

## INSIDE



## Adrenaline junkie

Redeploying Soldiers from 2nd SBCT take advantage of Warrior Adventure Quest program.

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## Prayer breakfast

U.S. Army-Hawaii will celebrate the National Prayer Breakfast, Wednesday, 7 a.m., at Schofield's Nehelani. The event is a multifaith observance to reflect on the blessings of our nation.

## African-American History

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

See Community Calendar, B-2



## Aloha Oi?

The NFL takes the island by storm during its much-anticipated Pro Bowl Week.

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# Energy Summit touts retrofitting

STEFANIE GARDIN

U.S. Army Garrison-Hawaii Public Affairs

CHICAGO — Do you retrofit?

Most people have never been asked that question, and if asked, might conjure up images of an aerobics class, complete with purple leggings, stirrup pants and early 1980s' music.

However, engineers and employees in public works have a different idea. For them, retrofitting means adding new technology or features to older systems — think adding cruise control to a car without it.

Retrofitting was one of the primary topics at the Fourth Annual Installation Management Command (IMCOM) Energy Summit, held in Chicago, Jan. 27-30.

The summit brought more than 200 U.S. and international attendees together to focus on energy conservation and efficiency for government and public buildings and building sites.

On a more direct level, the summit was also a call-to-action for U.S. Army Garrison-Hawaii (USAG-HI), and the 23 other IMCOM garrisons that did not meet their 2008 energy reduction goals.

A "missed goal" may not seem so serious, but what about when that goal is part of a law?

The Energy Policy Act of 2005 called for all federal organizations to reduce their energy consumption by two percent each year. Two years later, the Energy Independence and Security Act of 2007 raised the standard, requiring the federal sector to reduce energy consumption by three percent per year through the end of fiscal year 2015, with an overall 30-percent reduction by the end of fiscal year 2015.

IMCOM has met the energy reduction goal

only once in the past three years.

"For those who are tempted to rationalize and say, 'gosh, we came close,' I have a clear message: close isn't good enough. Close counts only in three things: horseshoes, hand grenades and hydrogen bombs," Maj. Gen. John Macdonald, then IMCOM deputy commander, told summit attendees, via video.

IMCOM is intent on turning these numbers around, especially considering the possibility that the new presidential

SEE SUMMIT, A-8



Sgt. Ricardo Branch | 8th Theater Sustainment Command Public Affairs

## True colors

AIEA — Spc. Stephen Higdon, far left, and Sgt. Marlon Nieves, second from left, participate in the 2009 Pro Bowl pregame festivities as members of the Joint Service Color Guard. The 8th Theater Sustainment Command Soldiers rehearsed for weeks prior to the game to ensure they did not miss their mark during the national anthem at Aloha Stadium, Sunday. See story on B-5.

# Community shows support for Soldiers

Members of military ohana send aloha downrange to aid and cheer deployed warriors

MOLLY HAYDEN

Staff Writer

SCHOFIELD BARRACKS — The holiday season may have passed, but the spirit of giving remains. Support for troops overseas is

still a high priority for many members of the military ohana.

From Honolulu to Wahiawa, family and community members are stepping up to aid deployed Soldiers by gathering goods for care packages, sending aloha through handmade gifts and bringing cheer and support to the men and woman of the armed services through numerous volunteer opportunities.

"I can't start this without praising our family readiness groups (FRGs)," said Jerry

McKinney, honorary regimental sergeant major for the 27th Infantry Regiment. "These ladies are fantastic; they always seem to come up with ideas to help our Soldiers."

The FRGs work tirelessly to aid Soldiers downrange, as well as support the families left behind by encouraging community participation. The members constantly send care packages and cards to deployed Soldiers,

SEE SUPPORT, A-7

# Town hall gives powerful voice to military, their families

Story and Photo by  
JEREMY S. BUDDEMEIER

Managing Editor

ALIAMANU MILITARY RESERVATION — Ninety-nine residents packed pews at the chapel here, Feb. 4, for the first Oahu South town hall meeting of 2009. In addition to the residents, 43 subject matter experts from various directorates attended to listen and respond to the community's concerns.

Family member Robin Moon said she's a regular participant in the town hall forums.

"I usually come to support other people's comments ... there's more power in the voices (when residents support residents)," she said.

Moon said she prefers to get information from town hall meetings rather than automated phone systems, and she appreciates having points of contact at the meetings.

Per the standard "rules of engagement," the hour-long meeting was split between community briefings and a question-and-answer session.



Residents listen as leaders from various directorates provide updates at the Oahu South town hall meeting, Feb. 4. Nearly 100 community members attended the meeting.

## Updates

Among the 43 in attendance, subject matter experts from Army Hawaii Family Housing (AHFH), the Directorate of Family and

Morale, Welfare and Recreation (DFMWR), and the Directorate of Emergency Services (DES) provided several important updates,

SEE TOWN HALL, A-8

# Military Saves Week encourages financial health

Financial counselors from Schofield ACS ready to share tips

BETH WATTS

Financial Readiness Program

SCHOFIELD BARRACKS — "Build wealth not debt" is the theme behind this year's Military Saves Week, Feb. 23-27, a campaign to encourage military families to build personal savings.

To celebrate, certified financial counselors from the Financial Readiness Program at Schofield Barracks will meet with Soldiers and families at their units, the dining facilities and other locations.



For more information, to read success stories and find great savings tips, check out Military Saves online at [www.militarysaves.org](http://www.militarysaves.org).

Games and information on financial topics ranging from budgeting to saving and investing, to tips on increasing your credit score, are scheduled. The event was planned to get more information on a variety of financial topics in the hands of military and families, as well as to answer their financial questions.

Military Saves "creates awareness for Soldiers and motivates them to be proactive about saving," said Jody Van Wyhe, financial counselor, Schofield Barracks Financial Readiness Program.

Military Saves is a campaign developed by its nonprofit sponsor, the Consumer Federation of America and the U.S. Army, Navy, Marine Corps, Air Force and Coast Guard.

Financial stability is about saving money regularly and habitually, something most people do better when they have a supportive environment. Military Saves wants to make every military community a supportive environment.

Savers can enroll online at [www.militarysaves.org](http://www.militarysaves.org). Those who enroll will receive electronic newsletters, financial advice and numerous tips about how to save money.

More than 25,000 individuals from all of the armed services enrolled in the Military Saves campaign in 2007 and 2008. Currently that number has jumped to more than 33,000 members for 2009, with more joining every day.

Financial counselors from the Financial Readiness Program are also for unit and one-on-one meetings. To schedule a meeting or to find out how to attend any upcoming classes, call Army Community Service at 655-4227.



**Rachel Reniva**  
Family Member



# 45th Sustainment Brigade assumes command

OIF

Story and Photo by  
**SGT. JENNIFER PREMIER**  
Task Force Lightning Support Public Affairs

BAGRAM AIR BASE, Afghanistan — The 45th Sustainment Brigade assumed responsibility of the Joint Logistics Command (JLC) from 101st Sustainment Brigade, during a transfer of authority ceremony here, Saturday.

Col. Clay Hatcher, commander, 45th Sustainment Brigade, will oversee the organization, which is responsible for providing logistical support to coalition forces throughout Afghanistan and ensuring troops in the combined joint area of operations are fully supplied.

“The opportunity for 45th Sustainment Brigade to step forward and assume responsibility for the Joint Logistics Command is a privilege,” said Hatcher. “We recognize that much remains to be done, and we do not underestimate the significant task to which we have committed ourselves.”

As troop strength is expected to in-

crease in the next few months, the command’s responsibilities will continue to grow.

“We are expanding our footprint in Afghanistan,” said Maj. Gen. Jeffrey Schloesser, commander, Combined Joint Task Force-101. “I know that the team we have here is up to the task.”

Hatcher also expressed confidence in the assignment.

“We have a great year ahead of us as we continue to build on the outstanding legacy of the JLCs of the past.”

The 45th Sustainment Brigade is based in Schofield Barracks and will be augmented next month by the 286th Combat Sustainment Support Battalion, out of Bangor, Maine, and by the 484th Movement Control Bn. out of Springfield, Mo., in April.

Several members of the brigade executed the 2004 JLC mission while assigned to the 25th Infantry Division, in which the 45th Sustainment Brigade’s heritage is linked.



Col. Clay Hatcher (left), commander, 45th Sustainment Brigade, and Command Sgt. Maj. Benjamin Ramos II unfurl the unit's colors during a transfer of authority ceremony at Bagram Air Base, Saturday.

