

HAWAII ARMY WEEKLY

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Serving the U.S. Army community in Hawaii

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Twilight Tattoo

The commanding general of the 25th Infantry Division (Light) will host the 9th Annual Twilight Tattoo at Fort DeRussy starting at 4 p.m., tomorrow.

The Tattoo will feature performances by military marching bands representing the U.S. Army, Navy, Marine Corps, Air Force, and Hawaii Army National Guard.

The public is invited to this free event.

Military Band Concert

AT&T will sponsor this year's Combined Military Band Concert at the Hawaii Theatre from 7 to 8:30 p.m. on May 14.

Top musicians from the U.S. Army, Navy, Air Force, Marine Corps, Coast Guard and Hawaii Army National Guard will combine their talents to provide an evening of music ranging from patriotic themes to Broadway tunes.

This concert is open to the public, and free tickets are available on a first-come, first-served basis at the Hawaii Theatre and at the Chamber of Commerce of Hawaii.

For more details, call the chamber at 545-4300.

Sunset in the Park

Join Army Hawaii's Morale, Welfare and Recreation; the Wahiawa Lions Club; and the Wahiawa community in welcoming home Hawaii's Soldiers from noon until 10 p.m. at Wheeler Army Airfield, May 21 and 22.

This WAAF Sunset in the Park event will provide great local entertainment, games, rides, static displays, plentiful vendor and food booths, plus the feature attractions — two big 30-foot screen movies at dusk over the two days. Bring the whole family out for a fun-filled day.

This event is open to the public. Check out the MWR Web site as the event nears for more details at www.mwrarmyhawaii.com.

65th 'Sappers' named best

Teams from Fort Bragg take second and third at inaugural competition

Story and Photos by
Spc. Tremeshia Ellis
GUIDON Staff

FORT LEONARD WOOD, Mo. — Captains Anthony Barbina and William Boyd of the 65th Engineer Battalion, Schofield Barracks, Hawaii, were named the 2005 Best Sappers after two-plus days of grueling events that challenged their skills as Soldiers and engineers.

The team earned the most points in the inaugural Best Sapper Competition hosted by the U.S. Army Engineer School and Fort Leonard Wood.

"This was a grueling and technically challenging competition," said Brig. Gen. William McCoy, U.S. Army Engineer School assistant commandant, during the awards ceremony Saturday at Pershing Community Center. "I think we got this right."

Twenty-two, two-man engineer teams from around the world competed in the event, modeled after the Best Ranger Competition, held April 26-28.

Throughout the competition, teams took a modified physical fitness test, identified threat mines, constructed a poncho raft, swam across a pond, navigated by day and night, assembled and fired numerous



Capt. Anthony Barbina of Headquarters and Headquarters Company, 65th Engineer Battalion, tackles an obstacle at the Fort Leonard Wood, Mo., Confidence Course.

weapons, tied knots, assembled various breaching charges, took a demolitions test, threw hand grenades, ran nine miles, and then road marched —

a lot. Day one started with a modified physical fitness test. The Soldiers executed two minutes of push-ups

and sit-ups and pull-ups and a 2.6-mile run on the engineer trail.

See "Best Sappers," page A-7



Spc. Hector Ramirez signs a contract that enlists him into the California National Guard's 540th Main Support Battalion for three years. Ramirez just returned from Operation Enduring Freedom with the 725th MSB. He will end his term of service with the U.S. Army in June after having served for the last five years at Schofield Barracks.

Soldiers can control their futures in the Reserve component

Story and Photo by
Master Sgt. Terry Anderson
Public Affairs Office, 25th Infantry Division (Light)

SCHOFIELD BARRACKS, Hawaii -- Spc. Michael Stewart has big plans when he leaves active duty this summer.

"I'm going to college," said Stewart, an infantryman with Co. C, 1st Battalion, 27th Infantry Regiment. "I'm going to study wildlife biology at Colorado State University."

The 22-year-old Brighton, Colo. native also wants to pass on his experience from Operation Iraqi Freedom to train other Soldiers.

"I still want to serve my country so I'm joining the Army Reserve," Stewart said. "The college benefits are great and I can use what I learned in Iraq to help other Soldiers."

Stewart is one of more than 1,200 U.S. Army Hawaii troops ending their terms of active duty service this year. Reserve Component counselors from the 25th Infantry Division (Light) are holding weekly briefings, giving ETS'ing troops the facts they need to make a decision on whether or not to transition into the Reserve Component.

"Many Soldiers say 'I'm not joining a Reserve Component unit, I'd rather take my chances in the Individual Ready Reserve (IRR)," said Master Sgt. Frank Cruz, a Reserve Component career counselor. "Before they make a decision, they need to get all the facts."

When a Soldier enlists in the Army, he or she has an eight year military service obligation, or MSO. Once the Soldier completes a four-year active duty tour, for example, he or she has four years left on the MSO. The Soldier can either choose to transition into a Reserve Component unit and train one weekend a month and two weeks in the summer, or go into the IRR. The IRR is a pool of recently discharged veterans that the federal government can call back to active duty at any time to deploy to places like

See "Reserves," page A-9

OIF combat equipment returns to isle locales

Story and Photos by
Sgt. Sean Kimmons
Editor

FORD ISLAND — The 950-foot long USNS Pili'au docked here last week to unload at least 600 pieces of combat equipment belonging to 25th Infantry Division (Light) and U.S. Army, Hawaii, units who redeployed from Operation Iraqi Freedom.

The USNS Pili'au, named after Medal of Honor recipient and Hawaii native Pfc. Herbert K. Pili'au, arrived here April 27 following a 10,000-mile voyage from Shuiaba, Kuwait. Only half of its contents were dropped off here Saturday and Sunday; the other half went to Olympia, Wash., to be picked up by Fort Lewis units.

More than 180 tactical vehicles, 260 trailers, 160 containers and 12 CH-47 Chinook helicopters were removed from the mammoth seven-level ship during the two days.

Two hundred 25th ID (L) and USARHAW Soldiers worked long hours, in coordination with sailors from the Fleet Industrial Supply Center and civilians with Patriot Ship Holding Group and the Directorate of Logistics to complete the daunting operation.

The off-loading process began with sailors who unchained pieces of equipment

on the ship. As soon as the chains were broken, Soldiers then drove the equipment off the ship.

Nearby, containers were stacked in a staging area while tactical vehicles and trailers were put into convoy lanes.

"The Army's role out here is to unload the vessel. We are responsible for getting everything off and keeping track of transportation control numbers from everything that comes off," said 1st Lt. Vic Underwood, Port Support Activity officer-in-charge of the operation.

Sailors helped download heavy containers using the ship's giant cranes and also took charge of securing the sensitive items that came off the ship.

"They are like the liaisons between us and the ship," Underwood explained about the sailors' role in the operation.

The second part of the operation became a convoy movement of vehicles and trailers to five destination points: Barber's Point, Wheeler Army Airfield, Fort Shafter Flats, Schofield Barracks and Helemano Military Reservation.

Capt. Pete Michael, 18th Movement Control Team commander, 45th Corps Support Group (Forward), commanded this portion of the operation that included nine separate convoys.

See "OIF equipment," page A-11



Humvees from the 25th ID (L) that were used in support of Operation Iraqi Freedom convoy away from the USNS Pili'au (background) on Ford Island, April 29. More than 180 tactical vehicles were downloaded from the ship.

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

The deadline for articles is the Thursday before the week of publication. Send all articles in Microsoft Word or text format.

OPINION & COMMENTARY

Public service isn't simply a catch phrase

By The Honorable R. James Nicholson
Secretary of Veterans Affairs

WASHINGTON — All Americans honor the sacrifice and commitment of the troops who serve on the front lines in the War on Terrorism — and rightly so. Their achievements are worthy of our highest praise.

So, too, are the efforts of another army — the 1.85 million men and women who make up the federal civilian workforce, the workers we honor during Public Service Recognition Week.

These federal workers and their contributions to our nation are a bedrock of support for all Americans.

At the Department of Veterans Affairs, I'm privileged to lead 230,000 dedicated employees whose passion for public service and for our veterans and their families sets a new standard for excellence.

As an example, last fall, some senior staff members in the VA's Office of Information and Technology developed a volunteer program to help disabled service members returning from Iraq gain work experience while awaiting their discharges. This internship program, called "Vet IT," opens the door to new professional opportunities, hopefully at VA. To date, we have hired 10 of these young veterans and hope to hire more.

The creativity, caring and compassion demonstrated by those who conceived and implemented this program reflect the best traditions of the VA. They also typify the actions of countless other public servants whose passion for helping others reigns supreme.

It is the men and women of the federal government who protect our borders and keep our skies, waterways and lands clean and safe to enjoy.

They manage and maintain our national parks and monuments, acting as stewards of our legacy for the generations to follow. These are people of vision, expanding our horizons in space, science and medicine.

I can think of few words more appropriate than those of George Washington who wrote in 1775, "Every post is honorable in which a man can serve his country."

Those who serve in our federal government do more than meet the day-to-day needs of a growing nation. They are the foundation on which this nation has relied for more than two centuries.

It is a legacy as ingrained in the United States as our Constitution itself, serving as a source of pride for all who contribute through public service.

(Editor's Note: To view and download VA news releases, visit <http://www.va.gov/opa/pressrel>.)

Staffs are losing ace reporters

By Master Sgt. Jon Connor
Interim Managing Editor, The GUIDON

FORT LEONARD WOOD, Mo. — The GUIDON staff has been decimated here. The post newspaper now only boasts two contracted civilian journalists: a leisure/sports editor and a community editor.

Then there's me, the interim managing editor. The previous chief left last week to take a position across the street at a hospital.

Because of the rapid rush of converting Soldier-to-civilian slots, this newspaper (as many others have) has lost two sergeants — one leaving active duty and the other moving on to Fort Riley, Kan., to a deployable public affairs unit.

As many here know, these two sergeants had built a reputation upon "being there" for all newsworthy events relating to this post, regardless of the time or location of the event.

Both are already sadly missed because they reported events in the highest journalistic tradition. They documented events through their stories. Their photography received continuous accolades from staff members and those they covered. Their ability to often take detailed, complex subjects and tell the story so everyone on post could understand them was no small feat.

Additionally, getting three or more stories with photographs in a weekly newspaper was a testament to their professional journalistic work ethic and expertise. But, besides this, these two performed many other duties to support the paper in its

weekly production.

You may have figured out by now that The GUIDON simply just cannot provide its readers with immediate coverage. In fact, what this really means is that only the biggest events on post can be covered in the foreseeable future until civilian staff is hired.

This paper is now authorized three civilian journalist positions. The Public Affairs Office has been busy trying to find replacements for some time now; however, the search has been met with some disappointments. To date, it appears only one person will be arriving in the immediate future.

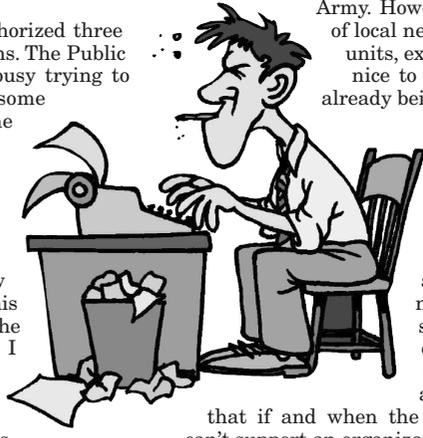
I too am relatively new to the operations here; this is my second week as the managing editor, and I have much to learn about desktop publishing. I am excited about the future, nonetheless, especially when we get completely staffed.

My goal is to improve on what already is a great post newspaper. There are many ways to do this, but all will take time and is based on having an essential resource: a full team.

In the meantime, like many other post papers, we're telling our readers to expect more wire service articles from the Army News Service, the American Forces Press Service and the Training and Doctrine

Command News Service, to fill the pages during this period of understaffing.

As someone who has worked in Army journalism for nearly 17 years, I assure readers they can continue to depend on military newspapers for timely, informative articles about the Army. However, the amount of local news articles about units, exercises and other nice to know events are already being curtailed here and across the country.



