

Suicide prevention goes 'Beyond the Front'



INSIDE

Supporting education

8th Military Police Brigade and Iraqi police distribute school supplies to underprivileged children.

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Tax center

Tax preparation services are available by appointment at the Office of the Staff Judge Advocate on Fort Shafter beginning March 16.

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Hollywood **Knights**

The celebrity basketball team Hollywood Knights will battle the Army Hawaii All-Star Basketball Team, March 18, 6 p.m., at Aliamanu Military **Reservation Physical** Fitness Center, and March 19, 6 p.m., at Martinez Gymnasium, Schofield Barracks.

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

FORT SHAFTER - It's a dark statistic. Last year, more than 140 Soldiers took their own lives, making 2008 the worst in the Army's history for preventable suicides.

To combat the growing numbers and make Soldiers and civilians aware of how they can recognize and prevent Soldier

suicides, U.S. Army-Pacific (USARPAC) headquarters conducted stand-down training sessions from March 4-13 as part of an Armywide Suicide Prevention Program.

Hundreds of Soldiers and Department of the Army civilians at USARPAC assembled in Fort Shafter's Richardson Theatre to view an interactive video entitled "Beyond the Front." It presented vignettes of Soldiers in stress-related situations that could lead to suicidal behavior during deployment or



www.militaryonesource.com provides assistance.

post-deployment. Brig. Gen. Stephen Jones, commander, Tripler Army Medical Center, facilitated the training session.

After each vignette in the DVD, audience

members could choose the Soldier's best course of action among several options at that juncture. A correct course of action tended to reduce or assist in coping with stressors. However, some scenario options actually increased anxiety.

'You can make a difference," Jones told the audience. "This training shows you how to recognize the warning signs of suicide,

SEE PREVENTION, A-7

Redeployment shuffle

推进的时间的时间

SCHOFIELD BARRACKS — First Lt. Kelly Calway, 500th Military Intelligence Brigade, and daughter Hazel, 18 months, anxiously await the return of husband and father Capt. Christo pher Calway, Headquarters and Operations Company, 2nd Stryker Brigade Combat Team, during the brigade's redeployment ceremony on Sills Field, Thursday. "We're doing the baby hand-off," said Kelly, who will deploy this summer. More than 4,500 Soldiers marched onto Sills Field for the redeployment ceremony

Reservist saves woman from suicide attempt

Photos by Jeremy S. Buddemeier I U.S. Army Garrison-Hawaii Public Affairs

Soldier performs acrobatics to keep woman from jumping

Story and Photo by **IST LT. SIBARIA FAY YOUNGER** 9th Mission Support Command Public Affairs

HONOLULU – Today he is called "Spidey." Some even call him "Indiana Jones."

These are new titles for David Yamamoto, a Honolulu police sergeant and an Army Reserve command sergeant major, after he leapt from the fourth floor of a five-story Waikiki parking structure to save a woman attempting suicide in September 2008.

"I responded to a call that a lady was trying to jump off a building," said Yamamoto, who was on duty with the Honolulu Police Department. Three other officers were at the scene with the woman when he arrived.

"The woman was standing on the outer side of the railing," he said. "She was leaning back and hanging onto the rail. I began to talk to her about everything. I was trying to make a connection with her. I asked her if she remembered helping me with my son."



Photo Courtesy of the Army Reserve

Command Sgt. Maj. David Yamamoto recalls events that took place in September 2008 at a Waikiki parking structure, recently

"Forgive me, Lord, of all my sins," she said.

After saving her, he looked down from the fourth floor and saw her trying to jump over the third floor railing.

"I was like, oh no, you're not going to do this again," Yamamoto said.

He then jumped over the fourth floor railing, holding on with his hands, and kicked the woman back. Then, he swung down and jumped onto the third floor to restrain her.

Yamamoto marveled at how quickly the scenario played out. He said his more than 24 years of Army training, including obstacle courses and MOUT (Military Operations on Urban Terrain) training, probably had a lot to do with him being able to maneuver and save the woman.

