

INSIDE New CG

Former West Point commandant, Maj. Gen. Robert Caslen Jr. assumes duties as commanding general, 25th Infantry Division, Wednesday, at 10 a.m., Sills Field, Schofield Barracks, in a Flying V ceremony. The public is invited to attend.

Lunchtime shuttle

A new shuttle service starts Monday at Schofield Barracks and Wheeler Army Air Field.

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In five, four...

Visual Information records video teleconferences at TV2 for families of deployed Soldiers.

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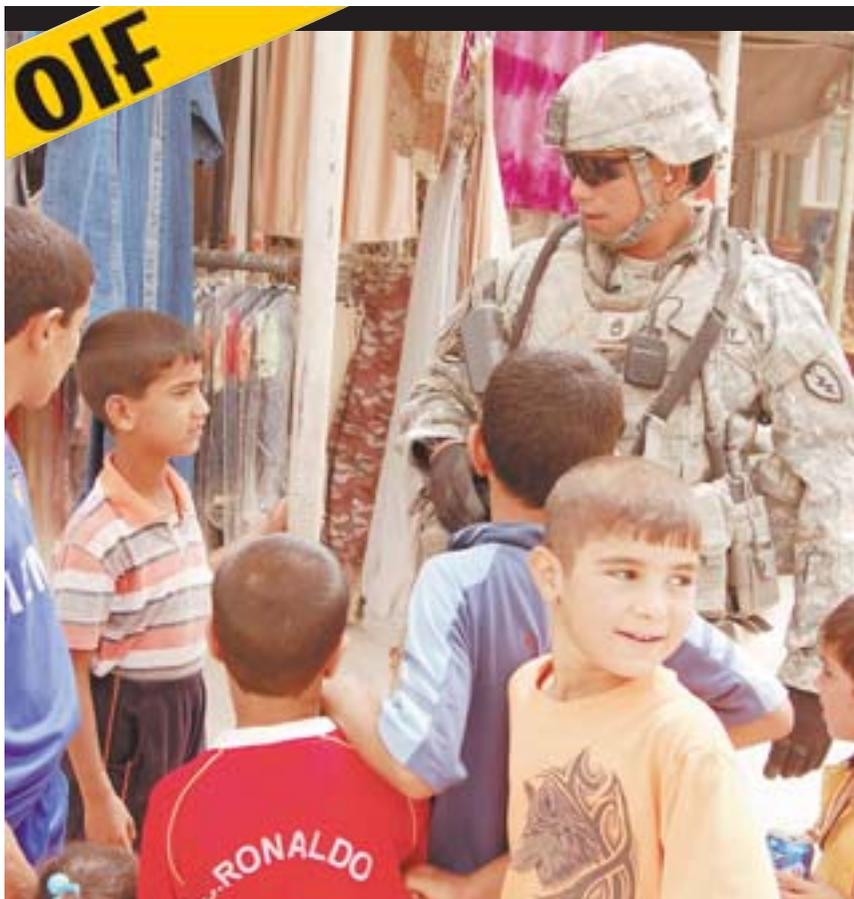
Operation Comfort

Wounded warriors get Hawaiian-style therapy.

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Sgt. Brad Willeford; 1st Battalion; 27th Infantry Regiment; 2nd Stryker Brigade Combat Team

'Hey, mister...'

CAMP TAJI, Iraq – Excited, local Iraqi schoolchildren swarm about Sgt. 1st Class Carlito Dizon, an infantry platoon sergeant with Company B, 1st Battalion, 27th Infantry Regiment "Wolfhounds," 2nd Stryker Brigade Combat Team "Warrior," 25th Infantry Division, as he walks through their community while on patrol in Taji Qada, northwest of Baghdad, May 9.

Makani Pahili HUREX makes Oahu landfall

Annually, USPACOM requires all services test hurricane plans

SGT. 1ST CLASS JASON SHEPHERD & LES OZAWA
U.S. Army, Pacific, Public Affairs

FORD ISLAND – Imagine a Category 4 hurricane slamming Waikiki and downtown Honolulu.

With sustained winds of more than 135 mph and a 15-foot storm surge, Oahu – Hawaii's most populous island – could see hundreds of deaths, billions of dollars worth of damage, and hundreds of thousands of people without power, food and water.

Members of Joint Task Force-Homeland Defense trained for such a scenario May 12-15 during Makani Pahili 2008, the annual U.S. Pacific Command-directed joint military exercise on Fort Shafter and Ford Island.

The exercise focused on how the military can help the state recover after a hurricane hits Oahu, in the post-landfall phase of operations.

"This is a great opportunity for

the military to demonstrate how it supports civil authorities post-catastrophic natural disaster," said Lt. Col. Ed Toy, Joint Task Force-Homeland Defense (JTF-HD) chief. "As hurricane season approaches us on June 1, we want to take the opportunity to demonstrate how we can support response and recovery efforts for the state of Hawaii."

Makani Pahili ("strong wind" in Hawaiian) is an interagency exercise designed to test the coordinated efforts among all levels of government and private sector organizations.

While this exercise validated JTF-HD's hurricane recovery plans, the state's exercise (which starts May 19) will focus on all phases of its hurricane plans.

"It is critical because we are all collectively in this together," Toy said. "We understand, given the isolation of the island chain, that we have to have dependency and reliance on each other, so that we can sustain and maintain life support following a natural disaster."

SEE HUREX, A-5

'Warrior Sappers' lead way for engineers

For the first time ever, a 25th Infantry Division company earns top engineering award

Story and photo by
SGT. 1ST CLASS CHRISTINA BHATTI
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – Engineers from the 66th Engineer Company, 2nd Stryker Brigade Combat Team "Warrior," 25th Infantry Division, Multi-National Division – Baghdad, are the 2007 winners of the Lt. Gen. Emerson C. Itschner award, recognizing them as the best engineer company in the Army.

"It feels good," said Spc. Jose Diaz, about the recognition. "The last two years of training were hard, and now we are being recognized by the Army as being the best engineer company."

Diaz, a native of Arlington, Texas, who is a combat engineer with the 66th Eng. Co., joined the Army two years ago as a combat engineer. He said the job wasn't really what he wanted to do, but it was a good option and he doesn't regret the decision.

"I was told I was going to build and blow stuff up, and that sounded interesting so I took it," he said.



Sgt. 1st Class Jeffrey Goodman, a platoon sergeant with 3rd Platoon, 66th Engineer Company, 2nd Stryker Brigade Combat Team "Warrior," 25th Infantry Division, hands a shirt to a child in Sab al Bour, northwest of Baghdad, May 9. Goodman's platoon had completed a route-clearing mission, earlier; his Soldiers were pleased to hand out toys to the children in Sab al Bour, soon after.

To prepare for the competition, Diaz said the unit completed lots of demolition training, improvised explosive device (IED) classes, unexploded ordnance classes, and tactical movements.

In truth, there is no preparation for the

SEE 66th ENGINEERS, A-4

Treatment is urged for any combat stress illness

DONNA MILES
Army News Service

FORT BLISS, Texas – The Defense Department is working to reduce stress on the force and improve quality of life for the troops, Defense Secretary Robert M. Gates told Soldiers at the Army Sergeants Major Academy here, Friday.

As part of that effort, Gates announced that the Defense Department will no longer require people who have received treatment for combat-related stress to report it on Standard Form 86, the government security-clearance form.

"Mental health treatment in and of itself will not be a reason to revoke or deny a clearance," Gates told the senior noncommissioned officers (NCOs) at the academy. "We hope this will encourage more men and women in uniform to seek help."

Gates asked the senior leaders help in getting troops who need it to seek combat-related mental health care.

"Our country, in recent years, has asked a tremendous amount of you and those who serve with and under you, and everyone has risen to the occasion," Gates told the senior NCOs, all attending the Army's top NCO school and bound for sergeant major and command sergeant major jobs in the force.

He conceded that "no one expected major combat operations in Iraq to go on this long" and cited the challenges: "multiple and sometimes extended deployments, the stresses of battle, the wounds of war, both seen and unseen. All of this has taken its toll on our troops and their families," Gates said.

Yet, he noted, morale remains

'Black Belts' graduate from Lean Six Sigma

Story and Photo by
SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

FORT SHAFTER – With more than 20,000 Soldiers from U.S. Army, Pacific (USARPAC), deployed throughout the year, Soldiers and civilians from the region have been learning to do more with less.

One of the ways the team has been able to accomplish such a task is with the help of business transformation, which uses Lean Six Sigma (LSS) principles.

According to the Lean Six Sigma Deployment Guidebook, the purpose of LSS is to achieve a full and lasting cultural transformation of the Army's business practices, in order to ensure the Army maintains its long-standing commitment to the American people. LSS combines the principles of



Ron Rezek, right, congratulates Ray Simpson during the graduation ceremony for the Lean Six Sigma Black Belt course at Fort Shafter Flats May 9.

"lean" (reducing and eliminating non-value activities) with "six sigma" (reducing variation and in-

creasing quality) to improve process efficiency and process effectiveness.

SEE LSS, A-7

SEE COMBAT STRESS, A-7

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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Family Housing areas? If so, call

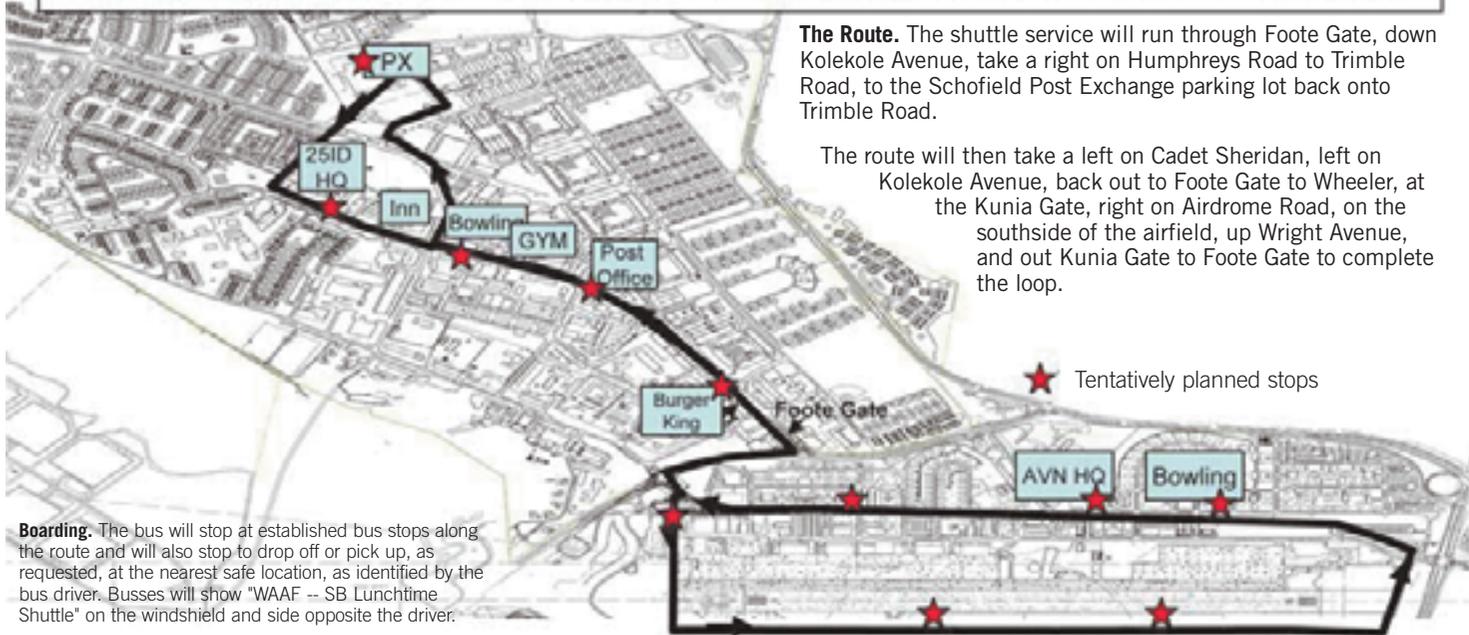
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60 days

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 5/15/08.

