

- June 13-Aug. 5: Wright Avenue's eastbound lanes will be closed between Elleman and Burns roads.

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or e-mail editor@hawaiiarmyweekly.com.

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

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

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Commander, U.S. Army Garrison-Hawaii

Col. Douglas S. Mulbury
Director, Public Affairs
Dennis C. Drake
Chief, Internal Communication

Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
Managing Editor

Lacey Justinger, 656-3488
editor@hawaiiarmyweekly.com
News Editor

Vanessa Lynch, 656-3150
vanessa@hawaiiarmyweekly.com
Pau Hana Editor

Vickey Mouze, 656-3156
community@hawaiiarmyweekly.com
Layout

Nicole Gilmore
Web Content

Stephanie Rush, 656-3153
stephanie.anne.rush@us.army.mil

Advertising: 529-4700
Classifieds: 521-9111
Editorial Office: 656-3155/3488

Address:
Public Affairs Office
742 Santos Dumont Ave., WAAF

Building 108, Room 304
Schofield Barracks, HI 96857-5000

Website:
www.hawaiiarmyweekly.com

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

227 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 5/12/11.

Voices of Ohana



"We stock up on bottled water, canned goods and batteries. Most importantly though, we have a family plan for where we need to get to if we have to evacuate."

Sgt. Tracey Hicks
Nutrition care sergeant, TAMC



"I've been here for awhile now, so as long as I've got a pantry full of food, I don't worry."

Jack Johnson
American Café, TAMC



"We stock up on food and water. We also bought a generator in case the power goes out."

Patti Myers
Chief, Customer Relations, TAMC



"Stock up on food and make sure I have enough cash. Basically, the essentials."

HM2 Jeffry Priela
Air Evacuation Office, TAMC



"We prepare the same as we would for any natural disaster: stock up on emergency supplies, blankets, food, water and pet supplies."

Sgt. Bryan Schwarzman
LPN, TAMC

Defender 6 sends

New fiscal reality keeps commitment to Soldiers, families

LT. GEN. RICK LYNCH

Commander, Installation Management Command

WASHINGTON — We will be hearing some variation of the phrase, "a fundamentally different fiscal reality," from Army leaders for a long time to come.

The Army's budget is smaller than it has been in previous years, and it will get smaller still.

However, this does not change the reality of what we owe Soldiers and families for their service and sacrifice. The Army's commitment to Soldiers and families remains as strong as ever.

For the last 18 months, the Installation Management Command community has been taking a hard look at the programs and services we provide to Soldiers and families, with an eye to costs and effectiveness.

As the inevitable belt-tightening comes, we are not trying to do more with less. We are working to make sure we can do the important things better.

One of our most important efforts has been to establish Survivor Outreach Services, or SOS, to provide survivors with longer-term, expanded support and care after casualty assistance ends. SOS staff members have made tremendous progress in a short time, receiving more

than 24,000 cases from Casualty and Mortuary Affairs, and they continue to enhance services as more survivors provide feedback.

This past year, SOS initiated a survivor vehicle decal program to ease installation access, established a Facebook page and held the first annual SOS summit to address challenges survivors face.

Other IMCOM efforts include:

- Transforming how Army Community Service delivers services, cross-training more ACS generalists to handle multiple programs and moving service locations out into communities;
- Adding 44 more systems navigators to Exceptional Family Member programs at 26 installations to assist families with special needs members in accessing educational, medical, housing and personnel services on and off post;
- Hiring more than 240 additional Army Substance Abuse Program counselors for installations worldwide;
- Launching the Confidential Alcohol Treatment and Education Pilot, which al-

"We are finding better and smarter ways to provide services and programs."

— **Lt. Gen. Rick Lynch**
Commander, IMCOM



lows Soldiers to seek help for addiction without mandatory command involvement;

- Launching a pilot program in which military student transition consultants join school liaison officers in working with school districts, garrisons and families to help students succeed at their new schools;

- Revising the Total Army Sponsorship Program that helps prepare Soldiers, families and civilians for their new duty station; and

- Reinvigorating the Army Family Action Plan, or AFAP, process, with an analysis and review process that has reduced the backlog of active AFAP issues, from 86 in February 2010, to 51 in February 2011.

This is a snapshot of what we have been doing to enhance support for Sol-

Having a plan is key to surviving a hurricane

JOE BARKER

Directorate of Plans, Training, Mobilization and Security;
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Hurricane season is approaching, and it's time to take precautionary measures.

Hurricanes, or tropical cyclones, are also known as typhoons, tropical storms, cyclonic storms and tropical depressions. Tropical cyclones happen in areas of warm air and low pressure, and they

rotate in a counterclockwise direction in the northern hemisphere. Hurricanes and typhoons are tropical cyclones in which the wind velocity exceeds 74 mph.

Such systems are accompanied by heavy rain and tornadoes, often producing flooding and abnormally high tides called storm surges. Because hurricanes make many turns along their path, it's difficult to predict where they will go next.

Weather satellites and specially-equipped aircraft flights have made predictions of paths and possible landfall considerably more reliable.

It is critical that all military and civilian personnel, working or living on or off post, know how to prepare for a hurricane, what to do if there is a hurricane and what to do after a hurricane. *(Editor's Note: Barker is the installation management emergency officer.)*

8th TSC's OSJA hosts Law Day events, activities

MAJ. C. JACK MARKS

Office of the Staff Judge Advocate,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Law Day kicked off, here, May 1.

This event is organized through the American Bar Association, or ABA, and takes place in Hawaii, the mainland, U.S. territories and military installations overseas.

President Dwight Eisenhower first established Law Day in 1958, and he stated in his proclamation that "it is fitting that the people of this nation should remember with pride and vigilantly guard the great heritage of liberty, justice and equality under the law which our forefathers bequeathed to us."

Since the days of Eisenhower, this nation has placed an emphasis on educating the public about the American justice system. In fact, every president since Eisenhower has signed a proclamation recognizing May 1 as Law Day.

Each year, ABA comes up with a different theme celebrating the commitment to the rule of law. This year's theme, "The Legacy of John Adams: From Boston to Guantanamo," highlights our nation's first lawyer-president and fosters an understanding of the historical and contemporary role of lawyers in defending the principle of due process and the rights of the accused.

The "Boston to Guantanamo" timespan covers of different events in U.S. history, including military tribunals at Guantanamo Bay, Cuba; and the Boston Massacre, where John Adams represented a British captain and eight British soldiers who were charged with shooting into a crowd of colonists.

In celebration of Law Day 2011, the Office of the Staff Judge Advocate, 8th Theater Sustainment Command, hosted various events, including an officer professional development course on "The Response," a courtroom drama based on the actual transcripts of the Guantanamo Bay military tribunals, May 5, at the Wheeler Army Airfield Courthouse.

During "Right Arm Night," 8th TSC's



Courtesy Photos

Wheeler Elementary School third-grade students depict their views of law. Alex Bacon's design took top honors (above); Michelle Park's poster took second place (below), and Israel Alexander's placed third.



OSJA held a Law Day Scrabble competition, which focused on the American legal system and will built unit cohesion between officers, noncommissioned officers and civilian personnel, at the Hale Ikena, Fort Shafter, May 6.

Third-grade students at Wheeler Elementary School created 20 posters

depicting their interpretation of justice. All poster submissions are on display in the courthouse on Wheeler Army Airfield. Students will also have an opportunity to tour the courthouse on Wheeler Army Airfield later this month. At that time, awards will be given out for all poster designs.

Upcoming Law Day events

- OSJA attorneys and teachers at Hale Kula Elementary will present a mock trial, "The Big Bad Wolf v. Curly Pig," to the fourth- and fifth-grade student body to educate the students about the legal system. During the trial, Curly Pig is accused of attempted wolf cooking, 8:15 a.m. and 9:30 a.m., May 16. Call 622-6380 or 438-2005.

- Fifth-grade students at Solomon Elementary will present "The Big Bad Wolf v. Curly Pig" mock trial to the student body, 8:15 a.m., May 17. Call 624-9500 or 438-2291.

diers and families.

It does not begin to convey the full scope of the programs and services IMCOM professionals provide every day, including housing, public works, emergency services, environmental programs, recreation, child care, single Soldier programs and family programs.

We are finding better and smarter ways to provide services and programs. We are asking ourselves the same questions families ask when they look at their own budgets: Do we really need it? Is it worth the cost? What are we willing to do without?

To answer these questions, we need to hear from Soldiers and family members — through interactive customer evaluation, or ICE, and local AFAP summits — about the specifics of what is working, what needs to be improved and what is missing.

The commitment to supporting Soldiers and families remains as strong as ever, but we have to make sure we are on target in meeting their needs.

Support and Defend. Defender 6.

Read a full version of this article at www.hawaiiarmyweekly.com.

FOOTSTEPS in FAITH

God is our best insurance policy

CHAPLAIN (MAJ.) KEN HUBBS

Strong Bonds Chaplain, U.S. Army-Pacific

The headline read "Towns removed from the map." Violent storms had swept through the South, leaving nearly 300 dead, dozens missing and thousands homeless; lives had forever altered.

The pictures looked more like a collage done in art class than a photo. It was a random collection of images, a hodgepodge of hopelessness, a patchwork of devastation. Cars piled atop one another. Debris strewn about in a heaping mass, like waves on water. People walking, standing, sifting, digging or staring empty into nowhere. A lifetime of sweat and blood — everything they've worked for — gone in the time it takes to ask: "Where is it now?" or "What happened?"

Suddenly, simple concerns like where you'll sleep or where you can get a drink of clean water become burning issues. The world stops turning — briefly — and then life goes on, somehow.

Survival is more than simply not getting killed. It's more than replacing all your stuff, rebuilding your house or cashing an insurance check. Those things better describe recovery. The beginning of survival is staying alive, and the remainder has to do with what happens as the crisis subsides.

God is in the storm with us, but he's also in the calm after it passes.

It's difficult to see God in any circumstance. Still, when we seek him daily, we're less likely to ask: "Where were you when I needed you?" We're less likely to conclude that he was missing-in-action during our storm.

