

INSIDE

Soldiers Medal awarded for lifesaving act

SPC. DURWOOD BLACKMON
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – Second Lieutenant Daniel O'Connor was driving on Kaukonahua Road when he came upon wrecked motorcycle and a man in need of help July 30, 2006. With a wounded man lying in a pool of blood and gasoline leaking from the overturned motorcycle, O'Connor risked his own safety to immediately render first aid and save the man's life.

For his actions, the 25th Infantry Division Soldier was awarded the highest honor a Soldier can receive in peacetime, the Soldiers

Medal, at a ceremony on Schofield Barracks, Feb. 26.

During the ceremony O'Connor gave an account of what took place when he first arrived at the accident.

"I saw a gentleman lying in the middle of the road. I moved on foot and rendered assistance, first aid, the best I could," he said. "I fashioned a tourniquet out of my civilian belt as well as a strip of Velcro which I was given by another person on the scene, on his arm and treated for shock and other wounds until medical personnel arrived."

The victim, Stephen Shigetani, who at-

tended the ceremony with his son Stephen Shigetani Jr., doesn't remember much about the accident but is thankful for O'Connor's quick action.

"He saved my life," said Shigetani. "I'm glad he found me. My kids would be orphans today. I love the guy."

Lead investigators of the accident, as well as the victim's family, believe had it not been for the efforts of O'Connor, Shigetani would not have survived.

O'Connor, who was a specialist with 1st

SEE MEDAL, A-8

Military campaign teaches to build wealth not debt

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – More than 750 members of the military ohana tested their financial IQ's and gathered an abundance of information regarding financial savings at a celebration for Military Saves week at the Kalakaua community center, Feb. 28.

This first campaign titled "Build Wealth – Not Debt" brought 14 not-for-profit organizations, including Operation Home Front – an organization designed to aid the military ohana in times of need by providing financial support and resources. Representatives from local credit unions and banks also attended to aid the military people in preparing their financial future.

Participants relished in the games, refreshments and family entertainment while learning tools to guide them on a clear financial path for their future.

Military Saves is a social marketing campaign designed to change cultural attitudes and behavioral standards around saving money. It is part of a national campaign called America Saves, sponsored by the Consumer Federation of America. America Saves works through community coalitions to persuade and encourage people to avoid debt and build wealth through saving.

"There is so much information out there to help prepare us financially," said family member Miquelita Rollins. "We are here to learn about investments and IRA's and anything else that will benefit us."

Workshops on investments, saving plans and the wise use of credit occurred every half hour as volunteers and financial counselors explained simple ways military families could save and prepare for their future.

"Taking the time to be financially ready helps all family members, especially in a time of deployment," said Laura Wittig, Army Community Service Financial Readiness Program Manager,

SEE WEALTH, A-5

For more information on Military Saves Week visit www.MilitarySaves.org or contact an Army Community Service financial counselor at 655-4227.



Live or simulated

A Wheeler Army Air Field UH-60 helicopter simulator saves lives and money

A-5

Emergency Relief

Army Emergency Relief conducts its annual campaign Monday-April 25. Contributions help Soldiers in time of distress and misfortune.

See News Briefs, A-7

Strong women

Army Community Service hosts a Women's History Month event, March 10, at the Aliamanu Community Center

B-5



Kyle Ford | U.S. Army Garrison, Hawaii, Public Affairs

Checking the firing pin

SCHOFIELD BARRACKS — Spc. Jules Herbert (right), a mortarman, adjusts the firing mechanism for the Browning M2.50 machine gun while Spc. Steven Tremper, also a mortarman, provides instruction. Headquarters and Headquarters Company units received the extra training to keep their shooting skills sharp.

Elite Soldiers needed for nontraditional mission

CHRISTINA DOUGLAS
Staff Writer

SCHOFIELD BARRACKS – The numbers "911," once representing rescue and relief, now strike grief, remorse and hatred within the hearts of Americans. One single day of unfathomable attacks made Americans realize what our enemies are capable of doing.

As these untraditional tactics continued in the war on terror, pentagon officials devised a plan for one specific entity, the Asymmetric Warfare Group (AWG), to combat these

methods.

Representatives from the AWG briefed Soldiers here recently on vacancies and opportunities within their organization.

This elite group of Soldiers, based at Fort Meade, Maryland, is designed to improve asymmetric warfare capabilities at the operational and tactical levels within the Army.

One- to five-man field teams, consisting of seasoned war fighters and functional experts, are embedded within a unit at home station, or while deployed. These field teams

prepare the unit for a broad spectrum of threats based on where the unit is or will be deployed.

"We're in the North, South, East and West, sharing what works, and what doesn't work," said Lt. Col. Derwood Spencer, commander C Squadron, AWG. "When a unit deploys to their area of responsibility, they don't have time to analyze every detail. We have that time to look at options and research possibilities."

SEE WARFARE, A-6



Lifestyle change

Personal trainers assist family members in reaching their health and nutrition goals

B-1

This issue

Lightning Spirit **A-2**

Soldiers **A-4**

News Briefs **A-7**

MWR **B-2**

Sports & Fitness **B-4**

DoD encourages life-saving bone marrow donor registration

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – A skit performed by two Soldiers of Headquarters and Headquarters Detachment, U.S. Army Hawaii, Garrison, Sgt. 1st Class Richard Terceira and Sgt. Damien Williams, enticed the small crowd, Feb. 28, to raise awareness and start their campaign of registering a record number of bone marrow donors this week. The performance showcased the simple process of becoming a donor.

With a simple swab of a cheek and minimal paperwork, one can join the list among thousands of willing bone marrow donors to possibly save a life.

"It's about helping another human being and understanding the importance of being a donor," said Cathy Ballie, Oahu north community director, U.S. Army Garrison, Oahu. "All branches of the military are coming together for this cause."

The bone marrow donor drive takes place Monday-Friday to give all units an opportunity to register people to become a life-saving tool for a complete stranger.



Sgt. 1st Class Richard Terceira (left) and Sgt. Damien Williams, demonstrate the simple process of becoming a bone marrow donor.

"I'm hoping to get everyone in our battalion signed up," said Sgt. Jizzle Aquino, 45th Special Troops Battalion. "This is a chance to get involved within the community and help out those in need."

As an integral part of the national effort for matching unrelated marrow donors, a marrow donor program was established within the Department of Defense (DoD). The primary objectives of this program is the development and application of a distinctive life-saving technology toward the military medical application for rescue of casualties with marrow damage resulting from radiation or certain chemical warfare agents containing mustard.

"Hundreds of military personnel and family members need life-saving bone marrow matches," said Lt. Cmdr. Cindy Campbell, Bone Marrow Donor Drive coordinator Director of Administration, White House Military Office. "The whole process takes just a few hours, that's it, and you can save a life."

Anyone under the age of 60 can register to be a donor. No more blood samples are required. Registration can be done even if a Soldier has been stationed overseas, taken anti-malaria medication, had tattoos, or received any immunizations.

The goal of the DoD Bone Marrow Donor Program is to

SEE DRIVE, A-4

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

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

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

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

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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

HAWAII ARMY WEEKLY

Commander, U.S. Army Garrison

Col. Matthew Margotta

Director, Public Affairs

Dennis C. Drake

Chief, Command Information

Aiko Rose Brum, 656-3155

editor@hawaiiarmyweekly.com

Managing Editor

Jeremy S. Buddemeier, 656-3156

news@hawaiiarmyweekly.com

News Editor

Kyle Ford

Pau Hana Editor

Christina Douglas

Staff Writer

Molly Hayden

Layout

Jay Parco

Nondelivery or distribution

problems in Army Hawaii

Family Housing areas? If so, call

656-3155 or 656-3156

Advertising: 525-7654

Classifieds: 521-9111

Editorial Office: 656-3155/3156

Fax: 656-3162

Address:

Public Affairs Office

442 Santos Dumont Ave., WAAF

Building 108, Rm. 304

Schofield Barracks, HI 96857-5000

Web site:

www.25idl.army.mil/haw.asp

Army releases new field manual

JOHN HARLOW
Army News Service

FORT LEAVENWORTH, Kan. — The Army's new field manual for operations, FM 3-0, brings the first major update of Army capstone doctrine since the terrorist attacks of 9/11.

"This change in operational doctrine is designed to ensure that our Soldiers have the very best tools, training and leadership they need to succeed," said Lt. Gen. William B. Caldwell IV, the commanding general of the U.S. Army Combined Arms Center at Fort Leavenworth, Kan.

Gen. William S. Wallace, commanding general of the U.S. Army Training and Doctrine Command, unveiled the 15th edition of the field manual at the Association of the United States Army Winter Symposium in Fort Lauderdale, Fla., in February.

"Today's Army is about half the size it was in 1970, but the U.S. military's involvement around the world has tripled since the collapse of the former Soviet Union," Wallace noted in the foreword to the TRADOC information pamphlet for FM 3-0. "The next several decades, according to many security experts, will be an era of persistent conflict that will generate continuing deployments for our Army."

"We must emphasize doctrine as the driver for change," said Army Chief of Staff Gen. George W. Casey Jr. "You can't cement change in the organization until you adapt the institutions. That change begins with doctrine."

The rise of transnational terrorist networks, religious radicalism, ethnic genocide, sectarian violence, criminal networks and failing nation-states all imperil the United States and its national interests.

"A tremendous amount of change in FM 3-0 has come from lessons learned in Iraq and Afghanistan," said Caldwell. "It was important for us to go back and take those lessons that we have learned over time and incorporate them into our doctrine, training and leader development."

According to Caldwell, FM 3-0 is revolutionary. There are four specific points in the manual that he calls revolutionary:

1) The importance of stability operations is elevated to co-equal with combat (offensive and defensive operations).

2) The critical nature and influence of information on operations.

3) An operational concept that drives initiative embraces risk and focuses on creating opportunities to achieve decisive results.

4) The critical role of the commander in full-spectrum operations, bridging battle command and operational art in leveraging the experience, knowledge and intuition of the commander.

Stability operations are viewed as important, if not more so, than offensive and defensive operations in the new operations manual.

"Whatever we do and wherever we go in the world today, fundamentally, the operations are going to be conducted among the people," said Lt. Col. Steve Leonard, chief, Operational Level Doctrine, Combined Arms Doctrine Directorate, and one of the lead authors of FM 3-0. "The operations are going to be focused on the well-being and the future of the populations we are operating in."

Winning battles and engagements is important but not decisive by itself. International organizations, civil authorities and multinational forces shaping the civil situation in

concert with other government agencies will be just as important to campaign success, according to the new FM.

The new operations manual institutionalizes the need for cultural awareness, which is critical to understanding populations and their perceptions to reduce friction, and prevent misunderstanding, thereby improving a force's ability to accomplish its mission.

Soldiers and leaders must master information. To the people, perception is reality. Altering perceptions requires accurate, truthful information presented in a way that accounts for how people absorb and interpret information with messages that have broad appeal and acceptance.

"We're not teaching Soldiers what to think in the school and centers; we're teaching them how to think, how to think critically and how to think creatively," said Caldwell.

"There is no way that we can properly prepare Soldiers for the challenges and diversity of the threats they will face on the battlefield today," he continued. "They are too diverse."

FM 3-0 brings a philosophical shift of how Soldiers and commanders are empowered to complete their mission and adapt to their surroundings.

"This manual moves away from the focus of the 90s which was more on process, science and technology," said Leonard. "It emphasizes the human dimension of command and leadership. One that focuses instead on the commander as a leader who draws on experience, intuition, knowledge and the human aspect of what leadership is about."