Schofield – WAAF Lunchtime Shuttle, Time 1115-1315, M-F



The Route. The shuttle service will run through Foote Gate, down Kolekole Avenue, take a right on Humphreys Road to Trimble Road, to the Schofield Post Exchange parking lot back onto Trimble Road.

The route will then take a left on Cadet Sheridan, left on Kolekole Avenue, back out to Foote Gate to Wheeler, at the Kunia Gate, right on Airdrome Road, on the southside of the airfield, up Wright Avenue, and out Kunia Gate to Foote Gate to complete the loop.

Boarding. The bus will stop at established bus stops along the route and will also stop to drop off or pick up, as requested, at the nearest safe location, as identified by the bus driver. Busses will show "WAAF – SB Lunchtime Shuttle" on the windshield and side opposite the driver.

New shuttle service starts Monday, the 19th

KELLY ANDREWS

Directorate of Family and Morale, Welfare and Recreation

WHEELER ARMY AIR FIELD – U.S. Army Garrison, Hawaii, will be offering a brand new lunchtime shuttle bus service beginning Monday. The shuttle will make runs between Wheeler Army Air Field and popular lunchtime destinations on Schofield Barracks.

The shuttle service is initially scheduled to begin running at 11:15 a.m.-1:15 pm, Monday through Friday.

Current expected Schofield stops include:

- Burger King,
 - the Post Office,
 - Martinez Physical Fitness Center,
 - the Schofield Barracks Bowling Center,
 - the Schofield Inn,
 - the 25th Infantry Division Headquarters, and
 - the Schofield Post Exchange.
- Wheeler pick-up points will include the following:
- 25th Combat Aviation Brigade Headquarters, and

-the Wheeler Bowling Center.

The shuttle will also stop at a number of other locations surrounding the air field.

Why the shuttle?

Beyond simple traffic relief, concern over continuing increases in gas prices and the Garrison's attention on greener living have contributed to making the shuttle service a reality to better address the transportation needs of Hawaii's Army community.

To ensure the service is as useful as possible, the Garrison is also conducting a sur-

vey to solicit opinions and feedback about the shuttle and other potential transportation options.

To take this survey, simply go to the Directorate of Family and Morale, Welfare and Recreation's Web site at www.mwrrarmy-hawaii.com. Click on the "Click here to take the survey" link on the homepage.

This survey will be made available to all Garrison directorates and units based on Wheeler. The feedback received will be used to tweak the service times, shuttle stops and other details of service.

Low energy can be a good thing

ANN WHARTON

Army Hawaii Family Housing

SCHOFIELD BARRACKS – One bulb at a time. Such is just one way the Army and partner Actus Lend Lease will help Army Hawaii Family Housing (AHFH) residents reduce energy consumption at home.

During the next few months, AHFH will install 60,000 compact fluorescent lights (CFL) in existing homes. The installation is in addition to thousands of CFLs being installed in new homes every month through the year 2015.

"Reducing our energy consumption 20 percent by year 2010 is a goal the AHFH partnership is aggressively working towards," said AHFH Project Manager Claire Ridding-Johnston.

"And, it's not just our new homes that we want to be energy-efficient."

More than 2,500 existing homes remaining in AHFH inventory have energy-efficient or Energy Star-rated appliances, and installing CFLs will help reduce any home's energy consumption.

CFLs use about 75 percent less energy than standard incandescent bulbs and last up to 10 times longer. They also produce approximately 75 percent less heat, so they are safer to operate and can cut energy costs associated with cooling a home.

"CFLs are also good for the environment," added Ridding-Johnston. "Each kilowatt saved means less greenhouse gasses."

Environmentalists estimate that greenhouse gases are reduced by 12 percent when CFLs are used in a home. And, according to the U.S. Environmental Protection Agency and the U.S. Department of Energy, if every home in the U.S. replaced just one light bulb with a CFL, America would prevent greenhouse gases equivalent to the emissions of more than 800,000 cars.

Installation of the 60,000 CFLs in Army Hawaii Family Housing will be completed in August 2008.

For more information about CFLs and to learn how your family can reduce energy consumption at home, log onto www.energystar.gov or www.heco.com.



Who are the most influential people?

CHAPLAIN (MAJ.) DAVID SHOFFNER

Deputy Division Chaplain, 25th Infantry Division

The May 12 edition of *Time* magazine's "The Time 100" listed "The World's Most Influential People." Really? The most influential people in the world?

The article is a fascinating list of very interesting and important people, but come on, the most influential?

I actually enjoyed reading the articles, and this group of truly fascinating people are making huge contributions to our world. However, as I perused the list a couple of conspicuous absences began to become blatantly obvious.

I'm sure everyone who reads the list thinks that someone is missing, and I am also sure that my complaint corresponds to my bias as an Army chaplain.

It struck me as odd, for instance, that not one western military leader was mentioned. Defense Secretary Gates was included, but no uniformed military personnel and only one Christian leader, Patriarch Bartholomew I – included for his work on environmental issues – were mentioned.

Every year, polls are conducted of whom people trust and respect the most. For years those polls have consistently cited the military and church as the two most trusted institutions; yet, neither seems to make it into "The Time 100."

So, Gen. David Petraeus, great job in Iraq, but you don't make the top 100. Pope Benedict XVI, excellent job shepherding the flock, but you don't make the top 100 either.

This quandary started me thinking. If these are the people *Time* considers the "the most influential" people in the world, then who do I consider the most influential, and why? Ironically, the issue containing the list hit the news-

stands just before Mother's Day, so these questions collided in my mind.

Who do I consider the most influential? Why? How had the people on the list influenced me in comparison to my mother? It took me less than a second to come to the realization that my mother's influence was exponentially greater than everyone on the "The Time 100" – combined.

"Gen. David Petraeus, great job in Iraq, but you don't make [Time magazine's] the top 100. ... My mother's influence was exponentially greater than everyone on the "The Time 100" — combined."

Yes, I know. These are world shapers, movers and shakers, but what effect have they had directly on me? My belief in God and my relationship with my savior, Jesus Christ, was fostered by my mother. The values that I live by, they were taught to me by my mother. My love of family, my education, and a million little things that help me get through everyday, all were imparted to me by my mother. The very fact that I am alive is a gift from my mother.

Moms play a huge roll in our lives. From the very beginning of our life, they love us. When no one else does, at the highest and lowest points of our lives, we can always depend on a mother's love.

The crucifixion is a very poignant scene, and one of the most striking moments is captured in John 19: Jesus looks down from the cross and sees his mother.

The disciples have all fled, with the

exception of John. The once cheering crowds and the religious leaders are all there to mock Jesus. The Roman soldiers are there to carry out the execution, but also standing there in the mix, at great risk to herself, is the mother of Jesus, the Christ.

A mother's love. Mothers not only love us, they teach us. Think of the things you learned on a daily basis from your mom. Even as you read this article, I am sure that several memories are flooding back into your mind.

Think of the things you do on a daily basis that your mom taught you. These things may be as simple as tying your shoe or as complicated as praying and developing your faith. They are usually foundational things like values, attitudes, a strong work ethic. They are always there.

Mothers teach. Mothers not only love us, and teach us, they care for us. They are the nurturers in our lives. The ones you run to when you skin your knee. They worry about us, pray for us, encourage us, write us and send us care packages.

I remember my mother sending me a care package in Iraq, it was 45 years old, but when I received that package, I was ecstatic because it was from my mom.

I am blessed and fortunate to have a wonderful wife and three sons, as well as a great father, a brother and two sisters. But the influence and care of my mother is incomparable.

In the end, *Time's* list was entertaining and interesting, but no person or combination of people on any list could ever be more influential in my life than my mother.

Though Mother's Day came and went May 11, every day is "Happy Mother's Day." For me, my mom is the top 100, my world's most influential person.

Getting it Straight:

The article "Garrison recognizes local community's volunteers," page B-4 of the May 9th edition, incorrectly identified Capt. Bryan Williams as Ryan. His family – wife Marybeth and daughters Elizabeth and Bethany – was the recipient of the Volunteer Family of the Year award, April 30.

Voices of Lightning: What's the best way the community can show support for service members and their families?

<p>Maj. Mary Peters USARPAC Medical Information Officer</p>	<p>"More discounts all over the island."</p>	<p>Pfc. Kari Lewis HHC, USARPAC Unit Supply Clerk</p>	<p>"Better opportunities for military children."</p>	<p>Sgt. Christinia Brown 8th Theater Sustainment Command Administrative NCOIC</p>	<p>"More before- and after-school programs for our kids."</p>	<p>Sgt. Earl D. Hudson HHB, 94th Army Air and Missile Defense Command Administration NCO</p>	<p>"By involving the military and families more in community functions and events."</p>	<p>Staff Sgt. David Strelow U.S. Army Garrison, Hawaii Post Police NCOIC</p>	<p>"Give a hoot and don't pollute."</p>
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AW2 advocates give long-term support

The Army's Wounded Warrior Program logs four years of service to severely wounded warriors of OEF & OIF

U. S. ARMY HUMAN RESOURCES COMMAND
News Release

WASHINGTON — The U.S. Army Wounded Warrior (AW2) Program is proud to announce that it marks four years of committed service to severely wounded, injured and ill Soldiers and their families, April 30.

AW2 assists and advocates for the most severely wounded Soldiers by providing individualized support, throughout their lifetimes, wherever they are located, regardless of the Soldiers' military status.

AW2 also assists the unique population of Soldiers who have, or are expected to receive, an Army disability rating of 30 percent or more in one of several specific categories.

Each AW2 Soldier is assigned to an AW2 advocate, individuals located throughout the country who work personally to connect a Soldier or family member to a broad range of services.

AW2 advocates help Soldiers and families in a variety of ways, including working with them to obtain full benefits, educational opportunities, financial and career counseling, as well as helping those who want to stay in the Army to continue their service.

"AW2 is the only constant we have," said Nelida Bagley, the mother of an AW2 Soldier who suffers from a severe open-brain injury.

"Our AW2 advocate was there during the first 14-hour surgery, was there with resources, was there with a hug, was there with answers."

AW2 is one component of the Army's focus on caring for wounded warriors. All wounded, injured and ill soldiers are assigned to a Warrior Transition Unit (WTU), which are located at one of 35 installations throughout the Army, including Schofield Barracks.

Soldiers in a WTU receive support from the triad of care that includes a primary care manager, nurse case manager, and military squad leader to focus on healing.

Soldiers with extensive medical needs are simultaneously assigned to the Army Wounded Warrior Program and receive a local AW2 advocate to assist long

Breakdown of AW2 injuries

- 24% loss of limb
- 20% post traumatic stress disorder
- 17% traumatic brain injury
- 10% paralysis
- 7% blindness/vision loss

term.

"The Army is fully committed to the care and support of its Soldiers and families," said Col. Jim Rice, director of the AW2 program. "These Soldiers have given much, and now it's time for the Army to give back to them and their loved ones."

"AW2 will be with them for as long as it takes," he added.

Originally known as the Disabled Soldier Support System or DS3, AW2 was established in 2004 as the Army's response to the needs of the most severely wounded, injured or ill soldiers from the global war on terrorism.

The name of the program was changed to the Army Wounded Warrior Program in 2005. The program currently assists more than 2,700 Soldiers.

For more information about the Army Wounded Warrior Program, call 1-800-237-1336 or visit www.AW2.army.mil.



Sgt. Gil Villalobos

Soldiers from the 3rd Squadron, 4th Cavalry Regiment, check their location during a tactical road march, one of the 10 tasks participants completed during the unit's recent Spur Ride, April 30.

'Night Raiders' earn their spurs

Three hundred in 3-4th Cav. honor traditions of earliest Soldiers in cavalry regiments

STAFF SGT. TIM MEYER

3rd Infantry Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — When the UH-60 Black Hawk helicopter touched down on the landing zone, Soldiers with weapons and ruck sacks jumped out and set up security. As one helicopter took off, another landed until all Soldiers arrived.

