

# INSIDE 'Lightning Support' returns home

**SEE BUDGET, A-7**



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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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18 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 1/28/10.



From left, Lt. Col Jerry Turner, incoming commander, 3rd Squadron, 4th Cavalry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division; Maj. Jeff Powell, squadron executive officer; and Lt. Col. David Hodne, outgoing commander, salute the American flag during a change of command ceremony at Sills Field, Tuesday.

# ‘Broncos’ honor traditions throughout week

Story and Photos by  
**SPC. JAZZ BURNLEY**  
3rd Infantry Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS – Just three months after returning from a yearlong deployment to Northern Iraq, the 3rd Infantry Brigade Combat Team “Broncos,” 25th Infantry Division, received new commanders for its six battalions during a week of ceremonies at Sills Field, here, this week.

The ceremonies honored outgoing commanders and welcomed new commanders, many of whom have long-standing ties to the brigade and Hawaii.

Lt. Col. David Hodne passed the colors of the 3rd Squadron, 4th U.S. Cavalry Regiment, to Lt. Col. Jerry Turner during the first ceremony of the week, Tuesday.

Hodne thanked his troopers for the teamwork that made the squadron so successful and praised their honorable service.

“This formation represents a mere fraction of America, unknown to most,” said Hodne. “In an age when so many people and institutions act irresponsibly, these troopers do the opposite. They volunteered to bear the heaviest burden; they understand that character counts.”

Col. Walter E. Piatt, the brigade commander, praised the “Raider” troopers for their service in Iraq and, in particular, for their economic revitalization efforts.

Troopers from the unit worked on 77 infrastructure reconstruction projects and assisted local businessmen with more than 600 micro-grants that helped create 4,000 jobs in the ethnically diverse area around Balad.

Also Tuesday, the 3rd Brigade Special Troops Battalion bid farewell to Lt. Col.



Lt. Col. Douglas Jones accepts the 3rd Brigade Special Troops Battalion colors from Col. Walter Piatt, commander of the 3rd Infantry Brigade Combat Team, during a change of command ceremony at Sills Field, Tuesday. The brigade's six battalions received new commanders during ceremonies held this week.

Christopher Stenman and welcomed Lt. Col. Douglas Jones.

The STB operated throughout Salah ad Din and Kirkuk provinces, and its Soldiers partnered with Iraqi leaders. Computer technicians worked side by side with military police and lawyers to improve jails and courthouses. Soldiers from the battalion trained policemen in Tuz and met with college students in Tikrit to help them practice their English language skills.

Wednesday, Lt. Col. Mark Shade passed the reins of the 325th Brigade Support Battalion “Mustangs” to Lt. Col. Joseph Morrow Jon.

The BSB transported everything from 30-ton generators and hundreds of thousands of gallons of fuel to enough concrete barriers to create secure polling sites and shore up eroding bridge foundations during its deployment.

Mustang Soldiers also partnered with Iraqi soldiers and trained them on equip-

ment maintenance, convoy operations and weapons marksmanship.

Also Wednesday, leadership of the 3rd Battalion, 7th Field Artillery, passed from Lt. Col. Glenn Waters to Lt. Col. Richard Kelling.

The “Steel” battalion operated in Tikrit, Saddam Hussein’s hometown. Its efforts helped turn a generally anti-American sentiment into a close working partnership by the end of the battalion’s tour.

The battalion’s focus on education resulted in dozens of school construction projects and set the groundwork for a more prosperous future.

Thursday, the “Wolfhounds” of 2nd Battalion, 27th Infantry Regiment, saw Lt. Col. Raul Gonzalez turn over the unit to Lt. Col. Daniel Wilson. The Wolfhounds have longstanding ties to Hawaii, dating back to 1921.

To add to their considerable historical accomplishments, the Wolfhounds helped rebuild critical economic infrastructure in Bayji, including an oil refinery that is a key national asset, a power plant that supplies power to most of Northern Iraq, a railroad depot, a vegetable oil plant and a fertilizer factory.

In the last ceremony of the week, Lt. Col. Samuel Whitehurst transferred command to Lt. Col. Colin Tuley, Thursday. Along with the Wolfhounds, the Cacti have deep roots in Hawaii.

The battalion most recently operated in Samarra and issued more than 1,000 micro-grants worth \$2.1 million to help merchants there benefit from the millions of visitors to the Golden Dome Mosque, a sacred Shia shrine.

The new commanders will guide their battalions through a reset period and train Soldiers for future missions.

## Recollections can turn that frown around

**CHAPLAIN (CAPT.) JONATHON KNOEDLER**  
Deputy South Community Chaplain

Many people can experience a case of the “blues” at this point in the year – yes even in “paradise.”

Though the holidays have passed, many stresses from trying to keep things from spinning out of control continue to build: squeaky voices of little ones who won’t quit, reintegration and all that it brings, the pending deployment, and other things.

The fog of life can creep in like the smoke from a Hawaiian New Year celebration.

God knows what you are going through. Nothing catches him off-guard or by surprise.

Sometimes we simply need to laugh, to gain some perspective in the grand scheme of life and realize that life is not all about me.

I hope the next few lines will bring a smile to your face and fresh perspective to your view:

- Laugh lots, and when you’re old, all your wrinkles will be in the right place.

- Remember this comment from businesswoman Anita Roddick: “If you ever think you are too small to be effective, you’ve never been in bed with a mosquito.”

- Those who say nothing is impossible have yet to walk through a revolving door with toddlers.

- Never be afraid to try something new. Remember, amateurs built the ark; professionals built the Titanic, as stated by author Vance Neudorf.

- Recall this comment from a child to a mother after school: “Our new teacher taught us about fossils. Before she came to class, I didn’t know what a fossil looked like.”

- Finally, as the Bible states, “There is a time for everything, and a season for every activity under heaven: a time to weep and a time to laugh” (Ecclesiastes 3:1,3a).



Knodler

## New NSPS transition office, director announced

Office will oversee switch to old systems

**DEPARTMENT OF DEFENSE**  
News Release

WASHINGTON – The Department of Defense announced Jan. 20 the establishment of the National Security Personnel System Transition Office and the selection of John James Jr. as the director.

James will report to the deputy under secretary of defense for civilian personnel policy and lead the NSPSTO in managing the development of the plan to transition employees from NSPS to pre-NSPS personnel systems.

The fiscal 2010 National Defense Authorization Act, Public

Law 111-84, repealed authorities for and mandated the transition of NSPS employees to appropriate non-NSPS civilian personnel systems.

James will oversee the design and implementation of an enterprise-wide performance management system, hiring flexibilities and a DoD Workforce Incentive Fund, authorities granted to the secretary of defense under NDAA 2010.

Department personnel are committed to proceeding deliberately and cautiously, without unnecessary delay, and with the least disruption to organizations, mission and workforce.

Employees will not experience decrease in pay during the transition.

# Voices of Ohana

What motto do you live by?



“Start your day right.”

**Julie Demesa**  
Family Member



“Everybody should believe in something; I believe I’ll go fishing.”

**Randy Harris**  
Retired Master Sgt.



“It is what it is.”

**Quameeka Lang**  
Family Member



“Dream as if you’ll live forever; live as if you’ll die today.”

**Lauren Perez**  
Family Member



“Ready and able.”

**Spc. Frank Seko**  
4-11th Forward Support Company



# Ask the Commander!

In the last of a two-part series, the colonel addresses community concerns brought up during the live town hall, Dec. 17, 2009

In this second installment of a two-part “Ask the Commander” column, I am continuing to address issues that were raised during the televised town hall in December 2009.

Specifically, I am focusing on concerns about community safety and security and questions about school transportation.

### Safety and Security

One of the most basic needs of every individual is to feel safe and secure. For many of our community members, we expect that living in military housing should offer a greater sense of safety: we know our neighbors, we share common bonds, common experiences.

I would say that, for the most part, this is true. The communal feeling that comes from living among other Soldiers and military families is very real. However, like any other community, crime does occur.

Since some of our housing areas are not “closed” (that is, no gate guards), we sometimes attribute crime to “outsiders,” people who have no legitimate purpose to be in our housing areas or who have no affiliation with our military community.

If you’ve attended any town hall meetings or kept up with the Directorate of Emergency Services’, or DES, “Straight Talk” column that appears in the *Hawaii Army Weekly*, you’re aware that our crime statistics indicate that much of the crime that occurs on post is committed by our own community members, often our younger family members.

Regardless of who is responsible for crime, the DES is fully dedicated to responding to our community’s safety concerns. While we often are told



File Photo

While gate guards are stationed at many Army-Hawaii communities, such as Wheeler Army Airfield, many residents would like to see gate guards at all communities.

that the military police aren’t responding appropriately, more often the case is that law enforcement officers are responding, but not necessarily in the manner in which a community member might assume they should.

For instance, not all calls warrant an immediate response; other calls for assistance may take priority, depending on the circumstances. However, when a response is made to a call, DES officers will treat every member of our community with professionalism and respect in their attempts to resolve issues.

Understand, too, that information about criminal activity that is shared with the community has to be tempered with what is lawful and allowed by regulations. Specific Army guidelines mandate what can be released to the public, including information regarding individuals living on post who have prior qualifying convictions.

However, we understand the need to keep our communities informed of any safety or security issues and are committed to doing so. Toward that

end, it is extremely important to report any criminal or suspicious activity to the police. While immediate action may not involve an arrest, it is important for the DES to track trends in activity so as to station patrols appropriately.

We all must be responsible community members. Being responsible includes being aware of our surroundings, knowing the whereabouts of our children and their activities, and avoiding making assumptions about others and spreading rumors.

Since we do live in closed communities, information spreads quickly; misinformation spreads even faster. Consider information about criminal activity before you share it. Ask yourself if it’s well-founded and for the safety of the community, or just gossip.

Additionally, be an informed community member by attending DES-sponsored Community Relations Meetings or town hall meetings, and look to the *Hawaii Army Weekly* and the garrison Web site for current safety information.

### School Transportation

With the onset of Furlough Fridays last year, our military community’s recent response to the Hawaii school system has been less than positive. While our military leadership continues to work with the Hawaii Department of Education and our sister services to mitigate the impact of Furlough Fridays, we are faced with another challenge: school transportation.