Yamamoto currently serves as a command sergeant major in the 322nd Civil Affairs Brigade, 9th Mission Support Command, at Fort Shafter. He joined the active Army in 1984 as an infantryman, and then joined the Army Reserve in 1988.

Before the woman was taken to the Queen's Medical Center for evaluation, Yamamoto remembered whispering to her, "I got my hug."

The Honolulu Police Department awarded

Schofield Barracks Soldier dies in Iraq

ARMED FORCES PRESS SERVICE News Releas

SCHOFIELD BARRACKS - The Department of Defense announced Monday, the death of a Soldier who was supporting Operation Iraqi Freedom.

First Lt. Daniel B. Hyde, 24, of M o d e s t o , Calif., died Saturday in Samarra, Iraq, of wounds sustained in



Restoring forests

Cub Scouts learn the beauty and importance of the natural environment by removing invasive weeds

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18.

him with his son, but this is a technique he uses to assess mental soundness. She said she remembered helping him with his son.

At that point, he knew she was not thinking straight. He told her he wanted to get closer to give her a hug and properly thank her for her help. Then, emergency vehicle sirens sounded, and she began freaking out, he said. Yamamoto recalled her last words before she let go of the railing and fell.

two-and-a-half

According to witnesses, it was like a scene from a movie. Yamamoto jumped right after her, grabbed her shirt, and swung her into the third floor parking garage. Other officers hung onto Yamamoto's vest.

Yamamoto said the woman, 47, was about 200 pounds and much taller than him. He stands 5 feet 5 inches and weighs about 150 pounds.

Yamamoto the Bronze Medal of Valor in December 2008.

Due to privacy laws, Yamamoto was sure he would never be able to find out if the woman was OK, but while at the scene of another incident during Christmas, he saw her.

"It was just nice to see that she was doing better," he said, "It was kind of like a good Christmas present. I guess that was God's way of giving me a little 'hi' sign for Christmas.'

нуа explosive de-

vice struck his unit vehicle.

Hyde was assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, at Schofield Barracks.

Hyde joined the Army in July 2007 and was assigned to Schofield Barracks in July 2008.

AFAP provides 'voice' for improving lives in Army communities

AMY L. BUGALA Staff Write

SCHOFIELD BARRACKS - For 25 years, the Army Family Action Plan (AFAP) has been providing Army communities worldwide with a "voice" in improving quality of life by initiating change. This year, that voice may be yours.

U.S. Army Garrison-Hawaii will tackle issues impacting the well-being of the community and celebrate the history and success of the program during the 2009 AFAP Conference at the Nehelani, Schofield Barracks, March 16-

AFAP was created in 1980 through focus groups, and

was fully developed with the first official conference in 1983. Its mission is to help Army leaders address the needs and concerns of the total Army Family.

The history speaks for itself.

"It works," said Tracey Clark, Army Community Service, AFAP program manager. "This is a process that truly works and allows community members the opportunity to tell their leadership what they need to get the quality of life they want.'

For two-and-a-half days, 52 delegates comprised of Soldiers, family members, retirees, Department of Army (DA) civilians and veterans, will work to prioritize and discuss 49 quality of life issues concerning the community. This year nine service members will make up a work

group devoted specifically to issues affecting single Soldiers

"It's a very intense process and a lot of hard work, but it is work that makes a difference," said Sgt. Tony Wood, military police (MP) liaison, 13th MP Detachment, who has participated in AFAP conferences at both U.S. Army-Pacific (USARPAC) and at Headquarters, Department of the Army (HODA) levels

Wood, along with hundreds of volunteers, has contributed to the annual list of results for the program.

During the past 25 years, 633 issues have been identified Armywide. AFAP has driven 107 legislative changes,

SEE VOICE A-5

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, an-nouncements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or sto ries you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

mandatory. Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be dig ital, high resolution, jpeg files with full

captions and bylines. The Hawaii Army Weekly is an au thorized newspaper and is published in the interest of the U.S. Army community

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

Getting it Straight:

n the Feb. 27 issue of the Hawaii Army Weekly, the "Footsteps in Faith" article, page A-2, entitled "Lent a Time to Re-embrace Our Limitations' should have listed L. Frank Baum as author of The Wizard of Oz, not Roald Dahl.



