





## We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, 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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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 2/25/10.

# Ask the Commander!

Wrapping up a two-part series, the colonel addresses community concerns presented during a live town hall, including gate closures and force protection conditions.



Margotta

The "Ask the Commander" program is designed as a communication tool for Soldiers, civilians and family members to have their concerns addressed and questions answered by the garrison commander.

All submitted questions go directly to the garrison commander; directorates and support staff research the queries and provide responses to the commander.

Due to newspaper space limitations, only a sampling of questions are printed or broadcast on TV2, a channel available on Army installations.

Generally, the commander answers questions of communitywide impact.

**Q:** *The recent closure of Macomb Gate at Schofield Barracks impacted the Soldiers, family members and civilian employees entering post, especially during the morning hours. Is it possible to close gates during times that don't impact traffic?*

**A:** Since the entrance gates to our installations are only one or two lanes wide, coupled with a fairly immature off-post road network leading into our gates, traffic entering our posts is often congested, especially during the morning rush hours. As evident by our parking challenges, we are impacted on our ability to mitigate the congestion by a lack of physical space to widen or improve our roads. When our historic installations were first constructed (more than 100 years ago), the needs of our modern-day Army and workforce were never envisioned. There are long-term plans to expand some of our gates, but due to budget cycles and funding, construction won't begin for several years.

Most of the current construction at our gates is to support upgrades to our security and force protection measures. We understand how closing one gate impedes the flow of traffic, and we try our best to minimize this impact.

One way we mitigate congestion is by trying to keep the gate, or at least one of the lanes, open at all times during the construction. We also try to schedule construction only between the hours of 8 a.m.-3 p.m. to avoid the morning and afternoon rush hours.

However, restricted closure hours can't always be done because of the type of construction. There are periods where construction mandates a gate be closed at all times; however, we try and keep this to a minimum.

Additionally, when a gate must close, we will do our best to open another gate or place additional guards at nearby open gates to speed up ID card checks and increase traffic flow. This was our approach when Macomb Gate was recently closed.

If a gate is going to be closed for a period of time, we do our best to inform the public in advance through many venues and forums so drivers can plan alternate routes and adjust their schedules.

We put electronic signs near impacted gates and send information out through various command information channels, to include the Hawaii Army Weekly, command calendars, community bulletins, TV2, and the garrison's Web site and Twitter account.

To check traffic notices and gate hours at any time, visit [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil) and click on "Post Updates."

**Q:** *Can you please explain what the different security codes mean that are posted at the gates and the function of the "swinging arms" that were installed at Helemano Military Reservation? Also, why aren't security guards manning the gate at HMR?*

**A:** As community members enter our installations, they should notice a Force Protection Condition sign, or FPCON.

The FPCON signs that are posted at the gates indicate the current security environment. The codes are meant to describe the type of measures that may be taken to protect the community from a credible outside threat.

On most days, the FPCON code is A or B (Alpha or Bravo), which means that normal, elevated security measures are being taken, such as 100-percent identification checks.

An FPCON code of C (Charlie) indicates a high alert level and may mean that an incident has occurred or an incident is imminent.

In that case, security measures would likely be increased. Finally, code D (Delta) indicates severe, the highest security level. FPCONs aren't intended to frighten our community; instead the codes are used to keep our community informed and to provide awareness.

Regardless of the FPCON, be assured that our security forces are ready and prepared to respond. Other measures have been installed, such as the "swing arm" gates, which can be lowered to provide additional security during elevated FPCONs or special situations, like a child abduction incident.

Finally, we fully understand the community's desire to have all of our housing communities covered with Access Control Points security guards.

I realize having guards at our gates provides an additional level of comfort regarding safety and security.

However, at this time we are unable to cover all of our ACPs, to include HMR and Aliamanu Military Reservation, due to an insufficient number of authorized contract security guards and available military police.

Unfortunately, our satellite communities (AMR, HMR, Red Hill and Men-donca Park) aren't recognized by the Department of the Army as "installations" per se.

These satellite communities don't meet the established criteria to be considered in the same vein as Schofield, Wheeler, Fort Shafter, Tripler, etc. Thus, the Army does not provide the authorizations and resources necessary to support security guards at these community access points.

CSGs are only authorized for "installation" access control points.

We know that the installations and housing areas in Hawaii are different from most other Army posts on the mainland, primarily because our installations are spread across the island of

Oahu and many of our housing communities are separated from them.

In order to mitigate not having permanent guards at these points, we do conduct random access measures several hours per day. This means we have our roving military police patrols man the gates for a couple of hours during each of their shifts.

Also, you may have seen garrison leadership pulling guard duty on our gates for a couple of hours each week.

We are also in dialogue with the 25th Infantry Division and 8th Theater Sustainment Command to explore options to provide additional Soldier support to assist us in covering these unmanned gates.

**Q:** *The intersection of Cadet Sheridan and McCornack on Schofield Barracks is extremely busy. Making a left hand turn very challenging. Can a left turn signal be installed at this intersection?*

**A:** In response to this concern, the Directorate of Public Works conducted a traffic survey to determine how the situation can be improved.

As a result, the timing of the green traffic lights will be modified for the north and southbound lanes. Once modifications are complete, another traffic study will be completed during peak traffic hours to evaluate the results. Additional measures may be taken pending results of the follow-on survey.

Information from our community regarding situations like this intersection is very valuable to us. We can't address an issue unless we know about it, and we're not always aware of situations that impact our community. We continue to reach out to our community.

