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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 656-3488, 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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143 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 2/17/11.

Straight Talk

Community urged to take proper steps to report an accident

CHRIS GRAVES

Deputy Director, Directorate of Emergency Services



Graves

SCHOFIELD BARRACKS – In recent months, we have seen an increase in traffic accidents.

While most are minor, or less than \$500 in damage, an accident is still an accident and causes undue stress.

No matter how safely you drive, chances are that someday you'll be involved in an accident. Regardless of who is at fault, it's important that you know what to do and what you are legally required to do.



First, you must stop at the scene of the accident or as close to the scene as possible, without blocking traffic. Even before the arrival of police, you may move the vehicles if they are a traffic hazard.



is another immediate danger, such as a fire.

Second, give any help you can, if someone is obviously injured. Don't attempt to move an injured person from a wrecked vehicle, unless you have the necessary medical training or there



Third, report the accident to the police as quickly as possible. This reporting includes accidents that occur on private property that involve personal injury or death.



Fourth, exchange information with other individuals involved in the accident, as soon as possible. This information exchange includes the name, address and driver's license number of other drivers; license plate numbers; names and addresses of anyone injured; names and addresses of any witnesses; and the name, address and insurance policy number from the other vehicle's owner. Be sure to notify your own insurance company, immediately.

If you have had an accident with an unattended vehicle, you must make a reasonable effort to find the owner of the vehicle or the owner of the property that may be damaged as a result of the accident. If no one can be located, leave a note that can be easily found at the scene of the accident. Include your name, address, driver's license number, the date and time of the accident and an estimate of the damages. You must also report the accident to the police.

Report emergencies by calling 911, the Schofield Barracks Military Police Station at 655-7114 or the Fort Shafter MP Station at 438-7114.

Chandler to become next Sergeant Major of the Army

ARMY NEWS SERVICE

News Release

WASHINGTON – Command Sgt. Maj. Raymond Chandler III will become the new sergeant major of the Army, March 1, in a ceremony at the Pentagon.

"We have the utmost confidence in Chandler and look forward to having him join our leadership team," said John McHugh, secretary of the Army. "He has the right qualities and credentials to assume this vitally important duty that Sgt. Maj. of the Army (Kenneth) Preston has skillfully and adeptly performed for the last seven years."

Chandler is currently the commandant of the U.S. Army Sergeants Major Academy, and he became the first enlisted commandant there in June 2009.

"Chandler is the right Soldier to lead our (noncommissioned officers)," said Gen. George Casey Jr., Army chief of staff. "He has demonstrated excellence in every position and has the depth of experiences required to help us lead our Army."

Chandler will serve as the Army chief of staff's personal adviser on matters affecting the enlisted force. The role involves extensive travel

and focuses on Soldier training, non-commissioned officer development and the well-being of families.



Chandler

families in light of the challenges ahead."

The sergeant major of the Army recommends quality of life improvements to Army leadership and often sits on councils that make decisions affecting enlisted Soldiers and their families. He also routinely testifies before Congress on these issues.

"Many of the great (sergeants major and command sergeants major) serving around the Army today are a product of Chandler's leadership and development efforts," Preston said. "He brings a broad breadth of experience, and I have no doubt he will provide the strategic vision and professionalism long associated with this position."

Longest-serving SMA retires

JACQUELINE M. HAMES

Army News Service and "Soldiers Magazine"

WASHINGTON – The longest-serving sergeant major of the Army, Sgt. Maj. Kenneth Preston, has served as the top enlisted adviser for seven years, from January 2004 until next month.

He has faced several challenges, but said he believes the Army has advanced through proper manning and equipping the large numbers of Soldiers who were forward-deployed in both Iraq and Afghanistan.

He explained that the size and demand on the Army was the first piece.

"If you look at the Army, at that time, we were in Iraq and Afghanistan ... we were tied up with fighting two wars," Preston said. "The focus coming in here was manning, training and equipping and making sure our Soldiers had the best equipment, the best training and ... the right skill sets and ... the right number of people in their units and organizations for the mission they were being asked to do."

Preston believes that the Army has achieved those initial goals and has gone beyond them to greater successes. The Army has grown in size and transformed to a modular force.

"The whole transformation of the Army, in my mind, has been the biggest accomplishment that's really taken place since 2004," he said.

The manning of the Army has grown by about 100,000 Soldiers during the course of Preston's career. He compared the uniforms and equipment from 2004 to to-

day's, and said they are like looking at pictures of a modern Soldier compared with Soldiers from the Korean War.



Preston

Training has also become more relevant by incorporating lessons-learned and providing professional military education geared at supporting an Army at war, he said.

"We've taken an Army that was the best Army in the world and taken it to a whole new level," Preston explained.

Understanding the historical information will be essential to keeping the Army from making the same mistakes twice, he added.

"Learn where we were in 2004, learn how and why we evolved to where we are today, because this will really help in understanding not only where we've been and where we are today, but where we want to continue to strive for the future," Preston said.

Preston also encouraged noncommissioned officers to be the subject matter experts in their field and advised them to take and use every opportunity to teach younger Soldiers.

"The most valuable contribution that any senior noncommissioned officer can give back to his or her Soldier(s) is to be a teacher," he said.



Army core values need to become a habit, ritual in everyday life

CHAPLAIN (CAPT.) THEODORE P. VALCOURT

30th Signal Battalion, 516th Signal Brigade, 311th Signal Command

Practicing good habits can affect our lives and the lives of others in a positive way.

Having a moral compass and constantly redefining ourselves is paramount.

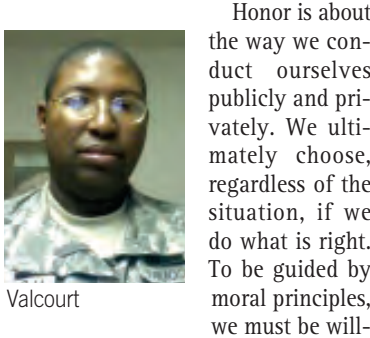
I once heard that "the largest room in the world is not in a palace or in a mansion. It can only be found in us, and it is called a room for improvement."

Practicing good habits leads to self-improvement and a disciplined life. In the Army, I was taught the word leadership, spelled L.D.R.S.H.I.P.; this rendering is not a misspelling of the word.

Each letter represents one of our core values. They are loyalty, duty, responsibility, selfless service, honor, integrity and personal courage. They are seven words that we use to define what are known as the Army values. Yet, they are just words, until we apply

them to our lives and make them habits.

Applying the Army values to our lives makes them our values. They will guide and shape our lives even when we no longer wear the uniform. As well, these seven values, if adopted, enable us to live a life of honor, courage and commitment.



Valcourt

ing to analyze our motives, accept criticism and seek to learn from those who have personal integrity and ethical principles.

Proverbs 22:1 says, "A good name is more desirable than great riches; to be esteemed is better than silver or gold."

Having a strong moral character sets us apart, like the Army's honor and integrity.

Courage is having the ability to face danger, difficulty and uncertainty. Life can be pretty scary, as we all know, but believing in yourself is vital when it comes to self-improvement.

We are called to do many things that increase stress. We deploy, transition constantly and leave our support systems behind. Being courageous and facing our fears can build our confidence, but also leaves us with some personal challenges, such as post-traumatic stress, relationship problems and problems readjusting.

Selfless service and personal courage help us to remember that we can strengthen ourselves by asking for help and by helping others. That takes courage.

Commitment takes up a lot of our time, because it is an obligation. We have a duty to the military, families, social organizations and ourselves. Being committed is difficult, because you must hold up your end of the bargain – regardless of the situation.

In some cases, we must sacrifice our comforts, time and social lives. Loyalty, duty and responsibility help us to remember that it is not all about us; there is a larger picture. To be committed, we must play our role, give it our all and seek balance in our personal lives.

We are not born honorable, courageous or committed. We can only choose to be so by practicing and developing good habits: actions that we have performed so many times that they have become involuntary responses.

Adopting and living the Army core values is our connection to the past and our hope for a bright future.

Voices of Ohana



"I eat a lot of vegetables, drink plenty of water, exercise and play Wii Fit to keep stress down."

Sgt. Kelina Brown
HR specialist,
18th MDSC



"I exercise and go to the gym to lift weights."

Spc. Joseph Correa
Food service specialist,
18th MDSC



"I quit smoking six years ago. I also stay away from fried food and (I) exercise."

Sgt. 1st Class Pamela Cotman
Medical logistics specialist,
18th MDSC



"Exercising on the elliptical machine and cutting a lot of fatty foods, soda and alcohol from my diet."

Spc. David Goins
Paralegal specialist,
18th MDSC



"Exercising daily."

Master Sgt. Roberto Rosales
Combat medic and G-3 plans NCO,
18th MDSC

How do you keep your heart healthy?

Photos by 18th Medical Deployment Support Command Public Affairs



Photos by Capt. Marco Valente | 58th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sust. Command
Staff Sgt. Jeffery Young, CoIST team leader, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, discusses intelligence data with a CoIST member during the team’s January rotation at NTC.

58th MPs apprehend ‘targets’ during exercise

728th MP Bn. helps 3rd BCT as both units ready for deployment

PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command
FORT IRWIN, Calif. — A Soldier’s ability to adapt to any environment and any mission is preached as a core element of the U.S. Army.

For Soldiers in the Company Intelligence Support Team, or CoIST, 58th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Brigade, adapting their mission skill-set helped the 3rd Bn., 7th Field Artillery Regiment, 3rd Bde. Combat Team, 25th Infantry Division, prepare for an upcoming deployment, here, recently.

