





Sgt. George  
Templeton  
732nd MI Bn.



# Engineers make difference one hole at a time

OLF

Story and Photo by  
**1ST LT. ROBIN GLEBAS**  
26th Concrete Detachment, 84th Engineer Battalion  
(Construction Effects), 18th Engineer Brigade

MOSUL, Iraq — “Twenty-sixth, start prepping. There may be a mission coming down,” said 1st Lt. Ken Liu, executive officer, Headquarters and Headquarters Company, 84th Engineer Battalion, March 2. Instantly, the 26th Rapid Crater Repair (RCR) Platoon jumps to life, no matter what time of day it is, to begin preparations.

Flash forward a few hours. All the vehicles are loaded and ready to go, concrete has been ordered and is awaiting pickup, and the paperwork necessary to conduct a combat mission has been reviewed and submitted.

This team of highly motivated Soldiers is just waiting for a convoy brief and the good word. With all the vehicles staged in the motor pool, the Soldiers gather around and listen intently as they receive the who, what, where, when, why and how the mission will take place.

This mission takes the crew north of the forward operating base (FOB), en route to a blast site that struck an Iraqi police (IP) checkpoint.

“It’s important to show the people that we’re here to help them, not just war-mongers,” said Spc. Andrew Walters, 26th Concrete Detachment, while driving to the site.

Travel through the city can be treacherous, but all members of the platoon are vigilant while they look for possible im-



Soldiers of the 26th Concrete Detachment, 84th Engineer Battalion, 18th Engineer Brigade, emplace the second half of a large concrete crater repair on a main supply route in the Ninewa Province, outside of the city of Mosul, Iraq.

proved explosive devices. Moving through the city, gunshots are heard once or twice, though it is hard to determine whether they are IP shooting into the air or potshots being taken at you.

Fortunately, nothing serious happens

and when they reach the crater the Soldiers many spring to their feet and get to work.

The explosion caused serious damage to the roadway, leaving not only a crater roughly 20 feet in diameter and four feet deep, but also an upheaved section of road

that will have to be cut and broken out for the repair to be correct.

The first step to a correct repair is to remove any damaged sections of roadway that are cracked, bent upwards or downwards, or overhanging. Cutting these out

expands the reported dimensions two or three feet, but that is often what it takes for a good repair.

Once these sections have been dealt with, the remaining asphalt in the hole is removed, as this will break down over time and could cause the repair to cave in on itself. The edges along the existing roadway are then prepped and dug down to the minimum six-inch depth. For this particular crater, fill material was brought in and placed.

Finally, concrete is placed and finished, and the hole is marked to indicate to others who made the repairs. After the repair is blocked off from traffic, it’s time to go home.

“Find the hole, fill the hole, get out,” said Spc. Dustin Dove, 26th Concrete Detachment, summarizing the details of crater repair. It’s just that simple, he said.

It is important to remember that people live here. Improving the city and repairing the roadways improves the image of the city. If the people want to live here and are happy with how the coalition forces are treating their land, then they will force the insurgents out over time.

Maintaining a network of roadways that allow for traffic to move freely not only aids the coalition forces and the Iraqi army, but improves the daily lives of civilians who are trying to rebuild and re-establish a city and province that they are proud to live in.

# ‘Watchdogs,’ Iraqi police support local children

Story and Photo by  
**MAJ. JEFF PARKER**  
8th Military Police Brigade Public Affairs

BAGHDAD — More than 500 students at Al Tadhia Primary School watched as boxes of donated school supplies were distributed at their school, Feb. 25, by local Iraqi police and Soldiers from the 340th Military Police (MP) Company, Task Force 91 MP, 8th MP “Watchdog” Brigade.

The IPs distributed basic school supplies, clothing and sporting equipment to the students to further develop positive relationships between the IPs and their New Baghdad muhalla, or neighborhood.

“It’s something we’ve always talked about, wanting to do something for the kids in the area that we patrol,” said Sgt. Peter Farley, 340th MP Co. Police Transition Team member, and fourth grade teacher at Hancock Elementary School, in Brockton, Mass.

The collaborative effort among IPs and Soldiers from the 2nd Platoon, 340th MP Co., had its roots stateside from a program called “Take a Vet to School Day.”

Farley, who took part in the event, asked U.S. schoolchildren to focus on the needs of Iraqi kids instead of himself. With a common desire among other 340th MPs to give, Farley said, “I told them to focus more on donating things to the Iraqi children: notebooks, paper, pens and crayons.”

Through the help of his wife, also an elementary schoolteacher in the Boston area, along with family and friends of other Soldiers from the 340th MP Co., several boxes of donated supplies began arriving.

“The collection of donated goods was the easy part. (The) hardest thing about the whole operation was to afford mailing the boxes,” said Sgt. 1st Class

Sidney Glanz, platoon sergeant, 2nd Platoon, 340th MP Co.

After receiving more than 50 boxes of donations, coordination and school selection was made by Iraqi police Lt. Col. Jawad Zubeidi, commander, New Baghdad Patrol Station.

The event, dubbed “Operation Iraq Tomorrow” by Farley, began with the IPs and MPs meeting at the New Baghdad Patrol Station. Large boxes of supplies, often splitting on the sides from their travels, were transferred by the IP and MPs onto IP vehicles. Many of the 500-plus students were found sitting along raised walkways within the school’s courtyard. Remaining students were in their classrooms.

“This is known to be one of the poorest schools in the area. The New Baghdad city councilmen were very thankful that the Al Tadhia Primary School was chosen,” said Zubeidi.

The children were frequently heard thanking the IPs for the supplies they received.

“They were most appreciative of the simple things we often take for granted back home, like a simple pack of pencils or notebook,” Farley said. “The smiles on their faces showed it all.”

Highlighting the positive changes he had noticed since the beginning of his current deployment, Glanz continued, “When we first got here, the majority of the streets were barren. There were about half as many people as we saw today. People are definitely more comfortable with the IPs, comfortable in their homes now, comfortable on the streets, and that wasn’t so when we first got here.”

When the 340th MP Co. first arrived to the area, Glanz said it was a common occurrence for the IP station or local citizens to be attacked at least

once a week.

“Now, it’s a rarity. The IPs and the people are making it happen,” said Glanz.

“Today was definitely a team-building experience as well as showing the people that we are working together to help them,” said Farley. “The teachers, the faculty, the IPs, everybody worked together, and today was just a great positive experience for all involved, including us and the Iraqi police.”

“Hopefully, we’ve made a positive impact, too. I feel pretty confident that we did,” Farley said.

