

INSIDE

## 'MyPay' gets more security

ARMY NEWS SERVICE  
News Release

ARLINGTON, Va. - Another new security feature has been added to myPay to protect customers' data on the pay account system.

As part of its ongoing effort to strengthen password and account security, the Defense Finance and Accounting Service (DFAS) has implemented the "virtual keyboard" to assist in protecting against such malicious software as spyware, trojans and keylogging.

The virtual keyboard is now available online. Each time a user pulls up the my-



Pay Web site to log on, the virtual keyboard will appear on the screen. The user will type in his or her Login ID, then "press" the keys on the screen by clicking on them with a mouse to enter a Personal Identification Number (PIN), instead of typing the actual keys.

The virtual keyboard is for the user's PIN only.

To enhance security, the keyboard layout changes or keys are displayed randomly every time the page is refreshed.

"This is a significant move toward adding yet another layer of security to our myPay system," said Pat Shine, DFAS director of operations. "We want to reassure our customers that we are proactively working to secure their pay account information."

To access myPay go to <https://mypay.dfas.mil>.

*(Editor's Note: Information provided by Defense Finance and Accounting Service.)*

## DoD blocks some sites on Internet

Measures will protect grid from being bogged down, according to officials

JIM GARAMONE  
American Forces Press Service

WASHINGTON - The Defense Department is blocking access to many popular Internet sites from department-owned computers due to bandwidth issues, U.S. Strategic Command officials said Monday.

Joint Task Force Global Network Operations, which directs the operation and defense of the Defense Department's global information grid to assure timely and secure capabilities in support of the department's warfighting, intelligence and business missions, blocked 12 popular sites on government computers, Monday.

The sites are youtube.com, pandora.com, photobucket.com, myspace.com, live365.com, hi5.com, metacafe.com, mtv.com, ifilm.com, blackplanet.com, stu-pidvideos.com and filecabi.com.

The popularity of the sites has not affected operations, yet, but blocking them prevents them from causing such a problem, officials said.

"It is a proactive measure. We do not want a problem with demand for these sites clogging the networks," a U.S. Strategic Command official said.

The blocks affect only Defense Department computers and local area networks that are part of the department's global information grid. The department has more than 15,000 local and regional networks and more than 5 million computers in the grid.

Department officials stress they are not making a judgment about the sites. Blocking the sites "is in no way a comment on the content, purpose or uses of the Web sites themselves," the official said. "It is solely a bandwidth/network management issue."

Offices with a need to access these sites from government computers can request exceptions to the policy. Global network operations officials will continue to assess the stresses and strains on the global information grid, and may add or subtract sites as needed, officials said.



## Birthday burgers

3rd Brigade and 2-6th Cavalry Regiment Soldiers celebrate a legacy that began when Abraham Lincoln was president

A-4

## Picnic & Penguins

Join the Army community Saturday, May 26, from 5-9 p.m. for an outdoor movie and free picnic at Schofield Barracks' Sills Field. See News Briefs, page A-5.

## Who's the BOSS

U.S. Army Garrison, Hawaii's Better Opportunities for Single Soldiers program rakes in the awards at a recent Army-wide forum.

A-5



Photo by Marco Frierbier

## Redcoats return

The Old Guard Fife and Drum Corps, the only unit of its kind in the armed forces, performs at the Waikiki Bandstand in Kapiolani Park last year. The Corps, which performs at all White House full-honor arrival ceremonies, will make numerous appearances around the island this weekend and next week, including a performance Wednesday, May 23, at 4:30 p.m. at Schofield Barracks' Sills Field. For details, see News Briefs, page A-6.

# Employees should take stock in Thrift Savings Plan

Certified financial planner provides tips and information regarding TSP for federal employees and retirees

Story and Photo by  
JEREMY S. BUDDEMEIER  
Editor

FORT SHAFTER - Charla B. Green isn't afraid to level with her students - she doesn't have a clue.

"After 30 years of playing, I have no idea," Green said, referring to her nearly three decades of experience as a certified financial planner. "None of us has a clue where the market is going."

Still, she openly and energetically proffers a wealth of information to federal employees in her Thrift Savings Plan (TSP) classes.

A contractor who makes the cross-Pacific flight from Colorado every few months, Green began one of last month's classes here in a packed Building 127, by polling students on their reasons for attending.

"I want to know how to catch up," said a middle-aged man near the front of the room. "I didn't invest when I was

younger and want to make up for lost time."

Others mentioned their desire to learn TSP basics, refresh their current knowledge of the program, and gather information on the withdrawal process, as reasons for taking the course.

Green did not disappoint.

"If you're a federal employee and you're not investing five percent of your pay in TSP, you're leaving money on the table," she said.

Green described the process by which the government matches employees' contributions up to five percent; the government even invests one percent in TSP for those who don't contribute a penny.

However, to retain these one percent "free" investments and their earnings, employees must be "vested."

Vesting requires federal employment for a period of

three years. For employees who leave federal service prior to this three-year mark, the government will reclaim its one percent investment and applicable earnings.

One student in the class, Sam Glass, was more than vested in his service.

A retired command sergeant major with 30 years of active duty and 22 years of federal service under his belt as of Tuesday, Glass is the chief of the Command Soldier Training Program, Schofield Barracks Installation Training Center.

"I'm almost at the retirement age," said a chuckling Glass, who will turn 70 in September.

Glass was interested in learning ways to best use his income, which will be drastically reduced when he retires "probably within a year."

Even employees further from retirement than Glass seemed very interested in what Green had to say.

According to Green, TSP is a 401K or "tax-deferred" plan, which is a section of the tax code that allows participants

"If you're not investing five percent of your pay in TSP, you're leaving money on the table."

- Charla B. Green  
Certified Financial Planner



## Howdy, pardner

More than 40 children of all ages, 12 horses and one donkey converge at the 4th annual Keiki Rodeo in Waimanalo

B-1

# Civilian Education System to improve employee development

RACHAEL TOLLIVER  
Army News Service

WASHINGTON - During the Army's transformation, civilians have been asked to perform increasingly more tasks previously done by military personnel. To do a good job and perform well, they need the training and education formerly reserved for Soldiers.

In February 2003, the Army Chief of Staff's Army Training and Leader Development Panel identified civilian training as a high priority, and recommended implementing a centralized Army education system.

The Civilian Education System (CES) was the result of that recommendation and will slowly replace existing programs, according to Jennifer Brennan, marketing specialist and pub-

lic affairs officer at the Army Management Staff College at Fort Belvoir, Va. She describes CES as a progressive and sequential civilian-leader development program.

"It provides enhanced leader development and education opportunities for Army civilians throughout their careers," she explained. "As of right now, attending CES courses is not a mandatory requirement, but the proposal is being addressed by G-3."

"We are in a changing time in the Army and we need to grow our leaders. Our civilians need to be better equipped and educated so they can be ready to meet the needs of the Army. It's a testament to our dedication to warfighters and their families."

Pam Hicks, who works at Fort Eustis, Va., recently graduated from the CES Intermediate Course, and said she

would recommend the course because of the understanding and perspective it gave her about her organization's mission and its relevance to the entire Army.

"Most of the concepts and ideas were not new to me, although [they were all] reinforced in positive ways during the course," Hicks said.

Because she has been in government service for less than three years, Hicks said she gained from "the laboratory approach" to building commitment as an Army civilian leader in service to Soldiers and the nation.

"We all stood and took the Federal Employee Oath of Office on the first day," she explained. "We compared our personal leadership values to Army values, and we read ex-

SEE TSP, A-6

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## We want to hear from you...

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

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

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

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

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## 184 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 5/16/07.



Maj. Lauren M. Romagnoli | Reserve Officer Training Corps, University of Hawaii-Manoa

## 'To support and defend'

HONOLULU — Adjutant General for the Hawaii Army National Guard, Maj. Gen. Robert Lee (right), swears in and commissions University of Hawaii ROTC cadets as second lieutenants in the U.S. Army, during a ceremony at University of Hawaii at Manoa, Monday evening.

## Civilian: System to mirror military training

CONTINUED FROM A-1

tensively from doctrine such as FM 1, 'The Army,' and FM 6-22 'Army Leadership.'

Pamela Raymer, Ed.D, dean of academics at AMSC, said she has noticed over the last three to five years that military hiring officials are looking for more leadership training on applicants' resumes. The CES could eventually fulfill continuing education requirements for which some employees must earn as a part of their professional development, she said.

Col. Garland Williams, AMSC commandant, said the CES will also level the playing field for civilians who apply for higher

level jobs.

"One of the problems of the civilian corps is that guys like me — a colonel with almost 26 years in service — I can retire tomorrow and get a pretty good GS-14 job, almost solely based on my education," he said. "What CES does is level that playing field so when there is competition for the same position, the person who comes through the civilian corps, without any prior military experience, is just as competitive as the military officer."

All new Army interns, team leaders, supervisors and managers employed after Sept. 30 are required to attend the CES

Foundation course, according to Brennan. This course teaches students Army values and customs, something that might be a new subject for people who have never been in the military, she said.

Other courses in the CES are under consideration as mandatory classes for employees, but there are questions about how that would happen.

"Right now ... that is one of the things that G-1 and G-3 are trying to figure out ... the mandatory pieces of it," Williams said. "What we have been trying to figure out is, do you need to have the course to be promoted, or once you are

promoted how long do you have before you need to take the course."

Because courses are centrally funded, lack of unit funds shouldn't keep qualified candidates from attending, according to Williams and Brennan.

