









# 130th Eng. Bde. discusses family issues in FRG town hall

Story and Photo by  
**CAPT. STEPHEN ROBINSON**  
130th Engineer Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Leaders of the 130th Engineer Brigade, 8th Theater Sustainment Command, addressed current issues important to its Soldiers and family members during its family readiness group town hall, at Sgt. Smith Theater, here, recently.

An audience of approximately 200 Soldiers and their family members attended the open forum, which is the second in a series of town hall meetings used to keep Soldiers, family members and the local community aware of upcoming brigade events, while providing information about assistance agencies available on post.

The next meeting is planned for May 24.

Col. Jeffery Milhorn, commander, 130th Eng. Bde., welcomed those in attendance and thanked them for their support. He kicked off the meeting with a short awards ceremony to recognize two FRG volunteers for their assistance with unit deployments.

“These volunteers are Soldiers’ spouses who have contributed tremendously to the brigade’s FRG program,”

Milhorn said.

Following the awards, representatives from various agencies, such as Army Community Service, the Directorate of Emergency Services, Island Palm Communities housing, base security and U.S. Army Garrison-Hawaii, presented information and helpful resource material. They also answered questions from those in attendance.

Leslie Thorpe, a resident here, wanted answers about the unpredictability of the school bus schedule. She said many parents routinely experience their children’s bus arriving up to 15 minutes earlier than the scheduled time, causing them to miss their bus ride to school.

Getting these types of concerns directly to the agencies responsible for providing the respective service is the intent of the town hall, Milhorn said.

“Providing Soldiers’ families with the information about available services on and off post is an effective way to make them more self-reliant,” said Yolanda Johnson, Employment Readiness Program manager.

The town hall also included updates on efforts to standardize and personalize professional enhancement services



A family member asks a question of brigade leaders during the 130th Eng. Bde., 8th TSC’s FRG town hall meeting held Feb. 22, at Sgt. Smith Theater, Schofield Barracks. This is the second in a series of brigade town halls.

like the Army Spouse Employment Partnership and the Military Spouse Career Advancement Program, career and employment opportunities, job fair information, resume assistance and how these services are administered to Soldiers and family members.

Though the purpose of session was to evaluate how well the Army is pro-

viding Soldiers and families with services and programs, Johnson said she learned that most military families have already begun taking advantage of employment assistance that the Army offers family members.

“It’s amazing how family members are willing to help each other in absolutely extraordinary ways,” she said,

“which normally saves time when there is no need to schedule appointments or visits to the agency (for information).”

**130th Eng. Bde. town hall**  
The next 130th Eng. Bde. town hall is planned for May 24.

# 45th Sust. Bde.’s convoy live-fire stokes confidence in mission

Story and Photos by  
**SGT. 1ST CLASS JOSEPH GARCIA**  
45th Sustainment Brigade, 8th Theater Sust. Command

SCHOFIELD BARRACKS — The 45th Sustainment Brigade, 8th Theater Sust. Command, conducted its convoy live-fire exercise at Area X, here, recently.

Soldiers from every company assigned to the brigade participated in the exercise.

Soldiers received a mission briefing, which explained the route, expected enemy attacks and avenues of approach, and medical evacuation call signs and frequencies. Soldiers then conducted walk-through of battle drills prior to mounting their armored humvees to begin the convoy.

The exercise’s intent was to surprise Soldiers, said Sgt. 1st Class Cedric Storay, maintenance technician, Headquarters and Headquarters Company, 45th Special Troops Battalion, 45th Sust. Bde.

“Soldiers participating in the training didn’t know what to expect at first,” Storay said. “After going through the training a second time, their confidence increased, and their reaction time was second nature.”

Soldiers traversed the muddy and uneven terrain expecting to carrying out some of their warrior tasks and drills in scenarios, such as reacting to roadside bombs, to suspected improvised explosive devices and to vehicles carrying IEDs.

Once attacked, they reacted as if their vehicles were actually hit and dealt with casualties they would sustain along the way.



Above — Soldiers from HHC, 45th STB, 45th Sust. Bde., 8th TSC, carry their mock-wounded to a medical evacuation helicopter during the brigade’s convoy live-fire exercise at Area X, on Schofield Barracks, recently.

Right — Sgt. Kevin Barcena, HHC, 45th STB, 45th Sust. Bde., 8th TSC, secures a tow strap on his humvee during the brigade’s convoy live-fire exercise.

Soldiers responded immediately after attacks, rendering first aid to their wounded comrades, calling for air medical evacuation, clearing a landing site for the Black Hawk helicopter and loading their wounded warriors onto the helicopter for immediate evacuation.

“It was exciting to see all of our hard work come together,” Spc. Shamequa Allen, human resources specialist, HHC, 45th STB, 45th Sust. Bde. “I felt confident that my comrades would be able to complete the mission if anything should happen to me.”



**Spc. Tiffany Dusterhoft** | 8th Theater Sustainment Command Public Affairs

The CW2 Harold C. Clinger LSV-2 is moved to avert potential danger during the tsunami, March 10, following a massive earthquake in Japan.

## LSV: Vessels avoid damage

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they reacted. They didn’t hesitate. I was impressed with the whole operation.

“I don’t think there would be too many of us watercraft warrants who would turn down a call for help,” he said. “I would think that almost all of us would do the same thing.”

Because of its minimal manning, Zollinger said the LSV-7 could not be at sea for more than eight hours. So, the crew swiftly moved the LSV-7 to an inner berth at Pearl Harbor that was more protected.

“The vessel avoided any damage that would have occurred if it stayed berthed at its normal port at Hickam Air Force Base,” Carter said.

Both crews made the right decisions to avoid the risk of facing damage. When LSVs need to be moved for safety, vessel masters take into account the crews’ and the vessels’ capabilities to make the best decision, Carter said.

“Though each vessel master made a different decision to avoid damage from the threat of the tsunami, both vessel masters made prudent choices given their circumstances,” Carter said.

## 84th Eng. Bn. improves KTA with connector trail

**2ND LT. KEVIN DAILEY**  
523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

KAHUKU TRAINING AREA — All training areas need to be maintained and improved to allow Soldiers to properly train and prepare for their respective missions.

The 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, does its part by providing construction support across the island to keep training areas in good condition.

Recently, members of 3rd Platoon, 523rd Eng. Company, 84th Eng. Bn., 130th Eng. Bde., finished a 56-day construction project that included the excavation of a 10-foot and a 30-foot cliff face to finish the road surface of

the Bravo Connector Trail, here, on the North Shore.

Kahuku Training Area is one of the larger training areas the Army and other military services use on island. The Bravo Connector Trail will increase maneuverability for units using KTA and give them flexibility to conduct realistic training for future missions.

“It is nice to be in charge of a project to improve training areas where many other military branches can benefit from it and avoid traveling off island for training,” said Staff Sgt. Christopher Atencio, 3rd Platoon. 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

As a construction-effects battalion, the 84th Eng. Bn. delivers a wide range of capabilities, from undertaking various

construction projects to supporting humanitarian assistance or combat operations overseas.

Since returning from a deployment to Iraq in November 2009, 84th Eng. Bn. Soldiers have been working on construction projects here in the Pacific. The 84th Eng. Bn. heard about the needs at KTA and jumped at the opportunity.

The unit had already completed one road mission at the Pohakuloa Training Area on the Big Island, which helped it prepare for the work on the Bravo Connector Trail. The PTA mission included removing trees from more than two acres of land and excavating two cliff faces into a slope — the first mission of its type for the 130th Eng. Bde., here in the Pacific.

Sgt. Joshua Fulton, equipment operator, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., said the PTA mission was a great experience to teach new Soldiers the necessary skills and for him to learn how to run a project site.

Soldiers were eager to show their skills and potential.

“I liked being able to use my chainsaw skills I learned on the civilian side to help the 523rd Eng. Co. accomplish its mission,” said Spc. Joshua McGirr, heavy equipment operator, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.

The battalion will continue its construction projects both on and off island in the future. The 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., is planning to construct the Heewaii Mauka Trail for the Keamuku Maneuver Area that allows battalion-sized units to do maneuver training.



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

Spc. James Whitworth, heavy equipment operator, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, uses a chainsaw to clear a cliff face of trees in the Kahuku Training Area, on the North Shore, Feb. 8, in preparation for a new vehicle trail.



# A DAY IN THE LIFE



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

Pilots assigned to Troop C, 2nd Squadron, 6th Cavalry Regt., “Lighting Horse,” 25th CAB, 25th ID, engage a target during aerial gunnery training as part of Operation Shenandoah, at the Pohakuloa Training Area, on the Big Island, Feb. 11.

## 25th ID Soldiers share similar activities, whether deployed or home

**SPC. ANDREW INGRAM**  
U.S. Division-North Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Soldiers in 2nd Squad, 3rd Platoon, “Black Sheep,” Company A, 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, woke up at 5:30 a.m., and they headed to the gym where they spent two hours pumping iron.

Then they proceeded to breakfast at the dining facility and afterward made their way to their military vehicles.

In Hawaii, the same scenario could describe a 25th Combat Aviation Brigade, 25th ID Soldier’s morning. The unit returned from a deployment in 2010 and is gearing up for an upcoming rotation.

“We’re going out to provide security,” said Spc. Fredrick White, infantryman and squad automatic weapon gunner, Co. A, 1st Bn., 27th Inf. Regt., 2nd BCT. “It should be pretty simple, but we can’t get complacent.”

The squad agrees that despite executing similar routines and missions, day after day, solid training and constant vigilance keeps the troops sharp and ready for action.

“In Iraq, things could change in a heartbeat, and we have to be ready for anything,” said Spc. Kurt Brown, infantryman, Co. A, 1st Bn., 27th Inf. Regt., 2nd BCT.

For the 25th CAB, units practiced to keep skills sharp in aerial gunnery, hoist training, and arming and refueling point validation training at Pohakuloa Training Area, on the Big Island, recently.

Deployed leaders make training and education a high priority, said Cpl. Jeffrey Hearnold, team leader, 2nd Squad, 3rd Platoon, Co. A, 1st Bn., 27th Inf. Regt., 2nd BCT.

Hearnold makes Army education a priority for his



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

Staff Sgt. Vernon Washington (right), flight medic and acting first sergeant, Co. C, “Dustoff,” 3rd Bn., 25th General Support Aviation Bn., 25th CAB, 25th ID, gives a hand signal so he and Lt. Col. Lori Robinson (left), commander, 3rd. Bn., 25th GSAB, 25th CAB, can be hoisted back up to an UH-60 Black Hawk medical evacuation helicopter during hoist training, part of Operation Shark Tank, at the Pohakuloa Training Area, on the Big Island, Feb. 25.

