

SEE AEP A-4

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

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

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

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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DES Straight Talk

Party bus is designated driver option

LT. COL. THOMAS DENZLER
Director, Directorate of Emergency Services

While the consumption of alcohol doesn't necessarily have to be a catalyst for good times, assigning a designated driver usually sets the conditions for future ones.

The Directorate of Family and Morale, Welfare and Recreation (DFMWR) Information, Ticketing and Registration (ITR) office implemented a program in which Soldiers can hitch a ride from (and return to) Schofield Barracks or Fort Shafter on the "Waikiki party bus." No charge is placed on this service, and tickets can be obtained at ITR offices on Schofield Barracks and Fort Shafter.

Those in search of fun are picked up and dropped off at the Hale Koa Hotel around 9:45 p.m. and then can board the bus again at the Hale Koa at 3 a.m. for a safe ride back to Shafter and Schofield.

What's notable is, while gas prices may now be acceptable, the physical and financial costs of driving under the influence (DUI) are not.

Soldiers are encouraged to take advantage of this great (and free) opportunity. DUI apprehension rates are once

again on the rise and at a troubling level.

The Honolulu Police Department (HPD) and Directorate of Emergency Services (DES) apprehended an unacceptable number of Soldiers in 2009.

On average, just under four Soldiers were apprehended weekly for DUI in January and February. So far, March statistics have been even worse, with 16 apprehensions occurring in the first 22 days.

Let's stem this negative tide, plan ahead, and remain safe. Let DFMWR ITR be your designated driver.

Other hot topics
•**Tripler Gate traffic study.** Traffic studies were conducted in February and March and compared the overall traffic "thru-put" between the peak hours of 6-8 a.m. when using two guards versus three guards per lane. The use of a third guard per lane resulted in an 8.8 percent



Denzler

increase in traffic thru-put, or an additional 1.3 vehicles being processed per lane, per minute.

While the use of a third guard per lane does not have a significant impact on traffic congestion, it does contribute to reducing congestion. Therefore, DES will maintain three guards per lane during the above peak hours.

Drivers are reminded to have their authorized picture identification ready for presentation prior to reaching the gate. During the March 2-13 traffic study, an average 9,443 vehicles accessed Tripler during each weekday 24-hour period — with 2,585 vehicles entering the installation between 6-8 a.m.

•**Schofield Barracks' gate closures.** McNair Gate will remain closed through April 8 due to force protection enhancements. After the improvements on McNair Gate are finished, Macomb Gate will close April 9-23 for the same reason.

Drivers on Leilehua Road should comply with the posted speed limits and noise standards due to the proximity of the adjacent neighborhood.

•**Safe driving advisory.** The traffic lights between Lyman and Kunia Gates (Schofield Barracks and Wheeler Army

Airfield) were reprogrammed March 21 to safely expedite the flow of traffic. Signs are posted alerting drivers that the lights have been modified. Drivers need to exercise caution in the coming weeks since the light pattern is noticeably different.

•**Spring break is upon us ... do you know where your children are?** During the 2008 spring break, some housing areas experienced a significant increase in crime. Most of this crime was attributed to our very own family members.

DES requests community members fight crime during this time period by ensuring vehicles and homes are locked and easily pilfered property is secured. Parents are also asked to ensure their juvenile family members comply with the U.S. Army Garrison-Hawaii (USAG-HI) curfew policy and conduct themselves as proud and responsible members of our community.

On behalf of the USAG-HI command team — Col. Matthew Margotta, commander, and Command Sgt. Maj. Robert Williamson — thank you in advance for your efforts in keeping our community safe, secure and enjoyable.

Look to Bible for leadership role models, intuition

CHAPLAIN (CAPT.) JIMMY MAJOR
2nd Battalion, 25th Aviation Regiment Chaplain

In today's Army, leaders can be found at every level. With the current tempo in the Army, many Soldiers are stepping up and leading beyond what they are expected to do. They amaze me how well they are leading as we prepare for the next deployment.

Good leaders have intuition. They "see it" when others don't; they "get it." We all fall into three intuition levels: those who will never see it, those who are nurtured to see it, and those who naturally see it.

Those who will never see it. Putting these people into a leadership role is like putting a square peg in a round hole. You can keep hammering and driving it, but it won't fit.

When someone's gifted to work in a support role, it's a mistake to put him or her into a leadership role. Besides, every orchestra needs a good second fiddle. We're only responsible for the gifts God gives us, not the ones we want or other people think we should have.

Those who are nurtured to see it. These folks have the raw material. They just need to be nurtured and mentored.

Dr. John Maxwell points out that the ability to think like a leader is "informed intuition." These people just need someone to inform, instruct and inspire them, and they'll become good leaders. The truth is, without intuition we're condemned to be blindsided by events and opinions all of our lives.

Those who naturally see it. These are the ones who are born with true leadership gifts. They instinctively understand people and know how to move them from point A to point B. Even as children, they act like leaders. Watch them on the playground, and you will see everyone else following them.

People with such God-given intuition can build on it, become great leaders and bless others.

Now, if you want to see leadership in its finest form, study the life of Christ, who said, "The Son of Man did not come to be served, but to serve, and to give his life" (Matthew 20:28).

Even as a young boy, Jesus could be found in the temple with the religious teachers listening and asking questions of them. There was one situation where Jesus' parents left him during the Feast of Passover. When his parents realized he was missing, they found him in the temple three days later.

"When his parents saw him, they were astonished. His mother said to him, 'Son, why have you treated us like this? Your father and I have been anxiously searching for you.' He replied, 'Why were you searching for me?' He asked, 'Didn't you know I had to be in my father's house?'" (Luke 2:49).

Jesus displayed intuition even as young boy. There are so many leadership skills we can learn from Jesus. When we look at the life of Jesus, he served others with humility and compassion.

During this season of Lent, we can follow the model that Christ gave us as we lead in today's Army. This task can be accomplished as we strive to do our best.



Maj. Jeff Parker | 8th Military Police Brigade Public Affairs

Leading from the front

CAMP LIBERTY, Iraq — Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, Fort Shafter, Hawaii, talks to 8th Military Police Brigade Soldiers during his visit, March 24. Mixon spoke to his Soldiers about the Army's "Year of the NCO" program and how they will sustain the conflict here in Iraq and Afghanistan in the future.

Medically boarded Soldiers gain better legal counsel

JEREMY S. BUDDEMEIER
Managing Editor

SCHOFIELD BARRACKS — They're not your parents, but Mark German and Capt. Sherrie Rivera just want what's best for you, the Soldier.

Attached to the Warrior Transition Unit, German and Rivera are legal advocates for Soldiers whose injuries or medical conditions might force them to leave the service. However, they don't just represent wounded warriors; they provide assistance to any Soldier who is in the process of being medically separated from the Army.

"Things have really changed in the last few years," said German, outreach counsel, Medical Evaluation Board (MEB). German advises Soldiers of their rights and briefs them on the process prior to the MEB.

The MEB, which is comprised of three physicians, determines if a Soldier's conditions fail medical retention standards based on medical regulation Army Regulation (AR) 40-501, according to Steven Engle, supervising attorney, Office of Soldiers' Counsel at Fort Lewis, Wash. A Soldier who fails retention standards at the MEB is then referred to the Physical Evaluation Board (PEB).

In contrast to the MEB, which is medically oriented, the PEB is more performance based. The PEB determines whether a Soldier is fit for duty, factoring his or her primary military occupational specialty, rank and the evidence submitted by the Soldier and counsel.

As Soldiers' counsel, Rivera represents Soldiers at the PEB like a defense attorney; she advises them of their rights, provides them with probable outcomes, and disputes unjust rulings.

In the past, Soldiers didn't really get a lot of help before going to the MEB, German said.

Back then, a PEB liaison officer, who received extensive training but was not legally trained, advised Soldiers during the MEB. Judge advocate general (JAG) lawyers advised Soldiers at the PEB, but did not have the extra support they currently receive from outreach counsel, such as German.

"They're being thrown so much paperwork that they don't even know what's happening," Rivera said. The process is much more robust now.

With increasing numbers of wounded Soldiers returning from war, the Army has hired and mobilized nearly 40 lawyers and paralegals, including German and Rivera, to ensure Soldiers are better informed and protected during the process.

PEB liaisons still assist Soldiers, but MEB outreach counselors provide additional support early in the process and make the job easier for Soldiers' counsel at the PEB.

German recalled a recent case where a staff sergeant with a medical problem and more than 18 years of active duty was placed on temporary disability. The Soldier wasn't aware that he had the right to request to stay on active duty, and he signed paper-

SEE COUNSEL, A-9

Voices of Ohana

"What task is at the top of your Spring cleaning list?"

<p>Paula Ingram Family Member</p>	<p>Pat Nishimoto Nurse, TAMC</p>	<p>Rhonda Sales Family Member</p>	<p>Calley Valenzuela AAFES, Operations</p>	<p>Pfc. Thomas Wadsworth 325th Avn. Regt. Mechanic</p>
<p>"Doing the floors and getting the red dirt out."</p>	<p>"My office, because it is full of treasures."</p>	<p>"My garage, we just moved and I need to let go of some things."</p>	<p>"Cleaning the spare bedroom, because that's where I throw everything."</p>	<p>"My home, because it's new."</p>

94th AAMDC exercises combined/joint defensive capabilities

Key Resolve/Foal Eagle improves ability to defend Republic of Korea

STORY AND PHOTO BY
SPC. ASHLEY M. ARMSTRONG
94th Army Air and Missile Defense Command

SEOUL, South Korea – Soldiers of the 94th Army Air and Missile Defense Command (AAMDC), based out of Fort Shafter, trained with U.S. and Republic of Korea (ROK) Combined Forces Air Defense during the Key Resolve/Foal Eagle (KR/FE) exercise here, March 9-20.

“The mission-essential tasks we have are designed to keep us at the highest level of combat readiness. This exercise, being a sustainment program, allowed us to work across all of those tasks in quite a bit of depth” said Brig. Gen. Roger Mathews, commanding general, 94th AAMDC. “Fundamentally, the exercise focuses our attention on those warfighting tasks.”

Key Resolve/Foal Eagle is a routine training exercise designed to improve the ROK-U.S. Alliance’s ability to defend the Republic of Korea, officials said.

“Ultimately, the intent of the exercise



Left — Sgt. Kevin Queral, night shift battle noncommissioned officer, 94th Army Air and Missile Defense Command, prepares to brief during the Key Resolve/Foal Eagle exercise in South Korea.

is the defense of South Korea and building their (defense) capability,” said Mathews.

The 94th AAMDC participated in the Key Resolve portion of the exercise, which is the command and control portion, while Foal Eagle focused on field training.