"We are not eating up mission dollars to bring people to school. The only thing the command has to do is identify the right people that need to come, and they should not be the most expendable, but be the right person," said Williams.

(Editor's Note: Rachael Toller is editor of the Fort Knox Turret.)



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

The following ceremonies will be held during the month of May 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.

## LIGHTNING SPIRIT

# Some hide behind masks at the costume parties in life

**CHAPLAIN (CAPT.) KELLY PORTER**  
84th Engineer Combat Battalion (Heavy)

Recently, we threw an 80's party for my wife on her birthday.

Anybody remember the 1980s? The 20-year-old privates at the shoppette apparently don't, as they hurled some strange looks at my mullet and polyester warm-ups when I bought ice.

Costume parties are great. Whether it's Halloween, birthday parties or just for no real reason at all, to take on a new identity is a lot of fun because, for at least one night, you can be someone else.

However, that imposter we put out there for everyone is how some of us live every day. We create a person whom we want to represent while the real "us" hides.

Here's a five-second quiz to discover whether you are guilty of impersonating a confident, competent and content individual.

Answer the following: "How are

you doing?"

That's a question many of us ask but not many pause long enough to give or receive a realistic answer. What is your typical answer? Great? Fine? Splendid?

How were you really doing? Mad? Irritated? In physical pain? Worried? Why is it that we can't seem to let the real us be seen?

I have a theory. It's because we want to appear strong, or we don't want to burden others. That's just plain old pride.

Once you get past the imposter, the real answer is obvious: not so great.

Have you noticed this world is full of a lot of unhappy people?

Some are hurt emotionally, while others suffer physical pain. Some are trying to overcome bad relationships, some are bearing grief, and some are just worn out.

This unhappiness takes a toll on a person. It manifests itself in angry outbursts, physical ailments, hate, and irrational decision-making, among other troubles.

Whatever the cause, the solution is not as difficult as we imagine. We can try many remedies, but God says that, if we remain with Jesus, instead of coming up with our solutions, then our lives will change radically.

In John 15:1-17, Jesus describes himself as a grapevine and his followers as branches growing off the main vine. In order to be fruitful, we must be trimmed now and then. The branches deciding to venture on their own meet a horrible destiny. They shrivel in the hot sun and die.

If we continue growing on the

vine, though, we can count on several good results. First, we will grow in new ways (verses 4-5). We will attain wisdom, be productive in our work and personal lives, and develop spiritual maturity. The mysteries of God will start to make sense.

Second, we can pray to God with confidence and get what we want (verse 7). We can get what we want because God changes our desires to make them more like his. Psalm 37:4 states, "Delight yourself in the Lord and He will give you the desires of your heart." This verse means not just getting what we want but the very desires themselves.

Third, we will bring glory to God (verse 8). People will know that our changing is only because of what God is doing in our lives, and they will want some of the action as well.

Fourth, we will be happy (verses 10-11). Here it is. God says that

real joy, happiness and fulfillment are found in Him.

People debate whether God wants us to be happy, but it sounds pretty obvious here. The real issue is whose definition of "happiness" we should use.

Man is fairly happy with new cars, new computers and new houses. As long as we get what we want, then we are full of joy.

What happens when we don't get what we want? Will we still be content with our lot in life? God blesses and curses as he sees fit.

Jesus finishes by saying the greatest evidence of happiness is in knowing that we are loved and that we love in return.

Today, don't be frustrated about having and not having, about life's irritations, or about your enemies out there. Instead, lay the imposter to the side, jump back on the vine, and be grafted into real happiness.

Only then will the "us" God intended come out from hiding.

# Chief of Staff talks of Army stability, ops

JIM GARAMONE  
Army News Service

WASHINGTON - Army officials will continue to monitor manning and may offer bonuses to mid-level officers and noncommissioned officers if needed, the Army chief of staff said here May 11.

Gen. George W. Casey Jr. told reporters that the service needs to come up with incentives for mid-range officers and NCOs to ensure the leadership is in place for the force of the future. He also spoke about changes to the Army as a result of experiences in the war on terror.

Casey said active duty and reserve component personnel are meeting retention objectives. In recruiting, the active force and the National Guard are making their goals. The Army Reserve is missing its goal, but is expected to make it for the year.

"We will still monitor the situation," Casey said. While incentives will be partially monetary, other aspects, such as funding graduate school, will be considered.

Casey said the 1990s' outlook in the military against "nation building" has changed. He said Soldiers accept the move toward stability operations and reconstruction because of what they see in Iraq and Afghanistan.

"They recognize it is an integral part of counterinsurgency strategy," Casey said. "It's not just the military [that wins counterinsurgency efforts], but it's political and economic and information."

The next step is whether the Army should organize units solely for stability operations and reconstruction. "I'm not sure yet," Casey said.

He said these really are not part of the core competencies of the Army, which is still configured to fight and win the nation's wars. He said these competencies normally lie in other federal agencies.

"The question really is can we change the culture in the other departments so their folks can participate in areas like Iraq," or whether that's simply too hard and the mission should fall to the military, he said. (Editor's Note: Jim Garamone writes for the American Forces Press Service.)

## Getting it straight:

A question in the "Casey hears spouses' concerns" article on page A-4 of the May 4 edition was incorrectly attributed to Carina Menjivar. Instead, Marci Palmer asked the question, "Is anything being done to ensure equity and sharing of the burden?"

# Voices of Lightning: What steps are you taking to secure your child's future?



"We have 529 investment plans — all for college."

Spc. Brian Chandler  
TAMC  
Medic



"We have saving bonds and 529 plans for college for our four children."

Staff Sgt. Darla Crawford  
HQ, USARPAC  
Land Operations



"I get money taken straight out of my paycheck to guarantee [my kids go to college]."

Spc. Roshia Everett  
94th AAMDC  
Supply Specialist



"We have saving accounts for the children in preparation for college and life."

Angela Latzke  
Family Member



"...We are starting a savings account for college and birthday presents."

Coast Guard Spc. Scott Messina  
Electrician Tech

# 2-6th Cavalry Regt. celebrates 146 years of excellence

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

KIRKUK, Iraq – Working together has been an integral part of mission success for two 25th Infantry Division units at Forward Operating Base Warrior here.

While one unit provides ground defense, the other keeps a watchful eye on ground forces. Thus, it only seemed appropriate that these two units would join in celebrating a 146th birthday bash.

Soldiers from 3rd Infantry Brigade Combat Team, 25th ID's "Broncos," attended the 146th birthday celebration for 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade's (CAB) "Lightning Horse," May 4.

"It's a great honor to be able to share this celebration with the Bronco brigade," said Lt. Col. James Barker, 2-6th Cavalry squadron commander. "While conducting reconnaissance and security for 3rd IBCT, Lightning Horse Soldiers serve the regiment with honor and distinction."

The birthday celebration kicked off with an awards ceremony. Soldiers received medals, like the Air, Army Commendation and Army Achievement Medals, for superior accomplishments, such as destruction of enemy devices.

After the awards ceremony,



1st Lt. Carlos Dinkins, right, holds down Spc. Salvador Delarosa, both with 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, during a wrestling match at Forward Operating Base Warrior. The match was one event in which Soldiers participated during the 146th birthday party for the regiment.

Barker presented a brief history of the Lightning Horse's accomplishments. Barker said the unit was "constituted May 4, 1861, and organized at Camp Scott, Pennsylvania, as Company B, 6th Cavalry ... the same day Abraham Lincoln gave his inaugural address to

the nation." He added, "The squadron kicked off the Civil War by opening fire with 50 cannons at Fort Sumter, as part of the Union's first action in the Peninsular Campaign, earning 16 battle streamers for its distinguished service and gallantry," and

then he continued narrating its history.

Prior to deploying to Iraq, Barker concluded, the regiment was transferred from the 11th Aviation Regiment to the 25th CAB, June 6, 2006.

Following the history recount-



Soldiers from 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade relax and watch novice fighters during the birthday celebration at FOB Warrior.

ing, Soldiers were entertained with wrestling tournaments and amateur boxing matches. Novice fighters competed against one another in the spirit of the birthday celebration.

With sweat dripping off faces and adrenaline rushing, the festivities finally wrapped up with a cake cutting ceremony and a meal of grilled hot dogs and hamburgers.

# Security barriers build U.S.-Iraqi ties

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

KIRKUK, Iraq – Soldiers from Headquarters and Headquarters Battery, 3rd Battalion, 7th Field Artillery Regiment, with the assistance of G Company, 3-7 FA Soldiers, have delivered several concrete barriers to traffic checkpoints in the Khabbaz area near Kirkuk.

The barriers were set up at three 1st Strategic Infrastructure Battalion (SIB) checkpoints in order to improve security for Iraqi soldiers manning their posts.

The 1st SIB received the barriers a few months ago, but didn't have the means to move them, said Capt. Mark Barton, the HHB commander in charge of the mission.

"Their commander had expressed an interest in getting [the barriers] moved to some of the checkpoints as better protection for his guards out there, so we did this for them because we had the equipment to move the barriers," Barton continued.

The 1st SIB is responsible for guarding the 29 oil wellheads and pipelines in the Khabbaz region. They also work with local Iraqi police by manning checkpoints in order to maintain security in the area. SIB soldiers work with very little in the way of supplies, which makes the barriers a big step forward for the SIB in the area.

"The barriers will make the drivers reduce their speeds through here, as well as provide extra protection for the soldiers from any attacks," said Capt. Qais Aswad Bunyan, the 1st SIB operations officer, through an interpreter. "Also, they give the checkpoint an appropriate appearance. People will know this is checkpoint now when they come up to it."