Then approximately 300 Soldiers of the 3rd Squadron, 4th Cavalry Regiment "Night Raiders," were on the move during the Spur Ride here, April 30–May 1.

"This Spur Ride was focused on small units, where squads and platoons were challenged to complete tasks together, but the central theme is always preserving the tradition that

the cavalry has done since the 1800s," said Capt. Chris Almaguer, commander, B Troop, 3rd Squadron, 4th Cavalry Regt.

That tradition goes back to the beginning of the cavalry, when new Soldiers arrived at their first unit. They were assigned a horse with a shaved tail and received extra space when riding, due to their inexperience.

These new cavalry troops acquired the nickname "Shave Tails," and they had to earn their spurs by learning how to ride and handle a horse.

To earn their spurs, members of today's cavalry units in the Army must pass a series of tests during a Spur Ride.

Soldiers, both enlisted and officer, from all military occupational specialties in Alpha, Bravo, Charlie, Delta and Headquarters and Headquarters Troops, 3-4th Cav. Regt., did just that — completed a series of 10 events at East Range.

After conducting an air assault to the range

from UH-60 Black Hawk helicopters, the Night Raiders tested their skills, knowledge and training by performing combat-related tasks, including litter carries, combat patrols, sensitive site exploitation, call for fire, call for air support, and the final task, an obstacle course.

Soldiers travelled distances between 100 meters and several miles between events during the Spur Ride.

"It was challenging. It challenged you physically as well as mentally," said Pfc. Dustin Arnold, an administrative specialist at Headquarters and Headquarters Troop, 3-4th Cav. Regt. "They put you under suppressive fire, and you had to treat casualties while under pressure."

The Spur Rides was the first for approximately 200 of the 300 Soldiers, including Arnold. The Soldiers said they were not told

SEE NIGHT RAIDERS, A-6



Sgt. Maj. Howard McBean, right, chief medical noncommissioned officer, U.S. Army, Pacific, Surgeons Office, inspects Indonesian armed forces students as they check for exit wounds during their Combat First Responder Course final exam.



Sgt. Joseph Grima (center), a medic from Tripler Army Medical Center, inspects as an Indonesian medic administers an intravenous insertion during the Combat First Responder Course exchange at Tendon Valiant 08, a medical readiness training exercise in Indonesia.

Tendon Valiant '08 kicks off in Indonesia

USARPAC medics give health and dental care at joint MEDRETE involving nine Asia-Pacific countries

Photos and Story by
STAFF SGT. CRISTA YAZZIE
U.S. Army, Pacific, Public Affairs

BUKITTINGGI, Indonesia — In an effort to improve medical operability through humanitarian assistance, military medical personnel from nine Asia-Pacific countries and the U.S. traveled to Bukittinggi, a town in western Sumatra, May 5–10, for exercise Tendon Valiant 2008.

“We’re trying to get the militaries from these various countries to talk to each other and work together, because they may get thrown into an environment where they have to cooperate with one another, so this is good training for that,” said Col. David Crudo, deputy surgeon general and officer in charge of the exercise, U.S. Army, Pacific (USARPAC).

Joining Crudo in planning and executing the exercise were medical planners Maj. Kinsey McFadden, USARPAC Surgeon’s Office, and lead planner Lt.

Col. Heri Priatna, National Defence Forces of Indonesia Surgeon General’s Office.

The exercise was split into two days of scientific presentations with information exchanges and three days of health care, dental care, combat responder/first aid courses, cataract excisions and circumcisions, all performed on the local population.

Several sites both in the city of Bukittinggi and in various surrounding provinces were chosen for the Medical Readiness Training Exercise (MEDRETE) events. Individual countries were broken up into four teams at different sites each day, thus forcing each participant to work with their joint counterparts.

“I’m excited about being able to experience different cultures, their approach to handling situations, and developing a camaraderie in getting to know each other better,” said Capt. Shahrooz Shayegan, pediatric resident at Tripler Army Medical Center (TAMC).

Shayegan’s mission as part of his team is to address general practice type issues, ranging from colds and ear infections to possible minor procedures such as incision and drainage.

Separate from the field teams assisting the general populace, a combat responder course, similar to the

U.S. Army Combat Lifesaver Course, is a subject matter expert exchange simultaneously featured to the Indonesian military medic equivalents to share with their own soldiers.

“I view this as an opportunity to learn from other cultures and see where we stand with other medics in the world,” said Sgt. 1st Class Ronald Watts, senior medic, TAMC.

Cataract surgeries and circumcisions conducted at a local medical clinic are also included as a portion of Tendon Valiant.

“When there’s a face people can associate with a country, the way they view news events is different than when they don’t,” Shayegan said. “That goes a long way in improving international relations.”

The MEDRETE was sponsored by USARPAC, the surgeon’s office and hosted by the National Defence Force of Indonesia Surgeon General Office. Other countries participating were Australia, Cambodia, Malaysia, Republic of the Philippines, Singapore, Thailand, Tonga and Vietnam.

Right — Dr. (Capt.) Shahrooz Shayegan, a second-year pediatric resident at Tripler Army Medical Center, listens for the heartbeat of an Indonesian boy during Exercise Tendon Valiant 2008.



66th Engineers: Book of awards filled 120 pages

CONTINUED FROM A-1

competition, said 1st Sgt. Jonathan White, the company’s senior enlisted leader, who added that his unit was being recognized for the professionalism of his team.

“You just do your mission,” said White, a native of San Francisco. “This is just a reflection of what we’ve accomplished as an organization throughout the course of the year.”

The prestige of the award is something that will travel throughout the engineer regiment.

“Every year, you hear about the unit who won the Itscher Award, and they are a unique company or a company who has done awesome things,” said Maj. Anthony Barbina, a native of Belmont, Ohio, the unit’s commander.

To be considered for the competition, each engineer company was required to submit a book highlighting the unit’s accomplishments. For the 66th En. Co., the book was 180 pages.

The companies are judged on various criteria, to include retention, education programs, family readiness groups and the unit’s

contributions to the Army Corps of Engineers and the global war on terrorism.

“It’s a reflection of our Soldiers’ accomplishments,” White said. “They take pride in what they do every day. They have a tremendous amount of spirit.”

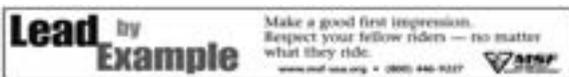
Being recognized is akin to the “cherry on the ice cream cone,” White said, adding that it is a great way to acknowledge what his Soldiers are all about.

Their achievement marks the first time an engineer company from the 25th Inf. Div. has been recognized with this award.

“This is a once-in-a-career achievement for most engineers,” said Barbina.

While deployed to Iraq in support of Operation Iraqi Freedom, the 66th Eng. Co.’s mission is route clearance. The Soldiers tirelessly travel the roads used by Iraqi Security and Coalition Forces and Iraqi civilians, clearing them of IEDs.

“We are here to defeat the most catastrophic weapon the enemy has, which is the IED,” said Barbina. “We are here to make sure everyone gets to where they need to be safely.”



25th CAB specialists refuel hungry, depleted appetites

Field unit is meeting same high standards as DFacs in the garrison environment

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

POHAKULOA TRAINING AREA, Hawaii — Regardless of military occupational specialty (MOS), every Soldier will spend some time during his or her Army career in a field environment.

Long duty days, guard shifts and field chow are a few of the things these Soldiers will undergo.

However, for Soldiers with the 25th Combat Aviation Brigade (CAB), who are training at the Pohakuloa Training Area (PTA) during the next few months, chow time will be the one of the highlights during their long training days.

"The dining facility (DFac) offers a variety of food options for Soldiers," said Warrant Officer-1 Tamarus Norman, food advisor with Headquarters Headquarters Company (HHC), 25th CAB. "From a salad bar with fresh fruit to snack items like cookies, there is something for everyone."

Unlike other facilities, the aviation DFac runs a 24-hour operation, allowing Soldiers to grab something to eat at anytime.

"We [at the DFac] serve full meals for breakfast, lunch and dinner," said Sgt. 1st Class Aubrey Smith, noncommissioned officer in charge (NCOIC) with E Troop 2nd Squadron, 6th Cavalry Regiment, 25th CAB. "More importantly, though, is the fact that we stay open all day long, giving Soldiers the opportunity to eat at various times."



Spc. Azyamarie Beckhorn and Pvt. Jatae Bates, both food service specialists with E Company, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, prepare breakfast burritos at the dining facility for Soldiers who are training at the Pohakuloa Training Area of the Big Island.

Interestingly enough, a DFac can't run by itself. Without the dedication and hard work of food service personnel who staff the facility, chow time wouldn't be as enjoyable.

"There are 11 Soldiers that employ the facility, and we keep the same high stan-

dards of food quality and cleanliness as the DFac located on Wheeler Army Air Field [on Oahu]," Smith said.

While the PTA facility doesn't have the same bells and whistles as the Wheeler location, it does offer a self-service hot food line for Soldiers to serve themselves.

"We incorporated the buffet style food, primarily to allow Soldiers to move quickly through the line," Norman said. "What's more, it gives Soldiers the choice to portion the food themselves."

Soldiers can take nonperishable items with them, too. Food such as cereal, snack



Pfc. Felix Orlando Stone, a cook with E Company, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, prepares hash browns for Soldiers who spend their long days training at PTA.

bars, fresh fruit and cookies are just a few of the items Soldiers can grab on the go.

"It's great that they have food I can take with me," said Sgt. Paul Clark, signal support, HHC, 25th CAB. "It makes it more convenient when I don't have time to eat at the DFac."

Whatever the Soldier's mission, the DFac offers something to get him or her recharged and fueled for the hustle and bustle of training, Norman concluded.

HUREX: Interagency actions get a test

CONTINUED FROM A-1

U.S. Army, Pacific, is the executive agent for the U.S. Pacific Command's JTF-HD, whose mission is to help Hawaii and other mid-Pacific island communities prepare for and recover from hurricanes and other major disasters.

Though USARPAC is the executive agent for JTF-HD, liaisons from the Navy, Marines, Air Force and Coast Guard also play a pivotal role in assessing and aiding in recovery efforts during a hurricane.

All services have the capability to provide medical aid and damage assessment teams, plus engineering assets to help with the clean-up effort.

Toy stressed that JTF-HD can only aid in post-hurricane recovery when called upon by state or federal authorities.

"We are not in charge; we are in support of the civil authorities," he said. "All emergencies, regardless of type or magnitude, start and end at the local level. The [Department of Defense, or

DoD] is a piece of that process.

"Certainly, we can provide a significant amount of capability," he continued. "Demographically, we have more military here than any other state in the country."

Toy said that after lessons learned from Hurricanes Katrina and Rita, mechanisms were put in place at the federal level to expedite declaration of an emergency.

Once local or federal authorities decide to call upon the DoD for help during a hurricane, JTF-HD has the ability to forward deploy a command center to track relief efforts closer to the affected area.

If JTF-HD is asked to help before the hurricane makes landfall, then it is able to pre-position equipment to respond quicker once the storm has passed.

"First, we identify the emergency response assets," Toy said, explaining "that might be helicopters, trucks, people, power generation, medical capability or engineer capability. We pre-determine the status of those, so that we can pre-position the equipment where we think there's

a likely safe haven, so when requested, it can be provided to the state of Hawaii."

This year, the JTF-HD staff set up a forward-deployed command center at Ford Island, continuing to build on last year's Makani Pahili exercise.

According to the Federal Emergency Management Agency, the most powerful hurricane to ever hit Hawaii was Hurricane Iniki, which passed through the island of Kauai in September of 1992. Because of this Category 4 hurricane, the state of Hawaii started Exercise Makani Pahili.

"Obviously, a Category 4 hurricane is a significant event in the state of Hawaii, especially when it crosses the most populous island in the chain," Toy said.