“We have to maintain a high level of proficiency in all of our warfighting tasks, and we have several mission-essential tasks to maintain proficiency in,” said Mathews. “We want to go into each exercise well trained, because in a lot of ways, other offices and other commands in the exercise build their proficiency on what we do.”

Participating Soldiers of the 94th AAMDC teamed with 35th Air Defense Artillery (ADA) Brigade, 164th ADA Bde., and ROK Air Defense personnel to react to computer-simulated events. The computer-simulated events tested their combined/joint ability to defend the ROK.

“By participating in this exercise,

I’ve achieved a better understanding of how our ROK counterparts (work), and I know that we are able to conduct our mission-essential tasks,” said Staff Sgt. Jacob Ferrara, passive defense non-commissioned officer in charge (NCOIC), 94th AAMDC.

Approximately 26,000 U.S. service members participated this year, 14,000 of which are stationed outside of Korea.

These exercises build unit readiness that transfers down to individual Soldiers, according to Mathews. Through these exercises, Soldiers come away with real-world skills.

“It never ceases to amaze me just how good the individual Soldiers are,” said Mathews.

After the exercise concluded, Sgt. Kevin Queral, night shift battle NCO, 94th AAMDC, was awarded the 94th AAMDC’s “Hero of the Battle” and was recognized during a ceremony March 20.

“KR/FE is a routine training exercise that takes place every year at about the same time. It is not tied in any way to any political or real-world event,” stated Gen. Walter Sharp, commanding general, Combined Forces Command, in a U.S. Forces Korea press release.

Hawaii engineers construct obstacle to reduce insurgents

Ten-foot high dirt wall around Mosul will funnel insurgent traffic to Iraqi police checkpoints

2ND LT. NATHANIEL NIX
84th Engineer Battalion (Construction Effects), 18th Engineer Brigade

MOSUL, Iraq – The 523rd Engineer Company is constructing an obstacle, known as the “Riyadh Line” around the city of Mosul.

The obstacle is a 90-kilometer, 10-foot berm, or dirt wall, which will completely surround the city. Its primary purpose is to channel all traffic coming in or out of Mosul through checkpoints manned by the Iraqi Police Force.

Soldiers of 1st Platoon, 523rd Eng. Co. (led by 2nd Lt. Nathaniel Nix and Sgt. 1st Class Theodore Johnson III), and Soldiers from 3rd Platoon,

643rd Eng. Co. (led by 1st Lt. Jacob Randles and Sgt. 1st Class James Ewing), are constructing the obstacle.

Both platoons have been working for eight weeks to construct the berm and are three-quarters of the way done.

During construction, the platoons encountered some difficult terrain. In some areas, platoons had to construct roads before bulldozers, excavators, and hauling trucks could be brought in. In other areas, car-sized rocks made it difficult for the bulldozers to push through the soil.

In all, the two platoons have constructed nearly 35 miles of berm, wrapping around three sides of the city.

Once the platoons complete the final section of the Riyadh Line, the entire city will be surrounded, and insurgents will be unable to drive into the city from wherever they please.

Instead of bypassing the Iraqi police check-

points set up around the city, insurgents will be forced through checkpoints, where they are more likely to get caught trafficking explosives and supplies.

The Riyadh Line, however, is not the only thing being built by Soldiers of 1st Platoon, 523rd Eng. Co., a group of horizontal construction specialists (specializing in heavy machinery and groundwork operations).

This group has also conducted road repair and crater repair missions and improved force protection at one of the small joint command outposts (JCOPs) inside the city.

The Soldiers of 3rd Platoon, 643rd Engineer Company, are vertical construction specialists (specializing in carpentry, masonry, electrical systems, plumbing and other building operations).

They are cross-training as horizontal construction engineers, and these Soldiers are usually found improving living conditions on the JCOPs

and forward operating bases (FOB) or helping to fix the infrastructure inside the city of Mosul.

The joint 523rd/643rd Eng. Co. production of the Riyadh Line has begun serving its purpose, despite not even being complete. Traffickers who are forced through checkpoints have been caught.

The Riyadh Line is a major stepping stone in the Army’s efforts to decrease insurgent activity in Mosul and one of many improvements eventually leading to a city as safe as Baghdad.

Until Mosul then, Army engineers such as those in the 84th Engineer Battalion will be hard at work on the infrastructure to make it happen.

(Editor’s Note: 2nd Lt. Nathaniel Nix is a member of 1st Platoon, 523rd Engineer Company, 84th Engineer Battalion.)



War Eagles, Lions Club team to fight hearing loss

Story and Photo by
STAFF SGT. TYRONE C. MARSHALL JR.
25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD – In the classroom-based learning environment, hearing is vital to the academic success of any student, regardless of their age, gender or grade level.

The Soldiers of Headquarters and Headquarters Company (HHC), 25th Combat Aviation Brigade (CAB), teamed with various chapters of the Lions Club, to help combat the potential impacts of hearing loss for students in the Mililani area, March 13.

The “War Eagles” of HHC, CAB, were joined by volunteers from the Mililani, Central Oahu and Kapolei Lions Clubs to conduct screenings for second graders from Mililani Waena Elementary School.

“The purpose of the screening was to identify potential hearing loss,” said Shannon Ching, district governor, Mililani Lions Club, “(to identify) either medical type problems or education being impacted by significant hearing loss.”

According to Ching, when the state discontinued its hearing screening program, the concerned Lions Clubs decided to take action to help prevent hearing loss.

“We used to have a vision and hearing screening program, but the state discontinued it in 1995,” said Ching. “Since then we haven’t had a major statewide project other than when we did vision and hearing screening in some schools.

“So I thought we’d [re-introduce] screening for school-aged children starting this year, focusing on ages six to eight, grades first through



Julian Esdick (right), a member of the Mililani Lions Club, watches for hand signals from a second grader as he and Capt. Jesse Wood, Headquarters and Headquarters Company (HHC), 25th Combat Aviation Brigade (CAB), conduct a hearing screening at Mililani Waena Elementary School, March 13. Six “War Eagles” from HHC, CAB, and volunteers from Mililani, Kapolei and Central Oahu Lions clubs assisted more than 90 students during the hearing screenings.

third,” Ching continued “We can get into kindergarten, but because it’s so new and we’re training people, we want to do older kids first to become more proficient.”

Berta Jenkins, a member of the Mililani Lions Club, and a former principal at Mililani Waena Elementary, shared how the screenings are coordinated with local schools.

“For the Mililani area, what the Mililani Lions have done is contact all the public schools in our

area and scheduled the hearing screenings,” Jenkins said. “When Shannon mentioned the educational impact, we knew that so much of our education is delivered verbally so we want to make sure the kids can hear so they can learn.”

Jenkins also credited parent network coordinators for assisting with school coordination and mentioned that the program is statewide and not limited to public schools. Screenings are conducted at private schools, also.

Lions Club members and Soldiers conducted hearing screening for about 90 children when they visited Mililani Waena Elementary School.

Maj. Brandon Havron, brigade fire support officer, 25th CAB, discussed his experience with the screening program.

“This is actually my first time participating in this type of event, and it was a very rewarding experience,” he said. “It is always great to be around young children. I have children of my own so I love to be around kids, and checking out their hearing and being able to assist was just really great.”

Havron also mentioned that the screening is not in-depth testing but rather a reference to help diagnose any potential hearing issues for children.

“This screens the hearing initially, to see if there is a possible hearing problem,” he explained. “It is a generic test to see if there is any additional testing needed.”

Overall, feedback from the “War Eagles” of HHC, CAB and Lions Club members alike seemed to indicate the children enjoyed the experience, and both groups look forward to the next screening session.

“The children reacted to the Soldiers, as well as the Lions Club members, in a very positive manner,” said Havron. “They were happy to be here and very thankful and polite young children. It was a great morning all together, and I would like to thank the Mililani Waena Elementary School and the Lions Club for letting us help out.”

Leader retreat helps 728th MPs redeploy

SGT. BLAIR CARLO
728th Military Police Battalion

WAIALUA, Hawaii – As part of the reintegration process and in preparation to regaining command and control of all military police units on Oahu, the 728th Military Police Battalion held a senior leader retreat, March 13-14.

The retreat, for sergeants first class and above, offered ample opportunities for team building and for leaders to get to know one another at Camp H.R. Erdman YMCA, here.

On the first day, staff of the YMCA separated participants into random groups to navigate the Odyssey III, a “leading edge designed high ropes course” that gives people a challenging activity.

“The obstacle course was a challenging course that required teamwork and communication to succeed, which are key fundamentals that all leaders need to accomplish any mission that comes their way,” said 2nd Lt. Karen Ruff, assistant battalion adjutant, 728th MP Bn.

After completing the challenge, leaders met and learned more about each other over dinner and a bonfire. The participants met with retired Col. Dave Trueting, former commander of the 728th MP Bn., whose son, Capt. Chris Trueting, is the current commander of the 558th MP Company.

The second day of the course brought new challenges during a

company vs. company volleyball tournament, after which those who missed the rope course the previous day received the chance to participate. Those who completed the course the day before received the chance to cheer on and encourage them.

In the evening, participants listened to a motivational speech provided by Allen Hoe, who serves as a Civilian Aid to the Secretary of the Army and is a father of two Soldiers, including one who died while serving his country, 1st Lt. Nainoa Hoe, for whom the simulation center on Schofield Barracks is named.

Hoe spoke about his time in Vietnam and his sons’ time in the service, as well as their Hawaiian Warrior heritage. It was evident to everyone present that Hoe is a very proud father who remains very dedicated in assisting the leaders of today prepare for their missions of tomorrow.

The senior leadership retreat built on key fundamentals of teamwork and leadership that are required for deployments.

“The events that we conducted over the weekend were great communication and team-building exercises that showed the leaders in the battalion the characteristics needed to lead and accomplish the mission while deployed downrange,” said Maj. Christopher Heberer, battalion executive officer of the 728th MP Bn.

Honored: Hawaii shares family loss

CONTINUED FROM A-1

A total of 8 families from Hawaii and the mainland are expected to participate in this ceremony.

“We are truly grateful for the sacrifices that these families have made,” Takai said. “This medal is just a small token of our utmost appreciation. It tells these families that we also grieve for their loss.”

The joint session will be broadcast live throughout the state via public access television and streamed on demand via the senate webcast page.

