

INSIDE Redistricting

Hawaii-DOE proposes boundary changes for schools within AMR and Navy communities.

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

Jumping for hearts

AIEA — Command Sgt. Maj. Maria Wilkes (left), command sergeant major, 8th Special Troops Battalion, 8th Theater Sustainment Command, and Spc. Quinten Booker (right), Headquarters and Headquarters Company, 8th TSC, race students from Gustav H. Webling Elementary School, here, during “Jump Rope for Heart,” Feb. 23. See page B-3 for the full story.

Mobilization

Soldiers from the 196th Inf. Bde. help a HIANG unit prepare for an OEF deployment in the Philippines.

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Town Hall

Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, invites Army-Hawaii community members to attend the Oahu South Community Town Hall, 6:30-7:30 p.m., March 16, at the AMR Chapel.

See News Briefs, A-5



Swamp Romp

Participants tackle obstacle courses and trudge through the mud during Oahu's dirtiest race.

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Participation vital, needed in COLA survey

Survey determines Hawaii's allowance

U.S. PACIFIC COMMAND
News Release

HONOLULU — Military personnel in Hawaii have an opportunity to affect their paychecks this year by participating in a Cost of Living Allowance Living Pattern Survey, or LPS.

This survey of families' shopping patterns is taking place March 1-31, and affects the COLA that military personnel stationed in Hawaii receive each month. The approximately 30-minute online survey asks service members and families to identify the off-base retail outlets they use when they shop for food, clothing and other goods and services, such as restaurant meals, hair care and auto repair.

The survey requests information on how often and how much military families spend when they shop on the local economy or off base, and how often and how much they spend when they shop at the commissary, exchange and via the Internet. The data collected in this survey will be used to adjust the Hawaii COLA.

The LPS is one of the building blocks of COLA. Every three years, an LPS is conducted to update local economy outlets where military families shop and the frequency in which they shop at these outlets.

An annual market basket survey, or the Retail Price Survey, collects the prices of 120 goods and services from these identified outlets. These prices are then compared to those in the continental U.S., or CONUS, and a Cost of Living Index is computed that reflects the difference.

COLA Survey

The Hawaii LPS will run throughout March at www.pacom.mil and <https://community.apan.org/pop/>. For questions, contact the USPACOM Quality of Life/Personnel Readiness Branch at 477-8121.

The Hawaii COLA allowance is designed to compensate service members for the difference between the costs of goods and services in CONUS, and the same goods and services in Hawaii.

All uniformed military members with Hawaii as their permanent duty station for at least three months and who do not reside in the barracks should take the survey, including U.S. Public Health Services and Hawaii Army and Air National Guard personnel.

Service members are encouraged to take the survey at home with their families to ensure that input is received from the people who actually do the shopping for the household. Maximum participation is key to a successful Hawaii LPS, and ultimately, a fair and accurate COLA rate.

DOD identifies Army casualty

DEPARTMENT OF DEFENSE
News Release

The Department of Defense announced the death of a Soldier who was supporting Operation Enduring Freedom, Monday.

Spc. Andrew Wilfahrt, 31, of Rosemount, Minn., died Sunday, in Kandahar province, Afghanistan, of wounds suffered when insurgents attacked his unit using an improvised explosive device.

Wilfahrt was assigned to the 552nd Military Police Company, 504th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command.



Wilfahrt

Story and Photo by
SGT. CASHMERE C. JEFFERSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Building resilience in Soldiers is the task for more than 120 students who graduated, Feb. 23, from the 10-day Master Resilience Training, or MRT, course, held here.

The Army defines resilience as the ability to grow and thrive in the face of challenges and to bounce back from adversity. The graduates of this course will be instilling these attributes into their units.

“The officers and (noncommissioned officers) of this course have already shown great potential to develop resilience programs and provide coping strategies to further strengthen the force,” said Col. Tom Vail, deputy director of Comprehensive Soldier Fitness, adding that the leaders in the course have proven themselves to be fully mission capable.

The MRT course is one pillar of the CSF program. Its mission is to increase resilience and enhance the performance of the military force through development of the five CSF dimensions of strength: physical, emotional, social, spiritual and family.

“CSF’s vision is an Army of balanced, healthy (and) self-confident Soldiers, family members and civilians, able to not only bounce back from adversity, but also to grow and thrive in the face of persistent stressors and challenges,” said Capt. Zachary Heinrich, MRT mobile training team officer in charge. “MRT breaks away from the



Lt. Gen. Benjamin Mixon, commander, USARPAC, addresses Soldiers during CSF's MRT course, held at Fort Shafter, Feb. 15. MRT teaches Soldiers how to develop resilience against stress.

traditional means of instruction by teaching resilience, thinking skills and coping strategies through emphasizing how to think, not just what to think.

“Scientists call this metacognition, or thinking about thinking,” Heinrich added. “This allows for adaptive, flexible, creative and effective leaders, team members, employees and family members.”

CSF’s approach to the challenges Soldiers face is not reactive but preventative, Heinrich said. The MRTs won’t

replace any programs the Army already has in place to take care of the force, but it will focus on the six core competencies of MRT: self-awareness, self-regulation, optimism, mental agility, strength of character and connections.

“MRT is about maintaining and enhancing the combat readiness of the force,” said Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, who joined the MRT group, Feb. 15, to emphasize the importance of MRT to the Army and its future.

AER campaign helps the Army take care of its own

ARMY COMMUNITY SERVICE
News Release

SCHOFIELD BARRACKS — The Army Emergency Relief fundraising campaign, here, kicked off Tuesday, and will continue through May 15.

The annual campaign provides an opportunity for Soldiers to help their fellow Soldiers and creates a greater awareness and understanding of AER programs and benefits.

The fundraising goal for Hawaii’s AER this year is \$300,000. Last year, the campaign raised \$325,000, locally.

AER is a private, nonprofit organization that provides financial assistance to active duty Soldiers, single or married, and their family members; National Guard and Reserve Soldiers on continuous active duty for more than 30 days and their family members; retirees; and surviving spouses and or-



phans of Soldiers who died while on active duty or after they retired.

Since AER’s founding, more than 3.3 million Soldiers and families have received more than \$1.3 billion in support from AER.

In 2010, AER provided \$69.7 million in no-interest loans and grants to relieve financial distress to 62,000 Soldiers and families. Last year in Hawaii,

AER Donations

Visit www.aerhq.org to donate. For AER assistance or questions, contact your unit chain of command or the installation AER section at 655-7132; after business hours, contact the American Red Cross at (877) 272-7337.

2,439 Soldiers and family members were assisted with no-interest loans totaling \$2,597,199, and grants totaling \$77,372.

“You will need it one day; you won’t know when,” said Sgt. 1st Class Dennis Woodring, 163rd Transportation Detachment, 45th Sustainment Brigade,

SEE AER, A-2

We want to hear from you...

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.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the off-set method of reproduction and has a printed circulation of 15,300.

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Nondelivery or distribution problems in Island Palm Community housing areas? If so, call 656-3155 or 656-3488.

157 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 3/03/11.

Kunia Road is eight miles of aggravation

DENNIS DRAKE

U.S. Army Garrison-Hawaii Public Affairs

If you're a Kunia Road commuter, like me, you're among the hundreds of Soldiers and civilians who travel its eight miles between the H-1 freeway and Schofield Barracks everyday, both to and from work.

You also know that, in the mornings, traffic often moves at a snail's pace and backs-up the entire length of the road.

If you're like me, your patience often

mph is often the norm, with reckless passing in – and outside of – authorized passing zones.

And, as you know, this reckless passing often occurs when Kunia Road is crowded.

Motorcyclists sometimes push Kunia's safety envelope, weaving in and out of cars at high speeds.

The amount of cars, trucks and motorcycles on Kunia Road makes any accident potentially fatal.

“Traffic often moves at a snail’s pace and backs-up the entire length of the road.”

— Dennis Drake

U.S. Army Garrison-Hawaii Public Affairs



starts to wear thin and anxieties start to build – especially as you're primed to get to work.

And you are also aware that, in the afternoons, traffic seems to flow somewhat more smoothly, but long lines of cars are still the norm.

Here's the reality: Kunia Road is a hilly, narrow and curvy two-lane highway with very limited shoulders and few authorized passing zones. The speed limit is posted at 45 mph, except the final two miles closest to Schofield Barracks, which slows to 35 mph, as well as the final stretch toward Kunia at 35 mph.

During non-rush hour times, drivers rarely observe the speed limit. Going 50-65

So, what's the solution? Patience.

Here are the facts: Kunia Road is only eight miles long, and while it sometimes seems like an eternity in slow-moving traffic, everyone's life is put at risk if we drive irresponsibly, trying to save a few minutes.

The fact is, if you drive the speed limit at 45 mph, it takes 10.5 minutes to travel Kunia Road's eight miles.

So, is it really worth saving 2.5 minutes driving at 60 mph – passing other drivers, risking a speeding ticket and putting others in harm's way?

Think of it this way, the car you passed will likely be right behind you when you reach that first traffic light.



Courtesy of U.S. Army-Pacific Public Affairs

Assuming responsibility

FORT SHAFTER — Command Sgt. Maj. Frank Leota (left) accepts the ceremonial noncommissioned officers' sword that signifies his assumption of authority from Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, as outgoing Command Sgt. Maj. Joseph Zettlemoyer (center) watches, Friday, during a USARPAC ceremony at historic Palm Circle, here.

Leota confirmed his responsibility for the welfare and standards of USARPAC Soldiers, and said he expects USARPAC Soldiers to be accountable to their units, the command and to themselves.

Zettlemoyer, who also retired during the ceremony, thanked the command for the opportunities he had during his tenure.

AER: Assistance also provides families with scholarships

CONTINUED FROM A-1

8th Theater Sust. Command. “They were there for me when I needed them.”

Woodring has donated to the program throughout his career, never expecting to be on the receiving end, but with the help of AER, he was able to give his wife a fitting final farewell that would not have been possible otherwise.

“It helped the whole family, and (it)

helped me make everything perfect for her,” he said.