Soldiers, because he believes it is the best way for troops to gain technical and tactical competency to further their military careers, and the promotion points to become noncommissioned officers.

At the end of the day in Iraq, Soldiers head to the gym, to their rooms to relax, watch a movie or talk to loved ones online. The same schedule could be applied to any Soldier still stationed on Oahu.

Squad members may spend free time differently; all agree it is necessary to get away from the comrades they eat, work, train and sleep around.

“Sometimes it gets tough being around everybody all the time; you really don’t get a lot of privacy, and you get sick of each other,” said Spc. Trevor Legg, Co. A, 1st Bn., 27th Inf. Regt., 2nd BCT. “But at the end of the day, they are still your friends, and we all care about each other.”

“There is some rivalry that goes on between the squads and more between the platoons,” said Spc. Robert Wright, Co. A, 1st Bn., 27th Inf. Regt., 2nd BCT. “Most of the time, it’s fun. Nothing too serious, but it keeps us busy.”

Rivalries motivate Soldiers to do their best in physical training, weapons qualifications, combat drills or video games, Wright said.

Deployments and training help Soldiers appreciate the amenities of home and their time in Hawaii, including freedom, security and seeing families and loved ones.

But while Soldiers are between deployments in Hawaii or on one in Iraq, they wake up each morning, do a little physical training and begin another day.

*(Editor’s Note: 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division, contributed to the content in this article.)*



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

Spc. Joshua Michael, wheeled vehicle mechanic, and Sgt. Thaimalong Vongbandith, machinist, both of Headquarters and Support Co., 209th Aviation Support Bn., “Lobos,” 25th CAB, 25th ID, remove the radiator from a humvee at the motor pool during a Pohakuloa Training Area rotation on the Big Island, Feb. 7.



**Spc. Andrew Ingram** | U.S. Division-North Public Affairs

1st Lt. Ty Lin (left), platoon leader, and Sgt. 1st Class Nicholas Maney (right), platoon sergeant, both of 3rd Platoon, Co. A, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID, explain the route and security precautions for the day’s mission in support of the Tikrit Provincial Reconstruction Team during a mission brief at Contingency Operating Base Speicher, Iraq, Feb. 28.



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

Pfc. Peter Carlson (left) and Pfc. Dustin Underwood (right), both OH-58D armament, electrical and avionics systems repairers in Troop D, 2nd Squadron, 6th Cavalry Regt., “Lightning Horse,” 25th CAB, 25th ID, secure an M36 Hellfire training missile to the carriage of an OH-58D Kiowa Warrior helicopter at a forward arming and refueling point during Makua Hellfire validation training at Wheeler Army Airfield, March 16.



# 25th CAB implements overhauled physical readiness doctrine

Story and Photo by  
**STAFF SGT. MIKE ALBERTS**  
25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

WHEELER ARMY AIRFIELD — For decades, Army leaders have employed the mantra “train the way you fight — fight the way you train” in preparing Soldiers for war.

Recently, U.S. Army Training and Doctrine Command, or TRADOC, formally endorsed this training principle with a revised combat-focused physical training doctrine.

The overhauled Physical Readiness Training, or PRT, doctrine, is the first comprehensive change to the Army’s PT program since 1992, and Soldiers in the 25th Combat Aviation Brigade, 25th Infantry Division, are implementing the changes during daily PT.

The new PRT is a change for the better, according to 1st Lt. Austin Baker, executive officer, Troop E, 2nd Squadron, 6th Cavalry Regiment, 25th CAB.

“The new (system) introduces many new elements to include things like combat motions,” said Baker. “For instance, exercises that rotate your torso or replicate the need to quickly get off the ground are in the new PRT — the concept being that, on deployment, we will be exerting ourselves in ways that we have been conditioned.”

Training Circular 3-22.20, Army PRT, replaces

Field Manual 21-20 and is part of TRADOC’s multiphase effort to use lessons learned from eight years of war.

Army leaders recognized that the effectiveness of Soldiers depends largely on their physical conditioning, and the new PRT is designed to mimic the realities of modern combat.

The PRT program has a systematic approach to training, consisting of ordered and comprehensive facts and principles and methods for training Soldiers and units for full-spectrum operations.

It provides a balanced training program that prepares Soldiers for successful task performances and other training conducted during the duty day. PRT also weaves injury control into the training fabric and recommends exercise intensity, volume, specificity and recovery within its progressive training schedules.

“Physical training is a very high priority,” Baker said. “We are deploying, and our Soldiers need to be combat fit, not only to do their jobs, but also to prevent injuries.

“Our Soldiers understand that PRT has a direct effect on them being mission-capable,” he said. “We must be able to do our job when it matters, and PRT (has) a direct impact on our mission capability.”

Among other significant changes, static stretching has been replaced with preparation drills like “the bend-and-reach,” the “rower” and the “wind-



Soldiers of 2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID, conduct the “v-up,” one of several conditioning drills described in TRADOC’s overhauled PRT doctrine, during PT, March 3.

mill,” while simple sit-ups and push-ups — once a cornerstone of muscle strength and endurance training — have been replaced by new conditioning, climbing and strength-training drills like “side-to-side” knee lifts, “half-jacks” and the “supine chest press.”

“PRT is better than our old system in a lot of ways,” said Staff Sgt. Mario Thompson, utility

equipment repairer, Troop E, 2nd Sqdn., 6th Cav. Regt., 25th CAB, and one of the PT leaders. “It demands a lot more discipline from Soldiers, and I can already tell that it is cutting down on injuries because we are (in better shape).

“Change is inevitable,” he said. “As the Army adapts, (Soldiers must) adapt with it, and that includes the physical demands of deployment.”

## 2nd BCT honors ‘Ironhorse Strong’ Soldiers’ contributions

**25TH INFANTRY DIVISION PUBLIC AFFAIRS**  
News Release

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Spc. Edmund Adjei, a combat medic assigned to Troop A, 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, earned “Ironhorse Strong Soldier of the Week” for his decisive medical evaluation and treatment of wounded Iranian tourists following an attack near a joint checkpoint in northern Iraq, recently.

Sgt. Michael Narbon, Battery A, 2nd Bn., 11th Field Artillery Regt., 2nd BCT, was also named an Ironhorse Strong Soldier of the Week, recently, for operating as a crime scene investigator during the sensitive site exploitation of a vehicle-borne improvised explosive device, outside his training as a cannon crew member.

Adjei quickly assessed and triaged the injured civilians, determining three of the tourists would not make it to the hospital without immediate medical treatment. The combat medic applied tourniquets and field bandages to injured civilians, ensuring the wounded were stabilized before they were transported to the nearest hospi-

tal for further treatment.

“We are all proud of Adjei,” said Sgt. 1st Class Santiago Larriva, platoon sergeant, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT. “His work ethic is unreal; he is the hardest working medic I’ve encountered in 14 years in the Army.”

Adjei provides medical care for members of his platoon, and first aid training for Iraqi Security Forces operating at combined security checkpoints in northern Iraq.

“He went out of his way to treat those patients,” said Staff Sgt. Ryan Hill, combat medic, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT. “He is skilled enough and proficient enough to save lives, and that is what he did.”

Adjei’s dedication to training and genuine care for people resulted in decisive action and saving the lives of three people.

Narbon proved himself as a critical asset with his skills learned during battlefield forensics and sensitive-site exploitation training when he meticulously and effectively collected and cataloged evidence, explained 1st Lt. Adam Thompson, platoon leader, Battery A, 2nd Bn., 11th



Spc. Andrew Ingram | 4th Infantry Division Public Affairs

Spc. Edmund Adjei, combat medic, Troop A, 2nd Sqdn., 14th Cav. Regt., 2nd BCT, 25th ID, teaches Iraqi soldiers how to bandage a head wound at a security checkpoint in northern Iraq, recently.

FA Regt., 2nd BCT.

After a U.S. explosive ordnance disposal team cleared the site, Narbon thoroughly combed the vehicle for exploitable evidence, recovering ammonium nitrate aluminum powder mixed with ball

Deployed Forces

**Ironhorse Strong Soldier of the Week**  
Spc. Edmund Adjei  
Sgt. Michael Narbon

bearings, several feet of detonation cord, two cell phones and electrical tape. His collection allowed the Combined Explosive Exploitation cell to potentially link extremists to the vehicle through biometric evidence.

Narbon stands out amongst his peers as one of the best young leaders assigned to Battery A, said Thompson.

Narbon places the training, welfare and education of his Soldiers as one of his top priorities, according to Pfc. Brandon Killian, cannon crew member, Battery A, 2nd Bn., 11th FA Regt., 2nd BCT.

“He is never too busy to help you out if you need it, and he makes sure we have a good balance between work and fun,” he explained.

Narbon’s actions resulted in the collection of vital intelligence and the potential for prevention of future IED attacks.



# 2nd BCT helps revitalize Samarra

2ND BRIGADE COMBAT TEAM, 25TH INFANTRY DIVISION  
New Release

SAMARRA, Iraq — Two days before the fifth anniversary of the bombing of Al Askari, or Golden Mosque, security barriers protecting one of the holiest Shia shrines in Iraq came down.

“This is a great day for Samarra, and a great day for all of Iraq,” said Lt. Col. Andy Preston, commander, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division. “I am happy for the citizens of Samarra, who will finally see their city restored.”

Following the bombing of Al Askari in 2006, U.S. and Iraqi security forces implemented enhanced security measures to protect the mosque and the Shia pilgrims who visit each year. U.S. forces, working with Iraqi security forces, blockaded large portions of the city with “T-walls,” or tall, expediently emplaced concrete barriers that have become a common sight across Iraq.

ISFs required visitors to be escorted through blockaded T-wall channels, to and from the mosque, a process that drastically impaired Samarra’s tourism-based economy.

“We have been working so hard on this project for so long, it is hard to believe it is finally happening,” said Lt. Col. Ghayath, director, Samarra Joint Coordination Center, which synchronizes the security efforts of U.S. forces, Iraqi army, Iraqi police, federal police and the Sons of Iraq. “The people of Samarra wanted this for a very long

time, and the security forces made it possible.”

According to Ghayath, ISF will maintain the re-established security in Samarra using additional police, security cameras, X-ray machines and better control of the site.

Command Sgt. Maj. Berk Parsons, senior enlisted leader, 2nd Bn., 11th FA Regt., 2nd BCT, said the significance of the T-wall removal was as an indication of progress in Samarra in terms of security.

“The city of Samarra holds a significant place in the history of Iraq,” he said. “Unfortunately, what most know about the city’s role is its contemporary history, specifically concerning its connection to the sectarian violence.

“(This) allows the city to begin its return to its former prestige,” Parsons said. “The removal of the T-walls is a tangible symbol and a phenomenal progression towards the city’s restoration.”