Recently, we have learned that the DoE is facing a \$12 million shortfall. If the DoE cannot reconcile its budget to accommodate bus transportation, DoE bus services will end statewide effective April 1. However, curb-to-curb services for students with special needs will continue regardless of whether transportation for the rest of the state ends.

Our Schools Support Services office will continue to monitor school transportation and will share any updates it receives with our community. In the meantime, if you have any additional inquiries about bus transportation, you can contact the



Margotta

DoE directly at 536-3334.

We recognize that school transportation is yet another challenge for our families, especially since we are limited in our ability to impact the outcome of the DoE’s decision.

Finally, let me address any rumors regarding Department of Defense Education Activity, or DoDEA, schools returning to Hawaii. Currently, a 16-week study is being conducted by DoDEA in Hawaii, and a handful of other school districts across the nation, to determine if the Hawaii public school system is providing adequate education for military students in our state.

This study does not, in any way, guarantee or indicate the opening of DoDEA schools in Hawaii. It is the first step of a very long process to determine if DoDEA schools in Hawaii will be available in the distant future.

I hope my “Ask the Commander” column provides factual, relevant information so that you, our community members, can be well informed. If I did not address your issue directly in this or my previous column, be assured that you will be contacted.

I encourage you to continue to ask questions, via this forum or at our town halls. It is part of the garrison mission to reach out to our community and respond to your issues and concerns.

**Points of Contact**  
•Call the MP Desk at 655-7114 (North) or 438-7114 (South) for safety and security concerns  
•Call the Department of Education at 536-3334 for school transportation issues

To submit an “Ask the Commander” question, send an e-mail to AskTheCommander.usaghi@us.army.mil. For more information, call Ophelia Isreal (655-9033) at Customer Management Services, or call Aiko Brum (656-3155) or Jack Wiers (656-3489) at U.S. Army Garrison-Hawaii Public Affairs.

# ‘Operation Clean Sweep’ nets more than \$40 million

Deployed Forces

STAFF SGT. MIKE ALBERTS

25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq — As U.S. forces in Iraq begin preparing for a drawdown of forces, tons of equipment must be identified, masses of supplies tracked and accounted for, and thousands of items earmarked for turn-in or redistribution across the fighting force.

“Task Force Wings” recently identified and returned more than \$40 million of excess equipment as part of the Armywide initiative termed “Operation Clean Sweep.”

Each of the task force’s units participated from its respective locations across United States Division-North.

As United States Forces-Iraq prepares for and executes the responsible drawdown and relocation of equipment and personnel, Operation Clean Sweep assists units currently in Iraq that are turning in all excess equipment for repair and redistribution through the military supply system.

“The Army has been in Iraq since 2003, and units continue to obtain items and pass them on to the next follow-on unit,” said Maj. Scott Wyatt, supply officer in charge, 25th Combat Aviation Brigade, Task Force Wings. “They, in turn, buy more and pass on more to each successive unit.

“Each follow-on unit inherits all that ‘stuff,’ for lack of a better term, that falls within their footprint,” Wyatt said. “The Army’s directive is simple: Get all that excess equipment out of here.”

Wyatt scheduled and coordinated the operation for TF Wings, a unique challenge as the task force’s personnel and equipment are positioned in 16 locations throughout northern Iraq.

“The normal procedure for returning excess equipment is somewhat laborious. The Army recognized that and developed the Clean Sweep approach, establishing specialized teams called Mobile Redistribution Teams to facilitate the drawdown,” said Wyatt.

A unit first looks through containers, buildings and bunkers to determine what equipment qualifies as excess.



Sgt. 1st Class Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade Public Affairs

Soldiers of 3rd Battalion, 25th General Aviation Support Battalion, 25th Combat Aviation Brigade, Task Force Wings, empty shipping containers at Contingency Operating Base Speicher, near Tikrit, Iraq.



Sgt. 1st Class Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade Public Affairs

Soldiers of 3rd Battalion, 25th General Aviation Support Battalion, 25th CAB, Task Force Wings, move non-serviceable equipment at COB Speicher during “Operation Clean Sweep.”

The MRT then isolates that excess equipment for further evaluation.

According to Wyatt, the MRT determines which excess items are serviceable or unserviceable, and which items have been purchased through the Army supply system or through other means.

The MRT then coordinates pick-up and distribution to all appropriate agencies and organizations for repair, redistribution and re-use.

Sgt. Candice Powell, a

team leader with the MRT from the 631st Maintenance Company, Florida Army National Guard, is in charge of one of three teams of about eight Soldiers. Her team assisted TF Wings at COB Speicher as they validated their excess and coordinated the redistribution of the various classes of supplies

and equipment.

“Our mission is extremely valuable,” said Powell. “It’s a voluntary program, at this point, and is saving the Army a tremendous amount of money as we move toward a responsible drawdown.

“The process can be frustrating, and it requires adaptability on the part of the units we assist,” Powell added. “TF Wings did a good job working with us to get the mission (accomplished), here, at COB Speicher.”

1st Lieutenant Curtis Gibbs, executive officer, Company E, 209th Aviation Support Battalion, TF Wings, worked closely with Powell’s team.

“We did our best to turn in everything we had that was not on an organizational property book or a theater-provided equipment hand receipt,” said Gibbs. “This was an entirely new concept, and it was definitely a success.

“We turned in fifteen 40-foot and twenty-nine 20-foot containers filled with various classes of supply, to include hazardous material, scrap wood and metal, vehicle and helicopter parts, medical supplies, furniture and roof

shingles, among other things.”

Everything was fair game, and they took full advantage of the opportunity, Gibbs added.

According to Chief Warrant Officer Edwin Lopez, property book officer for TF Wings, it was no surprise that units like Gibbs’ jumped at the chance to return their excess.

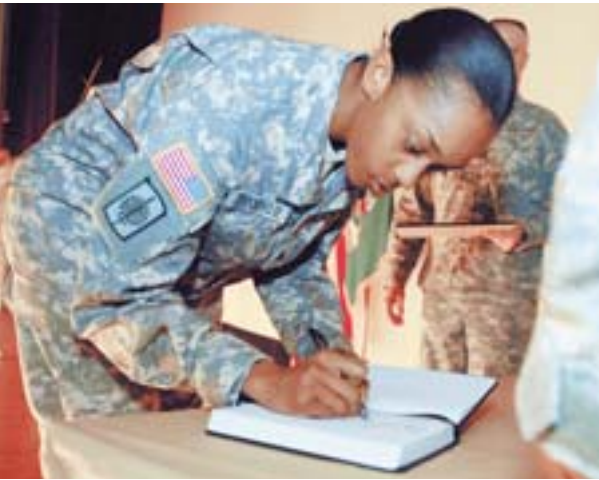
Lopez ensured that each unit properly identified and turned in the majority of their excess. He believes Clean Sweep makes turn-in a lot easier on supply sergeants and commanders.

“The operation allowed units to clean up their areas without having to worry about all the red tape required under normal circumstances,” he said.

“Not only is this saving the Army tremendous amounts of money, but it saves commanders time bypassing the bureaucratic process of adding excess to their property books and waiting for disposition,” Lopez said. “It’s a great program that will continue to save the Army millions of dollars if units take advantage of it.”



# Warfighters maintain traditions during MP NCO induction



Story and Photo by  
**SGT. JESSIKA GREENDEER**  
8th Military Police Brigade Public Affairs

SCHOFIELD BARRACKS – The newly promoted noncommissioned officers of the 728th Military Police “Warfighter” Battalion, 8th MP Brigade, 8th Theater Sustainment Command, were formally welcomed into the NCO Corps during a NCO induction ceremony, Jan. 22, at the Sgt. Smith Theater, here.

Although there is no official format for the ceremony, the senior NCOs of the battalion worked together to respect the time-honored traditions of the NCOs before them.

The battalion’s Soldiers read the “Boots of the NCO” and “A Soldier’s Request.” Command Sgt. Maj. Gerald Stegemeier, the battalion’s senior enlisted advisor and guest speaker, administered the charge of the NCO to the 12 inductees.

“Today, we commemorate this rite of passage as a celebration of the newly promoted joining the ranks of a professional Noncommissioned Officer Corps, and emphasize and build on the pride we all share as members of such an elite Corps,” said Sgt. 1st Class Yusuf Muhammad, 728th MP Bn. operations

Left — Sgt. Raven Cunningham, a Military Police Soldier assigned to the 552nd MP Company, 728th MP Bn., 8th MP Bde. and a native of Milton, Fla., signs the book of noncommissioned officers at the 728th Military Police Battalion Noncommissioned Officer Induction Ceremony at the Sgt. Smith Theater, Jan. 22.

## Superbike: Training emphasizes safe speeds

CONTINUED FROM A-1

Dylan Code, California Superbike School instructor and team leader. “Every lap around the circuit will give the rider an opportunity to perfect their technique, and my team will be observing and coaching them to provide a safe learning environment,” Code said.

Since 1980, the California Superbike School has trained more than 100,000 street riders and 15 Superbike Champions at training sessions around the world.

“The ‘Train as you Ride’ program is the best hands-on training I have experienced in 27 years of riding. The course takes the concepts learned in the Army’s Basic, Experienced, and Sportsbike courses to a much higher level,” added Col. Douglas Jackson, G1, Hawaii Army National Guard, and a “Train as you Ride” participant.

“As a rider coach and motorcyclist, I recommend it to every rider – for all types of motorcycles,” Jackson said.

“We’ve had more than 300 riders

come through the course, and every rider seems to finish the class riding better and knowing more about how to control their bike” said Bill Maxwell, program manager, Installation Safety.

“It’s great watching each of the riders improve and gain confidence in just a couple of hours of training.”

Classes are four hours and will be limited to military personnel only. Students must register by using an online tool (go to: <https://air.lmi.org>, select “Pacific,” “Hawaii” and “Advanced Motorcycle Course.”)

Each session is limited to 30 riders on a first-come, first-served basis. More courses are planned for May and August.

Riders will need to show their Motorcycle Safety Foundation Basic or Experienced Rider Course Cards and proof of insurance when they sign-in on class day.

