventories of the food supplies. However, Chacon has used every opportunity available to develop his cooks into future master chefs.

He implemented a "Chef of the Month" board to ensure that cooks all maintain the culinary skills taught at their initial training, as well as demonstrate the knowledge that every Soldier needs to exhibit, regardless of occupation.

"When I first got here, there

were no garnishes set up for presentation purposes. You would walk into the DFAC and there was no display. So, I trained my Soldiers on garnish and food presentation," explained Chacon. "The civilian cooks came out, and I taught them, too."

Chacon's hard work, along with the support of his two stellar shift leaders, Sgt. Edmund Perez Jr. and Sgt. Motavia Alston, have elevated the quality of food service in the Convoy Café to new heights and brought the workers together as a team.

The three sergeants have a combined 30 years of culinary experience, and Perez is also a member of the prestigious U.S. Army Culinary Art Team. Hence, Staff Sgt. Chacon received the trophy on behalf of the DFAC crew and then posed for the award photo with the entire crew.

Army plans to transform IRR

ARMY NEWS SERVICE

News Release

WASHINGTON — The Army is creating a special "Individual Warrior Category" within the Individual Ready Reserve for Soldiers who are qualified and ready to deploy.

Soldiers in the IW category will be required to maintain a higher state of readiness than other IRR troops by participating in virtual musters, attending annual readiness processing and — through managed training opportunities — maintaining proficiency in their military occupational specialty.

The IW Category will focus on elevating individual expectation management, proactive career management and unique training opportunities, and promoting a continuum of service toward a military retirement, officials said.

Secretary of the Army Francis J. Harvey has endorsed the move to reset and reinvigorate the IRR.

"Senior Army leadership is committed to providing the necessary funding required to shape the IW initiative," Harvey said.

He added those in the category will be "a viable pool" of individual warriors "trained and employable to meet the needs of the Army."

The IRR will be transformed into the Army's leading "prior service talent bank" through several programmed initiatives as it builds the future force, G-1 officials said.

There are more than 100,000 Soldiers (enlisted and officers) in the IRR, representing more than 200 military occupational skills ranging from combat arms, combat support and combat-service support specialties.

Senior Army official discusses sea disposal of munitions

25TH INFANTRY DIVISION Public Affairs Office

SCHOFIELD BARRACKS – The deputy assistant secretary of the Army for environmental, safety and occupational health returned to Hawaii last week and updated local, state and federal officials, as well as community leaders, with the latest information about World War II-era sea disposal operations.

During his visit, he spoke with the Hawaii Army Report, a video news magazine on Hawaii Army Cable Network TV-2, about safety issues. Excerpts of the interview conducted by anchor Cpl. Mary Simms follow.

Q: Hawaii Army Report: Why are you visiting Hawaii?

A: Mr. Davis: I'm here for a couple of reasons. ... I'm here to meet with some of the senior government officials and senior military leaders here on the islands to discuss sea disposal of chemical munitions. I'm leading an effort on behalf of the secretary of the Army and the secretary of defense to research the disposal of chemical munitions that occurred probably from 1919 to 1970.

We're looking at that issue and talking to leaders and communities. I'll be talking to several community forums to address these issues as well. Additionally, I'm looking at a number of environmental issues here on Oahu and [the big island of] Hawaii that impact training.

Q: HAR: ... The Army has records for just about everything from dental [programs] to vehicle maintenance. Are there records that provide details on the sea disposal of munitions?



Spc. Juan Jimenez | 25th Infantry Division Public Affairs

Cpl. Mary Simms interviews Mr. Tad Davis, the deputy assistant secretary of the Army for environmental, safety and occupational health, at Schofield Barracks on March 15.

A: Davis: In fact, there are, and what we are doing now is probably the most comprehensive research effort ever undertaken by our nation looking at the disposal of chemical munitions since this process began back in 1919.

Q: HAR: Are munitions currently being disposed of and is disposal being conducted in an environmentally friendly manner?

A: Davis: The disposal of munitions at sea was curtailed in 1971. Since then, we have not had any chemical or conventional munitions disposed of at sea.

We are currently underway with the largest disposal effort of chemical munitions, and this is a result of the chemical warfare conventions signed in 1993 by the

U.S. and many other countries throughout the world.

We are currently conducting demilitarization at locations on land throughout the US.

Q: HAR: ... Can you tell me how this specifically affects our Hawaiian audience?

A: Davis: What our research is telling us is that the disposal of these munitions should not affect our Soldiers and civilians or the local communities and residents here on the islands.

... Our research shows us that in many cases when the munitions were disposed of, if they burst open and came into contact with saltwater, they would dissipate over a period of time and become non-toxic.

Q: HAR: Mr. Davis, you are also responsible for safety, how is the Army doing with safety right now?

A: Davis: We have an exceptional safety program right now, when you look at what we are trying to do as an Army as far as our deployments and [operation tempo]. I think our safety program is doing a very good job working with Soldiers and civilians to try and enhance safety wherever they might be, whether it's Germany, Korea, here in Hawaii or over in Iraq, ... but we could do better.

Q: HAR: Sir, are we currently meeting our safety goals?

A: Davis: We're trying to increase our safety awareness and reduce the number of accidents and incidents that we have. The secretary of defense has set some very ambitious goals for us.

Q: HAR: Sir, there are many environmental concerns today that restrict the Army as far as how, when and where they are allowed to train. Can you tell me how is the Army planning to overcome these obstacles?

A: Davis: The leading effort we have underway is sustainability. This effort is not just based on environmental issues. ... By performing sustainable activities such as increasing the cleanliness of our air and water to increasing the longevity of our ranges, training areas, drop zones and landing zones ... we think [we] will have a definite impact on our ability to preserve what we have right now, so that future men and women that will serve our country will have these assets available to them.

Q: HAR: One of the visits you mentioned that you will be conducting was the talk story engagement with the Waianae community. Tell me a little about that and what you hope to achieve from that.

A: Davis: The Waianae community on the leeward coast of Oahu has a special place in the hearts of many here on the islands. With the Makua Valley Military Reservation and sea disposal operations in that vicinity, I thought it was important to go there to talk, and more importantly, listen to their concerns.

[We also want] to get feedback on some of the initiatives we have underway now, in terms of the ability to still focus on and conduct our missions while meeting the needs of the community.

Q: HAR: Sir, I know that you had 26 years of service in the Army. Can you tell me some of the positive and negative changes that you've seen?

A: Davis: I am always impressed when I come into contact with young men and women that serve in uniform, ... with how they're balancing out their professional responsibilities as Soldiers with their responsibilities to their families. ...

Q: HAR: Sir, can you tell me how does the Army plan to balance its budget with its responsibilities in regard to protecting the environment?

A: Davis: That's a great question. In today's budget scenario, funds are limited to a certain degree. There are many challenges out there at the federal government level with regards to the cur-

SEE MUNITIONS, A-8

Honolulu district lends expertise to Kauai County, State Ka Loko response

CORPS OF ENGINEERS

Honolulu District Public Affairs

FORT SHAFTER — Honolulu District deployed a preliminary damage assessment (PDA) team to the Hawaiian Island of Kauai, March 15, after the privately owned Ka Loko reservoir dam was breached, March 14, causing massive flooding and destruction to residential areas on the north side of the island.