(Editor's Note: John Harlow writes for the Training and Doctrine Command News Service.)

Schofield BCTC prepares 25th for deployment

Story and Photo by

MAJ. JOHN J. BAILER JR.

U.S. Army, Pacific, Simulations Officer

SCHOFIELD BARRACKS — As the 25th Infantry Division (ID) prepares for deployments, the U.S. Army, Pacific (USARPAC) staff prepares by obtaining the proper funding, equipment and personnel necessary to assist preparation for military operations overseas. This process is conducted by a Program Management Review (PMR) conference.

"The PMR is a requirements and budgetary process used to help the Army identify and validate programs designed to help train units," said Pat Ching, Battle Command Training Center (BCTC) site manager.

The Department of the Army Headquarters PMR is scheduled Monday-Friday in Hampton, Va.

"The PMR helps train units by providing them with the essential resources such as funding, equipment and personnel for the Battle Command Training Centers within the Pacific Rim for the next



Members of a Simulation Officers Course work through a training program

five years," Ching said.

According to Lt. Col. Mike Staver, deputy director of the BCTC, this \$15 million program not only determines funding, equipment and personnel requirements for the next five years, "it also dictates the type of quality and quantity of training for Soldiers, Sailors, Airmen and

Marines within the Pacific Rim."

"The BCTC program manager has the responsibility to fight for the funding that will allow the BCTC to grow, build and maintain the type of training quality that is expected in order to fight and win our nation's wars," Staver added.

"USARPAC is trying to work processes from the bottom up to

better articulate and justify its needs, which are substantial in the training support arena," said Lt. Col. Malcolm Frost, the new USARPAC Training and Exercises Division chief.

Training and Doctrine Command (TRADOC), Forces Command (FORSCOM), as well as the other commands within the Army, are leading the pack when it comes to funding and equipping their organizations and training support institutions, Frost said.

He added that holding a PMR keeps USARPAC to standard with deploying units from the continental U.S.

"We're just competing for a fair amount of resources to bring USARPAC training facilities to the same standard as [the continental U.S.] bases and maintain that equality over time," he said.

"We want to make sure we have the training resources available to ensure Army forces are ready to support the commanding general of the U.S. Pacific Command's strategic vision and fight and win in the global war on terrorism."

LIGHTNING SPIRIT

Perseverance requires more than just patience on our part

CHAPLAIN (CAPT.) BILL KIM
25th Special Troops Battalion Chaplain

Perhaps one of the most overlooked values in life is that of perseverance.

When one is asked what qualities a good person possesses, the most common ones tend to be good morals and ethics, a loving and caring personality, generosity and kindness, as well as the Army values.

As each of us knows, paths in life are not always going to be easy or fair. Such times cause us to wish for that magical "easy button" from the Staples store commercials. Such are times when we need perseverance.

Perseverance is more than just being patient, as some would seem to define. It is not only being patient, but also having the will to carry on despite hardships.

A B.C. Forbes quote illustrates the value of perseverance: "History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they re-



Kim

fused to become discouraged by their defeats."

I'd like to share a story about perseverance I used in a sermon, which details such a person in history:

When she was young, Florence Chadwick wanted desperately to be a great speed swimmer. At the age of 6 she persuaded her parents to enter her in a 50-yard race.

She came in last, so she practiced every day for the new year. Again she entered and lost.

When she was an 11-year-old, Florence won attention and praise for completing the San Diego Bay endurance swim, 6 miles in all. But she still wanted to be a speed swimmer.

At 14, she tried for the national backstroke championship but came in second to

the great Eleanor Holm. At 18, she tried out for Olympic speed swimming and came in fourth; only three made the team.

Frustrated, Florence gave up, married, and moved on to other interests. As she matured, however, she began to wonder if she might not have done better if she had specialized in endurance swimming, something that came more naturally.

So, with the help of her father, she began swimming distances again. Twelve years after she had failed to make the Olympic team, Florence Chadwick swam the English Channel, breaking Gertrude Ederle's 24-year-old record.

According to *Crossroads*, Florence took a little time, but eventually she found out what she could do best and did it" (Issue No. 7, p. 19).

Perseverance not only aids us in reaching our goals, but it also teaches us to better discover ourselves. It enables us to develop powerful potential to succeed, which is extremely useful in understanding our limits

and boundaries, as well as discovering our talents and other special skills. However, succeeding is one thing; it is something entirely different to be successful.

When we realize our talents, or lack thereof, the process of developing ourselves can begin. For example, here in the Army, we consistently develop ourselves physically, mentally, emotionally and spiritually to succeed in our missions.

Yet, the beauty of developing ourselves is that we do not have to persevere and develop through our own efforts alone. In a community, such as the Army, each of us learns from one another.

We all come from different walks of life, and we all have something of value to share with the community. If one lacks in a certain area, another can assist in developing that individual.

A friend of mine once said it best: "You will always take something away from someone, just as they will always take away something from you."

Veterans allowed five years health care from VA

VETERANS AFFAIRS
News Release

WASHINGTON — Military veterans who served in combat since Nov. 11, 1998, including veterans of Iraq and Afghanistan, are now eligible for five years of free medical care for most conditions from the Department of Veterans Affairs (VA).

This measure increases a two-year limit that has been in effect nearly a decade.

"By their service and their sacrifice, America's newest combat veterans have earned this special eligibility period for VA's world-class health care," said Secretary of Veterans Affairs Dr. James Peake.

The five-year deadline has no effect upon veterans with medical conditions related to their military service. Veterans may apply at any time after their discharge from the military, even decades later, for medical care for service-connected health problems.

The new provision, part of the National Defense Authorization Act of 2008 signed by President George W. Bush, Jan. 28, applies to care in a VA hospital, outpatient clinic or nursing home. It also extends VA dental benefits, previously limited to 90 days after discharge for most veterans, to 180 days.

Combat veterans who were discharged between Nov. 11, 1998, and Jan. 16, 2003, and who never took advantage of VA's health care system, have until Jan. 27, 2011 to qualify for free VA health care.

The five-year window is also open to activated Reservists and members of the National Guard, if they served in a theater of combat operations after Nov. 11, 1998, and were discharged under other than dishonorable conditions.

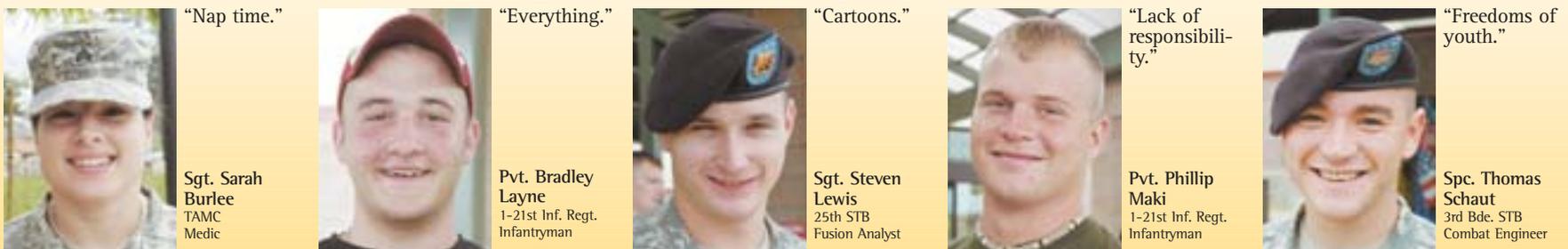
Veterans who take advantage of this five-year window to receive VA health care can continue to receive care after five years, although they may have to pay copayments for medical problems unrelated to their military service.

Copayments range from \$8 for a 30-day supply of prescription medication to \$1,024 for the first 90 days of inpatient care each year.

64 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 3/5/08.

Voices of Lightning: What do you miss most about being a kid?



"Nap time."

Sgt. Sarah Burlee
TAMC
Medic

"Everything."

Pvt. Bradley Layne
1-21st Inf. Regt.
Infantryman

"Cartoons."

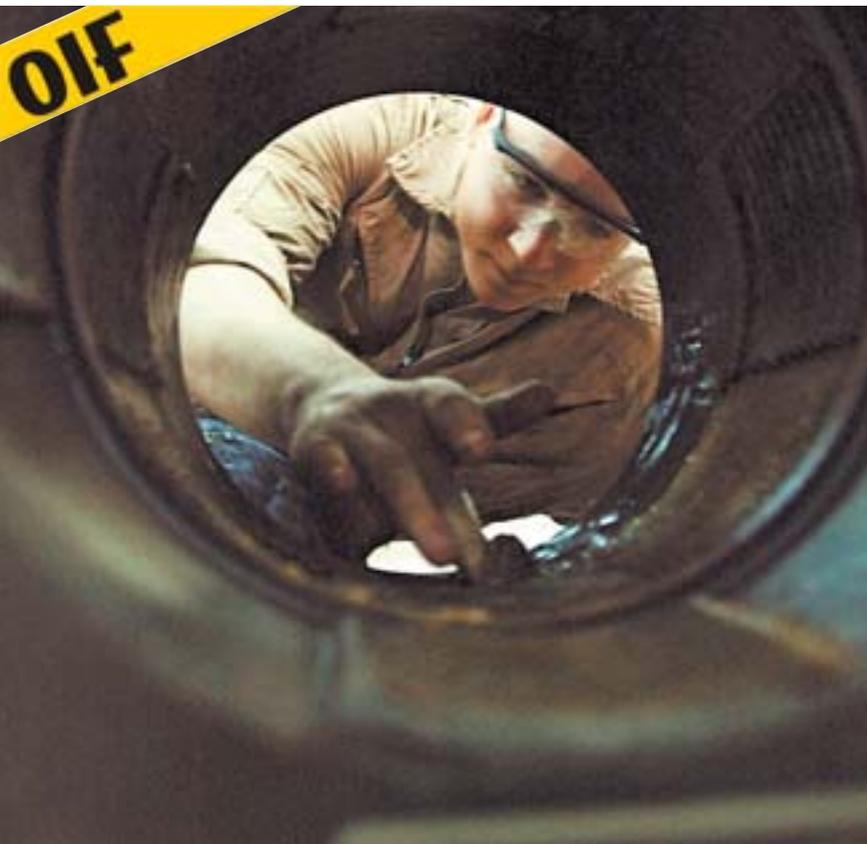
Sgt. Steven Lewis
25th STB
Fusion Analyst

"Lack of responsibility."

Pvt. Phillip Maki
1-21st Inf. Regt.
Infantryman

"Freedoms of youth."

Spc. Thomas Schaut
3rd Bde. STB
Combat Engineer



Spc. Byron Hayes, artillery repairman with B Company, Brigade Support Battalion, 2nd Stryker Brigade Combat Team, 25th Infantry Division, Multinational Division-Baghdad, wipes old grease from a M-777 howitzer Feb. 27, at the 2nd Battalion, 11th Field Artillery Regiment, 2nd SBCT, weapons repair shop at Camp Taji before applying a fresh coat during the weapon's annual servicing.

Artillery mechanics keep hot guns firing on the line

Story and Photo by
SGT. JEROME BISHOP

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Soldiers rely on multiple factors out in the field, ranging from air support by attack helicopter crews to fire support from artillery crews.

The task of keeping the big guns shooting, however, falls on the shoulders of "Warrior" Soldiers from Company B, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, 25th Infantry Division, MND-B.