SIB commanders chose which locations to put the barriers, depending upon which check-



Pfc. Alex Gehring, left, and Sgt. Jason Sanford, not pictured, both truck drivers with G Company, 3rd Battalion, 7th Field Artillery Regiment, load concrete jersey barriers onto a truck in order to move them to traffic checkpoints near Kirkuk.

point needed them most, said Barton.

While the jersey barriers are important to improving the effectiveness of the checkpoints, they're only the first step in Barton's plans towards building a partnership with the SIB. He would like to work with Iraqis to get them further training in first aid and weapons skills, as well as vehicle maintenance procedures.

For now, though, the addition of necessary supplies to the checkpoints will help the joint mission of coalition forces and Iraqi security forces to secure the area for industry and the populace.

"For us, it's simple to put some cones out, but for these [Iraqi] soldiers, it's a really big step," Barton said. "The SIB Soldiers take pride in putting this stuff out and using it"

## Policy boosts G.I. Bill eligibility for reservists

**GERRY J. GILMORE**  
Army News Service

WASHINGTON – A recent Defense Department policy change widens the eligibility window for some reserve component troops who want to use their Montgomery G.I. Bill education benefits, said a senior DoD official here.

The DoD policy now aligns with Department of Veterans Affairs rules, which say National Guard members and reservists are eligible to receive Montgomery G.I. Bill education benefits for the period covering the amount of time they served on active duty, plus four months, said Tom Bush, principal director for manpower and personnel within the Office of the Assistant Secretary of Defense for

Reserve Affairs.

After studying the matter during the past few months, DoD agreed to align its policy with the VA's, Bush said during a joint Pentagon Channel/American Forces Press Service interview. DoD's previous policy, he said, only recognized the amount of active duty time as applied to the G.I. Bill coverage period for reserve component members, but still required the member to continue to serve in the Selected Reserve.

"The change, from the DoD perspective, is that the benefit now can be used by somebody who leaves the Selected Reserve for the amount of time that they've served on active duty, plus four months," Bush said. Guard and Reserve members who attend regular drill

training and meetings are considered part of the Selected Reserve.

The total amount of G.I. Bill coverage for reservists is still 36 months, Bush said.

Bush said reservists normally have 14 years to use their Montgomery G.I. Bill benefits. However, that time might also be extended, he noted, by the amount of time Guard or Reserve members serve on active duty, plus four months.

To be eligible, service members must have served at least 90 consecutive days of active service after Sept. 11, 2001, in response to a presidential or congressional call-up of military forces for wartime or other emergency service.

Guard and Reserve members who served for two continuous

years on active duty in support of a contingency operation would qualify for both the Montgomery G.I. Bill and REAP and could select which program they want to use, Bush noted.

Service members can determine if they qualify for the Montgomery G.I. Bill and REAP by contacting their local education office.

*(Editor's Note: Gerry J. Gilmore writes for the American Forces Press Service.)*



An introductory computer course taught at the K-1 Iraqi Army Base in Kirkuk provides Iraqi soldiers with the basics of using a computer.

## Iraqi troops plug in to computer course

Story and Photo by  
**SGT. MICHAEL TUTTLE**  
5th Mobile Public Affairs Detachment

KIRKUK, Iraq – Some say they are intimidated. Others are afraid of the damage they may cause. However, the Iraqi army soldiers expressing their apprehension are not referring to a dangerous enemy, but a box housing a motherboard, microprocessor and RAM – items many Americans take for granted.

As computer use becomes more common throughout their army, the 4th Iraqi Army Division is getting plugged in during an introductory course, the first of its kind at any Iraqi training center, according to Lt. Col. Gerry Snell, senior advisor with the Coalition Military Assistance Transition Team. The CMATT members work as advisors to the Iraqi army at the K-1 Iraqi Army Base here.

Since the course began in September 2006, the 24 seats available in each class have filled quickly in both the three-week introductory course and the one-week leaders' course.

Capt. Samy Kadar, a supply officer at K-1, said he knew very little about operating computers

before the class. He had been keeping the supply records for his battalion by hand.

"I wanted to take the class with an instructor because I want to learn, but was a little intimidated," Kadar said. "We didn't use computers in the old army. When I used to look at it, it seemed complicated. And I didn't want to break anything. Now I feel more comfortable and can use it."

Most Iraqi army soldiers are nervous about using computers when they first come to the class, said Sgt. Ali Hussein, one of two course instructors. But after completing the course, they will be able to bring knowledge to the rest of their units.

"We start with the basics, including turning the computer on and creating a file," Hussein said. "We lead into teaching them how to use PowerPoint and Microsoft Word, Outlook and Excel."

Hussein has helped five classes complete the course so far. It's important that the entire Iraqi army be able to use computers, he said.

"Too much time was wasted before," he said. "Soon the whole army will be using computers."

# Yoder, Batton top list as 94th AAMDC's NCO, Soldier of Year

**MAJ. RICHARD A. STEBBINS**

94th Army Air and Missile Defense Command

FORT SHAFTER – Five Soldiers from the theater missile command here completed a grueling two-day competition, May 10–11, to determine who would be named the top noncommissioned officer (NCO) and Soldier.

The 94th Army Air and Missile Defense Command hosted its first annual NCO and Soldier of the Year competition, which put service members to the test in eight separate events, and included participants from Hawaii and Japan.

Sgt. Brian J. Yoder, an intelligence analyst for the 94th AAMDC, was named NCO of the Year, and Spc. Jonathan W. Batton, a crew member in the Communication Relay Group, assigned to 1-1 Air Defense Artillery Battalion in Okinawa, Japan, was named Soldier of the Year for the 94th AAMDC.

"It makes me feel good about myself and about what I can accomplish, about the different things the Army has taught

me, and that I can reproduce that in a competition," Yoder said.

"I loved it, this is the first time I have ever done anything like this," Batton said of the competition. "I feel good about doing this. Whether I won or not, just the experience I got out of this was great."

All participants were challenged physically, mentally and emotionally. The tasks gauged Soldiers' overall knowledge and ability to handle stress.

The first day started with the Army Physical Fitness Test (APFT) for each participant. Following the APFT, Soldiers took a 45-minute written test, wrote a 500-word essay and had their field equipment inspected.

The urban orienteering course took Soldiers, each wearing full combat gear, to five specified points throughout the post.

"This is more mentally demanding than physically," said Sgt. 1st Class Anthony C. Betts, Urban Orienteering noncommissioned officer in charge (NCOIC). "It comes down to, can you mentally go through the steps and get the task done to stan-

dard."

The day culminated on the rifle range at Schofield Barracks where Soldiers fired M-16 rifles during a day and night reflexive-fire course.

The reflexive-fire course is the latest concept in weapons training that uses new techniques to engage enemy combatants. It is currently being taught to all Soldiers.

The second day was emotionally challenging as all the competitors faced a board panel consisting of six sergeants major. Each Soldier was asked 18 questions from various topics, including military knowledge and current events. Soldiers were evaluated on poise, bearing and the quality of their responses.

Each event was challenging and mental and emotional stamina were just as important as physical endurance.

"It pushed me vary hard emotionally because I strive to win in everything I do," said Spc. Maribeth Richards, an intelligence analyst with the 94th AAMDC.

"Mentally, it was probably the most



Sgt. 1st Class Russell Matteo | 94th Army Air and Missile Defense Command

Sgt. April Bradley zeroes her weapon for the reflexive fire portion during the contest.

challenging, because it was hard to keep confidence when things are this hard and you have to push yourself even harder."

Sgt. Maj. Ronald L. Landry, Plans and Exercises sergeant major had a similar perspective on the competition.

"This was truly the best of the best in this unit competing with one another,"

Landry said. "All of them showed that they are well-trained and well-disciplined Soldiers."

The winners from last week's competition will represent the 94th AAMDC in the U.S. Army Pacific NCO and Soldier of the Year competition, which will be held at Fort Shafter next month.

# Local BOSS is named best in the U.S. Army

Story and Photo by

**AIKO BRUM**

Chief, Command Information

Oh, to be single. You don't have to answer to anyone, and you don't have to be responsible for anything. Not so!

Though long-held opinions about the single life, these half-truths are mixed blessings. Because everybody needs a role to fulfill, and everyone needs to be responsible at some level, the single life is both liberating and limiting.

Enter the Army's Better Opportunities for Single Soldiers program, or BOSS. It aims to capitalize on the dichotomy of being single.

"The BOSS program's mission is to enhance the morale and welfare of single Soldiers; increase retention and sustain combat readiness through community services, recreation and leisure events; and to identify well-being issues for resolution," said Tim Hipps of the Family and Morale, Welfare, Recreation Command, Alexandria, Va., in a release to the Army News Service.

"Launched in 1989," he explained, "82 programs [are] scattered throughout the continental United States, Europe, Korea and the Pacific region.

No place in the Army boasts a more effective BOSS program than U.S. Army Garrison, Hawaii (USAG-HI), which returned this week from the 2007 Army-wide BOSS forum, held at the National Conference Center, Lansdowne, Va., having captured the Best BOSS Installation-Large, the Best Event-Large (for placing peep holes on barracks doors), and the President Bush-Gold Level Volunteer Award for the second time, its first awarding in 2005.

"We have exceeded our volunteer levels. In our BOSS, we submitted 4,599 volunteer hours," said Sgt. Danielle Colson, USAG-HI BOSS president with Installation Troop Command. She explained that supporting community service projects such as Honolulu's Muscular Dystrophy Association, Wahiawa's Big Brothers Big Sisters, the NFL's Pro Bowl, and the deployed 25th Infantry Division with cookie donations were among significant contributions.