Emergency operations planner Lincoln Gayagas and civil engineers Ray Kong and Eric Li provided geological reconnaissance and technical engineering expertise to Kauai county and State of Hawaii Civil Defense officials for response efforts in the devastated area and around the rain-soaked island.

The dam for Ka Loko reservoir is made of earth and was built in 1890 by an irrigation company. The breach allowed a rush of an estimated 300 million gallons of water to speed downslope, resulting in devastating flood damage to local homes, a major Kauai highway and the confirmed deaths to two people.

After gathering visual and factual assessments from the devastated areas around Ka Loko reservoir, Gayagas, Li and Kong surveyed the Morita Reservoir, which is downstream from the Ka Loko reservoir. The team provided state and local officials with an engineering assessment of the damage and courses of action to mitigate the risk from further flooding.

After consulting with Kauai county workers and officials about the potential threat of additional flooding from the Morita reservoir, Kong suggested work crews begin opening and widening the spillway to divert water away from threatened Morita Dam.

Once the spillway was opened and the flooding threat from the reservoir



Bruce Asato | Honolulu Advertiser

A stream running from the Kaloko and Morita Reservoirs meanders underneath Kuhio Highway in the Kilauea area on Kauai.

minimized, state officials were able to reopen the flood-damaged Kuhio Highway.

At the request of Hawaii Civil Defense, Kong will remain on Kauai to serve as the U.S. Army Corps of En-

gineers liaison officer to Kauai Mayor Bryan Baptiste and Kauai Civil Defense. Kong will provide expertise on geotechnical/hydrological safety matters due to continued rainfall and flood warnings on Kauai.

Munitions: Safety via education

CONTINUED FROM A-1

rent war on terrorism, hurricane relief and other important missions.

... We do what we can to save money or redirect money to our environmental programs, therefore, enhancing our overall ability to conduct our mission.

... If we are able to achieve the goals that we've set, we'll be reducing our consumption of energy, conserving our water and setting new standards for clean air. If we do all these things, from an economic standpoint, we may be able to reduce the cost associated with them.

And that's money that can then be used for other purposes

throughout the Army. HAR: Sir, can you tell me a little bit about the pamphlets that you've brought here with you today?

A: Davis: We've developed two handouts that we think will help increase awareness, health and safety with individuals that are working in and around ocean areas.

[This pamphlet] really looks at the effects that [people] may encounter with munitions that have been disposed of at sea or in the ocean. A separate guide focuses on the Hawaiian Islands. ...

There are still quantities of military munitions present, so we seek to enhance the aware-

ness of military members and their families, as well as local communities, so they're aware of what some of the dangers might be, and even more importantly, what steps to take when coming into contact with these objects.

We want you to follow the three R's, which are explained in the pamphlet: The first 'R' is to recognize the object, second is to report it, and the third is to retreat.

We don't want people trying to touch or recover what might be an exploded or unexploded piece of ordnance.

(Editor's Note: An abbreviated interview will air on the Hawaii Army Report. Check the TV2 listing on page B-2 for times.)

News Briefs

From A-3

annual Army Emergency Relief campaign will hold a rally April 7 from 10 to 11 a.m. at the Nehelani Club on Schofield Barracks. Attendance at this important event is requested of commanders and command sergeants major, project officers, key personnel and interested Soldiers. For more information, call the AER office at 655-7132.

FBI Recruitment — Are you interested in a career with the FBI as a special agent? Learn about the FBI by attending the monthly FBI career presentation on April 11 at Schofield Barracks, Building 690 (Aloha Center), third floor conference room, from 10 to 11 a.m. For confirmation, contact the Army career and alumni program office at 655-1028.

For information on future monthly presentations, contact Special Agent Kal Wong at 656-4488.

Quarterly Volunteer Recognition — The quarterly volunteer recognition will be held on Tuesday, April 25 from 2 to 2:30 p.m. in the command conference room. Nominations are being accepted by the Army volunteer coordinator (AVC) now through March 31 for community agencies and through April 7 for brigade nominations. Nomination forms are on the Web at www.mwrarmyhawaii.com/acs/acsvolunteer.asp or through the AVC, Cathie Henderson at 655-4227, or at hendersonca@schofield.army.mil.

Annual Volunteer Ceremony — Annual volunteer recognition will be held Friday, April 28, from 4 to 6 p.m. at Bowen Park. For more information,

contact Cathie Henderson at 655-1703 or e-mail at hendersonca@schofield.army.mil.

US Army Birthday Ball — Celebrate the Army's 231st Birthday at the Hilton Hawaiian Village Hotel on June 3 from 6 p.m. to midnight. The cost is \$55 per person and the event is military formal or black tie. Ticket information is available through unit command sergeants major or unit representatives.

AER Fund Campaign — AER will conduct its annual fund campaign from April 7 – May 11. During this period, unit key persons will be contacting every Soldier for contributions. Contributions are voluntary. Contributions remain important to allow AER to fulfill its mission of helping soldiers in time of distress and misfortune. For further information, call the AER office at 655-7132.



T. Anthony Bell | Fort Lee Public Affairs

Team Hawaii's Sgt. Hose Alves and Spc. Jason Nauta hurry to serve their dishes as judges Mike Allen and Stafford DeCambra look on.

Culinary: Team Hawaii cooks victory

has been what has kept it strong for 31 years," Vtipil said.

The competition "...improves the food quality, quality of life and esprit de corps for our warriors," Vtipil said. "Regardless of whether they are serving in the dusty sands of Iraq, the rocky mountains of Afghanistan, the sweltering jungles of Africa or in their garrison dining facility at their homestation."

Team Hawaii's Cpl. Randy Agno won the Junior Chef of the Year category and Sgt. Hose Alves and Spc. Jason Nauta ran away with top honors in the "Best Two Member Team: Nutritional Hot Food Challenge" competition.

The experiences at the competition opened food service professionals' eyes to new techniques and will help them improve at their duty station. However, the smart competitors saved trying new techniques for when they got back home.

For his first time competing in Junior Chef, Agno made sure he worked only with ingredients he was familiar with.

"It helps keep you relaxed and takes the pressure off from not knowing what to expect," said Agno, 27, of Pearl City.

Judge Fritz Sonnenschmidt said that many first-year competitors try too hard to impress

judges with recipes they are unfamiliar with. Not having the confidence to cook a simple recipe well, a chef will cook a great recipe poorly, according to Sonnenschmidt.

"This shows the insecurity of a chef's talent," said Sonnenschmidt. "It should be a common sense approach, really. I would never do anything in a competition that I haven't done before because the chances it will come out well is minute."

Agno said the judges remarked upon the passion in his food, praised other aspects of his



For more photos and information about the culinary competition, visit www.ima.lee.army.mil/sites/pao/CulinaryCompetition_2006/index.htm.

cooking, but also pointed out some minor flaws.

"It's these minor details that I will focus on in the future," said Agno.

During the ceremony, the installation of the year was announced. Repeating a win from last year, Team Korea once again took home the title.

Winning the award means a lot to Team Korea, said Chief Warrant Officer 3 Travis Smith, team manager.

"Our team stuck together better than any other team I saw here," he said. "We were there at every event to support each other."