There will also be a thorough technical inspection of the motorcycle by California Superbike School staff prior to class.

## Drownproofing: Survival is most important aspect water safety training

CONTINUED FROM A-1

Shuskey mentioned, “a lot of the water around the island can be extremely dangerous.” He said everyone “can see swells of approximately 30 feet during this time of year, so we really want to stress safety to new Soldiers.”

The training does more than just stress safety; it serves a dual purpose, helping commanders determine their new Soldiers’ ability around water.

“We’re assessing a Soldier’s swim level here, so commands are aware of the type of Soldier they are receiving,” said Shuskey.

The drownproofing training has gone through a bit of a transformation within the last year. New to the program is water treading and use of the ACU as a flotation device.

“We’re on an island, and do a lot of training on the Big Island of Hawaii. Plus, anytime Soldiers leave the islands, they are flying or traveling by boat somewhere,” Shuskey said. “Soldiers that find themselves in the middle of an ocean then will know how to keep themselves above water for an extended amount of time with the recent additions to today’s training.”



Left — Spc. Susana Rodriguez, replacement detachment, demonstrates how to use the ACU trousers as a flotation device during drownproofing training, Jan. 21, at Richardson Pool on Schofield Barracks.

needing any assistance.”

Cable admitted that the 50-meter ACU swim was a bit difficult for him, but enjoyed his time in the pool.

“This really lets you know where you are at,” he said. “You learn if you’re a strong, moderate, or even nonswimmer, because you are tested pretty well.”

Cable added, “You learn a lot from this kind of thing. You learn how to survive around water for the Army, which is important because you can’t take care of your family if you can’t take care of yourself first.”

According to the U.S. Army Safety Center, two Soldiers have died from drowning-related incidents since Oct. 1; however, with programs such as drownproofing, Soldiers new to Hawaii will have more tools for their toolbox when they leave the Replacement Detachment due to the training they received in one of the most important aspects of water safety – survival.

# JAG deploys to PTA for annual joint services training

Legal teams face challenges of the elements in deployment

MIKE EGAMI

U.S. Army Garrison Hawaii Public Affairs

POHAKULOA TRAINING AREA, Hawaii — More than two dozen military lawyers and paralegals trained, here, last week, to sharpen their skills in preparation for upcoming deployments.

The Pacific Air Forces' Pacific Joint Operations Legal Exerciser, or PACJOLE, is an annual localized training event comparable to the Judge Advocate General flag, the Air Force JAG school's exercise held at Maxwell Air Force Base, Ala.

Similar to real deployments, the legal teams faced harsh conditions at this 130,000-acre training area. With its loose volcanic rock, the training area is a perfect place to simulate deployments.

During the five-day exercise, each team of two lawyers, or one lawyer and one paralegal, attended 15 hours of classroom lessons and discus-

sion sessions, and participated in 30 role-playing scenarios. Officials from the Headquarters PACAF Legal Office observed and critiqued the students' responses to the scenarios.

The goal of the exercise was to prepare students for upcoming deployments.

"This year's PACJOLE was unique in that we had participants from all the services: Army, Navy, Marine Corps, Air Force, and a student from our coalition partner, Australia" said Lt. Col. Jerry Villarreal, PACAF's chief of International Law. "Learning to handle situations in this fairly austere training environment will give them the confidence they'll need when they actually deploy."

Scenarios were loosely based on things that have actually happened in the Pacific theater and other areas of operation.

Right — Capt. David Amamoo, 25th Infantry Division, Staff Judge Advocate office, receives information regarding a land claim issue during a scenario at PACJOLE at PTA.



Senior Master Sgt. Jose S. Bautista | Pacific Air Force

## News Briefs

Send news announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 29 / Today

**Change of Command** — Navy Rear Adm. Donna Crisp, commander, Joint POW/MIA Accounting Command, will relinquish command to Brig. Gen. Stephen Tom, today, 10 a.m., at Building 45, Hickam Air Force Base.

## February

### 2 / Tuesday

**McNair Gate to Remain Open** — The previously announced closure of McNair Gate, Feb. 2-6, has been cancelled. Call 656-1305.

### 3 / Wednesday

**National Prayer Breakfast** — The Religious Support Office will hold a National Prayer Breakfast, Feb. 3, 7-8:30 a.m., at Schofield's Nehelani.

Tickets are required and a donation of any amount is requested in order to obtain a ticket. The suggested amount of the donation is \$8 (for E6 & above, and civilians) or \$5 (for E5 & below). Call 655-9307.

### 8 / Monday

**GSA Facility Closure** — The Schofield General Services Administration store will be closed for inventory, Feb. 8-12. Customers can shop at the GSA Hickam Store during this time. Call 655-0280.

### 9 / Tuesday

**Annual Training** — The Army Substance Abuse Program and Risk Reduction Program will host "Feelin' Lucky," an uncensored look at alcohol, drugs and sexual assault prevention training, Feb. 9, 2-3:30 p.m., at Sgt. Smith Theater, Schofield Barracks. Call 655-8322 (service members) or 655-6047 (civilians).

### 10 / Wednesday

**Change of Command** — Lt. Col. Nicholas Katers, commander, 84th Engineer Battalion, will relinquish command to Lt. Col. Jerry Farnsworth, Feb. 10, 10 a.m., at Sills Field, Schofield Barracks.

**Train as You Ride** — The Directorate of Installation Safety will offer "Train as You Ride," an advanced motorcycle safety class, Feb. 10 and 11, at Wheeler Army Airfield. The half-day classes are limited to military personnel.

Register at <https://airs.lmi.org>, select "Pacific," "Hawaii," and "Advanced Motorcycle Course." Call 655-6455.

## 45th Sust.: Achieved 500 missions

CONTINUED FROM A-1

The brigade achieved several significant accomplishments during its deployment, which include more than 500 missions and 855,000 miles on the dangerous roads of Afghanistan.

Some statistics included distributing 150 million gallons of fuel and constructing and certifying 10 forward supply points, along with supporting the surge from 56,000 to 80,000 military, civilian and coalition personnel in 200 separate forward operating bases and combat outposts.

"It's great to have you all home," Terry said to the troops. "Be safe in everything you do, and take care of each other as you as you reconnect with your family and friends here in Hawaii."

Col. Clay Hatcher, commander, 45th Sust. Bde., called the deployment a logistical milestone for any sustainment unit arriving in Afghanistan.

"Soldiers, you built the foundation for future success in what many people call one of the most logistically challenged environments," he said. "You rose to that challenge and met all our expectations and then some. At the end of the day, supporting Sol-



Col. Clay Hatcher, commander, 45th Sustainment Brigade, addresses his troops during the unit's redeployment ceremony, Jan. 21, at Schofield Barracks.

diers across the country was the constant success of Task Force Lightning Support."

Spc. Andrew Orr, a signal support specialist with Company, B, 45th Sust. Bde., said the workload was a challenge, but looking back on the deployment, he credits the workload for having helped groom him into a better, more well-rounded Soldier.

"One of the biggest things I wanted to learn from this experience was how I'd react to situations," he said. "I wanted to learn my job downrange, so all the training I received boiled down to that moment I got on the plane for my first deployment."

"I soldiered up, and did things I didn't think I was capable of in a tough environment," Orr continued, "which will help me in any future tour."

He added, "When you think about jobs in the Army, you never really understand how important some tasks are for success, but that all changed one day when I saw and heard firsthand what our efforts provided for the warfighters."

"You get a lot of renewed respect for what you do in the Army because you can see the bigger scheme of what your job does for everyone — like in our case, for a whole country," he added.



# Budget: Counseling services included

CONTINUED FROM A-1

more than 9.5 million service members and their families and military retirees – but especially wounded, ill and injured troops – remains a top administration priority, officials said. Toward that end, the fiscal 2011 budget request includes support for wounded warrior transition units and centers of excellence in vision, hearing, traumatic brain injury and other areas.

Specifically, the budget includes \$30.9 billion overall for medical care, up 5.8 percent from current levels; \$669 million to provide TBI and psychological health care; and \$250 million for continued mental health and TVI research.

The budget request will fund more employment and job training for military spouses and veterans, officials noted. It provides \$262 million for the Labor Department's Veterans Employment and Training Service, up \$6 million from fiscal 2010 levels, which includes \$5 million for a new initiative to help homeless women veterans and homeless families.

Another effort, to provide more employment workshops for spouses of separating service members, will receive \$1 million.

The budget request also seeks to expand veterans' access to medical care, officials noted. Obama will request \$50.6 billion in advance appropriations for the VA medical care program to ensure veterans' care isn't interrupted by delays.

The goal, officials explained, is to ensure VA has timely, predictable funding from year to year, so veterans can rely on the quality and accessibility of the care they receive through VA.

For the first time, highly disabled veterans who are medically retired from the military will be eligible to receive both VA disability benefits and military retirement benefits. By 2015, all medically retired service members will be eligible to receive concurrent benefits, officials said.

The fiscal 2011 budget request also provides funds to continue enrolling more than 500,000 veterans with moderate income into the VA health care system by 2011.

Another measure in the request funds technology to improve the high-quality delivery of health care and benefits, officials said.

The Defense Department and VA are implementing the Joint Virtual Lifetime Electronic Record – essentially an electronic medical record that will follow a service member from initial enlistment through retirement or separation and transition to the VA system.

The request also includes more than \$200 million in automated processing to directly improve both the accuracy and timeliness of the delivery of veterans benefits – particularly disability compensation and the new Post-9/11 GI Bill benefit, officials said.



Guam emergency response personnel deal with casualties at the island's Gate Theatre during exercise Mane' Lu held earlier this month.

## JTF-HD hosts key training at Guam's Mane' Lu

Story and Photos by  
**DARRELL D. AMES**  
Joint Task Force-Homeland Defense Public Affairs

Phrases like “SWAT team take down,” “terrorist intelligence center,” “mass casualties in a crowded area” and “the transport of questionable cargo to a covert location” might lead some to believe a speaker or a writer is describing a new John Grisham novel or the latest James Bond film.

In this case, the phrases are simply the terminology from a combined law enforcement and emergency response exercise called Mane'Lu, recently held in Guam and spearheaded by Joint Task Force-Homeland Defense, Hawaii.