# Local AAFES employees to receive GWOT Civilian Service Medal

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

DALLAS — Even though Hawaii is considered one of the best places in the world to live, 26 Army & Air Force Exchange Service (AAFES) civilians voluntarily left the islands to support deployed troops more than half a world away.

These AAFES civilian associates are scheduled to be presented with the Global War on Terrorism (GWOT) Civilian Service Medal in a ceremony at the Schofield Barracks Post Exchange (PX), today, at 10 a.m.

“It gives me great pleasure to present these awards to our deserving associates,” said Erika Pfauntsch, AAFES-Hawaii Consolidated Exchanges general manager. “To leave behind friends and family for up to a year to support troops is a selfless sacrifice.”

The GWOT medal recognizes the contributions and accomplishments of Department of Defense civilians in direct support of the armed forces engaged in operations to combat terrorism in all forms throughout the world.

“I wanted to support our troops in whatever way I could,” said Beverly Schippman, a Hickam Air Force Base (AFB) AAFES associate who recently returned from Forward Operating Base Salerno, Afghanistan. “There’s always a need for people downrange.”

Currently, 12 Hawaii-AAFES associates are deployed with two more set to deploy in the coming months.

On any given day, more than 470 AAFES associates are deployed in support of Operations En-

during and Iraqi Freedom. Deployed associates man more than 85 PX/BX facilities in combat and contingency locations.

Soldiers, airmen, sailors and Marines depend on the PX/BX facilities these associates support for day-to-day health and comfort items such as soap, shampoo, toothpaste, snacks, beverages and entertainment items.

Deployed associates also run more than 225 fast food restaurants to provide troops a taste of home while stationed in a war zone.

Before deploying, associates spend two weeks of intensive training and preparation at AAFES Headquarters in Dallas and the Continental United States (CONUS) Replacement Center at Fort Benning, Ga.

To date, more than 4,000 AAFES associates have

deployed in support of troops fighting the global war on terror. They deploy from base exchanges (BXs) and PXs all over the world.

AAFES’ Hawaii Consolidated Exchanges include the following:

- Oahu’s Aliamanu, Bellows Air Force Station, Fort DeRussy/Hale Koa, Helemano Shoppette, Hickam AFB, Schofield Barracks, Fort Shafter, Waianae Shoppette, Tripler Medical Center Shoppette, Wheeler Army Airfield shoppette;
- The Big Island’s Keaukaha and Pohakuloa military training areas;
- Maui’s Wailuku PX; and
- American Samoa’s Pago Pago PX.

In all, these PXs have sent more than 40 associates downrange to support troops.

# Hawaii Soldiers, Thai marines build memories

Story and Photos by  
**SPC. JOANNA N. AMBERGER**  
117th Military Public Affairs Detachment

CHANTHABURI, Thailand — After 24 hours of nonstop travel, 30 Soldiers from Hawaii stepped off their bus into the early morning light and, for the first time, saw the place they would call home for the next three weeks.

A two-story schoolhouse sat at the end of a large dusty quad, spotted with a few meager trees. Classrooms had been emptied of furniture, and the Soldiers wearily carried their luggage to their cots.

Soldiers and Thai marines arrived on a joint engineering civic assistance mission to build a new classroom for the school here as part of Cobra Gold exercises held throughout Thailand, Jan. 24 to Feb. 11.

The Soldiers, representing the Hawaii Army National Guard, from the 230th Engineer Company, Vertical along with 19 Thai marines, from the Royal Thai Marine Engineer Battalion stationed out of Sat-tahip, Chonburi, were working together on this project.

The Ban Nong Buatong School is in the Chanthaburi District of Thailand and serves a poor, rural community here with about 140 students ranging from kindergarten to the sixth grade.

Although the Soldiers and Thai marines came together to build the new classroom, they served a larger mission.

“While the building is important, the more important facet to the exercise is



Sgt. 1st Class Brandon Cabanilla and Pfc. Michelle Almeida share a laugh as they prepare window frames for the new classroom facility.

the joint, bilateral exchange between the U.S. and Thai forces,” said Maj. Joe Laurel, Joint Civil Military Affairs Task Force, humanitarian civil affairs, officer in charge, south. “The school is just a venue that allows us to get together and work together.

“The real importance is the interaction between Thai and U.S. personnel, which strengthens our bond between the two forces,” he continued.

“The biggest challenge we have on the job site is the language,” said 1st Sgt. Michael Lacno, “but the end result always comes out the same and the job gets done.” “From the very first day, there was an

openness and a willingness to get the project done and learn from each other,” said Pfc. Michelle Almeida. “As we learn more words and gestures, and we get more familiar with each other, then it gets smoother.

“There is a whole lot of laughter going on, because they laugh at some of the stuff we do ... our hand gestures or facial expressions, while we try to communicate with each other,” Almeida continued.

By working on the common project, the Soldiers and Thai marines were engaging in a true cultural exchange that crossed the language barrier between them.

“They’ll come show us different tips,”



Pfc. Michelle Almeida sets a form in place above a door in the new classroom facility.

Almeida said, as she recalled an incident that highlighted how the two groups worked together.

While driving nails for the framing crew, Almeida’s hammer repeatedly slid off the nails. The hammer she was using had a smooth head, unlike a traditional carpenter’s hammer that has a grit on the end to prevent slippage.

“One of the Thai marines came over and asked to see my hammer,” Almeida said. “He took it and ground down the rounded edge, so it wouldn’t slip.

“They are very aware of what’s going on around them, and we are very aware of what’s happening with them,” she continued, as she described their new relationship with the Thai marines.

Sgt. 1st Class Catherine Kula also enjoyed her experience working on a cement mixing crew with four Thai marines.

“I wanted to get involved,” Kula said. “They put me in charge of a mud detail. I couldn’t ask for a better crew.”

The Soldiers and Thai marines also shared experiences off the jobsite, which deepened the developing friendships.

Shared meals throughout the day offered an opportunity for both groups to sample traditional foods and laugh over the experiences of the day. After a hard day’s work, the engineers would kick back and relax together.

They even celebrated a Thai marine’s birthday, Jan. 29, when Thai marine 1st Sgt. Sudtay Preawdang celebrated his thirty-fourth birthday.

Hawaii Soldiers introduced the Thai marines to a Hawaiian tradition: a kanikapila, which “is like a ‘jam session,’” said Spc. Andrew Kalaukoa.

He explained, two Soldiers played ukuleles and one Thai marine joined in with a guitar as the entire group sang songs around a bonfire.

“It was good fun. We were all there for the same reason: to bond,” he said.

## 9th MSC takes charge of planning and operations during Cobra Gold

**MARINE LANCE CPL. CRISTINA NOELIA GIL**  
Cobra Gold 2009 Combined-Joint Information Bureau

CHIANG MAI, Thailand — In an effort to reinforce international ties, Cobra Gold 2009 gives service members from more than 20 countries a chance to share knowledge and an opportunity to build a lasting bond between nations.

This year’s exercise is the latest in the continuing series of U.S.-Thai military exercises designed to ensure regional peace throughout U.S. Pacific Command.

Soldiers from Fort Shafter’s 9th Mission Support Command (MSC) have taken on the responsibility of working with coalition armies in the planning and operations element of this year’s exercise.

“We are a smaller part of a much larger picture,” said Col. John Ellis, commanding officer for the U.S.

Army-Japan support unit.

If a conflict should arise, planning and operations staffs are charged with using available enemy, terrain and political intelligence to develop an appropriate plan of action to recommend to higher command.

“We’re here to work with our partner armies in developing a response for whatever scenario should come up during this exercise,” said Lt. Col. Mitch DeMarais, operations and planning officer. “This is meant to strengthen our relationship with them in order to be sufficiently prepared for a real-life scenario.”

So far, the experience has proven to be a valuable tool in assessing the 9th MSC’s procedures for operations planning. In comparing steps that are used to develop a course of action for ground forces, 9th MSC has found that each country uses the same ba-

sic principles in developing a sound course of action.

“It was a surprise to me that our planning processes are so much alike. Knowing that, we’re not here to take the lead. We are here to learn what we can from them and at the same time advising and observing them, seeing how we can better meet their needs,” said Sgt. Maj. Chris Kaukali, administrative noncommissioned officer in charge.

Even with a language barrier, the coalition forces are finding ways to communicate with each other and make the most out of their time together.

“There are military symbols that all nations understand, so we try to use those when it’s necessary,” said Kaukali. “There are other things on which we have found a common understanding which helps us out tremendously.”

