

Free self-assessments empower families

Gayle
Yoshikawa

School improvements coming to Zaggurbanya Village

Story and Photos by
SGT. ANGIE JOHNSTON
3rd Infantry Brigade Combat Team Public Affairs

TUZ, Iraq — The Banyas School in Zaggurbanya Village has no running water, zero playground equipment and a serious lack of chalk.

But that's all about to change. Capt. Mike Keifman, chaplain, Special Troops Battalion, (STB) 3rd Infantry Brigade Combat Team (IBCT), 25th Infantry Division, and his Iraqi army (IA) counterparts, are charged with improving the school before the beginning of the next school year.

Keifman and his team, comprised of Soldiers from his battalion and men from the Iraqi army's 16th Bde., 4th Inf. Div., visited the school near Tuz, recently, assessing problems and talking with teachers and students.

The 135-student school supports kids from both the Zaggurbanya Village and the neighboring Sherka Village; they teach both boys and girls from kindergarten through high school.

They don't have air conditioning units, but even if they did, there's no electricity to power them.

The headmaster, Mohammad Abdulla Salih, is concerned for his students. It's been a long time since his school has been operating to its fullest potential, but seeing the teamwork between coalition forces and the IA has increased his optimism tenfold.

"Here's what's going to happen," said Keifman. "I'm going to take this list back, work with the director general (DG) of education, and the city council, and we'll work on the paperwork together. I'll help the DG submit it, and once it's been approved by the ministry of education, we can get started."



Staff Sgt. Josh Remmark, Special Troops Battalion, 3rd Infantry Brigade Combat Team, 25th Infantry Division, writes the word "cat" on a chalkboard at the Banyas School in Zaggurbanya Village, as Iraqi soldier Shwan Ibrahim Mowlud looks on. U.S. Soldiers are working with the government of Iraq, through the Iraqi army, to improve schools.

The actions signal a move away from Iraqi dependence on the help of coalition forces. Coalition forces aren't supplying everything the school needs; the government of Iraq is, through the Iraqi army.

Building good relationships between locals and the Iraqi army is another fundamental part of the operation. After

years of oppression, many Iraqi citizens are still skittish around their military. To help establish trust, soldiers from the 16th Bde. went into Banyas' classrooms, handing out "Iraqi Army Values" dog tags and joking with children.

Hardi Hassan Mustafa and Shwan Ibrahim Mowlud were two of the IA soldiers mingling with the students.

They knelt and chatted, wiped dirt-smudged faces and ruffled the hair of children who, a year ago, would have run away from them because of the uniforms they wear.

A Company, STB, often visits schools in the area, so coalition Soldiers have plenty of experience dealing with local youth.

"My favorite part about this kind of mission is making the kids happy," said Pfc. Anthony Moore. "They're always smiling. I love the expressions on their faces."

Moore says he's seen thousands of Iraqi children, and they all ask the same thing, "Mister, give me pen! Give me candy!"

Although he doesn't always carry candy and usually gives away all the pens he's carrying, the kids are just as content to cluster around him and practice their English.

When Moore's daughter Kamani gets old enough to ask why he was in Iraq, he plans on telling her he came to help win the hearts and minds of the people.

"And you know what? I'm going to tell her it worked," he said.

Staff Sgt. Josh Remmark was excited to have a chance to interact with the children inside one of the classrooms.

"They were all just staring at me," he said, "so I started drawing on the chalkboard, and they were saying what I was drawing in English. Those kids are so smart."

"I had a T-shirt with me that was meant for some Iraqi kid," said Spec. Charles Wagner. "I wrote the word 'elephant' on the chalkboard, and nobody could read it. So I drew a picture, and this kid jumped up and said, 'Elephant!' I handed him the T-shirt, and he smiled at me. It's so cool because we're bringing something nice into their lives instead of the chaos they're used to."

"They are always so excited to see us when we go out there," said Keifman, "and that makes everything worthwhile."

Spartan Platoon delivers food, water, farming supplies to Baraia families

SGT. IAN TERRY
3rd Infantry Brigade Combat Team Public Affairs

TIKRIT, Iraq — Multinational Division-North Soldiers delivered dozens of humanitarian aid packages to the Baraia neighborhood near Samarra, recently.

Soldiers from the Spartan Platoon of C Company, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, delivered sev-

eral cases of Halal meals to families in the neighborhood.

"Baraia is an extremely impoverished area of Samarra, and local residents are not used to receiving humanitarian aid from government or coalition forces," said 1st. Lt. Daniel Flynn, platoon leader. "The last time most of these folks saw people in uniform, they were kicking down doors and arresting people."

The local citizens appeared cautious at first, but quickly warmed up to the Soldiers when it became apparent they were on scene to help.

In addition to food and water, coalition and Iraqi security forces delivered several large rolls of plastic, useful in the cultivation of crops.

"It is difficult to grow here, sometimes," said Abdul Hassani, a local farmer. "This will help us very much. We are very grateful."

The Baraia community is home to two small shops, a makeshift soccer field and several acres of farmland. Residents do not have access to clean drinking water, and residents draw their water directly from the Tigris River.

The nearby village of Al Rega, where a water treatment facility was recently opened, has pledged to provide assistance to neighboring villages, including Baraia.

Retention: Rewards outweigh separation choice

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ARNG and save his or her G.I. Bill for education after service.

The pay is another incentive during tough economic times. The average sergeant with four years of service can make more than \$6,000 a year working one weekend a month and two weeks in the summer.

Soldiers who re-enlist for the USAR or ARNG keep their identification cards and post facility privileges, including the post exchange and the commissary, regardless of the state.

One of the biggest benefits, according to Burroughs, is the Tricare Reserve Select and Personal Dental Insurance that Soldiers can use if re-enlisting into the USAR or ARNG.

A single Soldier pays \$47.51 a month for full coverage under the TRS, while a family pays \$180.17 a month. A Soldier can add Personal Dental Insurance for \$11.05 or \$76.19 for his or her family. This coverage is comparable to a civilian health care plan.

"You work 39 days a year, and you get all these benefits," Burroughs said. "You're not going to see that anywhere else."

Many of the Soldiers who are returning from Iraq in the 2nd SBCT are getting out because they are tired of deploying, added Burroughs. By joining the USAR or ARNG, a Soldier is guaranteed two years of stabilization.

Some Soldiers forget that when they sign their initial contract, they are obligated to the U.S. Army for eight years. After their initial four-year commitment, the Soldiers who decide to terminate their service still must serve four years in the Individual Ready Reserve (IRR), a pool of trained, experienced military professionals who stand ready to individually augment



Spc. Daniel J. Nelson Jr. | 145th Mobile Public Affairs Detachment

Brig. Gen. Robert Brown, deputy commanding general (support), Multinational Division-North, speaks to Soldiers from the 25th Infantry Division (ID) and members of the Kurdish Democratic Party during a re-enlistment ceremony for Spc. Patrick Horton, acting intelligence noncommissioned officer in charge for Command Post-North, 25th ID and Task Force Lightning.

Army units, according to the Human Resources Command Web site.

IRR Soldiers live, work and study in the civilian community, but they are military members with an existing service obligation. The Army accesses the forces and capabilities of the IRR, as necessary, to fight and win the nation's wars.

Approximately 20,000 of the 65,000

Soldiers on IRR have been recalled to active duty, or around 30 percent, according to the Department of Defense Web site.

"Basically, these Soldiers are taking a chance that they won't get called up when they (leave active duty and enter the IRR)," said Burroughs, "but that is not always the case."

Even if a Soldier in the IRR doesn't

get called up, he or she is called up regularly for muster to perform warrior tasks. He or she must be ready at a moment's notice.

Burroughs said that if a Soldier joins the Reserves or National Guard for two years, the last two years of his or her commitment to the U.S. Army is deleted.

"Take the average infantryman,"

said Burroughs, "he joins the Army for four years, and after a tour in Iraq, he decides to get out of the active Army. He then enters the IRR and will have to spend the next four years hoping not to be called up for Iraq or Afghanistan."

Now, the same Soldier joins the U.S. Army Reserve in Hawaii for two years after his initial contract, Burroughs added. He is stabilized here for two years, and the last two years of his service is eliminated. He doesn't have to deploy, he works about 39 days out of the year, and he's made around \$12,000, with all the benefits.

Finally, the camaraderie of being a part of a unit is usually desirable. During a Soldier's time in the USAR or ARNG, he or she can meet and network for other job opportunities with other Soldiers.

If a Soldier in IRR is called up, he or she can be placed in a unit headed anywhere in support of the war on terror.