"This forces the agencies from the state of Hawaii to think worst-case scenario, so that they posture the correct capability and train their people accordingly," Toy added. "If we don't do that, then we're kidding ourselves, and it can be a serious error on our part."



Sgt. Bryanna Poulin | 25th Combat Aviation Brigade Public Affairs

Grappling water

POHAKULOA TRAINING AREA, Hawaii — Children from Hilo Union Elementary School, on the Big Island, get hands-on demonstrations from federal firefighters during their field trip to the Pohakuloa Training Area. Soldiers with 25th Combat Aviation Brigade also provided combat demonstrations.

3-7th FA raises, donates funds to Fisher House at Tripler

Story and Photo by
SPC. JAZZ BURNEY

3rd Infantry Brigade Combat Team Public Affairs

HONOLULU — During times of extreme trauma and life-threatening illnesses, service members need an environment of recuperation.

The Fisher House program creates a restorative setting by providing comfort, care, and compassion beyond the call of duty for those in need.

The 3rd Battalion, 7th Field Artillery Regiment (3-7th FA), raised and donated more than \$1,400 for the continuation and availability of the Fisher House at Tripler Army Medical Center (TAMC), this month.

"The battalion chose to make a donation to the Fisher House program at Tripler based on their expressed need for financial support, which gave us ample opportunity

to show our support and gratitude to the effort that the program provides to service members," said Maj. Sam Saine, battalion executive officer, 3-7th FA.

"With that, our battalion leadership, especially commander Lieutenant Colonel Glenn A. Waters, decided to host a Fisher House fundraiser with a pie-in-the-face contest featuring the senior leadership of the battalion and our dunking booth for them also," Saine said. "With the funds accumulated, we were able to present [Fisher House] with our support."

The Fisher House Foundation establishes "comfort homes" at major military and Veterans Affairs medical centers. Family members are able to remain close to their loved ones as they receive quality care.

"The Fisher House is open to any family member of military veterans,



Maj. Sam J. Saine, battalion executive officer, 3rd Battalion 7th Field Artillery Regiment, presents a check for \$1,405 to the Fisher House program at the Tripler Army Medical Center.

whether active duty, National Guard, Reserve or retiree, when either the service member or family member is receiving some type of medical treatment at Tripler," said Theresa Johnson, Fisher House manager at TAMC.

The Fisher House program started with the idea to think about the needs of someone else. Pauline Trost, wife of former Chief of Naval Operations, Adm. Carlisle Trost, originated the idea to provide affordable temporary housing for

families of those facing medical crisis. She saw the need after a visit to the Naval Medical Center, Bethesda, Md.

Mrs. Trost watched a sailor, his wife and children drag luggage out of a helicopter after their arrival at the medical center. She pondered where the family would be staying, fully understanding and knowing

On The WEB Get more information about the local Fisher House at www.triplerfisherhouse.org

how expensive hotels and motel accommodations were in the area.

After seeing the family walk away, she kept the thoughts in her mind. In 1990, provisions became available to make thoughts of aiding similar families a reality.

Adm. Trost linked up with friend Zachary Fisher, who ran with Mrs. Trost's ideas and dreams for some

kind of housing. The first Fisher House was built and began operations in 1991.

The private-public program has since blossomed; at least one Fisher House accommodates every major military medical center and assists families in need.

A Fisher House ensures that service members are being provided with the comforts of home within a supportive environment.

"To see the Soldiers' donation and participation in the continual efforts of the Fisher House program means a lot to the residents. ...The Soldiers are helping families they do not even know," said Johnson. "It's humbling."

"Every Soldier is touched and affected by Fisher House," Saine said. "This program gives the necessities to get back on your feet, with family and friends present."



Sgt. Gil Villalobos

Maj. Mitchell Watkins, executive officer, 3rd Squadron, 4th Cavalry Regiment, and Staff Sgt. David Huntington, a mortar sergeant with A Troop, 3-4th Cav., transport a wounded Soldier with a litter carry, one of the 10 tasks participants completed during the unit's recent Spur Ride, April 30.

Night Raiders: 200 first-timers compete

CONTINUED FROM A-1

about the events before the ride, so they did not know what to expect. Some of them were worried that they couldn't complete the tests, according to Arnold.

Yet, all succeeded, and afterwards Arnold said he felt "relief and pride," with a smile.

When the Spur Ride ended, Brig. Gen. Mick Bednarek, commanding general, 25th Infantry Division, greeted and congratulated the Night Raiders at the pickup zone and then flew back with them.

The Soldiers received their spurs, May 2, at a Spur Dine-In, a formal dinner at the Nehelani Banquet and Conference Center.

According to Army Regulations, Soldiers can wear their spurs with their Army uniform and boots, along with an optional Stetson cowboy hat, to specific functions and events.

"This was the best Spur Ride I've ever done," said Almaguer, who has completed four. "This unit is new and young, and some of them didn't think they could do it. Now they realize what they're made of."

'Let them eat cake'

Soldiers from the 125th Finance Company celebrate the 21st birthday of the Finance Corps Regiment at Schofield Barracks, Friday.

While the regiment is fairly new, the Finance Corps is one of the oldest branches of the Army, dating back to June 16, 1775, when the 2nd Continental Congress introduced a resolution appointing a Paymaster General of the Army.

From left to right, Pfc. Cory Perkins, Bravo Detachment; Maj. Matthew Johnson, 125th Finance Corps commander; Sgt. 1st Class Jose Marina, Alpha Detachment; and 1st Sgt. David Haggett, Headquarters and Headquarters Company, take on cake-cutting duties.



Sgt. Corey Strand | 45th Sustainment Brigade Public Affairs

You Drink.
You Drive.
You Lose.



Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration

Families send video messages to deployed Soldiers

Story and Photo by
SPC. CARLEE ROSS

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Soldiers currently deployed to Iraq with the 2nd Stryker Brigade Combat Team (SBC) are receiving personalized video messages from their family members back home.

Larry Thomas, TV2 visual information chief, led the push to offer messages from families for Soldiers in Iraq, as a way to help support the deployed service members.

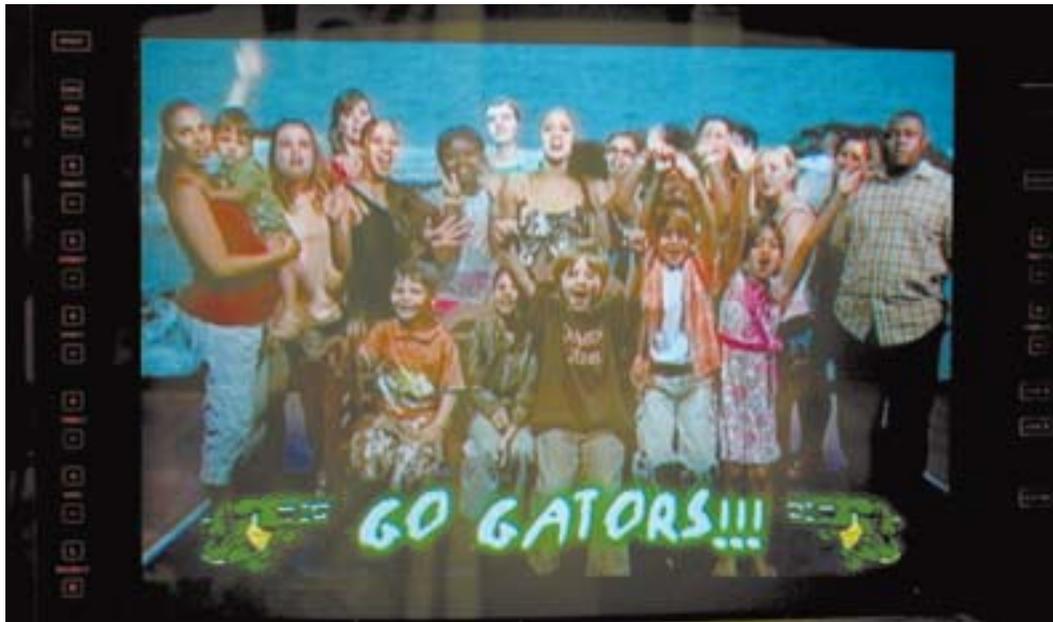
The videos aren't just any old movie or home video. They are video teleconference (VTC) type productions recorded by the staff at TV2.

"These messages are from the wives, sons and daughters of the deployed Soldiers, so they can look at their family everyday in a way that's different from a picture," said Thomas.

The staff at TV2 volunteer their personal time on Saturdays to record the messages at the TV2 studio.

"Each family gets two DVDs, one for their spouse and one for them. Then they send the DVDs out to Iraq, and the Soldier can see their wife and kids saying, 'Hi, honey, I love you. I miss you,'" said Thomas.

The crew at TV2 has been sending messages for the past two or three months; thus far, 60 families have participated.



Family members, from Company A, 1st Battalion, 21st Infantry Regiment, gather to send their spouses and parents some short videos that explain what is going on back home. The post closed-circuit TV2 channel, led by visual information chief Larry Thomas, carries out the video projects every other Saturday.

Capt. Maribel Ostergaard, commander, 396th Signal Company, recently participated in a video for Company A, 1st Battalion, 21st Infantry Regiment. Her

husband is currently deployed with the 1-21st at Camp Liberty, Iraq.

"It went very well. We had an excellent turnout; approximately twenty families

from the company showed up to participate," said Ostergaard.

Her husband said the Soldiers in Iraq are still talking about the video produc-

tion that was made for them nearly a month ago.

Typically, the recorded messages revolve around children, how the family is doing and what the family has been up to since the mother or father has deployed.

"I would definitely do this again or ask my husband to participate in something like this while I was deployed," said Ostergaard.

For more details about participating in a VTC for your spouse or loved one, contact Larry Thomas at 655-1383 or 295-0205. Send e-mail to larry.thomas9@hawaii.army.mil.

When the 1-21st Inf. Regt. families were done recording recent messages, they grouped together to give a good strong gator goodbye. "Go Gators!" they said.

Word about the TV2 recordings is quickly spreading to more spouses and Soldiers.

"Second Brigade has become interested. They all want to do it now," Thomas said. "TV2 is currently booked every other Saturday until the end of June with VTCs."

A simple project, a simple sacrifice. For the price of a Saturday, Thomas and his co-workers are bringing joy and comfort to Soldiers who are so far away from their families.

Combat Stress: Care for service members remains a priority

CONTINUED FROM A-1

high, "testimony to the extraordinary honor, courage and resilience of those who serve, as well as the leadership and mentoring provided by the senior NCO corps."

But that high morale can't be taken for granted, Gates said. "I know I am preaching to the choir when I tell you that, as senior leaders, we must all be ever cognizant of stress on the force — stress that has been greatly increased in recent years," he said.

Gates outlined measures being taken to reduce that stress and im-

prove Soldiers' quality of life.

Combat deployments are being reduced from 15 to 12 months in light of changes on the ground and gains made. Gates expressed hope that conditions on the ground will enable force levels in Iraq to reduce further by the year's end.

A more sustainable deployment rotation will be adopted within the next year or so, with the active force serving two years at home after every one year overseas.

"From my perspective, we are trying to strike a balance: to reduce the tempo of deployment without compromising our strategic objec-

tives or national security," Gates said.

The U.S. is growing its ground forces and will add 7,000 troops to the Army as part of a five-year, 65,000-troop expansion. The Mar-

ine Corps is getting larger too and will complete its 27,000-member expansion next year.

"With a larger pool of Soldiers and forces available, individual Soldiers and their units should be

deployed less frequently, with more dwell time at home," Gates said.

"Those who have sacrificed for our nation deserve the best care they can get," he continued. "As I have said before, there is no high-

er priority for the Department of Defense, after the war itself, than caring for our wounded warriors."

(Editor's Note: Donna Miles writes for the American Forces Press Service.)

LSS: USARPAC leads way with improvements

CONTINUED FROM A-1

Belt" training in a ceremony held at Fort Shafter Flats, Friday.

Eight of the graduates were from USARPAC, four from Tripler Army Medical Center (TAMC), three from Defense Installation Support Agency-Pacific, two from the Asia-Pacific Center for Security Studies, and one from Installation Management Command-Pacific.