Although 2nd Bn., 11th FA Regt., 2nd BCT, and the combined planning team primarily focused on security for pilgrims, local citizens and the mosque, other issues played an important role.

“One of the biggest problems we faced in Samarra was the lack of available employment,” Preston said. “No matter where you are in the world, people with no money and no prospects are more likely to turn to crime and violence than those who have the ability to make a way for themselves legitimately. Re-opening these markets by taking down the T-walls will provide that legitimate opportunity.”



Capt. Pete Cox | 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division

Soldiers of Battery A, 2nd Bn., 11th FA Regt., 2nd BCT, 25th ID, converse with Iraqi army soldiers and maintain security during “T-wall” removal at a mosque in Samarra, Salah ad Din province, Iraq, recently.



Sgt. Shawn Miller | 109th Mobile Public Affairs Detachment

## Stepping up, over

IRAQ — Sgt. Ringo Whigham, infantryman, Company A, 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Brigade Combat Team, 25th Infantry Division, hurdles over a wall during an obstacle-course race at Kirkush Military Training Base, here, March 12. U.S. Army Soldiers raced against Iraqi army platoons from 4th Bn., 21st Bde., 5th IA Div. during the obstacle course.

Gimlet Soldiers mentored 5th IA Div. units during during the 25-day training rotations at KMTB. U.S. forces run the training regimen, as part of an ongoing effort to modernize IA units’ capabilities, thus creating a modern, self-sustaining army capable of independent operations.



Capt. Victoria Starks (center), chief of administrative law, OSJA, 25th ID, seals a casualty's simulated open chest wound, as Spc. Tara Mendez (right), court reporter, OSJA, prepares a dressing during the trauma lanes, the final phase of the CLS course at Camp Liberty, Iraq, March 10.

# 25th ID’s CLS course gets real

Story and Photos by  
SGT. JENNIFER SARDAM

29th Mobile Public Affairs Detachment, U.S. Division-Center

BAGHDAD — A military convoy rolled down a dusty road when a deafening blast and a blinding flash of light ripped through the air.

An improvised explosive device, or IED, had gone off, and as the dust settled, an eerie silence followed, broken only by the growing moans of the injured.

A Soldier screamed, asking in confusion, “Where are we? Where are we?”

All in the convoy were wounded, and many might not have survived without immediate medical care.

Fortunately, this IED encounter was only a simulation in the final phase of the Combat Lifesaver Course that medics from Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division, gave recently at Camp Liberty, Iraq.

Known as the trauma lanes, this stage of the 40-hour course puts students’ skills to the test and is the culmination of classroom instruction and hands-on training in tasks such as controlling bleeding and splinting a leg.

The pace of the scenario was demanding, as teams hurried through the lanes, evaluating casualties, applying tourniquets, returning fire and moving the injured to safety for further first aid and medical evacuation.

“You’re working in a time constraint, and in real life, you’ve got to think about where you have to be ... (so, you’re) running around quickly,” said Spc. Christie Adams, administrative noncommissioned officer in charge, Office of the Staff Judge Advocate, 25th ID. “You can’t pause and think. You just have to act.”

Role-playing medics acted as casualties and challenged the students’ skills, shouting for help while covered in fake blood and wounds to create a scene reminiscent of combat. Students of past CLS classes said the human element made this training difficult but also more effective.

“Last time I actually did the training, it was with dummies,” said Spc. Tara Mendez, court reporter, OSJA. “I like this better, just because of the fact that you can see how heavy they are and how their clothing gets in the way. They are yelling and screaming, and the dummy’s just always unconscious.”

The combat-like environment helps reinforce the knowledge gained during class.

“You can perfect (knowledge) in the classroom, but once you get out and actually have to put it to use, that’s when all of it really comes to show what you’ve learned,” said Spc. Rodrick Davis, supply clerk, HSC, HHBN. “I definitely think I would be more prepared if I



Spc. Christie Adams (left), administrative non-commissioned officer in charge, OSJA, 25th ID, helps transport a simulated casualty to safety during the CLS course’s trauma lanes, given by medics from HSC, HHBN, 25th ID, at Camp Liberty, Iraq, March 10.

ever have to do this again in real life.”

While some of the students were first-timers in the course, others had come to recertify. Past CLS training was confined to the classroom and primarily focused on tasks like administering fluids intravenously, said Capt. Victoria Starks, chief of administrative law at OSJA.

“We didn’t do a scenario like this,” she said, “so this application-based test is a lot better than what I’d initially gone through.”

The CLS course is now more geared toward the basics of what Soldiers need to do to save lives on the battlefield, said Staff Sgt. Andre Sonne, HSC, HHBN, who supervises the division’s program.

“They’ve gone away from some of the stuff they know doesn’t work,” he said. “Every Soldier can perform these basic medical skills to save lives. Whether you’re on the (forward operating base) or you’re actually out in sector, you never know what’s going to happen.

“I think everybody in the Army should be CLS-certified, because it just adds to the combat power and the sustainment of troops,” Sonne said.

# Security platoon’s partnership mission reaches way beyond the wire

Story and Photo by  
MAJ. MARK CITARELLA

29th Mobile Public Affairs Detachment, U.S. Division-Center

BAGHDAD — Iraqi leadership and their American counterparts have been meeting throughout Iraq on a regular basis, as many feel their partnership and combined efforts are vital to the future of Iraq.

Those joint meetings and planning sessions would not be possible without the help of the security platoon from Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division.

With missions ranging from escorting personnel to route reconnaissance, the security platoon also serves as the personal security detail for the division.

Each day, platoon members prepare themselves for ground transportation missions to all parts of the greater Baghdad area to help bring together American leadership with their Iraqi brethren.

“We are like the spearhead for the division as far as doing missions with the Iraqis,” said Sgt. 1st Class Jimmy Ha, platoon sergeant, HSC, HHBN.

With the end of combat operations in Iraq, these Soldiers are only one of the few units within HHBN who get outside the wire on a daily basis. With that responsibility, the platoon conducts multiple missions daily. Those missions change frequently based on personnel schedule demands and weather. When he-

licopter flights are grounded because of wind or storms, the security platoon is there to pick up the slack.

The ever-changing mission times can be grueling, but Soldiers still love the opportunity to do their jobs.

“It gives you some stress, but the Soldiers go with it; they really handle it well,” said 1st Lt. Jason Gremillion, platoon leader, HSC, HHBN. “We love getting out.”

The long hours and the changing time demands make the coordination and planning of the security platoon’s missions a consistent challenge. Constant changes mean changes to mission planning and analysis.

“The schedule changes every day, so we have to be on our toes,” Ha said. “It’s a lot of planning.”

While continuing to advance their mission-specific training, the platoon still has to make sure Soldiers meet all other required training, including physical fitness and weapons qualification. Soldiers are continually training and honing their skills.

“This is the biggest challenge I’ve had in the Army,” Ha said. “Essentially, you have to be a platoon sergeant, first sergeant and sometimes a platoon leader.

“I have the confidence in all of my guys to take the patrol out,” he added. “The guys are more confident to lead the platoon.”



Sgt. John Clinard (left) and Sgt. Robert Etheridge, both of HSC, HHBN, 25th ID, scan their sectors of fire while securing a landing zone in Baghdad, March 11.



# USAG-HI conducts aviation noise, cultural impacts research

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

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii will be conducting research on aviation noise and potential natural and cultural resource impacts, March 21-April 1, at the Pohakuloa Training Area and three proposed landing zones in the Mauna Kea Forest Reserve, on the Big Island.

As manager and executor of all Army facilities and lands in Hawaii, USAG-HI is conducting the research as an additional measure to further assess potential impacts of proposed High-Altitude Mountainous Environmental Training, or HAMET.

“Our goal is to gather the most complete environmental data possible,” said Col. Douglas Mulbury, commander, USAG-HI.

The garrison is undertaking this effort in coordination with 25th Combat Aviation Brigade, 25th Infantry Division helicopter pilots and support crews.

“We also want to reassure the community that we are taking their concerns very seriously,” Mulbury said. “In the comments they shared with us during the HAMET environmental assessment comment period, community members were concerned about potential training impacts to natural and cultural resources, as well as noise. The study we’re conducting will supplement the (environmental assessment), and we will be able to show the community the results of our live research.”

In December 2010, the Army released an environmental assessment for the proposed HAMET training that analyzed potential environmental impacts.

The objective of this new research is to collect data from real-world scenarios to provide the Army with additional information on which to base its analysis.

return to PTA.

Army scientists on the ground will visually monitor rotor wash and dust patterns at the landing zones. These observations are part of expanded en-

Mauna Kea Ice Age Natural Area Reserve, while conducting the research.

Modern GPS equipment will be used to navigate to landing zones, and flight routes will be designed to avoid critical habitats and known natural and cultural resources. The Army will also brief its personnel on Mauna Kea’s natural and cultural resources, including their locations and significance.

“We will be closely monitoring the aircraft, and if at any time, we detect any harmful impacts to natural or cultural resources, we will stop the activities,” Mulbury said. “It’s important for the community to know that we do not take our environmental stewardship responsibility lightly.”

The garrison will analyze the collected data and use it to determine the next steps in the environmental planning process.

“We also want to reassure the community that we are taking their concerns very seriously.”

— Col. Douglas Mulbury  
Commander, U.S. Army Garrison-Hawaii

Noise-monitoring equipment will be staged at select locations within a five-mile radius of the three proposed landing zones on the western slope of Mauna Kea. The equipment will continuously record background levels of noise and Army aircraft noise levels as they fly from PTA to briefly touch down at these landing zones and then

vironmental surveys and will assess generation of dust and potential impacts to natural and cultural resources.

All flights will depend on weather and aircraft availability, and no flights will be conducted on holidays or weekends.

The Army will take precautions to protect areas of concern, such as the

## Garrison recognizes stellar employees

**AIKO BRUM**  
*Chief, Internal Communication*

SCHOFIELD BARRACKS — To give credit where credit is due was the aim of U.S. Army Garrison-Hawaii’s Employee Recognition Breakfast at the Nehelani, here, Friday.

Col. Douglas Mulbury, commander, USAG-HI, and Command Sgt. Maj. Robert Williamson, presented performance awards to 21 employees from seven directorates.

Two employees received length of service awards, and 13 others received recognition as exemplary coordinators for the 2010 Combined Federal Campaign.

A former USAG-HI Soldier, Maj. Ismael Natividad, received a Meritorious Service Medal for his superior leadership, duty performance and commitment to excellence while serving as the range operations officer and company commander of Headquarters and Headquarters Detachment, USAG-HI.

“We spend a lot of time focusing on the people we serve — our customers, our commanders, Soldiers, our family members, the community. We all do that every single day,” Mulbury said, during remarks, “but this is a time to focus within, on our stellar performers. ...We could line up the entire garrison.”