The 58th MP Co. is also preparing for an upcoming deployment later this year.

1st Lt. John Moonshower, assistant battalion intelligence officer, 3rd Bn., 7th FA Regt., 3rd BCT, said he was impressed with the ability of the CoIST Soldiers.

“We were really unsure of their capability or training,” Moonshower said. “but the progress on a daily basis was impressive. They learned and understood what we were looking for.”

The five-man team blazed new trails for an MP company-level intelligence team.

CoIST was responsible for all patrol debriefs; analyzing enemy tactic, techniques and procedures; and producing intelligence to keep 3rd BCT Soldiers informed of battlefield changes, according to Lt. Col. Ross Guieb, commander, 728th MP Bn., 8th MP Bde.

“(CoIST) wasn’t something I ever expected to do as an MP,” said Staff Sgt. Jeffery Young, CoIST team leader, 58th MP Co., 728th MP Bn., 8th MP Bde., “but as an MP, the mission of gathering intelligence for something bigger was something I understood.”

This understanding led Young and his team to embrace the expanded-mission challenge and to apprehend many of the ever-changing, top 10, high-value, daily targets during the exercise.

The team understood that getting the relevant information assembled must be done as quickly and efficiently as possible when the units came back. The unit offered valuable recommendations that increased the effectiveness of the training event.

“The original report forms had five pages,” Young said. “No one, when (he or she comes) back from patrol, wants to debrief like that, so we developed a



Staff Sgt. Jeffery Young, CoIST team leader, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, displays his award for winning “Hero of the Battlefield,” for his rotation-enhancing contributions at NTC.

standardized debrief that focused on the most important aspects.”

Young was even honored as NTC’s “Hero of the Battlefield” for his rotation-enhancing contributions.

“Without (the team’s) ability to work quickly with minimal supervision, we wouldn’t have looked half as good as we did,” Young said.

“Overall, their CoIST did an awesome job, and it was really cool to see their development as a shop and (their) ability to think one step ahead,” Moonshower said. “(This training) will benefit them and the units they will work with in future deployments.”



Staff Sgt. Edward Daileg | 305th Mobile Public Affairs Detachment
Route guidance
CAMP VICTORY, Iraq — Capt. Timothy Curtis (center), a liaison officer with 25th Infantry Division points out a run route and discusses his race strategy with other runners after finishing the Task Force Phantom Farewell Run, here, Jan. 23. The run represented the 7,350 miles between Fort Hood, Texas, and here.

3rd BCT: NTC challenges, educates ‘Bronco Brigade’

CONTINUED FROM A-1

Sullivan, provost marshal, Headquarters and Headquarters Co., 3rd BCT.

Soldiers with 3rd BCT left for training at NTC soon after the new year, starting with movement to the rotational unit bivouac area at Fort Irwin. After the first week, the brigade then moved into full-spectrum operations at Forward Operating Base Denver in the rotational unit field maintenance area.

“NTC puts you in some of the most demanding situations and circumstances, which force you to think outside the box,” said 1st Lt. Vivlavin Edwards, logistics mobility manager, HHC, 3rd BCT. “After the stress, it forces you to become a better decision maker.”

The focus of the monthlong NTC rotation was force-on-force training and live fire; the rotation also incorporated contingency-based scenarios during the reception, staging, movement and integration phase.

“The training here at NTC has taught me how to analyze intelligence trends in order to prepare the company for each mission,” said Spc. Sebastian Anderson, HHC, 3rd Bde. Special Troops Battalion, 3rd BCT.

The brigade overcame hurdles, including re-establishing digital communications; repacking Soldier equipment; draw-

ing trucks, radios and tools; and performing selected training events.

“The brigade is far more prepared in many ways than I thought we would be for NTC,” said Command Sgt. Maj. Andrew Spano, command sergeant major, 3rd BCT. “(We) did so much in such a small amount of time; it’s amazing to see how much we got out of it. I was impressed.”

NTC is often a unit’s first and only opportunity to test its combat service and combat service support elements before an overseas deployment. Operator controls observe the rotation from platoon to brigade level and provide guidance and feedback.

“I learned more about my job; I’m more confident in my job and myself,” said Pfc. Justin Crawford, information technology specialist, HHC, 3rd BCT.

“NTC affords us the opportunity to stress our unit to a degree we couldn’t on our own (because) the amount of resources used is out of our reach,” said Lt. Col. Scott Naumann, executive officer HHC, 3rd BCT. “It also takes outside observers to give us objective feedback.”

The NTC feedback is a valued asset in the brigade’s preparation for its yearlong deployment to Afghanistan in April.

(Editor’s Note: Spc. Hillary Rustine works with 3rd BCT Public Affairs and 1st Lt. Denise Quigley works with 3rd BSTB.)

45th Sust. Bde. orchestrates logistics for joint forces during Yama Sakura 59



Maj. Detrick Thomas | 45th Sustainment Brigade, 8th Theater Sust. Command
Lt. Col. Tsuneaki Sato (left), logistics planner with the Western army, JGSDF, and Maj. Ben Walters, deputy support operations officer, 45th Sust. Bde., 8th TSC, greet for a keepsake photo, in front of the Bilateral Sustainment Cell at Camp Kengun, Japan, recently.

MAJ. ELIZABETH POWERS
45th Sustainment Brigade, 8th Theater Sust. Command

CAMP KENGUN, Japan — As the expeditionary sustainment command for Yama Sakura 59, the 45th Sustainment Brigade, 8th Theater Sust. Command, orchestrated all logistics and resources for the Joint Forces Land Component Command.

YS 59, held Jan. 22-Feb. 2, here, is an annual bilateral exercise used to train both U.S. and Japanese forces in a joint environment.

During this year’s exercise, the 45th Sust. Bde. coordinated efforts of several U.S. sustainment brigades, including two National Guard units, along with the Japan Ground Self Defense Force’s Western army.

Maj. Ben Walters, deputy support operations officer, 45th Sust. Bde., said the exercise proved to be a “great bilateral effort.”

“(YS 59) exercised and tested both U.S. and Japanese commands and staff members in order to remain prepared in the event that we have to work together

in an emergency,” Walters said, adding that the brigade supplied logistical support in five phases and performed all of its key sustainment tasks efficiently.

The brigade prioritized support during the decisive operation and maintained operations, he said.

Communication was key, as units initially operated from their respective bases in Hawaii and Joint Base Lewis-McChord, Wash., and then had to synchronize their efforts from separate locations across Japan, said Capt. Byron Milam, battle captain, 45th Sust. Bde.

“It was impressive to see how effectively we communicate with other parts of the world simultaneously,” Milam said.

The annual exercise marks the 29th time U.S. and Japanese forces have conducted a command post exercise designed to strengthen Japan’s defense force and to underscore the U.S.’s commitment to Japan’s defense, in accordance with a mutual defense treaty that was implemented in 1951 and revised in 1960.

‘Wolfhounds’ partner with ISF for school opening

Deployed Forces

SGT. DAVID STRAYER
109th Mobile Public Affairs Detachment

CONTINGENCY OPERATING BASE SPEICHER, Iraq — “Wolfhound” Soldiers of 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, opened a school in the rural village area of al Noman, located south of Tikrit, Iraq, Feb. 7.



Lt. Col. Donald Brown (left), commander, 1st Bn., 27th Inf. Regt., “Wolfhounds,” 2nd BCT, 25th ID, witnesses Col. Khalil, commander, Salah ad Din Emergency Response Unit, cut the ceremonial ribbon commemorating the opening of a new school in the rural village area of al Noman, Iraq, Feb. 7.

The newly opened, modern school facility replaced a smaller two-room mud hut that provided 20-student capacity but would collapse during the area’s rainy, winter season. “This is the type of project that will pay dividends for the people of this area for generations to come,” said Lt. Col. Donald Brown, commander, 1st Bn., 27th Inf. Regt., 2nd BCT. “Projects

like this are special to me. I know the impact education can have.” The school opening project is one of 21 education-related projects completed by the Wolfhounds since taking over in the Salah ad Din province in August 2010. “The new school is a huge improvement over the mud school that the children were forced to go to in the past,” said Muhammad Abraham, a contractor who worked with U.S. forces and the local Iraqi government to facilitate the building of the school. “This new school is going to attract more families to the area, which will not only improve education, but will draw more farmers and improve agriculture in the area.” The Wolfhounds made an immediate and positive impact in the quality of life and local economy in the province, but they understand the greatest benefits are not always seen right away, said 1st Lt. Matthew Wolfe, civil affairs officer, Headquarters and Headquarters Company, 1st Bn., 27th Inf. Regt., 2nd BCT. “These projects are not just about numbers and immediate results,” Wolfe said. “Schools, water purification and agricultural projects all make an immediate impact, but will benefit the local areas the most over the long haul.” The Wolfhound Bn. has worked with local Iraqi governments on 49 different and completed projects related to transportation, water, electricity and education, he said. “At this point, we can look back at the work we have done so far and see the positive effects of the efforts of our Soldiers,” Wolfe said. “We understand that what we do now will have effects that last for years.” Wolfe added these types of projects are the foundation for a healthy, stable and self-sustaining government.



1st Lt. Lowell Garthwaite, HHC, 1st Bn., 27th Inf. Regt., “Wolfhounds,” 2nd BCT, 25th ID, plays soccer with a student who will be attending a newly opened school located in the rural farm village of al Noman, Iraq, Feb. 7.