"The problem is that most Soldiers have made up their mind before they come talk to us and before they have all the facts," Burroughs added. "Then, we have to convince them that they still have to serve out their time in the IRR."

"I'm a common sense guy," said Burroughs. "Here are my options — I don't want to stay in the U.S. Army, so I have to decide between the IRR and Reserve or Guard. You can leave Schofield Barracks with nothing in your pocket, or you can leave with something in your pocket. Everything is in writing. The Reserve and Guard sells itself."

For more information, schedule an appointment by calling the Reserve component retention office at 655-0314.

Fossil: Military tops in conservation

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importance of finding other means of delivery.

All four military services have established energy task forces. In testimony to Congress earlier this year, Defense Secretary Robert Gates said he plans to appoint a Defense Department "energy czar" to oversee conservation efforts, but defense officials say the department already is ahead of other federal agencies on conservation issues.

"For its size, [the Defense Department] is No. 1 in terms of conservation among federal agencies," the senior installations and environment official said. "The Pentagon is definitely a green building."

The military's growing reliance on alternative energy can also be seen at bases and operations worldwide. For example, a form of wearable power is being developed for Soldiers deployed in areas where electricity is scarce or unavailable. Vehicles are being made from much lighter, but stronger, titanium rather than steel, not only to improve fuel efficiency, but also to

provide better protection.

The Army is "building green, buying green and going green," said Addison Davis, the service's deputy assistant secretary for environment, safety and occupational health.

"Over the next five years," Davis said, "we're putting about \$63 billion in new construction into the United States Army, and the vast majority of that is going to be green buildings."

The Army even has a project under way in Iraq in which garbage is converted into biofuel to power generators.

"We're doing a tremendous amount in terms of wind, solar, geothermal and waste energy through our biomass programs," Davis said.

Conservation efforts have been given a boost by the Obama administration's economic stimulus package, which earmarked some \$300 million for Pentagon alternative energy projects.

(Editor's Note: Nick Simeone works in the Office of the Assistant Secretary of Defense for Public Affairs.)

Year of the Noncommissioned Officer

Sgt. Audie Murphy Club inducts four NCOs

SGT. KYNDAL GRIFFIN

8th Theater Sustainment Command Public Affairs

FORT SHAFTER – The U.S. Army-Hawaii Sgt. Audie Murphy Club hosted its quarterly induction ceremony, Wednesday, at the Hale Ikena, here, and also recognized two Dr. Mary E. Walker Award recipients.

Four new members were inducted into SAMC, which recognizes exemplary performance by noncommissioned officers (NCO) throughout the Army.

Since SAMC's inception in 1986, the club has continuously added distinguished leaders to its ranks, while still honoring Sgt. Audie Murphy, the most decorated Soldier in the history of the U.S. Army.

New Inductees in Sgt. Audie Murphy Club

- Staff Sgt. Joshua Adams 732nd Military Intelligence (MI) Battalion, 500th MI Brigade
- Staff Sgt. Bryan Haldeman 7th Engineer Detachment (Dive),
- Sgt. Timothy Hennessey 732nd MI Bn., 500th MI Bde.
- Staff Sgt. Jeremy Tomlin 7th Eng. Det. (Dive)

New Inductees in Dr. Mary E. Walker Award

- Emiliean Kemper, 732nd MI Bn., 500th MI Bde.
- Cathbin Kondo, 732nd MI Bn., 500th MI Bde.

"I would definitely say that all NCOs and future NCOs should strive to be in the SAMC," said Command Sgt. Maj. George Duncan, 8th Theater Sustainment Command (TSC). "These Soldiers are the best of the best."

"As a private first class, members of the SAMC in my unit showed us the way," said Sgt. Timothy Hennessey, with the 732nd Military Intelligence (MI) Battalion, 500th MI Brigade. "It isn't just a club; it's a way of life and higher standard that NCOs have to hold themselves to. I've always tried to strive my hardest, and that is what the SAMC is all about, being the best NCO you can be and taking care of your Soldiers."

The award and organization are named for Audie Leon Murphy, a successful Soldier, actor, writer and entrepreneur, who is also



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

Command Sgt. Maj. George Duncan, 8th Theater Sustainment Command (TSC), and Command Sgt. Maj. Jeffery Fairly, 500th Military Intelligence Brigade, place the Sgt. Audie Murphy Club (SAMC) medallion around the neck of Sgt. Timothy Hennessey during the 8th TSC SAMC induction ceremony.

known as the greatest combat Soldier in U.S. history.

During the course of Murphy's three-year tour of duty in Europe, during World War II, he was awarded every decoration for valor the United States issues, as well as three from France and one from Belgium.

"It's been a long road," Hennessey said. "It's great and it is a big relief to finally reach this goal."

During the induction ceremony, the Dr. Mary E. Walker Award was also presented to Emiliean Kemper and Cathbin Kondo of the 732nd MI Bn., 500th MI Bde., for their exemplary service and volunteerism in support of Soldiers and their families.

The Walker Award is named for the only woman ever to be awarded the Medal of Honor for her dauntless courage and unwavering service during the Civil War.

8th TSC recognizes volunteers of the quarter

SGT. KYNDAL GRIFFIN

8th Theater Sustainment Command Public Affairs

FORT SHAFTER – The military community is full of volunteers – military, civilian and family members, who go above and beyond their duties everyday in an effort to enrich the quality of life for everyone.

The 8th Theater Sustainment Command (TSC) hosted its volunteer of the quarter recognition ceremony at the Fort Shafter Community Center, here.

Eight family members of Soldiers assigned to the 8th Military Police Brigade and the 130th Engineer Bde. were selected as volunteers of the quarter for donating nearly 560 combined hours of work benefiting Soldiers and their families.

"It was an amazing feeling to be awarded," said Andrea Logan, wife of Andre Logan, 561st Eng. Company. "I didn't expect it because I don't volunteer to be recognized, so it was just an indescribable feeling."



Courtesy Photo

Maj. Gen. Raymond Mason (left), commander, 8th Theater Sustainment Command (TSC), and Command Sgt. Maj. George Duncan (far right) pose for a picture with all of 8th TSC's volunteers of the quarter at the Fort Shafter community center, Monday.

The recognized volunteers coordinated redeployment ceremonies for Soldiers coming back from a 15-month tour in Iraq, sent care packages to Soldiers downrange, organized fundraisers for family readiness groups (FRG), and helped Soldiers and families in their units as much as possible.

The Army estimates volunteer time to be worth \$19.51 per hour (according to the 2007 pay rate). These eight volun-

teers alone saved the 8th TSC nearly \$11,000 this quarter.

"I volunteer because it makes the 15-month deployments go faster for me," said Logan, "and also, this is our family's first big move. Everywhere else we have been stationed, we've always had family around, so its important to be able to connect with the other spouses and help each other out."

Recipients of the Alii Award, earned for donating time to

FRGs, include Duresa Wickersham, Pam Anson, Amber Shalchi and Rachel Bourgeois of the 552nd MP Company; Katie Tobias of the 58th MP Co.; and Andrea Logan of the 561st Eng. Co.

Recipients of the Yellow Ribbon Award, earned for volunteering predominately during deployments, include Cindy Boyd of the 561st Eng. Co. and Ana Sena of the 8th Human Resource Center.

Hawaii Corps of Engineers volunteer makes difference in Iraq

Civilian engineer supports rebuilding country, experiences Soldier's life

DINO W. BUCHANAN
Honolulu District Public Affairs

FORT SHAFTER — "I wanted to experience the Soldier's life and to do my part and support where they needed us most, the "rebuilding" of Iraq," said civilian Jon Hosaka, a mechanical engineer with the U.S. Army Corps of Engineers (USACE), Honolulu District, who recently returned from deployment to Iraq.

Hosaka worked as part of Japan District's Forward Engineering Support Team-Advanced (FEST-A). He said one of his reasons for deploying were that "USACE's Iraq military construction program's ultimate purpose is to serve the Soldiers."

Deploying gave Hosaka added field experience while learning international building codes and standards, as well as being able to relay good construction practices to the local contractors.

"The results of our efforts were safer facilities and a higher quality level of construction. Our efforts made a big difference," he said, adding that the mission impacted the citizens of Iraq on several levels.

"In the short-term, the construction provided steady work for approximately 1,100 contract laborers on-site from Iraq and neighboring countries.

Hosaka said that no matter what job civilian personnel had, he observed that everyone worked to the best of their abilities.

"Many personnel were working in positions that were different from their normal jobs (at home)," he said. "We had design engineers doing quality assurance, IT (information technology) personnel doing construction inspections, project managers reviewing designs, (and) unskilled laborers doing construction for the first time and using unfamiliar materials. Everyone pulled together, relied on individual strengths, covered each other's weaknesses, and together we got the job done."

