

INSIDE



Girl Scouts deliver

A Junior Girl Scout Troop from Melbourne, Fla., has given deployed 25th Infantry Division Soldiers a new mission: Operation Cookie Box

A-4

Army Ball

Celebrate the Army's 232nd birthday, June 9, at the Hilton Hawaiian Village Hotel beginning at 6 p.m. Contact your unit representative for ticket information.

Metal militia

"Dream weaver" mechanics from B Co., 325th Brigade Support Battalion and their civilian counterparts turn ideas into objects

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It's your move

Summer and the PCS season has arrived. Before the stress carries you away, review your game plan and get some tips from the experts.

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A cut above the rest — First place team, Lt. Colby Krug and Staff Sgt. Erasmo Flores, 66th Engineer Company, prepare to detonate explosives during the Best Sapper Competition at Fort Leonard Wood, Mo., May 1-3.

66th Engineer Co. Sappers dominate again

Story and Photos by
CHRISTIAN DELUCA
Fort Leonard Wood Public Affairs

FORT LEONARD WOOD, Mo. — The third annual Best Sapper Competition lived up to its name May 1-3, when mental and physical exhaustion took its toll on seven of the 13 two-man teams, leaving only six to cross the finish line — and one to be named the best Sapper team.

Staff Sgt. Erasmo Flores and Lt. Colby Krug, 66th Engineer Company, 2nd Stryker Brigade Combat Team, took top honors

in the grueling three-day event that tested the participants, while subjecting them to substantial physical strain. It was the third straight year in as many years that engineers from Schofield have brought home Best Sapper honors.

The Flores-Krug "Tropic Lightning" team, which placed fourth last year, said they came back to the competition for just one reason.

"To win it," Flores and Krug said.

"We had to come back and win it," Flores added.

SEE SAPPERS, A-6

Remaining OIF rotations announced

NEWS RELEASE

WASHINGTON — The Department of the Army confirmed May 8, the Department of Defense announcement that 10 Army brigade combat teams will begin deploying in support of Operation Iraqi Freedom in August 2007 as part of the next routine rotation of forces.

The "Warriors" from 2nd Stryker Brigade Combat Team are scheduled to deploy in December of this year. The culmination of their last deployment in 2005, saw the "Warriors" efforts lead to successful execution of the first free elections in Iraq held in more than 50 years.

Command Sgt. Maj. William D. Hain, 1st Battalion, 27 Infantry Regiment, is ready to go. He said his Soldiers have been getting ready for nearly the past two years.

Though Hain's career has spanned 24 years, this will be his first deployment. He said morale has picked up since the unit received the official date.

Capt. Matthew T. Work, commander for B Company, 1-27th Inf. Regt., echoed similar sentiments. This deployment will mark his fifth deployment since 2003.

Though Work will leave behind Stone, his 8-month-old son, and his wife Asia, he downplayed the difficulty associated with leaving his family for more than a year.

"There's a number of Soldiers making sacrifices on a day-to-day basis," he said. "We just got extended to 15 months for everyone. I'm ready to go back again."

In addition to the 25th Infantry Division's 2nd Stryker Brigade Combat Team, nine other brigade combat teams stationed in the U.S. and Germany will comprise the next deployment rotation.

In support of these brigade combat teams, the U.S. Army Reserves will deploy 504 Soldiers from the 478th Combat Engineer Battalion, based in Fort Thomas, Ky. Also, the 40th Signal Battalion, Fort Huachuca, Ariz., will deploy 430 Soldiers. Both battalions will deploy in August 2007.

Each of these brigade combat teams will remain in theater up to 15 months. For units deploying after October, the Army's leadership recognizes that those units will be away from home for two significant holiday periods. The incredible sacrifices borne by their families is greatly appreciated and not taken for granted.

The Army continues to look closely at all aspects of family support during this period of unprecedented unit tempo, and every consideration is provided during periods of pre-deployment, deployment and, in particular, upon return.

(Editor's Note: Jeremy S. Buddemeier and John Reese, both of U.S. Army Garrison, Hawaii, Public Affairs, contributed reporting.)

DoD teams prep for pandemic flu outbreak

GERRY J. GILMORE
American Forces Press Service

WASHINGTON — The Defense Department is teaming with other federal agencies to prepare the nation to deal with a potential pandemic outbreak of influenza, a senior official said here Wednesday.

"Right now, we're as ready as we can be at this point," said Richard Chavez, director of chemical, biological, radiological and nuclear preparedness and response at the department.

The Defense Department is rolling out its Pandemic Influenza Implementation Plan to the public, part of the president's initiative to prepare the nation for a potential mass outbreak of deadly influenza virus or other threats. Deputy Defense Secretary Gordon R. England signed off on the defense department's portion of the interagency plan

in August 2006.

"What we want to do is get information out to the public so that we don't create panic, but do provide them with the proper level of information," Chavez said, noting the defense department works closely with the U.S. Department of Homeland Security and other agencies.

The plan includes information on how people can help curtail the spread and mitigate the effects of a possible flu pandemic, Chavez said during a joint interview with the Pentagon Channel and American Forces Press Service.

Pandemic flu is a fast-spreading human flu that causes a global outbreak, or pandemic, of serious illness that could sicken or kill hundreds of thousands, perhaps millions, of people, according to the U.S. government's pandemic flu Web site. For example, the 1918 flu epidemic killed mil-

lions of Americans.

Chavez said the Defense Department also teams with the U.S. departments of Homeland Security, Health and Human Services, and State; the Centers for Disease Control and Prevention; the World Health Organization; and other groups to monitor possible pandemic-causing maladies such as the avian, or bird, flu.

One bird-flu virus in particular, known as H5N1, is especially deadly to fowl. It can be spread to humans, who have no natural immunity to it. More than 170 people worldwide have died from avian flu, according to the World Health Organization.

One of the main pillars of the national plan to confront a pandemic outbreak of influenza is containment, Chavez said. Containment of an outbreak of potentially dead-

SEE PANDEMIC FLU, A-8

Residents voice housing concerns at Oahu South town hall

Story and Photo by
MOLLY HAYDEN
Staff Writer

ALIAMANU MILITARY RESERVATION — Mothers and fathers sat in the pews of the chapel here, arms wrapped tightly around their children, with one question on their minds — housing.

Lt. Col. Mark Boussy, commander, Oahu Base Support Battalion, facilitated the South town hall meeting, May 2.

"You are the community members," Boussy stated. "You are our eyes and ears. We get this opportunity to hear what's going on and make things a little better."

Family member Kimberly McGowan is hoping for just that. "I'd like to see change," McGowan stated. "Housing is a big issue. We want answers and explanations on why things are being done the way they are."

Army Hawaii Family Housing (AHFH) has been building homes in Army communities since June 2006. Its goal is to construct and renovate nearly 7,900 homes and 10 community centers on Oahu.

So far, 400 new homes have been built in the Schofield Barracks' Kalakaua and the Porter communities of the north region. In



Family member Kimberly McGowan asks questions pertaining to housing concerns at the South town hall meeting, May 2.

the south region, construction continues at Aliamanu Military Reservation's Ama and Bougainville neighborhoods. The end state

for these two communities is 573 new homes, at the rate of approximately 35 homes each month, according to AHFH Web site.

To make way for these big changes, fam-

"Our staff will work closely with residents ... to ensure a smooth transition."

Vicki Domingo
Operations Director, AHFH

ilies will need to be relocated. Eighty families in the Plumeria neighborhood have received a 120-day notice to move, and more notices will be sent over the next few months, according to Vicki Domingo, AHFH operations director.

"We are sensitive to the fact that any move can pose a challenge, especially for families with children," said Domingo. "Our staff will work closely with residents and do its best to ensure a smooth transition for families."

Domingo assured residents that AHFH

would meet the needs of all military families. She then addressed individual concerns on the issue.

Family member Schresse Carter is concerned about where her family will go next. "We need more homes built here. We need options for housing before we get the notice that we have to leave."

Carter expressed her concerns directly to Domingo, who stressed that the issue of housing and construction currently underway will bring a positive effect on the community.

Chief Warrant Officer 4 John Owens II, 548 Transportation Corps Detachment, articulated the importance of community effort to aid in resolving the issues at hand. "Many issues have been solved because of these town hall meetings," Owens said. "Things do get done. Call, follow up, and find out where it is. If you stay on them, a resolution will happen."

Safety issues, including brighter crosswalks and more street lighting, were high on the priority list for AMR residents as well. Many addressed concerns about neighbor-

SEE TOWN HALL, A-6

LIGHTNING SPIRIT

Honoring moms is a good thing

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

Almost 90 years ago, by an act of Congress, President Woodrow Wilson proclaimed the second Sunday in May as Mother's Day. He established the day as a time for "public expression of our love and reverence for the mothers of our country."

It's certainly true that no nation is ever greater than its mothers, for they are the makers of the next generation.



What does motherhood mean? First, it means sharing in the creative power of God. A mother shares in creating life through conception, enduring nine months of pregnancy and giving birth to a human being. The gestation process is the closest any person can come to the act of creation.

Motherhood also consists of nurturing, caring, protecting, sacrificing, loving and being a great role model. It is an awesome privilege, responsibility and opportunity to shape and influence a young life.

God commands us to honor our mother so that it may go well with us and that we may enjoy a long life (Exodus 20:12 and Ephesians 6:1-2). To honor means to place value on, to esteem highly or have high regards, to cherish or regard as precious.

Honoring our mother is the right thing to do because God said so. He commands us to honor our mothers regardless of performance, behavior or dysfunction.

Maybe your mother doesn't deserve honor; however, God says to give honor anyway. We don't deserve mercy and grace, but God gives them to us anyway. Likewise, your mother may have failed you, hurt you or disappointed you at times, but her actions should not excuse you from honoring and respecting her.

You can honor your mother by showing your appreciation for her. You can honor her by living a life of which she can be proud.

Regardless of how you feel about your mother, you can honor her by your speech, by what you say to her, how you say it, and what you say about her. Last but not least, you can honor your mother by remembering her birthday, anniversary, Mother's Day, Thanksgiving and Christmas, or by doing something special for her on days that she does not expect it.

Mothers are the sweetest gift from God to us. They are a source of strength, inspiration, comfort and assurance. There is no way we can ever really thank our mother for all she does for us. Nevertheless, we must make it a habit to keep reminding ourselves of the various sacrifices she made while raising us.

Mother's Day is the best time to say in words and deeds how much you love and care for your mom. So, this Mother's Day, reach out to your mother and let her know that you love her. Say or do something that will make her feel respected, honored and good.

For all the moms reading this article, I salute you for your courage, dedication and commitment in raising your children.

Father returns from Vietnam War

OIF veteran gets closure; dad was missing 36 years

STAFF SGT. MATTHEW CHLOSTA
Joint POW/MIA Accounting Command

HICKAM AIR FORCE BASE — True to the JPAC mission, "Until they are home," Sgt. 1st Class Lewis Clark Walton Sr. of the Army's Special Forces finally returned home from his second tour in the Vietnam War, May 1.

His son, Army Sgt. 1st Class Lewis Clark Walton Jr., an active duty National Guard and Reserve Soldier, escorted his father's remains from the Joint POW/MIA Accounting Command here to his hometown of East Greenwich, R.I., for burial, May 5.

"This is very rare, that we have a son escort remains," said Steve Thompson, JPAC external relations officer.

