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Sgt. Maj. Billy Thompson serves 31 years, 15 of them with the Tropic Lightning Division

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Every Soldier is a warrior no matter the career field

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JROTC cadets put classroom discussions and themselves to the test

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

Spc. Charles Canady, holding shield, and Sgt. Jason Jinks, 13th Military Police Detachment, Special Response Team, prepare to move out during a Patriot '08 antiterrorism exercise at Sgt. Smith Theater, Schofield Barracks, April 24.

## Patriot '08 battles terrorism

STAFF SGT. CRISTA YAZZIE  
U.S. Army, Pacific, Public Affairs

SCHOFIELD BARRACKS — Two military and garrison policemen run past a demolished barracks and courtyard strewn with lifeless bodies to the aid of the only Soldiers moving.

They quickly administer first aid and call for back-up. Within minutes, Hawaii firefighters, ambulances, and more reinforcements arrive to help.

This scenario was only the beginning of

one of many simulated reactions to terrorism during Exercise Patriot 2008.

The annual event linking joint military personnel together with federal, state and local Hawaii agencies occurred April 23-25.

Patriot 2008 was staged throughout the County of Honolulu, at Schofield Barracks, Fort Shafter and Tripler Army Medical Center.

"This exercise is designed to help emergency response providers, law enforcement and security officials prevent, prepare for, respond to, and recover from all hazards in-

cluding terrorism," said Bill Laffea, lead planner and lead controller. "We do this by constantly striving to improve our performance by specifically targeting our capabilities and enhancing those capabilities through training."

This training involved everyone from firefighter to explosive ordnance disposal personnel in working through simulated bombings of barracks, suicide bombers and similar situations.

SEE ATX, A-8

## 500th MI Bde. names its NCO, Soldier of Year

SGT. FIRST CLASS SHERYL LAWRY  
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — That time of the year is here when noncommissioned officers and Soldiers across the Army square off against their peers to see who will be named the 2008 Noncommissioned Officer (NCO) and Soldier of the Year for their respective units.

At the 500th Military Intelligence (MI) Brigade (Bde.), seven men and one woman rose to the occasion. They competed against each other with their physical prowess, professional military bearing, and expert warrior skills. Both NCOs and Soldiers participated in the Army Physical Fitness Test, Land Navigation, and road marching weighed down by a 30-pound back-pack.

This year's competition was unique. Two competitors travelled from Camp Zama, Japan, to participate, and a female contestant kept her opponents on their toes in the normally male-dominated challenge.

After a week of competition, Sgt. Robert Berry earned 500th MI Bde. 2008 NCO of the Year and Spc. Thaddeus Morris came out as 500th MI Bde. Soldier of the Year.

In a continuing trend, both Soldiers are from the 732nd MI Battalion, like last year.

Next up for Berry and Morris is a trip to South Korea where they will go head-to-head with their peers from around the Pacific to compete for the title of Pacific Region Intelligence and Security Command NCO and Soldier of the Year.

#### RELATED STORY

•Competition for NCO and Soldier of the Year heats up at the 25th Infantry Division. See A-6.

## Holocaust survivor shares experience with Army

Story and Photo by  
KYLE FORD  
News Editor

SCHOFIELD BARRACKS — Members of the Army community were presented with the living history of the Holocaust this week in the form of Holocaust survivor Dr. Robert Fisch, M.D.

He spoke of his experience during World War II at schools and to Soldiers on Hawaii in commemoration of the Days of Remembrance observance in memorial to the victims of the holocaust.

A doctor and an artist, Fisch revealed his story through his book *Light from the Yellow Star: A Lesson of Love from the Holocaust*.

"I'm here to tell you my story and my experience," Fisch said at Wheeler Middle School, Monday. "I'm not here as a Jewish representative or to tell you these are how all people feel. This is my story."

He told of his childhood in Budapest and how everything changed when the Germans occupied the cities of Buda and Pest. He told how the Jews were made to wear a Yellow Star, five inches big, on their clothes. Shortly after, the German soldiers took all their possessions and relocated them to ghettos, often with five families to a room.

"One day a man came to the ghetto and told of trains where Jews were loaded in shoulder to shoulder and locked from the outside," recounted Fisch. "It was then I knew that it wasn't just that the Germans didn't like us; they were going to kill us."

He told of working on a detail for the most dangerous types of work like digging



Holocaust survivor Dr. Robert Fisch, M.D., speaks with Martin Cusatti at Wheeler Middle School, Monday.

out unexploded bombs. He shared the unimaginable cruelty soldiers displayed toward Jews. In three months, he said, 280 men were reduced to 120.

"When I got out of the camps, I wanted to kill all the Germans," Fisch said. "Then on encountering my first German as a free man, I had to make a choice. He was dirty and hungry, begging for food. I asked myself whether I should do to him, what they had done to us, or if I should do what my father would do... I gave him some food."

Fisch wrote his book to show that good can be learned from even the worst of human tragedies.

SEE HOLOCAUST, A-8

## Hawaii to hire Soldiers

LT. GOVERNOR DUKE AIONA  
State of Hawaii

HONOLULU — Hawaii recently joined Wisconsin as the only two states to launch a program with the U.S. Army designed to help fill state government vacancies for highly skilled workers.

The PaYS program, which stands for Partnership for Youth Success, will provide a steady

stream of new talent from the U.S. Army to fill critical positions in our state government.

As part of this initiative, we have developed an Internet-based recruiting program

that could incorporate the Army's PaYS program. In turn, the Army has created a Web page for Soldiers to have around-the-clock access to detailed information about potential careers with our state, so they can undergo training while in the Army.

The PaYS program attracts potential civil service personnel who would be familiar with our state's job duties and requirements, who are also trained prior to the completion of their military service obligations, so they're ready to hit the ground running.

What is exciting about this program is, it not only adds a great recruiting partner to our side, but it also provides Hawaii with a pipeline of highly skilled workers to meet our most important hiring needs.

For example, the number of vacancies for our civil service jobs rose 31 percent between fiscal years 2006 and 2007, from 1,056 in 2006, to 1,382 in 2007.

Nine months into this current fiscal year, which began July 1, 2007, the number of vacancies for our civil service positions stood at 1,296, which means we still have a lot of work to do.

These positions are critical for us to fill, and they're difficult to recruit for, especially considering how we continue to have a low unemployment rate.

To give you a better idea of what we're looking for, we're trying to fill positions that include engineers, mental health supervisors, program specialists, adult corrections officer recruits, registered nurses, information technology specialists, speech pathologists, and many others.

The important point here is that we're rethinking our hiring needs. We need to fill these critical positions with qualified and motivated people. And that is what is so special about this agreement.

Our administration is committed to providing the best possible government services, and this new program will help us meet that end. We appreciate the U.S. Army for enabling us to tap into its trained and tested talent pool.

## Quad renovation receives award, praise from historical society

STEFANIE GARDIN  
U.S. Army Garrison, Hawaii, Public Affairs

SCHOFIELD BARRACKS — Old photographs are fun to look at because they show how people and places have changed over time. However, if you compared an old photo of Schofield's historic troop barracks (known as the quads) to the actual buildings today, you would be hard-pressed to tell the difference.

The Army and the Historic Hawaii Foundation couldn't be happier.

The Historic Hawaii Foundation presented U.S. Army Garrison, Hawaii (USAG-HI) with a Preservation Honor Award, Thursday, for the garrison's rehabilitation of Schofield's historic Quads C and E, which date to 1916 and 1920, respectively.

"The recipients of the awards demonstrate various ways to make history come alive and to create tangible connections between the

past and the present," Kiersten Faulkner, executive director of the Historic Hawaii Foundation, said in a release. "While each project is different, all are exemplary in demonstrating how preservation builds community."

The rehabilitation effort maintains the barracks' historic significance while, at the same time, providing Soldiers with all the modern conveniences in the interior renovations.

The U.S. Army Corps of Engineers (USACE), as well as contractors Nan Inc., Mason Architects Inc., and Architects Hawaii, were also honored for their support.

"We're very proud of the preservation work done by our contractors and our project managers for the U.S. Army Garrison, Hawaii, in the rehabilitation of these historic quads," said Lt. Col. Charles H. Klinge, com-

SEE QUAD, A-8

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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 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

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Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156.

## 45 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 4/30/08.

# Units now eligible for combat action streamer

### ARMY NEWS SERVICE News Release

WASHINGTON — Army units that have been deployed in support of combat operations now have a new way to be recognized: the Combat Action Streamer (CAS).

Secretary of the Army Pete Geren approved creation of the CAS on Oct. 13, for units that have served or are serving in a theater of combat operations. The award is retroactive to Sept. 18, 2001, for units meeting the criteria.

If 65 percent or more of the Soldiers in a unit have been awarded the Combat

Action Badge, then that unit can display the CAS with its distinctive flag or guidon. The qualifying percentage is based on the unit's authorized strength, Human Resource Command (HRC) officials said.

For the war on terrorism, only one streamer will be authorized per unit, regardless of the number of times a unit deploys, or whether it deploys to Iraq and Afghanistan, HRC officials said.

In the future, a streamer will be awarded to a unit for each separate war or military operation in which the criteria for the award have been met., officials said.

Commanders of battalions, groups, regiments and brigades are authorized to award the CAS to companies under their commands. The award can be made during the period of military operations against an armed enemy and for one year thereafter.

During the same period, commanding generals of divisions, corps and armies are authorized to award CASs to separate platoons, detachments, battalions, groups, regiments and brigades under their command when all criteria are met.

Requirements and restrictions for displaying streamers are governed by chapter

9, Army Regulation 840-10, Flags, Guidons, Streamers, Tabards, and Automobile and Aircraft Plates, November 1, 1998.

Other regulations containing award criteria are AR 600 -8-22, Military Awards, Dec. 11, 2006 and AR 870-5, Military History: Responsibilities, Policies, and Procedures, September 21, 2007.

Units are encouraged to plan and execute ceremonies for the awarding of the CAS, Army officials said, adding that they can also ask the surrounding community, including the local media, to join in the ceremony.

## Single Soldiers learn relationship skills

### PFC. JAZZ BURNEY

3rd Infantry Brigade Combat Team Public Affairs

WAIKIKI — The Soldiers of the 3rd Infantry Brigade Combat Team (3IBCT) conducted a Single Soldier Retreat at the Hilton Hawaiian Hotel, April 23-24.

"This retreat was geared toward giving Soldiers the tools to be placed in their kit bags to assist in successful relational living," said Chaplain (Capt.) Roger Taylor, 3rd Squadron, 4th Cavalry Regiment, who was the goal setting instructor of the seminar.

"Realization and understanding of self and whom God created one to be is a prerequisite to one's success in a premarital relationship and during marriage," the chaplain said.

The efforts of Chaplain (Capt.) Chuck Popov, 2nd Battalion, 27th Infantry Regiment, and Taylor produced a successful retreat.

"From a chaplain's perspective, one has to be complete in him or herself before beginning a premarital or marital relationship," said Popov. "In the Bible, Colossians 2:10 tells us that we have to be complete in [Christ]. We cannot depend on someone else to fill whatever void is in our lives within a relationship.

"First, we have to be complete in self and content in the stage of singleness," he continued, "in order to augment or enhance the relationship of a significant other's life."

Guest speaker, Chaplain (Maj.) Charles Burgess, Headquarters and Headquarters Company, 3IBCT, encouraged Soldiers to overcome giant problems and obstacles using the biblical story of King David defeating the giant Goliath.

A scavenger hunt also took place during the retreat; it was designed to build cohesiveness and introduce the Soldiers to one another.

"The scavenger hunt portion of the retreat was really interesting, [especially] with the task of having to take a picture of a team member with a hula skirt on," said Pvt. Aaron Norton, Military Police, Headquarters and Headquarters Company, 3rd Brigade

Special Troops Battalion. "The hunt gave the retreat a change of pace from being in the classroom setting and allowed the Soldiers a way of social and teamwork skill building."

The seminar focused on two central themes: effective goal setting and using mature viewpoints as a determiner for choosing a spouse.

"My section of the seminar [goal setting] explained to the Soldiers that effective planning creates a successful single lifestyle," said Taylor. He added that this lifestyle is not characterized by "scattered efforts going in a hundred different directions, but of giving focus to a desired accomplishment and reaching that goal."

Popov's discussion covered "the knowledge of a significant other's personal history through communication, which in time would reveal important patterns," he explained.

Via DVD lecture, Dr. Jon Van Epp explained the importance of not marrying a "jerk or jerkette." His humorous concepts further explained "you cannot marry Ellie May and not marry the Clampetts" — derived from the old sitcom "The Beverly Hillbillies."

The doctor explained that, in marriage, individuals are not just marrying one another, but everyone who and everything that comes with the individual. He said the best way to understand a spouse is to look at the models of his or her upbringing, primarily the father and mother. Understanding this truth, Epp said, will give great insight and indication of whom, what and how a potential spouse will be in the long run.

Soldiers who participated in the retreat collectively expressed their appreciation for the gathering.

"From a military standpoint, the focus of the retreat was to create and inform the Soldier of healthy living tips that can be implemented into personal relationships," Popov said. "When a Soldier's relationships are healthy, the Soldier is better prepared mentally, physically and spiritually to complete whatever mission is at hand."



Courtesy of Pearl City Rotary

## Connecting with Rotarians

PEARL CITY — Master Sgt. Herman Welch, of 8th Theater Sustainment Command, who recently served as an advisor to Iraqis in Operation Iraqi Freedom, shares his perspective about working conditions and communities in the Middle East at a recent Pearl City Rotary meeting. Welch talked about dangers and the lighter side of his tour: participating in soccer and golf games. Many Rotarians expressed their heartfelt appreciation for his insights.

## Army to survey AHFH residents

### ANN WHARTON

Army Hawaii Family Housing LLC

SCHOFIELD BARRACKS — How important is garage storage to you?

Do you feel there is adequate parking for your family vehicles?

Residents living in Army Hawaii Family Housing (AHFH) communities will have an opportunity to weigh-in on these items and more when the annual Military Housing and Lodging Institute (MHLI) survey is mailed this month.

The MHLI survey is a tool used by the Department of the Army's Residential Communities Initiative (RCI) to help assess military

### Survey goals

- Measure Army and Office of the Secretary of Defense policy issues.
- Benchmark against like housing.
- Leverage survey results for maximum increases in resident satisfaction.

housing.

At U.S. Army Garrison, Hawaii, the garrison commander implements and manages the MHLI survey.a

Residents will be asked to assess housing services such as

policies, move-in processes, office hours, and routine service requests, as well as property assets.