Right — More than 500 students at Al Tadhia Primary School receive school supplies, recently, through a collaborative effort by local Iraqi police and Soldiers from the 340th Military Police (MP) Company, Task Force 91 MP, 8th Military Police “Watchdog” Brigade.



# News Briefs

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

**13 / Today**  
**Assumption of Responsibility Ceremony** — The 311th Signal Command and the 516th Signal Brigade will welcome Command Sgt. Maj. Kennis Dent as senior enlisted advisor to the brigade during an assumption of responsibility ceremony, March 13, 10 a.m., Palm Circle, Fort Shafter.

**Gate Closure** — Schofield Barracks' McNair Gate will be closed through March 18 to install additional force protection measures. All other gates at Schofield Barracks will maintain their current operational times.

For more information call the Directorate of Public Works at 656-2435

**Change in Dental Appointments** — New appointments at the Na Koa and Schofield Barracks dental clinics will be limited through March 20 due to division redeployment activities. Dental emergencies will be seen Monday-Friday, 7:15-7:45 a.m. and 12:15-12:45 p.m.

For more information, call the Na Koa (433-8900) or Schofield Barracks Clinic (433-8901).

**Road Closure** — Portions of Williston and Wright-Smith avenues, Schofield Barracks, will be closed for roadway construction work through Nov. 7. Drivers should avoid the area. Additionally, Bragg Street will be temporarily converted to two-way traffic serving the residents of Betsy Ross and Patrick Henry courts only now through June 12.

Call 624-2338 for more information.

**16 / Monday**  
**Tax Center South** — Tax preparation services will be available

by appointment only at the Office of the Staff Judge Advocate, building 718, Fort Shafter, Monday, Wednesday and Friday, beginning March 16.

Appointments are available 9 a.m.-2 p.m. through April 15. Call 438-6725.

**19 / Thursday**  
**Orientation for New Civilian Employees** — Are you new to the U.S. Army Garrison-Hawaii team? Attend the next Orientation for New Employees course March 19, 8 a.m.-4 p.m., Installation Training Center, Schofield Barracks.

To enroll call Valerie Makaneole 655-8379.

**Fire Warden Training** — Army regulation mandates every unit must have an assigned fire warden. Unit fire wardens 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 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 or 471-3303, ext. 632.

**23 / Monday**  
**Commissary Closure** — The Schofield Barracks commissary will close at 3 p.m., March 23, to conduct annual inventory.

The store will reopen, March 24 at 9 a.m.

**25 / Wednesday**  
**Gate Closure** — Schofield Barracks' Macomb Gate will be closed March 25-April 8, in order to install additional force protection measures.

All other gates at Schofield Barracks will maintain their current operational times.

For more information, call the Directorate of Public Works at 656-2435.

# 25th CAB, USAG-HI team up at Pohakuloa

**SGT. MIKE ALBERTS**  
25th Combat Aviation Brigade Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Soldiers have been training at the Pohakuloa Training Area (PTA) for decades. It's the largest Department of Defense installation in Hawaii with a 51,000-acre impact area — more than 10 times the size of the one at Schofield Barracks.

Since 1956, when the airfield was built, very little has changed at PTA ... until now.

Recently, the 25th Combat Aviation Brigade (CAB) invested approximately \$1.5 million and thousands of man hours to complete a series of range, target and physical site improvement projects at PTA.

The 25th partnered closely with U.S. Army Garrison-Hawaii's (USAG-HI) Directorate of Public Works (DPW) at Schofield Barracks and PTA, as well as the Directorate of Plans, Training, Mobilization and Security (DPTMS) and PTA DPTMS Range Maintenance.

The 25th CAB's site improvement work included constructing a four-point Forward Arming and Refueling Point (FARP). Its main purpose is to quickly refuel and rearm helicopters.

DPW graded and compacted the site, and 25th CAB Soldiers placed hundreds of yards of specialized expeditionary airfield material, called AM2 matting. The FARP is now located closer to the aerial gunnery range, making training more efficient by reducing delays caused by weather and decreasing refueling and rearming time for aerial gunnery missions.

This change enables the 25th CAB to complete gunnery training five days quicker.

Additionally, DPW teamed with aviation Soldiers to erect an Aviation Large Area Maintenance Shelter (ALAMS). The ALAMS is a large, tan "clamshell-type" structure that will be used to repair and maintain helicopters, a capability that has been lacking at PTA.

Finally, at four separate ranges, from November 2008 through January 2009, the 25th CAB airlifted and emplaced 28 "EOD-T" targets. The targets significantly increase the realism for helicopter live-fire training.

Soldiers and PTA DPTMS Range Maintenance also built and emplaced 18 large target sets for the aerial door gunnery range that replicate urban built-up areas with pop-up targets to provide pilots and door gunners with target effect feedback.

According to Robert Misajon, future operations and plans officer, U.S. Army Garrison-Pohakuloa, the nature and scope of the 25th CAB's work was unprecedented.



Staff Sgt. Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade Public Affairs

An OH-58D Kiowa Warrior helicopter from 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, provides close-combat attack air support during a convoy live-fire exercise at the Pohakuloa Training Area, on the Big Island of Hawaii, March 1.



Courtesy Photo

"The improvements are very significant, particularly the ALAM Shelter, FARP, and the durable and long-lasting hard targets because they can be used by any aviation element," said Misajon.

"On top of that, many of the hard targets were emplaced where they can be engaged by both ground and air elements, or serve as targets for air elements to engage while in support of ground forces," Misajon added. "This allows commanders to develop their com-

Left — A 25th Combat Aviation Brigade (CAB) CH-47D Chinook helicopter lifts one of 28 "EOD-T" targets for placement at one of several ranges at Pohakuloa Training Area on the Big Island of Hawaii. EOD-T targets are designed to simulate typical threat and non-threat military vehicles for live-fire training to prepare the brigade for deployment.

bined arms teams regardless of the branch of service."

For Col. Mike Lundy, commander, 25th CAB, the various improvements truly showcase the unique value of partnering tactical units with the garrison to improve training in preparation for deployment.

"Our teaming effort with the garrison demonstrates the power that units can have to enhance out-of-date and legacy training areas to better replicate the current operational environment," said Lundy. "The result is a training environment that not only has lasting benefits for the 25th Combat Aviation Brigade, but for all other ground elements and branches of service that use PTA for training."

"The bottom line is that these projects were essential," explained 1st Lt. Curtis Gibbs, assistant S-4, Headquarters and Headquarters Company, the officer in charge of the site improvements and supervisor of the FARP and ALAMS projects. "We are going to continually use PTA for our brigade's training events. These improvements ensure that PTA remains a safe and effective location for training."