Hard right should be chosen over easy wrong LT. COL. MARK C. BOUSSY Commander, U.S. Army Garrison-Oahu

Welcome home troops.

Commander's Corner

The entire community is grateful for your sacrifice and accomplishment during another long deployment.

Transitioning from the intensity of deployment to the routines of everyday life with your family and friends is a period of adjustment. Don't be the one who gets a speeding ticket, gets arrested, or as happened, get yourself killed.

Let me provide a quick true story. Just last week, a returning Soldier - back less than 96 hours - purchased a nice new truck and within 24 hours of driving off the lot, hit my car at the AAFES gas station parking lot.

His vehicle wasn't properly registered, and this Soldier will now see his insurance rates go up and points added to his insurance for the next three years. No harm intended, but a reality nonetheless.

Motor vehicle safety. Ensure your safety on the road by complying with installation policies, state laws, and following these helpful tips. Be aware of your speed and keep to the posted speed limits both on and off the installation.

·Seat belts will be worn at all times

while in a motor vehicle.

•Drinking or taking medications while driving is a bad mix ... have a designated driv-

•Cell phone use while driving on Army installations is limited to using a hands-free device.

•Ensure children are secured in a proper car seat. Never leave a child alone in a vehicle.

•Law enforcement officers will ticket drivers who fail to comply and you could lose your on-post driving privileges.

Motorcycle safety. As a motorcycle owner and rider myself, I know all too well the dangers of driving on the streets and highways of Hawaii, which are often wet and always busy.

Often it is the vehicle drivers I am afraid of, but recently, it has been the motorcyclist who completely disregards any safety concerns for him or herself or others by operating motorcycles at excessive speeds of more than 100 mph and consuming alcohol prior to getting on a motorcycle.

Be smart and live to ride another day.



For more details on community issues, call the Oahu North Community Director's Office at 655-0497, the Oahu South Community Director's Office at 438-6996, or the Garrison Safety Office at 656-4150. The staff will be happy to assist you.

Some takeaways to please remember:

•Speed greatly reduces your hazard avoidance time and distance when encountering situations. Give yourself that extra time and space.

•Risk management while riding can take many forms but generally boils down to riding within your limits, riding conservatively and attentively, and always wearing the proper protective gear.

The Army has developed several measures to ensure motorcycle owners understand and practice safety when operating motorcycles:

•Service members are required to complete an Army-approved Motorcycle Safety Foundation Course. It's also local policy to conduct an evaluation ride on each new bike they purchase. These classes are free of charge and offered through the Installation Safety Office during the duty week. •Proper protective gear not only makes the ride safer - by protecting you from bugs, thrown debris and a fall, it may also reduce fatigue from wind noise.

Proper Army-required riding gear includes a DOT-approved helmet, eye protection, a highly visible long-sleeved shirt or jacket (day), reflective (night), full-fingered gloves, long sturdy pants, and overthe-ankle sturdy shoes or boots.

Community standards. Installation standards are in place to maintain good order and discipline and make our community a pleasant environment in which to live and work. Take a moment to review the installation posters located at the commissary, post exchange, shoppette and Family and Morale. Welfare and Recreation facilities, which exhibit photos of improper attire and the policy memorandum.

A courtesy patrol noncommissioned officer periodically makes rounds to ensure compliance.

Readjusting to the daily routines of family life may be stressful and will require patience and understanding. If you're feeling overwhelmed or angry, take a time out and contact someone who can help before circumstances progress to the serious consequences of involving the Military Police.

Two privates discharged for failure to report, drugs

OFFICE OF THE STAFF JUDGE ADVOCATE News Release

During the past month, two Soldiers were tried, found guilty and sentenced for various offens es occurring on and off Schofield Barracks.

