

Not getting your Hawaii Army Weekly? Residents in Army Hawaii Family Housing, let us know if you don't get delivery on your doorsteps. Call the HAW at 656-3155 or 656-3156.

HAWAII ARMY WEEKLY

VOL. 37 NO. 11 | MARCH 14, 2008

Serving the U.S. Army Community in Hawai'i ★ www.25idl.army.mil/haw.asp

INSIDE

Doctor & wife save woman using CPR

KEVIN DOWNEY

Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER — After passing his daughter to playground bystanders, an off-duty Army doctor stationed here successfully resuscitated an unresponsive woman for an implausible 10 minutes, recently.

Dr. (Capt.) Mitchell Marzo and his wife Katherine performed CPR in tandem on Tracy Smith, a mother of six from Kaneohe, who collapsed while at a skate park playground near her house in mid-February.

"I didn't stop to think about it," Marzo said of his persistence despite statistics showing mini-

mal chance of an unresponsive person's survival after that much critical time had elapsed.

"To me, there was no other option but to do everything I could do to help keep this woman alive. I did what I believe any other person in my position would do."

Army Dr. (Capt.) Michael Arnett, Marzo's Advanced Cardiac Life Support instructor and chief resident, said the chance of revival for a person like Smith in ventricular fibrillation — an erratic heartbeat causing sudden cardiac death — decreases 10 percent with each passing minute. After 10 minutes, a person has little chance of regaining consciousness.



Courtesy Photo

Tracy Smith, center, stands with her "angels" Katherine and Dr. (Capt.) Mitchell Marzo. Smith was unconscious for 10 minutes before the duo performed CPR and revived her.

"Not only did Dr. Marzo persist in giving mouth-to-mouth CPR after the woman vomited, but the fact that Ms. Smith was resuscitated after more than 10 minutes with no brain damage

is a direct testament to the quality of CPR he gave," Arnett said.

Smith credits Marzo and his wife with saving her life, which she said is what her doctors at the Queen's Medical Center in Honolulu told her.

"I had no pulse, no heartbeat," Smith said. "From what I understand, they are the only reason I'm alive today. I'm just so grateful to them. Mitchell didn't give up, even after I vomited blood in his mouth."

Arnett encouraged more people in the community to learn CPR to be prepared in a similar medical emergency situation.

SEE MARZO, A-9

All aboard!

Soldiers from 2-11th FA Regt. collaborate with the Iraqi government to re-open a railroad line into Camp Taji, Iraq

A-4

Movie screening

A special screening of "Only the Brave" will play at 7 p.m., March 18, at the Hawaii Theatre. The movie details heroics of the 100th / 442nd Infantry Battalion during World War II.

See Community Calendar, B-2

Holy Week

Celebrate Easter with the military ohana at post chapels around the island.

B-3



Sgt. Jerome Bishop | 2nd Stryker Brigade Combat Team Public Affairs

Giving up some Hawaii-five

ABAYACHI, Iraq — Sgt. 1st Class Horace Locklear, 2nd Platoon Sergeant, B Company, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, exchanges a high-five with a local boy as Sons of Iraq soldiers, left, watch at a checkpoint along the Tigris River here, March 1.

Also, 1-14th Inf. Regt. Soldiers seized a weapons cache near Joint Security Station Tarmiyah, the following week on Saturday. Munitions included various types of rockets, 160- and 120-mm mortars, rocket-propelled grenade launchers and projectiles. An explosive ordnance disposal team performed a controlled detonation at the cache site.

Panel suggests changes in pay

JIM GARAMONE
American Forces Press Service

WASHINGTON — The 10th Quadrennial Review of Military Compensation has suggested a new way of measuring military pay, proposed that more money be spent on special and incentive pays, and recommended restructuring the basic allowance for housing.

Retired Air Force Brig. Gen. Jan D. Eakle, former deputy director of the Defense Finance and Accounting Service, chaired the commission and briefed the media on the recommendations yesterday.

This was just the review's first release, Eakle said. A second volume, covering retirement and quality of life aspects of compensation, will be released this summer.

Eakle said that whenever a QRCM convenes, the first question it examines always is whether military pay is comparable to pay in the private sector. The second is whether military pay is adequate to maintain the force, she said.

The 9th QRCM, released in 2002, concluded that for pay to be comparable, it had to be at or above the 70th percentile of the age- and education-matched civilian population, Eakle said. Military pay followed this guidance through 2006, and targeted pay raises in 2007 and 2008 ensure DoD exceeds the 70th percentile for enlisted personnel. Officer pay exceeded this goal in 2006 and has kept pace since then, she said.

Eakle said the current review studied whether the comparability formula is adequate.

"Basically, what we wanted to do is create something which would give military members a better means of assessing how their pay stacked up in comparison to civilians," she said.

The review examined the basic allowance for housing and a previous recommendation to do away with the without-dependent housing rate, and proposed changes to the partial-BAH program.

The review also recommended staying with time-in-service pay tables. A previous commission, the Defense Advisory Committee on Military Compensation, recommended replacing the time-in-service pay table with a time-in-grade pay table. The commission members believed this change would reward pay for performance.

SAMC members support cadets at JROTC meet

Sgt. Audie Murphy Club NCOs reach out to local community

SPC. KYNDAL HERNANDEZ
8th Theater Sustainment Command Public Affairs

KAIMUKI — Under the watchful eye of members of the 8th Theater Sustainment Command's (TSC) Sergeant Audie Murphy Club (SAMC) and the King's Guard, the Kaimuki High School Junior Reserve Officer Training Corps (JROTC) hosted the annual West Point Society Drill Meet, March 1.

Fifteen SAMC Soldiers judged the meet, where more than 15 high schools across Oahu competed in the armed and unarmed



Staff Sgt. Brian White, B Company, 45th Sustainment Brigade, judges the color guard event of the annual West Point Society Drill Meet, March 1.

regulation, color guard, armed and unarmed exhibition, and alternative arms events.

"These kids were one hundred percent professionals," said Staff Sgt. Richard Yniguez, vice pres-

ident of 8th TSC's SAMC. "These kids performed far more than you would expect a high school student to perform."

Yniguez said high school JROTC programs have events like this every year and seek out different military services for guidance. For example, the 8th TSC's SAMC first participated in a 2006 event where it represented the Army and worked jointly with the Air Force to judge events at the meet.

"Why pick a standard non-commissioned officer to perform a task like that," Yniguez explained, "when you have willing volunteers, not only active duty

SEE SAMC, A-9



Mobile ambition

Soldiers and family members kick tires and check out the newest models at the 2008 International Auto Show

B-1

This issue

- Lightning Spirit **A-2**
- Deployed Forces **A-3**
- News Briefs **A-6**
- MWR **B-2**
- Sports & Fitness **B-5**

Nation celebrates achievements of women during March

LT. GEN. ROBERT WILSON
Assistant Chief of Staff for Installation Management

In March, the nation recognizes Women's History Month and the contributions of women to our nation. We observe the accomplishments of women, as we did African Americans in February, against the backdrop of a history-making presidential election campaign that could give us our first woman or African-American commander in chief.

We are living in extraordinary times. Let's never forget the contributions that women have made and are making in our Army, as

well as those who support the Army. In this era of persistent conflict, women in our all-volunteer force have responded magnificently and courageously.

We should celebrate the opportunity that exists for all of us to choose our own destiny and achieve our personal aspirations and dreams.

COMMENTARY
We have much to be proud of in the areas of human, civil and equal rights. We have more to do in achieving an environment in which all feel valued, respected and an integral part of our our workplace and community.

RELATED STORY

• For information on local Women's History Month events this month, see the Community Calendar, page B-2.

As commanding general of the Installation Management Command (IMCOM) and Assistant Chief of Staff for Installation Management, I am proud to recognize the many accomplishments of our women Soldiers, employees and leaders.

Join me in recognizing and paying tribute to Women's History Month, the women of IMCOM, and the opportunities yet to be realized.

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

Staff Writer

Molly Hayden

Layout

Leah Mayo

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

472 Santos Dumont Ave., WAAF

Building 108, Rm. 304

Schofield Barracks, HI 96857-5000

Web site:

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

Getting it Straight:

In "Personal trainers aid in healthy living" page B-1, March 7 edition, the personal trainer's name was incorrectly listed as Kristy Olsen. Her last name is Osborn.

71 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 3/12/08.

Commander's Corner

New policy details traffic violation penalties

Motorists who talk on the phone without a hands-free device while driving could lose their on-post driving privileges for two months

LT. COL. MARK BOUSSY

Commander, U.S. Army Garrison, Oahu

Traffic safety is paramount to ensuring good order and discipline on U.S. Army installations, and drivers who violate these traffic safety rules and laws pose a danger to the welfare of the public.

This article is an excerpt from the recently signed U.S. Army Garrison, Hawaii (USAG-HI), Policy Letter #16 (Installation Traffic Code) and is intended to inform individuals of sanctions imposed on vehicle operators who commit vehicle and traffic infractions on USAG-HI installations on Oahu.

Traffic offenses incorporate both moving and nonmoving violations punishable under the Hawaii Revised Statutes, as well as violations of local policy, which may also include a fine from the military police.

Talking on a cell phone without a hands-free device while driving is considered a moving violation.