# Voice: Changes in policy are benefit of conferences

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154 Army policy and regulatory changes, and improved 173 programs and services.

AFAP delegate Melissa Belis has lived in Army communities for more than 15 years and enjoys being part of the solution-building process. A veteran and military spouse, she said she believes in the program and has personally benefited from the initiatives that have come from the conferences.

“AFAP is responsible for service members receiving chiropractic care, for which my husband is extremely grateful,” Belis said.

Although 90 percent of AFAP issues are resolved at the local level, 61 percent of active issues at the HQDA level are issues that impact all branches of military service. Since its inception, AFAP is the only such partnership between a branch of the U.S. military and its families.

Clark is passionate about the process and explains how the power of one voice can produce change.

“What can start off as a concern for me, an Army spouse, can change the face of not only the Army, but the Department of Defense (DoD). When we got new housing – that was DoD-wide, when there was an increase in SGLI (Service members’ Group Life Insurance) – that was DoD-wide,” she said.

She knows the Armywide results are the type of action that gives a Soldier, spouse or civilian a voice and the buy-in each needs to stick around. When asked if she has ever personally submitted an issue, she proudly responds, “Yes, I have.”

The AFAP process doesn’t end at the garrison level. Active issues are worked by the managing garrison directorate and tracked by a steering committee

chaired by Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, until fully resolved and marked as closed. Issues that cannot be immediately re-

solved or that may require policy or legislative changes move forward to the USARPAC conference, here, May 27-29, and then to the HQDA level.

A closing ceremony and brief of the 2009 Hawaii AFAP issues will take place, March 18, 8:30-9:30 a.m. The community is invited to attend.

An Armywide celebration of the 25th Anniversary of AFAP will be held during National Volunteer Week, April 19-25.

## Army Family Action Plan has a history of success

### Proven Results

- Of 633 issues: 75 active, 435 completed, 118 unattainable, 5 issues combined.
- 90 percent of Army Family Action Plan (AFAP) issues are worked at local level.
- 61 percent of the active Headquarters, Department of the Army (HQDA) AFAP issues impact all services.
- 107 legislative changes, 154 policy changes, 173 improved programs/services.
- Leaders trust/support AFAP because it provides real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas and guides policy formation.

### 2008

- Increased military annual leave carryover (from 60 to 75 days).
- Increased Army Community Service (ACS) staff.
- Expanded Exceptional Family Member Program Respite Care.

### 2007

- Provided toll-free Wounded in Action phone number; improved communication to families.
- Funded family readiness support assistants (FRSAs) to battalion level.

### 2006

- Extended educational benefits for surviving spouses.
- Authorized dental and vision insurance coverage for federal employees.

### 2005

- Provided lodging and subsistence for family members of hospitalized service members.
- Provided phase-in of full 55 percent Survivor Benefit Plan benefit for surviving spouses.

### 2004

- Reformed military pay table (targeted pay raises).

### 2003

- Established school liaison officers.

### 2002

- Established Tricare for Life for Medicare-eligible retirees.
- Established Military Thrift Savings Plan.

### 2001

- Funded student travel outside the continental United States (OCONUS) extended to age 23.

### 1999

- Provided prescription print outs at military pharmacies.

### 1998

- Authorized dental insurance plan for retirees and selected reservists.

### 1997

- Developed first policy for the Better Opportunities for Single Soliders (BOSS) program.

### 1996

- Guaranteed cost of living adjustment (COLA) for retirees.

### 1994

- Expanded temporary lodging expense (TLE).

### 1993

- Developed Army Family Team Building (AFTB).

### 1992

- Instituted Reserve component retirement orientation program.

### 1991

- Provided Servicemen’s Group Life Insurance (SGLI) increase. Authorized Reserve component family member ID card.

### 1988

- Authorized advances for Family Member Invitational Travel Orders.

- Authorized pre- and post-retirement assistance.

### 1985

- Established installation volunteer coordinators.

### 1984

- Established minimum standards for Army child care.

### 1983

- Hosted first Armywide AFAP conference.

Information from [www.myarmylifetoo.com](http://www.myarmylifetoo.com).

# Fad-free nutrition better for health, weight control

**COL. DEBORAH F. SIMPSON**

Registered Dietician, U.S. Army Center for Health Promotion and Preventive Medicine

March is “National Nutrition Month.” Each year, the American Dietetic Association sponsors this event to focus on the role nutrition and physical activity play in achieving and maintaining good health.

Being “100 percent fad-free” has been a “National Nutrition Month” theme that supports the health of the Soldier and the Army family.

The Department of Defense (DoD) 2005 survey of health-related behaviors (the most recent finalized survey) reported that approximately 51 percent of Soldiers 20-25 years old were overweight. Sixty-four percent of Soldiers age 26-34 met the criteria of being overweight.

Being overweight affects performance. Some Soldiers may attempt fad diets for quick weight loss, diets that don’t meet their energy needs. What, when and how much they eat affects their performance. Soldiers need to have a balance of nutrients for optimal health and performance.

Consider the following key messages for being 100 percent fad-free:

- Develop an eating plan for lifelong health. Don’t



Check out the “DoD National Nutrition Month” resource packet available at <http://usachppm.apgea.army.mil/nnm>.

Additional information is also available from the American Dietetic Association Web site at [www.eatright.org](http://www.eatright.org).

waste time following the latest food fad. Instead, use the Dietary Guidelines for Americans and MyPyramid as guides for focusing on healthy eating and overall health.

- Choose foods sensibly by looking at the big picture. All foods can fit into a healthful diet if consumed in moderation and in appropriate amounts.

Eating foods from all major food groups is essential to obtaining the nutrients needed for good health. Enjoy a wide variety of foods with different textures, colors and flavors.

- Select whole-grain foods like oats, brown rice and whole wheat. These foods form the foundation of a healthy diet.

- Enjoy a variety of brightly colored fruits and vegetables. These foods are rich in phytochemicals, which protect the body against disease, and they are virtually fat-free and contain no cholesterol.

- Choose nonfat and low-fat foods from the milk and meat groups most often.

- Control the frequency and amount of foods high in fat, sugar or sodium, such as fried foods, rich desserts and salty snacks. This method makes it easier to maintain an appropriate weight, which is essential for good health.

- Learn how to spot a food fad. There are no specific foods, combinations of foods, or dietary supplements that will promote quick weight loss or cure disease.



If it sounds too good to be true, it probably is. In fact, food and nutrition misinformation can have harmful effects on health and well-being, as well as on the wallet.