Five employees from the Housing Services Office, Directorate of Public Works, received coveted “pono” coins — Hawaiian for righteousness — for their caring support of customers. Pono also embodies rightness and excellence, cultural values that the garrison strives to incorporate, according to Customer Management Services, part of USAG-HI’s Plans, Analysis and Integration Office.

Mulbury stated that recognition is “more important now than ever, as we start to talk about budget and manning constraints.”

In keeping with his beliefs, four employees were commended for completing the Cost Management Certification Course, which demanded 160 hours of training “to learn the latest cutting-edge strategies that will help streamline and maximize the garrison’s cost-management efforts,” explained Dennis Drake, director, USAG-HI Public Affairs, and event narrator.

Mulbury established the Employee Recognition Breakfast as a tool to “reward and recognize outstanding individuals and teams for their contributions to mission accomplishment, process or product improvement.” He encourages managers and supervisors to recognize employees



### Meritorious Service Medal

Maj. Ismael Natividad

### Recognition for Achievement

Rita Ah Young-Shelton, DFMWR  
Annelle Amaral, USAG-HI Command Group  
Francisca Avery, DFMWR  
Aiko Brum, PAO  
Hank Cashen, DFMWR  
Tootsie Dias, DFMWR  
Ever Gutierrez-Arreola, DHR  
Angel Hernandez, DOL  
Nicolette Jones, DPW  
Lacey Justinger, PAO  
Aubrey Kiemnac, Recreation Specialist  
Dawn Mentor, DOL  
Vickey Mouzé, PAO  
Maj. Ismael Natividad, USAG-O  
Stephanie Rush, PAO  
Sam Sapatu, DOL  
Jose Sierra, DOL  
Mavis Takai, DPW  
Joyce Tsugawa, DPW  
Jack Wiers, PAO

### Years of Service Award

Debbie Chambrella, Command Group, 25 years  
Landon Rivers, PAIO, 30 years

### 2010 CFC Campaign

1st Lt. Wanda Barnes  
Edward Blaser  
Harry Debose Jr.  
Lydia Funakoshi  
Stefanie Gardin  
Suzanna Irie  
Sgt. Christopher Knapp  
Valerie Makaneole  
Tolanda Martin  
Brenda Naki  
Landon Rivers  
Marie Siliezar  
Jaimie Sugawa

### Customer Service Awards

Pedro Gutierrez-Torres  
Cathie Henderson  
Patsy Sakauye  
Sophie Tunstall  
Allen Whitted

### Cost Management Certification Course

Kent Anderson  
Jeff Kam  
Carolyn Killian  
Kerry Oshiro

who display “exceptional courtesy to internal customers and the public.”

“Employees want to know that their contribution is valued and that they are respected for what they do,” Mulbury said. “No good deed or significant accomplishment should go unrecognized.”

USAG-HI’s Workforce Development Office oversees the professional development and recognition of the garrison’s mostly civilian workforce. Its chief, Jocelyn Chang-Chuck, closed the Employee Recognition Breakfast and re-emphasized the “three Ps” of the garrison’s customer-focused perspective: “Be Professional. Be Polite. Be Positive.”



Farah Cabrera | Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii

Workshop attendees share experiences and specific case examples where the NAGPRA law has been applied here in Hawaii, March 15th, at the Kamakakuokalani Center for Hawaiian Studies, in a workshop sponsored by the USAG-HI Native Hawaiian Liaison Office.

## USAG-HI cares for Hawaii’s ‘iwi kupuna’

**FARAH CABRERA**  
*Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii*

SCHOFIELD BARRACKS — Knowledge is key when it comes to caring for “iwi kupuna,” or ancestral bones.

This message was made clear during a workshop on the Native American Graves Protection and Repatriation Act, or NAGPRA, March 15.

The free workshop was held at the Halau o Haumea at the Kamakakuokalani Center for Hawaiian Studies, where more than 40 community members interested in the laws and processes of NAGPRA and how it pertains to Native Hawaiians attended the event.

Jan Bernstein, NAGPRA consultant, facilitated this workshop, which covered law basics, term definitions, the types of items covered under NAGPRA, who has standing to make claims, who must comply and other standards. Discussions also focused on NAGPRA required processes, such as making a claim, determining claimants, consulting and repatriation.

“It’s important for us to understand the laws that protect our most valued treasure — our kupuna,” said Melissa

Lyman, program coordinator, Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii. “Knowledge empowers and guides us to be able to sit at the table and be a part of the discussion on how our iwi will be treated. This is our ‘kuleana’ (our responsibility).”



Native Hawaiian Liaison Office  
U.S. Army Garrison, Hawaii

Bernstein also shared national NAGPRA program databases information that attendees could use as references. Participants are now able to find NAGPRA inventory and summary databases, as well as notices when discoveries occur.

“This workshop was outstanding,” said one workshop attendee. “I have a better understanding of NAGPRA, and if I don’t know something, I know where to go to get the information. (Bernstein) was very receptive to questions, which was a gift to (those of) us who needed explanations.”

The workshop was sponsored by the USAG-HI Native Hawaiian Liaison Office; the U.S. Department of Interior, Office of Native Hawaiian Relations; Bernstein & Associates, which is a NAGPRA consultant; and the Kamakakuokalani Center for Hawaiian Studies.

“We thank all those that took part and made this workshop possible for our community members,” said Annelle Amaral, Native Hawaiian liaison, USAG-HI. “We hope that this workshop (gets) more Native Hawaiian community leaders involved in the management, preservation and stewardship of our cultural heritage.”

The Native Hawaiian Liaison Office was created to build relationships between the Native Hawaiian community and the USAG-HI commander, Soldiers and families.

## USARPAC: Command continues its legacy



Russell Dodson | U.S. Army-Pacific Public Affairs

Lt. Gen. Francis Wiercinski (left), commander, USARPAC; Gen. Peter Chiarelli (center), vice chief of staff of the Army; and Lt. Gen. Benjamin Mixon, outgoing USARPAC commander, prepare to review USARPAC units, Monday, at Fort Shafter.

CONTINUED FROM A-1

Wiercinski served as Mixon’s deputy briefly in 2008 and also as Mixon’s deputy commander in Multinational Forces Iraq-North.

“It is a great day to say, ‘I am a one-team Soldier,’” Wiercinski said. “I realize as new commander, I should have little to say and a lot to prove. But it is a subordinate commander’s dream to work in (Mixon’s) kind of command environment, where guidance is clear and intent is spot on and commanders are allowed to command.”

“I am the benefactor of years of mentorship and watching two commanders who have given so much,” he said. “Randy and Rhonda Mixon — thank you so very much.”

As USARPAC commander, Wiercinski is now responsible for leading more than 62,000 active duty and Reserve component Soldiers, with more than 6,700 deployed in overseas contingency operations.

Want to recognize someone? Let your voice be heard through the Interactive Customer Evaluation system, or ICE. Visit [http://ice.disa.mil/index.cfm?fa=site&site\\_id=54](http://ice.disa.mil/index.cfm?fa=site&site_id=54).



# Corps hosts America’s Great Outdoors event, plants taro

Story and Photo by  
**JOSEPH BONFIGLIO**

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

**FORT SHAFTER** — Hawaii’s first-ever America’s Great Outdoors event was held at Heeia Wetland, adjacent to Kaneohe Bay, March 17.

The event was held to promote President Barack Obama’s America’s Great Outdoors initiative.

Sponsors and attendees included leaders of the U.S. Army Corps of Engineers; Jo-Ellen Darcy, assistant secretary of the Army for civil works; The Nature Conservancy of Hawaii, or TNC; the community group Kakoo Oiwi; and the University of Hawaii Institute of Marine Biology.

Obama launched the initiative America’s Great Outdoors, or AGO, in April 2010, to develop a 21st-century conservation and recreation agenda. AGO believes that lasting conservation solutions should rise from the American people, or that all Americans share in the nonpartisan protection of America’s natural heritage.

- The AGO vision includes the following:
- To help Americans reconnect to the great outdoors.
  - To conserve and restore America’s great outdoors.
  - To ensure America’s youth embrace and protect our vital natural resources.

The event, hosted by Kakoo Oiwi and TNC Hawaii, celebrated efforts of local community members from diverse organizations engaged in a project to restore fallow lands in the Heeia Ahupuaa, or Native Hawaiian watershed, into a working agricultural “taro loi,” or pond, and restore the native wetland. Darcy provided opening remarks, in which she stressed the importance for all Americans to promote lasting conservation of the outdoor spaces that power our nation’s economy, shape our culture and build our outdoor traditions.

She was also the keynote speaker at the U.S. Pacific Command’s Pacific Environmental Security Conference held in Honolulu.

“One of the reasons for this visit is to be able to talk to people about the president’s America’s Great Outdoors initiative,” Darcy said. “What we’re trying to do is connect and reconnect our people with America’s Great Outdoors (and) with our recreation facilities.”

Following Darcy’s remarks, the community groups taught her Native Hawaiian taro planting techniques and provided information about the cultural importance of taro to the Hawaiian community.

“For me, the significance is healing to the land and the people, and it’s also providing food for the community,” said Bootsie Howard,

For more information about America’s Great Outdoors initiative, visit [www.americasgreatoutdoors.gov](http://www.americasgreatoutdoors.gov).

community coordinator for Kakoo Oiwi.

After planting taro, the group discussed key elements that make up the America’s Great Outdoors initiative. Community members provided insights into how their project directly relates to the core principles because it allows them to reconnect, conserve and protect the “aina,” or land. In addition, community members discussed their long-term vision for the site, current actions underway and possible constraints to restoring this wetland.

This vision supports the AGO concept that America needs a conservation ethic that builds on local ideas and solutions for environmental stewardship, which connect to our historic, cultural and natural heritage.

“This is a wetland restoration project to return the land to taro loi production; it’s the community that wants this to happen,” said Brad Wong, marine fellow at TNC and a Kakoo Oiwi supporter. “The ‘kapuna’ (Hawaiian elders) have been here for generations and generations. They know what is best for this area, and they’re the ones who steward the land.”



Jo-Ellen Darcy (right), assistant secretary of the Army for civil works, learns the finer points of planting taro from Brad Wong (center), a marine fellow at TNC and Kakoo Oiwi supporter, and Liko Kaluhiwa (left), Kakoo Oiwi.



Maj. Evan Ting, outgoing commander, gives his farewell remarks before passing command of the 565th Engineering Det., FEST-A, to Maj. William Hannan Jr. during the detachment’s change of command ceremony held March 18, at Fort Shafter Flats.