Spiritually speaking, we become ultimate survivors having sought God's grace, mercy and forgiveness daily. Our eternity is assured, and the pain and suffering of this life fades from memory.

The question is, are we always seeking his will, mercy, grace and forgiveness? It's the best insurance policy I know of. The premium is already paid in full. We merely have to accept God's grace on his terms and daily seek his will. Pretty simple stuff, if you think about it.

Remember, we can pick up the pieces, and life goes on for a while — but eternity is never ending. Call it Survival 101.



Hubbs

Skype sessions help break down cultural walls

Deployed Forces

STAFF SGT. AMBER ROBINSON
3rd Brigade Combat Team Public Affairs, 25th Infantry Division
NANGARHAR PROVINCE, Afghanistan — Female Soldiers with “Task Force Bronco,” 3rd Brigade Combat Team, 25th Infantry Division, were able to reach out to Afghan school girls during a special Internet Skype session at Forward Operating Base Fenty, here, recently.

The program was created as a simple way for Afghan students to communicate with Soldiers, which will hopefully break down cultural barriers and provide both students and Soldiers with insight into each other's worlds. Anna Mussman, Public Diplomacy officer for TF Bronco put the series of Skype sessions into action. “What the State Department is trying to do is connect as many Afghan people with as many Americans as possible,” Mussman said. “What we hope will come of that is a mutual understanding between the Soldiers and students. “We have found that Afghans have a very narrow view of American Soldiers,” she said. “Not necessarily Amer-



Courtesy Photo

Staff Sgt. Toya Alexander-Cruz (left), chaplain's assistant, “TF Bronco,” 3rd BCT, 25th ID; and Staff Sgt. Christine Hein, personnel noncommissioned officer, TF Bronco, 3rd BCT, participate in an Internet Skype session with Afghan school girls, from FOB Fenty, April 29.

icans, just the Soldiers. They may not understand fully what U.S. forces are here to do, and we hope to dissolve the preconceptions the Afghan youth may

have about our Soldiers.” Mussman hopes the Skype sessions will personalize Soldiers for the Afghan students and allow the Soldiers to under-

stand the Afghan culture more fully, forming a foundation of communication that can continue to be built upon. Both Soldiers and Afghan students were honored to have the opportunity to share with each other and were eager to learn more about the other. “The girls were happy and excited to speak with us,” said Staff Sgt. Toya Alexander-Cruz, chaplain's assistant, TF Bronco, 3rd BCT, “and I was excited to speak to them as well.” The Afghan and American females found common ground, as they got to know each other, and discovered that many of their values were universal, such as family pride. “I told them about my son, and they asked to see a photo,” Alexander-Cruz said. “I held up a photo of my son and they all said, ‘Aww’. They told me he was very handsome, and I should be proud of him.” But, the Afghan girls and American Soldiers could not avoid the vast differences. “I asked (one Afghan girl) what she wanted to be upon her graduation from school, and she said ‘a businesswoman,’”

Alexander-Cruz said. “I then asked how many more of her classmates would like to be businesswoman as well. She said many of her classmates would like to be businesswomen, but some families do not believe in letting women go into business.” Although many women still experience oppression in Afghanistan, there are many more that have been given the opportunity for an education for the first time in years. The female Soldiers of TF Bronco, 3rd BCT, hope their sessions with the Afghan girls provide hope and ideas for a brighter future, which is now possible through education and the vigilance of young Afghan women. “I believe it is vitally important for these women to understand there are women in the world that are just as successful, if not more successful, than men,” said Staff Sgt. Christine Hein, personnel noncommissioned officer, TF Bronco, 3rd BCT. “I believe we can help to provide some of the tools and framework they may need to now succeed, but in the end, it is their own decision and deeds (that) will make the difference.”

Broncos: TF unfurls its brigade colors in new AOR

CONTINUED FROM A-1

provinces of Regional Command-East, here, for the last year. TF Bronco will assume responsibility of the area for the next year, minus Laghman province. Col. Richard Kim, commander, TF Bronco, 3rd BCT, and Command Sgt. Maj. Andrew Spano, senior enlisted leader, TF Bronco, 3rd BCT, unfurled the brigade colors over their new area of operations. Kim thanked TF Bastogne for paving the way for TF Bronco's 12-month deployment. “I want to start by thanking TF Bastogne (members) for their magnificent work over this past year,” Kim said. “As a result of their sacrifices and fighting alongside their Afghan army, uniformed and Border Police partners, the people of Nangarhar, Kunar and Nuristan have new hope and renewed faith in their government.” Kim, who has served in Afghanistan in the past, expressed optimism in

working toward a better Afghanistan during this deployment. “After meeting with Afghan governmental and military leaders, I am excited about what we can accomplish together over this next year,” Kim said. “We have established an outstanding joint and combined team. However, true success is only possible when achieved in conjunction with our Afghan partners.” Spano, who is also a veteran from former Operation Enduring Freedom deployments, expressed his resolve for the people of Afghanistan and the Soldiers of TF Bronco. “As the Bronco Bde. Soldiers take responsibility of the area of eastern Afghanistan, I want the people of this area to see that the American Soldier is kind, but firm, and our resolve is solid,” Spano said. “These young men and women will walk away from this deployment convinced they are doing the right thing. “These Soldiers are ready to do what is necessary, and I am proud of them,” he said.



During dry-fire practice, Pfc. Cotey Knudsen (far right), cannon crewmember, Battery B, 3rd Bn., 7th FA Regt., “TF Bronco,” 3rd BCT, 25th ID, helps line up a M1198 Howitzer with its target at Combat Outpost Monti, in eastern Afghanistan's Kunar province, May 5.

Camaraderie helps ‘Broncos’ stay ‘artillery thick’

Story and Photos by
SGT. 1ST CLASS MARK BURRELL
210th Mobile Public Affairs Detachment

KUNAR PROVINCE, Afghanistan — Soldiers in “Task Force Bronco,” 3rd Brigade Combat Team, 25th Infantry Division, hold each other's lives in their hands, while they live and work at a small combat outpost in the treacherous Kunar River Valley in eastern Afghanistan. Soldiers with Battery B, 3rd Battalion, 7th Field Artillery Regiment, 3rd BCT, provide artillery support for the infantry Soldiers stationed at Combat Outpost Monti, here. When patrolling Soldiers make contact with the enemy, they call back to the artillery Soldiers manning the M1198 Howitzers to put rounds down-range. “It gets hairy, and if I mess up, a lot of the wrong people could get hurt,” said Pfc. Cotey Knudsen, cannon crewmember, Battery B, 3rd Bn., 7th FA Regt., TF Bronco, 3rd BCT. “(Deployment) was a big jump, but I've handled it all right. All my buddies are around, and my chief taught me a lot.” That's why these Soldiers — who live, eat and sleep within seconds of their weapons — have to lean on each other to survive.



Pfc. Cotey Knudsen, cannon crewmember, Battery B, 3rd Bn., 7th FA Regt., “TF Bronco,” 3rd BCT, 25th ID, sights in on a target with an M1198 Howitzer at Combat Outpost Monti, in eastern Afghanistan's Kunar province, May 5.

“Before I became a gunner, I had never seen this type of camaraderie,” said Sgt. Jordan Davis, Battery B, 3rd Bn., 7th FA Regt., TF Bronco, 3rd BCT. “Have you ever heard the term ‘artillery thick’ before? It means tight, like a fist — like our section.” The last unit stationed here urged the battery to remain a close-knit group, as enemy contact has occurred

almost every week. Davis said this advice helped the Soldiers realize they had to be close and always prepared to make it through this deployment. “At times, it can be crazy,” Davis said. “You see mortars hitting on this side; you see mortars hitting on that side, and the only thing you can do is be prepared to man your guns.”



Courtesy Photo

Putting others first

NANGARHAR PROVINCE, Afghanistan — Col. Michael Fortune (right), commander, Agricultural Development Team, Nangarhar province, presents Staff Sgt. Nancy Lee, combat medic, 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, with the Army Achievement Medal for her bold and selfless actions in providing medical care to an Afghan child suffering from burns. The ADT team was on a dismounted patrol, April 14, in the Surkh Rod district center, here, when a local woman passed by carrying a child with severe burns. A medic with the team directed the woman to a secure compound, and Lee followed to help provide medical care and comfort the woman. The child had second-degree burns on his feet, legs and thighs. With Lee's assistance, the medic cleaned and applied dressing to the burn areas.

‘Golden Dragon’ medics help save the life of an Iraqi civilian while on convoy patrol

Story and Photo by
PFC. ALYXANDRA MCCHESNEY
1st Advise and Assist Task Force Public Affairs, 1st Infantry Division, U.S. Division-North

CONTINGENCY OPERATING BASE WARRIOR, Iraq — Three combat medics gave emergency medical attention to a local Iraqi resident injured in a three-vehicle accident in Kirkuk, Iraq, here, recently. Sgt. Lionel Semon and Spc. Nathan McChristy, both combat medics with the 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Brigade Combat Team, 25th Inf. Division, were en route to Contingency Operating Base Warrior when three Iraqi civilian vehicles collided in front of their convoy. “Our platoon was returning from Fire Base Manila when the vehicle in the lead of our convoy radioed to myself and Sgt. Semon to grab our gear and (to come) assess an accident,” McChristy said.

When the medics arrived at the location of the accident, they first checked a vehicle that was rolled on its side to see if there were personnel inside. They cleared the vehicle and then moved toward the other two vehicles involved in the crash, McChristy explained. “When we started moving closer to the vehicle, I realized there was a man trapped inside,” McChristy said. As McChristy and Semon directed people to step back from the scene, Spc. Nestor Gomez, combat medic, Company C, 101st Bde. Support Bn., 1st Advise and Assist Task Force, 1st Inf. Div., who was on another mission just across the street from where the incident occurred, joined in the effort to assist the injured man. The three medics worked to provide aid to the injured driver while waiting for Iraqi medical personnel to arrive on scene. Semon and Gomez attempted to pull the victim out, but quickly realized he was trapped.