2009 Hawaii Army Medal of Honor Recipients

- 1st Lt. Jonathan P. Brostrom
- Sgt. John K. Daggett
- Sgt. Kenneth B. Gibson
- Spc. Jeremiah C. Hughes
- Pvt. Eugene D.M. Kanakaole
- Sgt. Ireno S. Lacerna
- Pfc. Christopher W. Lotter
- Staff Sgt. Julian F.A. Manglona
- Cpl. Michael T. Manibog
- Sgt. Timothy P. Martin

- Pfc. Christopher A. McCraw
- Pvt. Sean P. McCune
- Sgt. 1st Class David L. McDowell
- Cpl. William L. McMillan III
- Spc. Gregory B. Rundell
- Staff Sgt. Solomon T. Sam
- Sgt. 1st Class Jerald A. Whisenhunt
- Sgt. Gary D. Willett

AER: Program provides Soldiers grants, loans

CONTINUED FROM A-1

Sgt. 1st Class Monique Green, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, has seen firsthand how AER can affect Army retention.

“Serious financial situations can affect a Soldier’s decision to stay in the Army or move along,” Green explained.

Green has escorted more than a few Soldiers to AER for assistance. However, when personally faced with the expense of an unexpected move, it took a fellow counselor to show her the way.

“I thought I was the last person AER would help,” she said.

AER is unique, because it is a nonprofit organization that makes it as easy as possible to take care of Soldiers

For more information, or to donate to the 2009 Army Emergency Relief (AER) campaign, contact Capt. Francisco Miranda, AER campaign coordinator or Jackie Torres, AER officer, at 655-7132 or go to www.aerhq.org.

said Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii.

“During my time here, out of the hundreds and hundreds of Soldiers we have taken care of, we have not denied one loan in Hawaii,” Margotta said.

AER in Hawaii provided \$2.7 million in assistance to Army Soldiers and fam-

ilies in 2008. The commanders referral program, which gives company commanders and first sergeants authority to approve up to \$1,000 in interest-free loans for their Soldiers, provided more than \$1.2 million in assistance for rent, emergency travel and privately-owned vehicle (POV) repairs.

In closing, Seward spoke about the annual need to replenish funds and step up to the challenge this year.

“Last year, \$315,000 was contributed here in Hawaii, and we should be extremely proud of the generous spirit of our Soldiers,” he said.

“AER is the very essence of the idea that the Army takes care of its own.”

The annual fundraising drive continues through April 24.



Year of the NCO

Noncommissioned officers mentor junior officers, enlisted

NCO grew up with Soldiering in his blood, now leads younger troops

Story and Photo by
SGT. MAJ. TERRY ANDERSON
8th Theater Sustainment Command Public Affairs

CAMP ZAMA, Japan – Waking up at the crack of dawn and doing physical training (PT) isn't a part of every kid's childhood.

Olanda Thompson saw his father doing PT every morning, and it must have rubbed off –Thompson is now following in his father's footsteps as an Army noncommissioned officer (NCO).

"My father retired as a sergeant first class after 23 years in the Army," Thompson said. "He started out as a tanker, and then finished up as a logistics NCO. His service played a big part in my decision to join the Army."

Sgt. Olanda Thompson was born at the "Home of the Airborne," Fort Bragg, N.C., so Soldiering is in his blood. As in most military families, discipline played a major role in Thompson's upbringing.

"We moved around a lot ... Fort Bragg, (N.C.), Redstone Arsenal, (Ala.) Fort McClellan, (Ala.), and Germany," he said. "I learned a lot about discipline from my mother and father, and it made me into the man I am today."

Thompson joined the Army in January 2003 as a human resources specialist. His first assignment was serving with the 2nd Infantry Division at Camp Stanley, South Korea, U.S. Army Garrison-Fort Lewis. His current assignment is with the 8th Theater Sustainment Command (TSC), Fort Shafter.

He recently deployed with the 8th TSC forward command post, handling personnel and life support issues for the command, and is one of nine advance party Soldiers who worked long hours preparing for the influx of troops to Camp Zama.

His leadership philosophy is simple.

"I just expect my Soldiers to do the best they can ... and do their work to standard," Thompson said.

Spc. Sham Dhone, an 8th Special Troops Battalion Soldier whom Thompson supervises regularly, had nothing but praise for him.

"He's a good leader; he always listens to what



Sgt. Olanda Thompson, 8th Special Troops Battalion administrative specialist, prepares the daily personnel status report for the battalion commander. Thompson, a native of Fayetteville, NC, has been a noncommissioned officer for two years and comes from an Army family.

I have to say and gives me positive encouragement," Dhone explained.

2009 is the "Year of the NCO," and Thompson says it presents an opportunity for NCOs across the Army to showcase their proficiency.

"It's time for us as NCOs to step up and show everyone why we are known as the backbone of the Army," Thompson added.

Officer recalls sergeant first class as bright spot in his career as a new captain in battalion logistics element

MAJ. SEAN O'CONNELL
Army News Service

FORT LEAVENWORTH, Kan. – It has often been said that the noncommissioned officer (NCO) is the backbone of the U.S. Army. And in the current operational environment, NCOs are needed to provide that structure more than ever.

NCOs are the primary trainers for Soldiers, both officer and enlisted. From the first day a person joins the Army, an NCO has a hand in his or her training. For enlisted Soldiers, the first instruction is from a drill instructor, and officers are no different in this process.

No matter if you are an officer candidate, West Point cadet or ROTC cadet, NCOs have the unique job of training and mentoring the people who will eventually become their officers. NCOs also provide the mentorship needed by Soldiers and officers not only through their operational experiences, but their experience in units.

NCOs often stay at the operational level for longer periods of time than officers. Because of this, officers and NCOs are paired together in all organizational structures, and the NCO advises to the officer.

NCOs use their experiences to mentor and train officers new to a job as well as to provide the continuity needed to provide stability to the organization. They also join with the officer to provide a unified voice within the unit.

Officers plan and resource while NCOs see to the detailed execution of unit operations. In addition to unity of voice, the pairing provides unity of effort.

Decentralized mission execution is a primary function of an NCO. Based on his or her vast operational experiences and pairing with officers, the NCO has the ability to take over in any situation in the absence of their appointed officer.

Leaders may fall, but the mission cannot. The NCO is provided to ensure mission accomplishment, and for this reason, all commanders have an NCO as a primary adviser.

That NCO is privy to all operations in the unit and answers only to the commander. The responsibility allows the NCO Corps to have a parallel chain of command that ensures continuing smooth operations when officers are replaced, incapacitated or not available.

For me, I've seen all of this in practice. As a new captain out of the captain's career course, I was assigned to a battalion S-4 (logistics) position with no logistics experience. I arrived at the unit the day before the outgoing S-4 was departing. The extent of the handover between us was a quick tour of the base, a rundown of where his files were and contact information if I had any questions.

The bright spot of my day was seeing the section NCO in charge. She was a sergeant first class with almost 20 years of experience. During the next several months, she became an integral part of anything and everything I did.

For all the many – and often competing – requests from units, she possessed the knowledge and experience to accomplish the mission. She provided me with advice and counsel on everything from technical questions to dealing with the many personalities in the battalion.

Eventually, as she passed on her vast knowledge of logistics, we became a team with one voice. We could "cover down" in each other's absence. This NCO provided the stability and experience needed for both me and the organization to make the battalion S-4 section successful.

To me, this sergeant first class was the backbone of our section as well as the U.S. Army.

Couples, singles learn relationship skills during strong bonds retreat

Story and Photo by
SHAHNAAZ MASON
Guest Writer

WAIKIKI – Sumptuous crab legs, chocolate-covered strawberries, perfect Hawaiian sunsets, and tools that could save your marriage.

All could be found at the Strong Bonds Marriage/Singles Retreat held at the luxurious Hilton Hawaiian Hotel, here, March 19-21.

During this retreat, sponsored by Chaplain (Capt.) Aprill Bright, 45th Sustainment Brigade Rear Detachment, and Chaplain (Capt.) Daniel Cho, 524th Combat Service Support Battalion, married Soldiers learned techniques to improve or strengthen their marriages and single Soldiers learned what to look for in a prospective mate, as well as what to avoid.

When couples and singles arrived, they began what would be a three-day journey of learning for some, and healing and restoration for others. Daily workshops, complimentary meals, beach-view rooms, and child care were provided, so parents could focus on one another and on gaining all they could from the retreat.

"The retreat was geared towards Soldiers who were returning home from deployments and helping them readjust and reconnect with families and spouses," said Bright. "Our goal is to



Chaplain (Capt.) Aprill Bright, 45th Sustainment Brigade, rear detachment chaplain, teaches a strong bonds couples session.

arm our Soldiers with all the necessary tools to succeed in marriage so that they can be mission ready."

The retreat also offered practical advice for single Soldiers.

"We want our single Soldiers to avoid certain pitfalls if they are desirous of becoming married one day," Bright said. "We want them to think things through and be sure that if they are headed to-

wards marriage, they will have tools to help them navigate through marriage."

Staff Sgt. Veronica Suarez, A Company, 45th Special Troops Battalion (STB), said she appreciated the opportunity as a single Soldier to gain insight about herself.

"If you understand yourself, you will be better able to determine what is best for you in a relationship," said Suarez.

"I enjoyed the personality test (Myers-Briggs), and just the opportunity to get away and relax as well as relax."

Pfc. Desiree Hammersley is a chaplain assistant with 311th Signal Command. She and her husband Adam have four children, ages 3-9. They welcomed the opportunity to focus on their marriage. Hammersley said she was excited to be a participant in an event that she

usually helps to organize.

Adam stressed the importance of events like this for Soldiers and families.

"Soldiers cannot focus on their mission properly if their marriage is not strong or there are problems," said Adam. "You are not fully, mentally present at the mission site if you are thinking of problems back home with your wife."

John and Staff Sgt. Marielena Witten, 45th STB, have been married for five years. John said he took away a great deal from the conference, but what stood out in his mind was a session conducted by Cho.

"He taught us a simple technique for respecting each other when we are discussing an issue," John said. "My wife and I are a lot alike, and we are both strong-willed about making a point. We never thought about holding an object while talking and then passing it to the other when it is their turn to talk."

"It's a simple technique," he continued, "but I believe it will help us. When she has the floor, she will have my full attention. Then when it's my turn to talk, she will be focused on listening."

"We have a strong marriage, but this retreat will just make it stronger," said Marielena.

Soldiers should contact their unit chaplains to get dates for upcoming retreats.

News Briefs

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

27 / Today

Dining Facility Closures — The F-Quad dining facility (DFAC), Building 650, Schofield Barracks, will close indefinitely due to deployment, March 27, 1 p.m., after the lunch service. Also, the K-Quad DFAC will be closed March 28-29 and will reopen March 30; however, the Warrior Inn DFAC, Building 2085, will remain open. Contact JT Mann at 656-8799 or james.t.mann@us.army.mil.

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

April

3 / Friday

Fort Shafter Road Closures — Motorist are advised that Walker Drive (leading to Fort Shafter Elementary School) will be closed, March 23-April 3, to install storm drain lines. For more information call 656-4661. Additionally, Bougainville Loop, Fort Shafter, will be closed for new housing construction work through May 31.

