





Soldiers concert

The 25th Infantry Division Band supports Ironhorse Soldiers at redeployment ceremony in Iraq.

A-4

Water outage

A water outage will affect several buildings at Fort Shafter, Saturday, from 7-11 a.m. Buildings affected include T-102, T-111, T-112, T-115, U-113 and U-114.

See News Briefs, A-5

Harriet Tubman

The garrison will celebrate African-American History Month with a performance on Harriet Tubman at Sgt. Smith Theater, Feb. 19, from 10-11:30 a.m.

See Community Calendar, B-2





Set. Mike Alberts | 25th Combat Aviation Brigade Public Affair

Jeffrey "Duff" Goldman (left) and Geoffrey Manthorne (right), stars of the Food Network show "Ace of Cakes," move the UH-60 Black Hawk cake to Wheeler Army Airfield for the "hero" shot, Jan 29. The "Ace of Cakes" crew videotaped its season finale on Schofield Barracks last week.

'Ace of Cakes' treats U.S. Army -Hawaii with special military cake

We wanted to come and say thank you in

our own special way," said Chef Jeffrey "Duff"

Goldman, host of the popular "Ace of Cakes"

television show on the Food Network Channel.

"They (Soldiers) make it possible for us to do

SGT. RICARDO BRANCH 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS - Soldiers and family members of U.S. Army-Hawaii received a rare treat when the "Ace of Cakes" television cast and crew arrived to film their season finale at Schofield Barracks, Jan. 26-29.

what we do.' During the finale, the cast worked with The season finale was the cast's opportuni-Oahu-based cooks and food service specialists to prepare a special UH-60 Black Hawk cake ty to pay tribute to the fighting men and women of the Army with a special cake that to present to Soldiers and family members in honored Soldiers' service and sacrifice.

U.S. Army-Hawaii. The cast set up shop in an Army dining fa-"It was great to work alongside them," said Pvt. Martin Polk, food service specialist, 57th cility to begin the monumental task of mak-

ing its last cake of the season

Military Police (MP) Company. "I have never really baked before, but I learned a lot of decorating techniques with fondant and that was pretty cool." (Fondant is a special filling or coating used in cake decorating.)

The frenzied atmosphere associated with filming a TV show was not as stressful as some of the Soldiers had imagined.

"They are still down-to-earth people," said Spc. Thomas Richberg, food service specialist, 558th MP Co. "They spend a lot of detail on all the projects they work on, and you can see that

SEE ACE, A-6



SGT. 1ST CLASS CHRISTINA BHATTI 2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – The artillerymen as-signed to B Battery "Bulldogs," 2nd Battalion, 11th Field Artillery Regiment "On Time," won the 2008 Henry A. Knox award, which recognizes them as the best active duty artillery battery in the Army. The last time the battery earned the award was 76 years ago. The annual award, which is named for Maj.

Gen. Henry A. Knox, the first chief of artillery, chooses the top battery based on specific criteria and a narrative of performance.

"The Army is finally recognizing what I already knew," said Capt. Zachary Reed, Bulldog

commander, jokingly. During their 15 months in Iraq, the Bulldogs displayed tremendous diversity in their mission, said 1st Sgt. Ramon Malave. The 17-year vet eran said he was honored to receive this award, which is his first



Spc. Michael Cunningham (left), number one man, and Spc. Brandon

Tiller, assistant gunner, both of B Bat-tery, "Banditos," 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, stand ready to complete a fire mission at Camp Taii, Iraq.

curity stations, manned the entry points to Camp Taji, northwest of Baghdad, and sup-ported 2nd SBCT with Soldiers for the brigade's tactical reserve and the division's rapid reaction force.

Each of the batteries in the "On Time" battalion rotated through the missions.

"Because we were the first battery on each of these tasks, we paved the way for the other batteries," said Malave.

Along the way, they shared lessons learned

Artillery chief awarded Purple Heart Story and Photos hv

REEL

STEPHANIE RUSH U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS - A member of the 3rd Battalion, 7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team, received a Purple Heart in a ceremony at the 2nd Stryker Brigade Combat Team motor pool, here, Jan. 28.

Staff Sgt. Joseph Pennoni Jr., howitzer section chief, B Battery, received the award for wounds he sustained when his patrol was attacked with a



Pennoni

grenade in the Salah Ad Din Province, Iraq, Nov. 18, 2008.

"My patrol team, along with four highly trained Iraqi police officers, was conducting a dismounted patrol of a sector in the city of Ad War, Iraq, a city just south of Tikrit," Pennoni explained. "My squad and I were pulling rear security, and we were crossing an intersection when a grenade landed about two feet away from my right leg.

Pennoni was thrown five feet from the blast onto a sidewalk.

"My medic and an Iraqi police officer pulled me to safety behind a wall," Pennoni continued. "While my medic attended to my injuries, an Iraqi police officer chased after two local nationals on a motorcycle and detained them.'

The Purple Heart is awarded to service members wounded or killed in action against an enemy of the United States or as a result of an act of any such enemy or opposing armed forces.

"It's an award most of us don't want to get, but it is one of those awards that is worn with pride," said Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, who presented the Purple Heart award to Pennoni.

Though Pennoni sustained injuries to his legs, including some nerve damage, he continues to go to physical therapy three times a week. Because of the extent of the nerve injury, the recovery process could take anywhere from two months to two years. If Pennoni makes a complete recovery, he will rejoin his unit downrange.

Valentines for daddy

Family members create Valentine's Day cards for their deployed Soldiers.

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This issue

Footsteps in Faith A-2 Deployed Forces A-3 News Briefs A-5 **FMWR B-2** Sports & Fitness B-5

In addition to the traditional artillery mission of firing howitzers, Bulldog Soldiers were called

upon to support a personal security detachment (PSD) for the embedded provincial reconstruction team (ePRT) attached to 2nd Stryker Brigade Combat Team (SBCT). They provided Soldiers to improve security at various joint seto ensure other batteries were set up for success

"These missions were a great way to show case the abilities of our Soldiers," Reed said.

SEE KNOX, A-4

SEE AWARD A-6

25th CAB tests transportation capabilities with convoy training

Story and Photo by SGT. MIKE ALBERTS 25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD - Army logistics is the art and science of planning and carrying out the movement and maintenance of troops. The effectiveness of logistics can often determine the success or failure of a mission. Assets simply must get to Soldiers.

To help ensure success downrange, 25th Combat Aviation Brigade (CAB) Soldiers conducted full-scale convoy operations, Jan. 26 and 28. They transported equipment and approximately 80 vehicles from Wheeler Army Airfield (WAAF) to Waipio Point for movement to Pohakuloa Training Area (PTA) on the Big Island for predeployment training this month.



A 25th Combat Aviation Brigade Soldier downloads a container as part of the brigade's convoy and port operations, which involves transporting 80 vehicles and equipment from Wheeler Army Airfield to Pohakuloa Training Area on the Big Island.

According to 1st Lt. Eric Baca, ground ciently transport all necessary prime movers, unit movement officer in charge, brigade convoy operations, 209th Aviation Support Battalion (ASB), the mission was to effi-

vehicles, trailers and other equipment via ground, using Soldiers from the cavalry squadron and the brigade's battalions

"We moved roughly 80 pieces of equipment to include tractor trailers and trucks, said Baca. "It was extremely comprehensive in the sense that the vehicles ranged from a small, single 1097 'soft-skinned' humvee up to a 5,000- gallon fueler driven by a tractor. I'd estimate that 160 personnel were involved in the ground movement."

Baca describes himself as a transporter and understands firsthand that conducting large-scale convoys are critical to fine-tuning movement operations. Baca, however, was also quick to identify the dual nature of the mission.

"Convoy operations are, of course, a great opportunity from a logistics standpoint to get comfortable moving vehicles using several different modes of transportation," he said.

SEE CONVOY, A-3

NEWS & COMMENTARY 500th MI CSM retires after 30 years of service hear from you...

The Hawaii Army Weekly wel-comes articles from Army organizations, announcements from the general public about community events of interest to the military com munity, and letters and commentaries

We want to

If you have newsworthy ideas or stories you'd like to write, coordi nate 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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Story and Photo by SGT. IST CLASS SHERYL LAWRY 500th Military Intelligence Brigade Public Affair

FORT SHAFTER - With Palm Circle in the foreground, Command Sgt. Maj. Martin Glenn, 500th Military Intelligence (MI) Brigade, said goodbye to the Army after 30 years of dedicated service, Friday.

"I never believed in a million years on that fateful day ... June 28, 1979 (the day he joined the Army), that I would be sitting on beautiful and historic Palm Circle to retire as a command sergeant major," Glenn said.

"I've been asked, 'What it is about the Army that you so enjoy?' It's the Soldiers ... I serve with that fuels the passion that drives my love for the Army," he continued. "The Army is a great place, and I've enjoyed just about every minute of my time in the Army.'

Glenn joined the Army after his father told him he would pay for college if Glenn served his country first. His first enlistment was for three years. During that time, Glenn said he was counting the days till he got out, but when the time came to get out or reenlist, he re-enlisted.

Thirty years later, Glenn has seen the world, has held every rank in the

Command Sgt. Maj. Martin Glenn (left), 500th Military Intelligence (MI) Brigade, receives an award from Col. Christopher Ballard, commander, 500th MI Bde., during a retirement ceremony at Fort Shafter's Palm Circle, Friday

noncommissioned officers corps, and continues to strive to live a good life

His wife Joy has traveled with him along

most of his military journey. "She is my rock," Glenn said. "It is im-

possible for me to acknowledge the sacrifices you have endured for me and this nation. The only thing I can say is thank you, and you are the love of my life.'