For reputable nutrition advice, ask your doctor for a referral to talk to a registered dietitian at your local hospital or health clinic.

- Find your balance between food and physical activity. A nutritious diet and physical activity are important for overall health and fitness. Added benefits include reduced risk of chronic diseases such as heart disease, high blood pressure and diabetes; a feeling of well-being; and the ability to control body weight.

Poor diet and physical inactivity are the most important factors contributing to the rise in obesity in the U.S.

Small changes in diet and exercise habits can make a big difference in overall health.

# Poison Prevention Week highlights need to control hazardous substances

**DR. KELLY L. FORYS**

Psychologist, U.S. Army Center for Health Promotion and Preventive Medicine

National Poison Prevention Week is March 15-21, the annual opportunity to highlight what you can do to help prevent poisonings.

The facts are sobering:

- More than two million poisonings are reported each year to the 61 Poison Control Centers across the country.

- More than 90 percent of these poisonings occur in the home.

- The majority of nonfatal poisonings occur in children younger than 6 years old.

- Poisonings are one of the leading causes of death among adults.

Don’t become part of these statistics. Follow some simple strategies to prevent poisonings in your household and work.

Conduct routine safety checks in your home to prevent accidents. Continually evaluate your home for dangerous prod-

ucts and conditions so that you are aware of situations that could be harmful to children, pets and visitors.

Have child safety locks installed on cabinets if you have young children in your home or if there are children who visit your home frequently. This method is a simple and inexpensive way to pro-

tect the contents of your cabinets from little hands and fingers.

Make sure that potentially dangerous products have child-resistant closures. Even if your cabinets have safety locks, make each product as child-resistant as possible. Keep dangerous products locked up and stored in high places.

Brain Injury Awareness Month

# Concussion in battle, sports can cause TBI

**JERRY HARBEN**  
Army Medical Department

A roadside explosion throws a Soldier against the side of his vehicle, with enough force that shakes his brain inside his skull. And another Soldier is in a traffic accident on the way to work, her head thrown forward into the windshield. Then a family member takes a hard fall during a sports game, hitting his head on the ground.

All these are different situations, but they often end with the same result: a mild traumatic brain injury (TBI), better known as a concussion.

“It’s the same as we see in a football game on TV, but no one comes out and holds up two fingers for you to count,” said Lt. Col. Lynne Lowe, TBI program director in the Office of the Surgeon General of the Army.

“If you have a car accident and the EMTs (emergency medical technicians) come, they are likely to tend to your bleeding and not check for concussion. You are likely to be so happy you’re alive, you don’t think about concussion,” she added.

Most people recover from concussions in a short time, as long as they do not repeat the injury.

Symptoms of concussion can include confusion, headaches, dizziness, ringing in the ears or nausea. These symptoms usually resolve within hours or a few days. Some people do have more persistent symptoms, which can include trouble sleeping, irritability or blurred vision.

“Providers can give medication for headaches or dizziness, and reassure them that they will be OK, because most people will be OK,” Lowe said. “We teach them about what it means to have a concussion, and some of the warning signs of a worsening condition.

“If symptoms last longer,” she continued, “more formal testing can be done and, if needed, rehabilitation. It’s a step care model: Give them what they need while always using our best judgment and available guidance.

“Just reassurance is very therapeutic in itself. Research proves that reassurance and education contribute to better outcomes,” she said.

The military has developed two tools to help medical professionals diagnose concussions. The Mild Acute Concussive Evaluation, or MACE, is part of treatment protocols used in the Department of Defense for injuries less than seven days old. A doctor or medic will ask about the subject’s medical history and test memory and thinking ability. The subject may be asked to repeat a sequence of words or count backwards.

“It isn’t that a bad score means you have a TBI,” Lowe said. “The score means nothing by itself. It informs the decision, but doesn’t form a diagnosis.”

The Automated Neuropsychological Assessment Metric, or ANAM, is a computer-based neurocognitive test. From the full 45-minute test battery, the military has extracted several tests associated with brain injury that take about 15 minutes to complete.

Soldiers complete this test before deploying. If there is an incident that might produce a concussion, medical personnel on-site can e-mail for the baseline results and compare them to a post-injury test.

The Army has conducted a well-publicized campaign to convince Soldiers who may have suffered a concussion in combat to seek treatment, but the injury is not limited to combat. It can result from sports, vehicle accidents or everyday activities that produce falls or bumps.

“Whether you’re going down a snow ramp on a tube, riding a bicycle or playing contact sports, it’s a good idea to wear a helmet,” said Larry Whisenant, chief of the safety office at Army Medical Command Headquarters. “Even children on a bicycle carrier should have helmets. It’s such an easy thing to do, and it can prevent a lot of grief.”



Brig. Gen. Steve Jones, commander, Tripler Army Medical Center, leads suicide prevention training with Soldiers and civilians of U.S. Army-Pacific, recently, as part of an Armywide Suicide Prevention Program.

## Prevention: Signs of suicide recognizable

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and more importantly, it shows how to deal with it, how to talk openly about depression and suicide, and how to help Soldiers.”

Major elements of “Beyond the Front” training are designed to decrease the stigma that Soldiers may feel when they’re seeking help and to encourage families not to hesitate to ask for help. The training is also designed to enhance coping skills and let Soldiers know that seeking help is actually a sign of strength that will not be detrimental to their Army career.

“This is a leader responsibility, but it is everyone’s responsibility to take care of,” said Lt. Gen. Benjamin Mixon, USARPAC commander, who introduced Wednesday’s training. “It is only a start to give you some good information, some background

of what’s going on. What we really need is for every leader, whether you are in or out of uniform, to be knowledgeable of and working towards preventing suicide.”

Those who attended the training agreed that knowing methods of suicide prevention are important.

“I think this training is a good way for us to be made aware of possible signs for Soldiers and risks, especially since some of us work in pretty high-stress environments,” said Staff Sgt. William Kesper, USARPAC Fires and Effects.

“If one of your buddies is engaging in risky behaviors, they’re not thinking right. They’re not making the right decisions on their own, so it’s going to be up to you to help them make that decision,” said Jones.

He continued, “There’s no definite way to predict it, but the vast majority of individuals exhibit certain signs or symptoms,

like receiving the ‘Dear John’ or ‘Dear Jane’ letter, abusing alcohol, experiencing financial difficulty, pending Uniform Code of Military Justice action, exhibiting poor job performance, or having a history of depression.

“The loss of any Soldier’s life is a tragedy, regardless of the cause, and suicide prevention is critical to all of us,” said Jones.