We hope that you find forums such as the "Ask the Commander" column useful as we continue to strive to provide the best service and support to our Soldiers, families and military community.

**Points of Contact**

- Call 656-6751/6750 to reach the Directorate of Emergency Services.
- Call 656-7051 to reach the Directorate of Public Works.

To submit an "Ask the Commander" question, send an e-mail to [AskTheCommander.usaghi@us.army.mil](mailto:AskTheCommander.usaghi@us.army.mil). For more information, call Ophelia Isreal at customer management services, 655-9033. Or call U.S. Army Garrison-Hawaii Public Affairs representatives, Aiko Brum at 656-3155 and Jack Wiers at 656-3489.

## Army family mourns loss of Gen. Haig

**GEN. GEORGE W. CASEY**  
Army News Service

WASHINGTON — On Feb. 20, our Army family lost a great Soldier and statesman, who selflessly devoted his life's work to the service of our nation.

Gen. Alexander Haig's service spanned more than three decades in the Army. He served in the Korean and Vietnam wars, and — for his gallantry — received numerous decorations of valor, including the Distinguished Service Cross. Later, Haig served as our vice chief of staff — a position from which he helped lead the effort to transition our force to an "all volunteer" one.

We honor Haig for his most distinguished service, and will always remember him as the Soldier who, when the nation called, never failed to answer. Our thoughts and prayers are with Pat and her family.



Haig

## Founding fathers inspire faith in creator

**CHAPLAIN (MAJ.) BRIAN REED**  
U.S. Army Pacific Plans and Operations Chaplain

George Washington and Abraham Lincoln, whose birthdays we recently celebrated, are two of our country's most famous and favorite presidents.

Their images grace our most common currency. We see their faces adorn walls of our schools, homes and institutions throughout the land. Their names are used for cities, capitals, banks, schools and universities. Their faces are carved in granite in the Black Hills of South Dakota at Mount Rushmore.

In a speech given to the Massachusetts Legislature on Lincoln's birthday in 1909, Henry Cabot Lodge said, "The nation has not lived in vain which has given the world Washington and Lincoln, the best great men and the greatest good men whom history can show."

Both fought and brought us through extreme times of crises that included two historic wars.

They believed in and stood by that most famous of documents, the Declaration of Independence.

The declaration resonates, "We hold these truths to be self-evident — that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness."

Creator. Now there's an interesting concept.

Our founding fathers believed in one who governed all people. The founders also thought that all men were fallen morally and spiritually, and were in need of a superior governor who could direct them to freedom with responsibility. That governor was neither a human king, a president nor a government, but a supreme deity.

Washington said, "It is the duty of

all nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor." (Thanksgiving proclamation, Oct. 3, 1789).

Lincoln echoed these sentiments as he acknowledged a Bible as a gift from supporters: "In regard to this great book, I have but to say, it is the best gift God has given to man. All the good the Savior gave to the world was communicated through this book. But for it, we could not know right from wrong."

Washington and Lincoln would most assuredly concur with this exact physically and spiritually centered verse in the Bible, Psalm 118:8, which reads, "It is better to take refuge in the Lord than to trust in man."



Reed

# Voices of Ohana

"What good thing do you do for your heart?"

**"I try to keep myself active."**

**Pvt. Matt Bocchino**  
39th Military Police Detachment, 728th Military Police Battalion

**"I do cardio, run and practice kendo."**

**Chief Warrant Officer Robert Cook**  
715th Military Intelligence Battalion, 500th Military Intelligence Brigade

**"I eat less fat."**

**Manuel Icban**  
Retiree

**"I run Kolekole pass three times a week."**

**Sgt. Angie Johnston**  
3rd Brigade Special Troops Battalion, 25th Infantry Division

**"I eat healthy."**

**Belinda Thorstensen**  
Family Member



# Soldier credits his community service to the Army family motto

Story and Photo by  
**SGT. RICARDO BRANCH**  
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — People join the Army for many reasons. Some do it for money, some for country, and others for career.

One 8th Theater Sustainment Command Soldier joined the military for all three reasons and is making the most of his service by giving back to his community and his country.

"It's been a blast. I've traveled everywhere in the Pacific," said Staff Sgt. Jonathan Steele. "I'd have to say the Army helped me join because of their motto: taking care of the family."

It is not hard to imagine the nearly 6-foot-tall Steele as a Soldier. However, his journey in military service didn't start with the Army but rather with the Marine Corps directly after high school. "I shipped out to Marine Corps boot camp in September of 1994," he said. "I joined as a musician, and it was fun. I was in band in high school, so I knew about marching and uniforms."

During Steele's last year of school band, he met his future wife, Brittney, through mutual friends. They were engaged after two years.

"When I joined the Marine Corps, I was away from home, so Brittney and I



Staff Sgt. Jonathan Steele, Headquarters and Headquarters Company, 8th Theater Sustainment Command, helps a student at Gustav H. Webling Elementary School jump rope during the Jump Rope for Heart event at the school, Feb. 19. A well-traveled Soldier, Steele routinely volunteers his time within the community and by helping host special military events.

saw little of each other. But we kept in contact all the time," Steele said.

Following a successful career in the Marines, Steele moved on to the Army.

"My job in the Marine Corps was discontinued, and I specialized in specific gear," he said. "I decided to enter the Army and try something new."