For Soldiers of the 9th MSC, Cobra Gold ‘09 has

been rewarding and insightful, providing them a chance to learn about other cultures and bond with their foreign counterparts.

“This is my first Cobra Gold and it has definitely been a positive experience for me so far,” said Kaukali. “We were briefed on what to expect coming here, but it has been so much more than the great things they told us.”

Combined Army Forces is ready for the challenges ahead, to contribute to the success of Cobra Gold ‘09 during the course of the exercise and to gain as much knowledge as it can from its foreign partners.

“We’ll do all we can to strengthen our military bond and (show) appreciation for how other armies do business,” said Ellis. “Of course, we also want to gain a cultural understanding among each other and develop lasting friendships.”



# Redeploying Soldiers use paintball to blow off steam

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

WHEELER ARMY AIRFIELD — Paintballs ricocheted off inflatable barriers as 2nd Stryker Brigade Combat Team (SBCT) Soldiers bobbed and weaved, trying their best to miss paint-filled projectiles.

More than 25 Soldiers dodged racing paintballs and shot back as they participated in numerous games of speedball at the Paintball Hawaii field, here, Saturday, as part of Warrior Adventure Quest (WAQ) program.

The WAQ program offers an outlet for returning Soldiers to blow off steam, pump up adrenaline and let go of anger by participating in a high-adventure activity in an outdoor setting. These types of activities have proven to mitigate boredom and high-risk behavior, according to Rich Robinson, assistant manager for the Schofield Barracks Outdoor Recreation Center.

Roland Manahan, owner and founder of Paintball Hawaii, agreed.

“Being a veteran myself, I wish they had this type of training when I came back from war,” said Manahan. “Trying to decompress from the threat we experience can be tough. This is good for the Soldiers and good for their families.”

Soldiers crawled between barriers, practicing close-quarter combat and shoot, move-and-communicate battle techniques. Participants shouted words of encouragement at teammates and focused on the task at hand — eliminating the opposing team.

Spc. Sharon McKenna, the lone female in the group, ran across the field, narrowly missed by paintballs.

“I can hold my own,” she joked. “This is a nice change of pace.”

All redeploying Soldiers are mandated to



Soldiers crouch behind inflatable barriers searching for opposing team members during a game of paintball at Wheeler Army Airfield, Saturday.



Soldiers from the 2nd Stryker Brigade Combat Team cheer on fellow Soldiers from the sidelines at Paintball Hawaii. The recently redeployed Soldiers participated in numerous games of strategic paintball as part of the Warrior Adventure Quest program.

participate in the WAQ program within the first 90 days of returning home.

Richardson explained, the “mandatory fun” is aimed to slowly reintegrate Soldiers back into mainstream society by matching the stress level Soldiers experienced downrange in a positive way.

“Soldiers push themselves downrange,” said Richardson. “We want them to do the same here. There are no limitations.”

“This is a great way to get to know your fellow Soldier,” said Staff Sgt. Erich Harp. “We can let off steam and have fun.”

“We are trained and designed for battle,



Staff Sgt. John Sheffield runs for cover during a game of speedball, Saturday, at the Paintball Hawaii field on Wheeler Army Airfield.

but when we come out here we can debrief,” said Staff Sgt. John Sheffield. “We apply what we know and take a course of action, and even though adrenaline is pumping through our veins, it is fun.

“It’s an excellent way to work off anger,” added Sheffield.

Additionally, Soldiers were briefed throughout the day on battlemind psychology and resiliency, and making progress toward achieving a new normal.

Soldiers listened as commanders and subject matter experts spoke regarding their own redeployment experiences.

“I was angry when I returned,” said Maj. Adelaido Godinez, rear detachment commander, 2nd Stryker Brigade Combat Team (SBCT). “I had a hard time asking for help, but I needed it.”

Godinez expressed the importance of seeking help during the reintegration period, from either fellow Soldiers or experts. He said aiding fellow Soldiers and recognizing if they need assistance is important, as well.

For more information on the Warrior Adventure Quest program, call the Outdoor Recreation Center at 655-0143.

“You are all leaders,” said Godinez. “Help your fellow Soldier.”

Outdoor Recreation offers numerous activities as part of the WAQ program, including a ropes course, surfing, stand-up paddling and hiking. Each adventure brings camaraderie to returning Soldiers and starts them on a path to a healthy reintegration. However, teamwork is essential.

Staff Sgt. Cory Winkelman said teamwork doesn’t happen until you see the value in it.

“This is a way to re-learn teamwork in a different setting and work on getting yourself back,” said Winkelman. “The best part ... out here, rank doesn’t matter.”

# 25th CAB fine-tunes refueling operations on Big Island

Story and Photo by  
**SGT. MIKE ALBERTS**

25th Combat Aviation Brigade Public Affairs

POHAKULOA TRAINING AREA, Hawaii — As the helicopter touches down, a small team of Soldiers moves purposefully toward it. The deafening sound of rotor blades makes conversation impossible. However, hand and arm signals between these professionals and the air crew suffice.

Within minutes, the helicopter ascends into the night sky — fully fueled, re-armed and back into the fight. Another successful operation has been executed.

The team on the ground are Soldiers of 2nd Squadron, 6th Cavalry Regiment (2-6th Cav.), 25th Combat Aviation Brigade (CAB), and they along with the rest of “3/5 Platoon” are perfecting forward arming and refueling point (FARP) operations to keep the brigade’s aircraft flying and training at the Pohakuloa Training Area (PTA) this month.

“(The FARP’s) main purpose is to quickly re-fuel and re-arm helicopters in a combat zone,” said 2nd Lt. David Hernandez, platoon leader and officer in charge, FARP operations, Echo Troop, 2-6th Cav., 25th CAB.

Hernandez explained that his platoon — called the “3/5 Platoon” because of the class of supplies that it handles, namely fuel and ammunition — is currently operating a four-point FARP at PTA.

A four-point FARP has four separate re-fueling points. When deployed to combat zones such as Iraq or Afghanistan, a four-point FARP is a 24-hour



Two Soldiers from 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, re-arm an OH-58 Kiowa Warrior with rockets during night aerial gunnery and forward arming and refueling point operations at Pohakuloa Training Area, Feb. 5.

operation requiring 30 to 35 Soldiers.

Even though operations at PTA are not “24/7,” FARP training at PTA is critical to mission success in Iraq.

“We have many new soldiers,” said Hernandez. “They need to learn the right procedures for their

jobs and how the systems are set up. PTA allows us the necessary practice.”

Capt. Seth Vieux, commander, Echo Troop, 2-6th Cav., expounded on the value of PTA for his Soldiers.

“One of my primary goals here is to ensure that

my Soldiers understand that they aren’t just sticking a fuel nozzle into an aircraft, but that they see the big picture,” Vieux said. “The job that they do, which is very dangerous, is absolutely critical to the end state of the 2-6 Squadron mission, which is not only to provide reconnaissance for our supported task force, but also to enable our attack platform.”

Staff Sgt. Patrick C. Grant, 3/5th platoon sergeant, Echo Troop, 2-6th Cav., is one of Vieux’s senior FARP Soldiers. Grant oversees the safety and execution of the platoon’s mission. For Grant, the importance of his mission is simple:

“Basically, if the birds don’t have ammo, they don’t shoot. If the birds don’t have fuel, they don’t fly. And if I cannot get ammo to them to get loaded, then nothing happens,” said Grant. “And for me, that’s the challenge. That’s what I love about my job, bringing all those various pieces together.

“And the time we spend here, is important because you must work out all the kinks before you go downrange,” he emphasized. “Now is our time to make mistakes. When we get downrange, we need to perform flawlessly.”

Pfc. Stanley Ball is one of Grant’s Soldiers who has worked on a FARP in Iraq and brings invaluable experience to his team.

“We are definitely progressing and learning how to better work with each other out here,” said Ball. “Working together has a lot to do with successful missions. The time it takes to refuel and re-arm helicopters is extremely important. The quicker we can get them back up into the sky, the safer I feel.”

## News Briefs

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

### 17 / Tuesday

**Office Closure** — The General Services Administration (GSA) Customer Supply Center on Schofield Barracks will be closed for inventory, Feb. 17-20. Customers can shop at the GSA Hickam store during this time. Contact Mike Martin at 655-0280.

### 18 / Wednesday

**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.

**Preretirement Orientation** — The next semiannual preretirement orientation is scheduled for Feb. 18, 8-11:30 a.m., at the Soldiers’ Support Center, Building 750, Schofield Barracks.