6 / Monday

Schofield Barracks Road Closure — Foote Road, Schofield Barracks, will be closed, April 6-May 21, for repaving.

8 / Wednesday

Post Exchange Meeting — All Fort Shafter community members are invited to attend the next Fort Shafter Post Exchange/Market meeting for the Oahu South community, April 8, 10-11 a.m., at the Religious Activity Center, Building 344, 263 Montgomery Dr. Call Rosey Stone at 438-6147 for details.

9 / Thursday

Gate Closure — Schofield Barracks' McNair Gate will be

closed now through April 9, and Schofield Barracks' Macomb Gate will be closed, April 9-23, 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.

14 / Tuesday

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

Fire warden training will be held for unit representatives at the Sgt. Yano Library Conference Room, Building 650, Schofield Barracks, April 14, 10-11:30 a.m., and seating is limited to 20 participants.

To reserve your seat, contact Battalion Chief David Jimenez at 471-3303, ext. 632 or david.djimenez@navy.mil.

15 / Wednesday

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, 9 a.m.-2 p.m., through April 15. Call 438-6725.

28 / Tuesday

Military Career Field Briefs — The Information Operations Proponent (IPO) will hold a series of one-hour briefs on the Functional Designation (FD) Board process and Functional Area 30 (Information Operations), April 28-29, at the Education Center, Building 560, Schofield Barracks.

These briefs are open to active duty Army officers through the rank of major.

To make an appointment call H. David Pendleton, senior IPO personnel analyst, 1-913-684-9448 or e-mail Henry.David.Pendleton@us.army.mil.

Ongoing

AER Campaign — Army Emergency Relief (AER) is conducting its annual campaign, now through April 24. During this time, unit points of contact 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.

Recovered Personal Property — The Provost Marshal Office, Schofield Barracks, has recovered personal property items belonging to Soldiers or family members at both Schofield Barracks and Fort Shafter.

For more information or to

SEE NEWS BRIEFS, A-7

Routine monitoring ensures safe water

DIRECTORATE OF PUBLIC WORKS ENVIRONMENTAL DIVISION News Release

TRIPLER ARMY MEDICAL CENTER — The Environmental Division of the Directorate of Public Works (DPW) routinely monitors the Tripler Army Medical Center (TAMC) water system for the quality of your drinking water. We are very lucky to enjoy some of the highest quality drinking water on Oahu.

Recently, routine tests were performed for the presence of drinking water contaminants. In February, 10 samples were collected and tested for the presence of coliform bacteria. Of these 10 samples, two showed the presence of total coliform bacteria.

Coliforms are bacteria that are naturally present in the environment. Their presence is an indicator that other, potentially harmful, bacteria may be present.

Coliforms were found in more samples than allowed in February, which was a warning of potential problems. However, coliform bacteria are generally not harmful themselves.

An Environmental Protection Agency (EPA) standard, called the "total coliform

rule," is that no more than one sample per month may contain total coliform bacteria. Because two samples in February showed the presence of total coliform bacteria, the TAMC water system exceeded the rule.

This finding is not an emergency or something you should be alarmed about. However, as DPW customers, you have a right to know what happened, what you should do about it, and what DPW is doing to correct this situation.

Again, this finding is not an emergency. Your drinking water is safe.

Whenever DPW detects coliform bacteria in any sample, it conducts follow-up testing to see if E.coli bacteria, which is of greater concern, are present. DPW did not find E. coli bacteria in the samples collected in February.

Repeat samples were collected after the initial samples, and the repeat samples did not contain total coliform bacteria; therefore, this problem has been resolved.

DPW has flushed the water system and does not anticipate any further positive total coliform bacteria samples.

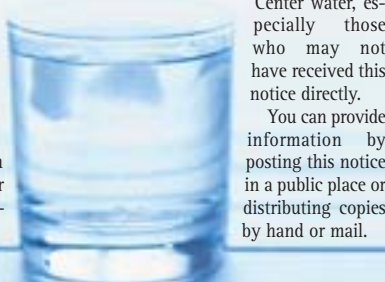
You do not need to take any corrective actions such as boiling your water. Our water is safe to drink; however, if you have specific health concerns, as always, consult your doctor.

Individuals with severely compromised immune systems, infants and some elderly may be at increased risk. People in the aforementioned categories should seek advice about drinking water from their health care providers.

General guidelines on ways to lessen the risk of infection by microbes are available from EPA's Safe Drinking Water Hotline at 1-800-426-4791. You are encouraged to share this information with other people who drink Tripler Army Medical

Center water, especially those who may not have received this notice directly.

You can provide information by posting this notice in a public place or distributing copies by hand or mail.



AFAP: Workgroups make event success

CONTINUED FROM A-1

forum for community members to bring forward issues. Now a variety of methods address community concerns, like e-mail, the Installation Action Council (IAC), town halls and the Interactive Customer Evaluation (ICE) system, Margotta explained.

Mary Ward, volunteer AFAP trainer and coordinator, is a 12-year veteran of the process. Ward thinks the mix of issues this year is "fabulous."

"The trend toward utilizing other local forums to resolve problems saves the AFAP process for those big issues that affect everybody," she said.

Along with the issues, the group presented a list of the most valuable services in the community: Tricare; the commissary; Army Community Service (ACS); education benefits/services; housing; Family and Morale, Welfare and Recreation (FMWR); family readiness groups; Tripler Army Medical Center; Army Emergency Relief (AER); and the American Red Cross.

The base operations workgroup was the first to brief and recommended that all Army facilities be modified to comply with the Americans with Disabilities Act standards. The group also recommended an increase in animal control officers and patrol hours and proposed that a school crossing guard program be established.



Go online to www.mwrarmyhawaii.com to track the status of the active issues from the 2008 and 2009 conferences.

Of the 18 issues submitted to the family/community services workgroup, 11 were solved in the group and three were sent to the IAC. The group recommended that the Defense Commissary Agency (DeCA) and Army Air Force Exchange Service (AAFES) facilities develop a standardized plastic bag recycling program.

According to the group, the current situation "is not in sync with the Army's 'Go Green' initiative." It recommended the agencies launch a program to provide an eco-friendly alternative to customers.

The group would also like to see designated parking spaces for expectant mothers at the Schofield Barracks health clinic.

The force support workgroup recommended that patients be authorized and reimbursed for the purchase of durable medical supplies outside of what is offered by Tricare.

The group also recommended hiring officials be provided the authority to specify additional qualifications on job vacancy announcements and lastly called for an equal

percentage longevity pay increase, citing that inequity across the ranks affects morale and retention.

The single Soldier workgroup, comprised of nine Soldiers, was new to the conference this year. The group found issue with the hours of operation at child development centers (CDC) and dining facilities (DFAC).

According to the group, "The hours of operations for these facilities do not always accommodate the varying work schedules of Soldiers due to operational tempo and deployment train ups."

The group recommended extending DFAC hours, offering weekend service at all facilities and establishing a 24-hour CDC service to accommodate varying work schedules.

The group's last request was to implement a change in Army Regulation 601-210, to allow single parents or guardians to enlist in the Army.

Each of the issues presented by the workgroups will be actively tracked by a local steering committee until fully resolved. Issues that cannot be resolved or require legislative or policy changes move forward to the U.S. Army-Pacific conference here, May 27-29, and then to the Department of Army level.

Margotta closed the conference by thanking volunteers for their ideas, support and time, and marking another year of success for the program.

Conservation: Garrison serves environment

CONTINUED FROM A-1

developed creative tools that benefit threatened and endangered species, the military and the State of Hawaii as they tackle tough issues to protect unique ecosystems for future generations,” Gould added.

The 53-person staff of the Oahu Army Natural Resource Program (OANRP) leads the charge in conserving 73 federally-listed endangered species on Oahu.

“The Army in Hawaii manages more endangered species than any other federal agency in the state,” Mansker said, adding that the OANRP is responsible for managing more endangered species than any other DoD installation in the U.S.

The Army’s management of these species revolves around threat control. Invasive plants and animals, like goats, pigs and rats, “wreak havoc on the native forests,” according to Mansker.

“We are out counteracting those impacts on a daily basis,” she added. “Rappelling off of cliffs to collect plant species, putting in fences, getting rid of (hoofed mammals), banding birds, controlling rats ... without this kind of work ... there’s no way these species could survive long term.”

Of the 73 endangered species managed by OANRP, 63 are plant species, the majority of which are found only on Oahu. Field crews often return to base with propagules – plant parts that can



Courtesy Photo

(From left) Joby Rohrer, senior natural resource management coordinator, Oahu Army Natural Resource Program (OANRP), discusses endangered plants growing in one of three OANRP plant nurseries with Col. Matthew Margotta (center), U.S. Army Garrison-Hawaii (USAG-HI) commander; Michelle Mansker, chief, USAG-HI natural resources section; and Alvin Char, chief, USAG-HI environmental division.

be used to grow a new plant, such as seeds or cuttings – from these plants in tow.

The OANRP horticulture staff maintains three greenhouses where propagules are nurtured into new plants, which will be returned to the wild to help bolster population numbers or will be stored to preserve genetic material.

By preserving genetic material, such as seeds, the OANRP has been able to save two endangered plants, a lobelia and a mint, from extinction. Rat and pig damage to these plants eliminated them from the wild; however, using stored seeds, both plants have been successfully re-introduced in the wild.

The OANRP has also made significant

strides in bolstering the population of the endangered Loulu, Oahu’s only native palm, along Makua’s mountain ridges.

In 1999, the Loulu was on the brink of extinction, with only one fruit and no seedlings found at the Army’s Makua Military Reservation. Through the OANRP’s fence construction and manage-

ment, which keeps pigs and goats from destroying native plants, now more than 600 Loulu seedlings are growing on Makua’s mountain ridges.

The OANRP also collaborates conservation efforts with other agencies by providing funds to partners, researchers and graduate students. These partnerships span from local to federal levels, including the State of Hawaii Division of Forestry and Wildlife, the University of Hawaii, The Nature Conservancy, Lyon Arboretum, Natural Resources Conservation Service, Oahu Fire Council, and private landowners.

Through such cooperative efforts, the OANRP has helped fund and pioneer new techniques for endangered plant propagation, rediscovered a rare tree snail thought to be extinct for 20 years, and responded when wildfires threatened endangered plant populations.

The OANRP’s outreach – educating and involving the local community through presentations and volunteer opportunities – is the remaining critical component of the program’s environmental efforts, and one of the reasons the staff is so happy about winning this year’s award.

“(We) appreciate the recognition, but more importantly, we’re excited to have the chance to heighten awareness about Oahu’s unique endangered species,” said biologist Kapua Kawelo, summing up the sentiments of the entire OANRP staff.