“The exercise provided an opportunity for participating agencies to work together toward the mutually beneficial goal of timely and effective information-sharing in a dynamic operational environment in order to continually improve the communication process,” said exercise director Ray Toves of U.S. Army-Pacific's 196th Infantry Brigade.

The three-day exercise was designed to reinforce interoperability among local and federal stakeholders. It stressed inter-agency collaboration, tested a multi-Civil Support Team response, and challenged all to maintain operational procedures during an incident of national significance.

The exercise itself started with a joint FBI and Guam Police Department SWAT team “taking down” the designated terrorist intelligent center. The “take down” was followed by simulated arrests of three suspected terrorists by the FBI as terrorists attempted to transfer their questionable cargo to a small boat waiting off-shore.

Next on the agenda was the simulated crash of a private airplane at the Guam airport. The plane's three occupants, also suspected terrorists, suffered simulated critical injuries while some containers they were carrying onboard the plane were damaged.

The simulated leak of chemical gas in the containers drifted to a nearby theater where dozens of matinee moviegoers were contaminated and became ill. Moviegoers were rushing out of the theater as emergency responders rushed to



Guam emergency responders prepare to transfer a suspected terrorist, wounded in a simulated plane crash, during exercise Mane' Lu held in Guam, Jan 13-16.

the scene.

Firefighters and paramedics assessed the status of the simulated sick and dead.

“Every evolution in the exercise was aimed at testing the preparedness of local and federal agencies in the face of a disaster involving weapons of mass destruction,” said Seattle-based Emergency Response Training Institute instructor Ed Peterson. “The authenticity of the scenarios and associated response operations provided the command and control structure of participating agencies with a rare opportunity to exercise and validate both internal and external communication and information sharing.”

Local residents were advised to be aware of simulated

explosions and the sudden increase of response vehicles and personnel.

“This exercise represented a kind of worst-case scenario for Guam, which has a strategic importance as both home to a large population of military personnel and as the first line of defense for our area of responsibility for the United States,” said Mike Machado, JTF-HD logistics planner.

“This was a perfect opportunity for us to realize our challenges and our weaknesses and correct them before something should ever happen in the real world,” said Lesley Leon Guerrero, spokeswoman for Guam Homeland Security

### Participating local and federal agencies

- 196th Infantry Brigade, Fort Shafer
- Guam Homeland Security and the Office of Civil Defense
- Guam National Guard's 94th Civil Support Team
- Alaska National Guard's 103rd Civil Support Team

All participated in the interagency Chemical, Biological, Radiological, Nuclear, Explosive Field Training Exercise. The entire event, which included the planning conference, exercise, and after-action meetings, ran from Jan. 13-16.

rity Office.

Guam Homeland Security activated an emergency operations center and joint information center to channel all communication throughout the disaster scenario.

“It was an educational process for everyone,” said Alan Perez, exercise coordinator from the Army's 196th. “When people are caught in this situation in real time they will know how to deal with it and who to look to for help.”

Providing Homeland Defense against a wide range of asymmetric threats – to include terrorists, cyber attacks and transnational criminal organizations – requires a coordinated federal and Department of Defense effort.

Throughout the Pacific, from Hawaii to Guam and the Commonwealth of the Northern Marianas, JTF-HD plays a number of homeland security roles.

The commander of U.S. Pacific Command, at Camp H.M. Smith, Hawaii, designated JTF-HD as the Homeland Defense coordinating agency between DoD and civilian authorities in Hawaii, Guam and other local governments.



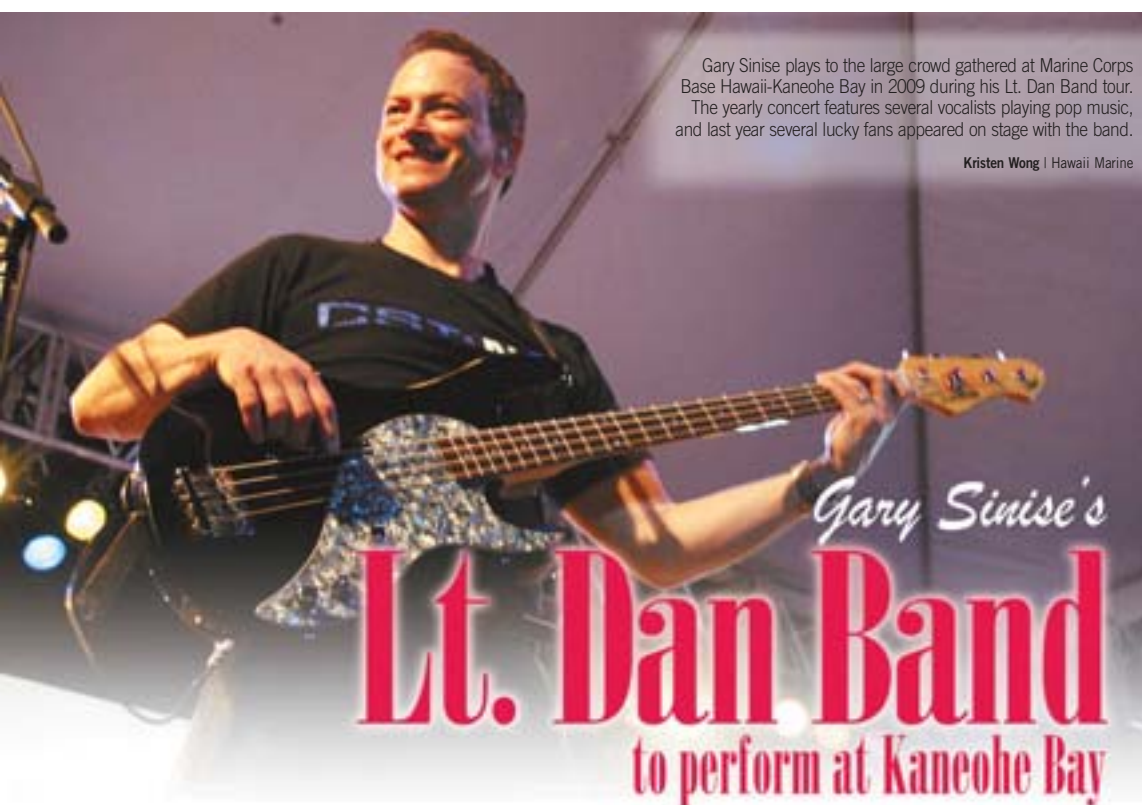
# HAWAII ARMY WEEKLY

# PAU HANA

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

“When work is finished!”

FRIDAY, JANUARY 29, 2010



Gary Sinise plays to the large crowd gathered at Marine Corps Base Hawaii-Kaneohe Bay in 2009 during his Lt. Dan Band tour. The yearly concert features several vocalists playing pop music, and last year several lucky fans appeared on stage with the band.

Kristen Wong | Hawaii Marine

## MARINE CORPS COMMUNITY SERVICES

News Release

MARINE CORPS BASE HAWAII, KANEOHE BAY – For the third time since 2007, “CSI: NY” actor Gary Sinise and the Lt. Dan Band will return, here, to entertain troops and their families as part of a United Service Organization entertainment tour.

Catch a second performance Jan. 30, 7 p.m. at the Freedom Tower Mall, Hickam Air Force Base.

The Lt. Dan Band will perform at Pop Warner Field tonight at 7 p.m.

A longtime supporter of the U.S. military, Sinise was recently awarded the Presidential Citizens

Medal – the second highest civilian honor bestowed to citizens who have performed exemplary deeds in service of our nation.

The second actor in U.S. history to receive this decoration (the first was Elizabeth Taylor), Sinise was recognized for his ongoing support of active duty troops and wounded veterans.

Having founded Operation Iraqi Children, a nonprofit group dedicated to helping the U.S. military distribute school supplies to Iraqi children, he is also very active with the USO, having visited and entertained thousands of service members worldwide since 2003.

“I spend time with troops and participate in USO tours every year because I love it, and it’s very important to me,” said

Sinise. “We all want to feel appreciated and valued, and our troops are no different. They never ask for praise or recognition, but that doesn’t mean they don’t deserve it.

“They actually deserve even more,” he added, “and our troops in Hawaii are in for a treat.”

Formed in 2003, the Lt. Dan Band was created by Sinise and Chicago composer/Vietnam veteran Kimo Williams. Hailed by its fans as the band for music lovers, the group’s sound is reflective of each member’s experiences and love of music.

Covering everything from Bruce Springsteen and Linkin Park to Aretha Franklin and Jimmy Hendrix, the band seamlessly fuses instruments like the violin, trumpet, saxo-

## On The WEB

•For a list of recent and upcoming USO tours, visit [www.uso.org](http://www.uso.org) and click on “Entertainment,” under “What We Do,” at the bottom.

phone and drums.

Best known for his Oscar-nominated portrayal of “Lt. Dan Taylor” in “Forrest Gump,” Sinise is an accomplished theater, film and television actor.

Having worked in the industry for more than two decades, he has starred in more than 20 blockbuster films and earned the reputation of being one of America’s most versatile actors.

# 8th TSC family epitomizes service, tradition

## SGT. MAJ. TERRY ANDERSON

8th Theater Sustainment Command Public Affairs

FORT SHAFTER – It was the middle of the night, March 11, 1991, when then-Staff Sgt. Tony Cespedes was wounded during Operation Desert Storm.”

“I was terrified,” said Cespedes, now the G-1 sergeant major for the 8th Theater Sustainment Command. “My unit, 3rd Battalion, 41st Infantry, was on a convoy when we hit a land mine, and I got a piece of shrapnel in my abdomen.”

Cespedes said he lost a lot of blood and almost didn’t make it that night, so when his son, Daniel Cespedes-Sosa, approached him about following in his footsteps and joining the Army, Cespedes said he took a deep breath and reluctantly agreed.

“Daniel is a good kid with a good head on his shoulders, and I knew it was something he really wanted to do,” Cespedes said.

Sgt. 1st Class Joann Cespedes, Tony’s wife and the noncommissioned officer in charge of the 8th TSC Office of the Secretary of the General Staff,” was also concerned about her son, Daniel, until she received a phone call from her brother, Gerald Sosa, who lives in San Antonio.