Property assets can include unit attributes, heating and air conditioning, community, and overall property satisfaction.

The MHLI survey is conducted at more than 40 installations during April and May. Resident participation is crucial.

Information gathered through the survey helps the garrison and its housing partner make more informed decisions about its communities to improve the quality of life for Soldiers and their families.

## Getting it Straight:

In the April 25 edition, "Local student raises \$600 in donations for project," student Mike Gevers' name was misprinted as Michael.

### LIGHTNING SPIRIT

## Considered an evil by the greeks, hope is really divine courage

### CHAPLAIN (CAPT.) JOSEPH KALINOWSKI

209th Aviation Support Brigade Chaplain

I have a friend who consistently tells me that the greatest talent I have is to give others hope. At first, I never thought much about it, but she says it with such consistency that I began to wonder if it was really a compliment or if I should be insulted. So, I looked up what hope is all about.

The dictionary says, "Hope is a belief in a positive outcome related to events and circumstances in one's life." That being true, the definition implies a certain amount of de-

spair, want and/or suffering.

But still, what is hope and where does hope come from?

"Hope is not just positive thinking, either, as some might posit."

This curiosity caused me to recall the Greek mythological story of Pandora and the Box. When Pandora opened the box, as the story goes, she let out all the evils, except

one: hope. The ancients personified hope as "Elpis."

Apparently, the Greeks must have considered hope to be just as dangerous as all the world's evils, since it was in the box of evils. Be that as it may, without hope to accompany all their troubles, humanity was filled with despair.

What a relief when Pandora revisited the box and let out hope. But still, what is hope? Should I be insulted that I give hope to others.

Armed with a degree in philosophy, I was determined to not be satisfied with just

mythology. I remembered the philosopher Friedrich Wilhelm Nietzsche who said, when Pandora first opened the box, "as Zeus wished, she slammed the lid down on hope, leaving it inside. So now man has the 'lucky box' in his house forever and thinks the world a treasure."

Nietzsche said, "Zeus did not want man to throw his life away, no matter how much the other evils might torment him, but rather to go on letting himself be tormented anew. To that end, he gives man hope. In truth, hope

SEE SPIRIT, A-9

# Voices of Lightning: What do you like most about living in Hawaii?



"The beach"

Thomas Ebans



"I like the geckos here"

Paul Hu



"I have a lot of friends here"

Sean Musrasik



"The water park"

Deandre Penny



"I get to go to the beach."

Tyler Smith

# Former drug addict turns life around by enlisting in the Army

**SGT. JEROME BISHOP**

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Every Soldier has a different reason for enlisting in the Army. Some do it for patriotic reasons, others to help pay for college, but one noncommissioned officer (NCO) signed up in 2005 for an entirely different purpose.

Before enlisting, Sgt. Wyatt Karney, an Albuquerque native who serves as a mortarman and Personal Security Detachment NCO with Headquarters and Headquarters Troop, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team "Warrior," led a life of hard work, shared custody of his child and battled an unwanted drug problem.

"I decided to join the Army because I had a drug addiction, and I had to get out of my home town," said Karney who now calls Colorado Springs, Colo., home.

Karney's addiction cost him his family. It ended his marriage and resulted in shared custody of his son.

"At the time we were divorced and I had joint custody of my son, I tried to get off drugs several times for years and couldn't do it," he said.

For Karney, the worst was telling his son.

"He didn't ever see it, but I would explain to him that I had a drug problem, and he didn't notice it, but I just got sick of myself," Karney said.

Karney decided he had to leave the town where he was born and raised, so he could rid himself of his addiction.

"I have close family members and a lot of friends who are involved with drugs, and I had to get away from it."

The call to serve came, as it did with many Soldiers, when the attacks on New York and Washington happened Sept. 11, 2001. Even though he felt the call to duty, it was several years before Karney enlisted.

"I wanted to join when the tow-

ers fell on 9/11, but because I had joint custody of my son, I didn't want to leave him," he said.

Karney said he would join if there was a chance he would defend his country.



Karney

"I've always liked the military, but I never wanted to join unless there was a conflict going on. I didn't want to just join and do garrison stuff," he said. "My grandfather served in World War II, and my father served in Vietnam. I wanted to serve only if there some kind of war going on."

In the end, his close relationship with his son eventually led him to leave.

Two weeks after he pledged his commitment to the Army, Karney said goodbye to his son and headed toward a new life in the Army.

"I'm kind of a perfectionist," he said. "Even though a lot of people said I was a good dad, I knew I could do better, and I didn't want to keep myself down and not be the best dad I could be, so I needed the change."

Since enlisting, Karney has been able to clean up his life. He credits being away from his hometown and the people associated with his drug problems, as well as the Army's zero tolerance stand on drug use as reasons for his success in getting sober.

Today, Karney is contributing to the mission of providing security on a routine basis for the commander of the squadron in which he serves.

"Many Soldiers in my command have long histories. What makes the Army great is, it is not about what you have done in the past, it is how you carry yourself into the future that truly matters," said Capt. Ken Bernier, commander, HHT, 2nd Squadron, 14th Cav. Regt. "Sgt.

Karney is a reliable member of my team who can be depended on to be a rifleman, vehicle commander and a proficient mortarman."

Back home, Karney's son is waiting for his return, but he is not waiting alone. Another member of Karney's family awaits his return. She was instrumental in him turning his life around — his ex-wife. Karney remarried her in 2007.

"I didn't have a squared away mind to be able to deal with things that she was going through, but she dealt with her stuff and I dealt with mine while we were separated. We've both grown a lot, so we decided to get back together," he said.

**"What makes the Army great is, it is not about what you have done in the past, it is how you carry yourself into the future that truly matters."**

*Capt. Ken Bernier  
Cdr., HHT, 2nd Squadron,  
14th Cav. Regt.*

After his four years of service are up and his duty fulfilled, Karney hopes to one day take a job as a government employee in Colorado Springs. Until then, he's sure to continue to fight the good fight, both against the enemy in Iraq and against the ghosts of a former addition.

# Warriors deliver law books

Story and Photo by  
**SGT. WALDEMAR RIVERA**  
2nd Stryker Brigade Combat Team Public Affairs



Capt. Harrison Kennedy, an attorney for the Office of the Staff Judge Advocate, 2nd Stryker Brigade Combat Team "Warrior," unpacks 50 Arabic-language legal books destined to help the local population at the Tarmiyah Courthouse, northwest of Baghdad, April 24.

CAMP TAJI, Iraq — Soldiers from the 2nd Stryker Brigade Combat Team (SBCT) "Warrior," Office of the Staff Judge Advocate (OSJA), helped the growing legal processes of Iraq, April 24, by dropping off 50 Arabic-language law books to the courthouse in the town of Tarmiyah.

The books, donated by the High Court in Baghdad, were dropped off in conjunction with a visit with the judge at the courthouse to check progress and address any issues they may have, said Capt. Harrison Kennedy, who serves as an attorney with 2nd SBCT.

"Bringing them the books assists the judge on doing his legal work," said Sgt. 1st Class Wilyum Beach, a Marion, Ohio, native, and the noncommissioned officer in charge for the OSJA.

They come from a different kind of regime, and they are transferring into the new system. We are helping them to get the books and the legal resources they need," he said.

The books are just one aspect of providing assistance, and Beach said the OSJA staff members continue to assist where they can.

"Without resources like the building, the judge, the paralegals and the books, they cannot function. It is an ongoing process that we are trying to assist with," said Beach.

The building where the courthouse is located now was previously occupied by the Ministry of Water Department for the Government of Iraq, said Kennedy. The Ministry of Water did not need the building, so the Gol turned it into the town's courthouse, he explained.

The new courthouse in Tarmiyah is just one of the many projects on the list of success stories in the reconstruction of Iraq and its people. The legal staff of 2nd SBCT will continue to do its part to help the judges and lawmakers of Iraq ensure citizens follow the rules.

# Deputy commander stops to smell flowers, flour

# OIF

## MAJ. AL HING

2nd Stryker Brigade Combat Team

CAMP TAJI, Iraq — Brig. Gen. Mike Milano, deputy commanding general, Multi-National Division – Baghdad, visited the Taji Qada, northwest of Baghdad, to see a local greenhouse project and the Taji flour mill, April 5.

The trip was an opportunity to see parts of the agricultural progress in the rural area and a chance to stop and smell the roses.

Lt. Col. Harvey Fitzgerald, who serves as the senior agricultural advisor of the embedded Provincial Reconstruction Team – Baghdad 5, attached to 2nd Stryker Brigade Combat Team “Warrior,” provided insight on the visit.

“Working with our ‘Inma’ partners, we are identifying areas that are critical areas of the value chain,” Fitzgerald said.

He added, “Inma,” or growth, teams are contracted to assist Coalition Forces and the Government of Iraq in developing agricultural programs across Iraq. Fitzgerald further defined the network as one part of the agricultural levels that are needed to provide food for the Iraqi people.

“It starts with soil and seeds to get the right product,” he said. “Whether you want vegetables for the families, or grains for bread or animal feed, you have to start at the soil.”

So, leaders saw products from the soil in the greenhouses. The tomatoes, eggplants, beans and other vegetables were all part of the chain.

“The next step is to get [some] packing houses, where we can cool down the



Maj. Al Hing | 2nd Stryker Brigade Combat Team

Flour mill workers keep a sharp eye on their machine April 5 as they bag flour for shipping to local bakeries, shops and markets. The flour mill is located in Taji Qada, northwest of Baghdad.

vegetables, so they don’t ripen all at the same time. We can allow the Iraqi people to have fresh tomatoes across a longer period of time.

“When that happens,” Fitzgerald continued, “we’ll move closer to achieving a sustainable, profitable system [growing vegetables] for the Iraqi people.”

In the fields outside the greenhouses are barley and wheat, still green and growing. When ripe, the wheat will be

harvested and taken to the flour mill.

In Taji, the leaders saw the process of grinding grain through the mill and eventually into flour bags for distribution.

“This is a great opportunity for the general to come see the agriculture process in Taji,” said Dan Skotnicki, agricultural advisor for 2nd SBCT. “The stability of the agricultural community will ultimately provide support in the

rest of the Baghdad community.”

Grain is moved by high-pressure air from silos to the main building’s grinders through an array of tubes. From there, the husk is separated from the grain. Heavier grain drops into the grinders.

Three floors of pipes and grinders lead to the final packing level of the flour, where workers busily man baggers. The 70-pound bags of flour drop through a belt system onto the trucks and are soon



Sgt. Brad Willeford | 1st Bn., 27th Inf. Regt., 2nd Stryker Brigade Combat Team

Brig. Gen. Mike Milano, deputy commanding general of Multi-National Division – Baghdad, examines the first of the tomato crop in a greenhouse at the Taji agricultural center, northwest of Baghdad.

driven off to local bakeries, shops and markets.

“We know that [Brig. Gen.] Milano understands that [embedded Provincial Reconstruction Teams] have the knowledge to shape the agricultural region,” said Fitzgerald. “That ultimately will assist the stability in jobs and providing food for the Iraqi people.”

# ‘Flat Stanely’ joins 21st Infantry Regiment in Operation Iraqi Freedom

## CAPT. BENJAMIN ROARK

1st Battalion, 21st Infantry Regiment

CONCORD, NC — In quiet Concord, NC, on Clover Road, stands Carl A. Furr Elementary School. There, 22 students from Ms. Susan Milholland’s third grade class reached out to Soldiers in Iraq.

While on predeployment leave from Schofield Barracks, a Soldier from 1st Battalion, 21st Infantry Regiment “Gimlets,” spoke to Milholland’s third grade class about Hawaii and what he would be doing in Iraq. An instant bond formed between the Soldier and the

class that would continue into the unit’s deployment in Iraq.

While the Soldier was in North Carolina, the kids introduced him to their paper friend “Flat Stanley,” a member of their class. Wherever the students travel, whether to the store or on vacation, they take a “Flat Stanley” and pictures of the places that “Flat Stanley” has visited.

At the end of the visit, the class presented the Soldier with a “Flat Stanley” to take to Iraq. Via the Soldier, Flat Stanley is now seeing Iraq for himself.

Since the Soldier’s visit, the class and Soldiers of the Gimlet Battalion have been in contact via e-mail several times a month since the 1-21st deployment.

Recently, students collected things for another class project, a “care package” to their Soldier. The kids loved the idea, so they brought in everything that their parents would let them.

Their box filled up quickly. Before long, only room for letters the kids wrote themselves to surprise “their Soldier” was left in the box.

When the package made its way to Iraq, the very

surprised Soldier shared his snacks with fellow Soldiers.

Because of what Milholland’s class did, 1-21st has created the “Junior Gimlet” program. Milholland’s third grade class will be the first recipients of the “Junior Gimlet” certificate and the first honorary members of the Junior Gimlet Clan.

The support of Milholland’s class is very much appreciated. The Soldiers of Stryker Task Force Gimlet will share with the children the honor of Junior Gimlets for life.

# 8th TSC bids farewell to retiring Soldiers

## SGT. COREY STRAND

45th Sustainment Brigade Public Affairs

SCOFIELD BARRACKS — The 8th Theater Sustainment Command said goodbye to 13 Soldiers at a quarterly retirement ceremony, Thursday, at the Nehelani.

Many of the Soldiers choked back tears as they thanked their family for giving them the strength, love and support they needed to complete a career in the Army.

Chief Warrant Officer George Wilkerson, 545th Transportation Company, thanked his wife Edith for “putting up with so many deployments.”

Others like Sgt. 1st Class Marcus Watt, Headquarters and Headquarters Company (HHC), 524th Combat Service Support Battalion, acknowledged the many days and nights they were away from their family and promised spouses, “Daddy day care is now open.”

“It speaks volumes of what it means to be a Soldier today,” said Col. Timothy Ryan, HHC, 8th Theater Sustainment Command of the humor and passion the retirees demonstrated. “This generation of Soldiers was invited to come in and transition the Army [from the Vietnam era],” he said.

“You have helped build the Army into its place in providence. Your mark is on the impact of the individual Soldier. Your legacy is the Soldier that will carry forward your legacy.”

