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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, 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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12 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 1/7/10.

CSF counters impact of persistent conflict

Optimizing five strength dimensions will enhance performance and build resilience throughout force

NANCY RASMUSSEN
U.S. Army-Pacific Public Affairs

FORT SHAFTER – Commanders across the Army are acutely aware of the personal struggles and conflicts multiple combat deployments have caused Soldiers.

The nature of sustained combat has resulted in rising numbers of suicides, domestic violence and divorce among our warriors, and the Army is taking aggressive steps to reduce the stress among the force.

Comprehensive Soldier Fitness, or CSF, was established as an Army directorate, Oct. 1, 2008. The mission of CSF is to develop and institute a holistic fitness program for Soldiers, families and Army

civilians in order to enhance performance and build resilience.

The program focuses on optimizing five dimensions of strength: physical, emotional, social, spiritual and family. This holistic approach to fitness will enhance the performance and build resilience of the force in this era of persistent conflict and high operational tempo.

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

CSF hosts a Web site for Soldiers to learn about the program and access the Global Assessment Tool, or GAT survey. The survey allows Soldiers to assess dimensions of emotional, spiritual, social and family fitness.

By taking 10-20 minutes to answer about 100 questions, Soldiers will receive a rapid estimate of individual fitness in the four dimensions.

Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, expressed his concern about getting CSF informa-

On The WEB

Visit www.army.mil/cs/ to take the GAT survey and to learn more about what the Army has to offer in building confidence to lead, courage to stand up for your beliefs, and compassion to help others while maximizing your potential.

tion into the hands of Soldiers.

"Key is educating (Soldiers) on how to connect the link through AKO (Army Knowledge Online), take the survey and work through some of the modules," Mixon said. "As we get more trainers through the course, battalions can start designing battalion programs."

"It is critical for Soldiers to know that the GAT will not be used as a selection tool for promotion, command or schooling," Mixon said, referring to the fear among some Soldiers that the survey re-

sults could be viewed by others.

Although the survey is designed to be a self-assessment, it will serve a larger purpose for determining what training is most effective in the five focus areas. Officials will strip the surveys of personal information and combine scores to reach aggregate scores.

Being Army Strong is more than just being physically fit. Army Strong is mental and emotional strength.

It is the confidence to lead. It is the courage to stand up for your beliefs. It is the compassion to help others. It is the desire for lifelong learning. It is the intelligence to make the right decision. It is making a difference for yourself, your family, your community and our nation.

"USARPAC leadership wants this program to enhance the lives of balanced, healthy, self-confident Army Soldiers, families and civilians whose resilience and total fitness enables them to thrive in an era of high operational tempo and persistent conflict," Mixon said.

Three convicted at courts-martial

A specialist, a sergeant and a sergeant first class were convicted of crimes in December.

A specialist from Headquarters and Headquarters Company, 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, was found guilty of one specification of Article 120, aggravated sexual assault of a child, age 12-16; one specification of Article 134, sexual exploitation of a minor; and one specification of Article 134, adultery.

The specialist was sentenced to be reduced to E-1, to forfeit \$933 per month for 12 months, to be confined for 12 months, and to receive a bad conduct discharge.

A sergeant from 209th Aviation Support Battalion (Rear), 25th Combat Aviation Brigade, pled guilty to one specification of Article 81, conspiracy to distribute controlled substances; one specification of Article 107, false official statement; two specifications of Article 112a, wrongful distribution of controlled substances; and one specification of Article 121, larceny of government property.

The sergeant was sentenced to be reduced to E-1, to be confined for 30 months, and to receive a bad conduct discharge.

A sergeant first class from Headquarters and Headquarters Company, U.S. Army-Pacific Special Troops Battalion, 8th Theater Sustainment

Q: Why does the Hawaii Army Weekly publish court-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Brigade (Provisional), was found guilty of one specification of Article 120, rape of a child under the age of 12.

The sergeant first class was sentenced to be reduced to E-1 and to be confined for 20 years.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, these Soldiers will also have a federal conviction that they must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote.

2nd Louie

By Bob Rosenburgh

SAVE NOW OR PAY LATER.

Working to save America's energy and environmental future.

Developing friendships can oft be like working the pieces of a puzzle

CHAPLAIN (MAJ.) L. SCOTT FLUEGEL
Oahu South Community Family Life Chaplain

A person with a lot of rough edges may be hard to embrace as a friend.

Like pieces of a puzzle, when we encounter people with atypical personalities, we must find the right approach to embrace their particular personality.

Five pieces of a puzzle can help us welcome most anyone as a friend: hope, experience, care, longing and honor.

Regarding hope, Philippians 2:19 begins, "I hope in the Lord Jesus." Paul sends Timothy home in order to receive encouragement that all is going well at home.

Unusual or difficult people need a friend like Timothy, a friend who cheers them up and maintains hope in them.

This friend is also interested in their welfare. For example, I have become very much aware of many great friendships in the Army, just like this friendship that Paul and Timothy had.

As well, friendships are developed by experiences; they are "proven" investments. Philippians 2:22 states, "But you know that Timothy has proven himself."

Time investments are needed to develop friendships like Paul and Timothy's. Good friends are those who are solid; those who are always there, willing to assist with a kind word, an act of kindness.

You can have confidence in a friend. My friends, for example, are those who make me laugh

when things are most difficult. My best friends are those who have proven their friendship over the years and are interested in my future. My very best friend is my wife who has provided me the attributes of a friend.

Yet, to have a friend, I have to reciprocate. A friend gives the same attributes to others.

Regarding care, Philippians 2:25 discusses someone "whom you sent to take care of my needs." A friend is one who takes care of another person.

As a friend, we must be a fellow worker and Soldier, whether or not we enjoy the exact same activities as the other.

Regarding longing, Philippians 2:26 says, "He longs for all of you." A friend has emotional feelings; a friend longs to be with his or her battle buddies, friends and family. Friends enjoy being together.

Finally, the fifth puzzle piece "welcomes and honors." Philippians 2:29 says, "Welcome him in the Lord with great joy, and honor or men like him." Paul calls upon us to welcome our friends home as a hero.

A friend honors the other person. Friends are glad to be together, even after a period of separation. For example, we welcome our Soldier friends with honor during redeployment ceremonies.

Still many more positive attributes describe a friend relationship, but overall, I encourage you to give to your friends at least the five attributes I've presented.



Fluegel

Getting it Straight:

The standalone photograph entitled "Low crawl" on page A-1 of the Dec. 18, 2009, edition incorrectly identified the Soldier as being from the 605th Transportation Company. The Soldier is from the 605th Transportation Detachment.

The photo in the "Waterborne challenge tests 545th Trans. Co." article that ran on page A-5 of the Dec. 18, 2009, edition incorrectly identified the Soldier as being from the 650th Transportation Detachment. The Soldier is from the 605th Transportation Detachment.

Voices of Ohana

What New Year's resolution do you think you'll break first?

"To stay out of trouble."

Victor Cabalbal

Maintenance Worker

Wheeler Bowling Center

"To quit smoking."

Spc. Sonja Husz

Satellite Communications Operator

307th Integrated Theater Signal Battalion

"To stop eating candy."

Todd Jordon

Chief of Systems Engineering

Directorate of Public Works

"To start living more dangerously."

Sgt. Jason Luna

Project NCO

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

"To eat less sweets."

Stacy Turrell

Management Analyst

Directorate of Emergency Services

209th's Quick Reaction Force serves Iraqi people

Deployed Forces

Story and Photos By
STAFF SGT. MIKE ALBERTS
25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Soldiers of the 209th Aviation Support Battalion, Task Force Wing's Quick Reaction Force, protect Soldiers and civilians as part of base defense operations, here.

But that's only part of their story.

The QRF Soldiers also facilitate their divisional headquarters, 3rd Infantry Division, Task Force Marne, civil affairs' missions and find themselves providing humanitarian assistance to the local Iraqi population.

It's a unique mission matched by the unusual variety of Soldiers tasked to accomplish it.

None of the QRF Soldiers is an infantryman or civil affairs specialist. In fact, almost every Soldier is trained in a different military occupational specialty. From cooks and aircraft maintainers to ground vehicle mechanics and truck drivers, 13 different jobs are represented among the unit.

Capt. Martin DeBock, commander, Company A, 209th ASB, TF Lobos, anticipated the challenges his QRF would face prior to deployment given their array of skill sets.

"We knew that our QRF would not be strictly a base security element, but would do missions outside the wire," DeBock said. "For that reason, we ensured that all the Soldiers selected for the team received additional field training before we deployed."

Some of that training included advanced rifle marksmanship ranges, combat life-saver, convoy live-fire and other training for basic, intermediate and advanced Soldier skills.

"Separate from the QRF function, 3rd ID identifies specific missions that typically fall in the area of community improvement projects," DeBock said. "Quite a bit of investment is going into the local communities for schools and different businesses. QRF transports personnel to check on the status of those various



With the assistance of an interpreter, 1st Lt. Eric Baca (center), platoon leader, Quick Reaction Force, Company A, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, Task Force Lobos, communicates with a local Iraqi leader in Albu Hamad, a small village just outside of Tikrit, Iraq, Dec. 20, 2009.



1st Lt. Eric Baca, platoon leader, Quick Reaction Force, Company A, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, Task Force Lobos, distributes school supplies to children at Al Khanik, a small village just outside of Tikrit, Iraq, Dec. 20, 2009.

projects."

Currently, QRF Soldiers are assisting TF Marne in their evaluation of construction progress at two primary schools, replacing two smaller inadequate build-



Sgt. Faamoaga Time, a Quick Reaction Force Soldier assigned to Company A, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, Task Force Lobos, attracts attention from local Iraqi children during a foot patrol at Al Khanik, a small village just outside of Tikrit, Iraq, Dec. 20, 2009.

the town of Al Sequor.

1st Lt. Eric Baca, a native of Houston, Texas, is DeBock's QRF platoon leader. He

elaborated on the unit's dual function as both a ground maneuver element and a QRF.

"We're divided operationally in two areas," Baca said. "In the QRF area, we investigate incidences like indirect fire that may occur on the (base), conduct perimeter security and respond to (certain) incidences off the COB. But, we're also a maneuver element. We participate in key leader engagements, meet local leaders and listen to their needs and (facilitate) help for the local population around COB Speicher."

Like most of his Soldiers, it's this latter element of the job that Baca enjoys most.

"I really enjoy interacting with the Iraqi people," he said. "It's a humbling experience. They really don't have much, and they really don't ask for much more than the basic necessities, like food, clean water, electricity and security for their families. It's wonderful making a positive impact in their lives."

Sgt. Francis Diaz, light vehicle mechanic and assistant patrol leader, and Staff Sgt. Juan Vizcarra, heavy vehicle mechanic and assistant platoon sergeant, are two of Baca's senior leaders. Both shared Baca's opinion about the opportunity to interact with local Iraqi citizens.

"I really feel like I personally am making an impact on the lives of the local populace," said Diaz, a native of New York City, N.Y., and an eight-year Army veteran. "We've established a mutual respect, something that I didn't expect would happen. They understand that we want to help them, and we understand that we're here to help."

"This is really different from my last deployment," added Vizcarra. "Getting to use my basic Soldier skills and interact with the local populace is rewarding. The people still need help and are grateful to us. I love helping people, and delivering school and medical supplies is why we're here ... to help these communities and this country."

TF Lobos refurbishes, dedicates Iraqi warplane to local Air Force College

Story and Photo By
STAFF SGT. MIKE ALBERTS
25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq — The 25th Combat Aviation Brigade, Task Force (TF) Wings, continued its contributions to the Iraqi Security Forces and U.S. Division-North partnership with a symbolic gift.

Soldiers of Company B, 209th Aviation Support Battalion, 25th CAB, TF Lobos, refurbished and dedicated an L-29 Delfin airplane for static display here, Dec. 16, 2009.

The dedication occurred in conjunction with a ceremony marking the return and reopening of the Iraqi Air Force College in its original location of Tikrit.

The L-29 Delfin originated in Czechoslovakia in 1959 and was powered by a Bristol Siddeley Viper turbo-jet engine. It was designed as a straightforward, rugged and easy to fly aircraft. The L-29s were sold to Iraq between the late 1960s and early 1980s and were used primarily as jet trainers and advanced combat flight trainers.