“Gerald told me he was going to join the Army with Daniel,” she said. “He’d been talking about it for the past couple of years, and after working with the recruiters to get through the medical process, he got in.”

Gerald and Daniel went to Basic Training and Advanced Individual Training together in 2008, and then were assigned to their first duty station together: Headquarters, Headquarters Company, 1st Battalion, 12th Cavalry Regiment, Fort Hood, Texas, as cavalry scouts.

“It was great to have family with me through basic and AIT,” said the 36-year-old Gerald.

When they arrived at Fort Hood, the unit had no idea that the two were related. Coincidentally, both Soldiers were assigned together on the battalion command team’s Personal Security Detachment for their deployment to Iraq.

Daniel was assigned to the battalion commander’s PSD team and Gerald was assigned as the gunner for the command sergeant major’s vehicle.

“I remember telling them, ‘keep your head down and don’t be a hero,’” Tony said. “Their battalion command sergeant major was my classmate at the Sergeants Major Academy, so I felt good that I had



Courtesy Photo

Sgt. Maj. Tony Cespedes, center, welcomes home his brother in law, Cpl. Gerald Sosa, left, and his son, Pfc. Daniel Cespedes-Sosa, following their 12-month deployment to Iraq.

a good friend looking out for them.”

Gerald and Daniel left Fort Hood in December 2008 for a 12-month deployment to Forward Operating Base Q-West in Iraq. Tony was there to say farewell to his son and brother-in-law.

“It meant a lot to me for my dad to come and say goodbye before we left for Iraq,” Daniel said. “It was a long, stressful year.”

Tony and Joann knew their duties on the PSD would keep them outside the wire on the dangerous roads of Iraq, so every time they heard about an improvised explosive device attack, they were sick with worry.

Gerald was concerned about his nephew from time to time during the deployment.

“I worried a lot,” said Gerald. “Daniel was on a lot of night missions with the battalion commander, and we wouldn’t see each other for days.”

“It was very difficult to see them both off to Iraq, but the best thing was that they were assigned together,” Tony said. “I knew they would take care of each other.”

“My son was always calling me to tell me he was OK, even before we saw the news on CNN,” Joann said.

So when the two returned home in December of 2009, Tony was there to meet them on the tarmac at Fort Hood.

“I knew he would be there,” said Daniel. “It was great to see him standing there as we got off the plane.”

Both Daniel and Gerald say that they joined the Army to carry on the example set by Tony and Joann.

“Seeing how well my mom and dad have done for themselves made me want to join and accomplish those things for myself,” Daniel said.

“I was used to doing construction work before I joined the Army,” Gerald said. “The Army was something different, and I’m thinking about making a career out of it.”

Joann, a former drill sergeant, said that she’s seen a change in her brother and in her 20-year-old son since their return from Iraq.

“Daniel has matured, and he’s become a man in the last year,” she said. “We are so proud of them both and the decisions that they’ve made.

“We love them and are very proud of them,” Joann continued.

Tony added that his youngest son, 7-year-old Michael, has said he wants to join the Army to be just like his mom and dad.

“Michael still has 10 years to think about it. For right now, he’s on the ‘delayed-delayed entry program,’” Tony said, with a laugh.

# AFAP delegates choose top five issues of Army Soldiers, families

## ROB MCILVAINE

Family and Morale, Welfare and Recreation Command Public Affairs

ARLINGTON, Va. – On the final day of the 2010 HQ Army Family Action Plan conference, the delegates broke from their individual working groups and voted on the top five issues Army senior leaders would discuss at the General Officer Steering Committee meeting in June. This feedback can lead to policy changes that will encourage families to consider the Army their home.

The AFAP Conference, held Jan. 11 through 15, brought 82 issues originating from installation AFAP conferences over the past year.

With these issues came nearly 100 delegates to whittle 82 issues down to 16 considered to be of the highest priority. The issues help to elevate the standard of living for Soldiers – Active, Reserve Component and retirees, family members, survivors and Army civilians.

This on-going process is considered extremely important by Army leaders, especially the Secretary of the Army, the Honorable John McHugh.

“Our challenge is to provide for Soldiers and families as best we can,” he told the assembled delegates, leaders, family members and friends.

Families, though, are made up of children who also want a say in many other issues and they want it seen from their point of view. Accompanying the adult delegates were the 13 Army Teen Panel members who represented the younger Army family.

The group, led by Anthony Merriweather, presented their two posters designed for teens that need a boost in their self-esteem and encouragement. The posters are a method to get teens involved in the many activities developed at each garrison.

Before the top issues could be voted upon, Gen. George Casey Jr., Army Chief of Staff, brought the conference members up to date on Army plans for the coming year.

“The Secretary of the Army, John McHugh,

“Our challenge is to provide  
for Soldiers and families as  
best we can”

— Honorable John McHugh  
Secretary of the Army

and I have six major objectives for 2011. We will continue our efforts to restore balance to the Army by 2011; execute Afghanistan plus-up and responsible drawdown in Iraq; sustain Soldiers, families and civilians; establish an integrated Army management system; implement an Army leader development strategy; and establish the Army of the 21st century.

“But the most important thing we will do is to increase the time Soldiers stay home,” Casey said, to an enthusiastic applause.

Other programs, Casey said, have been introduced and running for more than a year but need to be revisited to ensure they continue to grow and gain acceptance.

“The Army Family Covenant is one of the programs that we will continue to put the right amount of funding into so that family programs provide for all Soldiers and their families. Lt. Gen. Rick Lynch, IMCOM commanding general, is just the man to get this job done right,” Casey said.

With \$225 billion budgeted for the Army this year, Casey said the funds are enough to ensure the six objectives he and Secretary McHugh developed will be met, while ensuring the Soldiers are well-trained and supported.

Finally the time came for the five top issues to get voted into the group of 16 that will all be forwarded to the Army senior leader meeting in June.

The top five issues are:

Provide a monthly stipend to ill/injured Soldiers for non-medical caregivers; fund service dogs for wounded warriors; provide for behavioral health services shortages by increasing the number of readily available behavioral health providers and services and the use of alternative methods of delivery such as tele-medicine; authorize family readiness groups to fundraise in public places external to National Guard Armories, Reserve Centers, and military installations; and authorize Reserve Component Soldiers enrollment in the Exceptional Family Member Program.

Summing up the meaning of the conference for the delegates, Army senior leaders, Soldiers and their families, Army Secretary John McHugh used a quote from the founder of the AFAP, some 25 years ago.

“As Gen. (Ret.) John Wickam Jr. (former Army Chief of Staff) said, ‘The stronger the Army, the stronger the family.’”



# ‘Mighty Mo’ reopens, offers free tours Jan. 30

BATTLESHIP MISSOURI MEMORIAL  
News Release

PEARL HARBOR - The Battleship Missouri Memorial will offer free admission and guided tours to kama’aina (Hawaii residents) and U.S. military personnel on Saturday, Jan. 30, to mark the Mighty Mo’s official reopening as a historic attraction following her return from drydocking.

Hawaii residents and all active-duty, reserve, auxiliary and retired military personnel from any U.S. service branch (including Army, Navy, Air Force, Marines, Coast Guard and National Guard) and their dependants will be offered a complimentary “Mighty Mo Pass,” which the memorial has introduced as its new all-in-one ticket to experience the famous battleship. The pass includes a single admission, plus a choice from one of the following tours:

- \* Mighty Mo Tour (35-minute guided tour);
- \* Guide2Go iPod Tour (audio-visual tour using the Apple “iPod touch” corresponding to shipboard signage);
- \* Acoustiguide Tour (audio-only tour also corresponding to signage); or
- \* the option to tour the battleship at one’s own pace along a variety of self-guided tour routes.

“We are inviting kama’aina and military personnel to experience what they themselves have helped to preserve,” said Michael A. Carr, president and chief operating officer of the memorial. “The local and military communities represent the tens of thousands of volunteers and individual contributions that our memorial has received over the past eleven years. They are the foundation on which we launched and successfully completed a major engineering challenge as great as the drydocking of an 887-foot, 65-year-old battleship last year.

For visitor information or to reserve a tour, call toll-free at 1-877-MIGHTYMO (1-877-644-4896) or visit [ussmissouri.org](http://ussmissouri.org).

“We can all be proud to say that Hawaii has proven itself up to the challenge of caring for America’s ‘mightiest’ treasure.”

In addition to tours running all day and enhanced food service on the pier, the memorial’s annual Member and Volunteer Appreciation Ceremony will be held from 11 to 11:30 a.m. to acknowledge outstanding Friends of the



Courtesy Photo

Following the completion of a historic, multi-million dollar drydocking project, the Battleship Missouri, site of Japan’s WWII surrender, returned to her home pier along Battleship Row on Ford Island. The Memorial, located near the USS Arizona Memorial, offers a historical visitor experience that begins with the Day of Infamy that saw the sinking of USS Arizona in Pearl Harbor and ends with Imperial Japan’s unconditional surrender aboard USS Missouri in Tokyo Bay.

Mighty Mo members, volunteers and other supporters.

Ship-shape following 12 weeks and \$18 million worth of maintenance and preservation work in Pearl Harbor Naval Shipyard’s largest drydock facility, the Battleship Missouri returned on Jan. 7 to her home pier near the USS Arizona Memorial. The return once again brings full circle the story that begins with the day of infamy that saw the sinking of USS Arizona in Pearl Harbor and ends with Imperial Japan’s unconditional surrender aboard USS Missouri in Tokyo Bay.

For an additional \$25, guests may upgrade to the Battle Stations Tour, a new 90-minute guided tour that focuses on this most important aspect of life at sea for every officer and battleship sailor aboard - battle readiness. This premium tour will provide visitors the most comprehensive tour and features, including many areas of the ship not accessible without a tour guide. Only Battle Stations Tour participants see the inside of Turret No. 1, an engine room, a plotting room and the always-im-

pressive “Broadway” (an internal corridor that extends two-thirds of the length of the ship). Children must be age 10 or older for this tour.