So, I ask these of our readership: one, that they give newspapers as much advance notice as possible so limited staff can try to manage supporting an event; two,

that if and when the local newspaper can't support an organization that the unit or activity will have someone write about the event and take well-composed pictures in the jpeg format. And finally, all readers should please understand we're in a temporary crunch. At least at The GUIDON, we should be getting better within the next 60 days.

(Editor's Note: The Hawaii Army Weekly faces similar constraints. Send any morsels our way by Friday noon for possible publication in the next week's newspaper. E-mail editor@hawaiiarmyweekly.com.)

Lightning Spirit

Isn't it any wonder why love is in the air?

By Chaplain (Maj.) Lance Sneath
45th Corps Support Group

"Love is in the air!" Yes, it's the title of a popular song, but perhaps also something many of you are seeing and feeling about this season.

It's spring, and seeing all the reunions of husbands and wives does make one think: "Love is in the air!"

I watched a young couple walking down the street, on post, holding hands and looking like two people madly in love with each other. I recognized them as being a couple that just recently reunited as the Soldier husband returned from Afghanistan last week.

Isn't it amazing how absence can make the heart grow fonder? Well, when it's real love — genuine love — time and space cannot suppress or diminish the power of that love.

The writer in King Solomon's Song of

Songs, chapter 3, verses 1-4, writes the following:

*"All night long on my bed
I looked for the one my heart loves;
I looked for him
but did not find him.
I will get up now and
go about the city,
Through its streets and squares;
I will search for the one
my heart loves.
So I looked for him
but did not find him.
The watchmen found me
as they made their rounds
in the city.
'Have you seen
the one my heart loves?'
Scarcely had I passed them
when I found the one my heart loves.
I held him and would
not let him go..."*

I think I witnessed something like this a few times at the reunion ceremonies at the Wheeler Hangar. Yes, what a powerful sight: Soldiers, spouses, searching for the one their heart loves.

And then, even more powerful is to see the husband and wife finally meet after that long separation and time of searching and yearning: "I held him and would not let him go..."

I believe the same God who inspired this beautiful passage from the Song of Songs, also inspired the gift of love and marriage.

Love is in the air because the same God who makes the air we breathe gives the love we share with each other.

I believe, therefore, our God is incredibly romantic at heart. He is absolutely delighted when we search for, find and hold on tight to the one our heart loves.

So, cherish each other, and hold on and never let go.

Voices of Lightning: How do volunteer your time?



"I educate other spouses on ACS [Army Community Service] programs, including the Army Family Team Building program."

Denise Taylor
ACS Volunteer



"I monitor children at New Life Body of Christ's community youth and computer learning center in Wahiawa."

Cathie Henderson
Army Volunteer Coordinator



"I volunteer as the community affairs chairperson for the Fort Shafter Hui O' Wahine organization."

Jewel Csiszar
Family Readiness
Administration Liaison
Supervisor



"I help solve community issues brought up at this year's HAFAP [Hawaii Family Action Planning] conference."

Kameelah Reed
ACS Volunteer



"I like to give back to my military family, so I volunteer at the ACS Army Family Team Building program and JCPAC's [Joint Intelligence Center, Pacific] family readiness group."

Dee Athey
ACS Volunteer

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Retirees catch up on active military, benefits

Story and Photo by
1st Lt. Terrence Burke
Contributing Writer

Saturday, 225 Army veterans and spouses attended the Annual Retiree Appreciation Day luncheon. The event typically kicks off Armed Forces Week in May, but was held earlier due to scheduling conflicts.

To start the day attendees took the chance to visit tables set up by 11 different organizations. The Veterans of Foreign Wars, the Halekoa, and the Military Order of the Purple Heart were just some of the organizations on hand to answer questions.

The chairman of the U.S. Army Retiree Council in Hawaii, retired Brig. Gen. James Hastings, welcomed the group and led a moment of silence for Hawaii Chapter retirees who have passed away since last year's event.

Giving an update on the 25th Infantry Division (Light) operations in Operation Enduring Freedom and Operation Iraqi Freedom, as well as current transformation, Brig. Gen. Bernard Champoux, assistant deputy commander (support), played a video highlighting some achievements the Tropic Lightning Division made in Afghanistan.

"These young warriors were fantastic; we can be proud of them," he stressed regarding the Afghans who voted for the first time in the country's 5,000 year history.

Following the update, Champoux fielded questions regarding the closure of the Leilehua Golf Course, assuring the crowd that the land was needed and worthwhile for

Soldier housing. Navy Capt. Kevin Berry, a pediatrician at Tripler Army Medical Center, spoke about advances in battlefield medicine. He highlighted enhancements explaining that every Soldier in a war zone is 45 minutes from a surgeon and improvements in protective gear.

With these advances, he said, "If there is a pulse, we can save [the Soldier] 95 out of 100 percent of the time."

During his brief, Berry also highlighted the areas Tripler services, including supporting half a million people, military deployments worldwide and the tsunami relief in Indonesia. His comments prompted questions about how the wide range in focus would affect veteran's health care.

"We will continue to provide great service," Berry answered.

Retired Col. Jerome Culbertson took the podium next, highlighting some points received at the Chief of Staff of the Army Retiree Council at the Pentagon. Continuing to assure the audience of the commitment to retiree health care, he stressed, "We are blessed in Hawaii with excellent access to medical care."

He then proceeded to list some of the council's agenda, which included topics such as the TRICARE for Life initiative and the concurrent receipt of benefits — all important to the veteran community.

Following a break, the Director of Veterans Benefits in Honolulu, Dennis Kuewa, offered some information on the Department of Veterans Affairs. He stressed that the VA is "aligned to serve you the veteran." Kuewa also boasted that



Brig. Gen. Bernard Champoux (left), assistant division commander (support), speaks to a retiree about his concerns at Retiree Appreciation Day, Saturday.

Hawaii's benefit award rate of 63 percent is well above the national average.

Kuewa also briefly described why awarding benefits takes so long, explaining that the evidence-gathering phase is the main reason for delays. He offered the group ways to cut down on their waits, in particular by clearly stating conditions, providing dates in service when the condition occurred, and making

copies of all records and VA doctor appointments.

Last to address the crowd with legislative highlights from Congress was retired Maj. Gen. William Matz, President of the National Association for Uniformed Services, a lobby group in Congress.

Matz provided a roll call of legislators on both sides of the isle who are ardent supporters of veterans issues in Congress, especially prais-

ing the Hawaiian delegation for its support in sponsoring legislation.

After he briefly described some legislation that will mostly come to a vote during this session, he solicited the audience to "be part of the process."

Matz's organization, and others like it, are pushing for better benefits for veterans. He emphasized that legislators respond to their constituents.

Governor lauds Hui O' Na Wahine goals, efforts that fund scholarships

Story by
Joy Boisselle
Staff Writer

About 120 people, including Hawaii Gov. Linda Lingle, the evening's guest speaker, attended the annual Hui O' Na Wahine scholarship dinner Monday at the Nehelani Convention Center, Schofield Barracks. The annual event is the culmination of nearly a year's worth of club fund-raising efforts, which produced \$37,600.

In her remarks, Gov. Lingle congratulated club members on their continuing efforts to support military families and their community.

"In spite of many troops being deployed, your thrift shop managed to raise a remarkable amount of money to benefit the community this year," she said, adding, "\$37,600 is an amount that will change lives — is changing lives."

Greta Browder, club president, said, "This is a feel good event for our organization. We can see where the money we generated is going out to help our community."

This year eight scholarship recipients received \$10,000 and 26 service organizations received \$27,600 in awards. High school awardees were Justin Lukefahr, Douglas Griffith, Krista Madkins, and Kathleen Smyrski.

Continuing education awardees were Amanda Kemp, Teresa Pedersen, Amanda Bowchow, and Kimberly Oligario.

"I am grateful to the Hui O' Na Wahine for helping these students continue their education," Lingle said. "There is really no better investment you could make with this money because it is an investment in the future."

Welfare grant recipients included several Boy and Girl Scout troops; Hawaii Fido, a service dog organization; and local area schools.

Soldier 'chefs' who excel



Soldiers of the Hawaii Army Culinary Arts Team were awarded 22 medals in the Hawaii State Student Culinary Exposition at Kapiolani Community College last Saturday. The 10 Soldiers competed against college students in 24 categories, ranging from meat and appetizer platters to confectionery, to showpieces, patisserie, ice carving and contemporary selections.

Courtesy of Hawaii Army Culinary Arts Team

Changes in command

The 25th Infantry Division (Light) and U.S. Army, Hawaii, community is invited to attend the multitude of change of command ceremonies taking place in May and June.

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

Local ceremonies will be preceded by an awards ceremony, 15 minutes prior to the change of command ceremony. The following ceremonies will be held at Sills Field, Schofield Barracks.

- May 10, 10 a.m., Military Police Brigade
- May 13, 10 a.m., 524th Corps Support Battalion
- May 25, 10 a.m., 2nd Brigade
- May 25, 2 p.m., 1-62 Air Defense Artillery Deactivation

(Editor's Note: Times listed above are the start time for each change of command ceremony. Look for this weekly information box in your Hawaii Army Weekly for upcoming change of command ceremonies.)

Sgt. Sean Kimmons

Tropic Lightning Soldiers of the 25th Infantry Division (Light) assembled for the Operation Iraqi Freedom Recognition Ceremony, Tuesday at Sills Field. Pick up a copy of the May 13 Hawaii Army Weekly to review coverage of this event.

News Briefs

Hawaii Army Report on HACNTV2 — You can gain experience in television news production at Schofield Barracks.

Learn how to shoot, edit and produce a television newscast when you work with the 25th Infantry Division (Light) and U.S. Army, Hawaii, Public Affairs Office to produce the Hawaii Army Report, a biweekly news magazine.

This production brings news and information about the Army team in Hawaii — Soldiers, civilians and family members. Working as an intern on the show, you will learn how to use broadcasting equipment to produce a professional news show.

Applicants must meet the following criteria: have your own transportation, be able to work a minimum of 10 hours per week, be bright and adaptable and possess great interpersonal skills.

School credit is possible; military family members will be provided top consideration for this non-paid internship. To be considered, submit your name and a letter about why you feel you should be picked as an intern to mary.simmms@schofield.army.mil.

Warrant Officer Briefings —

Soldiers can learn all about the warrant officer program when the recruiting team from Headquarters, U.S. Army Recruiting Command, Ft Knox, Kentucky, discusses warrant officer qualifications and application procedures here in May. The last set of briefings will take place at the Schofield Barracks Post Conference Room, today at 10 a.m.

Days of Remembrance Observance — The 25th ID (L) and USARHAW will host this year's observance today at 10 a.m. in the Sergeant Smith Theater on Schofield Barracks. The guest speaker will be Dr. William Samelson, a Holocaust survivor.

The theme is "From Liberation to the Pursuit of Justice," and the community is invited to attend this event, which promises to enlighten and encourage.

For more information, call the 25th ID (L) Equal Opportunity Office at 655-0053.

Dental Training — Applications for the Dental Assistant Training Program will be available at the Red Cross Service Center at the Aloha Center, Building 690, from May 16 through June 1. This program provides volunteers accepted into the program with comprehensive training and knowledge needed to

compete successfully for employment in the dental office.

The program requires 40 hours per week, Monday through Friday, for approximately seven months, and applicants must meet several requirements: Possess a valid military I.D. card, be enrolled in TRICARE, be at least 18 years old at the start of the program, have at least 10 months remaining on the island from the first day of class (Sept. 6), be fluent in English, be able to finance child care costs, and be able to purchase the \$80 dental book.

Hui O 'Na Wahine Luncheon — The next monthly luncheon is Thursday, May 19 at the Nehelani Club. Doors will open at 10:30 a.m. for shopping, and lunch will begin at 11 a.m. Cost for the luncheon is \$12.

Spouses are invited to come join the Hui O 'Na Wahine as it says "Thank You" to outgoing board members and installs an incoming board. Maj. Gen. Olson will also be present to give remarks for members' support and hard work during past and current deployments.

If you are interested in becoming a vendor, call Amy Snyder at 624-4989. For reservations call Judi Rossi at 778-3704.