“Once we realized he was stuck in between the dashboard and the seat, we pushed the dashboard up just enough to be able to get the man out,” Gomez said. Semon took an advisory role during the incident and allowed the junior medics to take the lead in treating the patient. “While McChristy and Gomez worked on the patient, I stepped back to give them space, and (I) assisted them in handing them the supplies they needed to get the job done,” Semon said. “An ambulance from the Kirkuk hospital arrived within 10 to 15 minutes of rendering first aid, and took the patient to the nearest hospital for further treatment,” McChristy said. The three medics ensured the scene was safe before continuing with their missions, after Iraqi medical personnel took control of the incident. “A medic is a medic, and our primary mission is to do everything we can to aid the patient,” Gomez said.



Lt. Col. Andrew Ulrich (right), commander, 1st Bn., 14th Inf. Regt., 2nd BCT, 25th ID, awards Spc. Nathan McChristy, combat medic, 1st Bn., 14th Inf. Regt., 2nd BCT, with an Army Achievement Medal at COB Warrior, Iraq, April 23.

196th Inf. Bde. hosts local CBRNE threat-response scenario

LT. COL. SEAN P. WILSON
196th Infantry Brigade, U.S. Army-Pacific

HONOLULU — To combat a potential terrorist plot, the 196th Infantry Brigade, U.S. Army-Pacific, recently planned a field training exercise, or FTX, for local, state and federal agencies, here.

The Kaimalu O Hawaii scenario focused the reaction of civil support teams under threats of weapons of mass destruction, or WMD, at three target sites: Aloha Tower, Sand Island and the reserve fleet’s USS Ogden, moored near Waipio.

The training exercise allowed local, state and federal agencies to develop working relationships and skills to better coordinate and respond during a potential chemical, biological, radiological, nuclear and explosive, or CBRNE, terrorist incident.

Ray Toves, operations officer, Civil Support Team-WMD Division, 196th Inf. Bde., directed the exercise with support from the Emergency Response Training Institute, or ERTI. ERTI enabled the 196th Inf. Bde. to bring unparalleled realism to the exercises. Teams had the equipment to



Ray Toves | 196th Infantry Brigade, U.S. Army-Pacific

Members in the Hawaii-based CBRNE Enhanced Response Force Package and the Civil Support Team-WMD Div., 196th Inf. Bde., USARPAC, extract a simulated casualty from aboard the USS Ogden, during the Kaimalu O Hawaii scenario, recently.

detect the hazard, which allowed them to test their equipment and receive the most realistic training possible.

The first portion of the FTX was a tabletop exercise, where all participants worked through a variety of scenarios designed to increase coordination and information sharing.

This allowed key players from all levels to resolve jurisdictional issues. The field portion of the FTX commenced with a simultaneous alert at each target site.

The Honolulu Harbor Police, U.S. Coast Guard and Honolulu Police Department’s Special Services Div. responded immediately to each target site, and as the scenario developed, requested additional resources from state and federal agencies.

Each target site simulated a CBRNE scenario, which challenge the knowledge of each team. Simulations ranged from reacting to a suitcase-sized nuclear device, reacting to biological agents and reacting to chemical agents.

Four civil support teams from Arizona, Nevada, Hawaii and Guam participated in the exercise this year, in addition to the Hawaii-based CBRNE Enhanced Response Force Package, which increased its proficiency in search and rescue.

In the end, no mushroom cloud appeared over Honolulu, and no chemical or biological agents caused injuries. However, should an event occur, the 196th Inf. Bde. has helped to ensure local, state and federal civil support teams are prepared to react to the challenge.

3rd BCT visits a farm to promote counterinsurgency

Story and Photo by
CAPT. PETER SHINN
Combined Joint Task Force 101

KUNAR PROVINCE, Afghanistan — Commanders from task forces “No Slack” and “Cacti” traveled to an agribusiness demonstration farm in the Chowkay District, here.

TF Cacti from 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, will relieve TF No Slack of 2nd Bn., 327th Inf. Regt., 1st BCT, 101st Inf. Div., in several districts, here.

Lt. Col. J.B. Vowell, commander, TF No Slack, said the U.S. is trying to improve the Afghanistan people’s prosperity. Since they’re an agrarian-based economy, the demonstration farms are extremely complementary to what American troops are trying to do for security and governance.

Experts briefed commanders on key initiatives to boost farm output and improve agricultural education in the province. They outlined their efforts to introduce small-scale mechanization in planting and harvesting wheat, and the impact of provincial irrigation issues. They also discussed how greenhouses and orchards increase production of value-added crops like fruits and vegetables; the young Afghan agricultural internship program; and provincial veterinary outreach efforts.

“This is what right looks like to me,” said Lt. Col. Colin Tuley, commander, TF Cacti. “These are great programs, and they should be exploited everywhere we operate.”

Tuley said meeting the agribusiness demonstration farm experts face-to-

face at the demonstration farm will help to facilitate the transfer of authority between task forces.

“This allows me ... to see what works well and to ask the right questions to the unit that’s leaving, so there’s really a seamless transition and continuity, as we continue here in Afghanistan,” Tuley said.

Lt. Col. Neil Stockfleth, officer in charge, Agribusiness Development Team, Agriculture Section, U.S. Air Force, said this was “one more tool in the toolbox” for commanders.

“We bring a lot to the table in terms of practical counterinsurgency,” Stockfleth said. “Whether its improving overall economic conditions in the province or providing agricultural services in the aftermath of kinetic operations, we hope to continue to offer an important set of capabilities to the battle-space owner.”



Agriculture specialists, with Iowa National Guard's 734th Agribusiness Development Team, present a capabilities briefing to Lt. Col. Colin Tuley (far left), commander, “TF Cacti,” 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, at the Chowkay District Demonstration Farm, Afghanistan, April 21.

Deployed Forces



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

Confidence builder

SCHOFIELD BARRACKS — Spc. Ronald Escobar (left), motor transport operator, and 1st Lt. Jason Jack (right), maintenance platoon leader, both with Forward Support Company, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, exit a gas chamber during chemical training, here, April 28.

Soldiers train in gas chambers filled with tear gas to help them gain confidence in their protective equipment, such as gas masks. Confidence in equipment will mean a great deal to Soldiers if the equipment is ever needed in a real-life situation.

311th: Competition brings out the best

CONTINUED FROM A-1

“(The competitors) got along so well that when we finished the (LRC) individually, we requested the leadership to allow us to go back through the course together as a team,” said Staff Sgt. Rebecca Brooks, who flew in from California to represent the 311th Theater Sig. Command, Support Unit-Pacific.

“Although it was a competition, the Soldiers were able to work with one another by providing knowledge they have in certain areas ... to help their fellow battle buddies become better at things such as (AWTT), weapons qualification and other general military knowledge,” said Master Sgt. Martin Jenkins, NCO in charge of the event.

“This was a big event that couldn’t have been accomplished without assistance from the first sergeants and other senior NCOs within our command, and assistance from units such as the 196th Infantry Bde. and the 18th Medical Command, who provided subject matter experts for the evaluation during the AWTT portion.”

The 311th Sig. Command winners will go on to compete in the Network Enterprise Technolo-



Spc. Kendric Coleman, 311th Sig. Command, prepares to navigate his way to specific points on a grid. Soldiers and NCOs from the 311th Sig. Command’s 2011 Best of the Best Warrior Competition engaged in the daytime urban orienteering segment during the weeklong event.

gy Command/9th Sig. Command (Army) competition in Fort Huachuca, Ariz., later this year.

8th STB thunders through roads

Story and Photo by
SGT 1ST CLASS DAVID WHEELER
8th Theater Sustainment Command Public Affairs

FORT SHAFTER FLATS — As a small group of Soldiers slowly started to form up for a convoy brief behind a motor pool, here, the atmosphere was different than a typical military formation.

The mood was informal, the uniform was civilian and the vehicles were sleek, shiny and only had two wheels.

Motorcyclists from 8th Special Troops Battalion, 8th Theater Sustainment Command, strapped on their helmets and safety gear for the “Sustainer Thunder Ride,” a training session not only aimed at ensuring all riders in the unit drive safely, but to also build camaraderie among fellow riders.

“It’s not just a day of fun,” said Command Sgt. Maj. James Van Sciver, senior enlisted leader, 8th STB. “The event is fun, but it is also important training.”

The ride’s route started at Fort Shafter, followed the Likelike Highway along the coast and ended at Schofield Barracks. The Sustainer Thunder Ride was the culmination of a two-day motorcycle safety course held for all motorcycle riders in 8th STB.

Riders also collected nonperishable food items to donate to the Hawaii Food Bank, which helps families in need in the local community.

“On the first day, we went through the Motorcycle Safety Foundations Group Ride training module,” Van Sciver said. “We wanted to refamiliarize the rider with actions they may have forgotten, and re-energize the skills in their mind.”

Lt. Col. Michele Reid, chief, Supply and Services Branch, Support Operations, 8th TSC, may have 13 years of motorcycle training, but she is still glad that this training is available to all 8th STB riders.

“I’m here to support new riders,” Reid said. “If something happens to a rider, I would rather it be with a group that is prepared to deal with it.”

Organizers stressed that the need for training transcends age or rank. The participants’ rank ranged from specialist to lieutenant colonel.

“It’s important to see all ranks out here supporting the event,” said Sgt. 1st Class Andrew Hunt, 8th STB motorcycle mentor. “Accidents can happen to anyone no matter what rank they are.”

With safety being the underlying factor throughout the whole training, Spc. Jean Ramos, Human Resources, 8th STB, reflected on why safety is important to not just him, but his whole family.

“Safety is very important to me,” Ramos said. “If something happens to me, I am the only one that is working, so my family would be hurting.”



Motorcyclists from 8th STB, 8th TSC, participate in the “Sustainer Thunder Ride,” April 29. The ride route started at Fort Shafter and followed the Likelike Highway along the coast.