Walton Jr.'s decision to join the Army had been inspired by his father.

"I knew I was going in the military," the 40-year-old veteran of two combat tours in Iraq said. Now a 21-year Army veteran, he explained that his earliest memories of his father are from when he was just 2 years old. He comes from a very patriotic family.

When Walton Sr. went missing in action during a mission, his namesake was just 4-years-old.

"To come full circle, obviously you feel a sense of relief or some closure," Walton Jr., said. "The main thing is you are bringing them home."

The mission of JPAC is to achieve the fullest possible accounting of all Americans missing as a result of the nation's past conflicts. More than 88,000



Photo by Marine Corps Lance Cpl. Mark Morrow

Sgt. 1st Class Lewis Clark Jr. (left), in the 115th Military Police, Rhode Island National Guard, listens to Dr. Laura Miller, anthropologist, Joint POW/MIA Accounting Command, during his visit to JPAC, May 1, to escort the remains of his father.

service members are still missing from previous wars. Of that total, over 1,780 are still unaccounted-for from the Vietnam War.

"You're very, very lucky that we found remains," Thompson told Walton Jr. "Ground losses are very, very tough. I was on the very first investigation team on this site in 1992. [It was] pretty tough terrain, very, very remote."

Walton Jr. said he was very impressed with JPAC and he expressed his heartfelt appreciation for their recovery and identification of his father's remains.

"How do you put into words 'thank you,'" he asked. "To say thank you is an understatement."

"We've always had the hope that he'd be found somewhere, someday, and in good enough condition to bring home," Walton Jr. said.



Photo Courtesy of Sgt. 1st Class Lewis Clark Walton Jr.

Army Special Forces Staff Sgt. Lewis Clark Walton Sr., who was posthumously promoted to sergeant first class, holds his son and namesake, after his first tour of duty in the Vietnam War. Walton Jr. escorted his father's remains home, May 1, after identification by the Joint POW/MIA Accounting Command at Hickam AFB.

Hawaii native cherishes life, heritage

Fort Shafter colonel made most of second chances and mentors along way

Story and Photo by
SGT. 1ST CLASS CHRISTINA M. BHATTI
U.S. Army, Pacific, Public Affairs

REPUBLIC OF INDONESIA — A long way from his home on Oahu, a robust figure moves through a crowd of Soldiers and quickly establishes his presence with a trademark "bada-bing, bada-boom" here in Cilodong, West Java.

Col. Jon Lee, commander, 4960th Multi-Forces Training Brigade, 9th Ready Reserve Command, Fort Shafter Flats, Hawaii, has served in the Army for more than 17 years. Most recently, he served as the U.S. co-exercise director for exercise Garuda Shield '07 last month.

Born and raised in Wailuku, Maui, this Hawaii native, who speaks with a distinguishable New York accent, joined the Army as an infantry officer.

"I love the Army," Lee said. "I love what it has done for me, and I love working with Soldiers."

In his 17 years, Lee said he has seen the Army go through many changes. Most, he said, were good, but some he did not agree

with.

"It seems as if Soldiers today don't get second chances. When something goes wrong, they are automatically considered bad Soldiers," he explained. "Sometimes they are really good Soldier who have just made bad decisions."



Lee

Choosing not to dwell on the past, Lee said if that were the case when he was a young Soldier, he would not be where he is today.

"I made a lot of mistakes coming up in the Army. If tolerance was then what it is now, I would not still be in, [the Army]," he noted, with a distinguishable booming laugh.

His love of Soldiers and mentorship started when he was still a Reserve Officer's Training Corps student at the University of Santa Clara, Santa Clara, Calif., where he studied business management.

"ROTC was a great thing, but I decided then I didn't want to be an officer, but I wanted to be a noncommissioned officer."

He made that decision because he wanted to be with Soldiers and train and mentor them. He said it took the advice of a "wise and

respected" sergeant major to tell him the Army not only needed good NCOs but also good officers.

Since his commissioning as a lieutenant, Lee has traveled the world on various training and real-world missions, among them, training in Australia, Thailand, the Republic of the Philippines, Malaysia and the Republic of Indonesia. Lee also served as the chief of operations for Combined Joint Task Force-7 in Iraq in 2003-2004.

"Learning about the different cultures of the world has helped me in life and has made me a better person," Lee said.

He stays true to his Hawaiian heritage, but is quick to say that he is not Hawaiian-American, but American.

"I was taught at a young age to be open to new cultures and views," he said. "I was also taught to be proud of whom I am and where I come from, and the rich culture of the Hawaiian people."

Lee and his wife are passing along their ideas and sense of pride to their children, two boys and two girls.

"I want my children to be proud of who they are," he said. "Family is the most important thing in the world to me."

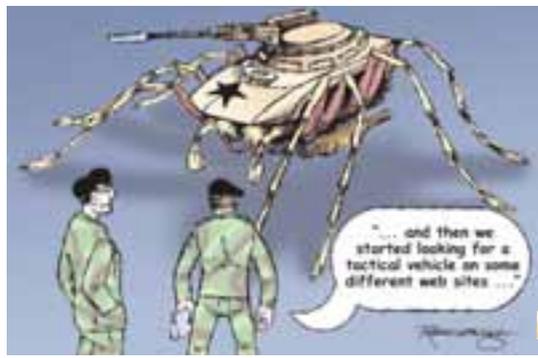
"Listening is the greatest way to learn," he added. "I want to learn as much as I can during this life, and I hope I can always bring something to the table with my knowledge."

Quotable

"Having so much family helps relieve stress because my kids have uncles and family that can keep them doing the regular [everyday] things while I'm away."

—Capt. Loreto Borca

The executive officer & assistant team chief, military transition team, 3rd Battalion, 7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team, 25th ID, comments upon news of the extension while in Kirkuk, Iraq, April 17.



2ndLt Louie



177 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a "red dot" on your wristwatch.

Remember, two division training holidays will be awarded for 200 consecutive days with no accidental fatalities. Current as of 5/9/07.

Voices of Lightning:

If you could be any fictional character, who would it be and why?



"Meredith Grey. Her life best reflects mine."

Sgt. Marie Adams
804th Signal Cmd.
Informatin System Specialist



"Wolverine. He never gets hurt. He's like me."

Pfc. Zach Kayzer
Hqtrs 205th MI Bn.
Satellite Comm. System Operator



"Lois Lane. She seems to be secure and she can hold down a man."

Pfc. Lisa Bown
70th Eng. Co.
Lithographer



"Stitch, from Lilo and Stitch. He's adorable and so full of life!"

Danielle Ohrn
Family Member



"James Bond. The ladies."

Capt. Justin Gwynn
94th AAMDC
G-3 Asst. Training

Water, not oil, top priority for Kirkuk Province's rural majority

OIF

Story and Photos by

SPC. MIKE ALBERTS

3rd Infantry Brigade Combat Team Public Affairs

HAWIJAH, Iraq – Subsistence farmers are the dominant majority in southern portions of the Kirkuk Province. Most rely on water from the lower Zaab River to irrigate crops. However, inadequate rainfall and water levels in the Zaab's primary water source, the northern Dokan Dam, are creating concerns among that rural majority.

Soldiers of the 3rd Infantry Brigade Combat Team's 2nd Battalion, 27th Infantry Regiment "Wolfhounds" are helping ensure concerns get addressed.

Prominent civic and religious leaders from the Kirkuk Province, the U.S. Department of State, and Wolfhound representatives participated in an agricultural roundtable meeting and discussion at Forward Operating Base McHenry here, recently.

"Northern Iraq has experienced drought conditions dating back to last fall," explained John M. Schnittker, agricultural advisor, Kirkuk Provincial Reconstruction Team, U.S. Department of State. "The province has received only 60 percent of average rainfall. Historically, flows for this time of the year have never been this low. There is great concern about the adequacy of water for crops, livestock and also for the inhabitants of the many villages of the Kirkuk Province."

"The meeting and discussion ... was to listen to local concerns in order to address the shortage of water and the need for additional releases of water from Dokan Lake, which is at 43 percent capacity, well below where it was a year ago," said Schnittker.

Agriculture is the primary sustainable resource in the southern Kirkuk Province. It is the major industry in the area and supports the majority of the population by providing food and jobs, according to Capt. Jeffrey Fuller, fire support officer, 2-27th.

"The meeting ... gave a lot more visibility to the issues faced by farmers in the region and gave them a forum to organize and put together arguments that we can now use to help them lobby for more water to be released from the dam," said Fuller. "In addition, most of these farmers are Sunni Arabs. Their leaders aren't really participating in Kirkuk's political process right now," he said. "Having them get together in this environment with a Department of State representative will help ensure that their needs get pushed higher."

Fuller also explained that the meeting helped his unit identify how it can best immediately help the local farming community, to include, among other things, helping repair and maintain the region's 25 year-old aqueduct system.

In addition to water, meeting invitees took advantage of Department of State expertise to discuss crop and planting rotations, soil characteristics, seed quality, business opportunities, control of agricultural imports, and short-term and long-term infrastructure improvements. Mostly, though, farmers talked farming to someone who understood their issues and could empathize with their plight.

"I'm an agricultural economist from Manhattan, Kansas. My family still farms wheat in Kansas," emphasized Schnittker. "I think they are mostly pleased that someone is here that speaks their language, the language [of agriculture]," he said. "I'd definitely characterize this meeting as very good," he said.

"We heard a lot about their agriculture. We reinforced their need to address their concerns to their political representatives. Also, I now have information that I can use on their behalf at the brigade, division and provincial levels to try and make sure their needs are met."



John M. Schnittker (center), agricultural advisor, Kirkuk Provincial Reconstruction Team, U.S. Department of State, discusses fruit plantings with an Iraqi laborer, with assistance of an interpreter, April 26.



Schnittker (front) evaluates a wheat field after hearing local residents' concerns of water shortages in Hawija, Iraq, April 26.

2-27th Infantry Regt. assists Sunni Arabs

Wolfhounds lend a hand facilitating some economic successes in Hawijah, Iraq

SPC. MIKE ALBERTS

3rd Infantry Brigade Combat Team Public Affairs

HAWIJAH, Iraq – Several months ago, the "vision" for economic success in this predominantly Sunni Arab town was this: The local government approves the project and provides the land. Local businesses supply building and construction materials. Local residents perform work, and the local community reaps the short-term and long-term economic benefits.

Now, with the assistance of coalition forces, the vision for economic success is becoming a reality here in Hawijah.

Last month, coalition force representatives from 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, conducted a final pre-construction meeting for the Hawijah Industrial Park Security Wall – called the "HIP Wall" – here at Forward Operating Base McHenry, Hawija.

The HIP Wall is a \$1 million-plus, three-phased public works construction project. This concrete block and chain-link fenced barrier will separate Hawijah's primary industrial businesses from other mixed-use properties, according to Capt. Jeffrey Fuller, fire support officer, 2-27th.

"The HIP Wall is very similar in concept to [barriers] in large industrial areas in the United States that are gated or fenced and that separate industry from residential areas," said Fuller. "In Hawijah, it will not only provide businesses with a more secure place to operate, but will also offer residents a safer place to work," he said.

When 3rd Brigade's Wolfhounds arrived last fall, they quickly realized that they needed to find a way to infuse money into the Hawijah economy – in a way that would be accepted by the local population.

So they listened.