The love of his life was also the catalyst for

Glenn's retirement.

"I tried about a year or so ago to talk Marty into staying in a few more years and moving up to a higher level position in our Army," said Command Sgt. Maj. Joseph Paul, Intelligence and Security Command, and Glenn's retirement ceremony guest speaker.

"My heartstrings were pulled tight when Marty came back to me and said that he wished that he could take the prestigious position, but since he has last redeployed ... he really realized how much he enjoyed spending time with his wife, and he did not want to do anything that would jeopardize that renewed relationship.

"I was very proud of you at that time, both as a fellow CSM and as a husband," Paul said.

To his last commanding officer, Glenn is a "battle buddy" who will be greatly missed.

"He has made an everlasting impact on the Soldiers and civilians of the 500th MI Brigade, the MI Corps and our Army," said Col. Christopher Ballard, commander, 500th MI Bde. "He has shaped the professional development of countless noncommissioned officers for our Army's next generation of leaders, and he will forever remain my friend.'

ny Garrison-Pohakuloa Public Affairs

Supporting the troops

POHAKULOA TRAINING AREA, Hawaii — American flags wave across Pohakuloa Training Area's (PTA) main gate while Big Island residents, veterans and family readiness group members express their support for Soldiers and Marines training at PTA during a Support Our Troops rally, Saturday

FTFTSTEPS in FAITH Character, integrity are skills worth cultivating

CHAPLAIN (MAJ.) LINDA NORLIEN 25th Combat Aviation Brigade Chaplain

I like the bumper sticker that says "Freedom isn't free." It always makes me proud to be serving in the Army, and I think it is a good reminder to those who have never served in the military of the sacrifices we make.

As a Christian, I want to remind you that "forgiveness isn't free" either. The forgiveness of our sins came at a great sacrifice by Jesus. We remind each other often in the church family that we did not earn our salvation, and there is nothing we can do to earn our own salvation, but we must not let that become an excuse to continue sinning.

If we have the mistaken view that forgiveness from God is easy and automatic, we could be fooled by the devil into taking our old sinful patterns very lightly. If fact, we might be tempted to excuse shameful behavior thinking "God will forgive me." The Apostle Paul instructed us in his letter to the Colossians:

God. When Christ who is your life is revealed, then you also will be revealed with him in glory

"Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire and greed (which is idolatry). On ac-

count of these, the wrath of God is coming on those who are disobedient.

"These are the ways you also once followed, when you were living that life. But now you must get rid of all such things anger, wrath, malice, slander and abusive language from your mouth.

"Do not lie to one another, seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge ac cording to the image of its creator" (Colossians 3:1-10, New Revised Standard Version). We cannot control what crazy sinful thought the devil tempts us with but we can reject those thoughts and intentionally turn our minds toward upright and pure thoughts. We can control what we watch with our eyes and hear with our ears and think with our minds. We can cultivate thoughts that

build our character and strengthen us against the temptations that enter our minds.

If we want to be good at a sport or musical instrument, we discipline ourselves to do the drills associated with that sport.

If we want to be people of character and integrity, we do things that cultivate those skills. Pay attention to what you watch and read and view on the Internet. Catch yourself early when temptation flirts with you; reject it and immediately turn your mind to prayer.

Tell God you don't want to go down those old behavior paths anymore. Physically change your location, move away from the thing that is tempting. Do things with your mind and body that are pure and upright and godly.

We are all on the same journey. The temptations vary according to our personality and our personal history, but we can all be on the ning b

Prayer breakfast highlights spiritual

Themes for leaders are resiliency, trust, prayer

SGT. 1ST CLASS SHERYL LAWRY

500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS - Soldiers from the 500th Military Intelligence (MI) Brigade reflected on the spiritual side of the Army Strong motto, adding "trust, pray and be resilient" as the theme for their Leaders Prayer Breakfast, Monday.

More than 100 Soldiers attended the breakfast at the 8th Theater Sustainment Command dining facility where guest speaker Chaplain (Col.) Jeffrey Young, Intelligence and Security Command, discussed trust, prayer and resilience. Young provided Soldiers with real life examples of why each of the three characteristics is important to practice.

'The greatest four words I can hear as a chaplain with over 30 years of experience is 'Chaplain, pray for me,'" Young said. "Life is unfair, but trust, pray and be resilient.

During the prayer breakfast, Soldiers were treated to musical performance by the Aliamanu Military Reservation praise team and a scripture reading by Chaplain (Capt.) Jeremy Mount.

Col. Christopher Ballard, commander, 500th MI Bde., thanked Young for his sermon and presented him with a gift.

"Chaplain Young has long been a personal friend, a terrific supporter of our 500th MI ministry teams and a faithful servant to our Soldiers and families for years," Ballard said. "I'm so glad he had this opportunity to visit apan and with our Soldiers in I Hawaii and speak to our leadership here, today. Jeff is a marvelous Soldiers' chaplain. "It was an excellent program," said Sgt. Timothy Hennessy, 406th Company, 732nd MI Battalion, 500th MI Bde.



Norlien

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 2/4/2009.

"So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.

"Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in

ay ple.

Just like we do not want citizens of our country to take our service for granted, we must not take Jesus' pain and suffering for granted. If we insult him by continuing in sin, with the plan that we will just ask God for forgiveness later, we are no better than those who spit, mocked and killed Christ on that terrible day.

"It gave me great spiritual strength for the day.'

What has been your greatest accomplishment in Iraq?

and Iraqi police. Clark 2-4th Cav. Regt. Assistant Operations Officer



"Successfully supporting the company elements during operations.

Spc. Terrill Graham 1-21st Inf. Regt Intelligence Specialist

"Being a charging force in a Soldier's life.

Sgt. Rennell Manning 225th BSB Automated Log Specialist

"Organizing the conversion of a medical ground evacuation platform.

Staff Sgt. Shasta Davalos 225th BSB Evacuation Platoon Sergeant

"Helping to get both of my team leaders promoted to staff sergeant.

Staff Sgt. Jarrod Taylor 1-14th Inf. Regt. Infantryman

DEPLOYED FORCES Strykehorse joins with IP to bring supplies to students

SGT. 1ST CLASS BRIAN ADDIS 2nd Stryker Brigade Combat Team Public Affairs

JOINT SECURITY STATION HOR AL BOSH, Iraq -Multinational Division-Baghdad Soldiers, along with Iraqi Security Forces (ISF), joined local leaders in handing out toys and school supplies at a primary school, Jan. 25.

The aloha spirit showed once again that it is alive and well in Iraq as Soldiers from B Company "Hammer," 52nd Infantry Regiment, attached to 2nd Squadron, 14th Cavalry Regiment, "Strykehorse," partnered with Iraqi Police (IP) from the Hammamiat IP Station to bring much needed school supplies to Al-Arwa Ibna al-Ward school.

Sheik Khalid and Muhammad Ibrahim, two local leaders, made final coordination with the school principal to ensure the operation went off without a hitch.

"Working with the Iraqi Police is always a pleasure, and the local leaders in the area do a great job of helping us identify where we can help out," said 1st Lt. Ben Flores, platoon leader for Hammer Co. "This school is very close to Sheik Khalid, and conducting this operation jointly with the Iraqi Security Forces helped bring smiles to the faces of everyone involved.'

The group gave out pens, pencils, backpacks and toys. Along with the school supplies, the children were given dolls made by students at the St. Andrews Priory School in Honolulu, much to the delight of



Spc. Christopher Long | 2nd Squadron, 14th Cavalry Regiment

those students who received them. The dolls have a Thomas Mackey, squadron commander. The man responsible for starting the program, 1st Lt. Nainoa Strykehorse Soldiers, and especially for Lt. Col. Hoe, lost his life in Mosul Jan. 22, 2005

Sgt. Adam Brown, infantryman, B Company, mer," 52nd Infantry Regiment, stacks pencils at the Al-Arwa Ibna al-Ward primary school in Halabsa, Jan 25. Soldiers from the 52nd Infantry Regiment partnered with Iragi police to conduct a school supply drop at the primary school.

Hoe, then one of Mackey's platoon leaders with 3rd Battalion, 21st Inf. Regt., 1st Stryker Brigade Com-bat Team, 25th Infantry Division, out of Fort Lewis, Wash., had hoped that the dolls would help bring happiness to the children of the war-torn country.

The delivery of these precious dolls to young girls here in Iraq always brings smiles," Mackey said. "The dolls brighten up the lives of these children, who are the future here. Nainoa was definitely onto something."

This year marks the second year in which the Strykehorse Squadron has conducted an operation in which the ragdolls from the St. Andrews Priory School were handed out to the children of Iraq.

Last year, students from the Falahat area received the gifts made with aloha.

"It has been our honor to deliver these dolls to needy children in Iraq, and we thank everyone responsible," said Mackey.

"Mr. Allen Hoe, Nainoa's father, played a huge role in connecting the dolls to our unit and, of course, to the volunteers at Saint Andrews, who made the dolls and gave of their time and effort for such a worthy cause - thank you.'

Convoy: Experience valuable to building teams, deployment

CONTINUED FROM A-1

"But we are also at PTA for our train-up prior to deployment. An integral part of all our training over there depends on the vehicles and equipment that we're moving from here.