“Twenty years ago,” Ryan con-

## Retirees

- Chief Warrant Officer Kevin A. Stone, 163rd Transportation Detachment
- Chief Warrant Officer George W. Wilkerson, 545th Transportation Company
- Master Sgt. Eddie Banks, 45th Sustainment Brigade
- Sgt. 1st Class Valerie M. Kitchens, 516th Signal Brigade
- Sgt. 1st Class Mark Levering, HHC 524th Combat Service Support Battalion
- Sgt. 1st Class Terry E. Perez, 8th Theater Sustainment Command
- Sgt. 1st Class Christy Pitchford, HHD 205th Military Intelligence Battalion
- Sgt. 1st Class Thomas G. Prentice, HHC 45th Special Troops Battalion
- Sgt. 1st Class Lee H. Tabor, 13th Military Police Detachment, 8th Military Police Brigade
- Sgt. 1st Class Marcus A. Watt, HHC 24th Combat Service Support Battalion
- Staff Sgt. Raymond C. Farias, 8th Forward Surgical Team
- Staff Sgt. Sherri Green, Alpha Co., 45th Sustainment Brigade
- Staff Sgt. Timothy McGrew, 82nd Engineer Co., 65th Engineer Battalion.

tinued, “we said, ‘Be all you can be’; now we say, ‘Army strong.’ You made the Army strong. Thank you.”

# SGM Thompson reflects on service

Story and Photo by

SPC. CARLEE ROSS

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — A distinguished leader was honored for his time in the Army by a crowd of Soldiers, civilians and family members at the Kalakaua Community Center, April 22.

Sgt. Maj. Billy Thompson made a noticeable impact on the people who attended his retirement ceremony. They gave him a total of three standing ovations.

“We’re here today to recognize and bid farewell to a great Army leader,” said Lt. Gen. Benjamin Mixon, commander, U.S. Army, Pacific. “Over the last 31 years, this great sergeant major has served the Army proudly.”

Long before Thompson was a Soldier, he was a farm boy from rural Georgia who joined the Army to gain experience and see the world.

More than 30 years ago, Thompson came to Hawaii as an infantry Soldier with the 25th Infantry Division (ID) Light. Most recently, he was the operations sergeant major for the division.

“I started my career with the division. I went from a private to now ending my career as a sergeant major with the division,” said Thompson, who served a total of 15 years with the Tropic Lightning Division.

Thompson did not plan to make the Army a career, but as the result of good leadership, he decided to stay Army.

“My experience in the Army, honestly, has been great,” Thompson said. “I wouldn’t change



Lt. Gen. Benjamin Mixon, commander, U.S. Army Pacific, presents retiree Sgt. Maj. Billy Thompson with an American flag during Thompson's retirement ceremony, April 22.

anything that I have done in the military.”

Thompson has served in a variety of leadership positions, from squad leader at Fort Carson, Colo., to senior enlisted advisor at the National Training Center, Fort Irwin, Calif.

“At every station, his style of leadership has had a lasting impact,” said Mixon.

Thompson attributes his leadership style to two non-commissioned officers he worked with early in his career. Those two role models were Staff Sgt. Robert Tucker and Sgt. 1st Class Carmen Holly, who taught him to enforce standards and to lead from the

front — and more importantly, Thompson said, to have compassion for Soldiers and families.

Many Soldiers say that being deployed is challenging, but just as many say that being in the rear detachment is at the same challenging level.

Thompson was rear detachment division sergeant major while the majority of the division was on its most recent deployment from 2006-2008.

“I had great confidence when we were in Iraq that he was doing the right thing for our Soldiers and families,” said Mixon.

Thompson's main priority was ensuring that the rear detachment

was able to take care of Soldiers in Hawaii as well as support families of deployed and rear Soldiers.

“It was very demanding, supporting all the Soldiers and families who stayed behind,” Thompson said.

Thompson has served the division in several critical positions: operations, transformation, division rear sergeant major and interim command sergeant major. Though he has happily and honorably served in the Army for a long time, he said there comes a time when you know you have to move on.

“Everyone has asked me if I am going to miss the Army,” said Thompson. “Am I going to miss getting up early? No, but I am going to miss the camaraderie, the Soldiers and the environment.”

When a Soldier leaves home at an early age like 17 or 18, the Army eventually becomes all the Soldier knows. Getting out of the Army after 5, 10 or 30 years can be a daunting but exciting moment.

“Retiring is a bittersweet moment for me,” Thompson said. “The bitter moment is that the Army is my family ... this is all I know. The sweet part ... you get to go to another challenge in your life.”

“Sergeant Major Thompson, you’ve answered the call to duty, your service has been noble, and today the Army is indeed a better organization because of men like you in its ranks,” said Mixon.

When Thompson officially retires, he plans to travel, fish, golf and work in a management-type career in Las Vegas.

# Top Soldiers vie for honor of NCO and Soldier of the Year title

Story and Photos by

**SPC. DURWOOD BLACKMON**

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Six Soldiers from varying units at Schofield Barracks pushed themselves to the limit in a weeklong challenge designed to find the best Soldier and noncommissioned officer in the 25th Infantry Division (ID).

Representatives from 3rd Infantry Brigade Combat Team (3IBCT), 25th Combat Aviation Brigade, and 25th Special Troops Battalion competed in the 25th ID Noncommissioned Officer and Soldier of the Year Warrior Challenge in April. All contestants received a sponsor who was by their side for the duration of the challenge for morale and professional support.

A panel of senior non-commissioned officers evaluated the competitors in several areas such as physical fitness, combat readiness and military knowledge.

Each candidate, regardless of their job, completed the Expert Infantry Badge (EIB) course. Their task was to complete all 34 stations in the EIB course in a “Go



Sgt. Sean Martin, winner of the 25th ID NCO of the Year Warrior Challenge, practices his skills on the 240B machine gun at the EIB lanes in Area X, April 16.

versus No-Go” points contest. Hence, every station that candidates failed to successfully complete benefited their competitors.

Typically, Soldiers are allowed three days to complete the EIB course; the candidates received less than 14 hours.

One candidate put extra pressure on himself to attain his EIB during the competition.

“The biggest challenges were some of the difficult tasks in the EIB course,” said Cpl. Luke Solorzano, scout assistant team leader, Scout Platoon, 2-35 Headquarters and Headquarters Company, 3rd Brigade Combat Team. “I didn’t have the luxury of getting multiple No-Go’s, as that would have knocked me out of receiving my EIB.”



Cpl. Luke Solorzano camouflages himself and his gear during one of 34 tasks at the EIB course, April 16.

The firing range presented challenges in and of itself. Using unfamiliar weapons, Soldiers adapted and zeroed their assigned

M4 rifle to engage pop-up targets for points.

Three candidates at a time were escorted to the firing line to be tested on their level of marksmanship and reflexive firing skill. Each competitor worked to knock down targets with precision and speed.

“The range was challenging for me, especially with pop-up targets and a weapon I’ve never fired before using iron sights,” said Sgt. Sean Martin, military police team leader, HHC, 3rd Brigade Special Troops Battalion. “I haven’t fired with iron sites in some time, and though I qualified, it was definitely a challenge.”

Day three of the Warrior Challenge Soldiers travelled to a hot and muggy East Range for a demanding episode of land navigation. Their task was straightforward: find five points in three

hours and make it back to home station safely.

“It was a good challenge and forced you to think outside the box,” said Solorzano. “The map was hard to read because it didn’t show any of the actual terrain features. You pretty much had to go with your pace count for direction.”

In addition to the daytime course, candidates performed a nighttime urban orientation challenge as well. With cooler temperatures and less points to find, most preferred the evening event as opposed to daytime.

On the final day of the NCOY/SOY competition, Soldiers donned their Class A’s for a board appearance, which included the 25th ID’s very own Command Sgt. Maj. Frank Leota. One by one candidates answered questions

**SEE HONORS, A-7**

# News Briefs

Send news announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## May

### 9 / Friday

**Army Community Service Closure** – Army Community Service, Building 2091, Schofield Barracks, will close, May 9, at 2 p.m. for fumigation. Emergency numbers for Army Emergency Relief (655-4927), Military Family Life Center (222-7088) and the Family Advocacy Program (624-7233) will be available despite the building's closure. The ACS computer lab will reopen at 10 a.m., May 10.

### 15 / Thursday

**MICA Scholarships** – The Military Intelligence Corps Association (MICA) Scholarship Program provides scholarships for individuals pursuing undergraduate degrees or technical certifications. Scholarships may be used for attendance at regionally accredited colleges, universities, or state-approved vocational schools/technical institutions. Applicants must be a current individual member of MICA or a family member of such and pursuing their first undergraduate (associate's or bachelor's) degree or a technical certification.

Applicants already possessing an undergraduate degree or seeking a graduate degree are not eligible. Previous MICA Scholarship recipients may compete for subsequent scholarships.

For more details, call Sgt. Maj. Kent Wheelock at (520) 533-1174. Instructions and application forms are located at [www.micorps.org](http://www.micorps.org).

Information on MICA mem-

bership is also available on this Web page.

Applications must be mailed and postmarked no later than May 15. Late or incomplete applications will be returned to the applicant without consideration. For more details, call Sgt. Major Kent Wheelock at (520) 533-1174, DSN 821-1174.

## June

### 2 / Monday

**Schofield Advisory Council Meeting** – The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting will be June 2, 10:15-11:15 a.m., at the main Post Conference Room. This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Contact Melvin Wright, 655-0497, for more information.

### 14 / Saturday

**Army Ball** – You are cordially invited to attend the U.S. Army Pacific Command (USARPAC)

Army Ball at the Hilton Hawaiian Village commemorating the Army's 233rd birthday, June 14, 6 p.m.

During the ball, the USARPAC Noncommissioned Officer, Soldier and Community Leader of the Year will be honored.

Attire is formal and cost is \$80 per person. Call 438-9761.

## Ongoing

**"Citizen Tanouye"** – The high school student produced documentary "Citizen Tanouye" will air on public broadcasting channels throughout May in honor of Asian-Pacific American Heritage Month.

The award-winning documentary tells the story of Medal of Honor recipient Tech. Sgt. Ted T. Tanouye, 442nd Regimental Combat Team. Tanouye, a Japanese-American citizen was one of the 120,000 Japanese-American

**SEE NEWS BRIEFS, A-10**

# Honors: Winners work hard to gain top honor

CONTINUED FROM A-6

and exhibited their abilities to tackle pressure.

"The board is something you think about everyday," said Martin. "I would stay up late, after other exercises, trying to study and make last-minute preparations. I learned a lot in this board. It was very challenging but a great learning experience."

Soldiers did not receive their scores during the competition and were forced to wait seven days before the winners were revealed.

In the end, Solorzano and Martin were crowned NCO and Soldier of the Year.

Martin, who is in Missouri competing in the War Fighter Military Police Challenge, was unable to attend the ceremony.

Solorzano, however, was on-site and very pleased at the results.

"It feels good. I'm very proud, and I'm very glad to represent the Infantry and go forward to the USARPAC board and represent the 25th," said Solorzano.

Winners of the competition received coins from the command, an Army Commendation Medal, a \$250 certificate on behalf of the United Services Automobile Association (USAA), a certificate for a complete set of dress blue uniforms from the Association of the United States Army (AUSA), and a \$500 gift certificate from Family Morale Welfare and Recreation.

The winners will represent the 25th at a USARPAC NCOY/SOY competition with victors from that event competing Army wide.

# New Internet relocation tool assists moving families

**BARBARA GOODNO**  
American Forces Press Service

WASHINGTON — It's almost peak moving season again for military families, and Defense Department leaders want families to know new resources are available to help.

"Plan My Move," soft-launched in late summer, is the next generation of DoD's MilitaryHomefront tools to provide an integrated "e-moving" solution, officials said.

"Moving to a new community can be a stressful event for all service and family members," Leslye Arshnt, deputy un-

dersecretary of defense for military community and family policy, said.

"This tool helps to ease that burden. It will put our service members and their families in direct contact with those who can help every step of the way, from their current home and community to the new one," Arshnt said.

When the user enters the current location, the new location and the departure date into the new application, it generates installation overviews, a three-month planning calendar, valuable travel and arrival checklists, as well as important points of contacts and family

program information, Arshnt added.

The Plan My Move tool is designed to coach service members and their families through the entire moving process, step-by-step. And while most moving takes place over the summer, it's never too early to start a plan, Arshnt continued.

Special features of Plan My Move include the following:

- A planning calendar with useful information that can be customized to meet the unique needs of each move;
- Decision tools, such as best communities to live in, best schools, and affordable housing, based on data from

military and civilian comparative community studies;

- "Smooth move" tips;
- Special calendars for moving to or from an overseas location; and
- Information about moving with a special-needs family member.

In addition, families will be able to access 55 directories of programs and services on installations worldwide, from the barber shop to DoD schools to the family center; maps and driving directions to most locations on the installation; overviews, photo galleries and must-know information for each installation

included in the database; current local weather conditions; and extensive local community point-of-interest information.

"We're very excited about this new e-moving resource for our service members and their families," Arshnt said. "Change is always challenging, but we can make it easier. This new application is one more way to support and serve those who sacrifice so much for our nation."

(Editor's Note: Barbara Goodno is senior program analyst with the Defense Department's Office of Family Policy and Office of Children and Youth.)

## ATX: Exercise hones skills

CONTINUED FROM A-1

"The military and the civilian community here in Hawaii must rely on one another in the same manner as a family would. We are and must be a family in this," said Laffea.

Laffea began planning the exercise in October 2007, writing scripts for scenarios including national intelligence, the hostage taker to negotiator dialogue for a multiple hostage incident, and roles for suicide bombers.

Assisting in the process of this full-scale exercise, Patriot 2008 also had the input of subject matter experts and local representatives from numerous agencies.

Working together were Wahiawa General Hospital; the Federal Fire Department; the Directorate of Emergency Services U.S. Army Garrison, Hawaii (USAG-HI); and personnel from all other directorates of USAG-HI.

The majority of the incident response came from the Provost Marshal Office at Fort Shafter and Schofield Barracks, from the U.S. Army Criminal Investigation Department, and Explosive Ordnance Disposal at the 8th Theater Sustainment Command. In addition, numerous Department of the Army civilian employees performed their duties in the Emergency Operations Center.

The exercise, required throughout the United States, has issues unique to Hawaii because of its geographic location.

"Honolulu County ends at the Pacific Ocean, so it would take any assets from the mainland several hours to deploy," said Jesse Kaleikini, an exercise controller.

"Remember where we're geographically located and the fact that we must be able to respond to life-threatening incidents in a highly professional manner to prevent the loss of life, or at a minimum, reduce the numbers of injured or deaths resulting from catastrophic events," Laffea added. "We depend on one another."