Locally, each unit provides a primary and alternate single Soldier to represent their organiza-

**SEE BOSS, A-7**



Certified Financial Planner Charla Green discusses the risks and returns for investing in stocks versus bonds during one of her Thrift Savings Plan courses at Fort Shafter.

## TSP: L-fund offers tailored investing

CONTINUED FROM A-1

to “hide” money temporarily from the IRS.

Hiding refers to the fact contributions are taken from an employee's paycheck before taxes are applied, which reduces the amount of taxable income. Tax deferred means “they're gonna get you later,” Green said, referring to the fact that TSP investments are taxed upon withdrawal.

However, she constantly reminded students, paying tax on an investment once is still better than paying twice.

Though not part of the TSP program, Green also addressed questions concerning Roth IRAs, which are another means of protecting investments from being taxed twice.

Without sounding too much like a TSP cheerleader — though she did claim to “love” the program during the class — Green espoused other benefits of the plan such as the ultra-low management costs and loans.

For management fees, she recommended that employees not spend more than \$1 for every \$100 invested.

For example, investment fees in a similar set of funds through Vanguard, which is one of the cheapest funds, cost approximately 18 cents for every dollar. TSP's fees are less than five cents, Green said.

Green also spent a portion of the class describing TSP's Lifecycle or “L” funds.

L funds diversify a participant's investments through a mix of stocks and bonds based on his or her time horizon, and attempt to provide the highest possible rate of return for the amount of risk taken.

For example, the L fund for a person with a time

horizon of 2040 would contain a greater percentage of stocks, which are usually more volatile, than a person with a shorter time horizon. The latter person's L fund would contain a large portion of more conservative bonds.

The investor with a more distant time horizon could withstand greater market fluctuations, compared to an investor who is retiring soon and is primarily concerned with asset preservation.

Investments in an L fund are automatically shifted from growth to asset preservation as the time horizon approaches.

Still, regardless of a participant's time horizon, the retirement age seems to be subjective.

“When do you retire?” one woman asked another as the class began.

“In four years, but I'm not ready,” said the second woman.

“Yeah, you gotta have funds to retire,” the first woman said, laughing. “That's why you came to this class.”

Green will offer additional TSP courses in late July and early August. According to Laurie Dieckhoner, human resource specialist at Fort Shafter's Civilian Personnel Advisory Center, information on these and additional courses will be released to training coordinators in the near future.

*(Editor's Note: Course caveat, sign up extremely early if you wish to take the course. Though nearly 40 employees attended the class mentioned in this article, the waitlist was more than 30 names deep. Employees who registered for the course more than one month in advance, author included, were not selected for the course.)*

## News Briefs

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 18 / Today

**PCR Closure** — The Post Conference Room, Building 584, Schofield Barracks, will remain closed until further notice. The facility sustained significant water damage caused by a heavy rainstorm. Meetings that normally take place at the PCR will be rescheduled. Call 393-3332 for details.

### 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. 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. Don't miss them this weekend and next week at the following locations:

- Today, 1 p.m., USS Missouri
- Saturday, 11 a.m., as part of Living History Day at the U.S. Army Museum, Fort DeRussy
- Sunday, May 20, at 7 a.m. USS Arizona Memorial, and 1 p.m. Pacific Aviation Museum
- Wednesday, May 23, at 4:30 p.m., Schofield Barracks' Sills Field.
- Friday, May 25, at 8 a.m. for a morning colors ceremony at Marine Corps Base Hawaii, Kaneohe

For more information, contact Sgt. 1st Class Michael McClaran at 387-5818.

### 21 / Monday

**Military Stars Job Fair** — Looking to start a new career? Come to the Hyatt Regency Waiki-

ki May 21, from 11 a.m.–5 p.m., for the Military Stars Job Fair. Visit [www.militarystars.com/career\\_expos\\_honolulu.htm](http://www.militarystars.com/career_expos_honolulu.htm).

### 24 / Thursday

**Asian-Pacific Observance** — U.S. Army Pacific will sponsor an Asian-Pacific Observance with cultural performances, art, cuisine and displays, May 24, from 11 a.m.–1 p.m. at Fort Shafter Flats Parade Field. Contact Sgt. Maj. Balag, 438-8673, or Master Sgt. Gordon at 438-2419.

### 26 / Saturday

**Picnic, Pool & Penguins** — Come join the Army community for an evening of fun for the entire family, May 26, from 5–9 p.m. at Richardson Pool and Sills Field.

The event will feature an open swim, a nickel dive, door prize give-a-ways, and free hot dogs, chips and drinks (while supplies last) during a showing of “Happy Feet.” Call 655-0112.

### 27 / Sunday

**Memorial Day Observances**

— Honor service members, both past and present by celebrating Memorial Day Sunday and Monday at a variety of locations around the island, including:

- 10 a.m. at World War I Memorial Natatorium, Waikiki
- 10 a.m., Pacific American Foundation at National Memorial Cemetery of the Pacific (Punchbowl)
- 1 p.m., Boy Scout Good Turn Ceremony at Punchbowl
- 6 p.m., Vietnam Veterans Memorial Ceremony at Punchbowl

### 28 / Monday

**Remembrance Ceremony** — The following events are also taking place in observance of Memorial Day:

- 9 a.m., Mayor's Ceremony at Punchbowl
- 11:30 a.m., Remembrance Ceremony at Schofield Barracks

Post Cemetery. Col. Howard J. Kilian, commander, U.S. Army Garrison, Hawaii, will be the keynote speaker.

• 1 p.m., Governor's Ceremony at Hawaiian Memorial State Cemetery, Kaneohe.

## June

### 4 / Monday

**Advisory Meeting** — The Schofield Barracks Post Exchange/Commissary/Nehelani Advisory Council will meet June 4 in the Koa 1 Room of the Nehelani, Schofield Barracks, from 10:15–11:15 a.m. The bimonthly forum provides an opportunity for patrons to share their ideas with representatives from these facilities. Call Melvin Wright, 655-0497 for more details.

**556th PSB notice** — The 556th Personnel Support Battalion will be minimally staffed from June 4–22, due to Personnel Service Delivery Redesign (PSDR) at Schofield Barracks. Customers of 556th PSB can expect longer waiting periods and limited services during this time.

Contact CW02 McDonald at 655-4829 for more information.

### 5 / Tuesday

**Garrison Organizational Days** — Come enjoy a week of fun-filled events during Garrison Organizational Days. Activities, which run Tuesday–Friday, June 5–8 include the following:

- 5K Fun Run/Walk — Tuesday, 7 a.m. Call 655-8789.
  - Golf — Wednesday, 11:30 a.m., at the Leilehua Golf Course
  - Bowling — Thursday, 12:30 p.m. at Fort Shafter, 2 p.m. at Schofield Barracks
  - Picnic — Friday, from 8:30 a.m.–3 p.m. at Schofield Barracks' Bowen Park
- Call Project Manager Kathy Giannetti, 655-0110, for details.



**ARMY'S BEST BOSS-LARGE.** The Better Opportunities for Single Soldiers council — clockwise from left, Sgt. Melinda Starks, vice president; Shelly Leslie, Morale, Welfare and Recreation adviser; Command Sgt. Maj. Edmond Murrell, senior enlisted adviser; and Sgt. Danielle Colson, president — assemble for a souvenir photo with their awards.

# BOSS: Most anyone able to participate

CONTINUED FROM A-5

tion during BOSS meetings, which are held the last Friday of each month at the Schofield Tropics. A council, comprised of a president, vice president, senior enlisted adviser, and a Morale, Welfare and Recreation (MWR) adviser, leads them.

Of the 7,652 single Soldiers in Hawaii, according to Shelly Leslie, MWR adviser, about 125 reps meet and decide what leisure activities or community-service projects will supplement their off-duty hours.

All Soldiers, male and female of any rank or age, may participate in BOSS. Leaders "want to correct the misperception that BOSS exists only for single, lower-enlisted Soldiers," stated Hipps to the Army News Service.

Service members in all branches of Hawaii's military, senior Soldiers and junior officers, plus dual-military Soldiers and family mem-

bers who "become 'single' or geographical bachelors through deployment or permanent change of station ... benefit greatly from BOSS support," Hipps stated.

"[Locally,] sometimes we offer free food ... to encourage participation," Leslie said, chuckling.

"Compliments of the Tropics," piped in Command Sgt. Maj. NAME Murrell, senior enlisted adviser. He added, "We only want the best reps."

Colson, who's been president for about a year, said BOSS has opened her eyes. She now knows what career path she wants to take after the Army.

"Helping people, helping the Soldiers, it all goes toward the greater cause," she said, then explained she'd like to work as an MWR adviser, whether on the mainland or deployed in Iraq.

Similarly, Sgt. Melinda Starks, USAG-HI BOSS vice president with 30th Signal Battalion, said, "I like

getting down with Soldiers and finding out about their issues and things that they like to do. I'm a real people person, especially when it comes to community service events. It's my number one thing."

Murrell complimented the council. He acknowledged that other senior enlisted advisers throughout the Army believe USAG-HI's BOSS is well organized, busy and innovative.

"This fits into what I like to do," Murrell added, "taking care of the Soldiers. A lot of these single Soldiers ... if we didn't have BOSS, they wouldn't have anything."

Leslie, who has advised many BOSS presidents since the program stood up in Hawaii in '92, gave final comments.

"At any given day or time, if a mother or father comes to me, and says 'what have you done for my daughter or son'..." she said, then faltered. "I want to say, 'this is what we have done.'"