Lt. Col. Erskine Bentley, commander, TF Lobos, explained how his unit became involved with the L-29 Delfin, now prominently displayed at an entrance control point to COB Speicher.

"During this unit's last rotation to Iraq in 2007



and 2008, Soldiers from Bravo Company located four different L-29s in various stages of destruction and disrepair," Bentley said. "Over a process of weeks and months, from those four planes, they pieced together a complete aircraft (without the engine and avionics) and displayed it in front of one of the dining facilities here.

"The Delfin is a unique part of Iraq's military history," he added. "Upon learning that the Iraqi Air Force College (was being reopened here), we thought it fitting to dedicate it to them. Now it's a centerpiece of this location and hopefully serves to (highlight) the partnership between the United States, and

Left — Soldiers from the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, Task Force Lobos, place an L-29 Delfin airplane at its final destination as a static display at Contingency Operating Base Speicher, outside of Tikrit, Iraq, Dec. 16, 2009.

The L-29 was restored and dedicated to the Iraqi Air Force College in conjunction with a ceremony marking the institution's return and reopening in its original location of Tikrit.

Iraq's military and its citizens."

According to Chief Warrant Officer 2 Jason Runckel, TF Lobos' maintenance technician and shop platoon leader, refurbishing the L-29 was an entirely volunteer effort.

"It's the Soldiers (who) made this project happen both last deployment and this deployment," Runck-

el said. "They wanted to (demonstrate) their friendship with the Iraqis and mark this moment in history in their own way."

Sgt. Robert Milam and Pfc. Daniel Pollard are both structural repair specialists, primarily involved in aircraft sheet metal repair. Milam and Pollard volunteered to assist with the L-29's restoration. They helped hammer out dents in the body of the Delfin and assisted with sanding, stripping and re-painting.

Both Soldiers enjoyed participating in the project.

"We all volunteered our time on the project both last deployment and this deployment," Milam said. "I was happy to do it. It feels good to know that we've left our mark in a way that (our Iraqi counterparts) can appreciate, too."

"The Iraqis are our partners, and this plane will be here as long as they want it," Pollard said. "We all took great pride in getting to contribute to the partnership in this way. I really want them to be proud of it, and I hope they will be."

Tripler leads way in medical advances

TRIPLER ARMY MEDICAL CENTER
PUBLIC AFFAIRS
News Release

HONOLULU – The year 2009 found Tripler Army Medical Center right where it always is – leading the way in Army medical initiatives.

TAMC conducted the Soldiers Evaluation for Life Fitness Program in May, the Confidential Alcohol Treatment and Education Pilot Program in July, and the Virtual Behavioral Health Pilot Program in October and November.

Data being collected will provide the Office of the Surgeon General with results and recommendations, all with the goal of providing better ways to address behavioral health issues, to include Post-Traumatic Stress Disorder, suicide ideations, and alcohol and drug abuse, issues that are often recognized upon a Soldier's return from deployment.

Aspects of the OTSG Behavioral Health Campaign Plan are prevention and resiliency, both major parts of the Department of the Army Comprehensive Soldier Fitness Program. The goal of the CSF program is to build emotional, social, spiritual and family fitness and resilience within our Soldiers. TAMC brought Dr. Martin Seligman, director of the University of Pennsylvania Positive Psychology Center and the leading authority on resiliency training, to speak to unit leadership and medical staff at Sgt. Smith Theater, Schofield Barracks, and Kyser Auditorium, TAMC, Dec. 29, 2009.

Seligman stressed "just as we teach physical fitness, we can teach psychological fitness." The first leg of the program is underway as Soldiers complete the Global Assessment Tool.



Molly Hayden | Honolulu Advertiser

Staff Sgt. Tomee Phetsisouk, Warrior Transition Unit, signs his name to the graduating wall at the Warrior Transition Clinic. Hundreds of boot prints line the walls of the clinic waiting for Soldiers to tell a story of triumph and healing upon their recovery.

patients to be seen, worked up and admitted.

The test site for the Army computer system documenting patient procedures, such as tracking medications prescribed and medical history, enables Emergency Department staff the capability to schedule electronic follow-up appointments.

The TAMC Pharmacy established online and call-in services, allowing patients to visit or call 433-6962 for next business day prescription pickup. And the new prescription "Will Call" system provides prescription pickup within two hours. Also, the new Self Care program requires only a military ID card for certain over-the-counter medications.

TAMC Pharmacy hours extended from Monday-Friday, 8 a.m.-9 p.m., and Saturday, 8 a.m.-4 p.m. The Naval Exchange Refill Pharmacy hours extended to Monday-Saturday, 10 a.m.-6 p.m. Expanded hours of operation provide more opportunities for patients' prescription pickup.

Since the first patient was diagnosed with the H1N1 influenza virus in April, TAMC staff have worked with other services and the State of Hawaii to ensure updated information on vaccinations is reaching all beneficiaries in a timely manner.

Opened in March 2009, TAMC's Integrative Pain Center combines conventional medical therapies and complementary/holistic therapies to optimize pain treatment outcomes for active duty military and veterans suffering from chronic musculoskeletal pain, post-traumatic and post-concussive symptoms, to improve the quality of their health care.

Installed in April, the da Vinci Surgical System is a unique robotic platform that enables complex surgical procedures using a minimally invasive approach. Its high-resolution 3D stereo view provides surgeons improvement over conventional laparoscopy.

Receiving the minimal invasive procedure has allowed seven prostate surgery patients to leave the hospital one day earlier and three open-kidney operation patients to be released two to three days earlier – all with good surgical outcomes.

In August, the Food and Drug Administration approved the TAMC-developed Heartsounds device. With the electronic stethoscope, pediatric cardiologists can accurately diagnose an innocent heart murmur by auscultation alone, eliminating the need for more costly studies and unnecessary air-evacuations. Six devices were deployed to remote locations throughout the Pacific in September.

The 13 Graduate Medical Education training programs at TAMC currently consists of 210 residents. In June, 114 students graduated from TAMC's medical and dental internship and resident programs, to include 105 Army, two Navy, one Air Force officer and six civilian students. Also graduating were 14 physician assistants and three nurse anesthetists who completed their field training at TAMC. In August, an additional five physician assistants graduated.

The TAMC Department of Ministry and Pastoral Care provided three married couples and one single Soldiers Strong Bonds training in 2009. These "retreats" brought married couples closer to one another through relationship building, communication skills and insights on how best to deal with stress, especially following a Soldier's return from deployment.

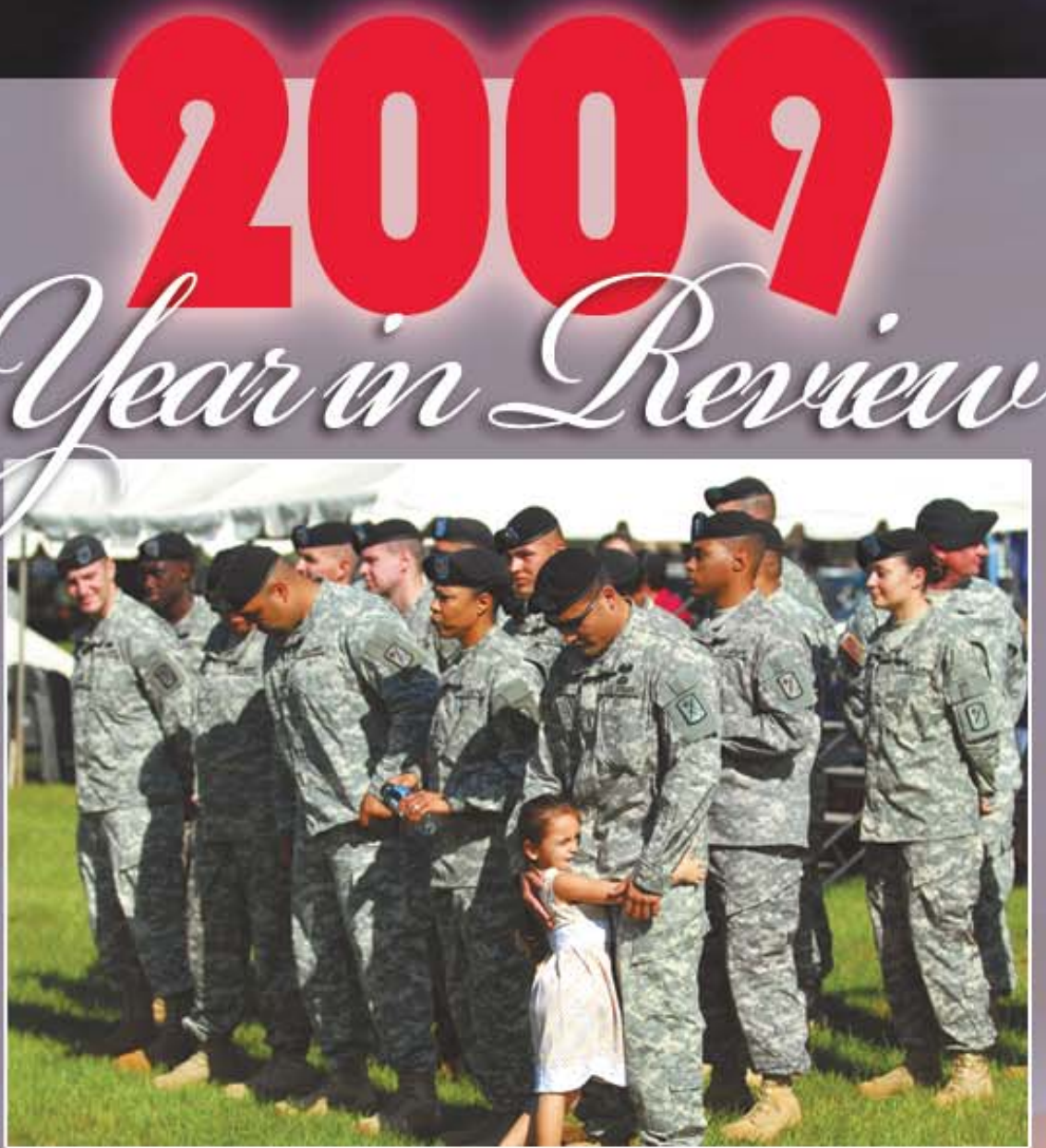
In educating single Soldiers, the training provided information on how to better understand oneself and information useful in future relationships and finding a mate.

In addition, TAMC chaplains provided nearly 50,000 pastoral care contacts to patients, staff and family members. They conducted joint training in pastoral care for victims of sexual assault, PTSD and traumatic brain injury for members of all the services as well as suicide prevention training for more than 3,000 TAMC staff members.

The initiatives begun in 2009 will grow stronger in 2010 while TAMC staff continue to provide quality health care to our service members and their families.

SEE RELATED STORY

• Read more on the Comprehensive Soldier Fitness Program on page A-2.



Master Sgt. David E. Gillespie | 8th Theater Sustainment Command Public Affairs

Chief Warrant Officer 2 Jose Uribe, 45th Sustainment Brigade Support Operations, holds his daughter, Leilani Marie, following the 45th Sustainment Brigade deployment ceremony, Jan. 9, on Hamilton Field, Schofield Barracks. More than 300 Soldiers of the 45th Sus. Bde. are leaving for a 12-month deployment to Afghanistan within the next few weeks.

8th TSC perseveres through deployments, change

SGT. MAJ. TERRY ANDERSON
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – The 8th Theater Sustainment Command had a banner year in 2009, highlighted by several successful deployments, an exercise that culminated in the highest grade possible from the commanding general of U.S. Army-Pacific and a change in leadership.

During the past year, three of the four subordinate brigades that fall under the 8th TSC were deployed to either Iraq or Afghanistan, leaving the headquarters and staff at Fort Shafter to take care of those left behind.

The 8th Military Police Brigade and the 84th Engineer Battalion returned from Iraq in October and November, respectively, after yearlong deployments. The first flight of 45th Sustainment Brigade Soldiers returned home from Afghanistan in early December, and the 65th Engineer Battalion returned home from Iraq in late December, just in time for the holidays.

The 10th Support Group in Okinawa, Japan, continues to support contingencies throughout the Pacific Theater from its location at Torii Station. The 10th Support Group provides the Army's forward presence on Okinawa and is an outstanding neighbor to our Japanese partners.