Despite an aggressive work schedule, Hosaka said he always felt safe.

"We didn't have to travel outside the wire. We did, however, have the opportunity to travel through Baghdad and visit and



Courtesy photo

Jon Hosaka, mechanical engineer, U.S. Army Corps of Engineers, Honolulu District, shows how to construct hand-made bricks by the use of a simple and ageless process at an Iraqi construction site: first pack mortar mix into a wooden form and then dry under the sun.

tour Saddam Hussein's various palaces and compounds."

Hosaka added that constant re-

mindings were all around —bunkers, armed guards and reports of incidences

happening on and off base — that

helped keep everyone vigilant.

"Once while taking a shower, I heard a garbled, incomprehensible announce-

ment over the Big Voice intercom," Hosaka said. "After quickly finishing up ... (with my) hair wet, toiletry bag in hand, shorts and T-shirt on, and towel over the shoulder ... I went outside to see Soldiers in full battle gear running frantically around the living area site and banging on doors to get others out.

"As I was about to duck into a Scud bunker," Hosaka continued, "one of the Soldiers poked his head out. He must have noticed the obvious concern on my face. ... He smiled politely and said 'Oh ... this is only an exercise.' I still laugh about it now."

Although work hours were long and days ran into each other, "working with the local contractors, raising concerns, having the Corps and contractors implement your suggestions, and seeing that the facilities the team constructed met higher quality and life safety standards — in comparison to other facilities on base — was very satisfying and rewarding," Hosaka said.

Saving energy saves dollars, just makes good sense

We all should use Energy Star-qualified products and turn off lights and air conditioners when they are not needed.

If ten 100-watt incandescent lights are left on continuously, they will cost a taxpayer \$1,927 per year — the formula is 10 x 100 watts x 1 kilowatt/1000 watts x 24 hour/day x 365 days/year x \$.22/kilowatt hours = \$1,927/year.

If those 10 incandescent lights are replaced with Energy Star-qualified compact fluorescent lights (CFLs), the energy cost is reduced to \$482 per year — the formula, 10 x 25 watts x 1 kilowatt/1000 watts x 24 hour/day x 365 days/year x \$.22/kilowatt hours = \$482/year.

The energy cost can then be further reduced to \$97 per year if those 10 Energy Star-qualified CFLs are turned off when they are not needed — the formula, 10 x 25 watts x 1 kilowatt/1000 watts x 8 hour/day x 220 days/year x \$.22/kilowatt hours = \$97/year)

The total savings is \$1,830.

If a standard 1 ton room air conditioner (12,000 British thermal units [Btu], Energy Efficiency Rating, or EER=9) is run continuously, it will cost the taxpayer \$2,570 per year. (12,000 btu hours/9 EER x 1 kilowatt/1000 watts x 24 hour/day x 365 day/year x \$.22/kilowatt hours = \$2,570/year)

If that same air conditioner

Energy: Reduced electrical use saves taxpayers money

CONTINUED FROM A-6

is changed to an Energy Star-qualified air conditioner with EER=11, the energy cost is reduced to \$2,102 per year – formula, 12,000 btu hours/11EER x 1 kilowatt/1000 watt x 24 hour/day x 365 day/year x \$.22/kilowatt hours = \$2,102/year)

The energy cost can be further reduced to \$317 per year if that Energy Star-qualified air conditioner is turned off when it is not needed – formula, 12,000 btu hours/11EER x 1 kilowatt/1000 watts x 6 hour/day x 220 day/year x \$.22/kilowatt hours = \$317/year)

The total savings is \$2,353.
Do your part to reduce energy use. The Energy Policy Act of 2005 provides that (1) new federal buildings must be designed to be energy efficient, and (2) all federal organizations must reduce their energy consumption by 3 percent per year.

The overall goal is a 30-percent reduction in energy usage by the end of fiscal year 2015. To meet this national goal, everyone must do his/her part to reduce energy usage.

What can you do? Here are a few simple things you can do to be part of the solution:

- Turn off lights and air conditioning when they are not needed.

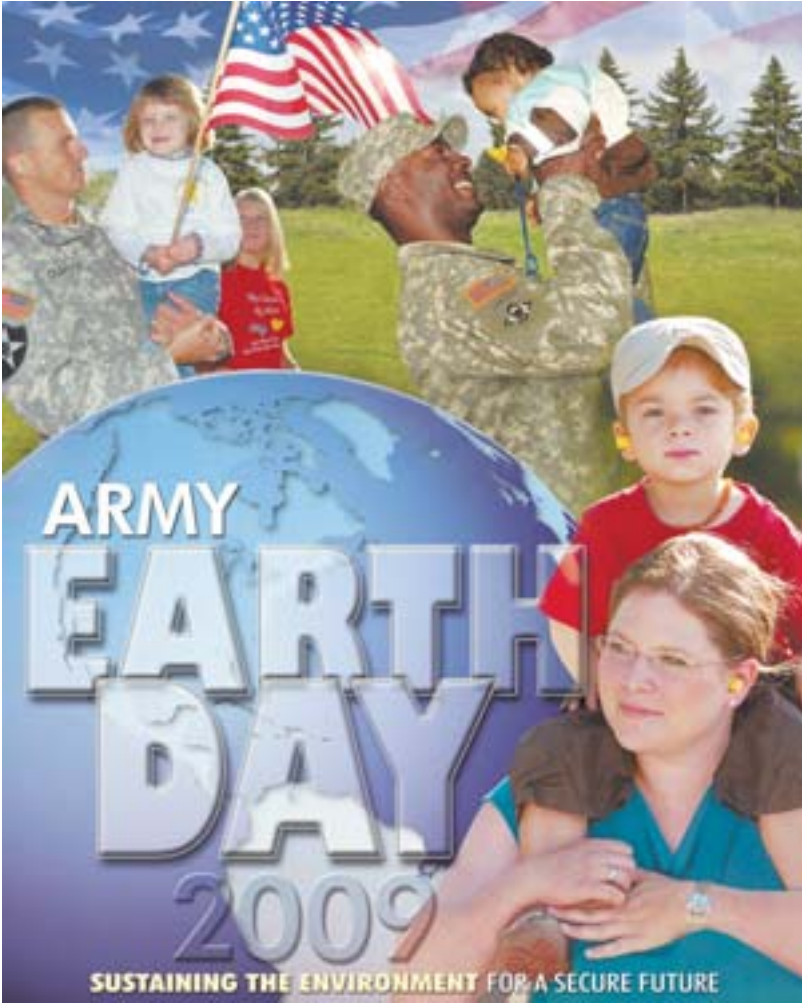
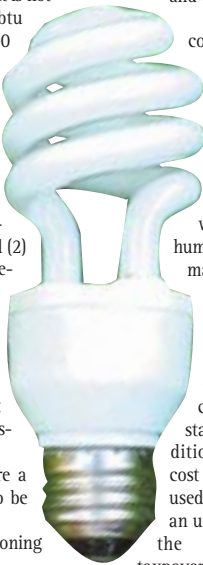
For more energy savings dollars and sense, call Don Yorimoto, Directorate of Public Works resource efficiency manager, at 656-3289 or e-mail don.j.yorimoto@us.army.mil

- In air conditioned spaces, keep windows and doors closed.

- Turn off the power strip to your computer before heading home at the end of the day.

Energy savings thought of the month. Did you know that running your air conditioning system 24 hours a day, 7 days a week can lead to mold or mildew problems? At night, when the outside air is cold and humid, running the air conditioner may increase the humidity in your space, thereby increasing your chances for mold and mildew problems.

Operating your air conditioner when it is not required also consumes a lot of energy. A standard one ton window air conditioner that is run 24/7 will cost over \$2,300 more than if it were used only when needed. This cost is an unacceptably high energy cost to the installation and American taxpayers.



General: Dunwoody invites Army opportunities

CONTINUED FROM A-1

work they've done, as well as the exercises they have done to validate their capability," she added, referring to the command's recent validation exercise.

During her visit, Dunwoody's schedule was full of activities. She was the guest speaker at the 8th TSC's Spring Ball, participated in a golf scramble, and attended many meetings and office calls with Hawaii Army unit commanders.

She also held a leadership professional development conference for all officers and senior enlisted personnel to talk about changes in the AMC and new capabilities and challenges, or as she called them "opportunities."

"It's an exciting time to be with AMC as the

commanding officer to adapt the institutional piece of our Army. We've got a very agile, lethal, modular operational Army," Dunwoody said. "Part of the AMC piece is adapting to support Army forces generation models, which is a new way of generating forces.