- Two moving traffic offenses within one year will result in revocation of on-post driving privileges for a period of 60 days.
- Three moving traffic offenses within one year will result in revocation of on-post driving privileges for a period of six months.
- Four moving traffic offenses within one year will result in revocation of on-post driving privileges for a period of three years.
- A reckless driving citation will result in revocation of on-post driving privileges for a period of six months.
- Driving while suspended in violation of state law or while suspended under this policy letter will result in suspension of on-post driving privileges for a period of five years.
- Storage of open containers containing intoxicating liquors will result in revocation of on-post driving privileges for a period of 90 days.

For all of the above violations reinstatement procedures are as follows:

Reinstatement will occur only upon completion of the suspension and submission of a written request via the first O-3 or O-5 commander in the chain of command to the commander, USAG-Oahu, along with proof of completion of the online National Safety Council, Defensive Driving Course. In each case, civilian employees must submit

via the equivalent level civilian supervisor.

Driving without valid insurance, registration or license (90 days)

These infractions will result in suspension of on-post driving privileges for 90 days. Submitting proof of appropriate documentation (valid driver's license, registration or car insurance dated prior to the date of the citation) to the commander, USAG-Oahu, will result in immediate reinstatement of driving privileges. If no proof is provided, reinstatement will occur upon completion of your suspension and submission of a written request to the commander, USAG-Oahu.

Receipt of four parking tickets within one year (90 days)

This infraction will result in a 90-day suspension of on-post driving privileges. Reinstatement will occur only upon completion of the suspension and submission of a written request via the first O-3 commander in the chain of command to the commander, USAG-Oahu.

Driving Under the Influence (DUI) citation (one year)

This infraction will result in suspension of on-post driving privileges for one year and require successful completion of an approved Alcohol Education or Treatment Course offered through the Army Substance Abuse Program (ASAP) and the USAG-HI-approved Defensive Driving Course.

Reinstatement will occur only upon completion of the suspension and submission of a written request via the first O-5 commander in the chain of command to the commander, USAG-Oahu, along with proof of completion of the ASAP course and the online National Safety Council, Defensive Driving Course.

Fraudulent use of plates, tags or emblems (one year)

This infraction will result in suspension of on-post driving privileges for one year. Reinstatement will occur only upon completion of the suspension and submission of a written request via the first O-5 commander in the chain of command to the commander, USAG-Oahu.

For more details regarding community issues or policies, you may contact the Oahu North Community director's office at 655-0497, or the Oahu South Community director's office at 438-6996.

Construction at AHFH will reach 1,000 units soon

Communities get fitness centers and other amenities with new homes

ANN WHARTON

Army Hawaii Family Housing LLC

SCHOFIELD BARRACKS – The momentum of new home construction at Army Hawaii Family Housing continues with the delivery of more homes at Schofield's Kalakaua and Porter communities, as well as Aliamanu's Ama neighborhood. To date, more than 950 new homes have been completed.

Each of the communities mentioned above features a new community center with amenities such as a 24-hour fitness center, theater and multipurpose room. Two full basketball courts are planned for the Kalakaua and Porter community centers, and tot lots will be installed throughout these neighborhoods as well.

Progress is also apparent at Schofield's Lyman community, Aliamanu's Plumeria and Fort Shafter's Simpson Wisser neighborhoods, as demolition is slated to begin soon paving the way for new homes.

For more on the status of construction, visit www.ArmyHawaiiFamilyHousing.com.

Officer attends course in Vietnam

STAFF SGT. TIMOTHY J. MEYER

U.S. Pacific Command Public Affairs

CAMP SMITH – An officer assigned to U.S. Pacific Command (USPACOM) has been selected to be the first U.S. service member to attend the First Training Course for International High-Ranking Military Officers at the National Defense Academy, in Hanoi, Vietnam, from March 4–June 3.

Lt. Col. John Sutherland, a U.S. Army Reserve Soldier based in Seattle, Wash., is one of approximately 25 officers from countries outside of Vietnam selected to attend.

"Vietnam is an important country in the Asia-Pacific region and in the world," said Sutherland. "Following Vietnam's accession to the World Trade Organization last year, [it] recently became a nonpermanent member of the United Nations Security Council, which shows that Vietnam is willing to play a larger international role," he continued.

The three-month course, offered for the first time by the Vietnamese Ministry of Defense, will include seminar lectures and discussion on Vietnam's history, culture, politics and

economy, as well as Vietnam national defense and security issues. The course will also provide an overview to the People's Army, its makeup and its role in Vietnamese society.

When USPACOM Commander Adm. Timothy J. Keating traveled to Vietnam in December 2007, the Vietnamese Ministry of Defense invited the U.S. to submit a candidate to attend the first International Officer's course at Vietnam's National Defense Academy.

Sutherland, traveling with Keating on that trip, was later selected to be the alternate, but when the first choice could not go, he was offered the opportunity.

A 24-year veteran currently serving in the U.S. Army Reserves, Sutherland has been working on Vietnamese-U.S. issues since 2000 as a Southeast Asian foreign area officer at USPACOM. He has traveled with three different USPACOM commanders, vis-

iting several countries in the region, including Vietnam, Cambodia, Laos and Thailand.

"As an Army Reserve Foreign Area Officer I could not ask for a better position," Sutherland said.

He was involved in the creation of USPACOM and Vietnam bilateral talks, and with the opportunity to attend this course, his military job continues to be a dream come true.

In addition to lectures, supplemental training, study tours and excursions to military and cultural sites in the country, course activities also include time for students to experience Vietnam on their own during weekends and holidays.

"I look forward to meeting officers from other countries, developing personal relationships and sharing our views on the region and the world," said Sutherland. "I also hope to increase my Vietnamese language capabilities by practicing daily with the staff and the local community."

"This shows that the U.S. military is one force with no distinction between active and reserve members," Sutherland said. "I am honored to have this opportunity."



Sutherland

LIGHTNING SPIRIT

Defeating temptation is just a chaplain's conversation away

CHAPLAIN (CAPT.) RAMON P. SANTILLANO

3rd Aviation Regiment Chaplain

Temptation. How many of us have ever been tempted?

Now, how many of us have ever been tempted and given in to a temptation?

I think it is safe to say that all of us have shared in this experience, even if it was something rather innocuous, something like breaking a diet or giving in to the temptation of a succulent dessert whose aroma allures you into the trap of taking a bite, then another and another.

There is a distinction between being "tempted" and "giving in," isn't there?

Consider that in a Biblical sense a "temptation" is an enticement to get a person to go contrary to God's will, but "giving in" is a whole other matter. It is in fact our very actions or inactions that run contrary to God's will – what preachers often refer to as personal sin.

Speaking of preachers, often when a sermon is preached on temptation, images are conjured from the Book of Genesis. There, Eve is naively allured and then seduced by

the serpent, the devil, into disobeying God by innocently taking a harmless little bite of the oh-so-tantalizing "forbidden fruit."



Santillano

You know the Sunday school story. Adam and Eve both give in to temptation and disobey God's will. The result is sin, death and eternal estrangement from God.

Of course, for those of us who have read the Bible, we learn through this Biblical narrative and throughout Scripture that the history of human sin begins with temptation and ends with Jesus Christ conquering sin and death through his sinless life, death and resurrection.

Okay, but despite knowing all this Bible stuff, it seems that by our personal experiences with our own shortcomings, mere mortal human beings are flawed, powerless and destined to be perpetually tempted and to blow it – to give in to temptation.

Well, the Apostle Paul narrates a power-

ful promise that is hopeful and empowering: "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out, so that you can stand up under it" (1 Corinthians 10:13).

That's great Paul, but will we fail at times? Yes, unfortunately, until we leave this life. But the more we learn to stay focused on God's resources through prayer, Scripture and the Holy Spirit, the more we will grow in our ability to resist temptation.

How do you resist? How do you solve a personal problem or overcome chronic temptations or personal sin?

Let's say you have a fondness for gossip, backbiting, quarreling or lying. How do you stop? Or, suppose you have a life-controlling addiction to alcohol, drugs or sex. How do you get free? Sometimes the answer is something that seems totally unrelated.

Here is an example I recently came across. When your feet are cold, you may try putting on thicker socks or a blanket. Still, your feet may be icy.

One secret to warm feet is to stop focus-

ing on your feet and look at your head. That's right, go to the other end of your body and put a hat on. Although your neck and head have only 10 percent of your body surface, that's where you lose a whopping 30 percent of your body heat.

Having nothing on your head is like opening a window in your house in the dead of winter. If you keep that heat in your body with a hat, your blood will carry it down to your toes.

In the same way, when people have problems with temptation, sin, emotions or other issues, chaplains often recommend they do something that sounds unrelated, such as read the Bible, memorize Scripture, pray, go to church or focus on serving other people. These seemingly unrelated things bring God's grace and mercy and help us overcome problems, temptation and sin.

So, friend, the next time you're faced with temptation or a life-impacting decision, I encourage you to seek out a chaplain. You may be amazed that something that sounds and seems so unrelated to your personal problems or temptations may be just what you need.



"Reading the newspaper and watching the news – CNN and Fox."

Sgt. 1st Class John Bright
HHC, 25th ID



"I cycle between CNN, Headline News and ESPN."

Sgt. 1st Class Maurice Marshalleck
HSC 25th STB



"With cable television and the Global Incident Map online."

Budd Robinson
DOIM



"Word of mouth mainly. You have to go to a lot of different people. You just have to judge for yourself."

Spc. Justin Vasko
E Co., 2-25th Avn. Regt.