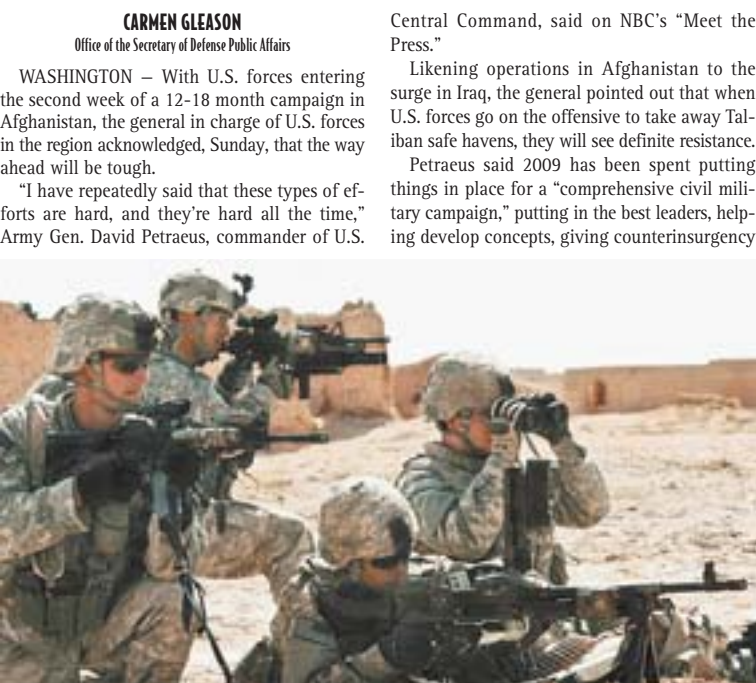
His move from one service branch to another was immediate.

"On my last day in the Marines, I went into an Army recruiter office and signed right up," he said.

Steele has traveled a lot since joining the Army. His military occupational specialty, intelligence analyst, is a much-needed asset throughout the Pacific theater.

"I've been pushed out since I arrived in the unit two years ago," he said. "I've been to Camp Zama, Japan, twice. I'd have to say with my most memorable moment would have been when I participated in JLOTS (Joint Logistics Over the Shore) at Camp Pendleton, Calif. It was a memory of stomping on the grounds I traveled on as a young Marine."

# Afghan campaign will be tough even with additional forces, Petraeus says



Tech. Sgt. Efren Lopez | U.S. Air Force

U.S. Army Soldiers engage enemy forces during Operation Moshtarak in Badula Qulp, Afghanistan, Feb. 19. The International Security Assistance Force operation is an offensive mission being conducted in areas of Afghanistan prevalent in drug-trafficking and Taliban insurgency.

Central Command, said on NBC's "Meet the Press."

Likening operations in Afghanistan to the surge in Iraq, the general pointed out that when U.S. forces go on the offensive to take away Taliban safe havens, they will see definite resistance.

Petraeus said 2009 has been spent putting things in place for a "comprehensive civil military campaign," putting in the best leaders, helping develop concepts, giving counterinsurgency guidance, and starting to filter an additional 30,000 forces into the country.

"So the inputs we think now are about right, and now we're starting to see the first of the output ... the initial operation in that overall campaign," he said.

Early results have included taking down high-value targets, such as Taliban shadow governors, Petraeus said.

"We are there for a very, very important reason, and we can't forget that," Petraeus emphasized.

"We are in Afghanistan to ensure that it cannot, once again, be a sanctuary for the kind of attacks that were carried out on 9/11, which were planned initially in Kandahar, first training done in eastern Afghanistan, before the attackers moved to Hamburg and then on to U.S. flight schools," he said.

When asked if al-Qaida still poses a threat to the United States, Petraeus pointed out that the terrorist organization is a "flexible, adaptable" enemy.

The enemy threat, although diminished within the

20 countries making up the Central Command area, is one that requires constant vigilance.

"It is a network, and it takes a network to keep the pressure on a network, and that is, indeed, what we are endeavoring to do," Petraeus said.

Although he wouldn't get into the details on the intelligence operations surrounding the recent capture of Afghanistan's No. 2 Taliban commander, Abdul Baradar, Petraeus said Pakistan leaders have done "very impressive" work over the past several months leading up to this event.

"They saw this as the most pressing existential threat to their country, and they supported the Pakistan army and frontier corps as they went into the ... province and then expanded this operation into the federally administered tribal areas," Petraeus said.

"They know they can't just clear and leave. They have to clear, hold, build and, over time, transition to the local security forces. That's indeed, what they are endeavoring to do. They are carrying out this fight," he added.

# History: overcoming racial attitudes

CONTINUED FROM A-1

History Month. Titled “The History of Black Economic Empowerment,” the observance was sponsored by the 3rd Infantry Brigade Combat Team, 25th Infantry Division.

In delivering his talk, Amos warned those in attendance that he stopped preparing speeches long ago. Instead, he has come to rely on a greater power whenever asked to address groups of people.

“I have faith in God that he’ll tell me what I have to say. So, if you like what I say, don’t give me any credit. And if you don’t, well, don’t blame me. I’m just the mes-

senger,” said Amos, 73, as the audience erupted in laughter.

Dealing with racism has never been easy, he said. After joining the William Morris Agency in the early 1960s as its first black talent agent, Amos said the job was only offered because “I was in the right place at the right time, and I was the right color.”

Still, he wouldn’t allow the prevailing attitudes of the day to get the best of him. Even years later, after he took a friend’s advice and opened a cookie store in Los Angeles, Amos – still clinging on to the old saying, “All the water in the world can’t hurt you, unless

it gets inside” – refused to react to racial stereotypes.

“When I started selling cookies in 1975, I knew there would be some people who would not eat my cookies because I was black, and I thought, that’s their loss,” said Amos, who has authored or co-authored 13 books, including “Watermelon Magic” and “The Power in You.”