The maintenance shop, run by Sgt. Vincent Dulude, who serves as a fire control repairman with Co. B, takes on repair missions ranging from the Army's newest piece of artillery, the M-777 Howitzer, to some of its oldest weapons like the M-2 .50-caliber machine gun.

The shop performs repair missions quarterly, conducts annual services on artillery pieces and fixes small arms as they come in, said Dulude.

"Right now, we're working on the M-777. We're doing the annual service on it," Dulude said. "Annual repair is just going over the weapon to make sure it's functioning correctly.

"Every annual service, we have to pull the tube out and pull the feed tray and the collar off," he continued. "We have to lube it up, put new grease on it, put it back together and make sure it functions correctly."

It is actually a long process, he added, but also pretty easy, usually taking approximately six to eight hours. Other services, in comparison, are much quicker and require less attention, which is good news for the Soldiers on the firing line.

"Quarterly, we just check it over," said Spc. Byron Hayes, who serves as an artillery repairman with

Co. B. "We don't take the barrel out; we just take the muzzle break off and go over the hoses and make sure there's no leaks."

Being one of the newest weapons in the Army's arsenal, the M-777 presents a rare opportunity for Soldiers like Dulude and Hayes since they're among the first repairmen to work with the system.

"It's really interesting," Dulude said. "It's a lot different from what a lot of the other armament sections are doing since we have the new M-777 Howitzer, which is both digital and hardware, so it's a lot of fun to work on. We're pretty much trying to get all the troubleshooting done and get all the kinks worked out."

The majority of the work that flows into the hands of the Co. B repair shop pertains to the M-777, which Soldiers work hard to get through the repair process and back on the line.

"Every week we have at least one new gun in there, and we work around our schedule," Dulude said. "We usually start in the morning, and by the afternoon we're usually done, unless there are some major issues."

Dulude said the shop has yet to run into major issues.

While the Soldiers juggle the constant flow of big guns into the shop for services, they also tackle small-arms repair. Repair jobs between artillery and small arms is divided up evenly between the Soldiers of the shop, said Sgt. Robert Hillius, who serves as a small arms and artillery repairman with the Co. B.

Despite the constant work flow and the obstacles of learning the maintenance procedures for a new weapon, members of the maintenance shop, continue to push on with their mission, so the MND-B Soldiers in the field know their "six" is covered by the well-kept guns of the 2-11th FA Regt.

Soldiers visit 'forgotten' village

Story and Photo by
SGT. JEROME BISHOP
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — For the first time since the start of Operation Iraqi Freedom, villagers in the town of Abayachi watched as Soldiers from several Multi-National Division-Baghdad units convoyed through their streets in Strykers and up-armored humvees, Feb. 28.

The following day, "Warrior" Soldiers from Company B, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team (2SBCT), 25th Infantry Division, as well as several other elements, set out to assess the village's infrastructure.

Their visit also afforded them the opportunity to ask local residents serious questions, as well as provide them some answers, as they inquired about the possible future for the village.

"This is the first time anyone from the [Coalition Forces] has been here [in Abayachi] in some time, so this is really a new opportunity, a new mission and brand new territory," said Col. Mike Bridges, who serves as the deputy team leader and the governance advisor for the embedded Provincial Reconstruction Team working with the 2SBCT.

At one time, the village of Abayachi housed former members of the Baath party. Since the beginning of combat operations in Iraq in 2003, it has been relatively untouched, explained Bridges.

The village assessment took place over the course of three days and focused on the people's needs as opposed to combat operations.

"This mission specifically is very exploratory in nature," said Bridges. "The company has come out from the battalion to assess the conditions at Abayachi, and I'm looking at the Nahia and the essential services for our team to see where we can apply the resources of our team to rebuild the community."

While the patrol is composed of specialized assessment teams working toward a common goal, the different components each had their own missions to accomplish.

One team set out to gather atmospheric on possible concerns related to security and the local economy. It also gathered information to get a feel for their perceptions of Coalition Forces, the Iraqi Police, the Iraqi Army and the Iraqi and local governments, said Staff Sgt. Alex Francis, who serves as a Psychological Operations team leader with the 312th PYSOP Company, attached to 1st Bn., 14th Inf. Regt.

There have been few engagements by Americans, he added. As such, it is basically an untainted territory, which provides the MND-B Soldiers an opportunity to "start from scratch."

During the visit, Francis spoke with a local resident at a gas station and explained to him some of the reasons the MND-B Soldiers were visiting the area.

"I was explaining why the Americans were here because we're kind of a spectacle coming in here because we had so many convoys coming in and helicopters in the air the whole time," he explained.

Francis said he also spoke with the man about the benefits of the Sons of Iraq (Abna al-Iraq) and the value they add to the security of the area.



Two Soldiers from B Company, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, Multi-National Division-Baghdad, rest outside of a barbershop in the village of Abayachi, Feb. 29, while village children pass to say hello along the main road. The 1-14th Soldiers were conducting a village assessment.

"He had some interesting things to say," said Francis, adding that the man was very open and friendly.

"We even joked about farming, so it was a very good engagement."

Overall, a common consensus among several of the teams reflected a sense of promise for the village. However, they also said they realized there was a lot of work ahead of them.

"It needs some assistance," said Bridges, adding that the team's main goal is to assist the area by helping identify those needs the government of Iraq and Coalition Forces can focus their efforts upon.

"The visit today was incredibly positive; we just basically got out in the community and talked to people," he said. "Some of us spent some money in the shops to buy some candy and pencils and handed them out to the kids.

"There were only a few guys gritting their teeth ... but it was a very positive perception. The kids and adults wanted to talk to us and shake hands."

Despite the multitude of various tasks taking place within a single patrol, the desired end result of the mission for each team was linked together by a common goal.

"[This mission] was all part of a greater scheme, looking at the governance and basic infrastructure of Abayachi, but they were all looking at different things," said 1st Lt. Matthew B. Schardt, who serves as a platoon leader for 1st Platoon, Co. B, 1st Bn., 14th Inf. Regt.

"Some were looking at law enforcement, some were looking at a culture perspective, and others were looking at it from a basic government perspective," Schardt explained.



Spc. Carlee Ross | 25th Infantry Division Public Affairs

The band marches on

SCHOFIELD BARRACKS — Lt. Col. Eric Angeli (right), commander, 25th Special Troops Battalion, passes the 25th Infantry Division Band colors to incoming commander, Chief Warrant Officer Joseph Parenteau here, Feb. 27. Angeli said Chief Warrant Officer Jesse Pascua, the outgoing commander, led the organization through transformation while also ensuring continuity in the quality of musical support to the division.

556th PSB inactivates after 64 years of service

CAPT. PAULGH DESPEIGNES
Headquarters, Headquarters Detachment,
556th Personnel Support Battalion

SCHOFIELD BARRACKS — The 556th Personnel Services Battalion (PSB) inactivates at 10 a.m. Thursday on Sills Field.

The 556 PSB has provided Personnel Services Support (PSS) to various military units, to include the 25th Infantry Division for 64 years.

The 556th PSB's history dates back to 1944 in North Africa where it was activated as the 556th Replacement Company.

Since then the unit has disbanded and inactivated several times. It was activated and "redesignated" Jan. 10, 1968 as the 556th Personnel Services Company at Schofield Barracks, Hawaii. It then inactivated Oct. 1, 1968 and activated again July 16, 1986 at Schofield Barracks.

The unit participated in the Rome-Amo campaign, World War II-Europe and received a Meritorious Unit Commendation Streamer for its service in Korea.

The unit was reorganized and

"redesignated," Sept. 16, 1995, as the 556th Personnel Services Battalion, "Lightning Service" as part of the 25th Infantry Division at Schofield Barracks, Hawaii.

As the 556th Personnel Services Battalion, the unit deployed in support of Operation Enduring Freedom (OEF) in Afghanistan and Operation Iraqi Freedom (OIF) in Iraq and Kuwait.

The 556th Personnel Services Battalion has served the Soldiers and DoD civilians of the 25th ID honorably.

Now, after 64 years of providing world-class PSS to various members of the Military and the Department of Defense, the unit will once more case its colors. Nonetheless, on behalf of the Soldiers of the 556th PSB, the Battalion Commander, Lt. Col. Bruce Jenkins and the Command Sergeant Major, Nathaniel Shephard say thank you to all the Soldiers, Retirees, DoD civilians, and family members for giving us the opportunity to provide world-class Personnel Service Support to our very own.

Aloha and mahalo!

Army evaluation reports now paperless

MAJ. JIM ELDREDGE

U.S. Army Human Resources Command, Public Affairs

ALEXANDRIA, Va. — Beginning April 1 the US Army's Human Resources Command (HRC) requires that all Officer Evaluation Reports (OER) and Noncommissioned Officer Evaluation Reports (NCOER) be electronically submitted to the Department of the Army using My Forms on Army Knowledge Online (AKO).

The new requirement was announced in MILPER Message 08-51, which notes that rating officials must sign evaluations with digital signatures using the CAC and use the latest form versions.

"The Army made this decision in order to prepare units to submit evaluations in a fully electronic environment. We're laying the groundwork for a smooth transition to Defense Integrated Military Human Resources System (DIMHRS) Oct. 2008," said Lt. Col. Chelsea Ortiz, from the Evaluations Systems Office at the U.S. Army Human Resources Command.

Dario Velasquez, who runs the Reports Processing Branch for Regular Army and Reserve OERs and NCOERs, looks forward to the change. "Electronic submission is reliable, quick, and provides virtually error-free documents for final review and processing at the HQDA level. Because we're getting a better product from the units, our examiners are able to push the evaluation to the Soldier's Official Military Personnel Records File more quickly," said Velasquez.

Exceptions to this requirement include evaluations from deployed units, Army National Guard (ARNG) NCOERs which are mailed to

State and Territory points of contact, and classified OERs and NCOERs. These reports may be submitted in paper format. Deployed units continue to retain all available options for military evaluation submission, to include electronic submissions in My Forms, mailing hard copy reports, and OERs by Email (once established as an authorized sender). All other units must submit OERs and NCOERs electronically or request an exemption to use paper format per guidance provided in the MILPER Message.

"Go to our Web site, read the training slides, and go to My Forms. For units that have never tried submitting evaluations electronically,

the best way is to just get out there and do it," said Sgt. Major Arlita Crawford, Chief, NCOER Policy.

Training on the total My Forms process and specific aspects of electronic submission of evaluations is available under the "What's New?" heading at Evaluations, Selections, & Promotions webpage (<https://www.hrc.army.mil/site/Active/TAGD/MSD/msdweb.htm>).

Those with questions on this directive should refer to the MILPER message first, and if that does not address their questions, officials at HRC can be contacted at tapcmse@conus.army.mil.

Benefits of paperless environment

Additional benefits of completing evaluations within the My Forms Portal include:

- Digital signatures eliminate the need to print hard copy forms.
- Forms have embedded wizards which help rating officials navigate through the process, providing guidance and policy.
- Administrative information on both rated officer and rating officials can be automatically filled from the Integrated Total Army Data base (ITAPDB) database.
- With just one key stroke rating officials have ability to create an evaluation report from the counseling/support forms. All required information transfers from the counseling to the evaluation form, reducing the need to cut and paste or retype data.
- Rating officials route forms behind My Forms and use Tracking to monitor the history of the form throughout the process. Users may also email forms outside the portal but they lose the benefits of My Forms' tracking.
- Reduced need to expend resources on special mailing costs.
- Eliminates printed copies and paper without compromising the personal nature of evaluations.