"I turn on the news first thing in the morning and listen to it while I get ready."

CW4 Chris Velez
3-25th Avn. Regt.

Voices of Lightning: How do you keep up with what's going on in the world around you?

'Warrior Wake Up' brings taste of isles to Iraq

OIF

Big Island farmers donate Kona coffee to Hawaii-based Soldiers

SGT. JEROME BISHOP

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Every morning, thousands of Soldiers wake up to a steaming cup of "Joe."

Whether it's black as midnight or mostly cream and sugar, it's part of their daily routine.

In association with the Hawaii Gathering of Eagles organization, coffee farmers from the Big Island of Hawaii launched "Operation Warrior Wake Up," recently, to provide Hawaii-based deployed Soldiers a little taste of the islands.

"Operation Warrior Wake Up' is about how local Hawaiian businesses support the troops [and help them] get through the everyday grind," said Capt. Ronnie Geronimo, signal officer, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team (2SBCT).

Although coffee is available in the form of grounds at the post exchange or at the numerous coffee shops at Camp Taji, the coffee provided to 2SBCT Soldiers is shipped directly from the farmers who grow and harvest it in Kona on the Big Island.



Capt. Ron Geronimo | 2nd Squadron, 14th Cavalry Regiment

Sgt. Joseph Gillette, a gunner with Headquarters and Headquarters Troop, 2-14th Cav. Regt., 2nd SBCT, displays Kona coffee donated by Hawaiian coffee farmers before leaving on mission. The Hawaii chapter of Gathering of Eagles donated homegrown coffee from the Kona region on the Big Island of Hawaii.

One man in particular, Robert Gowan, a Captain Cook, Hawaii, native and Hawaii's coordinator for the Gathering of Eagles organization, took the initiative to start sending local coffee beans to deployed troops from his home state.

Among the units receiving the

coffee is the 2-14th Cav. Regt. While the unit is seemingly random, the regiment holds a more personal tie to the man taking the lead in this donation.

In the brutal winter of 1944, Soldiers of the 14th Cav. Regt. fought in the Battle of the Bulge in Belgium, and among them was

Gowan's father, who served in the Army Air Corps, Gowan said.

"So ... here we are, all these years later, and I'm sending coffee

to the Soldiers of the 14th Cav. [Regt.], the successors of the very men that stood fast and protected my own father all those years ago," he said. "These Soldiers are my ohana."

Having family ties to the unit isn't the only motivation behind Gowan's actions. While the unit trained at the Big Island's Pohakuloa Training Area, Gowan received a special gift from a warrior, which he keeps close to his heart.

"Last summer, in June, our [Gathering of Eagles group] turned out to give an aloha greeting to members of 2nd SBCT, 25th ID, who were ... traveling up Saddle Road in a convoy," said Gowan.

"As they passed us, our troops' appreciation sign, and many U.S. flags, one Soldier tossed me his own 'Tropic Lightning Division' shoulder patch, and, at that moment or shortly thereafter, the idea began to gel that perhaps there was a way I could offer to support these U.S. Army troops, our own 2nd SBCT, 25th ID Soldiers based right here in Hawaii."

With the division patch still in his pocket, Gowan began rallying to gain support for his fresh idea

to support his troops.

"[The patch] went with me the day I decided to approach my own immediate neighbors, here in the heart of America's only coffee country, with the idea to start sending fresh-roasted Kona coffee, which they themselves have grown and freely donated," said Gowan. "They were amazingly receptive. Within days, they had come through with over 30 pounds of coffee, which I quickly put in the mail ... and it was on its way to Iraq."

A couple of weeks later at Camp Taji, 2nd SBCT Soldiers enjoyed local Hawaiian coffee donated by a grateful admirer.

"It really means a lot to the Soldiers in the squadron to have someone support them from the state of Hawaii since, at one point, we didn't even know if the Stryker Brigade was ever going back there," said Geronimo.

"It is good to know that no matter what the political pressures were, there are people from Hawaii that care about the Soldiers. It is also good to have something shipped to you to remind you of home."

Rail lines open for first time since start of war

Soldiers from 2-11 FA Regt. make historic strides rebuilding Iraq

Story and Photos by

SGT. JEROME BISHOP

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — The railroad lines of the Taji Qada, north of Baghdad, have lain dormant since the beginning of Operation Iraqi Freedom in 2003. However, thanks to the efforts of Multinational Division — Baghdad Soldiers, the first train let loose a thunderous blast of its horn as it slowly rolled through the gates here, March 5.

“This particular train ... is part of a proof of principle,” said Capt. James Kerns, assistant operations officer, Base Defense Operations Command (BDOC), 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team. “[This mission was executed] to facilitate the Iraqi railroad infrastructure improvement, so they can, in the future, utilize the train and rail system to carry goods.”

With a functioning rail system, the Iraqi security forces can benefit from the results, as well as the people of Iraq.

“It’s an enduring mission,” said Maj. Henry McNealy, operations officer, BDOC, 2-11th FA Regt. “The Iraqi railroads are being put back in, and it’s going to change the face of Taji. It’ll become a consistent train. Hopefully, over time, the infrastructure of Iraq will be rebuilt.”

“It’s going to bring economic goods into the area, and ... allow the Iraqi army to facilitate and sustain their own operations in the future.”

Capt. James Kerns, 2-11th FAR

The train is a big piece of getting Iraq back online, McNealy added.

“Every year, something big usually happens. Last year it was getting the oil lines back up [and] the electric lines running again, and this year, it’ll probably be getting the rail going all the way from Mosul to Baghdad, being unimpeded by criminal elements, al-Qaeda in Iraq or special groups,” he explained.

Soldiers of the 2-11th FA Regt. provided security alongside their



Spc. Salvador Marti (top), a cannoneer for A Battery, 2-11th FA Regt., reaches for his weapon after climbing aboard an Iraqi locomotive to conduct a security inspection at the rail yard at Camp Taji, March 5.

Iraqi army counterparts during the train’s historic trek.

Kerns said the Iraqi government, with minimal coalition forces assistance, performed the legwork, which included conducting, maintaining and navigating the locomotive to Camp Taji.

“We’re facilitating the force protection requirements to bring



Soldiers from A Battery, 2-11th FA Regt., 2nd Stryker Brigade Combat Team, pull open Camp Taji’s railroad gate as an Iraqi locomotive slowly approaches. The event marked the first time a train has arrived at the installation since the start of Operation Iraqi Freedom.

the train in safely,” he explained.

B Battery provided the bulk of the force protection measures at Camp Taji’s train yard.

In addition to contributing to military operations throughout the country, a functioning rail system also provides the potential for a larger benefit for the average Iraqi.

“It’ll bring business into the

area,” Kerns said. “It’s going to bring economic goods into the area, and it’s going to allow the Iraqi army to facilitate and sustain their own operations in the future; and hopefully, in the not-so-distant future, improve security operations for the Iraqi army by allowing them to bring military equipment into the area and more sustainment items to Camp

Taji and further north into Iraq.”

Despite the short-lived spectacle of watching the green and yellow locomotive slowly roll through the almost-abandoned railroad gate, the bellow of the engine’s horn echoed another promising addition to the growing list of successful changes that will benefit a free Iraq in the future.

38 become 'Pathfinders' at Schofield's East Range

Story and Photo by

STAFF SGT. MAURICE SMITH

3rd Infantry Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS – They are the “first in, last out” as their motto goes. Soldiers on the battlefield scout and survey aircraft landing zones each day during wartime operations.

They sling load supplies and assist in air traffic control to help safely guide aircraft to evacuate the wounded and resupply units with equipment.

These Soldiers are better known as the Army's Pathfinders. The 25th Infantry Division received 38 new Pathfinders after a graduation ceremony at the East Range here, March 7.

“Because we are using aircraft a lot more, we got to have people on the ground who understand the aviation side of the house, so they can call for supplies, medical evacuations, evacuate safely and talk to each other and communicate over the radio ... a lot of guys have trouble with that,” said Sgt. 1st Class Richard Wentz, Pathfinder instructor, 1st Battalion, 507th



1st Lt. Gabriel Murphy, C Troop, 3rd Squadron, 4th Cavalry Regiment, signals to helicopters for a safe landing during Pathfinder training at Schofield Barracks' East Range, March 7.

Parachute Infantry Regiment, Fort Benning, Ga.

Wentz and a team of Pathfinder instructors flew to Hawaii to teach the three-week course. For the first two weeks, most of the course took place in the classroom.

In addition to focusing on the basics of air traffic control during the first week, students also

learned how to sling load equipment, load helicopters, set up landing zones, and rig a humvee.

During week two, Soldiers focused on pickup zone operations, surveying sights and breaking down loads to go into aircraft.

In the third and final week of training, Soldiers applied their newfound knowledge in a field training exercise.

“You need each other to accomplish the field training exercise, if not, you won't make it,” said Sgt. 1st Class Roderick Kennedy, a new Pathfinder assigned to Headquarters and Headquarters Company, 325th Brigade Support Battalion.

Kennedy explained how Soldiers relied on each other for information and how that made them successful.

“You need to depend on your team to pull you through the scenario,” he said.

According to Kennedy, students were tested on random situations and relied on each other for weather calculations, marked landing zones, determined where and how many aircraft could land, and determined how much equipment could be loaded.

“We came together as a family and made everything happen,” Kennedy said. “This gave us confidence in our ability to help bring equipment to the warfighter and keep more troops off of the road.”