As last year's winner, Team Korea set their goal for winning the title again this year but was unsure of how they would do.

"It was a close competition," Smith said. "We came back stronger this year. We trained harder and learned a lot from last year."

Smith and his team are all ready thinking ahead to next year's competition, but first they will relish going home and celebrating.

"I am really proud of our team of teams," Smith said.

The representatives at the culinary competition are the "best of the best in military food service," said Brig. Gen. Mark A. Bellini, U.S. Army Quartermaster Center and School commander.

"It is clear to everyone who has seen and tested the fruits of your work that you have talents way above the standard," Bellini said. "By raising the bar, you are contributing directly to strengthening our already strong Army."

(Editor's note: Mike Strasser, Fort Lee Public Affairs Office, contributed to this article.)

Do you know how to choose meals wisely?

March is National Nutrition Month and all efforts count

COMMENTARY

LT. COL. WILL WHEELER

Registered Dietician, Tripler Army Medical Center

HONOLULU – The theme for National Nutrition Month is "Step Up to Nutrition and Health" with an emphasis on the revised food guide pyramid. Registered dietitians nationwide will be promoting choices this year.

Everyday we make choices in what we eat and drink that impacts how we feel today and in the future. To assist us in making better choices, the food guide pyramid is available in a user-friendly and individualized format at the Internet site <http://mypyramid.gov>.

I encourage you to check out the Web site at your convenience. As an example of how to use the

Web site, take a look at the fruit

food group.

Based on the food guide pyramid, we should consume two cups of fruit per day, with additional, simple guidance to choose a variety of fruit and go easy on fruit juices.

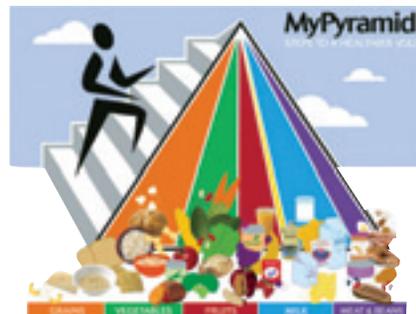
Calorie-wise, fruit juice is no different than soda, and although juice is more nutritious than soda, I can usually get more nutrients per calorie and more satisfaction with fruit than with juice.

Writing this article has motivated me to have a cup of fruit right now. Of course, a challenge in doing that is having smart food

choices available. At work, I am fortunate enough to have a few places where I can pick up a piece of fruit.

You may be in a location that is more challenging. In that case, it takes planning and, more than likely, a trip to the commissary. For your commissary trip, review the pyramid recommendations and ensure that the groups that are a challenge for you make it onto your shopping list.

Those who use military dining facilities are in luck. Military dining facilities are food establishments that offer a variety of choices and reasonable portion



sizes. Usually, members can leave the DFAC with a serving of fresh fruit.

Recently, I brought a pear (a medium-sized one, about 2.5 pears per pound) in to work and picked up a nice orange (one large one, about 3-inches in diameter) when I left the dining facility for lunch. So, I have my two cups of fruit covered, though my meal did take some planning.

You should also take a little time to make the right choices and plan your food intake. Throughout March and the years to come, "Step Up To Nutrition and Health." Your efforts will be worth it.



Pfc. Carlee Ross | 25 ID Public Affairs

Pfc. Gary Saleh exhibits his right-arm tattoos. The new Army policy allows nonoffensive tattoos on hands and the back of the neck.

Tattoo: New policy draws line for 'ink'

CONTINUED FROM A-1

terminations will be made according to current guidance."

The Army has never allowed indecent tattoos on any part of the body, G-1 personnel officials pointed out.

The new policy allows recruits and all Soldiers to sport tattoos on the neck behind an imaginary line straight down and back of the jawbone, provided the tattoos don't violate good taste.

"The only tattoos acceptable on the neck are those on the back of the neck," said Hank Minitrez, Army G-1 Human Resources policy spokesman. "The 'back' of the neck is defined as being just under the ear lobe and across the back of the head. Throat tattoos on that portion of the neck considered the front, the earlobe forward are prohibited."

Soldiers who are considering putting tattoos on their hands and necks should consider asking their chain of command prior to being inked.

"While the Army places trust in the integrity of its Soldiers and leaders, if a Soldier has a questionable case regarding tattoos, he or she should seek the advice of the local commander through the chain of command," Minitrez emphasized.

Should a Soldier not seek advice and have tattoos applied that aren't

in keeping with AR-670, the command will counsel the Soldier on medical options, but may not order the Soldier to have the tattoos removed. However, if a Soldier opts not to take the medical option at Army expense, the Soldier may be discharged from service.

The U.S. Coast Guard has a limitation on the size of a tattoo in percentages of a given area that will not exceed 25 percent of the space between wrist and elbow, knee and ankle, but it does not allow tattoos on the hands or neck.

The Army's new policy, however, does not mean Soldiers should rush out and have the backs of their necks or their hands entirely covered in decorative art, Minitrez said.

"The Army does not have a percentage policy for tattoos," Minitrez said. "As long as tattoos do not distract from good military order and discipline and are not extremist, racist, sexist or indecent they're permitted."

If a Soldier's current command has no issue with his/her tattoos, the Soldier should have personnel files so notated that the Soldier is in line with AR-670, officials said. Though not mandatory, having the notation entered serves as back-up documentation at a follow-on command, which might believe the Soldier's tattoos don't meet Army regulations.

Sexual Assault: Program builds on education

CONTINUED FROM A-1

Response program is making progress in getting more people to step forward and report sexual assault, McClain said. She credits some of that progress to a new system that gives victims the option to file a "restricted report," meaning they can report that a sexual assault occurred without launching an investigation.

This option, introduced in June, enables victims to get medical care and counseling services without going through a criminal investigation, McClain explained. Of the 435 people who filed restricted reports last year, 25 percent later requested to change to an unrestricted report, opening the door to a criminal investigation.

"We think that's good because it shows that the program is working as designed," she said. "Restricted reporting was to allow a victim to come forward, get the care and support they need without initiating the investigative process. That 25 percent of them did, we think, is indicative that the design is sound."

DoD acted quickly on reports of sexual abuse, completing 1,386 investigations in 2005.

"We think we have done an outstanding

job in bringing these cases to fruition," McClain said. By Dec. 31, the close of the reporting period, 352 offenders were awaiting final action on their cases and another 274 had received punitive action.

A big part of DoD's program focuses on education, not just to ensure people recognize and know how to report sexual assault, but also to

"This is not a one-time shot, but will be a continuing effort as we work to eradicate sexual assault from our ranks."

*Brig. Gen. K.C. McClain, USAF
Commander, Task Force for Sexual
Assault Prevention and Response*

help prevent it from happening in the first place, McClain said.

"Our biggest preventive effort is to help people understand ... what behaviors constitute assault," she said. "One of the key things is we not only do not want victims of sexual assault,

but we don't want perpetrators of sexual assault."

The education program begins when people enter the military and continues throughout their careers.

"This is not a one-time shot, but will be a continuing effort as we work to eradicate sexual assault from our ranks," she said.

McClain credited all the services with being "very aggressive" with their training programs.