What’s important, he went on to say, is that people remain positive, and that they begin looking at the interior makeup of others rather than the color of their skin.

“So much of life takes place on the exterior,” he said. “But what really matters is the heart.”

As for being black, “It’s just my pigmentation,” said Amos, whose most recent venture is Chip & Cookie, a gourmet brand business with retail stores in Waikiki and Kailua. “I don’t have a black heart. I don’t have a black brain. I don’t have black lungs.

“If we could ever get our arms wrapped around those truths ... we’d see that we’re all the same; we’d see that we’re all constructed in the same way.”

Amos also paid tribute to the servicemen and women in attendance, calling it an honor to be in the presence of those who “literally put their lives on the line every day” serving their country.

Choking back tears, he said, “Because of you and your comrades, America is still the best. What you do really does matter. God bless you.”

In closing, Col. Walter Piatt, commander, 3rd Infantry Brigade Combat Team, 25th Infantry Division, presented Amos with several parting gifts and commended the businessman and author for his words of wisdom during a time when the nation recognizes and honors African American history.

“You have reminded us all today that we are much more alike than we are different,” Piatt said.

# Roadwork for new military vehicle route begins next month

U.S. ARMY GARRISON-HAWAII  
News Release

WHEELER ARMY AIRFIELD – Portions of Wilikina Drive and Kaukonahua Road will be closed for five days each, in March, for U.S. Army Garrison-Hawaii-planned road enhancements.

The roadwork is part of the Army’s efforts to construct an alternative route for military vehicles to travel from Schofield Barrack to Helemano Military Reservation and the Kahuku Training Area, minimizing travel on public roads.

Wilikina Drive will be closed in both directions from the intersection of Kamananui Road to Kaukonahua Road from Monday, March 1, at 1 a.m., through Friday, March 5, at 5 p.m.

During the road closures, motorists are advised to use Kaukonahua Road or Kamehameha Highway as alternate routes.

Kaukonahua Road will be closed in both directions from the intersection of Kamananui Road to Wilikina Drive from

Monday, March 8, at 1 a.m., through Friday, March 12, at 5 p.m.

During the road closures, motorists are advised to use Wilikina Drive or Kamehameha Highway as alternate routes.

The new alternative military vehicle route traverses government and private property, crossing public roads in three locations along Wilikina Drive, Kaukonahua Road and Kamehameha Highway. During the temporary road closures, workers will strengthen the road surfaces at these intersections in order to accommodate military vehicles.

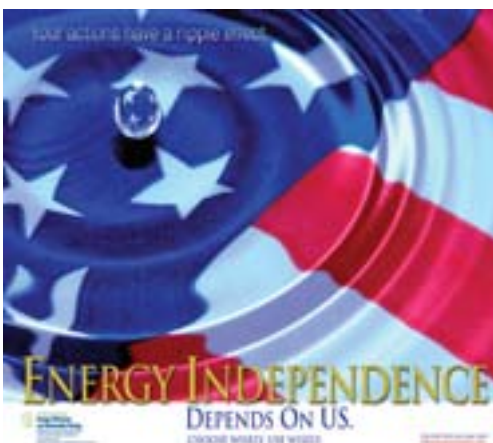
USAG-HI is asking drivers to be patient and cautious during these temporary road closures. Drivers are encouraged to car-pool, and to plan for possible delays when driving between the North Shore and Wahiawa areas, especially during morning and evening commuting hours.

The Army is coordinating closely with the Hawaii Department of Transportation and Honolulu Police Department during the construction periods.



Photo credit Senior Leaders

“African Americans’ role in preserving our Nation’s liberty is steeped in countless acts of leadership, selflessness and sacrifice.” So ends the tri-signed letter from Sgt. Major of the Army Kenneth O. Preston, Chief of Staff of the Army Gen. George W. Casey Jr. and Secretary of the Army John M. McHugh.





# Camouflage pattern in the works for new fire-resistant combat uniforms

‘MultiCam’ design will offer better protection to those serving in Afghanistan

C. TODD LOPEZ  
Army News Service

WASHINGTON — Starting this summer, Soldiers sent to fight in Afghanistan will wear an Army Combat Uniform with the MultiCam design instead of the standard-issue universal camouflage pattern.

Secretary of the Army John McHugh made that announcement Feb. 19, after the service conducted a rigorous four-month evaluation of various uniform patterns to determine what could best protect Soldiers in Afghanistan.

The new uniforms are of the same material and cut that Soldiers are already wearing in the current ACU.

However, it’s the camouflage printed on the fabric that will be different. The change allows commanders in Afghanistan to have more options in deciding how best to equip their Soldiers.

“As a material provider, I want to be responsive to the Soldiers I support.”

— Col. William Cole  
Project manager for Soldier Protection and Individual Equipment

“As a material provider, I want to be responsive to the Soldiers I support,” said Col. William Cole, project manager for Soldier Protection and Individual Equipment. “I want to give commanders options; I want to be responsive to Soldiers. That is what we were trying to do — we’re working to give (them) more options.”

The uniforms bearing the new pattern, like the latest ACUs, are fire resistant. They are officially called the Fire Resistant Army Combat Uniform.

The decision to use the MultiCam pattern came after the Army evaluated its effectiveness at providing camouflage protection in Iraq. That was done, in part, by consulting with nearly 750 Soldiers who had deployed to Afghanistan. Those Soldiers participated in a “photo simulation” study administered by the Army.