Limited on-site child care will be provided. Call central registration at 655-3929 or 655-5314 to make a reservation.

Olson Farewell — The aloha

farewell for Vicki Olson will be held May 16 at the Helemano Plantation at 6:30 p.m. Cost is \$11 per person. Contact your family readiness group leader for more details.

Asian-Pacific Islander Heritage Observance — The 25th ID (L) and USARHAW will host an Asian Pacific Islander Heritage Observance on May 20 at 10 a.m. in the Sergeant Smith Theater on Schofield Barracks.

The theme for this year's observance is "Liberty and Freedom for All" and promises to be both educational and enlightening. Various cultural displays will be featured throughout this event.

The community is invited to recognize and embrace local diversity. For more information, call the 25th ID Equal Opportunity Office at 655-0053.

TRICARE — Tripler Army Medical Center provided red, white and blue business cards with TRICARE Online, or TOL, information throughout the hospital and at Schofield Barracks Health Clinic a couple years ago. The toll-free number on the cards, however, has been disconnected and no longer works.

To sign up for TOL that offers some appointment times online and other health information, go to www.tricareonline.com.

Army Emergency Relief —

Consider making a voluntary contribution to your Army community AER fund. Your contribution is important to individuals with emergency needs.

Monetary donations are accepted at any time. For more information, contact your unit AER Fund Campaign project officer, or call 655-2383.

DTF Services — Did you know that as an Army Soldier you have access to a digital training facility, a DTF, with top-of-the-line equipment and connections allowing access to the Internet and training classes at a phenomenal speed, for free?

Your local DTF provides a free, on-base location for Soldiers to access mission critical training for MOS skills.

Among the offerings are ANCOG, BNCOC and Battle Staff NCO courses; required annual training; new equipment processes; joint and government agency Courses (e.g., Hazmat training); special skills (Combat Lifesaver, Chemical and Biological, Pre-deployment Preparation and more); and IT training and certification (Army e-Learning).

DLS is changing the face of training with this state-of-the-art distance learning facility at the right place and the right time for the Soldier.

For more information on your training future, visit the DLS at www.dls.army.mil.

Coral gets a new home in K-Bay

By Capt. George A. Mitroka
and Staff Sgt. Jonathan Larrew
29th Engineer Battalion

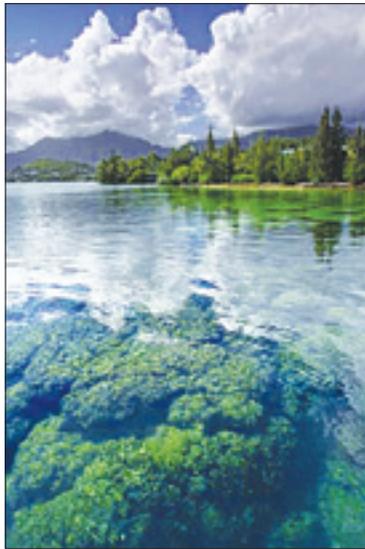
KANEEOHE BAY — Recently, Fort Shafter's 7th Engineer Detachment (Dive), 29th Engineer Battalion (Topographic), 45th Corps Support Group (Forward), finished the second phase of its coral transplantation operation at Coconut Island here, one of the most unique marine research facilities in the world.

The battalion successfully relocated more than 43,000 pounds of coral heads and invasive seaweed from the lagoon and channel, to allow a wider and deeper entrance into the University of Hawaii's research facilities on Coconut Island.

Scientists now have a safer harbor entrance into the lagoon and inner pier, regardless of the shift in tides. A final depth of 10 to 12 feet for the channel now allows supply boats and other larger crafts access to the research center itself without harming coral.

The reef and fish life around Coconut Island have been studied by researchers from around the world for nearly 100 years. The beautiful marine sanctuary, run by the University of Hawaii, is helping to advance corporate knowledge of the oceans and the life below its surface.

However, coral had slowly built up over time, at less than 3 millimeters a year, to a point where it had become a hazard for the research and support boats that operate in and around the island.



Dennis Oda

Army divers are removing coral from Coconut Island's Northwest lagoon channel entrance.

The coral had been taken over by seaweed in the lagoon and in the entrance to the bay.

Battalion divers removed the seaweed by dropping the coral heads into deeper waters. Now at a depth greater than 35 feet, the seaweed is dying and allowing coral to continue to grow in its reclaimed habitat.

Guided by the vision of Jim Lakey of the University of Hawaii, the 7th Engineer Detachment (Dive) helped make this operation a success. With Lakey's vision and

resourcefulness, the two agencies helped to protect the environment and make it safe for crafts to move through the channel.

Many cost-saving benefits were realized. UH supported divers with a place to sleep every night on the island, and the divers, in turn, were able to train on their most critical mission essential task of port opening and harbor clearance.

Whether removing coral on Oahu, or debris in the Tigris, the diver missions both have their similarities in terms of technical diving skills required to perform in either environment. All of the detachment's manpower is rolled up into an Innovative Readiness Training mission, which the divers eagerly accept.

To date, the 7th Engineers have painstakingly relocated more than 84,000 pounds of coral heads during the first two phases of this operation. Instead of using dredging and heavy equipment that could damage the sensitive ecosystem, the divers use nothing more than crowbars and determination to slowly break off large pieces of the reef, and then move the pieces out into deeper water.

The operation has already recorded 64 dives and approximately 87 hours of bottom time. The battalion is planning two more operational phases to complete the mission that will include additional coral relocation and a pier removal on the other side of the island.



Dennis Oda

Sgt. Alex Grabowski surfaces to show the media an example of a live coral head. Normally, the coral head is submerged. Army divers are removing and transplanting coral into deeper waters, about 200 yards away.

Divers quickly respond to unblock Lanai dredging

By 1st Lt. Charles Denike
29th Engineer Battalion

MANELE HARBOR, Lanai — The reputation of the 7th Engineer Detachment (Dive), 29th Engineer Battalion, 45th Corps Support Group (Forward), was tested recently as engineer divers were called upon to conduct a survey of a fiber-optic cable in the harbor here.

Known for its readiness and rapid response capabilities, a team of five divers, led by Staff Sgt. Mike Vaughan and 1st L. Charles Denike, deployed to the island with only two days notice to find and mark the fiber-optic cable that was preventing further dredging operations.

Working with the U.S. Army Corps of Engineers, the dive team of Staff Sgts. Matt

Hayden and Jon Larrew, and Sgt. Justin Craig, flew to Lanai on a Friday and immediately began working as they reached the harbor location.

Thanks to the U.S. Coast Guard Air Station, Barbers Point, the team deployed with all the equipment necessary to accomplish its mission to include a Humvee and SCUBA gear on a C-130 aircraft.

"I called Lieutenant Commander Andy Wishmeyer and Lieutenant Commander Jon Ballweber that Wednesday morning, told them our situation," explained Denike, "and asked if they could help us. They replied 'No problem, when do you need us?'"

Without the support of the Coast Guard that weekend, the divers simply would not have been able to accomplish its mission the way they did, explained Denike.

The work was difficult as the divers battled rough conditions both underwater and on the surface. Due to the sea state, the diving supervisor, Staff Sgt. Vaughan, elected to only deploy two divers, Hayden and Denike.

Using SCUBA gear, each faced strenuous dives as they battled surge, current and zero visibility while marking the fiber-optic cable.

Making the dives more difficult, some of the time spent underwater was near a large rock breakwater. The divers struggled to keep themselves from crashing into the

rock while in the surge.

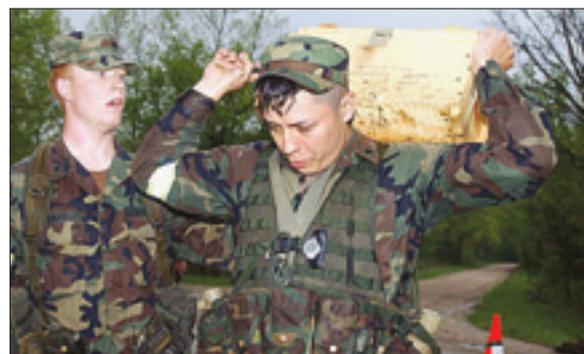
"There were times when all I could do was hold on and wait for the surge to subside a little, so I could get back to work," said Hayden. "Since I couldn't see anything, I was working by feel only."

After two days of work, the cable was marked with buoys, and the locations recorded. The dive team returned home two days later and resumed their previous work.

Less than five days after receiving an initial call, another dive mission was complete.



Team 15, Sgt. Brian Walker, Co. B, 307th Eng. Bn., Fort Bragg, N.C., gets severe leg cramps after the buddy swim as partner 1st Lt. Ryan Fahy checks to make sure he's okay.



Spc. Shaun Cowan (left) helps Sgt. Jose Casillas, Co. C, 307th Eng. Bn., Fort Bragg, N.C., balance a 35-pound ammunition case on his shoulders during the nine-mile run.



Spc. Daniel Gundersen (left) and Spc. Andrew Milczakowskyj, Co. B, 5th Eng. Bn., Fort Leonard Wood, Mo. construct a poncho raft.

Best Sappers

From A-1

The competitors then faced a long day of events that would push them to their physical and mental limits. These events included a 5-mile foot movement and mine identification, poncho raft construction and 310-yard (500-meter) swim, five-mile foot movement, Physical Endurance Course and Obstacle Course and a 12.4-mile (20-kilometer) foot march.

The foot march included an urban breach, nine-line medical evacuation and weapons pile sub-events. Even the Best Sapper team found this march difficult.

"The 20-K was the most challenging because we'd already done so much that day,"

Boyd said. "We'd come almost nine miles and completed the obstacle and physical endurance courses.

"I stayed motivated by looking over to my Sapper buddy," he continued. "I knew he wanted to win as badly as I did."

By the end of the day, the field of Best Sapper contenders was narrowed to 15 teams.

The next morning, the engineers moved by foot to the grenade range; they fired the M-16A2 rifle, M-249 squad automatic weapon and the M-9 pistol, as well as completed a knot-tying examination.

Day three, the engineers ran a nine-mile run, carrying a litter and dummy, ammunitions boxes and water containers along the way. According to McCoy, the event is relevant

to the engineers' duties in modern warfare.

"Sappers find themselves in the strangest places in combat," he said. "They breach and lead the way, perform infantry duties and restore the area once the battle is won.

This test demonstrates your ability to perform those missions on the battlefield."

Barbina and Boyd were awarded Army Commendation Medals, an engraved knife, a tactical flashlight and a paid trip to Orlando, Fla., in the fall to attend the Engineer Conference.

The second place team was 1st Lt. Ryan Fahy and Sgt. Brian Walker, 307th Engineer Battalion, Fort Bragg, N.C. The third place team was Staff Sgts. Curtis Cox and Jeffrey Tuthill of the 27th Engineer Battalion, Fort Bragg, N.C.

Fort Leonard Wood Soldiers, Spcs. Andrew Milczakowskyj and Daniel Gundersen, 5th Engineer Battalion, won an event award for finishing the nine-mile run in the shortest time.

"I'm proud of each and every one of you," McCoy said. "You are the epitome of Warrior Ethos. We're going to do this forever," he predicted.

This year's top team agreed. "I think Best Sapper will have a huge turnout next year," Barbina said.

"Once engineers hear how demanding the competition was, it's gonna explode," Boyd said.

(Editor's Note: The 1st Engineer Brigade is soliciting feedback from this year's competitors on its Web site. To add a comment, visit www.wood.army.mil/1STBDE/.)

Are you in the zone for pre-hypertension?

By Norma Suarez
Community Health Nursing,
Tripler Army Medical Center

HONOLULU — It's been almost two years, but I can still remember distinctly how happy a patient of mine was after being told his blood pressure was normal. After all, his mother, father, grandmother and grandfather all had high blood pressure.

Two months later, I received a frantic phone call from this patient asking me what he had done wrong. A nurse at a health fair he attended earlier that day had checked his blood pressure twice and informed him it was in a danger zone.

It seemed unlikely that he could have possibly developed high blood pressure in such a short period of time. So what did happen?