Kyle Ford | U.S. ARmy Garrison, Hawaii, Public Affairs  
Members of 13th Military Police Detachment, Special Response Team storm Sgt. Smith Theater, Schofield Barracks, April 24.

## Holocaust: Survivor tells audiences to seize every opportunity available

CONTINUED FROM A-1

The issue was not a German/Jewish one, but a human issue, according to Fisch. More than just the Germans participated in the tragedy, and the Jews were not the only victims.

Fisch stressed tolerance toward all people. Everyone should get the same opportunities regardless of race, color, sex or religion.

"No person is better than another person," he said. "But that does not mean we are equal."

"The bell curve applies to everyone," Fisch continued. "Some people are skinny, some people are fat, but most people fall somewhere in the middle. Some people are very smart, and some people are not smart, but most fall somewhere in the middle."

"It is what you do with your opportunities that makes you who you are," Fisch said.

He added, people are basically neither good nor bad, but learn to be good or bad. People don't inherit goodness or badness from their parents; they choose to behave in a human manner or in an animalistic manner.

"What is inside us is two dogs," Fisch explained. "It depends on which dog you feed. You have to stand up when you see injustice. Be humane in an inhumane situation."

Looking at the numbers, Fisch explained, people see 100 people killed as a tragedy. As the number of dead people gets larger, feelings toward a tragedy become more distant. The people just become a statistic.

"Six million is a statistic, an unimaginable number," Fisch said. "But just imagine one. One of those people was just like you. One of those people had hopes and dreams like you. They had a mother and a father like you. Out of those millions, one of those people just like you could be killed just for being different. One is really the only number you have to think about."

After speaking to the children and youth at Wheeler Middle School, Fisch responded to questions.

One of the teachers asked, "What do you say to people who say the Holocaust never happened?"

"There are two reasons for people to say this," Fisch explained. "The first is that this is an unbelievable act. It is difficult to comprehend that this could even be done on such a scale, and yet, it was. Even the Soldier who liberated us from the camp couldn't believe it when he saw us."

"Second, there are an extraordinary amount of stupid people in the world," Fisch said, with a laugh.

A student asked what drove Fisch to talk about his experiences.

Originally, he didn't want to talk about them, but after speaking to a group of people, he realized that



This illustration from Dr. Robert Fisch's book tells people that "1" is the number to remember.

### Days of Remembrance Observances are important to Soldiers for many reasons.

"Remembering [the Holocaust] is important so that we can make a difference on our watch," said Maj. Pamela Ting, Headquarters and Headquarters Command, Special Troop Battalion, deputy Inspector General.

"Instilling Army Values is a constant process, and this program is a part of the process by educating Soldiers on cultural awareness," said Master Sgt. Sophia Mendoza, 9th Mission Support Command Equal Opportunity Office.

he was helping people, he said.

"You are the only person who can change the world," Fisch said, "not your neighbor. The change begins with you, so if four people out of fifty get my message of tolerance and love, I have done my job."

"I try to make people aware how to be a human being, that in order to be respected you must show respect," he said.

Finally, Fisch shared some of his philosophies of life with some of the children who crowded around him after the presentation to collect his autograph.

"Exclude nothing. Expose yourself to everything in life," said Fisch. "You are like a tree with one branch; not many birds can rest on you. But if you expose yourself to new ideas, you will grow into a great tree with many branches, and many birds will come to you."



U.S. Army | Archival Photo

Soldiers march past Quad C during the 1920s. Quad C was built in 1916, and thanks to the Army's renovation and preservation efforts, the exterior looks almost the same now as it did then.

## Quad: Devil in the details of C and E Quads earns them historic awards

CONTINUED FROM A-1

mander, Honolulu District, USACE.

### The devil is in the details

The renovation of Quads C and E began in 2003, and while most of the effort involved a great deal of manpower, there was quite a bit of "bookpower" involved, too.

Ken Hays, the USAG-HI architectural historian, conducted extensive research, searching out photographs and drawings of the quads so that the team would know what features were necessary to bring the buildings back to their historic state, displaying them correctly.

Cornices, lanais, guard railings, lighting, windows and even gutters and paint colors were scrutinized and restored; however, the restoration was no easy task, according to Hays. Several hurdles popped up along the way.

First, restoration is a very detailed process, so it took some "coaching" to convince everyone involved about the importance of restoring each of the features.

Second, a number of the materials and designs needed are not common or even produced any more.

"We had to translate all of these 'needs' into new modern materials that meet antiterrorism/force protection standards, in particular for the windows and the doors," Hays said. "Getting those manufactured to historic standards was quite a challenge."

Finally, the team had to come up with several creative workarounds to balance today's needs with historical accuracy. A good example was the lighting pattern.

For safety and security, the quads need brighter lighting now than they needed or had in the early 1900s. However, affixing brighter lights to the walls of modern-day quads would destroy the historical accuracy of the buildings.

"We came up with a lighting plan that really became invisible on the buildings when you look at them," Hays said. "Now all the lights are mounted on the inside surface of the columns, so when the viewer is looking he really doesn't see any lights at all; they're hidden."

"We had to work out a lot of details like that," Hays added.

### Roots of the family tree

Legally, federal agencies have an obligation to preserve their historic structures to the maximum extent possible. On a more human level, though, the renovations preserve the legacy of the barracks, which have been "kind of the anchor of Schofield operations since they were built," according to Hays. As well as being a part of na-

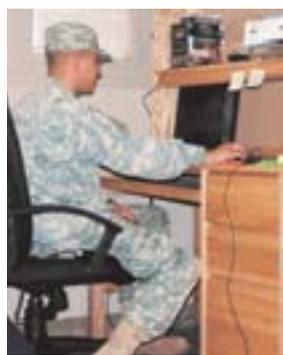


Ken Hays | U.S. Army Garrison, Hawaii, Architectural Historian

From the lights to the windows to the gutters, Quads C and E have been restored to look like the buildings did in the early 1900s.



U.S. Army | Archival Photo



Above — Thanks to the Army's Whole Barracks Renewal Program, Soldiers' living accommodations are getting an overhaul. Open-bay sleeping quarters and bathrooms are being replaced by the "1 + 1" standard, which consists of two private bedrooms and a shared common/kitchen area and bathroom.

Left — Spc. Justin Jones, 3rd Battalion, 7th Field Artillery Regiment, enjoys the privacy of the new "1 + 1" rooms in Quad E.

tional history, the quads are part of state and local history. They've served Soldiers through every major conflict, taking a few bullets themselves.

The quads have also been featured in films like "From Here to Eternity."

"There's a great tradition I think for the Soldiers that live here," Hays said. "I've had many of the Soldiers come up and tell me that their dad, their granddad and even great granddads have been in these quads."

Hays also added that some units, like the Wolfhounds in Quad D, have lived and worked in the same quad since it was built.

### Barracks of old come of age

Behind every successful preservation effort, one still has to address the current occupants' needs, and the Army continues to meet this challenge head on.

While the exteriors of Quads C and E look very much like they

did in 1916 and 1920, the interior is a stark difference. Gone are the days of multi-person bathrooms and rows of bunk beds.

Now the rooms in these quads are designed to meet the Army's "1 + 1" standard; each Soldier has a private room and two Soldiers share a common/kitchen area and bathroom.

"This really is a model of how preservation can work, and it works kind of perfectly because everybody wins," Hays said. "The Soldiers live to a very high standard...they have extremely nice living quarters, and the heritage of the Army, the state and the nation gets preserved."

In total, Schofield Barracks has eight historic quads. The Army is renovating five quads and demolishing three, which will be replaced with new barracks.

All of this construction is part of the Army's Whole Barracks Renewal (WBR) Program at Schofield — a more than 10-year, \$1 billion-plus effort to improve the quality of life for single Soldiers.



Soldiers with the 45th Sustainment Brigade fire a Humvee-mounted Browning .50 caliber machine gun at a stationary target during a qualification range at Pohakuloa Training Area, April 21.

# Sustainment brigade hones warrior skills at PTA

Every Soldier is a warrior concept reinforced during support unit training

Story and Photos by  
**SGT. STEPHEN PROCTOR**  
8th Theater Sustainment Command Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Two battalions from the 8th Theater Sustainment Command's 45th Sustainment Brigade spent nearly a month honing their warrior skills here on the Big Island of Hawaii.

Soldiers took advantage of the nearly 109,000-acre training facility, which sits nestled between the Mauna Loa, Mauna Kea, and the Hualalai volcanic mountain ranges in the heart of the island to practice skills that could save their lives in combat.

The 524th Combat Service Support Battalion spent April 1-19 training. They were followed by the 45th Special Troops Battalion (STP) from April 19-25. The two units trained on multiple ranges, fired humvee-mounted machine guns, ran convoy logistic patrols (CLP) and manned an entry control point (ECP).

"The battalion is over here to train basic Soldier skills under the Army's 'Every Soldier is a Warrior' concept," said Lt. Col. Teresa Rae, the 45th STB commander.

Support-element Soldiers from military occupational specialties like administrative, quartermaster, supply and communications, and others, took the opportunity to climb into the gunner seat of a humvee and qualify with the Mk-19 machine grenade launcher and the Browning .50 caliber machine gun.

At the CLP range, some of the Soldiers applied their .50 cal skills while snaking between narrow roadways cutting through the hardened lava flows that cover approximately 30 percent of PTA.

"[Shooting the .50 cal] was pretty fun," said Spc. Jose Delafuente, an ammunition specialist with the 45th STB, who qualified with the machine gun hitting eight out of 10 pop-up targets.

The weapon has its positive and negative points, according to Delafuente. "It's not as accurate as the M-16, but you can shoot a lot of rounds [faster] and hit a bigger target."

One of the most important ranges for the 45th STB Soldiers was the ECP training. "[ECP] is a real-world mission that we will probably perform down range," said Rae.

Soldiers manning the entry control



Medical Evacuation crew and Soldiers with the 45th Sustainment Brigade, rush a simulated casualty to the waiting helicopter during a MEDEVAC drill at Pohakuloa Training Area, April 22.

point of combat installations are responsible for getting local civilian and military traffic on and off post in a safe efficient manner, while also being alert for anyone trying to cause havoc within the base.

"There's a lot of vehicle searching, personnel searching and being savvy on how to run ECP operations to a tee, and to minimize exposure to bad guys and maximize allowing foot and vehicle traffic onto the installation," said Rae.

The Soldiers manning the ECP are essentially the first line of defense in keeping the base a safe, orderly environment. "[There are] people that are out there trying to harm our Soldiers," said Master Sgt. Kenith Cooper, the noncommissioned officer in charge of the ECP range.

The enemy is using improvised explosive devices (IED) and vehicle-borne IEDs, and trying to smuggle weapons and ex-

plosives onto the bases to injure and kill Soldiers and disrupt operations in both Iraq and Afghanistan.

"It's important that we identify this stuff and minimize or hopefully prevent loss of our Soldiers' lives," Cooper said.

"Basically, our job is to keep bad people from coming inside the forward operating base," added Delafuente. "Without us, there'd be a lot of chaos."

"We're giving [these Soldiers] an idea of [ECP operations] now, so that when they [deploy], it's something that's familiar to them, it's almost like second nature," Cooper added.

In the midst of an ECP scenario, Cooper set off a simulated IED to incorporate a realistic medical evacuation (MEDEVAC) drill into the day's training, using PTA's MEDEVAC helicopter.

While training usually entails simulat-



Soldiers with the 45th Sustainment Brigade, along with the helicopter crew, load a simulated casualty in the MEDEVAC aircraft during a drill at Pohakuloa Training Area, April 22.



Soldiers with the 45th Sustainment Brigade qualify on a Humvee-mounted Browning .50 caliber machine gun, April 21.

ing a nine-line MEDEVAC call and casualty movement, the 45th STB Soldiers practiced by actually calling over the radio, moving the casualty to a landing zone and loading the patient into the helicopter. The Soldiers do not normally have access to a helicopter at Schofield Barracks.

"They put you through the situation where you don't know exactly where to go and you don't know what to expect, but you've got to react," said Sgt. Ramon Soto, a 45th STB Soldier who evacuated the casualty.

To add another element of realism, the medic on-site directed Soto, who is com-

bat lifesaver qualified, to insert a saline lock into the simulated casualty, which he did perfectly without hesitation.

"When I was told that we need a [saline lock], I just went straight to it without thinking about it twice," he said.

Overall, the Soldiers and leadership found the training to be beneficial.

"It's really realistic training here and really brings us all together and gets us ready to go down range," said Delafuente.

Rae echoed that sentiment. "We're really gelling as a team. I think the Soldiers are coming along ... and we are right where we need to be."

# Spirit: Hope is the responsibility of man as ambassadors of the divine

CONTINUED FROM A-2

is the most evil of evils because it prolongs man's torment."

Oh, now I feel better about hope! Obviously not satisfied with that line of argument, my search went on to more contemporary philosophers like Krakovsky, who said in 2007, in the *New York Times*, "There is evidence to suggest that in adverse situations, hope may be worse than hopelessness for overall well-being. For example, someone sentenced to a life sentence without the possibility of parole adjusts better to their situation than prisoners who retain the possibility of parole."

Krakovsky thinks that people adjust better to a negative situation when there is no hope for a different outcome.

As far as some of the contemporary "philosophers" or social commentators are concerned, there does not seem to be much in the way of hopefulness. I think where they are truly missing the point is, they are not considering all the attributes of hope and what hope truly is.

From the perspective of these people, and way too many others you might encounter, they are confusing hope with an emotion, which is actually "false hope." However, false hope is based on fantasy that expects an extremely unlikely out-

come to any given situation. It's like hoping to get rich.

With that line of reasoning, Jimmeny Cricket may be the world's most profound philosopher because he says, "A dream is a wish your heart makes." But, dreaming or wishing ain't 'gonna make anything so.

So, one last time I ask, what is hope? Should the world have it? Can the world have it? Can we give it to our Soldiers, Sailors, Marines, Airmen and Guardsmen in the face of conflict, destruction and death? Can we possibly make a difference?

If hope is only a dream or a wish, then

we are all in trouble facing a world that can never change and can never really experience peace. If hope is only a dream or a wish, we can never realize all the potential that man can become, that the world can become.

I believe hope is real and that everyone can have hope.

To put my thoughts in a religious context, hope is a gift of God. It is grace.

Hope is not just positive thinking, either, as some posit. Hope is the temporal virtue that embodies faith and love. Like faith and love, hope is not a passive virtue. It requires action because it is faith and love in action.