"We wanted to focus on long-term economic development that would equate to employing a lot of residents, so we began to have conversations with local business leaders," continued Fuller. "We learned that several of the more prominent businessmen in the area were already talking about how they could bring more jobs and industry into the city. The only thing really holding them back was security."

The Wolfhounds offered the concept of the HIP Wall and the local city council, government officials and business leaders embraced it. The result will be the first joint, cooperative government and local business effort in Hawijah.

The wall will secure cotton and cinder block factories, as well as several other existing businesses that will be housed in one consolidated structure. It is anticipated that the factories will employ more than 250 local residents and will generate products that Hawija can export to other parts of Iraq and beyond.

"This is the first of many steps to moving economic development forward in Hawijah," said Maj. Brian Payne, executive officer, 2-27th Inf. Regt. "The [HIP Wall] will truly be a symbol of the start of a new era for the people of Hawijah," he said.

Payne cautioned, however, that whether the concept ultimately succeeds will depend upon its acceptance by the local population, a conclusion reiterated by the project's general contractor.

"Great efforts have been made for this project to be one for the people of Hawijah, constructed by the people of Hawijah. For that reason, we plan on hiring all labor for this project from Hawijah," said Engineer Ali, the general contractor's representative at the final pre-construction meeting. Regarding the project's success, the 29-year-old civil engineer was cautiously optimistic.

"The biggest challenge will be showing the people that it is a project by them and for them," he said. "Without their acceptance, its future will be in jeopardy. But we have really done everything we can,"

209th Aviation Support Battalion reups 150th Soldier in combat zone

Story and Photo by

SPC. BRYANNA POULIN

25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq – Most Soldiers deployed in support of Operation Iraqi Freedom re-enlist to take advantage of a tax-free bonus. However, if getting Soldiers to "Stay Army" is a mission in itself, getting 150 Soldiers from one battalion to re-enlist during wartime is a feat in itself.

"The challenge Soldiers face when deciding if they want to re-enlist is what they want to do in terms of their future in the military," said Sgt. 1st Class Marc Carter, a career counselor for 25th Combat Aviation Brigade (CAB).

For the retention office with the 209th Aviation Support Battalion, 25th CAB, at Contingency Operating Base Speicher, this challenge was conquered when the 150th Soldier re-enlisted, April 20, an achievement that may sound easier than it really was.

"We show the Soldiers what the Army will offer them if they decide to stay in the Army," explained Sgt. Khalilah Najwa Joyner, a 209th ASB re-enlistment noncommissioned officer. "It was very difficult



Sgt. Efigenia Mitchell (right) of the 209th ASB receives congratulations from the commander of 25th Combat Aviation Brigade, Col. A.T. Ball, upon re-enlisting. Mitchell is the 150th Soldier to re-enlist in the battalion, which is serving in a combat zone.

and took a lot of dedication to get that many Soldiers to re-enlist ... especially in Iraq."

Carter further explained deployments can cast a shadow over Soldiers' future plans. It's the responsibility

of retention and career counselors to make a plan of action for Soldiers.

"With the operational tempo being higher, it can sometimes deter Soldiers from wanting to do this for additional years," Carter said. "We have to talk to our Soldiers and have them realize that missions in Iraq are much different than in garrison."

Joyner added, being away from loved ones is another hindrance Soldiers must deal with in their decision to re-enlist. She tries to put herself in the Soldiers' shoes and give them her best advice.

"A lot of Soldiers are cautious about staying in, so I have them write down and itemize what it will cost them in the civilian world," she said. "How much it will cost for medical insurance, college and rent ... Soldiers look at that and they see the real numbers."

"Most Soldiers re-enlist for the bonus to take care of their family," said Joyner. "We try to get Soldiers what they want such as choice of duty station,

bonuses or reclassification into another military occupational specialty [MOS]."

While some desire a new MOS, or a different duty station, the driving force for many Soldiers is the tax-free bonus.

"We show Soldiers what the Army will offer them if they decide to stay in the Army."

— Sgt. Khalilah Najwa Joyner, 209th ASB

"In this battalion alone, more than \$1 million has been given for re-enlistment bonuses," said Carter.

Having a "whatever it takes" attitude has helped Joyner to get Soldiers to re-enlist.

"I had a Soldier who wanted to re-enlist on a hangar," Joyner said, explaining she was afraid of heights. She overcame her fear to support the Soldier.

Having 150 Soldiers re-enlist since August is a milestone for the 209th ASB, which was formed in January 2006. However, 209th ASB retention and career counselors could not have achieved this success without support from the chain of command, Joyner said.

Army Criminal Investigation seeks Soldiers

ARMY NEWS SERVICE
News Release

WASHINGTON — The U.S. Army Criminal Investigation Command is seeking qualified Soldiers to become criminal investigators.

Army CID special agents investigate felony-level crime of Army interest, conduct protective-service operations, and work with other federal, state and local law enforcement agencies to solve crime and combat terrorism.

Agents receive the very latest in criminal investigative training at the U.S. Army Military Police School and advanced training in specialized investigative disciplines. Selected agents receive advanced training at the FBI National Academy, the Federal Law Enforcement Training Center and the Canadian Police College.

Agents also have the opportunity to pursue a master's degree in Forensic Science at George Washington University.

To qualify, applicants must be a U.S. citizen; be at least 21 years old and have at least two years of military experience, but not more than 10; and have a physical profile 222221 or higher normal color vision and an ST score of 110 or higher (ST 107 if tested on or after 2 January 2002).

Applicants must be able to speak and write clearly; have two years of college or at least 60 semester credit hours, maximum grade of E-5 (non-promotable); be able to complete 60 months of service obligation upon completion of the Apprentice Special Agent Course; have no record of psychological or pathological personality disorders and no record of unsatisfactory credit; have suitable character established by a Single Scope Background Investigation leading to a Top Secret clearance; and have no civil court or court martial convictions.

Soldiers with civilian or military law enforcement experience are preferred, but not required. Visit www.cid.army.mil to download applications.

25th CAB 'eats up' Operation Cookie Box



Spc. Ada Hughes, an administration clerk with Headquarters and Headquarters Company, 25th Combat Aviation Brigade, and Pfc. Paul Kim also with HHC, compare boxes they received of Girl Scout Cookies at Contingency Operating Base Speicher, April 22.

Florida-based Junior Girl Scouts troop sends 1500-plus boxes to deployed

Story and Photos by
SPC. BRYANNA POULIN
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — A Soldier's spirit and total commitment to success in peace and war is founded upon the Army's Warrior Ethos. A Soldier strives to always exemplify ethical behavior and Army values to uphold the ethos, which includes always placing the mission first, instilled in Soldiers on day one of basic training and lasting throughout the Soldiers' careers.

For Soldiers with 25th Combat Aviation Brigade (CAB) at Contingency Operating Base Speicher, placing the mission first was an easy feat when the operation involved munching on scrumptious Girl Scout cookies.

Recently, Junior Girl Scout Troop 1105, based out of Melbourne, Fla., packed and mailed 1,575 boxes of cookies to military units stationed throughout Iraq.

"The project of sending Girl Scout cookies to deployed Soldiers began in 2005 with the shipment of 356 boxes," Jill Barton, troop leader, wrote in an e-mail. "We shipped 721 boxes in 2006 and exceeded all expectations this year with 1,575 boxes."

The inspiration behind Operation Cookie Box began about three years ago when the Girl Scouts received donations from people who didn't want the cookies, but still wanted to contribute to the fundraiser.

The troop received 50 cents for every box of cookies sold, money that typically goes to troop excursions. However, the fourth grade Junior Girl Scouts spent their troop profits in another way.

"The Junior Girl Scouts wanted to use the donations and send cookies to Soldiers overseas," said Brenda Hacking, sister-in-law of retired Brig. Gen. E.J. Sinclair and an employee of the Harris Corporation.

This international communications and information technology company paid for the shipment of all the cookie care packages the last four years.



1st Sgt. Trefus E. Lee of HHC, 25th CAB, shows off his box of Girl Scout cookies received from Junior Girl Scout Troop 1105 in Melbourne, Fla.

You Drink. You Drive. You Lose.

Mechanics turn concepts into reality

Story and Photos by
SPC. AMANDA MORRISSEY
5th Mobile Public Affairs Detachment

KIRKUK, Iraq — Blue lights flare, sparks rain down, and metal melts into metal. Little bit by little bit, the skeleton of a training ramp emerges from random bars of iron by the efforts of the welder.

Invention is the name of the game for B Company, 325th Brigade Support Battalion Soldiers and their civilian counterparts with Lear-Siegler Services Inc., who work in the maintenance shop on Forward Operating Base (FOB) Warrior.

"My favorite question I like to get from customers is, 'Can you do this?'" said Sgt. Da-mon Barnett, the shop foreman. "It's not can we do it — it's do you have the time for us to do it," he clarified. "We do things that you can't order or purchase offline, and most don't exist until we make them. We design things that, until you come in and ask us, you would never know could be made."

Like every other maintenance shop, Soldiers perform vehicle maintenance, repair broken parts, and conduct recovery of vehicles that have flat tires, are broken down, or are damaged by improvised explosive devices.

However, there is something special about this particular shop. The Soldiers' attention to detail, ingenious remedies to complex problems, selection of equipment, and original designs result in a shop that has earned a good name throughout the country.

This mechanic shop features a machine shop, a one-of-its-kind in theater, known as the "blue room" because of the color of the building. Within these colorful walls resides a drill press, a mill and a lathe, giving Soldiers an edge when it comes to fabrication and repair.

It's a dynamic environment where new projects challenge the ingenuity and creativity of mechanics, welders and machinists.

"The design process for a project is design by committee, where everybody has a little input," said Chief Warrant Officer Timothy Cox, officer in charge. "We start from scratch, standing in a circle around a table



with our soapstone, and we'll just do a simple stick-figure drawing on the table and go from there."

The creations, born from humble beginnings, have earned the shop a reputation that draws in customers from as far south as Baghdad.

One project currently underway is a ramp with walls and jumps that will be used by military police to train their K-9 working dogs.

"There's really no other shop in the area that can do what this one can do," Barnett said. "When the machinists and welders get together and do a job, you're not going to see any other shop put out that kind of product.

It could be something small, but the level of complexity to it is something that you're only going to get here.

"Soldiers ask us, 'Hey, can you just make this one little thing for us?' And when we make it and put their thoughts into practical application, they're just so thankful for it," Cox said.

Such are the boots to be filled by the next unit. With nine months in country, and redeployment coming up on the horizon, Cox is shifting his attention away from establishing the shop to getting things ready for the next unit.

"In the last few months, I'm trying

Above — Spc. Kevin Payne (right), a welder with B Company, 3rd Brigade Support Battalion, 25th Infantry Division, and Robb Kirchoff, a civilian welder with Lear-Siegler Services Inc., weld together bars of metal to make a training ramp for the military police's K9 dogs at the mechanics shop on Forward Operating Base Warrior, near Kirkuk, Iraq.

Left — Eric Hale, a machinist with Lear-Siegler Services Inc., a civilian contracting company, fabricates a mounting bracket on a mill at the mechanics shop on Forward Operating Base Warrior.

to get the new unit set up to replace us. Our focus now is to leave them as prepared as they need to be to perform their mission," Cox said. "The guy I replaced left us with nothing, and I'm not going to do that to the next unit. I've ordered everything the incoming unit is going to need to do this mission, and I'm hoping to have that in place when they get here," Cox added.