"This is a great day of celebration," Rezek said. "This is a very difficult class, and we had a one-hundred percent graduation rate. For everybody to pass is a big deal, and you should be very proud of yourselves."

Three different "belts" comprise LSS, according to the LSS deployment guidebook.

The first is a Green Belt. As the "tip of the spear," a Green Belt practitioner is responsible for applying LSS to improve products on a day-to-day basis.

Black Belt practitioners serve as LSS project leaders. Their project leadership includes identifying opportunities, defining and justifying projects, launching project teams, leading team activities, tracking project status and results, removing barriers, and developing team members.

"Part of our job as LSS Black Belt graduates is to educate the rest of the Soldiers and civilians on what LSS is, and we can all work to use it to better our organization

and the Army," said Jill Iwamuro, deputy G-8 and LSS deployment coordinator, 8th Theater Sustainment Command.

Finally, a Master Black Belt practitioner is responsible for driving the long-range vision for LSS throughout the organization. He or she handles the long-term and complex projects for an organization.

Maj. Amy Brinson, executive officer, TAMC and one of three honor graduates in the class, said that the course offered individuals a chance to learn different types of business skills in one setting.

"What I like about this course is how it put all of change management in one package," she said. "It takes you through meeting management, statistical skills, creating ideas, and putting those ideas into practice for the long term."

"You can take classes on each one of those aspects, but the best thing about LSS is how it ties all together," she explained. "This course especially offers practical examples that you can apply to your own projects."

So far, USARPAC has graduated 67 Green Belts, 22 Black Belts and three Master Black Belts.

"This is a big point of transition in the Army, and Hawaii has always led the way," Rezek said. "No organization and no [group] of organizations is as well prepared to make significant contributions to the Army as USARPAC."

Children's deployment stress may mirror a parent's

KRISTEN WARD
TriWest Healthcare Alliance

While service members face challenges on the battlefield, continued deployments also can be demanding for families at home.

Children waiting for a parent to come back home are often vulnerable to stress, depression and anxiety.

Homecoming is a joyous time for the entire family, but when a parent returns, children are also susceptible to feelings of depression, especially if the mom or dad exhibits symptoms of combat stress or post traumatic stress disorder (PTSD).

A child whose parent has PTSD will often mimic the symptoms, experts say.

Do you think your child is depressed?

Depression is more than just feeling sad. Symptoms can be behavioral changes such as disinterest in friends or hobbies that were once enjoyed; difficulty concentrating; irritable moods the major-

ity of the day, every day; and feeling worthless, helpless or guilty.

Children may exhibit physical symptoms, like stomach aches or headaches, have difficulty sleeping or sleep too much, and have significant weight loss or gain.

What do you do, first?

If your child displays any of the symptoms mentioned above for at least two weeks, contact your child's doctor or primary care manager (PCM) for an appointment.

The PCM can help you decide if you should pursue behavioral health care.

If the PCM recommends additional care, know that your Tricare benefits offer the first eight visits with a behavioral health provider without an authorization.

TriWest has offered training to many of its civilian providers to help them understand the unique challenges that military families

and children are experiencing.

For assistance finding a Tricare behavioral health provider and making an appointment, call TriWest's Provider Locator and Appointment Assistance Services at 1-866-651-4970 (Monday through Friday, 8 a.m. to 6 p.m.).

For more information about your Tricare behavioral health benefits, visit www.tricare.mil/mybenefit.

What are other online resources?

There are several free, online resources for children of all ages to combat depression. These include the following:

- Behavioral Health portal on www.TriWest.com, which offers a Depression Screening Quiz, Tricare provider locator, Tricare benefits information and treatment options.

- DeploymentKids.com: This site offers a variety of activities for children such as word games, jokes,

online journals, fun quizzes and a "Where in the World" map to show where the parent is.

- MilitaryOneSource.com: Find articles, booklets, audio CDs and other interactive tools to help you learn how to talk to your child about deployment.

- Videos and DVD programs: A variety of multimedia programs are available for children of different age ranges, including these:

- Help From Home: Syndicated columnist, radio host and author, Jacey Eckhart chats with military moms about raising children while their husbands were deployed. Also, teens around the U.S. discuss the challenges and rewards of being a military teen.

- This video series is available as streaming video or a two-DVD set on the Behavioral Health portal on www.TriWest.com.

- "Talk, Listen, Connect: Helping Families Cope With Military De-

ployment": This video features the Sesame Street character Elmo dealing with the prolonged absence of his father. It is suitable for ages 3 to 5 and available from Sesame Street Workshop at <http://www.sesame-workshop.org/tlc>.

- "Talk, Listen, Connect: Deployment, Homecoming, Changes": This Sesame Street video 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.

- The video even broaches the difficult subject of dealing with a parent's debilitating war injury.

- "Mr. Poe and Friends Discuss Family Reunion After Deployment": This video uses cartoon characters to address deployment issues affecting children ages 6 to 11. It is available at www.cs.amedd.army.mil/youth.aspx.

- "Military Youth Coping With

Separation: When Family Members Deploy": This half-hour video features teenagers discussing their feelings and how they cope with issues that arise when a parent is deployed. It is available at www.aap.org/sections/uniformed-services/deployment/videos.html

What's the bottom line?

Communicate with your children. Actively listen to their thoughts, fears and concerns. Answer their questions as honestly as you can.

Encourage your children to express their feelings through art, work, poems and stories.

Watch one of the videos listed above, and use the accompanying parent discussion guide to stimulate conversation.

Most importantly, be a role model by showing that caring for your mental health is as important as caring for your physical health.

News Briefs

Send news announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

May

19 / Monday

Garrison Organizational Celebration – The annual Garrison Organizational Celebration will be held May 19-23. Talk to your directorate's point of contact for more information about activities:

- May 19: Golfing, Leilehua Golf Course, 11:30 a.m. check in, noon, shotgun start. Deadline to submit fees is today, May 16.

- May 21: 5K Fun Run/Walk, 7 a.m. Entry fee is \$2 and includes refreshments and door prizes. Registration deadline is today. The 5K teams can be made up of 10 people or more.

- May 22: Bowling at Fort Shafter, 12:30 p.m., and Schofield Barracks, 2 p.m. Cost for three games is \$6 and \$1.75 for shoes. Fax rosters no later than today, noon to Fort Shafter (438-9778) and Schofield Barracks (655-0757).

- May 23: Picnic at Bowen Park, 9 a.m.-3 p.m. Texas Hold 'Em, bouncers, bingo, relays, karaoke and a military police canine demo are scheduled.

20 / Tuesday

Vet Clinic Walk-In Hours – Schofield Barracks' Veterinary Clinic will not hold the weekly walk-in clinic, May 20, 9 a.m.-3 p.m. Appointments are available during those times. Call 433-8531.

22 / Thursday

196th Infantry Brigade Change of Command – Col. Thomas P. Guthrie will relinquish command to Col. James George at Fort Shafter's Palm Circle, May 22, at 10 a.m.

Ongoing

Understanding Insurance – Attend an upcoming class to learn about insurance. Call 655-4227.



PAU HANA



2nd SBCT "Build-a-Site Day"

FRGs build homes, stronger bonds with local community

Story and Photos By

SGT. 1ST CLASS MANUEL TORRES-CORTES
25th Infantry Division Public Affairs

WAIANA'E — For Deborah Johnson, moving into a newly-built house seemed like a far-fetched fantasy. But with the help of a few local friends, her dream drew closer to reality.

Friends from the 2nd Stryker Brigade Combat Team's (SBCT) family readiness groups (FRGs) and Habitat for Humanity worked together to help local residents get closer to their dreams of a new home during the "Build-A-Site Day" in Waianae, Saturday.

"I am so happy to have them here," said Johnson, whose future home was being worked on. "They're actually helping our family in a lot more ways by coming here."

By teaming up together, the organizations saved the family construction and labor costs by completing some projects in the house that could have brought the price of the home skyrocketing out of reach for the Johnson family.

Five separate FRGs from 2nd SBCT helped by picking up debris, painting, caulking and landscaping the residence.

"All of these little projects can be very expensive," said Johnson. "We are working with the Habitat for Humanity and getting all the financial arrangements completed to move into the house."

By organizing this event, Jess Burmeister, FRG support assistant, 225th Brigade Support Battalion, and the family members within the battalions, got to work together for a great cause with an even better benefit.

"Everything worked really well today," said Burmeister. "It was good to have Deborah Johnson here to put a face to the house that we are setting up for her to move in. Also, the FRG team is having a great time and getting to know one another."

While volunteers worked hard on the site, other members from Habitat for Humanity busily set up more materials for future projects throughout the local community.

In August, the fifth annual Build-a-Thon will commence with the help of hundreds of volunteers like the FRGs of the 2nd SBCT.

"I think it is awesome that the FRGs are working with the Habitat for Humanity, and I am so glad that I got to work with them doing projects like this," said Nicole Williams, with the 1-14th Infantry Battalion FRG, as she caulked the outside door. "This also helps the family readiness groups get closer together, and we all have that team spirit."

The 2nd SBCT FRGs have been busy participating in events the last couple of months for family members who have loved ones deployed.

"This is an excellent team building for the FRGs with different battalions within the 2nd SBCT," said Maj. Adelaido Godinez, rear detachment commander, 2nd SBCT. "I know this brigade is the best one in the Army."



Ember Ryan, 2-14th Cav. Regt. family readiness group, reaches high to paint the borders of a closet during Habitat for Humanity's "Build-a-Site Day," in Waianae, Saturday.



Spc. Angel Frias, 225th BSB, helps Deborah Johnson with landscaping her yard.

Deborah Johnson wasn't scheduled to move into her house in Waianae until September due to construction costs and financial arrangements, but with the help of the volunteers from the FRGs in 2nd

SBCT and Habitat for Humanity, her dream of living in a comfortable, nice and affordable home with her family is now closer to reality than she could ever have imagined.

Family Covenant gets beefed up

SARAH HERRIGAN

Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — The Army Family Covenant is providing all Army installations the opportunity to increase the quality of life for Soldiers and families through increased funding and programming.

New and expanded Army Family Covenant programs are designed for families of and Soldiers who have recently returned from a deployment, who are gearing up for a deployment, and spouses of currently deployed Soldiers.

Family and Morale, Welfare and Recreation (FMWR) is committed to taking specific Army Family Covenant initiatives and customizing them to meet the unique needs of our Soldiers and families in Hawaii.

During the next several months, better programs and services, increased child care opportunities, and expanded hours of operation will be offered at many of FMWR's facilities.

What FMWR has done

- Kolekole Jam II — Covenant funding allowed a free concert, featuring Montgomery Gentry, Bowling for Soup, and Katie Rae Davis for the 15,000 members of the military ohana who attended.

- Enhanced Child Youth Services (CYS) — CYS registration is now free for all Army families. For families of deployed Soldiers and wounded warriors, benefits include 16 free hours of respite care, four free SKIES classes, two free youth sports, reduced full/part-time care fees and discounted hourly care.

- Rear detachment commanders receive five free hours of child care per month. Wounded warriors also receive unlimited no cost hourly care for medical appointments.

- Further, CYS has enhanced homework support and tutoring opportunities and is currently in the process of setting up youth technology labs in facilities to assist in communication with deployed parents.

- Discounted Golf & Bowling — Families of deployed Soldiers and recently redeployed Soldiers can enjoy up to \$10 off green fees at Army golf courses and \$1 off of up to three games at Army bowling centers. Participants need to download the discount coupon off the FMWR Web site, www.mwrarmyhawaii.com, and present the coupon at purchase.

- Extended Hours — Weekend and holiday hours at Martinez and Fort Shafter gyms and the Schofield Barracks Health and Fitness Center have been extended to 6 a.m.-6 p.m.

- The Aliamanu library is open extended hours Wednesday-Friday, and new hours of operation are Wednesdays and Thursdays, 10 a.m.-6 p.m.,

and Fridays, 10 a.m.-4 p.m.