At the ceremony, Soldiers stood tall in formation, proud of their accomplishments and their ability to overcome difficult tasks. All received Pathfinder badges, which were pinned on by family members, friends and leaders.

“Soldiers who come through this course say, ‘I learned a lot. I can't believe what I learned,’” said Wentz.

Wentz believes the Pathfinder is a course every Soldier should experience because of the Army's current needs.

“It's a great asset to have somebody who can talk to rotary-wing aircraft, fast-moving aircraft, set up and run drop zones, set up and run helicopter landing zones, and pickup zones,” he explained, “and

know about sling-load operations and air traffic control. Units need to push to get people here.”

Many Soldiers didn't have to be pushed into taking the course; it was something they had always wanted to accomplish in their military careers, so they volunteered at the first opportunity.

“This is something that I've always wanted to do coming through the ranks,” said Kennedy. “So when the opportunity came along, I jumped at the chance to take advantage of it, and now I'm graduating.”

“I jumped at the opportunity to come to this course because I knew this would be a challenge for me,” said Sgt. Eliaz De Jesus, Pathfinder graduate from Headquarters and Headquarters Battalion, 3rd Squadron, 7th Field Artillery Regiment. “It's been tough, but I managed to do it. I'm going to wear my badge every day because I earned this.”

Military vehicle training builds on civilian driving experience

Story and Photo by
PFC. JAZZ BURNEY

3rd Infantry Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Preventive, Maintenance, Checks and Services, more commonly known by the acronym PMCS, is a vital set of procedures for any vehicle operator. In the military, however, the emphasis on these tasks differentiates civilian drivers from operators of military vehicles.

Soldiers of 3rd Infantry Brigade Combat Team participated in Special Troops Battalion's (STB) weeklong driver's training at their motor pool here, March 6.

"We learned throughout the training, and specifically during the classroom sit-down portion, the fundamentals and value of PMCS," said Spc. Andrew Dunn, chemical operations specialist, 3BSTB. "[We learned] the separate types of PMCS — before, during and after, weekly, monthly and annual procedures, which gave us the foundation ... in transferring our civilian knowledge to ... military vehicles," he said.



Spc. Kamika C. Finkley, human resource specialist, Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team, participates in Brigade Special Troops Battalion driver's training at the BSTB motor pool, March 6.

Course instructors built on Soldiers' knowledge of vehicles to drive home the differences between operating civilian and military vehicles.

"Driving a privately owned vehicle [POV] is one thing, but operating a military vehicle is different," said Sgt. Ashley Bland,

noncommissioned officer in charge of training, Headquarters and Headquarters Company, 3BSTB. "Soldiers were trained inside humvee and light mobility tactical vehicles [LMTV] and shown the differences to POV.

"They found the stopping radius to be

greater and the turning radius ... was much different," he said, "which shows the need for this kind of training."

"We incorporate Soldier's civilian driving experience into the military vehicles," said Spc. Jimmy Short III, petroleum supply specialist, 3BSTB. "Most Soldiers are experienced in driving the smaller POV, and with this training, we are exposing them to the necessities to handle the bigger vehicles," he said.

Soldiers spent the second to last day and night in the driver's seat. The driving and a written exam went hand-in-hand and students' performance in both determined whether they would receive their certified military licenses.

"The qualifications today were to complete the basics of operating and successfully and safely driving the vehicles, to be able to start it, accelerate the vehicle, turn the vehicle, stop it and being aware of surroundings and traffic," said Bland.

Instructors emphasized the importance

of training in garrison.

"It's better to receive drivers' training now in the garrison environment because there are fewer variables that could potentially distract. Here, there is more time for hands-on training built in a surrounding for trial and error," Bland said.

"We just want to prepare the Soldiers to be ready, so when the mission happens, they will not have reasons to doubt their experience driving," Short said. "We are giving them the first step of that training, which is necessary for the completion of the mission."

Dunn agreed.

"The overall meaning of the training is to know how to properly PMCS your vehicle by the book," he said. "The field manual provides a long list of procedures, which allows the operator to learn and have no faults while driving.

"It's with this knowledge that Soldiers will not be set up for failure and will not compromise the mission in any way."

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) conducts annual campaign, Monday–April 25. During this time, unit point of contacts are 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 Finance 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

Leadership Development Program

— The Military Child Education Coalition (MCEC) is accepting applications for the Frances Hesselbein Student Leadership Program for students in the student-to-student program.

This leadership program is a new initiative established by the MCEC board of directors to identify exemplary young people and provide them with specialized training that will nurture and develop their leadership skills, patriotism, commitment to service, and intellectual and problem-solving capacities.

The program will be held at the U.S. Military Academy, West Point, N.Y. Call Jewel Csiszar at 655-9818 for more information.

CONUS may model Europe's suicide prevention tactics

SARAH MAXWELL

Fort Detrick, Md., Public Affairs, Special to the U.S. Army Center for Health Promotion and Preventive Medicine

ABERDEEN PROVING GROUND, Md. — To keep Soldiers and their family members spiritually, emotionally and mentally fit, the Suicide Prevention Task Force (SPTF) process developed in Europe is being implemented at some Army installations in the continental United States (CONUS).

U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) Europe representatives briefed military medical professionals on their SPTF efforts at installations across Europe during a presentation last summer at CHPPM's annual Force Health Protection Conference. Since then, CHPPM is replicating the process at Fort Lewis, Wash., and other CONUS sites to be determined.

The process is not intended to replace the current Army G-1 Suicide Prevention Program; it is intended to focus on prevention strategies. The strategies pull together ex-

isting installation resources that address personal issues such as mental health, relationships, finance — issues that are known to contribute to suicidal thinking.

"The Army already has a suicide intervention model established; that's not what we are focused on," said Kym Ocasio, chief of health promotion and wellness at CHPPM West, Fort Lewis, and one of the developers of the process.

"As well, the Army already has a lot of great health and wellness programs," she added. "We don't think brand new ones need to be developed, but we need to standardize what we already have."

In addition to standardization, Ocasio and the other health promotion coordinators at CHPPM Europe wanted to move the focus away from the act of suicide to those interventions that may stop people from taking their own lives.

"We believe the SPTF needs to focus on the word 'prevention,' which is about more than reviewing suicide statistics. We look at things like dealing with depression and

loneliness, stress management and the many factors that influence behaviors before a person considers suicide," she emphasized. "The SPTF looks at what resources are available, how they are accessed, and how they are marketed and integrated within the community."

The goal is to make these resources well known, and to create synergy among them.

The idea for SPTF was born from an inspection in the late 1990s, which found that European installations had many good health and wellness programs, but that they were often stovepiped and unrelated to each other.

If a Soldier or family member was stressed out and drinking as a result, for example, he or she could find help for alcohol abuse, but wouldn't necessarily know where to go to address the root cause of the problem: stress.

In response, health promotion councils were developed, including subject-matter experts on issues such as stress management, substance abuse and family coun-

seling to collaborate and to help commanders make fact-based decisions. The councils were charged with identifying the indicators of someone who might need more than just one organization's help. Resource guides were published on garrison Web sites to increase Soldier and family member access to available services.

The goals were to prevent gaps and overlaps in services, Ocasio said.

The process was further streamlined in Europe in the last couple years, she said, to address the new needs of an Army population dealing with wartime deployments and combat stress.

"Sometimes people need a little more support," said Maj. Kathi Hill, a nurse who served as the liaison between the medical services and the health promotion council in Giessen, Germany's prevention task force. "The Army has many programs that they've developed. Soldiers are inundated, overwhelmed, especially when they're depressed or stressed."

Working with many deployable units,

Hill said the task force was able to help Soldiers and their families by easily referring them to the services they needed without them getting lost in the system. The team she worked with was aligned with family readiness groups and other community organizations, so when someone reached out, they felt more comfortable asking for help, she said.

"One of the biggest benefits of the program is it destigmatized the issues related to care and access to care," said Hill. "I think it will be great to see it fielded [in the U.S.]."

Although standardization of the Suicide Prevention Task Force process is in its infancy in the U.S., two garrisons will soon have health promotion coordinators, said Ocasio.

"We need to prove the model makes sense in CONUS as well as Europe," she said. "If we can approach things holistically — mentally, physically and spiritually — then we can create a more stable and better-equipped Army all around."

Patients save with mail orders

Tricare's Mail Order Pharmacy saves patrons time and money

CICI MOORE

TriWest Healthcare Alliance

Stress can give you a headache, especially the hassle of running too many errands. Save a trip and some cash by skipping a run to the pharmacy.

Refill prescription medications from home with Tricare's Mail Order Pharmacy (TMOP). The savings can be up to 66 percent with prescriptions delivered to your front door.

For every prescription filled at a retail pharmacy, Tricare beneficiaries pay a \$3 copayment for generic medications and \$9 for brand name medications each month.

Through TMOP, you will receive a 90-day supply for the same price as a 30-day supply at the retail pharmacy. Plus, medications are delivered to you, saving the time and hassle of waiting in line at the retail pharmacy.

TMOP is especially useful for service members and their families filling medications regularly for conditions such as high blood pressure, diabetes or heart disease.

Enrollment just got easier

Now you can switch to Tricare's Mail Order Pharmacy by phone or online, thanks to the new Member Choice Center (MCC). Make the switch instantly using one of these options:

- Call the MCC at 1-877-363-1433. An MCC patient care advocate will walk you through the process, verify information, process your enrollment, and convert medications to home delivery.