The 8th TSC took part in Exercise Key Resolve last March, continuing its path toward validation as a fully operational capable command. The 8th TSC deployed its forward command post to Camp Zama, Japan for a command post exercise in the U.S. Army-Japan / I Corps (forward) / U.S. Army Garrison-Japan operations center.

The deployment replicated a real-world scenario, where the 8th TSC would send the FCP forward to an austere or developed location to manage sustainment operations for a humanitarian or combat operation.

The 8th TSC is the command responsible for logistics sustainment in the Pacific Theater, providing beans, bullets, maintenance, transport,

engineer, personnel and military police support to warfighters from Alaska to Korea, spanning 9,000 miles. The CPX exercised the reach-back capability provided by the 8th TSC main command post, located at Fort Shafter.

Following the two-week exercise, Lt. Gen. Benjamin R. Mixon, commander, USARPAC, confirmed the 8th TSC staff and command headquarters to be fully operational capable, the highest rating possible.

In July, Maj. Gen. Michael Terry assumed command of the 8th TSC, taking the reins from Maj. Gen. Raymond Mason, who commanded the unit for nearly two years. Mason left Fort Shafter for his new assignment as the deputy chief of staff, G-4, U.S. Army Forces Command, Fort McPherson, Ga.

The Soldiers of the 130th Engineer Brigade headquarters remain deployed to Iraq, and are scheduled to return to Schofield Barracks in the summer of 2010.



Courtesy Photo

Capt. Jason Honeycutt (left) and 1st Lt. Gavin Mohrman (right) hand humanitarian supplies to children from a small village in Sharqat District during a community outreach, June 2, 2009. Iraqi police and "Wolfhound" Soldiers of Co. B, 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, often delivered humanitarian supplies during Operation Iraqi Freedom.

25th ID faces 'three-block war'

25TH INFANTRY DIVISION PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS – The majority of 25th Infantry Division Soldiers began 2009 deployed in Iraq.

The Tropic Lightning Division Headquarters and its 1st Stryker and 3rd Infantry Brigade Combat teams were serving at the front end of a 12-month mission in Northern Iraq as Task Force Lightning and Multinational Division-North (MND). The 2nd Stryker Brigade Combat Team was nearing the end of a 15-month deployment in support of MND-Baghdad, and returned to Hawaii in March.

During its deployment, 25th ID was the headquarters of MND-North and led more than 23,000 service members and civilians of Task Force Lightning in a full spectrum of operations in Iraq's seven northernmost provinces, an area nearly the size of Ohio. The mission included improving the governance and economics of the region while improving relationships between ethnic groups in one of the most diverse regions in Iraq.

Task Force Lightning troops also trained and advised Iraqi Security Forces that successfully provided security for provincial elections in January 2009, lessened the level of violence in Mosul, the last insurgent stronghold in Iraq, and took responsibility for security in all cities June 30, 2009, in accordance with the U.S./Iraq security agreement.

The 25th ID oversaw numerous reconstruction efforts and enhancements to essential services for the people of Northern Iraq. In addition to completing 230 projects, the Division initiated 140 more to improve the quality of life for the Iraqi people. Soldiers'

efforts provided Iraq with better power distribution and infrastructure; 67 new and renovated educational facilities; transportation projects to improve road and rail systems; and the revitalization of market areas to stimulate economic growth.

Tropic Lightning Soldiers conducted their mission on what Maj. Gen. Robert Caslen Jr., commander, 25th ID and MND-North, called a "three-block war ... in the most complicated battlefield in the history of modern warfare."

Caslen said the Division Soldiers "were magnificent and you can be justly proud of what they accomplished."

Soldiers typically engaged in vicious close combat on one block, protected children as they attended school on the next block, and restored water and power on the third – all of this simultaneously.

As the "Arctic Wolves" of the 1st Stryker Bde, Combat Team redeployed to Alaska in the fall of 2009, another 25th ID unit arrived in Iraq to start its deployment, the 25th Combat Aviation Brigade, which took responsibility of the aviation mission in MND-North in October.

The Division cased its colors in Iraq, Nov. 3, and family and friends gathered at Schofield Barracks, Nov. 19, to celebrate the return of the 25th ID Headquarters and the "Broncos" of the 3rd IBCT to Hawaii, marking the end of a challenging, but very successful, 12-month tour to Iraq during Operation Iraqi Freedom rotation number 9-11.

U.S. Army Sgt. Keron Frazier (foreground) and other Soldiers with the 25th Special Troops Battalion Security Detachment, 25th Infantry Division conduct weapons familiarization training with Iraqi police officers from Al Siqur police station on the firing range of Contingency Operating Base Speicher, Iraq, July 15.

Staff Sgt. Luke P. Thelen | USAF



Evolution of power shifts while noncommissioned officers serve as models for other armies in Asia-Pacific region

LT. GEN. BENJAMIN R. MIXON &
COMMAND SGT. MAJOR JOSEPH ZETTMELMEYER
U.S. Army-Pacific

FORT SHAFTER – The Asia-Pacific region will greatly influence the future of the United States.

According to the authors of "The United States and the Asia-Pacific Region: A Security Strategy for the Obama Administration," "ongoing shifts in geopolitical power from West to East" are making "the Asia-Pacific region more important to the U.S. today than ever before. The region is already an engine for the global economy, and major Asian countries are becoming global economic and political actors."

The U.S. must continue to iterate comprehensive policies incorporating all elements of national power – diplomatic, intelligence, military and economic – in order to advance our strategic objectives in the Pacific.

U.S. Army-Pacific, a forward-deployed theater Army headquarters and Army service component command for U.S. Pacific Command, is uniquely positioned and already implementing a comprehensive strategy designed by PACOM.

Focused on bilateral and multilateral engagements while building relationships, this strategy will prove critical to meeting future regional requirements. USARPAC is also essential to maintaining mutual defense treaty obligations with important allies in the region.

Along with ongoing theater security cooperation activities, USARPAC is transforming its structure and building combat capability to meet future security challenges. All the while, USARPAC continues to support overseas contingency operations including those in Iraq, Afghanistan and the Philippines.

Transformation in the Pacific. In this Year of the Noncommissioned Officer, dynamic changes abound in USARPAC. The headquarters is composed of a main command post with a deployable

contingency command post based in Hawaii. USARPAC will eventually become the single ASCC in the Pacific when its Title 30 responsibilities extend to the Korean Peninsula by 2012.

Having a single, regionally focused, globally networked ASCC in the PACOM area of operations – designed to deftly handle complex and difficult problems from the strategic to the operational – is consistent with the Army Campaign Plan. With augmentation, the deployable CCP will be able to operate as a small-scale contingency joint task force headquarters with missions, including peace enforcement and stability operations.

The relationship with the Eighth Army in Korea is evolving as we look ahead to post-2012 force structure and stationing. The Hawaii-based MCP will assume administrative control of the forward-based operational Army warfighting headquarters supporting Korea Command, currently U.S. Forces Korea. This concept will be tested through the Ulchi Freedom Guardian exercise series, ultimately leading to the successful transfer of operational control of Republic of Korea forces to the government of Korea.

Joint Task Force-Homeland Defense continues to develop its defense support of civil authorities, furthering its ability to address all hazards, natural and man-made, to meet the critical engagement responsibilities of humanitarian assistance and disaster relief in the PACOM homeland defense joint operations area.

The realignment and integration of the U.S. Army Reserve 9th Mission Support Command's mission with JTF-HD is progressing. The reorganization of the 9th MSC will enable the headquarters to continue its reserve component oversight mission of Reserve units and operations in the Pacific and will maximize the inherent capability of its members to support the country – best served by individuals with vested interests, unique skill sets and ties to the community.

Pacific Theater Army's Security Cooperation Program. USARPAC is heavily engaged in support of PACOM's theater strat-

egy. Theater security cooperation program activities – fully developed, coordinated, resourced and executed within the USARPAC theater campaign plan in support of PACOM's theater campaign plan – are crucial peacetime operations that emphasize partnership, presence and military readiness.

Through numerous exercises and exchanges with almost all of the countries in the Asia-Pacific region, these engagements reassure friends and allies of America's long-term commitment to peace and stability here. The sheer dispersion, diversity and increasing frequency with which Army personnel deploy into these partner countries to engage and train, call for a larger pool of available forces to support the array of activities, from senior-level forums to small-unit and staff exchanges.

The Indonesian Army saw a return on its investment in NCO professionalization during the year's Global Peace Operations Initiative, or GPOI, capstone exercise, Garuda Shield, when its NCOs led the rigorous tactical lane training exercises for nine participant nations.

With six additional nations participating and two other nations observing, Garuda Shield met its goal to maintain and improve U.S. and Indonesia peace support operations related readiness and interoperability.

NCOs from USARPAC's partner nations are also learning from observing how the U.S. Army operates and, in many cases, will step up and take charge, rising to the occasion to accomplish the mission.

One of the advisors for the Cobra Gold GPOI was a sergeant major from the Singapore army. With all of the positive interaction from this year's bilateral and multilateral exercises, USARPAC envisions more NCO-led training and inclusion of parts of the U.S. Army's NCO Education System and development in future exercises.

Japan also continues to reforge the Japan Ground Self Defense Force NCO corps, which started with the adoption of a command



Sgt. Gerardo DeAvila | 124th Mobile Public Affairs Detachment

An aerial view shows the combined operations/intelligence center manned by the Northern Army of the Japan Ground Self-Defense Force and the Contingency Command Post of U.S. Army-Pacific and I Corps Forward during the early stages of Exercise Yama Sakura 57.

sergeant major program of education in 2008. JGSDF Sgt. Major Katsuo Shimoasa believes command sergeants major are the key to a professional NCO corps.

Recognition and respect for the professionalism and dedication of JGSDF NCOs was highlighted by the invitation of Command Sgt. Maj. Tsunemi Eto, 8th Division, JGSDF, to participate in the pinning ceremony of U.S. Army Sgt. Raul Gallegos, 83rd Ordnance Battalion, 10th Support Group, 8th Theater Sustainment Command, in February at Camp Ohyanohara, Japan, during Operation Orient Shield.

Army Communities in the Pacific. USARPAC Soldiers and their families continue to play a large role in military communities throughout the Pacific region. Community support for the military in the Pacific is exemplified by Hawaii's recognition of 2009 as the Year of the NCO with the passage of resolutions by both the Hawaii State Senate and House of Representatives.

Hawaii was the first state to honor Army NCOs in this manner; Alaska followed suit with a joint resolution in June. In addition, both states' governors signed Day-of-the-NCO proclamations, demonstrating a great appreciation for USARPAC's NCO Corps, recognizing

ing the vital roles NCOs play in our Army, and acknowledging that our NCO Corps serves as a model for other armies in the Pacific.

2009 also saw every USARPAC brigade-sized unit along with numerous enabling units either deployed to or redeploying from overseas contingency operations. As deployments continue, USARPAC is incorporating a holistic approach for readiness by addressing the mental, physical and spiritual needs of Soldiers, civilians and families.

As part of its strategy to meet mission and infrastructure requirements, USARPAC's Pacific training areas initiative implements training resources and improves training areas and ranges throughout the Pacific theater to enable Army training for full-spectrum operations and includes other service training requirements in the development of joint training plans.

Significant investment – more than \$555 million and 30 military construction projects – is producing a training infrastructure that is second to none. State-of-the-art digital training ranges are supporting USARPAC's "Arctic Warriors" with a fully instrumented, distributed training environment, enabling Soldiers in Alaska to leverage training opportunities at forts Wainwright and Richardson, and at the Yukon and Donnelly Training Areas. In addition, Alaska Command's Joint Pacific Alaskan Range Complex affords Army Alaska Soldiers the unequalled opportunity to integrate into a fully instrumented joint training environment.

The size of Army forces in the Pacific has tripled in the past five years, reflecting an increase in Army capability available to the Pacific theater. USARPAC's combat-ready, technologically advanced and culturally astute Theater Army forces are prepared to advance stability, security and cooperation in the Asia-Pacific region.

USARPAC stands as a powerful force ready to be the catalyst for bringing security, regional stability and partner-building capacity in the Pacific. One Team!

311th breaks new ground in Pacific

Story and Photo by
LIANA MAYO

311th Signal Command Public Affairs

FORT SHAFTER — The past year brought both challenges and victories for the 311th Signal Command.

Milestones achieved by the Soldiers of the 311th in 2009 included several exciting breakthroughs for the Army signal community, which helped improve working relationships with other nations in the Pacific.