‘Golden Dragons’ support VIP’s visit

2nd BCT helps maintain relationships

PFC. ALYXANDRA MCCHESENEY
1st Advise and Assist Task Force Public Affairs, 1st Infantry Division, U.S. Division-North

CONTINGENCY OPERATING LOCATION MCHENRY, Iraq – The “Golden Dragons” of 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, provided transportation and security for a VIP visiting the Haweja district of the Kirkuk province. Col. Christopher Vanek, deputy commanding officer, 75th Ranger Regiment, returned to Iraq, Feb. 4, to visit Iraqis he had built relationships with during previous deployments in 2007. Vanek deployed to Kirkuk, Iraq, as the task force commander of 1st Brigade, 87th Infantry Regiment, 10th Mountain Division. “This visit was made possible thanks to Lt. Col (Andrew) Ulrich, and I want to say thank you for making one of my dreams come true,” Vanek said, acknowledging the support from the commander of 1st Bn., 14th Inf. Regt., 2nd BCT, for providing security and assistance for the visit. In support of Operation New Dawn, the 1st Bn., 14th Inf. Regt., 2nd BCT, is the current unit responsible for advising, training and assisting the Iraqi security forces in Haweja and the surrounding districts. “We, too, have a strong relationship with the people of Haweja,” Ulrich said. The current U.S. forces commander in Haweja said Vanek’s return served as an example of the loyalty and trust that has been built between U.S. forces and Iraqis during the course of the last eight years. Vanek also used the opportunity of his visit to visit the Golden Dragons, because he will soon be assuming command of 2nd BCT.



Sgt. Michael Carden | 196th Mobile Public Affairs Detachment, 25th Infantry Division

Evacuation team

BAGHDAD — Soldiers with Headquarters and Headquarters Battalion, 25th Infantry Division, evacuate a training mannequin, here, Jan. 13, in a medical exercise during the Army combat lifesaver certification course.

‘Gators’ teach Iraqi ‘jinood’ how to properly maintain, zero weapons

Story and Photo by
SGT. COLTIN HELLER
109th Mobile Public Affairs Detachment, U.S. Division-North

KIRKUSH MILITARY TRAINING BASE, Iraq — U.S. Soldiers of Company A, “Gators,” 1st Battalion,

21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, trained Iraqi army soldiers on how to properly maintain, fire and engage targets with their assigned weapon.

The Iraqi “jinood” — Arabic for Soldiers — as-

signed to 2nd Bn., 21st Regt., 5th IA Div., conducted M16 rifle marksmanship training, here, Feb. 2. The Soldiers of Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT, are responsible for training an Iraqi army “jundi,” or a soldier, to employ a “train the trainer” concept so jinood can build upon tactical skills and develop their own training programs at the unit level. “This is the proper way to fire your weapon,” explained Spc. Vincent Violi, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT, demonstrating how to hold an M16 rifle to the small group of Iraqi jinood gathered before him. “Once you learn this, you will be an effective rifleman.” Jinood drilled on common training tasks like basic rifle marksmanship and rehearsed assembling and disassembling the M16 rifle during a 25-day Tadreeb al Shamil training cycle, an Iraqi Ground Forces Command initiative to modernize IA division capabilities through collective unit-level training. Co. A began the training with weapon familiarization, teaching Iraqi jinood to disassemble their rifles. Jinood learned about each part and how to maintain their weapons. Each jundi practiced the task several times, under the guidance and mentorship of U.S. Soldiers who provided tips to help trainees develop their proficiency with their weapon.

Following rifle maintenance, Soldiers with Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT, taught firing positions, proper site picture, breathing control and trigger squeeze techniques, enhancing the 5th IA Div. jinood’s knowledge of basic rifle marksmanship. Iraqi jinood then moved out to the range, where they practiced prone techniques, such as modified dime and washer drills. They also zeroed their weapons, firing three rounds at a 25-meter target, and checked their shot groups and made sight adjustments. The Iraqi jinood improved at all levels with each new day of training, said Sgt. 1st Class Emmanuel Nieves, platoon sergeant, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT, who assisted in the training. “They grasp the training well, and it shows in their performance,” Nieves said. Basic rifle marksmanship, like other training received at KMTB, builds the capabilities of Iraqi units and provides them with means to train their own units. “The Iraqi army really has no training management cycle,” said 1st Lt. Christopher Thornton, platoon leader, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT. “Our goal here is to create a permanent cycle.” During the training, Iraqi jinood asked questions and helped one another, by showing a willingness to learn and participate in training.



Sgt. Steven Gee, an infantry team leader, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, confirms a shot group, while teaching an Iraqi soldier in 2nd Bn., 21st Regt., 5th IA Div., to zero his M16 rifle during weapons familiarization training at Kirkush Military Training Base, Feb. 2.

PRMC names 2011 ‘Best Warriors’

Story and Photo by
TERE BANDY
Tripler Army Medical Center Public Affairs

HONOLULU — With the hopes of being the Army Medical Command’s best, Soldiers of the Pacific Regional Medical Command competed for the prestige of being announced as the 2011 “Best Warrior.”

“I like these competitions because we get to ‘Soldier up.”

— **Staff Sgt. Matthew Frost**
Pharmacy NCO, Company A, TAMC

Eight Soldiers from around the command’s regional area started the challenging competition, Jan. 28. The competition was arranged by the Tripler Army Medical Center, under the direction of Command Sgt. Maj. William Franklin, command sergeant major, TAMC and PRMC. Four of the eight competing Soldiers traveled from Japan and South Korea to represent their commands. Commonly known as the Noncommissioned Officer and Soldier of the Year competitions, the Best Warrior Competition challenges each Soldier with skills that he or she should be able to demonstrate in combat. Day one was comprised of vigorous challenges. Each contestant completed the Army physical fitness test, showed basic marksmanship and displayed squad actions

within the military operations on urban terrain site. Day two included combatives and day and night urban orienteering. On days three and four, participants completed a written exam, wrote an essay and faced an oral examination board. The fifth and final day of the competition included a uniform inspection and an award ceremony at TAMC’s Patriot Ball where Staff Sgt. Matthew Frost, pharmacy NCO, Company A, TAMC, was chosen as the NCO of the Year, and Spc. Barry Carr, radiology specialist, also of Co. A, TAMC, was named the Soldier of the Year. “I expected the competition to be challenging because Soldiers thrive when challenged,” Frost said. “This is a good way to test our well-rounded skills against each other. I like these competitions because we get to ‘Soldier up.” Both Frost and Carr will continue on, later this summer, to represent PRMC in the U.S. Army Medical Command competition at Fort Bragg, N.C.

- PRMC’s Best Warriors**
- NCO of the Year**
Staff Sgt. Matthew Frost, pharmacy NCO, Co. A, TAMC
 - Soldier of the Year**
Spc. Barry Carr, radiology specialist, Co. A, TAMC



NCO of the Year, Staff Sgt. Matthew Frost, pharmacy NCO, Co. A, TAMC, pins an opponent during the combatives portion of PRMC’s Best Warrior Competition.

8th TSC inducts newest SAMC members, honors spouses

Story and Photos by
SGT. PHILLIS WHITE
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — A legacy of leadership that started with World War II hero Sgt. Audie Murphy continued with noncommissioned officers of the 8th Theater Sustainment Command being honored in a ceremony, here, Feb. 2. Family, friends and guests gathered at the Sgt. Smith Theater to witness the induction of 19 new members in the U.S. Army-Hawaii Sergeant Audie Murphy Club and the recognition of two Dr. Mary E. Walker Award recipients. Murphy earned a battlefield commission for his courage and leadership ability, and he was the highest decorated Soldier in American history. Those hoping to join the SAMC ranks must also show courage and leadership, said Staff Sgt. Celeste Imel, USARHAW SAMC president.



Command Sgt. Maj. Phillip Rowland, command sergeant major, 94th AAMDC, speaks during the SAMC ceremony at Sgt. Smith Theater, Feb 2.

“The (SAMC) Soldier must live up to all the Army values; the Soldier must be knowledgeable, dedicated and professional beyond reproach,” Imel said, who is also the career counselor for the 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th TSC. “(The SAMC Soldier) must be an outstanding (noncommissioned officer) who leads from the front.” The role of a SAMC member is to provide guidance, leadership and work as a team member to make a difference in the Army and the local community, she said. “Being chosen to be a member of the SAMC is a great honor and a huge responsibility,” said newly inducted SAMC member Staff Sgt. Theresa Colvin, operations and battalion medical sergeant, Headquarters and Headquarters Company, 524th CSSB, 45th Sust. Bde. “Sgt. Audie Murphy and the members I am privileged to join have set such an amazing example of the true meaning of being a leader in the Army and being a role model for the community. These are such big shoes to fill, and I will do my best to adhere to the standards that they have set.” The Dr. Mary E. Walker Award is given quarterly to military spouses whose achievements and performance merit special recognition. Walker was a surgeon and spy during the Civil War and is the only female recipient of the Medal of Honor. Sabine Edmonson and Athenia Watts, both spouses of 8th Military Police Bde., 8th TSC Soldiers, received this award. “The Dr. Mary E. Walker award is a means of recognizing those who have contributed significantly to the quality of the life for Soldiers – (by) exemplifying personal concern for the needs, training, development and welfare of Soldiers, and concern for families of Soldiers,” Imel said. Both Edmonson and Watts have consistently volunteered throughout the years to support the military community through various programs, such as family readiness groups, Army Community Service and local community activities. Command Sgt. Maj. Phillip Rowland, command sergeant major, 94th Army Air and Missile Defense Command, was the guest speaker for the ceremony.