"The education and training is having an impact, she said. "More people are understanding what constitutes sexual assault. More people understand how to report sexual assault. More people are willing to come forward," she said.

For the short term, that's likely to cause the number of sexual assault reports to increase, McClain said. Ultimately, she said she expects the number to hit a plateau before decreasing.

But even as this occurs, McClain said, she won't believe DoD's work is finished.

"We hate that we have even one sexual assault," she said.

McClain said preventing sexual assault is a mission-readiness issue because it can impact entire units and their ability to perform.

PAU HANA



Electron MARATHON

Sgt. Alexander Ramos, Headquarters and Headquarters Company, 1st Battalion, 25th Aviation Regiment, driver of the Army electric vehicle (center), revs to 36 mph and soon outstrips his Marine Corps, Navy and Air Force counterparts.

HECO partners with DoE and military to promote electric vehicles

Story and Photos by
AIKO BRUM
Managing Editor

FORD ISLAND — A top speed of 36 mph may not seem excessive on most roads, but it breaks limits on a runway modified for electric cars with only one horsepower.

Teenagers and grown-up service members sped along the contours of the Electron Marathon course in hopes of taking home the prizes for most laps completed and fastest racer, among other categories, Saturday.

Students built custom electric cars out of any materials within a \$3,000 spending cap, partly funded by the Hawaiian Electric Company (HECO), and then powered them with two batteries that would hopefully outlast their competitors.

Perhaps just as challenging, was squeezing their bodies into the electric vehicles with barely enough wiggle room, like bobsledders jumping into sleek sleds at the icy slope of the Winter Olympics. But these drivers at the "Final Lap" — the theme for what was said to be the last annual gathering for the Electron Marathon competition — raced on a bright, sunny day, despite fears of torrential downpours, on a flat one-half-mile course.

Drivers of both races lined up in predetermined order and took a pace lap behind an electric car from "E" Vehicles of Hawaii. Afterwards, favorites jockeyed for position and delighted hundreds of onlookers with a few cut-ins and cut-offs of their competitors.

Twenty-eight high school teams across the state competed first. Their race was a test of endurance.

Wailua High and Intermediate School made an early charge to lead the pack and kept it hot.

Wailua High and Intermediate School made an early charge to lead the pack and kept it hot. The teenage drivers put their heart and soul into their vehicles, so the occasional pit stop and wipeout dashed some hopes.

"The bolt for the steering wheel fell off, and I lost control," said Karsten Watumull, a junior at Mid-Pacific Institute on



Above — Twenty-eight high schools from Oahu, Hawaii, Kauai and Maui competed in Saturday's Hawaiian Electric "Electron Marathon" at Ford Island.

Left — Wailua High and Intermediate School quickly jumped out ahead of the pack of electric vehicles when the green flag waved.

Below — Military contestants take their pace lap behind an electric car from "E" Vehicles of Hawaii at the start of their timed race. One Soldier, one airman, two sailors and three Marines raced for 15 minutes; however, the lone Soldier emerged victorious and the Air Force lost lift moments after takeoff.



Oahu who was carted off the track — to his detriment — by a group of onlookers who thought they were helping.

Per marathon rules, Watumull made his own repairs and jumped back into the race, but he

only enjoyed a handful of laps before the race ended.

"It's extremely fast, and I wasn't go-

ing full throttle either," he explained.

Sacred Hearts Academy (55 laps), the Knights of Castle H.S. (55 laps) and Maui High (54 laps) rounded out the top four in the high school contest. Wailua was named

"everyone has always helped each other make it to the starting line and in that respect, we are all winners no matter who crosses the finish line first."

Keith Yamanaka
DPW energy manager

the overall winner based upon race results, documentation of their build, construction, safety and best of show.

Then, just before noon, service members from all Oahu's branches represented their counterparts in a 10-lap, timed race. The Marine Corps and Navy entered multiple drivers, but the Air Force and Army entered one each. Soon after the pace lap, the Air Force "Phantom" lost speed and parked in the pits.

Prior to the race, the Army's Alexander Ramos, a sergeant at Headquarters and Headquarters Company, 1st Battalion, 25th Aviation Brigade, said he was confident of a victory.

"I knew we would come in first," said the low-key, but jubilant Ramos, granting interviews after winning the inter-service rivalry with 10 laps. He said he felt good as he raced round the track overtaking the other services.

Ramos said he prepared mere weeks before the contest, during lunchtime, in the Department of Public Works (DPW) compound at Wheeler Army Air Field. He was inspired by DPW energy manager Keith Yamanaka, a longtime participant in the Electron Marathon who has four Army wins to his credit.

"Although competition is fierce between the agencies," explained Yamanaka, "everyone has always helped each other make it to the starting line and in that respect, we are all winners no matter who crosses the finish line first."

In the military winners circle, the Army took first, followed by the Marine Corps and Navy. The Air Force never regained momentum from the pit stop.

The Hawaiian Electric Company has hosted a total of 11 Electron Marathons to promote environmentally clean vehicles and involve young people in emerging electric technology. However, the future of the contest is uncertain.

Rear Adm. Michael C. Vitale, commander of Navy Region Hawaii, and senior executives at HECO echoed, however, the games must go on and kids must have the outlet for creativity.



March 24 / Today

Seafood Bucket for Two – It's back! Seafood lovers can dig into a variety of seafood, including shrimp, crabs, clams and mussels at Reggie's, tonight from 5 to 8 p.m.

Cost is \$24.95 for two and includes the seafood bucket and a pitcher of your favorite beverage. For reservations or more information, call 655-4466.

Junior Lifeguard Program – Children ages 11 to 14 can learn a new skill at Richardson Pool's Junior Lifeguard program. Upon graduation, students will be qualified as a junior lifeguard and able to volunteer at Richardson Pool under staff supervision.

Today is the last day to register at Richardson Pool. Classes will be held March 27 to 31 from 9:30 to 11:30 a.m. Cost is \$40 per child. For more information, call 655-9698.

Spring Teen Day Camp – Schofield Barracks teens are invited to spend spring break at the Schofield Barracks Teen Center Day Camp. The theme for camp is "Rookies versus Veterans."

Activities will include game day, family day, gladiator day, sports day and fear factor day, plus trips to the Mililani theater, Kualoa Ranch and the Ice Palace. For more information, call 655-0451.

AMR Teen Center Spring Break – Teens, come enjoy your spring break at the AMR Teen Center. A different activity will be held each day, Monday through Friday from March 20 to 31.

Activities will include AMR idol, a flavor-guessing game, a fear factor day, a lock-in, movies, a surprise day, Spring Fling, plus trips to Sharkey's Theater and the Ice Palace.

Community Calendar

Send community announcements to community@hawaiiarmyweekly.com.

March 24 / Today

Hui O Na Wahine Scholarships – The deadline to submit a merit scholarship application to the Schofield Barracks Hui O Na Wahine all-ranks spouses club is today. Applications are available at Sgt. Yano Library, the Hui Thrift Shop, the Schofield Barracks Army Community Service Building, the Leilehua High School counselor offices, Hui O Na Wahine luncheons and spouse information meetings.