Over the past several years, we have learned more about the nature of blood pressure and its effects. Because of this new understanding, government officials revised the blood pressure guidelines that included a new category: pre-hypertension.

What is pre-hypertension?

A systolic (top number) reading of 120 – 139, or a diastolic (bottom) reading of 80 – 89 is classified as pre-hypertension. Twenty-three percent of American adults were diagnosed with pre-hypertension with this blood pressure guideline revision.

Patients with this diagnosis are at increased risk of heart disease and stroke. Add to this percentage, the 1 in 4 Americans who have full-blown hypertension, and we've got nearly half of all American adults ages 18 and older in a blood pressure danger zone.

Why did the blood pressure guidelines change?

Simply put, blood pressure in the pre-hypertension range is not considered normal anymore. Many of those with pre-hypertension continue on to hypertension unless there is serious intervention. Consider these statistics:

- Starting as low as 115/75, the risk of heart attack and stroke doubles for every 20-point jump in systolic blood pressure or every 10-

point rise in diastolic blood pressure.

- People with blood pressure levels between 120/80 and 140/90, levels once considered normal, have twice the risk of heart disease as those with low blood pressure.

- People with blood pressure above 140/90, the definition of high blood pressure, have four times the risk of heart disease as people with low blood pressure.

How is pre-hypertension treated?

The good news for people with pre-hypertension (without diabetes or kidney disease) is that there is no need to take any medications. Unfortunately for those with pre-hypertension, to avoid hypertension means more work than just taking a pill.

The work involves moving into a healthier lifestyle, which will be very good news in the long run. Healthy lifestyles help people live longer with more energy and vigor.

Healthy lifestyle changes to prevent (and control) high blood pressure include maintaining a healthy

weight, being physically active, following a healthy eating plan, reducing sodium in your diet, drinking alcohol only in moderation, stopping smoking and, if needed for control of high blood pressure, taking prescribed blood pressure medicine as directed by your health care provider.

So quick, What is your blood pressure? If you don't know, you should.

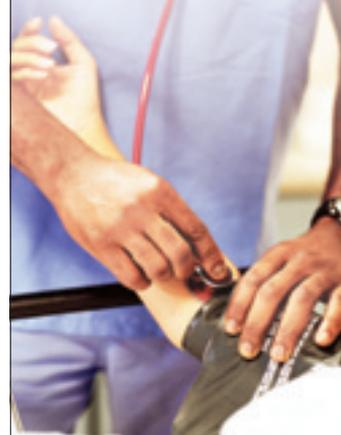
In observance of National Blood Pressure Education Month, May 2005, Tripler Army Medical Center's Community Health Nursing/Health Education and Promotion, will be hosting a high blood pressure education display, plus activities at the Tripler Dining Facility on May 13 from 10:30 a.m. to 2 p.m.

Activities include blood pressure screening, body fat analysis, heart healthy diet recipe exchanges and a television demonstration of low-salt cooking.

A drawing will be held to win one of three American Heart Association cookbooks, all with more than 200 healthy cooking recipes.

Blood Pressure Screenings

Fridays in May
from 11 a.m. to 2 p.m.
May 6, Fort Shafter PX
May 13, Tripler Army Medical Center Dining Facility
May 20, Navy Exchange Rotunda
May 27, Schofield Barracks Commissary



Tripler still seeks blood donations

By Justin Metz
Blood Donor Center, Tripler Army
Medical Center

HONOLULU — One of the greatest strengths of our military is the way service members and their families take care of one another.

The Armed Services Blood Program provides an excellent way for military members and their families to show their support for one another in a concrete, meaningful way. Giving blood to the ASBP allows you to be there for friends, neighbors and comrades-in-arms when they need you most.

The ASBP collects blood from the military community for the military community — providing a connection between those who give, and the sick and injured who need their help. Though there are civilian agencies that also collect and process blood, the ASBP is the only one operated by the military to meet military blood needs.

Those who donate blood through the ASBP directly support their friends in need at military medical treatment facilities at home and abroad deployed worldwide.

Blood is needed every day. For the smallest premature baby struggling in the neonatal intensive care unit, leukemia patients enduring ongoing treatment or those wounded in accidents or in action, the blood you give is priceless.

Every year, patients in military medical treatment facilities receive more than 54,000 units of red blood cells, 20,000 units of plasma and 5,000 units of platelets.

Thousands of blood products have been transfused to injured personnel serving in Iraq and Afghanistan alone. By giving blood to the ASBP, you ensure lifesaving blood products are available whenever and wherever there are military community members in need.

"We really need the support of the military community to take care of



*Upcoming Blood Drives

Tuesday, May 10
Joint Intelligence Center, Pacific
Pearl Harbor
10 a.m. to 2 p.m.

Thursday, May 12
Installation Personnel Administration
Center
Kaneohe Bay
9 a.m. to 3 p.m.

Tuesday, May 17
Personnel Support Detachment
Pearl Harbor
10 a.m. to 4 p.m.

Wednesday, May 18
Aliamanu Military Reservation
Chapel
9 a.m. to 2 p.m.

*Blood donations are always welcome, any Monday through Thursday between 8 a.m. to 2 p.m., and Friday from 8 a.m. to 12 p.m., in Oceanside Room 2A207. For more information, contact Justin Metz at 433- 6699.



the Soldiers, sailors, airmen, Marines and beneficiaries here, and our troops in the field," said Capt. Harry McDonald, officer in charge of the Tripler Blood Donor Center. "We act as the middleman by collecting, processing and delivering blood, but the donors are really the heart and soul of this program," he continued. "It doesn't take a lot to give, but it means everything to those who need it."

Donors from all services, government employees, retirees, and military family members are eligible to help others in the military community by donating blood through the ASBP. Though travel to certain areas and some medical conditions

and medications may temporarily or permanently restrict donation, most healthy adults are eligible to give blood.

Personnel Support Detachment at Pearl Harbor, located at 650 Center Drive, Pearl Harbor, will be hosting the next blood drive for Tripler's Blood Donor Center on May 17 from 9 a.m. to 2 p.m. For more information, contact Justin King at 471-2405, extension 252.

(Editor's Note: For more information on eligibility, contact the Tripler Blood Donor Center at 433-6195, or visit the TAMC Web site at www.tamc.amedd.army.mil or the ASBP Web site at www.military-blood.dod.mil.)

Clinic discusses hearing loss issue

By Audiology
and Hearing Conservation
Schofield Barracks Health Clinic

HONOLULU — Do your ears ring? Do you have trouble understanding speech when there is background noise? Are other people mumbling? Do you work in a high noise area? If you answered yes to these questions, read on.

These are the symptoms of noise-induced high-frequency hearing loss.

Most people don't appreciate their sense of hearing for the important function that it is. Your hearing, unlike vision, affords you 360-degree awareness, functions in the dark, and always works, even during sleep.

Many times we don't appreciate our hearing until it is diminished. And, unfortunately, most hearing loss, especially noise-induced hearing loss, is not repairable with medical or surgical procedures.

Noise-induced hearing loss is one of the most common occupational injuries in the military. In fact, the Veterans Administration spent more than \$300 million on hearing loss disability claims for the Army alone in 2003.

Almost 20 percent of Schofield Barracks' combat arms Soldiers had some degree of permanent hearing loss prior to deploying to Operations Enduring Freedom and Iraqi Freedom.

It is unclear right now how many are returning with hearing loss, but we know that injuries to the ear from blast exposure and high-intensity

noise are one of the most common injuries to Soldiers while deployed. We also know that earplugs work.

This information is not to suggest that hearing protection is always practical in a combat environment; in fact, many times earplug usage is not advisable. With new hearing protection technology, however, there are more situations where wearing earplugs may be feasible.

Case history reports from returning Soldiers suggest that many wore the new combat arms earplugs, and it appears that they were quite effective in protecting hearing.

If you aren't already familiar with the combat arms earplug, it is a specially designed earplug with a filter that allows you to hear speech while protecting your ears from damaging impulse noise.

More information on the combat arms earplug can be found at the U.S. Army Center for Health Promotion and Preventive Medicine's Hearing Conservation Web site, <http://chppmwww.apgea.army.mil/hcp/combatarmsPlug.aspx>

Good hearing is critical to combat readiness. Prevention of noise-induced hearing loss requires unit and individual participation.

(Editor's Note: For more information on the 25th Infantry Division (Light) hearing conservation program, contact Maj. Kristen Casto at 433-8325.)

Staff is available to provide health education training, earplug fittings and hearing evaluations.)

Civilians await comments about new personnel regs

News Release
National Security Personnel System

The formal 30-day public comment period on the proposed National Security Personnel System regulations ended on March 16. More than 58,000 comments submitted by employees, interested groups, private citizens, elected officials and national and local union representatives.

NSPS will be the new civilian human resources management system. The Department of Defense and the Office of Personnel Management have spent the past year engaged in the design process with input and participation from key stakeholders.

Comments submitted by the deadline were posted on the NSPS Web site at <http://www.cpms.osd.mil/nsps>, and many participants were interested in hearing more details about the proposed system. They were concerned about the actual implementation of NSPS, as well.

Some welcomed the concept of pay being linked to performance, while others expressed concern about fairness and consistency in the performance management process, the importance of communicating performance expectations to employees, and the importance of

training and proper funding.

Still other comments were focused on questions regarding the pay banding structure, including what criteria will be used to determine career groups and how rate ranges and local market supplements will be set.

In the area of labor relations, many comments centered on the scope of collective bargaining under NSPS, the makeup of the proposed National Security Labor Relations Board, and concerns over employee rights.

Unions representing Department of Defense employees also submitted comments.

The NSPS statute provides for a "meet and confer" period in which employee representatives meet with DoD and Office of Personnel Management officials for a minimum of 30 days to discuss union concerns and recommendations. These sessions, which started on April 18, are being facilitated by the Federal Mediation and Conciliation Service and represent an opportunity for the parties to find common ground.

DoD and OPM will report the results of the meet and confer process to Congress. Final decisions on the proposed regulations will not be made until the meet and confer process is completed.

Meet and Confer Update

•Parties engaged in ongoing discussions regarding procedures, including ways to document tentative agreements and/or understandings and ways the DoD/OPM team will provide feedback from senior leadership.

•DoD and OPM conducted a walk through of all subparts of proposed regulations, summarizing and responding briefly to comments submitted by the unions on each subpart, and clarifying issues that were raised.

•April 25, the DoD/OPM team agreed to provide detailed briefings

on classification, pay, performance management, staffing and reduction in force.

Details not found in proposed regulations will be included such as potential pay banding structures, pay setting procedures and policies, and performance management processes.

•Detailed discussions took place on the concept of written performance requirements. DoD/OPM agreed that NSPS will require written performance standards.

•Discussions presumed about which categories of employees are eligible for coverage under NSPS human resources, appeals and

labor relations system.

DoD provided a paper outlining coverage eligibility.

•Unions requested that any explanation of intent of DoD and OPM be in writing. The DoD/OPM team advised that intent would be explained in supplementary information in final regulations.

•The DoD/OPM team explained how proposed NSPS reduction in force (RIF) rules preserve veterans preference; the unions disagree.

•Discussion took place regarding union involvement in evaluation of NSPS, including planning, formulating what data to obtain, and analyzing of data.

Unions asked to find creative ways to keep the process manageable and agreed to provide examples of experiences in evaluating personnel systems.

•Unions submitted questions on pay and pay administration, and on labor relations, employee coverage and performance. DoD and OPM agreed to review and respond.

(Editor's Note: This NSPS update provides details of activities during the week of April 18-22.)



Reserves From A-1

Afghanistan or Iraq.

Cruz gave an example of how one Soldier ETS'ed in Oklahoma and entered the IRR, then moved to Schofield Barracks with her active duty husband. She was recalled to active duty 90 days later to deploy to Iraq.

"In the IRR, you're a name, a social security number and an address, nothing more," Cruz said. "When the federal government needs more Soldiers to deploy, they're going to grab troops from the IRR."

Cruz added that Soldiers are guaranteed at least 12-months stabilization by joining a Reserve or National Guard unit, if you've just

returned from Iraq or Afghanistan.