- Visit www.express-scripts.com/tricare and switch medications to the mail order option with a few clicks of a mouse.



Contact Express Scripts at 1-866-363-8667 or www.express-scripts.com.

Although the Mail Order Pharmacy is a cost-savings over retail, filling prescriptions at a local military treatment facility pharmacy remains the least expensive option for Tricare beneficiaries with no copay.

TriWest does not administer Tricare's Mail Order Pharmacy program; it is administered by Express Scripts, Inc.



Kevin Downey | Tripler Army Medical Center Public Affairs

Warrior luncheon

SCHOFIELD BARRACKS — U.S. Army Inspector General Lt. Gen. R. Steven Whitcomb talks candidly while eating lunch with Soldiers from Tripler Army Medical Center's Warrior Transition Unit at the dining facility here, March 5.

Whitcomb visited the wounded warriors without unit cadre present to specifically address care and welfare issues, two weeks after Joint Chiefs of Staff Chairman Adm. Mike Mullen checked on the troops.

SAMC: NCOs reach out to future leaders at meet

CONTINUED FROM A-1

service members, but also a SAMC award recipient who has been labeled as an outstanding NCO.”

Judges received positive feedback from not only the JROTC commanders, but also from the cadets, Yniguez said.

“Judging the competition is just a portion of what we do over there,” Yniguez explained. “That is just so we can facilitate their needs for the JROTC and see where they need help. But the big picture is that we are reaching out to our soon-to-be junior leaders or officers.”

Drill meets are just one way the SAMC shows its support for JROTC programs and other community relations with the military.

Members will continue to support the program by offering classes on physical training, using a protective mask, writing an operation order and surviving in combat.

“This is our opportunity to make SAMC branch out to become a household name with the military and civilian community,” Yniguez said. “That is Command Sergeant Major [George] Duncan’s [8th TSC command sergeant major] intent with us, and that is what we are striving for.”

“I’ve known [about the club] since I have come up through the ranks,” said Staff Sgt. Brian White, B Company, 45th Sustainment Brigade. “Sergeant Major wants us to become a household name again, and I think the Army has gotten away from it because it is seen by some as an unattainable goal for

a lot of Soldiers. But I know down on our levels, we are trying very hard to raise awareness of this organization.”

SAMC members are attempting to coordinate with the Better Opportunity for Single Soldiers program, United Service Organizations, and the Directorate of Family and Morale, Welfare and Recreation centers.

“We have done tons of stuff with the MWR to support them, but that’s all military oriented,” Yniguez said. “Now we are trying to cross over and show the community what we can do, and for the past three years, JROTC has been the most productive step. We are getting more and more ideas on how we can branch out, and it is coming a long very well.”

Marzo: Team saves woman at playground

CONTINUED FROM A-1

“We have excellent doctors here, and this is an example of how that directly benefits the local community,” Arnett said. “I encourage anyone and everyone to follow Dr. Marzo’s lead. The more people in the community who know quality CPR, the more lives can be saved in an emergency.”

Smith was diagnosed with a partially enlarged heart, causing an abnormal heartbeat. She has

some memory loss due to a lack of oxygen while unconscious, but her doctors believe she is on the path to a full recovery, she said.

While she doesn’t remember the entire day of her ordeal, she said she will never forget Marzo and his wife for keeping her alive to see her family again.

“To be at that exact spot, at that exact moment when I needed them,” Smith reflected, “they must be my guardian angels.”



PAU HANA



The 2008 International Auto Show celebrates its 30th anniversary in Hawaii, March 6-9.



Story and Photos by
KYLE FORD
Staff Writer

HONOLULU — From the exotic Lamborghini to the pedestrian minivan, more than 350 automobiles graced the 2008 First Hawaiian International Auto Show at the Hawaii Convention Center, March 6-9.

Thousands of pedestrians milled through the hodgepodge of new cars and trucks, kicked the tires, tried out the driver's seats and decided on their next new vehicle.

"We're getting an idea of what we like," said Air Force Staff Sgt. James Cheves who is preparing to go back to the mainland. "Some of these cars are impractical for the island, but when we go back, [we'll be] driving long distances."

Army Sgt. Nathan Ketcham, 205th Military Intelligence Battalion, scrutinized the Dodge Grand Caravan.

"We thought we'd like it, but for what it is, it's lacking interior space with all the added things in it," he said.

"I just care that it has a television," added his son, Tristan.

Most enjoyed the convenience of having all the vehicles all in one place.

"It's very informative; people get to see all the different cars in one location without having to drive all over the place to different [auto] dealers," said Master Sgt. Walter Null, 25th Infantry Division, Installation Operations Center, who confided he liked the Mercedes.

Another benefit was the absence of high-pressure dealership stress.

"It's nice that none of the reps are trying to sell anything," Ketcham said.

Automakers gave away everything from CDs to coolers to make an impression on consumers. Chevrolet's interactive magic show entertained and informed potential customers about the changes in the carmaker's lineup and touted fuel efficiency.

The tiny area set up for the exotic cars was also the most crowded as people jostled to get photos of and next to the Maserati, Lamborghini or Ferrari.

In addition to new cars, people from the Volkswagen, Mustang and Scion clubs showcased their pride and joy.

Papo at the Scion Club showed off his "VIP BB" Scion xB and let children play Guitar Hero on one of the two game systems and the large flat screen television in the back of his car.

"We're part of the Scion Evolution Club, a car club that does family events," he said.

It's taken Papo two years to get his VIP-styled car to where it is today. He said he drives his car every day. Of course, when it's not on showcase, all the extras come out.

Outside the main hall, vendors from car care to security and sound systems showcased their wares.

Some of the most impressive

after-market items included back-up devices and rearview mirror cameras.

"It's all about safety," said Jarrett Ogata, Security and Sound Systems. "You don't need to have a Mercedes to have safe equipment. We can mount the camera on any car."

For some, safety couldn't be stressed enough. According to Angela Keen, Honolulu Department of Transportation, 157 pedestrians died on Oahu last year.

HPD offers free VIN etching from 10 a.m.-2 p.m., March 29 at the main HPD, 801 S. Beretania in Honolulu. For more details visit www.honolulu.gov.

To increase pedestrian awareness, members of the Walk Wise Hawaii program passed out bright yellow bandannas.

"They are for pedestrians to wave when they cross the street," said Laurie Cicotello, communications specialist, Office of the Governor. "People can put the flags in their pockets as a tool to let cars see them."

The organization ran out of flags in short order at the car show, but the flags are available at AAA Hawaii, while supplies last.

The Honolulu Police Department (HPD) worked to educate drivers on vehicle theft and deterrence. According to the police, a professional thief can open a locked car, remove valuables and get away in 30 seconds.

Most thieves are not so skilled and rely on the opportunity a careless motorist affords them. The best way to prevent becoming a victim of theft is to deny thieves the opportunity.

HPD recommended using common sense: Lock the car, remove keys from the ignition, and park in a well-lit area. A second layer of protection is a warning device, such as a car alarm or visual devices like identification marks in and on the vehicle.

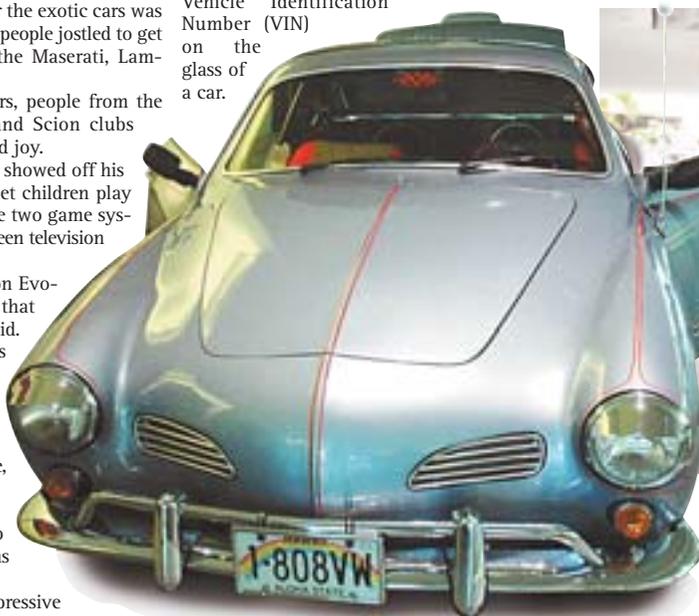
One type of identification is etching the Vehicle Identification Number (VIN) on the glass of a car.



A Land Rover dwarfs a Porsche at the First Hawaiian International Auto Show. The show is in its 30th year in Hawaii.



An auto show attendee looks at the interior of a convertible. Thousands attended the show.



Above — Dara Ketchum, family member, and son check out the DVD player in the Dodge Grand Caravan.

Left — This Volkswagen Karmann Ghia is one of the custom vehicles on display at the auto show, March 6-9.



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 and Department 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 Army Community Service, Schofield Barracks, March 14, 9–10:30 a.m., and at 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 surfboard rental and lunch.

Don't come all the way to Hawaii and miss your chance to learn how to surf. Contact your BOSS representative or call 655-1130.

17 / Monday

HMR Teen Lounge Spring Camp – Helemano Military Reservation Spring Camp activities include trips to Sea Life Park, the Honolulu Zoo, the Ice Palace, bowling, swimming, movies and more. Transportation is provided but participants should bring their own lunch.