After fielding and earning certification on new telecommunication equipment, units assigned to the 311th provided tactical satellite communication platforms in support of Yama Sakura 2009, or YS57, a joint command post exercise at Camp Higashi-Chitose on the island of Hokkaido, Japan, Dec. 7-14.

The exercise was the first time the Army had deployed, installed and operated tactical satellite equipment in Japan, resulting in the first digital signal to be established from Japan to Hawaii and Okinawa.

To the Soldiers of the 311th, YS57 signified the command's operational capstone event, their rite of passage in establishing the 311th as fully operationally capable, or FOC, to conduct command and control of signal forces and network operations in the Pacific region, the Army's largest, most geographically displaced and culturally diverse area of responsibility in the world.

An annual exercise, Yama Sakura provides a forum in which to exchange ideas, military experience and techniques with Japan's Ground Self Defense Force; to train U.S. ground forces for deployment; to strengthen both the U.S. and Japan's capability to defend Japan; and to prepare U.S. Army-Pacific forces for combined, multinational and joint operations.

In order to create a combined strategic and tactical network across the Pacific theater during the exercise, the 311th employed several types of telecommunication equipment at several locations, from command posts in Japan and Fort Shafter, to the Battle Command Training Center at Fort Lewis, Wash.



Pfc. Brian Kinkle (right) and Pfc. Felisha Wade, command post node operators, 307th Integrated Theater Signal Battalion, conduct new equipment training on CPN computers as their platoon conducts its initial operating capability exercise with newly-fielded Signal equipment.

Soldiers at the 311th forward command post in Chitose maintained control of the exercise network with the support of the 78th, 58th, and 30th Signal battalions, the 311th main command post and the Theater Network Operations Security Center at Fort Shafter, all of which worked together to enable networks from around the Pacific to access each other.

"This was the Army's first tactical deployment of our new satellite communication terminals in Japan, which provided I Corp Forward with tactical communications support for USARPAC's MCP and demonstrated to Japan our digital communications capabilities," said Master Sgt. Sean Hayes, G-3 Plans noncommissioned officer for the 311th.

In addition to providing signal support for joint military exercises, Soldiers of the 311th stayed vigilant to their core mission of maintaining and defending the Pacific Land-War Net, to provide a robust and secure

network for warfighters in the Pacific.

Throughout the year, many units assigned to the 311th received awards for their out-

standing performance. The 516th Signal Brigade, and units assigned, won multiple Department of the Army awards at various levels for excellence in supply, maintenance, communications support facilities, deployment and equal opportunity.

A high priority for 311th leadership during 2009 was to bolster the command's joint work force, which consists of both civilian and military personnel. The command exceeded this goal by developing and training new employees who not only supplemented a robust and effective joint work force, but also set new standards to be followed.

The professionalism and achievements of individuals were recognized by the Federal Executive Board, which presented the command with Excellence in Federal Government Awards in nine categories.

The 311th Signal Command looks forward to achieving many more milestones, supporting exercises and excelling in 2010 and the years ahead as the Army's premier signal command.

2009

Year in Review

Garrison logs many ‘first-ers’

U.S. ARMY GARRISON-HAWAII
News Release

WHEELER ARMY AIRFIELD — Just as 2009 began for U.S. Army Garrison-Hawaii, so it ended. Its commander, Col. Matthew Margotta, his directorates and special staff reviewed the year that was and the way ahead.

Innovative goals and objectives had been established in five key areas: high-quality customer service, the housing experience for families and single Soldiers, two-way communication, support for Army Force Generation, and caring for the workforce.

“USAG-HI successfully executed its responsibilities – deploying, redeploying, reintegrating and resetting more units, Soldiers and families than at any other time in U.S. Army-Hawaii’s history,” Margotta said. “You provided support to almost 15,000 Soldiers as they executed our nation’s bidding, all the while providing world-class care for families they left behind.”

The Directorate of Family and Morale, Welfare and Recreation, and Army Family Covenant programs, provided the core of Soldier and family support efforts, Margotta said. Several other Army Community Service programs — the Blue Star Card, Warrior Adventure Quest, the Community Recreation Division, the libraries, the Tropics Recreation Center, and the FMWR Marketing team — all received notoriety as “Best in the Army.”

Collective efforts in many directorates and special staffs including Public Works; Plans, Training, Mobilization and Security; the Staff Judge Advocate; Public Affairs; and Installation Safety enabled the garrison to complete its Makua Environmental Impact Statement and sign a Record of Decision to begin live-fire training at Makua — a process that took eight years to achieve.

USAG-HI’s Native Hawaiian Liaison Office reached out and engaged local and Native Hawaiian communities with several successful initiatives, including the resurrected Native Hawaiian Distinguished Lecture Series.

2009 was a challenging, yet successful year for Public Works, the largest directorate. DPW executed \$75 million in stimulus projects, completed an Alternative High Performing Organization pilot study — the first DPW in Installation Management Command to do so — and met the Defense Department’s mandate for Sustainable Environmental Management.

Also, for the second time in three years, DPW’s Natural Resources program won the Fish and Wildlife Service Partnership Award, a prestigious national recognition.

2009 was an exciting year for the Directorate of Logistics, too, which provided exceptional support to warfighters by repairing, resetting and maintaining thousands of pieces of equipment for units throughout U.S. Army-Hawaii. Further, DOL excelled during the Philip A. Connelly food service competition, winning



Stephanie Rush | U.S. Army Garrison-Hawaii Public Affairs

Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii addresses members of the Emergency Operations Center during a Battle Update Brief, June 3, 2009 — all part of supporting U.S. Army in Hawaii.

at the Department of the Army level and moving on to compete at nationals.

DPTMS enhanced training capabilities in Hawaii. Notably, designing and executing a state-of-the-art Army first: a live, virtual and constructive training exercise for the 25th Combat Aviation Brigade, which enabled the 25th CAB to train in Hawaii instead of going to Fort Rucker, Ala. The capability saved millions of dollars and enabled USARHAW families to remain together for longer periods of time prior to their Soldier’s deployment.

Army Hawaii Family Housing and the Residential Communities Initiative made significant strides providing Soldiers and families quality housing. AHFH completed construction of 3,500 new homes, christened the first-ever Leadership in Energy and Environmental Design for Neighborhood Development, or LEED-ND, in DoD.

RCI privatized transient lodging facilities at Tripler Army Medical Center and successfully implemented the First Sergeants Barracks Initiative on extremely short notice – “providing our single Soldiers a quality of lodging comparable to our families,” Margotta.

Installation Safety gained Armywide recognition in 2009 by implementing “Train as You Ride,” a first of its kind motorcycle course that significantly enhances motorcycle safety, ultimately saving lives.

USAG-HI’s Workforce Development office launched Hawaii Garrison University, an initiative developed over two years to address training and sustaining Department of the Army civilians in Hawaii — the first of its kind, Armywide. Also, the Plans, Analysis and Integration Office led garrison’s Customer Service Campaign, a new Strategic Planning Model and Lean Six Sigma efforts that gar-

nered more than \$5 million in savings.

The Directorate of Emergency Services enhanced community safety; neighborhood watch, community relations officers and direct action response teams were among accomplishments. And, Resource Management and Contracting teams enabled the garrison to execute \$400 million-plus in support of the community in 2009, while Internal Review and Equal Opportunity offices provided valuable “behind the scenes” assistance, Margotta said.

Finally, USAG-Pohakuloa Training Area provided tremendous support to unit training

and took community relations to a new level with positive engagement of Big Island communities. Meanwhile, USAG-Oahu welcomed a new commander and command sergeant major, expanded roles and responsibilities and enhanced efforts to deal with juvenile issues.

Numerous other accomplishments rounded out 2009, well beyond initial objectives.

“In each and every endeavor, you handled yourselves with the same professionalism and commitment to excellence that has become your trademark,” Margotta said.



Successful transition primary goal of Hawaii’s Warrior Battalion

TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS — Activated in June 2007, the Warrior Transition Battalion, here, proved in 2009 that focusing on individual Soldier road maps to recovery, and devoting its energies to ensuring our warriors in transition are provided every opportunity to succeed, enables transition success.

During 2009, the WTB saw a change in leadership when Lt. Col. Harry Xenitelis relinquished command to Lt. Col. Dave Weisberg, July 7. Throughout the year WTs participated in numerous programs provided by WTB, by the Warrior Adventure Quest Program and through services provided by the “P hai P lama,” (the Caring Circle).

Family Strong Series classes, “Coffee with Joe” programs, the Lantern Ceremony Remembrance and mindfulness training workshops were also used to provide support to WTs and their families.

Looking at innovative ways to provide further services to his Soldiers, Weisberg sent members of his cadre to the Adaptive Sports Program’s Train the Trainer clinic at Fort Carson, Colo. There WTs learned about various sport activities they could participate in based on their type of injury.

In July, members of the rock band Kansas stopped by for a visit. WTs and Blue Star Card holders and their families attended a private session with band members prior to the Fourth of July Spectacular concert held at Sills Field.

Warrior Care Month was celebrated throughout November. Nov. 10 found 80 WTs attending an education/employment job fair, coordinated through the efforts of the Soldier and Family Assistance Center. The fair provided education, job opportunities and financial advice to Soldiers and families.

Country singer Lee Ann Womack attended a private meet-and-greet with WTs, Nov. 19, before providing special seating

at her concert that evening.

The Honolulu Police Department conducted a tour for 13 WTs, Nov. 20, and the WTs visited HPD’s various departments, to include the 911 Center, Major Crimes and the Special Services Division (more commonly referred to as SWAT). The tour concluded with an HPD Career Counselor briefing.

Soldiers celebrated Warrior Appreciation/Family Day at Porter Community Center, Nov. 25. Capping off the year, WTs and family members participated in a holiday celebration at the Tropics Recreation Center, Dec. 18, with approximately 350 cadre, WTs and family members in attendance.

“We have implemented programs to address the dimension of wellness, not only physical fitness but family, social, emotion and spiritual fitness,” Weisberg said. “Bringing our Soldiers and their families together in celebration is another dimension to supporting a successful transition. That will continue in 2010.”



Fallen comrades

We remember ...

- Pvt. Sean P. McCune, 20, A Co., 2-35th, 3IBCT, Jan. 11
- 1st Lt. Daniel B. Hyde, 24, A Co., 2-35th, 3IBCT, March 7
- Cpl. Michael J. Anaya, 23, A Co., 2-27th, 3IBCT, April 12

- Chief Warrant Officer Mathew C. Heffelfinger, 29, C Troop, 2-6th Cavalry Regt., CAB, Nov. 8
- Chief Warrant Officer Earl R. Scott III, 24, C Troop, 2-6th Cavalry Regt., CAB, Nov. 8



News Briefs

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

11 / Monday

Macomb Gate Closure — Macomb Gate will be closed Jan. 11-22 to complete a security upgrade. McNair, Foote and Lyman gates will all remain open 24 hours during this time.

Motorists are urged to allow additional travel time in light of expected traffic congestion. Call 656-6734.

MLK Day Observances — The 8th Provisional Brigade and Team Equal Opportunity Hawaii will host two special observances for Martin Luther King Jr. Day. Everyone is invited to attend:

- Jan. 11, 7-9 a.m. — Join a breakfast gathering at the Hale Ikena, Fort Shafter. Tickets for the breakfast are on sale and can be purchased for \$15 by calling Master Sgt. Ivan Brenes, 438-2253 or Sgt. 1st Class Nathaniel Chromczak at 438-9310. Seating is limited.
- Jan. 13, 10:30 a.m.-noon — Enjoy a cultural diversity experience through music, song and slide shows with

guest speaker Mr. Krish Dhanam during a special presentation at the Sgt. Smith Theater, Schofield Barracks. For more information call 655-4802.

20 / Wednesday

Tax Center — Schofield’s Tax Center will be open beginning Jan. 20, for E1-4, and Jan. 25, for all others, Monday-Friday, 8 a.m.-6 p.m. Call 655-1040.

26 / Tuesday

Changes of Command — Lt. Col. David Hodne, commander, 3rd Squadron, 4th Cavalry Regiment, will relinquish command to Lt. Col. Jerry Turner at Sills Field, Schofield Barracks, Jan. 26, at 10:30 a.m.

Lt. Col. Christopher Stenman, commander, 3rd Special Troops Battalion, will relinquish command to Lt. Col. Douglas Jones at Sills Field, Jan. 26, at 2 p.m.