# Volunteers making a huge difference on and off post

**AIKO BRUM**  
Chief, Command Information

Exemplary volunteers, who make a huge impact in the lives of employees and families at U.S. Army Garrison, Hawaii, received recognition for their selfless service at the installation's 25th annual Volunteer Recognition Ceremony, May 11.

Maj. Gen. William H. Brandenburg, deputy commanding general, U.S. Army, Pacific, and commander, 8th Theater Sustainment Command, commended all volunteers for their time and efforts in making Army Hawaii and its surrounding communities a better place to live. He encouraged anyone not already involved in his or her respective community to "go the extra mile and make a difference, to step up."

"Volunteerism is an American tradition; it's part of our American character," he said. "Our volunteers participate in a variety of activities all around the installation. They can be found in health clinics, libraries, arts and crafts centers, teen centers, and of course, in our family readiness groups. These individuals provide support for unit functions that would otherwise not be possible."

Extraordinary, tremendously dedicated, committed, and professional are virtuous attributes with which Yonette Davison, Army Volunteer Corps program manager, ascribed to the bulk of volunteers she manages through Army Community Service. She said their characteristics "demonstrate the tradition of excellence that ultimately makes our community a very special place in live in."



"[Volunteers gave] over a million-and-a-half dollars of labor."

— MAJ. GEN. WILLIAM H. BRANDENBURG,  
DEPUTY COMMANDING GENERAL, U.S. ARMY, PACIFIC  
COMMANDER, 8TH THEATER SUSTAINMENT COMMAND



"The Army volunteers who answered our nation's call during this past year rose to the challenges," she noted, adding it was her distinct pleasure to honor all of them.

According to Brandenburg, more than 2,600 garrison volunteers donated 87,000 volunteer hours.

"If you calculate what that would be at the standard wage," the major general said, "it's over a million-and-a-half dollars of labor that came to us."

His wife, Sybil, and Rhonda Mixon, wife of the 25th Infantry Division commanding general, joined him in presenting awards recognizing many individuals, most of them spouses of Soldiers, in five categories:

**Yellow Ribbon:** Kitty Angelucci, Sarah Alexandra, Naomi Corpening, Brenda Burnett, Virginia Gannon, Dana Johns, Wendy Lithgoe, Crystal Roberts, Tandy Ropp, Toni Ruiz, and Shauna Smith.

**Alii:** Marina Li, Jessica Swanson, Heather Ulmen, Marybeth Williams, Kerry Autry, Lisa Beatt, Christina Craft, and Christina Carl.

**Lokahi:** Mia Doyle, Eileen Grimes, Angie Lemieux, Jennifer McFadyen.

**Family of the Year:** The Fly (Ella, Jason & Colin), Hanlon (Bobbie, Randy, Cersi & Drew), Kavanagh (Mary Ann, Jamie & Emma), Miller (Christine, Kala & Jessica), Nakasone (1st Lt. Brent Nakasone, Rosemary Nakasone, Cynthia Frost & Jennifer Frost), and Rosaroso (Carolyn & Zorwell) families.

**Community Agency:** Army Community Service's Emily Harrison, the Schofield Barracks Thrift Shop's Joan Kaminski, the Hui O Na Wahine's Heather Reed, and the Main Post Chapel's Jessica Preston.

Volunteers received various awards, including a specially designed volunteer cooler tote bag with logo, certificates of appreciation, a commanding general's coin, a command sergeant major's coin, pins and placards.

# PAU HANA



# KEIKI RODEO TROTS TO SUCCESS

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer



AIMANALO — Country music rang lightly from the speakers, and miniature cowboy boots kicked up dirt on the polo fields here at the 4th annual Therapeutic Horsemanship of Hawaii's (THH) Special Keiki Rodeo and Horsemanship Competition, Saturday.

THH held the rodeo to raise awareness and financial support for its program, and to showcase young riders' talent. Charley Garrett, Hawaii country radio personality, carried the role of emcee for the event.

Nine events took place, including the trot barrel competition, in which riders performed coordinated walk, trot and canter routines, and a rodeo queen competition. All participants were rewarded with a medal. The grounds also housed a petting zoo, face painting, food, games and pony rides.

THH is a 501(c)(3) charitable foundation specializing in riding instruction for the disabled, with programs and instructions for riders of any ability. The foundation's goal is to improve the minds and bodies of each rider, using horses as therapy tools.

The faculty consists of one executive director and the remaining are 100 percent volunteer, including a board of directors and several instructors. The facility currently holds 12 horses and one donkey.

Dana Vennen has been with the organization for 12 years, stepping into the position of executive director last year.

"This particular event is special because a lot of these kids have never had an opportunity to do something and have a crowd of people clap for them," Vennen said. "The basic recognition does wonderful things for their emotional state."

The THH brings a diverse and quaint group to the many programs it offers, including riding lessons and summer camps. The organization prides itself on being a family-oriented operation.

According to a poll taken by board of directors' member and instructor, Sue Szanyi, about 35 percent of the participants are part of the military ohana.

"We work so close with the children and their families; we really get to know them," Szanyi said. Autumn Gerber, wife of Spc. Gene Gerber, A Company, 3rd Brigade Special Troops Battalion, enrolled her young son, Brein, about four months ago.

"Brein suffers from autism; this has definitely helped him focus," Gerber said.

The shy 6-year-old gazed at the horses as he clutched to his mother's leg. His father is currently serving in Iraq.

"This program has helped with his father being gone. It is something to grab his attention and help him cope," Gerber said. "This has made the deployment fly by a little faster," she said as she patted Brein's head.

Lt. Col. Robert Torres, Headquarters and Headquarters Company, 25th Infantry Division, leaned against the rodeo fence and proudly watched his daughter, Michelle.

The bright-eyed 8-year-old rode her horse through the obstacle course competition with a permanent smile on her face. As she crossed the finish line, her hands flew up and she let out a gleeful "I did it!"

Torres, who had returned home for a few weeks of "rest and recuperation" leave, has not seen his daughter ride in almost a year.

"It's a great feeling being back and seeing her ride again," Torres said.

Michelle has been using horseback riding as a therapy tool since the age of 1, when a speech therapist recommended it to the Torres family. This is Michelle's 4th THH Keiki Rodeo event.

Vennen worked closely with Michelle and all of the children involved in preparation for the rodeo.

"Both the children and

the horses work so hard. To get on a horse and ride is physically and emotionally amazing," Vennen said. "The confidence that they can gain from this is impressive, even more so than the physical benefits."

She stressed the importance of financial support and hours of hard work provided by the many volunteers.

As the rodeo ended, more than 40 children wore ribbons around their necks, faces full of paint, and many more held hand-colored stick ponies. The crowd cheered for the children and smiles were worn by audience members and participants alike.

Vennen spoke with heart-felt emotion as she addressed the crowd.

"[The children] practice so much, and in their hearts they really have the horses with them... This takes guts, and they have them," she said.

As the crowd cheered once again, Vennen exclaimed, "This is such an amazing program!"

The keiki, parents and horses all nodded in agreement.



Left to right — Drill team members Savannah F. and Sarah T. flawlessly perform a coordinated walk, trot and canter routine at the Keiki Rodeo. The two riders, along with a third rider, not pictured, have been practicing this routine for months.



Keiki stand in line for decorative body paint. Face painting was one of many activities for children and families at the Keiki Rodeo.

**Become a volunteer!**

THH can use both experienced and inexperienced horse people to help with the program. Visit the Web site at [www.thhwaimanalo.org](http://www.thhwaimanalo.org), download a volunteer manual and form, or contact Dana Vennen (808) 342-9036 for more details.



**18 / Today**

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

Tickets are available at the box office, Monday-Friday, 10 a.m.-2 p.m., or online at [www.square-one.org/ACT/tickets.html](http://www.square-one.org/ACT/tickets.html). Call 438-4480.

**19 / Saturday**

**Living History Day** — Fort DeRussy Museum will host its 8th Annual Living History Day, tomorrow 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 (Morale, Welfare and Recreation) at the Hale Ikena, Fort Shafter, May 24 from 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. The grand prize giveaway includes



Photo Courtesy of Hawaiian Waters Adventure Park

**Par for the course**

KAPOLEI — A family enjoys a round of miniature golf at the new Hawaiian Waters Adventure Park Island Adventure Golf, a high-end miniature golf course featuring 18 holes of fun in the sun, nine 100-percent ADA-accessible holes. The course opens May 25 at 11 a.m. A full round of 18 holes costs \$6.50 for military, youth 12 and under, and senior citizens. For more details, call 674-9283 or visit [www.hawaiianwaters.com](http://www.hawaiianwaters.com).

a trip for four to Kilauea Military Camp on the Big Island. Call 438-3785.

**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 655-0111 or 655-0111.

**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.

**25 / Friday**

**Fashion & Fondue** — Blue Star cardholders are invited to "An Evening of Fashion and Fondue" at the Nehelani, May 25, 7-9:30 p.m. Spouses will enjoy cheese and chocolate fondue, no-host cocktails, and upcoming summer fashions provided by Arden B, Ann Taylor, American Eagle, Cinnamon Girl, Hilo Hattie and Bridal Emporium. Free child care will be provided

courtesy of Army Hawaii Family Housing. Cost is \$15 for Blue Star cardholders and \$18 for their guests. The Blue Star card program is available to spouses of deployed Soldiers. Call 438-2911 or 655-0112.