A private from 2nd Battalion, 27th Infantry Regiment, was sentenced at a special court-martial to be confined for six months and to be discharged from the service with a bad conduct discharge for failure to report, leaving place of duty, wrongful use of marijuana, larceny, house breaking, breaking restriction and receiving stolen property.

A private from B Co., 209th Aviation Support Battalion, was sentenced at a special courtmartial to be confined for eight months and to be discharged from the service with a bad conduct discharge for absence without leave/failure to report, wrongful possession of drugs, wrongful use of drugs and wrongful possession

of drugs with intent to distribute. In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, both Soldiers will have a federal conviction that they must report when filling out job applications. This federal conviction may strip Soldiers of some civil rights, such as the right to purchase and maintain firearms and the right to vote.

Why does the Hawaii **Army Weekly publish** court-martial findings? The Office of the Staff

Education Front Hale Kula welcomes new students daily MARK MADDOX

School Liaison Office

Are you new to Schofield Barracks and has your child been assigned to Hale Kula Elementary School? Don't stress.

Hale Kula, home of the Eagles gives all new students the royal treatment by providing a variety of transition services.

Even before students start their first day of class, the friendly faces at Hale Kula's Transition Center are ready to make new children and parents feel welcome.

Anastasia Davis and Kelley Jeans are the coordinators for the center. Their goal is to become the new students at the administra-

information center for all new parents and students.

"We would like to make the new students' transition into Hale Kula a smooth and comfortable one,' Davis said.

This transition process begins with an orientation, school video and tour before the students' first day of class. An official "passport" is issued to students to help them identify various school buildings and landmarks. Knowing the lay of the land helps ease new school anxieties

On the first day of school, members of the Greeters Club welcome

tive office with lei. Greeters Club members are made up of third, fourth and fifth grade volunteers who are trained to provide friendly and helpful support to new students. Greeters are on duty every school day, as an average of nearly 40 new students transfer into the school each month.

Transition services don't just end with the new students' first few days of school. After a few weeks of being a part of Hale Kula, all new students are asked to join the "Lunch Bunch" and have lunch one day on stage in the cafeteria.

This event gives transition coordinators a chance to reconnect Schofield School Liaison Office.)

with new students to ensure their new school experience has gone smoothly and provide assistance for new students who require any additional services.

A large bulletin board at one end of the cafeteria contains the pictures and names of all new students, which identifies them to the entire student body and faculty.

"We want our new students to feel welcome and receive a very positive experience when transitioning into our school," said Jeans. (Editor's Note: Mark Maddox is

a Child Youth School Services (CYS2) Transition Specialist at the

Hope, positive expectation much better than luck

FTFTSTEPS in FAITH -

CHAPLAIN (CAPT.) BRIAN REED North Community Deputy Chaplair

Happy Saint Patrick's Day.

Every time I see a rainbow in Hawaii I am reminded of the legend of the leprechaun and the pot of gold at the end of the rainbow. If I could just find the end of the rainbow, I would find a pot of gold.

That's preposterous. It would never happen, although we do speak of "the luck of the Irish." I know Irish folks have bad luck and good luck. For example, the Notre Dame Irish have had more bad luck than good luck in the last number of years winning football championships. However, I do know Irish folks who are optimistic, too – not because of luck. I think it is their outlook.

Luck is just chance. You can't put a lot of stock in winning the lottery or running the tables in Vegas. The odds are stacked against you.

You've heard the phrase, "What happens in Vegas stays in Vegas." Yep, and a lot of what happens and stays is your money. The lottery and Vegas don't stay in business because everybody wins. If you win, it is just plain luck. Even if you play your cards right, it is the chance luck of the draw that gave you those cards

of track record does the object of your hope have?

If you put your hope in the stock market, the track record as of late is not good. If you put your hope in getting a good return on the sale of a house, right now is not a good time to have high hopes in building lots of equity.

In the Army we hear, "Hope is not a method." True. However, there is no point in having a method if you don't have hope your methods will succeed. My hope dictates how I live and my method for living.