The Battleship Missouri Memorial’s standard operating hours are from 9 a.m. to 5 p.m. daily. For those who do not have access to Naval Station Pearl Harbor, shuttle buses run continuously during operating hours from the USS Bowfin Submarine Museum and Park (located near the USS Arizona Memorial Visitors Center).

Following an astounding career that spans five decades and three wars, from World War II to the Korean conflict to the Liberation of Kuwait, the “Mighty Mo” was decommissioned and donated to the USS Missouri Memorial Association, Inc., a 501(c)(3) non-profit organization, which operates the ship as the “Battleship Missouri Memorial,” a historic attraction and memorial. The association oversees her care and preservation with the support of visitors, memberships, grants and the generosity of donors.



## 29 / Today

**Hawaiian Luau at PARC** – Experience old Hawaii at a Piilaa Army Recreation Center (PARC) luau, Jan. 29, on the Sunset Café lanai. Dinner begins at 6 p.m. and entertainment begins at 6:30 p.m.

The luau is held the last Friday of each month. Parties of four or more should call to reserve seating at 696-4778.

**Family Camping** – Through a grant from the Sierra Club, the Armed Services YMCA is proud to announce the opportunity for military families to participate in a weekend family camping experience at Camp Erdman.

The ASYMC will be hosting a session March 12-14; the focus will be on conservation and environmental elements as well as quality family time. Interested families are invited to e-mail [asymcawhlr@aol.com](mailto:asymcawhlr@aol.com) for further information.

**Waikiki Party Bus** - Your party bus to Waikiki runs again on Jan. 29, 9 p.m.-4 a.m. Let Family and Morale, Welfare and Recreation be your own personal chauffeur with this bus that travels to Waikiki on payday Fridays.

Cost is just \$10, and tickets are required to reserve your seat. Pick-ups are available at both Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

## February

### 2 / Tuesday

**Chinese New Year Craft** – Welcome the Year of the Tiger by making a craft at the Sgt. Yano Library, Feb. 2, 3-5 p.m. All supplies are provided and all ages are welcome. Call 655-8002.

**Valentine’s Day Scrapbooking** – Enjoy this holiday-themed layout challenge, Feb. 2, 6-8 p.m., at the Schofield Barracks Arts and Crafts Center.

Cost is \$5 per person. Patrons must bring their own supplies, but they can use the center’s Cricut die-cutter. Project ideas will be supplied or patrons can work on their own. Call 655-4202.

**Autism Support Groups** – The Army Community Service’s Exceptional Family Member Program continues its partnership with community chaplains and the Community Children’s Council to offer autism support groups.

The groups provide families with an opportunity to share experiences, gather new information and become knowledgeable about community resources.

On-site child care will be available. Children must be registered and sign up is required. The group will meet Feb. 2,

5:30-8 p.m., at the Aliamanu Military Reservation Chapel, and Feb. 10, from 5:30-8 p.m., at the Schofield Barracks Main Chapel. Call ACS EFMP at 655-4227 for more information or child care reservations.

### 3 / Wednesday

**Down Syndrome Support Group** – Army Community Service’s Exceptional Family Member Program is excited to announce the start of a Down Syndrome Support Group, which will provide an opportunity for families of children with Down Syndrome to network and learn from one another.

Come and be a part of this great event. On-site child care will be available; however, children must be registered and sign up is required.

The meeting is Feb. 3, 5:30-8 p.m., at the Schofield Barracks Main Chapel. Call ACS EFMP at 655-4227 for more information or child care reservations.

### 4 / Thursday

**Texas Hold ‘Em Poker Tournament** – Do you have the best poker face on post? This weekly poker tournament keeps going Feb. 4, 6 p.m., at the Tropics Recreation Center, Schofield Barracks.

Play weekly for your chance to win \$500 in cash and advance to the finals to play against the best players the Army has to offer. Call 655-5698.

### 5 / Friday

**Furlough Friday** – Looking for Furlough Fridays activities? The next Furlough Friday is scheduled Feb. 5.

Family and Morale, Welfare and Recreation has families covered with a variety of options for students and teens in all grades. Programs offered at Child, Youth and School Services and Army Community Service can keep keiki busy.

An FMWR Furlough Friday activity program guide can be downloaded at [www.mwrrarmyhawaii.com](http://www.mwrrarmyhawaii.com). Click on “CYSS.”

Upcoming Furlough Friday days are scheduled for Feb. 12; March 5 and 12; April 23 and 30; and May 7 and 14.

**Family Fun Friday** – Family Fun Friday is back at the Tropics Recreation Center, Feb. 5, at 6 p.m. Enjoy free Papa John’s pizza, fun and games, HDTVs, Nintendo Wii, PS3 and Xbox 360 games for rent, family table games, pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

**Valentine’s Day Ceramics** – Come to the Schofield Barracks Arts and Crafts Center, Feb. 5, 10 a.m.-12 p.m., to paint your very own ceramic heart box for your special someone. Make this year’s Valentine’s gift extra special by using your creativity. Cost is just \$15 per person and includes all supplies. Call 655-4202.

### 6 / Saturday

**Outdoor Adventures** – Enjoy fun-in-the-sun adventures throughout February. Learn how to stand-up paddle or canoe in an authentic outrigger canoe, Feb. 6 or enjoy a movie set tour at Kualoa Ranch, Feb. 12. Call 655-0143.



Send announcements to  
[community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 29 / Today

**Casino Night** – The Hui O Na Wahine will hold a Casino Night, today, 6:30-10:30 p.m., at the Nehelani, Schofield Barracks. This event is open to the public and will feature Vegas-style games, live and silent auctions, heavy pupus and a cash bar.

A variety of items will be auctioned off with all proceeds going to the Hui’s Scholarship & Welfare Grants. This event is ticket-only, and tickets are still available at \$20. Call Criztina Jean at 888-0907, or e-mail [armyjeans@msn.com](mailto:armyjeans@msn.com) to reserve your spot at the event.

A variety of “themed” baskets and items will be auctioned off. Check out the Hui online at [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com) for more information.

### 30 / Saturday

**Waimea Valley Tour** – Waimea Valley will present “Whispering Walls of Waimea,” a Saturday night walking tour, Jan. 30, 6:30 p.m. The 1½-2 hour tour includes stories and legends of the high priest who once lived in the valley, the healing power of plant life and the rumored children who played there.

Limit is 50 participants per tour and reservations are required. Children under 12 are not allowed on the tour.

Prices start at \$35 for children and \$50 for adults. Military and kama’aina discounts are available.

Other tour dates include March 20, May 22, July 24, Sept. 25 and Nov. 6. Visit [www.waimeavalley.net](http://www.waimeavalley.net) or call 638-7766.

## February

### 1 / Monday

**Untold Stories** – The military community is encouraged to watch the two-part series The Army coordinated with PBS to commemorate Black History Month. The series, which airs beginning Feb. 1, tells the untold story of African Americans’ service in the U.S. military.

The film is hosted by Halle Berry and introduced by retired Gen. Colin Powell. To check air dates in Hawaii, visit [www.forloveofliberty.com](http://www.forloveofliberty.com).

### 3 / Wednesday

**Oahu South Town Hall** – Residents of Fort Shafter, Aliamanu Military Reservation and Fort DeRussy areas are encouraged to attend the next town hall meeting for the Oahu South community at AMR Chapel, Feb. 3, at 6:30 p.m.

Call 438-6147 for more information.

### 13 / Saturday

**Chinese New Year Celebration** – Help welcome in the Year of the Tiger with an ancient Chinese lion dance as it spreads good wishes to the family of Pearlridge Center customers, merchants and employees, Feb. 13.

Considered the third in the cycle of the 12 Chinese animal signs, the Year of the Tiger heralds a year of new beginnings and significant change.

Shows run “Uptown” from noon-1 p.m., then “Downtown” from 2-3 p.m.

**Keiki Talk Story** – “Aloha to You” will be the topic of this month’s Keiki Talk Story program at Mission Houses Museum. Valentine’s Day is a perfect time to explore the meaning of “Aloha,” one of the most used words in the Hawaiian language.

Perfect for ages 3 and up, this program engages children and provides a fun hands-on activity, Feb. 13, 10-11 a.m., Chamberlain House Kitchen, 553 S. King St., Honolulu.

This event is free. Call 447-3910.

### 17 / Wednesday

**Save the Date** – The next Army Hawaii Family Housing resident forum is scheduled for Feb. 17, 4 p.m., at the Porter Community Center.

## Ongoing

**Welfare Grants & Scholarships Available** – The Hui O’ Na Wahine, Schofield Barracks Spouses’ Club is now accepting applications for welfare grants and scholarships.

The Hui provides grants to organizations that support military families and the surrounding community.

Grant awards are dependent upon substantial need and the amount of money available for distribution.

Scholarships are available for graduating seniors and for continuing education. Submission deadline is March 31. For information or applications, visit [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com).

**Family Advocacy Program Survey** – Could you use an extra \$100 to spend at AAFES? Be the voice for your community and you could win a \$100 AAFES gift card.

Gift cards drawings are held every two weeks. For more information on your chance to win, call Regina Peirce at 655-0596.

**Civil Air Patrol** – Civil Air Patrol’s Wheeler Composite Squadron will meet every Tuesday, 5:30-8:30 p.m., Wheeler Army Air Field.

The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education, leadership training, physical fitness and character development.

Youth can participate in a number of activities.

For more information, call 386-1374 or e-mail [tony4atmos@aol.com](mailto:tony4atmos@aol.com).



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

AMR:	Aliamanu Chapel
FD:	Fort DeRussy Chapel
FS:	Fort Shafter Chapel
HMR:	Helemano Chapel
MPC:	Main Post Chapel, Schofield Barracks
PH:	Aloha Jewish Chapel, Pearl Harbor
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

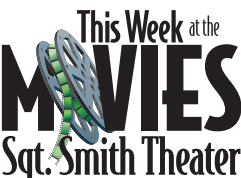
- Sunday, 9 a.m. at TAMC

#### 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 [aafes.com](http://aafes.com) under realtime movie listing.



#### Invictus

(PG-13)  
Fri., Jan. 29, 7 p.m.  
Wed., Feb. 3, 7 p.m.

#### The Princess and the Frog

(G)  
Sat., Jan. 30, 4 p.m.  
Sun., Jan. 31, 2 p.m.