"But it is going to be enduring so we need to adapt our institutional processes to support this expeditionary and operational Army, and we have new capabilities that will help us do that, as well as the 8th TSC and other theaters," she added.

As far as new capabilities, Dunwoody said the



Dunwoody

Army is now forming contracting support brigades.

"The Army sustainment command is relatively new, only four years since its inception," Dunwoody said. "Now we have field support brigades across the Army."

Dunwoody explained that right now she believes the Army has a tremendous opportunity to transfer the institutional piece of the Army, and for theater commands, that is the materiel enterprise.

"That's a huge partnership with the AMC and other communities," Dunwoody said. "The opportunity (is) for us to collaborate and create efficiency back to the 'Big Army."

"It's exciting to me, and I think we have huge opportunities here," she added.

Col. Stephen Fraunfelter, the 8th TSC support op-

erations officer in charge, said that during Gen. Dunwoody's visit, she gave logisticians a view of sustainment, its current state and what to expect in the future.

"We gained a tremendous amount of insight as to how decisions are made at the Department of the Army level, as it affects AMC and the support to all army combatant areas," Fraunfelter said. "It's important to get the big picture so you understand what the changes in the short-, mid-, and long-term will be.

"General Dunwoody was one of the architects for logistical modularity, and now we are living it," Fraunfelter continued. "It's good to see the inside of what she sees and get an idea of how we got to be where we are at today."

News Briefs

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

17 / Today

Foot Road Closed — Foote Road, Schofield Barracks, is closed until May 21 for road repaving. Exact dates and portions vary throughout the construction phase. Call 656-4661.

View traffic updates online at www.garrison.hawaii.army.mil, click on "post updates."

20 / Monday

Housing Office Relocates — The Fort Shafter Housing Services office will be relocating to 111 7th St., Building 1004, April 20-24. Office hours will be limited, April 20-21, and the facility will be closed, April 22-24, for the move. For emergencies only, call Catherine Henderson at 275-3149 or Irene Lance at 284-4235. Regular business hours will resume April 27.

21 / Tuesday

Days of Remembrance — The 94th Army Air and Missile Defense Command and the Hawaii Equal Opportunities Team are hosting a Days of Remembrance Ceremony at Fort Shafter, Building 1554 (9th MSC Assembly Hall), April 21, 10:30 a.m.

Holocaust survivors Alex and Margot Landsman will speak at the event. For more information call Staff Sgt.

April Bradley at 438-2779 or e-mail april.bradley1@us.army.mil.

Limited Service at Veterinarian Clinic — The Schofield Barracks Veterinary Treatment Facility is unable to accept walk-ins, April 21, due to limited staffing. Call 433-8531/8532 to make an appointment.

Walk-ins are regularly accepted each Tuesday and will resume, April 28. Business hours are Monday-Friday, 8 a.m.-4 p.m., and 11 a.m.-7 p.m., the third Wednesday of every month. The clinic is closed the last working day of every month.

22 / Wednesday

Voices of Men — The U.S. Army Garrison-Hawaii Sexual Assault Prevention and Response Program (SAPR) presents the movie "Voices of Men," April 22, 9 a.m., at 9th Mission Support Command Auditorium, Fort Shafter Flats, and 2 p.m., at the Sgt. Smith Theater, Schofield Barracks. For more information, call the SAPR office at 655-1718.

23 / Thursday

Gate Closure — Schofield Barracks' Macomb Gate is closed through April 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. View gate closures online at www.garrison.hawaii.army.mil; click on "post updates."

24 / Friday

Road Work — Portions of Pierce Street, Fort Shafter, will be temporarily converted to one lane through April 24, due to road construction. Motorists are advised to be cautious and expect delays.

Alcohol and Family Violence

— The U.S. Army Garrison-Hawaii, Army Substance Abuse Program (ASAP) will hold a presentation on alcohol and family violence, April 24, 10-11:30 a.m., at the Sgt. Smith Theater, Schofield Barracks.

This workshop satisfies two of the four hours of a unit's annual alcohol and drug awareness training and the Department of Army civilian two-hour requirement. Additional ASAP programs are scheduled June 19 and August 14.

Soldiers can contact Karen or Tracy Powell at 655-8322 for more information. Civilians can contact Catherine Heflin at 655-6047.

27 / Monday

Tennis Court Closure — The tennis courts across from the Sgt. Smith Theater, Schofield Barracks, will be closed for resurfacing, April 27-May 25. The courts adjacent to the Martinez Physical Fitness Center and the Tropics will remain open.

For more information, contact Peter Burke or Bruce Irvine at 655-9914.

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.

DAPS Training — The electronic document management (EDM) and document automation and production service (DAPS) will be hosting a training seminar, April 28, 9:30-11 a.m., at the Installation Training Center, Schofield Barracks.

Learn how EDM and DAPS initiatives have helped transform the Department of Defense from a paper-based to an electronic document environment. Contact Nanette Tamura or Gloria Gonzales, 473-4457 or 655-1400.

DAPS Open House — The document automation and production services (DAPS) will be hosting an open house, April 28, noon-3 p.m., at DAPS, Schofield Barracks, Building 2038. Call 655-1400/473-4457 or visit www.pacific.daps.dla.mil

Ongoing

Alcohol Awareness Self Assessments — Do you know your drinking

IQ? As part of Alcohol Awareness Month, the Department of Defense is offering a free, online anonymous self-assessment at www.DrinkingIQ.org, available 24 hours a day, seven days a week.

In addition the Mental Health Self-Assessment Program (MHSAP) offers self-assessments for post-traumatic stress disorder (PTSD), depression, generalized anxiety disorder, and bipolar disorder. Learn more at www.mentalhealthscreening.org/military

Army Approved Helmet Pads — Headquarters, Department of Army, G4 (logistics) reminds Soldiers that the only authorized source for Army approved advanced combat helmet (ACH) pads is the Defense Logistics Agency (DLA.) Helmet pads obtained through sources other than DLA have not been subjected to Army testing and evaluation processes, and, if used, may diminish the protective capabilities of the ACH.

Soldiers are not authorized to requisition, issue or use ACH pads from sources other than DLA. Authorized pads may be obtained by submitting a properly funded requisition through normal Army supply systems.

AER Campaign — Army Emergency Relief (AER) is conducting its annual campaign, now through April 24. 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.

Heavy drinking causes \$425 million in medical costs yearly

COL. MICHAEL H. CUSTER
U.S. Army Center for Health Promotion
and Preventive Medicine

Did you know that according to the latest results of the Department of Defense's (DoD) "Survey of Health-Related Behaviors Among Active-Duty Military Personnel" (2005), the rate for heavy drinking (five or more drinks on one occasion once a week) in the Army increased at a statistically significant level from 17.2 percent in 1998 to 26.8 percent in 2005?

Among Soldiers age 21 to 25, the rate was 35.7 percent.

Another study in "The Science of Health Promotion" (2008) estimated that heavy alcohol consumption costs DoD \$425 million in medical costs each year.

DoD pays another \$677 million in alcohol-related costs associated with early separation, replacing non-deployable Soldiers and alcohol-related legal issues.

Just think of the dangerous behaviors associated with heavy drinking —suicide, spouse abuse, physical assaults, sexual assaults, motor vehicle accidents and injuries at work, to name some serious high-risk behaviors.

Heavy drinking is associated with diseases such as pancreatitis, hepatitis and various cancers, to name just a few. And heavy drinking and associated behaviors and illnesses affect readiness and pose a serious challenge to Army leaders, not to mention their effects on individ-



ual Soldiers and those close to them.

Why is something that is legal and used worldwide such a problem? Attitudes and culture play a role. Because alcohol is legal and has been with humans for thousands of years, many forget that alcohol is a drug, a very powerful depressant.

If the fermentation process that produces alcohol were discovered today, the drinks produced from the process probably would not be legalized for public consumption. Eras in military history drinking was encouraged and part of a "macho"

culture. Today we expect officers, noncommissioned officers and Soldiers to encourage and support responsible drinking.

Is there a way to drink responsibly? First, realize that it is OK not to drink. You don't owe anyone any excuses, and many good reasons exist not to drink.

You shouldn't drink if you are on certain medications, if you are pregnant, if you are underage or if you are a designated driver.

Remember "HALT": never drink if you are hungry, angry, lonely or tired. Alcohol impairs

your normal inhibitions and sets you up to make poor decisions.

If you do drink, don't gulp or chug your drinks. Try to make them last for at least an hour because eating won't prevent you from getting drunk, but it can slow the body's rate of alcohol absorption.

Alternate alcoholic drinks with non-alcoholic drinks. If you need to drive to get home after drinking, always have a non-drinker as a designated driver or some type of public transportation available.