The location is a change from previous orientations due to flood damage in the Post Conference Room.

For more information, call the Retirement Services Office, 655-1585/1514.

**Fire Warden Training** — Army regulation mandates every unit must have an assigned fire warden. Unit fire war-

dens are responsible for all fire safety related topics specific to their unit.

Fire warden training will be held for unit representatives at the Sgt. Yano Library Conference Room, Building 650, Schofield Barracks, and at the Federal Fire Department Headquarters, 650 Center Drive, Building 284, Pearl Harbor.

Upcoming training dates are Feb. 18, March 19 and April 14. Classes will be held from 10-11:30 a.m., and seating is limited to 20 participants.

To reserve your seat, contact Battalion Chief David Jimenez at [david.d.jimenez@navy.mil](mailto:david.d.jimenez@navy.mil) or 471-3303, ext. 632.

### 19 / Thursday

**African-American History Month Observance** — The 130th Engineer 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.

### 21/Saturday

**Water Outage** — There will be a water outage affecting several buildings on Fort Shafter scheduled for Feb. 21, 7:30 a.m. - 4 p.m. Buildings affected include Barracks 502, Barracks 503-A, Dining Facility 503-B, Bldg. 515, Bldg. 505, and Richardson Theater.

The purpose of this water outage is to provide service to the new barracks to house the Soldiers and to create a loop system to facilitate any future problems.

Call Mike Miyata, Corps of Engineers, 438-1236.

## Ongoing

**Kolekole Pass Reopened** — The Navy has reopened one lane of Kolekole Pass Road to allow authorized vehicles access between the Waianae Coast and Schofield Barracks.

The single lane will be open for morning commuters from 7 a.m. to noon for one-way traffic from the Waianae Coast to Schofield Barracks, and from noon to 5:30 p.m. for one-way traffic from Schofield Barracks to Waianae for the afternoon commute.

The single lane will open Monday through Friday only, pending current weather conditions, and will remain closed on weekends and holidays.

# Support: Care packages make deployment a little easier

CONTINUED FROM A-1

make signs for returning brigades, and raise money for various events and memorials across the installations.

Children of the brigade are also coming forward to aid Iraqi children, sending school supplies, slippers and trinkets of aloha.

“Our children and family members are passionate about helping the Soldiers,” said Lisa McCaffrey, FRG advisor, 2nd Stryker Brigade Combat Team (SBCT). “We all want them to know they are not forgotten.”

Aloha shirts have put smiles on the faces of Soldiers since 17-year old Sascha Franzel started the program “T-shirts for Troops” more than a year ago.

Word-of-mouth and numerous appearances on the local news aided Franzel in her efforts.

“Nothing will ever compare to the feelings and understanding I gained when the Soldiers spoke of their gratitude,” said Franzel. “I felt so humbled because I did not realize how something so small could make a big difference.”

To date, more than 1,000 shirts have been sent to deployed troops to spread aloha and support the operations overseas.

Another group, the North America Taiwanese Women’s Association (NATWA), recently purchased numerous toiletry items and sent care packages to Soldiers downrange.

The nationwide organization supports the military through numerous outreach projects, according to Su Chen, member of NATWA. The decision to send care packages to Soldiers came after visiting the Web site AnySoldier.com.

“We want them to know that people back home understand their sacrifice and appreciate them,” said project leader Vandy Chang, NATWA.

Other programs, including the United Service Or-



Jeremy S. Buddemeier | U.S. Army Garrison-Hawaii Public Affairs

(From left to right) Anna Doi, Sue Chen and Julie Rohrer, all members of the North America Taiwanese Women’s Association, prepare Valentine’s Day care packages for 25th Infantry Division and 3rd Infantry Brigade Combat Team Soldiers at Schofield Post Office, Feb. 3.

ganizations (USO) at the Honolulu International Airport and at the Hickam Air Force Base terminal provides comforts for Soldiers at the start of deployment. As troops deploy, the USO provides snacks and (comforts), including pizza, cookies and drinks to ensure a comfortable start to the long journey.

USO Hawaii sees more than 5,000 Soldiers and family members travel through each month, according to Vickie Lancaster, local USO director.

Numerous volunteer efforts aid in providing care and comfort for the military ohana.

“Our volunteers are dedicated,” said Lancaster.

“We have Soldiers, civilians, military personnel and family members coming together for a common purpose.

“It’s incredible to see young enlisted Soldiers giving back to the organization and continuing to support the armed services by volunteering,” added Lancaster. “It’s a partnership.”

Additionally, the organization “Treats for Troops,” provides the comforts of home through military care packages.

According to the organization, currently more than 1.4 million men and women on active military duty are receiving mail delivered to nearly 2,000 military post offices, located in over 85 countries, including Navy and Coast Guard ships.

While the military provides the basics of food, shelter and gear, Soldiers are responsible for buying personal items and treats. “Treats for Troops” military care packages make Soldiers’ lives a little bit easier and more enjoyable by providing hard-to-find extras.

Efforts island wide continue to grow as family members work together to show support.

“There is so much support, and everyone comes together to show the men and women of the armed services we care,” said family member Joy, who recently gathered more than 4,000 care packages to send to Iraq and Afghanistan. “The Soldiers deployed are our family, many from the island, and we in Hawaii want to show them gratitude and aloha.”

“The Soldiers are the real heroes, not us,” added Joy.



# Town Hall: SMEs address issues

CONTINUED FROM A-1

including the following:

- Aliamanu Military Reservation's playground opened Thursday.
- Key cards are being issued for 24-hour access to the gym; pool passes are also being issued in anticipation of the pool's opening.
- The FMWR Waikiki Party Bus is now free. The next rides are today, Feb. 27, March 3 and March 27.
- Twilight golf green fees at Fort Shafter are now half price, Monday through Friday, beginning at 11:05 a.m.

In addition, Vickie Domingo, South Region operations director, AHFH, announced a new way for residents to share positive ideas for improvement on minor issues and handle those issues below the leadership level. The idea originated from a resident at the last town hall meeting. Seven volunteers (three from AMR), and two each from Fort Shafter and Red Hill) now comprise the resident advisory board. Residents can submit positive suggestions to their representatives, who will work with community managers to enact those changes.

"If you'd like to talk with our community managers, you're always welcome to do so," Domingo said. "(The board) is just another avenue."

Sara Hill, Pacific Region clinical supervisor, Adolescent Substance Abuse Counseling Service, reminded residents her organization's confidential, voluntary services are available to youth ages 12-18 who might be experiencing diffi-

culty adjusting to a new school or their parent's deployment.

## Issues

Upon entry, residents received handouts detailing 15 issues from the last meeting and actions being taken to resolve them. Of those 15, which included school bus stop safety and AMR gate guard manning, 14 had been resolved or resolutions were in progress.

The lone unresolved issue involved a resident whose teenager wished to use the Fort Shafter gym. The current policy only allows teenagers 16 years and older to use the gym. The command submitted a waiver through its chain of command to allow children 14 years and older to use the gym. However, those teenagers must attend a certification course.

In addition to the handouts, residents received an informational survey to provide feedback on their preferred location and times for future town hall meetings.

As residents began to discuss new issues during the question-and-answer session, many denied the mic when offered, choosing instead to project their voices across the chapel. Most questions dealt with security and housing.

Among them, Staff Sgt. Patrick Manning, U.S. Army-Pacific, discussed scenarios in which he believed AMR police were inconsistently enforcing illegal parking in his neighborhood.

Lt. Col. Tom Denzler, director, DES, said his officers enforce parking based on priorities, including safety hazards, such

as if a vehicle is blocking a fire lane or emergency vehicle access or parking illegally in handicap stalls.

An animated Sgt. Maj. Kent Mace, 8th Theater Sustainment Command, complained of residents speeding past his house and of cars blaring "boom boom" music at odd hours. Mace rattled off several license plates he had memorized.

Lt. Col. Mark Boussy, commander, U.S. Army Garrison-Oahu, recommended giving that information to DES for follow-up. He said repeated noise violations could result in loss of driving privileges on post.

Other residents expressed concerns about housing availability and the policy of renting to retirees and civilians at rates lower than the basic allowance for housing, which military members pay.

"The priority (for housing) is always given to active duty military," Domingo said.

Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, also stepped up to address the issue. Describing the housing policy as a "waterfall," Margotta said it is designed to fill older homes in which military members do not wish to live. He said rent prices in those homes are commensurate with prices off-post.