Until the next unit arrives, however, Soldiers at this particular maintenance shop plan to stay busy. Each day brings in a new challenge, a new idea, and another opportunity to not only meet the standard, but to do more than the imaginable.

Kiowa pilots get ammo fast

SPC. BRYANNA POULIN
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — "Hurry up and wait" is all too familiar for one group of Soldiers that waits patiently inside a makeshift office next to the flight line at Contingency Operating Base Speicher.

Equipped with an air conditioner, water and snacks, Soldiers from B Company, 209th Aviation Support Battalion (ASB) sit patiently inside their office, made from a shipping container, passing the "hurry up and wait" time by either playing video games or watching TV.

The armament, electrical and avionics system repairer Soldiers are waiting for an OH-58 Kiowa to dash into their workspace for lifesaving ammunition at the Fuel Armaments Refueling Point (FARP).

"Most days we are busy," said Sgt. Lawrence Trapp, from Wenatchee, Wash., one of the company's repairers. "Other days we just wait patiently for a bird to fly in."

As Soldiers kill time listening to music and watching movies, they finally hear that special music to their ears, the first Kiowa of the day.

In unison, Soldiers gear up, put on required safety equipment, and scramble out the door to perform the mission they spent countless hours training for at the National Training Center, Fort Irwin, Calif.

Armament repairers spend 20 weeks at Advance Individual Training learning every aspect of a Kiowa, inside and out. From electrical systems to armament, these Soldiers are required to know the Kiowa like the back of their hand. However, putting their understanding to work happens predominantly in a deployed environment.

From blistering Iraqi summer heat to freezing, raining winter nights, Soldiers get their job done without batting an eye.

Sgt. 1st Class Martin Davila, armament platoon sergeant, said, "Soldiers spend all their time in the rear getting ready for this."

Sgt. Maria Taylor, FARP team leader, added, "Safety is our number one priority. Soldiers need to adhere to a stringent uniform when performing their duties at the FARP, including nonflammable gloves, ballistic eye protection and a helmet that provides built-in hearing protection.

"Our Soldiers follow all safety standards while being fast and efficient as well," she stressed.

"Depending on operations and weather conditions, Kiowas fly in three times a day, averaging more than 300 Kiowa's being armored since July," said Davila. "On a weekly basis, the FARP gets dozens of Kiowas."

As soon as an OH-58 lands, pilots and repairers work in unison. Using a variety of hand signals, they ensure the safety and efficiency of grounding the bird and providing necessary ammunition to get the Kiowas back into the fight.

Sappers: Engineers make clean sweep at Ft. Leonard Wood

CONTINUED FROM A-1

The team said the competition seemed to be a little tougher than what they remembered from last year.

"There seemed to be more hills, more stress and strain," Flores said. "It was intense. It was a great competition."

Lt. Mark Gillman and Sgt. Gordon Paulson, also from the 66th Eng. Co., placed third in the competition. Paulson said nothing he has done before compares to the Best Sapper Competition.

"I've been through a lot of training," he said. "I think this is the toughest thing I've done in my life."

Lt. Col. John Edborg, commander, 577th Eng. Bn., said the competition allows Sappers to test their skills and will, while increasing their sense of esprit de corps.

"They go nonstop. They compete for approximately 58 hours and cover about 50 miles. They go through a number of events that test their combat engineer skills as well as their infantry skills," he said. "By the end of the event, they will have learned a lot about what they can do as an individual; what they can do as a team, and just how good their training has been."

So how have teams from Hawaii dominated the competition every year?

"Hmmm," began Capt. Anthony Barbina, commander, 66th Eng. Co., during a telephone interview. "... We kinda war game it ahead of time." The engineers begin by pairing officers and noncommissioned officers based on their strengths and weaknesses, he said. In addition, Sappers usually start their training regimen two months prior to the event.

"The only negative part is that we won't be able to defend our title next year," said Barbina, whose unit will be deployed during next year's competition.



Sgt. Gordon Paulson, 66th Engineer Company, connects detonator wire to a piece of C-4 explosive during the counterforce charge portion of the Best Sapper competition.

66th Engineer Company Best Sapper Dynasty

2007

1st Place: Lt. Colby Krug & Staff Sgt. Erasmo Flores

3rd Place: Lt. Mark Gillman & Sgt. Gordon Paulson

2006

1st Place: Lt. Joseph Byrnes & Sgt. 1st Class Jeffrey Goodman

4th Place: Lt. Colby Krug & Staff Sgt. Erasmo Flores

2005

1st Place: Capt. Will Boyd & Capt. Anthony Barbina

The grueling Best Sapper Competition pits participants against time and each other as they scramble over more than 50 miles of rugged terrain and endure nearly 58 hours of pain.

Best Sapper events

- Physical fitness assessment
 - 17 miles land navigation
 - MOUT breach
 - Knots proficiency
 - AN/PSS-12 proficiency
 - Grenade course
 - Demo calculation exam
 - Poncho raft swim
 - Prussik climb and rappel
 - 16-mile road march
 - Foreign mine ID & 9-line IED report
 - Weapons assembly
 - Timber cutting station
 - Weapons range course
 - Steel cutting
 - Combat Life Saver, 9-line report
 - Counterforce charge
 - 9-mile run with multiple mystery events
-

Best Sappers Flores and Krug will be presented with a bust of retired Lt. Gen. Robert Flowers, former chief of engineers, during Engineer Regimental Week later this month.

(Editor's Note: Jeremy S. Buddemeier, U.S. Army Garrison, Hawaii, Public Affairs contributed reporting.)

Town Hall: Street lights, housing top issues at AMR

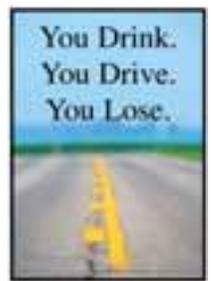
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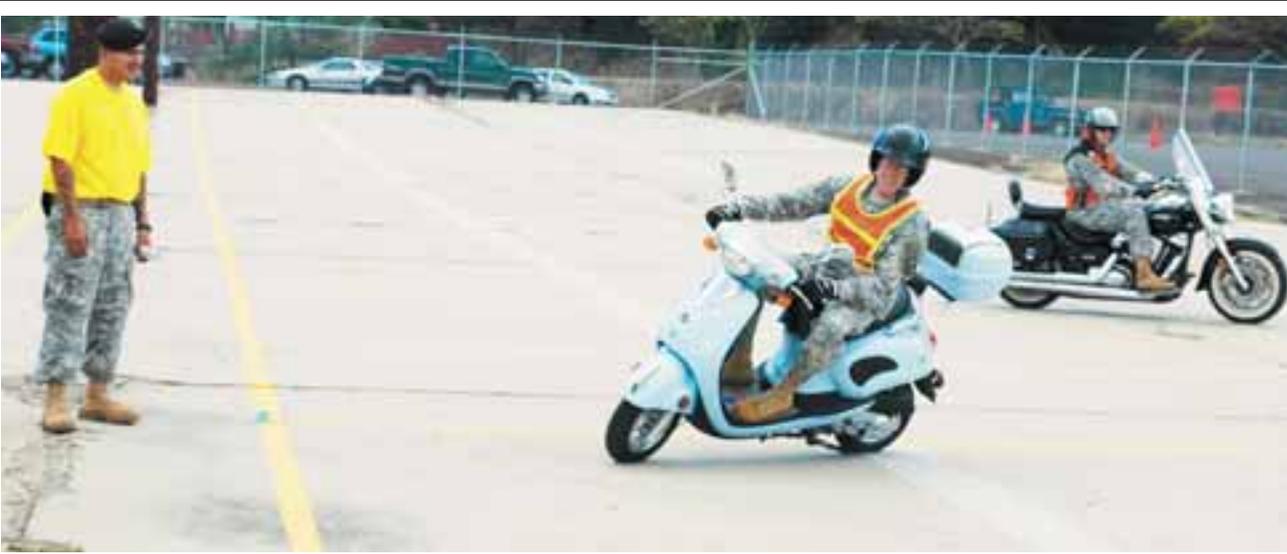
hood children riding bicycles in low-lit areas, creating a safety hazard. Others commented low-lit streets make it easier for theft and suspicious characters to walk around undetected.

Lt. Col. Michael Wallace, director of Emergency Services, U.S. Army Garrison, Hawaii, encouraged community members to call upon the military police, and aid in keeping on-base neighborhoods a safe place to live.

"We are all part of the same community," he said. "I live on base too. We are all one team, and I need your help."

Wallace encouraged family members to report any suspicious activity and stressed, "It's a community effort."





Sgt. Manuel Ortiz, left, observes Chaplain (Col.) Vance Theodore as he negotiates the motorcycle safety course at Fort Shafter Flats, April 27.

Sea Dragons focus on vehicle safety

USARPAC data reports that half of vehicle accidents involve Soldiers 25 years and younger

Story and Photos by
MAJ. RICHARD A. STEBBINS
94th Army Air and Missile Defense Command

FORT SHAFTER FLATS — The roar of engines and the squeal of brakes could be heard here as Soldiers from the 94th Army Air and Missile Defense Command (AAMDC) practiced their driving skills on both cars and motorcycles, April 27.

The 94th AAMDC Headquarters and Headquarters Battery (HHB) sponsored the event, which focused on privately owned vehicle (POV) safety during the unit's safety stand down.

Supervisors conducted a POV driving course, a motorcycle skills course, a driving-under-the-influence (DUI) station, and a vehicle extraction demonstration.

Noncommissioned officers of the 94th AAMDC ran the hands-on stations that paired Soldiers 25 years old and younger with their first-line supervisors. The Installation Fire and Safety Office assisted with the event, providing equipment and expertise in the subject areas.

The first station, the POV driving course, allowed supervisors to inspect their Soldiers' POVs for any mechanical deficiencies. Then, each pair navigated through a slalom course that ended in an escape lane.

The escape lane challenged drivers to swerve left or right, when told by a supervisor to avoid a hazard. The drill required fast-reaction skills, and drivers needed to remain attentive because they didn't know which way they would be directed until the last possible second.

The last part of the POV course tested the drivers' abilities to park in three separate challenges.

"The goal of this station is smooth steering and smooth gas-brake-pedal coordination. If they don't have these, they will need a follow-up to the check ride," said Sgt. Curtis Jacobson, noncommissioned officer in charge of the operator course.

The Motorcycle Basic Skills Course tested the slalom and swerve-to-avoid lane, as well, but incorporated two additional skills.

The first additional element tested the riders' stopping abilities by having them accelerate to 15-20 miles per hour, and then braking within a designated zone in the 60-foot-long course. Then a figure-eight pattern tested ability to conduct tight, low-speed maneuvers.

"Swerve, curve and brake are the important elements to accident avoidance," said Sgt. Manuel Ortiz, noncommissioned officer in charge of the Motorcycle Course.

The "fun" part of the training, said Soldiers, was the DUI station. There, Soldiers donned goggles, called "fatal vision," which simulated visual impairment caused by too much alcohol.

The goggles replicated blood alcohol levels of .07, .17 and .25. They gave a true indication of vision and balance at those levels. Soldiers who wore the goggles performed such simple tasks as walking a straight line and playing toss with a Frisbee or ball.