He drew an example from the Soldier’s Creed.

“You remember that the Warrior Ethos says to never leave a fallen comrade. Failing to act and intervene when you’ve got a buddy that needs help equates to leaving a fallen comrade,” Jones said.

“We really need to get over the stigma, and we need to help our Soldiers realize that recognizing they need help is a sign of strength ... not weakness.”



## Cub Scouts help Army restore environment

Story and Photo by  
**COL. WAYNE SHANKS**  
U.S. Army-Pacific Public Affairs

WAIANAE — With boundless energy and inquisitive minds, Cub Scouts from Pack 442 recently helped the Army restore a native forest environment high in the Waianae Mountains as part of an outdoor conservation project.

Restoring the native Koa forest in the mountain ecosystem is an ongoing effort spearheaded by the Oahu Army Natural Resource Program (OANRP). Decades of unwanted growth and human interaction have taken a toll on the fragile systems here.

For their project, the Scouts, ages 7-12, teamed up with Candace Russo, environmental outreach specialist, and her team, to remove invasive strawberry guava trees in the Kahanahaiki area and make room for new native Koa seedlings.

Dan Adamski, natural resource management technician, assisted by teaching the Scouts the difference between native and invasive species. He explained, the restoration of the native habitat is extremely important.

“Healthy native habitats perform valuable functions. For example, a healthy forest provides clean drinking water. Restoring the diversity found in native habitat maintains its health and function,” said Russo.

In the forest, Russo pointed out many endangered species the Army has been repopulating in areas where they used to be common. Of particular interest to the boys were the Kahuli tree snails.

A Kahuli snail lives its entire life in a single tree and is threatened by non-native predators, such as rats and the rosy wolf snail, a cannibalistic predator.

The Scouts learned how their actions could help or harm snails and the importance of making good choices.

It’s important to instill a sense of stewardship for the land in children and an understanding of the relationship between humans and the environment, to help them make better decisions in the future, said Russo.

Impressed with the Scouts’ efforts, she explained why volunteer groups, like the Cub Scouts, are essential to building bonds in the community.

“Support from community volunteers is invaluable because not only do we accomplish a lot of work ... but it also allows us to share information about the importance of Oahu’s natural resources and the Army’s dedication to protecting them,” she said.

At the end of the trail, the Scouts took a moment to rest and take in the view of the Makua Valley, stretched out below. Many of the boys had never experienced such sights and sounds in a protected forest.

Russo hoped she left a lasting impression on the boys.

“I hope they leave remembering a positive experience, giving back to the forest. You just can’t build a land ethic or create lasting memories of the beauty and importance of our natural environment by playing a video game,” she said.

“The boys learned a lot, did some really hard work pulling up the unwanted seedlings, and had fun doing it all,” said John Poppe, Bear Scout den leader.

The Scouts left the forest tired and sweaty. Many dozed off in cool cars as their parents drove home, but the smiles on their faces told the joys they had learning and protecting one small piece of Oahu.



Dan Adamski (center), natural resource management technician, helps Kyle Apua, 7 (right), and Chris Shanks, 7, pull invasive strawberry guava seedlings, making way for native koa forest to grow in Kahanahaiki. Apua and Shanks are members of Cub Scout Pack 442, which meets on Fort Shafter.

Soldiers from the 1101st Garrison Support Unit and JROTC cadets pick up driftwood and debris during a beach clean up at Piilaaau Army Recreation Center, Friday. The volunteer effort brought more than 50 Soldiers and JROTC cadets together to preserve the beauty of the land surrounding the center.

## Soldiers & cadets

work together to clean up beach



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

WAIANAE — More than 30, 1-ton bags lay jam-packed with debris that once littered the beaches at the Piilaaau Army Recreation Center (PARC) here, due to the clean up efforts of Soldiers and local high school students, March 6.

“This place was a mess,” said Master Sgt. Haines Rego, Waianae High School Junior Reserve Officers’ Training Corps (JROTC) leader, explaining how recent storms left the beaches less than presentable.

The collection of driftwood, leaves, nuts, bottle caps, plastic bags and various other trash items was enough to fill two dumpsters.

“The cadets really care about their beaches and wanted to help with the process of making the beach beautiful again for visiting guests to enjoy,” said Rego.

For Master Sgt. John Keawe, 1101st Garrison Support Unit, the need to clean up the beach hit closer to home.

“This is my town, my beach,” said Keawe. “It’s all about helping out the community.”

The clean up was a result of volunteer efforts between Soldiers and Waianae High School JROTC cadets.

More than 20 cadets gathered on the east side of PARC and more than 30 Soldiers began raking the sand on the west side. Their goal was to meet in the middle.

“There is a lot of potential with a workforce like this,” said Staff Sgt. Frankie Salas, noncommissioned officer in charge (NCOIC), Headquarters and Headquarters Detachment, U.S. Army Garrison-Hawaii. “The cadets can look at us as role models and talk to Soldiers openly about the life of service, and we have a chance to mentor them.

“The teamwork is great. Everyone is working hard out here for a common purpose,” added Salas.

Cadets and Soldiers worked for more than five hours, raking the beach, picking up every bit of debris and filling bag after bag.

The sun continued to shine throughout the day and a soft breeze from the ocean kept the volunteers cool.

“We have so many Soldiers returning from downrange and coming here for R & R,” said Salas. “So, we all have a special interest in this beach and want it to be clean and ready for our fellow Soldiers and their families.”



JROTC cadet Ester Wells sweeps up a pile of leaves at the Piilaaau Army Recreation Center, Friday. Logan and more than 20 of her fellow Waianae High School JROTC cadets volunteered for the clean up to provide a safe beach environment for the military ohana.



Left — Master Sgt. John Keawe, 1101st Garrison Support Unit, sweeps the beach clean of debris during a beach clean up, Friday.

beachfront cabins, spectators can enjoy a pleasant view of the Leeward Coast. The gentle waves and white sand beaches delight swimmers, snorkelers and scuba enthusiasts daily.

“Everyone is happy when the beaches are more presentable,” said cadet Sgt. 1st Class Sami Latukefu. “We are doing this for the Soldiers who visit and for our town, to represent Waianae in a positive way.”

As the day ended, Soldiers and cadets displayed calloused hands, sand-covered bodies and smiles across their faces.

The beaches of Waianae change on a daily, seasonal and long-term basis, but always provide a warm welcome for the military ohana.

“The oceans and beaches are so important to us and our culture,” said cadet Lt. Hoku Matutino. “We are making a difference here today.”