The Fort Shafter and Schofield Barracks Information, Ticketing & Registration offices are now open Monday-Friday, 10 a.m.-6 p.m.

Outdoor Recreation is now open Sundays, noon-4 p.m., and Tuesdays, 8:30 a.m.-5:30 p.m.

- Gyms/Fitness Centers — Free towels are now provided at each FMWR gym and fitness center for patrons to use while working out, and many classes at the Schofield Barracks Health and Fitness Center are free for all Soldiers and family members.

New fitness equipment has been placed in physical fitness centers, too.

- Friday Night Sports Programs — Every Friday night, Martinez Gym hosts Friday Night Sports from 9-11:30 p.m., with 31 Point Basketball Challenge, Racquetball Challenge Ladder, and Volleyball.

- Free Pet Care — Families of deployed Soldiers receive 12 free days of pet care at the FMWR Kennel with a valid Blue Star Card.

- Outdoor Recreation — New programs at Outdoor Recreation include whale watching, deep sea fishing, scuba and island tours.

What FMWR is planning to do

FMWR is planning many additional Army Family Covenant programs that will be implemented in the upcoming months, including these:

- Expanded hours of operation and programming at Arts and Crafts, Auto Skills, and the Tropics.

- Renovation of the Tropics for enhanced Better Opportunities for Single Soldiers programming.

- New aquatics programming.

- Sports programs for wounded warriors.

- Increased ACS staffing and services.

- CYS expansion and enhancements, including the following:

- Free and discounted child care options for rear detachment command families, to include two free SKIES classes, one free Youth Sports, and fee reduction for hourly care
- Adjustment of CYS facility security systems to allow remote parental viewing.

- Additional transportation for youth to access programs and activities to support and assist geographically single parents.
- School year and summer "Strong Beginnings" Child Development Center and Family Child Care programs to ensure Army children are not disadvantaged in their first school experience.

FMWR is eager to implement and expand local Army Family Covenant programs and welcomes any thoughts on programs the community would like to see implemented.

FMWR shows appreciation for military spouses with spa treatments

Schofield Barracks spouses enjoy day of indulgence as part of Appreciation Day

Story and Photo by

SPC. KYNDAL HERNANDEZ
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Family and Morale, Welfare and Recreation (FMWR) hosted a Military Spouse Appreciation Day at the Nehelani, here, Friday.

More than 300 Soldiers' spouses from Schofield Barracks and Fort Shafter attended the event where they received complimentary snacks and were able to indulge in various activities such as foot and body massages, manicures and much more.

According to Darlene Marshall, the Blue Star Card Program coordinator with FMWR Marketing, the idea for this event was to show appreciation to the spouses of military members for the contributions and sacrifices they make for their families, on a daily basis, and to recognize

that the life of a military spouse is not easy.

"The majority of the vendors came out here free of charge to provide their services," Marshall said. "It was their way to show their appreciation for the spouses and to thank them for what they do."

"I think this was a great idea and a great thing to do," said Christelle Willis, wife of Sgt. Jeremy Willis, who is currently deployed to Iraq with 2nd Stryker Brigade Combat Team. "It helps a lot with the morale for the families who have a spouse that is deployed, and it helps bring us together and support each other."

Spouses enjoyed live entertainment from a jazz quartet and a belly dancing performance.

Inspirational speakers Tracey Clark, a volunteer program manager with Army Community Service, and Vira Leota, wife of Command Sgt. Maj. Frank Leota of the 25th Infantry Division, gave speeches of appreciation and encouragement for all military spouses.

"I was an active duty Marine for twelve years, stationed at Aberdeen Proving



Military spouses enjoy an afternoon of free spa treatments and discount shopping during the Military Spouse Appreciation Day hosted by Family and Morale, Welfare and Recreation at the Nehelani, Schofield Barracks.

Grounds, Maryland, where I met my husband who is an Army Soldier," Clark explained.

"I got out of the Marine Corps, married my husband and said, 'okay, I'm ready, the spouse thing couldn't possibly be as

tough as being a Marine.' I thought wrong," she continued. "Thankfully I had the help of the spouses in the family readiness group.

"So when you ask me who my inspiration is, the spouses are my inspiration," Clark added. "They have a tough job, and my hat's off to them."

In addition to entertainment, guest speakers, and 12 spa treatment vendors, nine other merchants sold jewelry, candles and other items of which spouses could splurge upon and indulge. Door prize giveaways ending the evening of pampering.

"It is always great when we have the ability to show appreciation for Soldiers and their family members," Marshall said. "This was just one way to show our appreciation to the spouses for all their hard work they do, and the sacrifices they make."

For spouses who were unable to attend Friday's spa treatments, FMWR will host another Spouse Appreciation Day at Fort Shafter's Hale Ikena, May 28, 10 a.m.-1 p.m.



17 / Saturday

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.

21 / Wednesday

Asian-Pacific Heritage Month – Sgt. Yano Library, Schofield Barracks, will hold a free family event, May 21, 5:30-7 p.m., where patrons can learn how to make homemade sushi and masubi. Door prizes will be offered, and registration is required. Call 655-8002.

Self-Defense Seminar – The deadline for this seminar is fast approaching, so register by May 21 to become empowered, increase physical awareness and learn self-defense skills at the May 31, 12-2 p.m. seminar at Schofield Barracks' Health and Fitness Center.

Local martial arts instructors from the Gracie Academy will be on hand conducting simple demonstrations and teaching simple techniques that will make everyday situations and times during deployment safer.

Attendees must be 18 years or older, and they must wear athletic pants and a T-shirt; no shorts or tank tops are allowed.

This event is for Blue Star Card holders only. Space is limited. Child care will be provided. Call 438-0376; deadline to sign up is May 21.

Blue Star Card holders, become empowered, increase physical awareness and learn self-defense.

22 / Thursday

Free eBooks and eAudiobooks Tutorial – Army Knowledge Online users have free access to eBooks and eAudiobooks through Netlibrary.

The Sgt. Yano Library, Schofield Barracks, will host a hands-on session, May 22, 2-6 p.m., to explain how to gain instant access to best-sellers, mystery, history, romance, biography, suspense and classic novels. Call 655-8001.

23 / Friday

Kualoa Ranch & Island Tour Adventure – Join Outdoor Recreation for a special North Shore Tour, Kualoa Ranch Jeep



Sp. Carlee Ross | 25th Infantry Division Public Affairs

25th Infantry Division star volunteers

SCHOFIELD BARRACKS — The 25th Infantry Division hosted a quarterly volunteer awards and recognition ceremony, April 24, at the main post conference room.

"We cannot do what we do without volunteers," said Brig. Gen. Robert Brown, deputy commanding general, support.

or Movie Set Tour, a visit to Secret Island, and a turtle-watching sail to Chinaman's Hat, May 23, 9 a.m.-5 p.m.

Cost is \$55 per person, and lunch and transportation will be provided. Call 655-0143.

28 / Wednesday

Scrapbooking Open Studio – Have a ton of photos you'd like to scrapbook and just can't seem to find the time? Carve out a couple of hours, so you and your friends can enjoy a special program designed just for you, May 14 and May 28, 10 a.m.-12 noon, Schofield Barracks' Arts & Crafts Center.

A nominal \$3 table fee will be charged, but die cutters and tools are included. Call 655-4202.

29 / Thursday

Blue Star Card Idol Night – May 29, 6-8 p.m., at Schofield Barracks' Nehelani, sing for fun or sing to earn a chance to sing karaoke live at the 2008 Fourth of July Spectacular.

To sign up or for more information call 438-0376 or e-mail Darlene.j.marshall@us.army.mil.

Ongoing

Mom & Tot Free Craft Fun – The Arts & Crafts Center, Schofield Barracks, will offer free craft time for mothers and toddlers every Thursday, 10-11 a.m.

The program, for 2-4 year olds will provide a helpful outlet for moms and toddlers to get out of the house and have fun. Call 655-4202.

Blue Star Card Program – Spouses of deployed Soldiers, make sure you sign up for your Blue Star Card, an MWR deployment discount card for spouses of deployed Soldiers.

This card offers everyday discounts at MWR facilities, free child care options, and special events and activities. Blue Star Cards are valid through the Soldier's entire deployment.

If you are eligible for a Blue Star Card, bring a copy of your spouse's orders, along with your military ID to Army Community Service. You can fill out an application online at www.bluestarcardhawaii.com and then visit ACS to pick up your card.

Submit your e-mail address when signing up for a Blue Star Card to receive e-mails with the latest discounts, events and activities for cardholders. Call 438-0376 or 438-2911.

All-American Girls – Visit Army FMWR libraries in May and June to learn how you can win a "Kit Kittredge, an American Girl" prize, as well as an all-expense-paid shopping spree to an American Girl store.

You can log on to www.ArmyMWR.com for details and enter to win. One entry will be provided to children ages 6-16 each time they visit the library and check a book out. Call 655-8002.

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 special 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 Aliamanu Military Reservation (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 FMWR 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.



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 p.m. – Sunday School



Send announcements to community@hawaiiarmyweekly.com.

16 / Today

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

- Daily, until May 31: Art Exhibit in the main Post Exchange Mall at Schofield Barracks. Student work will be featured.
- May 24: Asian-Pacific American Custom Auto/Bike Show, 10:30 a.m.-2:30 p.m., at the Tropics, Schofield Barracks.
- May 29: Asian-Pacific American Heritage Month Observance, 10:30-11:30 a.m., at 3rd Brigade Headquarters Parade Field, F-Quad, Schofield Barracks. Call Sgt. 1st Class Keith Walker at 352-7313 or 655-0054.

Employment Orientations – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, Web tour and more will be available for use.

Orientations are held at Schofield Barracks, ACS, May 16, 23 and 30, 9-10:30 a.m. Call ACS at 655-4227 (Schofield Barracks) or 438-9285 (Fort Shafter). Register online at www.acsclasses.com.

Child care vouchers are available if children are registered and space is reserved by a parent.

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 along California Avenue kicks off festivities at 9 a.m.

Free parking and a shuttle service will run from Leilehua High School and the festival grounds. Visit www.hawaiipineapplefestival.com or call 227-8229.

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 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 (AMR) Chapel.

Dinner will be served at 5:30 p.m. for everyone attending the concert. A nursery is provided for children ages 9 months-5 years, as long as they are registered with Child and Youth Services or the Child Development Center, have their card and wear closed-toe shoes. Call 836-4599.

21 / Wednesday

Battleship Missouri Memorial Anniversary – The U.S. Battleship Missouri Memorial will celebrate its 10th anniversary, "A Mighty Mahalo," June 21, by offering free admission to military and kamaaina, or local residents.

Throughout June, two special tours will be offered: the Weapons Tour (\$14) and the Generations Tour (\$80).

Call 1-877644-4896 or visit www.usmissouri.org

22 / Thursday

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. Details are the same as May 20's performance. Call 655-9307.

22 / Thursday

Military Recognition Luncheon – The Chamber of Commerce, Hawaii, will host a military recognition luncheon, May 22, 12-1:30 p.m. 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 or by contacting Kyle Okamura, 545-4300, ext. 317, or kokamura@cochawaii.org.

26 / Monday

Complimentary Admission – Pearl Harbor historic sites will offer complimentary general admission to all active duty, reserve and retired U.S. military personnel and their families 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 already offer free daily admission.

June

13 / Friday

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.

The weeklong summer camp, at Hickam Air Force Base's Air National Guard office, Building 3417, is free and open to military and Department of Defense family members.

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

Call 477-9327/9599 or visit www.donhq.navy.mil/defy for an application. The deadline to apply is June 13.

14 / Saturday

"Brick Art" Lego Presentation – Pearlridge Center's Uptown and Downtown Center Courts will showcase Nathan Sawaya's Lego creations, June 14-July 20 as part of Hawaii's yearly free summer educational presentation.

The brand new sculptures, each made of thousands of Lego blocks, feature pieces specifically designed for the exhibits titled "Aloha Pencil," "Hanging on the Edge," "Green," "Spider," "Dog" and "Swim."