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

Cirque Hawaii "Kidding Around" – Cirque Hawaii "Kidding Around" promotion is offering two ways for kids to see the show free of charge now through April 30. In the "Cirque Hawaii Coloring Contest," children draw their favorite circus performers on a sheet provided in The Honolulu Advertiser, bring his or her artwork to the Cirque Hawaii box office and receive a free children's ticket when accompanied by a paying adult at a Kama'aina rate.

Cirque Hawaii has also produced a coupon providing complimentary admission to children 16 years of age and under when accompanied by a paying adult at a Kama'aina rate. These coupons are being mailed to area schools and will also be available at area merchants. Both offers are subject to seating availability and black-out dates.

Cirque Hawaii features two performances nightly, except Wednesdays, at 6:30 p.m. and 8:30 p.m. Ticket prices start at \$55 for adults and \$44 for children; Kama'aina rates are also available. For reservations or more information, call 922-0017 or visit www.cirquehawaii.com. The Cirque Hawaii Theatre is located at 325 Seaside Avenue.

25 / Saturday

Pearl Harbor Naval Shipyard (PHNSY) – Pearl Harbor Naval Shipyard (PHNSY) will hold its annual Apprentice Job Fair on March 25 at the Marine Education Training Center on Sand Island. Applicants must be

Broadcast news

Cpl. Mary Simms edits footage of a recent taping in preparation for the Hawaii Army Report Jan. 31 at Schofield Barracks' TV2 studio.



Sgt. Tyrone C. Marshall Jr.

For more information, call 833-0920.

25 / Saturday

Doggie Easter "Biscuit" Hunt – Enjoy a fun afternoon with your dog at the 2nd annual Doggie Easter Biscuit Hunt, March 25 at noon at the Tropics. The event is open to all ages and all dogs and the cost is only \$2. For more information, call 655-5697.

29 / Wednesday

Spring Games and Fun – Youth ages 5 and older are invited to the Tropics to enjoy games, crafts, and more, March 29 at 2 p.m. Participants must sign up at the Tropics by March 27. For more information, call 655-8522.

30 / Thursday

Reggie's Taco Bar – Spend your Tropic Lightning time at Reggie's, Thursdays from 3:30 to 5 p.m. Enjoy a \$5 taco bar plus free chips, salsa, and cheese. For more information, call 655-4466.

31 / Friday

Hawaiian Luau – Taste a traditional Hawaiian style feast today from 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at the Nehelani on Schofield Barracks. Cost is \$9.95 per person. Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or information.

Reggie's Hot Wings – Come to Reggie's every Friday night for an hour of free "Hot Wings" from 5 to 6 p.m. For more information, call 655-4466.

April

1 / Saturday

Latin Night – Enjoy an evening of Latin music and dancing at the Tropics. Latin night is the first Saturday of every month, 8 p.m. to midnight, and it's open to ages 18 and over.

A \$2 cover charge applies at the door. For more information, call 655-5697.

4 / Tuesday

"PT in the Park" – Kids are invited to join their active duty parent at "PT in the Park," a 30-minute Mousercise aerobic routine with Mickey and Friends, followed by a continental breakfast. Every child participant will receive a "PT in the Park" T-shirt and a pocket radio. Active duty Soldiers will receive a participation voucher. At Schofield Barracks, the event is April 4 at Bennett Youth Center Field from 6:30 to 7:30 a.m. At Fort Shafter, "PT in the Park" will be held at the Fort Shafter Gym April 25. For more information, call 836-1923.

National Library Week Activities – Cel-

ebate "National Library Week" with "Puppet Times" showcasing the talents of puppeteer, Christy Lipps. Performances will be April 4 at Fort Shafter Library, April 5 at Sgt. Yano Library and April 6 at Aliamanu Library. All performances begin at 3 p.m. For more information, call 438-9521 (Fort Shafter), 655-8002 (Sgt. Yano) or 833-4851 (Aliamanu Military Reservation).

7 / Friday

Mongolian Barbecue – Select your favorites from a large variety of meats and vegetables and Reggie's staff will grill them to your liking. Come April 7 from 5 to 8 p.m. for Mongolian barbecue, cooked outside in front of Nehelani with seating in air-conditioned Reggie's.

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

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

8 / Saturday

Parents Night Out – Leave your kids with Child and Youth Services (CYS) at the Peterson Child Development Center on Par-

SEE MWR BRIEFS, B-4

U.S. citizens or naturalized, high school graduates (or GED equivalent), and be at least 18 years old by Jan. 8, 2007. Applicants are encouraged to attend the March 25 Job Fair if they have questions. Apprenticeship applications are to be completed and submitted online at <https://acep.hawaii.navy.mil/>. Computers are available at Oahu Work Links Centers and the Neighbor Islands One-Stop Job Centers, as well as at Honolulu Community College.

Applications will be available March 25 through April 9. Deadline to submit an application is midnight, Hawaii Standard Time, April 9. For more information on Pearl Harbor Naval Shipyard, visit <http://www.phnsy.navy.mil/>. For more information on the Apprentice Career Experience Program, visit <https://acep.hawaii.navy.mil/>.

28 / Tuesday

Parents Workshop – The ACS Family Advocacy Program offers a new parents' workshop designed to prepare new parents for first time delivery and parenthood. Classes are offered in five-week blocks on Tuesday nights from 6 to 8 p.m. and the next class starts on March 28.

The class is for both moms and dads, if possible, and couples should register as mom approaches the end of the third pregnancy trimester. Sessions are free, but participants must be registered in advance. Call ACS at 655-4ACS to register.

31 / Friday

ACS "Smart Buy Class" – ACS Family and Financial Readiness Programs are introducing a new workshop called the "Smart Buy Class." The "Smart Buy Class" will give you the tools to save hundreds of dollars a year or more on groceries. Attendees will explore the commissary benefit, go on a virtual Commissary shopping trip, learn money-saving tips and tricks and more. Bring your coupons, participate in a coupon exchange and learn how to use a coupon exchange file.

A monthly class starts on March 31 from 9:30 to 11:30 a.m. at Schofield Barracks ACS. Seats are limited; call 655-4354 to reserve your spot.

Pearl Ridge Center – Hop on over to the Pearl Ridge Center for Easter Bunny Photos. The Easter Bunny will appear March 31 through April 15 during center hours at the Downtown Center Court.

April

1 / Saturday

Diamond Head Crater Celebration – The

Diamond Head Crater Celebration, April 1 from 2 to 8 p.m., will feature headlining artists Linda Ronstadt, the Steve Miller Band, Yvonne Elliman, the Honolulu Symphony and numerous other major mainland and Hawaii artists.

Tickets are available at the Blaisdell Arena Box Office, online at www.ticketmaster.com or toll-free at 1-877-750-4400. For more information, call 735-7000 or visit www.cratercelebration.com.

AER Spouse Education Assistance – Spouse education assistance is available through Army Emergency Relief (AER). The program assists spouses and widows in furthering their education affording them increased job opportunities. Financial assistance is provided as a grant and is awarded based on financial need, assets, family size and special financial obligations. Scholarship money can be used for tuition, books, supplies and fees. Applications will be available for downloading at www.aerhq.org; at the AER office; or by mail from HQ, AER as of April 1.