Baca's commanding officer elaborated on the importance of the two-day operation. "This was truly both a necessary part of

our train-up for deployment and a unique training opportunity," explained Capt. Scott Wyatt, commander, A Company, 209th ASB. "Understand that this is not like a train-

ing exercise out of Fort Bragg or Fort Drum where you pick up and move a distance (over land) and you're training in the field. This was in essence a mini-deployment," said Wyatt. "We had to get stuff loaded in containers. Our trucks needed certain technical inspections to travel by sea; then they need to be downloaded at port and moved to the training site," he continued. "And then we need to do it all in reverse.

For Wyatt, the training symbolized the 25th CAB's capability to pull various units together and push its equipment forward.

"This type of operation demonstrates to the brigade commander and his staff that his unit is mission capable," said Wyatt. "You never really understand what your support elements bring to action until they are put into play. You never truly understand logistics until it's used.

Two Soldiers who have experienced the

value of combat support directly downrange and supervised aspects of the convoy operation, were Staff Sgt. Jose Mata, noncommissioned officer in charge, ground movement operations, 209th ASB, and Staff Sgt. Marc DiBernardo, serial commander, 2nd Battalion, 25th Avn. Regt.

historical as well as sentimental significance for the

"It's really important that we do this kind of training," said Mata. "This was the

first time that some NCOs (noncommissioned officers) were involved together in a unit move-ment. Also, some Soldiers are stepping into new jobs and many have not been involved in training like this.'

DiBernardo agreed. 'Convoy operations are great for a lot of reasons. t shows the Soldiers what actually goes on and what it takes to put an operation like this together," he said.

'There's much more to support than a lot of people realize. Hopefully, the operation gives Soldiers pride in what they do and reveals that their jobs are valuable to the mission," he added.

Unknown Soldier springs to action at post office Good Samaritan lends associate at the post office, noticed a said she hadn't had anything to eat woman falling and called for help at

helping hand to fainting, pregnant woman

JEREMY S. BUDDEMEIER Managing Editor

SCHOFIELD BARRACKS - A Soldier came to the aid of a pregnant woman who fainted while in line at the post office here, Monday.

approximately 11:30 a.m.

While Swain dialed 911, a Soldier helped the woman sit up and ensured she was OK. "He kept talking to her to make sure

she didn't get up," Swain said. Within five minutes, firefighters from

the Schofield Federal Fire Department arrived and began to treat the woman.

'The patient was conscious and Chris Swain, lead sales and service alert," said Matt Grace, firefighter. "She

and was on her way to Burger King after the post office.

A city ambulance later took the woman to a hospital. Grace said the Soldier was gone be-

fore he could ask his name or get additional information about the incident.

"All I remember was his last name, Myers," Swain said, pointing to her desk where she scribbled the name. "I'd like to tell him mahalo."

HAWAII ARMY WEEKLY FEBRUARY 6, 2009 | A-3

25th ID Band plays for Ironhorse Soldiers

STAFF SGT. JODY METZGER Multir ional Division-Baghdad Public Affairs

CAMP LIBERTY, Iraq - A large group of 4th Infantry Division (ID), Multinational Division-Baghdad (MND-B) Soldiers heard their 4th ID March for the last time in Baghdad, this deployment, as they bade their goodbyes in an earlymorning redeployment ceremony here, Tuesday.

Standing in for the 4th ID's band, which left a few weeks ago, the 25th ID Band played the 4th ID March for Soldiers of the Ironhorse Division as they prepared to go home following a 15-month deployment. Excitement filled the air as Ironhorse Soldiers, in full battle gear, jostled and talked, breaking the early-morning calm with a chatter of joy and anticipation.

To capitalize on the joyous occasion, members of the 25th ID Band serenaded them with lively tunes to keep Soldiers entertained.

Staff Sgt. Victor Vinziant, who serves in the analysis control element, intelligence section, 4th ID, was among the many Soldiers going home. Like many standing in the cool air, Vinziant could not believe he was finally going home. He said he wouldn't believe it until he made it to U.S. soil. Only then would it feel real, he said, to him

Listening to the band play the 4th ID March, Vinziant reminisced



The 25th Infantry Division Band's brass quartet plays for Soldiers of the 4th Infantry Division during their farewell ceremony held at Camp Liberty, Tuesday.

"It's pretty patriotic to have something that shows where your pride lies," said Vinziant.

The Soldiers of the 25th ID Band were honored to play the event for their patriot brothers and sisters.

"All we need is our music and our horns," said Sgt. Steven Gilbert, tuba player. "It is easy for the five of us to get around because we are a small group and we (pack) light.

The 25th ID Band started doing farewells for its 4th ID brothers- and sisters-in-arms last month. In total, the Tropic Lightning Division Band will be performing for seven redeployment ceremonies.

"Every time we play one, someone speaks - whether it is the battalion command sergeant major, general or a company commander – (and) we all listen to what they say," said Gilbert. "Even

though we are playing for other people that are leaving, and we still have another nine months to go (until we redeploy), their words stick with us."

Along with his four band members, Gilbert believes it's important to share with departing groups what service to country means. They share meaning by playing happy tunes like the 4th ID March with vigor.

Gilbert said his favorite part of

being in the band is coming together with other musicians and doing something good for Soldiers and their families. He explained the kindred connection.

DEPLOYED FORCES

The unit song, he said, is "your steadfast fight song," which is why it's always played with gusto.

"It is supposed to have the message that your division believes in you, so hopefully that reminds you that you have been here a year and longer," Gilbert said, adding, "You did what you were supposed to do, and you accomplished the mission, so good job, well done."

Maj. Gen. Jeffery Hammond, com manding general, 4th ID and MND-B, asked Soldiers to gather around him for the last time in Baghdad. He then reminisced about the many Soldiers who would never be able to go home to their families - 94 Soldiers who will never see their loved ones.

Hammond's advice to the Ironhorse Soldiers as they departed Baghdad was to enjoy every minute of life.

'Love a little bit," he said. "Life is precious and you've earned it, so let's go home."

Hammond personally thanked Ironhorse Soldiers by shaking their hands before they boarded buses bound for the airfield.

84th Engineer Battalion makes a difference in Iraq

2ND LT. KEITH SCHNELL & **2ND LT. GRANT GUTKOWSKI** Forward Support Company, 84th Engineer Battalion

MOSUL, Iraq – Forward Support Company (FSC), 84th Engineer Battalion (Construction Effects), from Schofield Barracks, has had a busy three months since it deployed here in November 2008.

FSC's Maintenance and Distribution platoons have supported every company in the battalion, both on the forward operating base (FOB) and on missions "outside the wire."

Repairing FSC's vehicles and those of the battalion headquarters company has kept Maintenance's mechanics consistently busy, but the platoon doesn't just do maintenance. Its five welders have been hard at work.

They have fabricated countless rebar grates to support the battalion's mission of covering road culverts to prevent insurgents from placing improvised explosive devices (IED) in them. Additionally, they have trained five other FSC Soldiers to serve as welders, greatly increasing productivity.

One Maintenance Soldier, Pfc. Hans Brockmann, the battalion's sole machinist, has proven to be invaluable by fabricating repair parts from stock metal for the battalion's RG-33 Mine Resistant Ambush Protected (MRAP) vehicles. His work has allowed mechanics to return several broken vehicles to service, and, in his own words, "it can only get better."

Maintenance Platoon Soldiers often go "off FOB" as they participate in missions throughout northern Iraq. They roll out in armored 20-ton tow trucks that can recover any wheeled vehicle in the battalion whenever a breakdown occurs far from a friendly base.

The battalion's drivers roll out on convoy missions secure in the knowledge that FSC's Maintenance platoon will be ready if needed.

FSC's Distribution Platoon participates the most on convoys as it supports the entire battalion with logistical haul capabilities. The platoon's mission usually involves convoying supplies and equipment in support of the battalion's reconstruction and construction missions.

The platoon uses military trucks and trailers, very much like civilian 18-wheelers, to haul anything and everything that the 84th Eng. Bn. needs moved throughout Iraq.

In addition to its regular convoy missions, the Distribution Platoon also provides much of the fuel support for the battalion. Its fuel trucks are embedded with other companies in the battalion that travel on missions throughout northern Iraq.

Soldiers provide on-the-spot refueling for heavy engineer equipment, enabling engineers to continue operations uninterrupted at the job site.

To increase its capabilities, FSC has recently undertaken major cross-training efforts, teaching field feeding team (FFT) Soldiers how to drive the big trucks and how to weld.

The FFT's primary mission is to maintain the dining facility, ensure all meals are prepared correctly, and supervise the daily meal count projections. However, the team's Soldiers have embraced the opportunity to cross-train as both welders and vehicle operators to assist on convoy missions in Iraq.

FFT Soldiers aren't the only ones learning new tasks, though. Spc. Junior Pitts made himself an invaluable, productive member of the team by learning to diagnose, troubleshoot and repair communications equipment and counter-radio electronic warfare (CREW) systems.

All of FSC's Soldiers stand ready to learn new tasks and perform their duties for the greater good. Many moving parts help make the battalion's Operation Iraqi Freedom mission successful, and

FSC's role is growing by the day. FSC Soldiers work hard every day to accomplish their missions and to support the 84th Eng. Bn.

Knox: Flexible role gave unit edge

CONTINUED FROM A-1

For Spc. Shane Becker, ammunition specialist, assigned to B Battery, providing the ePRT with a PSD was the "most insightful mission" the unit undertook.