In addition to the large-scale sculptures, an interactive play area will allow families to let their imaginations run wild and build their own creations on Saturdays and Sundays for the duration of the exhibit.

The presentation will be available during center hours.

28 / Saturday

Military Day at the Honolulu Zoo – USO, Hawaii, in partnership with Mayor Mufi Hanemann, the city and county of Honolulu, and the Honolulu Zoo will host a Military Day at the Honolulu Zoo, June 28, 9:30 a.m.-3 p.m.

Service members and their families can 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.

Ongoing

Video Messenger – Reading stories to children is important and Sgt. Yano Library, Schofield Barracks, provides a video messenger service so deploying Soldiers can tape DVD or VHS video recordings for their children before their unit deploys.

Interested in this service? Call 655-8002 for more details.



Super Hero

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

Horton Hears A Who

(G)
Saturday, 4 p.m.



Run Fatboy Run

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

Leatherheads

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

No shows on Mondays or Tuesdays.

Community helps spread aloha to wounded warriors

Soldiers, families and local businesses work together to heal wounded warriors

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

HONOLULU — The sound of wheels screeching on the airline runway created an auditory delight for 26 active duty Soldiers and Marines, as well six spouses and nine staff, here, May 6.

The sound also began a 10-day adventure on the island of Oahu for the Soldiers and Marines — amputees with one or more limbs missing due to injuries sustained in Iraq or Afghanistan.

The service members are in Hawaii through the workings of Operation Comfort. The nonprofit organization specializes in bringing the comforts of home to recovering heroes who have been seriously injured in Operation Enduring Freedom and Operation Iraqi Freedom.

As well, the generosity of other organizations in the community are allowing the Soldiers and Marines to take their therapy to a whole new level.

“We are out here surfing and swimming and constantly walking ... a lot of physical activity,” said Sgt. Lilina Benning. “We are still recovering and receiving therapy. This is just a different way of doing it.”

“We are experiencing everyday activities, like surfing, [that] we might not otherwise get to do,” said Capt. Alex Wilson. “It just shows that if you put your mind to something, you can do it, regardless of whether you’re missing a leg or you’re not properly equipped.”

More than 50 local businesses and organizations, including the Kaneohe Warrior Transition Unit, Ocean Concepts, Hale Koa, Kailua Canoe Club, Soldier’s Angels, Keneke’s restaurant, Polynesian Adventure Tours, and numerous others, donated time, money, transportation and resources to ensure the group experiences the aloha of the islands for the sacrifices



Wounded warriors and family members enjoy a picnic on the beach at Kailua Beach Park, Sunday. Operation Comfort, along with several community supporters provided active duty Soldiers and Marines, family members and staff with a 10-day island vacation.



Visiting wounded warriors gear up for an outrigger canoe ride at Kailua Beach Park.

they have made for America.

“These guys have done us such a service, and this is a way of giving back,” said

Suzy Stewart, surf instructor and owner, Sunset Suzy Surf Lessons on the North Shore. “Surfing is what I have to offer,



Sunset Suzy Surf Lessons instructor Suzy Stewart (right) gives Sgt. Lilina Benning a surf lesson on the beach.

and I want to show them a great time.”

During the first few days of their trip, the group surfed on the beaches of the

North Shore and Waikiki. They went scuba diving and snorkeling, toured Pearl Harbor and the Arizona Memorial, swam with turtles, and sauntered around Sealife Park.

Sunday brought a nice change of pace; the group lazily lounged on the beach during a picnic at Kailua Beach Park sponsored, in part, by the Sgt. Audie Murphy Club, 516th Signal Brigade.

Numerous volunteers joined the group to set up tents, gather equipment and cook an array of tasty treats.

“So many people were willing to help out by providing money or services for this day,” said Command Sgt. Major Toni Allen, 516th Signal Brigade and member of the Sgt. Audie Murphy Club. “We couldn’t be happier [that] the group chose Hawaii to visit, and the generosity of the community really shows how much we support our Soldiers.”

As the trip continued, the Soldiers, Marines and family members sailed the seas on a sunset cruise, hiked across various landmasses and experienced more underwater adventures.

“I’m doing things here I’ve never done before,” said Staff Sgt. Bernard Teich. “It’s great to feel the support of the community in Hawaii, to know that you have support for what you have done, regardless of how they feel about the war.”

“They are here to support us and show us a good time,” added Teich, “and we are grateful.”

“This is a great way for our Soldiers and Marines to recover mentally, physically and emotionally,” said Janis Roznowski, founder and director of Operation Comfort, San Antonio, Texas. “We appreciate the dedication and sacrifice they have made.”

“I don’t think we could ever give back enough, but we will try, starting with aloha,” Roznowski added.

When the Soldiers and Marines end their excursion in Oahu, they will continue recuperating from their injuries at Brooke’s Medical Center in San Antonio, Texas.

Army couple renews marriage vows at Romance Festival

Five military couples from Hawaii celebrate their love in front of thousands at concert at Waikiki Shell

Story and Photos by
MOLLY HAYDEN
Staff Writer

HONOLULU — Hawaii is known for its romantic endeavors. On any given day, kamaaina and tourists can walk along the beaches of Waikiki and run into couples standing barefoot in the sand, proclaiming their love for each other or exchanging vows.

Similar romance beckoned approximately 4,000 spectators, here, last Friday. The crowd gathered at the Waikiki Shell to indulge in the harmonious melodies of the "Back to romance" concert.

The sun slipped below the horizon, and the moon shone brightly in the sky just as the concert started, creating a romantic mood for those in attendance.

Part of a 10-day celebration that began May 2, the second Hawaii romance Festival celebrated some of the most romantic music ever written, performed by guest star entertainers from across the is and country.

The Back to romance concert also brought a special treat to some men and women in the armed forces.

Five couples, representing all branches of service, gathered on stage for a celebration of marriage.

Couples from the Army, Marines, and Navy renewed their wedding vows, and one couple each from the Air Force and Coast Guard engaged in the sacrament of marriage.

"Our military service men and women dedicate their lives to protecting our country, and since the Hawaii Romance Festival is taking place during May, which is Military Appreciation Month, we wanted to create a special event that paid tribute to romance in our armed services," said Allen Sviridoff, founding partner of the Hawaii Romance Festival.

Sgt. Tony Wood, Warrior Transition Unit, and wife, Joedi, showed the



A large crowd celebrate romance at the Waikiki Shell during the 2nd Annual Hawaii Romance Festival. The Back to Romance concert featured the most romantic songs ever written.



Sgt. Tony Wood and his wife, Joedi, renew their wedding vows after 20 years of marriage during the Back to Romance concert at the Waikiki Shell, Friday.

crowd what it meant to be "married strong." They renewed their vows after 20 years of marriage.

"I wanted to do something special for

our twentieth anniversary," said Wood. "When this opportunity presented itself, I thought it would be the perfect way for us to celebrate."



Legendary Motown icon Smokey Robinson serenades the crowd with popular love songs. An array of performers gathered at the Waikiki Shell to celebrate love through music at the Back to Romance concert.

Kahu Curtis Kekuna from Kawaihao Church performed the ceremony and recognized the Wood family for their service and dedication to one another, the

military and the community.

The Woods have survived two deployments throughout their marriage. They are currently raising two children and four foster children.

"It's great to see the response from the community," said Wood. "People in the audience were thanking us for both our service to the country and setting an example of a lasting marriage."

"It was very surprising to be a part of this," said Joedi, who found out about the celebration just three days prior to the event. "Marriage is hard work, and to celebrate 20 years with thousands of ohana is overwhelming."

The couple also received one night's hotel accommodations in Waikiki, private car service to and from the concert, preferred seating during the concert, and a champagne breakfast in their room the following morning.

"We met other military couples, shared stories and celebrated all marriages, new and old," said Joedi. "It was a great night filled with an overwhelming amount of aloha."

The Hawaii Romance Festival was hosted by the Matt Catingub Orchestra of Hawaii, which composed original musical compositions of romantic classics just for the Back to Romance concert.

One by one, performers took the stage to perform an array of musical ensembles that made heads sway back and forth and couples nestle closer together.

As legendary Motown icon Smokey Robinson took the stage, the mood of the crowd rose as cheering and applause could be heard from the outside the amphitheater.

Spectators created their own choir, singing along with Smokey as he serenaded those in attendance with popular romantic songs.

Other performers included popular Hawaiian entertainers: Cecilio & Kapono, Robert Cazimero, Eric Gilliom, Hapa and Kaukahi.

Starwood Hotels and Resorts, the Hawaii Tourism Authority, Hawaiian Electric Company and Pleasant Holidays sponsored the event.

Vendors who cater to the military sponsored 1,000 tickets for military personnel.

Patrons can save a piggy bank with DeCA awareness

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Regardless of where Soldiers and their families are stationed, the local commissary has been a staple in providing military and family members with the same groceries they are used to in their hometowns.

Especially outside the continental United States, in overseas locations, the commissary privilege allows authorized patrons to purchase items at cost plus a 5-percent surcharge, according to the Defense Commissary Agency (DeCA). The surcharge covers the costs of building new commissaries and modernizing existing ones.

During the month of May, the military ohana can expect bigger deals on the items they desire during Commissary Awareness Month. Patrons may see some savings as high as 50 percent off commercial prices.

The annual awareness month takes place at commissaries around the globe to raise awareness about savings provided to service and family members and offer special discounts on everyday items.

“We want to get the word out about the value we provide to the Army community,” said Susan Sturgeon-Campbell, store director at the Schofield Barracks commissary. “Soldiers and their families provide us a service everyday; this is one way of giving back.”

Sturgeon-Campbell is also teaming up with the Better Opportunities for Single Soldiers (BOSS) program in raising awareness amongst single Soldiers.

“Many of the single Soldiers aren’t



Shoppers line the aisles of the commissary for groceries and household goods. Local commissaries provide the military an array of products available at cost plus a five percent surcharge, which goes to maintaining the commissaries.

aware of the commissary and what it provides,” said BOSS president Spc. Pamela Hardin-Raikies. “We want to inform them, so they can take advantage of the savings and products offered.”

The BOSS program is promoting health and fitness during May with supermarket games and weekly tours of the commissary. DeCA staff are taking the opportunity to explain healthy eating options.

“Many Soldiers fall into the fast food

lifestyle,” said Hardin-Raikies. “We want everyone to be familiar with the commissary and inform them of ways they can live a healthier life.”

Sgt. Roddrick Johnson, 125th Finance Battalion, shops at the commissary for the convenient location and competitive prices.

“[The commissary] has everything we need,” said Johnson. “It’s the only place we shop.”

In addition to its monthlong celebration



Sgt. Roddrick Johnson, 125th Finance Battalion, inspects the selection of meat products at the commissary. He shops at the commissary for convenience and savings.

Enjoy additional savings during the commissary case lot sale:

•Friday, May 16, 9 a.m.-5 p.m.

•Saturday, May 17, 8 a.m.-4 p.m.

For information regarding weekly BOSS tours, contact Spc. Pamela Hardin-Raikies at 655-1130.

of savings, the commissary will hold a case lot sale in May and September. The biannual event offers shoppers the opportunity to buy bulk quantities of their favorite products at increased savings. Case lot items include canned goods, beverages, paper products and laundry supplies.

Though overall savings at the commis-

sary are holding steady at 30 percent or more – a savings worth about \$3,000 annually for a family of four – case lot sales can increase those savings even more, according to DeCA.

“We are your grocery store away from home,” said Sturgeon-Campbell. “We have products you may not find anywhere else, at prices you won’t find anywhere else.”

For most military, their commissary privilege is a valued part of military pay and benefits.

DeCA said it prides itself in its ability to contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Customers are reading product labels and making healthier choices

MAJ. KAREN FAUBER
Defense Commissary Agency

FORT LEE, Va. – While shopping in the commissary last week, I saw the most wonderful sight for a dietitian: everywhere I looked people were reading labels on packages.