Hope is the divine courage to see and act on all the possibilities for good — to make love visible.

Without hope, slavery, intolerance, despotism and all the evils that exist will always reign.

I think old Fred Nietzsche got Zeus all wrong. Hope does not keep us miserable, it sets us free. Hope expands human horizons to include all the possibilities of love.

Hope becomes, then, the responsibility of man. When we participate in hope, we are ambassadors of the divine.

So, bottom line, I don't feel insulted by my friend. In fact, I thank Deb for the compliment.

# STIX tests convoy survival operations and tactics

Developing leadership and communication vital to battle chaos in the heat of the fight

Story and Photos By  
**PFC. JAZZ BURNLEY**

3rd Infantry Brigade Combat Team Public Affairs

KAHUKU — Knowledgeable leadership and effective communication are the answers to chaos.

This belief was echoed by instructors at a convoy situation training exercise, or STIX, when Soldiers of the 325th Brigade Support Battalion (BSB) participated in training here, April 10.

During the convoy STIX, the convoy commander or officer in charge (OIC) and the noncommissioned officer in charge (NCOIC) learned how to react to multiple scenarios in a mock combat environment, explained 2nd Lt. Elizabeth Schubert, OIC of the training, A Co., 325th BSB. They took responsibility for all operations including medical and casualty evacuation; unexploded ordnance; ammunition, casualty and equipment; and salute and situational reports that are a prerequisite before leaving the safe zone, called the wire in a combat environment.

"Once outside the wire, the OIC's and NCOIC's knowledge of the route immediately comes into play," Schubert said. "The training forces and teaches the convoy's occupants the importance of security, how to secure a location with force, how to react as it is subjected to direct fire, to react to improvised explosive devices [IEDs] — including barriers that could actually conceal the IED inside, [and] servicing downed vehicles and setting up landing zones."

Schubert emphasized, they do this "all the while maintaining the proper communication and thoroughly relaying information to both crew and command."

"The fight that we are seeing today on the battlefield is small arms tactics," said Staff Sgt. Warren Pennicooke, NCOIC of training, A Co., 325th BSB. "The enemy has been using four- to six-man teams that place IEDs on the convoy routes. [The enemy] has been engaging our forces with small arms fire," he continued, "so what we additionally focusing on are the OIC and NCOIC working directly with a small group of Soldiers, pushing the convoy operations out, and developing the leader-to-Soldier interaction needed to effectively disseminate information and communicate faster and easier."

Pennicooke said junior leaders, E-1 to E-4, learn to develop their troop leading procedures.

"The goal is to break the young Soldier's mindset that they are just drivers or just TCs [truck commanders]," said Pennicooke. He explained this mindset is prevalent before and during combat logistical patrols, called CLIPS.



A Soldier of 325th Brigade Support Battalion focuses on the Humvee ahead of him as he conducts the convoy situation exercise training at the Kahuku training ground, April 10.

"This thought process has to be broken because, at any given time, with the threats that we are facing today, a junior leader could be thrust into the position of OIC or NCOIC and must know how to operate as such," Pennicooke said.

Shubert added, "If you don't get the exposure and experience with what we are dealing with while deployed, you are setting yourself up for failure."

The STIX training ensures both leaders and Soldiers learn to think, react and accurately communicate when the worst situations presents themselves, said Shubert.

"We have a pneumatic .50 caliber weapon that simulates direct fire and also artificial IEDs that go off and simulate explosions. [They] provide the environment to learn what to do next and that is what is needed to prepare for success," she said.

"I have learned that my role in a convoy operation is bigger and more important than I understood before," said Pvt. Jonathan Barnard, a light-wheel vehicle mechanic with B Co., 325th BSB. "I know

now that lack of communication when the situation gets hectic will prolong confusion and hinder the resolution of the mission at hand."

Other formulas for success were emphasized throughout the STIX, particularly the vital necessity for security. However, the value of communication and knowledge was most important.

"In previous deployed combat environments, if you didn't have some form of redundant communication that could have been the determiner of life and death," said Pennicooke. "You have to have communication flow that can be disseminated effectively from both the Soldiers back to the leaders and leaders down to the Soldiers."

Right — Staff Sgt. Warren S. Pennicooke, NCOIC of training, A Company, 325th Brigade Support Battalion, explains the value of communication, effective leadership, and knowledge of operations as Soldiers conduct the convoy STIX at Kahuku training grounds, April 10.



A before photo shows what the hallways of the school looked like with students' shoes outside of the classrooms of Mililani Mauka Elementary School.

Courtesy Photo

## Divers give back to local community

SGT. JESSIKA MALOTT  
8th Military Police Brigade Public Affairs

MILILANI — A quiet Saturday morning was interrupted by the sounds of power tools at Mililani Mauka Elementary School, April 19.

The Soldiers of the 7th Engineer Dive Detachment, 65th Engineer Battalion, 8th Military Police "Watchdog" Brigade, volunteered along with Boy Scout Troop 32 Waipio Gentry to build shoe racks for classrooms.

The Soldiers had completed their shoe rack project, which they had started earlier this year. Since their classrooms are carpeted, students must leave their shoes outside. Hence, before, the entrances to the classrooms were cluttered with the students' shoes creating a safety hazard.

"I was looking around the area for activities and projects that the Scouts would be able to do to give back to the community," said Kekai Ariola, a 16-year-old Eagle Scout and coordinator of the project activities. "I went to school here, so I talked to the vice principal and asked if there were any projects that we could do for them."

Coincidentally, detachment Soldiers were also looking for volunteer opportunities. When they heard about what the troop was trying to do, they wanted to help. The partnership between the troop and the Soldiers began earlier this year, too.

"It is nice to come out and help the school and Troop 32," said Sgt. John Geffert, of the detachment. "I did a lot of volunteering with my church community, and I was also a Boy Scout. I know what they are trying to accomplish and where they are coming from, so anything that we can do to help is what we are doing."

Boy Scouts who are trying to earn their Ea-



Sgt. Jessika Malott | 8th Military Police Brigade Public Affairs

Sgt. John Geffert (front) drills a hole into a shelf for Sgt. Brian Seidman during a volunteer project at the Mililani Mauka Elementary School, Saturday. Both Soldiers work at 7th Dive Det.

gle Scout Badge are required to seek out opportunities in the community, plan a project and coordinate resources, as well as personnel and equipment needed to complete the project.

"This has been a long project for Kekai," said Cheryl Ariola, his mother. "He [Kekai] has done a lot of coordination for the projects, including meeting with the Army volunteers. I am very proud of him."

"It all started with an idea, she added. "It is nice to finally see all of his hard work and coordination all come together to complete this for the school."

Detachment Soldiers said they enjoyed working with the Boy Scouts of Troop 32. Their relationship and dedication to volunteering has opened the door to many other upcoming volunteer opportunities with Troop 32.

"We just got back from deployment," said Sgt. Brian Seidman of detachment. "We all raised our hands to help out. This is a good cause, and it makes me feel good to help out."

Seidman added, "I was a Boy Scout before I came in the Army, and I am glad I can help."

## News Briefs

From A-7

citizens put into internment camps during World War II.

**MASS Transportation Benefit Program** — Soldiers, Department of the Army civilians and nonappropriated fund employees are eligible to receive free vouchers, which are redeemable for monthly bus passes and/or vouchers for monthly participation in the Hawaii Vanpool Program.

The program was initiated six years ago, and the objective is to ease traffic congestion and air pollution. Call Keith Daszek at 656-8720 to apply.

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

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

**Deployment Financial Checklist** — The NASD Investor Education Foundation, the National Endowment for Financial Education (NEFE) and the National Military Family Association have created the Family Financial Checklist. The checklist details financial commitments service members need to be aware of when preparing to deploy.

The list also helps service members and their families discuss important financial issues before deployment such as credit card bills, mortgage payments, taxes and insurance. Visit [www.SaveAndInvest.org](http://www.SaveAndInvest.org) for more information.

**Hire a Hero** — Active and transitioning military personnel, veterans, National Guard members, Reservists and their spouses have access to a unique online community that helps them network into quality job opportunities and training through the Armed Forces Support Foundation's (AFSF) Hire A Hero program.

The Hire A Hero online community is powered by volunteers who

have connections to jobs and training in their hometowns. For more details, visit [www.hireahero.org](http://www.hireahero.org).

**Testing Services** — The Army Education Testing Center offers a variety of military and civilian tests (such as the TABE, DLPT, DLAB, AFCT, CLEP, DSST, SAT), national certifications exams and interest surveys. Testing is a great way to earn potential college credits and further career advancement. Most tests are fully funded for active duty and reservists.

Individuals interested in testing need to see an Army guidance counselor for approval. The testing center, located at Schofield Barracks' Yano Hall, Building 560, 2nd floor, is open Monday-Friday, 7:30 a.m.-4 p.m. Call 655-9776.

**Reserve Opportunities** — Active duty, Guard and Reserve Soldiers, are you looking to continue your Army career but your job, school or schedule conflicts keep you from attending weekend drill? Are you leaving active duty and want to continue earning points towards retirement?

Join a local, points-only reserve unit and continue your military career while maintaining your benefits (commissary/post exchange/SGLI). Drills are three evenings each month at Fort Shafter Flats.

All ranks and any MOS are eligible. Annual training, schooling and other paid tour opportunities exist. For details, call Maj. Pepper, 438-6242.

**Pre-Separation Audits** — The 125th Finance Battalion has created a new section, the Pre-Separations Audits Section, to closely monitor and resolve any deficiencies of pay accounts for Soldiers who are separating and are between 30 and 120 calendar days of their End Term of Service (ETS) dates.

Soldiers who are in their window should visit the Soldier Support Center, Building 750, Room 126, to fill out and recertify a DA form 5960 (BAH form). In addition, any deficiencies of pay accounts should be submitted in the form of a pay inquiry to include any supporting documents.

Call 655-9094, or 655-9376, for more information.



# “Sesame Street” coaches kids through parent’s deployments

JOHN J. KRUZEL  
American Forces Press Service

ARLINGTON, Va. — Following a workshop that helped children cope with a military parent’s deployment, the familiar, furry denizens of “Sesame Street” are starring in a new program focusing on multiple deployments and family adjustments upon a parent’s return.

Sesame Workshop, the makers of “Sesame Street,” released “Talk, Listen, Connect: Deployment, Homecoming, Changes,” Tuesday, a video workshop that aims to aid children in understanding and unbundling the tangle of complex emotions many feel in the midst of a mother’s or father’s tours of duty away from home, and even broaches the difficult subject of dealing with a parent’s debilitating war injury.

“This follow-on DVD to talk about the changes, dealing with new medical injuries — living in the ‘new normal’ — is tremendously important,” said Army Col. Loree K. Sutton, chief of the newly created Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, here, during the workshop launch at the Women in Military Service for America Memorial.

More than 80 percent of those surveyed said the first installment of Sesame Workshop’s military outreach effort, which covered all phases of deployment, was incredibly effective, said Gary E. Knell, president and chief executive officer of Sesame Workshop.

“And they really wanted us to also go to the next step to deal with two issues,” he added, referring to multiple deployments and changes, especially mental or physical injuries parents suffer while deployed.

To help keep the program authentic to children’s experience, an advisory committee composed of members of military families and ad-

**On The WEB**  
The “Sesame Street” DVD kit or a downloadable video is available at the Military OneSource Web site: [www.militaryonesource.com](http://www.militaryonesource.com).

Limited copies are available at the New Parent Support Program at Army Community Service, 655-4ACS (4227).

vocacy groups, child psychologists, educators and other experts offered perspective to “Sesame Street” creators throughout production.

The show’s creators also vetted the program through “real world” military families and adapted it according to their feedback, said Jeanette Betancourt, vice president for content design at Sesame Workshop’s education and outreach division.

In the original script, for instance, writers used broad strokes to paint an effusive reunion between Elmo, a red, furry and perpetually 3-year old character, and his fresh-from-the-front-lines father. After seeing a rough cut of the scene, the advisors recommended tweaking the script to reflect a greater emotional range.

Leslye A. Arsh, deputy undersecretary of defense for military community and family policy, said the first treatment failed to capture the emotional complexity of the reunion.

“In the original version, they had [Elmo] all excited and enthusiastic and happy. It’s sort of what you expect if you really don’t know how hard it is when somebody’s been gone for a while and you’re so anticipating their returning,” Arsh said in an interview. “And yet there’s this [worry], ‘Is he going to be the

same?’ You know, all those mixed emotions.” The creators heeded their feedback and re-wrote the scene to be more three-dimensional and true-to-life. The effects of such realism are evident, she said: “You cannot watch these DVDs without crying.”

Arsh said the anxiety arises, in part, because children feel ambivalent about the growth and progress they make in the midst of their parent’s absence.

“The child has been growing; they can do things they couldn’t do before. They don’t know whether to be proud about that, or to think that the dad’s going to feel bad that he didn’t get to see that happening,” Arsh said, describing a common reaction of 3- to 5-year olds, the show’s target demographic.

According to statistics, some 700,000 children of military members are under the age of 5. Through the lovable characters of “Sesame Street,” the program manages to teach young children about painful subjects in a medium that speaks to them.

In one scene, Rosita, a cheerful, bilingual blue monster from Mexico, sees her service member father return home in a wheelchair after an injury he suffered during deployment.

Initially she’s angry. Her emotions emerge. And what “Sesame Street” is able to do is turn the conversation to what is the same, what the parent can do,” Arsh said. “If he can’t kick the ball, which he couldn’t, he can catch the ball.

“It’s elementary,” she continued. “But it carries a much bigger message than the words themselves convey.”

Sesame Workshop is a nonprofit education effort; special projects began in 1968. The current venture will not air on TV but will be distributed free to schools, child care programs and family support centers, thanks to a gift from Wal-Mart stores and other sponsors.

# Tricare offers a ‘no stress’ guide to parenthood

TRICARE MANAGEMENT ACTIVITY  
News Release

FALLS CHURCH, Va. — New parents should be enjoying their new baby, not worrying about health care. Tricare Management Activity (TMA) provides essential health care information for parents on its Web site.

The Life Events section at [www.tricare.mil](http://www.tricare.mil) guides parents-to-be from maternity to pre-teen health care. The site includes information about prenatal, post partum, pre-adoption, adoption and well-child care.