"We got to see the real Iraq," he said. "We got to interact with the people and do something artillery Soldiers do not normally do.

More than 100 active duty batteries are eligible for the competition, said Reed, and each submits a roll-up of its achievements, missions and training.

"What gave us the edge, I think, was the nonstandard role our Soldiers took on while we were deployed," Reed said. "These Soldiers really fit the theme of flexibility throughout the course of the deployment.'

Sergeant shows true Soldier spirit

SGT. KYNDAL GRIFFIN 8th Theater Sustainment Command Public Affairs

NEWS

FORT SHAFTER — "I remember I was watching the movie 'Good Morning Vietnam' with Robin Williams," said Sgt. Keith Gatlin, video teleconference technician with the 8th Theater Sustainment Command (TSC). "And I flat out said, 'I want to do that."

Originally from San Bernardino, Calif., Gatlin joined the U.S. Army Reserves in September 1999, with hopes of becoming a broadcast journalist in the Army.

"I joined the military because I wanted to do something; I was tired of people doing things for me, he said. "People are out there defending my freedom; I might as well return the favor."

Unfortunately, the military had other plans for Gatlin, and made him a visual information equipment operator.

After finishing his advanced individual training (AIT) and returning to his reserve unit, the 222nd Public Affairs Detachment, Gatlin deployed to Baghdad.

In his time there, he helped build, maintain and operate American Forces Network, Iraq. "We actually created the radio station in

Iraq; we were the first broadcast team there," said Gatlin. "I personally supervised the standing of 13 different relay stations throughout Iraq and hooked up more than 46 MWR (Morale, Welfare and Recreation) facilities ... that was a good time."

When his 13-month deployment came to an end in 2003, Gatlin decided to go active duty and was sent to Fort Huachuca, Ariz.

"I was at work one day, and our command sergeant major called me into his office and



2009 has been designated as the Year of the NCO. Be on the look out for more features on stellar noncommissioned officers in your *Hawaii Army Weekly*.

asked me if I knew anything about video teleconferences (VTC)," Gatlin said. "I said no, but whatever I don't know, I can learn. He said 'well good, you're being transferred."

Gatlin was sent to work for Maj. Gen. Barbara Fast, Fort Huachuca commanding general. There, he learned everything he could about VTCs while working in the command group office.

After re-enlisting at his first command, Gatlin said choosing Hawaii Gatlin was assigned to the 8th TSC upon arriving to Hawaii and has been here ever since. He was the 8th TSC's first visual information equipment operator and has become the primary point of contact for all VTCs the 8th TSC runs. Gatlin loves everything about his job.

"The main reason I love my job is, when we were in Iraq, we didn't have the opportunity for VTCs," Gatlin said. "Since I've been here, just the facial expressions, and the gratitude the family members have (when) they are able to see their loved ones is phenomenal. You can't beat that feeling."

Although he has the support of his family – his wife, four daughters, a son, and a baby girl on the way, Gatlin says his wife goes back and forth between loving and hating the Army.

"She basically says that I'm having an affair with her because I spend more time doing military stuff than I do family stuff," he explained. "She understands that I am a Soldier first, but I know that I have responsibilities as a husband and a father, as well."

With a job that he loves and the continued support of his family, Gatlin plans to retire from the Army.

"I am planning on submitting my warrant officer packet soon. I love being a noncommissioned officer, but I have to look at what is going to benefit myself and my family in the long run," he said. "And I plan on staying in until the Army tells me to retire, so I plan on doing 20-plus years."

"Sgt. Gatlin is a great Soldier because, number one, he places the needs of the Army above his own. He takes what he does very seriously," said Staff Sgt. Wendell Claibourn, VTC noncommissioned officer in charge, 8th TSC. "He is very military, family-oriented and is very proficient in his job." Briefs Send news announcements for Soldiers and civilian employees

News

to community@ hawaiiarmyweekly.com.

6 / Today

Road Construction – "A" Road will be closed, Feb. 2-7, to complete the last portion of construction on Kolekole Avenue, Schofield Barracks.

Foote Gas Station will also be closed, Feb. 2-7, for cold milling and repaving. Patrons needing gas will have to use the Trimble Gas Station, Building 1167.

Kunia Road Open – The Hawaii Department of Transportation has reopened Kunia Road. Call 587-2160.

Tripler Road Work Continues

 Major road repair work around the Tripler Army Medical Center campus continues, as scheduled, from 9 a.m.-5 p.m. daily.

The repair is scheduled to continue through the end of the first week of February. Patterson Road has been repaved and has returned to a normal (two-way) traffic pattern. Flaggers will direct traffic as it is restriped.

Krukowski Road is being repaved during the next two weeks. South of the tennis courts, it will be oneway going down, out to the main gate, 9 a.m.-5 p.m.

HAWAII ARMY WEEKLY FEBRUARY 6, 2009 | A-5

Motorists are reminded that Jarrett White Road is one-way, going up toward Tripler's main complex. However, during construction hours, 9 a.m.-5 p.m., motorists will not be able to turn left onto Krukowski Road from Jarrett White Road when entering the main gate. Call 656-2435.

7 / Saturday

Water Outage – There will be a water outage affecting several buildings on Fort Shafter, Feb. 7, 7-11 a.m., for necessary repair work. Buildings affected include T-102.

Foote Gas Station will also be T-111, T-112, U-113, U-114 and Tosed, Feb. 2-7, for cold milling 115.

8 / Sunday

Warrior Assistance Center Closed – The Warrior Assistance Center (WAC) will be closed through Feb. 8 for construction. The WAC will continue providing services to the Warrior Transition Battalion. Call the WAC director at 225-0397.

10 / Tuesday

Freedom of Information and Privacy Act Conference – Pacific Command (PACOM) will host a conference on the Freedom of Information Act (FOIA) and Privacy Act, Feb. 10-12, at Camp Smith. FOIA and legal officers are en-

Capt. Mary Stottmann at 477-6432. SEE NEWS BRIEFS, A-6

couraged to come, but you don't

have to be one to attend. Contact

A-6 | FEBRUARY 6, 2009 HAWAII ARMY WEEKLY

News Briefs

From A-5

Recruit the Recruiter – The Recruit the Recruiter Team will brief all specialists through sergeants 1st class regarding the benefits, challenges, and qualifications of recruiting duty. Benefits range from more money, faster promotions and assignment preference.

Sessions will be held:

•Feb. 10, 11:30 a.m. and 2:30 p.m., at the Schofield Barracks Liusarec.army.mil, or visit www.

brary conference room
Feb. 11, 10 a.m. and 1:30 p.m., at Building 1507. Fort Shafter Flats

at Building 1507, Fort Shafter Flats •Feb. 12, 10 a.m., at the Kyzer Auditorium, Tripler Army Medical Center

Attendance by all E4-E7 is highly encouraged. Spouses are cordially invited. Attending the briefing in no way obligates you for recruiting duty. A personal interview following the briefing will determine qualifications.

For more information, contact Sgt. 1st Class Jerry Holman at (502) 626-0202, jerry.holman@ usarec.army.mil, or visit www.

usarec.army.mil/hq/recruiter.

11 / Wednesday Executive Leadership Devel

opment Program – Applications are being accepted through Feb. 11 for the Department of Defense Executive Leadership Development Program, which runs from September 2009-June 2010.

Employees, who are at the GS-12 equivalent and higher, to include NSPS and NAF ranks, are eligible. Visit www.cpol.army.mil/li-

brary/train/catalog/ch04deldp.html or call 655-9037 for application requirements.

Award: Warrior thanks caseworker

CONTINUED FROM A-1

Pennoni credits his recovery caseworker, Tammy O'Neil, with making the process go smoothly.

"She has coordinated all of my care, and (has) been there for me since the day I returned from Iraq," said Pennoni. "She has made my recovery go smooth."

Injured during his third deployment, Pennoni was deployed to Kirkuk, Iraq, from Jan. 5, 2004, to Feb. 19, 2005, and again Nov. 15, 2006, to Oct. 13, 2007.

Pennoni and his wife, Juliet, have been geographically separated during the last six years due to deployments. Currently living in the Philippines, Juliet will be moving to Lansing, Mich., Pennoni's hometown, to begin working as a registered nurse in April.

"It has always been hard being separated from the woman that I love," Pennoni said. "But it is a sacrifice that we have made, so that we can have a better life and a better life for our daughter Chloe."

Pennoni is stationed in Hawaii until March 2010. He plans to then separate from the Army, return to Lansing to join his family, and attend Michigan State University.

"The Army could not have accomplished as much as we have accomplished without noncommissioned officers. In recognition of that, we've designated 2009 as the 'Year of the NCO," Mixon said.

"In the state of Hawaii, we have petitioned the legislation and the governor to designate that this is ... the Year of the NCO, and

designate a special day on the 13th of June, in celebration of the 234th Army birthday, as the

Day of the NCO," he continued. At the conclusion of the cere-

mony, Mixon answered Soldiers'



NEWS

Staff Sgt. Joseph Pennoni Jr., howitzer section chief, B Battery, 3rd Battalion, 7th Field Artillery Regiment, receives a Purple Heart from Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, Jan. 28. The ceremony took place at the 2nd Stryker Brigade Combat Team motor pool, Schofield Barracks.

and their family members' questions and solicited input. He thanked Soldiers, their spouses and family members for the sacrifices they have made during wartime.

"Without our family members, the Army would not exist," Mixon said.