Hawaiian Scottish Festival – The Hawaii Scottish Association presents the 25th Annual Hawaiian Scottish Festival and Highland Games, April 1 and 2 at Kapiolani Park. Featured entertainment will include Frank DeLima, The Celtic Pipers and Drums of Hawaii, The Royal Scottish Country Dance Society, The Riverside Pipe Band and more. For more information, visit www.scotshawaii.org.

3 / Monday

Hui O Na Wahine Welfare – The Schofield Barracks Hui O Na Wahine spouses club is accepting welfare requests through April 3. Welfare request forms are available at ACS or the thrift shop and agencies must complete the form to be eligible. Applications must be postmarked by April 3. For more information, call 624-3186.

Financial Education Forum – Learn to manage your money with confidence at a free Financial Education Forum for military families. Scheduled for April 12 from 9:30 a.m. to 2 p.m. at the Hawaii Convention Center, 1801 Kalakaua Avenue downtown, the event is open to active duty service members, spouses, military retirees and civilian employees and their spouses. A continental breakfast and lunch will be provided. To register or for more information, call 655-4227.

15 / Saturday

PH Rotary Club Fundraiser – Join the Pearl Harbor Rotary Club as they sponsor a "Poker Run" Saturday, April 15 at Richardson Field across from Aloha Stadium. Mo-

torcycle riders should register at 9 a.m. with roll out scheduled for 10 a.m. Proceeds will benefit the Hawaii USO and will go to Rotary International's efforts to eliminate polio.

A \$25 donation for riders includes lunch, a Rotary "Service above Self" pin, entertainment and a chance to win cash and door prizes. Non-riders are welcome to participate in lunch, door prizes and music for a \$15 donation beginning around 1 p.m. Contact John McLaughlin at 423-4488 for more information.

NMFA Scholarships – The National Military Family Association is now accepting applications for the NMFA Joanne Holbrook Patton Military Spouse Scholarship Program. Uniformed service spouses-active, retired, National Guard, Reserve or survivor studying toward professional certification or attending post-secondary or graduate school are encouraged to apply. Scholarships are normally \$1000. Applications will only be accepted online, and must be submitted by midnight, April 15. Applications can be found at www.nmfa.org/scholarships2006.

11 / Friday

Hawai'i Pacific University – Hawai'i Pacific University will celebrate its 22nd annual Intercultural Day on Friday, April 21, from 10 a.m. to 4 p.m. on Fort Street Mall. Free and open to the public, the event spotlights HPU students' diversity through cultural exhibits, a parade, and lively stage performances of traditional dance and music from around the world.

Ongoing

College Scholarships – The Reserve Officers Association (ROA) will award up to 60 \$500 Reilly Scholarships this year to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren, or spouses of ROA members, while graduate applicants must be ROA members. ROA membership is open to any officer of the seven uniformed services. To join ROA, call 1-800-809-9448 or go to www.roa.org. For more information regarding the ROA scholarship program, call 1-800-809-9448, ext. 730.

Kindergarten Registration – Wheeler Elementary School is now accepting kindergarten registration for the 2006-2007 school year. Children, 5 years old by Dec. 31, 2006

SEE COMMUNITY CALENDAR, B-3

HACN TV2 Schedule

6:00	CG Mixon Safety
6:01	CG Brown Safety
6:06	Bulletin Board
6:36	Pentagon Channel
7:00	CG Mixon Safety
7:01	CG Brown Safety
7:06	Pentagon Channel
8:00	CG Brown Safety
8:04	CG Mixon Safety
8:06	Hawaii Army Report
8:36	Pentagon Channel
9:00	CG Mixon Safety
9:01	CG Brown Safety
9:06	Pentagon Channel
10:00	CG Brown Safety
10:04	CG Mixon Safety
10:06	Pentagon Channel
11:00	CG Mixon Safety
11:01	CG Brown Safety
11:06	Pentagon Channel
12:00	CG Brown Safety
12:04	CG Mixon Safety
12:06	Hawaii Army Report
12:30	Pentagon Channel
4:00	CG Mixon Safety
4:01	CG Brown Safety
4:06	Pentagon Channel
5:00	CG Brown Safety
5:04	CG Mixon Safety
5:06	Pentagon Channel
6:00	CG Mixon Safety
6:01	Hawaii Army Report
6:26	CG Brown Safety
6:30	Bulletin Board
7:00	Pentagon Channel
8:00	CG Brown Safety
8:04	CG Mixon Safety
8:06	Pentagon Channel
9:00	CG Mixon Safety
9:01	Bulletin Board
9:31	CG Brown Safety
9:36	Pentagon Channel
10:00	CG Mixon Safety
10:01	CG Brown Safety
10:06	Pentagon Channel
11:00	CG Brown Safety
11:04	CG Mixon Safety
11:06	Pentagon Channel
12:00	CG Brown Safety
12:01	CG Mixon Safety
12:06	Pentagon Channel

Overnight
Pentagon Channel

(Note: Because of hardware failure, TV2 programming may be interrupted during daily scheduled programming and replaced with the Pentagon Channel and/or the Bulletin Board.)

This Week at the MOVIES Sgt. Smith Theater



Nanny McPhee

(PG)
Today, 7 p.m.
Sunday, 2 p.m.
Thursday, 7 p.m.



Annapolis

(PG-13)
Saturday, 7 p.m.
Wednesday, 7 p.m.

The theater is closed Monday & Tuesday

Community Calendar

From B-2

are eligible. Parents may pick up a registration packet at the school office. For more information, call the school at 622-6400.

ACS Volunteers — Free child care at an hourly site is provided for up to 20 hours per week when you volunteer with ACS. What's more, volunteering offers valuable job experience and flexible hours. Contact Cathie Henderson at 655-2398 or hendersonca@schofield.army.mil for more information.

Hawaii's Plantation Village — Hawaii's Plantation Village has opened a new exhibit honoring the 100th anniversary of Filipinos in Hawaii entitled "Philippines ... to the Plantations and Beyond." The exhibit is open Monday through Saturday from 10 a.m. to 4 p.m. The history and culture brought to Hawaii by Filipinos is featured. Also on display is a tribute to the "All Filipino Regiments" in the U.S. military. Open to the public, admission and parking is free.

For more information, contact the Village at 677-0110 or visit their Website at www.hawaiiplantationvillage.com.

The Children's Waiting Room — Located at Tripler Hospital and at Schofield Barracks Pediatrics Clinics, the Waiting Room provides free childcare for healthy children while their parents or siblings have on site medical appointments. Reservations and up to date shot records are required. Volunteers are always welcome, contact the Armed Forces YMCA office for details.

The Schofield location is open on Tuesday and Thursday from 8 a.m. to noon. Call 624-5645 for an appointment. The Tripler Hospital location is open Monday, Tuesday and Thursday from 8 a.m. to noon. Call 833-1185 for an appointment.

Community Calendar Briefs — Do you have announcements of upcoming events, sports or activities you'd like to post in the Hawaii Army Weekly? E-mail your information to community@hawaiiarmyweekly.com at least two weeks prior to your event.

Army spouses 'walk a mile' in combat boots

Story and Photos by
SPC. AMANDA FLEMETT
2nd Brigade Public Affairs

SCHOFIELD BARRACKS — Not every Army spouse gets the opportunity to know what is involved in the military training. But when they met at Bowen Park here March 16, the spouses of 1st Battalion 21st Infantry Regiment got a small taste of the wonderful, wet, rolling in the dirt training that infantry Soldiers do every day.