One of the first and most important steps is enrolling your newborn in the Defense Eligibility and Enrollment Response System (DEERS). The Tricare site shows parents how

**On The WEB**  
For more information about the Military Health System go to [www.health.mil](http://www.health.mil).

to effectively navigate the enrollment process, a crucial step that gets a child into the system where they can be recognized as an eligible beneficiary.

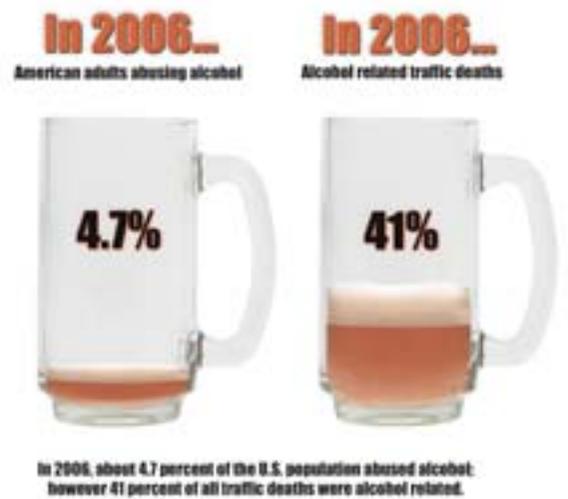
Parents can find essential information about their child’s dental health at [www.tricare dental program.com](http://www.tricare dental program.com). Here, Tricare conveys dental program options and enrollment information, and answers questions about oral care for children.

## About Tricare

Tricare Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.1 million eligible beneficiaries worldwide in the Military Health System (MHS).

The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations.

The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide.



# Tricare can help treat excessive alcohol intake

SHARI LOPATIN  
TriWest Healthcare Alliance

“One more won’t hurt me.”  
“I can drive home fine.”  
“I only drink on the weekends.”  
“I don’t drink as much as everyone else.”

All are statements people sometimes use to justify their excessive drinking. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), roughly 14 million American adults abuse alcohol, whether as habitual drinkers or less-frequent binge drinkers.

Excessive alcohol consumption, whether over a short period or long period of time, increases the chance for accidental injury and death, and may cause an increased chance for health problems such as heart disease, liver disease and stroke.

## Why do people drink excessively?

For most adults, moderate drinking (up to two drinks per day for men and one drink per day for women) causes few, if any, problems. Some situations, however, constitute no safe amount of alcohol: while pregnant, when driving, when under 21 years of age, or when taking certain medications.

Many who turn to excessive drinking do so to help relieve anxiety or stress, including combat stress. A report from the NIAAA indicates that “after a traumatic event, people often report using alcohol to relieve their symptoms of anxiety, irritability, and depression.”

A person can give many excuses for drinking excessively. For example, job stress, relationship problems or experiencing the death of a friend or family member are contributors. Sometimes people drink excessively due to social factors, such as peer pressure or having the need to “fit in.”

Alcoholism can be genetic and some people are, therefore, more prone to drinking because they had a mother or father, grandmother or grandfather with alcohol dependency.

## Getting help

Regardless of the reason, admitting to a drinking problem should not cause anyone to feel ashamed. In fact, facing the truth may help those who are either addicted to or dependent on alcohol begin down the path to recovery.

Often, people are reluctant to seek treatment for their drinking problems, thinking they can handle it on their own. Unfortunately, without treatment, the problem can escalate quickly, resulting in severe legal, social or physical consequences.

The sooner treatment is sought, the better the chances are of limiting long-term consequences.

## How can you tell if someone has a drinking problem?

According to the NIAAA, answering the following four questions can help you identify if you or a loved one has a drinking problem:

- Have you ever felt you should

cut down on your drinking?

- Have people annoyed you by criticizing your drinking?

- Have you ever felt bad or guilty about your drinking?

- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

If the answer to any of these questions is yes, please discuss your concerns with a health care provider right away.



## Treatment options

Several options are available for those seeking treatment for alcohol dependence or abuse. Discuss all the treatment options with your primary care manager (PCM) or another trusted physician.

Tricare will cover certain treatments for substance abuse. Active duty service members, to use your Tricare coverage, access all care through your PCM.

Active duty family members, if you have Tricare Prime you have coverage for up to eight group therapy visits with a referral from your PCM. Continuing therapy after the eighth visit will require a request from your PCM and authorization from TriWest. Certain other inpatient or other treatments will require a referral and prior authorization.

Any applicable co-pays or cost-shares (based on the sponsor’s status and Tricare program) will apply. Use network providers for the least out-of-pocket costs.

You can see specific coverage and limitations by filling out a profile at [www.tricare.mil/mybenfit](http://www.tricare.mil/mybenfit). Choose the “Mental Health and Behavior” tab, follow the link for “Types of Treatment” and then “Treatment for Substance Use Disorders” on the left-side menu.

TriWest also offers a Tricare Behavioral Health Provider Locator and Appointment Assistance Service at 1-866-651-4970 (Monday through Friday, 8 a.m. to 6 p.m.) to help Tricare Prime active duty service members and their families locate a local provider and make an appointment.

Call 1-888-TRIWEST (1-888-874-9378) for a Tricare-authorized provider.

## Additional resources

Keep in mind, other support groups and therapy treatments are also available. For additional help or for more information on alcohol abuse and dependency, check out these resources:

- TriWest, [www.triwest.com](http://www.triwest.com). Visit the Behavioral Health portal under the “Beneficiary Services” section for a library of information and resources for the whole family. Beneficiaries can also call TriWest directly at 1-888-TRIWEST (1-888-874-9378).

- Military One Source, [www.militaryonesource.com](http://www.militaryonesource.com). Go to “Mind” on the left side of the screen, then choose “Alcohol” for many resources available to active duty service members and their families.

# PAU HANA

The Waianae Adventure Challenge brings diverse and challenging events that promote teamwork and leadership among JROTC cadets.

## JROTC cadets shine at Waianae Adventure Challenge



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

WAIANAЕ – The Junior Reserve Officers' Training Corps (JROTC) at Waianae High School hosted its 3rd Annual Waianae Adventure Challenge at Herbert K. Pililaau Army Recreation Center, Saturday and Sunday.

More than 300 participating students from 22 high schools around the state representing Army, Air Force and Navy JROTC programs spent the weekend getting a taste of a Soldier's life through physical and mental challenges promoting teamwork and leadership.

Cadets competed in events such as water crossing, swimming, rope bridging, rappelling, outrigger canoe paddling, physical fitness tests and other challenging events.

Ran solely by cadets, this challenge brought top students from each of the JROTC programs to test their skills and show off their talents they have learned since joining the JROTC.

"In class we talk a lot about teamwork and leadership," said Army JROTC cadet Cpl. Alexander McMillian, Kahuku High School, "but here we implement those skills and find out what we can do as a team."

"We've done great so far," said McMillian.

Covered in sand and running on adrenaline, each team completed all challenges hoping for the best time.

"Our goal is to motivate young people to be better citizens," said Lt. Col. (R) Don "Rock" Arakaki, JROTC senior Army instructor, Waianae H.S. "Most have never experienced something like this, and they find out what they are capable of as individuals and a team."

The future leaders eyed the trophies that represented potential bragging rights as they motivated their team through cadences designed to build camaraderie.

"This teaches us how to share responsibility," said JROTC Army cadet Col. Ryan Benito, Leilehua H.S. "If one member of the team is weak, we are all weak. It's not about us as individuals; it's about what our team can achieve."

The JROTC program has prepared high school students for leadership roles while making them aware of their rights, responsibilities and privileges as American citizens, according to the JROTC mission statement. JROTC is a stimulus for promoting graduation from high school and provides instruction and rewarding opportunities that will benefit the student, community, and nation.

"This gives our kids an opportunity to challenge themselves," said Lt. Col. Kyle Keomalua, JROTC infantry advisor, Leilehua H.S. "It pushes them in a way they have never experienced, and they learn a lot about themselves."

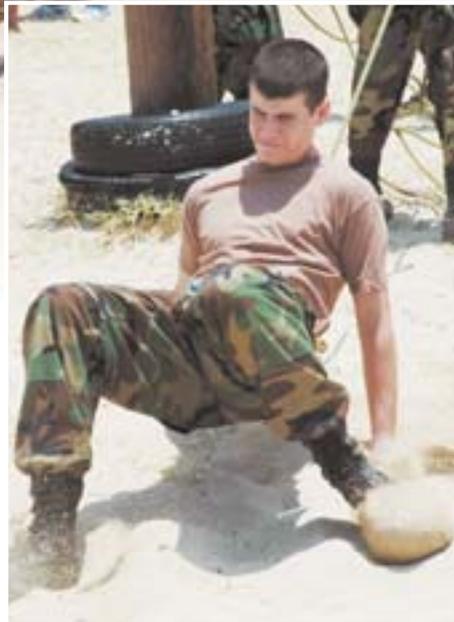
Community support filled the beach as Soldiers from the 25th Infantry Division and the Hawaii Army National Guard assisted the JROTC as lane graders and timekeepers. Donations from Rotary Club, Veterans of Foreign Wars, American Legion and other supporters helped the event run smoothly for the hard-working cadets.

"It's great to see how Soldiers and civilians in the community stepped up to lend a hand for this, even through both volunteering their time and donations," said Arakaki. "We couldn't have done it without them."

Army JROTC cadets proved "Army Strong," placing first and third overall in the men's, women's and mixed divisions. Cadets from participating high schools – St. Louis, Punahou, Waipahu, Waianae, Waimea H.S. on the island of Kauai, and Baldwin H.S. on the neighboring island of Maui, respectively, brought home trophies and the pride of a job well done.



Above — Cadet Pvt. First Class Leland Hawkins maneuvers his way across a rope without touching the ground. The team from Kahuku High School demonstrated teamwork to complete the ropes course and other challenges throughout the day.



Right — Army JROTC cadet Capt. Brendan Killian demonstrates an inverted crawl during the rope bridging challenge.



Cadets from Youth Challenge Academy race along the beach after swimming around the jetti. The challenges throughout the day tested both physical and mental strength of the young cadets.

## Hawaii shows appreciation for military in May

### CHAMBER OF COMMERCE HAWAII

News Release

HONOLULU – Hawaii's Chamber of Commerce celebrates Military Appreciation Month this May with several free events to pay tribute to the military for their sacrifices and dedicated service to the nation. The military has been an integral part of Hawaii's ohana since the early 1800s.

"The Chamber has been hosting [events] to commemorate Military Appreciation Month since 1985 to pay tribute to the men and women of the Armed Forces of the United States for all that they do to preserve peace in the Asia Pacific region and in making Hawaii a better place," said Charlie Ota, vice president military

affairs, Chamber of Commerce.

"It is the one time during the year that we ask residents and the business sector to say mahalo to the troops and their families for all that they do."

• May 16, 7-9 p.m., the Chamber of Commerce in partnership with Mayor Mufi Hannemann and the city and county of Honolulu will host the Combined Military Band Concert at the Blaisdell Concert Hall, Honolulu.

Hawaii's multitalented musicians from the U.S. Air Force, Army, Coast Guard, Marine Corps and Navy, plus Hawaii's Army National Guard, will combine their musical talents for the public to enjoy.

The concert will feature a variety of music ranging from popular military marches to traditional American favorites.

Tickets may be picked up at the Chamber of Commerce, Hawaii, or at the concert hall on the day of the event. Admission is free and open to the public.

• May 17, 10 a.m.-3 p.m., the Army Museum of Hawaii will conduct its 5th annual Military Living History Day at Fort DeRussy, Waikiki.

The public is invited to visit the museum and meet with members of the Hawaii Historic Arms Association, Hawaii Military Vehicle Preservation Association, and the Hawaii Army Museum Society as they display military memorabilia, historic military uniforms and vehicles, and re-enact a famous military event.

The Celtic Pipes and Drums of Hawaii is scheduled to perform a special performance. The event is free.

• May 22, 12-1:30 p.m., a Military Recognition Luncheon will be held at the Hilton Hawaiian Village's Coral Ballroom.

The luncheon will feature awards to Hawaii's outstanding airman, guardsman, Marine, sailor and Soldier of the year.

The Hawaii Chapter of the Military Officers Association of America will also honor one of its members for outstanding community service.

This year's luncheon will celebrate the 100th anniversary of the Pearl Harbor Naval Shipyard. Admiral Robert Willard, commander, U.S. Pacific Fleet, will be the keynote speaker. Tables and tickets may be purchased online at [www.cochawaii.org](http://www.cochawaii.org) or by contacting Kyle Okamura, 545-4300, ext. 317, [kokamura@cochawaii.org](mailto:kokamura@cochawaii.org).

• June 28, 9:30 a.m.-3 p.m., USO

Hawaii, in partnership with Mayor Mufi Hannemann, the city and county of Honolulu, and the Honolulu Zoo will host a Military Day at the Honolulu Zoo. Service members and their families will enjoy free admission with food, beverages and entertainment.

Free bus service will be provided from Schofield Barracks, Pearl Harbor, Hickam Air Force Base and Marine Corps Base Hawaii. Parking and bus service will also be provided from the parking lot at Kapiolani Community College.

Military families are encouraged to check with Hawaii's visitor attractions, hotels, restaurants, shopping malls, auto dealerships, and other small businesses as they traditionally offer special discounts and benefits throughout the month.



**3 / Saturday**

**Aquaculture** – Here's your chance to learn how the ancient Hawaiians fished and lived, May 3, 11:45 a.m.-4:30 p.m. You'll have a unique chance to participate in an authentic Hawaiian throw net experience. Transportation and snacks will be provided. Cost is \$20 per person and space is limited. Call Outdoor Recreation, 655-0143.

**8 / Thursday**

**"Bye Bye Birdie"** – Don't miss opening night for one of the most captivating musical shows of our time. It tells the story of a rock and roll singer who is about to be inducted into the U.S. Army. The musical runs until May 24. Call 438-4480 to purchase tickets.

**9 / Friday**

**FMWR Spouse Appreciation Day** – All military spouses are invited to a day of indulgence at the FMWR Spouse Appreciation Day. Let FMWR thank you for all you do with a brief getaway to relax, recharge and get pampered, May 9, 4-7 p.m. at the Nehelani, Schofield Barracks, and May 28, 10 a.m.-1 p.m. at the Hale Ikena, Fort Shafter.

Indulge in luxury beauty treatments and enjoy sweet treats like coffees, teas, pastries and chocolate fondue. Enjoy live entertainment and inspirational speakers, giveaways for all attendees and great door prizes, including airline vouchers, overnight stays at Kilauea Military Camp, shopping sprees and more.