Beyond emergency financial needs, AER also provides college scholarships to children, spouses and surviving spouses of Soldiers. In 2010, AER granted \$7.9 million to help meet undergraduate-education needs, with 3,170 scholarships to children of Soldiers and 1,761 scholarships to spouses of Soldiers.

“The application process was really simple; I went to the AER website and filled out information about myself and what I do,” said Nicole Roames, a past recipient of an AER scholarship.

She said the AER scholarship was the largest financial aid she received for that semester. Using the scholarship, she was able to complete the semester without any loans.

“Go for it! It's easier to try for a

scholarship (now), than to deal with loans later on,” Roames said.

During the AER campaign, unit points of contact will call upon Soldiers for donations, which are completely voluntary. Making donations is not a requirement to receiving AER assistance.

Donations can be made by allotment, cash or check, and all contributions are fully tax deductible.

FOOTSTEPS in FAITH

‘Lobos’ gain spirtual insight during ‘Duty Day with God’

Story and Photos by
SGT. DANIEL SCHROEDER

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

POHAKULOA TRAINING AREA – Soldiers train to be physically fit to complete their job to standard; being mentally tough, or being able to withstand hardships and sacrifices, is just part of being a Soldier in the U.S. Army.

The Army has developed innovative ways to help improve and maintain a Soldier's mental health throughout the years, and one way to help strengthen the spiritual health of a Soldier is with the help of Army chaplains.

“Lobos” Soldiers, assigned to 209th

Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, took part in one of these opportunities during a “Duty Day with God” program, led by Chaplain (Capt.) Tony Cech, battalion chaplain, 209th ASB, 25th CAB.

The event was held at the Twin W.M. Keck Observatories on Mount Mauna Kea, on the Big Island, and provided a way to relax from training and a chance to talk with the chaplain.

Duty Day with God helps reduce stress and serves another purpose for Cech.

“I wanted to be able to take Soldiers on a trip to help them relax and, for me, to try and build a relationship with them,” Cech said. “I wanted the Soldiers to see an approachable chaplain for anything that is bothering them. I also wanted them to see that the chaplain goes everywhere the Soldiers are.”

The chaplain flew out to the training site, here, and traveled to all PTA ranges to visit each training event with Soldiers. The visits gave Soldiers a chance to relax and reduce stress during their training.

“For younger Soldiers who come and train, the most they see is just the training environment,” Cech said. “I get a



Chaplain (Capt.) Tony Cech, battalion chaplain, 209th ASB, “Lobos,” 25th CAB, 25th ID, leads a prayer at the summit of Mount Mauna Kea, which at 13,796 feet is the highest point in the Pacific basin, during a “Duty Day with God” trip to the Twin W.M. Keck Observatories, on the Big Island, during a rotation at PTA, Feb. 9.

chance to take them to see something else, to see the world. I wanted to take them up to the Keck Observatories ... because it is a great spot to see, and (it) also gives the Soldiers a chance to see what educational opportunities are around the island.”

The Twin W.M. Keck Observatories allow visitors on a daily basis and are near the summit of Mount Mauna Kea, the highest point in the Pacific basin at

13,796 feet.

“I thought that the trip to the observatory was amazing,” said Spc. Francisco Asuncion, motor transport operator, Company A, 209th ASB, 25th CAB. “The scenery was breathtaking; it was a great spot to see and visit.

“After going on this trip with him, I found Chaplain Cech to be approachable, and I would be comfortable going to him with any issues,” Asuncion added.

Voices of Ohana



“My sister, because she taught me everything when my mom wasn't around. She taught me to be independent.”

Janice Esteban
Petty Officer 3rd Class, U.S. Navy



“My grandmother, because she managed to keep food on the table and clothes on her family's backs, when she didn't have anything. She could face adversity.”

Spc. Raheetea Fields
Troop E, 2nd Bn., 6th Cav. Regt., 25th CAB, 25th ID



“My husband's grandmother, because she is an amazingly strong woman.”

Amanda Hagin
Military spouse



“Rosa Parks, because she had the courage and dignity to risk bodily harm for what she believed in.”

Kenneth Holmes
Retired military



“My grandmother, because she raised 10 kids, was religious and taught us our values and morals.”

Spc. Amio Taylor
8th MP Bde., 8th TSC

March is National Women's History Month:
Other than your mother, name an influential woman you admire and why you admire her.

Photos by 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

196th Inf. Bde. prepares HIANG unit for deployment

Story and Photo by
CAPT. STACY SOUTTER
Support Battalion, 196th Infantry Brigade, U.S. Army-Pacific

SCHOFIELD BARRACKS — Soldiers from 1st Squadron, 299th Cavalry Regiment, 29th Infantry Brigade, U.S. Army-Pacific, assembled to create the Forward 23 Platoon, Jan. 3, here, to conduct mobilization in-processing and training for an upcoming deployment in support of Operation Enduring Freedom in the Philippines.

Their mission is to assist the Joint Special Operations Task Force-Philippines, provide security at key locations in the Philippines and assist in training the Philippine armed forces.

“One of the many highlights of this training is it afforded me the opportunity to exercise my native language,” said Chief Warrant Officer 4 Larry Magaoay, senior maintenance advisor, Support Bn., 196th Inf. Bde. “This rare opportunity was rewarding to me, because it allowed me to share my culture and demonstrate my ability to speak a multiple-Filipino dialect.”

The 3302nd Mobilization Support Battalion and the Support Bn., 196th Inf. Bde., welcomed Fwd. 23 Platoon Soldiers on their first day of mobilization.

During the first week of mobilization, the platoon worked closely with 3302nd MSB to complete the necessary pre-deployment in-processing gambit of medical, finance, personnel records and equipment issue. Then the Fwd. 23 Platoon partnered with the Support Bn., 196th Inf. Bde., to complete pre-deployment training requirements.

During the second week, Fwd. 23 Soldiers were exposed to basic leader and Soldier skills, such as military planning; M9, M4 and M240B marksmanship; and Filipino language and cultural training.

In the third week, Fwd. 23 Platoon trained on small unit tasks and conducted static load training on a UH60 Black Hawk helicopter, to familiarize Soldiers with the proper techniques of working with rotary wing aircraft. The platoon also received two days of force protection training, where Soldiers reacted to scenarios ranging from dealing with civilians on the battlefield to responding to complex attacks on the platoon’s forward operating base.

Soldiers went through a medical trauma lane, which instilled confidence in their medical skills to treat gunshot wounds, traumatic chest wounds and injuries to extremities, as well as to move the injured through obstacles.

In the fourth week of mobilization, the platoon came out of the field to use the Reconfigurable Vehicle Tactical Trainer at the Battle Command Training Center. The RVTT is a computer simulator that surrounds Soldiers in a realistic, 360-degree virtual world to help with basic vehicle and convoy drills and tasks.

The platoon tested its lessons learned in convoy lanes at the Kahuku Training Area and patrolled dirt roads and encountered simulated improvised explosive devices and unexploded ordnance.

“It is rewarding to know that Fwd. 23 received the Army’s most meticulous and demanding mobilization training. I am certain that the leaders and Soldiers will be successful and excel in whatever task(s) (or) condition(s) they may face during their rotation,” Magaoay said.

The training allowed Fwd. 23 Platoon the opportunity to validate its battle drills and standard operating procedures prior to deployment, and to refine and modify some of its systems for the upcoming deployment.



HIANG Soldiers from 1st Sqdn., 299th Cav. Regt., 29th Inf. Bde., USARPAC, also known as Fwd. 23 Platoon, go through a medical trauma lane, treating gunshot wounds, traumatic chest wounds and injuries to extremities, during mobilization in-processing and training for an upcoming deployment in support of OEF in the Philippines.



Staff Sgt. Andrew Limbocker (second from left), infantry squad leader, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, instructs a squad of Iraqi jinood, about how to move together as a team during room-clearing exercises at Kirkush Military Training Base, Feb. 8.

‘Gimlets’ teach urban fighting skills

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

KIRKUSH MILITARY TRAINING BASE, Iraq — Soldiers from Company A, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Inf. Div., taught platoons assigned to 2nd Bn., 21st Regt., 5th Iraqi Army Div., to safely enter buildings and clear rooms, here, Feb. 8.

Enhancing IA soldiers’ ability to seek and ef-

fectively engage targets in urban environments and room-clearing drills are one of several training exercises that are part of a 25-day training rotation called “Tadreeb al Shamil,” Arabic for all-inclusive training, said Spc. Scott Butz, infantryman, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT.

Soldiers in Co. A, 1st Bn., 21st Inf. Regt., “Gimlets,” 2nd BCT, are training Iraqi “jinood,” Arabic for soldiers; providing them modern unit tactics and logistical procedures; and guiding Iraqi officers and noncommissioned officers to take a leading role in training.

Gimlets supervised jinood and trained them on how to clear a room using operational, three-man teams, to properly and safely enter and exit a building, and how to clear each room while providing security.

U.S. Soldiers made on-the-spot corrections, training each Iraqi team to move and work cohesively.

“Security is more important that speed,” said Staff Sgt. Andrew Limbocker, infantry squad leader, Co. A, 1st Bn., 21st Inf. Regt., 2nd BCT. “If your buddy goes down, you lose effective fire and security in that sector.”

U.S. trainers added variables, creating scenarios with wounded teammates, enemies and hostages to demonstrate how confusing a room-clearing operation can become, if not conducted properly.

“Room clearing is a high-intensity event,” Butz said to Iraqi soldiers. “You need to be prepared for any situation.”

Limbocker said he sees Iraqi leaders and their units improving continuously, as they work each day with U.S. forces.

“They are always looking for ways to improve the training, so their units get the most out of it,” he added. “We train the individual first, making sure they know the training, before we move to collective unit training. There has been progress, and it can be seen all the time.”



An Iraqi fire team from 2nd Bn., 21st Regt., 5th IA Div., enters and clears a room during training at Kirkush Military Training Base, Feb. 8.

Engineers shoot, move, communicate in STX

Story and Photo by

1ST LT. BRIGIDA I. SANCHEZ

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

MARINE CORPS BASE HAWAII, KANEOHE BAY — The only thing that could be heard was the slight din of boots, as a file of Soldiers traveled down a deserted road, here, Jan. 26; then, the near silence was shaken by the thumping roar of two CH-47D Chinook helicopters from Company B, 3rd Battalion, 25th General Support Aviation Bn., 25th Combat Aviation Bde., 25th Infantry Division, as they landed.