Take care of your buddies. If you see someone drinking to excess, be a friend and bring it to his or her attention. It might save them from embarrassment, save their career or even save their life.

If you have a friend or family member who drinks more than is healthy and you notice that drinking is having a negative impact on his or her life, encourage them to get help.

DOD has developed an entertaining multimedia campaign called "That Guy." It shows how to avoid becoming the person who abuses alcohol but doesn't have a clue of how he humiliates himself, his friends and family when drinking.

Fun and full of facts about alcohol, That Guy can be found at www.thatguy.com/.

Everyone pays a high price for alcohol abuse; however, we can create a culture that prevents this problem by recognizing and acting we when see it.

Prevention is always the best medicine.

Army nurses commemorate National Occupational Health Nurse Week

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

Army occupational health nurses (OHN) are joining their professional organization, the American Association of Occupational Health Nurses, in celebrating the sixth annual National Occupational Health Nurses Week, today through Thursday.

The week recognizes members of the profession with the theme "The Best Value in Healthcare."

The goal in observing an official recognition week for occupational and environmental health nurses is to assist patients and employers in better understanding the roles and responsibilities of OHNs in furthering health and safety.

Most people understand the function

of a nurse in a clinical setting, but not everyone is aware that nurses also work in nonclinical and business environments.

OHNs improve the health of workers, which contributes to a healthy bottom line for the Army. They are key to achieving optimal employee health, thereby reducing absenteeism, improving productivity and reducing health care costs.

OHN nurses are trained to identify health and safety risks in the work environment; to educate and train employees on injury prevention; and to support positive, healthy lifestyle changes for employees. As well, they improve employee health and quality of life by administering health promotion and disease and disability management programs, by serving as health advocates to internal and exter-

Wilma Smith (right), a registered nurse at Tripler Army Medical Center, checks George Alba's blood pressure, a fellow registered nurse at Tripler's occupational health clinic. The clinic sees approximately 700 military and civilian patients each month and is responsible for providing job physicals to all Army personnel in Hawaii.

nal groups, and by encouraging employees to taking charge of their health.

Among other numerous responsibilities, OHNs also align occupational health services with Army goals and facilitate communication and collaboration among professionals, management and external groups.

The primary outcome or goal is to achieve optimal employee health, while ensuring a safe and timely return to work in a cost-effective manner.



Leslie Ozawa | Tripler Army Medical Center Public Affairs

Online videos help military families understand health benefits

TRIWEST HEALTHCARE ALLIANCE

News Release

PHOENIX — Grab the popcorn! Military families throughout Tricare's West Region now have a new, easy way to learn about their health care benefits through one of America's favorite pas-times — the movies.

TriWest Healthcare Alliance, the Department of Defense contractor that administers Tricare, which is the military's health care entitlement in 21 western states, is expanding its beneficiary education program to include streaming

videos designed to help service members and their families understand their health care benefits.

"Tricare 2 You" video topics, which run an average of three minutes in a prime-time news format, include explanations of Tricare plan options, how to access specialty care, behavioral health resources, pharmacy options and newborn enrollment, among others.

"We wanted to do whatever it takes to help our beneficiaries maximize use of their Tricare benefit and avoid out-of-pocket costs," said David McIntyre, pres-

ident and CEO of TriWest Healthcare Alliance. "This is especially useful for service members, particularly those in the National Guard and Reserve who live or work in rural areas without convenient access to military base resources."

Produced by TriWest, in partnership with Tricare Regional Office-West, the videos are housed in the company's new "Tricare 2 You Online Library" at www.triwest.com/T2U. The portal also includes eNewsletters and published articles that answer frequently asked ques-

tions about Tricare topics, as well as links to related resources, enabling families throughout the West Region to find answers to common health care questions anytime, from anywhere with an Internet connection.

For more information about Tricare benefits or TriWest Healthcare Alliance, visit www.triwest.com or call 1-888-TRIWEST (874-9378).

TriWest is also making the videos available upon request to military treatment facilities across the West Region that are equipped with DVD capabilities, so patients waiting for appointments or prescriptions may view Tricare 2 You videos while they wait.



KEVIN L. ROBINSON

Defense Commissary Agency

FORT LEE, Va. — Commissary customers are saving more money by cooking their own meals at home and munching on the leftovers for days after that initial meal. But there are limits to a good thing.

As part of its Food Safety Awareness campaign in April, the Defense Commissary Agency (DeCA) is advising customers to monitor how long they keep food in their refrigerators — to ensure the items are safe to eat.

"Food safety at home revolves around keeping storage areas, such as the refrigerator, clean and using, freezing or disposing of leftover foods that have been held chilled for two to three days," said Col. David Schuckenbrock, DeCA's director of health and safety.

"Most items don't hold up well and begin to spoil if held longer chilled," he continued. "Without good rotation practices, finding a snack in the refrigerator becomes an adventure with unintended health risks."

Checking those leftovers is part of the "Be Food Safe" campaign developed by the Partnership for Food Safety Education to promote proper food handling techniques at home: cleaning cooking areas, separating foods that may cross contaminate, cooking food thoroughly and chilling leftover food at the right temperature.

With more food being tucked into refrigerators after meals, DeCA's food safety officials want commissary customers to remember the following tips

On The WEB

For more information on food safety, go to www.commissaries.com and click on the "Food Safety" section to access links to various consumer safety sites. Get more "Be Food Safe" details at www.befoodsafe.org.

Good fats are fuel for the body, help lower bad cholesterol levels in blood

LT. COL. KAREN E. HAWKINS
& LT. COL. SARAH BARNETT

Defense Commissary Agency

FORT LEE, Va. — Fat in the diet has received a rather bad rap for a long time; yet, it supplies energy and essential fatty acids that our bodies need.

Fats are used as building blocks for all the cells in the body. Although saturated and trans fats have been linked to conditions like heart disease, cancer and stroke, certain unsaturated fats can be healthful along with providing flavor in many dishes.

Monounsaturated and polyunsaturated fats are praised for their ability to lower elevated low-density lipoprotein ("bad" cholesterol or LDL) levels, but only the mono oils seem to also help keep high-density lipoprotein ("good" cholesterol or HDL) levels from dropping as well.

All oils have about 120 calories and 14 grams of fat per tablespoon, with varying amounts of monounsaturated, polyunsaturated and saturated fats. The type of fat found the most often in oil helps determine which category an oil falls into, even though all oils contain all three types of fats.

Oils high in monounsaturated fats include hazelnut, olive, almond, mustard seed, canola and peanut. Oils high in polyunsaturated fats include sesame, corn, walnut, soy, grape seed and safflower. Avoiding coconut oil is often recommended because it's high in saturated fat.

When it comes to choosing oils, here are some ideas to help maximize health and taste:

Everyday use. Use oil high in monounsaturated fats like olive or canola for routine use. Olive oil is flavorful and contains antioxidants. Canola oil

is the lowest in saturated fat of all oils.

For cold dishes, dressings and marinades, use nut oils like almond, hazelnut and walnut that have a light, nutty flavor and do poorly when heated. Peanut oil is also flavorful, but can tolerate heat well and is commonly used in sautés and dressings.

Burst of flavor. Dark sesame, mustard seed or chile-flavored oils are best used in small amounts. They can also complement other oils.

Frying and sauteing. All-purpose, neutral flavored oils are corn, soy, safflower, grape seed and canola. These are all good for frying due to their high smoke points, but remember that fried foods absorb quite a bit of oil making them higher in calories.

Just a spray. Use a nonstick pan and a misting of oil to minimize the amount of fat used while keeping the flavor.

(Editors Note: Lt. Col. Burnett is an Air Force Reserve dietitian and a contributing writer to the "Ask the Dietitian" column at the Defense Commissary Agency Web site.)

On The WEB

For more information about making healthy choices, visit "Ask the Dietitian" at www.commissaries.com, and post your questions on the DeCA Dietitian Forum.

Be sure to look for other useful information in the "Dietitian's Voice" archive. Sign up with the DeCA dietitian at www.twitter.com and get messages sent to your cell phone today.

HAWAII ARMY WEEKLY

PAU HANA

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

"When work is finished!"

FRIDAY, APRIL 17, 2009

Children celebrate Month of the Military Child with

Disney Characters

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Breakfast is the most important meal of the day. For 350 children and parents gathered at Sills Field, here, Saturday, breakfast became the most exciting part of the day, too.

The Child, Youth and School Services (CYSS) Breakfast with Disney brought a hearty breakfast and some favorite Disney characters together during a special Month of the Military Child (MOMC) event.

"This is such a great event and the children are really enjoying themselves," said family member Billie Freitas.