"Twenty-three percent of the inventory is new homes," said Margotta. "We're in year three of a ten-year program. We've built 1,800 homes. We're getting there."

As the meeting adjourned, nearly one third of the audience remained to discuss concerns with subject matter experts.

# Summit: Conservation tied to cultural mindset of energy

CONTINUED FROM A-1

administration may want to "move faster and set the bar higher" for reducing energy consumption across the government, Macdonald said.

To get back on track, IMCOM required each garrison that missed its energy reduction goal to develop an energy action plan for achieving legislative compliance.

Summit topics like building envelopes, radiant heating and retrofitting aided garrison energy managers in formulating their plans, and garrisons briefed their plans to IMCOM leadership on the final day of the summit. Energy managers explained their garrisons' current challenges, action plans and tracking methods.

"We need to design (facilities) right, build them right, maintain them right, and use them right," said Keith Yamanaka, USAG-HI energy manager, in his briefing. "Unfortunately, 'on time, on budget' does not always equal good building."

Yamanaka echoed many fellow garrisons' challenges: a lack of building meters to track energy use, understaffing, short design-review deadlines and lack of community buy-in.

Energy is something many people take for granted. If you need light, you flip a switch. If you want to play the latest version of Guitar Hero on your Playstation, you make sure everything's plugged in. The problem is, unless you're paying

the bill, you don't pay energy much attention.

This cultural mindset represents the other side of the coin, according to Yamanaka. While USAG-HI is going to continue to use technology and explore more renewable resources, the human element must be part of the equation.

Out of the military services, the Army consumes the most energy. In fiscal year 2008, IMCOM spent more than \$1 billion on energy. Locally, USAG-HI spent more than \$62 million on electricity – \$14 million more than anticipated, budgeted and planned.

If each person on the installation practiced energy conservation by turning off lights and equipment that don't need to be on, or by not setting air conditioners too low, the garrison could save anywhere from 10-20 percent on utilities, which isn't such a small number when talking about millions of dollars.

The extra \$14 million that USAG-HI spent on electricity in 2008 is money that could have been used to provide better support and services for Soldiers and their families.

USAG-HI intends to incorporate energy reviews of equipment purchases into the work order process and is planning creative means, such as prizes, to encourage military participation in the garrison's Building Energy Monitor program.



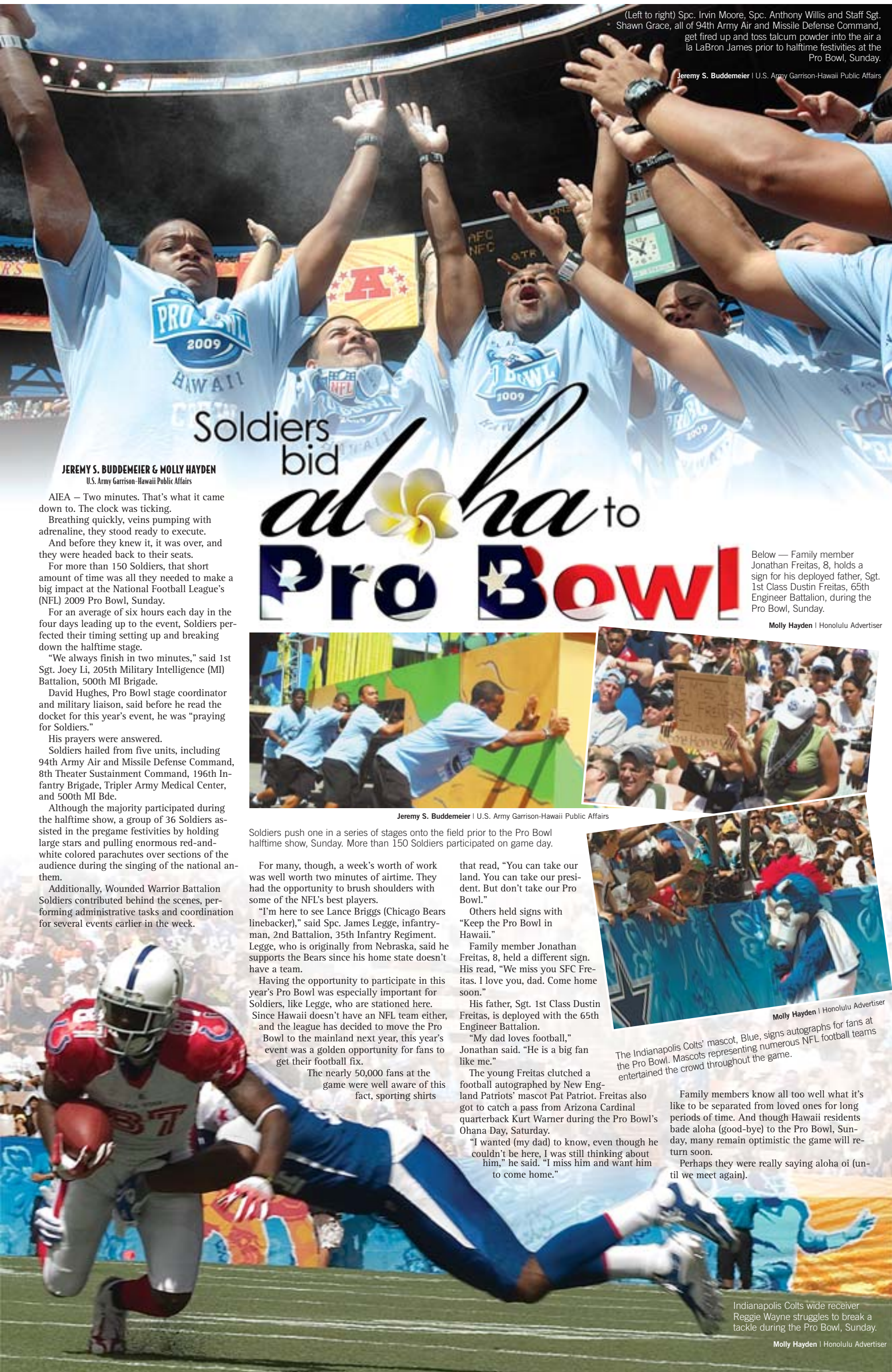
# HAWAII **ARMY** WEEKLY

# PAU HANA

www.garrison.hawaii.army.mil/haw.asp

"When work is finished!"

FRIDAY, FEBRUARY 13, 2009



(Left to right) Spc. Irvin Moore, Spc. Anthony Willis and Staff Sgt. Shawn Grace, all of 94th Army Air and Missile Defense Command, get fired up and toss talcum powder into the air at the LaBron James prior to halftime festivities at the Pro Bowl, Sunday.

Jeremy S. Buddemeier | U.S. Army Garrison-Hawaii Public Affairs

**JEREMY S. BUDDEMEIER & MOLLY HAYDEN**  
U.S. Army Garrison-Hawaii Public Affairs

AIEA — Two minutes. That's what it came down to. The clock was ticking. Breathing quickly, veins pumping with adrenaline, they stood ready to execute.

And before they knew it, it was over, and they were headed back to their seats.

For more than 150 Soldiers, that short amount of time was all they needed to make a big impact at the National Football League's (NFL) 2009 Pro Bowl, Sunday.

For an average of six hours each day in the four days leading up to the event, Soldiers perfected their timing setting up and breaking down the halftime stage.

"We always finish in two minutes," said 1st Sgt. Joey Li, 205th Military Intelligence (MI) Battalion, 500th MI Brigade.

David Hughes, Pro Bowl stage coordinator and military liaison, said before he read the docket for this year's event, he was "praying for Soldiers."

His prayers were answered.

Soldiers hailed from five units, including 94th Army Air and Missile Defense Command, 8th Theater Sustainment Command, 196th Infantry Brigade, Tripler Army Medical Center, and 500th MI Bde.

Although the majority participated during the halftime show, a group of 36 Soldiers assisted in the pregame festivities by holding large stars and pulling enormous red-and-white colored parachutes over sections of the audience during the singing of the national anthem.

Additionally, Wounded Warrior Battalion Soldiers contributed behind the scenes, performing administrative tasks and coordination for several events earlier in the week.

## Soldiers bid *aloha* to Pro Bowl!

Below — Family member Jonathan Freitas, 8, holds a sign for his deployed father, Sgt. 1st Class Dustin Freitas, 65th Engineer Battalion, during the Pro Bowl, Sunday.

Molly Hayden | Honolulu Advertiser



Jeremy S. Buddemeier | U.S. Army Garrison-Hawaii Public Affairs

Soldiers push one in a series of stages onto the field prior to the Pro Bowl halftime show, Sunday. More than 150 Soldiers participated on game day.