Col. Charles Maskell (left), deputy commanding officer, 8th TSC, presents Athenia Watts with the Dr. Mary E. Walker Award during the SAMC induction ceremony at Sgt. Smith Theater, Feb. 2.

8th TSC Inductees and Recipients:

| | |
|---|---|
| •45th Sust. Bde. Sgt. 1st Class Joy Allen Staff Sgt. Theresa Colvin Sgt. 1st Class Keneidra Hargrove Staff Sgt. Demetrius Harrell Sgt. Dephanaye Jackson Jr. Staff Sgt. Nathan Meeks Staff Sgt. Sylvanus Member -Meneh Staff Sgt. Marian Rosario Sgt. 1st Class William Watschinger | Staff Sgt. Niya Jones Staff Sgt. Ali Mohammad Staff Sgt. Derius Outlaw Sgt. 1st Class David Ray Staff Sgt. Jeffery Stepanoff Jr. Sgt. Johnathan Wilson |
| •130th Engineer Bde. Sgt. Johnathan Hughes Staff Sgt. Brian Jewett | •8th MP Bde. Sgt. John Cunningham |
| | •94th Army Air and Missile Defense Command Staff Sgt. Steven Maui |
| | •Dr. Mary E. Walker Award Sabine Edmondson Athenia Watts |

Sinise: WTB meets and greets ‘Lt. Dan’

CONTINUED FROM A-1

shows. I love the troops and want to do what I can to show how much we all honor and respect them.” The members of the WTB have the same love for Sinise. Approximately 125 Soldiers and family members showed up to meet the actor, get autographs and pose for pictures. Cpl. Chris Moran, one of the WTB Soldiers attending the meet-and-greet event, said he was excited to meet Sinise, and that he’s always been a big fan. “He was really good in ‘Apollo 13,’ and I’ve seen him on ‘CSI: NY,’” he said, “but ‘Forrest Gump’ is one of my favorite movies, and he was great in it.” A younger fan, Monica Williams, baked a cake for Sinise and gave it to him at the meet-and-greet. “It was for Valentine’s Day,” she shyly explained.



B.J. Wiener | U.S. Army-Pacific Public Affairs

Gary Sinise (second from left), actor, musician and leader of the Lt. Dan Band, signs Bubba Gump T-shirts for retired Maj. Drew Dix (second from right), Medal of Honor recipient; Lt. Col. Laura Bozeman (left), speechwriter for Lt. Gen. Benjamin Mixon, commander, USARPAC; and her husband, Mike, a wounded warrior and management analyst with the Logistics Directorate at U.S. Army-Garrison Hawaii.

News Briefs

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

Today

Traffic Update — Traffic may be interrupted due to construction now through Feb. 23 at the Fort Shafter Flats pump station. Motorists should proceed with caution when traveling into the vicinity of the physical training field or visiting buildings 1558 and 1599. Call 292-6235.

25 / Friday

Changes of Responsibility — The Army Hawaii community is invited to attend upcoming changes of responsibility. The ceremony serves the dual function of rendering honors to a departing command sergeant major and providing official recognition of the transfer of authority to an incoming command sergeant major:

- 10 a.m., Feb. 25, Command Sgt. Maj. Frank Leota, command sergeant major, 25th Infantry Division, will assume responsibility from Command Sgt. Maj. Joseph Zettlemoyer, U.S. Army-Pacific, at Palm Circle, Fort Shafter.

- 9 a.m., March 1, Command Sgt. Maj. Thomas Sivak will assume responsibility from Command Sgt. Maj. Norwood Patterson, 8th Military Police Brigade, at Hamilton Field, Schofield Barracks.

Ongoing

Education Study — Parents or youth between 10-18 years of age are eligible to fill out the Military Child in Hawaii Longitudinal Study. Youth who complete the survey are eligible to win iTunes gift cards, MP3 players and a flat-screen TV. The study is located at www.hawaiikids.org. Sponsored by U.S. Pacific Command, in partnership with Johns Hopkins University, this study examines attitudes of military families in Hawaii regarding educating their children in public, private or homeschools.

USAG-Oahu Disestablishment — Get full details about the disestablishment of U.S. Army Garrison-Oahu at www.garrison.hawaii.mil; see “USAG-Oahu Disestablishment.”

Programs, functions and services currently executed by USAG-O and its subordinate organizations will be transferred to other directorates within USAG-Hawaii by March 31. A casing of the colors ceremony is set for 1 p.m., May 17, at the gazebo, Palm Circle, Fort Shafter.

Patriot Award — Service members who serve in the National Guard and Reserve, and their spouses, can nominate their employers for the Patriot Award program. Each nominated supervisor will receive a Department of Defense Certificate of Appreciation, presented by the employee or the local volunteer from the Employer Support of the Guard and Reserve State Committee. Visit www.wsgr.org.

Notary — Soldiers, military

families and veterans can use NotaryNow for free during 2011. NotaryNow’s technology allows users to notarize remotely by connecting to a notary over webcam. Visit www.notarynow.com/signings-for-soldiers.

Taxes — The Schofield Barracks and Fort Shafter tax centers are open to all ranks, family members and retirees for free assistance in organizing and completing 2010 income tax forms.

- Service at the SB Tax Center is on a walk-in basis, 7 a.m.-4 p.m., Monday-Friday, Building 648.

- Service at the Fort Shafter Tax Center, located in the Aloha Center, is by appointment only; hours are 9 a.m.-3 p.m., Monday-Friday.

Soldiers, family members and retirees can schedule their appointments at 655-1040. For an update on wait times, search for “Hawaii Army Tax Centers” on www.facebook.com.

VA Rehabilitation Testing

— This testing has been temporarily suspended due to lack of funding. The Department of Veterans Affairs will provide notification when it has reobtained funding. Call 655-8945.

Free Training — Seats are available in the free “Winning Through Customer Service” and “Growing Leaders” courses offered through the Workforce Development Office, U.S. Army Garrison-Hawaii.

To register, send in an SF-182 “Authorization, Agreement and Certification of Training” application and UWSP supplemental form through your respective directorate training point of contact to stephanie.ponciano@us.army.mil.

Registration is on a first-come, first-served basis; courses are limited to 25 employees per class. Call 655-9032.

Tax Season

— Taxpayers have until April 18 to file their 2010 tax returns and pay any taxes due because Emancipation Day, a holiday observed in the District of Columbia, is April 15. District of Columbia holidays impact tax deadlines in the same way that federal holidays do; therefore, all taxpayers will have three extra days to file this year. Taxpayers requesting an extension will have until Oct. 17 to file their 2010 tax returns. Visit www.irs.gov, call (800) 829-1040 or visit a taxpayer assistance center.

Language Survival Kits

— Deploying troops can download free language survival kits at <https://lmds.dliflc.edu>. The Defense Language Institute also offers new language DVD programs that teach 80 hours of survival phrases in Iraqi Arabic and Afghan, Dari and Pashto. Users must register and receive DLIFLC account approval before placing an order. Call (831) 242-5376 or e-mail scott.t.swanson@us.army.mil.



Capt. Christopher Ren | 84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

Soldiers from the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, build a new sidewalk next to HMR's CDC, Feb. 2.

Engineers smooth HMR’s sidewalks

1ST LT. PAULINA ZIMINSKA

84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

HELEMANO MILITARY RESERVATION — Pedestrians using the sidewalks in front of the Child Development Center, here, won’t have to worry about having trouble riding a bicycle or pushing a stroller over roots in a broken sidewalk.

Soldiers of the 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, recently rebuilt the bumpy stretch of sidewalk to alleviate the very frustrating and painful experience.

Root networks from nearby trees had elevated concrete slabs of the sidewalk as much as six inches in some places. Not only was this disrepair a nuisance, but it was also a safety hazard for the community because it forced HMR residents into the street while jogging or pushing a stroller.

“My wife and I would have to push our daughter down the street because of the bad condition of the sidewalk,” said Spc. Carl Holloway, carpentry and masonry specialist, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., who also lives on HMR. “I am proud to be able to contribute to making HMR a safer environment for exercise.”

The project consisted of excavating existing concrete and laying a new sidewalk. The 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. Soldiers also removed tree roots from the immediate

area around the sidewalk and placed bio-barriers, used to redirect roots growing around man-made foundations, like concrete sidewalks, to prevent roots from damaging them.

Removing large tree roots that were solidly anchored in the ground proved to be the most challenging part of the project, as some roots measured up to 10 inches in diameter.

In all, Soldiers repaired 630 feet of sidewalk, which equates to pouring 40 cubic yards or 81 tons of concrete.

“This was the first time I’ve had an opportunity to pour concrete outside of the schoolhouse,” said Pfc. Abel Almager, carpentry and masonry specialist, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde. “It made me realize how systematic the process has to be and how important it is that everyone works as a team.”

A project like this one strengthens a unit because it helps Soldiers keep their skills sharp between deployments, said Spc. Christopher Meyers, a carpentry and masonry specialist with the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

“I enjoy being active in my military occupational (skill set) while benefiting the community of the HMR, which is where I live,” he said. “This project enabled me to hone my skills in masonry while teaching and mentoring new Soldiers.”