Additionally, feedback from Soldiers



Staff Sgt. Gary A. Witte | 300th Mobile Public Affairs Detachment

Pvt. Kade Smith of Fort Collins, Colo., a squad automatic weapon gunner with 3rd Platoon, Chosen Company, 2nd Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, tests the new MultiCam patterned, fire resistant Army Combat Uniform while maintaining a security position during a unit visit with the leaders of Angla Kala village, Feb. 6, in Kunar Province, Afghanistan.

who have already worn the uniform in Afghanistan was used to make the final decision.

About 2,000 Soldiers were involved in

tests to see how effective patterns such as MultiCam and UCP-Delta were at providing concealment in the varying terrain of Afghanistan.

## News Briefs

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

**Today Memorial service** — Funeral services for Gen. (Ret.) Frederick Weyand, who died Feb. 10 at the age of 93, will be held at the Central Union Church on Beretania Street, Feb. 26, 3 p.m.

The Inurnment with Full Military Honors will take place at the National Memorial Cemetery of the Pacific (Punchbowl Cemetery), at the base of the Honolulu Memorial, Feb. 27, 3 p.m.

**Road Closure** — Kolekole Pass will be closed to commuters through Feb. 27, for military training. Also, movement from Lualualei to Kolekole will not be permitted during these dates.

**Fort Shafter PX-Market Repavement Project** — Contractors will begin Phase II of the repaving/restriping project of the Fort Shafter PX-Market parking lot through Feb. 28, affecting traffic conditions on the west side (Pierce Street).

Detour signs will redirect patrons to enter via Wisser/Arsenal, near the gas station.

## March

**1 / Monday Road Closure** — Wilikina Drive will be closed in both directions from the intersection of Kamananui Road to Kaukonahua Road from March 1-5.

During the road closure, motorists are advised to use Kaukonahua Road or Kamehameha Highway as alternate routes.

Drivers are encouraged to carpool and plan for delays between the North Shore and Wahiawa areas during commuting hours.

**3 / Wednesday Annual Technology & Industry Day** — The 15th Annual Technology & Industry Day will be held March 3, 10 a.m.-1:30 p.m., at the Nehelani, Schofield Barracks.

Industry and government

demonstrations of the latest technologies will be showcased including: cyber security solutions, storage systems, mobile computing, network security, IT infrastructure, secure communications, biometric technologies, systems engineering and more.

Pre-register at [www.fedpage.com](http://www.fedpage.com) to also attend a complimentary buffet lunch.

For more information, e-mail [dennis@fbcdh.com](mailto:dennis@fbcdh.com).

**8 / Monday Road Closure** — Kaukonahua Road will be closed in both directions from the intersection of Kamananui Road to Wilikina Drive from March 8-12.

During the road closure, motorists are advised to use Wilikina Drive or Kamehameha Highway as alternate routes.

**10 / Wednesday Change of Command** — Lt. Col. Scott Petersen, commander, 65th Engineer Battalion, will relinquish command to Lt. Col. Daniel Koprowski, March 10, 10 a.m. at Sills Field, Schofield Barracks.

**13 / Saturday MEDCOM Best Warrior Competition** — The 18th Medical Deployment Support Command will host the 2010 U.S. Army Medical Command Noncommissioned Officer and Soldier of the Year “Best Warrior” competition, March 13-19.

This is the first time the competition will be held in Hawaii. Soldiers from the entire Pacific Region Medical Command, Dental Command, Veterinary Command, the Army Medical Department Center and School of Medical Research and Material Command will compete for this year’s title.

Call Master Sgt. Chanda Gaines at 433-1753 for information.

**24 / Wednesday Orientation for New Employees** — The ONE formal training course is March 24, 8 a.m.-3:30 p.m., in the Post Conference Room on Schofield.

If you have new garrison employees, or if you have been unable to place employees in earlier courses, ensure that they are enrolled in this class.

Remember that ONE is a training requirement for all new garrison employees. Call 655-5600.

# Warrior: Training leads to current, future success

CONTINUED FROM A-1

Medical Specialty Clinic, here.

Energized by the land navigation pre-ranger course, the native of Lockport, N.Y., found the three-day event to be a great learning experience, one he hopes to share with the Soldiers in his charge.

"I love to lead Soldiers," said Walker who, along with Browsky, met and exceeded the challenge of peers from the the 18th Medical Deployable Support Command, MEDDAC Japan, and the 65th Medical Brigade Korea.

"I love to be involved in the training of Soldiers," he continued. "The satisfaction and self-pride you feel in training Soldiers, and being at the level where you can influence them in a positive way to succeed, is fulfilling. It is where I want to be."

Browsky is a laboratory technician at Schofield Barracks' Health Clinic. Like Walker, he found the land navigation portion of the competition to be the toughest.

"You have to get out there and try. People think something is too difficult, but if you want to get promoted and set yourself apart from your peers, you



Spc. Randall Koch | Tripler Army Medical Center

Spc. Emanuel Browsky carries a casualty during one of the Army Warrior Task Lane events in the Pacific Regional Medical, Veterinary and Dental Commands' Soldier and Noncommissioned Officers of the Year competition, Browsky is a laboratory technician at Schofield Barracks' Health Clinic.

have to get out and just do it," Browsky said.

Besides Walker's and Browsky's victories, honors went out to Sgt. Juan Arias of Yadkinville, N.C., who captured the Pacific Regional Veterinary

Command's Best Warrior NCO award; and Spc. Noe Codova of Ramona, Calif., who earned the PRVC's Best Warrior Soldier award.