27 / Wednesday

Changes of Command — Lt. Col. Marc Shade, commander, 325th Brigade Support Battalion, will relinquish command to Lt. Col. Joseph Morrow at Sills Field, Schofield Barracks, Jan. 27, 10:30 a.m.

Lt. Col. Glenn Walters, commander, 3rd Battalion, 7th Field Artillery Regiment, will relinquish command to Lt. Col. Richard Kelling at Sills Field, Jan. 27, 2 p.m.

Leaders: Program aids in teaching Pacific’s rich history

CONTINUED FROM A-1

Hilkert said. He noted that the Hawaiian Department headquarters was originally located in a building on Palm Circle, which later burned down and was replaced by the existing gazebo.

“The island of Oahu was split in half and the 24th Infantry Division had the responsibility for protecting the northern half of Oahu and the outer islands, while the 25th Infantry Division’s mission was to protect the southern half of Oahu, which included Waikiki and Pearl Harbor,” Hilkert said. “And on Dec. 7, 1941, the Japanese Imperial Army struck U.S. military bases on Oahu in a devastating simultaneous attack prompting the U.S. to enter World War II.”

The first stop on the staff ride was Aiea Bay State Recreation Area, which was used by the Japanese spy Takeo Yoshikawa, in 1941, to observe ship and troop movements in and out of Pearl Harbor.

Next, the group traveled to Hawkins Battery at Fort Kamehameha on Hickam Air Force Base where Dr. Randy Tucker, Deputy G-3 Support, and Donald Birdseye, Deputy G-3 Operations discussed how the U.S. prepared its coastal defenses.

The final stop included lunch at the Natsunoya Tea House, a favorite lookout point for Yoshikawa. From the tea houses’s second floor, Yoshikawa spent countless days before the attack on Oahu observing and recording troop and ship activity at Pearl

Harbor and reporting his findings back to Japan.

“We are not trying to turn anyone into historians,” Mixon said. “What I would like to do is open the aperture for you a little in order to take a look at the war in the Pacific from a starting point of the strategic significance of World War II ... to study how it was fought ... as it really was a war of maneuver and strategic positioning of forces.”

“There are a lot of things that occurred in the Pacific during World War II that I think affect how we conduct operations today from a joint and strategic perspective,” Mixon said.

The SLDP will continue with a series of study events slated throughout the year.

“We have a number of senior leader development events planned for the future to include inviting several veterans who were involved in various battles,” Hilkert said. “Other study events will focus on the Battle of Midway, the China-Burma-India War, and ... tentatively scheduled, a staff ride to Kwajalein.”

The program will conclude December 2010 with a closing ceremony aboard the USS Missouri.

“The attack on Pearl Harbor did not just all of a sudden happen,” Mixon said. “There were a lot of things that led up to World War II. Therefore, things that are happening today have a cumulative and strategic effect. That’s why it’s important to study our history.”

Suicide: Leaders have greatest impact on helping troops

CONTINUED FROM A-1

health,” said Vice Chief of Staff of the Army Gen. Peter Chiarelli in an All Army Activities message. “It provides detailed guidance on supporting Soldiers and families through all phases of the AR-FORGEN cycle, to include command-directed evaluations, facilitating leader-led after-action debriefs, and updated sleep guidance as an operational planning factor.”

AR 600-63 tells commanders they are responsible to ensure that Soldiers identified for suicide risk or related behaviors are managed in a consistent manner. It also promotes the battle buddy system, improves unit watch suicide intervention procedures and requires commanders to establish a policy that prevents Soldiers from being belittled for seeking or receiving behavioral health assistance.

PAM 600-24 promotes community health promotion councils and suicide prevention task forces. It provides standard membership and responsibilities for these programs throughout the Army.

Bruce Shahbaz, a medical analyst for the initiatives group of the task force, said changes are being made to reduce barriers that may make it difficult for Soldiers to receive behavioral-health care.

“Barriers to care include a behavioral health appointment backlog, when the



demand for care exceeds the Army’s ability to provide treatment. The Army is increasing the number of psychiatrists, psychologists, social workers and psychiatric nurse practitioners to help decrease this ‘backlog,’” Shahbaz said.

“Another barrier to care is the fact

that Soldiers don’t want to miss unit training events (like rifle range training), so MEDCOM is expanding the duty hours for behavioral-health services in some locations to make evening and weekend appointments available for Soldiers and their families.

“The goal is make it easier for Soldiers to get the medical treatment they need to return to full duty capability,” Shahbaz added.

Another recent message from Chiarelli highlighted issues that may be of particular concern in the six to 12 months

following return from deployment.

The message emphasized suicide, behavioral health issues, alcohol/substance abuse, domestic violence, barriers to wellness, risk-taking behavior and non-visible injuries (hearing, traumatic brain injury, and post-traumatic stress disorder).

Another concern has been maintaining Soldiers’ privacy and ensuring protected health information, or PHI, is not disclosed inappropriately because PHI is protected by law.

“Army Medical Command has recently updated its policy on protected health information to help clear up the confusion surrounding behavioral-health care. Seeking behavioral-health treatment does not trigger ‘command notification,’” Shahbaz said.

Privacy rules recognize that the military mission may require PHI to be disclosed to commanders without the Soldier’s authorization in certain circumstances. Those circumstances might include necessity to determine the Soldier’s fitness for duty or preventing suicide or acts of violence.

Unit commanders must limit further release or disclosure of Soldiers’ PHI to only those who need to know.

Leaders acknowledge that unintended release of information increases stigma and barriers to care.

Redeploy: More than 130 warriors return from 12-month deployment

CONTINUED FROM A-1

scattered throughout the country.

“Afghanistan is the most challenging logistical environment we’ve ever worked in,” said Col. Clay Hatcher, commander, 45th Sust. Bde. “We supported more than 65,000 Soldiers, civilian contractors and another 12,000 Marines on the battlefield, and the troops did a great job.”

“I’m glad to be back home with my family,” said Sgt. Morgan Holmes, Bravo Company, 45th Sust.

Bde. “It was a long time to be away, and I’m happy now to be able to spend it with my wife and kids and connect as a family again.”

Immediately after arriving in Afghanistan, the brigade began implementing new distribution methods to better support all U.S. service members in the country.

“Our logistical support was vital out there,” said Capt. James Costigan, Headquarters and Headquarters Company, 45th Sust. Bde. “It was one of the most important missions because the sergeants,

privates and Soldiers on the frontlines need all the help they can get to continue hunting the bad guys.”

The brigade achieved several noteworthy accomplishments during their yearlong deployment, which included more than 500 missions and over 855,000 miles on the dangerous roads of Afghanistan.

The brigade’s Soldiers distributed 150 million gallons of fuel, constructed and certified 10 forward supply points, and supported the surge in person-

nel at 200 separate forward operating bases and combat outposts.

“It’s going to be a lot different now that my husband is back home,” said Jackee Holmes. “We have to get adjusted and change things back from how we did things while he was gone. It’s going to be a big change for us, but it’s a good one because it’s one we’re going to go through as a family.”

Soldiers will have the next two weeks to begin the process of reintegration, connecting with friends and family and enjoying much needed down time.

HAWAII ARMY WEEKLY

PAU HANA

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

“When work is finished!”

FRIDAY, JANUARY 8, 2010

Dana Ryherd puts her body through an intense workout on a Nautilus machine at Martinez Physical Fitness Center, Schofield Barracks, while personal trainer Vicki Rieger demonstrates how the cables should be brought together. Five months into her training program, Ryherd claims she's just as excited now about her regimen as she was when she first began. "I've got a lot more energy nowadays," she said. "You could say I'm much more enthusiastic when it comes to exercising."

Personal trainers

give knowledge, motivation ... and guilt trips!

Story and Photos by
BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — When it comes to shaping the lives and bodies of today's military community, no one does it quite like Kristy Osborn and her crew of personal fitness trainers.

Currently based out of the Martinez Physical Fitness Center, here, with outreach services extending to Helemano Military Reservation (HMR), as well, Osborn and staff usually get the call whenever Soldiers, civilians or military family members need assistance in toning up their bodies, dropping weight or training for a particular sporting event.

Those who come calling are usually women, although some of the Army's male representatives will often seek out help when trying to boost their Physical Training scores, she said.

"I'd say that one out of every six of my clients are men, and they usually come to me if they have to pass their PT test," said Osborn, head trainer of the Oahu North Community's fitness centers. "Other than that, it's usually women we're working with."

For clients, the benefits of having a personal trainer are tremendous. Aside from increased muscular strength and cardiovascular endurance, most patrons notice almost immediate results in improved body composition and flexibility.

For example, Dana Ryherd has felt increased vigor since beginning a training regimen with one of Osborn's personal trainers, Vicki Rieger, nearly five months ago. In that time, she's maintained her schedule of meeting with Rieger for hour-long workout sessions, twice each week. In addition, she finds time away from the gym to log about six miles of



Personal trainer Kristy Osborn encourages one of her clients, Christine Fair, on how to properly hold an exercise ball while remaining low on a balance disc during a training session at Martinez Physical Fitness Center. Osborn and her staff of five personal trainers instruct dozens of military clients each year on the benefits of staying fit and maintaining an overall healthy lifestyle.

roadwork weekly.

"I've got a lot more energy nowadays," noted Ryherd, the daughter of retired 1st Sgt. Penny L. Johnson. "You could say I'm much more enthusiastic when it comes to exercising."

Most customers would agree that personal fitness trainers are needed as much for their knowledge as they are for their encouragement.

"People are less likely to skip a

workout knowing they have an appointment with us," said another personal trainer, Katie Knight, who's personally responsible for about a dozen clients. "It's also motivating to have somebody there watching them and coaching them. They tend to push a little harder than if they're on their own."

All new clients must first meet with Osborn, who then puts them through a total body assessment, in

which body fat and circumference measurements, and cardio fit, endurance and muscle strength tests are conducted. Based on those results, fitness goals are discussed. Additionally, recommendations on a training program are made, and workout times are agreed upon.

"We try to get a feel of why they're here and what their goals are," Knight explained, "but there's one thing we are not, and that is nutri-

For more information on the personal fitness training offered at Schofield and Helemano Military Reservation, call Osborn at 381-5944 or email her at kristyosborn@gmail.com.

tionists. We can tell you a lot of things about what you're eating, but we won't prescribe a diet for you."

And while Osborn receives the lion's share of clients, other trainers get their assignments based on their specialty and clients' schedules.

"For example, I'm a triathlete, and that's my specialty. Since I strongly believe in cardio and weight training, I may get those type of clients," Rieger said, who currently has more than 20 clients.

"But Kristy will make the assignments based on several things," she continued, "like personality, schedules and what her trainers do and fully believe in as well."

Here's another perk to the program: low cost.

While personal fitness trainers around Hawaii generally charge about \$65 an hour, Osborn's staff helps keep money in their clients' pockets by slicing that rate in half. One-on-one sessions cost \$35, while the charge for group training sessions drops to \$25 per person.

"I used to train over (in Mililani)" said Karen Woodward, an Osborn client for the past three years, "but the trainers here are just as good. And it's much cheaper."

Ultimately, determining whether to hire a personal fitness trainer is a personal decision, Osborn noted. Regardless, she has one bit of advice to those who find themselves living a sedentary life.

"Just move," she said. "That's the most important thing."

'Biggest Loser' makes it ways to the islands at Fort Shafter gym

BILL MOSSMAN
Staff Writer

FORT SHAFTER — The local version of "The Biggest Loser" is back, getting an earlier start in its second go-around as potential contestants attempt to shed those pounds gained over the holidays.

In 2008, the inaugural contest kicked off in April, culminating over the Fourth of July weekend as the eventual winner shed 45 pounds, or 10 percent of his body weight.

This year, the three-month weight-loss program, based on the hit TV series, runs from Jan. 4 to April 1.

To register or for more information on the contest, call 438-1152.

"We're trying to catch all those people making New Year's resolutions," said Kalei Scoggins, recreation assistant, Fort Shafter Physical Fitness Center.

Contestants will again be weighed, here, once each month, as well as have their blood pressure, body mass index and pulse rate checked. But the goal of the contest, Scoggins said, is much more than simply dropping weight.