Safe real-world training offered in simulated environment

Story and Photo by
MASTER SGT. CHARLES OWENS
Directorate of Plans, Training and Mobilization

WHEELER ARMY AIR FIELD — UH-60 pilot Tom Adkins, who has 40 years of experience, took off here with a first-time pilot on an unusual flight. Adkins guided the pilot, who had never flown before, and assured him that he would do just fine. Nothing could go wrong as the duo headed for Honolulu flying over Pearl Harbor and the USS Arizona Memorial. The view was spectacular; then Adkins relayed that they had to go to a ship south of Oahu to pick up a sailor who was badly injured. Now the pressure was on, with only the two of them, the new pilot had to perform. They arrived at the ship, so far so good and then returned to base.

The landing was bad, the new pilot broke the landing gear and a few other very expensive parts, but the mission was completed. Then they stepped out of the UH-60 simulator in an air-conditioned room at the Garrison Training Center. Although the first-time pilot wasn't really a pilot, these

two-hour missions in the UH-60 simulator are real.

Retired Army pilots Adkins and his partner Patrick Young now work as contractors for the Garrison Training Division from their company R.W. Flight Sim LLC. They meet with teams of pilots for three- to four-hour session and pass on valuable experiences in a virtual world that provides very realistic training. They control everything from all aspects of weather environments, unique aircraft configuration and problems, to different locations all over the world. The simulator, built in 1989 at a cost of \$7 million, has logged over 23,705 flight hours. If this was a real mission it would have cost the Army \$10,000. But with simulator technology, it only costs about \$750 without risking lives or damaging equipment.

When pilots make mistakes it can cost millions and potentially lives. The simulator provides that same training without the risk. Pilots can make a mistake, pause and ask a question, reset, and train without the pressures of real world actions and conse-

quences, said Adkins

The UH-60 simulator is supported by 16 computers and trains Soldiers four days a week with an annual savings to the garrison of more than \$7.3 million. Weather has no effect on simulator training. Pilots can train for upcoming missions, working out all aspects of planning and executing missions on schedule with greater confidence.

“Army aviator readiness levels are determined by realistic training and I would not get in a real helicopter without the guidance of Adkins and Young. They can beat you up for a mistake and then you can go home, no one dies,” said Capt. Grayson Angus, Headquarters and Headquarters Company, 2nd Battalion, 25th Aviation Regiment.

Garrison Training Division goal is to provide to the customer a total training package, not just a video game where someone just pushes buttons. When it comes down to pilots and flight crews saving lives and meeting missions, a flight simulator is sometimes the greatest life saver.



A pilot prepares for takeoff in the UH-60 simulator at Wheeler Army Air Field.



ACS Volunteer Maria Ventura tests 10-year-old Genelle Acuna on her knowledge of money as sister Gescille looks on. Games for children and adults alike lined the Kalakaua Community Center to involve the military ohana in creating a debt-free future with adequate knowledge on the topic of finance.

Wealth: Military Saves teaches money skills

CONTINUED FROM A-1

Certified Financial Counselor. “We see Soldiers on every financial issue from credit repair to teaching the importance of all types of insurance, to investment education. There are so many tools available and we want all military personnel to take advantage of the services we offer.”

Volunteer Mark VanAlsborg explained that the average American household possesses seven credit cards, the Hawaii household averages an astonishing 12.

“Many families live credit card to credit card,” said Wittig. “This is a risky and stressful way to live. We can help families get out from under a blanket of debt and prepare them for a secure financial future.”

Military Saves helps organizations deliver positive messages about saving and invites people to write down their goals to save money or reduce debt. The week long campaign is an annual opportunity for the Department of Defense (DoD) to focus attention on advocating service members and their families in establishing savings goals and habits that set money aside for the emergencies and future wants and needs. Public relations and marketing efforts by the DoD, the Military Services, and partner organizations, such as banks, credit unions, and financial education and consumer credit counseling organizations, culminate in a force-wide push for individuals and families to set savings and debt reduction goals, and make simple plans to reach those goals.

Col. Matthew Margotta, commander, U.S. Army Garrison, Hawaii, joined the crowd to sign a proclamation stating the United States Army Garrison Hawaii is a partner in the Military Saves campaign and is committed to helping its Soldiers and Family Members take immediate financial action to build wealth, not debt.

“Soldiers can come to us knowing that we have their best interests in mind and that we do not sell anything nor do we send them to companies that make a profit,” said Wittig. “We want everyone in the military family to be financially secure and debt free.”

Warfare: Terrorism sparks need for ASW

CONTINUED FROM A-1

The AWG is now seeking senior noncommissioned officers (NCOs), sergeant first class through sergeant major; and officers, major through lieutenant colonel, for its field teams. Applicants must have operational combat experience and excellent communication skills; be capable of independent and small team operations; and be able to assess complex situations are needed.

Making this force is no easy feat. Interested NCOs must meet a list of requirements including having at least eight years time in service, 110 GT score, favorable credit check and at least two years platoon sergeant time – just to name a few. Officers also have a gambit of prerequisites to meet. Soldiers who are interested must apply online. If approved, the applicant will receive an invitation to attend an assessment/selection course, which is only held twice a year. This rigorous assessment includes a Combat Physical Fitness Test (CPFT) in ACUs, boots, Kevlar, and body armor plates; a psychological evaluation and a commander's board. For the CPFT, Soldiers must complete a four-mile run, six foot wall-climb, and a 50-meter 165 lbs. dummy carry.

According to Spencer, only about one-third of the applicants are accepted.

"We're looking for a different type of person,

someone who already has the experience," said Spencer. "Our applicants are typically a little older, and well-rounded. We're advising commanders on the ground, so character and experience are important to us."

Soldiers who are selected for this three-year assignment are issued orders to Fort Meade within a few months of their selection date, where they first go through a six-month tactical training course to learn the skills needed to be a part of a field team.

For those few Soldiers who meet the strict entrance requirements and are selected to become members, the AWG has numerous benefits to offer.

AWG members have abundant opportunities for schooling, both military and civilian, said Hank Lafferty, AWG recruiter.

Right now members are deployed for 90-day rotations twice a year because the unit is only at 60 percent strength; when the unit is filled, Soldiers will only deploy for one 90-day rotation per year, said Lafferty.

The professional work environment is another added benefit.

"You're a professional. We don't have PT [physical training] formations in the morning; we expect you to PT on your own. Most of the guys in the unit are also on a first name basis," said Lafferty. "Everyone is on an equal playing field ... There's a lot of autonomy."

Autonomy was just one of the things that interested Sgt. 1st Class Brian Burgan, senior topographic analyst, Headquarters and Headquarters Company, 3rd Brigade, 25th Infantry Division.

"I heard about it a few years ago when it was first coming out. I've been looking for 'bigger and better' things," said Burgan. "This kind of group has more of a direct impact on change and making a difference, and that's what I want to be a part of."

For more information, visit www.awg.army.mil or call 301-768-6159.

"We're looking for a different type of person, someone who already has the experience."

*Lt. Col. Derwood Spencer
Commander, C Squadron, AWG*

Practice makes perfect as infantrymen train to improve marksmanship skills

Story and Photos by

PFC. JAZZ BURNEY

3rd Infantry Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS – Click, click, click.

Not being ready and properly trained on how to adapt to an environment and adjust to all situations within a shooting element can become an infantryman's nightmare.

The good news for Soldiers of the 2nd Battalion, 27th Infantry Regiment is, they are taking steps to prevent the nightmare and improve on already established marksmanship skills.

Ranges here at Area X echoed from fired rounds as 3rd Infantry Brigade Combat Team Soldiers practiced their close quarters firearm weapons training, Feb. 26.

"This is the meat and potatoes of an infantryman's job that is going on right here," said 1st Lt. Jonathan Havens, range officer in charge, 2-27th. "Going over fundamentals, such as trigger squeeze, breathing and zeroing the optics of the weapons lays the groundwork to build upon and allows us to drive forward."

"Once the Soldiers have successfully accomplished this," he continued, "we go into advanced training, focusing on technique building."

Soldiers experienced weapons training consisting of the M4 rifles, machine gun and semi-automatic weapons. Soldiers focused on repetition, accuracy and mock combat scenarios.

"We make sure that our Soldiers know the basic fundamentals of marksmanship now because when we're in Iraq and have to engage the enemy, we want to be able to hit the target and hit it effectively," said Staff Sgt. Patrick Saltsman, acting platoon sergeant, B Company, 2-27th.

In order to live up their marksmanship training, Soldiers looked forward to additional advancements like obtaining the expert infantry badge (EIB).

The EIB is the "catch all" of the infantry badges awarded. The badge shows that the recipient is an expert at the core of what it means to be an infantryman: to be able to shoot and move tactically, all the while communicating effectively to subordinates and peers.

"The goal is to hit 38 out of 40 targets to qualify for 3rd Brigade's EIB level of marksmanship, which makes the training important because most Soldiers here are EIB candidates," said Saltsman.



2nd Battalion, 27th Infantry Regiment Soldiers rod their weapons to make sure that rifle barrels are not lodged and will fire successfully during the marksmanship training at Schofield Barracks Area X range, Feb. 26.

"Their goal is very beneficial because the training the Soldiers receive in order to get the badge is what's most important," he said. "Some Soldiers don't even realize that they are enhancing skills focusing on receiving the badge, so it all works out for the good of the Soldier in the end."

Spc. Ryan W. Shuman, acting squad leader, B Company, 2-27th, explained the importance of experienced infantrymen relaying their knowledge to new Soldiers.

"The experienced spec-type Soldiers and newly promoted sergeants have been availing themselves to the new Soldiers, allowing them the ability to pick their brains, meaning learning all tips and tools to become more efficient," said Shuman.

Through the dedication of fundamentally



Spc. Ryan Shuman, acting squad leader, B Company, 2-27th Inf. Regt., coaches a fellow infantryman as he perfects marksmanship at Area X, Feb. 26.

focused training, the infantrymen of 2-27th leave nothing but shells of fired rounds and pinpointed shredded paper targets, thus giving testimony to the repetitive and necessary training.

News Briefs

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

14 / Friday

AER Campaign Kickoff Rally

— This year's Army Emergency Relief (AER) kickoff rally is at the Nehelani, Schofield Barracks March 14, 10-11 a.m. Brig. Gen. Raymond Mason will speak. All brigade, battalion, unit commanders, command sergeant majors, project officers, key personnel and interested Soldiers are encouraged to attend. Call Jackie Torres, AER officer, at 655-7132.

17 / Monday

SAMC Selection Board

— The next Sergeant Audie Murphy Club (SAMC) Selection Board is Monday and Tuesday. Qualified noncommissioned officers, ranks corporal to sergeant first class, should contact their respective battalion or brigade representative for more information. Call 655-9248.

AER Campaign

— Army Emergency Relief (AER) is conducting its annual campaign, March 17-April 25. During this time, unit point of contacts will be available to assist Soldiers in contributing to the campaign. These voluntary contributions allow AER to fulfill its mission of helping Soldiers in time of distress and misfortune. Call Jackie Torres, AER Officer, at 655-7132.

25 / Tuesday

PAC Finance Class

— The 125th Financial Management Company's Finance Operations Team teaches a quarterly Personnel Actions Clerk (PAC) finance class, March 25-26, at the Schofield Barracks Education Center.