## Hannan takes leadership of USACE’s 565th Engineering Det.

Story and Photo by  
**DINO BUCHANAN**

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

**FORT SHAFTER FLATS** — Maj. William Hannan Jr. became the second commander of the U.S. Army Corps of Engineers-Honolulu District’s 565th Engineer Detachment, Forward Engineer Support Team-Advance (FEST-A), March 18, during a change of command ceremony, here.

Hannan took command from Maj. Evan Ting, who is moving on to work in the Emergency Management branch within USACE-Pacific Ocean Division.

At the ceremony, Ting recalled personnel changes and short-notice travel for training to Europe, Southeast Asia, Pacific Islands and Pakistan since he assumed command of the unit in March 2009.

“It’s been a whirlwind of activity since that day,” Ting said. “The training schedule continues to build, as does the experience and knowledge for our future missions. The team has achieved some incredible accomplishments in a very short time. I couldn’t be more proud of what we’ve done. I feel so fortunate to have been a part of this organization.”

The current unit, which has been active since Oct. 2007, has the mission of providing responsive technical engineer planning and limited design capabilities in support of combatant commands and civil agencies, and has traveled to the Philippines, Palau, Marshall Islands, Germany, Korea and Thailand.

Ting thanked the members of the 565th Engineering Det. and everyone within Honolulu District who worked to build the team into one with a reputation for accomplishing the mission.

“They’re ready to serve the Corps, the Army and our nation – whenever and wherever the need may arise,” he said.

With military deployments to nations such as Somalia, Bosnia, Saudi Arabia, Iraq and Afghanistan, the Army and USACE discovered gaps in their ability to rapidly provide the facilities that U.S. service members need to conduct operations in these austere environments. USACE responded with the concept of field force engineering.

The FEST-A staffing consists of a detachment commander, a noncommissioned officer in charge and six Department of Defense civilians who serve as a geographic information system specialist/cartographer; a contract specialist; and civil, environmental, mechanical and electrical engineers, with other engineering disciplines available for augmentation depending on the mission.

The detachment provides technical engineering support, including engineer reconnaissance, engineering design and planning of construction projects, construction management, limited contingency contracting support and other general engineering tasks, with reach-back support to USACE experts.

The teams are typically attached to combatant commands, divisions or brigade combat teams to provide skill sets that are not organic within the organization. FEST-A helps to accomplish USACE’s No. 1 goal in its campaign plan to deliver support to combat, stability and disaster operations through forward deployed and reach-back capabilities.

Hannan reports to the 565th Engineering Det. from the Command and General Staff College, Fort Leavenworth, Kan.

## Corps awards \$37-million-facility contract

**U.S. ARMY CORPS OF ENGINEERS-  
HONOLULU DISTRICT PUBLIC AFFAIRS**

News Release

**FORT SHAFTER** — The U.S. Army Corps of Engineers-Honolulu District awarded a \$37,872,000 contract, recently, to build a 57,031-square-foot

tactical equipment maintenance facility on Schofield Barracks.

The project also entails constructing a 52,120-square-yard parking area, a storage building, a hazardous-material storage building, a deployment storage building, plus site and utility support for these facilities.



# Units announce leadership changes

The Army Hawaii community is invited to attend upcoming changes of command and changes in responsibility ceremonies.

The change of command is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

A change of responsibility serves the dual function of rendering honors to a departing command sergeant major and providing official recognition of the transfer of authority to an incoming command sergeant major.

Typically, an awards ceremony precedes the change of command or change of responsibility ceremony.

Units have announced the following changes:

- April 13: Command Sgt. Maj. Nathan Hunt III will assume responsibility from Command Sgt. Maj. George Duncan, command sergeant major, 8th Theater Sustainment Command, in a ceremony, 11 a.m., April 13, at Palm Circle, Fort Shafter.
- April 15: Lt. Col. Alton Clowers will assume command from Lt. Col. Karl Franke, commander, Army Field Support Battalion-Hawaii, 10 a.m., April 15, at the Nehelani, Schofield Barracks. Call 656-2700 to RSVP by April 11.
- Dress for military is duty uniform and is business attire for civilians. A reception will follow immediately after the ceremony.
- Contact respective units for inclement weather or additional information.

## News Briefs

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

**Today**

**AER Loans** – Army evacuees from Japan can apply for an Army Emergency Relief, or AER, loan of \$2,500 per family member, interest free for 120 days. AER representatives will be available at designated arrival airports in the continental U.S.

Evacuees only need to ask for the financial assistance to qualify. Army family members who have evacuated by arranging transportation on their own can request this amount from any U.S. military base AER office or other service aid society.

Also, evacuees can go to their local American Red Cross to process loan applications.

Individuals relocated outside CONUS and not near a U.S. military installation, including the Philippines, Japan and South Korea, can call AER at (866) 878-6378.

**Online COLA Survey** – All uniformed military mem-

bers assigned to Hawaii for at least three months and who don't reside in the barracks can take the Cost of Living Allowance, or COLA, Survey now through March 31, at either [www.pacom.mil](http://www.pacom.mil) or <https://community.apan.org/pop/>.

Eligibility includes U.S. Public Health Services and Army National Guard personnel.

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.

**Education Study** – Parents or youth between 10-18 years of age are eligible to fill out the Military Child in Hawaii 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.hawaiiikids.org](http://www.hawaiiikids.org).

The study examines attitudes of military families in Hawaii regarding educating their children in public, private or home-schools.

**28 / Tuesday**

**Lane Closure** – A lane closure at Mua and Kamehameha roads at Helemano Military Reservation is underway through March 28 due to repaving and repairs. Call 656-2525.

**31 / Thursday**

**Service Station Closure** –

The Fort Shafter service station is closed through March 31 to meet a new Environmental Protection Agency regulation concerning the amount of gas that can be pumped in a month.

The station could possibly be shut down intermittently in the future until the EPA regulation is met. Patrons are encouraged to use Exchange service stations at Aliamanu Military Reservation and at Schofield Barracks. Call 423-8632 or email [wynnfg@aafes.com](mailto:wynnfg@aafes.com).

**JROTC Review** – This annual review and awards ceremony is 10 a.m., March 31, Palm Circle, Fort Shafter. Maj. Gen. Michael J. Terry, commander, 8th Theater Sustainment Command and U.S. Army-Hawaii, will officiate. Call 438-4095.

**April 1 / Friday**

**Demolition** – Demolition of Stoneman Softball Field, Gimlet Field and Stoneman Stadium at Schofield Barracks is scheduled to start April 1, to make way for a new athletic complex that will include three softball fields, a running track and a football/soccer field.

The new facilities should be complete in September 2012. Call 655-9654.



A female Soldier dressed in combat gear stands behind the all-girl band from Iliaha Elementary School, as they play “Winds Beneath My Wings” during the Women’s History Month observance, hosted by the 8th MP Bde., 8th TSC, at Sgt. Smith Theater, Schofield Barracks, Friday.

# Women’s History Month honors all ages

Story and Photo by  
**PFC. MARCUS FICHTL**

8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – The 8th Military Police Brigade, 8th Theater Sustainment Command, hosted a celebration honoring women’s contributions to the military and the nation at the Sgt. Smith Theater, here, Friday.

The event included a display of women’s uniforms throughout the military’s history, songs from Iliahi Elementary School students and a special guest speaker.

Brig. Gen. Colleen McGuire, provost marshal general of the Army and commander, U.S. Army Criminal Investigation Command, gave a speech that focused beyond just women’s accomplishments in the military.

To McGuire, all military members are trailblazers – male or female.

“One of the things – and it’s not just women – is how we impose a great deal of pressure on ourselves to perform,” she said. “While I may say, I had obstacles to face, they were mostly obstacles I placed on myself.

“When we see value in things that need to be changed, we change it, in ourselves or the organization,” McGuire said. “When you experience something, you’re quick to share it with somebody else, so they can take it one step forward. It’s mentoring, bringing folks along. Don’t let them expend the energies you took to get to where you are. Impart that wisdom and let them get farther.”

During the ceremony, the all-girls Iliahi Elementary School band played and the choir sang “Wind Beneath My Wings,” as women wearing

military uniforms from the past 30 years marched up behind the children and saluted the crowd.

The 30 years also represents McGuire’s tenure in the military. She enlisted in high school in 1975 into the Women’s Army Corps, and she joined ROTC her last two years of college. While adventure initially got McGuire in the Army, love of the job, people and the nation kept her in.

“The places I’ve gone, the people I’ve met, the jobs I’ve done, the sights I’ve seen ... you grow to like the environment you’re in,” she said, adding that the Army represents the people.

“We think of the Army as a living, breathing entity of itself; when in fact, we are the Army, ... and when I say we, I mean the people who serve,” McGuire said. “We have no greater resources than our Soldiers. (Serving) truly is an affair of the heart.”

**Celebrating the strength of Army women**

- Women have served in the U.S. Army since 1775.
- More than 35,000 American women served in the military during World War I.
- Restrictions on the careers of female officers were removed, Nov. 8, 1967.
- Women entered the Army ROTC program in September 1972.
- Women currently serve in 91 percent of all Army occupations and make up about 14 percent of active duty.

Find these and more facts at [www.army.mil/women](http://www.army.mil/women) or the U.S. Army Women’s museum at [www.awm.lee.army.mil](http://www.awm.lee.army.mil).



# TAMC’s Psychology Department wins healthy workplace award

**NICK SPINELLI**  
Tripler Army Medical Center Public Affairs

HONOLULU – The Tripler Army Medical Center Department of Psychology received a “Best Practices Honor” from the American Psychological Association, or APA, at the annual Psychologically Healthy Workplace Awards ceremony, March 12, in Washington.

TAMC’s Department of Psychology was recognized for its efforts to promote resiliency and well-being among its employees.

“One of our staff recommended us for the state award, and we were one of the 10 selected for the best practices part of it,” explained Dr. Raymond Folen, TAMC’s Department of Psychology chief.

TAMC has demonstrated a commitment to its employees through its Provider Resilience Program, in the form of a weekly yoga class and a process called “mindfulness training,” which is a style of meditation that allows individuals to let go of concerns and focus on the present.

The program has clinically-proven results in reducing stress and allowing practitioners to be more focused in their actions, according to Folen.

“It’s a training that’s been adopted in many Army facilities,” Folen said. “First, it started off with just a few providers and then expanded out to the department and eventually the entire hospital.”

Classes are offered through a hospital-wide employee training system, using existing resources and space in the psychology department. Fliers, brochures, email and word-of-mouth ensure a steady turnout that includes psychologists, leadership, administrators, executive assistants and reception staff. However, Folen stressed that these classes are just a part of the department’s efforts.



“Everybody on staff contributes to a healthy workplace in ways that are meaningful to them,” he said. “Some contribute through classes, others through something as simple as injecting humor into daily dialogues. Others contribute in formal ways, such as recognizing milestones and achievements.