"The goggles can only replicate impairment to a Soldier's vision and balance, not their judgment," said Capt. Frederick Harrell, HHB commander. "The body can adjust to work within the impairment, but you must be acclimated. The constant changes on the road do not allow people to acclimate, and that is where the danger lies."

"My depth perception was way off; it was such a weird feeling," said Spc. Ira Roberts. (where from?)

"The normal [blood alcohol content] we see in Soldiers who are caught during a DUI stop is usually in the .19-.24 range, so this test gives an example of what that might look like to these Soldiers. I hope this training helps them make better decisions," said Bill Maxwell, Installation Fire and Safety Office transportation safety manager.

The safety stand down also featured a demonstration of the extraction tool the "Jaws of Life." Federal Fire Department Station 1, Pearl Harbor, donated a navy blue Ford Focus for the demonstration.

Overall, the stand down enabled HHB to focus on tasks associated with the Leader Mentorship and Check Ride program, which was established during the U.S. Army Pacific Safety Campaign 2006. The campaign mandated that all personnel in the rank of private through corporal receive a "check ride" upon initial in-processing, and then every six months thereafter.

The check ride program incorporates leader involvement with effective safety training and personal accountability. It seeks to reduce the number of vehicle accidents that are attributed to factors such as speed, alcohol and inattentive driving, which pose the greatest risk to Soldiers who are less than 26 years old.

According to U.S. Army, Pacific, safety data collected between October 2001 and May 2006, all age groups and military grades experience accidents; however, 86 percent of traffic accidents involve Soldiers grade E-6 and below. About 56 percent of accidents are caused by Soldiers 25 years old and younger. The same study also found that motorcycle operators have the highest rate of accidents.

Retreat at Turtle Bay builds strong bonds in families

PFC. NATHAN PORTER
U.S. Army Pacific, Public Affairs

NORTH SHORE — The Unit Ministry Teams of the 8th Theater Sustainment Command led a retreat for 100 single Soldiers and married Soldiers with their spouses May 3-4 at Turtle Bay Resort. The focus of the conference was to enhance Soldiers' relationship skills.

The Office of the Chief of Chaplains funded the Strong Bonds Retreat as part of an Army-wide initiative to strengthen families. The retreat followed a seminar track for single Soldiers and married couples.

The single Soldier track used Premarital Interpersonal Choices and Knowledge (PICK) material, which covers communication skills, understanding of relationship dynamics, and picking the right partner. The married Soldier track used the Prevention and Relationship Enhancement Program (PREP), which focuses on marital communication, understanding and resolving conflict, and developing a deeper and more fulfilling marital friendship.

Staff Sgt. Gidget Borst, 552nd Military Police Company, said she attended to get spiritual guidance to find a better partner and improve her relationships. Borst said she "learned what men are looking for in a woman," which will help her in dating.

The seminar was hosted at the Turtle Bay Resort to "get the Soldiers out of the work environment," said Chaplain (Capt.) Jay Clark. "You train in the field to get the Soldiers in the mindset to learn warrior tasks, and it's the same here. The Soldiers can relax away from work and learn."

The setting at Turtle Bay gave Soldiers and their families an opportunity to use the resort's amenities. Borst said she was "looking forward to enjoying the beach and horseback riding"

The single Soldiers' Strong Bonds Retreat track was recently introduced as an Army-wide program, and this is the second year the program was hosted in Hawaii. Clark, said he's leading the retreat in order "to help Soldiers make the right decisions in relationships."

The retreat ended with a Reaffirmation of Vows ceremony, wherein some married participants voluntarily renewed their wedding vows to each other. Sergeant 1st Class Jaime Caiele, an information analyst with 8th TSC, said, "The vow renewal was a meaningful and spiritual ceremony."

The ceremony took place at the scenic point by the resort's wedding chapel.

The 8th TSC Unit Ministry Team plans to conduct more Strong Bonds retreats in the near future.

Call 655-6591 for more details about the "Strong Bonds" retreat

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

12 / Saturday

Case Lot Sale — Come join the fun at the Schofield Barracks annual commissary case lot sale this weekend, May 12–13, from 9 a.m.–4 p.m. Call Susan Sturgeon-Campbell at 655-6886 for more information.

Power Outage — The Directorate of Public Works is scheduling an isolated four-hour electrical outage at Schofield Barracks, Saturday, May 12, from 7:30–11:30 a.m.

The outage will affect buildings on Duck Road (Vet Clinic, Army Hawaii Family Housing, Boiler Plant, Laundry, Self-Help Auto Craft Shop), Lyman Road (from Lyman Gate up to Humphreys Road) and buildings bounded by Aleshire and Matthews avenues between Flagler Road and Humphreys Road. Affected buildings include the CID Office, Provost Marshal Office, Building 3004, SJA building, AAFES warehouse, TMDE Support Center, TV2 and several motor pools and troop storage warehouses.

The purpose of the outage is to provide power to two new guard shacks being installed at Lyman Gate. Contact Frank Ono at 655-1305.

16 / Wednesday

Deployment Survival Night — The Chaplains Office, Schofield Barracks, will host a Deployment Survival Night entitled “Children and Deployment.” Wednesday, May 16, from 5:30–8 p.m. at the Main Post Chapel. Limited child care will be provided, and participants can register their children with the Child Development Center at 655-8628. For more information, call 656-1384.

23 / Wednesday

Old Guard Fife and Drum Corps Ceremony — Don’t miss this opportunity to witness living history during the Old Guard Fife & Drum Corps Retreat Ceremony, Wednesday, May 23, at 4:30 p.m. at Schofield Barracks’ Sills Field.

The Corps is the only unit of its kind in the armed forces. Dressed in colonial garb, they perform at all White House full-honor arrival ceremonies and other civic functions. For more information, contact Chaplain (Maj.) Kevin Stroop at 836-4599.

June

9 / Saturday

Army Ball — Celebrate the Army’s 232nd birthday, Saturday June 9, at the Hilton Hawaiian Village Hotel from 6 p.m. to midnight. Contact your command sergeant or unit representative for ticket information.

16 / Saturday

Fort Shafter Centennial Dedication Ceremony — The premier event commemorating Fort Shafter’s centennial will be held June 22 from 5 a.m.–5 P.m. The day’s events will begin with the Perry and Price Morning Radio show broadcasting from the Hale Ikena that morning. Food booths, static displays, reenactors, keiki activities, and other activities will begin at 9 a.m. on the Palm Circle Parade Field. A dedication ceremony designating Fort Shafter as a National Historic site will be conducted from 11–11:45 a.m.

For more information, contact Marjorie Barrell at 438-9761.

Ongoing

Tripler Wants You — Tripler Army Medical Center is seeking new patients ages 65 and over with Medicare Part A & Part B to enroll in the Adult Medicine Clinic Tricare-Plus program.

Patients with chronic medical problems (defined as high blood pressure, diabetes, stroke, cardiac problems, kidney problems, cholesterol problems, thyroid problems, liver problems, or cancer) are desired.

Call 433-3422 for information.



Upcoming changes in command

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. Point of contact for more details is Sgt. Maj. Robert Pittman, 655-0283 (unless otherwise noted).

The following ceremonies will be held at Sills Field, Schofield Barracks, unless otherwise noted.

- May 30, 10 a.m., 1st Battalion, 21st Infantry Regiment. Lt. Col. Matthew Kelley passes command to Lt. Col. Mario Diaz.
- May 30, 1 p.m., 225th Brigade Support Battalion. Lt. Col. Charles Gibson passes command to Lt. Col. Mark Collins.
- May 31, 10 a.m., 2nd Battalion 11th Field Artillery

Regiment. Lt. Col. Stephen Myers passes command to Lt. Col. Joseph Gleichehaus.

- May 31, 2 p.m., 1st Battalion, 14th Infantry Regiment. Lt. Col. Robert Mundell passes command to Lt. Col. Thomas Boccardi.
- June 4, 11 a.m., 2nd Battalion, 14th Cavalry Regiment. Lt. Col. David Davidson will pass command to Lt. Col. Timothy Gathier.
- June 20, 11 a.m., 84th Engineer Company. Lt. Col. R. Mark To passes command to Lt. Col. Nicholas W. Katers. (Point of contact is Master Sgt. Daniel Harr, 655-9537.)
- June 27, 10 a.m., U.S. Army Garrison, Hawaii. Col. Howard J. Killian passes command to Col. Matthew Margotta. (Point of contact is Ms. Bev Shintaku, 655-4356.)
- June 27, 1 p.m., 2nd Stryker Brigade Combat Team Col. Stefan Banach passes command to Col. Todd B. McCaffrey.

Pandemic Flu: Preparedness key

CONTINUED FROM A-1

ly avian flu or other illnesses is predicated on early detection and action, he emphasized.

“If it starts with the avian vector, which is the poultry right now, we can identify the farms that are affected (and) cull the birds before they have the chance to infect other birds and animals,” Chavez said.

Another component of the plan, he noted, involves research and development and stockpiling of appropriate anti-viral vaccines and other medicines.

U.S. officials also have conducted extensive interviews with medical experts in Singapore on how they successfully dealt with the deadly severe acute respiratory syndrome, or SARS, epidemic that occurred worldwide between November 2002 and July 2003, Chavez noted.

Incorporating such lessons learned from other countries “is all part of the process” in preparing the United States to respond to a potential pandemic outbreak, Chavez said.

PAU HANA

Now is the time to plan for a smooth move this summer

JOINT PERSONNEL PROPERTY SHIPPING OFFICE, HAWAII

News Release

Service members and their families who are making permanent change of station moves this summer should start preparing now to ensure a smooth transition from Hawaii to other locales.

Review and comply with the following tips to help keep your PCS move in good order.

Tips for a successful move

- Start sorting through household goods now and set aside items you have decided to put up for sale or donation. Service members must keep all shipments within their weight allowance or pay to ship the excess weight.

- When scheduling pickup or delivery, select alternate dates in addition to preferred dates. During busy times, getting the first date you request can be difficult. By establishing alternate dates that can work for you, inconvenient pickups and deliveries can be avoided.

- Do not schedule a pickup for the day you are to close on the sale or purchase of a home, or on the day you must vacate a rental. Allow time for unforeseen problems and last-minute changes.

- After the pickup date has been confirmed, only request changes in the event of an emergency. Date changes can lead to delays and additional costs to the service member.

- Moves go smoother when you are easy to contact. Provide your phone numbers, cell phone numbers and e-mail addresses to the personal property offices at your moving place of origin and destination. Include in-transit contact information, too.

- As soon as you get your orders, schedule your move counseling and application.

Visit <http://ebiz.pearl.fisc>.

navy.mil/jppso/owa/pp.menu and click on "General Information" to obtain contact information for your responsible transportation office.



Christa B. Thomas | U.S. Army Garrison, Hawaii, Public Affairs

Moving boxes, such as the one here, are a common sight on military installations. When undergoing a permanent change of station, parents should involve their children to help make their transition easier.

ACS, schools help parents moving children

KRISTEN MARQUEZ
Army News Service

FORT JACKSON, S.C. — "Home is where the Army sends you" is a familiar phrase among Army families. A permanent change of station (PCS) can be tough for many reasons, but PCSing with children produces additional challenges.