"That one-year stabilization gives you a chance to get established because you're guaranteed not to deploy," Cruz said. "Some states like Hawaii even offer three years of stabilization."

Reserve entitlements include 100 percent tuition assistance, a monthly pay check, and cash bonuses of up to \$15,000. The top enlisted Soldier in the 25th Infantry Division (Light) says there are other reasons to continue to serve.

"Joining the Reserves is another great way to serve your country, while at the same time, pursuing a civilian career," said Command Sgt. Maj. Frank Ashe. "It's a great way to transition from

military to civilian life, and if you want to come back onto active duty, you're better prepared."

Stewart is looking for a desk job in the Reserves after serving four years in the infantry on active duty, and says that all troops should seriously consider the Reserve Component.

"My advice would be to give it some long, careful thought before making a decision," he said. "The Reserve and National Guard offer some good benefits."

(Editor's Note: For more information on the Reserve Component, contact Master Sgt. Frank Cruz in the Reserve Component retention office located on the third floor of the Aloha Center, at 655-1561.)



Master Sgt. Terry Anderson

Capt. John Waldron gives the oath of enlistment to Spc. Hector Ramirez, who joined the California National Guard for a three-year term, following five years of active duty service.

Army announces Combat Action Badge

Army News Service

WASHINGTON — A Combat Action Badge will soon be available to all Soldiers who engage the enemy in battle.

Although the Close Combat Badge was once considered an option, Army leadership created the CAB instead to recognize all

Soldiers who are in combat. Officials said the decision was based on input from leaders and Soldiers in the field.

“Warfare is still a human endeavor,” said Gen. Peter J. Schoomaker, Army chief of staff. “Our intent is to recognize Soldiers who demonstrate and live the Warrior Ethos.”

The CAB may be awarded to any Soldier, branch and military occupa-

tional specialty immaterial for performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized. The Soldier must have been personally present and actively engaging or being engaged by the enemy, and performing satisfactorily in accordance with the prescribed rules of engagement.

Commanders at the rank of

major general will have award authority for the CAB.

The CAB is distinct from other combat badges, officials said. The Combat Infantryman’s Badge, or CIB, and Combat Medical Badge will remain unchanged, they said.

The Army will release an administrative message outlining exact rules and regulations for the CAB in the near future, officials said.

Although the final design of the CAB has not yet been released, officials said the award should be available this summer through unit supply and for purchase in military clothing sales stores.

(Editor’s Note: For more information on the CAB, see the soon-to-be-operational CAB Web site at www.army.mil/symbols/combat-badges.)

Army announces latest retention, recruiting numbers; some are up

Army News Service

Soldiers continue to reenlist in the U.S. Army at high rates. As previously predicted, the Army missed its April recruiting goals, but remains optimistic about achieving the active Army’s recruiting mission by Oct. 1.

Manning the military force includes two efforts: recruiting and retention. Retention continues to exceed Army projections; the U.S. Army remains focused on and supportive of Soldiers as well as their families.

At the end of March, the active Army re-enlisted 34,382 Soldiers, 106 percent of its mission for the first two quarters of the fiscal year. The Army was at about 90 percent of mission at this time last year and finished at 107 percent — boding well for the Army’s retention mission this year.

The Army Reserve re-enlisted 8,291 Soldiers, 100 percent of its year-to-date mission, at the end of March. The Army National Guard re-enlisted 15,689 Soldiers, 100 percent of its year-to-date mission.

The Army is applying additional resources to recruiting and remains cautiously optimistic to achieve the active Army’s Fiscal Year 2005 mission. Though the Army may not make some monthly goals, efforts remain strong to achieve the recruiting mission of 80,000 new recruits.

Recent enlistment incentives include adding specialties that will receive the maximum \$20,000 enlistment bonus for an enlistment of 3-6 years in the Active Army; the initial bonus payment is now \$10,000 following completion of initial entry training.

The Army also expanded the student loan repayment

program to all occupational specialties. The Army Reserve offers non-prior service recruits up to \$10,000 for an enlistment of three or more years and prior service can earn up to \$15,000 for a 6-year enlistment.

At the end of April reporting period, U.S. Army Recruiting Command accessed a total of 35,926 Soldiers into the active Army, 84 percent of the year-to-date mission.

Also at the end of April reporting period, Recruiting Command accessed 7,283 Soldiers for the U.S. Army Reserve, 79 percent of the year-to-date mission. The FY 2005 Army Reserve recruiting mission is 22,175.

The U.S. Army National Guard continues collecting its recruiting data from the 54 states and territories, so similar information is not available.

Recruits reporting by May 30 can get up to \$20,000

By U.S. Army
Recruiting Command
for Army News Service

FORT KNOX, Ky. — Qualified active Army recruits who are willing to report for training by May 30 may be eligible for seasonal enlistment bonuses up to \$14,000, which may be combined with other existing Army bonuses for a total of up to \$20,000.

Qualified applicants who enlist in any active Army military occupational specialty for three or more years are now eligible for a seasonal bonus of up to \$14,000 if they agree to report to training by May 30, according to U.S. Army Recruiting

Command officials.

They said this bonus — available to applicants with and without previous military service — was previously only available for high-priority job specialties.

Recruits who enlist for cash bonuses totaling more than \$10,000 will receive their initial payment of \$10,000 upon successful completion of initial entry training. The remaining bonus amount will be paid in annual increments. Enlistment bonuses totaling less than \$10,000 will be paid in one lump sum upon successful completion of initial entry training.

More about the bonuses is available on goarmy.com.

Saluting the governor



Sgt. Sean Kimmons

Leilehua High School Junior Reserve Officers Training Corps members present arms during the 23rd annual Governor’s JROTC review and awards ceremony on Fort Shafter’s Palm Circle parade field, April 28. More than 800 students from Hawaii high schools were in formation for the ceremony.

Here’s a
Sobering
Thought



OIF equipment

From A-1

After vehicles exited the ship and were tracked, 18th MCT Soldiers checked off what unit they belonged to and put them in the appropriate convoy lane, Michael said.

“Once the vehicles got into the appropriate lane, the tasked unit came down and prepared the vehicle for their convoy time,” he said. During this process, the four-man MCT team worked tirelessly for 16-hours a day to control the marshalling

area, where vehicles and trailers lined up and left in convoys. Trucks from the Directorate of Logistics then transported the containers and any excess trailers to their destination points.



Tactical vehicles from the 25th ID (L) and USARHAW line up in convoy lanes on Ford Island, April 29.



Sailors from the Fleet Industrial Supply Center unhook a 25th ID (L) container after being unloaded from the USNS Pilila'au on April 29.



A 25th ID (L) container is lowered down by crane off the USNS Pilila'au.

Photos by Sgt. Sean Kimmons



Head First



MSF
MOTORCYCLE
SAFETY FOUNDATION®

MWR gets many more dollars

By Army and Air Force Exchange Service
News Release

DALLAS — The Army and Air Force Exchange Service, or AAFES, has announced that it is returning \$242.3 million to Army and Air Force Morale, Welfare and Recreation programs.

For 2004, this dividend represents an average per capita dividend of \$277 for every Soldier and airman, a 5 percent increase over last year. In 2003, AAFES paid a per capita dividend of \$264.

"AAFES' mission is to provide goods and services at competitively low prices and generate earnings to support MWR programs," said AAFES Commander Brig. Gen. Toreaser Steel. "These contributions to the U.S. Armed Forces and their families make AAFES a major non-pay benefit to customers."

The value AAFES offers the military community extends far beyond its ability to provide quality merchandise and consumer services. With the help of AAFES dividends, MWR, CFSC [Community and Family Support Center] and Air Force Services have completed hundreds of community enhancement projects at Army and Air Force installations around the world.

AAFES supports the mission of the services' MWR to improve the troops' quality of life and the well-being of the overall military community. AAFES will continue to focus its efforts on providing value by offering low-cost shopping options and delivering an annual dividend.

"Every time troops shop at the exchange, they provide support to MWR programs, facilities and nonappropriated fund construction projects such as bowling and youth centers, golf courses and outdoor recreation," said Brig. Gen. Steele.

Historically, roughly 67 percent of AAFES earnings are paid to MWR programs. In the past 10 years, more than \$2 billion has been contributed by AAFES to the Army and Air Force to spend on quality of life improvements for Soldiers, airmen and their families, including libraries, sports programs,

swimming pools, youth activities, tickets and tour services, hobby shops, music programs, outdoor facilities and unit functions.

AAFES support to the military is not limited to Soldiers and airmen. Because AAFES operates at Marine and Navy locations, AAFES is also able to return funds to Marines and Sailors.

The total fiscal year 2004 dividend for Hawaii is \$1,419,757.

"We are proud of our partnership with NEXCOM [Navy Exchange Service Command] and MCX [Marine Corps exchanges]," said Brig. Gen. Steele. "I know I speak for all exchange associates when I say that the end of year dividend is extremely important. It makes the day-to-day sacrifices much more gratifying when you see the financial benefit Soldiers, airmen, Marines, sailors and their families will reap from all the hard work."

Troops are not the only ones who can enhance the annual dividend AAFES provides MWR services. Civilians (aka non-authorized exchange customers) can also contribute by purchasing "Gifts from the Homefront" gift certificates or "Help Our Troops Call Home" phone cards.

Both programs allow anyone to make a direct contribution to the morale of troops by sending a gift certificate or phone card that can be used in any AAFES retail or phone center operation in the world, including those in Operations Enduring and Iraqi Freedom.

While initial purchases made through these programs offer an immediate benefit to troops, the long-term advantage is that a portion of the funds used to purchase the phone card or gift certificate this year will go back to the military community next year.

"Gifts from the Homefront" gift certificates and "Help Our Troops Call Home" phone cards are both available online at www.aafes.com.

AAFES has the dual mission of providing authorized patrons with merchandise and services and of generating nonappropriated fund earnings as a supplemental source of funding for military MWR programs.



Fiscal Year 2004 Dividends

Hickam AFB:	\$610,956
Schofield:	\$658,029
Hale Koa:	\$25,562
Samoa:	\$125,210

TOTAL: \$1,419,757



New AAFES credit plan replaces home layaway

By Headquarters Army and Air Force Exchange Service
Pacific Region Public Affairs

CAMP FOSTER — Army and Air Force Exchange Service customers will soon have an option when buying major purchase items like furniture and appliances.

Instead of using the old Home Layaway service and then waiting until the price is paid in full to use their merchandise, AAFES patrons can opt to "Take it Home Today," called THT.

Military and family members who are approved for the program can take their purchase home the same day, with no down payment, and they will have 12 months to pay the balance. The minimum purchase is \$299, and the credit limit on the Take It Home Today account varies from \$600 to \$6,500.

The interest rate on the account (currently 6.74 percent) is calculated by adding .99 percent to the prime interest rate. This rate is four percent less than the interest on the Military Star Card. This new THT account is separate from the Military Star Card system.

The program got underway Monday; it's being tested in several locations, with different merchandise assortments available to the customer. Customers can purchase what their location is authorized to place on the THT account.

Initially, the program will be offered at the Schofield Barracks, Hickam Air Force Base, Yokota, Misawa and Zama main stores; the Yokota Four Seasons; and Guam, Camp Foster, Yokota and Misawa furniture stores.

(Editor's Note: For more details about the Schofield Barracks credit plan, contact Ken Miyazono, sales and merchandise manager, Schofield Main Exchange, at 622-1773.)

New Marvel comics available today

Sure to be a collector's item, Marvel's newest comic book has arrived at AAFES at Schofield Barracks and Hickam Air Force Base. Available for free to authorized customers and their family members, exclusively at the exchanges, the 24-page comic book features the adventures of the New Avengers — the Soldiers and airmen of the U.S. military — and the Fantastic Four.

Because of the anticipated demand, AAFES officials advise that the comic book is available on a first-come, first-served basis.

"The collector community is extremely interested in a limited-edition offering of this nature," said Karin Duncan, general manager of the Hawaii Exchange. "When they're gone, they're gone."



Bishop Museum *salutes the troops*

HONOLULU — Military service members and their families took advantage of a full day of free activities offered Sunday at the Bishop Museum.