It took a lot of old-fashioned manpower to lift tree roots out of the ground, but regardless of the hard work, Soldiers enjoyed being out on the job site and helping their community.

7th EDT eager for upcoming deployment

Story and Photo by

2ND LT. STEPHEN MARTHY

65th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

FORT SHAFTER — Soldiers of the 7th Engineer Dive Team, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, received recognition for their upcoming yearlong deployment to Iraq and Qatar, here, Jan. 31.

Family, friends, and members of the 65th Eng. Bn. were in attendance to show their support to the Soldiers.

During the ceremony, the team stood at attention while the commander and first sergeant cased the colors, signifying the transition to a deployed status.

When the team uncases its colors overseas, it will be tasked with carrying out various dive missions throughout the U.S. Central Command area of responsibility.

“Leading up to the deployment, the team has conducted several open-water dives in the ocean, gone through numerous equipment checks and verified that Soldiers are proficient with the types of missions they will be executing overseas,” said Capt. Adrian Biggerstaff, commander, 7th EDT, 65th Eng. Bn., 130th Eng. Bde.



Capt. Adrian Biggerstaff (left), commander, and 1st Sgt. William Baumgartner, both of 7th EDT, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, salute after casing the unit colors in a ceremony at Fort Shafter, Jan. 31.



Pfc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Showing appreciation

SCHOFIELD BARRACKS — Maj. Robert Green (center), commander, Training Command, Honolulu Police Department, flanked by Lt. Col. Ross Guieb (left), commander, 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, and Command Sgt. Maj. Scott Dooley (right), senior enlisted leader, 728th MP Bn., 8th MP Bde., becomes an honorary member of the 728th MP Bn., 8th MP Bde., here, Jan. 28.

Green has been instrumental in building positive relations with MPs, including providing the HPD link for joint training at the Police Academy, competitions testing and bonding the HPD and the MP units on Oahu.

BCD: Project supports energy goals

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“We’re the most oil dependent state in the country, spending \$7 billion, annually,” Hirono said, and then mentioned the project’s importance to national security. “I’d rather see that money circulating in our economy. It’s time to say ‘aloha’ to fossil fuels and sustain our people here.”

Abercrombie said the BCD project will demonstrate the potential for commercial-scale oil seed crop production in Hawaii, as well as expand the capability of the U.S. military to significantly advance its renewable fuel usage and enhance energy security, while supporting the energy goals set by the Department of Defense and the state.

“The U.S. Army in Hawaii is actively involved in the recycling of used cooking oils from its installations and have helped coordinate the efforts of Pacific Biodiesel to pick up used cooking oils on the Air Force, Navy and Marine installations in Hawaii,” said Larry Reilly, director, Public Affairs, IMCOM-Pa-

cific Region. “This project directly supports the U.S. Army and ... Hawaii’s renewable energy goals identified in the Energy Independence and Security Act of 2007.”

The first step of the project is to locate suitable land to grow biofuel crops. Pacific Biodiesel Inc. is looking at sites on the Big Island, Maui and Central Oahu. Kukui nut and sunflower oils are best suited for Hawaiian meteorological conditions, according to Eileen O’Hara, who handles business development for Big Island Biodiesel.

“We have to use a short-term crop, since we only have 24 months for the project,” she said. “We’re deciding between wetlands, with high rainfall, or dry land, by incorporating irrigation techniques.”

The BCD project funds the purchase of new specialty equipment needed to harvest biodiesel fuels, such as extractors. Most of the machinery will be the only equipment of its kind in Hawaii. After the project is done, the equipment will continue to be used locally.

Installation Safety revs several motorcycle changes

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS News Release

SCHOFIELD BARRACKS — Due a contractual change Dec. 16, 2010, the Army Traffic Safety Training Program is only available to active duty service members.

Among other changes, the program that is in place to help Soldiers understand the risks associated with privately owned vehicles, including cars, trucks, SUVs and motorcycles, is no longer open to family members, civilians and retirees.

“The biggest change affects our motorcycle classes,” said Bill Maxwell, safety specialist and program manager, Directorate of Installation Safety. “We will now enroll only active duty Soldiers. Family members, retirees and civilian employees will need to turn to other sources for training.”

Motorcycle classes will also need to have a minimum of six students signed up before the class will commence.

“This may require some of our enrolled students to reschedule to another date,” Maxwell said.

Classes provide strategies to reduce risk and, in the case of motorcycle classes, provide hands-on skills needed to reduce accidents and improve driving skills, according to Maxwell.

“We’re quite proud of our program, and we think we’ve made a real impact on Soldiers’ attitudes when they are on the road,” said Sammy Houseberg, director, Installation Safety, DIS. “We have a broad range of classes that nearly all of our Soldiers can benefit from.

“From time to time, Installation Management Command Headquarters will update these classes to reflect current guidance from Department of Defense and U.S. Army Headquarters,” Houseberg added.

The last local change involves Remedi-

Traffic Safety Training Program

For more information, call the Installation Safety Office at 655-6746. Soldiers can sign up for classes at <https://airs.lmi.org>.

Motorcycle courses

•**Basic Rider Course:** A two-day class for new riders; seven training motorcycles are available for students who do not have their own motorcycle.

•**Experienced Rider Course:** A one-day course for riders who have street experience. Course is conducted on rider’s own motorcycle.

•**Military Sportbike Rider Course:** A follow-on, one-day course for sportbike riders, on their own motorcycle.

•**Motorcycle Refresher Training:** Two hours of skill drills for Soldiers, following a deployment.

•**Mentorship training:** Held quarterly, a one-day class to prepare a unit’s motorcycle mentors.

•**Advanced Rider Course (“Train as you Ride”):** Held quarterly at various locations. The four hour class covers advanced-rider techniques for cornering and throttle control.

•**Local Motorcycle Evaluation:** A motorcycle skills test to meet on-post registration requirements. No sign-up needed. Test is held Tuesdays and Thursdays at 3:30 p.m.

•**POV Course:** This intermediate drivers’ training is a risk management course for drivers under age 25.

al Drivers Improvement courses, which will be cancelled pending a study of class alternatives by IMCOM. Soldiers and family members who have a court-mandated or post restriction that require a driver’s improvement course will need to enroll in a commercial course off post.

“We still offer several programs for our Soldiers, who are the primary audience for all of these classes,” Maxwell said. “All of our classes use an online sign-up tool.”



Sgt. Karl Williams | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Audience members rock onstage with Gary Sinise and the Lt. Dan Band at Schofield Barracks, Saturday. The band was created in February 2004 and has played throughout the world, averaging 30-40 shows per year – 75 percent of those shows are for the USO, charities or benefits.

Rockin’ with Lt. Dan



Laura Bratcher | Directorate of Family and Morale, Welfare and Recreation

Audience members join actor/musician Gary Sinise on stage at the Lt. Dan Band concert at Schofield Barracks, Saturday.

Blue Star Card holders meet, take photos with Lt. Dan Band

LAURESSA REESE

Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS – Gary Sinise and the Lt. Dan Band came to Hawaii and rocked the house, Saturday.

Blue Star Card holders started lining up around 4:30 p.m. at Martinez Fitness Center, here.

They were eager to get their spot near the stage to enjoy well-known musical hits.

Community members walked to the gym from throughout post to enjoy this free concert, compliments of the USO, TriWest Healthcare Alliance and the Directorate of Family and Morale, Welfare and Recreation.

The concert started promptly at 7 p.m. The gym was dark except for colorful spotlights that circled the musicians onstage.

Keiki enjoyed glow sticks, refreshments and dancing throughout the night. Looks of excitement showed on their faces as they enjoyed all the things happening around them.

Throughout the night, the crowd enjoyed tunes such as Journey’s “Don’t Stop Believing,” Labelle’s “Lady Marmalade,” Lionel Ritchie’s “All Night Long” and Lynyrd Skynyrd’s “Sweet Home Alabama.”

“You Make Me Feel Like A Natural Woman,” according to Heather Orr, “was awesome. The band did a wonderful job!”

After the concert was over, Sinise took photos with Blue Star Card holders, stage and setup crews, and military police.

Blue Star Card holder Kate Bathkey was ecstatic about getting an autograph and photos with Sinise.

“We need more ladies nights out, without the kids,” Bathkey said. “We are so happy that MWR provides these types of programs while our Soldiers are away.”

Near the end of the concert, as Sinise saluted the room full of Soldiers and family members, he said he “could never repay them for all that they do,” but sincerely thanks the military and family members for their service.

SGT. KARL WILLIAMS

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – Actor/musician Gary Sinise and the Lt. Dan Band delivered an early Valentine’s Day present to U.S. Army-Hawaii in the form of a free concert, here, Saturday.

Sinise and his band entertained more than 1,000 Soldiers, family members, veterans and retirees at the Martinez Physical Fitness Center.

The band played songs associated with artists as diverse as Stevie Wonder, Kelly Clarkson, Jimi Hendrix and Beyonce – and twice invited members of the audience onstage.

This year was the fourth that the Lt. Dan Band has performed in Hawaii.

Sinise, who is widely known for his role as Lt. Dan in the 1994 movie “Forest Gump,” and currently stars in the television series “CSI: New York,” said he was happy to perform for the Soldiers and their families who give so much to our nation in a time of war.

Many of Sinise’s own family members have served in the military, he said, and the band’s guitarist/vocalist Kimo Williams, is a Vietnam War veteran.