On-site child care will also be available in the Keiki Kingdom.

To reserve your spot at Schofield Barracks, e-mail sarah.r.horrigan@us.army.mil or call 438-2911 by May 2. To reserve your spot at Fort Shafter, e-mail Darlene.j.marshall@us.army.mil or call 438-0376 by May 21. Space is limited.

**Mardi Gras Teen Social** – The Schofield Barracks Teen Center will hold a Mardi Gras themed event, May 9, 7-9:30 p.m. The event is for youth in grades 6-12. Cost is \$3 for members and \$4 for non-members. Call 655-0451.

**10 / Saturday**



Stephanie Rush | U.S. Army Garrison, Hawaii, Public Affairs

**Stop, drop and roll**

SCHOFIELD BARRACKS — Fire Inspector Scott Ebert teaches family members about fire safety at the Post Exchange food court, here, Wednesday. Members of the Federal Fire Department teamed up with Baskin-Robbins' annual 31-cent Scoop Night and provided information about proper fire safety and the importance of having family evacuation plans.

Fire fighters helped serve ice cream, provided musical entertainment and handed out safety pamphlets, activity books and hats.

**Hawaii Championship Wrestling** – Don't miss your chance to check out the best action local wrestling has to offer, at the Tropics Community Activities Center, May 10, 7-9 p.m. Call 655-0002.

**11 / Sunday**

**Mother's Day Sunday Brunch** – Schofield Barracks' Nehelani and Fort Shafter's Hale Ikena will hold a special Mother's Day Brunch, May 11, 9 a.m.-2 p.m. Cost is \$25 for adults, \$18 for children 6-10, \$12 for children 3-5, and free for children 2 and under.

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

**Ongoing**

**Cooking Classes for Children** – Cooking classes, for children over the age of 4, will be held the first four Wednesdays of each month and each one will have a spe-

cial theme. The cost is \$45 per month, which includes all supplies for each student.

Classes include a free chef's apron and chef's hat for each student. Classes are held at Kalakaua Community Center, Schofield Barracks. Call 655-9818 for an appointment to enroll.

**Family Child Care** – Individuals interested in caring for children in their home should inquire with CYS Family Child Care (FCC) Program. Benefits include free training, additional income and flexible hours. Call the AMR FCC office at 837-0236 or the Schofield Barracks FCC at 655-8373.

**Auto Detailing** – The Schofield Barracks Auto Skills Center is offering a new auto detailing service. To make an appointment or to find out more information, call 655-9368.

**Army Family Covenant** – The Directorate of Family and Morale, Welfare and Recreation (DFMWR) has embraced the

Army Family Covenant to increase the quality of life for Soldiers and their families, bringing its initiatives to FMWR facilities, programs and events.

The Army Family Covenant is committed to improving family readiness by standardizing and funding existing family programs and services, increasing accessibility and quality of health care, improving Soldier and family housing, ensuring excellence in schools, youth services, and child care, and expanding education and employment opportunities for family members.

Continue to look for new programs and benefits brought to you by FMWR and the Army Family Covenant. Call 438-2911 for more information.

**Hawaiian Luau Lunch Buffet** – Enjoy the "ono" taste of a traditional Hawaiian-style feast, 11 a.m.-1 p.m., at Fort Shafter's Hale Ikena or 11 a.m.-2 p.m., at Schofield Barracks' Nehelani.

SEE MWR BRIEFS, B-3

**Community Calendar**

Send announcements to community@hawaiiarmyweekly.com.

**2 / Today**

**"Musical Misadventures"** – The Hawaii Theatre Center (HTC) will host the performance "The Musical Misadventures of Robin Hood (Barbershop in Tights)," May 2-3, 7:38 p.m.

The award-winning Sounds of Aloha Chorus, the 2007 International Silver Medalists quartet, California's OC Times, and Kahuku High School Show Choir will also be performing. Theatre organ stylings by Don Conover will start at 7 p.m.

Tickets are \$27 for orchestra, \$20 for balcony or \$14 for upper balcony. A \$5 discount is offered to senior citizens, active duty military, students, HTC members or groups of 10 or more.

Call 528-0506 for tickets or visit www.hawaii theatre.com.

**3 / Saturday**

**Motorcycle Stunt Entertainment Festival** – Dominant Breed Motorcycle Club will host a motorcycle stunt entertainment festival, performed by professional stunt riders, May 3, 11 a.m.-3:30 p.m. at Cycle City Harley Davidson, 600 Puuloa Road (corner of Nimitz Highway and Puuloa Road), Honolulu.

Enjoy games, food, vendors and prizes. Admission is free and money raised on-site will go to charity.

Call James Gray, 757-597-4668, or Devon Brown, 294-1447.

**Asian-Pacific American Heritage Month** – The 3rd Infantry Brigade Combat Team and Schofield Barracks will sponsor several free events during Asian-Pacific American Heritage Month throughout the month of May, including the following:

• Daily, May 3-31: Art Exhibit in the main Post Exchange Mall at Schofield Barracks. Student work will be featured.

• Friday, May 9: Asian-Pacific American Night, 7-9 p.m., the Tropics, Schofield Barracks. A martial arts demonstration, lion dance and hula will be featured.

• Thursday, May 15: Asian-Pacific American Heritage Month Observance, 11:30

a.m.-1 p.m., the 9th Mission Support Command Parade Field, Fort Shafter Flats. Enjoy food sampling, sponsored by 311th Signal Command, Theater. Contact Master Sgt. Ricardo Natera, 497-7643.

• Saturday, May 24: Asian-Pacific American Custom Auto/Bike Show, 10:30 a.m.-2:30 p.m., the Tropics, Schofield Barracks.

• Thursday, May 29: Asian-Pacific American Heritage Month Observance, 10:30-11:30 a.m., 3rd Brigade Headquarters Parade Field, F-Quad, Schofield Barracks.

Call Sgt. First Class Keith Walker at 352-7313 or 655-0054.

**DEFY Summer Camp** – U.S. Pacific Command will host the Drug Education for Youth (DEFY) program this summer for 9-12 year olds, July 8-18 at Hickam Air Force Base's Air National Guard office, Building 3417.

DEFY staff will be at the Navy Exchange Mall, Pearl Harbor, May 3 and the Base Exchange, Hickam Air Force Base, May 10, 10 a.m.-2 p.m. conducting youth and staff recruitment.

The weeklong summer camp is free and open to military and Department of Defense family members.

Lunch, snacks, a backpack, T-shirt, hat and water bottle will be given to all participants.

Call 477-9327/9599 or visit www.donhq.navy.mil/defy for an application.

**Festival of Flowers** – Hawaii's Plantation Village, Waipahu, will hold a Festival of Flowers, May 3, 10 a.m.-2 p.m.

The festival is a traditional Filipino celebration marking the coming of spring and pays tribute to Hawaii's multicultural society.

Genealogy workshops, cultural performances, a baby quilt display, an ikebana exhibit and food tasting will be featured.

This family event is open to the public and free. Call 677-0110 or visit www.hawaiiplantationvillage.org.

**5 / Monday**

**Cinco de Mayo** – The Aloha Tower Marketplace, Honolulu, will host its 5th Annual Cinco de Mayo party, May 5, starting at 5 p.m.

Festivities include live local and Mexican music, free salsa lessons, Mariachi del Pacifico, a Chihuahuas fashion show and parade and free prizes. Admission is free and open to the public.

**6 / Tuesday**

**Transition to Teaching Session** – Bryan

Miller will hold an informational session providing handouts and answering questions about the Troops to Teachers and Spouses to Teachers programs, May 6, 11:30 a.m.-1 p.m. in the Education Center, Room 220, Schofield Barracks. E-mail HawaiiITT@notes.k12.hi.us.

**9 / Friday**

**Cub Scouting** – Cub Scouting is a fun program where boys can experience excitement and outdoor adventure. Pack 564 will hold an information session, May 9, 7-8 p.m., at the Mililani Mauka Elementary School cafeteria, and invites parents and boys to join the fun and learn more about Scouting. Call Scot at 626-4818.

**17 / Saturday**

**Pineapple Festival and Parade** – The Wahiawa Pineapple Festival will take place May 17, 10 a.m.-4 p.m., Wahiawa District Park. The parade begins at 9 a.m. along California Avenue, kicking off the festivities.

Free parking and a shuttle service will run from Leilehua High School and the festival grounds.

Visit www.hawaiipineapplefestival.com or call 227-8229.

**Living History Day** – The U.S. Army Museum of Hawaii will host a Living History Day to commemorate Armed Forces Day, May 17, 10 a.m.-3 p.m., on the lawn area of the museum at Fort DeRussy.

The event will include static exhibits of modern military Soldiers and equipment, military memorabilia, restored military vehicles, re-enactors in period uniforms and hands-on displays of nongovernment military artifacts.

**19 / Monday**

**Home School Co-Op Meet and Greet** – Schofield Barracks' Home School Co-op will hold a meet and greet, May 19, 11 a.m.-1 p.m. at the Schofield Barracks bowling alley.

Learn about the exciting activities being planned for the 2008-2009 school year and how you can get involved. Contact Rachel Bowers, 954-9366.

**20 / Tuesday**

**Concert Choir Performance** – The University of Maryland concert choir will perform May 20, 6:30 p.m. at the Aliamanu Military Reservation Chapel.

Dinner will be served at 5:30 p.m. for everyone attending the concert. A nursery

is provided for children aged 9 months-5 years, as long as they are registered with Child Youth Services or the Child Development Center, have their card and wear closed-toe shoes.

Call 836-4599.

**21 / Wednesday**

**Concert Choir Performance** – The University of Maryland concert choir will also perform May 21, 6:30 p.m. at the Schofield Barracks Main Post Chapel.

Dinner will be served at 5:30 p.m. for everyone attending the concert. A nursery is provided for children aged 9 months-5 years, as long as they are registered with Child Youth Services or the Child Development Center, have their card and wear closed-toe shoes. Call 655-9307.

**22 / Thursday**

**Student Showcase Night** – Wheeler Middle School, Wheeler Army Air Field, will hold a Student Showcase Night, May 22, 4-6 p.m. Student work from art, band, multimedia, physical education and health classes will be featured.

Call Sam Bennett, faculty member, 622-6255.

**26 / Monday**

**Complimentary Admission** – The Pearl Harbor Historic Sites will offer complimentary general admission to all active duty, reserve and retired U.S. military personnel and their family members on Memorial Day, May 26.

Applicable historic sites include the USS Bowfin Submarine Museum and Park, Battleship Missouri Memorial and the Pacific Aviation Museum. The USS Arizona Memorial and USS Oklahoma Memorial already offer free daily admission.

**Ongoing**

**Cirque Dreams Jungle Fantasy** – Cirque Dreams Jungle Fantasy, a theatrical, acrobatic and musical performance, showing at Blaisdell Concert Hall, May 6-11, will offer a military discount.

The tickets, normally \$57.50, are available for \$30 plus any service charges. Tickets are available at the concert hall or online at www.ticketmaster.com. Military should use the code USA. Call 877-750-4400 to order by phone.

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

**Fort DeRussy Chapel 836-4599**

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

**Fort Shafter Chapel 836-4599**

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

**Helemano (HMR) Chapel 653-0703**

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

**Main Post Chapel 655-9307**

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

**MPC Annex, Building 791**

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

**Soldiers Chapel**

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

**Tripler AMC Chapel 433-5727**

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

**Wheeler Chapel 656-4481**

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

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



**Horton Hears A Who**

(G)  
Friday, 7 p.m.  
Saturday, 2 p.m.

**Shutter**

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



**Never Back Down**

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

**10,000 BC**

(G)  
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

# Elementary students plant seeds of knowledge at PTA

Natural and Cultural Resource staff teams up with classes to learn about rare plants and animals

Story and Photos by **TIANA SUDDUTH**  
Pohakuloa Training Area

POHAKULOLOA TRAINING AREA, Hawaii — Visits to Hilo are providing the perfect opportunity for the Pohakuloa Training Area (PTA) Natural Resources Staff (NRS) to accomplish public outreach and education.

Fifth grade students at Hilo Union Elementary will begin an overnight stay at PTA, May 8, during which they will be participating in a variety of activities with PTA Natural and Cultural Resources staff, Soldiers and PTA firefighters.

To prepare for the event, PTA Natural Resource and Integrated Training Area Management specialists made a special trip to Hilo Union Elem., April 7.

The students in Lorna Hewitt's, Emma Kato's, and Irene Barber's classes learned about rare and native plants and animals found at PTA and how NRS manages those unique resources. The students then engaged in a hands-on planting activity.

Students placed seeds of *aalii*, *aweoweo* and lovegrass into planting trays, watered, and left them in each classroom for students to take care of during the next few weeks. While the students are watching the seeds grow, they will have the chance to read about each native plant's life history and cultural uses in the Hawaiian Islands.

Upon their arrival at PTA next week, the students will work with NRS to establish a garden of native plants in front of the PTA headquarters building. The seedlings that will have germinated in each classroom will be transported to PTA for transplanting into the new garden.

As this garden develops, future school groups will add outplantings and assist with periodic garden maintenance. The



Lorna Hewitt, teacher at Hilo Union Elementary School, helps one of her students collect aalii seeds for placement in a seed germination tray.



PTA Integrated Training Area Management Specialist Shalan Crysdale teaches a student in Lorna Hewitt's class how to place aweoweo seeds in a seed germination tray.

**What makes PTA so unique?**  
Pohakuloa Training Area contains the rarest ecosystem on the planet with 15 species of threatened or endangered plants.  
To help protect those endangered plant populations, PTA Natural Resources staff promote an ongoing public outreach and education program.  
The program's goals are to inform the public about management activities conducted at PTA and to recruit volunteer assistance from within the community to help with other initiatives, such as invasive species management and outplanting.

garden will educate visitors about PTA's natural resources while serving as a bridge between the Army and the local community.

These seedlings that students are helping to propagate will also make an important contribution to restoring the

native plant community at PTA.

Hilo Union Elementary's fifth graders were also asked to collaborate with PTA NRS on another innovative and exciting project. Each class received materials to create a unique stepping stone as part of its contribution to the garden.

The stepping stones will all be the same size, but they will be designed as a lasting legacy, with the names and dates of each school or class inscribed on each stepping stone. The finished products will be placed in and around the growing garden, linking together to eventually create a pathway.

The pathway will guide visitors through the garden, showcasing both PTA's natural resources and the hard work of the teachers and students who put them there. It will be known as the "Ala e Hoonaaauo O Pohakuloa" or "Pohakuloa's Pathway to Education." It will become a part of PTA's history.