News Briefs

From A-6

claim lost items, call 655-8255, 7 a.m.-3:30 p.m., Monday-Friday.

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 now through June 12. Call 624-2338 for more information.

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.

Phonebook Recycling – Not sure what to do with old phonebooks? Old telephone books are currently accepted at the Recycling Center, located at Building 1087-B, McMahon Rd., Schofield Barracks.

The Recycling Center also provides pick-up service. To schedule a pick-up appointment on the Intranet, visit <https://dpw.hawaii.army.mil/pickup/> or call the Recycling Center at 655-0011.

Twitter – Do you Twitter? Follow the garrison at www.twitter.com/us-agh. For more information, call 656-3153.

Reserve Opportunities – Active duty, Guard and Reserve Soldiers, are you looking to continue your Army career, but your job, school or schedule conflicts keep you from attending weekend drill? Are you leaving active duty and want to continue earning points towards retirement?

Join a local, points-only reserve unit and continue your military career while maintaining your benefits (commis-sary/post exchange/SGLI). Drills are three evenings each month at Fort Shafter Flats.

All ranks and any MOS are eligible. Annual training, schooling and other paid tour opportunities exist.

For details, call Maj. Pepper, 438-6242.

Passport Express – If for any reason Soldiers or their family members need to acquire a passport quickly, they can download an application from www.travel.state.gov. After completing the form, individuals should make an appointment with the Passport Agency

Office, by contacting Howard Josephs at 529-6565.

Normally, within three business days, the agency can rush/expedite passports if individuals bring along required documents: 1) proof of departure (airline tickets, travel orders or a letter from the commander), 2) proof of citizenship (previous passport, certified birth or naturalization certificate, certificate of citizenship), and 3) proof of identity (previous passport, driver’s license, government or military ID card).

Voter registration cards or Army discharge papers are not sufficient as proof of citizenship. For more details, contact Niles Haneshiro in G-8 (Directorate of Resource Management) at 656-3371.

Combat stress reaction documented from 6th Century B.C.

MAJ. RICHARD BARTON
U.S. Army Center for Health Promotion and Preventive Medicine

Post-traumatic stress disorder (PTSD) is an anxiety disorder that can appear after an individual has witnessed or experienced an event they perceive as traumatic.

Common signs of PTSD are persistently experiencing the event through dreams or flashbacks, avoiding events or situations that are similar to the event, increased anxious feelings and significant impairment of social, occupational or personal functioning.

When these symptoms continue in combination beyond a month, those combinations of symptoms could be PTSD.

People who witnessed or experienced childhood or adult physical, emotional or sexual abuse; assault; an auto accident; or a near-death experience may also experience PTSD-like reactions. As well, firefighters and police officers who place themselves in harm's way may have reactions that are similar to PTSD.

Service members who are involved directly or indirectly in combat or deal with the results of combat actions may



have experiences that lead to reactions similar to PTSD.

Reports of combat reaction have been identified since the 6th century B.C.

In 490 B.C., the Greek historian Herodotus, in recording the Battle of

Marathon, described PTSD-like reactions in an Athenian soldier.

During the Civil War, these reactions were called "soldiers' heart." In World War I, PTSD was labeled "shell shock." During World War II, it was

On The WEB

Additional post-traumatic stress disorder resources can be found at Military One Source, www.militaryonesource.com.

called "battle fatigue," and in the Korean War, it was titled "operational exhaustion."

Through the efforts of the Department of Veterans Affairs, identification of specific symptoms and the use of the term PTSD began during the Vietnam conflict.

Most individuals exposed to a traumatic event experience some level of acute stress reactions, or acute stress disorder (ASD). These reactions are similar to PTSD; however, the length of time and continued intensity distinguishes one from the other.

ASD lasts between two days and four weeks. Reactions that are lesser in intensity and length are commonly referred to as combat reactions.

Contributing factors that can lead to PTSD are reduced levels of sleep due to

dreams or agitation (frequently called hyper-vigilance), which may lead to sleep deprivation and the misuse of alcohol used to manage reactions.

Increased alcohol tolerance can magnify the potential for addiction, and studies have shown that excessive alcohol use will adversely affect sleep patterns, multiplying the impact of sleep deprivation.

Overall, people with combat reactions, ASD or PTSD can learn to successfully identify and manage their reactions. For those who have managed their reactions, the common factor is that they acknowledged and accepted their situation and did something about it.

If after 120 days of post-deployment, you do not see a significant improvement in sleep or a decrease in combat reactions, seek assistance from your primary care provider.

You might also search out another health care professional, such as a behavioral health officer or chaplain.

(Editor's Note: Maj. Richard Barton is a social worker with the U.S. Army Center for Health Promotion and Preventive Medicine.)

Living conditions during deployment can negatively impact sleep afterward

MAJ. RICHARD BARTON
U.S. Army Center for Health Promotion and Preventive Medicine

When returning from deployment, a common contributor to feeling out of sorts is disrupted sleep.

Living conditions in theater are not exactly four star – deployment sounds like air frames zipping overhead, opening and closing doors, weapons being slung and unslung, and roommates shouting over video games ... all with the possibility of incoming rounds ... are a poor formula for solid siestas.

For Soldiers just returning from deployment, the living conditions during deployment can negatively impact sleep afterward.

A trick to improving sleep is controlling the things you can and recognizing those that you cannot. Move the television to a viewing place that is not the bedroom. This simple change will help

your body and mind begin to identify your bed as a place for sleep.

If you are having problems staying asleep, go to another room and sit while watching television or read until you are ready to sleep. This sequence may have to be repeated several times, but eventually your body will get the message.

Set up a sleeping "standard operating procedure" (SOP) that cues your body into recognizing when it is time to sleep. If needed, cover your eyes to keep light out.

Use ear plugs or earphones with relaxing music. Relaxation exercises and martial arts meditation have been proven to be very effective in resetting sleep patterns.

Soldiers attend field training partly to become effective at functioning with low levels of sleep under adverse conditions. These training events cannot simulate adverse conditions such as the impact of near-death experiences, the witnessing

Sleep Resources

- Military One Source,www.militaryonesource.com.
- National Center for Posttraumatic Stress Disorder, [ttp://www.ncptsd.va.gov/ncmain/index.jsp](http://www.ncptsd.va.gov/ncmain/index.jsp)
- National Institute of Mental Health, <http://www.nimh.nih.gov>
- Sleep Education.com, www.sleepeducation.com

of carnage, or the loss of a brother in arms.

During the last 15 years, sleep research has confirmed links between exposure to combat and sleep difficulties. In other words, poor sleep while deployed or upon return is normal.

Taking steps to learn about and then apply sleep hygiene procedures may be all that is needed to reset the process for restful sleep.

If the body and mind are rested, their ability to deal with combat reactions improves markedly.

Help your body by restricting caffeine and nicotine intake an hour or two before sleeping. Don't use alcohol to manage sleep – it creates short-term, false gains with long-term negative impact.

Studies have consistently shown that overuse of alcohol disrupts sleep. They have also demonstrated that a common denominator for those who suffer from severe PTSD is the use of alcohol, resulting in prolonged sleep difficulties.

If after 120 days of postdeployment, you see no significant improvements in sleep or no decrease in combat reactions, seek assistance from your primary-care provider, from another health care professional or a behavioral health specialist.

(Editor's Note: Maj. Richard Barton is a social worker with the U.S. Army Center for Health Promotion and Preventive Medicine.)



Leslie Ozawa | Tripler Army Medical Center Public Affairs

Funding the future

TRIPLER ARMY MEDICAL CENTER — TriWest presented \$27,000 to fund the Armed Services YMCA Children's Waiting Rooms at Tripler Army Medical Center (TAMC) and Schofield Barracks Health Clinic, March 18. The ASYMCA offers on-site hourly care for healthy children while parents or siblings attend medical appointments. Because of the contribution, the TAMC Children's Waiting Room has expanded its service hours to 8 a.m.-noon, Monday-Friday. Call 624-5645 (Schofield) or 833-1185 (Tripler).

Counsel: Advocates save careers

CONTINUED FROM A-2

work waiving that right.

Had Rivera not argued for the Soldier to be put back on duty, the Soldier would have lost his retirement benefits. The Soldier was set to receive a lump sum check that was nowhere near the value of a retirement.

"Now he has a stronger case for getting the benefits he deserves," German said.

In addition to injuries, Rivera said she routinely handles cases involving cancer or other serious illnesses. She recalled one case in particular where she made a difference in a Soldier's life.

After a routine medical exam, doctors discovered an anomaly in a Soldier's brain that is an indicator of epilepsy.

The Soldier had not had any seizures and had never experienced any problems performing his job; in fact, he was an expert marksman. However, the doctors recommended separating him from the Army because of his potential to develop epilepsy.

Soldiers with a pre-existing or hereditary condition who are separated from the Army because of a medical condition, before they have served eight years, do not receive disability pay unless they can show that the Army permanently aggravated the condition. However, if they are separated after serving eight years in the Army, they can receive disability compensation.

Rivera appealed the board's decision, but lost. She appealed again, and got the same result. Still, she refused to give up.

After fighting for more than a year and appealing the case all the way to the surgeon general's office, Rivera finally won, and the Soldier was allowed to remain in the Army.

"He hadn't had any seizures, so why should we speculate about future problems?" Rivera said, passionately.

Recently, Rivera attended the Solder's graduation from the Warrior Leader Course. She cried during the ceremony.

No, Rivera and German aren't your parents, but they care about their Soldiers.

Doctors' Day recognizes sacrifice of medical providers

SHARI LOPATIN
TriWest Healthcare Alliance

Navy clinical psychologist Heidi Kraft, Ph.D., learned her toughest lesson in Iraq.

She wrote a moving memoir, "Rule Number Two: Lessons I Learned in a Combat Hospital," about her time serving, and she titled it after a line from the television show "M*A*S*H":

"There are two rules of war. Rule number one is that young men die. Rule number two is that doctors can't change rule number one."

This quote didn't just hit home for Kraft. In fact, it sums up what so many military doctors face on a regular basis. They have many stories, but one reality.

Their service to this country and their fellow men and women in uniform is extraordinary. That's why Doctors' Day on Monday, recognizes and honors all they do.

"One of the best things about being a military doctor is the feeling you have when you're part of a team — not just a medical team — but the overall mission," said Frank Maguire, M.D., who served as a Marine battalion surgeon. Today, Maguire (retired Navy) is the senior vice president of health care services and chief medical officer for TriWest Healthcare Alliance, which administers Tricare health benefits in 21 western states.

Although military doctors deliver babies, listen to elderly heartbeats and treat the average cold, they are unique from their civilian counterparts. Their patients are often young, healthy Soldiers, sailors, airmen and Marines that all too often die or face life-altering changes. That's a lot to take in, day after day.