"It's tough work being a Soldier. Your husbands do it every day and do it well," said Lt. Col. Matthew Kelley, battalion commander of 1-21 Inf. Rgt.

The concept of Jayne Wayne day is for the significant other of the Soldier to endure a day in that Soldier's shoes, or in this case combat boots. For the first-ever battalion level Jayne Wayne day, the 1-21 Inf. Rgt. "Gimlets," planned plenty of spectacular events for their mates.

Spouses learned how to communicate on radios, put on nuclear, biological, and chemical gear complete with gas mask, how to properly fire an M16A2 rifle and how to drive a HMMNV all while wearing Army Battle Dress Uniforms (BDUs), Kevlar, Interceptor Body Armor (IBA) and Load Bearing Vest (LBV).

"It's different and difficult. It definitely puts it [being a Soldier] into perspective," said Kimber Howard, wife of Spc. Ross Howard, Co. A, 1-21 Inf. Rgt.

The day started with the wives getting their briefing for the day's events. They were then split into groups where some were escorted to the leader's reaction course and others went to tables to learn various military training.

At the leader's reaction course, the wives were challenged with different obstacles, in which each group had to work together to achieve success. The goal was to get equipment and the group from one side to the other without dropping equipment or team members.

"Each of these obstacles and tables were set up by the Soldiers from each company," said Capt. Sonny Rosales of S-3 and training, "they wanted their wives to experience what it is they do every day."

Many of the spouses enjoyed their first occasion to fire the M16A2 and the M240B machine gun. Most did not expect the weapons to be so easy to fire.

Deidre Grieve, wife of Sgt. Ben Grieve, Co. C said, "It's really cool! I felt like Rambo. It's fun."

"I'm proud of her, she's been doing such a good job!" boasted her husband Ben.

The wives were not given any slack. They met each challenge without complaint, but with a much clearer perception



Fire and forget — A giddy Kimber Howard digs into the grass on her stomach and fires an M16A2 weapon for the first time.



Climbing the noncorporate ladder (above) — These "Jane Waynes" show the determination and teamwork that it takes to accomplish one of the many Leaders Reaction Course challenges. Laughing as they struggled collectively, they combined to achieve the mission.

Give me 25 (left) — Five wives celebrate with a round of high fives after completing one of the four team challenges within the allotted time on the course.

of what a Soldier must do to train for the Army.

Husbands gently coaxed their wives to finish each task with patience and kindness but not without some good-natured teasing.

At the end of the day, the 1-21 wives, tired and dirty but smiling, completed one last task. They got to play "Capture the Flag" a war game of movement and accuracy. The women put on MILES gear (multiple integrated laser engagement system) and with two teams, competed against each

other in the game, which is a hi-tech form of laser tag.

After the winning team sacrificed a few team members, they steadily made their way to the middle of the field to snatch up the flag. Julie Peters, wife of Sgt. First Class Michael Peters got the flag, passed it to Deidre Grieve who then passed to Ashley Velez, who ran it back to their home base for the win.

"It was so much fun -- I'd do it again," Ashley Velez exclaimed to her husband

Pvt. Eloy Velez.

"All I can say is I am so proud of her," he smiled back.

Not one spouse left Bowen Park without some kind of dirt or mud on her. But all left with a sense of accomplishment that they had done some of what their husbands do every day.

"All the companies put in such an effort," said Rosales, "A lot of the wives now understand our profession. They're pretty tough."

Red Cross celebrates 125 years, honors volunteers

Story and Photo by
JOY BOISSELLE
Staff Writer

SCHOFIELD BARRACKS – March is American Red Cross month and for 125 years, the Red Cross has stood as a trusted symbol of humanitarianism and volunteer service. Celebrations of this milestone are taking place not only nation- and world-wide, but also here at Schofield Barracks.

On March 15, Red Cross and division leaders honored 55 Red Cross volunteers for their service at a ceremony and luncheon at the Nehelani. In 2005, volunteers served more than 12,000 hours, representing a cost savings to the Army of over \$100,000.

“Volunteering for the Red Cross shows how the little bit you do can help in a big way. And, volunteering just feels good.”

Shaunica Jayson
Red Cross volunteer chairman



Karry Still-Hettich receives the “Exceptional Red Cross Volunteer” award from Jeannine Wiercinski, honorary Red Cross chairman of volunteers. Still-Hettich amassed over 600 hours volunteering at the Schofield Barracks Health Clinic. Also pictured is the Red Cross chairman of volunteers, Shaunica Jayson.

Beth Weber, Schofield Barracks Red Cross station manager, said, “Our volunteers put so much of their time and effort into serving others. It is important to recognize their service because they do so much.”

Many are familiar with the roles of Red Cross volunteers in disasters, famine relief, emergency support of military families, and, of course, blood collection efforts. Locally, Red Cross volunteers perform a myriad of community service roles.

Volunteers work as medical and dental assistants at Schofield Barracks clinics; some teach CPR and first aid training, others train babysitters, and some offer administrative support to the station office here.

To the volunteers, Maj. Gen. Benjamin R. Mixon, commander, 25th Infantry Division and the event guest speaker, said, “Knowing we have volunteers like you makes my job easier. This luncheon

is a very small way that we can return something to you for work you have given to the Red Cross and our Army community.”

The volunteers at Schofield Barracks are just a few of more than one million Red Cross volunteers worldwide. Many of the positions they fill are non-funded and without the Red Cross volunteer, according to Weber, the jobs just wouldn’t be done.

Standout volunteer, Karry Still-Hettlich, received the highest award possible, the Exceptional Volunteer award. According to volunteer chairman, Shaunica Jayson, Still-Hettlich volunteered more than 600 hours at the Schofield Barracks Health Clinic.

Jayson, also a Red Cross volunteer, has been working since August with the organization. Newly married and active in

her family readiness group, she “still had time” and wanted to give back in some way to the community.

The Red Cross was a perfect fit for Jayson. As the chairman of volunteers, she was able to put her business degree to work and realize other goals.

“The Red Cross plays a big part in the Army community. I am a new military spouse; I thought it would be a great way to meet people and help them,” she explained, adding, “You get a sense of being a small part of something much bigger.”

While most service awards reflected one to five years of service with the Red Cross, long-time volunteer, Kelly Slater, received a service pin for 19 years of service with the organization. Slater, who started her service in 1978 as a lifeguard, ran the training and preparedness program, which

includes water safety and first aid courses for military and civilian personnel.

“Red Cross volunteers make a difference in our communities and they have a lot of pride representing the Red Cross,” said Slater who also served as the station manager last year.

Linda Keller, Armed Forces Emergency Services representative, closed the ceremony.

“You do it [volunteer] because it comes from the heart. And we thank you,” she said.

“Someone once said that volunteers are unique not because they don’t get paid and not because they are not worth anything...but because they are truly priceless.”

(Editor’s Note: For information on American Red Cross programs and volunteer opportunities, call 655-4927.)