"We're hoping to improve the person's whole health in general," she explained. "We'll continue to provide as much help as possible for them. We'll have outdoor conditioning and circuit training activities for those who sign up, and we'll even have a

registered dietician on hand to provide advice.

"Beyond that," she continued, "everything is optional, so they'll get as much out of it as they put into it."

Due to the popularity of last year's contest, Scoggins is expecting more than just a slight bump in the overall number of contestants.

"Last year, we had 75 people sign up for the contest," she said. "This year, we're expecting between 100 and 150 people."

The contest is open to all active

duty Soldiers, retired Soldiers, National Guardsmen, Army Reservists and their adult family members, as well as Department of Defense and Army & Air Force Exchange Service civilians.

The registration fee is \$5. All monies collected will go directly into program incentives, Scoggins said.

SEE RELATED STORY

•Get more details about weight loss on page B-4.



8 / Today
Family Fun Friday – Family Fun Friday is back at the Tropics Recreation Center, today, 6 p.m. Come and enjoy free Papa John’s pizza, fun and games, and some of the most hilarious and entertaining contests around. Also on hand will be HDTVs, tons of Nintendo Wii, PS3 and Xbox 360 games for checkout, family table games, pool, darts, air hockey, table tennis, beach volleyball, and much more. Call 655-5698.

15 / Friday
Scrap & Pour Madness – Stop by the Schofield Barracks Arts and Crafts Center, Jan. 15, 5-10 p.m., for a scrapbooking and ceramic-pouring marathon. Cost is just \$5 for scrappers and \$10 for pourers. Scrappers can work on your own projects, use our Cricut die cutter and socialize with your friends. An instructor will be available for new creative ideas. Pourers can pour up to 10 molds with no user fees. Food, fun and prizes will be available. Call 655-4202.

Big R: Bunco – The deadline to register for the next Redeployment Countdown event is Jan. 15. Come celebrate another month of deployment complete with your Blue Star Card friends, Jan. 22, 6-8 p.m., at the Tropics, Schofield Barracks. Bunco is a fun dice game and is great for socializing. It’s also very quick and easy to learn. Light pupus and child care will be provided.
Call 655-0112 or 655-0113 for information or to register.

Furlough Friday – Looking for Furlough Fridays activities? The next Furlough Friday is scheduled Jan. 15. Family and Morale, Welfare and Recreation has you covered with a variety of options for students and teens in all grades. Programs offered at Child, Youth and School Services (CYSS) and Army Community Service will keep your keiki busy.
An FMWR Furlough Friday Activity program guide can be downloaded at www.mwrmilitaryhawaii.com, click on CYSS.
The next Furlough Friday days are scheduled, Jan. 29; Feb. 5, 12; March 5, 12; April 23, 30; and May 7, 14.

16 / Saturday
Jewelry Workshop – The next jewelry workshop will take place Jan. 16, 9-11 a.m. at the Schofield Barracks Arts



Send announcements to community@hawaiiarmyweekly.com.
8 / Today
Live from the Lawn – Enjoy a free public Grammy Concert event, today, 6-9 p.m., on the lawn of the Hawaii State Art Museum, 250 South Hotel St. Performing will be Amy Hanaialii, Hookena and many more.

Whale Watching – Now through May 15, the Star of Honolulu is offering a free child ticket with each adult ticket purchased for its noon daily whale-watching tours. Whale sightings are guaranteed, so if you don’t see one on the 2 1/2-hour cruise, you get a free ticket for another cruise. Trips are held 12-2:30 p.m. daily. Prices start at \$32.40 for adults. Call 983-7827.

9 / Saturday
Pacific Aviation Museum Offer – The Pacific Aviation Museum Pearl Harbor is offering one free keiki admission (4-12 years old) with each paid adult admission every Saturday and Sunday. Children under 4 are always free. Adult ticket rates start at \$10 for kamaaina and military. The museum is open 9 a.m.-5 p.m., daily. Visit www.PacificAviationMuseum.org or call 441-1000.

11 / Monday
MLK Day Observances – The 8th Provisional Brigade and Team Equal Opportunity Hawaii will host two special observances for Martin Luther King Jr. Day. Everyone is invited to attend:
•Jan. 11, 7-9 a.m. – Join a breakfast gathering at the Hale Ikena, Fort Shafter. Tickets for the breakfast are on sale and can be purchased for \$15 by calling 438-2253/9310. Seating is limited.
•Jan. 13, 10:30 a.m.-noon – Enjoy a cultural diversity experience through music, song and slide shows with guest



Dana Spalding | Family and Morale, Welfare and Recreation

Happy holidays
SCHOFIELD BARRACKS — Family and Morale, Welfare and Recreation employees serve Christmas Dinner to more than 300 Soldiers and their families at the annual Holiday Party, Dec. 24, 3-8 p.m., at the Tropics Recreation Center, here. Attendees were treated to a free holiday dinner, entertainment, activities and prizes.

and Crafts Center. Just \$20 includes all supplies to make your own fabulous hand-crafted jewelry. Call 655-4202.

20 / Wednesday
Duct Tape Craft – Teens, did you know that the ultra-popular duct tape can be used to create interesting items? Stop by the Sgt. Yano Library, Schofield Barracks, Jan. 20, 4-5 p.m., to create novelty items using duct tape. This program is free, and all supplies will be provided. Call 655-8002.

21 / Thursday
Online Investing Training – Join us at the Sgt. Yano Library Jan. 21, anytime between 2-6 p.m., for a hands-on training session on how to use the Morningstar online database. Whether you need direction in choosing funds for stocks or looking for the definition of an investment term, you’ll find it in the Morningstar Library.
This program is free and open to all Active Duty, family members, and Department of Defense civilians. Call 655-8002.

Texas Hold-Em Poker Tournament – The next session of this great free monthly tournament takes place Jan. 21, 6-9:30 p.m., at the Tropics Recreation Center, Schofield Barracks. This great tournament lets you test your skills against the best-of-the-best poker players on post.
All ID card holders 18 and older are welcome. Call 655-5698.

speaker Mr. Krish Dhanam during a special presentation at the Sgt. Smith Theater, Schofield Barracks. For more information call 655-4802/4808.

12 / Tuesday
Spring Kick Off – The Protestant Women of the Chapel will host their spring kick off, Jan. 12, 9 a.m., at the Main Post Chapel Annex, Room 212, Schofield Barracks.

Sign up for classes on marriage, prayer, faith, scrapbooking and more. Limited free child care is available with prior R.S.V.P. Contact Valerie at 753-3584 or valeriepwoc@me.com.

13 / Wednesday
Post Exchange Meeting – All Fort Shafter community members are invited to attend the next Fort Shafter Post Exchange/Market meeting for the Oahu South community, Jan. 13, 10-11 a.m., at Building 1599, Room 115, Fort Shafter Flats. Call 438-6996 for details.

Job Quest Job Fair – More than 100 national and local employees will be hiring at a job fair, Jan. 13, 10 a.m.-3 p.m., at the Neil Blaisdell Center. General admission is \$3, or \$1 for students, seniors and military. Visit www.virtualjobquest.com.

14 / Thursday
Preparing Children For Deployment – Family Strong Hawaii will offer classes Jan. 22, 9 a.m.-noon and Jan. 22, 9 a.m.-noon and Jan. 22, 9 a.m.-noon at the Main Post Chapel Annex, Schofield Barracks. Family Strong classes offers classes aimed at helping families and children how to maintain positive connections and healthy coping during deployment. Call M. Aloha Valverde at 655-1823 or e-mail marie.valverde@us.army.mil to reserve your seat.

Ongoing
Online Training – The Army Sub-

27 / Wednesday
Create a Card – All family members of deployed Soldiers are invited to make a Valentine card to send to their deployed loved ones, Jan. 27, 3-4 p.m., at Sgt. Yano Library, Schofield Barracks. The library will provide all materials but please bring your creativity. No registration is required. Call 655-8002.

Ongoing
Tutoring Available – The Department of the Army has contracted tutor.com to offer free, online tutoring to students in kindergarten-high school and college prep. Tutor.com gives students access to live tutoring help 24 hours a day, seven days a week. The tutors are certified teachers, college professors and graduate school students who provide tutoring services in all grade levels of math, science, English and social studies. This service is available at no cost to Army families.

Visit tutor.com via the Army One Source Web site at www.myarmy.onesource.com/cyss_tutor.
Contact the School Liaison Office at 655-9818.

AFTB Survival Training – Army Family Team Building (AFTB) connects families to the Army one class at a time. Call today to find out how commanders, family readiness groups and others can

use AFTB to assist in team building, increase unit readiness, help new family members adjust to the Army lifestyle, and reacquaint with other family members.

For more information on classes, concept blocks and unit briefs, call 655-1703 or e-mail catherine.baldwin@us.army.mil.

ITR – Let Information, Tickets & Reservations (ITR) help you explore paradise. Use the online request form at www.mwrmilitaryhawaii.com, click Travel, Tours & Tickets. Special military rates are available.

Call Schofield Barracks ITR at 655-9971, Monday-Friday, 10 a.m.-6 p.m., and Saturday, 10 a.m.-4 p.m.; or Fort Shafter ITR at 438-1985, Monday-Friday, 10 a.m.-6 p.m., and Saturday 9 a.m.-3 p.m. The offices are closed on Sundays and federal holidays.

Confidential Counseling – Military and Family Life Consultants (MFLC) are available to assist Soldiers and family members by providing short-term, situational, problem-solving counseling services, which are private and can be arranged by calling 222-7088. If your issue is financial-based, call an MFLC personal financial counselor at 265-8136.

Twitter – Do you twitter? Follow Family and Morale, Welfare and Recreation’s mascot, Eddie the Eagle at www.twitter.com/FMWR_Eddie.

at a luncheon on Capitol Hill. Entry forms are available at www.asymca.org.

AER Scholarships – Army Emergency Relief Scholarship opportunities for the 2010–11 academic year are now available. Army families with undergraduate college expenses for their dependent children may be eligible to apply for the Maj. Gen. James Ursano Scholarship Program. The program offers scholarships based on financial need, academics, leadership and achievement for each academic year.
The Stateside Spouse Education Assistance Program is a need-based education assistance program designed to assist spouses/widows(ers) in gaining the education required to allow them to qualify for increased occupational opportunities. Applications are available online at www.aerhq.org and due March 1.

Military Kids Camp – Operation: Military Kids Camp-Hawaii, along with YMCA-Camp Erdman, is offering two family camps geared toward helping recently redeployed service members and their families reconnect. The camp, scheduled April 9-11, is open for registration. Visit www.ctahr.hawaii.edu/4h/omk, e-mail omk@ctahr.hawaii.edu, or call 956-4125.

Recycling – Keep unwanted metals and plastics out of landfills by recycling old cellular phones. Proceeds generated from this initiative will help fund environmental projects and Family and Morale, Welfare and Recreation events for the community. Call 656-5411 or 864-1048 for a pick up or drop off at the Environmental Division offices, Building 105, 3rd floor, Wheeler Army Airfield. All items will be collected when customers request a regular pickup.
To learn more about post recycling efforts, go to www.garrison.hawaii.army.mil, and click on “Sustainability.”

Twitter – Do you Twitter? Follow the garrison at www.twitter.com/usaghi. Call 656-3153 for more information.



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
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
•Friday, 9 a.m. at AMR
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
–7:30 a.m. at WAAF
–8 a.m. at AMR
–10:30 a.m. at MPC Annex
–11 a.m. at TAMC
•Monday-Friday, noon at MPC and TAMC

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

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•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

Orthodox Divine Liturgy
•Sunday, 9 a.m. at TAMC

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

Protestant Worship
•Sunday Services
–9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
–10 a.m. at AMR and HMR



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



The Twilight Saga: New Moon
(PG-13)
Fri., Jan. 8, 7 p.m.

Planet 51
(PG)
Sat., Jan. 9, 4 p.m.

Ninja Assassin
(R)
Sat., Jan. 9, 7 p.m.
Thur., Jan. 14, 7 p.m.



Old Dogs
(PG)
Sun., Jan. 10, 2 p.m.

Armored
(PG-13)
Wed., Jan. 13, 7 p.m.

No shows on Mondays or Tuesdays.

Hawaii’s first baby of year arrives at 12:07 a.m.

Tripler newborn was a late arrival for parents

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU — Expected on Dec. 30, 8-pound, 4-ounce Ethyn Adrian Torres didn't make his appearance until 12:07 a.m., Jan. 1 — late for mom and dad, but just in time to be Tripler's and Hawaii's New Year's baby.