Arias, who has served five years in the Army's Veterinary Command, said

he looked forward to appearing before the promotion board for staff sergeant, as well as earning his bachelor's degree in food science.

Meanwhile, Cordova has set his immediate sights on becoming an NCO.

His long-term goal, however, is to earn a bachelor's degree in criminal justice.

Finally, Sgt. Edward Hunting and Spc. Denise Childs were recognized as the Pacific Regional Dental Command's Best Warrior NCO and Soldier, respectively.

Due to an injury, however, Childs has been replaced by runner-up Spc. Christel Hornstra.

At press time, both Soldiers were participating in the Dental Command competition at Fort Bragg, N.C.

The next challenge is the U.S. Army Medical Command Best Warrior competition, which will be held for the first time in the islands, March 13-19.

Competitors will represent all five medical regions – PRMC, Western Regional Medical Command, Northern Regional Medical Command, Europe Regional Medical Command, Southern Regional Medical Command – as well as the U.S. Dental Command and the U.S. Army Center for Health Promotion and Preventive Medicine.

At the end of the competition, an award ceremony will be held March 19, 11:30 a.m.-1:30 p.m., at the Hickam Air Force Base Officers Club.

## Command: Caslen departs; receives Legion of Merit Medal

CONTINUED FROM A-1

"I am sure his experience here, as the assistant division commander for the 25th ID, and his deployments to Afghanistan have prepared him well to take command of this division as they prepare for their future missions," Mixon said.

Champoux thanked the Hawaiian community and the staff of the 25th ID for their welcome and recognized the efforts of the division's Soldiers throughout the unit's famed history.

"It's so very good to be back with you and back in Hawaii, and to have the opportunity to serve with you," said Champoux, speaking to the formation of Soldiers and guests.

"We collectively, and I personally, stand on the shoulders of the deeds and sacrifices of those who've come before us," Champoux added.

Caslen spoke on the successes and challenges that the division faced during the division's recent deployment to northern Iraq, and praised the dedication and duty of his troops.

"I would be remiss for not recognizing and thanking the tremendous men and women you see on the field today," Caslen said.

"History will gloriously record what they have accomplished, not only for our country, but for the men and women of the free world," he added.

Before the ceremony, Caslen was awarded a Legion of Merit Medal for his leadership of the division. Mixon presented the award, as well as an Outstanding Civilian Service Medal to Michele Caslen, for her work with military spouses during the division's recent deployment.

Champoux's previous assignments with the 25th ID include assistant division commander for operations, 25th Inf. Div. (Light) and commander, 1st Battalion, 27th Infantry Regiment "Wolfhounds." When the division deployed to Afghanistan, he served as the deputy commanding general for Operations, Combined Joint Task Force 76.

He later returned to Afghanistan and served as both deputy commander for Security, and deputy chief of staff for Operations, International Security and Assistance Force.

Champoux joins the 25th ID ohana, or family, following a position as the chief legislative liaison, Office of the Secretary of the Army.

In his next assignment, Caslen will serve as the commanding general for the Army Combined Arms Center at Fort Leavenworth, Kan.

A salute battery from 3rd Bn., 7th Field Artillery Regiment, fired 13 rounds in honor of Caslen during his final ceremony as the 25th ID commanding general.

## NSPS: Transition is on track

CONTINUED FROM A-1

when (he or she) transition(s)."

While the Defense Department has a goal for transition completion, James noted that each organization and component will make a timeline determination based on four factors:

- No undue interruption to mission or hardship to employees;
- Established processes to classify NSPS positions into the appropriate non-NSPS system;
- Existence of legacy performance management system;
- Capable information technology system to handle the transition.

As officials work to ensure a smooth transition, they also are turning an eye to the road ahead.

Along with terminating NSPS, the act gives the Defense Department new authorities to look at developing a successor performance management system that incorporates the best practices of NSPS and GS.

"One of the best advantages under NSPS that we saw, was the clear alignment between employees and the organization about what their contribution means to the priorities and the direction of the organization," James said.

"As we develop the new authorities and transition employees to the GS system, in most cases, we plan to reinforce that directive and that effort to ensure the employees are aligned with the organization," James said.

Officials also will examine the law's requirements for hiring flexibilities and a personnel performance fund that rewards employees or teams for their performance, he said.

These processes will continue to be open and transparent, James said.

"I envision the transition, development and use of the new authorities to be a collaborative effort with supervisors, management, leadership, union partners, labor partners, the Office of Personnel Management and other stakeholders," he said. "I see this as being an entirely inclusive process."

James emphasized the importance of communication throughout the transition process and future personnel system modifications.

"You can't over-communicate a change," he said.

"Employees who have never been in the GS system, and there are a few, can go in and walk through that (NSPS Web site)," James said. "It really is informative and tells them how the GS system works."

It's also of value to employees who were in the system before, he added, while encouraging employees to continue to ask questions.

"Employees should feel free to ask their chain of command about how that process is being implemented," he said. "GS is very prescriptive in how the process works. They will be informed how their job will be classified and transitioned."





# HAWAII ARMY WEEKLY

# PAU HANA

[www.garrison.hawaii.army.mil/haw.asp](http://www.garrison.hawaii.army.mil/haw.asp)

**"When work is finished!"**

**FRIDAY, FEBRUARY 26, 2010**

The annual Swamp Romp at Marine Corps Base Hawaii, Kaneohe Bay, turned out to be an ideal outing for this family of four — which included its wild and crazy dad, who decided to take his mud bath early in the 5.1-mile race.