The Chinooks were there to transport 147 Soldiers from the 70th Engineer Co. (Geospatial), 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, for a day of squad-level training aimed at testing junior noncommissioned officers' ability to lead Soldiers in small-unit tactics.

The training exercise also simultaneously reinforced teamwork and cohesion among Soldiers.

Once Soldiers landed at the training site, they immediately tackled several tasks meant to test their leadership, teamwork and basic warrior skills.

Squads ran through the Leader's Reaction Course, where platoon leaders and senior NCOs assessed how well the squad worked together and how each Soldier contributed to the common goal.

"If you don't take control of your mission, you will fail," said Chief Warrant Officer 2 Amosa Oloi, 3rd Platoon, 70th Eng. Co., 65th Eng. Bn., 130th Eng. Bde., who repeatedly hammered the importance of the squad leader's actions during every evaluation.

Junior NCOs also developed their leadership skills, guiding less experienced Soldiers through basic warrior tasks and drills throughout the course.

"Anybody can lead, but it really takes a good leader in order to teach," said Sgt. Mitchell Knight, 3rd platoon, 70th Eng. Co.,

65th Eng. Bn., 130th Eng. Bde.

Squad leaders embraced challenges they encountered during the training and left more confident and capable. One of those squad leaders, Sgt. Ngirametuker Marino, 3rd Platoon, 70th Eng. Co., 65th Eng. Bn., 130th Eng. Bde., said his entire squad showed improvements in its confidence and problem-solving skills throughout the day.

"When we planned, everyone put their heads together," Marino said. "We had constant communication, and I listened to everyone's ideas."

Other leaders came away from the challenges with a similar sentiment about teamwork contributing to their overall success.

"It was great because no one quit, and everyone gave 100 percent," Sgt. William Boozier, 2nd Platoon, 70th Eng. Co., 65th Eng. Bn., 130th Eng. Bde. "I put my younger Soldiers in charge of the LRC, and they were able to accomplish their mission."

After the LRC, squads took on an obstacle course of high walls, rope climbs and balance beams to emphasize physical abilities and squads working together to successfully overcome each hurdle along the course.

"(The obstacle course) helps them to push through their fears, push each other through those fears and push each other to do their best," said Staff Sgt. Jay Shields, 3rd Platoon, 70th Eng. Co., 65th Eng. Bn., 130th Eng. Bde.

In addition to sharpening the junior NCOs' leadership skills, the day offered newly enlisted Soldiers their first field exercise since initial entry training.

"I think this is a great experience for new Soldiers, giving them new opportunities training with air support," Shields said. "As a young private, fresh in the Army, I didn't have the opportunity until I deployed. Today, the Soldiers of the 70th Eng. (Co., 65th Eng. Bn., 130th Eng. Bde.) got that chance."



Soldiers of the 70th Eng. Co. (Geospatial), 65th Eng. Bn., 130th Eng. Bde., 8th TSC, learn how to prepare a landing zone during their squad's stakes training exercise at Marine Corps Base Hawaii, Kaneohe Bay.

Experts visit, share knowledge with 45th Sust. Bde.

SGT. PHILLIS WHITE

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Two senior logistics experts recently shared their knowledge with senior leaders of the 45th Sustainment Brigade, 8th Theater Sust. Command, and emphasized that sustaining the line requires more than the moving parts.

Although Brig. Gen. Robin Akin, commander, 3rd Sust. Command (Expeditionary), and retired Brig. Gen. Rebecca Halstead, former commander of the 3rd Corps Support Command, spoke in separate sessions during the brigade's leaders symposium held, Feb. 9–10, at the Ko Olina Resort, they both stressed that successfully supplying logistics is just as much about providing better leadership.

Their message echoed the importance of senior leaders needing continuous training, coaching and mentoring.

"As we (leaders) assume training, readiness and authority, we will continue to sustain the line with zest and professionalism, ensuring all our units are highly trained and ready for missions today or tomorrow," Akin said. "It is a great time to serve our nation and the Army."

Akin acknowledged that readiness and sustainment training have suffered due to increased tempo of combat missions, everyday operations and complications brought on by resource, environmental and infrastructure constraints.

The brigade command team handpicked Akin and Halstead as the main guest speakers because of their extensive backgrounds. The symposium was an opportunity to bring all brigade leaders

together under one roof, to tap into the first-hand experience of leaders who have been successful at the highest levels of logistics.

The symposium also allowed participants to network and discuss upcoming missions.

"This learning experience is a privilege, and I am honored to be here," said Staff Sgt. Tamari Lewis, noncommissioned officer in charge of 45th Sust. Bde. training. "They consider it networking, but to me, it's more coaching and teaching that I am definitely going to put in my bag of knowledge to pass on to everyone that I come in contact with — civilian, enlisted and officers — throughout the military."

The first day of the symposium, led by Halstead, focused on professional development. Akin directed the second day, which concentrated on how leaders can positively influence sustainment organizations.

Akin summed up the symposium's goal when she said leveraging sustainment organizations is a way to ensure that the operational readiness and sustainment training allow military forces to be prepared for all types of contingency operations. The point of the event seemed to hit home for many participants.

"Listening to both generals and the people who have come to enlighten us with all their knowledge ... I feel very proud to wear this uniform," said Sgt. 1st Class Keneidra Hargrove, NCOIC of the 524th Combat Service Support Battalion, 45th Sust. Bde. Human Resource staff. "I feel very blessed to be a part of something bigger than myself and to be part of an excellent team."



1st Lt. Laura Beth Beebe | 84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

Col. Jeffery Milhorn (left), commander, 130th Eng. Bde., 8th TSC, and role players from the Battle Command Training Center on Schofield Barracks prepare to address media role players during the brigade's weeklong staff exercise at Leader's Field, Schofield Barracks, recently.

Engineers sharpen strategy during STAFFEX

CAPT. STEPHEN ROBINSON

130th Engineer Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — For every mission to succeed, the leaders and Soldiers involved must conduct the necessary training and preparation. That cohesiveness is even more important to new leadership staff like that of the 130th Engineer Brigade, 8th Theater Sustainment Command.

After changing leadership following a recent deployment, the new brigade staff sharpened its training strategies and took a major step in the unit's certification process with the weeklong staff exercise, or STAFFEX, held here, recently, at Leader's Field.

"This exercise was the starting point for the 130th Eng. Bde. rebuilding after its recent return from deployment in June 2010," said Lt. Col. Chad Walker, exercise director.

During the weeklong exercise, supported by the Battle Command Training Center, the brigade and subordinate battalions' staff members tested their ability to execute wartime missions in support of contingency operations in the Pacific region. Evaluators assessed how well the brigade could perform tasks, such as integrating command systems, carrying out daily scheduled events, running a tactical operations center and decision-making.

Walker said the STAFFEX was an academic exercise, which helped the unit leadership at every level of the brigade refine its processes and procedures.

The officers and noncommissioned officers who lead the 130th Eng. Bde.'s various staff sections had to work closely during the STAFFEX to coordinate efforts for briefings, discussions and working-group sessions designed to prepare the unit for future deployments.

Battalions' staffs provided critical support in the development of the brigade's processes.

The 65th Eng. Bn. focused on ways to improve the brigade's ability to complete the command and control functions it will be responsible for in a deployed environment.

"The battalion commander expected the brigade battle captain to be able to track everything that was going on in the exercise (and to communicate) with the higher command, so that they knew their tasks and could execute them effectively and in a timely manner," said Capt. Blake Hawkins, the daytime battle captain for the 65th Eng. Bn., 130th Eng. Bde., during the exercise. "The battalion commander also expected (to know) ... the status of missions, any serious incidents that occurred and any commander's critical information requirements."

"Information was passed up, down (and) laterally to ensure that the brigade received all (its) required information," he added.

The exercise also helped Soldiers become more proficient in running daily operations during a major natural disaster within the Pacific, such as an earthquake, tsunami or typhoon. It was an added twist to training that otherwise concentrates on supporting combat operations.

In the scenario, a magnitude 7.4 earthquake struck a densely populated city in the Pacific, killing thousands and causing extensive damage to buildings and roads.

Capt. Chris Ren, battle captain and military intelligence and information operations officer for the 84th Eng. Bn., 130th Eng. Bde., described the exercise scenario as "realistic training."

"Engineer Soldiers quickly (deployed) to aid in relief operations and assess key infrastructure, such as power plants, hospitals and water treatment facilities," Ren said.

"Conducting a STAFFEX was an incredible opportunity for the brigade to practice its staff's task to command and control forces in the event of a contingency," said Lt. Col. James Horton, deputy commander, 130th Eng. Bde. "The benefits of training as a brigade staff along with our (battalion's) staffs were significant."

‘Hillclimbers’ transport structure to eradicate, control invasive species

SGT. KARL WILLIAMS

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

WHEELER ARMY AIRFIELD — Aviators from Company B, “Hillclimbers,” 3rd Battalion, 25th General Support Aviation Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, conducted a sling-load operation to assist the U.S. Fish and Wildlife Service, or USFWS, in studying the Oahu Tree Snail, Feb. 1.

The mission involved transporting a green and white, 8 feet by 8 feet by 20 feet; 6,000-pound connex into the Oahu Forest National Wildlife Refuge, seven miles east of Wheeler Army Airfield for the USFWS.

The USFWS frequently partners with the Army Natural Re-



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

The connex is located in the Oahu Forest National Wildlife Refuge to provide USFWS workers an observation and preservation point to study Oahu’s endangered habitats in the Koolau Mountains.

sources Department, as both entities are landowners in the Koolau Mountains and are involved in invasive species control and endangered species management.

One challenge both organizations faced was access to the remote location and the logistics of safely positioning the connex.