#### It's Complicated

(R)  
Sat., Jan. 30, 7 p.m.  
Thurs., Feb. 4, 7 p.m.

No shows on Mondays or Tuesdays.



# IMCOM commander hears concerns from senior spouses

MIKE EGAMI

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Carving time out of a very hectic four-day visit, the commanding general of the U.S. Army Installation Management Command dined with the spouses of Hawaii’s senior Army leaders, Jan. 21, here.

At the luncheon, held at the Nehelani Conference Center, Lt. Gen. Rick Lynch was quick to praise each and every one of the spouses for the unconditional support from families in a time of war, where stress upon families is almost unbearable.

“Even with a budget shortfall of \$1.5 billion



Lynch

from (2009), we will fully fund and support the Army Family Covenant and the commitment Army leadership has made to provide a better quality of life for Soldiers and families,” Lynch said. “We will take a systematic approach and take a closer look at all programs.”

Lynch praised the efforts of the garrison for its energy conservation programs and individual efforts to conserve electricity in offices by turning off lights and computers

when not in use.

“We must all continue to do our part to save millions of dollars to the bottom line on electricity bills annually,” Lynch said.

When he asked how IMCOM is doing taking care of Army Soldiers and families, senior spouses responded with positive support for Family and Morale, Welfare and Recreation’s Blue Star Card program, which provides everyday benefits to deployed Soldiers’ spouses and families at FMWR facilities. The senior spouses said the program is a morale booster for those who participate.

Senior spouses also discussed the merits of the chaplain-led Strong Bonds program. When talking

about various programs, Lynch noted that some elements may overlap with other Army Community Service programs. He emphasized the need to thoroughly review all programs to avoid duplication, and thereby prevent waste.

Lynch went on to talk about the need for programs that study how long-term deployments impact childhood education and adolescent behavior.

“We need to find ways to improve the schools in Hawaii and get money to help the Hawaii school system,” Lynch said.

Lynch ended the lunch by encouraging the spouses to contact him with their concerns or suggestions on providing better support to Army families.

# Gate guards, housing, school zoning changes are top issues at Town Hall

Story and Photo by  
BILL MOSSMAN  
Staff Writer

SCHOFIELD BARRACKS — Security issues continue to be at the forefront of residents’ minds, many of whom voiced their concerns to Army senior leaders and garrison representatives at the latest North Town Hall meeting, Tuesday, at the Main Post Conference Room, here.

During U.S. Army Garrison-Oahu’s monthly sponsored gathering, residents again asked the garrison to provide more Military Police to patrol neighborhoods. They also inquired about the status of the long-promised guards who were supposed to man unoccupied front gates in outlying housing communities, such as Helemano.

Given the financial shortfall facing Army garrisons everywhere, and the fact that the local garrison could not assign more MPs to perform patrol duty, Lt. Col. Richard Gledhill, commander, USAG-Oahu, suggested residents look into forming a neighborhood watch program as a way of boosting security coverage in their communities.

“I know nobody really wants to hear this, but we only have a finite amount of resources available,” said Gledhill, who conducted the meeting with support from Command Sgt. Maj. Darryl Jannone, also of USAG-Oahu.

Col. Matthew Margotta, commander, USAG-Hawaii, also informed residents that, although the Department of the Army had approved funding for additional guards at all fenced-in installations in early 2009, those funds have recently been swallowed up by a substantial budget cut.

Still, Margotta is holding out hope that DA might send supplementary funding to the garrison following its mid-year review, slated for late March.

“Hopefully within that time frame, they’ll authorize us additional money to

hire some guards,” Margotta said.

However, even if DA approves the funding, the commander warned residents not to get their hopes up.

“Implementing this will still be a challenge because we have so many access points and so many separate sub-installations within the Garrison,” Margotta stated.

## Army Hawaii Family Housing

More than 200 single-family homes are currently under construction in the North region, with most of those units scheduled for completion some time this summer.

According to Tony Hintz, director, AHFH North Region Operations, Wheeler and Santa Fe communities will be the proud recipients of 241 new units — 204 of which will be available to junior noncommissioned officers.

“We just opened our first 14 homes at Wheeler, in the Wili Wili area,” Hintz said. “We’re also doing, in a small section of Santa Fe, 74 (junior NCO) homes. We estimate that we’ll get those homes on line between May and August.”

In addition to the new homes, Wheeler residents can look forward to the completion of the Wheeler Community Center, tentatively scheduled to open this fall. The center will feature a swimming pool, water spray park, tot lot and theater, as well as activity and fitness rooms.

“We’ll keep the community advised if there are any changes to (the opening date) and invite everyone to the grand opening,” Hintz said.

Finally, Hintz showed attendees a photo of a Schofield home in which a recent fire caused extensive damage to the stove, mounted microwave and kitchen cabinetry. He said the incident was due to the home’s occupants leaving a cooking pot unattended.

As a result, the fire caused thou-



Lt. Col. Richard Gledhill, commander, U.S. Army Garrison-Oahu, addresses a resident’s question during the North Town Hall meeting, Tuesday, at the Main Post Conference Room, Schofield Barracks. The meeting was the first of three scheduled town halls in 2010 for North Oahu community residents.

sands of dollars in damage, leaving the family temporarily displaced.

“The number one cause of home fires is unattended cooking — bar none,” Hintz said. “I implore you to remember the basic safety rules, like never leave a pot cooking on the stove unattended. Turn (the stove) off or take

(the pot) off, so that you don’t have a tragedy like this happen.”

## Youth Education Support Services

The Department of Education recently announced new boundary redistricting for school year 2010-2011, and the changes will undoubtedly im-

pact many North community families.

YESS director Tamsin Keone said that Helemano Military Reservation children will no longer be assigned to Wahiawa Elementary School. Instead, they will attend Helemano Elementary once the new school year kicks in. All other HMR students will attend Wahiawa Middle and Leilehua High schools, she added.

As for pre-high school students living at Schofield Barracks, they will be enrolled at Hale Kula, Solomon, Wahiawa or Wheeler elementary schools; and Wahiawa or Wheeler middle schools. All other students will attend Leilehua High.

Keone also noted the recent price hikes for meals and bus rides — both of which went into effect Jan. 1 as a means of off-setting the Hawaii education department’s sizeable budget deficit.

In particular, she encouraged residents to apply for the reduced breakfast and lunch rates. Currently, students who meet eligibility requirements pay 30 cents for reduced breakfast and 40 cents for reduced lunch. All other students pay 95 cents for regular breakfast (previously 35 cents) and \$2.20 for regular lunch (previously \$1.25).

“You never know,” Keone said. “You may qualify (for the reduced rates).”

The North Town Hall meeting was the first of three town halls scheduled in 2010 for North Oahu community residents.

Each year, town halls are held in the North and South, where residents are provided a forum to voice their concerns and learn about the latest happenings in their neighborhoods.

The next North Town Hall meeting is scheduled May 25, 6:30 p.m., at the Main Post Conference Room, Schofield Barracks.



# Stay Army Strong with proper physical fitness regimen

MAJ. VANCIL MCNULT

U.S. Army Center for Health Promotion and Preventive Medicine

ABERDEEN PROVING GROUND, Md. — Physical fitness is a very important part of your health. Not only does your level of physical fitness have a direct impact on your combat readiness, physically fit Soldiers are much less likely to get physical injuries and more likely to have enjoyable, productive lives.

At a minimum, Soldiers must meet Army Physical Fitness Test standards by the end of Advanced Individual Training, which is a reasonable goal. Your unit training program is designed to help you reach that goal. After AIT, you should continue a program of regular vigorous exercise that balances strength, mobility and endurance and allows for proper rest and recovery.

**Your exercise program should:**

- Be progressive. Your exercise session must be gradually increased to safely and effectively improve your physical performance. There are many times throughout life that you may have to modify your training and begin slowly again, like after an illness or when recovering from an injury, returning from deployment or the field, or moving to a new unit.
- Be regular. Regular exercise sessions (three to five times per week) improve performance and reduce your chances of the “weekend warrior syndrome,” or getting a sports injury on the weekends because of little activity during the week.
- Provide overload. In order to improve, you must gradually push yourself beyond the normal demands placed upon your body.
- Provide variety. Spread the stress of exercise over the entire body by varying the types of exercises you do throughout the week. This also keeps you from getting bored and keeps your motivation up.
- Allow recovery. Your body is actually strengthened during periods of rest. Regular periods of rest



Brenda Naki | U.S. Army Garrison-Hawaii Public Affairs

When Michelle Mansker, natural resources manager, Directorate of Public Works, isn't concentrating on natural resources or environmental issues, she concentrates on proper work out form.

between activities, sleep and proper nutrition help the body rebuild itself. For example, a hard day of running should be followed by a day of resistance training to give the muscles you used during running some time to recover.

- Be balanced. Your exercise program should include low-intensity endurance activities (such as running, biking, swimming or stair climbing), high-intensity endurance activities (such as sprints or intervals while running, cycling, swimming, or climbing), muscular strength and endurance (resistance exercises such as lifting weights or your own body weight), and mobility training (activities that develop agility, balance, coordination, flexibility, posture, stability, speed and power, such as agility drills, in-

dividual movement techniques, and stretching after activity).

- Be specific. The activities you perform during your exercise sessions should be specific to your goals.
  - Be precise. Perform all muscle strength and mobility exercises slowly and with correct posture. The quality of your training may be more important than the quantity. For example, performing any activity sloppily is less effective and may cause injury.
- Warming up, or preparing for activity:**
- Before exercising or playing a sport, do a three to five minute warm-up that has the same movements as the exercise or sport. Start slowly then increase the pace.

For example, if you are going for a run, you might start out by walking, increase the pace to a fast walk, break into a slow jog and then slowly increase up to training speed. To get ready to play basketball, you can practice shooting, dribbling and running sideways slowly at first, then more actively. Specific stretching is not required during warm-up if adequate active preparation is done.

**Performing activity:**

To improve your low-intensity endurance, you should exercise for 20 to 30 minutes at a moderate pace without stopping, two or three times per week. You should be working hard enough that you can talk but you can't sing.