Public outreach and education benefits PTA's unique natural resources, the

Army and the Big Island community. Such endeavors have been, and will continue to be, a vital component of PTA's natural resources program, according to PTA officials.

Since its establishment in 1956, Pohakuloa Training Area has been committed to preserving Hawaii's natural resources, all while supporting military training activities, officials said.

## MWR Briefs

From B-2

Cost is \$9.95 per person. Call the Hale Ikena (438-1974) or the Nehelani (655-4466) for reservations.

**Tropic Lightning** — Enjoy a fast and hot lunch buffet, Monday-Friday, 11 a.m.-2 p.m., at the KoleKole Bar & Grill, Schofield

Barracks. Cost is \$8.95 per person. Call 655-4466.

**Paint It & Take It** — Ceramic parties offer a unique way to celebrate get-togethers, coffees, children's birthday parties, showers or any occasion. Your Arts & Crafts Center provides a varied selection of ceramic bisqueware to paint and take home.

Call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

**Friday Night Scrappers** — Schofield Barracks Arts and Crafts will hold a new program every Friday night for scrapbooking fun and festivities, beginning May 2. The sessions run 6-10 p.m. The cost is \$10, which includes snacks, prizes and demos. Supplies are available for an extra fee.

Join the Arts and Crafts Center for fun projects, refreshments and prizes. Call 655-4202.



May  
10 / Saturday

**Hawaii Championship Wrestling** – Don't miss your chance to check out the best action local wrestling has to offer at the Tropics Community Activities Center, May 10, 7-9 p.m. Call 655-0002.

## Ongoing

**"Golf 4 Food and Fun"** – Get a team together and come out to the Nagorski

Golf Course, Fort Shafter, every Tuesday, 2:30-4:30 p.m. Golf 4 Food and Fun offers a 9-hole green fee, a foursome platter of pupus from Mulligans, a pitcher of beverages and a luck door prize entry. Call 438-9587.

**Summer Learn to Swim** – Aquatic instructional classes have already begun at all Army Family Morale, Welfare and Recreation pools.

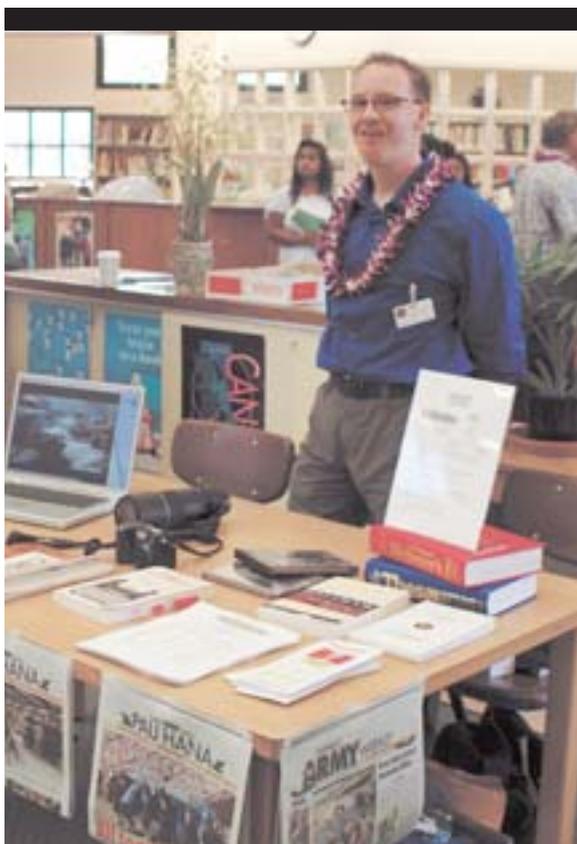
Pools are located at Schofield Barracks, Tripler Army Medical Center (TAMC), Helemano Military Reservation (HMR) and Aliamanu Military Reservation (AMR). All skill levels are welcome.

Classes are offered for Level 1, Introduction to Water Skills, through Level 6, Swimming and Skill Proficiency. Classes are \$40 for nine 45-minute sessions or \$35 for nine 30-minute sessions.

For toddler and preschool-age children, classes are \$35 for each 30-minute session or \$40 for each 45-minute session.

Space is limited and registrations are accepted on a first-come, first-served basis. All children must be registered with CYS for swimming classes, and payment is due at time of registration.

Call Richardson Pool, Schofield



Aiko Brum | U.S. Army Garrison, Hawaii, Public Affairs

## Career and college fair

SCHOFIELD BARRACKS — Kyle Ford from the U.S. Army Garrison, Hawaii, Public Affairs Office, works at Leilehua High School's "Career and College Fair." April 23. Garrison employees, who provide support services for Soldiers in Hawaii, frequently partner and participate in community events. Ford gave students information about careers in the federal government, specifically in the communications career field.

Barracks, 655-9698; TAMC Pool, 433-5257; HMR Pool, 653-0716; or AMR Pool, 833-0255.

**Physical Fitness Centers** – Don't miss out on enhanced services at all Army Physical Fitness Centers brought to you by the Army Family Covenant.

These enhanced services include extended weekend and holiday hours at fitness centers at Fort Shafter and Schofield Barracks.

Hours of operation are now 6

a.m.-6 p.m., weekends and holidays.

In addition, free towels and classes are provided to patrons.

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



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

### 3 / Saturday

**Hike Oahu** – Join the Hawaiian Trail & Mountain Club on a hike through the Kahili Valley Ridge.

Lace up your boots and follow the green concrete steps up to the ungraded ridgeline trail. Use caution along the narrow, rooty, windswept sections. From the clearing at the designated end, enjoy good views of Kalihi Valley on your left and Kamaikai Valley on your right. The hike does not go to the Koolau summit.

This intermediate hike is 6 miles. Call coordinator Thea Ferentinos at 375-0384.

Save the date for these upcoming hikes, too:

- May 11, a 9-mile intermediate hike at Pupukea Ridge, and

- May 17, a 4-mile intermediate hike at Kahaluu Ridge.

All hikes begin at 8 a.m., and a \$2 donation is requested of non-members. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

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

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit [www.htm-club.org](http://www.htm-club.org).

## Ongoing

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

**Spring In-Line Hockey** – The Oahu In-Line Hockey League continues. It will be followed by a

select teams mini-season, a skills competition and league social.

Contact a registrar for more details: Richard Pentecost at 372-9270 or Norine Liem at 396-9475. Visit [www.oihl.org](http://www.oihl.org).

**Shafter Bowling** – Unit PT (physical training) bowling is held Monday-Friday, 6-8 a.m. Cost is \$1 per Soldier and includes all games and free shoe rental.

Reservations and a minimum of 20 bowlers is required.

**Jazzercise** – Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays & Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

**Waikale Wrestlers** – The Waikale Athletic Club holds wrestling classes for children and adults.

Cost is \$45 per student. Call 671-7169.

**Bass Angler** – Entries are now being accepted for the 18th Annual Military Bass Team Bass Tournament being held May 5-9 at Duke Hollow Lake, Byrdstown, Tenn. To apply or find out more information, visit [www.military-bassanglers.com](http://www.military-bassanglers.com).

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

**Football League** – The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality experience for kids.

Visit [www.myhalos.com](http://www.myhalos.com), or call 620-8523.

**Wrestlers Wanted** – Hawaiian Championship Wrestling seeks

new members. Persons should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build.

Sports background is preferred. Call 676-8107 for more information.

**Golfers Wanted** – Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322.

Tee time is usually before 8 a.m.

**Girls' Basketball** – The Hawaii Strikers Club team is comprised of skilled players who have a passion for basketball and can perform as a member of a cohesive team. The selection process is very competitive and requires each player to be a well-rounded individual who performs at a high academic level, exhibits superior sportsmanship qualities, and displays a positive attitude and a respectful and coachable demeanor at all times.

The Strikers are currently participating in weekly National Junior Basketball League of Honolulu games. Practices are conducted three days a week at various locations in the Central Oahu area.

Contact Coach Thompson at 381-7722 or [hawaiistrikers@yahoo.com](mailto:hawaiistrikers@yahoo.com) or visit [www.hawaiistrikersbasketball.com](http://www.hawaiistrikersbasketball.com) for more information.

**Bike Hawaii** – Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, call 734-4214, or toll free 1-877-682-7433. Visit [www.bikehawaii.com](http://www.bikehawaii.com).

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

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

# Tropic Lightning team dives to perfection at Richardson Pool

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

SCHOFIELD BARRACKS – “Next up, Tate Cadang will perform a front jump pike,” said Coach Jeff Stabile of the Tropic Lightning Dive Team, simulating an announcer at a diving meet, April 17.

“Four-point-five,” announced Stabile as 7-year-old Cadang emerged from the water. “That was good, but you need to relax your shoulders and keep your chest up. Try it again.”

Cadang jumped out of the Richardson Pool and stood in line behind her teammates, waiting patiently for her next chance to dive.

“We are always trying to prepare them for competition,” said Stabile. “This gives them immediate feedback on how they can improve each dive.”

Stabile is a veteran diver and has been teaching others his skills since he himself was a child.

“I was teaching my high school dive team at the age of 14,” said Stabile. “When I moved here in the year 2000, I was approached to start this program, and everything else fell into place.”

Now in his 28th year of schooling children on proper diving etiquette, Stabile has led his team to numerous victories, including the most medals won at the Aloha State Games in July 2007.

“I’m happy a program like this exists,” said Spc. Jason Lane, 307th Integrated Theater Signal Battalion. “We just got to the island, and this will help our son become more aware of what is offered here. And there are so many physical benefits of swimming and diving.”

Lane’s 14-year-old son Victor joined the team for the first time, with no prior diving experience.

Stabile worked hands-on with the newcomer, practicing diving into the water head-first.

“The first thing you need to learn is how to hold your body to go into the water safely,” said Stabile. “This gives you a sense of body awareness. You will eventually overcome natural instincts and do what is better for diving.”

Along with the many physical benefits,



Brandon Johnson leaps off the high dive to complete an inward 1½ somersaults pike dive. Members of the youth diving team learn a plethora of dives and techniques needed to succeed in both swim meets and everyday life.

For more information or to join the Tropic Lightning Dive Team, contact Jeff Stabile at 864-0037 or e-mail [twisterj@gmail.com](mailto:twisterj@gmail.com). Visit [www.tropiclightningdiving.com](http://www.tropiclightningdiving.com).

including muscle toning and strengthening, diving has proved to aid in concentration and self-esteem, according to Stabile.

“There are many life skills applicable to diving,” said Stabile. “Many overcome adversities here and apply that to both academics and social relationships.”

Stabile explained the use of the trampoline in his teaching techniques to prepare team members for the water. The team learns how to do proper dives, without the chance of crashing into the water, using a spotting rig above the trampoline. Once team members are comfortable with the dive, they perform it on the diving board.



Samantha Ikei prepares to perform a back somersault tuck dive at a recent youth diving team practice. According to coach Jeff Stabile, diving provides both physical and mental benefits for children, including toning of muscles and better concentration.

The diving team is an outlet for many children and teens. It teaches them skills they will carry with them for a lifetime.

“Not everyone will become an elite diver,” said Stabile, “but everyone will gain something from this program.”

## Community Calendar

From B-2

**Free DVD Messages** – Family members can record a 30-second video message on DVD to send to their deployed Soldier. The free service is offered every Saturday, 10 a.m.-2 p.m., TV2 station, Schofield Barracks.

To reserve your spot, contact Larry Thomas at 295-0205 or e-mail [Larry.Thomas9@us.army.mil](mailto:Larry.Thomas9@us.army.mil).

**Preschool Story Time** – Parents and children ages 3-5 are invited to sing songs and read stories at Wahiawa Public Library, Wednesdays, at 10 a.m. Call 622-6345.

**Children’s Performing Group** – Sunshine Generation Hawaii, an award-winning performing group, will offer classes teaching singing, dancing and showmanship. The classes are for children ages 3 to 16 and costs \$35 per month.

No auditions are required; performances are held throughout the island. Classes started April 1, but are offered in Mililani and Honolulu on Mondays and Tuesdays through the end of May. Call 489-1998 or visit [www.sunshine-hawaii.net](http://www.sunshine-hawaii.net).

**Career Assistance** – Need help in finding a job? Are you wondering how to market your skills and abilities? Explore [www.militaryspousejobsearch.org](http://www.militaryspousejobsearch.org) and [www.myarmylifetoo.com](http://www.myarmylifetoo.com) to learn job search techniques and resume writing tips, and to obtain information on the Army Spouse Employment Partnership.

For additional assistance, call Alohailinda Bolosan at 655-2390.

**House Hunting Help** – Representatives from the Honolulu Board of Realtors are available from 8 a.m.-noon and 1-5 p.m., weekdays, at the Fort Shafter Housing Services Office (HSO), Building 344, located on Montgomery Drive.

At the Volunteer Realtor Program, realtors review the purchas-

ing process and how to access listings. They explain different financing options and loan types to you.

This service is free, and no follow-up requirements or obligation to realtors from program attendees is required. Call Pam Hirota, Directorate of Public Works, Housing Services Office, at 438-1518.

**Making the Grade** – Students can cash in on the Army and Air Force Exchange Service’s (AAFES) “You Made the Grade” program. This reward program is designed to recognize above-average academic achievement.

Qualifying students will receive a coupon booklet that includes free admission to an AAFES Reel Time Theater, a complimentary slice of Anthony’s Pizza with drink and a free magazine, as well as other coupons.

To be eligible for a booklet, students must present a valid military ID card and proof of an overall “B” or better average to their local post exchange.

**Conducting Business on Post** – Individuals wishing to conduct a home-based business on Army installations, such as Avon, Tupperware, Longaberger, Creative Memories or any other type of sales activity, must register with the Garrison, Oahu, Commercial Solicitation Control Office, which is open 7 a.m.-3:30 p.m.

No person may enter an Army installation and transact commercial business without a permit. All door-to-door sales are prohibited.

For more information call, Patricia Mowat at 655-8047 (Monday-Wednesday, Building 690, Schofield Barracks) or 438-4232 (Thursday-Friday, Building 344, Fort Shafter).

**Volunteer Opportunities** – Give back to the community by volunteering; it is a great way to meet new people, receive valuable job experience and support the Army Hawaii family. Opportunities are available on and off post.

Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. Visit [www.mwrarmy-hawaii.com](http://www.mwrarmy-hawaii.com).