Two camps are upcoming: March 17–21 and March 24–27. Call 653-0717.

18 / Tuesday

Spring Break Youth Art – Arts & Crafts has sessions specifically designed for keiki on break from school. All sessions are from 10–11:30 a.m.:

- March 18, 20, 25 and 27 ages 6–9 at Schofield Barracks.

- March 19, 21, 26, and 28 ages 10–12 at Schofield Barracks.

- March 19, 21, 26 and 28 ages 6–12 at Fort Shafter.

Cost is \$40 for four sessions or \$12 for one session. Call 655-4202.

19 / Wednesday

Free Evening Online Classes – Online job search training and resume writing is offered through Army Community Service.

Strategies for Private Sector Resume Writing is March 19, 10–11 a.m. All you need is



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

Keeping the ponies running

SCHOFIELD BARRACKS — Spc. James Richardson, A Company, 25th Special Troops Battalion, changes a fuel filter on his Mustang at the Automotive Skills Center here. The centers at Schofield and Fort Shafter provide a place to work on cars, help, advice and tools. Services and repair facilities are provided, including lubrication and oil change, tire rotation/changing/balancing, body and paint work, transmission repair, engine tune-up, engine overhaul, air conditioning services and other types of repairs.

a phone and a computer.

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

Apply at www.acshieployment.com, click on the teleseminar link or call 655-4227.

22 / Saturday

Family FunFest and ITR Travel Fair – Join the 14th Annual Fun Fest and Information, Ticketing and Registration (ITR) Travel Fair, March 22, 9 a.m.–2 p.m., at Sills and Desiderio Fields, 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 Ikena, 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 at the Hale Ikena, call 438-1974/6712, at the Nehelani, call 655-0660/4466.

25 / Tuesday

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

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

Ongoing

Social Hour – Join the Kolekole Bar & Grill, Schofield Barracks, every Monday–Friday, 4:30–5:30 p.m., for discounts on food and beverages. Visit www.mwrarmyhawaii.com for more details.

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

Quilting Workshops – Learn to quilt at an Arts & Crafts Center near you. Quilting workshops are held Tuesdays, 6–8 p.m., at

Schofield, and Thursdays, 6–8 p.m., at Fort Shafter. Call 655-4202 (Schofield) or 438-1315/1071 (Fort Shafter).

Pregnancy Education – Mothers-to-be and their spouses are invited to attend Pregnancy Education classes, which are held every Tuesday at Public Health Nursing, Building 673, 2nd Floor, Schofield Barracks, 7–8 a.m. Call 433-8675.

"Starlets" – Performing Arts introduces a rhythm and motion class for 2-year-olds, with parent participation. Cost is \$33 per month.

Classes are at SKIES Unlimited, 241 Hewitt Street, the first four Fridays of each month, 3:30–4:30 p.m. Call 655-9818.

Children must be a member of CYS or enrolled in SKIES Unlimited to participate. Blue Star Card benefits apply to this class. Call 833-5393 or 655-8380.

SKIES Driver Education – Learn to drive with SKIES at Valentine's Driving School, Schofield Barracks.

This session, taught by qualified instructors, includes 32 hours of classroom instruction and six hours of behind-the-wheel instruction.

Cost is \$295 and must be paid at the time of registration. For more information, call 655-9818.

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 receive priority. Fees apply. Register at www.HaleiwaArtsFestival.org.

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 for ages 6–15 includes archery, swimming, hiking, kayaking and alpine towers. Visit www.campdman.net or call 637-4615.

Hawaiian Waters Adventure Park – In celebration of making Hawaii a greener place to live, work and play, Hawaiian Waters Adventure Park will offer discount admission Sunday for anyone who brings in recyclable cans.

In partnership with the Reynolds Recycling's "Cans for Cash Challenge," park guests who "go green" will receive \$7-off adult or \$5-off child admission for bringing in 10–19 cans; \$10-off adult or \$6-off child for 20–49 cans; or half-off adult & child admission for 50-plus cans.

The top two schools that bring in the most cans will also receive a cash prize up to \$1,000 for first place and \$500 for second place. Individuals can designate their cans to a school that has pre-registered.

Hawaiian Waters Adventure Parks offers thrill rides for the entire family. Regular weekday admission is \$34.99 for adults and \$24.99 for children, with discounts available for groups, locals, military and seniors. Visit www.hawaiianwaters.com or call 674-9283.

Ballet Hawaii – Giordano Jazz Dance Chicago provides one performance at the Hawaii Theatre, Sunday at 7:30 p.m. Tickets are \$35, \$45 and \$55 at the Hawaii Theatre Box Office, 1130 Bethel Street. Call 528-0506 or visit www.hawaii-theatre.com.

17 / Monday

St. Patrick's Day Celebration – Irish eyes are smiling, and yours can be, too, when you come to Aloha Tower Market-

place's St. Patrick's Day Celebration, March 17, beginning at 6 p.m. Admission is free.

Festivities include the Dueling Dancers of Celtic Keiki (an Irish dance troupe) and the Wild Rovers (a Hawaii-based Irish band). Free prize giveaways last until supplies run out. Visit www.alohatower.com or call 566-2337.

18 / Tuesday

'Only The Brave' – A special screening of "Only The Brave" will play at 7 p.m. March 18 at the Hawaii Theatre, 1130 Bethel St., Honolulu.

The movie is the story of the 100th /442nd during World War II. The movie looks at the "Go for Broke Battalion" from the perspective of their families and the difficulty of reintegrating into civilian life after the war. It focuses on honor, sacrifice, bravery and family in the face of prejudice, war and hardships. It shows the principal character facing PTSD and how he was able to overcome the images of destruction and survivors' guilt. Preview the trailer on the website www.onlythebravemovie.com

Cost is \$8 for Japanese Cultural Center of Hawaii Members, \$10 for nonmembers. Call 528-0506 or visit www.hawaii-theatre.com for more information.

25 / Tuesday

Shafter Women's History Observance – From the Revolutionary War to Iraq, women are making history, and U.S. Army, Pacific, invites you to celebrate Women's History Month at the Hale Ikena, Fort Shafter, March 25, 11:30 a.m.–1 p.m.

Special keynote speaker is Director of the Illinois Department of Veterans Affairs Tammy Duckworth, who is a pilot, former prisoner of war (POW), author, and member of the National Guard.

Duckworth lost both legs during a mission in Iraq in November 2004. She often testifies before Congress on veterans and medical care issues.

For more details, call Sgt. 1st Class Gordon, 655-4797, or Master Sgt. Mendoza, 438-1600.

26 / Wednesday

Schofield Women's History Observance – The 25th Infantry Division hosts

the Oahu North celebration of Women's History Month at Sgt. Smith Theater, March 26, 10–11:30 a.m.

Catch the encore presentation by keynote speaker Tammy Duckworth.

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. Visit www.huispirit.com to download scholarship forms.

Deadline for submission is March 31. E-mail huischolarship@gmail.com for more details.

MDA Summer Camp Volunteers – Volunteer by March 31 if you can help the Muscular Dystrophy Association deliver an exciting week of swimming, horseback riding and more to children with neuromuscular diseases at the YMCA's Camp H.R. Erdman on Oahu's North Shore, June 6–13.

Call Jennifer Li, 593-4454, for more details.

Ongoing

Autism Support Group – In partnership with Oahu South Community chaplains, Army Community Services' Exceptional Family Member Program (EFMP) is offering an Autism Support Group the first Tuesday of each month at Aliamanu Military Reservation Chapel.

EFMP families can attend the Schofield Barracks support group the second Wednesday of each month at the Main Post Chapel.

On-site child care is available for children registered with Child and Youth Services. Call Jane Bruns at 655-4777 for more details.

Making the Difference – You can stand up against sexual assault and make a difference. If you or anyone that you know has been sexually assaulted, contact the 24/7 victim advocate hot line at 624-SAFE (624-7233).

For more information, contact the Sexual Assault Response coordinator at 655-1718.



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, 10:30 a.m. – Worship School Sunday, 10:30 a.m. – Sunday School Sunday, 10:30 a.m. – 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



Cloverfield

(PG-13)
Friday, 7 p.m.
Wednesday, 4 p.m.

The Water Horse: Legend of the Deep

(PG)
Saturday, 2 p.m.



Rambo

(R)
Saturday, 7 p.m.
Thursday, 7 p.m.

Meet the Spartans

(PG)
Sunday, 2 p.m.
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.



Send calendar announcements to community@hawaiiarmyweekly.com.

14 / Today

Schofield Bone Marrow Drive – A post-wide bone marrow donor drive runs today from 9 a.m.–4 p.m. at the Schofield Main Post Exchange, by the Food Court. Bone marrow registration is easy; complete just two pages of paperwork and give four cotton swabs.

Currently, more than 500 service and family members need lifesaving bone marrow transplants. Your donation is key to their survival.

Call the Oahu North community director at 655-0497 for more details.

15 / Saturday

Free Tour of Wahiawa – The Wahiawa Community and Business Association's Community Strengthening Program will hold free monthly bus tours of Wahiawa starting tomorrow. The 45-minute tour starts at 10 a.m. at Center Street.

Seating is limited, so make reservations at 621-6531; provide your name, number in party and contact number.