This class is designed to introduce the unit PAC, military or civilian, to Army finance issues and local operational policies and procedures. It also entails acquainting PACs with their duties and responsibilities in providing fast financial service to their Soldiers.

Topics covered in this class are monthly finance newsletter, military pay and entitlements, leave processing, Unit Commander's Fi-

nance Report, debt management, disbursing and absence status.

Commanders, first sergeants and any leaders are also invited to attend. Call Staff Sgt. Danielle Singley at 655-8933, or e-mail Danielle.singley@us.army.mil.

Ongoing

Hire a Hero — Active and transitioning military personnel, veterans, National Guard members, Reservists and their spouses have access to online job opportunity community through the Armed Forces Support Foundation's (AFSF) Hire A Hero program.

For more information visit www.hireahero.org.



Marine Corps Lance Cpl. Ronald W. Stauffer

Job well done

CLARK FREEPORT, Republic of the Philippines — Lt. Gen. Benjamin R. Mixon, commanding general, U.S. Army, Pacific, greets the service members of the USARPAC headquarters, Feb. 26, during Balikatan '08. Balikatan is an annual Republic of the Philippines-U.S. bilateral humanitarian assistance and training exercise.

Multiculturalism, Black History celebrated

Story and Photo By
SPC. DURWOOD BLACKMON
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Soldiers and guests gathered at Sgt. Smith Theater to enjoy music, special performances and a guest speaker during a National Black History Month and Multiculturalism Showcase, Feb. 28.

The event honored the contributions and achievements of African Americans as an integral part of American history and culture. Guests enjoyed performances by the Samba Axe dance group and special guest speaker, Deloris Guttman.

“Today as never before it is a time to celebrate the many achievements and contributions of Black Americans who throughout history have done so much to make America the culturally diverse, compassionate and prosperous nation we enjoy,” said Guttman.

Guttman, an educator and diversity literature specialist, graduated from the University of Hawaii, majoring in business administration with a minor in psychology. She worked as a Literature Specialist and Literature Workshop Presenter at the Hawaii Children’s Books/Multicultural Center where she conducted numerous multicultural literature workshops with teachers and school librarians as well as diversity curriculum workshops for early childhood teachers in preschools on the Big Island, Oahu and Maui.

She received numerous awards for her efforts and currently tutors children and adults in reading, English as a Second Language (ESL) and math at the Hawaii Multicultural Learning Cen-



The Samba Axe Dancing Group performs at the National Black History Month and Multiculturalism Showcase event at Schofield Barracks' Sgt. Smith Theater, Feb. 28.

ter in Honolulu.

As she addressed the crowd, Guttman spoke of several prominent leaders in African American culture and how important their far reaching contributions have been to our nation and the world as a whole.

“Around the world black heritage celebrations have lengthened and expanded to Europe, the Caribbean, Canada, Mexico and Latin America.” Guttman said. “Dr. Martin Luther King’s dream of a nation is alive and well; that his children will not be judged by the color of their skin but by the con-

text of their character. Most importantly it is imperative that a multiplicity of cultures, through their strength and commitment, to achieve a peaceful coexistence in the world. Dr. [Carter G.] Woodson’s greatest desire, his hope, that one day there would not be any need to celebrate Black History Month.”

Guttman noted the efforts of such historical figures such as Dr. Martin Luther King Jr. and the father of Black History Dr. Carter G. Woodson helped build the foundation which has documented the rich history, heritage and journey of African Americans around

the globe.

Brig. Gen. Mick Bednarek, commander, 25th Infantry Division agreed with Guttman and expressed his utmost respect and appreciation for African American’s and multiculturalism on behalf of himself and the division.

“The multiculturalism of our times is built on the intellectual and institutional labors of Dr. Carter G. Woodson and the association he established,” said Bednarek. “The 25th ID proudly salutes the honorable heritage of African Americans and their continuing contribution to the rich cultural heritage of America and the world. I charge all commanders to commemorate African American History Month by highlighting the many achievements significant to the success of our great nation. These great achievements serve as an inspiration for our Soldiers as they continue to defend freedom in foreign countries.”

As the ceremony came to a close Guttman praised the efforts of not only African Americans but all people of every race, gender, culture and especially to the Soldiers of our nation.

“Today as never before it is a time to celebrate the many achievements and contributions of Black Americans who throughout history have done so much to make America a culturally diverse, compassionate and prosperous nation we enjoy. To service members all over the world, who protect our wonderful country, words cannot sufficiently convey our gratitude. We love you and may God continue to bless you,” said Guttman.

Medal: Hero credits valuable training for fast action

CONTINUED FROM A-1

Battalion, 21st Infantry Regiment “Gimlets” at the time of the accident, has since been to Officer Candidate School and was commissioned as a second lieutenant chemical officer.

He attributes his Army training with providing him the skills needed to in-

stinctively react to such a life and death situation.

“I think the training I got is far more valuable when used in this instance than any other case,” he said.

Brig. Gen. Mick Bednarek, commanding general, 25th Infantry Division attended the ceremony and recognized

both men for their courage.

“This is important for all of us; you never know when that potential and challenging and tragic accident might occur,” Bednarek said. “It’s an important thing to recognize not only Lieutenant O’Connor, but the man he had the opportunity to provide roadside assis-

tance, literally and figuratively, which ended up as a success story in saving the life of a great man.”

At the conclusion of the ceremony, Shigetani and O’Connor were wished well with handshakes from guests and Soldiers of the 1-21st Infantry Regiment alike.

Drive: Marrow donors save lives

CONTINUED FROM A-1

register personnel for the national registry. According to Campbell, there are more than 500 people in DoD family, including family members and active duty that are sick with disorders like leukemia and in need life-saving bone marrow transplants.

DoD has been putting people on the National Registry since 1989 and has grown to the number one center in the country providing donors according to Campbell. In 2007, 421 DoD personnel were donors.

“Five years after I signed up to be a donor I was told I was an exact match for a woman I had never met,” said Eileen Gondinez, chief of plans analysis and integration office, U.S. Army Garrison, Oahu. “With the odds of finding a match so low, I was happy to help out someone in need.”

“Today she is healthy because I took a few hours out of my life,” added Gondinez.

Being a bone marrow donor is strictly voluntary. No one is obligated to be a bone marrow donor in the future, even if you are a match.

“I’ve heard a few stories from Soldiers about donating stating it only took a few hours of their time and a life was saved,” said Terceira. “I think that is something to be proud of.”

Bone marrow donor drive

Monday-Friday, individual organizations and commands at Schofield Barracks, Wheeler Army Air Field and Helemano Military Reservation will host their own drives with donor stations throughout the installations.

For more information, visit www.dodmarrow.com or call 655-8978.

Public bone marrow donor drives: Schofield Main Post Exchange and Navy Exchange

Friday, March 14, 9 a.m. – 4 p.m.

Marine Corps Exchange

Saturday, March 15, 9 a.m. – 3 p.m.

Hickam BX

Saturday, March 22, 9 a.m. – 4 p.m.

HAWAII **ARMY** WEEKLY

PAU HANA

www.25idl.army.mil/haw.asp

"When work is finished."

FRIDAY, MARCH 7, 2008

PERSONAL TRAINERS aid in healthy living

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOLFIELD BARRACKS — The new year is a perfect time to reflect on the changes we want or need to make, and many Americans seem to make the same resolution year after year — weight loss.

More than 66 percent of adult Americans are considered overweight or obese, according to the National Center for Health statistics. But with the help of personal trainers here at Schofield, many members of the military ohana are meeting the goal to lose weight.

Family member Karen Woodward started working with the Schofield Barracks Health and Fitness Center's head personal trainer, Kristy Olsen, in January 2007. Her goal is to lose weight and better her health, and in just one year, she has made tremendous progress.

"I was 225 pounds when I started. I could barely use the machines and could not walk without fighting for a breathe," said Woodward.

Now a startling 138 pounds, Woodward says the overall health benefits outweigh her physical appearance.

"I not only look better, I feel better," said Woodward. "I no longer have to ask others to help me to do things. I am strong enough to do things for myself."

Woodward describes her newfound strength as "empowering" and said she could not have done it without the help of a personal trainer.

"It is part of my routine now," said Woodward. "Working with a personal trainer makes me accountable. I can't make excuses not to go to the gym."

"I think a lot of people are intimidated when they walk into a gym," said Olsen. "We are here to guide them and show them how to properly train and use the equipment."

Olsen said that many clients need the extra motivation provided by a personal trainer.

"We are here to help, to guide people in achieving their goals," said Olsen. "We will work with them as much or as little as they need."

With the multitude of free fitness centers located on military installations, obtaining good health may seem easy; however, without knowing the proper way to train, results may vary, said Olsen.

"Cardio and strength training are both very important in an exercise regime," she continued. "There is an order in which you can train, strengthening smaller muscles, first, in order maximize your results."

Post physical fitness centers house the necessary equipment to suit the needs of any physical training and health-conscience contender, including bicycles, treadmills and weight machines.

Classes including yoga, cycling, dancing and kickboxing are also offered to strengthen muscles and improve cardiovascular health.

Whether your goal is to lose weight, tone up, increase your physical fitness test scores or train for a sporting event, gyms across the island, as well as personal trainers, can guide you in the right direction.

"People are truly changed when they are in better health and feel good about themselves," said Michelle McQueary, installation fitness coordinator, Directorate of Family, Morale, Welfare, and Recreation. "Working out to obtain better mental and physical health touches every aspect of your life."



Kristy Olsen (left) guides family member Brenda Stone through an exercise using a stability ball at the Schofield Barracks Health and Fitness Center. Personal trainers provide guidance and support to those trying to achieve specific health goals.

Army Hawaii Fitness Centers

•Aliamanu Military Reservation (AMR) Physical Fitness Center
Located in Building 1780, Bougainville Loop.

Hours of operation are Monday–Thursday, 6 a.m.–9 p.m.; closed Friday; and Saturday–Sunday, 10 a.m.–5 p.m.
Call 836-0338.

•Fort Shafter Physical Fitness Center

Located at 170 Chapplear Road.

Hours of operation are Monday–Friday, 5:30 a.m.–9 p.m.; Saturday, 9 a.m.–4 p.m.; and closed Sunday.
Call 438-1152.

•Helemano Military Reservation (HMR) Physical Fitness Center
Located in Building 441, Kuapale Road.

Hours of operation are Monday–Friday, 6 a.m.–9 p.m.; Saturday, 10 a.m.–5 p.m.; and Sunday, 1–6 p.m.
Call 653-0719.

•Tripler Army Medical Center Physical Fitness Center
Located in Building 300, Krukowski Street.

Hours of operation are Monday–Thursday, 5 a.m.–7:30 p.m.; Friday, 5 a.m.–6 p.m.; Saturday, 10 a.m.–5 p.m.; and closed Sunday.
Call 433-5772.

•Schofield Barracks Health and Fitness Center
Located in Building 582, Trimble Road.

Hours of operation are Monday–Friday, 6:30 a.m.–7:30 p.m.; Saturday, 8 a.m.–noon.; and closed Sunday.
Call 655-8007.

•Schofield Barracks Physical Fitness Center

Located in Building 488, 1476 Kolekole Avenue.
Hours of operation are Monday–Friday, 5 a.m.–9 p.m., and Saturday–Sunday, 9 a.m.–4 p.m.
Call 655-4804.



Left & Below — Karen Woodward dropped more than 75 pounds in one year of working with a personal trainer. Woodward called her new found health "empowering," and is now able to perform many activities she could not in the past.