To improve your high-intensity endurance, do running, cycling, swimming or climbing sprints (intervals) for 30 seconds and rest for 90 seconds (gradually increase repetitions from five to 10, then decrease your rest time to 60 seconds) once or twice a week. Improve your muscular strength and endurance by performing two or three sets of three to 12 repetitions (less repetitions for strength, more repetitions for endurance) to temporary muscle failure, two or three times a week. Improve your mobility by performing agility drills once or twice a week.

**Cooling down, or recovering from activity:**

Always cool down after every exercise session. A cool-down is basically the reverse of a warm-up and gives your heart rate a chance to come down to a normal level. Cooling down also helps reduce muscle stiffness. Stretches to improve flexibility during cool-down should be held for at least 30 seconds.

*(Editor's Note: Maj. Vancil McNult is a Staff Physical Therapy Officer with the U.S. Army Center for Health Promotion and Preventive Medicine.)*

## Tricare dives into social media to engage beneficiaries, create relationships

TRICARE MANAGEMENT ACTIVITY  
NEWS RELEASE

FALLS CHURCH, Va. — Tricare is taking the plunge into social media to uncover what issues matter most to its beneficiaries around the world.

Social media channels and networks like Twitter, Facebook, YouTube and Flickr continue to transform how healthcare information—and information in general—is consumed by the public.

“Social media is changing the way we communicate. These powerful tools give us an opportunity to join the conversation surrounding Tricare and military health,” said Rear Adm. Christine



For more about the Military Health System, visit [www.health.mil](http://www.health.mil).

can ask for their input, identify what they want to know more about and respond accordingly.

Recommendations from service members and their families have the potential to influence policy decisions and improve overall satisfaction with military healthcare.

“We understand the value social media can bring to the organization, and we invite beneficiaries to talk to us about how we can improve their health care experience,” Hunter said.

Tricare is active on Twitter, Facebook, YouTube and Flickr, and is getting ready to launch a new media center Web

**Get Your Voice Heard**

Before launching the new media center Web site, Tricare wants to hear from the military men and women who use its benefits everyday. In the coming weeks Tricare will ask beneficiaries for feedback on the issues they want to know more about through Tricare's Facebook, [www.facebook.com/Tricare](http://www.facebook.com/Tricare), and Twitter account at [www.twitter.com/Tricare](http://www.twitter.com/Tricare).

Beneficiaries are also encouraged to visit [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions) to sign up for e-alerts about Tricare benefits and news.

site in March. The media center will include Tricare news and links to Tricare's social media channels. It will also allow

beneficiaries to “share” benefit information with their friends and families online.



# ‘Family Ties’ raise money for veterans’ group in local 5k

25th CAB family member tied love of running and her family

Story and Photo By  
**STAFF SGT. BRYANNA POULIN**  
25th Infantry Division Public Affairs

MILILANI – What began as a typical senior class project turned into one local teenager going the distance in raising more than \$1,700 for the Disabled American Veterans, and allowed time to pursue a passion most people might run away from, during a 5k race, held Sunday, at Mililani Senior High School.

Kristen Ali Keith, a senior at Mililani Senior High School, and daughter of Chief Warrant Officer 4 William Keith, safety officer, 25th Combat Aviation Brigade, 25th Infantry Division, developed the race idea after realizing running has been a lifelong bond she shares with her family.

“The theory that running maintains family bonds, is from her own experience she shares with her dad, who also is a runner, while he is deployed,” said Kristen’s mom, who was helping register runners early Sunday morning.

Even though the cross country teen could pick any subject, her decision to have a family run called “Family Ties” in the local community was based on her family’s tradition of running and racing in local events together.

“As I got older and slower, Kristen got stronger and faster. I would pick on her that I could always

beat her, until the eighth grade, where she and I ran a local 5K and she ended up right on my heels crossing the finish line,” joked her dad. “I stopped racing her, but continue to tell her that I am still undefeated, with my full understanding of reality ... although I will never admit it.”

For the teenager, whose running began at an early age and took off fast once she entered high school, Kristen placed in the top five every year during both cross country and track meets.

“When she was young, I would race her to the swing set behind our house at Fort Bragg,” Keith said. “From there, she always thrived off of putting in the hard work to win and her competitive spirit always forced her to drive that extra effort to win.”

Kristen’s extra effort and vivacious determination was evident Sunday when more than 80 students, service members and families ran the race, some unaware it was organized by her.

Staff Sgt. Brook Bailey, infantryman with C Company, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th ID was one of the many Soldiers unaware Kristen was the daughter of a Tropic Lightning Soldier or that she single handedly put together the event.

“We (C Company) heard about the race a few days ago but didn’t know all the details of the event,” Bailey said, after the race. “It’s even more amazing that all the proceeds go to the DAV.”

“Her decision to choose the Disabled American Veterans started last October during a visit with



Kristen Keith, daughter of Chief Warrant Officer 4 William Keith, safety officer, 25th Combat Aviation Brigade, 25th Infantry Division, gives last-minute race procedures to runners, Sunday, at Mililani Senior High School.

her grandfather during my block leave,” Keith said. “Retired from the United States Marine Corps, he spoke of how much the DAV helped him

get the much needed benefits due to his service connected disability.”

Putting together the race was no small feat for the already busy teen, noted her dad. She has done everything herself organizing this race, including developing an entry form, finding and designing a race T-shirt, getting sponsorship for awards and finding volunteers to assist with the administrative functions such as check-in, timing, sign up, and giving out awards.

While Kristen shines outside the classroom, she continues to soar inside as well, earning one of Mililani’s Valedictorian Honors. She maintains the ongoing balance of homework and study while running daily to stay competitive.

“I am going to Lipscomb University, located in Nashville, where I will run Division I cross country,” Kristen said before the race began. “After college I hope to become a veterinarian.”

Finally, at the end of the 5k, Kristen ended up with 24 additional people signing up, with nearly 80 people racing.

“Everyone seemed very pleased with the amount of awards, and their race packets which included towels, water bottles and caps,” Kristen said. “It’s been a lot of hard work and stress but I’m glad I did it.”

“She never ceases to amaze me, from the time she took her first steps to the accomplishments this weekend. I am a very proud father,” Keith concluded in an e-mail from Contingency Operating Base Speicher, where he is currently deployed.



**30 / Saturday**  
**Tropics Sand Volleyball Series** – Bump, set and spike your way to success in a beach volleyball tournament, Jan. 30, at the Tropics Recreation Center, Schofield Barracks. Enjoy food and drink specials, giveaways and awards for the top players. This all-day tournament will continue until a winner is crowned. Participants must be 18 years or older to play; cost is \$10 per team to enter, but active duty military can play for free. Call 438-1152 for more information.

**NOAA Whale Count** – Enjoy one of the most unique benefits of living in Hawaii – the annual whale migration in the Pacific Ocean. Help the National Oceanic and Atmospheric Administration count whales, and enjoy a lovely day in the sun, Jan. 30, 9 a.m.–12 p.m. Cost is \$10 and round-trip trans-

portation from Schofield Barracks is included. Call 655-0143 for more information.

**31 / Sunday**  
**Big Surf Watch Bike Trip** - Enjoy a nice relaxing bike ride along North shore beaches with Outdoor Recreation on Jan. 31, 7 a.m.-12 p.m. Check out the world-famous North Shore surfing scene and all the big waves without all the traffic hassles. Cost is just \$30 if using your own bike with an extra \$5 if you need to use one of ours. Round-trip transportation from Schofield Barracks is available. Call 655-0143.

## February

**1 / Monday**  
**NFL Military Challenge Hawaii** - Don’t miss your only chance to participate in this year’s interservice NFL skills challenge! Stop by Stoneman Stadium at Schofield Barracks or Taka-ta Field at Fort Shafter to test your sprinting, punt, pass and kick skills and earn your spot on the team. Try-outs will take place Feb. 1-3, 5-7:30

p.m. each day at both locations. The finals against other branches of service will take place at Kapiolani Park on Feb. 13 at 1 p.m. Call 655-9914.

**All-Army Boxing** - The deadline to enter the 2010 Men’s and Women’s All-Army Boxing program is Feb. 1. Trial camps will take place Mar. 16-Apr. 17 at Fort Huachuca, AZ, with the championships taking place Apr. 18-24. Contact the USAG-HI Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks for more information. Call 655-0856 or 438-9572.

**6 / Saturday**  
**Outdoor Adventures** - Join us for a ton of fun-in-the-sun adventures throughout Feb. Learn how to stand-up paddle or canoe in an authentic outrigger canoe on 6 Feb. or enjoy a movie set tour at Kualoa Ranch on 12 Feb. Check out the whales with an adventure hike on 13 Feb. or try your hand at surfing on 20 Feb. Enjoy a snorkeling adventure on 21 Feb. or another whale watching trip on 27 Feb. Whatever your outdoor interest, we’ve got you covered all month long! Call 655-0143.



Send sports announcements to  
[community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## February 1 / Monday

**Aloha Readiness Series** – The Valentine’s Day Biathlon will take place on Feb. 14. Registration forms are due by Feb. 1. For more information or to download registration forms, visit [www.waikiki.swimclub.org](http://www.waikiki.swimclub.org).

### 20 / Saturday

**Swamp Romp** – Break out your utility boots, but don’t scrape the mud off just yet - the CLB-3 Swamp Romp is right around the corner. Referred to as Hawaii’s dirtiest footrace, the Swamp Romp returns to Kaneohe Bay, Feb. 20, so start cross-training now. The race begins at the Boondocker building, neighboring the Marine Corps Exchange An-

nex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat, and more mud.

Entry fees are \$130 for each six-person team. Race logo T-shirt included with entry fee for each team member, if submitted by registration deadline, 4 p.m., Feb. 12. Registration after deadline increases to \$150.

Participants must wear utility/long trousers or sweat pants, and some sort of high-top shoe. No tennis running shoes. Visit [www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm) for more information.

## Ongoing

**Golfers Wanted** – Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course can call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

**Shafter Bowling** – Unit PT (physical training) bowling is held Monday-Friday, 6-8 a.m. Cost is \$1 per Soldier and includes all games and free shoe rental. Call 438-6733 for more information.