## Hawaii's Dirtiest Race

Getting muddy was the order of the day at the annual Swamp Romp, which, thanks to the Army, had a record number of entries

Story and Photos by  
**BILL MOSSMAN**  
News Editor

**MARINE CORPS BASE HAWAII** — A record number of military personnel braved mud pits and water holes while here, Saturday, for the dirtiest footrace in the islands, with the Army entering more participants than any other service branch.

The largest Swamp Romp, to date, attracted more than 2,500 runners to the Boondocker Building, situated next to the Marine Corps Exchange Annex parking lot. There, six-person teams made up of service members and civilians traversed the obstacle-laden, 5.1-mile course.

Race coordinator Tina Lui credited the surge in numbers to "the Army being in town." In all, 74 of the 447 registered teams were composed of Army personnel only, including those from previously deployed units such as the 8th Military Police Brigade; 3rd Infantry Brigade Combat Team, 25th Infantry Division; and the 84th Engineer Battalion.

Coming in second to the Army, in numbers, was the Air Force, which entered 34 teams.

"Last year, we lost a lot of our numbers to the Army deployments," Lui said. "This year, we did well. It was a success."

Hosted by the Marines' Combat Logistics Battalion-3 unit and Semper Fit Sports, Recreation and Fitness Center, the Swamp Romp brought together people from all walks of life and varying levels of creativity.

Many of the race participants were perfectly willing to tackle the course in Aloha shirts, three-piece suits and prom dresses. One team even chose to wear their underwear over their pants.

Ultimately, the majority of participants just wanted to get dirty by rolling around in a bit of Windward



Scores of runners and their supporters showed up for the annual Swamp Romp, a 5.1-mile race through mud pits and water holes. Hosted by Marine Corps Base Hawaii, Kaneohe Bay, the event attracted a record with more than 2,500 participants, many of them from the Army.



Runners plow through an obstacle, one of several a mud holes, at the Swamp Romp, also known as the dirtiest race in the islands, Saturday, at Marine Corps Base Hawaii. Showers were available for the participants after the race.

Oahu mud.

"If you don't like getting dirty, what's the point in coming out

here?" said Staff Sgt. Gene Lary, 25th Special Troops Battalion, G-6 (communications), and the ring-

finish line together; otherwise, the run would be voided. But crossing the finish line with only five members also meant absorbing a 60-second penalty.

The journey together, however, was much more important to the Minotaurs than their race time.

"We started as a team, and we were going to finish as a team," said Lary, a veteran of multiple biathlons and triathlons. "The time wasn't so important to us. We weren't out here to break any land-speed records anyway."

Following the race, participants first showered before enjoying complimentary snacks and drinks, as well as music from a live band.

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

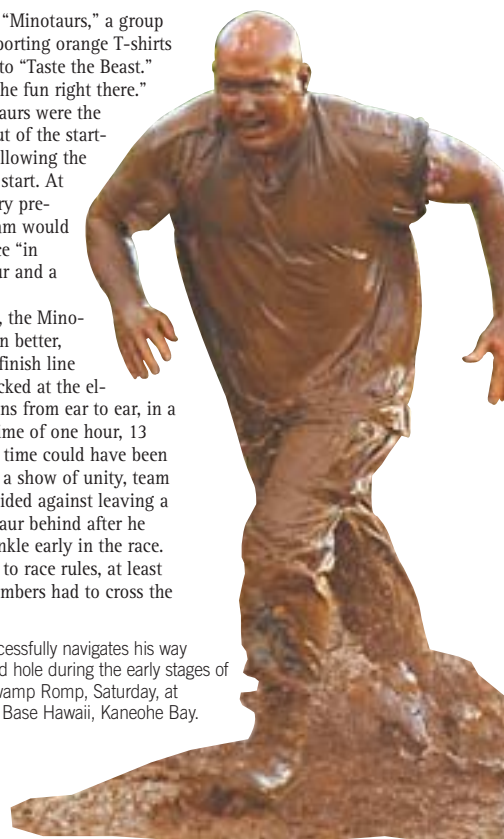
leader of the "Minotaurs," a group of Soldiers sporting orange T-shirts with the motto "Taste the Beast." "That's half the fun right there."

The Minotaurs were the third team out of the starting blocks following the race's 7 a.m. start. At that time, Lary predicted his team would finish the race "in about an hour and a half."

Ultimately, the Minotaurs did even better, crossing the finish line with arms locked at the elbows and grins from ear to ear, in a respectable time of one hour, 13 minutes. The time could have been faster, but in a show of unity, team members decided against leaving a fellow Minotaur behind after he twisted his ankle early in the race.

According to race rules, at least five team members had to cross the

A Marine successfully navigates his way through a mud hole during the early stages of the annual Swamp Romp, Saturday, at Marine Corps Base Hawaii, Kaneohe Bay.







26 / Today

**"A Chorus Line"** – The dazzling complex fusion of dance, song and amazing drama, "A Chorus Line" preforms at the Army Community Theatre, Feb. 26, 27 and March 5, 6, 12, 13, 19 and 20, at 7:30 p.m. each day.

Tickets cost just \$15 to \$28 and are available online at [www.armytheatre.com](http://www.armytheatre.com). Call 438-4480.

"A Chorus Line" may contain some material that may be inappropriate for children under 13.

28 / Sunday

**AFAP 2010** – All Aboard! "Ride the Train of Change" at Army Family Action Plan 2010. Get on board today with your particular quality of life issues by submitting them to the 2010 Installation Conference by Feb. 28.

The 2010 AFAP conference runs March 16-18 at the Nehelani, Schofield Barracks. Issues can be submitted online at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) or via fax, 655-1654, to Schofield Barracks Army Community Service.