“Sling-load operations overcame the challenges that would have made it impractical or impossible to transport the connex to the isolated area by any other means,” said Chief Warrant Officer 3 Brian Dutcher, CH-47D Chinook pilot, Co. B, 3rd Bn., 25th GSAB, 25th CAB, about how the Hillclimbers’ aircraft aided in overcoming the difficulties associated with relocating the connex. “With no roads and that terrain, sling-loading (the connex) was the only way they could have gotten it there.”

“(The remote area) was selected due to its proximity to the location of target areas chosen for the removal and eradication of invasive species, and the connex would serve as temporary shelter for the (Invasive Species Strike Team),” said Jason Hanley, a member of the USFWS and team leader for ISST.

“The connex will replace the need for temporary base camps and provide safety and shelter in an environment that is very extreme, due to topography and weather,” said Hanley, adding that the connex saves ISST time from setting up and breaking down camp, allowing more time to eradicate invasive species.

Dutcher said that in situations like this, hand-in-hand cooperation between the USFWS and 25th CAB shows that the U.S. Army can be an accommodating partner within the community.

“The Hillclimbers deserve recognition for their efforts and expertise,” Hanley said. “Their professionalism allowed for the mission to be carried out perfectly, according to plan. Hats off to all of the (Soldiers) involved.”



Photo Courtesy of U.S. Fish and Wildlife Service

A CH-47D Chinook helicopter, assigned to Co. B, “Hillclimbers,” 3rd Bn., 25th GSAB, 25th CAB, 25th ID, positions a sling-loaded connex at a landing zone seven miles east of Wheeler Army Airfield.

News Briefs

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

7 / Monday Advisory Council — The Schofield Barracks PX/ Commissary/Nehelani Advisory Council Meeting is set for 10:15-11:15 a.m., March 7, at the Nehelani, immediately following the Senior Spouse Information Meeting, 9 a.m.-10 a.m. This quarterly forum of representatives allows the council and patrons to exchange ideas and information. Call 655-0497.

11 / Friday Prayer Breakfast — The National Resiliency Prayer Breakfast is set for 7-9 a.m., March 11, at the Nehelani, Schofield Barracks. Guest speaker will be Chaplain (Brig. Gen.) Eugene Woolridge III. Soldiers can obtain tickets from unit command sergeants major; civilians can buy tickets by contacting Sgt. 1st Class Stephen Chinen at 656-4481, or stephen.chinen@us.army.mil. Donations will be accepted at the door.

16 / Wednesday Town Hall — Army-Hawaii community members are invited to attend the Oahu South Community Town Hall with Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, 6:30-7:30 p.m., March 16, at Aliamanu Military Reservation Chapel. Community issues will be discussed. Call 438-6996.

18 / Friday Women’s History Month — An observance is set for 10



Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Teamwork

POHAKULOA TRAINING AREA — Soldiers assigned to 209th Aviation Support Battalion, “Lobos,” 25th Combat Aviation Brigade, 25th Infantry Division, begin emplacing new matting for a pad at Bradshaw Army Airfield, here, Feb. 9.

a.m., March 18, Sgt. Smith Theater, Schofield Barracks. Guest speaker is Brig. Gen. Colleen McGuire, Provost Marshal General of the Army, and commander, U.S. Army Criminal Investigation Command. The 8th Military Police Brigade and Team-Hawaii Equal Opportunity are event sponsors. Call 655-4901.

Ongoing

AER Annual Campaign — The Army Emergency Relief annual campaign will run March 1-May 15. Voluntary contributions allow AER to fulfill its mission of helping Soldiers in times of distress and misfortune. Call 655-7132.

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.army.mil. 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.

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.

District displays skills during ‘Engineers Week’

DINO W. BUCHANAN

U.S. Army Corps of Engineers-Honolulu District Public Affairs

HONOLULU — More than 150 members of Hawaii’s engineering community, including engineers from the U.S. Army Corps of Engineers-Honolulu District, gathered at the Hale Koa Hotel’s Banyan Tree Showroom, here, Feb. 22, for a luncheon to kick off “Engineers Week,” which ran Feb. 20-26.

“Engineers Week is a great opportunity to showcase the accomplishments of our professional engineers, architects and surveyors,” said Todd Barnes, chief of Engineering and Construction, USACE-HD, and past Honolulu Post president, Society of American Military Engineers.

Barnes and his staff orchestrated the district’s Engineers Week activities in concert with John Ramos, chair of the Hawaii Council of Engineering Societies and the Honolulu Post of SAME.

Engineers Week activities included a signing of an Engineers Week proclamation and photo opportunity with Hawaii Gov. Neil Abercrombie and Hawaii Lt. Gov. Brian Schatz, Feb. 23; a signing an Engineers Week proclamation and photo opportunity with Peter Carlisle, Honolulu mayor, Jan. 29; Engineers Week exhibits at Pearlridge Center, Feb. 20-23; and attendance at the Engineers Week Awards Banquet, Feb. 26, at the Hale Koa Hotel.

USACE-HD engineers also participated in the “2011 Math Counts” competition, Oahu Chapter, Feb. 19, at Punahou’s Case Middle School, where engineers volunteered as moderators, proctors and scorers. Sixth-, seventh- and eighth-graders from more than 36 Oahu public and private schools participated in the competition.

Several consulting engineering firms and manufacturing companies, the student groups from the University of Hawaii-Manoa and the robotics clubs from local high schools gathered to display projects they had been working on and entering in competitions.

The purpose of “The Future of Engineering” displays and interactive exhibits, sponsored by HCES during Engineers Week, is to improve the public image of the engineering profession; to stimulate qualified students in public and private schools to choose careers in engineering and related science fields; and to allow interaction with the public to excite others about the engineering profession.

The guest speaker for the 2011 Engineers Week banquet was Wayne Yoshioka, director of Transportation Services, City and County of Honolulu. He provided a presentation on the Honolulu Rail Transit project, covering the project timeline, budget and funding, preliminary engineering, transit-oriented development and the project’s relationship to other transportation capital improvement projects.

The kickoff luncheon featured keynote speaker, Jeff Chang, Engineering Program manager, Engineering Branch of the Airports Division, Department of Transportation, State of Hawaii, who spoke on the airport’s Modernization Program.

Army, state continue collaboration to protect, save history

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

HONOLULU – U.S. Army Garrison-Hawaii command representatives and environmental officials met with the State Historic Preservation Division, Office of Hawaiian Affairs and National Parks Service representatives for the first time in 2011, Feb. 16, to review and discuss future programs for the protection of historic properties.

The Army and SHPD officially extended and amended a Jan. 30, 2004, programmatic agreement, or PA, which outlines historical and archaeological programs and oversight guidelines relating to the transformation of the 2nd Brigade, 25th Infantry Division to a Stryker Brigade Combat Team, Dec. 29, 2010.

The amendment continues programs outlined in the original agreement and will remain in effect until Dec. 31, 2015. The latest meeting was held to solicit comments to the proposed PA amendments to resolve shortcomings that have been identified during the past seven years.

Twenty-eight projects made up the original SBCT transformation PA. Since 2004, 13 have been completed, two have been cancelled, three are still in progress and 10 are still pending.

The projects include a wide range of construction and modernization, including new and upgraded training facilities, road construction, vehicle wash facilities, ammunition storage, infrastructure and airfield upgrades.

Sites for the SBCT transformation upgrades include Schofield Barracks, Pohakuloa Training Area, Wheeler Army Airfield and areas that connect Schofield Barracks to Dillingham Airfield and Helemano Military Reservation. Seventeen of the original 28 projects pertain to Schofield Barracks, and the other 11 projects are with the Big Island’s PTA.

Each construction project has cultural resources teams that monitor for ground disturbance, consisting of one archaeologist and one cultural monitor. The agreement provides monitoring oversight; one to five teams monitor a cultural project throughout the construction.

“We will continue the important work of preserving sites and artifacts of historical significance, and (we) remain committed to working closely with a variety of local community organizations, while also never losing site of our primary mission – to ensure we have the best-trained Soldiers in the world,” said Col. Douglas Mulbury, commander, USAG-HI.

A PTA meeting and review concerning the SBCT programmatic agreement is scheduled at PTA headquarters, March 25.

“Through these meetings, we maintain continuity with the goal of serving the original intentions of the programs,” Mulbury said.



D.J. Montoya | 1st Space Brigade Public Affairs

Army Space and Missile Defense Command Soldiers of Co. D, 53rd Sig. Bn., 1st Space Bde., run routine checks in the WSOC equipment room at JBPHH Wahiawa Annex.

Sky is not the limit after communications center opens

MICHAEL L. HOWARD

U.S. Army Space and Missile Defense Command / Army Forces Strategic Command Public Affairs

WAHIAWA – The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command dedicated its new Wideband Satellite Communications Operations Center during a ceremony, here, Feb. 23, at the Joint Base Pearl Harbor-Hickam Wahiawa Annex.

“This dedication culminates years of planning and teamwork by a number of people, from all services,” said Lt. Gen. Richard Formica, commanding general, USASMDC/ARSTRAT, in his remarks. “We are particularly grateful to the U.S. Navy’s Naval Computer and Telecommunications Area Master Station-Pacific for partnering with us as important tenants on this installation. We will be responsible and cooperative tenants, and we look forward to a long partnership here at Wahiawa Annex.

“Today represents an important milestone in our command’s core task to provide trained and ready space and missile defense forces and capabilities to our combatant commanders and warfighters,” he continued. “We replaced the 1980s-era satellite control capability located at Camp Roberts, Calif., with this state-of-the-art, \$25.3 million facility here (in) Wahiawa.

“This enables the best support and coverage for (U.S. Pacific Command) Theater Wideband (satellite communications) requirements,” Formica said. “Wahiawa is the first of four new Wideband Satellite Communications Operations Center Control facilities.”

The facility is a prototype for three other WSOC locations slated worldwide during the next three years, and it serves as the new home for Army space Soldiers of Co. D, 53rd Signal Battalion, 1st Space Brigade.

These Soldiers serve as controllers of the Defense Satellite Communications System and Wideband Global Satellite-Communication satellite constellations. They command communications payload on these satellites and provide user control.

The purpose of this new facility is to provide Co. D, 53rd Sig. Bn.,



D.J. Montoya | 1st Space Brigade Public Affairs

Senior leaders prepare to untie a maile lei at the new WSOC at the JBPHH Wahiawa Annex, Feb. 23.