“Some need offer nothing more than a kind word or an ear to listen,” Folen continued. “These are the key elements of a healthy workplace.”

The Best Practices Honors is a national recognition that highlights local workplaces with a single program or policy that contributes to a psychologically healthy work environment and meets the unique needs of the organization and its employees, according to the APA.

“As we head into the economic recovery, employers who understand how a positive organizational culture and a healthy workforce can promote business success will have a distinct competitive advantage,” said Dr. David Ballard, APA’s assistant executive director for marketing and business development. “By promoting resilience among its employees, (TAMC’s) Department of Psychology is creating a work environment where both employees and the organization thrive.”

Folen is incredibly proud of his staff members for their accomplishments, and he is looking forward to additional events and activities they have planned to promote TAMC as a healthy workplace.

“It’s a tremendous recognition,” Folen said. “We’re delighted, and I think it really reflects a start. There’s more we can do and more we will do to encourage this psychologically healthy workplace. I hope we can expand this even further in the future.”

## DOD encourages tobacco cessation to honor women

**DEPARTMENT OF DEFENSE**  
News Release

FALLS CHURCH, Va. – Throughout history, women have made tremendous contributions to our nation, both within and outside of the military.

This March, during National Women’s History Month, the U.S. Department of Defense wants active duty, veterans, retired personnel, families and civilians to quit tobacco in honor of a special woman.

“From Revolutionary War fighter Molly Pitcher to astronaut Sally Ride to Olympian Lindsey Vonn, women serve as great sources of inspiration for current and future generations of both men and women,” said Cmdr. (Dr.) Aileen Buckler, U.S. Public Health Service officer and chairman of the DOD Alcohol and Tobacco Advisory Committee. “But women don’t have to be a fa-

**Cessation resources**

- Visit [www.ucanquit2.org](http://www.ucanquit2.org) for tobacco cessation training and live help with expert quit coaches.
- People planning to quit tobacco can post their dedication and a picture of the woman they are honoring for Women’s History Month at [www.facebook.com/ucanquit2.org](http://www.facebook.com/ucanquit2.org).
- All Tricare non-Medicare eligible beneficiaries can receive assistance with smoking cessation at (866) 244-6870.

mous figure to be inspirational. There are countless numbers of remarkable women that surround us in our daily lives.”

DOD is urging everyone to pick a day in what’s left of March to quit for his or her mother, wife, sister, grandmother, daughter or other significant woman that has touched his or her life. Those planning to quit can post their dedication and a picture of the woman they are honoring for Women’s History Month on Facebook.

To help prepare for a March quit date, DOD encourages service members to enroll in Train2Quit, a self-paced online system based on U.S. Public Health Service guidelines. The free training is available 24/7 and features interactive components to help users create a customizable quit plan, including a calendar to monitor progress. With Train2Quit, tobacco users can double their chances of quitting tobacco for good.

“No matter where you are in the quit process, Train2Quit gives you the confidence and the tools to help you quit tobacco, once and for all,” Buckler said. “(The) website offers a full array of resources to help you stay on the training track.”

The dynamic tobacco cessation website contains support tools to help beat cravings, overcome weight gain and cope with the effects of nicotine withdrawal. Users also can access personal quit coaches for answers to questions about quitting 24/7. The website also offers games, a calculator to track savings, blogs for peer support, the opportunity to sign up to receive text-messaged

quit tips and links to social media sites to connect with others who are quitting tobacco.

“What better way to pay tribute to women this month than by quitting tobacco for that special woman in your life?” Buckler asked.

### Beneficiaries can go ‘social,’ to thank their Tricare doctor

**SHARI LOPATIN**  
TriWest Healthcare Alliance

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You can give a “shout-out” to a special Tricare doctor who’s made an impact in your life on National Doctors’ Day, Wednesday.

Visit [www.facebook.com/triwest](http://www.facebook.com/triwest), click on the “Love Your Doc” tab on the left and share what makes your doctor so special.

*Pick a Quit Day in March To Honor a Special Woman in Your Life.*

## WOMEN’S HISTORY MONTH

MARCH 2011

**QUIT TOBACCO.**  
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John Donald, Department of Defense police officer, watches as a teen plays pool at the Schofield Barracks Teen Center, March 16. Donald is a Drug Awareness, Resistance and Education, or DARE, officer who talks to teens about the dangers of drugs and crime, as part of an ongoing program between the Teen Center and the 8th MP Bde., 8th TSC's PMO.

# 8th MP Bde. investigators **D.A.R.E.** teens to be different

Story and Photos by  
**PFC. MARCUS FICHTL**

8th Military Police Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — It can be rough being a military kid; with parents often deployed, these young and impressionable youth have to fight negative influences in a constant battle.

But at the Teen Center, here, a positive influence is fighting for the hearts and minds of young military kids.

These positive influences are military police investigators from the Provost Marshal Office, 8th MP Brigade, 8th Theater Sustainment Command, who see the ill effects of drugs, vandalism and theft every day.

Stacy Burdick and John Donald, Drug Awareness, Resistance and Education, or DARE, officers, sat down with the youth at the Teen Center, March 16, and talked about these issues — not as detached authority figures, but as mentors and friends — as part of an ongoing program with PMO and the Teen Center.

"The Teen Center contacted us about kids defacing property at the library and stealing amongst each other and asked us how we could help," Donald said.

"We have a program, Juvenile Task Force,

where we come talk to the kids about vandalism, theft and whatever else the kids want to talk about," Burdick said. "But unlike a lot of programs where the police and kids are separated, we wanted to create one where we could interact on a personal level with the kids. When we see them around post or at the mall, we want them to be able to come say hi to us."

That positive relationship on a personal level begins with group conversations, where the officers and kids learn to see eye-to-eye, literally and figuratively. Kneeling and sitting with the teens, the officers use humor, emotion and stories to answer the difficult questions that teens may have.

"It's cool that they talk to us about this stuff," said one of the teens who met with the officers at the Teen Center. "They were telling us about all the homeless people in Wahiawa and how they became homeless doing drugs, (sometimes by only) doing drugs one time."

"They tell it straight," the teen said about the DARE officers.

"If one of my friends stole something from the (Exchange) shoppette, I'd take it back to the cashier and tell them about my friend, too," the teen added.

After talking with the teenagers, the officers played pool with them.



Stacy Burdick, Department of Defense police officer, talks with teens about vandalism and drugs during a recent visit to the Schofield Barracks Teen Center. Burdick is a Drug Awareness, Resistance and Education, or DARE, officer.

"For a lot of these kids, it's tough; their parents are deployed and every little extra boost to (encourage them to) take the right

path helps," Burdick said. "Hopefully, we make an impact on these kids and an impact on crime in the neighborhood."

# High school students get to be Soldiers for a day, tour 25th CAB facilities

Story and Photos by  
**SGT. 1ST CLASS TYRONE C. MARSHALL JR.**

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

WHEELER ARMY AIRFIELD — More than 80 students from Pearl City and Aiea high schools learned about Army aviation and other Army career fields during their visit, here, recently.

The 25th Combat Aviation Brigade, 25th Infantry Division, hosted the recruiting event where local recruiters were on hand to answer questions about the Army.

"The purpose of this event was to expose high school students to the different careers that the U.S. Army has," said Staff Sgt. Talanco Thompson, recruiter, U.S. Army Recruiting Company in Honolulu. "It's one thing to talk about it, but showing them is invaluable."

"These two high schools are not exposed to the U.S. Army like other schools that are closer

to Schofield Barracks," Thompson added. "It was an opportunity to show them what the Army does in both combat arms and combat service support."

"I think it was good for (students) to be able to see different military career options," said Sgt. 1st Class Nathaniel Barthell, dining facility manager, 25th CAB "Wings of Lightning" DFAC. "We have jobs like food service, mechanics, pilots and a lot of other opportunities. I think this allows them to see the military in a different way."

The students saw Black Hawks, Chinooks and Kiowa Warrior helicopters, and what the flight gear pilots and crew members wear. Students also tried on personal protective gear of air crews and ground-based Soldiers to understand the physical nature of their jobs and to learn about safety measures.

The groups watched a demonstration from the 25th CAB's culinary arts team, which competed in the U.S. Army's Culinary Arts Competition at Fort Eustis, Va., March 3-9.

"(We) spoke with a culinary teacher at Aiea High School, and she mentioned that, in the past, students had gone on field trips to Schofield Barracks," Thompson said. "We saw this as an opportunity to advertise what the Army has to offer."

"It was really great to see some of the students ... as they came through to get a look at the food as we prepared (it)," Barthell said. "This is what we do every day."

The recruiting team praised 25th CAB for its flexibility and willingness to embrace the part-

nership with the schools.

"Our recruiting company greatly appreciated the support and professionalism of the involved units," Thompson said. "They bent over backwards for us, considering their operational tempo."

All enjoyed the event, and many look forward to continuing this partnership in the future.

"I think it's something we should do once a year, especially with high school seniors," Barthell said. "I think it was important, and I appreciate us having the opportunity to be the DFAC showing the kids the culinary and food services part. I'm glad we had the privilege to do that for the 25th CAB."



Culinary arts team members from the 25th CAB, 25th ID, display their handiwork for Pearl City and Aiea high school students.



Soldiers with the 209th Aviation Support Battalion, 25th CAB, 25th ID, assist Pearl City and Aiea high school students as they try on Soldiers' personal protective equipment during a static display of weapons and protective gear at Wheeler Army Airfield, recently.



### Month of the Military Child events for Blue Star Card holders

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community.

The Directorate of Family and Morale, Welfare and Recognition is celebrating Blue Star Card keiki with the following events:

**Free BSC keiki meals at Keiki Night throughout April:** Valid Blue Star Cards must be shown to receive the discount. Call 655-0002.

- 5-8 p.m., Tuesdays, Hale Ikena, Fort Shafter.
- 5-8 p.m., Wednesdays, Kolekole Bar and Grill, Schofield Barracks.

**PT in the Park:** 6:30-7:30 a.m., April 5, Bennett Youth Center Field, Schofield Barracks. Families can do PT and have breakfast together at this annual event. Afterward, BSC children can have their photo taken with Eddie the Eagle. Call 655-6465.

**BSC Family Game Night:** 6-8 p.m., April 8, at the Tropics, Schofield Barracks. BSC families will be treated to free hot dogs, chips and drink combos and games. Deadline to register is April 6; call 655-0112 or email amanda.p.montgomery@us.army.mil.

**Magic in Paradise Show and buffet:** 4:30-9:30 p.m., April 19, at the Hale Koa Hotel. Discounted tickets for BSC adults are \$35; keiki 17 and younger are free. BSC holders must reserve tickets through the BSC program and not through the Hale Koa activities office for this show. Deadline to register is April 8; call 655-0112 or email amanda.p.montgomery@us.army.mil.