"You'd be looking at somebody without a leg, and they'd be asking about one of their buddies," Maguire said. "And boy, if that doesn't touch you ..."

Breaking bad news to families, watching

"There are two rules of war. Rule number one is that young men die. Rule number two is that doctors can't change rule number one."

young men and women lose limbs, military doctors do this over and over again. The toll it takes is unavoidable. So they deal by surrounding themselves with others who have lived through similar experiences. Support is the key to sanity in this world of military medicine.

And sometimes, the doctors themselves don't make it.

During a March 11 ceremony at Arlington National Cemetery, honoring fallen military medics, Dr. S. Ward Casscells, assistant defense secretary for health affairs, said, "Their motto is 'Good medicine, bad places.' When it mattered most, they answered the call."

Those that left the war zone alive will always remember their time serving. Throughout her book, Kraft reminisces over the experiences that fueled her emotions from exhilaration to heartbreak.

"Walking, every day, and having literally every single person who passes by say 'Oo-rah, Ma'am' ... meeting the one who threw himself on a grenade to save the men at his side ... my patients, some of them had courage unlike anything I've ever experienced before. And last, but not least ... holding the hand of that dying Marine," Kraft writes.

Military doctors don't do their jobs for the money. They don't do it for the recognition. They do it for the service, for the people.

They do it because it's the right thing to do.

And perhaps that's why they deserve their special day above all else.



Maternity Care

Three steps will ensure newborn insurance coverage

DIANE MAYER

TriWest Healthcare Alliance

Tricare's maternity benefits include prenatal care, labor, delivery and postpartum care. If you are eligible for Tricare maternity coverage, here are three baby steps that will get you off to a running start:

Step 1, visit your primary care manager. If you think you are pregnant, or you are expecting, your primary care manager (PCM) is your first stop prior to seeing a specialist such as an obstetrician, as you may need a prior authorization or referral to ensure that your care is covered by Tricare or to avoid higher out-of-pocket costs.

Step 2, know your benefits. Tricare covers several things:

- An ultrasound or sonogram determined to be medically necessary. A maternal ultrasound is covered only with diagnosis and management of condi-

tions that constitute a high-risk pregnancy.

- Services and supplies associated with prenatal care, labor, delivery and postpartum care.
- Anesthesia for pain management during delivery.

Need more information? Visit www.triwest.com>beneficiary services>TRICARE Benefits or www.tricare.mil, or call 1-888-TRIWEST (874-9378).

- An emergency cesarean section.
- A subscription to the free weekly e-mail parenting newsletter, "eCareConnect" via www.theparentreview.com/DoD.

As well, Tricare does not cover some other things:

- Personal comfort items such as pri-

DEERS Enrollment

First Steps Within 60 Days

Prime Enrollment

(TPR) within 60 days of birth or adoption. A newborn is covered as a Tricare Prime or TPR beneficiary for the first 60 days following birth or adoption as long as one additional family member is enrolled in Tricare Prime or TPR.

If your child is not enrolled in Tricare Prime or Prime Remote (TPR) within 60 days, coverage will revert to the Tricare Standard program option, which carries additional deductibles and cost-shares, on the 61st day, until the child is enrolled in Tricare Prime. Your child's eligibility for Tricare Standard ends 365 days after birth or adoption if not properly registered in DEERS.

(Editor's Note: Lists are not all-inclusive. Visit www.tricare.mil>benefit information>medical>covered services.)

vate rooms and televisions after delivery.

- "Routine" ultrasounds, including ultrasounds to determine gender. You may choose to pay for a routine ultrasound separately from your Tricare benefits.
- Treatments, procedures and technologies related to artificial methods of reproduction including artificial insemination, in vitro fertilization (IVF), gamete intrafallopian transfer (GIFT) or the reversal of a prior surgical sterilization.

Step 3, enroll within 60 days of birth or adoption. If you and your spouse are both active duty service members, either of you may be designated as the baby's sponsor. Be sure to register your baby in the Defense Enrollment Eligibility Reporting System, or DEERS, as soon as possible after your baby is born or adopted.

Once your baby is registered in DEERS, you will need to enroll your baby in Tricare Prime or Prime Remote

Taking care of eyes as easy as putting on safety goggles

Prevention costs less than rehabilitation

WAYNE COMBS

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

Don't take vision for granted, take care of your eyes, and your eyes will take care of you.

Sponsored by Prevent Blindness America, March is the time to promote vision at work during Workplace Eye Wellness Month.

The average Soldier who sustains an eye injury is a specialist to sergeant, 20-24 year-old male, who is struck by an object while performing combat soldiering; while participating in sports; or while performing maintenance, repair or service on equipment, according to the U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) statistics.

The average eye-injured Soldier is not wearing eye protection at the time of an injury and loses more than six workdays at an average cost of \$9,724.

These statistics certainly show that it's better for the Soldier, the unit and the Army to prevent eye injuries from happening.

Preventing eye injuries at work. Prevention includes following eye safety signs and procedures. Soldiers must know what to do if a hazardous material splashes in the eyes.

Always wear approved eye protection for mechanical, chemical, biological or radiant energy (such as welding, lasers or sunlight) hazards. Make sure the eye protection is clean, is in good shape and has "Z87" marked on the side (Z87 means the goggles meet standards set by the American National Standards Institute, or ANSI).

For training and operational duties, a ballistic standard is required. Military Combat Eye Protection (MCEP) 2 significantly exceeds ANSI Z87 standards and meets this requirement.

Do not wear contact lenses where there is smoke, dust or fumes, or when training or deployed. Know where the nearest eyewash station is and how to use it. Report eye hazards to a supervisor. If someone gets an eye injury, call emergency medical services immediately.

Vision protection at home. When outside, wear sunglasses that absorb the sun's harmful ultraviolet (UV) rays. Both clear and tinted MCEP lenses provide

DIANE R. MAYER

TriWest Healthcare Alliance

We all know that it's important to protect your personal financial information: things like your Social Security, bank account and credit card numbers. It is equally important to protect your personal and potentially sensitive health information.

TriWest Healthcare Alliance wants you to rest assured that we are hard at work keeping your private information private.

TriWest has recently updated the www.triwest.com terms and conditions to include information on the use of electronic signatures. These terms and conditions and the TriWest privacy policy also include details regarding the use, review and correction of personal information.

To further protect your privacy, TriWest established a standard of confidentiality for information about a range of medical conditions that are considered sensitive. Information that is deemed to be "sensitive health information" is anything related to the treatment of reproductive health, sexually transmitted diseases, substance abuse, mental health, HIV, abuse and rape.

Personal health information about the range of medical diagnoses that are considered particularly sensitive is not available to registered users of www.triwest.com. Beneficiaries with a secure www.triwest.com account will receive quick alert e-mails only for nonsensitive

On The WEB

The detailed list of all specific sensitive diagnoses is available at www.triwest.com

>Beneficiary Services>Auths/ Referrals> Popular Links.

Sensitive diagnosis information will be mailed to the beneficiary, or it may be requested by calling 1-888-TRIWEST (874-9378).

New Feature Online. TriWest has recently expanded the viewing capability of sponsors on www.triwest.com. Previously, authorizations, referrals and other information about family members age 12 and older were not accessible.

Sponsors now have the ability to view all nonsensitive diagnosis authorization, referral and claims information about family members under age 18. To see nonsensitive information for spouses and family members age 18 and older, specific access must be granted by the spouse and family member.

If you have questions regarding this policy or your Tricare benefits, please visit www.triwest.com, contact TriWest at 1-888-TRIWEST (874-9378), or use the secure Web mail function of your www.triwest.com account to send us a secure message.

On The WEB

http://chppm-www.apgea.army.mil

UV protection. A broad-brimmed hat also helps protect the eyes.

When working on a car or around the house, be aware of eye hazards. Mechanical (such as rust or flying objects), chemical (such as battery acid) and radiant hazards are common in the home shop.

Remember to wear approved eye protection and that safety glasses and goggles should have Z87 markings on the side. Wear appropriate, approved eye protection when playing sports. For eye-hazardous sports, wear eyewear approved by the American Society for Testing and Materials.

To ensure eye health at work and at home, have an eye exam every two or three years, or sooner, as directed. Early detection and correction of eye problems is important.

On The WEB

authorizations and referrals.

The restriction of access to sensitive diagnoses information is just one of many ways TriWest protects the privacy of Tricare beneficiaries.

On The WEB

contact TriWest at 1-888-TRIWEST (874-9378), or use the secure Web mail function of your www.triwest.com account to send us a secure message.

HAWAII ARMY WEEKLY

PAU HANA

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

"When work is finished!"

FRIDAY, MARCH 27, 2009



Army Hawaii All-Star Basketball teammate, Pvt. 1st Class DeSazeo Johnson, 732nd Military Intelligence Battalion, dribbles down the court during the celebrity basketball game at Aliamanu Military Reservation, March 18.

Story and Photos by
MOLLY HAYDEN
Staff Writer

ALIAMANU MILITARY RESERVATION – Cheers and laughter echoed through the gymnasium as family members and fans lined the bleachers to kick off the Hollywood Knights celebrity basketball game here, March 18.

"I think we are going to support the troops in more than one way this evening," said television actor and Hollywood Knights teammate James Lesure, laughing, while watching the Army Hawaii All-Star basketball team warm up. "Looking at our squad and looking at their squad, they are in for a morale boost."

"We have a pretty good team," piped in American Gladiator "Venom." "We'll see what happens."

Five of the 10 members of the Army Hawaii All-Star team strategically moved across the court, dodging celebrities and practicing various moves.

Celebrities maneuvered through Soldiers' defenses, backed by cheering family members, and shot basket after basket.

A loud buzzer, momentarily quieted the crowd and indicated the end of the first quarter.

The celebrities led by four points.

"It's a close game," said family member Jackie Wong. "I'm rooting for the Army, but I have my money on the celebrities."

The charity-driven effort brought celebrities and the United Service Organizations (USO) together for a tour to honor and support members of the armed forces.

During the five-day trip to Oahu, eight members of the Hollywood Knights received a behind-the-scenes look at the military, touring Pearl Harbor, visiting with wounded warriors at the Warrior Transition Clinic, and signing autographs for



During halftime, fans of all ages flock to the celebrities - from television's hottest shows - for autographs and the chance to talk with them.

residents of the Fisher House.

The tour is the second USO tour for the Knights, who traveled to Germany, Belgium and the Netherlands in September 2008.

The USO is a private, nonprofit organization whose mission is to support troops by providing morale, welfare and recreation-type services to men and women in uniform. Historically, few events have left a more lasting emotional impression on service members and their families than USO celebrity entertainment tours, according to tour manager, Jeff Harvey.