For many, though, a week's worth of work was well worth two minutes of airtime. They had the opportunity to brush shoulders with some of the NFL's best players.

"I'm here to see Lance Briggs (Chicago Bears linebacker)," said Spc. James Legge, infantryman, 2nd Battalion, 35th Infantry Regiment. Legge, who is originally from Nebraska, said he supports the Bears since his home state doesn't have a team.

Having the opportunity to participate in this year's Pro Bowl was especially important for Soldiers, like Legge, who are stationed here. Since Hawaii doesn't have an NFL team either, and the league has decided to move the Pro Bowl to the mainland next year, this year's event was a golden opportunity for fans to get their football fix.

The nearly 50,000 fans at the game were well aware of this fact, sporting shirts

that read, "You can take our land. You can take our president. But don't take our Pro Bowl."

Others held signs with "Keep the Pro Bowl in Hawaii."

Family member Jonathan Freitas, 8, held a different sign. His read, "We miss you SFC Freitas. I love you, dad. Come home soon."

His father, Sgt. 1st Class Dustin Freitas, is deployed with the 65th Engineer Battalion.

"My dad loves football," Jonathan said. "He is a big fan like me."

The young Freitas clutched a football autographed by New England Patriots' mascot Pat Patriot. Freitas also got to catch a pass from Arizona Cardinal quarterback Kurt Warner during the Pro Bowl's Ohana Day, Saturday.

"I wanted (my dad) to know, even though he couldn't be here, I was still thinking about him," he said. "I miss him and want him to come home."



Molly Hayden | Honolulu Advertiser

The Indianapolis Colts' mascot, Blue, signs autographs for fans at the Pro Bowl. Mascots representing numerous NFL football teams entertained the crowd throughout the game.

Family members know all too well what it's like to be separated from loved ones for long periods of time. And though Hawaii residents bade aloha (good-bye) to the Pro Bowl, Sunday, many remain optimistic the game will return soon.

Perhaps they were really saying aloha oi (until we meet again).

Indianapolis Colts wide receiver Reggie Wayne struggles to break a tackle during the Pro Bowl, Sunday.

Molly Hayden | Honolulu Advertiser





Loran Doane | U.S. Army Garrison-Hawaii Public Affairs

## ‘Look Mom, no hands’

MOKULEIA BEACH — Soldiers from the 1st Battalion, 27th Infantry Regiment and 1-14th Inf. Regt., 2nd Stryker Brigade Combat Team, navigate high-rise wire obstacles, Monday, at Camp Erdman on the North Shore. The event was part of the Warrior Adventure Quest program designed to reintegrate recently redeployed Soldiers.



### 13 / Today

**Walk Off the Wait** — Wake up and start your day with a stroll around Leilehua golf course, Feb. 13, 6:30 a.m. Limited transportation is available from Schofield Barracks. Strollers are welcome. Call 655-0111/2.

**Federal Job Workshop** — Army Community Service (ACS) will present “10 Steps to a Federal Job,” Feb. 13, 9-10:30 a.m., at ACS, Schofield Barracks.

This workshop will teach you the most important skills to find a federal job and is open to military family members, military personnel and Department of Defense employees.

Understanding the federal job search process can be complicated and difficult, but the jobs within the federal government provide great benefits and offer amazing opportunities.

Register online at [www.acsclasses.com](http://www.acsclasses.com) or call 655-4227.

**Photo Editing Class** — If that once-in-a-lifetime shot didn’t come out quite as expected, learn how to clean it up in the next Basic Computer Photo Editing Class, Feb. 13, 10-11:30 a.m. The class is three sessions long and costs \$35. Call 655-4202.

**Valentine’s Dinner** — Enjoy Cupid’s dinner for two, Feb. 13, 5-8 p.m., at the Kolekole Bar & Grill, Schofield Barracks. The menu includes Caesar salad, dinner rolls, prime rib with au jus or steamed mahi-mahi with ginger sauce, sautéed baby carrots and asparagus, herb roasted red potatoes, and strawberry cheesecake. Cost is \$39.95. Reservations are recommended. Call 655-0660/4466.

### 14 / Saturday

**Hearts and Balloons Sale** — The annual Valentine’s Day Hearts and Balloons sale will take place all day, Feb. 14, at the Schofield Arts & Crafts Center. Stop by and pick up a little something to surprise your loved one or even a friend on this most romantic day. Call 655-4202.

**Framing Class** — Learn how to make your own frame and protect all those treasured photos and pieces of art, Feb. 14, 9:30 a.m.-noon, at the Arts & Crafts Center, Schofield Barracks. Call 655-4202.

**Valentine’s Dinner** — Enjoy a Valentine’s Day dinner, Feb. 14, 5:30-8 p.m., at the Hale Ikena, Fort Shafter. The menu includes fresh greens with raspberry vinaigrette, a 10-ounce New York steak, grilled shrimp on skewers, baby carrots and asparagus sautéed in garlic, sweetheart dessert with fresh brewed coffee or hot tea. Cost is \$22.95 per person. For reservations call 438-1974/5712.

### 17 / Tuesday

**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. 17, 9-11 a.m., at the Aliamanu Military Reservation Community Center. Call 655-4227.

### 18 / Wednesday

**Island Tour** — Want to discover Oahu? Army Community Service will host a free island tour, Feb. 18, 8 a.m.-4 p.m., leaving

6:30 p.m. Visit [www.waquarium.org](http://www.waquarium.org) or call 923-9741.

### 16 / Monday

**Playmorning Canceled** — The Armed Services YMCA will not hold Playmorning Feb. 16 due to the President’s Day holiday. Call 624-5645.

### 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](http://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

from Building 1599, Fort Shafter Flats.

The tour is designed to familiarize all newly arrived Soldiers and family members. It will orient newbies to Hawaiian culture and customs, language, installation and various points of interests.

Call Army Community Service at 655-2447 for reservations. Seating is limited.

### 19 / Thursday

**Army Family Action Plan** — While Army Family Action Plan (AFAP) issue submission is a year-round process, issue submission for consideration into the 2009 installation conference must be submitted by Feb. 19.

This year’s U.S. Army Garrison-Hawaii Installation AFAP conference has moved to March 16-18, at the Nehelani Conference Center, Schofield Barracks.

For additional information, contact Tracey Clark at 655-1696.

**Blue Star Card Special** — The deadline to register is Feb. 19 for the Blue Star Card free showing of Curtains at Richardson Theater, Fort Shafter, scheduled for Feb. 26, 7:30 p.m. Enjoy free pupus prior to the show, and free transportation. Spaces are limited. Call 655-0111/2.

**Military Spouse 101** — Army Community Service (ACS) will hold Military Spouse 101, Feb. 19, 8:30 a.m.-4 p.m., at ACS, Schofield Barracks.

This course is designed to introduce you to the military lifestyle. Free child care is provided with an advance reservation at the Child Development Center. Sign up today 655-4227.

**Anger Management** — Learn about anger awareness and get the tools to manage anger in a healthy way, Feb. 19, 3-4:30 p.m. at Army Community Service, Schofield Barracks and Feb. 19, 1-2:30 p.m., Aliamanu Military Reservation Community Center. Call 655-0596.

**Beginning Adult Art Classes** — The next beginning drawing and sketching class for adults will be held Feb. 19, 6-8 p.m. at the Schofield Barracks Arts &

more. Contact the Warrior Transition Battalion Operations Office at 655-6672/6802.

**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.

Winning entries may be used for promotional materials. Savings bonds are awarded for top entries.

Visit [www.asymca.org](http://www.asymca.org).

### 20 / Friday

**Free Concert** — The U.S. Army Medical Command Band, will host a free concert, Feb. 20, 7 p.m., at Schofield’s Sgt. Smith Theater. The performance, entitled “Freedom: Courtesy of the Red, White, & Blue,” will honor wounded warriors from the Warrior Transition Battalion.

The multifaceted band performs multiple musical genres to include salsa, country, rock & roll and jazz. It also plays musics from artists such as Pink, Jason Mraz, Carrie Underwood, Britney Spears, Marc Anthony, Juanes, Warrior Ethos-Acoustic and

Crafts Center. The class is five sessions long and costs \$50. Call 655-4202.

### 20 / Friday

**Big R: Mardi Gras** — Register by Feb. 20 for the Blue Star Card Mardi Gras party on Fat Tuesday, Feb. 24, 6-8 p.m., at the Nehelani, Schofield Barracks. Get your face painted in true Mardi Gras fashion, with a masquerade disguise, play themed bingo and trivia games and collect beads.