Limited round-trip transportation is available from Schofield Barracks. Visit [www.halekoa.com](http://www.halekoa.com) to learn more about the show.

## COLA survey influences paycheck

Maximum participation is urgent

**U.S. PACIFIC COMMAND**  
News Release

FORT SHAFTER — Military personnel in Hawaii can affect their paychecks this year and participate in a Cost of Living Allowance Living Pattern Survey, or COLA LPS, through Thursday.

This survey of families' shopping patterns affects the COLA that military personnel stationed in Hawaii receive each month. The 30-minute online survey asks personnel and their families to identify the off-base retail outlets they use when they shop for food, clothing, restaurant meals, hair care and auto repair.

The survey also requests information on how much military personnel shop on the local economy, or off-base, and how much they shop at the commissary, post exchange and via the Internet. The data collected will be used to adjust Hawaii's COLA.

A COLA LPS is conducted every three years to update the names of the local economy outlets where military families shop, as well as the frequency they shop at these outlets.

An annual market basket survey — the retail price survey, or RPS, — collects the prices of 120 goods and services from these outlets. These prices are compared to those in the continental U.S., and a cost of living index is computed that reflects the difference.

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

All military members assigned to Hawaii as their permanent duty station for at least three months, who don't reside in the barracks or on a ship, should take the survey. This includes Coast Guard, 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 COLA LPS, and ultimately, a fair and accurate COLA rate.

### COLA

**Who can take survey?**

All service members with Hawaii as their assigned permanent duty station for at least three months and who don't live in the barracks or on a ship should take the cost of living survey at [www.pacom.mil](http://www.pacom.mil) or <https://community.apan.org/pop/>. Call 477-8121.

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

## Muscle power

SCHOFIELD BARRACKS — Soldiers from the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, power their way through the tug of war championship, taking the first place title from the 500th Military Intelligence Bde., the defending champion. The competition was one of the Right Arm Night activities at the Nehelani, here, March 11.

### 28 / Monday

**Hula Classes** — The Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays, 5-7 p.m., at Army Community Service, Schofield Barracks.

Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Classes feature the different types of hula, fundamentals of hula steps and movement and posture. E-mail [nhliaison@gmail.com](mailto:nhliaison@gmail.com) or call 655-9694.

### 29 / Tuesday

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

### 30 / Wednesday

**BOSS Movie Night** — Better Opportunities for Single Soldiers, or BOSS, invites single Soldiers to watch a movie of their choice and enjoy food and beverage specials, 6 p.m., March 30. Call 655-1130.

### 31 / Thursday

**Free Art Class** — Toddlers ages 3-5 can create a project, 10-11 a.m., March 31, at a free Mom-and-Tots art class, Schofield Barracks Arts and Crafts Center. Call 655-4202 to register.

### 31 / Thursday

**Basketball Jam** — Cheer for your favorite Schofield and Fort Shafter Intramural Basketball All Stars, 6:30 p.m., March 31, Martinez Physical Fitness Center, Schofield Barracks. Call 655-0856.

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### Today

**Children's Survey** — University of Hawaii at Manoa researchers are conducting door-to-door surveys of neighborhoods at Schofield Barracks as part of the National Children's Study, the largest long-term study of children's health in the U.S. Visit [www.nationalchildrensstudy.gov](http://www.nationalchildrensstudy.gov), call 692-1920 or email [ncsuhm@hawaii.edu](mailto:ncsuhm@hawaii.edu).

**Family Camp** — Applications are being accepted for all military families who want to attend the Hawaii Operation Military Kids Family Camp, April 8-10, at YMCA Camp Erdman on the North Shore. Service members who have returned home from a deployment in the past year (March 2010 forward) can apply and attend.

The camp focuses on the reintegration and reunion process. Cost is \$20 per person. Apply at [www.ctahr.hawaii.edu/4h/OMK](http://www.ctahr.hawaii.edu/4h/OMK). Call 956-4125 or email [omk@ctahr.hawaii.edu](mailto:omk@ctahr.hawaii.edu).

### 26 / Saturday

**Prince Kuhio** — The following events honor the birthday (March 26, 1871) of Prince Jonah Kuhio Kalaniana'ole Piikoi, founder of the Hawaiian civic club movement.

- Commemoration Parade: Event is 10 a.m.-noon, March 26, and is sponsored by the Association of Hawaiian Civic Clubs. The parade starts at

Kalakaua Avenue at Saratoga Road and ends at the Waikiki Shell parking lot, Queen Kapiolani Park. Call 688-8949 or email [sharigamiao@yahoo.com](mailto:sharigamiao@yahoo.com).

- Hoolaulea/Hoiikeike: Event is 10 a.m.-5 p.m., Kapiolani Park, and features native Hawaiian arts and crafts, exhibits, food and musicians. Call 237-8856 or email [ululani2006@hawaiiantel.net](mailto:ululani2006@hawaiiantel.net).

**Hui O'Na Wahine Welfare Grants Drive** — Requests for welfare grants from the Hui O'Na Wahine (Schofield Spouses Club) are due March 26. Visit [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com).

### 28 / Monday

**Take Your Child to Work Day** — The 45th Sustainment Brigade, 8th Theater Sust. Command, will conduct a "Take Your Child to Work Day," March 28, at the brigade headquarters, Building 866, Schofield Barracks. Optional family physical training starts at 6:30 a.m., with the full event starting at 9 a.m. Call 655-6594 or email [virginia.a.hindbaugh@us.army.mil](mailto:virginia.a.hindbaugh@us.army.mil).

### 31 / Thursday

**New Roman Missal** — The Military Council of Catholic Women of Aliamanu Military Reservation Chapel has started a study of the changes in the new Roman missal. The group meets 9 a.m., Thursdays, for Mass, followed by fellowship and study. Call 673-0591 or email [mccwhawaii@yahoo.com](mailto:mccwhawaii@yahoo.com).

**Hui O' Wahine Welfare and Scholarship Drive** — Visit [www.huispirit.com](http://www.huispirit.com) for 2011 Hui O' Wahine (Fort Shafter Spouses Club) scholarship forms. 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.

## April

### 2 / Saturday

**Ford Island Bridge Run** — Race walkers, leisure walkers, and serious and recreational runners can still enter this annual 10K race, 7 a.m., April 2, Joint Base Pearl Harbor-Hickam. Late entries will be accepted until April 1 and are \$30 per entrant. Entries won't be accepted on race day. Register at [www.hickamservices.com](http://www.hickamservices.com) and click on "Special Events." Call 473-0784/2494/2437.

### 5 / Tuesday

**Free Yoga Classes** — Classes begin at 9 a.m., April 5, and will be held Tuesdays and Thursdays at the Wheeler Community Center, located behind Wheeler Chapel, Wheeler Army Airfield. Bring your own yoga mat and any blocks or straps. Call 275-3790 or 778-8696.

### 9 / Saturday

**Poker Ride** — The 2nd Brigade Combat Team, 25th Infantry Division's Stryker Brigade Memorial Association is hosting a motorcycle poker ride April 9 through Kolekole Pass at Schofield Barracks. Registration fee is \$40 before March 31. All registration forms must be submitted no later than April 2. Register at [www.warriormemorial.com](http://www.warriormemorial.com). All proceeds benefit fallen Soldiers and their families.

### 13 / Wednesday

**"Tell Me a Story"** — The Schofield Barracks Parent to Parent Team will host this event, 5:30-7 p.m., April 13, at Wheeler Elementary School. Fred Murphy, interim principal, Wheeler Elementary, will read "The Remarkable Farkle McBride" by John Lithgow. Each family that attends will receive

a free copy of the book, can participate in a craft and enjoy a snack. Admission is free but reservations must be made by emailing [ptop.schofield@militarychild.org](mailto:ptop.schofield@militarychild.org) or calling (910) 977-8980.

### 14 / Thursday

**Fundraiser** — The Hui O'Na Wahine (Schofield Barracks Spouses Club) will hold its annual auction fundraiser, "Make it, Bake it, Fake it!," 6-9 p.m., April 14 at the Nehelani, Schofield Barracks. All proceeds go to the Hui O'Na Wahine scholarship and welfare grants, which will be distributed in May. Tickets are \$20 each and are by advance purchase only. Email [makeitbakeitfakeit@gmail.com](mailto:makeitbakeitfakeit@gmail.com).

### 18 / Monday

**Passover Seder** — Deadline for reservations is March 30 for Passover Seder, 6 p.m., April 18, at the Waikiki Ballroom, Hale Koa Hotel. It's free for active duty service members E-5 and below. Cost is \$35 per person for all other active duty and family members and \$61 for other participants. Email [nadine.siak@hickam.af.mil](mailto:nadine.siak@hickam.af.mil) or [dab96744@gmail.com](mailto:dab96744@gmail.com).

## Ongoing

**Freeway Service Patrol** — A pilot program sponsored by Hawaii's Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services is now operational on Hawaii's freeways.

This free service can provide assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and providing an emergency gallon of gasoline.

The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

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

### Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

### Catholic Mass

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

### Gospel Worship

- Sunday, 12 p.m. at MPC
- Sunday, 12:30 p.m. at AMR

### Islamic Prayers and Study

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

### Jewish Shabbat (Sabbath)

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

### Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

### Protestant Worship

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

### Single Soldiers' Bible Study

- Wednesday, 11:30 a.m. at SC. Lunch is provided.

### Worship Service

- Sunday, 6 p.m. at SC.

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.

### Just Go With It

(PG-13)  
Fri., March 25, 7 p.m.  
Sat., March 26, 7 p.m.  
Thurs., March 31, 7 p.m.

### Tangled

(PG)  
Sat., March 26, 4 p.m.

### Gulliver's Travels

(PG)  
Sun., March 27, 2 p.m.

### I Am Number Four

(PG-13)  
Wed., March 30, 7 p.m.





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

# Perfect balance

EAST RANGE — Pvt. Steven Bradshaw, fire support specialist, Headquarters and Headquarters Company, 25th Combat Aviation Brigade, 25th Infantry Division, holds the rappelling rope for a JROTC cadet during the annual JROTC Cadet Leadership Challenge, here, at Wheeler Army Airfield, March 15.

## Residents sparsely attend Oahu-South town hall

VANESSA LYNCH  
News Editor

ALIAMANU MILITARY RESERVATION — Although sparsely attended, subject matter experts presented community and program updates to the few community members who attended the Oahu-South town hall, here, March 16.