PARC, located at Pokai Bay just 18 miles from Schofield Barracks, sees more than 1,000 Soldiers and family members throughout the year.

From any of the 39

Master Sgt. Sheila Taitano, 1101st Garrison Support Unit, places driftwood into a large bag in an effort to beautify the beach at the Piilaaau Army Recreation Center.





13 / Today

**Waikiki Party Bus** – The Army bus rides again, today, 9 p.m.-4 a.m., and the 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.

The free tickets are available at the Information, Ticketing and Registration (ITR) offices, and riders must have a ticket to board the party bus.  
Call 655-9971/438-1985.

**"Curtains" at Theater** – Army Community Theatre (ACT) presents the musical comedy whodunit "Curtains," at 7:30 p.m., today, at Richardson Theatre, Fort Shafter. The closing performance will be March 14. Tickets cost \$15-28 at the ACT Box Office. Visit [www.armytheatre.com](http://www.armytheatre.com) or call 438-4480.

**Teen Dance Off** – A "Dance, Dance Revolution" contest will be held, today, 6-8 p.m., at Sgt. Yano Library, Schofield Barracks. Bring out your dancing shoes and enter to win a \$30 gift certificate.  
This program is for teens, grades 6-12. Call 655-8002.

16 / Monday

**Active Parenting** – Learn parenting skills to enrich the parenting experience, gain knowledge about how to recognize developmental milestones, and understand how to respond to difficult behavior in children, March 16, 9-11 a.m., at Army Community Service, Schofield Barracks.  
Call 655-0596.

**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 and learn the basics of newborn care to make the early months special for parents and baby, March 16, 9-11 a.m., at Sgt. Yano Library, Schofield Barracks, and March 17, 9-11 a.m., Aliamanu Military Reservation community center.  
Call 655-4227.

**Army Family Action Plan (AFAP)** – AFAP is the ultimate opportunity for you to get your voice heard. The 2009 Installation AFAP Conference will be held March 16-18, 8 a.m.-5 p.m., at the Nehelani, Schofield Barracks.  
Come to the closing ceremony and 25th



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

13 / Today

**Lenten Services** – Stations of the Cross will be held every Friday during Lent at 5:30 p.m., at Aliamanu (836-4599) and Wheeler (656-4481) chapels. Enjoy soup and fellowship following each service.

**Gate Closure** – Schofield Barracks' McNair Gate is now closed through March 18 to install additional force protection measures.  
All other gates at Schofield Barracks will maintain their current operational times.  
For more information, call the Directorate of Public Works at 656-2435.

**Road Closure** – Portions of Williston and Wright-Smith avenues, Schofield Barracks, will be closed for roadway construction work now through Nov. 7. Drivers should avoid the area.  
Additionally, Bragg Street will be temporarily converted to two-way traffic serving the residents of Betsy Ross and Patrick Henry courts, only, now through June 12.  
Call 624-2338 for more information.

**Asian-Pacific Cultural Festival** – The 15th Annual Honolulu Festival will take place today through March 15 and will feature free music, art and cultural performances in and around Waikiki. The event concludes with a grand parade along Kalakaua Avenue at 4:30 p.m.  
Visit [www.honolulufestival.com](http://www.honolulufestival.com) for an event schedule.

16 / Monday

**Tax Center South** – Tax preparation services will be available, by appointment only, at the Office of the Staff Judge Advocate, Building 718, Fort Shafter, Monday,



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

'Operation Purple'

Above, 12-year-old Jacob of Moanalua Middle School sits perfectly still so Cpl. Anthony Ambriz, a Better Opportunities for Single Soldiers (BOSS) volunteer, can apply the finishing touches to his warrior facade during Operation Purple's outing to the Tropics recreation center, July 12, 2007.

The 2009 Operation Purple camp will be accepting applications online, beginning March 16. Visit [www.operationpurple.org](http://www.operationpurple.org) to register children ages 7-17 for a chance to participate in the free weeklong camp.

Anniversary Celebration of AFAP, March 18, 8:30 a.m.  
For more information, contact Tracey Clark at [tracey.clark@us.army.mil](mailto:tracey.clark@us.army.mil) or 655-1696.

17 / Tuesday

**EFMP Support Group** – The Army Community Service (ACS) Exceptional Family Member Program (EFMP), in partnership with installation chaplains, will hold its first organizational meeting for families to SHARE (Share Hints, Accomplishment, Resources and Encouragement), March 17, 5:30-8 p.m., at the Aliamanu Military Reservation Chapel.  
Contact ACS EFMP at 655-4791/1551 for more information or child care reservations.

**Mobilization and Deployment Training** – The Army Community Service (ACS) Mobilization & Deployment program will hold a "Building an Effective Command Team" training course, March 17, 6-8 p.m., for all family readiness group leaders, family readiness support assistants and commanders.  
The training will be held at ACS, Schofield Barracks, Classroom 2. To register call 655-4354/4368.

Wednesday and Friday, beginning March 16. Appointments are available 9 a.m.-2 p.m. through April 15. Call 438-6725.

18 / Wednesday

**Soldiers Talk Story** – Redeployed 2nd Stryker Brigade Combat Team Soldiers are invited to "talk story" every Wednesday, 9-11 a.m. at the Tropics, Schofield Barracks, starting March 18. "Survive the peace" by sharing your experiences with your supporters over a cup of coffee.  
Coffee will be provided and spouses are welcome. For more information call Letticia Rivera at 655-8134.

19 / Thursday

**Luncheon** – The next Hui O Na Wahine (all ranks spouses club) luncheon is scheduled March 19, 10 a.m., at the Nehelani, Schofield Barracks.  
The club is now accepting nominations for the 2009-10 elected board positions.  
For more information, contact Abbie at 599-0541 or e-mail [huiwahinepres@yahoo.com](mailto:huiwahinepres@yahoo.com).

20 / Friday

**AER Campaign Kick-Off Rally** – This year's Army Emergency Relief (AER) kickoff rally is at the Nehelani, Schofield Barracks, March 20, 10-11 a.m. All brigade, battalion, unit commanders, command sergeants major, project officers, key personnel and interested Soldiers are encouraged to attend.  
Call Jackie Torres, AER officer, at 655-7132

**Employment Orientation** – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get information on employment with federal, state, private sector and staffing agencies.  
Reference materials, job listings, computers, Web tour and more will be available for use. Orientations will be held at Schofield Barracks, ACS, March 20, 9-10:30 a.m.  
Register online at [www.acsclasses.com](http://www.acsclasses.com). Call ACS at 655-4227.