In closing, Pennoni thanked Mixon for presenting the Purple Heart, his wife for her support, and his unit for setting up the ceremony.

"It was an honor for me to have bled in defense of my country, and I would do it again if I have to," Pennoni said.

Ace: Audience thrilled at Tropics

CONTINUED FROM A-1

with the Black Hawk cake."

Duff and his staff spent three days working in the tropical air to prepare their culinary work of art for presentation to the community at the Tropics Recreation Center. Preparation for the cake involved taking numerous photos of a Black Hawk helicopter and riding around the island in one.

"The ride was awesome," Duff said. "You could see surfers, the water, and it was great."

After the flight, Duff began preparing the cake, which became a test of his ability. In their short time on Hawaii, the "Ace of Cakes" crew also created a cake for the cast and crew of the hit television show "Lost."

"(It was a challenge) ... Sugar is very hydroscopic and will suck all the moisture out of the air, which makes baking in Hawaii very tough," Duff said.

When the cake was finally unveiled with an "Army Strong" theme, applause echoed through the rafters. Audience members were amazed at the amount of work accomplished in such a

short span of time.

case, well-served.

"This is definitely the M.O.A.C., or the Mother Of All Cakes," said Maj. Gen. Raymond Mason, commanding general, 8th Theater Sustainment Command. "On behalf of United States Army-Hawaii, I'd like to thank Duff and the crew of 'Ace of Cakes' for their support of the Soldiers and family members throughout our military."

"By the response today, we know that we made you smile and leave happy, and that's rewarding for us," said Duff.

"It shows he (Duff) really loves the Army," said Joe Slivestre, a local employee from Cornerstone Air Conditioning Company. "By him coming all the way out here, it shows he cares and does what he can to support the Army."

Following the unveiling, the "Ace of Cakes" cast and crew participated in a meet and greet with audience members. Approximately 1,500 community members attended the event and served as a testament to the Army's appreciation of a job welldone, or in the "Ace's of Cakes"

HAWAI'I **NAU HANA** www.garrison.hawaii.army.mil/haw.asp "When work is finished." FRIDAY, FEBRUARY 6, 2009

Keiki create entin

for deployed parents at the Sgt. Yano Library

Story and Photos by **MOLLY HAYDEN**

SCHOFIELD BARRACKS - Family members of deployed Soldiers showed off their hearts at the Sgt. Yano Library, here

recently, for the free Create-a-Card Program. More than 25 family members filled the conference room to create handmade cards for Valentine's Day. Numerous items lined several tables to ignite cardmakers' creativity, including paper hearts, stickers, stamps, stationery and envelopes

Another Create-a-Card Program will be held for Father's Day, May 20, at the Sgt. Yano Library.

For more information on the Create-a-Card Program or other library programs, call 655-8002.

Kaylani Marshall, 7, chose a purple marker and began to write her father a letter inside her decorated card.

"I want him to know I'm thinking about him," said Marshall. "And that he is my best friend.

"I put a lot of work into the card," she

continued, "and a lot of love.' Kaylani's mother, Kara Marshall, explained this deployment was the family's

first. "They aren't used to being away from their father," Kara said of Kaylani and her 4-year-old brother Xavier. "This is a way for us to do something fun that keeps us together as a family.

Kids laughed as they painted and drew on cards themselves, covering the tables and walls with their works of art. Rubber stamps hopped across envelopes, and no card went unglittered.

The library offers many programs for military ohana to enjoy and stay connected as a family, including a Young Readers Club, Teen Reading Week, Storytime and numerous after-school programs.

In addition, the Books by You Program gives children the opportunity to create a novel, complete with illustrations and a personalized cover.

The Create-a-Card Program allows family members to create a card for a special occasion, including Father's Day, Christmas



Kaylani Marshall, 7, completes her Valentine's Day card to her father by adding a personal message. Family members gathered at the Sgt. Yano Library for the free Create-a-Card Program to send messages of love to Soldiers downrange.

and Valentine's Day.

"We want to provide a positive experi-ence for our families," said Janet Howard, public services librarian, Sgt. Yano Library. "(To) keep them excited as a family and offer an outlet for communication.

Brothers and sisters worked together, helping each other glue decorations on cards, and mothers aided children through the writing process.

I did it," screeched 4-year-old Alexia Freitas as she successfully wrote the letter "D" for daddy on her card.

Alexia's mom, Billie Freitas, smiled. "She's just learning to write," explained Billie, "and now she will show daddy her new skill."

The young writer then completed the word with help from mom and began coloring

Through the Create-a-Card Program, family members expressed gratitude to their deployed loved ones with plenty of time to spare before Valentine's Day. We love doing programs like this for

children and adults," said Howard. 'We provide the supplies; you provide

the creativity.



Billie Freitas (left) helps daughter Alexia, 7 write a note to her father. Numerous children and spouses gathered at the Sgt. Yano Library to create a card for loved ones for the upcom ing holiday.

Commissary scholarship's deadline for military students Feb. 18

CARRIE WILLIAMS Defense Commissary Agency

FORT LEE, Va. - Sharpen your pencils, fire up your computers and eat as much "brain food" as you can. You've been preparing your whole life for college. so don't miss the opportunity to apply for a \$1,500 scholarship through the Scholarships for Military Children Program.

Don't delay because applications must be turned in to a commissary by close of business, Feb. 18. They are available in commissaries worldwide.

Students may also fill out an application online at the Military Scholar Web site, www.militaryscholar.org, but the Web site does not have a "submit" button, so applicants must print a copy and drop it off at a commissary.

Students may fill the application out by hand, too. At least one scholarship will be awarded at every commissary location with qualified applicants.

Since the scholarship program kicked off in 2001, it has distributed more than \$6.4 million in scholarships to more than

4,000 of the best and brightest children of military families.

"Education today is very expensive," said Andrew Knaub, a 2003 scholarship recipient from Scott Air Force Base, Ill., "so every dime you get in scholarship money is that much less you'll have to pay back in college loans after you graduate. Knaub put his \$1,500 toward tuition

at Penn State, earning a bachelor's degree in finance while specializing in international business. He said education has ompletely changed the course of his life.

"Without it I wouldn't have been able to travel abroad to other universities, and I would not have been able to get the job I have today as a compliance analyst with a securities firm.

"Since I paid for most of my education with loans and money from summer jobs, this scholarship means a few less months of my salary today that will go toward repaying those loans.

While the \$1,500 scholarship can only be applied to undergraduate studies, the money it saves students and their families can then be applied to postgraduate work. Starla Armstrong, a 2003 scholarship recipient from Fort Gordon, Ga., for example, went on to earn a master's degree in clinical psychology from Georgia Southern University, Statesboro, Ga.

"Education plays a huge role in my life. I'm committed to a career that requires two advanced degrees; I will have spent 11 years in college before entering the workforce," she said.

Armstrong is working on a doctorate in counseling psychology at Auburn University and plans to pursue a career in counseling psychology with the Department of Veterans Affairs.

And then, of course, there's the psychological payoff of earning a scholarship. "If anything, the scholarship provided a sense of support in knowing that DeCA and Fisher House believed in my potential," explained Joshua Lanzet, a 2003 scholarship recipient from Cairo, Egypt. Lanzet put his scholarship to good use, graduating magna cum laude from George Washington University, Washington, D.C., with a bachelor's degree in international affairs. He is working for the Coca-Cola Company's North and West Africa Business Unit in public affairs

and communications.

Only dependent, unmarried children (under the age 23) of active duty, Reserve, Guard and retired military members, survivors of service members who died while on active duty, or survivors of individuals who died while receiving retired pay from the military may apply for a scholarship.



For an application or frequently asked questions about the Scholarships for Military Children program, visit ww.militaryscholar.org

Eligibility is determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are enrolled in DEERS and have a current ID card.

The applicant must be attending or planning to attend an accredited college or

university full time in the fall of 2009, or be enrolled in a program of study designed to transfer directly into a fouryear program.

Be sure to check your materials carefully for simple things, like making sure the application is signed and using the 2009 application, not one from previous years. For details about the program, check out the "Frequently Asked Questions" page on the Military Scholar Web site.

Scholarships for Military Children is funded through donations by the general public and by product manufacturers and brokers that sell groceries in commissaries.

Fisher House Foundation, a nonprofit organization best known for building comfort homes near military medical facilities, administers the Scholarships for Military Children Program. It uses the services of Scholarship Managers, a professional firm that has handled more than 400 programs to screen applicants and award scholarships. Neither Fisher House nor the Defense Commissary Agency is involved in the decision process.



Aliamanu (AMR) Chapel

Fort DeRussy Chapel

1st Sunday, 1 p.m.

Fort Shafter Chapel

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

Helemano (HMR) Chapel

Main Post Chapel

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

Catholic Sunday, 9 a.m. - CCD & RCIA Sunday, 10:30 a.m. - Mass Collective Protestant Sunday, 00:30 a.m. - Sunday School Gospel Sunday, 10:30 a.m. - Sunday School

Gospei
 Sunday, 10:30 a.m. – Sunday School
 Sunday, noon – Worship Service

Catholic riday–Saturday, noon – Adoration

- Mass

MPC Annex, Building 791

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

Liturgical Sunday, 9:30 a.m.- Worship

4th Sunday, 1 p.m.