I would like to think that they were all trying to make the healthiest choices possible as they took advantage of their commissary benefit. The activity was

wonderful to see, because as the DeCA dietitian it’s my mission to help educate our customers make informed decisions about their health.

According to the 2007 Food & Health Survey, as many as 66 percent of food shoppers are trying to make healthy choices for themselves and their families, so it makes sense that more people are reading labels on packages to choose foods that meet their health and dietary needs.

However, today it can be a little challenging for shoppers to make those decisions with all the information that is on the labels.

To help make your shopping easier, try using the “5-20 guide” as a quick tip to label reading. For any nutrient on the food label (usually found on the side or back of the product) consider the following amounts:

•5 percent or less is low: For nutrients you need to limit like fat, saturated fat

On The **WEB** Create and print your own shopping list at www.heartcheckmark.org.

and sodium, choose foods with 5 percent or less daily value.

•20 percent or more is high: For nutrients you need more of, such as fiber, calcium and iron, choose foods with 20 percent or more daily value.

The Defense Commissary Agency, the

National Guard Bureau Decade of Health Program, and the American Heart Association are working together to help you make your shopping for healthy choices a little bit easier.

For more information about healthy food choices and other nutrition topics, go to <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian’s Voice archive.



May

28 / Wednesday

Volleyball – Entry forms are now available for the 2008 Intramural Volleyball League, running June 9–Aug. 15. The entry deadline is May 28, 4 p.m.

All entries must be sent to the U.S. Army Garrison, Hawaii Sports, Fitness and Aquatics Office, Stop 112, Building 556, Room 100, Kaala Community Activity Center, Schofield Barracks.

Entries may be faxed to 655-8012. Call 655-0101/0856.

Ongoing

100-Mile Run/Walk & 50-Mile Swim Clubs – Record each mile you run, walk or swim and

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

Late Night at Martinez Gym – Martinez Physical Fitness Center, Schofield Barracks, is the place to be on Friday nights. The center is now staying open late, from 9–11:30 p.m.

Join Martinez for volleyball, Make It Take It Basketball, and the Racquetball Challenge Ladder. Call 655-4804.

Ladies Golf Clinic – Ladies, looking to improve your golf game? Come to a free ladies golf clinic the first Saturday of every month, 2:20 p.m., at the Leilehua Golf Course driving range. Call 655-4653.

Paintball – Check out the new paintball facility at Wheeler Army Air Field, just off of Lauhala Road next to the baseball fields.

The facility features three lighted fields for day and evening play, and they are open for regular, league and youth play, plus private parties and physical training.

Hours of operation are Fridays, 5–9 p.m., and Saturdays and Sundays, 11 a.m.–7 p.m. Rental equipment is available, and you can bring your own paint or buy it there.

Instruction is available. Visit www.paintballhawaii.com or call 343-3929.

Belly Dance – Learn the art of belly dancing at the Health and Fitness Center, Schofield Barracks, Tuesdays, 4–5 p.m. Call 655-8007.

"Golf 4 Food and Fun" – Get a team together and come out to 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 Mulligan's, a pitcher of beverages and a luck door prize entry. Call 438-9587.

Little Ninja Classes – Parents or guardians, bring your 3- to 5-year-olds to CYS to learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Call SKIES at 655-9818.

Volleyball & Racquetball – Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30–10 a.m., at Martinez Physical Fitness Center, Schofield Barracks.

Courts will be open for free play across the street from the facility. Call 655-4804.

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 Child and Youth Services (CYS) for swimming classes, and payment is due at time of registration.

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

Volunteer Coaches – Interested in volunteering to be a Youth Sports coach? Contact the nearest youth sports director today.

Call 836-1923 for AMR, 438-9336 for Fort Shafter/Tripler, 655-6465 for Schofield, or 655-0883 for HMR.

Mom and Baby Yoga – Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Health and Fitness Center, Schofield Barracks.

Mats are provided, but moms should bring a small towel or blan-

ket for their babies to lay on. Call 655-8007 to register.

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

Tryouts are held at the Richardson Pool, Schofield Barracks, Fridays at 3 p.m.

The club fee is \$35 per month. Call 655-9698.

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.

Youth Dive Team Lessons – Spring board and platform youth diving lessons are available Monday-Thursday, 4–6 p.m., at Richardson Pool, Schofield Barracks.



Send sports announcements to community@hawaiiarmyweekly.com.

May

17 / Saturday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a graded hike through the Kahaluu Ridge.

The first leg of this trail is an easy contour with lovely views of the windward side. Then there is a steady climb, not steep enough to need ropes, to the lunch spot near the power poles.

The last leg goes up and down on a ridge, avoiding the tree with bees, and dropping down to the starting point of this loop hike.

This intermediate hike is 4 miles. Call coordinators Dayle and Jacque

Turner at 384-4821 or e-mail them at turner@hawaii.edu.

Save the date for these upcoming hikes, too:

- May 25, a 5-mile intermediate hike at Waiahole Contour, and
- June 1, a 9-mile advanced hike at Wahiawa 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, mountain-side.

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.htmlclub.org.

June

14 / Saturday

Patriot 5K Run/Walk – U.S.

VETS, a home for former homeless veterans and the Iroquois Point Island Club will hold a 5K run/walk, June 14, 5 p.m. in Ewa Beach.

Funds raised will help bring more veterans into the U.S. VETS program, which helps clients become self-supporting through workforce development.

Call 682-6051 or visit www.pacificsportsevents.com.

"Build the Track!" Motorsports Show – The Aloha Tower Marketplace will host the Oahu Motorsports Advisory Council's "Build the Track!" Motorsports Show, June 14, 10 a.m.–4 p.m.

"Build the Track!" will showcase more than 100 race vehicles (such as road, drift and sprint cars), as well as street bikes, go karts and custom-modified performance vehicles.

The vehicles will be parked on the Boat Days Promenade in front of the Aloha Tower, throughout the marketplace, Pier 11 and along Pier 9, overlooking the water.

Admission is free. Call 782-7432 or visit www.buildthetrack.com.

21 / Saturday

Hawaii Rifle Association – The Hawaii Rifle Association's 15th annual Shooting Sports Fair will be held June 21, 9:30 a.m.–4 p.m., and June 22, 9 a.m.–4 p.m. at the Koko Head Shooting Complex, Honolulu.

Participants can enjoy the various shooting venues and firearms available for use. Displays of modern and historic firearms will include the action pistol, air guns, air soft, archery, black powder muzzleloaders, high power rifle, hunting firearms, metallic silhouette, military small arms and cowboy firearms.

Eye and ear protection are mandatory and will be available for purchase at the fair. No alcohol is allowed at any time and a lunch wagon will be on site both days.

The Hawaii Rifle Association is a nonprofit group dedicated to promoting shooting sports in

Hawaii. Call 271-8117.

31 / Saturday

Discounted Golf Rates – Ko Olina Golf, Honolulu, will offer \$20 off green fees and 20 per cent off Golf Academy services (excluding clinics, club fitting and Junior programs) for all active duty military personnel in honor of Military Appreciation Month. The discount is available through May 31.

Tee times can be booked by calling 676-5300. Visit www.koolinagolf.com.

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 se-

lect 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.

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.



Shaun Toy, far right, speaks with fellow Scouts in his Boy Scout troop at Fort Derussy, Waikiki. Shaun completed his Eagle Scout project, April 19, a public information plan to increase awareness on ocean safety and hazards.

Shafter youth teaches ocean safety

Story and Photo by
LT. COL. STANLEY TOY
U.S. Army, Pacific

FORT DERUSSY – A young Boy Scout, an Army family member in the Fort Shafter area, has dedicated his Eagle Scout project towards promoting public awareness of ocean hazards and safety.

Though Hawaii's beaches and the surrounding ocean are inviting and – more often than not – safe and fun places to visit and enjoy, the tranquil waters can become ominous and hazardous places. Everyone must be alert to potential dangers.

Shaun Toy, a Life Scout with Troop 135, based out of Hickam Air Force Base and son of son of Lt. Col. Stanley Toy of Joint Task

Force Homeland Defense, U.S. Army, Pacific, came up with the idea of launching a public information campaign about ocean hazards. He wanted to give tips about first aid and discuss likely issues anyone might encounter at the beach.

Shaun's project culminated last month in Waikiki. With the help of Hale Koa Hotel's Water Safety staff and his fellow Scout troop, the 14-year-old created a plan that incorporated communication skills and his knowledge of the ocean. Together the Scouts spread the message that the beach is alluring, but everyone has to respect the ocean and its sea life with a brochure.

"I think this is a worthwhile project that actually can make a difference in protecting our visitors to these islands," Shaun

said, so he developed a brochure to aid in his information campaign, one designed to address everything from basic safety tips to jellyfish concerns and first aid.

Timing his project to coincide with the seasonal Box Jellyfish surge that typically hits Hawaiian beaches a week after a full moon, Shaun and his fellow scouts distributed the pamphlet to the public.

Besides the joy Shaun feels giving back to his community, the ultimate prize will be pinning on the rank of Eagle Scout, the highest rank attainable for a Boy Scout demonstrating Scout spirit, service and leadership.

The pinning ceremony will most likely be scheduled within the month once the final board of reviews is held.

Schofield teen is all-around star performer at Mililani High School

STEPHANIE RUSH
Pau Hana Editor

SCHOFIELD BARRACKS – Family member Bolivia Hurtado De Mendoza was recently honored for her academic achievements by Hawaii Pacific University (HPU) and the National Society of High School Scholars.

Bolivia's parents, Chief Warrant Officer Ronald Hurtado De Mendoza and Staff Sgt. Ximena Hurtado De Mendoza, work on Schofield Barracks. Bolivia is a senior at Mililani High School, where she is actively involved in academic societies, athletics and extracurricular activities.

With a 3.8 cumulative grade point average, Bolivia is in the top 10 percent of the student population at her high school. She has won the Academic Excellency Award, Presidential Award and Pre-Calculus Award. She has earned Honor Roll every semester and is on the Principal's List.

Bolivia was recently selected for membership in the National Society of High School Scholars (NSHSS), an academic society with more than 300,000 members in 120 countries. NSHSS is able to offer its members scholarships, academic competitions, free events, members-only resources, publications and participation in programs offered by educational partners.

A member of the varsity cheerleading competition and sideline team at her school, Bolivia is also a member of the Universal Cheerleading Association and the Champion All Star Cheerleader's Team, a sport she plans to continue participating in, in the fall when she attends HPU. Bolivia chose HPU over other universities since HPU's cheerleading team is nationally ranked.

In addition to cheerleading, Bolivia obtained a varsity letter, received a most valuable player designation and was team captain in soccer; she won the gold medal for



Hurtado De Mendoza

overall performance and state champion designation in gymnastics last year.

Bolivia keeps even busier with extracurricular activities and volunteering.

She is the current Class Senate Representative and has been involved with the Environmental Club and Foreign Language Club. She plays violin in the school orchestra, and she is fluent in Spanish.

Bolivia has also been involved with military and civilian Hispanic celebrations. For the past five years, she has danced at Equal Opportunity Hispanic Heritage celebrations at Schofield Barracks, Tripler Army Medical Center, Hickam Air Force Base, Fort Shafter and Pearl Harbor, as well as at Kapiolani Park as part of the Chamber of Commerce Hawaii's Hispanic Heritage celebrations.

Bolivia has volunteered with the American Red Cross, the Pearl City Nursing Home, the Hawaiian Humane Society Pet Expo, the American Cancer Society's Relay For Life, Special Olympics Hawaii, and the Alalae Orphanage in La Paz, Bolivia. She tutors Mililani Middle School students in math and English.

When attending HPU in the fall, Bolivia will be a spirit scholar in the Spirit Club. Spirit scholars are energetic, motivated students who are responsible for supporting HPU athletic teams, providing assistance at university events and activities, volunteering in the community and promoting school pride. In return, spirit scholars receive a 50 percent tuition scholarship.

Bolivia hopes to become a doctor after college and will major in pre-med.