23 / Monday

**AER Campaign** – Army Emergency Re-

18 / Wednesday

**ACS Island Tour South** – Want to discover Oahu? Army Community Service (ACS) will host a free island tour, March 18, 8 a.m.-4 p.m., departing from Building 1599, Fort Shafter.  
This tour is designed to familiarize all newly arrived Soldiers and family members with Hawaii culture, customs and language. It will help orient participants to the installation and various points of interest.  
To reserve your seat and pick up your boarding pass, visit ACS, Tripler Army Medical Center's satellite office, Building 127 or call 438-4499.

**Hollywood Knights** – The celebrity basketball team, Hollywood Knights, will battle it out against the Army Hawaii All-Star Basketball team, March 18, 6 p.m., at the Aliamanu Military Reservation Physical Fitness Center, and March 19, at Martinez Gymnasium, Schofield Barracks.  
Doors open at 5 p.m., and Blue Star Card holders are invited to a pregame rally at 4 p.m. at the Tropics, Schofield Barracks. Enjoy complimentary VIP seating during the game.  
Blue Star Card holders must register by calling 656-3325/7.

lief (AER) is conducting its annual campaign, March 23-April 24. During this time, unit point of contacts will be available to assist Soldiers in contributing to the campaign.  
Voluntary contributions allow AER to fulfill its mission of helping Soldiers in time of distress and misfortune.  
Call Jackie Torres, AER officer, at 655-7132.

**Commissary Closure** – The Schofield Barracks commissary will close at 3 p.m. March 23 to conduct annual inventory. The store will reopen March 24 at 9 a.m.

24 / Tuesday

**Online Resume Class** – Attend job search training seminars from your home or office. All you need is a computer and telephone.  
Federal Resume Writing will be conducted online, March 24, 10-11 a.m., and Private Sector, March 31, 10-11 a.m. To register, visit [www.acshiemployment.com](http://www.acshiemployment.com), scroll down and click "teleseminars."  
Call Army Community Service at 655-4227.

25 / Wednesday

**Gate Closure** – Schofield Barracks' Macomb Gate will be closed March 25-April 8, to install additional force protection measures. All other gates at Schofield Barracks will maintain their current operational times.  
For more information, call the Directorate of Public Works at 656-2435.

27 / Friday

**Spring Break Employment** – Army Community Service (ACS), Schofield Barracks will hold a Spring Break job and education orientation for 9th-12th graders, March 27, 9-11 a.m. Home schooled students are encouraged to attend.  
The orientation will be held at ACS, Schofield Barracks. Register online at [www.acsclasses.com](http://www.acsclasses.com). Call ACS at 655-4227.

29 / Sunday

**Easter Egg Hunt Registration** – Operation Homefront of Hawaii will host its annual Easter Bunny Egg Hunt, March 29,

Get more information about the Hollywood Knights at 655-0111/2.

**Big R: Margarita Madness** – Learn how to create your own "Margarita Madness" masterpiece while celebrating another month of deployment complete with your Blue Star Card friends, March 18, 6-8 p.m., at the Schofield Nehelani.  
A talented designer will be on hand to give step-by-step instructions. Canvas, paint, brushes and pupus will be provided, as well as free child care.  
Space is limited, reserve today. Call 656-3327 or e-mail Sarah.Chadwick@us.army.mil.

**Celtic Keiki Dancers** – Celebrate St. Patrick's Day with the Celtic Keiki dancers, March 18, 6 p.m., at the Sgt. Yano Library, Schofield Barracks. The dance troupe will demonstrate their fancy footwork accompanied by live music. Call 655-8002.

**Money Management** – Learn the basic tools for financial success during a Money Management class, March 18, 10:30 a.m.-noon, Army Community Service, Schofield Barracks. Develop a spending plan, reduce expenses and make your paycheck work for you. Call 655-4227.

1-3 p.m., at the Oahu Veteran's Center (1298 Kukila St.).  
This event is open to all service branches of military families, rank E6 and below.  
Register online now through March 27. Call 469 7427 or visit [www.operationhomefront.net/hawaii](http://www.operationhomefront.net/hawaii).

31 / Tuesday

**Fort Shafter Women's History Observance** – Women from all walks of life and in all professions are taking the lead to save our planet. The 311th Signal Command and the Hawaii Equal Opportunity team invites you to celebrate Women's History Month at Fort Shafter, Building 1554, March 31, 10:30 a.m.  
Guest speakers will be Cindy Barger, biologist/project manager, Civil and Public Works Branch, U.S. Army Corps of Engineers, Honolulu District, and Leilani Munter, professional race car driver and environmental activist.  
For more information, call Master Sgt. Ricardo Natera at 497-7643 or e-mail [Ricardo.natera@us.army.mil](mailto:Ricardo.natera@us.army.mil)

Ongoing

**Tax Center North** – The Schofield Tax Center, Building 648 at the corner of Foote Avenue and Lewis Street, is open and provides tax service on a walk-in basis.  
Hours of operation are 9 a.m.-5 p.m., Monday-Friday, and no appointments are necessary.  
Service is provided free for active duty service members, their family members, and retirees.  
Call 655-1040.

**Grade School Testing** – Hawaii State Assessment (HSA) tests will be administered to students in grades 3-8 and 10 at Hale Kula, Solomon, Wheeler and Shafter elementary schools, Wheeler Middle School and Leilehua High School, April 6-24.  
Attendance is a crucial factor for success. Parents are asked to schedule student dental or medical appointments after school hours to minimize long absences during the HSA testing period.



**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  
**Helemanu (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.



Notorious

(R)  
Friday, 7 p.m.

New in Town

(PG)  
Saturday, 2 p.m.

Bride Wars

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



Ink Heart

(PG)  
Sunday, 2 p.m.

Gran Torino

(R)  
Thursday, 7 p.m.



# Keiki celebrate Dr. Seuss’ birthday at Fort Shafter

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

FORT SHAFTER — More than 20 children wearing tall, red-and-white-striped hats and colored whiskers on their cheeks showed up at the Fort Shafter Library to give the “cat in the hat” a warm welcome, March 4.

Grinning ear to ear, the children waved to the famous cat as he entered the library with a Dr. Seuss book tucked under his furry arm.

“Today, we celebrate Dr. Seuss’ 105th birthday,” said Howard. “Fictional characters are characters people make up in their mind.

“You can make up characters, too, using your imagination,” she continued.

She then opened the book *I Can Read with my*



Children sit quietly, listening to Dr. Seuss’ familiar rhymed couplets as a “cat in the hat” reads a tale aloud at the Fort Shafter Library, March 4. More than 20 children celebrated Dr. Seuss’ 105th birthday with story time and Seuss-filled activities.