The event, titled "Salute to the Troops," was dedicated to those who serve in the nation's military branches.

The military crowd were treated to free access to the museum's exhibits, including the planetarium show "Deep Impact: Rendezvous with a Comet." The museum even unveiled two mural-sized images from the Hubble Space Telescope to commemorate its 15th anniversary.

Also, during the event, food vendors fed hungry visitors, musicians entertained, hot rod and racecar displays impressed, plus a petting zoo and pony rides made children happy. The museum's native Hawaiian exhibits were open to guests as well.

Bishop's Salute to the Troops helped commence Hawaii's Military Appreciation Month celebrations and will be followed by many more free and entertaining events in the coming weeks.

(Editor's Note: This information was compiled by Hawaii Army Weekly staff.)



Photos by Sgt. Sean Kimmons

Military service members and families were offered free access to Honolulu's Bishop Museum, as part of its Salute to the Troops military appreciation event, Sunday.



Upcoming Hawaii Military Appreciation Month Events

Through May 7

Paradise Cove celebrates "Military Appreciation Month" with special offerings for its Standard Buffet, Royal Alii Service and Deluxe Dinners, which include a mai tai greeting, arts and crafts, games, showers of flower, beach hukilau, the royal court procession, the imu ceremony and a show extravaganza.

Tickets are available at all military ticket offices.

May 13-14

The Polynesian Cultural Center will feature its "Military Days" program on May 13 and 14. Military families will be treated to a fun-

filled day at Hawaii's premier cultural center featuring its island shows, IMAX theater, buffet dinner and evening show.

Discounted tickets are available only at military ticket offices.

May 18

First Hawaiian Bank and Alexander and Baldwin, Inc., sponsor the annual Military Recognition Luncheon at the Hilton Hawaiian Village Hotel from noon to 1:30 p.m. State government and business leaders, veterans and other residents are invited to join with the Chamber in welcoming home troops from Schofield Barracks, Wheeler Army Airfield,

Marine Corps Base Hawaii, Hickam Air Force Base, Pearl Harbor and other military units.

The keynote speaker will be Maj. Gen. Eric Olson, commanding general of the 25th Infantry Division (Light). Outstanding Community Service awards and the Chamber's Aloha Spirit Award will be presented.

Chamber members and the public are invited to purchase tickets now for this very special occasion honoring the men and women returning from the war on terrorism. Call Brenda at 545-4300, ext. 317, or e-mail bwatson@coc.hawaii.org for ticket and table information.

May 15 & 27

The Honolulu Academy of Arts will be providing several opportunities for service members and their families. Military will enjoy free admission on May 27, and will be

offered a low \$5 rate for the popular "ARTafterDARK" event.

This month's show is themed "Turkish Delights" and will feature live entertainment, zip-tours of selected galleries, and food and beverage purchases from 6 to 9 p.m.

The military is also welcome to visit the Academy on May 15.

May 19

The Hale Koa Hotel will present the annual "Salute to the Military Luau" with a discounted ticket price at the Luau Garden at 5 p.m. The event will feature special door prizes and giveaways for military.

May 21

The Hawaii Army Museum will host its annual "Living History Day" at Fort DeRussy from 10 a.m. to 3 p.m. This event features hands-on exhibits of military weapons, equipment and insignia used in dif-

ferent periods in history, from the U.S. Civil War to the present.

Visitors will see displays of restored, vintage military vehicles and field artillery pieces. Also, the Gallery of Heroes and the special exhibit on the life of Hawaii's own Gen. Eric Shinseki, first American of Asian ancestry to be appointed as the Chief of Staff of the U.S. Army, will be on display.

May 21-22

The Wahia Lions Club will team with Hawaii Army Garrison and government, business and civic leaders to host a "Sunset in the Park" that welcomes home Soldiers, Marines and other service men and women who recently returned after completing combat tours in Iraq and Afghanistan.

This two-day event will be held on Wheeler Army Airfield and will include mega games and entertainment and ono food.



May

6 / Today

WAAF Picnic Areas — If your unit would like to reserve a 20 x 20 picnic area at the Sunset in the Park event on Wheeler Army Airfield, May 21 and 22, call 655-0111 or 655-0112.

First priority will be provided to OIF and OEF units until May 13. After this date, reservations will be on a first-come, first-served basis.

The picnic area will be the only area where canopies can be set up and grills used.

Salute the Troops Concert

— There's still time to enjoy live, local entertainment at the Tropics on Schofield Barracks, Friday nights at 8:30 p.m., with no cover charge. Listen to "Kapena" tonight and enter to win a trip for two to Las Vegas; you must be present to win. Next Friday catch "Brown Boys."

Patrons can enjoy free entertainment, drink specials and food from MacGregor's Market. Also, guests can visit the Tropics and register to win a sport utility vehicle sponsored by JN Mazda. Finalists are selected at each concert event. The Vehicle will be given away at the June 10 Right Arm Night event at the Nehelani.

Visit the Tropics or call 655-0002 for more information.

8 / Sunday

Mother's Day Brunch — Treat mom to a delicious brunch buffet at the Nehelani

between 9 a.m. and 1 p.m.

Reservations are currently being accepted at the Nehelani (655-4466).

Waianae Beach Club

— Enjoy a Mother's Day breakfast buffet from 8:30 to 11:30 a.m. and/or a dinner buffet from 5:30 to 8:30 p.m. at the Waianae Beach Club. Call 696-4778 for more details.

11 / Wednesday

Pacific Island Stories — Enjoy tales of Pacific islands and a lei craft activity at Sergeant Yano Library at 3 p.m. This free program is for elementary aged children. Call 655-0145 for more information.

12 / Thursday

"The Secret Garden" — This classic children's story is about a grieving family and a secret garden that is found and restored back to life. The play will show at the Army Community Theater on Fort Shafter from Thursday through May 14, May 20-21, and 27-28.

Curtain is at 7:30 p.m., and tickets for adults are \$17 and \$14; children under 12 are \$10 and \$8. Box Office Hours are 10 a.m. to 2 p.m., Monday through Friday. Call 438-4480 for more information.

13 / Friday

Graduation Money Lei — For a creative way to give a graduation present this year, attend this class and make money lei. Classes will be held at the Schofield Barracks Arts and Crafts Center on May 13 and 27 from 10 a.m. to 3 p.m.

Cost is \$10. Call 655-4202 or 438-1315 for more information.

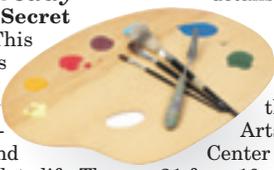
14 / Saturday

Yu-Gi-Oh Tournament — Get ready to duel at the Tropics. Registration will get underway at 1 p.m. for this tournament, and the duel starts at 2 p.m. Cost is \$6 and includes Yu-Gi-Oh merchandise.

Prizes will be awarded, and all ages are welcome. Call 655-0002 for more details.

Plant Clinic — Get your home gardening questions answered at the Aliamanu Library from 1 to 3 p.m. This clinic will be presented by Oahu master gardeners, so feel free to bring in samples of problem plants.

Call 833-4851 for more details.



Youth Art Classes — Classes will be offered at the Schofield Arts and Crafts Center on May 14 and 21 from 10 a.m. to noon, and at the Fort Shafter Arts and Crafts Center on May 14 and 28 from 10 a.m. to noon.

Cost is \$12 per class. Call your nearest Arts and Crafts Center for more information.

18 / Wednesday

Teen Employment Workshop — Are you a teen looking for a job this summer? Visit the Tropics from 2 to 3 p.m. for great tips in helping you find a good job.

Topics to be covered include the job application, interview tips and job search skills. Call 655-0002 for more information.

Mongolian BBQ — Select your favorites from a large variety of meats and vegetables, and Reggie's chefs will grill them to your liking from 5 to 8 p.m.

Cost is 65 cents per ounce; reservations are recommended. Call 655-0660.

Community Calendar



May

7 / Saturday

AMR Women — The Aliamanu Military Reservation's West Community Center at 205-101 Kou Place is the place to be for the Women's Fellowship Breakfast Club, tomorrow from 8 to 11 a.m.

Come enjoy coffee and muffins, morning chit-chat, a morning stretch and some morning devotions.

For more information, call Tashawn at 833-7050, or

Sharon at 778-1475.

12 / Thursday

Salary Negotiation — If you've ever wondered how people get the best jobs with great salaries, you can get your questions answered at a Networking and Salary Negotiation Workshop to be held at Army Community Service, Schofield Barracks, Building 2091, Thursday, May 12, from 9:30 to 11:30 a.m.

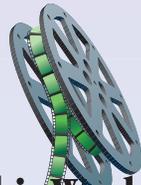
Attendees will get information on networking basics, principles of salary negotiation and determining their market value. To register, call 655-2400.

Cub Scouts — The lead-

ers and scouts of Cub Scout Pack 197, which serves military youth from all services, invites all boys currently attending first through fifth grade to join Cub Scouts. Pack 197 is hosting its next special recruitment night on May 12 at 6:30 p.m. at Nimitz Elementary School Cafeteria.

If you're interested in your son joining the fun of Cub Scouting, then you will want to attend one of these meetings, which provide a great time to learn about the Scouts' values-based program.

HACN TV2 Schedule		
May 6 - May 12		
Morning		
6:00	Sign On	4:00 Pentagon Channel
6:26	NSPS What to Expect in Hawaii	Evening
7:38	After the Storm	6:00 Community Focus
8:00	Army News Watch	6:12 Welcome Home
8:30	Pentagon Channel	Redeployment Montage
9:00	Pentagon Channel	6:17 Arm Values Respect
10:00	Welcome Home	6:24 Safety Video
	Redeployment Montage 4	6:30 NSPS What to Expect in Hawaii
10:06	Safety Video	7:44 What's Down the Drain
10:10	Bulletin Board	7:52 Welcome Home MG Olson
10:56	Welcome Home	7:56 Safety Video
	Redeployment Montage 3	8:00 NFL-100 Greatest TDs
11:02	Dash & Grab	9:04 Antiterrorism FP
11:11	Hawaii: Hidden Beauty, Hidden Danger	9:21 Safety Video
11:30	What's Down the Drain	9:25 Dash and Grab
11:38	Welcome Home	9:35 Welcome Home
	Redeployment Montage 2	Redeployment Montage 2
11:42	Safety Video	9:40 Bulletin Board
12:00	Pentagon Channel	10:26 NSPS What to Expect in Hawaii
		11:38 What's Down the Drain
Afternoon		11:46 Youth Protection
2:00	After the Storm	Overnight
2:23	Bulletin Board	Pentagon Channel
2:54	NSPS What to Expect in Hawaii	



This Week at the MOVIES

Sgt. Smith Theater

Today
Robots
7 p.m. (G)

Saturday
Hostage
7 p.m. (R)

Sunday
Robots
7 p.m. (G)

Wednesday
Hostage
7 p.m. (R)

Thursday
Robots
7 p.m. (G)

The American jury system still rules

— Part One of a three-part series —

Often taken for granted, the American jury system is a basic tenet of American law

Story by
Maj. Craig E. Merutka
Office of the Staff Judge Advocate
25th Infantry Division (Light)

In 1958, during the delivery of the first Presidential Proclamation, President Dwight D. Eisenhower declared that Law Day would be a celebration of our great heritage of liberty, justice and equality under law. He further praised our constitutional system of government and our great heritage under the rule of law and asked all Americans to do the same.

In 1961, May 1 was designated by joint resolution of Congress as the official date for celebrating Law Day. Celebrating Law Day on May 1st was intended as a stark contrast to the former Soviet Union and other communist

states' massive May Day demonstrations of military hardware and power.

While those communist May Day demonstrations have all but disappeared, Law Day continues.

Each year, a unique aspect of our government and system of laws are highlighted for celebration. The theme for Law Day 2005 is "The American Jury: We the People in Action."

One of the principles Americans fought for in the Revolutionary War was the right to trial by jury. The Declaration of Independence pointed out that British King George III had deprived Americans "in many cases, of the benefits of trial by jury."