Three Blue Star Card holders will be crowned in the spirit of Mardi Gras. Light pupus and child care will be provided, but spaces are limited. Send an e-mail to [sarah.chadwick@us.army.mil](mailto:sarah.chadwick@us.army.mil) or call 656-3327 to register.

**Battle Buddy Spirit Day** — The Better Opportunities for Single Soldiers (BOSS) program will hold a Battle Buddy Spirit Day, Feb. 20, 10 a.m.-4 p.m., at the Tropics Recreation Center, Schofield Barracks. Test your skills in a variety of fun contests, races and other competitions. Call 655-1130.

**Family Fun Fridays** — The next Family Fun Friday will take place Feb. 20, 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.

**Free Waikiki Party Bus** — The Army bus rides again, Feb. 20, 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.



#### 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
- Buddhist 1st Sunday, 1 p.m.

#### 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, 9:30 a.m.– Worship

#### Tripler AMC Chapel 433-5727

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

#### Wheeler Chapel 656-4481

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



Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.

#### Valkyrie

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

#### Marley and Me

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



#### Bedtime Stories

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

#### Yes Man

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

No shows on Mondays or Tuesdays.



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

### 13 / Today

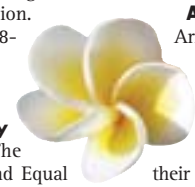
**Slick Deals for Soldiers** — Flight School Hawaii, 134 Nakolo Pl., Honolulu, is dedicating February as Military Appreciation Month. The pilot shop is open 8:30 a.m.-5 p.m., daily. Service members with a valid military ID received \$10 off an introductory flight. Visit [www.flightschoolhawaii.com](http://www.flightschoolhawaii.com)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

### 14 / Saturday

**Valentine’s Day Dinner** — The Waikiki Aquarium invites couples to Seaduction, its annual Valentine’s Dinner, Feb. 14, 7 p.m.

The evening features a champagne reception, romantic candlelit dinner in the galleries, three-course meal with wine catered by Ginniberry’s, valet parking, commemorative photo and souvenir for each couple.

Cost is \$300 per couple; proceeds benefit the aquarium. Doors open at





# Doctors say men’s and women’s hearts are not created equal

DIANE MAYER  
TriWest Healthcare Alliance

You may have heard that heart disease is the number one cause of death in the United States. What you may not know is that women are less likely to survive heart attacks than men.

In fact, 38 percent of women, compared with 25 percent of men, will die within one year after a heart attack, according to the American Heart Association.

Despite these facts, many women believe heart disease is not a real problem for women. A study by the American Heart Association revealed only 13 percent of American women know that heart disease and stroke are their greatest health threats.

This statistic demonstrates the lack of knowledge and understanding most women have for their most serious health threat. In addition, despite that a minority women face the highest risk of death from heart disease and stroke, studies indicate they have lower awareness of the risk factors.

Here are some key facts:

- More women than men die of stroke.
- The risk of heart disease and stroke increases with age.
- Diagnosis of heart disease presents a greater challenge in women than in men.

As with men, women’s most common heart attack symptom is chest pain or discomfort. However, women are more likely than men to experience some of the other common symptoms, such as shortness of breath, nausea or vomiting and back or jaw pain. Additionally, women tend to delay longer than men in getting help for a possible heart attack.

Many women delay because they don’t want to bother or wor-

ry others, especially if their symptoms turn out to be a false alarm. But when you are facing something as serious as a possible heart attack, it is much better to be safe than sorry.

Most hospitals have clot-busting medicines and other artery-opening treatments and procedures than can stop a heart attack, if provided quickly. These treatments work best when given within the first hour after a heart attack starts, making immediate care for a suspected heart attack even more vital.



Need more information? Visit [www.triwest.com/beneficiary/healthy\\_living/condition/default.aspx](http://www.triwest.com/beneficiary/healthy_living/condition/default.aspx) and select Heart Disease. Other valuable Web resources are the American Heart Association ([www.heart.org](http://www.heart.org)) and the National Heart Lung and Blood Institute-NIH ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)).

When you get to the hospital, don’t be afraid to speak up if you experience any of the symptoms listed above. You have the right to be thoroughly tested and examined for a possible heart attack. The best way to survive a heart attack is to prevent having one in the first place.

For both men and women, the biggest risk factors that contribute to heart disease are smoking, high blood pressure, high cholesterol, family history and age.

Take a look at your lifestyle, family history and general health to see where you can make changes.

# Army spouse’s recipe wins \$25K

SPC. ASHLEY M. ARMSTRONG  
94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — Out of 10,000 entries, Lisa Roman, wife of Capt. Joe Roman, strategic plans officer, 94th Army Air and Missile Defense Command, was chosen as the winner of the ultimate dessert recipe during the Food Network’s Ultimate Recipe Showdown, Sunday.

She will be awarded \$25,000, and her award-winning recipe, called Baby Cakes, will be featured in T.G.I. Friday’s restaurants nationwide.

It all began a year ago when her husband was deployed and she began watching television more than usual, Lisa said.

“I saw a show on the Food Network called ‘Ultimate Recipe Showdown,’” Lisa explained. “During the show, at the bottom of the screen, they were asking for new recipes and to log on to the Food Network to enter an original recipe if you had one. So I did. Simple as that.”



For more information about Lisa’s winning Baby Cakes recipe and a video, visit the Food Network links below:

- [www.foodnetwork.com/videos/desserts-lisa-roman/30022.html](http://www.foodnetwork.com/videos/desserts-lisa-roman/30022.html)
- [www.foodnetwork.com/shows/index.html](http://www.foodnetwork.com/shows/index.html).

Eventually, she was chosen as one of four finalists and flown to New York for the show. During the competition, finalists were required to prepare their original recipes on camera and then have their products judged.

Her husband accompanied her to New York for support.

“It was nice that he was in the audience supporting me. The tables kind of turned because normally I am at home supporting him, so it was great,” Lisa said.

Lisa said her experiences as an Army wife helped her through the competition.

“There are definitely worse things and harder circumstances in the world than being in this competition, and I’ve been through those things,” she said. “Being an Army wife is like being in a special club. It comes with responsibility and an understanding that a non-



Courtesy of Food Network

Lisa Roman (right), shown with host Guy Fieri, was the winner of the Food Network’s Dessert Ultimate Recipe Challenge, Sunday.

Army wife wouldn’t understand, especially if you’ve been through a deployment or stood by your husband at a funeral.”

Lisa has been married to Joe for a little more than a year. Six weeks into their marriage, Joe deployed to Iraq. A nice twist, now she is looking forward to celebrating the prize

money with her husband.

“I am a newlywed, so \$25,000 is a great way to start off a new marriage and having something on the menu at a restaurant is quite an honor,” she said.

*Editor’s Note: Food Network News Releases were used for this article.*



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

13 / Today

**Health and Fitness Expo** — Kaiser Permanente will kick off the Great Aloha Run (Feb. 16) with its annual three-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 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. 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](http://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 can run individually or in Sounds of Freedom formations. Applications are available online at [www.greataloharun.com](http://www.greataloharun.com) or at Family and Morale, Welfare and Recreation facilities. Contact Jim Perry at 655-9650.

21 / Saturday

**Hike Oahu** — Join the Hawaiian Trail & Mountain Club on a hike through Waimea Valley. Join the group for a hike up Kamananui Valley, over the middle ridge and down Elehaha Valley. A lot of stream crossings are on this shady, probably muddy hike, but not much up and down. If heavy rains come, the hike may change to a ridge hike at the last minute. Expect mosquitoes. An additional \$5 fee per person for the ccenter is required. This intermediate hike is 7 miles. Call Peter Kempf at 384-2221. Save the date for these upcoming hikes, too: •March 1, a 9-mile intermediate hike through Mokuleia Hillside. •March 9, a 14-mile advanced hike through Waimano Contour. Hikes begin at 8 a.m., and a \$2 donation is requested of non-members. An adult must accompany children under 18. Hikers typically meet at Iolani Palace, mountainside, but for this hike, participants will meet at the first parking lot on the right, before the public lot. 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](http://www.htmclub.org).

Ongoing

**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.hawaiiirushsoccer.com](http://www.hawaiiirushsoccer.com).

**Ballet for Beginners** — Learn the art of ballet at W Performing Arts Center, 823 Olive Ave., Wahiawa, Wednesdays, 4:30-6 p.m. Cost is \$60 per month. Call 779-8709.