ABC's 'Extreme Makeover' seeks an Army family

Soldiers and families with compelling stories may self-nominate for a chance to participate in the show

OFFICE OF THE CHIEF OF PUBLIC AFFAIRS

News Release

ABC's Extreme Makeover: Home Edition is a show that highlights families and individuals who have extremely emotional and compelling stories by completely rebuilding and remodeling their homes.

The show is seeking an Army family for an upcoming episode, and Soldiers across the country who meet the criteria are encouraged to self-nominate.

To be eligible, a family must own their own single family home and be able to show producers how a makeover will make a difference in their lives.

A nomination containing the names and ages of all household members, a description of the challenges within the home, and an explanation about why the family is deserving is required.

The family should be a positive role model within the community and must send photos of the family

and the home, as well as contact information, with the nomination.

All nominations are due by Thursday. Also, for legal reasons, Soldiers must consider gift and endorsement issues. Legal considerations include the following:

•Army personnel must apply to the show on their own.

•If the member selected incurs an illness or injury while on active duty on or after 9/11/01 as a direct result of armed conflict, hazardous service, or in a combat operation or zone, he or she may accept the gift of the make-over, but the appropriate ethics counselor is required to make a written determination.

•If the member selected does not meet the above criteria, the member should treat the transaction as outside employment, rather than acceptance of a gift. In other words, the member allows his or her image

and house to be used as the basis for a television show, and the compensation for doing that is the make-over.

•The member may owe taxes on the make-over and may want to consult a tax advisor or legal services.

•The member will be acting in a personal capacity, so may not allow the show to use his or her title, position, organization name or any other government authority to endorse the show, network, etc.

The show may use the member's rank. The member's ethics counselor should provide oversight and counseling during this period, and should talk to the show's liaison to explain Army rules.

Soldiers who are interested in applying should contact Lt. Col. Paul Sinor, Entertainment Liaison, Office of the Chief of Public Affairs, Los Angeles Branch, at 310-235-7621 or e-mail james.p.sinor@us.army.mil.





7/Today

Employment Orientation – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation class and get employment information on federal, state, private sector and staffing agencies.

Reference materials, job listings, computers, a Web tour and more will be available for use. Orientations will be held at the Schofield Barracks ACS, March 7, 21 & 28, 9–10:30 a.m.

Call ACS at 655-4227, or register online at www.acsclasses.com. Free child care vouchers are available. Call 655-5314.

Aida – Catch a presentation of “Aida” at Richardson Theatre, Fort Shafter, March 7, 8, 14 & 15. Performances begin at 7:30 p.m. Enjoy music by Elton John, with lyrics by Tim Rice.

Tickets are \$22–28. Call 438-4480/5230.

8/Saturday

Teen Video Game Night – Sgt. Yano Library, Schofield Barracks, is hosting a Video Game Night for teens, March 8, 6–8 p.m., featuring Guitar Hero III.

This program is designed for students in grades 6–12. Call 655-8002.

10/Monday

Women’s Seminar – In honor of Women’s History Month, the Fort Shafter ACS Outreach Center presents “Strong Women, Strong Families,” a seminar to strengthen your mind, body and power.

This seminar will be held at Aliamanu Community Center, March 10, 9 a.m.–2 p.m. Presentations include the following:

- All that and More,
 - Having it All without Losing your Cool,
 - Looking your Best for Less,
 - Care for Over There, and
 - Lighten Up.
- Call 438-9285.

Lifeguard Class – A lifeguard class is available at Richardson Pool, Schofield Barracks, March 10–21, Monday–Friday, 6–9 p.m.

Participants will learn life-saving techniques such as cardiopulmonary resuscitation (CPR), first aid and how to use an automated external defibrillator (AED).

Individuals age 15 and up are invited to attend. Cost is \$150. Call 655-9698.

14/Friday

Army Civilian Resume Training – Learn how to build your resume to become an Army civilian. This workshop is open to service and family members, as well as De-



Kyle Ford | U.S. Army Garrison, Hawaii, Public Affairs

Morning playtime

WHEELER ARMY AIR FIELD — Courtney Grissom and Louis Welton, both 4, play with clay at the Armed Services YMCA’s “Play-morning,” Wednesday. Playmorning is an interactive playgroup designed for children up to age 5. It features a variety of age-appropriate activities, crafts, songs and more.

Playmorning is held from 9–10:30 a.m., Tuesdays & Thursdays at Helemano Community Center; Wednesdays & Fridays at Wheeler ASYMCA, and Tuesdays, Wednesdays & Thursdays at Iroquois Point Elementary. Cost is \$1 per child; no preregistration is required.

partment of Defense employees.

Resume Builder is designed to assist users in entering their resume into the Army’s centralized Resumix system. If you need to learn more about this system, this workshop is for you.

Workshops will be held at Schofield ACS, March 14, 9–10:30 a.m., and at the Fort Shafter Outreach Center, March 20, 10–11:30 a.m.

Register online at www.acsclasses.com or call 655-4227.

16/Sunday

BOSS Surf Trip – Join Better Opportunities for Single Soldiers (BOSS) on a surfing trip, March 16, 10 a.m.–5 p.m. Barber’s Point Surf Lessons are available for \$20 per person and include surf board rental and lunch. Contact your BOSS representative, or call 655-1130 for more details.

Guard Start Camp – Register now for the Guard Start Camp, which will be held March 17–21, 9–11 a.m., at Richardson Pool, Schofield. This program prepares children ages 11–14 for junior lifeguard duty. Participants must be able to swim proficiently.

Cost is \$50 per child and includes books. Upon graduation, students will be qualified as a junior lifeguard and be able to volunteer at Richardson Pool under supervision of the full time staff.

Registration is underway now through March 14 at Richardson Pool. Call 655-9698.

19/Wednesday

Free Evening Online Class – Attend job search training from your home or office. Learn Strategies for Private Sector Resume Writing, March 19, 10–11 a.m. All you need is a phone and a computer.

If you’ve never written a resume, have a resume and want a better resume, or need a new resume for a great job, then this teleseminar is for you.

Register at www.acshiemployment.com by clicking on the teleseminar link, or call 655-4227.

22/Saturday

Family Fun Fest and ITR Travel Fair – Join the 14th Annual Family Fun Fest and Information Ticketing and Registration (ITR) Travel Fair, March 22, 9 a.m.–2 p.m., at Sills Field and Desiderio Field, Schofield Barracks.

Inflatable bouncers, pony rides, a petting zoo, food, games and much more will be provided. Call the Recreation Activities Office at 655-0111/0112.

23/Sunday

Easter Sunday Buffets – Celebrate Easter with a buffet at either the Hale Ike-

na, Fort Shafter, March 23, 10 a.m.–1 p.m., or the Nehelani, Schofield Barracks, March 23, 9 a.m.–2 p.m.

Cost is \$25 at the Hale Ikena and \$23 at the Nehelani. Special pricing is available for children.

For reservations call the Hale Ikena at 438-1974/6712 or the Nehelani at 655-0660/4466.

25/Tuesday

Teen Job Fair – The Spring Break Teen Job Fair will be held March 25, 9 a.m.–noon, at Aliamanu Military Reservation (AMR) Community Center, and March 27, 9 a.m.–noon, at School of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited, Schofield Barracks.

Teenagers will learn how to complete job applications, how to write a resume, interviewing skills and how to dress for success. Company representatives will also present information. Call 655-4227.

Ongoing

Shark Tours – Shark tours are now available through Outdoor Recreation. Get up close and personal with our toothy, aquatic friends. Space is limited so sign up today. Call 655-0143.

giveaways last until supplies run out.

23/Sunday

Easter Sunrise Services – An Easter Sunrise Service will be held at Stoneman Field, Schofield Barracks, March 23, at 6:30 a.m. Stoneman Field is located between McNair and McComb gates.

The USS Missouri, which is located at Pearl Harbor, is also hosting an Easter Sunrise Service, March 23, at 6 a.m. An entrance fee will apply.

26/Wednesday

Women’s History Month – A Women’s History Month celebration will be held at Sgt. Smith Theatre, Schofield Barracks, March 26, at 10 a.m.

31/Monday

Hui O’Wahine Scholarships – High school seniors and Hui O’Wahine members continuing their education are eligible to receive scholarships from the Fort Shafter Hui O’Wahine Spouses Club. Applicants should visit www.huispirit.com to download scholarship forms.

Deadline for submission is March 31. E-mail huischolars_hip@gmail.com for more information.

MDA Summer Camp Volunteers – The Muscular Dystrophy Association (MDA) is searching for volunteers to help children with neuromuscular diseases enjoy an exciting week, June 6–13, at YMCA Camp H.R. Erdman on Oahu’s North Shore.

As a volunteer, you become a companion to a child with neuromuscular disease and help him or her enjoy fun outdoor activities such as swimming and horseback riding.

Application deadline is March 31. Call Jennifer Li at 593-4454.

Ongoing

Toastmasters – The Pineapple Toastmasters Club meets every first and third Thursday each month at Sgt. Yano Library, Schofield Barracks, 6:30–7:30 p.m. Join the club and work on your public speaking skills. Prospective members are welcome. Call Don or Elaine Glover, 622-0169.

faxed to 537-4990.

8/Saturday

Youth Explosion – Local high schools students are invited to compete in Youth Explosion, an aerosol art contest at Ewa Beach Community Park, Saturday. Sign in at 11 a.m.

Cash prizes will be awarded. Applicants must bring a signed parental consent form, which is available at www.808urban.com. Call 561-8489 or 741-9112.

Music & Art Show – Club UK Moanalua is hosting a benefit event to showcase art and music talents by local high school students, Saturday, starting at 6 p.m.

This event will be held at MGMC, which is located at 1401 Mahiolo Street, in Honolulu. Cost is \$5 in advance and \$8 at the door.

Benefit proceeds will go to the Tripler Fisher House to support military families going through a medical crisis. Call Theresa Johnson at 561-7423, or visit www.triplerfisherhouse.com for more details.

Ko’olau Writing Workshops

– Novice and seasoned writers are welcome to attend Hawaii Pacific University’s 11th Annual Ko’olau Writing Workshop, Saturday, 8:45 a.m.–3:30 p.m., at HPU’s windward Hawaii Loa campus.

The event will feature workshop sessions in nonfiction, poetry, fiction and scriptwriting. Participants will receive a complimentary breakfast and complimentary soft drinks during the brown bag lunch.

A \$20 fee is requested for the workshop, \$10 for students. Fees will be accepted at the door. Call 544-9340 or 544-1108 by March 7.

15/Saturday

OU Registration Deadline – The University of Oklahoma (OU) is now accepting applications and registration for the spring term. OU is proud to offer a Master of Arts in Managerial Economics at Hickam Air Force Base. Its non-thesis program can be completed in about 18 months.

The enrollment deadline for the next course is March 15. Call 449-6364, or e-mail

aphickam@ou.edu for more information. Visit www.goOU.edu.

Hale’iwa Arts Festival – Visual artists are invited to apply for the 11th Annual Hale’iwa Arts Festival Summer Event to be held at Hale’iwa Beach Park in Historic Hale’iwa Town, July 19 & 20.

Artists will be selected by jury to exhibit and sell their original artwork and demonstrate their artistic styles and techniques during this two-day fine arts festival. Original and limited edition works of fine art in all media will be given priority. Fees apply.

The deadline to submit applications is March 15. Guidelines, applications and additional information are available at www.HaleiwaArtsFestival.org.