1st Space Bde., controllers increased capabilities to control the communications payload and transmissions of the DSCS and WGS constellations. The system is composed of satellites, users, controllers, planners and managers. Three WGS satellites are currently in orbit, and a single WGS spacecraft has as much bandwidth as the entire DSCS constellation.

Formica added that the center is important in his organization’s responsibility in “providing military communications to troops deployed at forward stations throughout the geographic combatant commands.”

The 28,244 square-foot building was completed under contract by the Naval Facilities Engineering Command Hawaii earlier this summer.



Swamp Romp

Lance Cpl. Tyler Main | U.S. Marine Corps

A racer belly flops into a mud puddle Feb. 26, at the 17th annual Swamp Romp at MCBH, K-Bay.

ARMY TEAMS GET DOWN AND DIRTY

Story and Photos by

CAPT. CHRISTOPHER REN84th Engineer Battalion Public Affairs, 130th Eng. Brigade,
8th Theater Sustainment Command

MARINE CORPS BASE HAWAII, KANEOHE BAY — Contestants decked out in everything from business attire to creative costumes swam, fell and jumped their way through 5.1 miles of the dirtiest race on Oahu, here, Feb. 26.

Participants, numbering 2,610, were divided into six-person teams from the military and civilian communities, and gathered to get dirty together at the 17th annual Swamp Romp race.

The teams competed for both bragging rights and just plain old muddy fun, running through swamps, mud pits and dirt trails.

They all had gathered during dark morning hours, dressed in a variety of clothes. Some came in running apparel; some came in funny costumes.

But, by the end of the race that took many teams well more than an hour to complete, they all looked about the same — muddy, sweaty, wet and tired.

"I'm not sure if there was a single aspect I enjoyed," said Sgt. Jeffery Menda, chaplain's assistant, Headquarters and Headquarters Battalion, U.S. Army-Pacific. "It was my first mud

run and team-based race; (although) I enjoyed the creative costumes, obstacles and the mud."

"I was asked to run the swamp romp last year," said 1st Lt. Brigida Sanchez, 65th Eng. Bn., 130th Eng. Brigade. "I wanted to compete, but I had an injury. This year, I was injury-free and excited to run a race with my coworkers. We were all ready excited."

At the finish line, people cheered on the participants, as two fire trucks showered off the muddy masses.

Awards were handed out to the three fastest teams overall, the top three teams in each of the six age categories and the fastest team from Marine Corps Base Hawaii, Kaneohe Bay.

The "Trailblazers," comprised of three males and three females from 130th Engineer Brigade, 8th Theater Sustainment Command, came in fourth overall, with a time of 56:19.

The Air Force had the highest number of military entrants.

Swamp Romp

See Swamp Romp results at
www.pseresults.com.



1st Lt. Brigida Sanchez (left, in white T-shirt) assists Staff Sgt. Niya Jones at the Swamp Romp. They competed in the "Breaching Bulls" team from the 65th Engineer Battalion, 130th Eng. Bde., 8th Theater Sustainment Command.

What shoes go with mud?

1ST LT. BRIGIDA I. SANCHEZ

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

MARINE CORPS BASE HAWAII, KANEOHE BAY — I'll open with the blatant truth; what else would you expect from a New Yorker.

I love high fashion. I peruse the pages of Vogue as well as W every month.

I pray every night for Calvin Klein to design the Army's Class Blues, and Nike to design our physical training uniform. I love Paris, museums and street corner cafes.

So, when I was asked to participate in the Swamp Romp, I smiled politely, took a huge gulp as my body convulsed with the heebie-geebies, and said, "Yes."

I know you are thinking right now; "What would possess you to wade and waddle through five miles of muck?"

I did it for the group of people that I work, laugh and share my Monday blues with.

The six of us set out on our mud-trudging adventure, Saturday morning. It was far from bright, but most definitely early. Fitted with neatly pressed, couture, white cotton T-shirts and silver duct tape to accent our sneakers — well, mostly to help keep them on our feet — each one of us mentally prepared for the event.

At the start, it was slightly muddy.

No worries, I thought. This trek was going to be too easy.

Just a minute onto the trail, we hit the quag. I actually had that movie-moment-pause where three seconds seems like three hours.

It was in that moment when I thought, "What did I agree to do?"

As my teammates bravely threw themselves into the muck, I painfully winced, as I leapt in behind them.

It was horrible.

I just sank, my feet engulfed in mud.

I struggled, as others passed me by with the ease of a cop-perhead.

I was out of my comfort zone; my mind began playing tricks with me.

Then I heard one of my team members screaming, "Swim, Bri! Swim!"

What appeared to be a quarter-mile of swamp felt like two miles of painfully-slow plodding.

But, the motivation to finish was strong enough for me to muster gumption to make it through the last swamp and cross the finish line hand-in-hand with my teammates.

We worked together and motivated each other.

I really believe that this experience helped me to see that everyone's a winner when team members are committed to each other.

That's something that slipping on a pair of Prada shoes can never give you.



Participants race through 5.1 miles of mud, back trails and swamps. Though there was no prize at the end, some participants believed that the prize was just having fun while playing in the mud.



Today

Ceramic Mold Pouring – Class is 9 a.m.-noon, March 4, Schofield Barracks Arts and Crafts Center. Cost is \$25. Call 655-4202 to register.

Family Fun Friday – Enjoy free pizza and games 6 p.m., March 4, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

"Showstoppers" – This best of Broadway revue replaces "Chicago" and runs through 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 office at 438-4480, 10 a.m.-2 p.m., Monday-Friday.

Latin Night – DeeJay Ever will teach salsa, meringue and other Latin dances, 8-9 p.m., March 4, at the Kolekole Bar and Grill, Schofield Barracks. Call 655-4466.

5 / Saturday

K-Bay Sandbar – Take a trip to Kaneohe, 6:30 a.m.-1 p.m., March 5. Cost is \$65; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

Swimming Lessons – Sessions will be held at Richardson Pool, Schofield Barracks. Registration is 9-11 a.m., March 5-6, for the first session, which is March 7-17. Children must be registered with Child, Youth and School Services. Registration is on a first-come, first-served basis. Visit www.mwrarmyhawaii.com.

Framing and Matting – Class is 9 a.m.-noon, March 5, at the Schofield Barracks Arts and Crafts Center. Cost is \$45. Call 655-4202 to register.

6 / Sunday

Whale Watching – Two trips are set for 7-8:30 a.m., and 8:45-10:15 a.m., March 6. Cost is \$25; round-trip transportation from Schofield Barracks is included. Call 655-0143 to register.

7 / Monday

Newborn Care I – Class is set for 9-11 a.m., March 7, Kalakaua Community Center, Schofield Barracks. E-mail shannon.yogi@us.army.mil.

Hula Classes – The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays, 6-8 p.m., at Army Community Service, Schofield Barracks. Beginner classes are 6-7 p.m.; advanced classes are 7-8 p.m. Classes feature the different types of hula, fundamentals of hula steps and movement



Staff Sgt. John Johnson | 94th Army Air and Missile Defense Command Public Affairs

Panoramic View

NUUANU PALI — Noncommissioned officers with the 94th Army Air and Missile Defense Command (lower right) enjoy the view of the 1,000-foot cliffs during their NCO staff ride, Feb. 6, at the Nuuanu Pali Lookout. The lookout is set into the Koolau Mountain Range where views of the windward (northeast) side of the island are visible.

Read more about the staff ride in the March 11 edition of the Hawaii Army Weekly.

and posture. Call 655-9694 or e-mail nhliaison@gmail.com.

8 / Tuesday

Track and Field Registration – Registration is open to keiki born 1993-2004. Register at Parent Central Services from March 8-29. Cost is \$30. Call 655-6465 or 833-5393.

Walk off the Wait – The Blue Star Card Holders Kaena Point hike is set for March 8. Free transportation departs the Schofield Barracks Bowling Alley parking lot at 8:30 a.m., and will return at 1 p.m. Deadline to register is March 4. The trail is not stroller accessible. Pack sunscreen and plenty of water. Call 655-0112.

Award Winning Reads – This event is for keiki ages 8-12, 3:30-4:30 p.m., March 8, at Sgt. Yano Library, Schofield Barracks. "When You Reach Me" by Rebecca Stead will be discussed. Call 655-8002.

Bunco – This event is set for 6 p.m., March 8, at the Tropics Recreation Center, Schofield Barracks. All ID card holders 18 and older are welcome; event is free with no buy in. Call 655-5698.

11 / Friday

Right Arm Night – This adults-only event begins at 4:30 p.m., March 11, at the Nehelani, Schofield Barracks. Challenge the 500th Military Intelligence Brigade, defending champions, in the tug-of-war to win \$250 for your unit morale, welfare and recreation fund.

Buy tickets at the Nehelani: \$5 in advance or \$8 at the door. Call 655-4466.

12 / Saturday

Stand Up Paddleboard – Outdoor Recreation offers lessons, 7 a.m.-12:30 p.m., March 12. Cost is \$60 and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143 to register.

Mardi Gras Party – The celebration includes live music, 6 p.m., March 12, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

15 / Tuesday

Aquarium After Dark – Deadline is March 9 to register for this after dark Blue Star Card holders trip, 7-9 p.m., March 15, at the Waikiki Aquarium. This event is intended for elementary school-age children and parents. Child care will be provided for children ages 4 and younger. To register, either call 655-0112 or e-mail amanda.p.montgomery@us.army.mil. Space is limited. Bring a flashlight for the tour.

Ongoing

AMR Teen Center – Aliamanu Military Reservation Teen Center buses can pick up high school teens after school at Radford High School to bring them to the Teen Center. Teens must be registered with the Child, Youth and School Services program at the AMR

Teen Center. Register at the AMR Parent Central Services Office. Registration is free; a permission form is required for bus transportation. Call 833-0920 or 833-5393.

Lauhala Weaving – Learn to weave various items: one day for \$15 and two days for \$25, 11:30 a.m.-1:30 p.m. Call 655-4202 to register.

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.