Children welcomed many characters, including Mr. and Mrs. Incredible, Peter Pan and Tinkerbell, Aladdin, Jasmine and the Genie, Woody and Buzz Lightyear, Pocahontas, Belle, and of course, Cinderella. Even well-known villains like the Wicked Witch and Captain Hook received smiles.

Freitas explained that she too grew up in the military, so she understands the struggles her children face and feels thankful they are able to enjoy these unique opportunities.

"We didn't have things like this when I was a kid," said Freitas. "These events make the children feel special and the hardships they go through seem a little bit easier."

The breakfast was one of numerous events celebrating MOMC during April.

The Department of Defense has long understood the value of caring for and celebrating children of service members, first designating April the MOMC in 1986.



Abygail Starke, 2, poses for a photograph with Tinkerbell during Breakfast with Disney, a special Month of the Military Child event at Sills Field, Saturday. Fifteen Disney characters created a magical morning for more than 350 children and parents.

The MOMC is a time to applaud military families and their children for the daily sacrifices they make and challenges they overcome.

"We are constantly coming up with events for children and family members," said Kelly Andrews, community recreation marketing representative, Family and Morale, Welfare and Recreation (FMWR). "For April we tried to go above and beyond what we already do to make the children feel appreciated."

For 3-year-old Rylee Starke, meeting one of her favorite storybook characters left a smile on the child's face for the rest of the day.

Dressed in her Snow White costume, Starke waited patiently as Snow White posed for photographs with numerous children. As the character approached Starke, the little girl wrapped her arms around Snow White's neck.

Starke's younger sister, 2-year-old Abygail Starke, danced around next to

her, in a Tinkerbell costume, waving at the "real" Tinkerbell from across the room.

"This gives all military children a fun and unique opportunity," said Maj. Chris Rankin, 205th Military Intelligence Battalion. "With so many parents deployed, this gives the children something extra to look forward to."

More than 1.7 million American children under the age of 18 have at least one parent serving in the military. According to estimates, the U.S. Army has more than 900,000 military children with one or both parents having deployed multiple times.

During the month of April, U.S. Army installations worldwide are hosting a variety of events for military children to let them know that, because of their unique courage, contributions to the Army family, and daily sacrifices, they are everyday heroes in the eyes of the Army and the nation.

Dressed up as her favorite Disney character, Snow White, Rylee Starke, 3, is excited to share breakfast with a real fairy tale character.

Annual Fun Fest draws a crowd and brings families together for Easter fun

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Sills Field was jam packed with inflatable bouncers, games, rides, activity booths, food vendors, a rock climbing wall, and more than 5,000 Soldiers and family members during the 15th Annual Fun Fest & Information, Ticketing and Registration (ITR) Travel Fair here, Saturday.

The Fun Fest began as a penny carnival to celebrate Easter and has continued to grow each year, according to Kathy Giannetti, chief, recreation delivery services, Family and Morale, Welfare and Recreation (FMWR).

Giannetti explained the intent of "fun fest" is to provide an atmosphere filled with fun and games for every member of the family.

"It's supposed to be fun," said Giannetti, "and it is."

McGruff the Crime Dog made an appearance, courtesy of the Drug Abuse Resistance Education (DARE) program, to sing to kids and raise awareness about safety and crime.

Dancers from the Polynesian Cultural Center and the Hale Koa Hotel lined

the stage as family members tapped their feet to the beat and children danced in front.

"This event has always been popular," said Kelly Andrews, community recreation marketing representative, FMWR. "It has something for everyone and is themed around the idea for families to let go and have some fun."

Family members claimed door prizes throughout the day, including a trip for two to Las Vegas. Children participated in an egg hunt and enjoyed an early visit from the Easter Bunny.

Two-year-old Riley Richards saw the bunny hopping across the field from yards away. She darted towards the famous rabbit with her arms wide open, grabbed hold of his furry leg and refused to let go.

The Easter Bunny hugged the child back, waved at passing children and made his way to a photo booth where children and families were waiting to meet him.

Four-year-old Isabella Moore's eyes lit up at the sight of the bunny, as well. She excitedly sat next to him, smiling from ear to ear.

"I asked for candy," said Moore, giggling.



Soldiers and family members gather at Sills Field to enjoy the 15th Annual Fun Fest & Information, Ticketing and Registration Travel Fair, Saturday.

gling.

The field was filled with numerous games keeping children entertained for hours, including ball bounce, ring toss, skee roll, plinko and tic-tac-toe.

"I was pleasantly surprised at the size of the event," said Capt. Christopher Cross, 8th Theater Sustainment Command. "It's great to spend time with

the family and experience something new."

Cross' son, 19-month old Christopher Jr., experienced his first tea cup ride at the fest.

"He seemed to like it," said Cross. "There is so much to do here today to keep us all entertained."

Children walked around with bright-

ly colored hair and painted faces resembling tigers and bears.

Parents snacked on funnel cakes and waved to their children riding the carousel.

As the clock neared 2 p.m., the crowd faded, bouncers deflated, games wrapped up and the Easter Bunny made his way home to rest up for Easter Sunday.

Three-year-old Traceya Summers, waived good-bye to the bunny over her shoulder as she followed her mom across the field.

"Bye, Easter Bunny," said Summers. "I'll see you tomorrow."

For the fifth straight year, ITR partnered with FMWR to provide information during the Fun Fest about discounted travel deals, luau, cruises and other recreational opportunities available in Hawaii and on the mainland.

Cutter Auto Family Centers sponsored the event. Additional sponsors included USAA, University of Phoenix, Ke Ola O Pokai Bay, Sprint Hawaii, Army Hawaii Family Housing, Hawaiian Tel Federal Credit Union, Geico Hawaii, AAFES-Schofield Barracks, Roberts Hawaii and the Hale Koa Hotel.



17 / Today

Child Abuse Prevention Month – April is Child Abuse/Neglect Prevention Month and the New Parent Support Program (NPSP) will sponsor several programs to highlight this issue.

•Lunch and Learn April 24, 11-noon, at Aliamanu Military Reservation Child Development Center.

•Pinwheels for Prevention Display and awareness event, April 20, 8-10 a.m., at the Hawaii State Capitol front lawn.

•Learn more about preventing child abuse and neglect at an information booth sponsored by the NPSP, April 23, 11-1 p.m., Schofield Main Post Exchange.

For more information, contact Quintin Ewing at 655-4227.

Waikiki Party Bus – The Army bus rides again, today, 9 p.m.-4 a.m.. The bus will pick up riders on Schofield Barracks and Fort Shafter and take them down to party in Waikiki, worry-free.

Free tickets are available at Information, Ticketing and Registration (ITR) offices, and riders must have a ticket to board the party bus.

The bus is also scheduled to run, May 1, 15 and 29; June 12 and 26; and July 17 and 31. Call 655-9971/438-1985.

18 / Saturday

Daddy Boot Camp – New dads are welcome to basic training to understand newborn basics and how to be effective, confident fathers, April 18, 9 a.m.-noon, Army Community Service, Schofield Barracks. Call 655-0596.

20 / Monday

AFTB Level III – Army Community Service, Schofield Barracks, will offer an Army Family Team Building Level III class, April 20-22, 5:15-9 p.m. The class covers topics such as Army family life, traditions, values, military resources and much more.

This course is great for both new and seasoned spouses and Soldiers. Call 655-4227.

Operation Purple – Registration is open now through April 20 for the National Military Family Association's Operation Purple camps for military kids with parents who have been, are currently, or will be deployed.

The free, weeklong camps will be held at Bellows Air Force Station, July 12-17, (13-17 year olds); July 19-24 (9-12 year olds); and at Camp Erdman, June 14-19 (7-15 year olds.)

Visit www.operationpurple.org or call 1-303-458-1909.

21 / Tuesday

EFMP Support Group – The Army

Boy Scouts beautify Fort Shafter Theater

Story and Photo by
SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – Nathaniel Kirby can rest assured that he's on his way to attaining the rank of Eagle Scout after completing a recent service project that provided landscaping around the Richardson Theatre, here, April 10-13.

"I learned a lot about leadership doing this project; you need a lot of patience, determination and knowledge about landscaping," said Kirby. "Landscaping an area may seem easy but it's no small feat once you get started."

Kirby, along with 30 of his fellow Scouts from Troop 135, arrived early Friday morning to begin the steps needed for his Eagle Scout project. He called the Directorate of Public Works, Fort Shafter, to deliver rocks and plants and gather the tools necessary for the job.

"We placed river rocks around the Ixora bushes to keep the weeds from growing near the plants," Kirby said. "My goal for this is to make the area look nice for everyone."