Soldiers with FSC, 65th Eng. Bn., 130th Eng. Bde., 8th TSC, practice reflexive-fire drills outside the barracks at PTA. These drills will prepare the Soldiers for an upcoming close-quarters marksmanship training event.

65th Eng. Bn. excels during qualification

Story and Photos by
2ND LT. KYLE SUCHOMSKI
65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

POHAKULOA TRAINING AREA – Soldier are minimally required to be proficient with their individually assigned weapon.

So, Soldiers from 130th Engineer Brigade, 8th Theater Sustainment Command, recently completed the first of two weeks of weapons qualification training, here.

Headquarters and Headquarters Company, Forward Support Co. and 70th Geospatial Co., all with 130th Eng. Bde.’s 65th Eng. Battalion, joined with 523rd Eng. Support Co., 84th Eng. Bn., 130th Eng. Bde., for the training.

Soldiers took up an assortment of individual and crew-served arms to become tactically and technically proficient. Weapons ranged from the M16 carbine rifle, M9 pistol and M203 grenade launcher to larger models like the M249 and M2 machine guns or the MK19 grenade launcher.

“(PTA) gives Soldiers the maximum opportunity to qualify on all (available) weapons,” said Capt. Shawn Hutson, commander, HHC, 65th Eng. Bn., 130th Eng. Bde. “Otherwise, we’d have only been able to send a few assigned crews to the range.”

Soldiers could ultimately become proficient with their assigned weapons and other weapons in a unit’s arsenal.

For several Soldiers, PTA was their first introduction to these weapons.

“At first, I was a little nervous, but I like the weapon,” said Sgt. Troy Halley, HHC, 65th Eng. Bn., 130th Eng. Bde., who shot “expert” in his first attempt at qualification with the MK19. “I think I could show other people how to use it.”

Pfc. Justin West, HHC, 65th Eng. Bn., 130th Eng. Bde., had never used the .50-caliber M2, but after being trained on how to maintain and operate the weapon, he demonstrated his proficiency and qualified at the range.

For other Soldiers, the training was a much-needed refresher. Spc. Lashay Mays, FSC, 65th Eng. Bn., 130th Eng. Bde., qualified as a sharpshooter with the M203, even though this was her first time with the weapon since basic training.

Pfc. Richard Graczyk, 70th Geospatial Co., 65th Eng. Bn., 130th Eng. Bde., said that this was the first time he had used a quadrant sight on the M203, and he “felt more confident and accurate.”

For Soldiers in support functions, the field training exercise event, here, also proved beneficial. The responsibilities associated with planning, coordinating and finding resources for more than 300 individuals prepared these Soldiers to support garrison and deployed missions.

“All the stuff we’ve been training on – like timelines and ammo requests – Soldiers are seeing it in action here,” said 1st Lt. Doren Kolasa, FSC, 65th Eng. Bn., 130th Eng. Bde. “That’s the stuff we’ll all have to adjust to downrange. So, I think it’s been really beneficial.”

PTA is the Pacific theater’s largest training site, with a 108,000-acre footprint in a sparsely populated location. Such remoteness makes the training area ideal to employ a wide range of weapons of varying calibers in the large expanses of relatively flat ground.



Soldiers from the 130th Eng. Bde., 8th TSC, fire the M2 machine gun from a tripod. This allows Soldiers to better control the placement of their rounds. The majority of Soldiers that attended the M2 range were able to qualify on the weapon on their first attempt.



Maj. David Bolender | 25th Infantry Division Public Affairs

Running for cover

SCHOFIELD BARRACKS — Pfc. Frederick Hurt (left), 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division; and Spc. Travis Kean, 2nd Bde. Combat Team, 25th ID, run for cover on East Range, here, after completing the air assault sling-load test, May 6. The 12-day Air Assault Course trains Soldiers on sling-loading and rappelling operations with rotary-wing aircraft.

Demand is high for 84th Engineer’s building skills

Battalion’s job tempo provides leadership, growth opportunities for companies

Story and Photo by
2ND LT. LAURA BETH BEEBE
84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – The only construction effects engineer assets in all of the U.S. Army-Pacific can be found in the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, here.

As the 84th Eng. Bn. conducts missions across the Pacific theater of operations, it is frequently split to allow for a maximum outcome while assisting with multi-force and multi-national missions.

Therefore, the battalion usually deploys in modular units, sometimes as small as a large squad size.

For example, platoons from the 523rd and 561st Eng. companies, 84th Eng. Bn., 130th Eng. Bde., have been working on a road construction mission outside Columbus, N.M., since October. The mission is broken into phases, in which different platoons take over a different phase.

The overall project involves improving more than four miles of road for the U.S. Border Patrol, which will allow agents to maintain a presence close to the border to battle threats such as terrorism and drug trafficking. The road is scheduled to be complete this summer.

With the battalion’s platoons often splitting off to complete construction projects on their own, young leaders have a great opportunity to grow and excel in their career fields.

1st Lt. Tikisha Delarosa, leader, 1st Platoon, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., recently spent 45 days on the project in New Mexico. While there, Delarosa had support from a U.S. Army Corps of Engineers representative, but she was the officer in charge of the mission and responsible for all mission-essential tasks.

“The commander was always available for me to call or email with questions, but I think it was a great mission for a platoon leader, because you are out there by yourself,” Delarosa said. “All you have to worry about is construction, and with about 60 percent of my Soldiers being fresh out of Advanced Individual Training, it was a good experience.”

Lieutenants in the battalion, like Delarosa, were also recently given an opportunity to spend three days meeting with construction subject matter experts. The three-day-course allowed lieutenants currently serving as platoon leaders and those getting ready to enter into the position to go over what the current construction standards are and to bounce ideas and



Lieutenants from the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, currently serving in a platoon leader position or those waiting to take over a platoon, discuss some of the issues that they commonly run into with construction projects during the recent three-day Construction Officer Course.

issues off of each other.

“I thought the opportunity was fantastic,” said 2nd Lt. Diana Worth, assistant personnel officer, 84th Eng. Bn., 130th Eng. Bde. “The course helped me focus on the job (that) I am here getting ready to do. It (also) gave me the chance to focus solely on my branch for a week. I won’t be in my current job forever, so I found it useful to see what I will be using as (a platoon leader).”



Courtesy Photo

A group gathers to pose for a photograph, after moving Soldiers' Chapel to its current location on Schofield Barracks, July 9, 1925.

USAG-HI preserves history

U.S. ARMY GARRISON-HAWAII

Directorate of Public Works

HONOLULU — The U.S. Army Garrison-Hawaii received high praise for two historic preservation projects during the 2011 Preservation Honor Awards ceremony, held at the Queen's Conference Center, here, recently.

The Historic Hawaii Foundation gives the Preservation Honor Awards for outstanding achievement in historic preservation, and they are the pre-eminent awards for such work in Hawaii.

USAG-HI received a Preservation Honor Award for its rehabilitation of Soldiers' Chapel at Schofield Barracks, and an award for the renovation of the Eisenhower House at the Kilauea Military Camp on the Big Island.

Kenneth Hays, architectural historian, USAG-HI, was recognized for his oversight of the Soldiers' Chapel preservation project.

The U.S. Army Corps of Engineers-Honolulu District, and the general contractor for the project, were also recognized for their contributions to the management and work carried out on the project.

The chapel was constructed in 1913, and it was a gift to the Army from the last reigning monarch, Queen Liliuokalani. The chapel is listed on the National Register of Historic Places and is part of the historic district at Schofield Barracks.

The chapel originally sat some distance away from its existing location and was moved in 1925 to its current site. The church has changed very little since the 1920s, and the renovation team's aim was to keep its old look and feel.

Many of the church's original features were maintained, and the 1913-cast bell was kept in the spire. The 200-seat wooden chapel was featured in the 1970s movie "Tora! Tora! Tora!," and

it is a familiar and venerated place for generations of Army Soldiers. The historic building still functions as an installation chapel for services and weddings today.

On behalf of USAG-HI, Peter Yuh, chief, Conservation Section, Environmental Division, Directorate of Public Works; and Dr. Laurie Lucking, manager, Cultural Resources, DPW, received awards for the Eisenhower House project.

Awards were also given to Randy Hart, director, KMC; and Roger Panzer, DPW, for their exceptional work they performed.

Hays was again recognized for his work on the interior design of the project.

The 1936 cabin received much-needed repairs and upgrades. KMC staff completed the carpentry, electrical, plumbing and finishing work.

Hart said he was especially proud of his staff's efforts and skills in the high-quality work and craftsmanship found throughout the house, and that the Presentation Award is a notable honor that pays tribute to the hard work and dedication of all who were involved.

Gen. Dwight Eisenhower vacationed at the cabin after the end of World War II in the European theater. Since that time, the cabin was known as the Eisenhower House. The 1946 photos of the home that were taken during Eisenhower's stay were used to restore many features of house.

The rehabilitation restored many aspects of the historic property, keeping the house's original elements in their post-war era character, including doors, windows, exterior siding, a lava-stone fireplace and chimney, as well as replicating the home's original hardwood floors, window seats and even drapes.

The house is currently used as a vacation cabin for military personnel and their families.

Celebration planned for Army birthday

U.S. ARMY-PACIFIC

Public Affairs

FORT SHAFTER — Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific, and his wife, Jeannine, will host a night of dining, dancing and entertainment in commemoration of the U.S. Army's 236th birthday, June 10, at the Hilton Hawaiian Village in Waikiki.

This year's commemoration will celebrate "Pacific Soldiers: Trained and Ready" and is dedicated to all Soldiers, Department of Defense civilians, government contractors, veterans, retirees and family members who contribute to USARPAC's success.

"It is important to celebrate the Army's birthday, because we do not just celebrate another year; we celebrate our Army's accomplishments; we celebrate the sacrifices made by Soldiers, family members and civilians; and more important-

ly, (we celebrate) that we continue to be one nation and one Army under God," said Sgt. 1st Class Elizabeth Lopez, Headquarters and Headquarters Battalion, USARPAC.

In this spirit, all those who add to the strength of USARPAC are welcome to celebrate the Army's history. Those interested in attending the event should contact their unit representative to purchase tickets.