A PCS means leaving behind friends, familiarity and sometimes even members of the family. To make things easier on children, experts recommend planning ahead as much as possible to ease the transition from current duty station to the new home. "We try to remind people that, when moving, it is important to keep their children involved," said Tom Askey, Army Community Service Relocation and Readiness manager at Fort Jackson. "Don't just sit and watch TV in the other room. Take care of everything. It is important that they are a part of everything."

Communication is key to making the move smoothly, Askey said. He suggests explaining why, where and when the move will take place, and answering all questions children ask, encouraging them to ask more questions as they arise.

Things parents may not think are important, he said, may be very important to children.

While military families normally can't choose where their next duty station will be, they can choose whether they want to live on post or find a neighborhood

off post. Children can help make these decisions and others, like how they want to decorate their new bedroom or even which toys and games they would like to keep handy for the actual trip to the new duty station.

Askey suggests helping children learn about their new home before moving by looking at maps, newspapers or pictures of the new area. The Department of Defense Standard Installation Topic

Exchange Service Web site, at www.dmdc.osd.mil, offers information on installations worldwide, as well as the local area surrounding each installation.

One of the most important things parents can do to help the transition for their children is to talk to the school liaison officer (SLO) at either their current or next duty station, said Ruth Russell,

"I've never even met e-mail as much information as I mail that all to them," Russell says it quicker; they've got the in hand."

The liaison officer (SLO) is the commander's representative on issues. He or she normally acts as mediation between parents and the command, as well as forges partnerships with the local school system. Liaison officers are not employees or officials. While Russell doesn't offer specific recommendations on which schools students should attend, she and other SLOs can provide parents with the information they need to determine which school is the best fit for their child. She recommends checking out the SLO's Web site at the new installation.

Russell recommends that parents check out school districts before choosing a home, and discuss the school a child attends is determined by home address. It's also helpful to check prospective schools' start and end dates, and graduation requirements for high-school age children. "Each state has different requirements and that's the tricky thing," Russell said. "Some states require a certain number of credits per year to be a junior or senior. But, South Carolina and many other states require specific classes. So we always recommend taking the most rigorous courses that you can when you are starting high school if you are a military kid."

Parents should take a photocopy of the title page and table of contents pages of their child's current textbooks. That way, the new school and teacher can see exactly what the child has been learning and better match the child with the new curriculum, making an easier transition.

Also, Russell recommends hand-carrying a photo-



copy of school records. Schools will send official records to each other, but it is best for parents to have a photocopy with them the day they arrive.

Russell also recommends bringing contact information for the previous school so the new school can easily get more information. Some high schools also ask for a letter of discipline for new students, which can outline any trouble the student has gotten into, or if the student hasn't gotten into any trouble, the letter should state that as well.

Russell partners with the Exceptional Family Member Program (EFMP) as well as local schools in the area.

"It's really helpful to partner with all these other organizations, because it's easy to call them up and say 'what can we do to help this particular student who needs this particular service?'" she said.

For families with a child in the EFMP, Russell said it is vital to keep the Individual Education Plan (IEP) up-to-date. It is a federal law for a school to abide by an IEP but only if it is current.

"I love it when someone calls me and says 'I'm coming to Fort Jackson in two months,' because then what I do is find out what ages their children are and what interests they have, and I'll send them packets in the mail of everything — these are the neat clubs on post and these are our activities," she said.

The Military Child Education Coalition has set up a new Web site, www.schoolquest.org, a secure online service for helping locate new schools when families receive orders. Users answer a few questions about their family and school-aged children, and the quest process pulls up school information for the military community they are moving to that match the needs of their family. (Editor's Note: Kristen Marquez writes for the Fort Jackson Leader.)

Moving Center brings savings home

ARMY AND AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — The Army & Air Force Exchange Service (AAFES) is on the move, offering military families a quick and easy way to save time and money on the numerous challenges associated with moving to a new assignment.

Searchable by specific street address, AAFES' Military Moving Center service is a "one-stop" shop where Soldiers moving to or within the continental United States can connect and compare local utilities and services with just a few clicks of the mouse.

Saving on household services through the Military

Moving Center is a snap thanks to a platform that provides instant access to "special offers" and makes it easy to compare prices through a comprehensive network of more than 500 local, third-party providers.

Each service category, including television, high-speed Internet, and even electricity, offers the ability to directly compare prices and services of up to three competing outlets.

For example, a comparison of basic telephone service in Arlington, Va., yielded choices ranging in price from \$19.99 to \$44.49; some options even touted spe-

Moving: AAFES gives local price comparisons

CONTINUED FROM B-1

cial incentives such as free installation or a gift card.

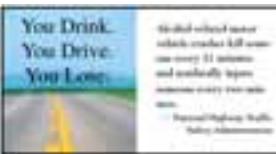
Many of the service options available at AAFES' Military Moving Center also include a "Best Price Guarantee" that ensures exchange shoppers receive the best price that each provider offers, online or otherwise.

In fact, Army and Air Force families who use AAFES' free moving service may actually receive a better price for many products through this site than otherwise available because of the special discounts many providers extend exchange shoppers.

Because of the ability to quickly compare offers, the Military Moving Center is a helpful tool for service members that aren't even planning or in the process of moving.

"Don't be fooled by this service's name," said AAFES' senior enlisted advisor Chief Master Sgt. Bryan Eaton. "You don't have to be moving to log on and compare local services. Anyone, moving or not, should check out this free service to make sure they're not paying too much for everyday household expenses."

Authorized exchange customers, including uniformed personnel and members of the reserve components and family members, applicable Department of Defense civilians, exchange associates and retirees who possess a basic exchange purchase privilege authorization card, can directly access AAFES' free moving service through www.aafes.com by clicking on the "Military Moving Center" link.



Hui O' Na Wahine donates \$47K to community

HAWAII ARMY WEEKLY STAFF
News Release

The Schofield Barracks Hui O' Na Wahine Spouses' Club raised the bar Monday night by giving an unprecedented \$47,000 back to the community at the organization's annual Scholarship and Welfare Grant dinner.

Twelve individuals received \$17,000 in college scholarships ranging from \$500 to \$3,000. In addition, 23 organizations on and off Army posts around the island received welfare grants totaling \$30,000.

City and County of Honolulu Mayor Mufi Hannemann addressed the more than 100 attendees who packed into the Nehelani Banquet and Conference Center. Hannemann, who also attended last year's dinner, expressed his appreciation for the military and the Hui organization.

As the mayor, I constantly receive complaints, he said. However, rather than sitting back and complaining, the Hui actually gets things done, he continued.

Hannemann punctuated his comments by serenading attendees with his rendition of "I Fell in Love With Honolulu."

Those with less theatrical flare than the mayor, Maj. Gen. Benjamin R. Mixon, commander, 25th



Photos by Kathy Oroho

Hui O' Na Wahine scholarship recipients pose on the Nehelani's lanai prior to the Scholarship and Welfare Grant dinner. Left to right, front row are: Lauren Crawford, Kelli Rice, Nicole Williams, Jennifer Swendall, Carolyne Rosarosa, and Judy Black; and back row: Marilyn Banach, Lucy Manley, and Tyler Johnson.

Infantry Division, praised the Hui members, via a recorded video feed, for stepping up their fundraising efforts while enduring separation from spouses.

Throughout the evening, Sharon Bourbonnaiss tickled the keys of a piano, providing a subtle compliment to the scores of silverware that tapped plates and bowls.

Throughout the year, Hui members raised money through sales at

the Schofield Barracks Thrift shop and fundraising events.

A panel of seven committee members awarded money to scholarship applicants based on grades, service to the community, and applicants' response to the essay question, "What is your definition of success and how do you plan to achieve it?"

A separate panel of seven committee members reviewed more

than 60 applications for welfare grants, too, and awarded money based on need and the organizations' support of the community.

Among the welfare grant recipients were several organizations from the Schofield Barracks community, including the Sgt. Yano Library Accelerated and Summer Reading programs, Army Community Service's Sexual Assault Prevention Program, and



Mayor Mufi Hannemann addresses the audience during the Hui O' Na Wahine Scholarship and Welfare Grant dinner, Monday.

Boy and Girl Scout troops.

In addition, schools such as Wheeler Middle, St. Michael's, and Trinity Lutheran; YMCA Camp Erdman; Mothers of Preschoolers in Pearl Harbor; and the American Red Cross all received welfare grants.

The Hui O' Na Wahine Spouses' Club is open to spouses of civilian employees and Soldiers of all ranks. Established in the 1930s, the organization strives to increase the spirit of aloha and sisterhood among its membership and the community.

Six receive scholarships from Fort Shafter's Hui

Story and Photo by
MOLLY HAYDEN
Staff Writer

FORT SHAFTER — A small group of less than 30 people gathered at a home on Palm Circle to recognize six college-bound students for their academic achievements and community service, Monday evening.

The Hui O' Wahine Military Spouses' Club presented six high school seniors with scholarships for college, as well as one continuing education scholarship to a military spouse. Three separate dollar amounts totalling \$10,000 were rewarded based on the students' merit.

Maj. Gen. William H. Brandenburg, deputy commanding gen-

eral, U.S. Army, Pacific, awarded scholarship recipients a coin of excellence. "This is truly an indication of the achievement and potential of your future," he said.

All awardees have been accepted into their college of choice. Meika Matsuda Morton was awarded a continuing education scholarship.

Hui committee member Jennifer James praised students for their individual achievements. "Not only are your academic endeavors impressive, the work that goes into helping the community is an accomplishment as well."

This year celebrates the 75th year of the Hui O' Wahine. Started by Mary Jane Wells in 1931, the organization has continued to aid the public through significant

contributions, while giving its members strong ties to the Army community and each other.

The Hui O' Wahine raises money for scholarships and other programs through various fundraisers and money generated through thrift stores at both Fort Shafter and Schofield Barracks.

The Hui O' Wahine Military Spouses' Club is open to all spouses of active duty service members, as well as civilian spouses of the Department of Defense employees. The club requires a modest fee to join. For more information, visit www.huispirit.com.



Elaine Brown, spouse of Lt. Gen. John Brown III, commander, U.S. Army Pacific, congratulates Lauren Williams. Williams was one of six high school students to receive a college scholarship from the Hui O' Wahine Spouses' club.

MWR Briefs

Serving America's Army in Hawaii

11 / Today

Grease — Get your tickets today for the Army Community Theater musical "Grease." Performances will be held at Richardson Theatre, Fort Shafter, May 11, 12, 18, 19, 25 and 26.

Tickets are available at the box office, Monday-Friday, 10 a.m.-2 p.m., or online at www.squareone.org/ACT/tickets.html. Call 438-4480.

13 / Sunday

Mother's Day Brunch — Tell mom that you love her by making reservations at the Nehelani Mother's Day Sunday Brunch, May 13, 9 a.m.-2 p.m. Cost is \$23 per person.

Children's pricing is available. For reservations or more information, call 655-4466 or 655-0660.

14 / Monday

Pau Hana — Stop by the Kolekole Bar & Grill after work and enjoy the Pau Hana "Social Hour" any Monday-Friday from 4:30-5:30 p.m. Enjoy a beverage special and the "Managers Choice" of appetizers at 50-percent off. Call 655-4466 or 655-0660.

Blue Star Living History — Blue Star cardholders must register by Tuesday, May 15, to enjoy free transportation to Living History Day at Fort DeRussey Museum, May 19. Cardholders will get a special tour of the museum, along with an opportunity to enjoy the rest of Living History Day festivities, including exhibits of contemporary military equipment, restored military vehicles, re-enactors in period uniforms, and displays of military artifacts.