Landscaping at Richardson Theatre has been planned since the middle of February, and results are already visible.

"It's a real blessing all the work the Scouts have done here," said Vanita Ray Smith, director Army Community Theatre (ACT). "We've had volunteers come down and help work in the theater, but nothing compared to the work the Scouts did today."

Thomas Kirby, Nathaniel's brother, reflected on the project and the efforts to improve the community.

"He did a great job leading this project and getting everything together, and organized," Kirby's brother said. "I learned a lot watching him lead.



Boy Scouts from Troop 135 plant bushes and clean up the area around Richardson Theatre, April 10.

When I have to do mine, I'm sure he'll be there supporting me and providing guidance much like I did out here."

Nathaniel will be leaving the island next month, but offers one piece of advice for any aspiring Scout working on his Eagle project.

"Just because a certain project may seem easy doesn't make it right," Kirby said. "Don't settle. Your project should be difficult but not impossible to exe-

cute, and that will help you choose the right one."

The Eagle Scout project is an important milestone for any member of the Boy Scouts of America. The project is a culmination of all the knowledge and skills gained as a Scout and usually benefits a community, school or religious organization.

It is the final step a Scout needs to make the rank of Eagle Scout.

23 / Thursday

Big R: Bowling Bonanza – Strike another month of deployment complete, April 23, 6-8 p.m., at the Schofield Barracks Bowling Center. Light pupus and child care will be provided.

Space is limited, and the deadline to reserve is today. Call 656-3327 or e-mail Sarah.chadwick@us.army.mil.

Couples Communication – Army Community Service will hold a Couples Communication Course, April 23, 3-4:30 p.m., Army Community Service, Schofield Barracks, and 1-2:30 p.m., Aliamanu Military Reservation community center. Effective communication skills are key to improving relationships and breaking down barriers. For more information, call 655-0596.

25 / Saturday

Pacific Handicrafts Excursion – Ride along to the best craft sale on the island, April 25, 9 a.m., at Thomas Square, Honolulu. Spend a day checking out the sites

and the best crafts around.

Seating is limited, and registration is required. Call 655-4202.

28 / Tuesday

Mousercise with Mickey – Mouse around with Mickey and friends during a mousercise aerobic routine, April 28, 6:30-7:30 a.m., at the Fort Shafter gymnasium. The 30-minute physical training (PT) event will be followed by a continental breakfast. Bring a gym towel.

Photographs will be available for Blue Star Card holders and their children. Call 655-6465.

Trauma in the Unit – The Army Community Service (ACS) Mobilization and Deployment office will be offering "Trauma in the Unit" training for all family readiness group (FRG) leaders, family readiness support assistants (FRSAs) and commanders, April 28, 9-10 a.m., Classroom 2, ACS, Schofield Barracks. This training is designed to help spouse leaders support survivors after the loss of a loved one. Call 655-4354/4368.

Tuesday-Sunday. The pool is closed Mondays. A pass is required for entry and can be obtained at the center.

Protestant Women of the Chapel – Protestant Women of the Chapel meet every Tuesday, 9-11:30 a.m., at Schofield Barracks' Main Post Chapel. Join the group for encouragement, laughter, hope, friends and faith.

Limited, free, prearranged child care is available for children registered at the Child Development Center. Call 554-5704.

Holistic Healing Seminar Series – The Schofield Barracks 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.

Waimea Valley Tours – Visit historic Waimea Valley at the North Shore, a 1,875-acre valley that offers an authentic cultural window into the lifestyles and customs of the Hawaiian people through daily programs and activities. The valley is open daily, 9 a.m.-5 p.m.

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 Leticia Rivera at 655-8134.

Community Service (ACS) Exceptional Family Member Program (EFMP), SHARE support group will meet, April 21, 5:30-8 p.m., Aliamanu Military Reservation Chapel, and April 22, 5:30-8 p.m. at the Schofield Barracks Main Post Chapel.

The SHARE group (Share Hints, Accomplishment, Resources and Encouragement) is open to all families with an EFMP member and provides an opportunity to share experiences, information and resources. On-site child care is available. Reservations are required and all children must be registered.

Call ACS EFMP at 655-4791 or 655-1551 for information or child care reservations.

Ages and Stages – An Ages and Stages child development class will be, April 21, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks.

This class helps parents better care for and encourage children by understanding phases of normal child development. Call 655-0596.

uate degrees or technical certifications. Scholarships may be used for attendance at regionally accredited colleges, universities or state-approved vocational schools/technical institutions.

Applicants must be a current individual member of MICA or a family member of such and pursuing a first undergraduate (associate's or bachelor's) degree or a technical certification.

Applicants already possessing an undergraduate degree or seeking a graduate degree are not eligible. Previous MICA Scholarship recipients may compete for subsequent scholarships.

Instructions and application forms are located at www.micorps.org. Applications must be postmarked no later than May 15. Late or incomplete applications will be returned to the applicant without consideration.

For details, call Sgt. Maj. Steven Kroll at 520-533-1174.

Ongoing

Celebrate Centennial – Audio podcasts highlighting the significance of 25 historical sites located on Schofield Barracks are now available to download at the U.S. Army Garrison-Hawaii Web site.

Explore the history of Schofield Barracks and celebrate its centennial. A variety of different formats are available to augment a walking or driving tour, such as WMV, MP3, M4V and AIFF. A tour brochure can be found at the Tropic Lightning Museum.

Visit the podcast page at www.garrison.hawaii.army.mil/sites/podcasts/TropicLightningCentennial.asp.

Share Your Experiences – April is the Month of the Military Child. Children ages 8-18 are encouraged to upload stories, pictures, videos or podcasts that describe what it's like to be a military child.

To upload content and find more



Send announcements to
community@hawaiiarmyweekly.com.

19 / Sunday

Honolulu Mystery Tour – Discover Honolulu's Chinatown area while searching for world-famous detective Charlie Chan during a 2-mile walking tour, April 19, 1 p.m. This tour takes participants past sites of former police stations, coffee shops, gambling houses, movie theaters and the residence of the Number One Son.

Cost is \$35 per person or \$20 for military with a valid ID. Reservations are required. Call 395-0674.

20 / Monday

Pinwheels for Prevention – April is Child Abuse Prevention Month. Help bring attention to child abuse and neglect by participating in the Pinwheels for Prevention program and rally, April 20, 8 a.m., at the Hawaii State Capitol Lawn.

Five thousand colorful pinwheels representing the number of phone calls made by parents, caregivers and professionals to the Hawaii State Department of Health parent help line will be planted on the front lawn. The pinwheels will be displayed, April 20-26. Visit www.theparentline.org.

May

15 / Friday

MICA Scholarships – The Military Intelligence Corps Association (MICA) Scholarship Program provides scholarships for individuals pursuing undergrad-



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

This Week at the
MOVIES
Sgt. Smith Theater

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



Watchmen

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

Push

(PG)
Saturday, 4 p.m.

The Last House on the Left

(R)
Saturday, 7 p.m.



The Pink Panther 2

(PG)
Sunday, 2 p.m.

Miss March

(PG)
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

Students walk toward drug-free life during awareness event

Story and Photo by
MOLLY HAYDEN
Staff Writer

WHEELER ARMY AIR FIELD — Middle school students are too young to drive, too young to vote and too young to watch “R” rated movies; yet, these adolescents are not too young to see the issue of drugs or alcohol firsthand.

“I’ve been offered drugs, but I choose not to use them,” said eighth grade student Duncan Purnell. “We know they are out there, and our goal is to help other kids who may be tempted to use.”

Purnell and more than 250 students from Wheeler Middle School participated in a walk to raise awareness and proclaim a drug-free lifestyle, here, April 8.

The students marched approximately four miles through Wheeler Army Airfield and Schofield Barracks, carrying signs, waving at passing cars and chanting words of hope.

“We are walking to raise awareness,” said eighth grade student Kayla Zittle.

“Drugs are here, and they always will be,” explained Purnell. “Our main goal is to connect drug-free kids with those who do drugs in hopes of helping them stop.”

For eighth grader Sammie Wilcox, the story of drugs hits home.



More than 250 Wheeler Middle School students march together to help raise awareness about drug and alcohol abuse, April 8. The students, committed to a drug-free lifestyle, promoted healthy alternatives to substance use to encourage other students to achieve the same.

“I live with my aunt and uncle because my parents do drugs,” said Wilcox. “I see what it has done to them and how it affected their life and mine.

“I want a better life for myself,” added Wilcox.

Members of the Wheeler Middle School Peer Awareness Club spend numerous hours a week

conducting activities to promote healthy alternative activities to drug and alcohol use, most recently organizing the 2nd Annual Drug and Alcohol Free Walk in support of Alcohol Awareness Month and Month of the Military Child.