The 25th Infantry Division's Home Front Brass Band will provide entertainment. No-host cocktails will begin at 5 p.m.; ballroom doors open at 6 p.m.

Visit www.usarpac.army.mil/236Birthday or call 271-5561 for more information.



News Briefs

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

Today

Army Commemoration

— The U.S. Army-Pacific invites Soldiers, Army civilians and government contractors, retirees, Reserve Officers' Training Corps cadets and family members to celebrate 236 years of Army tradition at the Army Commemoration, 6 p.m., June 10, at the Hilton Hawaiian Village Hotel's Coral Ballroom, Waikiki.

The evening includes dining, dancing and entertainment. Tickets are \$70 each. For information, call 271-5561. For details and tickets, visit www.usarpac.army.mil/236birthday.

Attire for military is Army Dress Blues/Mess; for civilians, formal evening wear. Rooms can be reserved at the Hilton Hawaiian Village for \$149 plus tax. Call 949-4321 or visit www.hiltonhawaiianvillage.com for reservations and ask for the "Army Birthday Commemoration."

Closure — The Paradise Shoppette, located at Schofield

Barracks, is closed through June 11 for renovation. During renovation, the Schofield Car Care Center, located at Foote Gate, Schofield Barracks, will be open 24/7. Patrons can also shop at the Kolekole Shoppette and Sunset Mini-Mall, both at Schofield Barracks. Call 423-8632.

Research Study

— Civilian spouses or unmarried partners of National Guard and Reserve Soldiers are invited to participate in a nationwide study. The study, conducted at the University of Hawaii, focuses on post-deployment marital distress and behavioral health issues. To participate, visit <http://armyspousestudy.com>. All data received is anonymous.

15 / Sunday

AER Annual Campaign

— The Army Emergency Relief annual campaign ends May 15.

Voluntary contributions allow AER to fulfill its mission of helping Soldiers in times of financial distress and misfortune. Call 655-7132.

18 / Wednesday

Live TV Town Hall

— The U.S. Army Garrison-Hawaii's live town hall will be broadcast 7-8:30 p.m., May 18, on installation channel 2 and streamed live at www.garrison.hawaii.army.mil. Senior Army leadership will address concerns and answer questions from the community. To submit questions, the

community can:

- Call 655-1383 or 655-5015, May 18, between 6-8 p.m.
- Post questions in advance on www.twitter.com/usaghawaii or www.facebook.com/usaghawaii.
- Send an email to AsktheCommander.usaghi@us.army.mil.

Any questions or issues not addressed during the town hall will be answered in other media, such as the Hawaii Army Weekly, the garrison website or with a personal follow-up.

19 / Thursday

Comedy Stop

— This training event is set for 1-2:30 p.m., May 19, Sgt. Smith Theater, Schofield Barracks. Attendance will satisfy two of the four training hours for a unit's annual alcohol and drug awareness requirement.

24 / Tuesday

USAG-Oahu

— A casing of the colors ceremony to observe the disestablishment of U.S. Army Garrison-Oahu is set for 11 a.m., May 24, at the gazebo on Palm Circle, Fort Shafter.

After USAG-Oahu has been disestablished, an Installation Coordinator's Office will be located in Building 344, Fort Shafter. The ICO will be the focal point for referral, coordination and integration of installation management operations within Oahu-South. Visit www.garrison.hawaii.army.mil.

Town hall: Garrison uses high-tech plan

CONTINUED FROM A-1

force protection measures.

The broadcast’s second segment provides an open forum for viewers with questions and comments. Viewers will have the ability to phone in their questions on two telephone lines dedicated to taking community questions and comments from 6-8 p.m. Many callers will be invited to voice their questions on the air, which Mulbury will address.

“We believe this next high-tech generation of the garrison town hall concept can continue to energize the town hall format,” Mulbury said.

The garrison’s social media sites, including Facebook and Twitter, will be monitored for real-time questions and comments, which will be logged, vetted and sorted for broadcast priority.

“Members of the Public Affairs Office will be logging every query for a response,” said Dennis Drake, director, U.S. Army-Garrison PAO.

Community members can also submit questions in advance through the “Ask the Commander” mailbox on the garrison website at www.garrison.hawaii.army.mil.

The live broadcast on TV2 can be received throughout the garrison, as part of basic cable reception. The town hall will be rebroadcast throughout May and June, daily, at noon and 7 p.m.

“Our goal is to have our garrison Hawaii community recognize the power of this type of forum to address their questions and concerns,” Mulbury said, “and demonstrate our Army readiness.”

Call, click, connect

- Call in during the show at 655-1383 and 655-5015.
- Submit questions during the show at www.twitter.com/usaghawaii or www.facebook.com/usaghawaii.
- Email advance questions to AsktheCommander.USAGHI@us.army.mil.
- View the live TV town hall at www.garrison.hawaii.army.mil; www.facebook.com/usaghawaii, click on the “Livestream” tab; or at www.livestream.com/usaghawaii.

516th Sig. Bde. hosts Days of Remembrance events

1ST LT. DAVID RICHARDS

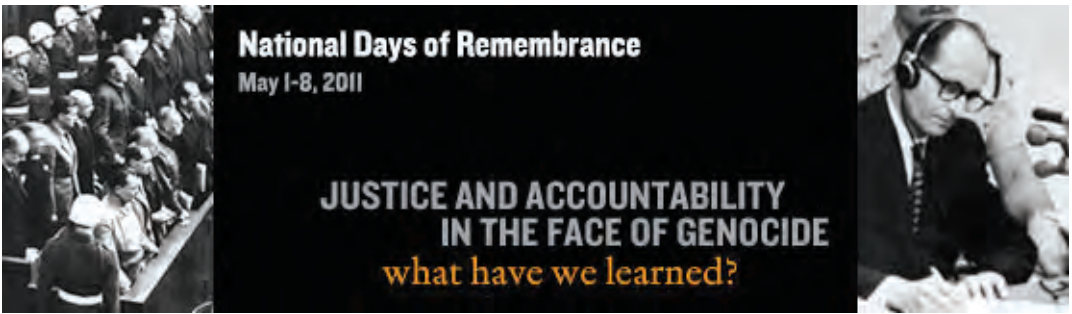
516th Signal Brigade, 311th Sig. Command

FORT SHAFTER – The 516th Signal Brigade, 311th Sig. Command, sponsored the U.S. Army Garrison-Hawaii’s annual Days of Remembrance ceremonies at the Fort Shafter Flats’ Assembly Hall, May 3, and Schofield Barracks’ Sgt. Smith Theater, May 4.

The Days of Remembrance are a national, weeklong observance memorializing Holocaust victims that was established by executive order in 1978. The Days of Remembrance and the U.S. Holocaust Memorial Museum, or USHMM, seek to “prevent genocide, combat hatred and promote dignity and respect for all humans.”

Col. Dana Tankins, commander, 516th Sig. Bde., and Lt. Col. Paul Fischer, deputy commander, 516th Sig. Bde., hosted the respective events and welcomed Carol Danks, USHMM, to discuss the theme, “Justice and Accountability in the Face of Genocide: What Have We Learned?”

Danks sought to make the Holocaust as intimate as possible for the audience. When attendees first entered the venues, they were handed an identification card that described the personal details and life story of a



Holocaust survivor.

Inside the venues, 1,100 names hung on 22 banners on the walls. The names totaled only a fraction of the six million victims of the Holocaust, including Jews, homosexuals, the disabled and mentally ill, Catholics, Jehovah’s Witnesses and more ethnic, religious and political outcasts of the Nazi Party.

During the presentation, Danks provided survivor testimonies, video footage and chilling historical facts to help raise awareness of the importance of remembering the heinous acts committed during the Holocaust.

“As history recedes into the past, we must be conscious of the ways in which this history resonates with us today,” she said. “We need to remember.”

At the Nuremburg Trials, held from November 1945 to October 1946, 24 living Nazi members were tried through an International Military Tribunal and held responsible for their crimes.

As a result of these trials, Danks explained future human rights violations would be examined according to three premises: Individuals can be held responsible regardless of orders, individuals and states can be held responsible for crimes against civilians and there is no statute of limitations for crimes against humanity.

The trials gave way to a renewed understanding of genocide and, today, help to facilitate a response to the question: “What have we learned?”

Audiences learned that the Holo-

caust led to notable developments in sociology, psychology, leadership, warfare and international law – all immensely important to the military community.

Despite these improvements in knowledge and understanding, Danks listed Bosnia, Rwanda and Darfur as countries where genocide continues today and emphasized that the world needs to take a stand against humanitarian crimes.

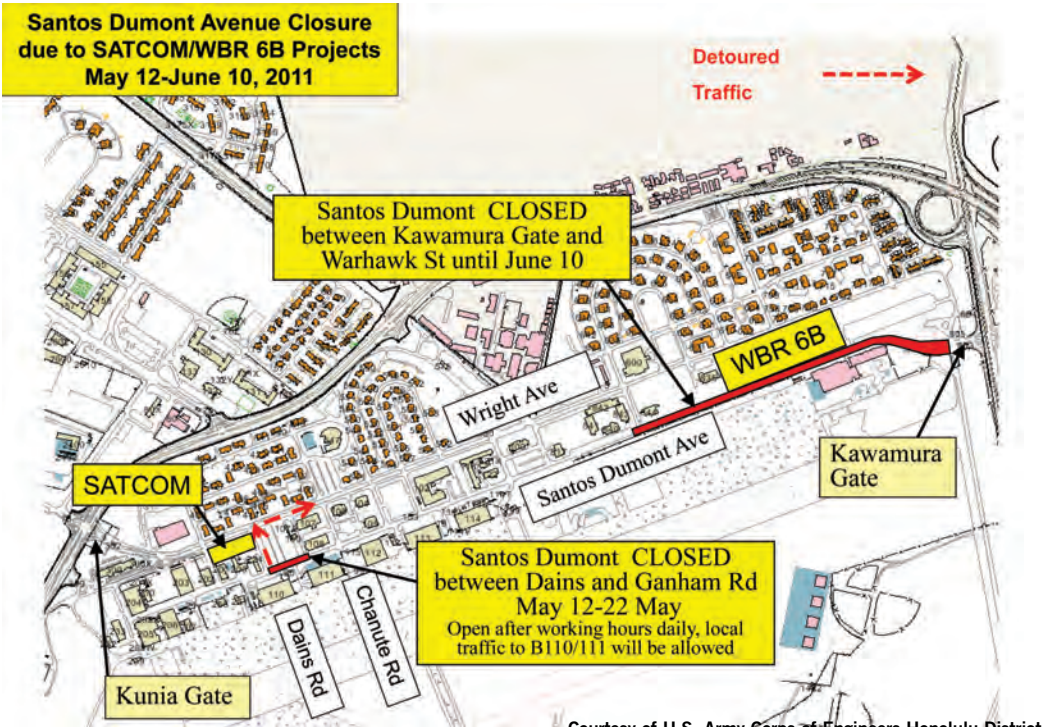
The crucial message that arose from the presentations was that every generation and every individual must make the commitment to protect human rights. This is best stated by British philosopher Edmund Burke: “The only thing necessary for the triumph of evil is for good men to do nothing.”