Every time I see a rainbow, I am also reminded of the promise of God never to destroy the earth by a flood again. I don't count on the leprechaun, gold or on the chance luck of the Irish. My hope is in Jesus Christ.

Many may say, well, what has he done for you lately? It's been more than 2,000 years since he was here. You think he is coming back? Where is the proof?

I can't prove that he is coming back. I can only look at his track record in the Bible. He was faithful then. In my life, he has been faithful now.

his promises about his return.

He didn't set a timeline for his return. As a matter of fact, he left saying no one knows the hour or the day except God alone (Mark 13:32)

A Chief of Chaplains directive came out for all chaplains to offer hope in our sermons. To preach is to offer hope based on the object of hope.

Jesse Jackson was passing by a fellow preacher while leaving a press conference before a ball game. The preacher leaned in and whispered into Jesse's ear, "Got any good sermons?"

Jackson walked on a few more steps, realized what had been whispered in his ear, turned around, and said, "Go with the hope, brother. Go with the hope!"

In what or in whom do you put your hope? What is his or her track record? Can you rely on that person for your future? Would you invest all hope in him or her?

The Bible is full of hope because the writs were convinced of God's follow through. Hebrews 11:1 states "Now faith is the as-

surance of things hoped for; the evidence of things not seen.'

I will no longer need faith and hope when Christ returns because faith and hope will be realized in the person standing before me.



since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 3/11/2009.

Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Hope, on the other hand, is a confident expectation of things to come based on the predictability and track record of the object of that hope

We talk about dumb luck, but not about dumb hope. However, it is the object of your hope that determines whether it is dumb hope or not.

What do you put your hope in? What kind

I hang on to hope in him because I believe he is more than just a human or an institution. He is more than the church, although he loves the church. He is more than human because of things he did that were supernatural, not just magic tricks. He is more than human because what he said would happen did happen.

He was faithful to his promises then. There is every reason to believe he will be faithful to taught as a missionary to Ireland.

For now, my hope rests in the faithful, reliable, resurrected lamb of God who took away the sins of the world. That is not hope for hope's sake. That's hope in an objective truth dressed in a person.

Jesus Christ will amplify your hope into a confident expectation like no one or nothing else can. That's what Saint Patrick believed and

Other than your mother, name an influential woman you admire.

"Oprah. She spreads the wealth and looks out for others.

Willa Gardner AAFES Sales & Merchandise Manager

'Condoleeza Rice. Because she exceeded her potential.

> Jessica Kuhn Family Membe

"Hillary Clinton. For her work as senator of New York and (her work on) immigration."

Pfc. Rosa Matos 8th Personnel Center HR Specialist

"My wife. She is the glue that holds our family together.

Col. Tim Ryan 8th TSC Perso Center Director

"Princess Diana. For her work with children."

Sgt. George Templeton 732nd MI Bn Signal Analyst

DEPLOYED FORCES

HAWAII ARMY WEEKLY MARCH 13, 2009 | A-3 Engineers make difference one hole at a time

Story and Photo by **IST LT. ROBIN GLEBES** 26th Concrete Detachment, 84th Engineer Battalior (Construction Effects), 18th Engineer Brigade

MOSUL, Iraq - "Twenty-sixth, start prepping. There may be a mission coming down," said 1st Lt. Ken Liu, executive of ficer, 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.

provised explosive devices. Moving and when they reach the crater the Soldiers that will have to be cut and broken out for through the city, gunshots are heard once many spring to their feet and get to work. the repair to be correct. 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

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

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

xpands 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



A-4 | MARCH 13, 2009 HAWAII ARMY WEEKLY



Soldiers and civilian employees to community@ hawaiiarmyweekly.com.

13 / Today Assumption of Responsibili-ty 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 / Mondav

Tax Center South - Tax preparation services will be available

by appointment only at the Office of the Staff Judge Advocate, build-ing 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 meas-

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. Ty

An OH-58D Kiowa Warrior helicopter from 2nd Squadron, 6th Cavalry Regiment, 25th Combat

"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-

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

C. Marshall Jr. | 25th Combat Aviation Brigade Public Affair

SOLDIERS

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.'