“The intent of the event was to thank Schofield Barracks Soldiers and their families for their everyday sacrifices,” said Sinise, dur-

ing a backstage interview.

“It’s very important that we give back to these volunteers who serve our nation, because they’re on the front lines for us, and they need to know we care,” he added.

The band performs about 40 shows a year with the USO, including concerts for deployed Soldiers in Iraq and Afghanistan, according to the band’s website.

Sinise has been involved with veterans’ groups for 20 years and has performed with the USO since June 2003.

“I remember how the Vietnam veterans were treated when they returned home,” he said. “Having been involved with Vietnam veterans over the years, I wanted to help out. So, one of the things a celebrity can do is call up the USO and say ‘send me (on a trip.) I’ll go wherever you want.’”

Sinise also said he appreciates every Soldier’s commitment and the jobs each one does, every single day.

“Everywhere (our service members) are serving, I just want to let them know that they’re appreciated,” the entertainer emphasized. “I’m appreciative for what they are doing for our country, and I don’t take their sacrifices or their families’ sacrifices for granted.”

The USO and TriWest Healthcare Alliance sponsored the Lt. Dan Band concert.



Pfc. Matthew Hughes | 2nd Assault Helicopter Battalion, 25th Combat Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division

Jeff Vezain (right), a vocalist in the band, and Sinise entertain the crowd of Soldiers and families.

Rock ‘N Wellness supports Comprehensive Soldier Fitness

NICK SPINELLI

Tripler Army Medical Center Public Affairs

SCHOFIELD BARRACKS – The Rock ‘N Wellness Comprehensive Soldier Fitness Expo was held at the Tropics, here, Saturday, in conjunction with the Lt. Dan Band concert.

“This is all for the Soldiers and their families,” said Gina Peirce, a social worker with Army Community Service, here, and one of the organizers of the event. “They need to know what programs are available to them that support their physical, mental and spiritual well-being.”

The idea came about when trying to find a way to capitalize on the number of people

who would be on post for the Lt. Dan Band concert, which followed the fitness expo, according to Peirce.

“The coordinators got together and asked, ‘If we’re going to have a concert here, why stop with just that?’” Peirce said. “Why not do something bigger and more informative? After that, everything just came together.”

“All the participating organizations were excited to set up booths and be a part of this event,” she said.

Participating organizations included Military One Source, Better Opportunities for Single Soldiers, Army Recruiting, Behavioral Health,

Outdoor Recreation and the Directorate of Family and Morale, Welfare and Recreation.

“Events like this allow us to make people aware of the services we offer,” said Chris Nadzieja, who was working at the Red Cross booth. “For instance, here, we have disaster awareness information, giveaways and a list of all the different classes and programs we offer.”

Christine Fair, from Schofield’s Behavioral Health Clinic, agreed about the importance of keeping people informed.

“For our part, we want to promote the services we offer, not just here on Schofield, but throughout the area,” she said. “Hopefully, by

putting this information out, we can get people who need help to ask for it.

It wasn’t all just information booths, though. A kid-sized putting green and trivia contests were some of the hands-on activities available.

“We had some outdoor activities planned, too, but we had to cancel those because of the weather,” Peirce said, and then added future plans are to hold more CSF-centered events.

“Whenever there’s some kind of activity (on post), we want to see how we can attach something that has to do with Comprehensive Soldier Fitness,” she said.



Today

Illustrator needed – Aspiring artists ages 14 and older have until March 1 to submit the first page of Eddie the Eagle’s deployment storybook. The book’s first page reads: “Today Eddie’s dad left for a very, very, very long trip. Eddie and his family said goodbye to his dad at the top of a hill.”

The winning artist will illustrate the rest of the story. E-mail scanned submissions to sarah.chadwick@us.army.mil or deliver completed drawings to the Recreation Activities Office at the Schofield Barracks Arts and Crafts Center. Call 655-0002.

Closure – The locker rooms and showers at Martinez Physical Fitness Center, Schofield Barracks, will close Feb. 18-21 for deep cleaning on the floors and walls. Lobby restrooms will remain open for customer use. Call 655-4804/8006.

19 / Saturday

K-Bay Sandbar – Round-trip transportation departs Schofield Barracks, 6:30 a.m. Cost is \$65; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

20 / Sunday

Whale Watching – Two trips are set for 7-8:30 a.m., and 8:45-10:15 a.m., Feb. 20. Cost is \$25; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

21 / Monday

Holiday Pool Hours – Tripler Army Medical Center and Richardson pools will be open 10 a.m.-5 p.m., Presidents Day (Feb. 21).

23 / Wednesday

Soul Food – Enjoy soul food, Feb. 23, at the Tropics Recreation Center, Schofield Barracks. Lunch and dinner plates are \$7.50. Call 655-5698.

25 / Friday

New CYSS Office – The Child, Youth and School Services registration office located at Kaala Community Center, Building 556, Schofield Barracks, will close Feb. 25-28 to move to its new office at Youth Support Services, Building 1283, Schofield Barracks. Regular office hours resume March 1.

“Showstoppers” – This best of Broadway revue replaces “Chicago,” and runs Feb. 25-March 13 at the Richardson Theatre, Fort Shafter. Times follow:
•7:30 p.m., Fridays and Saturdays; and 3 p.m., Sundays.
All seating is reserved; call the box



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Survey – Submit your ideas and comments today about the “Hawaii Army Weekly.” Is the HAW your main source for what’s going on? Do you use Facebook or Twitter? Let the U.S. Army Garrison-Hawaii Public Affairs Office know what you think. Take our quick HAW survey at www.garrison.hawaii.army.mil by clicking on the link. Call 656-3153.

Great Aloha Run – Register for the Kaiser-Permanente Great Aloha Run taking place Presidents Day weekend. The GAR offers four days of events highlighting family, health, fitness and charity. GAR features the following:

- A three-day Sports, Health and Fitness Expo, Feb. 18-20;
 - The Silverstreaks Sunrise Walk, Feb. 19;
 - The Keiki Fun Run, Feb. 19; and
 - An 8.15-mile foot race, Feb. 21.
- Military divisions in the foot race include DoD civilians; the Sounds of Freedom formations consist of active military units running in formation. Cost for the footrace is \$45 cash or credit card at the GAR Expo. Visit www.greataloharun.com.
- For Sounds of Freedom details, call 438-0823 or 285-3713 or e-mail santrel.mcclusky@us.army.mil.



Byron Nagasako | School Liaison Office, U.S. Army Garrison-Hawaii

School days

MILILANI — Sarina Calinawan, spouse of Warrant Officer Shawn Calinawan, gets ready to register their daughter, Lana, for kindergarten at Mililani Mauka Elementary School. Keiki born between Jan. 1-Aug. 1, 2006, can register for kindergarten now; keiki born between Aug. 2-Dec. 31, 2006, can register for junior kindergarten.

office at 438-4480, 10 a.m.-2 p.m., Monday-Friday.

26 / Saturday

Whale Counting – Trip is set for 7:30 a.m.-noon, Feb. 26. Cost is \$10; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

UFC 127 – Watch the Ultimate Fighting Championship, 5 p.m., Feb. 26, at the Tropics Recreation Center, Schofield Barracks. Admission is \$10. Call 655-5698.

March

1 / Tuesday

New Computer Lab Hours – Starting March 1, the computer lab for Soldiers and family members at Army Community Service Center, Schofield Barracks, will be open as follows:

- Monday, Thursday and Friday, 7:30 a.m.-4:30 p.m.; and
- Tuesday and Wednesday, 7:30 a.m.-9 p.m.

Computers include Internet access, Microsoft software and Skype. Call 655-4227.

Sgt. Yano Library at Schofield Barracks also offers computer services, including Internet access and Microsoft software. Printing is available for a fee. Call 655-8002.

Ongoing

Blue Star Punch Card – Blue Star Card holders who attend BSC events will get a BSC Superstar punch card. Turn in completed punch cards for a free BSC T-shirt. Call 655-0002 or e-mail sarah.chadwick@us.army.mil.

Feedback – Call 655-0002 or

e-mail sarah.chadwick@us.army.mil with questions, comments or feedback regarding the Blue Star Card program and other Directorate of Family and Morale, Welfare and Recreation deployment programs.

Picture Framing – Learn customized framing at the Schofield Barracks Arts and Crafts Center. Cost for one session is \$45 and includes instruction and materials. Framing is available daily, 9 a.m.-12 p.m. Call 655-4202.

Auto Skills Center – Rent storage sheds from either the Fort Shafter or Schofield Barracks Auto Skills Center. Choose from two sizes: metal 8x6x5, \$50 per month; plastic 8x6x6, \$60 per month. Call 438-9402 or 655-9368.

State Vehicle Safety Check – The Auto Skills Shop at Fort Shafter and Schofield Barracks can perform state vehicle safety checks on a first-come, first-served basis; appointments aren’t necessary. Call 438-9402 or 655-9368.

Newcomers Island Tour – Sign up for the free newcomers island tour that departs from Schofield Barracks’ Army Community Service, Building 2091, or Fort Shafter Flats’ ACS, Building 1599. Call 655-4227 or 438-4499.

Arts and Crafts – Visit the Schofield Barracks Arts and Crafts Center for creative fun:

- Make lei, 12-2 p.m., every Thursday. All ages are welcome. Cost is \$10. Call 655-4202.
- Join Mom and Tot Crafts and create a fun project with your 3-5-year-old, 10-11 a.m., every Thursday. Cost is \$3 and covers class and supplies. Call 655-4202.