WAAF: New facility project underway

CONTINUED FROM A-1

Like the barracks project, the SATCOM project will get most of its labor force from the local community. The \$4.38-million SATCOM project will replace an existing and inadequate facility that the Army’s Space and Missile Defense Command currently occupies, according to the Schofield Barracks Area Office, USACE-HD.

The work on both Santos Dumont and Wright avenues are for utility connections, storm drain construction and road reconstruction.



Courtesy of U.S. Army Corps of Engineers-Honolulu District



Forrest Berkshire | U.S. Army Cadet Command
Public Affairs

A ROTC cadet from the University of Hawaii crosses a stream at the Sandhurst Military Skills Competition, at USMA, West Point, N.Y., recently.

UH ROTC competes in West Point competition

U.S. ARMY CADET COMMAND
News Release

WEST POINT, N.Y. — University of Hawaii Army ROTC cadets finished 24th out of 50 teams at the Sandhurst Military Skills Competition, here, recently.

Hawaii’s team was one of only two of the eight teams representing senior Army ROTC units nationwide to finish in the top half of the competition. A team from the U.S. Military Academy, or USMA, won the overall title.

Competing teams included U.S. service academies, eight university ROTC teams, the USMA, and international teams from Britain’s Royal Military Academy Sandhurst, Canada’s Royal Military College, Afghanistan’s National Military Academy, Australia’s Royal Military College, Taiwan’s Military Academy and the Chilean Military School.

The competition’s seven-mile route snaked through a wooded area, where teams engaged in seven events. Running through the course — amid cold and drizzle — took four to five straight hours.

There was no rest and no lunch breaks. Seemingly simple obstacles came with added requirements. For instance, “The

Wall” looked to be a straightforward push to get each of a team’s nine members over a 25-foot high-slant wall.

However, competitors had to haul eight 25-pound sandbags, without any of the bags touching the wall or the ground — blindfolded.

At the water-crossing obstacle, cadets had to erect a one-rope bridge and figure out a way to get almost 200 pounds of sandbags and equipment across the stream, as well as transport their “wounded” team captain who was unable to walk.

Executing the tasks required considerable teamwork and communication.

Lt. Gen. David Huntoon, Jr., superintendent, USMA, said the competition epitomized character and leadership.

“For 44 years, Sandhurst has represented the finest example in military skills,” he said. “Today was a tough test of those skills.”

At the end of the competition, Maj. Gen. Mark McDonald, commander, U.S. Army Cadet Command, met with the Hawaii ROTC team members to applaud their efforts and present them with a streamer to hang on their guidon.

Kahuku JROTC cadets visit veterans

CADET LT. COL. HARMONY KAHALA
Kahuku High School

HONOLULU — JROTC cadets from Kahuku High School visited veterans at the Department of Veterans Affairs’ Center for Aging at Tripler Army Medical Center, here, recently.

Cadets chose to visit the nursing home as their JROTC Service Learning Project, an event that encourages cadets to go out into the community. Service Learning experiences can become the starting point for reaching out, doing something good for others and making the world a better place.

The visit included a medical staff briefing and a visit with veterans. Cadets also toured the facility and learned the difference between in- and out-patient care for veterans.

During the hands-on portion, cadets learned about physical therapy and equipment used for rehabilitation.



Courtesy Photo

Jazlinn Macatiag, a JROTC cadet from Kahuku High School, performs a dance during the cadets’ recent visit at TAMC.

Cadets ended the visit with cultural dances and several songs, as the veterans got ready for lunch.



Sandhurst Military Skills Competition
University of Hawaii team

- Cadet Leah Austin
- Cadet Ernest Bean
- Cadet Nathaniel Calio
- Cadet Jason Crawford
- Cadet Kenny Grant
- Cadet Victor Lopez
- Cadet Michael Lozano
- Cadet Lester Manding
- Cadet Jheaniell Moncrieffe
- Cadet Ethan Pempek
- Cadet Angelo Uele
- Cadet Christian Walker



14 / Saturday
Read to the Dogs – Children who can read on their own can sign up for a 15-minute session to read to a dog, 11 a.m.-12:15 p.m., May 14, Sgt. Yano Library, Schofield Barracks. Call 655-8002.

15 / Sunday
Adventure Surfing I – Learn how to surf with Outdoor Recreation, 6:30-11:30 a.m., May 15. Equipment and round-trip transportation from Schofield Barracks is available. Cost is \$48. Call 655-0143.

Spouses Appreciation – Army spouses can enjoy a free Sunday brunch, May 15, 22 and 29, at the Hale Ikena, Fort Shafter. Reservations are required; call 438-1974. Spouses must present a valid military dependent ID card.

16 / Monday
Free 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, Building 2091, 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. Call 655-9694 or email nhliaison@gmail.com.

17 / Tuesday
Teen Book Club – Teens can read “The Painted Boy” by Charles de Lint and share their opinion with the Teen Lounge Book Club, 4:30-5:30 p.m., May 17, Sgt. Yano Library, Schofield Barracks. Call 655-8002.

Open Stage Night – Show off your talent at 6 p.m., every first and third Tuesday of the month at the Tropics Recreation Center. Call 655-5698.

Ball Room Dancing – Learn the international Rumba, May 17, 19 and 26, at the Hale Ikena, Fort Shafter. Two sessions are available each night: 6:45-7:30 p.m. and 7:45-8:30 pm. Learn line-dancing for free, starting at 6:15 p.m., with purchase of ballroom dance class instruction. Cost is \$6 for one ballroom dance class consisting of six lessons. Payment is cash only. Call 438-1974.

19 / Thursday
Keiki Craft Night – Keiki can create May flowers, 6-8 p.m., May 19, Hale Ikena, Fort Shafter. The first craft is free for keiki under 10 years old. All supplies are provided. Call 438-1974.

Texas Hold 'em – Games start at

6 p.m., May 19, Tropics Recreation Center, Schofield Barracks. All ID card holders ages 18 and older are welcome; games are free with no buy in. Call 655-5698.

“Bugsy Malone” – Army Community Theatre presents “Bugsy Malone,” May 19-22, at the Paliku Theatre, Windward Community College. Call 438-4480. Showtimes follow:
•Thursday-Saturday: 7:30 p.m.
•Saturday-Sunday: 3 p.m.

20 / Friday
Family Fun Friday – Enjoy free pizza and games, 6 p.m., May 20, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

Intramural Volleyball – Deadline to register for men’s and women’s volleyball is May 20. Call 655-0856. Visit www.mwramy.hawaii.com to learn more about intramurals and the All-Army Sports program.

21 / Saturday
Sesame Street Show – The “Sesame Street/USO Experience for Military Families” is coming to U.S. Army Garrison-Hawaii. Army families and their keiki can enjoy Elmo and his friends Rosita, Cookie Monster and Grover, and their new friend Katie, a military kid who is moving to a new place.

Call 655-0111/2/3 or visit www.sesamestreet.org/tlc or www.uso.org. This tour is part of Sesame Street’s “Talk, Listen, Connect” initiative for military families. Dates and times follow:

- May 21, 2 p.m. and 5 p.m., Martinez Physical Fitness Center, Schofield Barracks.
- May 25, 4 p.m., Aliamanu Physical Fitness Center.

Ongoing

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

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

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

Picture Framing – Learn customized framing at the Schofield Barracks Arts and Crafts Center. Cost for one session is \$45 and includes instruction and materials. Framing is available



Banding together

SCHOFIELD BARRACKS — Authorized Family and Morale, Welfare and Recreation customers can celebrate National Sports and Fitness Month in May and participate in “Strong B.A.N.D.S.,” which stands for balanced lifestyle, actively motivated, nutritional health, determined to excel, strength and conditioning.

Get a B.A.N.D.S. wristband by attending a featured event, such as the Chess Club events, 5 p.m., May 19 and 26, at the Tropics Recreation Center, here. Studies have shown that chess improves mental fitness, concentration, logical thinking and social skills.

Visit <http://sfa.hawaiioffice.com/bands> or call 655-9650. Log in to www.facebook.com/TheAllArmySports each day in May for prize giveaways.

daily, 9 a.m.-12 p.m. Call 655-4202.

Auto Skills Center – Rent storage sheds from either the Fort Shafter or Schofield Barracks Auto Skills Center. Call 438-9402 or 655-9368.

State Vehicle Safety Check – The Auto Skills Shop at Fort Shafter and Schofield Barracks can perform state vehicle safety checks. Call 438-9402 or 655-9368.

Computer Lab Hours – Hours for the computer lab for Soldiers and family members at Army Community Service Center, Schofield Barracks, follow:
•Monday, Thursday and Friday, 7:30 a.m.-4:30 p.m.
•Tuesday and Wednesday, 7:30 a.m.-9 p.m.
Computers include Internet access, Microsoft software and Skype. Call 655-4227.
Sgt. Yano Library at Schofield Bar-

racks also offers computer services, including Internet access and Microsoft software. Printing is available for a fee. Call 655-8002.