**Hawaiian Luau Lunch Buffet**

— Enjoy the "ono" taste of a traditional Hawaiian style feast, 11 a.m.-1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m.-2 p.m. at the Schofield Nehelani.

Cost is \$9.95 per person. Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or more information.

**June**

**1 / Friday**

**July 4th Picnic Sites** — Picnic sites for the "Fourth of July Spectacular" can be reserved for \$60 beginning June 1, 9 a.m., at the Leisure Activities office, Kaala Community Activities Center. The 20-by-25 foot sites will be located on the perimeter of Sills Field. These areas are the only areas authorized for cooking on grills. Call 655-0111 or 655-0112.

**Ongoing**

**Newcomers' Orientation**

New to Hawaii? Come join the fun at an Army Community Service (ACS) weekly orientation workshop. Learn about community resources and Hawaiian culture.

Workshops are held every Tuesday, from 8:15 a.m.-2:30 p.m. at the Schofield ACS. Free child care is provided from 8:30 a.m.-2:30 p.m. for children enrolled in CYS. Call 655-5314 to register for child care and 655-4227 to register for the workshop.

**Video Messenger**

— Deploying Soldiers are invited to participate in the "Read to the Kids" pre-deployment program at Sgt. Yano Library, Schofield Barracks. DVD or VHS recordings will be made of Soldiers reading their child's favorite stories.

This video messenger can also be used to record birthday, anniversary and holiday messages. To make an appointment, call 655-8002.

**SKIES Unlimited**

— Music Lady School of Music is offering classes in piano, vocal training, flute, recorder and violin for bud-

ding musicians through Schools of Knowledge, Inspiration, Exploration & Skills (SKIES) Unlimited.

Classes are available at the Schofield Barracks and AMR Youth Centers. Private lessons are \$95 per month and group lessons are \$55 per month. Call 655-9818.

**Arts and Crafts Center**

— Need a gift fast? Stop by the Arts and Crafts Center and choose from a variety of island crafts, including mirrors, baskets, woodcrafts and more. Call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

**DoD Employees**

— Don't have the time to take your auto in for an oil change, tire rotation or balancing? The staff at the Auto Craft Shop does.

The craft shop can complete these jobs and many other services during regular workdays. Call 655-2271.

**Sunday Brunch**

— Experience a delightful meal featuring popular brunch menu favorites at the Kolekole Bar & Grill, Schofield Barracks, from 10 a.m.-2 p.m., or at Fort Shafter's Hale Ikena from 10 a.m.-1 p.m. Cost varies by location and children's pricing is available. Call the Hale Ikena, 438-1947 or the Nehelani at 655-4466.

**Community Calendar**

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**May**

**18 / Today**

**Battleship Missouri** — "You're Darn Tootin' We'll Keep 'em Shootin'" and "Remember Pearl Harbor/Purl Harder" are just a few of the World War II posters that helped to mobilize a nation to produce for victory. Through July 14, the Battleship Missouri Memorial will host "Produce for Victory," a traveling exhibit organized by the National Museum of American History, Smithsonian Institution, and the Smithsonian Institution Traveling Exhibition Service (SITES) that showcases posters from the 1941-1945 American home front. No admission fee is required to access this exhibit at the Missouri. However, roundtrip transportation, \$3 per person, is provided via air-conditioned motor coaches directly from the USS Bowfin Submarine Museum and Park for visitors who do not have ID card access to Ford Island. Shuttle service is also complimentary with purchase of admission.

The Battleship Missouri Memorial is open daily from 9 a.m.-5 p.m. General admission is \$16 per adult; \$8 per child 4-12; \$10 per military and kamaaina; and \$5 per their children.

Guided tours are additional. Call toll-free 1-877-MIGHTYMO (1-877-644-4896) or visit [www.ussmissouri.org](http://www.ussmissouri.org).

**19 / Saturday**

**Crater Celebration** — Tomorrow's Diamond Head Crater Celebration will present non-stop entertainment, beginning at noon, with the Crater Cabaret Stage kicking off festivities. According to producer Ron Gibson, the Crater Cabaret will feature music by blues performer Boogie, the mellow sounds of Johnny Helm, the reggae of Natural Vibrations and the rockin' fun of

Downtown Charlie and the Humbones.

Gibson has announced the schedule on the main stage, where festivities will begin at 2 p.m. with a blessing and performance by singers and dancers from the Polynesian Cultural Center. The line-up then shows:

- 2:30 p.m., Yvonne Elliman
- 3:30 p.m., Mick Fleetwood's Island Ru mours Band
- 5 p.m., Earth, Wind and Fire
- 6:50 p.m., Gregg Rolie Band

A live auction of music memorabilia and signed items will take place prior to the Earth, Wind and Fire segment.

Tickets are \$69 general admission, and \$99, \$135, \$150 and \$175 reserved. They are available at all Times Supermarket Ticketmaster outlets and the Blaisdell Box Office, toll free at 1-877-750-4400 or online at [www.ticketmaster.com](http://www.ticketmaster.com).

All tickets include reserved parking at convenient auxiliary lots and roundtrip shuttle into the Crater. No walk-ins will be allowed, but tickets will be available right up until showtime; the Waikiki Shell Box Office will be open from 9 a.m.-5 p.m., today and Saturday (no service charge) for sales and will call.

Call the hotline at 735-7000 or visit [www.crater-celebration.com](http://www.crater-celebration.com).

**Oh Baby!** — The 10th annual "New Baby Expo," Hawaii's largest prenatal to preschool exposition returns to the Neal S. Blaisdell Center exhibition hall, May 19-20, from 10 a.m.-5 p.m. The week-end 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 may be purchased at the box office.

**Hawaii Book & Musical Festival** — The second annual festival will feature presentations by authors and illustrators, live musical entertainment, booths with local pub-

lishers 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](http://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.

**25 / Friday**

**Freedom Rally** — KHVH Radio is sponsoring a "Freedom Rally" with Sean Hannity, Newt Gingrich and Oliver North, Friday, May 25 at 7 p.m. at the Hawaii Convention Center. Tickets can be purchased through [www.premieremarketing.us](http://www.premieremarketing.us). Service members and their families can enjoy a 40-percent discount.

**31 / Thursday**

**Miss Rodeo Hawaii** — Deadline for applications to participate in the Miss Rodeo America pageant is May 31. Female Hawaii residents, 19-26 years old, who have never been married or pregnant and meet other pageant criteria, are eligible to compete. The pageant and selection will take place June 30 at Kawailoa Ranch in Haleiwa. For contest rules, contact Lu Favorito, president of the Hawaii Women's Rodeo Association, at 696-5055. Get an application form at [www.rodeoohau.com](http://www.rodeoohau.com).

**June**

**1 / Friday**

**Waikiki by Moonlight** — After a very successful inaugural event last year, Waikiki by Moonlight is back and will move to the Royal Hawaiian Shopping Center and Waikiki Beach Walk areas. To showcase the very best Waikiki has to offer, Kalakaua Avenue (between Lewers and Seaside streets) will be closed from 3:30 p.m. on event day.

The public is invited to this very special street festival under the romantic Waikiki moon from 6-10 p.m. Attractions will include stellar entertainment, a variety of wonderful cuisine, unique art, crafts and

fashions. For more details, call Mona Wood at 218-5546.

**Sunshine Generation Hawaii**

— Give your child the summer of a lifetime when you register him or her for two weeks of accelerated courses in singing, dancing, showmanship and confidence offered by Sunshine Generation Hawaii, by June 1. Bonus workshops are also available for hula, acting, music theory and more.

Two locations provide activities: the Catlin Community Center at 3144 Nimitz Rd. and Mililani Waena Elementary School at 95-502 Kipapa Dr.

Sunshine Generation is open to all boys and girls, ages 3-16. The program costs \$125, \$100 for each additional child. Call 489-1998 or visit [www.Sunshine-Hawaii.net](http://www.Sunshine-Hawaii.net) for more details.

Also, register for performances at Hawaiian Waters Adventure Park, with free all-day park admission. Session 1 (June 11-23) and Session 2 (July 9-21) will meet from 5:30-7:30 p.m.

**6 / Wednesday**

**Pacific Aviation Museum** — Join the museum Wednesday, June 6, 6-7 p.m., to discover the miracle of the Battle of Midway and the myths and mysteries that surround it. The museum is hosting a special after-hours tour of the exhibit hangar followed by a lecture by Hawaii's own hometown historian and Midway expert, Alan Lloyd, from 7-8.

The Blue Heaven Café, located in the museum, will be open for dinner before and after the lecture. Make reservations at 441-1000 or [rsvp@pacificaviationmuseum.org](mailto:rsvp@pacificaviationmuseum.org). Costs are \$10 & \$5 for military/kamaaina and kids; \$14 & \$7, general admission.

Limited seating is available. The museum is located at 319 Lexington Blvd. On Ford Island.

**13 / Wednesday**

**Teen Programs** — The Hawaii Theatre continues its commitment to education with the new "Summertheatre 2007" program, an intensive summer drama program open to students 13-18 years old.

SEE COMMUNITY CALENDAR, B-5

**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 DeRussy Chapel, 836-4599**

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

**Fort Shafter Chapel, 836-4599**

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

**Helemano (HMR) Chapel**

- 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

**This Week at the MOVIES Sgt. Smith Theater**



**Meet The Robinsons** (G)

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



**Shooter** (R)

Saturday, 7 p.m.



**Reign Over Me** (R)

Sunday, 2 p.m.



**The Last Mimzy** (PG)

Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

# Cardio kickboxing helps deployed Soldiers stay fit

Story and Photos by

**SGT. MAURICE SMITH**

Multi-National Division North Public Affairs

KIRKUK, Iraq – Staying in shape started as a personal goal more than 10 years ago for one 38-year-old personal trainer from Oklahoma City.