"Celebrities are always willing to get involved and help raise morale for Soldiers and their families," said Harvey. "They will always stop to sign autographs or shake hands, just to say thank you."

Venom, who recently returned from a visit to Iraq, initially volunteered with the USO tour, to

say "thank you" in person.

"It's our chance to stand in front of (Soldiers) and give our thanks," she said, "to give them a hug and let them know we appreciate what they do."

On and off the court, the actors continuously said they had nothing but respect and gratitude for Soldiers and their families.

"It's hard to comprehend what Soldiers sacrifice on a daily basis and the families they leave behind," said musician and reality television star Aaron Carter. "It seems like such a hard life, but they still do it with a smile on their face and warmth in their hearts."

Carter, a veteran to the celebrity basketball games, has been participating in Hollywood Knights charity events since the age of 16.

"In the past five years, I've traveled all around the world with this team," said Carter.

Although his teammates are constantly changing, Carter's reason for participating has not. "I do it for the fans, for the families," said Carter, "for what these guys give and do everyday for us."

"I have nothing but love for them," he added.

As the game continued, celebrities and Soldiers pulled people from the crowd to the court, for free throws, dribbling, passing and shooting.

Michael Black, 11, had never been on a basketball court during a "real game" with "real players."

"I did pretty good," said Black of his dribbling skills.

Standing barely above the waist of "Wolf," the American Gladiator blocked the opposing team as the young player made his way down the court. Black then passed the ball to television and movie star Aaron Yoo, who sunk a perfect 3-point shot.

As the game neared its end with the Army team trailing behind, new strategies came into play.

"We have a certain competitiveness and camaraderie," said Pfc. DeSazeo Johnson, 732nd Military Intelligence Battalion. "We are working together, stepping up and having fun."

"That's what it's all about," added Johnson.

In the end, the celebrities held the lead, finishing the game one point ahead of the base team with a final score of 73-72.

The two teams met up once again, this time at the Schofield Barracks gymnasium where the Soldiers taught the celebrities what it means to be "Army Strong" with a one-point victory.

Other celebrities of the Hollywood Knights basketball team included Frankie Delgado (The Hills, Bromance, Keeping Up with the Kardashians and Dancing with the Stars); Cody Linley (Hannah Montana); and James Kyson Lee (Heroes).

Television celebrities visit Fisher House before basketball game

Story and Photos by
MOLLY HAYDEN
Staff Writer

TRIPLER ARMY MEDICAL CENTER – The small frame of 14-month-old Robert Anthony Duenas seemed lost in the arms of an American Gladiator.

Yet "Wolf," who stands more than 6 feet tall and carries more than 200 pounds of muscle, held the child tight, coddling him in his muscular arms.

The child wrapped his tiny hand around Wolf's forefinger, and the Gladiator smiled.

"I never thought a star from one of my favorite shows would ever hold my child," said mom Sylvia Duenas, looking on. "This is a special moment."

Wolf, along with seven other celebrities from the "Hollywood Knights" celebrity basketball team, made his way to the Fisher House, a private-public partnership that pro-

vides housing to military members and their families during an unexpected hospitalization.

The stars visited with Soldiers and family members, March 18, prior to the celebrity game against the Army Hawaii All-Star basketball team at Aliamanu Military Reservation.

Family members lined up to meet the popular television stars.

A shy smile graced the face of 8-year-old Trevor Duenas as American Gladiator "Venom" talked with the young boy. Trevor looked in wonder at the celebrity, and she flashed a bright smile and held the boy's hand.

Throughout the morning, celebrities graciously signed autographs and collected information about the Fisher House and the services it provides.

"We provide a home away from home for Soldiers and family members," explained Theresa Johnson, Fisher House manager.

Johnson then gave a tour of the



American Gladiators "Venom" (left) and "Wolf" (center) play with 14-month-old Robert Anthony Duenas as actor Cody Linley looks on.

house and explained the process to the visitors. The program recognizes the special sacrifices of our men and women in uniform and the hardships

of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs, accord-

ing to Johnson.

"Visiting the Fisher House was a great moment for me on this trip," said musician and reality television star Aaron Carter. "To see all those families and what they sacrifice, I'm glad they have this support."

The celebrities posed with each family member, eventually gathering outside for a group photo.

"I think this is great for morale," said resident Rose Mesa. "They came to see us, to visit with us."

"It shows support of the military despite what any of us are going through. We are here and they care about that," said Mesa.

"Celebrities have always been a good fit for the military," said Jeff Harvey United Services Organizations (USO) tour manager, Hollywood Knights Tour. "Any given day we can pick up the phone and someone famous will be on the other line asking how they can support our troops."



27 / Today

Operation Purple – Registration is open for the National Military Family Association's Operation Purple camps for military kids with parents who have been, are currently, or will be deployed. This year the free, weeklong camps will be offered July 12-17 and July 19-24. Visit www.operationpurple.org or call 1-303-458-1909.

1 / Wednesday

After School Fun – What better day to listen to foolish trickster tales than April Fool's Day? Join the fun April 1, 3-3:45 p.m., at the Fort Shafter library. No joke! This program is for children ages 5 to 12. Call 438-9521.

Fight Night – Watch the Ultimate Fighting Championships (UFC) on four large-screen televisions at the Na Koa Snack Bar, Schofield Bowling Center, April 1, 5 p.m. The snack bar will be offering appetizers during the UFC fight night event. Call 655-0573.

Baby Massage I – Learn how to better understand your baby's moods, needs, desires and expressions through baby massage, April 1, 2-4 p.m., at Aliamanu Military Reservation Community Center, or April 2, 9-11 a.m., at Army Community Service, Schofield Barracks. This three-part consecutive series is limited to 10 parents with their babies, and babies should be between 4 and 8 months old. Call 655-0596.

2 / Thursday

Potty Training – What are the signs that your child is ready to potty train and how do you start? Learn all you can about potty training your child at Aliamanu Military Reservation (AMR) Community Center, April 2, 9-11 a.m. and at Army Community Service, Schofield Barracks, April 3, 9-11 a.m. Call 655-4227.

3 / Friday

Family Fun Fridays – Family Fun Friday is back at the Tropics Recreation Center, April 3, 6 p.m., with free Papa John's pizza, games and contests the whole family will enjoy. Check out Nintendo Wii, PS3 and Xbox 360 games, or play a game of pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.



Send announcements to community@hawaiiarmyweekly.com.

28 / Saturday

Earth Hour – Army Hawaii Family Housing encourages its residents to participate in Earth Hour, March 28, by turning off lights for one hour starting at 8:30 p.m., Hawaii Standard Time. Earth Hour aims to reach more than one billion people in 1,000 cities around the world. Sign up and be counted at www.earthhour.org/signup.

Hawaii Auto Show Military Day – More than 350 new cars, trucks, sport/utility vehicles and crossovers will be on display at the 2009 First Hawaiian International Auto Show, March 26-29, at the Hawaii Convention Center. Take advantage of the military 2-for-1 deal, March 28. Purchase one \$5 military admission and get one military admission free (includes all Department of Defense civilians, family members, active duty, reserve, retired and National Guard) with valid military ID. Also, March 29 is Kids Day. Children 12 and under are admitted free when accompanied by a paying adult, March 29. Visit www.HiAutoShow.com.

29 / Sunday

Honolulu Mystery Tour – Discover Honolulu's Chinatown area while searching for world-famous detective Charlie Chan during a 2-mile walking tour March 29, 1 p.m. The tour visits the sites of former police stations, coffee shops, gambling houses, movie theaters, and the residence of the Number One Son. Cost is \$35 per person and reservations are required. Call 395-0674.



Kayla Overton | U.S. Army Garrison-Hawaii Public Affairs

Budding friendships

SCHOFIELD BARRACKS — Grace Dixon, Friends of Honolulu Botanical Gardens, presents a native Hawaiian tree, Ohia lehua, to Patrick Ching, U.S. Army Garrison-Hawaii, Directorate of Public Works, agronomist. The group presented the tree to the garrison for its support of the landscape and exceptional tree tour here, March 21.

4 / Saturday

Psychedelic Egg Painting – Celebrate "Back to the '60s Pop Art Month" with Schofield Barracks Arts and Crafts Center psychedelic egg painting, April 4, 10 a.m.-2 p.m. Cost is \$10 and preregistration is required. Call 655-4202.

7 / Tuesday

PT in the Park – Celebrate the Month of the Military Child by joining Mickey and Friends in a physical training (PT) Mousercise aerobic routine, April 7, 6:30-7:30 a.m., at Bennett Youth Center Field, Schofield Barracks. The work out will be followed by a continental breakfast. Photographs will be available for Blue Star Card holders and their children. Call 655-6465.

Spring Break Youth Art Camp – Creative minds will bloom during the Spring Break Youth Art Camp, April 7-10, at the Schofield Barracks Arts and Crafts Center. The camp will meet 10-11:30 a.m. each day and costs \$50 for the first child, \$40 for each additional sibling. Call 655-4202.

8 / Wednesday

AFTB Level I – Army Community Service, Schofield Barracks will offer a Military Spouse 101 class, April 8, 9 a.m.-12:30 p.m. This Army Family Team Building (AFTB) class covers topics such as Army family life, traditions, values, military resources and much, much more. This is a great course for both new and seasoned spouses and Soldiers. Call 655-4227.

11 / Saturday

Disney Character Breakfast – Children ages 2-12 are invited to have break-

fast with the whole cast of Disney characters, April 11, 8-9:30 a.m. at Sills Field, Schofield Barracks. Children are encouraged to dress up as their favorite character. Appearances will be made by Belle, Tinkerbell, Mr. and Mrs. Incredible, Peter Pan, Aladdin, Jasmine and the Genie, Lilo & Stitch, Woody and Buzz Lightyear, Pocahontas, and many more. Tickets cost \$10 for adults and \$5 for children and must be purchased in advance at Information, Ticketing and Registration (ITR) offices. Tickets will not be available at the event. Call 655-9971 or 438-1985.

Travel Fair – The 15th Annual Fun Fest & Information, Ticketing and Registration (ITR) Travel Fair will be, April 11, 9 a.m.-2 p.m., Sills Field, Schofield Barracks. Enjoy a family-friendly carnival with games, inflatable bouncers, activity booths, Easter bunny pictures, rides and great prize giveaways, including a trip for two to Las Vegas. Call 655-0111/2.

Ongoing

New Blue Star Card Benefit – Blue Star Card holders will now receive 10 percent off the Sunset Café Hawaiian Luau at the Piliiaau Army Recreation Center offered every 2nd and 4th Friday of the month. Dinner begins at 6 p.m., and the show begins at 6:30 p.m. Reservations required for groups of four or more. Call 696-4158.