The denial of the right to trial by jury was an ember that sparked revolutionary fire, and as a result, a jury of one's peers became a cornerstone of American democracy. Along with voting, it remains one of the primary ways people take a direct part in the public life of this nation.

The drafters of the U.S. Constitution made trial by jury one of our great constitutional guarantees. Trial by jury in both civil and criminal cases is explicitly granted by the Sixth and Seventh Amendments to the U.S. Constitution, and it's also guaranteed by every state constitution.

To this date, the American jury remains a vital element of democracy, an institution that deserves celebrating. It is one of the bedrocks of our great heritage of liberty, justice and equality under law.

The American jury is truly we the people in action.

(Editor's Note: In Part Two of this series, next week, Maj. Craig E. Merutka reveals what students think about Bill of Rights issues.)

Right to Trial by Jury

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury...

— 6th Amendment, U.S.

Constitution, 1791

In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury, shall be otherwise reexamined in any court of the United States, than according to the rules of the common law.

— 7th Amendment, U.S.

Constitution, 1791



First Place: Jeff Noland,
5th Grade, Wheeler Elementary School

Second Place: Akyla Joseph,
5th Grade, Wheeler Elementary School

Third Place: Princess Desiree Tauai,
5th Grade, Wheeler Elementary School

To celebrate Law Day 2005, the Office of the Staff Judge Advocate and Wheeler Elementary and Middle Schools conducted an essay and poster contest. Students were allowed to pick the topic for their essays, highlighting an aspect of our American government or laws that they most appreciate. The poster contest emphasized this year's theme, "The American Jury: We the People in Action." From the many creative submissions, the top three are recognized. Prizes will also be awarded to students at an upcoming school assembly.

Wheeler students win e-cybermission

By Joy Boisselle
Staff Writer

WHEELER ARMY AIRFIELD — For Wheeler Middle School seventh graders Vanessa Boehm, Kearsten Sego and Jonathan Reynolds, achieving and exceeding standards are routine. What was not routine was the trio's win in the 2004-2005 Army-sponsored contest, e-CYBERMISSION.

e-CYBERMISSION - a web-based science, math and technology competition - allows students in grades six through nine to compete for regional and national awards while working to solve problems in their community.

More than 1,100 teams submitted entries with Boehm, Sego and Reynolds selected as Southwest/Pacific Region criteria winners for "innovation, originality and creativity."



Reynolds



Boehm



Sego

As region winners, the students each receive a \$2,000 EE savings bond and a certificate of achievement. Wheeler Middle School receives computer software to support its science and math curriculums.

"This is the first time that we entered this competition and we won something," said Stefanie Sondgeroth, the team's advisor on the group's win. "These kids are wonderful — self-motivated and always going above and

beyond what's expected. I am so proud of them."

Sondergroth added, "Isn't this a wonderful testament to how more girls are becoming interested in science and excelling in that area. I think it's also a great story to show our community some of the many great things happening in our school."

The winning project designed a filter system to remove waste from Hawaii's sewer systems that empty directly into the surrounding ocean. The project began in the school's Gifted and Talented Program, where Boehm, Sego and Reynolds literally spent months researching, designing and compiling their research for the contest.

According to Sondgeroth, the project was "completely their own idea." Each team member completed specific tasks for the project.

Sego called experts across Oahu to gather data, Reynolds designed and constructed the waste filter, and Boehm performed research and compiled the presentation for the competition.

Citing environmental concerns as their motivation, Sego said, "We learned how to construct something that actually worked."

The trio plans to use their winnings to further their education goals.

Brenda Vierra-Chun, school principal, summed up the group's accomplishment and the win's impact on the school.

"I am extremely proud of these students who work hard in every aspect," she said. "This is just another example of what a good year we've had, and it is another validation of students, parents, teachers and the military working together to produce winners."

Feng Shui master works the room at Nehelani luncheon

By Joy Boisselle
Staff Writer

You come home from work, kick off your shoes and prepare to relax in your favorite chair, but it's no longer by the window in the family room.

You notice other things out of place, and, then additions to the décor as well. Live, green plants have taken up residence. Your home office desk is

free of clutter and faces the office door. Your bedroom has undergone a complete makeover. You wonder, is it your spouse's raging hormones (maybe she's pregnant)? Is company coming without your knowledge (her parents, maybe)? Is it just annual spring-cleaning time?

One man has the answers you seek: Master Feng Shui consultant Clarence Lau, a Hong Kong native who has been studying, practicing and teaching the art for more than 15 years.

Lau spoke to members of the Hui O' Na Wahine Spouses Club about his art and its benefits at the club's monthly luncheon held April 21 at the Nehelani Convention Center, Schofield Barracks. Lau is a Feng Shui believer on a personal level.



Lau

"A friend introduced me to a Feng Shui master and I was curious," he said. "I had my personal reading done; after that, something changed. I had more clients, my lifestyle improved and my health improved."

Shortly thereafter, Lau contacted the Feng Shui master in the hopes of learning more about the art. Ten years of study later, he earned his credentials as a Feng Shui master.

"There are many ways to practice Feng Shui; I follow traditional Feng Shui teachings," he explained, adding that other versions of the art were more like fast food or as he labeled them, with a grin, "McDonald's Feng Shui."

According to Lau, Feng Shui, pronounced "fung shway," is an ancient art practiced in China for more than 3,000 years. Literally translated, it means "wind and water."

Placement of objects in an environment, home, office, landscape or building — to maximize positive energy or Ch'i — is the primary goal. The art evolved from the view that peo-



The art of Feng Shui transforms cluttered spaces, like the office on the left, often with plants and organization, to achieve harmony and positive energy.



ple are affected, both good and bad, by their surroundings.

"I am not psychic," Lau laughed. "I use precise mathematical calculations based on your birth date and time and the position of your home to arrive at the best possible energy level for you."

And, because of this, every reading is different he explained.

"Each family member will have different colors, directions and placement of objects according to their birth date calculations," Lau said. "It is important to achieve an energy balance for everyone in the house."

For those interested in learning Feng Shui basics, Lau recommends *The Complete Idiot's Guide to Feng Shui* by Elizabeth Moran. But, he cautioned, to understand the art and its application to your life, you need an expert.

Feng Shui is gaining in popularity and acceptance in the United States. Celebrities like Donald Trump, Bill Gates and Sting have benefited from Feng Shui, and Feng Shui masters have appeared on

"Oprah" and "Inside Edition," a testament to the art's growing acceptance in the mainstream population. They are finding that the benefits of Feng Shui are many.

"Health is the primary consideration. You will bring more positive energy, balance and harmony into your life and your family's life. You will feel more tranquil and have good overall feelings," he said with conviction.



Big Daddy Mac shows his weight in the ring against Kaimana during Hawaii Championship Wrestling at the Tropics aboard Schofield Barracks, Apr 23. HCW Wrestling continues in June.

The Saturday Night Slam

'Don't try this at home!'

Story and photo by
1st Lt. Terrence Burke
Contributing Writer

Hawaiian Championship Wrestling took over the Tropics with Saturday Night Slam, April 23. Gearing up for the annual bout for the Kesuke Cup, the six-match evening sent one wrestler to the hospital and paired a 25th Infantry Division (Light) Soldier for a welcome home match.

Before each event Saturday Night Slam event, Hawaiian Championship Wrestling offers a disclaimer, "Don't try this at home!" — for good reason.

Kaniala, a member of the Hawaiian Blood, sent masked Super Red from the ring and to the hospital for medical evaluation in his debut match.

"People think it's an act, but they are actually making contact," said the HCW manager.

Kaniala took the match with a mod-

ified power slam, "almost sending Super Red's head through the mat," the manager exclaimed.

Meanwhile, "Tex-Mex Hurricane" Mike Castillo was welcomed home from his tour in Afghanistan with a hard-core flag match opposite Kapu.

Representing the United States and Japan, Tex-Mex and Kapu took two garbage cans and sorted out the winner. They also used weapons like a laser printer.

Kapu bested the Hurricane and walked away with the Japanese flag. Tex-Mex will now use his block leave to recover from the match that left him crawling out of the ring.

The main event of the evening was the battle for the National Wrestling Alliance Hawaii Tag Team Championship belt. The defending champs — the 808 Wrecking Cru of Biggie Mack and Big Daddy Frank (named for their combined

weight in the ring) — took on JT Wolfen and his surprise partner Kaimana. Superfly Ete who was originally posted for the match was a no show.

Kaimana offered his support in return for an unnamed favor — to be repaid by JT at the next match.

Despite the slow start, the improvised duo used their speed and experience to their advantage. Wolfen capped off the match with a "moonsault," pinning his opponent with a backwards flip from third rope, getting the count.

Spectators noted that JT is the biggest guy in the business to try this stunt.

JT and Kaimana helped shed a few pounds off of the 808 Wrecking Cru and walked away with their belts.

Hawaii Championship Wrestling continues June 11 at 7 p.m. at the Tropics. Get schedules on the Web at www.808hcw.com.

Are you ready to exercise?

By Nadja Gassert-Depape
Contributing Writer

The American College of Sports Medicine (ACSM) recommends aerobic exercise three to five times a week. Often, however, our lifestyles, injury or certain cardiac, pulmonary or metabolic diseases have slowed us down or prevented us from starting a workout routine.

Neither injury nor medical conditions should keep you from exercising for long, though. Be sure to get your doctor's permission or seek an exercise prescription. Depending on your health and fitness level, you may have to begin your workout routine in a medically supervised environment.

But chances are you can and should exercise.

The ACSM recommends you consider several factors when beginning an exercise program tailored to your fitness level.

Start slowly.

There is no need to start your new workout routine with a strict five-day schedule. Start slowly and simply. Walk and then walk a little farther each time you are out. Over the weeks gradually increase your pace.

If you've been lifting weights, continue with the weight you are used to, but increase the repetition of your exercise. Simply lift more times.

Consider impact.

Some activities such as jumping or running can be uncomfortable or even lead to injury to the joints. If high-impact exercises bother you, consider a low-impact alternative. Swimming, cycling and rowing, for example, are easier on the joints and still provide an excellent aerobic workout.

Consider convenience.

Consider the availability of classes and equipment. The more convenient you make it on yourself the better your follow-through will be.

Consider skill levels.

Activities that require skills may discourage you. Do not join Advanced Yoga simply because it is convenient and you're interested in yoga.

Chances are you will struggle rather than enjoy

the exercise. You may even lose your interest in yoga entirely. Instead, join a class designed specifically for beginners and develop the skills you need.

Consider social factors.

Exercising in a group can keep you motivated. It can be fun and beneficial. If you are uncomfortable in front of a group, however, working out on your own will work better for you.

For safety reasons and to prevent injury, it may be beneficial to work with a certified physical fitness trainer.

Remember basics.

You should be able to catch your breath and speak comfortably during your activity. That said, it is normal to sense effort on your part, even discomfort and fatigue, but never pain.

Always warm up slowly and include a cooling down phase in your routine.

If you haven't worked out in a long time, or if you're unsure about what would be best for you, consult your physician and visit the Schofield Barracks Health and Fitness Center, where certified personal trainers are glad to answer your questions and get you started on the road to fitness. Call the center at 655-8007.

Also, consider attending the free Fitness Expo at the Health and Fitness Center on May 14 from 8 a.m. to noon.

For further details and free public information brochures about exercise, surf www.acsm.org, the ACSM public information site, which was used to compile this article.

Healthy Aerobics

- Exercise three to five days a week.
- Work out for at least 30 minutes, to lose weight.
- Warm up five to 10 minutes before aerobic activity.
- Maintain your exercise intensity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout.
- Stretch to cool down during the last five to 10 minutes.

(Compiled from American College of Sports Medicine guidelines.)

Is your workout working for you?

By Nadja Gassert-Depape
Contributing Writer

Creating the perfect workout routine won't do you, your waistline or your heart any good if you're bored with the routine, dislike it or reschedule it frequently.

With a little patience, some planning and a dose of honesty, however, creating a workout that works for you — literally and figuratively speaking — is as easy as an abdominal crunch.

Creating an exercise regimen

Step One

There are four steps to creating an exercise routine you will stick to. Step one, what is your exercise objective, or why do you want to exercise? You should determine your goal before you begin an exercise routine.