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 or comments regarding the Blue Star Card program and other deployment programs.

Wahine (Fort Shafter Spouses Club) Scholarship and Welfare forms. Welfare forms must be postmarked by March 15. For questions about welfare applications, e-mail huioawahine.welfare@gmail.com. Scholarship applications must be postmarked by March 31. You (or your parent) must have held membership in the Hui O' Wahine, Jan. 31, 2011, to be eligible.

Hui O'Na Wahine 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.
E-mail mary.siegel@amedd.army.mil or call 655-9123.

Children's Waiting Room – The Armed Services YMCA children's waiting rooms offer on-site child care for healthy children, while their parents or siblings have medical appointments in any of the Schofield clinics or at Tripler Army Medical Center. No fee is charged for this service, but donations keep the programs running.
Monday-Friday hours for the Schofield Barracks Health Clinic Children's Waiting Room are 8 a.m.-noon, and 1-4 p.m.; Tripler hours are 8 a.m.-3 p.m. Call 624-5645 for SBHC, or 833-1185 for TAMC.

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.

community Calendar

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

Today

Online COLA Survey – Soldiers and families are encouraged to participate in the Cost of Living Allowance, or COLA, survey now through March 31, at either www.pacom.mil or <https://community.apan.org/pop/>. The survey asks questions on shopping habits and helps accurately reflect the actual cost of living here in Hawaii. The survey will directly impact future COLA rates. Call 477-8121.

Aviation Conference – Military helicopter fly-ins will be the opener at the aviation conference March 4-5 at Pacific Aviation Museum Pearl Harbor. The fly-ins are scheduled as follows:
•8:30 a.m., March 4: Army OH58 and UH60 Blackhawks.
•9:30 a.m., March 5: Coast Guard HH65 Dauphines.
The Discovering Your Future in Aviation Conference runs 9 a.m.-5 p.m., March 4-6. Activities include hands-on workshops and seminars, a career fair, aviation films and interactive science exhibits. The conference is free with museum admission. Call 441-1008 or visit www.pacificaviationmuseum.org.

5 / Saturday

Zumba – Classes are now offered Saturday mornings at the Armed Services YMCA, Wheeler Army Airfield. Preregistration is required. Cost is \$20 a month

and includes the class and on-site childcare for the duration of the class. The exact time is tentative; call 624-5645.

8 / Tuesday

AFCEA Luncheon – The Armed Forces Communications and Electronics Association monthly luncheon is set for March 8, Hale Ikena, Fort Shafter. Check in is 11 a.m.; the buffet starts at 11:30 a.m. Guest speaker is Jamie Muskopf, Fleet Knowledge Management Officer, U.S. Pacific Fleet. Register at www.afceahawaii.org.

9 / Wednesday

Protestant Ash Wednesday Service – Soldiers and family members can observe the Ash Wednesday tradition of receiving ashes, 7 p.m., March 9, Soldiers Chapel, Schofield Barracks. The Protestant liturgical service at Wheeler Army Airfield Chapel is the event sponsor. Call 655-8248.

12 / Saturday

The Beast 10K – This event is set for 7-10 a.m., March 12, Marine Corps Base Hawaii, Kaneohe Bay, and is open to the public. The race starts and finishes at Pop Warner Field. Register online at www.mccshawaii.com/cgfit until March 9. Call 254-7590.

13 / Sunday

Criterion Bike Race Series – This contest is 2-6 p.m., March 13, at the Marine Corps Base Hawaii, Kaneohe Bay, flight line. The event is open to the public and all levels of competition. Registration for the series has closed, but you can still register for this individual race at www.mccshawaii.com/cgfit. Call 254-7590.

18 / Friday

Job Fair – This event is set for 9 a.m.-12:30 p.m., March 18, Kahuna's Enlisted Club ballroom, Marine Corps

Base Hawaii, Kaneohe Bay. Wear professional attire and bring copies of your resume to give to employers. Children won't be admitted due to the event's professional nature. Call 257-7787/7790. Hours follow:

- 9 a.m.-11 a.m.: Open exclusively to the military community, including service members (active duty, retired, Guard and reservists), military family members and current federal employees with base access.
- 11 a.m.-12:30 p.m.: Open to all U.S. citizens from the local community, ages 18 and older.

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.

Hui O' Wahine Welfare and Scholarship Drive – Visit www.huispirit.com for the 2011 Hui O'

This Week at the MOVIES Sgt. Smith Theater

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



The Green Hornet

(PG-13)
Fri., March 4, 7 p.m.
Sat., March 5, 7 p.m.
Thurs., March 10, 7 p.m.

Yogi Bear

(PG)
Sat., March 5, 4 p.m.

The Chronicles Of Narnia: The Voyage of the Dawn Treader

(PG)
Sun., March 6, 2 p.m.



The Rite

(PG-13)
Wed., March 9, 7 p.m.

No shows on Mondays or Tuesdays.

Tax Center takes guesswork out of filing

HAWAII-ARMY TAX CENTERS
News Release

SCHOFIELD BARRACKS – The Hawaii-Army Tax Centers here and at Fort Shafter will be open for business through April 29.

All ranks, family members and retirees can visit the centers for free assistance in organizing and completing 2010 income tax forms.

Tax Center staffs ask that individuals bring all required documents: including the following:

- Military ID cards.
- Social Security cards for family members. Tax Centers will accept Defense Enrollment Eligibility Reporting System, or DEERS, printouts that list Social Security numbers for family members who don't have Social Security cards. Also, spouses will need to bring a form of ID that lists their Social Security numbers since their military ID cards don't list the numbers.
- Bank account number and routing number for direct deposit of tax refund.
- Documentation showing pay or income received during 2010. These are all forms of income that must be reported. A good rule of thumb is to bring documents labeled "Impor-

tant Tax Document."

Military members are encouraged to bring any additional documentation that could potentially increase refunds. Documents include the following:

- Form 1098, Mortgage Interest Statement.
- Bank statements listing any individual retirement account or other retirement contributions.
- Statements showing school tuition and receipts from child care services.
- Form 1098-T, Student Loan Interest Statement, or Form 1098-E, Tuition Statement, showing payment of student loans or out-of-pocket college tuition.

Spouses filing "Married Filing Jointly" will need to bring a power of attorney, signed by the unavailable spouse, who should allow the spouse to sign the return on his or her behalf. While Form 2848, Power of Attorney and Declaration of Representative, can be downloaded at www.irs.gov, a clause allowing a spouse to file taxes is oftentimes included in special powers of attorney for deploying Soldiers.

The Tax Center, here, expects a last-minute rush as the April 18 filing deadline nears. Wait time during peak times can be four to five hours; therefore, Tax Center staffs recommend leaving younger children with a friend or babysitter.

Important Tax Documents

Military, family members and retirees must bring the following forms, as applicable, with them to file their tax returns:

- Form W2, Wage and Tax Statement, showing wages.
- Form 1099-INT, Interest Income, showing interest earned from bank accounts.
- Form 1099-DIV, Dividends and Distributions, showing dividend income.
- Form 1099-B, Proceeds From Broker and Barter Exchange Transactions, showing capital gains.
- Form 1099-MISC, Miscellaneous Income, showing rental income received during the year.

Army Tax Centers

The Schofield Barracks Tax Center is open to all ranks, family members and retirees for free assistance in organizing and completing 2010 income tax forms, on a walk-in basis, between 7 a.m.-4 p.m., Monday-Friday, through April 29, at Building 648, next to the Sgt. Smith Theater. For an update on wait times, search for "Hawaii Army Tax Centers" on www.Facebook.com.

The Fort Shafter Tax Center is located in the Aloha Center, and its hours are 9 a.m.-3 p.m., Monday-Friday. The Fort Shafter Tax Center is by appointment only. Soldiers, family members and retirees can schedule their appointments at 655-1040.



The Numbers on States



For a list of states that fully or partially exclude military pay, visit www.facebook.com, search for "Hawaii Army Tax Centers," and click on "Notes."

Income tax differs among states

Physical presence required to claim domicile for some no-tax states

CAPT. HARRY PARENT
Hawaii Army Tax Centers

SCHOFIELD BARRACKS – States tax income differently, particularly for service members.

The percentage of income taxed can vary greatly within a state, as well, based on types of income and other factors.

Hawaii has the highest state tax rate: 11 percent for a married couple making more than \$400,000. Obviously, that high bracket will not affect many military personnel; hence, Hawaii

tax rates could be lower than certain other states.

Seven states do not tax income at all, two states tax only interest and dividends above a certain amount, 14 states fully exclude military pay, seven states partially exclude military pay and 20 states fully tax military pay, subject to certain exceptions like time spent in combat zones.

States with no income tax don't require a return to be filed, and those states that only tax interest and dividends only require a return to be filed if the interest is above a certain amount.

States that fully or partially exclude military pay may or may not require a return to be filed, so Soldiers should visit one of the Army Tax Centers, particularly if they had income tax withheld from the state on their Form W-2, Wage and Tax Statement.

Changing residency

Before changing a state of domicile, Soldiers should consid-

er the impact of falsely claiming a state as their state of domicile. States with no income tax, such as Alaska and Texas, are attractive to many service members since each state has a large military population. However, if a Soldier claims one of those states without having been physically present in the state and without having the intent to permanently reside in that state, he or she could face fines, penalties and civil or criminal charges from either their true domiciliary state or the state they falsely claim.

Soldiers should ensure they meet the physical presence and intent tests before making tax changes.

Also, Soldiers should consider other impacts that changing their residence will have, including vehicle and voter registration, the ability to gain in-state tuition rates at colleges and the amount they will pay in income taxes to their old state of domicile versus what they would pay to the new state of domicile.

Proposed school boundary changes include AMR community

SCHOOL LIAISON OFFICE
News Release

SCHOFIELD BARRACKS – The Hawaii Department of Education has proposed boundary changes that will affect Army families who live in the Aliamanu Military Reservation, or AMR, community and those living in nearby Navy communities.

If approved, the changes will go into effect for those families moving into the area and registering for the 2011-2012 school year.

"One important factor that parents need to remember is that their child(ren) will be able to remain at their current school, if they so choose," said Byron Nagasako, school liaison officer, U.S. Army Garrison-Hawaii.