Homeschool PE Classes – Army Youth Services offers physical education for the homeschooled child, 10-11 a.m., at Aliamanu and Fort Shafter; call 836-1923. Schofield, Helemano and Wheeler Army Airfield classes are Wednesdays, 11 a.m.-12 p.m. Call 655-6465.

BSC Printer Station Moves – The Blue Star Card printer station has been moved from Tripler Army Medical Center to the Army Community Service located at the Aloha Center, Building 330, Clark Road, Fort Shafter. Regular Blue Star Card registration requirements still apply. Email sarah.chadwick@us.army.mil or call 655-0002.
The printer station at the Schofield Barracks ACS is still available and unaffected by the move.



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

Today
Military Recognition Luncheon – Deadline is May 13 to register for the 26th Annual Military Recognition Luncheon. Sponsored by the Chamber of Commerce of Hawaii, the luncheon honors Hawaii’s military, noon-1:30 p.m., May 19, Hilton Hawaiian Village. The event features the 2011 Outstanding Community Service Awards.
Also, the 100th Infantry Battalion will receive special recognition. Visit <http://cochawaii.com>.

14 / Saturday
Wahiawa Pineapple Festival – This event starts at 9 a.m., May 14, with a parade on California Avenue, Wahiawa. Festival activities continue at Wahiawa District Park, 10 a.m.-4 p.m., May 14; and 11 a.m.-4 p.m., May 15.
The festival features cultural exhibits, crafts and entertainment. A special children’s area will have bouncers, rides and slides. Visit www.wahiawatown.org or call 621-3373.

Comedy Show – The Sounds of Aloha Chorus annual show, “Laughter and a Barbershop Song,” runs at 2:01 p.m. and 7:31 p.m., May 14, at the Hawaii Theater. This family-friendly show features Storm Front, a barbershop quartet; and the Honolulu Boy Choir; and Frank DeLima as master of ceremonies. Prices range from \$15 to \$30.

Military discounts are available. Call 528-0506.

15 / Sunday
May Luncheon – Deadline to RSVP is 7 p.m., May 15, for this Hui O Na Wahine luncheon. The luncheon is 11 a.m.-1 p.m., May 19, Nehelani, Schofield Barracks. Cost is \$15 per person; cash only.

For last names starting with the letters A-L, RSVP to huireservationsal@gmail.com. For last names starting with the letters M-Z, RSVP to huireservationsmz@gmail.com.

The club is also collecting for the Veteran’s Affairs Community Living Center at Tripler Army Medical Center. Bring any of the following: new adult male socks, slippers, DVDs, CDs and travel-size hygiene items like shampoo, toothpaste, shaving necessities, cologne or lotion.

17 / Tuesday
Free Yoga Classes – Yoga classes begin at 9 a.m., Tuesdays and Thursdays, at the Wheeler Community Center, behind Wheeler Chapel, Wheeler Army Airfield. Bring your own yoga mat and any blocks or straps.
The yoga classes are for all levels: beginner, intermediate and advanced. Call 275-3790 or 778-8696.

21 / Saturday
Military History Day – This event is 9 a.m.-3 p.m., May 21, at the U.S. Army Museum of Hawaii at Fort DeRussy in Waikiki. The event will feature entertainment, military memorabilia and re-enactors in period uniforms.
Parking is available across the road from the museum. Call 438-2825.

Endangered Species – Learn more about the native natural resources that the Army actively protects on Oahu, and bring the family to the Endangered Species Day, a family event at the Hon-

olulu Zoo, 10 a.m.-2 p.m., May 21.

To learn about volunteer service trips, contact kmwelch@hawaii.edu or candace.r.russo@gmail.com, or contact environmental outreach coordinators in the Oahu Army Natural Resource Program at 656-7641.

Combined Military Band Concert – The public is invited to the combined services concert, 7-8:30 p.m., May 21, at the Hawaii Theatre, Honolulu, as part of Military Appreciation Month. This year’s theme will be “A Salute to Military Aviation.”

Tickets, limited to four per request, may be picked up at the Hawaii Theatre Box Office, located at 1130 Bethel Street, between Hotel and Pauahi streets; or the Chamber of Commerce of Hawaii, Suite 402, 1132 Bishop Street.

Doors open at 6:30 p.m. for ticket holders on a first-come, first-served basis. Unoccupied seats remaining at 6:45 p.m. will be open to non-ticket holders on a space-available basis.
Visit www.hawaiitheatre.com.

22 / Sunday
Sprint Triathlon – This event starts at 7 a.m., May 22, at Hangar 101, Marine Corps Base, Hawaii. The triathlon begins with a 500-meter swim in Kaneohe Bay, followed by an 11.1-mile bike ride around the base and finishes with a 5K run that ends at Hangar 101. This race is open to the general public. Online registration closes at 4:30 p.m., May 18. Visit www.mccshawaii.com/cgfit.shtml.

Ongoing

Military Discount – Waimea Valley, located at 59-864 Kamehameha Highway, is celebrating Military Appreciation Month in May with additional discounts.

Besides the valley’s year-round discounted admission rates of \$8 for mil-

itary adults and \$5 for military keiki and military retired/military seniors, Waimea Valley is offering 15-percent off purchases at the gift shop and snack bar. Also, all military personnel with a valid military ID will get a free gift at the ticket booth with the purchase of admission.

Located across from Waimea Bay, the park is open 9 a.m.-5 p.m., daily. Visit www.waimeavalley.net or call 638-7766.

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.hawaiikids.org. Sponsored by U.S. Pacific Command, in partnership with Johns Hopkins University, this study examines attitudes of military families in Hawaii regarding educating their children in public, private or homeschools.

Naval Air Museum – This non-profit museum, located in Building 1792, Midway Road, Kalaeloa Airport, Kapolei, focuses on the history of aviation in Hawaii. Cost is \$7 adults and \$5 for keiki under 18. Visit www.namp.org or call 682-3982.

Schofield Chapel Family Night – Sessions for deployed spouses about marriage and finances are conducted Wednesdays at the Schofield Barracks Main Chapel. Youth group and Bible clubs also meet then. Meals are served at 5:30 p.m., with sessions starting at 6 p.m. Child care for keiki up to 4 years old is free with RSVP. Aliamanu Military Reservation Chapel’s Family Resilience Nights are Tuesdays. Call 655-6645 or email kftaamaoni@hotmail.com. Find out more at www.garrison.hawaii.army.mil. Click on “Religious Support,” under the “Directorates and Support Staff” menu.
Call 655-6644 or 833-6831.



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

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

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

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

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

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

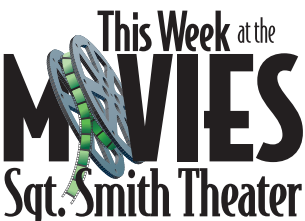
Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

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

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

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

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



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



Limitless
(PG-13)
Fri., May 13, 7 p.m.
Wed., May 18, 7 p.m.



Hop
(PG)
Sat., May 14, 4 p.m.
Sun., May 15, 2 p.m.

Diary Of A Wimpy Kid: Rodrick Rules
(PG)
Sat., May 14, 7 p.m.

Sucker Punch
(PG-13)
Thurs., May 19, 7 p.m.

No shows on Mondays or Tuesdays.

25th ID spouses get spiritually fit

Story and Photo by
VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — An evening of prayer and laughter filled the Post Conference Room, here, during a spiritual dinner for spouses of deployed Soldiers, May 4.

About 30 spouses from 2nd Brigade Combat Team, 25th Infantry Division, and 3rd BCT, 25th ID, gathered to pray for loved ones downrange and to gain insight on how to make it through the next few months of deployment or redeployment.

“Our goal tonight was to encourage the spouses spiritually, so that they would feel confident and hopeful about the return of their Soldiers,” said Chaplain (Capt.) Ronaldo Pascua, rear detachment chaplain, 2nd BCT. “We just don’t pray out of routine. We truly believe God hears our prayers.”

The 2nd BCT “Warriors” will be redeploying,

here, beginning in June, and for Maggie Marcelli, the reunion will have a different meaning.

“This will be the first time we will get to live together as man and wife,” said Marcelli, who married Staff Sgt. David Marcelli, 225th Bde. Support Battalion, 2nd BCT, during his rest and recuperation in January. “I’m just looking forward to having a sense of normalcy and being able to do things with him.”

Lei were given out to the members of a prayer group. The group meets every Wednesday to lift up all the names of the deployed Soldiers in prayer.

“Some days you can be on a high, while on others, you are in the pits of despair,” said Chaplain (Lt. Col.) Jose Rodriguez, deputy chaplain, U.S. Army Garrison-Hawaii. “If you feel like you cannot get through this deployment alone, well, you cannot. Join a group and pray together, and you will find strength.”



Spouses of Soldiers assigned to 2nd BCT, 25th ID, and 3rd BCT, 25th ID, gather at Schofield Barracks, May 4, to build and strengthen relationships that will help them get through upcoming deployments and redeployments.

25th CAB spouses experience thrills, chills of Black Hawk orientation ride

Story and Photo by
SGT. 1ST CLASS TYRONE C. MARSHALL JR.
25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

WHEELER ARMY AIRFIELD — Spouses were treated to rides in UH-60 Black Hawk helicopters, here, recently.

The highly-coveted aviation spouse rides were part of the 25th Combat Aviation Brigade, 25th Infantry Division’s Aviation Week celebration. Aviation Week honors the Army’s aviation anniversary.

This is the 25th CAB’s third spouse orientation flight since 2008.

The most-experienced aviators with the 2nd Assault Helicopter Battalion, 25th Avn. Regiment, 25th CAB, conducted the flights high above the island of Oahu. For most of the spouses, the flights were a rare chance to see and experience a Black Hawk.

“I’ve never rode in a helicopter, and my dad worked on helicopters all his life,” said Bernadette Obregon, whose spouse is with the Headquarters and Headquarters Company, 2nd AHB, 25th Avn. Regt., 25th CAB. “But I never got a chance to actually ride one, so this was my first opportunity.