Tripler AMC Chapel

Wheeler Chapel

Catholic Sunday, 11 a.m. – Mass Monday–Friday, 12 p.m. Saturday, 5 p.m. – Mass • Protestant – Worshit

Sunday, 9 a.m. – Worship Service

433-5727

656-4481

Catholic

Soldiers Chapel

• 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)

• Catholic Saturday, 5 p.m. – Mass in Chapel (May–Aug.) Saturday, 6 p.m. – Mass on Beach • Protestant Sunday, 9 a.m. – Worship Service • Buddhist 1st Sunday 1 p.m.

836-4599

836-4599

836-4599

653-0703

655-9307



6 / Today

Family Fun Fridays - The next Family Fun Friday will take place today, 6 p.m., at the Tropics, Schofield Barracks.

Enjoy crazy games and contests, great food and fun, plus HDTVs, tons of Wii, PS3 and Xbox 360 games for checkout, family table games and pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

Waikiki Party Bus - The Army bus rides again, today, 9 p.m.-4 a.m. And, the best part is, tickets are now free.

The bus will pick up riders on Schofield Barracks and Fort Shafter and take them down to party in Waikiki, worry-free. Riders can hang out and play all night long and then get picked up and brought back home at the end of the evening.

Tickets are now free, but patrons must have a ticket to ride, available at Information, Ticketing and Registration (ITR) offices. Call 655-9971 or 438-1985 for more information.

7/Saturday

Woodshop Safety Class - The next session of the woodshop safety class will take place Feb. 7, 8 a.m., at the Schofield Barracks Arts & Crafts Center. The cost is \$10 and the class is required for use of the woodshop. Call 655-4202.

Mosaic Tile Class – The next mosaic tile class will take place Feb. 7, 10 a.m., at the Arts & Crafts Center, Schofield Barracks, Cost is \$25. Call 655-4202.

9 / Monday

First Term Financial Training – Learn basic financial skills, develop self-reliance and personal responsibility, encourage financial planning, improve money management skills and enhance personal financial literacy, Feb. 9, 8:30 a.m.-4:30 p.m., at Army Community Service, Schofield Barracks. This is a mandatory 8-hour program of instruction. A certificate is awarded to each participant. Call 655-4227.

Newborn Care II - How come they don't come with instruction manuals? Taking care of a newborn for the first time can be scary. From holding, to diapering, to bathing, come learn the basics of newborn care to make the early month special for parents and baby, Feb. 9, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. Call 655-4227.

Active Parenting Class - Learn parenting skills to enrich the parenting expe-



Send announcements to community@hawaiiarmyweekly.com.

6 / Today

Tax Center Opens – The Schofield Tax Center, Building 648 at the corner of Foote Avenue and Lewis Street, opened Feb. 2. Hours of operation are 9 a.m.-5 p.m., Monday-Friday, and no appointments are necessary.

Everyone is served on a walk-in basis. Service is provided free for active duty service members, their dependents and retirees. Call 655-1040.

New Hours of Operation – Effective Feb. 1, Army & Air Force Exchange Services



Homefront aloha

SCHOFIELD BARRACKS — Chris Swain, lead sales and service associate, Schofield Post Office, processes nearly a dozen care packages from Julie Rohrer (right) and Edna Chen, Tuesday. Rohrer and Chen, along with nine other members of the North America Taiwanese Women's Association, mailed care packages and valentines to Soldiers from the 25th Infantry Divi-sion and 3rd Infantry Brigade Combat Team, after visiting the Web site AnySoldier.com. See next week's Hawaii Army Weekly for more coverage on ways the community is supporting deployed Soldiers.

rience, gain knowledge about how to recognize developmental milestones and understand how to respond to difficult behavior in children, Feb. 9, 9-11 a.m., at Aliamanu Military Reservation's Chapel. Call 655-0596.

Random Acts of Kindness - Spread a little kindness and make the world a better place during Random Acts of Kindness Week, Feb. 9-15. Fill out an entry form at any Army Library, describe the kind and helpful services you performed and enter to win prizes.

The program is suitable for adults and children of all ages. Call Schofield at 655-8002, Fort Shafter at 438-9521, or Aliamanu Military Reservation at 833-4851.

10 / Tuesday

Army Family Team Building - The next Army Family Team Building, Level III, class will be held Feb. 10 and 12, 9 a.m.-noon, at the Kalakaua Community Center. This course is designed to build and polish leadership skills. For more information, call Tracey Clark at 655-4227.

Main Post Chapel Annex. Classes will be of-

Spring Rally – The Regional Protestant Women of the Chapel Spring Rally

will take place Feb. 7, 9 a.m.-noon, at the

Sea Breeze Lanai at Hickam Air Force Base

Harbor. The featured guest speaker will be

lunch. Call Tina Kozial at 624-2623.

Feb. 7, 10 a.m.-2 p.m., in Waipahu.

Registration costs \$15 and includes

Relive the Plantation Days - Hawaii's

Activities include a Chinese Lion

Dance, mochi pounding demon-

strations, a household rummage

sale, keiki games, catch and re-

Plantation Village will celebrate the Year of

the Ox and re-live the plantation days,

fered again Feb. 9 and 12.

Rhonda Mixon.

community services available.

e-mail letticia.rivera@us.army.mil.

11 / Wednesday

Credit Management Class Learn how to use your credit wisely and how to improve your credit score, Feb. 11, 9-10:30 a.m., at Army Community Service, Schofield Barracks. Call 655-4227 to reg-

Money Management - Learn basic tools for financial success, develop a spending plan, reduce expenses and make your paycheck work for you at the next Money Management class, Feb. 11, 10:30 a.m.noon, at Army Community Service, Schofield Barracks. Call 655-4227 to register.

Baby Massage II – Babies are intuitive and their sense of touch highly developed. Time spent massaging your baby greatly increases your communication and helps you to understand your baby's moods, needs, desires and expressions. The next session of Baby Massage will be held Feb. 11, 2-4 p.m., at the Aliamanu Military Reservation Community Center, and Feb. 12, 9-11

a.m., at the Sgt. Yano Library, Schofield Barracks. This is part 2 of a 3-part consecutive series limited to 10 parents with their babies. Babies should be between 4 and 8 months old. Call 655-4227.

Support Group - The Exceptional Family Member Program's Autism support group will hold a dinner, Feb. 11, 5:30-8 p.m., at the Main Post Chapel, Schofield Barracks. The support group provides families with an opportunity to share experiences, gather new information and become knowledgeable about community resources.

On-site child care will be available. Children must be registered with Child, Youth and School Services' Short Term Alternative Child Care. Sign up is required. Call 655-1551/4791.

12 / Thursday

Make and Take Crafts - Create a unique Valentine's bookmark for someone special Feb. 12, 3-6 p.m., at the Fort Shafter Library. All supplies will be provided. Call 438-9521.

19 / Thursday

African American History Month Ob servance - The 130th Enginneer Brigade and Equal Opportunity Team Hawaii will

hold an African American History Month observance, Feb. 19, 10-11:30 a.m., at the Sgt. Smith Theater, Schofield Barracks.

There will be a performance on Harriet Tubman, a lesser-known civil rights leader before, during, and after the Civil War.

Call Sgt. 1st Class Tiffanie Moore at 655-9168 for more information.

20 / Friday

Art and Essay Contest - The Armed Services YMCA is now accepting entries for its annual Art & Essay Contest.

Children of active duty, Reservists or Guard Soldiers are encouraged to write an essay about their military hero or illustrate their military family in a drawing.

Illustrated entries will be accepted through Feb. 20, and essays will be accepted through March 20.

• Callonce, 5 p.m. – Mass • Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School This Week at the Sqt./Smith Theater

> Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



Playmorning Canceled – The Armed

14 / Saturday Valentine's Day Dinner - The Waikiki Aquarium invites couples to Seaduction,

Issues particular to spouses, children and Soldiers will be addressed in addition to its annual Valentine's Dinner, Feb. 14, 7 p.m. For more information, call 655-8132 or The evening features a

champagne reception, romantic candlelit dinner in the galleries, three-course meal with wine catered by Ginniberries, valet

parking, commemorative photo and souvenir for each couple Cost is \$300 per couple; proceeds ben-

efit the aquarium. Doors open at 6:30 p.m. Visit www.waquarium.org or call 923-9741.

16 / Monday

Services YMCA will not hold Playmorning Feb. 16 due to the President's Day holiday. Call 624-5645.

(AAFES) standardized operating hours for all concession facilities at the Schofield Concession Mall.

Operating hours for all concession stands will be 9 a.m.-7 p.m., daily.

The Barber Shop will maintain its hours of operation; Monday-Saturday, 8 a.m.-8 p.m. and Sunday, 8 a.m.-6 p.m.

Call 423-7302

Slick Deals for Soldiers - Flight School Hawaii, 134 Nakolo Pl., Honolulu, is dedicating February as Military Appreciation Month. The pilot shop is open 8:30 a.m.-5 p.m., daily. Service members with a valid military ID received \$10 off an introductory flight. Visit www.flightschoolhawaii.com or call 837-7767.

7 / Saturday

Family Strong Reintegration Classes The 25th Infantry Division, Schofield Barracks Health Clinic, and Tripler Army Medical Center will hold a series of reinte gration classes designed to guide reunited families through the post-deployment process, Feb. 7, 8 a.m.-4 p.m., at Schofield's

lease fishing, and ethnic food samples. Admission and parking are free.

Lecture - The Pacific Aviation Museum will host two lectures and book signings by retired Tuskegee Airmen, Feb. 7.

Lt. Col. Bill Holloman and Lt. Col. Alexander Jefferson will speak Feb. 7. 2 p.m.