Soldiers dressed in combat gear will be on hand to explain equipment and to answer visitors' questions. Bring your own lunch for a picnic in Fort DeRussey. Afterwards, "Walk Off the Wait" around Waiki-ki. Call 438-2911 or 655-0112.

16 / Wednesday

After-School at the Library — Celebrate Asian-Pacific Heritage Month with stories and a craft activity on May 16, 3 p.m., at Sgt. Yano Library, Schofield Barracks. Call 655-8002.

19 / Saturday

Living History Day — Fort DeRussey Museum will host its 8th Annual Living



Maj. Richard A. Stebbins 1 94th Army and Air Defense Missile Command

Treats for service members

FORT SHAFTER — Sixth graders from Debra Stebbins' class at Shafter Elementary School give a basket of treats to 1st Sgt. Kevin Drewitt and Sgt. Tracy Little, Soldiers from Special Troops Battalion, U.S. Army, Pacific — adopt-a-school partners — during a Military Appreciation Month ceremony here, Monday. Also, during a special assembly at the elementary school, each grade level recognized and honored all service members stationed in Hawaii or deployed abroad. Students read essays and sang songs as a tribute to military parents and families.

History Day, May 19 from 10 a.m.-3 p.m. on the museum lawn. In commemoration of Armed Forces Day, Living History Day will include exhibits of contemporary military equipment, restored military vehicles, re-enactors in period uniforms and displays of military artifacts.

Soldiers dressed in combat gear will be on hand to explain the equipment and to answer visitor questions. Call 438-2821.

23 / Wednesday

Blue Star Letter Writing — Children of deployed Soldiers are invited to a library letter writing activity, May 23, 3-4:30 p.m., at Sgt. Yano Library, Schofield Barracks. Come watch a DVD, share a favorite way to communicate with a parent who is away, and then write a letter to your deployed mom or dad.

The library will provide stationary, cards and markers. For more information on library programs, call 655-8002, and for more about Blue Star Card programs, call 438-2911.

24 / Thursday

Taste of MWR Expo — Come and enjoy a Taste of MWR at the Hale Ikena, Fort Shafter, May 24, 3-6 p.m. Enjoy free food, entertainment and activities. Build your own upside-down sundae while finding out what MWR has to offer here in Hawaii.

Grand prize includes a trip for four to Kilauea Military Camp on the Big Island. Call

438-3785 for more information.

Chinatown Walking Tour — Join the famous Mr. Titus Chan for a two-hour walking tour of Chinatown, May 24. In addition to the tour, enjoy a one-hour cooking show, get recipes to take home, and enjoy a one-hour lunch at an upscale Chinese restaurant. Transportation will be available. Call 655-0112/0111.

Ante Up! — Put on your best poker face and participate in a free Texas Hold 'em tournament at the Tropics, Schofield Barracks, May 24 at 6 p.m. All ID cardholders are welcome to play, but get there early, because room is only available for 120 people to play. Call 655-5697.

Ongoing

Play and Learn — Play and Learn is a weekly play group for infants (0-12 months), toddlers (12-36 months), preschoolers (36-60 months) and their parents. This free program combines play time with short learning topics.

Groups meet at Aliamanu Military Reservation (AMR) and Schofield Barracks. Call 655-4227.

Free Tutoring Service — SKIES is now offering free tutoring to youth who are enrolled with SKIES or registered with CYS.

Hawaii Book & Musical Festival — The second annual festival will feature presentations by authors and illustrators, live musical entertainment, booths with local publishers and booksellers, as well as games, great food and much more, May 19 from 10 a.m.-6 p.m. on the grounds of Honolulu Hale.

Visit www.hawaiibookandmusicfestival.org or call 595-3003.

23 / Wednesday

Kids in the Kitchen — Preschoolers and their parents are invited to join the Armed Services YMCA and make "Octo-Dogs & Shells," May 23 at 10:30 a.m. to make "Happy Ice Cream Mice." Cost is \$3 per child. Preregister at 624-5645.

Ongoing

Car-buying Classes — Learn how to get the most vehicle for your money. Car buying classes are held on the third Wednesday of every month at the Schofield Barracks' Army Community Service, Building 2091, from 9-10:30 a.m. Contact Georgianna McAnany at 655-4227 or Georgianna.McAnany@schofield.army.mil.

Commissary Nursery — The Schofield Barracks Commissary has a new nursery room for nursing mothers and parents with small children to use while they shop for groceries. The nursery is located beyond register 1. Call Susan Sturgeon-Campbell at 655-6886 for more information.

Food For Families — The Armed Services YMCA accepts donations of nonperishable items to replenish its food pantry. Its emergency food locker is available to families experiencing financial difficulty who could use extra assistance. Supplies of canned goods, frozen food, dry goods and personal care items are accepted. Call 624-5645.

Volunteer Opportunities — Give back to the community by volunteering; it is a great way to meet new people, receive valuable job experience, and support the Army Hawaii family.

Tutoring is available for English, math, sociology, social studies, history, drama and science.

This service is available each Monday from 3:30-4:30 p.m. for students in grades 6-12. To enroll, call 655-9818.

Nehelani Catering — The Nehelani Banquet and Conference Center at Schofield Barracks is the perfect setting for most catering needs. This service is available for weddings, graduations, proms, birthdays, military functions, reunions, conferences, workshops or private parties.

The Nehelani staff will work hard to make any occasion an event to remember. Call 655-0660.

SKIES Unlimited Volunteer Opportunities — Do you have a special skill or talent and enjoy teaching children? Join the CYS family as a child/youth instructor.

SKIES is looking for qualified, caring volunteer instructors for the School of Arts, School of Sports, School of Academics, and the School of Life Skills. Call 655-9818.

Arts and Crafts Classes — The Arts and Crafts centers on Schofield Barracks and Fort Shafter offer a variety of classes including ukulele making, stained glass, pottery classes, framing and matting, and woodshop. Call 655-6330 (Schofield Barracks) or 438-1315 (Fort Shafter).

Opportunities are available on and off post. Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS.

Visit www.mwrarmyhawaii.com or call 655-4227.

Playmorning — This family interactive playgroup, hosted by the Armed Services YMCA, is designed for children up to age 5 and their parents or caregivers. Playmorning features a variety of age-appropriate activities, crafts, stories, songs and more from 9-10:30 a.m. No prerequisite is required.

- Mondays at Wheeler ASYMCA
 - Tuesdays at Heleman Community Center & Iroquois Elementary School
 - Wednesdays at Wheeler & Iroquois
 - Thursdays at Heleman & Iroquois
 - Fridays at Wheeler & Iroquois
- There will be no Playmorning May 28 (Memorial Day).

Waiting Children — The Children's Waiting Room, sponsored by the Armed Services YMCA, provides on-site child care for healthy children while their parents or siblings have medical appointments in any of the Schofield Clinics or at the Tripler Medical Center.

The operating hours of the Schofield Children's Waiting Room are Monday-Friday, 8 a.m.-noon. The service is located inside the Pediatrics Clinic in Building 680, Schofield Barracks. Call 624-5645 for appointments.

The Tripler Children's Waiting Room is open Mondays, Tuesdays and Thursdays from 8 a.m.-noon, and is located next to Pediatrics in the Well Baby Waiting Room on the fourth floor. Call 833-1185 for appointments.

Tricare for College Students — If you are a full-time college student with an active duty or retired service member parent, you are eligible for Tricare coverage until age 21.

If you're enrolled full time at an accredited institution of higher education, and your sponsor provides more than 50 percent of your financial support, you may be eligible for Tricare coverage until age 23, or when your full-time status ends, whichever comes first. Visit www.tricare.mil/FactSheets/viewf_actsheet.cfm?id=301.

Worship Services

Aliamanu (AMR) Chapel, 836-4599

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

Fort DeRussey Chapel, 836-4599

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

Fort Shafter Chapel, 836-4599

- Contemporary Protestant Sunday, 9 a.m. — "The Wave" Worship

Helemano (HMR) Chapel

- Contemporary Protestant Sunday, 10 a.m. — Worship Service & Children's Church

***Main Post Chapel, 655-9307**

** (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)*

- Catholic Sunday, 9 a.m. — CCD & RCIA Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

MPC Annex, Building 791

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

Soldiers Chapel

- Catholic Friday-Saturday, 12 p.m. — Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. — Worship Service

Tripler AMC Chapel, 433-5727

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

Wheeler Chapel

- Catholic Saturday, 5 p.m. — Mass Sunday, 10:30 a.m. — Mass
- Collective Protestant Sunday, 9 a.m. — Worship Service
- Gospel Sunday, 12 p.m. — Worship Service

Community Calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

May

15 / Tuesday

Small Business Seminar — Have you ever thought about starting your own small business? Aren't sure what will be required or about financing? You're in luck, as you can attend the "Starting a Small Business Workshop," May 15, 9:30-11:30 a.m. at Army Community Service (ACS), Schofield Barracks.

You will learn about loan programs and financing, resource materials, building structure and location of business information centers.

This workshop is sponsored by the ACS Employment Readiness Program, in partnership with the Hawaii Business Action Center. Register online at www.mwrarmyhawaii.com or call 655-4227. This seminar is free.

17 / Thursday

Hui "Rite of the Round Table" — The Hui O' Na Wahine will be having its last luncheon of the 2006-2007 year, May 17 beginning at 11:30 a.m., at the Schofield Barracks Nehelani.

Catch "The Rite of the Round Table," a costume banquet with a medieval theme to bid farewell to outgoing board members as well as to induct the new executive board. Fun photo opportunities will be available for members and guests, complete with a medieval backdrop, so bring your camera and join in on the fun.

Doors will open at 10:30 a.m. for vendor shopping. Cost is \$12. Make reservations at 624-4989 or 624-0015 by 7 p.m., May 13.

Interview Workshop — A key component to any job search is the ability to sell one's self to a potential employer. The interview is also the aspect of job searching that creates the most anxiety for jobseekers.

To prepare for your next interview, attend the "Tips for a Successful Interview Workshop," May 17, 9:30-11:30 a.m., at the Fort Shafter Outreach Center. You will learn the steps for interview preparation, different types of interview formats, responses to at least three common interview questions, and much more.

Register online at www.mwrarmyhawaii.com or call 655-4227. This workshop is free

19 / Saturday

Crater Celebration — When the Diamond Head Crater Celebration takes place Saturday, May 19, Mick Fleetwood's Island Rumours Band and Earth, Wind and Fire will delight fans, after an opening ceremony of music and dance by the Polynesian Cultural Center.

Tickets are \$69 general admission; reserved seats are \$99, \$135, \$150 and \$175.

Tickets are available at all Times Supermarket Ticketmaster outlets and the Blaisdell Box Office. Call 1-877-750-4400 toll free or purchase tickets online at www.ticketmaster.com.

General admission ticket holders are allowed to bring low-back beach chairs into the Crater. All tickets include reserved parking at convenient auxiliary lots and roundtrip shuttle into the Crater. No walk-ins will be allowed.

Call the Crater Celebration hotline at 735-7000 or visit www.cratercelebration.com.

Oh Baby! — The 10th annual "New Baby Expo," Hawaii's largest prenatal to preschool exhibition will return to the Neal S. Blaisdell Center exhibition hall, May 19-20, from 10 a.m.-5 p.m.