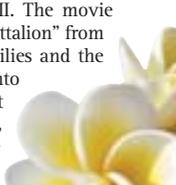
Call 621-5109, ext. 226, for more details.

Wahiawa Easter – Celebrate Easter at Wahiawa Shopping Center and Wahiawa Town Center tomorrow from 10 a.m.–2 p.m. Free keiki rides, games, prizes,

Easter egg hunts and photos with the Easter Bunny (for kids 8 & under) will be provided, compliments of Wahiawa merchants.

Egg hunts will be held in 15-minute increments from 11 a.m.–1:30 p.m. Call 262-0687.

Haleiwa Arts Festival – March 15 is the deadline for visual artists to apply for the 11th Annual Haleiwa Arts Festival to be held at Haleiwa Beach Park, July 19 & 20. Artists will be selected by jury to exhibit and sell their original artwork and



Book lists ways to strengthen military families

ELIZABETH M. LORGE
Army News Service

WASHINGTON — On military bases and in towns and cities across America, service members and their spouses are quietly waging their own war, the war to keep their families together in spite of the stresses of extended and repeated deployments.

At their sides are the Army and other services, as well as federal, state and local organizations, nonprofits and now "Operation Military Family: How to Strengthen Your Military Marriage and Save Your Family," a new book by Navy veteran Michael J.R. Schindler that chronicles the struggles and triumphs of military couples and lists the resources available for assistance.

Although much of the book focuses on Reserve and National Guard families in the Northwest, it offers invaluable, practical advice from counselors, chaplains and military couples about how to keep marriages strong and communication open before, during and after a deployment.

"I think the strength of marriage is so critical to the strength of our military. I would see that on ship all the time, because there would be so many issues back at the home front that half these guys would not think clearly. Nobody really knew what the other spouse was doing," Schindler said.

On The WEB www.operationmilitaryfamily.org
www.strongbonds.org

He suggests that the Soldier prepare a binder with insurance, legal and financial documents, and even important phone numbers. The couple should set aside a time to discuss everything, and the spouse remaining behind should come prepared with as many questions as possible.

Schindler even includes sample questions.

"Ask yourself these simple questions," he writes. "If my spouse were to leave for twelve to fifteen months, starting tomorrow: One, would I know where everything is? Two, what bills need to be paid? Three, where all the important paperwork is filed?"

"If you prepare the binder, some of these questions should already be answered, but there are a ton more questions you should ask."

Schindler also discusses the importance of developing a communication game plan ahead of the Soldier's deployment, to include how and when spouses will communicate, and what they are and are not going to talk about.

"Keeping your worlds 'together' when you are apart takes work," Schindler writes. "Living each day apart will not be easy. Your experiences will be different, your daily challenges will be different, and those life events you are accustomed to sharing together will be fond memories."

"Couples realized that if they were going to make it through this, they had to figure out how to communicate," he said in an interview. "It brought depth to a number of the relationships. Some said they really had to learn about how to communicate and what to communicate about."

"They couldn't just spew information like they were used to because of the circumstances. They either had limited time to talk or knew that each person was dealing with something traumatic, and they didn't want to dump garbage on each other. I think that was a ma-

ior positive," Schindler explains.

Some Soldiers may have to limit their communications with their families to do their jobs and stay safe, but Schindler and the Soldiers in the book said it was important to find

some way to stay connected. Mike, a special-operations Soldier, said that he would frequently write his young daughter letters and send her pictures, but he couldn't stand talking to her more than every couple of weeks. It made him too emotional.

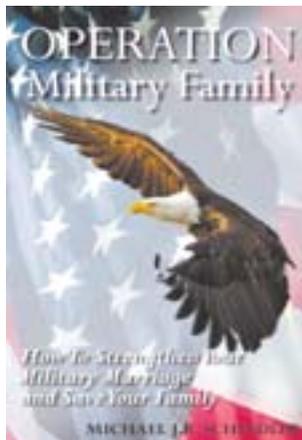
His wife Tonia wrote about how unnerving communication blackouts were, and that she would be on an emotional roller coaster following their conversations.

"When Mike knew he was going out for a long mission, he would call home to tell me 'I just wanted to tell you I love you before I go out.' I finally had to tell him he had to stop doing that because it was like he was calling to talk to me one more time just in case he didn't make

it back," Tonia said in "Operation Military Family."

The book also deals with the stresses couples face after redeployment, which Tonia said "was way worse than the actual deployment. We still struggle every day. We've had to deal with all of the issues."

Schindler said that each of the approximately 50 couples he interviewed had seriously considered divorce or separation. Tonia and Mike said they still struggle every day, but that their kids have kept them together.



Michael J.R. Schindler

"Operation Military Family" offers advice from counselors, chaplains and military couples about how to keep marriages strong and communication open before, during and after a deployment.

Holy Week & Easter Services

The Army Hawaii community is invited to attend Holy Week and Easter Services in Oahu North and South areas. Many worship services offer child care for registered children. Call 655-8313 for details.

All Denominations

Palm Sunday, Sunday, regular times, all chapel locations

Easter Sunrise Service, March 23, 6 a.m., USS Missouri, Pearl Harbor (with entrance fee)

Easter Sunrise Service, March 23, 6:30 a.m., Stoneman Field, Schofield Barracks (between McNair and McComb gates)

Easter Sunday, March 23, Regular Times, all chapel locations

Protestant

Living Last Supper, Sunday, 7 p.m., AMR Chapel

Maundy Thursday Service, Thursday, 5 p.m., Fort DeRussy

Maundy Thursday Service, Thursday, 6 p.m., Fort Shafter

Living Last Supper, Thursday, 7 p.m., Main Post Chapel (MPC), Schofield

"Last Seven Words of Christ," March 21, noon, MPC, Schofield

Good Friday Service, March 21, 5 p.m., Fort DeRussy

Catholic

Holy Thursday Mass, Thursday, 3 p.m., AMR Chapel

Holy Thursday Mass, Thursday,



5:30 p.m., Wheeler Chapel

Holy Thursday Mass, Thursday, 7 p.m., Fort DeRussy

Good Friday Service, March 21, 1:30 p.m., MPC, Schofield

Good Friday Service, March 21, 3 p.m., Fort DeRussy

Good Friday Service, March 21, 7 p.m., AMR Chapel

Holy Saturday Easter Vigil, March 22, 7 p.m., MPC, Schofield

Holy Saturday Easter Vigil, March 22, 7 p.m., Fort DeRussy

Liturgical

Holy Thursday Service, Thursday, 6 p.m., Soldiers Chapel, Schofield

Good Friday Service, March 21, 6 p.m., Soldiers Chapel

Holy Saturday Service, March 22, 9:30 a.m., Soldiers Chapel

(Editor's Note: See page B-2 for chapel locations and phone numbers.)

Reusable bags flying off shelves

LYNDA VALENTINE
Defense Commissary Agency

FORT LEE, Va. — Reusable cloth bags are fast replacing “paper or plastic” as the choice for commissary customers. The reusable bags, which cost 70 cents each, were introduced into commissaries in October, and since then, customers have purchased nearly 270,000 at stores worldwide.

While commissary shoppers have long saved green of the legal tender variety — to the tune of 30 percent or more annually on their grocery bills — they can now conserve green of another very useful kind — trees.

“Commissaries have long been good stewards of taxpayer funds,” said Rick Page, DeCA’s acting director, “and with reusable shopping bags, we’re applying the same sort of thrifty approach to how we use the earth’s natural resources.”

DeCA’s reusable bag is made of sturdy mesh, sewn together from 100 percent polypropylene. They are strong enough to hold 30 pounds of groceries and approximately three-quarters of the bulk amount of a paper bag.

The reusable bags are machine washable and can be recycled when no longer usable. Customers



Courtesy Photo

Mario Avila, produce manager, Lajes Commissary, puts his artistic touch on a display of the very popular reusable green shopping bags.

can find these bags on racks near the checkout at their local commissary.

Reusing bags saves the commissary money, which helps preserve the benefit by keeping operating costs down, costs that are paid with taxpayer dollars.

In fiscal 2007, commissaries spent a total of \$20,635,800 on plastic and paper bags combined. If just one-tenth of all commissary shoppers switched to reusable cloth bags, the agency would save more than \$2 million annually.

Customers always have the option of using their own reusable

cloth bags. In addition, all commissaries allow customers to bring clean, sturdy paper or plastic bags to the commissary for reuse in bagging their groceries; however, all recycled bags must be clean and in good repair or the bagger cannot accept them.

Whether you provide your own bags or return to your commissary with your DeCA cloth bags, just present them to the bagger immediately before bagging begins.

(Editor’s Note: Product availability and program guidelines may differ at overseas commissaries.)

Shoppers can surf the Internet for commissary benefits, savings

DEFENSE COMMISSARY AGENCY
News Release

FORT LEE, Va. — Find convenience and the latest information at your fingertips at the Defense Commissary Agency’s new and improved Web site.

DeCA has retooled its site to include fresh new graphics that change with each season and a new section that promotes health and wellness.

The single biggest addition is its “Ask the DeCA Dietitian,” a nutrition forum hosted by Army Reserve Maj. Karen Fauber, a registered dietitian. Customers can exchange questions, comments and experiences on nutrition topics with the DeCA dietitian and other users.

The site also helps customers make healthy financial choices by listing what’s on sale in the “Savings Aisle” under the “Shopping” tab. Customers can print a list of all items on sale at their local commissary and find Internet coupons on the “Links” page.