Free Tour of Wahiawa

– The Wahiawa Community and Business Association’s (WCBA) Community Strengthening Program (CSP) will hold free monthly bus tours of Wahiawa starting March 15. The tour starts at 10 a.m. and will begin and end at Center Street.

The 45-minute tour will be conducted by long-time residents of Wahiawa. Seating is limited, so reservations must be made by calling the WCBA office at 621-6531 and providing your name, the number in your party and a contact number.

For more information, call the WCBA office or Jack Kampfer at 621-5109, ext. 226.

16/Sunday

Spring Break Camp – Registration is now available for YMCA’s Spring Break Camp, March 16–28. This five-night, six-day resident camp is for ages 6–15.

Archery, swimming, hiking, kayaking and alpine towers are just a few of the events available. Visit www.campredman.net, or call 637-4615.

17/Monday

St. Patrick’s Day Celebration – Irish eyes are smiling, and yours will be, too, when you come to Aloha Tower Marketplace’s St. Patrick’s Day Celebration, March 17, beginning at 6 p.m. Admission is free.

Festivities will include the Dueling Dancers of Celtic Keiki (an Irish dance troupe) and the Wild Rovers (a Hawaii-based Irish band). In addition, free prize



Aliamanu (AMR) Chapel 836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- Gospel Sunday, 11 a.m. – Sunday School (Sept.–June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May–Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service

Fort Shafter Chapel 836-4599

- Contemporary Protestant Sunday, 9 a.m.–“The Wave” Worship

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service & Children’s Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School Sunday, noon – Worship Service

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday–Saturday, noon – Adoration
- Liturgical Sunday, 10:30 a.m. – Worship

Tripler AMC Chapel 433-5727

- Catholic Sunday, 11 a.m. – Mass Monday–Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship Service

Wheeler Chapel 656-4481

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School



27 Dresses

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



The Pirates Who Don't Do Anything: A VeggieTales Movie

(G)
Saturday, 2 p.m.



Studio Appriciation (A free pre-screening show)

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



The Bucket List

(PG-13)
Sunday, 2 p.m.
Thursday, 7 p.m.

No shows on Mondays or Tuesdays.



Send calendar announcements to community@hawaiiarmyweekly.com.

7/Today

Movie Pre-Screening – The Sgt. Smith Theater opens for a free pre-screening of the movie “Studio Appreciation,” Saturday at 7 p.m. However, service and family members may get tickets today and Saturday at Baskin Robbins or Anthony’s Pizza concessionaires at the Schofield Barracks Post Exchange food court.

Seating opens to non-ticket holders 15 minutes prior to the movie.

International Auto Show – Check out hundreds of the latest cars, trucks, vans and sport/utility vehicles at the Hawaii Convention Center, now through Sunday, for the First Hawaiian International Auto Show.

Cost is \$7 for individuals ages 13 and over, \$4 for children ages 7–12, and free for children under 6. Discount tickets for military, senior citizens and students are \$5.

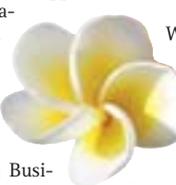
Service members who purchase one ticket March 8 will receive one ticket free for another service member.

Visit www.hiautoshow.com, or call 943-3500.

Romance Festival – The 2008 Hawaii Romance Festival is looking for Soldiers who are engaged and ready to be married. The Matt Catingub Orchestra of Hawaii plans to have military couples wed on stage during the 2008 Hawaii Romance Festival at the Waikiki Shell, May 9.

To be considered, couples must submit their love stories, in 300 words or less, describing their military romance. At least one member of the couple must be on active duty status and stationed in Hawaii.

Entries will be accepted now through April 11. Stories can be e-mailed to teambecker@beckercommunications.com, or



Computer lab aids communication within the military ohana

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Nestled in the back of the Army Community Service (ACS) building is a door simply labeled computer lab.

Behind this door is a world of education, communication and useful equipment ready to aid the military ohana.

Tuesday and Thursday mornings, the doors open to Microsoft Office Application classes with regular business hours following. Eager military spouses listen attentively to instructor Christine Swenson of New Horizons Learning Center as she explains the functions of programs and ways to use them, in classes such as resume building and PowerPoint presentations.

"This will further my education in computer efficiency," said Tiffany Bryant, a military spouse. "The programs they teach are helping me brush up on skills I have, as well as learn new ones."

Bryant also enjoyed the small class size and individual attention.

"The computer training is designed to equip our military community, primarily the military spouse, with marketable employment skills," said Employment Readiness Program Manager Robin Sherrod, ACS. "Spouses are able to achieve their career goals without any cost to them."

The computer lab at ACS sees more than a hundred faces a day, from Soldiers to spouses, and teens needing computer assistant with homework.



Instructor Christine Swenson (left) aids military spouse Svetlana Rolston during a computer course. The computer lab at Army Community Service offers courses twice a week to aid military ohana pursuing diverse career goals.

According to Brian Dougherty, ACS program specialist, the basic design of the computer lab was to connect deployed Soldiers with loved ones at home.

"Everyone at the lab does what they can to increase ability to communicate," said Dougherty. "We realize

we are located in the middle of the Pacific and need to go the extra mile to keep families connected."

A Web camera and computer operations brighten the faces of children as their mothers and fathers who are deployed overseas appear on the screen, al-

ACS Computer Lab hours of operation:

- 7:30 a.m.–9 p.m., Mondays, Wednesdays and Fridays;
 - 12:30–9 p.m., Tuesdays and Thursdays;
 - and 10 a.m.–4 p.m., Saturdays.
- For more information, call 655-4344.

lowing family members to see, hear and talk with their loved ones.

"The lab is a great way to keep up with family all over the world," said Spc. Edward Bumanglag, 65th Engineer Battalion. "It's convenient, helpful and here for us to use."

Since opening more than four years ago, the computer lab's resources have increased to more than 15 computers, printing capabilities, a fax machine, scanner and wireless Internet.

The computer lab is open six days a week with convenient hours to suit the busiest of schedules.

The staff is on hand to aid with basic computer questions, as well as guide Soldiers through security briefings during redeployment. Staff also aid family members with housing, rental and job searches, and class options to enhance their education.

"The computer lab often works as a catalyst to get people through our door," said Dougherty. "Once they utilize the great services of the computer lab, they can see what other great programs ACS has to offer."

The ASC computer lab is free and open to all service and family members, as well as Department of Defense employees.

Commissary unveils 'UPC lockout' to prevent sales of recalled products

CHERIE HUNTINGTON
Defense Commissary Agency

FORT LEE, Va. – When a product recall is announced, store personnel normally pull the items from the sales area to ensure that they are not sold.

The Defense Commissary Agency (DeCA) has now gone beyond the norm of food safety by implementing a "fail-safe" response system that prevents recalled products from scanning at the checkout stand.

Through a procedure called Universal Product Code (UPC) "lockout," DeCA can ensure that recalled products are not inadvertently sold to customers.

It's one more check in a food defense network designed to safeguard the health of commissary cus-

tomers, said DeCA Acting Director Rick Page.

"We made use of existing commissary front-end technology to start a Universal Product Code 'lockout' on recalled items," said Page. "We're always researching, testing and fine-tuning ways to ensure food safety for our customers."

Springing from a suggestion made to all retailers by the U.S. Food and Drug Administration and the U.S. Department of Agriculture, the UPC lockout provides a low-cost safeguard in making sure recalled items don't find their way back on the shelves or in a customer's shopping cart.

DeCA officials immediately went to work to make that suggestion become a requirement for worldwide commissaries.

"We can now block an entire UPC at the register," said Page. "A recalled product scanned at the register would prompt a flag indicating the item is not for sale, so it will not ring up."

The UPC block cannot be used on a recall for a specific lot number or date, said Page, though that capability could emerge in the future. For now, the system blocks an entire UPC.

If the product becomes safe to sell again, commissaries simply remove the

lockout.

DeCA's public health staff said three recalls in 2007 required removal of an entire UPC and would have been perfect candidates for a lockout.

Commissaries receive swift notification of recalls, prompting immediate removal of any recalled product from shelves.

The items enter medical hold status and are marked, inventoried and closely monitored until they are either released for sale or removed and destroyed by vendor representatives.



Pacific commissaries offer fresher products with shelf life

NANCY O'NEILL

Defense Commissary Agency Public Affairs

MCCLELLAN, Calif. — Some might call it mission impossible — keeping commissaries in the Pacific stocked every day with fresh dairy, meat and produce to satisfy the healthy appetites of U.S. service members and their families.

But to Jack McGregor, chief of overseas product support for the Defense Commissary Agency (DeCA), it's simple.

"Well almost," he admits.

Each day, shoppers spend more than \$750,000 in the 29 military commissaries in Korea, Japan and Guam.

"Overseas shoppers deserve to get the same products that are available in U.S. commissaries," said McGregor. "Our challenge is to get them there."

McGregor's biggest hurdle is the 5,600 miles of ocean between the departure ports on the U.S. West Coast and the receiving ports in Japan, Korea and Guam. Time on the water takes the largest share of the transportation process, a lengthy 17 to 21 days, depending on the country of destination.

DeCA is constantly examining its supply chain process to find ways to get more products to the Pacific with a longer shelf life. If you've been in the Pacific for a few years you might remember when all luncheon meat was sold frozen.

"We worked with our U.S. distributors, and in 2005, we were able to get Oscar Mayer brand luncheon meat to the Pacific in a chilled state. Today, the majority of luncheon meat brands are sold chilled," said McGregor.

Some brands of hot dogs and bacon, and a few luncheon meats are still sold frozen. These products are blast frozen at DeCA's request by the manufacturer with the expressed intent of shipping them to over-



Yogurt is one of many products at the commissary with a short shelf life.

seas stores in a frozen state.

The manufacturer's original sell-by date appears on the packaging. Blast freezing, however, extends the product life. When frozen, these products remain in excellent condition for up to one year after the original use-by date.

Commissaries place a sign on the freezer near these products to notify shoppers.

Another commissary success story is yogurt. Yogurt has a short shelf life, but its popularity with military families was the driver for DeCA

to find a way to keep the product in stock.

"We asked our yogurt distributors and manufacturers to give us distribution priority," said Keith Hagenbuch, deputy director at DeCA West. "Yoplait stepped up to this challenge in 2006."

Yoplait has adjusted its order shipping process to always ship the latest production date to Pacific commissaries. This shift gives the prod-



Get more information at www.commissaries.com.

uct up to a two-week shelf life when it arrives at the store, the extra window needed to make it possible for DeCA to provide yogurt in the Pacific.

Not all yogurt manufacturers, however, have been able to meet DeCA's criterion, and not all flavors of Yoplait are always available.

"Our goal is to get the freshest product to the customer as soon as humanly possible," said McGregor. "We have a terrific collaborative relationship with our fresh beef and pork suppliers and now offer nearly every cut of fresh beef and pork sold in a stateside commissary."

Bakery products represent an area where commissaries also offer shoppers a variety of choices. Familiar brands from U.S. bakeries are shipped frozen and thawed just before they are placed on the shelf.

As an alternative to previously frozen baked goods, commissaries with bakeries bake several varieties of breads and rolls in the store. Most commissaries also sell Wonder Bread baked fresh in a local Army and Air Force Exchange Service (AAFES) bakery.

"DeCA is continually changing its processes and working with suppliers to shave a few days off here and there," said Hagenbuch. "We've come a long way from the days of reconstituted milk; it's a never-ending process."