Parents Salvador Torres Jr. and Claudia Torres, originally from Chicago, currently reside at Marine Corps Base Hawaii, Kaneohe Bay, having come from Camp Pendleton, Calif., only a month ago.

Mom Claudia found labor and delivery easier than she had expected, and when asked about Ethyn's distinction as the first baby of the year she said, "I thought it was a joke."

"I was there for the whole thing," said Salvador. "I've never experienced anything like this."

"I love it here (at TAMC)," he continued. "Everyone made me feel right at home. It was all just an unbelievable experience."

Salvador will be spending the next few days settling in with Claudia and



Jan Clark | Tripler Army Medical Center Public Affairs

Tripler's and Hawaii's first New Year's baby, Ethyn Adrian Torres, was born at 12:07 a.m., Jan. 1. His parents, Salvador Torres Jr. and Claudia Torres, arrived on island a month ago and reside at Marine Corps Base Hawaii-Kaneohe Bay.

baby Ethyn before returning to work. While both parents loved the experience and are happy to have the first grandchild in her family, and first grandson in his, they don't plan on adding to the family again for some time.

"We plan to just enjoy Ethyn for now," Claudia said.

AHFH continues to improve communities, quality of life

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS — Army Hawaii Family Housing is building communities, not just homes.

Part of doing so includes establishing community centers throughout a development that serve as a gathering place for families, friends and neighbors.

In November, the fifth new community center opened in the Kaena neighborhood at Schofield Barracks. In addition to having a full-time property management staff dedicated to supporting families, the center features a fitness center, multipurpose room and theater.

Outdoor amenities scheduled to be completed in the next few months include a spray park, basketball court and tot lot.

Across Kunia Road, the Wilikina Community Center is under construction at Wheeler Army Airfield. In addition to the services and amenities found at all AHFH facilities, Wilikina will feature a swimming pool.

Completion is scheduled for Sep-



Mark Brown | Army Hawaii Family Housing

Community amenities are as important as homes when it comes to building AHFH communities. Pictured above, the Kaena Community Center at Schofield Barracks was AHFH's fifth center, and was completed in November. The Wilikina Community Center at Wheeler Army Airfield will feature a pool and is expected to be completed in September.

tember 2010.

New and renovated homes. With new home construction reaching the halfway mark in 2009 — more

than 2,600 homes have been completed — families will continue to see a high volume of activity through 2010.



For more information about AHFH's development plans and construction status, log on to www.ArmyHawaiiFamilyHousing.com.

AHFH expects nearly 900 new homes to be completed this year at Fort Shafter, Aliamanu Military Reservation, Schofield Barracks and Wheeler, which saw the first of 241 new homes completed last month.

In addition to new homes, renovation of 2,500 existing homes got underway last year. An average of 35 homes are renovated each month, and work is taking place at Wheeler, Schofield and Helemano.

Historic homes are included in the scope of work; homes receive many modern amenities while preserving their historic and cultural aspects.



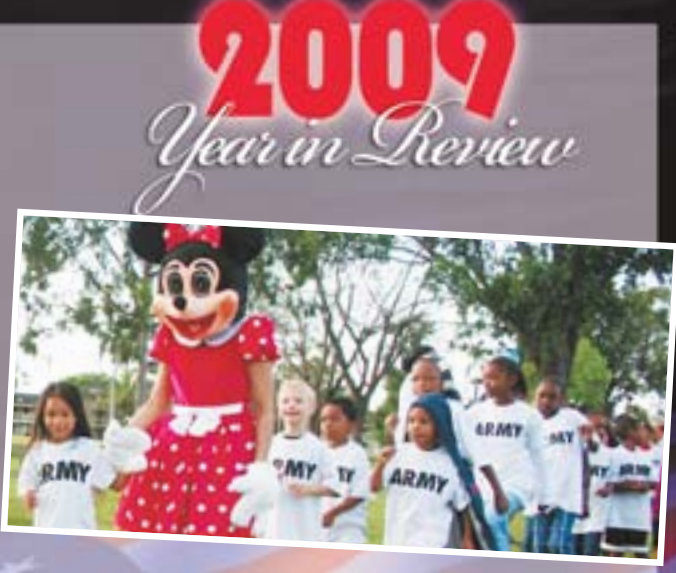
Spc. Ashley Armstrong | 94th Army Air and Missile Defense Command Public Affairs

Sgt. Joseph Counterman, chemical, biological, radiological, and nuclear specialist, 71st Chemical Company, 45th Sustainment Brigade moves to gain control during his first-ever mixed martial arts match at the "Scuffle on Schofield" at the Tropics Recreation Center, July 25, 2009.



Sgt. Maj. Terry Anderson | 8th Theater Sustainment Command Public Affairs

Maj. Gen. Michael Terry, commanding general, 8th Theater Sustainment Command, reads "How to Bake an American Pie" during "Tell Me A Story," Sept. 16, 2009, at the Aliamanu Community Center.



Amy L. Bugala | U.S. Army Garrison-Hawaii Public Affairs

Minnie Mouse leads a march around the Bennett Youth Center Field, Schofield Barracks, during PT in the Park, a Child and Youth School Services event, April 7, 2009. More than 157 children, ages 2-8 years old, and more than 25 parents, participated in the 30-minute "mouserercise" aerobic routine with Mickey Mouse and friends. The annual event kicked off Month of the Military Child celebrations for U.S. Army Garrison-Hawaii.

Input gathered online, face-to-face on services through April

ELAINE WILSON
American Forces Press Service

WASHINGTON — Defense officials have launched virtual "listening sessions" in hopes of gaining more insight into the effectiveness of military family programs, a Pentagon official said.

The anonymous, online survey solicits feedback from service members and their families on the military's educational programs, support networks and other services.

"We hope to hear from a tremendous number of people and have the opportunity to hear from people with wide-ranging issues," said Cathann Kress, program lead for partnerships within the Pentagon's office of military community and family policy.

"Whether you're a brand-new military family with no children or a military family with many years in with several children, we want to hear from you," she added.

The online component is an addition to the face-to-face listening sessions already being conducted on military installations throughout the world. The Defense Department and the U.S. Department of Agriculture's National Institute of Food and Agriculture began conducting these discussion groups in October to help determine the best way forward for military family programs, Kress said.

"We needed to hear from the people invested in the programs," she said.

Past sessions have included leadership directly responsible for family programs and policies, as well as frontline professionals who provide support at the local level, she added. Future sessions will focus only on service members and their families.

Virginia Tech University faculty members have been conducting the face-to-face sessions. "It helps to have a neutral, third party so people can have a relaxed conversation," Kress noted.

Both the online and face-to-face listening sessions will wrap up in April. Officials will analyze the feedback and create a report that outlines trends and program gaps and offer future recommendations.

The report will also highlight good-news stories, Kress said.

"We'd like to know what programs families have used and are using, what have been helpful and how have they been helpful," she said.

Finding out what's working can be just as beneficial as finding out what isn't, she added.

Officials will share the report with each service and their partners, Kress said.

"We'll use it to help determine our priorities for the future, such as where to put resources," she added.

The feedback will be invaluable for officials who hear of issues through word of mouth, but don't have a concrete way of pinpointing the "big picture" problems, she said.

"We're hearing that there are a lot of programs out there, but those programs aren't communicated to the people who need them," Kress said. "Or, people are overwhelmed by information on programs and aren't sure which program to use when there's a need."

"We've heard this anecdotally, but don't actually know," she continued. "We hope we can gain a better understanding of what the issues really are. That understanding will enable us to better serve families."

Whether feedback is gained online or in person, "the goal is to hear from whoever wants to share," Kress said. "This is a wonderful opportunity to hear from our service members and their families."

Commissary offers 10 tips for those serious about weight loss

LT. COL. KAREN E. HAWKINS
Defense Commissary Agency

FORT LEE, Va. – A new year and a new decade are here, and many of us want to lose a few pounds or try to get in shape.

Many diets are out there that promise to help you lose weight; yet, not all are safe.

Are you ready for a new you? Ready to diet?

As a dietitian, I know that most fad diets that people begin at this time of year are bound to fail. Why? They simply are not realistic in their goals and don't focus on how we really eat.

Now that's no reason not to try to diet. Medical research shows that if you are overweight, losing as little as 5 to 10 percent of your body weight (that's about 8 to 15 pounds if you weigh 150) may leave you with better blood pressure, improved cholesterol levels and a lower risk of diabetes.

To lose weight gradually and keep it off, here are 10 tried and true tips that you can live with while losing weight and getting in shape.

1) Go slowly. Set a realistic goal for weight loss and write it down. Losing 2 to no more than 3 pounds a week is generally recommended by experts.

Remember how long it took to gain the weight. Give yourself time to lose it gradually, and you are more likely to keep it off as you change your lifestyle habits.

2) Be active. Calories in, calories out, or what you eat is what you get. This



saying means be active. Go walking, swimming, jogging, bicycling and dancing to burn those calories. The key is to make physical activity a part of your everyday life.

3) Go small. Use the small plate and small bowl at meals instead of the large ones. It's too easy to eat too much when you use a big dinner plate or a large bowl, especially for that nighttime ice cream.

4) Eat fiber. Aim for 25 to 35 grams of fiber a day. Fiber fills you up and

helps you feel full for a long time between meals.

Easy ways to get more fiber include eating cereal for breakfast that has 10 or more grams per serving; eat a pear or an apple for a snack; add beans to your meals, soups, and salads; and add a few nuts as a snack or on a salad.

5) Eat protein. Do not skimp on protein, which includes chicken, fish, turkey, lean beef and pork. It also includes dairy foods like skim milk, yogurt, low-fat cheeses, beans and nuts, all

found in your commissary at savings of 30 percent or more.

The average person needs 0.8 grams of protein per kilogram of body weight, about 60 to 90 grams protein a day.

6) Portion control. A serving that is bigger than your fist is probably too much to eat, unless it's vegetables, which is the next tip.

7) Eat your veggies. Eat vegetables at lunch and dinner. Portions are not so important here. In fact, eating vegetables is a good place to cheat if you



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

need to.

Make sure to fill up half your plate at meals with vegetables. The fiber, water content and nutrients in vegetables help the body lose weight. Fresh, canned or frozen veggies are all great choices. Avoid the sauces, though, as they add many extra calories.

8) Eat your fruit. Fresh, canned or frozen, they all make great snacks and a nice dessert. Dried fruit is OK, too, as long as you control the portion sizes.

9) Get support. Get support from your family and friends to stay on track with your weight loss. How about creating your own biggest losers contest and invite others to join? Support goes a long way with weight loss.

10) Celebrate your success! Give yourself a pat on the back and more as you continue to lose weight. It's no easy task.

As you reach a weight loss goal, how about something special to reward yourself? Make it something that you really can enjoy like a new outfit, season tickets for your favorite sport or a special vacation. You decide what it is and write it down with your goal.



Tricare adds benefits with Web-based tools, flu vaccine options

TRICARE MANAGEMENT ACTIVITY
News Release

FALLS CHURCH, Va. – The past year has been a busy one for Tricare with major enhancements to several Tricare benefits, new guidelines for vaccines, the introduction of a new Web-based counseling program and other services.

Expanded Benefits and Customer Service. Introduced Aug. 1, 2009, the Tricare Assistance Program uses today's constantly evolving Web-based technologies to bring short-term professional counseling assistance closer to the people who often need it most: service members and veterans recently returned from overseas and their families who've persevered through the deployment.

TRIAP is available in the U.S. to active duty service members, those eligible for the Transition Assistance Management Program and members enrolled in Tricare Reserve Select. It is also available to their spouses, no matter their age, and other eligible family members 18 years of age or older.

Beneficiaries with a computer, webcam and associated software can speak "face-to-face" with a licensed counselor over the Internet at any time of the day or night.

For more information, visit www.tricare.mil/mentalhealth.

Extended Care Health Option. Tricare has increased the amount it pays for certain ECHO benefits, which assist eligible family members of active duty sponsors who are diagnosed with moderate or severe mental retardation, a serious physical disability, or an extraordinary physical or psychological condition.

The total Tricare cost share for training, rehabilitation, special education and assistive technology devices was increased to \$36,000 per fiscal year. The

amount covers institutional care in private, nonprofit, public and state institutions and facilities and, if appropriate, transportation to and from such institutions and facilities.