If saving money is especially appealing, check out DeCA’s comprehensive “Case Lot Sale” page,

available during its sale event every May and September. This Web page is particularly popular with authorized shoppers who live a long distance from a commissary but are willing to make a special trip, where savings can run as high as 50 percent, compared to commercial prices.

Customers can purchase or donate commissary gift certificates through “Gift of Groceries”; select from more than 100 gift baskets through “Virtual Commissary”; and sign up for commissary news via e-mail through “Commissary Connection.”

Last, but certainly not least, you will find Kay’s Kitchen online. If you’re stumped about what to prepare for dinner, look for inspiration here, where you’ll find lots of quick, easy and nutritional recipes using both classic and diverse ingredients from apples to zucchini.

DeCA’s Web site is a great way for commissary shoppers to discover their benefit and stay connected to what’s happening in their commissary — wherever in the world they and their families are stationed.

LPGA Tournament raises money for Fisher House, FRG

DONALD BIRDSEYE

Association of the United States Army, Hawaii Chapter

SCHOFIELD BARRACKS – The Ladies Professional Golf Association in conjunction with the Hawaii Chapter of the Association of the United States Army conducted the 2nd Annual LPGA/AUSA Soldier/Family Benefit Pro-Am at the Army's Leilehua Golf Course, Feb. 13.

The event began with the vision of two LPGA Professionals with close ties to the Army in Hawaii; Kate Golden and Amy Read who wanted to do something to show their gratitude for the sacrifice and service of our Hawaii based Soldiers and Family members.

The needs of the families of Soldiers can't always be met by the Army's programs and must be supplemented by efforts of community members and organizations like the Association of the United States Army and others.

A program that specifically benefits Soldiers under medical treatment to include wounded warriors and their families is the Fisher House. Fisher Houses are adjacent to most major Army Medical Facilities and have for years provided a place of refuge for Soldiers



Brig. Gen. Robert Brown, deputy commanding general for support, 25th Infantry Division accepts a check for the Fisher House. The event raised \$4,000 for Fishser House and \$2,000 for the 2nd Stryker Brigade Combat Team, 25th Infantry Division Family Readiness Group.

and their families while under medical treatment and care. The current demands on the Fisher House as a nonprofit organization are a challenge. Their needs became known to the Hawaii Chapter of the Association of the United States Army just as details of this year's pro-am were being finalized. It was an easy decision to decide to provide financial support from the event for those who do so much for our warriors and their families.

The Hawaii Chapter had already

decided to provide financial support from the proceeds from the pro-am to the family readiness group (FRG) from the recently deployed 2nd Stryker Brigade Combat Team (SBCT), 25th Infantry Division.

The FRG consists of the Spouses/family members of the deployed unit who support each other and conduct various wellness and other activities for their members prior to, throughout and after the deployment. They, like the Fisher House, are a nonprofit organiza-

tion requiring support from the community for their activities.

The field consisted of twenty-one LPGA professionals recruited

by Golden and Read each teamed with at least one Soldier and four other participants in a six-person scramble format. All told, 44 Soldiers participated along with four family members.

Carolyn Bivens, LPGA Commissioner, watched some of the play and greeted many of our players. She also joined the participants for lunch and awards following play and then made a personal donation for the FRG of the recently deployed 2-25th SBCT. Bivens and her staff also arranged to have the Golf Channel team come out to Leilehua Golf Course to cover the event through interviews with several Soldiers, organizers, and the LPGA players.

This event provided an opportunity to Soldiers and family members, local community members, Military retirees, and other guests

to meet and interact with the wonderful ladies of the LPGA in a collective effort to do something very special for the military community.

The LPGA really showed its patriotism and dedication to our troops and made many new friends through its good will and generosity. Because of the support of the LPGA commissioner and the participating and giving of their time and talents from the players, our Soldiers had a memorable day, and the Fisher House and the 2nd SBCT FRG benefited from the proceeds.

The event raised \$4,000 for Fishser House and \$2,000 for the 2-25 SBCT FRG.

The remaining proceeds enable the AUSA Hawaii Chapter to provide for various Soldier and family programs throughout the year.



March

15 / Saturday

Discover Scuba – Free introductory classes to learn the basics of scuba diving and what's involved in the certification process are taking place March 15, 10 a.m., at Richardson Pool, Schofield Barracks. Call Outdoor Recreation at 655-0143.

Deep Sea Fishing – Join Outdoor Recreation for deep sea fishing March 15, at either 5:30 a.m. or 11:30 a.m. Transportation and cooler with ice for fish are provided. Space limits are set at six participants per session. Cost is \$62.50. Call Outdoor Recreation at 655-0143.

17 / Monday

Teen Fit Spring Break Classes – Physical fitness classes are available at the Schofield Barracks Health and Fitness Center for youth ages 13-17. Learn the basics of proper strength training, cardio and stretching in a fun and productive setting.

Led by Kristy Osborn, a certified personal trainer and strength and conditioning specialist, these classes introduce participants to the knowledge they need for a physically fit lifestyle.

Two, one-week classes are available Monday, Wednesday and Friday, beginning at 3 p.m. The first class is March 17-21, the second March 24-28.

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

17 / Monday

March Madness Bracket Busters – Fill out the National Collegiate Athletic Association (NCAA) Division 1 Men's Basket-

ball championship brackets at the 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 hosts a Racquetball Ladder Challenge, now through March 31. Military, family members, civilians and contractors who work on an Army installation on Oahu are eligible to participate.

Divisions include coed, open (Level A) and novice (Level B), and entries will be accepted until the end of the challenge. Call 438-1152 or stop by the front desk at Building 665.

Ongoing

Golf Till You Drop – Pay once and play as many holes as you want every Thursday at the Walter J. Nagorski Golf Course, Fort Shafter. This offer applies to walking or riding, and some restrictions apply. Call the Nagorski Pro Shop at 438-9587.

Sharks Youth Swim Team – Come join the Sharks Youth Swim Team. Applicants must be Level 4 or higher swimmers. Tryouts are held at the 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 the 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.

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



'Send more balls'

CAMP LIBERTY, Iraq — "Here at my Company Combat Out Post, me and the boys got a little bored yesterday. You see ... this all started when my friend from Ping Golf decided to donate golf clubs and balls to my company so we could hit balls and just maintain our swings. This truly equals sanity to us. We decided that chasing golf balls all over Iraq really wasn't relaxing at all ... it actually became work. So the boys and I decided we needed a driving range net. Like all resourceful Soldiers, we made one. Of course, this is made of angle iron, camo nets and a sun shade, but it works like a charm. Oh yeah ... send more balls."

(Editor's Note: Story and photo submitted by 1st Sgt. Kenny Clayborn, 1st Battalion, 21 Infantry Regiment.)

from the facility. Call 655-4804.

All Army Sports – Soldiers interested in applying for Army-level sports competitions must apply with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>. Faxed copies are no longer ac-

cepted by the DA Sports Office. Call 655-9914 or 655-0856.

Youth Dive Team Lessons – Spring board 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.



Send sports announcements to community@hawaiiarmyweekly.com.

15 / Saturday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a steep, rocky scramble in Puu O Hulu that leads to several concrete bunkers where military observers sighted targets for the coastal artillery battery in Kapolei.

Then, return via the switchback trail once used by mules to haul construction materials and supplies for the observation posts.

This intermediate hike is four miles. Call coordinator Fred Dodge at 696-4677.

Save the date for these upcoming hikes, too:

- March 23, a 10-mile advanced hike at Malaekahana Ridge, and
- March 29, a 7-mile intermediate hike in Waimea Valley.

All hikes begin at 8 a.m., and a \$2 donation is requested of non-members. Children under 18 must be accompanied by an adult. Hikers meet at Iolani Palace, mountainside.

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 the youth triathlon March 29 at 2 p.m. The main triathlon for adults will begin at 7 a.m., March 30.

A 750-meter swim, 13-mile bike ride and 3.5-mile run comprise the triathlon. Visit www.pacificsports-events.com to register.

Baseball Card Day – March 29, just before the first pitch is

thrown for Major League Baseball's 2008 season, a national pastime will be celebrated and revived with National Baseball Card Day right here on Oahu.

Children, parents, collectors and anyone who loves baseball can come to Toys R Us and neighborhood hobby shops to receive free packs of mini-commemorative Major League Baseball cards as part of the day. Visit www.mlb.com for more details.

Ongoing

Spring In-line Hockey – The Oahu In-Line Hockey League continues through April 12 and will be followed by a mini-season, skills competition and league social. Contact a registrar for more details: Richard Pentecost at 372-9270 or Norine Liem at 396-9475. Visit www.oihl.org.

Shafter Bowling – Unit PT (physical training) bowling is held Mondays-Fridays, 6-8 a.m. Cost is \$1 per Soldier and includes all games and free shoe rental. Reservations and a minimum of 20 bowlers is required.

Waikale Wrestlers – The Waikale Athletic Club holds wrestling classes for children and adults. Cost is \$45 per student. Call 671-7169.

Wrestlers Wanted – Hawaiian Championship Wrestling seeks new members. Interested athletes should be at least 6-foot tall, weigh 250 pounds or have an above-average muscular build. Sports background is preferred. Call 676-8107.

Wahine Sailors – The Wahine Sailors seek new members. Call for meeting place and times at 235-8392. Cost is \$35 per year or \$5 per sail.

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.