Homeschool PE Classes – Army Youth Services offers physical education for the homeschooled child, 10-11

p.m., Feb. 25, Tripler Army Medical Center Chapel (3D). Lunch is on your own.

•RSVP for either session by e-mailing cindy.l.morita@us.army.mil or howard.reyes@us.army.mil.

25 / Friday

Photography Contest – The Third Annual Survey Exhibition of Contemporary Photography in Hawaii, sponsored by University of Hawaii-Manoa Outreach College’s Pacific New Media, is open to all artists using photographic processes: traditional silver or color prints, digital imaging, alternative processes and mixed media explorations. Hawaii residents (amateurs and professionals) can submit original works that have been created within the past two years, have not been previously exhibited and show evidence of a photographic process in their creation.

Images must be submitted by Feb. 25. Visit www.outreach.hawaii.edu/pnm; e-mail pnmphoto@gmail.com or call 956-3422.

26 / Saturday

Swamp Romp – Register your team for the dirtiest race on Oahu. Six-member teams will run 5 miles through the mud and dirt, starting at 7 a.m., Feb. 26, at Marine Corps Base Hawaii, Kaneohe Bay.

The course goes through the Nuupia Ponds and down Fort Hase Beach, plus over and under obstacles that challenge the strongest of competitors.

This event is open to the public. Register at www.mccshawaii.com or call 254-7590. Registration closes 4:30 p.m., Feb. 23. Pick up packets at the Swamp Romp Expo, 9 a.m.-4 p.m., Feb. 24-25, Kahuna’s Community

a.m., at Aliamanu and Fort Shafter; call 836-1923.

Schofield, Helemano and Wheeler Army Airfield classes are Wednesdays, 11 a.m.-12 p.m. Call 655-6465.

Deploying Units –The Directorate of Family and Morale, Welfare and Recreation can explain the Blue Star Card at pre-deployment family readiness group meetings. Call 655-0002.

TAMC Physical Fitness Classes

– Active duty Soldiers and their family members can show their military ID at Tripler Army Medical Center’s Physical Fitness Center to sign up for free physical classes. Classes for Army civilians are \$4 per class or \$25 per month. Classes include step aerobics and Zumba. Call 433-6443.

Adult Sports – Men and women can register for intramural racquetball, basketball, volleyball and triathlons. Women can also register for soccer. For intramurals, call 655-8056; for All-Army Sports, call 655-9914. Visit www.mwrrmyhawaii.com.

Biggest Loser – Enter this weight loss contest at the Fort Shafter or Schofield Barracks physical fitness centers. Winners will be selected based on the percentage of body fat lost throughout the contest period, which ends April 1. Call 438-1152 or 655-8007.

No-Show Policy – Blue Star Card holders who register for an event and can’t attend need to cancel the reservation by noon, the day before the event. Without cancellation, BSC holders will be considered no-shows, resulting in being placed on a wait-list for the following month’s events. E-mail amanda.p.montgomery@us.army.mil.

Ballroom, MCBH, Kaneohe Bay.

Ongoing

Hawaii Military Child Survey – Visit www.hawaiikids.org to fill out the Hawaii Military Child Survey. This survey focuses on Hawaii military service personnel and their school-age children. The study explores a range of issues related to schooling and education, such as academics, expectations (what you had heard about Hawaii schools, life in Hawaii and educational expectations before arriving) and family and child history. Call 438-4177.

Hui O’Na Wahine Executive Board – Nominations for the Hui O’Na Wahine (Schofield Spouses Club) 2011-2012 executive board are due by 5 p.m., March 9. The executive board consists of president, first vice president, second vice president, secretary, operations treasurer, and scholarship and welfare treasurer. Visit www.schofieldspousesclub.com or e-mail huiparliamentarian@gmail.com.

Welfare and Scholarship Drive – Applications for the 2011 Hui O’Na Wahine (Schofield Spouses Club) drive are now being accepted. Scholarship applications are due March 20; welfare applications are due March 26. Visit www.schofieldspousesclub.com.

Running Club – Runners and walkers can join the free Hawaii Running Project Wednesday Run Club at Schofield Barracks, which meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road. The club runs loops around the base of Kolekole Pass; workouts can be customized from two to eight miles.

Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu).

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- FS: Fort Shafter Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF and FD
•Sunday services:
– 8:30 a.m. at AMR
–10:30 a.m. at MPC Annex
–11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship
•Sunday, 12 p.m. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex

Protestant Worship
•Sunday Services
–9 a.m. at FD, FS, MPC and TAMC chapels
–9 a.m. at WAAF chapel, Lutheran/Episcopalian
–10 a.m. at HMR
–10:30 a.m. at AMR

Single Soldiers’ Bible Study
•Wednesday, 11:30 a.m. at SC. Lunch is provided.

Worship Service
•Sunday, 6 p.m. at SC.



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



The Fighter

(R)
Fri., Feb. 18, 7 p.m.
Sat., Feb. 19, 7 p.m.
Thurs., Feb. 24, 7 p.m.

Harry Potter and the Deathly Hallows

(PG-13)
Family Matinee:
Admissions are \$2.50
Sat., Feb. 19, 4 p.m.

Tangled

(PG)
Sun., Feb. 20, 2 p.m.

Dilemma

(PG-13)
Wed., Feb. 23, 7 p.m.

No shows on Mondays or Tuesdays.

Security discussed at AFAP ceremony

This article is the second in a two-part series about the AFAP Conference

Story and Photo by
VICKEY MOUZE
Pau Hana Editor

SCHOFIELD BARRACKS – Increasing security within Army Hawaii’s military housing communities was among the top items on wish lists presented at the closing ceremony of Fiscal Year 2011’s Army Family Action Plan Conference, held at the Nehelani, here, Feb. 11.

The ceremony marked the culmination of the four-day conference that kicked-off Feb. 8.

In its 27th year, AFAP encourages community members



Delegates and subject matter experts attend the closing ceremony of the U.S. Army Garrison-Hawaii’s Army Family Action Plan Conference, at Schofield Barracks, Feb. 11.

to identify issues and offer recommendations that can improve Army life for Soldiers, family members, retirees and Army civilians.

Earlier in the week, five workgroups tackled 88 community issues ranging from survivor outreach services to community services. Workgroups then selected two or three top issues each and presented their recommendations to senior leaders and subject matter experts.

A local steering committee will track issues until they are resolved.

The Base Operations workgroup recommended that off-post military housing communities be secured as if they were on installations and to reinstate the neighborhood community watch program, in addition to the current iWATCH Program.

“Service members, their families and their possessions are vulnerable in their communities,” Katie Crouch, spokesperson for the group, told the audience.

Initiatives are currently underway to combat crime, said Maj. Gen. Michael J. Terry, who serves as senior commander for U.S. Army-Hawaii and commander for 8th Theater Sustainment Command.

Responding to Terry’s questions, Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, told the audience that security in housing areas, such as Aliamanu Military Reservation, is now provided by 105 of the 120 authorized Department of the Army police officers.

Terry also asked Mulbury to investigate the possibility of bringing back the neighborhood watch program.

See more AFAP conference photos at www.flickr.com/photos/usag-hi/sets/.

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| Recommendations Each of the five workgroups provided several recommendations during the Army Family Action Plan conference. Survivor Outreach Services suggested <ul style="list-style-type: none">•That the Army retroactively present a Heirloom Chest to any surviving family whose Soldier died while on active duty between Sept. 11, 2001, and Sept. 28, 2007.•To give all surviving family members the option to purchase the Delta Dental Plan.•To allow sponsored or designated opportunities for the surviving next of kin without an ID card to make purchases at post exchanges and military clothing sales stores to replace items such as ribbons and awards. Family Services suggested <ul style="list-style-type: none">•That the Army create a child victim advocacy program. Professionals with experience and training would provide victim advocacy services for children less than 18 years of age.•That the Hawaii Board Education website include a statement of the current policy authorizing prorated refunds for military families forced to move, due to circumstances beyond their control. | Force Support suggested <ul style="list-style-type: none">•To release a detailed leave and earnings statement at mid-month and at the end of the month for service members.•To create federal legislation governing calculations of child support payments based on pre-determined standards and to create a standardized form to submit to state courts that would be used to calculate child support payments. Community Services suggested <ul style="list-style-type: none">•That a multipurpose Morale, Welfare and Recreation facility similar to the Tropics Recreation Center be built on Fort Shafter for single Soldiers.•To amend regulations to allow for one-on-one or lower ratios of adults to children in the care of children with special needs in Child, Youth and School Services, or CYSS, and to fund this care through CYSS.•To designate funds to renovate current fitness centers to CYSS standards, mirroring other installation fitness centers that provide child care services. This recommendation includes modifying current and future design templates to allocate space designated for child care in post fitness centers and providing low-cost, hourly CYSS child care on-site for fitness center patrons. |
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Courtesy Photo

Keiki ages 13 and older, who are in the Odyssey Club, negotiate the alpine tower and giant swing at Operation Military Kids Family Camp. Activities were held at the North Shore, Feb. 4-6.

Family Camp helps keiki cope

SCHOOL LIAISON OFFICE News Release

SCHOFIELD BARRACKS – Twenty-five Army families affected by deployments socialized and relaxed at a recreational camp located on the island’s North Shore, Feb. 4-6.

Known as the Operation Military Kids, or OMK, Family Camp, the camp is part of a 4-H Club/Army Youth Development Project.