To learn more about ECHO, go to www.tricare.mil/echo.

Three Vaccines. For the first time ever, beneficiaries can visit Tricare retail network pharmacies to receive seasonal flu, H1N1 flu and pneumonia vaccines at no cost. This expanded coverage is available to all Tricare beneficiaries eligible to use the Tricare retail pharmacy benefit.

Other vaccines must still be administered in a doctor's office or authorized convenience clinic to be fully covered by Tricare's preventive health services cost-share waiver.

To receive the vaccines, beneficiaries can call their local Tricare retail network pharmacy to make sure it participates in the vaccine program and has the vaccine in stock.

To locate a participating retail network pharmacy, go to www.express-scripts.com/Tricare, or call Express Scripts at 1-877-363-1303.

New Web Tool. Just enrolled into Tricare Prime and want to know your options for doctors? Moved to a new location and need to find a doctor? Not sure if the nearest military clinic is accepting new patients?

Visit TriWest's Prime Enrollment Eligibility tool at www.triwest.com/eligibility. All you need is your address and an Internet connection. Within seconds, you'll have a color-coded map of the options in your area.

The Prime Enrollment Eligibility tool will show your options if you're not eligible for Tricare Prime, the Prime Enrollment Eligibility tool will inform you of other Tricare plan options and direct you how to complete enrollment.

KAY BLAKLEY

Defense Commissary Agency

FORT LEE, Va. – If your pants seem to have shrunk over the past couple of months, and you've jotted a note to yourself to check the heat settings on your water heater and clothes dryer, try stepping on the bathroom scales instead.



Visit Kay's Kitchen at www.commissaries.com and give a featured soup recipe a try.

It's true. Most of us pack on a few extra pounds over the holiday season.

Just how much weight the average person gains is still up for debate, with esti-



mates ranging from about half a pound all the way to 10. But really, whether or not you fit the "average" is of no significance. Shedding whatever you gained before it has a chance to form a permanent attach-

ment to your waistline is what counts.

If you like soup, be sure to work it into your meal plan often. Studies conducted at Penn State University and elsewhere demonstrated that people who regularly ate broth-based soup felt more satisfied, felt less hungry and consumed fewer calories from other foods throughout the day.

The studies also concluded that broth-based soups were preferable to those based on cream or a starchy puree, and that chunky soups were more satisfying than strained soups.

Use soup as a first course to help you eat less overall or add a reasonable amount of protein to the soup and enjoy as a main course, but don't even think about living on soup alone.

According to the study's primary researcher, "Soup-only diets don't work, but soup does."

Wheeler Stables provides pastures, clinics for equestrians

Story and Photo By
BILL MOSSMAN
Staff Writer

WHEELER ARMY AIRFIELD — About an hour into a natural horsemanship lesson, Frances Krafft pushed the brim of her low-hanging hat back off her forehead and smiled at the sight and sounds of her noble steed, whinnying proudly as it was led around several barrels in a figure-eight pattern.

A Natural Horsemanship Clinic is scheduled Jan. 23-24. For more information, call 277-2674.

The goal on this day was to get Makawao, an American Quarter Horse, to move by its own volition around the obstacles through the Parelli Method of gentle prodding. And for the most part, the animal was complying with each verbal instruction given, despite the fact that it was clearly beginning to tire in the unforgiving early afternoon sun.

Of course, getting Makawao to follow directives wasn't the lone objective of the lesson. Just as importantly, Krafft wanted to provide Makawao, soon to be celebrating her 18th birthday, with yet another reminder "of how good life can be," here, at Wheeler Stables.

"Today is a chance to give her a little something extra to do," explained Krafft, the wife of a retired Air Force officer, as she watched trainer Mike Wedge effortlessly accompany the 1,000-plus pound animal around the barrels positioned within the stables' arena.

"Most of the time, I have her outside in the (nearby) pasture, just being a horse," Krafft continued, "but today is an opportunity for her to learn something new, and to have someone else handle her."

Krafft was one of eight horse owners on hand



Keegan Neil, 10, gently shakes and tugs on the rope of his horse, Waffles, hoping to break the animal's habit of butting others with its snout. Neil was one of a handful of horse trainers on hand at Wheeler Stables, recently, preparing their steeds for the upcoming Natural Horsemanship Clinic, scheduled for Jan. 23 and 24.

over the weekend, hoping to better familiarize themselves with the Parelli Method. This holistic approach to horse discipline will be on full display at the Natural Horsemanship Clinic, scheduled for Jan. 23-24, and featuring world-renown and licensed 5-star Parelli instructor David Lichman. "This is the first event of the year for us out here at Wheeler Stables," explained Wedge, the clinic's organizer. "These (horse owners) have been preparing for the event by studying the Parelli Method through the use of video tapes or by listening to different instructors."

Horse owner Keegan Neil, just 10, was back for his second lesson with his steed, Waffles, and already Keegan was enjoying the results. Waffles had long loved to aggressively bang into people with his snout or side of his head, and Keegan was

intent on breaking the animal of the annoying habit.

Keegan would repeatedly talk to Waffles, shake the rope halter, every now and then, and occasionally touch the horse with the whip portion of a carrot stick.

"He's really bad when I'm trying to walk him," Keegan said. "I started tapping him on the nose or side of the face, and he really hates that, but he's really slowed down since I started doing this."

Getting horses to alter behaviors through natural approaches is the Parelli way and one of the reasons why famous horse trainers are always willing to host a clinic in Hawaii.

"We're always happy whenever we can have access to a world-class instructor," Wedge said.

Of course, there are other reasons for local

horse owners to be pleased. As members of Wheeler Stables, a Directorate of Family and Morale, Welfare and Recreation operation, active duty and retired military personnel, reservists and Department of Defense civilians are admitted to one of the finest equine facilities in all of the state.

Here, recreational opportunities for equestrian activities are as vast as the vegetation-filled acreage, while the cost to board a horse in one of the 42 barns is, comparatively speaking, quite little.



To learn more about Wheeler Stables, call 655-0115 or visit the Web site, www.wheelersaddleclub.org.

"It costs \$100 a month to rent a stable here. That's the cheapest rate anywhere in Hawaii," said Wedge, adding that other boarding stables generally charge over four or five times that amount. Because of the discounted rate, members are required to do most work at the site.

"We have to feed the horses, muck them and take care of their barns. That's the reason why it's such a good deal," said Wedge, adding that manager Les Akeo handles general maintenance of the site.

Members and their animals also have access to a feed store, pasture areas for grazing, light jumping and private riding lessons; to riding trails that snake along old pineapple fields; and to quarterly instructional workshops, like the aforementioned Natural Horsemanship Clinic.

"A lot of our Soldiers and their families come from the Midwest and Western states, and horses are a major part of their lifestyle. So having a place like this is like having a little bit of home," Wedge said.



8 / Friday
Fort Shafter Biggest Loser Contest — Need a little motivation to lose weight? Try some friendly competition with the Fort Shafter Biggest Loser contest. Enter anytime after Jan. 4 at the Fort Shafter Physical Fitness Center. The contest will run through April 1. For more information call 438-1152.

9 / Saturday
Adventure Surfing Lessons — Surf like the pros or at least look the part with Outdoor Recreation, Jan. 9, 6:30-10:30 a.m. Lessons are \$48 each and include equipment and round-trip transportation from Schofield. Call 655-0143.

10 / Sunday
Big Surf Watch Bike Trip — Enjoy a nice relaxing bike ride along North Shore beaches with Outdoor Recreation, Jan. 10, 7 a.m.-noon. Cost is \$30 if using your own bike or an extra \$5 if you need to use one of ours. Round-trip transportation from Schofield Barracks is available. Call 655-0143.

12 / Tuesday
Big Game Fishing Lure Making Class — Learn how to make lures specialized for the big game you can find deep sea fishing in Hawaii, Jan. 12, 5-7:30 p.m. at Outdoor Recreation, Schofield Barracks. This is a free class open to any and all interested parties. Call 655-0143.

15 / Friday
Kualoa Ranch Horseback Riding — Enjoy all your favorite things about Hawaii in just one afternoon, Jan. 15, 6 a.m.-3:30 p.m. Experience a North Shore tour, Kualoa Ranch horseback trail ride or movie set tour, hike, aquaculture program and Secret Island visit for lunch with a turtle-watching sail around Chinaman's Hat. Enjoy this full, action-packed day for \$104 per person. Bring your own lunch for the picnic. Round-trip transportation is available. Call 655-0143.

22 / Friday
HMR Partner Basketball Shootout — Entries are due Jan. 22 for the Partner Basketball Shootout at the Helemano Military Reservation Physical Fitness Center, scheduled for Jan. 27, at 5 p.m. Cost is \$5 per team. Call 653-0719.

Ongoing

All-Army Wrestling — Entries are now being accepted for the 2010 All-Army Wrestling program. Participate in the Men's Freestyle or Greco Roman or Women's Freestyle categories. Trial camps will take place Feb. 17-March 17 with the championships taking place March 18-22.

Contact the Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks for more information. Call 655-0856 or 438-9572.

Mindfulness — Got stress? We've got the answer! Learn disciplined meditation techniques to develop a clear awareness of the present moment and relieve the stress of the day. Classes are held Mondays and Wednesdays, 6-7 p.m., at the Sgt. Yano Library, Schofield Barracks.

Golf Til You Drop — Catch this all-you-can-golf special every Thursday at Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. For more information, call 438-9587.

Student Bowling Special — The Bowling Center, Schofield Barracks, invites all students ages 18 and younger to take part in its after-school special. Games are \$1.75 with free shoe rental, Mondays-Fridays, 2-5 p.m. Students earn a free game for every "A" on their original report card. Call 655-0573.

Paintball — Check out the paintball facility at Wheeler Army Airfield, just off Lauhala Road next to the baseball fields. The facility features three lighted fields, and they are open for regular, league and youth play, plus private parties and physical training.

Hours of operation are Fridays, 5-9 p.m., and Saturdays and Sundays, 11 a.m.-7 p.m. Rental equipment and instruction is available. You can bring your own paint or buy it there. Call 343-3929 or visit www.paintballhawaii.com.

Little Ninja — Classes are being offered at Aliamanu Military Reservation's (AMR) Youth Gym, Saturdays, 9-9:45 a.m., for children ages 3-5. The cost is \$35 per month. Call the AMR Child and Youth Service's Registration Office at 833-5393.

Free Ladies Golf Clinic — Learn the basics of golfing at a free ladies golf clinic. The clinic is offered the first Saturday of each month at Leilehua Golf Course Driving Range from 2:30-3:30 p.m. Call 655-4653.



Send sports announcements to community@hawaiiarmyweekly.com.

9 / Saturday
Aloha Readiness Series — The Mid-Pacific Road Runners Club is hosting a series of races designed to prepare runners for the 2010 Great Aloha Run in February. Register for the entire series for \$60 at www.active.com. Entry fee includes T-shirt and timing chip. Visit www.mprc.com for detailed race descriptions. Enter online at www.active.com.

•Johnny Faerber 10K, Jan. 31. Race starts on Kalakaua Avenue beyond Kapiolani Park tennis courts, facing Diamond Head. Register by Jan. 25.

•Valentine's Day Biathlon, Feb. 14. Registration forms are due by Feb. 1.

For more information or to download registration forms, visit www.waikiki.swimclub.org.

Ongoing

Great Aloha Run — Entries are being accepted for the 26th Annual Great Aloha Run, scheduled for Presidents Day, Feb. 15, 7 a.m. The 8.15-mile flat course starts at Aloha Tower in downtown Honolulu, winds its way along the historic Honolulu Harbor, down Nimitz Highway, Kamehameha Highway and into the Aloha Stadium.

The finish line is the back goal line of the north end zone on the stadium floor. Running divisions available include elites, age groups, wheelchair and handcycle competitors, and military personnel running individually or in Sounds of Freedom formations.

Applications are available at www.greataloharun.com. Only finishers receive a "finishers" T-shirt.

Blue Star Card holders can also enjoy a discount on the entry fee. Call 655-8006.

Hawaii Youth Triathlon Club — Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sports club run by athletes. Membership is \$50 and includes an annual membership with USA Triathlon (USAT), insurance during training, a club certificate, swim cap, review clinics and the newsletter. Visit www.hawaiiyouthtri.com.

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

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

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