One of the items announced at the meeting was the return of the Neighborhood Watch Program to Oahu-South housing communities, based on a recommendation made at the recent U.S. Army Garrison-Hawaii Army Family Action Plan Conference, according to Chris Graves, deputy director, Directorate of Emergency Services. The program encourages neighbors to watch out for each other, the community and suspicious behavior through the Department of the Army's iWatch program and the community watch program.

Graves said that a police officer will be assigned to Oahu-South and should be onboard shortly, but "this program won't be successful unless we have community involvement."

Graves also announced that "assaults and domestics" decreased this year compared to last year's numbers, but that property crime has slightly increased, citing unsecured property as a crime of opportunity.

He also said that speeding on post and using a cell phone while driving continue to remain top issues on installations islandwide.

"If you see someone speeding through your neighborhood, if possible, try and get their license plate number, and we will catch up with them sooner or later," he said.

Updates on other community issues were also presented. Briefers for their respective areas included Vickie Domingo, operations director, South Region, Island Palms Communities; Carol Killian, acting chief, Plans, Analysis and Integration Office; and Tamsin Keone, School Support Services.

Condensed town hall briefs and updates follow.

### Island Palm Communities housing

As of February 2011, 3,290 new homes have been constructed; 1,141 renovations to older homes were com-

pleted; and five new community centers are complete and open.

Residents in AMR housing neighborhoods, including Makai View, Plumeria, Bougainville, Ama, Skyview, AMR's Rim/Red Hill neighborhoods, Red Hill Mauka and Fort Shafter's Simpson Wisser and Radar Hill neighborhoods will receive their first live utilities bill in August 2011.

- Community resources**
- Access the March 16 briefing at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil); click on "Post Information," then "Town Halls."
  - Report suspicious activity on post by calling the Schofield Police Station at 655-7114; for off-post, call 911. Send anonymous crimes tips regarding military-related crimes to [www.military.crimetips.com](http://www.military.crimetips.com). The Schofield Barracks police station monitors these crime tips 24/7.

Renovated or non-renovated homes won't receive live bills until all homes have been renovated to the same standard. A 120-day notice will be provided prior to the start of live billing.

Visit [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com), or call the IPC Leasing Office and the North Region Office at (877) 487-4323. To contact the South Region office, call (888) 939-3346. For energy audits, call (800) 569-3014 or visit [ista-na.com](http://ista-na.com).

### Plans, Analysis and Integration Office

Customers can rate USAG-HI services through Interactive Customer Evaluation comments at [ice.disa.mil](http://ice.disa.mil). Overall satisfaction was 85 percent for January, the same percentage in October-December 2010.

"We won't know if we are providing positive, polite and professional services unless you tell us," Killian said, about the importance of filling out ICE cards.

### School Support Services

Active duty families who are home-schooled or are in public, private or charter schools, and their children, ages 10-18, are asked to complete the online Hawaii Military Child Survey at [www.hawaiiikids.org](http://www.hawaiiikids.org). Students who fill out the survey can win prizes.

# PARC seawall repair work resumes

U.S. ARMY GARRISON-HAWAII  
News Release

WAIANAE — Repair work on portions of the seawall at Pihilaau Army Recreation Center will resume, here, April 1.

Recreation activities will be limited around the work site as there will be temporary barricades and construction equipment staging near the project.

Caution signs will be posted, and beach users should take appropriate safety precautions when around this area.

Repairs will consist of placing reinforced concrete on the first 180 feet of the existing seawall, as this area is in danger of collapse. Sandbags, boulders and other construction materials won't be placed in the ocean, as all work will be done above the high-water mark.

The work is scheduled to be completed by the end of April, pending weather and ocean swells.



Courtesy Photo  
Portions of the seawall at PARC, will undergo repairs starting April 1. PARC is located on Pokai Bay on the leeward coast.



Courtesy of Delayed Resistance  
Delayed Resistance, a rock-fusion band comprised of Army teens, will compete in the final round of OC16's "Brown Bags to Stardom," a TV show and teen-talent competition for middle and high school students. Statewide finals are April 23.

## 'Delayed Resistance' teen band headlines events

VANESSA LYNCH  
News Editor

SCHOFIELD BARRACKS — Seven teens were trying to adjust to living on post, here in Hawaii, until their parents convinced them to check out the Schofield Barracks Middle School/Teen Center one fateful day.

"I'm not going to lie, but when my parents told me to check this place out, I was not interested," said Jasmine Kuhn-Zapata. "Now I come here every day. I practically live here."

A little more than a year-and-a-half later, Kuhn-Zapata, MacKenzie Branch, Sydney Branch, Dominic Jones, Traycie Kuhn-Zapata, James Marcotte and Sarah Venable have joined forces to make up the popular rock-fusion band, "Delayed Resistance."

Equipped with their own motto: "One voice. One chance. One life," they're on a mission to get their voices heard.

"Not a lot of people listen to teens, but through this band, they are able to express themselves," said Jerrad Serano, program assistant, Schofield Barracks Middle School/Teen Center. "Now people are listening to what they have to offer the community."

Delayed Resistance started off as a music club with only two members, Jones and Serano, sitting on a stage, fiddling with instruments. After drumming up interest, the group has

evolved into a full-fledged band, booking gigs, recording a professional demo CD and now writing and performing their own original music, besides covering popular songs.

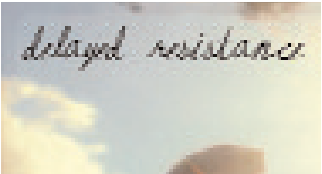
"I am so proud of how far they have come," said Ginger Phillips, director, Schofield Barracks Middle School/Teen Center. "They came from nothing. Now I can hardly remember where they are playing next, who wants them to perform where and at what event."

The proof that they are legit is in their set list of accomplishments.

Delayed Resistance took top honors as "Battle of the Bands" champions at the 2010 U.S. Army Festival of Arts competition, and the band won first place at the 2010 U.S. Army Festival of Arts and Recreation Program Events Competition for "outstanding vocal instrumental group of a youth talent performance."

Other accolades include opening for Smash Mouth at the 2010 Schofield Barracks Fourth of July Spectacular, being a featured performer at the Schofield Barracks and Joint Base Pearl Harbor-Hickam Boys and Girls Club Day for Kids, and performing at military installations islandwide. The band has already been asked to perform at JBPHH's Independence Day event this year.

The group's most recent claim to



Delayed Resistance's "Brown Bags to Stardom" performance is being aired at [www.oc16.tv/shows/12](http://www.oc16.tv/shows/12). For air times, visit [www.brownbagstostardom.com](http://www.brownbagstostardom.com).

Catch the band in action at the Kolekole Bar and Grill, Schofield Barracks, 6 p.m., the second Friday of every month. To find out more about the group, visit [www.facebook.com](http://www.facebook.com) and search for "Delayed Resistance" or call 655-0451.

fame was performing at Wet 'n' Wild Hawaii during the "Ultimate Spring Break Mega Pool Party of the Year," Friday. After its showcase, the group was notified that the band made it into the final round of OC16's "Brown Bags to Stardom," a TV show and teen-talent competition for middle and high school students. The statewide finals are April 23.

"If you join clubs and participate in things, living in Hawaii can be the best time of your life," said Sydney Branch.



# Army wins men’s, women’s Interservice Basketball Tournament



Kristen Wong | Marine Corps Base Hawaii

Jerrold Anderson of team “Army 1” attempts a shot during the Interservice Basketball Tournament at the Semper Fit Center, Marine Corps Base Hawaii, March 11. Army 1 defeated “Marine Corps 2,” 54-46.

PETER BURKE

Directorate of Family and Morale, Welfare and Recreation

MARINE CORPS BASE HAWAII, KANEOHE BAY — For pride and bragging rights, in a “win or go home” competition, the Army-Hawaii men’s and women’s teams went two for two in the 2011 Interservice Basketball Tournament, here, March 6-10.

Marine Corps Base Hawaii, Kaneohe Bay, hosted the tournament that had been on hold the past several years due to training and deployments.

Tryouts for Army men and women were conducted at Fort Shafter and Schofield Barracks. Seven men’s teams competed in a double-elimination format; Army and Marines each had two teams, while the Air Force, Navy and Coast Guard each had one team.

Only the Army and Marine Corps entered female teams.

Chief Warrant Officer 2 Paulette Montgomery, 45th Sustainment Brigade, 8th Theater Sust. Command; and Sgt. Allison Lindsay, Tripler Army Medical Center, coached the Army’s women’s team. The coaches kept players composed and focused, as game leads crumbled, were exchanged and then finally won in the closing seconds of game one, 48-47.

Coaches called for more practice, since the final score was too

close for comfort. The extra practice paid dividends for the women; Army won in the best two out of three championship games, going away 46-32.

Maj. Steve Howard, 94th Army Air and Missile Defense Command, coached the men’s “Army 1” team, which was comprised of intramural players, as All-Army Basketball Program selectees had already departed for trial camp.

From day one, Army 1 made it known that everyone else was playing for second place in the double-elimination tournament. Out-sized by the Navy and Marines, the Army team powered through the tournament with a solid game plan, emphasizing ball control, timely full-court presses, man-to-man and zone defenses, backboard control and free throw accuracy.

Army 1 beat “Marine Corps 2,” 60-46; Air Force, 71-54; and Navy, 44-35, before beating “Marine Corps 1,” 54-46, to claim the tournament championship.

Sgt. Johnny Lunn, Company G, 3rd Battalion, 7th Field Artillery Regiment, 3rd Bde. Combat Team, 25th Infantry Division, coached “Army 2,” which was eliminated after two games.

Army 2 put up a gallant effort, but lost to the Air Force by only two points and the Marine Corps 2 team by four points.

In both men’s and women’s categories, the playing was aggressive, with lots of whistles — no quarter asked for and none given.

# Army youth wins Japan’s Double Mini-Trampoline National Championship

COL. MICHAEL CEROLI

U.S. Army-Pacific

FORT SHAFTER — An Army Hawaii family member competed in the Japan Double Mini-Trampoline, or DMT, National Championships, Jan. 21-23, in Machida City, Tokyo.

Zachary Ceroli, a 17-year-old military family member and junior at Kaiser High School, was one of two foreigners whose names were written in English in the Japanese language program. He won first place in both men’s competitions.

He was a guest of the Japan Trampoline Association and the Japan Olympic Committee. He stayed and trained at the Japan Institute for Sport Sciences, Japan’s trampoline national training center, and was treated as a celebrity. Ceroli received a

special invitation due to close ties between the two island sports associations during the past decade.

“My first time in Japan, first time competing internationally, first national championship and first time treated as an Olympic athlete ... wow, this was the meet of my life!” Ceroli said.

One of two gymnasts from Hawaii, Ceroli next competes in San Jose, Calif., at the Spirit of the Flame competition with 1,300 competitors — in his first U.S. elite meet.



Ceroli

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