Now that her passion has led her to martial arts, fitness excellence and a tone definition way beyond that of her peers, she is helping deployed Soldiers stay fit and achieve their goals here.

Tonya Monnig teaches cardio kickboxing every Monday, Wednesday and Friday in the main gym at Forward Operating Base Warrior here. The class is open to all service members and government employees who want to improve their cardio, lose weight, tone their bodies, or simply stay in shape.

"Tonya's class is great," said Staff Sgt. Lashonda Blue, training and operations sergeant, C Company (Charlie Med), 325th Brigade Support Battalion, 3rd Infantry Brigade Combat Team, 25th Infantry Division.

Blue, a fitness fanatic, joined the kickboxing class to improve her cardio and slim down after going home on leave and enjoying all of her family's home-cooked meals.



Tonya Monnig (left), and one of her high-speed fitness students, Staff Sgt. Lashonda Blue (right), take front stage to demonstrate cardio kickboxing to the rest of the class. Blue attends the cardio kickboxing class three times each week and is always at the front of the class.

"The class definitely helped with that. When you are doing this type of aerobic activity, you are prepared [for the Army Physical Fitness Test] because there are no breaks in between. You are constantly moving," said Blue.

For one-hour-and-30 minutes straight, Soldiers execute jumping jacks, kick, punches, and a variety of dips and stretches that leave them soaked in sweat.

"It's a full-body workout," Monnig stated, while explaining what led her to Iraq and becoming a personal trainer.

Monnig is a mother of three children: daughters, Tawnee, 16; Julia, 9; and son, Christian, 12. After her second child was born, she decided that she wanted to be a mother without having to look like a traditional mother.

"I started having children, and I wanted to stay fit. I was spending so much time at the gym, so I figured I might as well get paid for it," she said.

Monnig immediately began researching and training for a future in fitness. Aside from working out like she was possessed on a daily basis, she began consulting and training with experts in martial arts and boxing.

## Businesses offer deals, discounts during Military Appreciation Month

COMPILED BY AIKO BRUM

Chief, Command Information

The Chamber of Commerce of Hawaii and the business community have joined together to honor the state's military ohana (family) with the following events.

• **Tomorrow, 10 a.m.-3 p.m. Living History Day**

The Hawaii Army Museum Society will conduct its annual Living History Day on the grounds of Kuroda Field on Fort DeRussy in Waikiki. The public is invited to visit the museum and meet with members of the society as they display military memorabilia, historic military uniforms and vehicles, and re-enact a famous military event.

The U.S. Army's famed Fife and Drum Corps from Washington, D.C., will be in Hawaii and is scheduled to present a special performance that day. This event is also free and open to the public.

• **Tomorrow, 7-8:30 p.m. Combined Military Band Concert**

The chamber and AT&T Hawaii will once again host the Combined Military Band Concert at the historic Hawaii Theatre in downtown Honolulu. Hawaii's mul-

ti-talented musicians from the bands for the Army, Navy, Air Force, Marine Corps, Coast Guard, and Hawaii National Guard combine their talents in a specially produced concert for the public to enjoy.

This concert will feature a variety of music, ranging from popular military marches to traditional American favorites. The concert is open to the public and free tickets may be picked up at the Hawaii Theatre office or the chamber.

• **Tomorrow, 11 a.m.-1 p.m. StorSecure Celebration**

StorSecure Self-Storage, Kapolei, invites the public to attend its free Military Appreciation Celebration at 543 Farrington Highway, behind Burger King in Kapolei. The entire family will enjoy entertainment, games, prizes, a SpongeBob SquarePants inflated "bounce house," a money machine, and much more.

• **Thursday, May 24, noon-1:30 p.m.; Military Recognition Luncheon**

Businesses are encouraged to invite their employees and military friends to attend the annual Military Recognition Luncheon, which is being held at the Hilton Hawaiian Village Hotel. Sponsors will

present community service awards to members of the Army, Navy, Air Force, Marine Corps, Coast Guard, and Hawaii National Guard.

Business-sponsored tables and tickets may be reserved at [www.cochawaii.org](http://www.cochawaii.org). Call Kyle Okumura at 545-4300, ext. 317.

• **Throughout May Battleship Missouri**

The Battleship Missouri Memorial will offer 50-percent off all tours to active duty, reserve and retired U.S. military personnel with purchase of admission. To qualify, service members and families must present a valid ID card when purchasing tours in advance through Morale, Welfare and Recreation outlets.

Military members dressed in uniform receive complimentary admission year-round at the memorial's gate.

The Battleship Missouri Memorial is open 9 a.m.-5 p.m., seven days a week. General admission is \$16, adults, and \$8, kids 4-12. Military and kamaaina (locals) rates are \$10, adults, and \$5, kids. Call toll-free at 1-877-MIGHTYMO or 1-877-644-4896. Visit [www.usmissouri.org](http://www.usmissouri.org) for more on the USS Missouri.

• **Throughout May Castle Resorts & Hotels**

Castle salutes the armed forces with a special promotion from May 1-June 30. As its way of saying thanks, Castle is offering an additional 10-percent off its already discounted military rates on new bookings for travel at all of its resorts and hotels in Hawaii and Saipan.

Rates starting from \$81 on the Big Island, \$125 on Kauai, \$98 on Maui, \$80 on Molokai, \$62 on Oahu and \$89 on Saipan apply. Visit [www.CastleResorts.com](http://www.CastleResorts.com) for more details, or call toll-free 1-800-367-5004 and ask for the "Military Appreciation" promotion.

Guests must provide a valid military ID card upon check-in to qualify for this special promotion, and rates are not combinable with any other special offers. Rates are based upon availability; and some restrictions may apply.

• **Throughout May Goodwill Industries**

Service members can receive 20 percent off all merchandise at Goodwill locations around the island during the month of May. The 20 percent discount supersedes

all other discounts and cannot be combined with any other sale prices.

• **Through May 20; Dixie Grill**

Located at 404 Ward Ave., Dixie Grill pays tribute to "heroes in uniform" by offering a 20 percent discount through May 20. All uniformed personnel – military, firefighters, police officers and sheriffs – will receive the discount on all food and nonalcoholic beverages during the tribute week.

Members must wear their uniform or bring an ID card. Call 596-8359.

• **June 2, 9:30 a.m.-3 p.m. Honolulu Zoo Military Day**

The United Service Organization Hawaii, in partnership with Mayor Mufi Hannemann, the City and County of Honolulu, and the Honolulu Zoo, will once again host a Military Day at the zoo. This event promises to be a fun-filled day for service members and their families at one of Honolulu's finest attractions. The military will enjoy free admission with food, beverages and entertainment.

*(Editor's Note: Information provided courtesy of the Chamber of Commerce of Hawaii and individual sponsors.)*



# Community Sports

Send community announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## May

### 18 / 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, game care, and more.

The free, two-day classes are held Fridays and Saturdays: May 18 & 19 (Nimitz Center, second floor, Room A-212A, 1130 N. Nimitz Hwy.) and May 25 & 26 (Waialua Elem. School Cafeteria, 67-020 Waialua Beach Rd.).

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. All students are required to provide a picture ID.

### 19 / Saturday

**Hike Oahu** — Come join the Hawaiian Trail & Mountain Club on its next adventure: an intermedi-

ate hike in Tantalus, which will be a good test of your hiking savvy. Call coordinator John Hall, 377-5442, for more details.

Stay tuned for these upcoming adventures, which all begin at 8 a.m.:

- May 27, a 12-miler, Aiea Ridge, advanced hikers.
- June 2, 9-miles, Pupukea Summit, intermediate.
- June 2, 6-miles, Kaunala, intermediate.
- June 10, 6-miles, Mt. Olympus, intermediate.

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, unless otherwise noted. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://htmcclub.org> for more details.

### 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 Makapuu end of Sandy Beach Park on Kalanianaʻole Highway at 8 a.m. It should finish by noon. Cost is \$3; call Marsha at 395-9724.

### 25 / Friday

**Island Adventure Golf** — Hawaiian Waters Adventure Park will open Island Adventure Golf, a high-end miniature golf course that features 18 holes of fun in the sun, nine 100-percent ADA-accessible holes, and a putting green, all for the entire family to

enjoy, May 25 at 11 a.m.

To celebrate the newest addition to the park, the public is also invited to the grand opening, 5-7 p.m., complete with live entertainment, games, food, special guests and fun.

Military with valid ID will receive special discounted admission to the golf course. A full round of 18 holes costs \$6.50 for military, youth 12 and under, and senior citizens. General admission is \$7.50. Special group rates are available at \$5.50 per person for groups of 12 or more.

For more details, call 674-9283 or visit [www.hawaiianwaters.com](http://www.hawaiianwaters.com).

### 26 / Saturday

**Jackpot Rodeo** — The Hawaii Women's Rodeo Association will host a Jackpot Rodeo Saturday, May 26, at the Barbers Point Arena in Barbers Point. Action will begin at 10 a.m. with open, 3D and keiki barrel racing followed by pole-bending.

Admission and parking are free. Call John Teixeira at 389-9884 or visit the HWRA online at [www.rodeoohu.com](http://www.rodeoohu.com) for more details.

## June

### 3 / Sunday

**Canoe Club** — The Honolulu Pearl Canoe Club, a military-oriented outrigger paddling canoe club, is currently recruiting new paddlers of all ages, skill and experience levels for the upcoming outrigger canoe regatta season.