**Taiko Drumming Classes** — The Taiko Center of the Pacific, a school of traditional and contemporary Japanese drumming, offers classes year-round to the general public for all ages and all skill levels. Students also learn aspects of Japanese culture, etiquette and language while developing skills in rhythm and movement. Beginning, intermediate and advanced classes are available for youth, adults and families. No experience is necessary and weekly one-hour classes are held on Sundays, Tuesdays and Thursdays at various times at Kapiolani Community College. Cost is \$78 for youth and teens and \$88 for adults. For more details, call 737-7236, visit [www.taikoarts.com](http://www.taikoarts.com), or e-mail [info@taikoarts.com](mailto:info@taikoarts.com).

**Escrima Classes** — Pedoy's School of Escrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and Sunday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211. Escrima classes for men, women and children of all

ages are also held at Mililani Elementary School. Classes are Wednesdays, 6:30-7:30 p.m., and Saturdays, 9:30-10:30 a.m. Call 398-0119 for details.

**Wrestlers Wanted** — Hawaiian Championship Wrestling seeks new members. Applicants should be at least 6-feet tall, weigh 250 pounds, or have an above average muscular build. Sports background is preferred. Call 676-8107.

**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. Call 438-6733 for more information.

**Fleet Feet** — Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15-7 p.m. Cost is \$50 per year. Call 277-3609.

**Hawaii Youth Triathlon Club** — Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sports club run by athletes. Membership is \$50 and includes an annual membership with USA Triathlon, insurance during training, a swim cap and club certificate, review clinics and newsletter. Visit [www.hawaiiouthtri.com](http://www.hawaiiouthtri.com).

**Wahine Sailors** — The Wahine Sailors is seeking new members. Cost is \$35 per year or \$5 per sail. All levels are welcome. Call for more information, including the meeting place and times at 235-8392.

**Jazzercise** — Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikele. Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikele Elementary School cafeteria. Call 674-1083.



13 / Today

**Pool Updates** — The Tripler Army Medical 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, Sundays and all holidays. Call 433-5257.

**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.

22 / Sunday

**Adventure Kayak Tour** — Itching for

some water exploration? Try the next edition of the adventure kayak tour, Feb. 22, 7 a.m.-2 p.m. Don't miss this opportunity to explore the island at your own pace from a truly unique perspective. This is a level-one program suitable for beginners; cost is \$35 per person. Call 655-0143.

28 / Saturday

**Whale Counting** — Come enjoy another unique benefit of living in Hawaii to help the National Oceanic & Atmospheric Administration (NOAA), Feb. 28, 7 a.m.-2 p.m. The NOAA counts migrating whales from picturesque locations around Oahu.

Cost is \$10 and transportation is provided. Call 655-0143.

Ongoing

**Cardio Kickboxing Classes** — Brand-new cardio kickboxing classes are now available at the Fort Shafter Physical Fitness Center five days a week. Classes are offered on Mondays, Wednesdays and Fridays, 11:30-12:30 p.m. and 5:15-6:15 p.m., and Saturdays and Sundays, 8:30-9:30 a.m. The class is free for active duty Soldiers and family members, and costs \$4 per

class for all other authorized patrons. Monthly pass cards are also available for \$25. Call 438-1152.

**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.



# Family members line up for Pro Bowl Meet and Greet

Players take time to say thanks, toss pigskin around and sign autographs

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

ALIAMANU MILITARY RESERVATION — Football cheerleaders flashed flirtatious smiles and winked at Soldiers and family members during the Pro Bowl Meet and Greet at the fitness center here, Feb. 4.

Team mascots danced with the crowd, high-fived children and performed humorous antics across the stage.

“This is awesome,” said Chief Warrant Officer 4 Randy Johnson, 196th Infantry Brigade, holding an autographed football in his hand. “I think it’s great that Pro Bowl celebrities take time while they are here to visit with the military.

“There is a lot of energy in this room,” added Johnson.

More than 350 Soldiers and family members attended the event, many sporting paraphernalia of their favorite football team.

One by one, family members greeted cheerleaders from participating teams, including Valerie Mikita of the St. Louis Rams and Heather Lanham of the Cincinnati Bengals.

“The girls love to interact with the military,” said John Brandt, assistant director for the Pro Bowl cheerleader programs. “They are so appreciative of what these guys do.”

Cheerleaders signed footballs, photographs and jerseys, and took photos with

fans. Additionally, children had a chance to show off their football skills during the Family and Morale, Welfare and Recreation (FMWR) football toss game.

In the game, participants threw footballs to a cardboard cutout of Dallas Cowboys’ wide receiver Terrell Owens.

Ahmed Abdullah, 11, held the football tight, thinking intently before throwing the ball. The football left his hand, flew through the air, and narrowly missed the mark.

“So close,” said Abdullah, running to the back of the line.

“This is fun,” continued the young football fan. “There is so much to do and I love playing football.”

Although Abdullah will not be attending the Pro Bowl this year, he said he would watch the game at home and root for “whatever team the Steelers are on.”

The meet and greet continued while, simultaneously, tables with information from numerous community organizations covered the gym floor. The FMWR Expo offered information to family members about the many programs available, including Army Community Service, the Arts & Crafts centers, and Child, Youth & School Services (CYS2).

Children entertained themselves in the bouncy house and at the arts and craft table as parents snacked on popcorn and visited representatives of the many community organizations.

“We are constantly challenging ourselves as an organization to (raise) the bar and come up with new and fun interactive ways to reach out to the community and show them our support,” said Darlene Marshall, Blue Star Card program coordinator.



Philadelphia Eagles mascot Swoop gets a hug from 5-year-old Hannah Simoneaux during the Pro Bowl Meet and Greet at Aliamanu Military Reservation, Feb. 4.

“Our decision to combine the Pro Bowl Meet and Greet and the FMWR Expo ... was a direct result of that. Based off the feedback and smiling faces we received from the participants, the combination of the two events was a success,” she said.



Ahmed Abdullah, 11, shows off his football skills, tossing the pig skin to a cardboard cutout of Dallas Cowboys’ wide receiver Terrell Owens, in hopes of winning a prize.



Teaming up with the Pro Bowl Meet and Greet, the Family and Morale, Welfare and Recreation expo provided family members with information regarding programs and services available on Army-Hawaii installations.

# 8th TSC Soldiers serve in Joint Service Color Guard for 2009 Pro Bowl

**SGT. RICARDO BRANCH**  
8th Theater Sustainment Command Public Affairs

AIEA — Soldiers from the 8th Theater Sustainment Command (TSC) received a distinct honor this year to serve on the Joint Service Color Guard for the National Football League 2009 Pro Bowl at Aloha Stadium here, Sunday.

Three Soldiers comprised a part of the joint service color guard, which was responsible for rendering honors prior to the start of the Pro Bowl.

Sgt. Marlon Nieves-Reyes, 8th TSC Surgeon Cell, said the experience of stepping onto the field was one

he will treasure, as he saw professional football players he regularly sees on television and walked on the grass on which they performed.

“It was exciting,” he said. “It was (the) first football game that I have ever been a part of, and it was overwhelming.”

Joint Service Color Guard noncommissioned officer in charge, Staff Sgt. Richard Yniguez, 8th TSC Operations noncommised officer (NCO), used his experience as a member of the Sgt. Audie Murphy Club to train members of the color guard.

“Attention to detail is extremely important,” Yniguez said. “We did an initial inspection of the colors, the

harness, did some height checks and then rehearsed several times. Just like pre-combat checks before going on a combat patrol, as the NCO in charge, I have to make sure everything is right.”

Spc. Stephen Higdon, 8th TSC, participated in the Joint Service Color Guard as the Army rifle bearer.

In his first experience as a member of a Joint Service Color Guard, Nieves-Reyes worked alongside service members from all the armed forces.

“Events like the Pro Bowl are great because they bring all the different uniforms together,” Nieves-Reyes said.

Cpl. Donald Simmons Jr., a Marine from Marine

Corps Base Hawaii, Kaneohe Bay, described the event as one of those rare opportunities that brings real life heroes together with the ones they cheer for on TV.

“It was exciting just getting to meet the NFL players,” he said. “(Here were) the players you idolized growing up, right in front of you.”

During the pregame ceremonies, the Joint Service Color Guard rendered honors before the game while American Idol superstar David Archuleta sang the national anthem.

After nearly 30 years in Hawaii, the Pro Bowl will move to Miami next year.