A team conducted a yearlong study to examine current school attendance boundaries. Members included the area superintendent, South Central Complex; the assistant superintendent, Office of School Facilities and Support Services; the director, Facilities Development Branch; a school

renewal specialist; and a support specialist, Information Management.

The team examined data regarding school enrollment numbers, school capacity numbers, proximity, transportation time and complex feeder patterns, or moving from elementary to middle and high school levels within the same complex.

This redistricting will support the complex's focus of becoming part of a kindergarten through 12th grade Seamless High Performing Complex, which includes foundation learning, stretch learning, learner engagement and personal skills development, as well as the state's focus on the "Vision of the High School Graduate."

"The proposal, in the long run, is intended to make better sense of the school boundaries, so that, ultimately, it will lead to greater learning experiences for students," said Dr. Teri Ushijima, area superintendent, South Central Complex.

The DOE hosted two community meetings in January to share information about the proposed boundary changes and to gather input from affected families.

Issues discussed included "grandfathering" in siblings who are not yet school-aged and the added cost of bus transportation for those parents whose children will need to catch the bus in the future, but currently reside within walking distance to their school.

"If the process (the Hawaii DOE) described is done correctly, only new personnel coming in would be affected," said Col. Dewey Ranger, a parent with two students at Radford High School. "This could be implemented over a four-year period with little impact on families already residing here."

If you live in Navy housing:

Call the U.S. Army Garrison-Hawaii's School Liaison Office at 655-9818, for questions concerning Army families living in Navy housing communities that may be affected by proposed boundary changes.

The Hawaii DOE will notify parents of the approved changes via an official notice sent to all affected families.

"Why are only the military families being targeted for this redistricting?" asked one concerned parent.

"The issues that needed review happened to be in the area where the military homes are currently," Ushijima said. "Other boundary changes have been made in the state, and more boundary studies will be occurring in other areas."

"In fact, considerations that are not common in other boundary changes have been included in the (South Central Complex) proposal to ease transition for our military students," Ushijima said.

The proposed boundary changes will affect these AMR neighborhoods:

- Skyview (Makalapa Elementary to Pearl Harbor Elementary);
- Bougainville (Nimitz Elementary to Makalapa Elementary);
- Rim Loop (Mokulele Elementary to Pearl Harbor Elementary);
- Ama (Pearl Harbor Kai Elementary to Pearl Harbor Elementary); and
- Hibiscus Loop (Moanalua Middle to Aiea Intermediate, and Moanalua High to Aiea High).



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

Dr. Teri Ushijima (center), area superintendent, South Central Complex, talks with parents at a community meeting in January. The meetings focused on proposed boundary changes that will affect Army families who live in the AMR community and those living in nearby Navy communities.

New online program helps students SOAR before flying the nest for college

HAWAII STATE HOUSE OF REPRESENTATIVES
News Release

HONOLULU – Hawaii high school students now have access to free online college test prep courses through Student Online Achievement Resources, or SOAR.

Education officials announced the new SAT/ACT test preparation program, Feb. 25, here. SOAR is a Web-based program that offers testing and tutorials in reading and math for grades three through 12. Military and nonmilitary students are eligible.

"This exciting (and) new college test prep program covers all of the same great content as the traditional classroom course, but it is delivered through a combination of interactive multimedia lessons and exercises," said state Rep. K. Mark Takai. "If a student were to pay for this now free

program, it would cost around \$300."

SOAR connects students studying for the SAT and ACT to Princeton Review's online, interactive, college test preparation courses, which contain subject content, test-taking tips and techniques, and information about the SAT and ACT.

"This resource will benefit the U.S. Army Garrison-Hawaii community during a time when so many students have a deployed parent," said Tamsin Keone, school liaison officer, USAG-HI. "Having an outstanding program available that offers (24-hour-a-day, seven-day-a-week) educational and career support will relieve at least one stress from military family life."

High school students take the SAT or ACT; colleges and universities then use the test results as an indicator in predicting an individual student's potential for academic success in post-sec-

ondary institutions.

"SOAR is an invaluable resource for all Hawaii students," said Ronn Nozoe, deputy superintendent of education, Hawaii Department of Education. "This program will play a critical support role in preparing our youth for the rigors of college."

But SAT and ACT test preparation programs and materials are quite costly. Thus, many students are often inadequately prepared for tests, due to financial constraints.

"During these tough economic times, this free (24-hour-a-day, seven-day-a-week) online college test preparatory course is a plus for families that are financially challenged, and (it is) beneficial for self-starters and students

with hectic schedules," Nozoe said.

"High-quality test preparation courses are (now) available to students of all backgrounds, whether they are enrolled in public or private schools, or are homeschooled," Takai said. "The Princeton Review courses will be offered at no charge."

A partnership between the National Military Impacted Schools Association and the DOE will allow students and parents throughout Hawaii to use SOAR.

"SOAR gives Hawaii students, who may not have the means to pay for expensive preparation courses, the opportunity to get ready for tests vital to their academic success," said John Deegan, executive director of MISA.



8th TSC jumps through ropes to help students with fitness

SGT. 1ST CLASS DAVID WHEELER

8th Theater Sustainment Command Public Affairs

AIEA — Children can choose from a variety of technological marvels for indoor entertainment as the world of computers, video games and telephones have gone wireless.

Therefore, Soldiers with 8th Theater Sustainment Command have helped a group of elementary students pull the cord — or rope in this case — to get back into outdoor fun.

8th TSC Soldiers participated in the annual “Jump Rope for Heart” with Gustav H. Webling Elementary School, as part of the unit’s ongoing relationship with the school through the 8th TSC’s School Partnership Program, Feb. 22, here.

The U.S. Army Hawaii Partnership of Ohana program teams up military units with area schools to provide mentors and volunteers.

“This is my second year participating (in the Jump Rope for Heart),” said 1st Sgt. Curtis Rucker, Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th TSC. “It’s a chance for the children to see the benefits of a healthy lifestyle by being shown fun activities by Soldiers, who are healthy and active themselves.”

Jump Rope for Heart teaches and brings awareness to the consequences of unhealthy living, while promoting a better lifestyle in the next generation of Americans.

“We are out here to get the kids out and moving to help them understand how important it is to be active and healthy,” said one of the volunteers, Spc. Latarsha Parham, 8th Human Resources Sustainment Center, 8th TSC. “It’s important to teach them how to be healthy when they are young, so they can continue that



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

Soldiers from HHC, 8th STB, 8th TSC, challenge a student at Gustav H. Webling Elementary School with double dutch, one of the activities during “Jump Rope for Heart,” Feb. 23. Jump Rope for Heart promotes exercise and a healthy lifestyle for children.

lifestyle their whole life.”

In the late 1970s, Jean Barkow, of Riverside High School in Milwaukee, held the first rope-a-thon with her local American Heart Association chapter. Barkow’s rope-a-thon evolved into the modern-day Jump Rope for Heart program.

During Webling Elementary’s event, Soldiers instructed, ran, skipped and laughed with students as they went through the different exercise activities.

“As a mother, I know that it’s important that they are having fun when they get exercise, so it doesn’t seem like a drag,” Parham said. “What they don’t realize is, today they are doing half the stuff we do for (physical training) every day, but they are having fun doing it.”

The point of the event was summed up by Rucker’s parting words to the students: “No more Atari. No more Playstation. No more Wii. Just go outside and have fun.”



Pfc. Bryan Westling (left), and Spc. Quinten Booker, both with HHC, 8th STB, 8th TSC, swing the jump rope for students at Gustav H. Webling Elementary School. Military units team up with area schools to provide mentors and volunteers through the U.S. Army-Hawaii Partnership of Ohana program.

Education key to identifying TBI

LT. GEN. ERIC SCHOOMAKER

Commander, U.S. Army Medical Command

FORT SAM HOUSTON, Texas — March is National Brain Injury Awareness Month, and we will engage in an Armywide effort to continue our intensive campaign to educate Soldiers and families about the diagnosis, treatment and care programs related to brain injury, especially mild traumatic brain injuries, or TBI, more commonly called concussions.

National Brain Injury Awareness Month is a national initiative not specific to the Department of Defense, as concussions are not limited to military activities and are far more common among civilians than among Soldiers.

The Centers for Disease Control and Prevention reports that an average of 1.7 million Americans suffer TBIs from a blow or jolt to the head annually.

The severity of injuries range from a mild concussion to severe TBIs, with an extended period of unconsciousness or amnesia after the injury or a penetrating injury that disrupts the function of the brain.

Most concussions are mild, and if treated properly, result in full recovery without long-term physical or mental effects.

DOD has focused hard on both the prevention of concussions, the prompt recognition or diagnosis of them and proper treatment, especially those related to combat.

Education is the key to identifying and treating concussions. To identify the signs and symptoms of potential brain injuries, employ HEADS:

- Headaches or vomiting;
 - Ears ringing;
 - Amnesia, altered consciousness or loss of consciousness;
 - Double vision or dizziness;
- and
- Something is wrong, not quite right.

The Army follows an event-driven protocol to systematically identify, treat and protect Soldiers with potential brain injuries.

U.S. Central Command im-

plemented a theater policy mandating medical examinations for all Soldiers involved in events associated with TBI. Examples of these events include blast exposures, vehicle accidents and rollovers, and direct blows to the head.

During these examinations, clinicians assess the injury, provide treatment guidance, refer specialty care and monitor recovery.

DOD also implemented a theater tracking system, requiring deployed units to report all significant actions to document and track these events. This information is collected from the battlefield, compiled into the warrior’s record and will eventually be stored in a centralized database and reporting system designed to accomplish the following:

- Identify Soldiers who were exposed to TBI events;
- Provide situational awareness of an individual’s history of risk exposures to medical providers;
- Provide visibility to leaders on units’ exposure to TBI events;
- Provide documentation to support line-of-duty investigations for Reserve and National Guard Soldiers; and
- Provide information to the medical community to better understand blast and traumatic events.

TBI prevention measures, injury identification and effective treatment starts at home, on sports fields and in proper management of falls and accidents. It extends to battlefields wherever our warriors face the dangers of blast injuries.