“The goal of the group is to create strong leaders to help reduce the use of substances,” said counselor Ed Millet, Adolescent Substance Abuse Counseling Service. “And with strong leaders comes the ability for them to help guide their peers on the right path.”

Military police and many volunteer Soldiers from the 3rd Brigade, 25th Aviation Bde. escorted students on the walk.

“This is a great way to boost morale and give (students) ideas on how to handle situations where drugs may be presented to them,” said Pfc. Amanda Wong, 13th Military Police Detachment. “It’s good for the Soldiers and students to work together on this issue.”

The students stopped briefly at Sills Field, placing lei on the memorial statues to recognize the sacrifices Soldiers and family members have made, and then began the trek back to school.

“We are all part of the military, and some of us may continue that path,” said Purnell. “Being drug-free now is important for our future.”



17 / Today
Sprinter's Challenge — The deadline to enter the Sprinter's Challenge is today, 4 p.m.

All entries must be submitted to the Sports, Fitness and Aquatics Office, Building 556, Kaala Community Activity Center. Call 655-0856.

18 / Saturday
Shoreline Fishing — Spend an evening fishing Hawaiian style from a popular shore area with Outdoor Recreation, April 18, 5:30 p.m.-3 a.m. Cost is \$25 and includes round-trip transportation from Schofield Barracks. Call 655-0143.

21 / Tuesday
Walk Off the Wait — Blue Star Card holders are invited to join the latest hike on the Makapuu Lighthouse Trail, April 21, 8 a.m.-11:30 a.m. The hike is a paved path, suitable for all ages. Strollers are welcome.

Limited free transportation is available from Schofield Barracks. Call 655-0111/2.

Intramural Softball Entry Deadline — The entry deadline for this year's Intramural Softball League is April 21, 4 p.m.

Intramural play runs May 4-Aug. 28. Company, battery, troop and detachment-level groups from active duty Army, National Guard and Army Reserve units in Hawaii are eligible to compete. Family readiness groups interested in participating are eligible now, too. Fax entries to U.S. Army Garrison-Hawaii's Sports, Fitness and Aquatics Office at 655-8012 or call 655-0856/0101.

22 / Wednesday
Health and Fitness Fair — Enjoy a day of health and fitness at the Fort Shafter Health and Fitness Fair, April 22, 10 a.m.-5 p.m. Stop by for good health and stay for door prizes, refreshments, giveaways and more. Call 438-1152/655-9650.

Ongoing

Volunteer Coaches — Interest-

ed 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.

Pool Fees — Monthly passes are available for use at any Army pool. Active duty Soldiers can use all pools for free.

Individual monthly passes are \$12 for family members and retirees, \$10.80 for all Blue Star Card (BSC) holders and \$18 for Department of Defense and Army and Air Force Exchange Service (AAFES) civilians.

Monthly family passes for military families are \$20 and \$18 for BSC holders. All passes are valid from the first day of the month until the last day of the same month, at any pool.

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

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.

100-Mile Run/Walk & 50-Mile Swim Clubs — Record each mile you run, walk or swim and win incentive prizes. Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914.

Bowling Parties — Having a party or celebrating a special occasion? Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour.

A three-hour minimum and \$2 shoe rental apply. Call 656-1745.

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

Beginner through advanced-level yoga classes are Tuesdays, 9-10 a.m., and cardio classes are Thursdays, 9-10 a.m. Call 438-1152 for more information.

Volunteer recognition activities slated for April

U.S. Army Garrison-Hawaii (USAG-HI) celebrates National Volunteer Week and the spirit of volunteerism with a variety of community events, April 20-24. All activities are open to the community unless otherwise noted.

•**Monday, April 20, 8-9 a.m.** — National Volunteer Week starts with a kick off rally at the Schofield Barracks Main Exchange. Volunteers are invited for breakfast and early VIP shopping.

•**Tuesday, April 21, 12:30-2:30 p.m.** — Enjoy a free movie, “Confessions of a Shopaholic,” at the Sgt. Smith Theatre.

•**Wednesday, April 22, 9:30-10:30 a.m.** — Registered volunteers are invited to participate in the “Price is Right” volunteer breakfast, at the Tropics, Schofield Barracks. Guest speaker will be Carol Kai from the Great Aloha Run. This event is “by invitation only.”

•**Wednesday, April 22, 10 a.m.-**

noon. — Volunteer bowling is available at the Fort Shafter bowling center.

•**Thursday, April 23, 5-7 p.m.** — The USAG-HI annual Volunteer Appreciation Ceremony is scheduled at the Hale Ikena, Fort Shafter. This event is “by invitation only.”

For more information about these events or to become a registered USAG-HI volunteer, contact Tracey Clark at 655-1696 or e-mail tracey.clark@us.army.mil.



Send sports announcements to community@hawaiiarmyweekly.com.

19 / Sunday
Hike Oahu — Join the Hawaiian Trail & Mountain Club on a 12-mile advanced hike to the Koolau summit and back, April 19. This long roller coaster of a trail will test your endurance, stamina and hiking mettle. A grand view awaits, if you complete the test.

Call coordinator Arnold Fujioka, 551-0227. The group meets at 8:30 a.m. at the upper end of Koko Mai Drive.

Save the dates for these hike, too:

•April 25, a 3-mile novice hike to Hamama Falls. Call Dayle and Jacque Turner, 384-4821, or turner@hawaii.edu.

•April 26, an 8-mile intermediate valley hike in Haauula. Call Grant and Joyce Oka, 674-1459.

A \$2 donation is requested of nonmembers. An adult must accompany children under 18. Hikers typically meet at Iolani Palace, mountainside.

Visit www.htmclub.org.

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-meter swim, 20K bike and 5K run through Kailua. Entry fee is \$90 for individuals and military, \$100 for teams.

Visit www.bocahawaii.com

or call 591-9839 for more information or to register.

25 / Saturday
Get Golf Ready — The Ko Olina Golf Club is hosting a free “Get Golf Ready” family fun day, April 25, 9 a.m.-2 p.m.

Participate in free clinics with PGA professionals, contests, keiki activities, PGA hitting cage, equipment demonstrations and testing, free food and more.

Visit www.koolinagolf.com; call the Golf Shop at 676-5300.

Sand Volleyball Tournament — Beach volleyball players are invited to participate in an open 2-on-2 sand volleyball tournament, April 25, 8:30 a.m., at the Tropics, Schofield Barracks.

All military and civilian personnel are eligible. Cost is \$10 entry per player. For more information or to register, call Michael Smyrychynski at 438-1152. Additional tournament dates are scheduled for May 30, June 27, July 25, Aug. 29 and Sept. 26.

26 / Sunday
North Shore Century Ride — The Hawaii Bicycling League is hosting the John B. Kelley Haleiwa Metric Century Ride, April 26, 7:30 a.m.

The ride starts at Kaiaka Bay Beach Park, Haleiwa, and follows a route along the North Shore passing world-famous surfing locales (Sunset Beach, Pipeline, Waimea Bay) before ending at Swanzey Beach Park.

Riders can choose a 25K, 50K or 100K route. All riders must wear a helmet and will receive full mechanical and aid station support.

Online registration closes

April 23 and costs \$40. Children under 14 years old must be accompanied by an adult. Visit www.hbl.org.

Tackle Football Registration — The Wahiawa Youth Sports League will conduct Youth Tackle Football registration for children ages 9-13 at the Wahiawa District Park, April 26, 4-6 p.m.

Bring your child's birth certificate and current medical card. Children will be fitted for game jerseys on registration day.

Registration costs \$275. Download forms at www.leaguelineup.com/wahiawa. E-mail wysl_football@yahoo.com.

May
9 / Saturday
Wahiawa Pineapple 10K

— Register to take part in the 34th Annual 10K Pineapple Run, May 9, 7 a.m., starting at Kaala Elementary school, Mahele Street, Wahiawa.

The 10K (6.2 mile) scenic loop will take runners through Wahiawa and the surrounding pineapple fields. The top three male and female finishers in each age group will earn medals, and all participants will receive a T-shirt and a pineapple.

Online registration is available through May 7 at www.active.com (search “pineapple run”) and costs \$20.

Call 477-6434 for more information.

Ongoing

Hawaii Youth Triathlon

Club — Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sports club run by athletes.

Membership is \$50 and includes an annual membership with USA Triathlon, insurance during training, club certificate, swim cap, review clinics and newsletter. Visit www.hawaiiyouthtri.com.

Bike Hawaii — Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, visit www.bikehawaii.com or call 734-4214.

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

Jazzercise — Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

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