For example, if your goal is to prevent heart disease and to strengthen your heart, then strenuous aerobic exercise is for you. A low-impact routine won't help you achieve your goal. Similarly, if your back is bothering you and, after getting the okay from your physician, you want to build-up your muscle mass to avoid injury, then strength training is for you. Taking an aerobic class will likely not help you reach your goal.

Determine your objective before you begin. This will not only allow you to tailor your approach to get the most out of your routine, but it also presents you with a tangible goal. Sticking to your routine will be a lot easier when you see the finish line up ahead.

Step Two

What would you like to do? Once you've determined that a low-impact workout routine is what you need to help you achieve your goal, then you can figure out what kind of exercises within this category are for you.

Walking maybe? Pilates? Looking for strength training? Chances are, you will be working with machines or free weights.

Lauren Betz, a fitness trainer and instructor at the Schofield Barracks Health and Fitness Center points out that "working with a personal trainer can open your eyes to exercise options you were not aware of and help you discover activities you enjoy, while ensuring that you are working efficiently to meet your personal goals."

Say you don't enjoy aerobic classes, but are in need of something that gets your heart pumping and sweat drenching your shirt. Rather than settling for a low-impact routine that you are famil-

iar with, but that will leave you frustrated because you won't near your goal, check out other cardio exercises: biking or spinning, stair stepping, jumping rope, and/or rowing.

Step Three

Where would you like to work out and with whom? Depending on your needs and budget, you can work out at home, outside, in a gym, at a health club, with a team or with yourself.

If you need the motivation of group exercise classes, a fitness center is for you. Most fitness centers also offer the convenience of day care facilities. As well, many fitness centers, including the Schofield Barracks Health and Fitness Center, offer certified personal trainers to help you stay motivated.

If you are disciplined and self-motivated, working on your own shouldn't pose a problem. This area is where you need to be honest with yourself.

Your best workout routine not only takes your objectives and fitness levels into account, but your levels of motivation and comfort as well. If you cannot stomach the idea of sweating in front of a mirror and a bunch of strangers, but need the cardio training, don't sign up for a group class and force yourself to go.

Above all, exercise should be fun, and the class won't do you any good if you start to reschedule or skip because you simply don't feel comfortable.

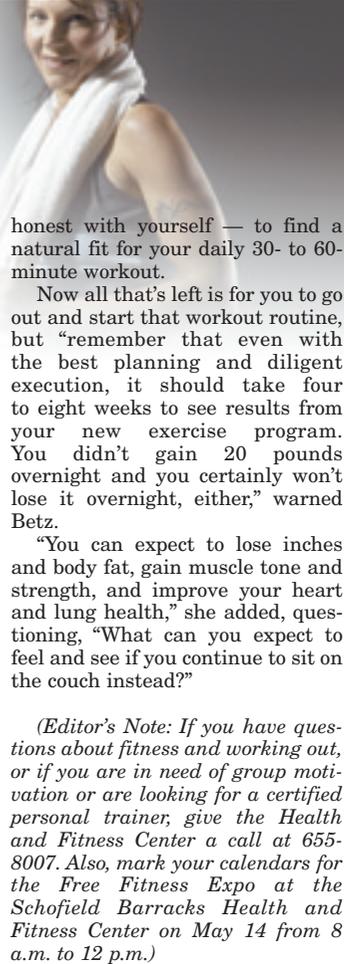
Step Four

When do you want to exercise? Research suggests working out first thing in the morning has the greatest benefits. Awesome. But if you're not a morning person, taking 8 a.m. yoga is probably not your thing. Similarly, if the only time you can spare for your workout is in the evening, but you are too tired or stressed, consider rearranging your schedule.

You may want to work out during your lunch break, and if you can snack on two smaller meals in the morning and afternoon, you don't have to go hungry.

"The best time for you to exercise," said Betz, "is the time of day you are most likely to actually do it. Don't beat yourself up for being unable to follow an unrealistic workout schedule that is, rising at 5 a.m. to lift weights but really hitting the snooze button instead."

"Determine the time of day that honestly works for you and schedule your workouts accordingly," Betz explained, adding to also consider your regular day, your obligations to family and work — again being



honest with yourself — to find a natural fit for your daily 30- to 60-minute workout.

Now all that's left is for you to go out and start that workout routine, but "remember that even with the best planning and diligent execution, it should take four to eight weeks to see results from your new exercise program. You didn't gain 20 pounds overnight and you certainly won't lose it overnight, either," warned Betz.

"You can expect to lose inches and body fat, gain muscle tone and strength, and improve your heart and lung health," she added, questioning, "What can you expect to feel and see if you continue to sit on the couch instead?"

(Editor's Note: If you have questions about fitness and working out, or if you are in need of group motivation or are looking for a certified personal trainer, give the Health and Fitness Center a call at 655-8007. Also, mark your calendars for the Free Fitness Expo at the Schofield Barracks Health and Fitness Center on May 14 from 8 a.m. to 12 p.m.)

Sports Briefs

May

6 / Today

Sports Night — Every Monday from 4 – 9 p.m. watch satellite sports, ESPN and more while enjoying a special sports bar menu at Reggie's. Call 655-4466 for more information.

7 / Saturday

Pitch, Hit and Run — This free program will allow children ages 7 to 14 to showcase their pitching, hitting and running abilities.

Boys and girls can compete in four different age groups. In each, the all-around pitching, hitting and running champions from local competitions will get the opportunity to advance in further competitions.

On-site sign ups will be at Wheeler Army Airfield baseball fields tomorrow, and at the Aliamanu Military Reservation baseball fields on May 14. Both sign-ups will be from 1 – 4 p.m.; participants may only sign up for one local competition.

Parents of players eligible to advance will be responsible for expenses. Call 438-9336 for more information.

13 / Friday

Intramural Volleyball — Participate in this season's Intramural Volleyball. Applications are due to the Sports Office by May 13.

The volleyball season will run from June 1 to August 12. Call 655-0856 for more details.

14 / Saturday

Fitness Expo — Visit the Health and Fitness Center on Schofield Barracks for a morning of fun on May 14 from 8 a.m. till noon. The schedule for the day will be as follows:

- 8 a.m., Hatha Yoga.
- 9 a.m., Step and Core Class.
- 10 a.m. – noon, Body Composition Testing with a question and answer session with personal train-

ers.

• 10:30 a.m., New Balance shoe and foot clinic.

All events are free and all participants will have a chance to enter to win fitness door prizes. Call 655-8007 for more information.



15 / Sunday

Five-Game No-Tap Tourney — Win cash prizes every first and third Sunday at the Schofield Bowling Center, beginning at 1 p.m.

Cost is \$20 per bowler. Call 655-0573 for more details.



Ongoing

Summer Camp — If you're interested in meeting new people, going on field trips and loads of fun, then the Middle School Teen Summer Camp is just what you're looking for.

Registration is currently being accepted at Resource and Referral for the June 13 through July 8 camp.

Cost is only \$25 per week and a waiver is required. Call 655-0451 for details.

Cardio Kickboxing — A new cardio kickboxing class is now available at the Fort Shafter Physical Fitness Center. This class is offered every Tuesday and Thursday from 4:30 – 5:30 p.m., and its cost is \$2 per class.

Get a 12-class punch card for \$11. Call 438-1152 for more information.

Okinawan Kenpo Karate — Designed for ages 5 through adult for the development of mind, body and spirit, Okinawan Kenpo Karate is held at Aliamanu Youth Gym

(836-0338), Fort Shafter Physical Fitness Center (438-1152), Helemano PFC (653-0719) and the Bennett Youth Center (655-4641).

Cost is \$35 for individuals with a multifamily member discount. Days and times differ at each location. For more information, call your nearest facility.

Summer Learn to Swim Program — Learn to Swim takes participants level by level from their first step into the water to relative ease and proficiency with standard swimming skills.

Registration for all levels is currently being accepted at Richardson Pool, Schofield Barracks, from 10 a.m. – 5 p.m. Cost is \$40 for nine, 45-minute classes, and registration is first-come, first-served. Call 655-9698 to confirm your spot.

The Tripler, Helemano and Aliamanu pools will also hold Level I and other courses. Registration at these locations will begin in June. Call the pool nearest to you for more information.

Golf for Food and Fun — Get a team together any Tuesday from 2:30 – 4:30 p.m. at Nagorski Golf Course on Fort Shafter, and then play golf for only \$15 per person.

Cost includes a nine-hole green fee, a foursome platter of pupus, a pitcher of beverage, a lucky door prize entry and a chance to win other prizes.

Call 438-9587 for more information.

Intramural Bowling — MWR is seeking teams from units, sections or directorates in the Fort Shafter area for intramural bowling. Call 438-6733 if you're interested.

Richardson Pool — The pool on Schofield Barracks is open Mondays through Fridays for active duty physical training from 6 – 8 a.m., and for open swim from 10 a.m. – 6 p.m.

Also, enjoy open swim on the weekends from 10 a.m. – 6 p.m. Call 655-1128 for more details.

Golf Pro Shop — Visit the Pro Shop after 6 p.m. for "Leilehua After Dark" specials. Get 10-percent off all merchandise.

Additionally, for every \$50 you purchase in merchandise, receive free range ball tokens and free use of training aids for the driving range. Call 655-4653 for details.

Post Gyms — The Fort Shafter Gym is closed on Sundays, and the Aliamanu Gym is open on Sundays from 10 a.m. – 5 p.m. Call 438-1152 or 836-0338 for more information.

Water Exercise Class — Participate in this class at the Richardson Pool, Tuesdays and Thursdays from 11 a.m. – noon.

Cost is \$2 per class, or you can purchase a punch card for 10 classes for \$15. Call 655-9698 for more details.

Spinning Class — Spinning is the newest group exercise class available at the Health and Fitness Center on Schofield Barracks.

Patrons can hop aboard deluxe "Revmaster" stationary bikes under the tutelage of certified instructors, and then be guided by imagery to "climb hills," "sprint" or take in the "scenery" for a challenging workout.

Call 655-8007 for more information.

Driving Range — The golf driving range at Leilehua Golf Course is open late, 'til 9:30 p.m., Mondays through Fridays. Call 655-4653.



Local Sports

May

3 / Tuesday

SAME Golf Tourney — The Society of American Military Engineers, or SAME, will host its Annual SAME Scholarship Fundraising Golf Tournament Tuesday at the Mamala Bay Golf Course.

The Honolulu Post will award four \$2,500 scholarships this year

to local students pursuing their education in engineering and/or architecture. Over the past years, SAME has provided thousands of dollars in scholarships to deserving individuals.

The tournament will be supported by approximately 150 players, local businesses who have graciously donated prizes, and numerous past sustaining members — companies that have pledged their dollars and time to support the nonprofit's charter.

For more information, contact Dennis McGee, SAME Golf Committee, at 438-0607, or e-mail dennis.mcgee@us.army.mil. For more about the organization, visit www.same.org/honolulu.

7 / Saturday

Wrestling — All ages, as well as Soldiers, are welcome to participate in the Schofield Tropic Lightning Wrestling Tournament when the Folkstyle contest gets underway at Helemano Gym, Helemano Military Reservation, tomorrow morning.

Weigh-in begins at 8 a.m. and the wrestling will start at 10 a.m. Team trophies will be awarded. For more details, contact Coach Larry at 391-0067.

28 / Saturday

North Shore Triathlon — In honor of Soldier and Capt. Mike Tarlavsky — who was killed in action on Aug. 12, 2004, in An Najaf, Iraq — the Bike Factory will present "Tarlavsky's North Shore Triathlon 2005" at Mokuleia Beach Park, May 28 beginning at 6 a.m.

Tarlavsky was involved in all things sports, from scuba diving and kayaking to rock climbing and skydiving. His beloved and athletic wife Tricia joins the Bike Factory in inviting you to participate by swimming 400 meters, biking 10 miles and running three miles in individual or team relays.

Men and women can enter in various categories and compete for various prizes. Individual entry fee and finisher T-shirt is \$60, teams \$100. Entries must be postmarked by May 14.

For more information, contact Chris Gardner at 372-8885.