(Editor’s Note: Schoomaker is the Army’s Surgeon General.)

Awareness can help prevent brain injuries

JOANNE HSU

U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — Brain injuries are major health concerns in the military, specifically traumatic brain injuries, or TBI.

Twelve percent of troops — about 320,000, returning from Iraq and Afghanistan — reported experiencing TBI.

TBI is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. A concussion is often also used to describe TBIs. Symptoms of TBI include headaches, dizziness, tiredness, trouble concentrating, forgetting things, irritability, balance problems, trouble sleeping and changes in vision.

Service members need to be aware of TBI and its symptoms, because it is easy for TBI to be overlooked by a doctor. The reason is often because brain injury symptoms may not be apparent until weeks or months after a traumatic event. This fact is especially true with closed-head trauma where there are no visible effects, such as bleeding or a broken skull.

TBI is hard to distinguish from other emotional or behavioral problems, including post-traumatic stress disorder or depression.

“These are the first wars (Operation Enduring Freedom and Operation Iraqi Freedom) in which Soldiers, protected by strong armor and rapid medical care, routinely survive explosions at close range and then return to combat,” according to the New York Times.

Many unknowns still prevail about injuries to the brain, as a result of blasts or explosions. However, explosions or blasts are the leading

cause of TBI for active duty military personnel in war zones.

As March is National Brain Injury Awareness Month, now’s a good time for Soldiers to review how to protect against brain injuries:

- Wear a helmet or other appropriate head gear while on patrol or in other high-risk areas.
- Wear safety belts when traveling in vehicles.
- Check for obstacles and loose debris before climbing/rappelling down buildings or other structures.
- Maintain clean and orderly work environments that are free of debris.
- Be aware of what is on the ground, at all times, especially when aircraft rotors are turning.
- Use care when walking on wet, oily or sandy surfaces.
- Employ the buddy system when climbing ladders or working at heights.

Help for TBI is available

Soldiers and their families should know two major things they can do about TBI:

1. Know the signs and symptoms of concussions and see a doctor if symptoms continue for more than three months.
 2. Know the Defense Veterans Brain Injury Center phone number, (800) 870-9244; DVBIC can answer questions Soldiers might have on TBI or direct Soldiers to medical providers.
- For more information on TBI, visit www.dvbic.org or http://glwach.amedd.army.mil/patient_care/clinics/tbi/TBI_Awareness.pdf.

Overtraining is a common error before PT tests

MAJ. VANCIL MCNULTY
U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — As the spring season nears, Soldiers across the Army are gearing up for physical fitness tests. Many Soldiers, however, may be worried they may not pass.

A failed PT test can jeopardize promotion, delay acceptance or completion of advanced military schooling, and virtually condemn an otherwise stellar Soldier to receive an average evaluation report.

Several common training errors are committed when practicing to pass the two-mile run.

- Overtraining**
- Overtraining, also called overuse, occurs when the volume and intensity of an exercise routine exceeds the body’s ability to recover. Overtraining leads to reduced performance and could lead to injury.
- Overtraining is so prevalent in the military that it’s responsible for 40 to 50 percent of outpatient clinical visits, and most of these are due to excessive running.
- Running programs become excessive because of the belief that increased running results in more fitness. This belief leads to programs that have Soldiers running five days a week for extended distances.
- However, research shows that Soldiers who run three days a week for no more than 30 minutes have just as good two-mile run times as those Soldiers who run five days a week.
- Also, Soldiers who run three times a week have substantially less injury risk than those who run five days a week. Medical professionals, therefore, recommend that Soldiers train for a two-mile event by running no more than three days a week.
- Specificity**
- Lack of training specificity is the next most common mistake. Specificity is an exercise principle that describes how the body will adapt precisely to the demands placed upon it.
- If you want to improve a two-mile run time, focus on training distances around two miles.



Lacey Justinger | U.S. Army Garrison-Hawaii Public Affairs

Soldiers in Company B, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, conduct physical training drills at Wheeler Army Airfield. Running smartly and efficiently can help prevent injuries.

- Training at greater distances can be a problem because greater distances require different pacing with less speed.
- Pacing**
- Pacing is the even spreading out of a runner’s endurance, to not burn out prior to finishing the event in the time necessary to pass. This principle is important because the two-mile run is an aerobic event that requires sustained speed during a relatively long duration.
- The biggest mistake in pacing for a two-mile run is beginning with a pace that is not sustainable aerobically — basically starting too fast. Anaerobic burn-out sets in quickly, and the runner then must slow considerably to attain a sustainable pace, or risk not finishing the test at all.
- It’s far better to start at a slow to moderate pace while increasing speed throughout the event. Enough energy should be left for a strong finish.
- Inefficient running style**
- Distance running is all about putting one foot in front of the other, with the least amount of energy necessary. Efficient runners look like they are gliding down the road without any effort.
- A runner’s head should be straightforward, chest and shoulders should be relaxed, and elbows should be bent about 90 degrees to allow arms to swing naturally, not forcefully. Stride length should be short and hips should lift the knees just enough to progress the feet forward.
- An inefficient running style is easy to spot. Arms swing dramatically, knees come up way too high, stride length is way too long and there is a pronounced head bounce. All these excess movements increase the demand for oxygen and make passing the two-mile run a chore.
- A small change in one’s running efficiency may improve overall run time.

‘Recovery’ nutrition helps prevent athletic injuries

MAJ. VANCIL MCNULTY
U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — The old saying “you are what you eat” was popularized by an English nutritionist who was a strong believer in the idea that food controls health.

Dr. Victor Lindlahr published a book in the 1940s called “You Are What You Eat: How to Win and Keep Health with Diet.”

The last 70 years of nutrition research has provided ample evidence that Lindlahr was right; good nutrition has a profound positive influence on our health.

We also now understand how important “recovery” nutrition is for athletes and how it plays a role in the prevention of injury.

March is National Nutrition Month, a good time to understand how strenuous exercise — such as endurance running, sprinting or resistance training — depletes energy and causes muscle damage.

If depleted energy isn’t replaced and muscle damage is not repaired adequately, injury and reduced physical performance will occur. For example, studies about women who exercise show a negative energy-balance is a risk factor for bone stress fractures.

The timing of nutritional intervention is

critical. Both civilian and military research prove that consuming certain food at the right time will restore energy balance, overcome fatigue, minimize muscle damage, promote recovery and protect against heat injury.

Research shows that consuming a combination of carbohydrates and protein within a 60-minute window immediately following very strenuous exercise initiates repair of muscles damaged during the activity and begins the replenishment of muscles’ energy stores.

In fact, this recommendation is the only one from the Joint Services Physical Training Injury Prevention Work Group related to nu-

trition and its effect in the prevention of musculoskeletal injury.

During this time, the body is primed for rebuilding what was used or broken down during the exercise. If nutrients are consumed more than 60 minutes after the end of the exercise, the body is less able to absorb the nutrients, thus diminishing the rate of recovery.

The ideal balance of nutrients for the most rapid replenishment of muscle to optimize and accelerate the recovery process is roughly 12 to 18 grams of protein and 50 to 75 grams of carbohydrate, or a ratio of 1 gram of protein for every 4 grams of carbohydrates.

Common foods with protein and carbohydrate content

**Protein
(about 7 grams each)**

- 1 egg white
- 1 ounce cheese
- 1 ounce meat (chicken, fish, beef)
- 1 cup milk
- One-quarter cup nuts
- 2 tablespoons peanut butter

**Carbohydrates
(about 15 grams each)**

- One-half cup of fruit juice
- Small piece of fruit
- 1 ounce cereal
- 1 piece of bread
- One-half cup pasta
- One-half cup rice

Tripler MAPS offer route to world-class care for its patients

TERE BANDY
Tripler Army Medical Center Public Affairs

HONOLULU — Health care providers at Tripler Army Medical Center are using the latest patient care systems to deliver superior, consistent care.

One of those systems is MAPS, or the (U.S. Army) Medical Command Armed (Forces Health Longitudinal Technology Application) Provider Satisfaction.

MAPS helps providers use the Armed Forces Health Longitudinal Technology Application, or AHLTA, the military’s electronic health record.

Medical clinicians in all fixed and deployed military treatment facilities, worldwide, use AHLTA, which is a secure, online and centralized electronic health record to help make informed patient care decisions at the point of care, anytime, anywhere.

MAPS is a collection of computer hardware and software combined to create an efficient and effective means of documenting health care. MAPS and its tools, such as voice recognition software and mobile tablet computers, can reduce the time required to record medical notes, such as patient instructions and screening notes, into AHLTA.

Additionally, MAPS helps ease workloads and increases administrative and patient interaction times.

For example, Tripler health care providers can use MAPS’ voice-recognition software to dictate notes into the computer and have the notes typed automatically. Providers receive training and get their own personal microphone headset.

Also, MAPS tablet computers allow for mobile medical care. The tablet’s twist-top, touch-screen design admittedly creates an unconventional work environment, but allows providers to bring technology to their office or patient treatment room. Some departments, here, have already received tablets for provider use.

Tripler IT offers MAPS training

Tripler Army Medical Center health care personnel needing MAPS training should call Tripler’s Information Management team at 433-7777.

“Our mission, our goal, is to get everyone trained,” said Larry Huml, information technology technician, TAMC. “(Tripler’s Information Technology department) is more than eager to assist anyone in need, even with over-the-shoulder training. This means that you call the help desk, open a work order and a technician will come to your location and provide you with training and assistance.”

“MAPS will give our (military treatment facilities) the commercial off-the-shelf options that many of (Army health care providers) have requested,” said Lt. Gen. Eric Schoomaker, Army surgeon general, in an online blog. “(MAPS) will focus on personalized training and ongoing help desk support ... MAPS is one of my top priorities for implementation.”

“I am committed to making ... changes that will enhance the AHLTA experience at MTFs, increase provider satisfaction and ensure a more robust patient encounter record,” he said online. “We need to strike a healthy balance between innovation and standardization.”

Brig. Gen Keith Gallagher, commanding general, TAMC, has prioritized patient care as his highest concern.