2005 Red Cross Volunteers

- Tanya Billingslea
- Alan Bise
- Jacquelyn Borden
- Raymond Borrego
- Sandra Buglong
- Angela Celebreeze
- Kimberly Chavez
- Sandra Clayborn
- Diane Cockerel
- Nayeli Cordero
- Jill DeMille
- Melody Duncan
- Angela Fineberg
- Amanda Graves
- Nancy Griffith
- Amanda Guerrero
- Erica Guevara
- Brittney Gunther
- Elyse Henderson
- Francie Hernandez
- Jennifer Hopton
- Fbaiola Hurtado-De Mendoza
- Kathleen Hunt
- Shaunica Jayson
- Rita Jimenez
- Maritza Joseph
- Becky Murphy
- Wendy Oliva
- Queen Patrick
- Juliann Pendolino
- Sgt. Shirley Perry
- Jessica Peterson
- Jolynn Pitts
- Nicole Pitts
- Nancy Regan
- Tammy Thorson
- Felisha Thrower
- Pamela Tomson
- Jeanne Santiago
- Kelly Slater
- Evelyn Smith
- Kurst Sommer
- Angela Souza
- Karry Still-Hettlich
- Jamie Vaca
- Erlinda Vergara
- Juan Villanueva
- Renisha Walker
- Capt. Keith Washington
- Beth Weber
- Jeannine Wiercinski
- Claire Wilson
- Heather Wilson
- Linda Yanell



March

24 / Friday

Youth Sports Track and Field – Register now for youth track and field at Aliamanu Military Reservation (AMR), Fort Shafter, Schofield Barracks and Wheeler Youth Centers. Registration is open to youth born between 1988 and 1997, and the cost is \$40.

Participants will receive a team uniform, qualified coaching, and a USA track and field membership card. A military ID card or birth certificate is required to sign up, along with a physical exam. Practice begins in early April and the season runs from June to July.

For more information, call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield Barracks) or 655-0883 (Wheeler/Helemano Military Reservation).

25 / Saturday

Hawaii Championship Wrestling – Come watch Hawaii Championship Wrestling at the Tropics, March 25. Doors will open at 6 p.m. and matches will start at 7 p.m.

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

26 / Sunday

Army Mini-Sports Soccer – Registration runs March 26 – April

18 for the Army mini-sports soccer program for youth ages 4 to 5. The program runs April 25 – June 15. In this parent-participation program, youth will learn basic soccer, including dribbling, passing and throw-ins. The cost is \$10 and includes a T-shirt.

The program will be held at the Bennett Youth Center field and the AMR baseball fields. For more information, call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield Barracks) or 655-0883 (Wheeler/Helemano Military Reservation).

29 / Wednesday

BMX Track – The BMX track on Wheeler Army Air Field (WAAF) is now open on Wednesdays from 5 to 6 p.m. and Saturdays from 10 a.m. to noon. For additional information, call 655-0883 or visit www.mwarmyhawaii.com/cys/bmx_track.htm.

April

1 / Saturday

Ladies Golf Clinic – A free golf clinic for women will be held April 1 at the Leilehua Golf Course located right outside the WAAF front gate. The one-hour clinic will begin at 2:30 p.m. and equipment will be provided. Reservations are recommended.

For more details or to reserve your space, call 655-4653.

2 / Sunday

“5 Game, No Tap” Tournament – Individuals are invited to participate in a “5 Game, No Tap” Tournament at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

Ongoing

Hatha Yoga – Relish the traditional approach to yoga that aids relaxation, and strengthening and lengthening muscles. Techniques can be modified based upon an individual’s skill level.

Sessions will be held Wednesdays at 5 p.m. and Saturdays at 8 a.m. at the Schofield Barracks health and fitness center. Call 655-8007 for more details.

Hawaii Academy Trampoline and Gymnastics Classes – SKIES Unlimited is partnering with Hawaii Academy to offer a military discount program for trampoline and gymnastics programs. Hawaii Academy offers a variety of programs including parent-tot and preschool classes; essential skills flexibility, fitness and gymnastics programs, special education programs, trampoline and power tumbling programs. Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-5525.

Cosmic Bowling – Experience bowling with a twist. Lights are dimmed, upbeat music is turned on and the room becomes illuminated in glowing lights. Cosmic Bowling runs every Wednesday at Wheeler Bowl.

Cost is \$1.50 per game and \$1 for shoe rental. Call 656-1745 for more information.

Scuba Club – Join the scuba club for only \$7 a month and get free air fills and a 10-percent discount on scuba equipment rentals. Tank rentals come with “unlimited air” during the rental period. For more information, call 655-0143.



Send community announcements to community@hawaiiarmyweekly.com.

March

25 / Saturday

Rodeo – Looking for hard-riding, fast-paced rodeo action? Gallop over to the Diamond J Arena in Waianae, Saturday, March 25.

Sponsored by the Hawaii Women’s Rodeo Association, this event is free to spectators and features Hawaii’s best horses and men, women and children riders.

Competition begins at 10 a.m. and includes barrel racing, pole bending and other timed events.

26 / Sunday

10k Volksmarch – Menehune

Marchers is sponsoring a 10K Volksmarch, or walk, beginning at 8 a.m. on March 26 at Kaena Point (Mokuleia). Marchers will meet at Camp Erdman YMCA.

The cost is free unless Volksmarch credit is desired; then marchers must pay a \$3 fee. Call Barbara at 247-5059 or Carol at 626-3575 for more information.

April

23 / Sunday

10k Volksmarch – Menehune Marchers is sponsoring a 10K Volksmarch on April 23 at Maunaloa Bay Beach Park in Hawaii Kai. The start time is between 8 and noon. The march is free unless Volksmarch credit is desired, then marchers must pay a \$3 fee. Contact Marsha at 395-9724 for more information.

30 / Sunday

Rodeo – Looking for hard-riding, fast-paced rodeo action? Gallop over to the Kawaiiloa Ranch Arena in Haleiwa Saturday, April 30.

Sponsored by the Hawaii

Women’s Rodeo Association, this event is free to spectators and features Hawaii’s best horses and men, women and children riders.

Competition begins at 10 a.m. and includes barrel racing, pole bending and other timed events.

Ongoing

Honolulu Marathon Clinic – Looking to get in shape and run a marathon? Join the free Honolulu Marathon Clinic, led by Dr. Jack Scaff. The clinic meets Sundays at 7:30 a.m. at Kapiolani Park at 3833 Paki Ave. The clinic stresses slow, recreational running, for beginners and walkers. The focus is training to finish the Honolulu Marathon in December. For more information, call 655-4692.

Golfers Wanted – Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

MWR Briefs

From B-2

ents Night Out, April 8, and then enjoy a nice night out on the town.

Children enrolled in Parents Night Out must be registered with the Resource and Referral Office no later than noon April 5. Reservations are first-come, first-served at the Resource and Referral Office. Call 655-8313 for more information.

Ongoing

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

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

MWR Happenings – To find out more information about MWR activities, programs and facilities, pick-up a copy of the Discovery magazine available at the Schofield Barracks Commissary, Fort Shafter Post Exchange, Aliamanu Shoppette, Tripler mauka entrance, any MWR facility, or visit the MWR Web site at www.mwarmyhawaii.com.

Job Search – Visit, browse and apply for federal jobs that are available in Hawaii at www.nafjobs.com