General admission is \$14, adults; \$7, children. Kamaaina and military admission is \$10, adults; \$5, children. Admission is free to museum members and military in uniform. Call 441-1008 or visit www. PacificAviationMuseum.org.

11 / Wednesday

Tell Me A Story - The Military Child Education Coalition will present "Tell Me A Story: Making Connections and Finding Support Through Literature," Feb. 11, at 6 p.m., at the Wheeler Elementary School cafeteria. The guest reader will be U.S. Army Garrison-Hawaii Command Sgt. Maj. Robert Williamson III.

Admission is free, but attendees are urged to reserve their space by contacting the Schofield Parent to Parent Team at 664-1726 or schofieldp2p@yahoo.com.

18 / Wednesday

Scholarship Deadline – The deadline to apply for the \$1,500 Scholarships for Military Children Program is Feb. 18. Applications are available at commissaries or online at www.militaryscholar.org. Applications must be turned in at a commissary. At least one scholarship will be awarded at every commissary location with qualified applicants.

Only dependent, unmarried children (under the age 23) of active-duty, Reserve/Guard and retired military members, survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military may apply for a scholarship.

Visit the scholarship Web site for eligibility information and frequently asked questions.

National Prayer Breakfast - U.S.

Army-Hawaii will sponsor the National Prayer Breakfast, Feb. 18, 7 a.m., at the Nehelani, Schofield Barracks. This multifaith opportunity will continue the national tradition of gathering to reflect on the blessings of our nation. Call Sgt. Crystal Dyer at 438-5504.

Winning entries may be used for promotional materials. Savings bonds are awarded for top entries. Visit www.asymca.org.

21 / Saturday

Polar Plunge - The Special Olympics, Hawaii, will host a fundraiser, Feb. 21, 8-10:30 a.m., at Hawaiian Waters Adventure Park

Participants, wearing a costume of their choice, will plunge into a bone-chilling icy pool.

All monies raised at the event will directly benefit the athletes of Special Olympics in Hawaii, Friends and family members coming out to support the plungers can purchase admission at a discount. \$25.

Visit www.specialolympicshawaii.org.

22 / Sunday

Slick Deals for Soldiers - The Contemporary Museum, Honolulu, will offer free admission for all military members and their families, Sundays through Feb. 22, during the H.C. Westermann exhibition. (H.C. Westermann is a former Marine Corps gunnersmate-turned artist.)

Call 526-0232 or visit www.tcmhi.org.

Yes Man

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

Bedtime Stories

(PG) Saturday, 4 p.m. Sunday, 2 p.m.



Seven Pounds

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

No shows on Mondays or Tuesdays.

Education Front Sponsorship programs make transition easier for students

SCHOOL LIAISON OFFICE News Release

SCHOFIELD BARRACKS - Every month, military youth are relocating and transitioning into new schools. Thanks to the Army's Child, Youth & School Services (CYS2), Youth Sponsorship Clubs, and the Leilehua High School (LĤS) Aloha Ambassadors School Transition Support Program, these new students are being supported and welcomed.

Army children and youth are constantly confronted with many challenges. They have to cope with moving regular ly from one location to another, deal with parents being deployed, and adjust to being separated from family and friends.

When children and youth face these obstacles, it is important to assist them in locating other children and youth, who through their own life experience, can relate to these challenges and bring comfort and support.

Krystal Nemetz, a student at Leilehua, has been sponsoring new students through CYS2's Army Youth Sponsorship Program for two years. The program focuses on relocation, adjusting to a new school, and



Kaina Feaomoeata (middle), a new student at Leilehua High School, receives stu-to-student support from Marissa Diaz (left) and Elle Bru through Leilehua's Aloha student-Ambassadors Program

life transitions for incoming students. Nemetz makes the new students feel at ease by providing relocation support via e-mail or text messaging months before their arrival.

provides additional support for new students.

According to the Secondary Education Transition Study, "the most difficult transition that military children and youth Leilehua's Aloha Ambassadors (AA) experience is school transition, (that is),



For more information about CYS2's AYSP, visit www.mwrarmyhawaii.com, select Child, Youth & School Services, and click on School Age Services or Middle School & Teens Centers.

changing schools." Leilehua has spent years addressing this issue with school administrators, counselors and teachers by raising awareness and developing its Aloha Ambassadors program.

After a transition coordinator greets new students, they are partnered with an Ambassadors peer who creates a welcoming, trusting and helpful school environment. This relationship enables new students to feel completely at ease and a part of their school community.

"I communicate with new incoming students by treating them just like any-body else," said Marissa Diaz. "They are in a new environment, and we want to make them feel welcomed."

Other Aloha Ambassadors students

echoed Diaz' sentiments.

"I try to have normal conversations and attempt to explain how the student body in our school behaves," said Elle Bru. "As a general rule, the LHS student body is friendly to others and will easily accommodate incoming young people. The new students usually feel comfortable with this information. If they need help within the next few days, I ... help them out without any hesitation.'

Kaina Feaomoeata, a new student, felt very much at ease after being greeted by both Diaz and Bru.

Like other clubs, the Aloha Ambassadors program develops students' leadership skills.

"Because of AA, I am a more confident person," said Diaz. "My leadership skills have flourished. I am dependable and extremely positive."

Aloha Ambassadors also encourages participants to be more well-rounded.

"The AA program has made me become more open and sociable," Bru said. "Usually, I'm a quiet person, but interacting with new students has helped me evolve greatly into a friendlier individual."

Defense Department civilians, families offered on-post housing options

ARMY HAWAII FAMILY HOUSING News Release

SCHOFIELD BARRACKS - Nearly 20,000 Department of Defense (DoD) civilians provide vital support to Soldiers, families and military operations on the islands. Similar to active duty, many civilians often relocate to meet the military's needs; however, finding a home in the right community can be a challenge. To help support its families, Army Hawaii Family Housing (AHFH) has made homes available to civilians who enjoy living in a close-knit community.

"Meeting the needs of AHFH's 5,700 Soldiers and their families is a great responsibility that requires a tremendous amount of work," said Lisa Reese, AHFH property management director, adding that she has gained "insight into what it takes to support military operations in the Pacific region and the importance of having a strong civilian workforce.'

AHFH is able to support civilians, too, by providing them great communities to live in, she explained. The authorization allowing DoD civilians to live in AHFH communities comes from the Department of Defense, and thorough background and security checks are conducted before anyone who is not active duty is allowed to reside in an AHFH community.

Since DoD civilians do not receive basic allowance for housing (BAH), AHFH charges them a monthly rent

Civilians interested in living on post should call AHFH's Leasing Offices at 275-3700 (North) or 275-3800 (South).

fee that is commensurate to the BAH paid by Soldiers. The DoD-authorized program does not in any way impact current policies "that ensure active duty Soldiers and their families remain a priority when it comes to housing needs," said Reese. "Every Soldier eligible to live in AHFH communities is offered a home before (they are) made available to civilians.

"It is AHFH's core mission to take care of our Soldiers' families," she emphasized.

DoD civilians can choose from a variety of two-, three- and four-bedroom homes located at Aliamanu Rim, Fort Shafter, Helemano, Red Hill, Schofield Barracks (Hamilton Community) and Wheeler.

Benefits include 24/7 maintenance services, on-site property management staff, complimentary lawn care, utilities (washer and dryer), central air in select homes, and convenience to work and schools.

"DoD civilians work alongside Soldiers and their families each day and truly understand their needs and value the service and sacrifice made by both Soldier and family," said Reese. "We're very happy to open our communities to civilians who support the military's mission in the Pacific."

SPORTS & FITNESS



Send sports announcements to community@hawaiiarmyweekly.com.

8 / Sunday

Running Workshops - Training workshops will be held in preparation for the Great Aloha Run (Feb. 16) every Sunday leading up to the race, 7:20 a.m., at Kapiolani Park Bandstand.

Sessions are free for run participants and will include a warm-up, training session, cool down and question-and-answer session on training topics. E-mail health@drchrist.com or call 943-0309.

Hike Oghu - Join the Hawaiian Trail Et Mountain Club on a hike through the Waiahole Contour.

This hike is a favorite for lush tropical hiking beside and across a rushing stream. The bird's nest ferns nestled in the trees are a sight to behold. Bug repellant is highly recommended.

This intermediate hike is 5 miles. Call Doug Klein at 263-8330. Save the date for these upcoming

hikes, too: •Feb. 21, a 7-mile intermediate hike

through Waimea Valley.

•Mar. 1, a 9-mile intermediate hike through Mokuleia Hillside.

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

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

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit www.htmclub.org.

13 / Friday

Health and Fitness Expo - Kaiser Permanente will kick off the Great Aloha Run (Feb. 16) with its annual 3-day Sports, Health and Fitness Expo, Feb. 13-15, at the Neal S. Blaisdell Center.

The expo will feature the latest in products, services and workshops for . leading a healthy lifestyle, keiki activities, demonstrations and entertainment. The expo is open to the public on Feb. 13 from 4-9 p.m., Feb. 14 from 10



Sgt. 1st Class J.B. Jaso III | 1st Battalion, 27th Infantry Regiment

Street stylin'

HUSSANIYAH, Iraq — Cpl. Garrett Simoneau gives Iraqi children something to smile about as he skates through a neighborhood, here, Jan. 24, while conducting a combined dismounted patrol with the 2nd Brigade, 1st Iraqi National Police Division. Simoneau is an infantryman with A Company, 1st Battalion, 27th Infantry Regiment "Wolfhounds."

a.m.-8 p.m., and Feb. 15 from 10 a.m.-5 p.m. Admission is \$4 for ages 13-64, \$2 for military personnel and free for senior citizens, keiki under age 12 and all registered runners. Parking is available for \$5 before 4 p.m. or \$6 after 4 p.m. Call 528-7388.