NEWS **Voice:** Changes in policy are benefit of conferences

CONTINUED FROM A-1

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

Issues that cannot be immediately re- and then to the HQDA level.

chaired by Col. Matthew Margotta, solved or that may require policy or commander, U.S. Army Garrison-Hawaii, legislative changes move forward to the the 2009 Hawaii AFAP issues will take 25th Anniversary of AFAP will be held until fully resolved and marked as closed. USARPAC conference, here, May 27-29,

A closing ceremony and brief of community is invited to attend.

An Armywide celebration of the place, March 18, 8:30-9:30 a.m. The 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.

•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.mvarmvlifetoo.com.

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

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 eas-

ier 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 Pyramid.gov heart disease, high blood pressure and diabetes; a

HEALTH

feeling of well-being; and STEPS TO A HEALTHIER YOU 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 high lights need to control haza **IS SU**

DR. KELLY L. FORYS Psychologist, U.S. Army Center for Health **Promotion and Preventive Medicir**

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 poi-

sonings 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 vour home for dangerous prod-

ucts and conditions so that you are aware of situations that could be harmful to little hands and fingers. 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

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.

Concussion in battle, sports can cause TBI

JERRY HARBEN Army Medical Department

Brain Injury Awareness Month

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. 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."

"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 wellpublicized 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

CONTINUED FROM A-1

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, US-ARPAC 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 expe-

rienced 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.



Soldiers from the 1101st Garrison Support Unit and JROTC cadets pick up driftwood and debris during a beach clean up at Pililaau 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.

Recadeds work together to clean up beach

Soldiers

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 Pililaau 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 mak-

ing 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

son 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

"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



JROTC cadet Ester Wells sweeps up a pile of leaves at the Pililaau 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 dis-

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 differ-

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. a special interest in this beach and want it to be clean and ready for our fellow Soldiers and their families." 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 ence here today."

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



Aliamanu (AMR) Chapel

Fort DeRussy Chapel

1st Sunday, 1 p.m.

Fort Shafter Chapel

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

Helemano (HMR) Chapel

Main Post Chapel

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

• Catholic Sunday, 8:30 a.m. – Mass Sunday, 8:30 a.m. – Religious Edu. Gospel Sunday, 11 a.m. – Sunday School (Sept.–June only) Sunday, 12:30 p.m. – Worship service • Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

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

836-4599

836-4599

836-4599

653-0703

655-9307



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 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.

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' Mc-Nair 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.

yahoo.com.



'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 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 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 Train ing – 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@

18 / Wednesdav

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 interests.

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 con-

tacts 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

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.

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. Ri-

 Catholic Sunday, 9 a.m. - CCD & RCIA Sunday, 10:30 a.m. - Mass Collective Protestant Sunday, 00:30 a.m. - Sunday School Gospel Sunday, 10:30 a.m. - Sunday School Gospei
Sunday, 10:30 a.m. – Sunday School
Sunday, noon – Worship Service MPC Annex, Building 791

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

Soldiers Chapel

Catholic riday–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. Saturday, 5 p.m. - Mass • Protestant - Mass 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 under reeltime movie listing.



Notorious (R) Friday, 7 p.m.

New in Town

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 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

20 / Friday AER Campaign Kick-Off Rally – This year's Army Emer-

gency 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. Call ACS at 655-4227.

23 / Monday

AER Campaign - Army Emergency Re-

register, visit 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. Call ACS at 655-4227.

29 / Sunday

Easter Egg Hunt Registration - Op-

eration Homefront of Hawaii will host its annual Easter Bunny Egg Hunt, March 29, cardo Natera at 497-7643 or e-mail Ricardo.natera@us.army.mil



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.

(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.

No shows on Mondays or Tuesdays.