AAFES is delivering awards to military students who 'make the grade'

ARMY & AIR FORCE EXCHANGE SERVICE

News Release

DALLAS — The Army & Air Force Exchange Service (AAFES) is extending a host of straight "A" savings to military students who are demonstrating above-average academic achievement.

As part of AAFES' "You Made the Grade" effort, students who maintain a "B" average are eligible to

receive a variety of complimentary exchange offers for every qualifying report card they bring home.

The current "You Made the Grade" booklet includes coupons for a free Burger King hamburger kids meal, complimentary admission for two to the nearest Reel Time movie theater, and a free magazine from the local BookMark.

In addition to money-saving offers, the booklet contains an entry form for a quarterly savings

bond drawing in which three winners are randomly awarded savings bonds of \$2,000, \$3,000 or \$5,000.

"'You Made the Grade' offers a practical learning experience for AAFES' youngest shoppers," said AAFES' commander Brig. Gen. Keith Thurgood. "The coupons and the sweepstakes are tangible examples of how it pays to be smart and work hard in school."

To receive the AAFES "You Made the Grade" booklet, students simply present a valid military ID card and proof of an overall "B" or higher average to their local post exchange, or PX.

Students may receive one coupon package for every qualifying report card, but may enter the savings bond drawing only once per calendar quarter.

Military families can contact their local AAFES main store for more information.

Yoga nets health benefits for moms & babies

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Babies cooed and screeched with delight as they were flipped through the air and wiggled around as moms performed poses at the Health and Fitness Center, here, Wednesday, for the mom and baby yoga class.

With a new baby in the home, exercise may be the last thing on a new mom's mind. But with mom and baby yoga offered by Directorate of Family, Morale, Welfare, and Recreation (DFMWR,) babies are incorporated into the exercise promoting a healthy interactive routine between mom and baby.

Yoga is well known for its relaxation and body strengthening benefits for adults and children. Baby yoga is equally stimulating and offers tremendous health benefits for both caretaker and baby, according to Schofield Barracks Health and Fitness Center manager, Linda Williams.

"This is a way for mom's to take care of themselves and their child," said yoga instructor Alicia Whitehall, DFMWR. "You are helping the baby when you take care of yourself."

The 45 minutes class consisted of a series of postures and poses held for varying lengths of time according to the mom's needs. Soft music played in the background as Whitehall called out positions such as tree pose and crescent lunge in a soothing voice.

Mom and baby yoga
Schofield Barracks Health and Fitness Center
Wednesdays -
9:45 a.m. to 10:30 a.m.
Call 655-8007 for more information.



Gina Mueller cradles daughter Julia as she performs a sunflower during the mom and baby yoga class. New moms gather for the light workout to strengthen muscles and spend quality time with their children.

The mom and baby yoga class provides an opportunity for moms to get out of the house and do something good for themselves while interacting with their babies in a very different way. It also provides the babies with a soothing and supportive environment to interact with mom and experience their bodies in a new world.

"This is a great way to socialize with other mom and babies," said family member Gina Mueller. "It makes both me and my daughter happy and healthy."

According to Whitehall, moving an infant in certain positions helps to stimulate muscle development, bone strength, and joint mobility. It also aids with the development of motor skills.

Yoga also stimulates the senses and first communication skills like eye contact, cooing, reaching and copying.

"This is perfect way for a mom to connect with her baby while easing back into a fitness regime," said Williams. "And it is great to see the interaction between mom and baby."

Mom and baby yoga is open to any parent and child under the age of two.



During a legs-up wall pose, babies sit content on their mothers' stomachs. Mom and baby yoga promotes good health and interaction to keep young children entertained.

Women renew, refocus at ACS

SARA JEAN-BAPTISTE
Information, Referral and Follow-Up Program Manager,
Army Community Service

March is set aside to review Women's History. This year, the Fort Shafter Army Community Service (ACS) Outreach Center and the Store Front Project continues with this celebration by focusing on the strength of women throughout the community.

The Fort Shafter ACS wants to center on the mind, body and power and the relationship to a balanced and lighter woman.

Women are often wearing several hats and running around being super women. They don't take the time to refocus, rejuvenate, and renew mind, body and spirit. The community outreach center wants to remind women of some of the things they can do to take care of themselves.

A seminar called "Strong Women, Strong Families," is from 9 a.m. to 2 p.m, March 10, at the Aliamanu Community Center at Aliamanu Military Reservation (AMR). Several presentations are planned to open minds to different ways of managing time, finances, nutrition, emotions and to help perfect the balancing act of being a woman.

"Having it all Without Losing your Cool," presented by a Military and Family Life Consultant encourages women to review their lives. The presentation is for women who want it all, who participate in just about every activity offered, but sometimes feel overwhelmed. This presentation provides women with tips to reduce the stress that comes with life.

This is the chance to sit down, mingle with experts the average woman has been meaning to see or call but never seem to find the time. Thinking about talking to a nutritionist? A nutritionist will be available and will speak on ways of lightening your meals. Don't want to break the bank trying to look good? Come find out how to can look your best for less.

To top it all off, for another chance at lightening up, Fort Shafter ACS Outreach Center invited a comedian. It is also introducing the Store Front Project, a new addition to the Military & Family Life Consultant program.



7 / Today

Unit Kickball Competition – Better Opportunities for Single Soldiers (BOSS) is hosting a unit-level kickball competition at Stoneman Field, Schofield Barracks, today, 9 a.m.–noon. Call 655-8169.

12 / Wednesday

Intramural Tennis – Sign up for an intramural tennis tournament now at the U.S. Army Garrison, Hawaii (USAG-HI), Sports Office, which is located at the Kaala Community Activities Center, Schofield Barracks. The deadline for applications is March 12.

The competition is slated for March 17–21 at the Martinez Physical Fitness Center tennis courts. Call 655-9914.

17 / Monday

Teen Fit Spring Break Classes – Physical fitness classes are now available at the Schofield Barracks Health and Fit-



Kyle Ford | U.S. Army Garrison, Hawaii, Public Affairs

Working the abs

WHEELER ARMY AIR FIELD — Retired Army Sgt. 1st Class William Pauldind works away at his abs at Wheeler gym, which is open Mondays–Fridays, 4:30 a.m.–7 p.m., and Saturdays, 8 a.m.–noon. The gym's closed holidays and Sundays.

ness Center for teenagers age 13-17. Learn the basics of proper strength training, cardio and stretching in a fun and productive setting. Two, one-week classes will be

held Monday, Wednesday and Friday, beginning at 3 p.m. each day. The first class will be held March 17–21, and the second class will be held March 24–28.

at 6 a.m. Visit www.mprc.com.

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a 14-mile advanced hike at Waimano, Sunday. Call 864-8130.

A \$2 donation is requested of non-members. Children under 18 must be accompanied by an adult.

Hikers meet at Iolani Palace, mountainside, at 8 a.m. Bring lunch and water on all hikes; wear sturdy shoes as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect.

Visit www.htmclub.org.

29 / Saturday

Iroquois Point Island Triathlon – Come out and test your fitness at the Iroquois Point Island Triathlon at Ewa Beach, March 29-30. Children ages 7-15 can participate in a youth triathlon March 29 and 2 p.m.

The main triathlon for adults will begin at 7 a.m., March 30. This event will consist of a 750 meter swim, 13-mile bike and a 3.5-mile run. Visit www.pacificsp.org

sevents.com to register.

Ongoing

TOPS – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

Escrima Classes – Pedoy's School of Escrima holds classes every Tuesday, Thursday and Sunday at its training center in Waipio.

Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Football League – The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season.

HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality

experience for kids. Cost is \$35 per teenager, or \$60 per sibling duo for each one-week session. Call Kristy Osborn at 381-5944, or visit the Health and Fitness Center.

17 / Monday

March Madness Bracket Busters – Fill out your National Collegiate Athletic Association (NCAA) Division 1 Men's Basketball championship brackets at Fort Shafter Physical Fitness Center for chances to win great prizes.

Entries are due by noon, March 17. Prizes will be awarded to the top three winners. Call 438-1152.

31 / Monday

Racquetball Ladder Challenge – The Fort Shafter Physical Fitness Center is hosting a Racquetball Ladder Challenge, now through March 31. Military and their family members, and civilians and contractors who work on an Army installation on Oahu, are eligible. Call 438-1152 or stop by the front desk at Building 665.

Ongoing

Mom and Baby Yoga – Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Heath and Fitness Center, Schofield Barracks.

ity experience for kids.

Visit www.myhalos.com, or call 620-8523 or 398-7340.

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.

Bicycling League – Join Hawaii Bicycling League's Heavy Breathers as they bike from Paki Park to Makapuu Beach and back, Saturday mornings at 9:15 a.m.

This 20- to 40-mile ride is open to intermediate to advanced bikers who want to improve their fitness. Call 368-6980 or 479-8142.

Wrestlers Wanted – Hawaiian Championship Wrestling seeks new members. Interested wrestlers should be at least 6-foot tall, weigh 250 pounds or have an above average muscular build.

Sports background is preferred for participant. For more information, call 676-8107.

Mats are provided, but moms should bring a small towel or blanket for their babies to lay on. Call 655-8007 to register.

Sharks Youth Swim Team – Come join the Sharks Youth Swim Team. Applicants must be Level 4 or higher swimmers. Tryouts are held at Richardson Pool, Schofield Barracks, Fridays at 3 p.m.

The club fee is \$35 per month. Call 655-9698.

Volunteer Coaches – Interested in volunteering to be a Youth Sports coach? Contact your nearest youth sports director today. Call 836-1923 for Aliamanu Military Reservation; 438-9336 for Fort Shafter/Tripler; 655-6465 for Schofield; or 655-0883 for Helemano Military Reservation.

Youth Dive Team Lessons

Springboard and platform youth diving lessons are available Monday–Thursday, 4–6 p.m., at Richardson Pool, Schofield. Cost is \$63 per month. Call 864-0037.

Volleyball & Racquetball 101 – Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30–10 a.m., at Martinez Physical Fitness Center, Schofield.

Courts will be open for free play across the street from the facility. Call 655-4804.

Wahine Sailors – The Wahine Sailors seek new members. Call for meeting place and times. Cost is \$35 per year or \$5 per sail.

All levels are welcome. Call 235-8392.

Fleet Feet – Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field.

The club meets Wednesdays from 5:15–7 p.m. Cost is \$50 per year. Call 277-3609.

Eskrima – Learn Eskrima, the Filipino art of self-defense, at Mililani Elementary School. Develop character and self-confidence.

This class is great for men, women and children of all ages. Classes are held Wednesdays, 6:30-7:30 p.m., and Saturdays, 9:30-10:30 a.m. Call 398-0119.

Bike Hawaii – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. To schedule adventures, call 734-4214, or visit www.bikehawaii.com.



Send sports announcements to community@hawaiiarmyweekly.com.

7 / Today

Tennis Tournament – The next Hawaii Pacific Tennis Tournament will be held at the Schofield Barracks Tennis Center, today through Sunday. Entry deadline has passed. Call Mark Beede at 677-1334, or visit www.hawaiiennis.org.

8 / Saturday

Fort DeRussy Biathlon – Join in on the fun at the 10th Annual Fort DeRussy Biathlon Saturday, at 7 a.m. Compete in a 5K run and 1K swim, or a 2.5K run and 500 meter swim. Call 955-9151.

9 / Sunday

Johnny Faerber 10K – Run the Johnny Faerber 10K at Kapiolani Park, Sunday,