*Eyes Shut* and began reading aloud.

Children sat up a little taller to get a glimpse of the animated artwork in the book as Howard brought the story to life, using various voices and dramatic movements to keep the interest of the young listeners.



### 14 / Saturday

**Discover Scuba** — Find out if scuba diving is the right sport for you at a free introductory class, March 14, 2-4 p.m., at Richardson Pool, Schofield Barracks. This program will teach you what to expect before you pay for a full scuba diving instruction class.

Call 853-4673.

### 16 / Monday

**Learn to Swim** — Summer learn to swim programs are getting underway at Army pools. Classes begin March 16 at Richardson Pool, Schofield Barracks, with sessions through September. Classes for all skill levels and adult beginners are available.

For full schedule and costs, visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com). Call 655-9698.

### Intramural Tennis Tournament Deadline

— The deadline to enter the 2009 intramural tennis tournament is March 16. Entries must be sent to the USAG-HI Sports, Fitness and Aquatics Office, Building 556, Kaala Recreation Center, Schofield Barracks.

The competition will take place March 23-27 at the Schofield Barracks tennis courts.

Call 655-9914.

### 21 / Saturday

**Adventure Hike** — Join Outdoor Recreation for a level two moderate-effort adventure hike through one of several picturesque locations around the island of Oahu, March 21, 7 a.m. Cost is \$10 and transportation to and from Schofield Barracks in provided. Call 655-0143.

### 28 / Saturday

**Whale Count** — Enjoy one of the most unique benefits of living in Hawaii — the annual whale migration. Help the National Oceanic & Atmospheric Administration (NOAA) count migrating whales from picturesque locations, March 28, 8 a.m.-2 p.m. Cost is \$10 and transportation to and from Schofield Barracks is provided.

Call 655-0143.

### 29 / Sunday

**Adventure Bike** — Discover the beauty of the island by bike. Outdoor Recreation is offering a level two moderate-effort bike ride through picturesque locations around Oahu, March 29, 7 a.m.-2 p.m.

Cost is \$15 plus an additional \$5 for bike rental if needed. Transportation to and from Schofield Barracks is provided.

Call 655-0143.

## Ongoing

**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. The twilight special is not available during holidays.

Call 438-9587.

**Bowling Parties** — Having a party or celebrating a special occasion? Wheeler Bowling Center’s eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour. A three-hour minimum and \$2 shoe rental apply.

Call 656-1745.

**Paintball** — Check out the paintball facility at Wheeler Army Airfield, just off of Lauhala Road next to the baseball fields. Hours of operation are Fridays, 5-9 p.m., and Saturdays and Sundays, 11 a.m.-7 p.m. Rental equipment and instruction is available. You can bring your own paint or buy it there. Visit [www.paintballhawaii.com](http://www.paintballhawaii.com) or call 343-3929.

## DeCA accepting commissary certfichecks

**DEFENSE COMMISSARY AGENCY**  
Office of Corporate Communications

FORT LEE, Va. — The Defense Commissary Agency (DECA) will accept outstanding CertifiCheck gift certificates from authorized customers, thanks to a plan approved March 6 by the Department of Defense (DoD).

The approved plan allows DeCA commissaries to honor CertifiCheck gift checks now through July 31, 2009.

“I am happy to report that DeCA and DoD have found a way that we can honor our customers’ unredeemed certi-

fichecks,” said DeCA Director and CEO Philip Sakowitz Jr. “We have been deeply concerned about how this situation has impacted our customers worldwide, and we’re happy that we’ve been able to find a solution.”

CertifiChecks Inc., the Dayton, Ohio, company that has issued the commissary gift checks since 2002, announced Feb. 26 on its Web site that it had ceased operations and was filing Chapter 7 bankruptcy.

Since then, DeCA had been working nonstop with DoD officials to settle on a legal recourse it could offer its customers

left holding the unredeemable certificates.

DeCA will be allowed to absorb the losses incurred from honoring the certificates from its Defense Working Capital Fund (DWCF), Resale Stocks Account, Defense officials said.

The DWCF was established to allow the federal government purchase and repair activities to account for costs and revenue as if they were commercial businesses.

Since 2002, more than \$20 million in gift certificates have been purchased for authorized customers, including more than \$3.9 million in fiscal 2008.



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

### 14 / Saturday

**Hike Oahu** — Join the Hawaiian Trail & Mountain Club on a 6-mile intermediate hike through Waimano, March 14. This favorite “town” hike provides easy access and superb views. Contact coordinator Thea Ferentinos, 375-0384.

Save the date for these hikes, too:

- March 15, a 6-mile intermediate hike along the Tantalus trails.
- March 22, a 10-mile intermediate hike into Moanalua Valley.

Hikes begin at 8 a.m., and a \$2 donation is requested of nonmembers. An adult must accompany children under 18. Hikers typically 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](http://www.htmclub.org).

### 28 / Saturday

**Surf & Turf 5K** — Register for the SM&SP Surf & Turf 5K hosted by Marine Corps Community Services, March 28, 6:50 a.m. This scenic race takes runners to the reaches of Marine Corps Base Hawaii, Kaneohe Bay, including stretches down some of the most panoramic beaches in the area.

The race begins at the Officers Club, Building 5082. Registration costs \$20 and includes a T-shirt.

Register online at [www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm) or call Tina Lui at 254-7590.

## April

### 10 / Friday

**Golf Scramble** — Register now through April 1 for the 8th Theater Sus-

tainment Command Golf Scramble scheduled, April 10, 7:30 a.m., at the Turtle Bay Resort, Tom Fazio Course.

Registration is \$70 and includes green fees and cart. Monies are due on tournament day. Awards will be given.

Submit player’s names to Lt. Col. Michael Bender, 438-0740, or [Michael.Bender@shafter.army.mil](mailto:Michael.Bender@shafter.army.mil). Tournament is open to everyone.

### 11 / Saturday

**Camp Erdman 10K Race** — Come experience the North Shore and Camp Erdman during this exciting new 10K race and keiki 2K, April 11, 8 a.m. Entry fee includes finishers T-shirt and post-race activities (high ropes course, archery, swimming pool and keiki club) from 10 a.m. to 4 p.m.

The course runs along Farrington Highway (paved surface) between the rugged Waianae mountains and the pristine shorelines of Mokuleia.

Registration closes April 2 and costs \$30 per adult and \$20 per child. Register by March 15 and save \$5.

Online registration is available at [www.ymcahonolulu.org](http://www.ymcahonolulu.org).