“It was fun, and I was glad they opened the doors for the flight,” she said. “I especially enjoyed the views of Pearl Harbor.”

The Spouse Orientation Flight Program is overseen by Appendix D, U.S. Forces Command Supplement 1 to Army Regulation 95-1, “Flight Regulations,” and it helps aviation unit



Spouses from HHC, 2nd AHB, 25th Avn. Regt., 25th CAB, 25th ID, learn how to use the UH-60 Black Hawk’s seat belt restraint system before spouse-orientation flights at WAAF, April 26. The Spouse Flight Orientation Program is designed to give aviation spouses a better understanding of Army aviation.

spouses understand Army aviation. These short, safe flights are intended to help spouses influence career decisions of aviation Soldiers, ultimately increasing retention and improving overall morale.

“It’s awesome that it’s in the hearts and

minds of the 25th (CAB), during high (operational-tempo), to take the time to foster the family bond between Soldiers and their spouses,” said Kari Harding, whose spouse is with HHC, 25th CAB.

The “Wings of Lightning” Brigade planned for contingencies, so risk would be minimized during the flights. Safety briefings were conducted for the spouses, plus they learned how to use the aircraft’s restraint system and how to safely enter and exit the aircraft during cold-load training. Also, crew members weren’t allowed to fly with their spouses.

Soldiers seemed genuinely excited that their spouses flew in Black Hawks, even during the brigade’s busy schedule, as the 25th CAB readies for deployment in support of Operation Enduring Freedom.

“I think it’s outstanding, because we’ve been deploying so much,” said Staff Sgt. Ronald Harding, assistant operations noncommissioned officer in charge, HHC, 25th CAB. “We say we care about the families — well, this is one way our brigade has truly shown (it does). The fact that we are able to make some time to say ‘hey, come out here, and see what we do and why we do it’ is a great way to truly integrate the families.”

Aviation Week will culminate with the Army Aviation Association of America Ball that will include aviators from the Hawaii Army National Guard, U.S. Pacific Command, U.S Army-Pacific and Special Operations Command-Pacific.

205th MI Bn. teams up with Special Olympics–Hawaii athletes

1ST LT. BRIAN E. NORTH

205th Military Intelligence Battalion, 500th MI Brigade

FORT SHAFTER — Soldiers volunteered their time during the Special Olympics-Hawaii events, March 26-April 23.

Twenty-one Soldiers from the 205th Military Intelligence Battalion, 500th MI Brigade, gave their time to the area and regional competitions, held at Kaiser High School, Schofield Barracks and Wheeler Army Airfield.

Spc. Rachael Montes, the unit’s community outreach officer, helped coordinate so Soldiers could take part in events ranging from track and field to powerlifting and softball.

During three consecutive Saturdays, the 205th MI Bn., 500th MI Bde. Soldiers volunteered their support during track and field assignments at Kaiser High School. Volunteers fired the start gun, signaled starts and finishes, and kept time.

“When duties were being called out for volunteers, I knew I wanted the start gun,” said Sgt. James Cowan, noncommissioned officer in charge, Intelligence Section, 205th MI Bn., 500th MI Bde. “With some luck I got it. Luckily, I had a pair of EarPros (hearing protection) in my car, because that little gun sure makes a pop!”

Six of the unit’s Soldiers supported the powerlifting event held in Martinez Gym at Schofield Barracks, April 17. They kept score of the amount



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

Andi Mo (right) throws the ball after fielding it, as Capt. Tony Banaszak, Headquarters, U.S. Army Garrison-Hawaii, provides encouragement during the Special Olympics-Hawaii softball competition at Wheeler Army Airfield, April 23.

of weight lifted, spotted for the athletes and stacked weights.

“Seeing all the weight these guys are lifting makes me want to hit the gym afterward,” said Capt. Micheal John, commander, Headquarters

and Headquarters Detachment, 205th MI Bn., 500th MI Bde.

Softball was the next event, held April 23. Volunteers acted as announcers, tracked statistics and set up and tore down the site. Spc. Alec

Borkowski, 205th MI Bn., 500th MI Bde., said his volunteer experience was rewarding and described it as an “excellent” event to participate in.

Christopher Amrhein, son of 1st Sgt. Christopher Amrhein, 205th MI Bn., 500th MI Bde., was among the 200 athletes competing at the softball event. He represented the Hawaii School for the Deaf and Blind, while playing on the Dolphins team that is coached and mentored by his father.

Teams, like the Dolphins, pair special athletes with players from outside the Special Olympics community to foster unity and a spirit of acceptance. The Special Olympics community believes that people with intellectual disabilities can — with proper instruction and encouragement — learn, enjoy and benefit from participation in individual and team sports.

The 205th Military Intelligence Battalion volunteers were among approximately 6,000 volunteers that make these events possible each year.

“It would be impossible to execute events like this without volunteers from units like the 205th MI Bn.,” said Dan Epstein, vice president, Sports and Marketing, Special Olympics-Hawaii.

After the monthlong competition reached an end, the Special Olympics-Hawaii games had taught the volunteers, spectators and competitors a few things about the benefits of physical fitness, community, friendship and courage.

Moderation is important when springing back into exercise routine

CHRIS HALAGARDA

Navy Fitness, Performance Enhancement Dietitian

FORT LEE, Va. — Too many of us tend to hibernate on the couch and “surf” TV channels instead of getting outside or to the gym to exercise; then, we suddenly burst into an exercise program.

A week or two after resuming exercise, the body hurts or is injured.

May is National Physical Fitness and Sports Month, so get back into exercise safely and effectively and follow these recommendations from Chad Quinn, Navy fitness program manager and certified athletic trainer:

•**Develop a program to fit fitness level**

Better yet, speak to a qualified fitness or sports medicine professional to create a good, goal-oriented program. A program should progress slowly to prevent excessive soreness or pain.

Don’t increase mileage or yardage by more than 10 percent per week for endurance exercises, such as running, biking or swimming. It’s also important to limit high-intensity workouts to once a week in the beginning of training.

•**Be selective of workout partners**

Workout partners are great for motivation, but don’t let them dictate how much you do or how intensely you do it. If they’re more fit than you, they’re going to be at a different point in their training cycle. Don’t follow ego.

•**Listen to your body**

Some soreness is expected when resuming a workout program. If you feel excessive soreness, have difficulty moving or need to take pain medications to get through the day, take a couple of

Healthy lifestyle

Click on “Sports and Fitness” at www.mwra.mymhawaii.com to learn about Army Hawaii’s fitness centers and other activities.

days off.

Resume the program slowly, reduce the intensity and choose low-impact exercises more often, such as swimming, biking or elliptical training.

•**Stay hydrated and practice good nutrition**

Staying well-hydrated and choosing a diet high in lean meats, beans, nuts, seeds, oils, fruits, vegetables and whole grains is extremely important for physical performance and recovery.

Eat broth-based soups, fruits and vegetables or drink green teas to stay hydrated. These foods and beverages are loaded with inflammation-battling antioxidants and water to keep you optimally hydrated.

•**Have a safety plan in place**

Be sure somebody knows your exercise route and about the time you should return or arrive. Also, know whom to call if you fall ill and can’t complete your workout.

Know safety locations on your exercise route, such as bridge underpasses or storefronts, to take cover under during lightning storms or torrential downpours.

Carry a cell phone to call 911 in case you’re in danger, or you witness somebody else in danger.

Carry more fluids and food than you’ll expect to use for your workout.

Running wild puts athletes on the sideline

CHRIS HALAGARDA

Navy Fitness, Performance Enhancement Dietitian

FORT LEE, Va. — May is National Physical Fitness and Sports Month, and it is a good time to start running for physical fitness.

Running is a great form of exercise, and when performed correctly and safely, it’s one of the most time-efficient and effective weight-maintenance strategies available. Plus, it can be therapeutic for the mind and body.

However, running can break you down and put you on the sideline when not performed correctly and safely.

Running, like many sports, carries a potential risk for injury; but when done correctly, it can help prevent dozens of diseases and provide miles of unique experiences.

Follow these rules, and you’ll have a long and successful exercise program for life:

•**Update running sneakers regularly**

Running shoes and socks are like shocks and tires for a car. Don’t ignore them. They’re the only equipment essential to running.

Replace sneakers every 300-500 miles or every three to six months. A sneaker’s sole will wear out long before its shell looks damaged.

•**Proper rest and active rest days**

Running is great, but more is not always better. Just like weight training or any other exercise, you need to allow for rest after your run and get plenty of sleep. Optimal sleep is seven to nine hours each night.

The more active you are, the more sleep you need. Sleep will help promote recovery and prevent the immune system from breaking down.

Active rest days or cross-training days are also great. Try slow-paced walking, bicycling,

elliptical training, rowing or swimming.

•**Recovery nutrition**

Eat something immediately after your run. Too many people ignore their post-exercise meal and miss a great opportunity to quickly repair tissue and replenish glycogen stores, or stored carbohydrates, that are used as fuel during running.

Get low-fat chocolate milk or soy milk from the commissary and have it ready for your next post-run fueling beverage.

•**Strength training**

Weights, resistance bands and weight-carrying exercises are all going to help strengthen muscles and may prevent lifestyle imbalances.

Strength training increases the muscles’ efficiency; this will help with running. Perform one to three full-body weight-training workouts per week.

•**Walk-run**

Adding short walk breaks can actually improve your times and recovery process. Walk breaks are a wise choice for beginners or the avid “ground-pounder.”

Start by walking a minute, then running a minute. Gradually increase your running time during the coming weeks and months.

•**Don’t run through injury**

Although there is going to be some discomfort associated with a running program, pain is not weakness leaving the body. Real pain is a signal from the body that something is wrong. Stop running and have a doctor check it out.

When most injuries are caught early, they can be healed with some rest, ice, compression and elevation. If you try to push through pain, you’ll find yourself sidelined for a lot longer, or worse, in need of surgery.