The weekend event will feature more than 150 exhibitors who will be offering guests the latest news, product information and services. Also, catch several special events and activities, including "Hawaii's Largest Baby Shower," a baby crawling contest, a children's activity area, and a demonstration area where speakers and experts will share advice on prenatal through preschool topics.

Tickets are \$4.50 for general admission, and they may be purchased at the box office.



This Week at the MOVIES Sgt. Smith Theater



Turtle Mutant Ninja Turtles (PG)

Friday, 7 p.m.
Saturday, 2 p.m.
Wednesday, 7 p.m.



The Last Mimzy (PG)

Saturday, 7 p.m.
Thursday, 7 p.m.



Pride (PG)

Sunday, 2 p.m.

No shows on Mondays or Tuesdays.

Personalized support available for depression, diabetes

Are you depressed?

When just getting out of the bed seems like a task in itself, it may be time to seek help.

Nearly 19 million Americans are affected by clinical depression each year. TriWest can offer complimentary, personalized support to family members battling depression.

Visit www.triwest.com or call, toll-free, 1-888-259-9378 for more information.



CICI A. MOORE

TriWest Healthcare Alliance

When it comes to effectively managing a chronic illness, sometimes education can be the best medicine.

TriWest Healthcare Alliance's Condition Management program (previously the Disease Management program) focuses on educating patients on how to improve their health management skills while living with a chronic illness. The program is available at no charge to Tricare beneficiaries.

The Condition Management program was previously focused solely on patients living with asthma or heart failure. Now, TriWest has just announced that personalized support is available for beneficiaries coping with depression or diabetes, too.

"Nearly 21 million Americans have diabetes and more than 19 million Americans are affected by clinical depression each year," said Kathi Sobera, director of Population Health Improvement at TriWest Healthcare Alliance. "Many Tricare West Region beneficiaries are affected by these conditions, and TriWest is pleased to offer complimentary, personalized support for members of our military and their families

living with depression and diabetes."

Once a beneficiary is enrolled in the Condition Management program, a TriWest clinical health coach will do the following:

- Schedule an appointment to call and review the patient's health status.
- Develop a customized educational plan based on the patient's status and personal health goals.
- Inform the patient's physician of the patient's program participation.
- Work with the patient to reach established goals.
- Continue to help the patient as long as he/she wants to participate and work toward achieving wellness goals.

Tricare West Region beneficiaries interested in enrolling in the program should call TriWest toll-free at 1-888-259-9378 to see if they are eligible; no referral or prior authorization is needed.

More information is posted on the Condition Management portal at www.triwest.com under the "Healthy Living" section.

(Editor's Note: The American Diabetes Association, www.diabetes.org and Mental Health America, www.nmha.org, were sources for this article.)

Monthlong emphasis on mental health begins throughout DoD

In addition to the human touch, plentiful online resources and toll-free numbers connect to ensure well-being of everyone

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — A service member with mental health issues is not a problem service member, but a service member with a problem.

Many behavioral health care services are available to these service members as well as their families.

The Defense Department offers free online and telephone mental health and alcohol self-assessments for a range of common emotional situations that often go undiagnosed and are misunderstood.

Voluntary and completely anonymous, the Mental Health Self-Assessment Program is a mental health and alcohol self-assessment for service members and their families affected by deployment. It's offered online at www.militarymentalhealth.org and via the telephone 24 hours per day, seven days per week at 1-877-877-3647, as well as through local in-person events.

"The Mental Health Self-Assessment Program is a place for our military family members to connect

when they feel disconnected," said Dr. Jack Smith, acting deputy assistant secretary of defense for Clinical and Program Policy and acting chief medical officer, Tricare Management Activity.

"It may not solve the problem, but it's a good place to start."

The program offers self-tests for depression, bipolar disorder, alcohol problems, general anxiety disorders and post-traumatic stress disorder. Once completed, the self-assessment gives information on where service members may go for a full evaluation.

Another valuable resource is Military OneSource, a 24-hour, seven-day-per-week, toll-free information and referral service for active duty service members, National Guard and Reserve members, deployed civilians and family members. It provides comprehensive information on a wide range of topics from everyday concerns to deployment and reintegration issues.

A Military OneSource consultant may refer service members or eligible family members to licensed professional counselors in the local community for six sessions per problem at no cost to the service member or their family member in the

continental U.S., Alaska, Hawaii and Puerto Rico.

Face-to-face counseling confidentially addresses short-term issues dealing with relationships, grief and loss, adjustment to deployment, stress management, parenting or combat stress.

For more information, contact Military OneSource by using the following information:

- Web site: www.militaryonesource.com
- Phone: Stateside (toll free): 800-342-9647
- Overseas (toll free): U.S. access code + 800-3429-6477
- Overseas (collect): U.S. access code + 484-530-5908

Tricare offers behavioral health care coverage for medically necessary services. To save money, beneficiaries should seek behavioral health care from a military treatment facility, when available, or from a Tricare network provider.

For those who need help overcoming alcohol and/or drug abuse, Tricare covers detoxification, rehabilitation and outpatient care provided in an authorized substance abuse rehabilitation facility. Ben-

eficiaries should ask their primary care managers or a mental health specialist about treatment options.

For additional information about covered and non-covered behavioral health care services, beneficiaries should consult the handbook for their Tricare program option, access the Tricare Behavioral Health Benefits Pamphlet through www.tricare.mil/tricare-smart/default.aspx, or contact their regional contractor at www.tricare.mil.

Following redeployment, service members learn coping strategies to reintegrate with their families, how to manage expectations, the importance of communication and to be careful about alcohol use.

During redeployment processing, service members are screened for depression or stress-related problems. For both short- and long-term problems, behavioral or mental health care is available.

Tricare Management Activity, the Department of Defense agency that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.1 million eligible beneficiaries worldwide.



11 / Today

Exercise Bike — Enter the Lifetime Sports & Recreation Pursuit to win a brand new Life Fitness Life-cycle Exercise Bike, valued at \$999. This scavenger hunt contest is open to all active duty Soldiers and their family members age 16 and older. Only one entry is available per person.

Enter at the Fort Shafter Physical Fitness Center or the Schofield Barracks Health and Fitness Center. Deadline for entries is Tuesday, May 15. The drawing will be held during National Fitness Month in May.

The winner must be on island. Call 655-0111/0112.

12 / Saturday

The Smackdown — Come watch Hawaii Championship Wrestling at the Schofield Tropics, May 12. Doors will open at 6 p.m. and matches will start at 7 p.m.

Cost is \$5 for guests age 12 and up, \$3 for ages 11 and under, and free for children age 5 and under. Call 655-5697.

14 / Monday

Tampa Bay Cheerleading Clinic — Learn how to cheer Tampa Bay style during this free clinic May 16 from 4–6 p.m. at Helemano Gymnasium and May 17 from 4–6 p.m. at Aliamanu Gymnasium. The clinic is open to youth born from 1990–2001.

A cheerleading finale will take place May 18, 4:30 p.m., at the Tropics, Schofield Barracks. Cheerleaders will perform for patrons and sign autographs.

Call Gari Wild at 655-0111 to register by May 14 at 4:30 p.m. Children must be registered with Child and Youth Service to participate.

16 / Wednesday

Teen Fit — Teens will be taught the basics of proper strength training, cardio and stretching in a fun and productive setting by Kristy Osborn, a certified personal trainer & strength and conditioning specialist.

This four-week class will be held May 16, 23 & 30, 3 p.m., at the Schofield Barracks Health & Fitness Center. Cost is \$35 per teen or \$60 per sibling. To sign up, call 381-5944.

Ongoing

Hatha Yoga — Relish the traditional approach to yoga that aids relaxation, and strengthening and lengthening muscles. Techniques can be modified based on individual-skill level.

Sessions will be held Wednesdays at 5 p.m. and Saturdays at 8 a.m. at the Schofield Barracks Health and Fitness Center. Call 655-8007.

Trampoline and Gymnastics — The Schools of Knowledge, Inspiration, Exploration & Skills (SKIES) Unlimited is partnering with Hawaii Academy to offer a military discount program for trampoline and gymnastics programs.

Hawaii Academy offers a variety of programs, including parent-tot and preschool classes; an essential skills program; flexibility, fitness and gymnastics programs; special education programs; and trampoline and power tumbling programs.

Discount cards can be picked up at the Child and Youth Services registration offices. Call 655-9818 for more details.

Cosmic Bowling — Experience bowling with a twist. Lights are dimmed, upbeat music is turned on, and the room becomes illuminated in glowing lights.

Cosmic Bowling is held every Wednesday at Wheeler Bowl. Cost is \$1.50 per game and \$1 for shoe rental. For more information, call 656-1745.

Scuba Club — Join the Scuba Club for only \$7 a month and get free air fills, and a 10-percent discount on all your scuba equipment rentals.

Tank rentals come with “unlimited air” during the rental period. Call 655-0143 for more information.



Photo Courtesy of 225th Brigade Support Battalion Family Readiness Group

First encounter

WHEELER ARMY AIR FIELD — Staff Sgt. Yamil Maysonet, operations noncommissioned officer 225th Brigade Support Battalion, shows his 2-year-old son, Dominique, the battle tracking system he manages daily. The battalion hosted Family Day, Sunday. The unit is preparing for its upcoming deployment to Operation Iraqi Freedom.



Send community announcements to community@hawaiiarmyweekly.com.

11 / Today

Hunter Education Courses — The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, survival and first aid, and more.

The free, two-day classes are held Fridays and Saturdays: May 11 & 12, and 18 & 19. Class runs from 5:45–10 p.m., Friday, then from 7:45 a.m.–4 p.m., Saturday. They are family-friendly and open to anyone age 10 years and older.

Classes are held at the Nimitz Center, second floor, Room A-212A, 1130 N. Nimitz Hwy. (Drive up the ramp, the classroom is the first on the right.)

All students are required to provide a picture ID.

12 / Saturday

Keiki Rodeo — Attend the 4th Annual Special Keiki Rodeo & Horsemanship Competition, May 12 at the Waimanalo Polo Field. Activities will get underway at 10 a.m. with classic rodeo events such as Barrel Racing and Pole Riding, plus events tailored to the special

needs riders.

Enjoy free pony rides and a petting zoo throughout the day, as well as shaved ice, ono food, event T-shirts and more at this free event. Call Dana Vennen, 342-9036.

13 / Sunday

Hike Oahu — Come join the Hawaiian Trail & Mountain Club on its next hike: an intermediate hike in Kuolani-Waianu, where you can enjoy Hawaii's lush vegetation, streams and views, and experience the excitement of crossing the top of a waterfall, beginning at 8 a.m.

Wear a good pair of shoes for the four-stream crossings, mud and slipper rocks! Call coordinator Justin Ohara, 778-8629, for more details.

A \$2 donation is requested of nonmembers 18 and older. Children under 18 must be accompanied by a responsible adult.

Hikers meet at the Iolani Palace. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails.

20 / Sunday

Volksmarch — Menehune Marchers are sponsoring a 10K Kokohead Crater Botanical Garden and Sandy Beach volksmarch, or walk, May 20.

This walk will start at the Makapu'u end of Sandy Beach Park on Kalaniana'ole Highway at 8 a.m. It should finish by noon. Cost is \$3; call Marsha at 395-9724 for more information.