14 / Saturday

Keiki Great Aloha Run Expo – Families with children are invited to come together for a great cause at the Kraft Keiki Great Aloha Run and Circus Party, Feb. 14, 8 a.m., at the Neal S. Blaisdell Exhibition Hall. The 1.5-mile fun run will be followed by a circus-inspired event.

The course will take runners around McKinley High School and will end at the West Concourse of the NBC Exhibition Hall. A parent or guardian must run with children ages 5 and under; however, parents may also choose to run with their children of any age.

Participants will receive keiki T-shirts and goodie bags.

Admission is \$12 for children and \$6 for adults, with mail-in registration by Jan. 26. Late registration and packet pickup is \$18 per child and \$6 for adults.

Purchase any Kraft product and include the UPC code with the registration form to receive \$2 off the fee.

Visit www.greataloharun.com or call 528-7388.

16 / Monday

Great Aloha Run - Entries are now being accepted for the Great Aloha Run, scheduled for Presidents' Day, Feb. 16. The 8.15-mile run starts at the Aloha Tower and ends at Aloha Stadium.

Running divisions available include elites, age groups, wheelchair and handcycle competitors, and military personnel running individually or in Sounds of Freedom formations.

Applications are available online at

www.greataloharun.com or at Family and Morale, Welfare and Recreation facilities. Contact Jim Perry at 655-9650.

Ungoing

Youth Soccer Club - The Hawaii Rush Soccer Club is seeking players for their boys under 14 developmental and competitive teams for the spring season.

Rush Soccer is a prestigious national club with more than 22 affiliates across the U.S. and offers a professional coaching staff, outstanding training programs and unique opportunities for select team placement.

The team practices at Mililani's 16 Acres Park on Wednesdays and Fridays. Interested players can contact Dan Wilson, team manager, at 626-7758 for more details.

Visit www.hawaiirushsoccer.com.



6 / Today

Pool Updates – The Tripler Army Med-ical Center (TAMC) pool is now open:

•Adult lap swim, Mondays, Tuesdays, Thursdays and Fridays from 6-8:30 a.m. and 11 a.m.-1 p.m.

•Open swim, Mondays, Tuesdays, Thursdays and Fridays, from 1-6 p.m., and Saturdays, 10 a.m.-5 p.m.

•The pool is closed Wednesdays, Sun-days and all holidays. Call 433-5257.

Aliamanu Military Reservation's pool, which was open during the TAMC pool closure, is now closed until May.

Healthy Heart Love Run - Start running today to gain entries in the healthy heart love run lottery at the Helemano Military Reservation (HMR) Physical Fitness Center during the month of February.

Each 30-minute interval completed equals another entry. Call 653-0719.

Ongoing

Pool Fees – Monthly passes are now available for use at any Army pool. Active duty Soldiers can use all pools for free. Family members and retirees can purchase individual monthly passes for \$12 or monthly family passes for \$20.

Department of Defense, and Army and Air Force Exchange Service (AAFES) civilians can purchase individual monthly passes for \$15.

All passes are valid from the first day of the month until the last day of the same month, at any pool.

Call Richardson Pool, Schofield Barracks, 655-9698; Tripler Army Medical Center Pool, 433-5257; Helemano Military Reservation (HMR) Pool, 653-0716; or Aliamanu Military Reservation (AMR) Pool, 833-0255.

Karate Classes – Children ages 5 and older can learn Do Shudokan karate at these physical fitness centers: Aliamanu,

SEE MWR SPORTS, B-5

HAWAII ARMY WEEKLY FEBRUARY 6, 2009 | B-5 SPORTS & FITNESS 94th AAMDC runs plays with Pro Bowl players at EST

Story and Photo by SPC. ASHLEY ARMSTRONG 94th Army Air and Missile Defense Command Public Affairs

SCHOFIELD BARRACKS - Enthusiastic chatter echoed through the crowd as the team worked together to take down its opponent. As the simulation ended, Soldiers turned from their weapons to face the National Football League players who were changed from performers to spectators.

Soldiers from the 94th Army Air and Missile Defense Command (AAMDC) met with Pro Bowl football players at the Engagement Skills Trainer (EST) range here, Tuesday, to demonstrate the system used to train Soldiers for combat situations.

Soldiers ran through a scenario using a variety of weapons to demonstrate to the players how the EST system operates and to give an example of how they would react during real combat situations.

"It felt pretty good to show them what we do because they get to show us what they do every weekend, for 16 weeks, while we only got about 35 minutes to show them," said Sgt. Ryan Manthey, supply noncommissioned officer, 94th AAMDC.

After the demonstration, Soldiers and players introduced themselves, and an EST systems manager explained in-depth technical aspects of the system. The players then received the opportunity to team

up with Soldiers to learn more about the functions and performances of each weapon. They also ran through a scenario with guidance from Soldiers.



Sgt. 1st Class Patrick Piper, signal support systems operator, 94th Army Air and Missile Defense Command, talks with Leon Washington, running back, New York Jets, during a training demonstration at the Engagement Skills Trainer, Schofield Barracks, Tuesday

"It was different showing them how to use the plays because we know nothing about it," said Manequipment. I think it would have felt the same for them if they had to show us how to run football

they

When the scenarios were complete, players and

Soldiers answered each others' questions. Then they separated from groups for individual conversations.

"I think it was a once-in-a-lifetime experience to meet actual professional football players and to be able to interact with them one-on-one," said Manthey. "To actually be five feet from them - shaking their hands, looking in their eyes and to knowing that they are really appreciative - was very chilling.

"It was an interesting experience, and I think that they walked out of there knowing that our military is well prepared to perform and that we are well trained to do what is needed to be done in combat," Manthey added.

After the players finished talking with participants from the 94th AAMDC, they received another demonstration from military police.

Pro Bowl players have the opportunity every year to receive the demonstration. Units were chosen for the event on the basis of their existing reservation to train at the range. EST managers corresponded with points of contacts from each unit to organize the event.

While planning the event, my main intention was to give the participating (deserving) Soldiers, the opportunity to interact with Pro Bowl players and to give the players an actual depiction of what we do on the battlefield," said Sgt. 1st Class Michael Herbst, noncommissioned officer in charge of the event, 94th AAMDC. "I think we were successful."

MWR SPORTS

Fort Shafter, Helemano or Schofield's Bennett Youth Center.

All youth students must be registered at CYS; cost is \$35 per month. A discount is offered for two or more family members.

Also, adults 18 and older can learn Do Shudokan karate at the Aliamanu Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m.

Cost is \$40 per month. Call instructor Joseph Bunch at 488-6372 or 265-5476.

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.

All Army Sports – Soldiers interested in applying for Army-level sports

competitions must apply with their Army Knowledge Online (AKO) account at https://armysports.cfsc.army.mil. Faxed copies are no longer accepted by the Sports Office. Call 655-9914 or 655-0856.

Paintball - Check out the paintball facility at Wheeler Army Airfield, 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.

Volunteer Coaches - Interested in volunteering to be a Youth Sports coach? Call 836-1923 for AMR, 438-9336 for Fort Shafter/Tripler, 655-6465 for Schofield, or 655-0883 for HMR.

Youth Dive Team Lessons - Spring board and platform youth diving lessons are available Monday-Thursday 4-6 p.m., at Richardson Pool, Schofield Barracks. Cost is \$63 per month. Call 864-0037.

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.

Home School Health & Fitness Classes – Classes at Aliamanu Military Reservation (AMR) Youth Center meet every Tuesday, 9-10 a.m., for ages 6-9, and 10-11 a.m. for ages 10-12.

Classes at Bennett Youth Center, Schofield Barracks, meet every Thursday, 9:30-10:30 a.m., for kindergarten through third grade, and 10:45-11:45 a.m. for fourth grade and up.

The classes will cover health and fit-

ness activities and sports programs. Call AMR at 836-1923 and Schofield Barracks at 655-6465/0883.

Ladies' Fitness Classes – Cardio Step & Circuit and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center.

Beginner- through advanced-level yoga classes are Tuesdays, 9-10 a.m., and cardio classes are Thursdays, 9-10 a.m.

Call 438-1152.

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 nine-hole green fee, a foursome platter of pupus from Mulligan's, a pitcher of beverages and a luck door prize entry. Call 438-9587.

Student Bowling Special The Bowling Center, Schofield Barracks, invites all students ages 18 and holes as you want. Call 438-9587.

younger to take part in its after-school special. Games are \$1.75 with free shoe rental,

Mondays-Fridays, 2-5 p.m. Students earn a free game for every "A" on their original report card. Call 655-0573.

Bowling Parties - Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour.

A three-hour minimum and \$1.75 shoe rental apply. Call 656-1745.

Twilight Golf – Pay half the green fee and enjoy the afternoon at Nagorski Golf Course, Fort Shafter. Twilight golf begins at 11:05 a.m., Mondays-Fridays. It's not available during holidays. Call 438-9587.

Golf 'Til You Drop - Catch this allyou-can-golf special every Thursday at Walter J. Nagorski Golf Course, Fort Shafter. Pay one fee and play as many