New Travel Specials – New travel packages are now on sale at both Information, Ticketing and Registration (ITR)

locations. Enjoy Oahu hotel and car rental deals starting at just \$55 or Maui packages beginning at \$65. Big Island and Kauai travel packages are also available. Call 655-9971 (Schofield Barracks) or 438-1985 (Fort Shafter).

Piliiaau Army Recreation Center – Located at Pokai Bay in Waianae, 18 miles from Schofield Barracks and 22 miles from Pearl Harbor, the recreation center has 39 beach-front cabins, an equipment rental center, club facility and a cove pavilion area for group outings. Accommodations range from studios, two-bedroom and three-bedroom cabins with kitchens. For reservations, call 696-4158.

Support Group – A Transition/Learn/Connect (TLC) support group for Warrior Transition Battalion spouses meets every Tuesday at noon, at the Warrior Assistance Center, Kalakaua community center or Porter community center, Schofield Barracks. Lunch is either brown bag or prepared by a volunteer. Call Roddy Sueoka at 655-7158/7171.

Information, Ticketing and Registration – Looking for tickets to area attractions? Visit Information Ticketing and Registration (ITR) at Schofield Barracks or Fort Shafter for your tickets to paradise. A variety of tickets to luau, cruises, whale watching adventures, Hawaiian Waters Adventure Park, Sea Life Park and much more are available for service members, Department of Defense (DoD) civilians and family members. Call the Schofield Barracks ITR office (655-9971), Fort Shafter (438-1985), or visit www.mwrarmyhawaii.com. Click "ITR Ticketing and Registration" for a full list of discounts at various attractions.

Cooking Club – The Fort Shafter Teen Lounge is looking for teens who enjoy cooking and want to learn new recipes, participate in food tours and shows, and earn cooking award points toward reward excursions. The club meets once a week through May. Call the teen manager at 438-6470.

Army Family Team Building Training – Are you interested in becoming a combat multiplier? Come to Army Family Team Building (AFTB) Instructor Training. AFTB instructors empower and connect families to the Army one class at a time. Call 655-4227 to sign up.

Preschool Story Times – Family and Morale, Welfare and Recreation (FMWR) libraries hold Story Time at 10 a.m., Tuesdays, at Fort Shafter (438-9521); Wednesdays at the Sgt. Yano Library, Schofield Barracks (655-8002); and Thursdays at Aliamanu Military Reservation (AMR) Library (833-4851).

bers of deployed Soldiers and Marines, now through March 30. Please RSVP for child care to rspv.protocol@schofield.army.mil or 655-5644. Transportation will be provided.

Ongoing

New Recycling Bin – Fort Shafter Elementary School invites the community to use its new recycling bin in front of the school. Recycling benefits the environment and all monetary proceeds will benefit the school. The following items will be accepted loosely, not in plastic bags: aluminum cans (rinsed); glass bottles and jars (rinsed, lids removed); plastic containers (rinsed, lids removed). Please bag/box the following items before depositing: newspapers (magazines and glossy inserts removed); corrugated cardboard (flattened); white bond and colored bond paper.

Holistic Healing Seminar Series – The Schofield Barrack's Family Night Program presents the seminar series, "Healing as a Solution: An Introduction to Holistic Healing, Mind, Body and Spirit," every Wednesday, 6:15-7:30 p.m., Main Post Chapel Annex, Building 791, (second floor). Dr. Wayne Nickens, M.D., will teach practical solutions to life's struggles, hurts and losses. Dinner begins at 5:30 p.m. and is free to Family Night participants. Contact Chaplain (Lt. Col.) Walls, Schofield Community Chaplain, 655-6644.

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. "Survive the peace" by sharing your experiences with your supporters over a cup of coffee, which will be provided. Spouses are welcome. For more information, call Letticia Rivera at 655-8134.



Aliamanu (AMR) Chapel 836-4599

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

Fort DeRussy Chapel 836-4599

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

Fort Shafter Chapel 836-4599

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

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service 8 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 aaefes.com under reeltime movie listing.



Paul Blart: Mall Cop

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

The Pink Panther 2

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



Friday the 13th

(R)
Friday, 7 p.m.
Thursday, 7 p.m.

Push

(PG)
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

Cooking and coping go hand in hand at ACS class

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Someone once said that nothing brings people together like food, maybe because conversations seem to flow effortlessly around dinner tables and memories are shared. Also, friendships blossom and family ties strengthen. And honestly, who doesn't love to eat?

Recently, nine family members brought their appetites for food and friendship to the Kalakaua Community Center, here, for a lesson in cooking and coping.

The Army Community Service (ACS) class, entitled "Everything You Wanted to Know About Cooking and Coping but Were Afraid to Ask," is offered to spouses of deployed Soldiers to teach the basics of cooking and create an atmosphere of support.

"Our goal is to bring people together to support each other during this deployment while giving them some great ideas on cooking and budgeting for meals," said Bernadette Wong, social service specialist, education and prevention, ACS.

The smell of garlic welcomed the spouses as they watched Wong prepare chicken fettuccini alfredo from scratch with ingredients donated by United Service Organizations (USO). Homemade salad dressing and garlic bread followed.

In the 20 minutes it took to create a meal for six, participants learned the secrets to freshness, flavoring and efficiency. Shopping on a budget



Bernadette Wong (center) shares her favorite recipes with spouses of deployed Soldiers during a recent cooking and coping class at the Kalakaua Community Center, Schofield Barracks. The Army Community Service's six-week series teaches cooking basics in an atmosphere of support.

was also discussed.

"The program is designed to showcase great meals that can be purchased for under \$20," said Wong. "All of our recipes are economical."

With five children at home, family member Tiara Perezsilerio is always looking for new in-

novative ways to stretch meals.

"There are a lot of helpful tips provided," said Perezsilerio, who has a lot of mouths to feed and always shops with a budget in mind.

Although Perezsilerio does a majority of the cooking herself, dinnertime is a family affair.

"My husband told me he could cook, but I've never seen it," said Perezsilerio, joking. "But when dinner is ready and on the table, we all come together as a family."

"It's our time," added Perezsilerio.

The alfredo continued to simmer on the stove as family members moved on to the coping section of the class.

Volunteer Beth Watts, ACS, discussed budgeting, focusing on food and how to save money at the grocery store.

For more information on the cooking and coping class, contact ACS at 655-1670.

"It's not how much money you make, it's how you budget," said Watts.

Watts explained ways to plan ahead and live comfortably without going into debt.

Spouses asked questions and offered advice to each other.

The six-week course will feature a new recipe and topic of discussion each week. In coming weeks, spouses will tackle beef stroganoff, blackened chicken and an island favorite – Kalua pig. Additionally, subject matter experts will discuss stress management, coping skills and nutrition.

The brief ended and spouses gathered around a table to taste the meal. Almost immediately, family members engaged each other in conversation and friendships were made.



Send sports announcements to
community@hawaiiarmyweekly.com.

28 / Saturday
Hike Oahu – Join the Hawaiian Trail & Mountain Club on a 9-mile intermediate hike to the Pupukea Summit, March 28. It's a long drive and a long walk up a dirt road before reaching the start of this short hike, which is the beginning of the infamous

Koolau Summit Trail. Call coordinators Joyce and Grant Oka, 674-1459.

The group meets at the top of Pupukea Road, 8:30 a.m.

Save the date for this hike, too:
•April 4, a 5-mile intermediate hike along the Malaekahana Loop.

A \$2 donation is requested of non-members. An adult must accompany children under 18. Hikers typically meet at Iolani Palace, mountainside. Visit www.htmclub.org.

April
10 / Friday
Golf Scramble – Register now

through April 1 for the 8th Theater Sustainment 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 provided. Submit players' names to Lt. Col. Michael Bender, 438-0740, or Michael.Bender@shafter.army.mil. The 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.-4 p.m.

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

Registration closes April 2 and costs \$30 per adult and \$20 per child.

Register online at www.ymca.honolulu.org.

19 / Sunday
Sprint Distance Triathlon – The 8th Annual Lanikai race kicks off another year of quality triathlon racing for island athletes to enjoy, April 19,

6:15 a.m. The Lanikai course is great for first time triathletes.

The race includes a 500-meters swim, 20K bike and 5K run through Kailua. Entry fee is \$90 for individuals and military, \$100 for teams.

Register online at www.bocahawaii.com or call 591-9839.

Ongoing

Golfers Wanted – Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course can call 347-8038 or 375-3322. Tee time is usually before 8 a.m.



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.

April
1 / Wednesday
All-Army Sports Deadlines – The deadline to apply for the men's and women's All-Army Triathlon and Tae Kwon Do teams is April 1. The All-Army Triathlon competition will take place, May 27-31, and the Tae Kwon Do competition will take place May 25-June 8.

Soldiers must use AKO to apply for All-Army sports via the Department of the Army Sports Web site at <https://armysports.cpsc.army.mil>.

Applications must also be sent to the unit commander for approval via the commander's AKO account.

Call 655-9914.

Spring Break Bowling Fever – Come to Schofield Barracks and Wheel-

er Army Airfield bowling centers for free bowling and shoe rental for youth ages 12 and under, April 1, 1-4p.m. at Wheeler, and April 2, 11a.m.-5p.m. at Schofield.

Call 655-0573/1745.

16 / Thursday
Stand Up Paddle Board Trip – Outdoor Recreation is offering stand up paddle board sessions at a 10 percent discount for Blue Star Card holders, April 16, 9 a.m.-noon, or 1:30-4 p.m. Space is limited.

To reserve a board, call 655-0143.

Ongoing

New Pool Slide – A new 145-foot pool slide is making a splash at Richardson Pool, Schofield Barracks. The slide is now open for use during the pool's regularly scheduled business hours.

Call 655-4804.

Volleyball & Racquetball – Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center, Schofield Barracks. Courts will be open for free play across the street from the facility.

Call 655-4804.

Cardio Kickboxing Classes – Cardio kickboxing classes are available at the Fort Shafter Physical Fitness Center five days a week. Classes are offered on Mondays, Wednesdays and Fridays, 11:30-12:30 p.m. and 5:15-6:15 p.m., and Saturdays and Sundays,

8:30-9:30 a.m.

The class is free for active duty Soldiers and family members and costs \$4 per class for all other authorized patrons. Monthly pass cards are also available for \$25.

Call 438-1152.

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

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

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.

Golf 'Til You Drop – Catch this all-you-can-golf special every Thursday at Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. Call 438-9587.

Little Ninja – Classes are being offered at Aliamanu Military Reservation's (AMR) Youth Gym, Saturdays, 9-9:45 a.m., for children ages 3-5. The cost is \$35 per month. Call the AMR Child and Youth Service's Registration Office at 833-5393.