COMMUNITY

HAWAII ARMY WEEKLY MARCH 13, 2009 | B-3

The line "you can read about ankles and croco-dile pants " created an outpour of giggles from the

Dr. Seuss' books are a wonderful collision of

silliness and nonsense that results in a world of its

own - a world that makes perfect sense once chil-

encourages children to use their imagination, which

As story time ended, keiki participated in games

and crafts. Some children colored and created Cat

in the Hat magnets, while others fished for "one fish,

two fish, red fish, blue fish," and tossed a beanbag

The air was festive as the military ohana cele-

Theodor Seuss Geisel, better known to the world

Seuss died Sept. 24, 1991, but his legacy of chil-

Dr. Seuss is not just a collection of children's

The collection of Dr. Seuss' books has engaged

children for generations in a fantasyland that pro-

vides real-life lessons. His timeless stories encour-

age everyone to discover that "everyday, from here

books, but an endless adventure into the imagina-

dren's books continues to inspire children to learn to read and to share in the laughter, enjoyment and

knowledge that a book can provide.

to there, funny things are everywhere.

as the beloved Dr. Seuss, was born March 2, 1904,

brated the creator behind the classic children's

"Dr. Seuss continues to inspire through the generations," said family member Dana Sims, "and it

crowd.

into a hat.

in Springfield, Mass.

tion of its creator.

books.

dren take a look inside.

is needed more in this digital age."

Keiki celebrate Dr. Seuss' birthday at Fort Shafter

Story and Photo by **MOLLY HAYDEN**

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

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 the cat in the hat, played by Janet Howard, public services librarian, Sgt. Yano Library. Howard then led the children in singing the

happy birthday song.

"This is an opportunity to promote literacy in a fun way," said Howard, "and Dr. Seuss has always played a big part in the process of learning to read."

Howard reminisced about her own childhood, lying in bed, tucked under the covers as her mother read McElligot's Pool aloud.

"It was my favorite book growing up," she said The inquisitive ensemble of young readers sat on the floor with their legs crossed and listened carefully as Howard explained Dr. Seuss' approach to

writing. "Dr. Seuss wrote about many fictional characters," 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



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. Call 655-9698.

Intramural Tennis Tournament Dead ine - 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.



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 activitie

Eyes Shut and began reading aloud. the animated artwork in the book as Howard young listeners

28 / Saturday

al Oceanic & Atmospheric Administration

(NOAA) count migrating whales from pic-

turesque locations, March 28, 8 a.m.-2

p.m. Cost is \$10 and transportation to and

29 / Sunday

ty of the island by bike. Outdoor Recreation

is offering a level two moderate-effort bike

ride through picturesque locations around

Cost is \$15 plus an additional \$5 for bike

rental if needed. Transportation to and

Ungoing

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 twi-

light special is not available during holi-

Bowling Parties - Having a party or

celebrating a special occasion? Wheeler

Bowling Center's eight lanes are available

for private parties on Saturdays and Sun-

days for \$120 per hour. A three-hour min-

Paintball - Check out the paintball fa-

cility 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

imum and \$2 shoe rental apply.

from Schofield Barracks is provided.

Oahu, March 29, 7 a.m.-2 p.m.

Adventure Bike - Discover the beau-

from Schofield Barracks is provided.

Call 655-0143.

Call 655-0143.

Call 438-9587.

Call 656-1745.

or call 343-3929.

days

Whale Count - Enjoy one of the most unique benefits of living in Hawaii - the annual whale migration. Help the Nation-

brought the story to life, using various voices and Children sat up a little taller to get a glimpse of dramatic movements to keep the interest of the

DeCA accepting commissary certifichecks

DEFENSE COMMISSARY AGENCY Office of Corporate Communication

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-



Send sports announcements to community@hawaiiarmyweekly.com.

14 / Saturday

Hike Ochu – 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;

fichecks," said DeCA Director and CEO left holding the unredeemable certi-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

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

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 or call Tina Lui at 254-7590.



Golf Scramble - Register now through April 1 for the 8th Theater Susfichecks.

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.

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. 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 postrace 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.