Through a network of community partners, OMK provides youth program opportunities for school-age children and teenaged youth, and connects them to support resources where they live.

OMK trains camp staff in military culture, resilience in kids and understanding the unique issues facing military youth. The camp’s staff members are from Kosovo, Japan, Greece, Canada, Germany, Mexico, Brazil, India, England, Australia and New Zealand.

Family Camp set for April

The next OMK Family Camp, scheduled for April 8-10, will focus on reintegration. Families with Soldiers returning from deployment within the past six months will have priority. Call 956-4125, e-mail omk@ctahr.hawaii.edu or visit www.ctahr.hawaii.edu/4h/OMK/.

Jen Dickenson, OMK staff member, asked a group of 9- to 12-year-olds how they felt about being a military youth. The youth collectively replied, “Stressed, sad, anxious, scared, worried, emotional, terrified, proud, brave and awesome.”

OMK also funds most of the camp’s cost, making the camp affordable for Army families.

The camp provides food, lodging, camp staffing and activities, like arts and crafts.

“I made some cards for my dad, and I will send them to him in Iraq,” said Emily Hill, 7.

Jeremy Hirai, 8, whose dad is deployed to Afghanistan, said that his favorite activities were archery shooting and swimming.

During the Clover Club’s musical chairs activity for 6- to 8-year-olds, one of the younger children couldn’t locate a chair and would’ve been disqualified. However, Jaydan Burgos, 8, gave up his chair so the younger boy could continue with the game. Burgos’ dad is deployed to Kuwait.

The camp isn’t just for children. Maj. Naomi Carrington, 30th Signal Battalion, 516th Signal Brigade, 311th Signal Command, enjoyed the alpine towers and giant swings with other adults present, while her children, ages 4 and 2, participated in activities in the keiki group. Their dad is presently deployed in Afghanistan.

U.S. Army-Hawaii’s 8th TSC helps Great Aloha Run

SGT. 1ST CLASS DAVID WHEELER
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Any good mission starts with an even better plan: This might be the perfect motto for a noncommissioned officer, here, who’s orchestrating the U.S. Army-Pacific’s support of the upcoming Great Aloha Run, Feb. 21.

“We started planning our participation mid-October,” said Sgt. 1st Class Santrel McClusky, in Operations, 8th Theater Sustainment Command. McClusky is GAR liaison for all USARPAC units.

Bringing aloha to the Iraqi desert

BAGHDAD — 25th Infantry Division hosted the Iraq-Great Aloha Run, Feb. 10.

More than 2,000 participants from units across U.S. Division-Center ran in the Iraq-GAR. Maj. Gen. Bernard Champoux, commanding general, 25th Infantry Division, led the 25th ID headquarters in the Baghdad race.

Winners were Maj. Chris Bachl, Headquarters, 25th ID, with a time of 47:53, and Capt. Laura Ahlert, XVIII Airborne Corps, with a time of 56:32.

See next week’s HAW for more coverage about Hawaii-based units bringing the spirit of aloha to deployed locations.

“(8th TSC’s) big contributions leading up to the event include doing coordination for both deployed and garrison-based Army registrations, and providing logistical support on behalf of the Army command and GAR committee,” he said.

This year is the second consecutive year that 8th TSC is coordinating USARPAC’s participation.

Although the annual charity race lasts only a few hours, preparation takes several months, and Soldiers assigned to 8th TSC help the GAR staff almost every step of the way.

Help means getting more than 3,500 Soldiers, in more than 70 buses, to the start line, including those who will volunteer at the water points and aid stations along the run route, McClusky said. Soldiers will be bused from here, Schofield Barracks and Wheeler Army Airfield.

A large portion of Soldiers will run in the GAR’s Sounds of Freedom, a combined services military formation that runs to cadence.

Also, 8th TSC units currently deployed to Iraq and Afghanistan registered their Soldiers in the Honolulu event and will run their own races in their deployed locations.

Although not running this year, McClusky will make sure things go as planned and Soldiers get to and from the race safely. He knows that even after the race begins, the 8th TSC’s involvement is far from over.

“During the race, the 8th TSC will be helping both logistically and as a military command and control liaison,” he said.

The amount of planning and effort that goes into this one event can make even the most battle-tested Soldier tired.

“Even though participating in this event is a



Spc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Spc. Tameika Drayton, 8th Theater Sustainment Command volunteer, hands out giveaways during the Great Aloha Run early registration at the Kaiser Permanente Great Aloha Run Kick Off Party, in Honolulu, Dec. 2, 2010.

great experience, I can’t wait until Tuesday (the day following the race), so I can take a day off from planning. Then Wednesday, we can start preparing for next year,” McClusky said, jokingly.

Created in 1985 by Hawaii entertainer Carol Kai and physician Jack Scaff, the annual 8.15-mile GAR is a charity event that benefits Carole Kai Charities, a philanthropic fund. Since the race’s inception, more than \$8.1 million in proceeds have

been distributed to about 150 nonprofit organizations in Hawaii, including military Morale, Welfare and Recreation programs.

Hosted by the city of Honolulu, the race starts at Aloha Tower and ends at Aloha Stadium.

“It’s a great feeling to know that I can help support an event of this magnitude that not only supports the local community, but the military community as well,” McClusky said.

Kiss dip goodbye for a day.

Join the
Great American Spit Out.

24 FEB 2011

‘Spit-Out’ combats smokeless tobacco

WENDY LAROCHE
Army News Service

ABERDEEN PROVING GROUND, Md. — The “Great American Spit-Out” occurs in February each year to raise awareness of the dangers associated with smokeless tobacco. This year, the Great American Spit-Out is Feb. 24.

Myths concerning smokeless tobacco still exist, giving tobacco users a false hope that smokeless tobacco is a safe alternative to smoking tobacco. In reality, smokeless tobacco increases the risk of oral cancer, which includes cancer of the lip, tongue, cheeks, gums and the roof of the mouth.

Constant exposure to tobacco juices causes cancer of the esophagus, pharynx, larynx, stomach, bladder and pancreas. Gum recession, disease and tooth decay have also been associated with smokeless tobacco use.

Smokeless tobacco contains 28 carcinogens, or cancer-causing agents. Although many smokeless tobacco users know there are cancer-causing affects, they just can’t stop. The nicotine in these products is addictive.

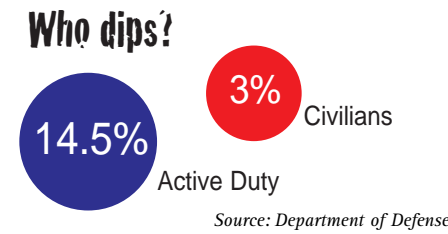
Nicotine absorption in smokeless tobacco products is three to four times higher than that of smoking tobacco products. Nicotine is as addictive

as heroin or cocaine, so it may take smokeless tobacco users many attempts before they are able to fully kick the habit.

The key is to continue trying. Several steps, including the following, encompass a quit plan:

- Let your health care provider know of your decision to quit. Medications can help, if necessary.
- Chew sugarless gum or snack on sugarless candy, raw carrots, celery and nuts when you have an urge.
- Also drink plenty of water and use a straw to help with the need to chew.
- Have an emergency support plan in place, including in person, on the phone or online supporting resources.

(Editor’s Note: Wendy LaRoche works with U.S. Army Public Health Command-Provisional.)



Four workshops to focus on deployments, youth resiliency

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU — Building resiliency in children and teens will be the focus of four upcoming workshops tailored toward deployments.

Guest speaker is Dr. Ken Ginsburg, a pediatrician and authority on developing resilience in children and adolescents, and a consultant for the Army’s Child, Adolescent and Family Behavioral Health Office.

Ginsburg, a pediatrician and author of “Building Resilience in Children and Teens,” will lead the workshops, Feb. 23-25, at Tripler Army Medical Center, Schofield Barracks and Marine Corps Base Hawaii, Kaneohe Bay.

Recent studies show that about one-third of military children develop anxiety issues as a result of parental deployment, while many others may become depressed.

Building resiliency helps a child deal with deployment transitions and other life changes, hopefully decreasing the likelihood that the child will develop behavioral health issues.

Locally, School Behavioral Health Programs are available at Schofield Barracks and the Marine Corps Base. Also, TAMC’s School Behavioral Health Team provides therapy, psychiatric treatment, various deployment support groups and psycho-educational groups for children and their families.

The Army’s Child, Adolescent and Family Behavioral Health Office is sponsoring Gins-

burg’s workshops; coordinating agencies include Army One Source and Army Community Service.

Resiliency Workshops

Registration for resiliency workshops is limited and is on a first-come, first-served basis.

Workshops for parents and caregivers of children of all ages:

- 6-7:30 p.m., Feb. 23, Schofield Barracks Main Post Chapel. Call 655-4227. Dinner is 5:30-6 p.m. Free child care is available; children must be registered with Child, Youth and School Services.
- 2-4 p.m., Feb. 24, Marine Corps Base Hawaii Chapel. Call 257-7776.

Workshops for clinicians, educators and caregivers:

- Overview session, 9 a.m.-noon, Feb. 24, Cobra’s Den, Schofield Barracks Health Clinic, Building 686.
- In-depth Skills Workshop, 8 a.m.-3 p.m., Feb. 25, Tripler Army Medical Center Chapel (3D). Lunch is on your own.

RSVP for either session by e-mailing cindy.l.morita@us.army.mil or howard.reyes@us.army.mil.