Regatta races are sprints ranging from one-fourth mile to one-and-a-half miles, held every Sunday from June 3 to July 22 at Kailua Beach, Keeki Lagoon, Nanakuli Beach and Waimanalo Beach. This private

organization operates on Naval Station Pearl Harbor and is open to all military and civilians.

Learn six-man, outrigger canoe paddling skills and techniques for fun or competition in a positive social environment. If you're interested in paddling, visit the Morale, Welfare and Recreation (MWR) Canoe Hale located at Rainbow Bay Marina, near the Arizona Memorial Visitor's Center, any Monday, Wednesday or Friday between 5 p.m. and sunset.

E-mail [megtoad@mac.com](mailto:megtoad@mac.com) or visit [www.honolulupearl.com](http://www.honolulupearl.com) for more details.

### 8 / Friday

**Patriot Walk Run** — The theme for this year's Patriot Walk Run is "No Veteran Left Behind," and you are invited to participate, June 16, 8 a.m.; however, entry deadline is June 8.

The 5K-course (3.1 mile) is a flat, fast run around Iroquois Point Island Club, which finishes at the beach. Cost is \$17 for military and \$20 for general admission. Late entries up to race morning are \$25.

Prizes will be awarded in many age and gender categories. For more details, call the Island Club, located at 5105 Iroquois Ave., Ewa Beach, at 441-9999, or visit [www.islandclubhawaii.com](http://www.islandclubhawaii.com).

All proceeds go toward helping veterans get off the streets or finding an affordable place to stay.

### 10 / Sunday

**Volksmarch** — Menehune Marchers are sponsoring a 10K Mililani Mauka volksmarch, or walk, June 10.

This walk will start at the Mililani Mauka Community Park (corner of Kuaoa Street and Meheula Parkway) at 8 a.m. It should finish by noon. Cost is \$3; call Carol at 626-3575.



### 21 / Monday

**Life Guarding** — American Red Cross Life Guarding classes will be held May 21-June 1, 6-9 p.m., Richardson Pool, Schofield Barracks. Class participants must be 15 years or older to attend. Cost is

\$125, which includes books, first aid, CPR for the professional rescuer, and oxygen administration training.

Swimming skills are a must. Call for reservations, 655-9698.

### 23 / 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 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.

## June

### 1 / Friday

**Swimming Pools** — Effective June 1, the operational hours for three of the four U.S. Army Garrison, Hawaii, swimming pools will be changed in order to conduct staff in-service training. Call Aliamanu (833-0255), Tripler (433-5257) or Richardson Pool (655-9698) for new hours of operation information.

## Ongoing

**Aerobic Classes** — Tripler Army Med-

ical Center (TAMC) and Fort Shafter gyms are offering \$1 per class per person aerobics classes.

At TAMC, classes offered are step aerobics and beginning to intermediate cardio-kickboxing. Classes will be held Mondays, Wednesdays and Fridays at 4:30 p.m.

At Fort Shafter, cardio-kickboxing will be offered on Tuesdays and Thursdays from 4:30-5:30 p.m. Call 433-2031.

**Muscle Moves** — Tone your muscles using a variety of equipment, including bands, dumbbells, exercise balls and more. Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007.

**Wheeler Lanes Parties** — Score a strike with your friends by planning a party at Wheeler Lanes. Rent the entire six-lane bowling center on Saturdays or Sundays for birthday parties, reunions, hail and farewell gatherings, and other special occasions. Call 656-1745.

**Run/Walk/Swim Club** — Record each mile you run, walk or swim and win incentive prizes in the 100-mile run/walk and 50-mile swim clubs. Runners receive a pair of Thorlo running socks, and swimmers receive goggles.

Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914.

# Tricare avails patients HPV vaccine

CICI CEA

TriWest Healthcare Alliance

The Human Papillomavirus, or HPV infection, is a concern for girls and young women because it can lead to cervical cancer. However, a preventive vaccine is available, and that vaccine is now a Tricare-covered benefit.

The U.S. Food and Drug Administration (FDA) approved the HPV vaccine for females 9 to 26 years of age to prevent cervical cancer caused by HPV. The Centers for Disease Control and Prevention (CDC) recommends a three-dose schedule for the HPV vac-

cine, with the second and third doses administered two and six months after the first dose.

Routine vaccination for girls 11 to 12 years old is also recommended.

Because the vaccine is new, it may not be available everywhere. Also, the vaccine does not protect against every type of HPV infection and can't prevent all cervical cancers. It is still vitally important to get regular gynecological exams and pap smears.

## HPV & Cervical Cancer

The CDC reported that in 2006, approximately 9,700 cases of cer-

vical cancer were diagnosed in the United States, and approximately 3,700 women died from the disease.

Cervical infection with HPV is the main risk for cervical cancer, as HPV can cause changes in the cervix. In fact, nearly all cervical cancer cases are associated with an HPV infection.

Tricare West Region beneficiaries interested in obtaining the HPV vaccine should contact their physician to find out if they administer the vaccine. Call TriWest Healthcare Alliance at 1-888-TRIWEST (874-9378).

rides, games, military displays, contests, a nightly fireworks show, and much more. Also, if you're interested in competition and contests, sign up for the BodySearch and/or Bathtub Regatta.

Anyone with a DoD ID card can purchase tickets through the Information, Tickets & Tours offices at MCBH K-Bay, Camp Smith, MWR Navy Region Hawaii, or MWR Army Hawaii. Two types of presale tickets will be sold at these locations: the \$20 concert/carnival ticket and a \$5 ticket, which does not include concert admission.

Tickets purchased are good for any day's admission, but for one-time admission. Re-entry is not permitted, and concert admission tickets are \$25 at the gate.

Get the full lineup of weekend events and other contests online at [www.bayfsthawaii.com](http://www.bayfsthawaii.com).

## 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](mailto: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 behind Register #1. Call Susan Sturgeon-Campbell at 655-6886 for more information.

**Hawaiian Waters Adventure** — Hawaiian Waters Adventure Park will keep its guests cool this summer with the addition of two new features: a Giant Tiki and Tipping Tiki Cones. The Giant Tiki dumps more than 500 liters of water onto guests below, while Tipping Tiki Cones splashes water onto keiki for cool and exciting fun.

Hawaiian Waters Adventure Park features a variety of unique water rides and attractions for all ages, along with multiple dining options. Weekday admission is \$35.99 for adults and \$25.99 for children, with discounts available for military, kamaaina, groups and seniors.

Annual passes are available. Visit [www.hawaiianwaters.com](http://www.hawaiianwaters.com) or call 674-9283.

**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. Canned goods, frozen food, dry goods and personal care items are accepted. Call 624-5645.

# Beneficiaries not immune to being identity theft victims

MICHAEL ELLIOTT

Tricare Management Activity

Medical identity theft is a hidden crime on the rise that often goes unnoticed and of which victims seldom report.

As a Tricare beneficiary, you are not immune to this crime. Medical identity theft and fraud occurs anytime someone other than you uses your name or uniformed services identification card to receive care. It may also occur if someone files a claim in your name for care or services you never received.

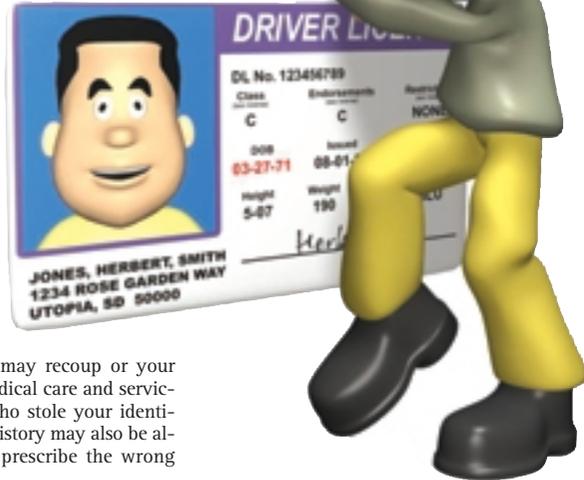
Tricare and the Defense Criminal Investigative Service collaborate to pursue and prosecute medical identity theft cases. A recent case successfully prosecuted involved a person who posed as an eligible Tricare beneficiary and used a stolen uniformed services identification card to get medical care totaling more than \$60,000.

Many medical and financial problems may occur if your medical identity is compromised or stolen. Tricare may recoup or your provider may bill you for medical care and services provided to the person who stole your identity. Your medical record and history may also be altered, causing providers to prescribe the wrong treatments or medications.

Protect yourself and your Tricare benefit. Don't give a thief a chance to steal your medical identity. Be suspicious of any person or agency who contacts you by mail, telephone or in person with an offer for "free" medical treatments or services.

Never release or share your private medical information with anyone who contacts you first, unless you or a person designated to act on your behalf initiated the contact by calling one of the toll-free Tricare numbers or by visiting the Tricare Web site.

Whenever you receive an explanation of benefits, be sure to read it. Make sure it reflects the care or services you or your eligible family member re-



ceived. If it doesn't reflect the services, contact your Tricare claims processor or insurance provider for help.

Report medical identity theft or fraud to Tricare by mailing a letter to this address:

Tricare Management Activity  
Attn: Program Integrity Office  
16401 East Centretech Parkway  
Aurora, CO 80011-9066.

You may also report medical identity theft or fraud by calling 1-303-676-3824, sending a fax to 1-303-676-3981, or e-mailing [fraudline@tma.osd.mil](mailto:fraudline@tma.osd.mil).

## USE YOUR HEAD



## WEAR A HELMET