Call 655-1696 or e-mail [michael.briglin@us.army.mil](mailto:michael.briglin@us.army.mil).

March

1 / Monday

**Sgt. Yano Library Closure** – The Schofield Barracks library will be closed temporarily from March 1 until April 30 for new carpet installation. During this period, the library will be open Monday through Friday from 10 a.m.-12 p.m. only to clear departing personnel.

Materials may be returned through the outside book drop. Call 655-8002.

3 / Wednesday

**Happy Birthday, Dr. Seuss!** – The "Cat in the Hat" will be visiting the libraries and telling a story or two. Bring your little one for an afternoon of excitement and adventure March 3 to Fort Shafter Library, and March 4 to the Aliamahu Military Reservation library.

Both programs will take place from 3:30-4:15 p.m.

5 / Friday

**Family Fun Friday** – Tired of staying in on Friday nights? If so, the Tropics is the place to be March 5.

The evening will be filled with food, fun and games. The fun starts at 6 p.m. Bring your loved ones for a night of fam-



Jack Wiers | U.S. Army Garrison-Hawaii Public Affairs

Wheel of Finance

SCHOFIELD BARRACKS — Staff Sgt. Dante Langston (left), a cook at K-Quad Dining Facility, 45th Sustainment Brigade, 8th Theater Sustainment Command, here, listens to Beth Watts, Army Community Service financial readiness specialist, and Steve Harris, ACS credit and financial counselor. The Wheel of Finance event was part of Military Saves Week, a Department of Defense finance program, Feb. 22-March 1.

ily fun at the Tropics Recreation Center. Call 655-5698.

**Furlough Fridays** – Looking for Furlough Fridays activities? The next Furlough Friday is scheduled March 5, and 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 will keep keiki busy.

Download your FMWR Furlough Friday activity program guide at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com). Click on "CYSS."

Upcoming Furlough Friday days are scheduled March 12, April 23 and 30, and May 7 and 14.

12 / Friday

**Family Camp** – The Sierra Club and the Sierra Club Foundation are funding camping opportunities for military families through the Honolulu Armed Services YMCA.

Camp Erdman will provide a weekend family camp that will include multiple experiences in the natural environment, conservation education, camaraderie and fun activities like swimming, archery, wall climbing, campfires and more.

Camp starts Friday evening, March 12, and ends Sunday afternoon, March 14.

All meals and activities are included and are provided at no cost to families. For more information, call 624-5645

5 / Friday

**Health Clinic Job Fair** – Naval Health Clinic Hawaii will be sponsoring a job fair, March 5, 10 a.m.-2 p.m., at the Fleet and Family Support Center, second floor (next to Moanalua Shopping Center).

NHC Hawaii will fill nursing staff and medical support positions using direct-hire authority, military spouse direct-hire authority or competitive recruitment.

Bring a resume. Military spouses should also bring a copy of their spouse's orders.

Former military personnel should bring a recent DD-214. Military personnel should also provide documentation if on terminal leave pending retirement from the Uniformed Service.

Call the Civilian Personnel liaison at 471-1865.

**Art at the Capitol** – Enjoy art, culture and history at March's First Friday event featuring the 2nd "Art at the Capitol," an opportunity for the public to view more than 430 works of art that are part of the state's "Art in Public Places" program.

Guests will enjoy entertainment featuring live music by the Hawaii Youth Symphony, take guided tours of the historic Capitol, and mingle with artists and lawmakers.

The event is March 5, 5-7 p.m., at the Hawaii State Legislature. Call 586-7142 or 587-7242.

12 / Friday

**Job Fair** – Marine Corps Base Hawaii will host a job fair open to the public at Kahuna's, at the E-Club, 2-4 p.m. Call 257-7790/7787.

**Honolulu Festival** – The 16th Annual Honolulu Festival will showcase cultural performances and exhibits, March 12-14.

The festival promotes understanding, economic cooperation and ethnic harmony between the people of Hawaii and the Pacific Rim region.

The dynamic cultural performances will take place at the Hawaii Convention Center, Ala Moana Shopping Center,

or e-mail [wheeler@asymcahi.org](mailto:wheeler@asymcahi.org).

30 / Tuesday

**Earth Day Recycled Art Contest** – Enter your art made of recycled materials to any Army library or the Schofield Barracks Arts & Crafts Center now through March 30 to participate in April 22's 40th anniversary of Earth Day. Post libraries will be hosting this 100% recycled art contest, which is open to all ages. Call 655-8002.

Ongoing

**Good at Dominoes?** – Check out the U.S. Army FMWR 2010 Domino Tournament now through April 20, each Tuesday, 7 p.m., at the Nehelani on Schofield.

The tournament is available to all active duty, retirees or family members, who are older than 18 with ID cards.

Weekly prizes will be awarded. The person with the highest overall score after six games from the 30 competing garrisons will win an all-expenses-paid trip to compete in the World of Domino Championship in Las Vegas, May 26-29, against 19 countries and televised on ESPN. Visit [www.mwrpromotions.com](http://www.mwrpromotions.com), [www.dominousa.org](http://www.dominousa.org) or call 224-4129.

**State Vehicle Safety Check** – Is your vehicle safety check about to expire? Stop by Auto Skills at Fort Shafter or

Schofield Barracks for your state vehicle safety check. These checks are performed on a first-come, first-served basis, no appointment necessary. Call Ft. Shafter at 438-9402 or Schofield Barracks at 655-9368, for information and pricing.

**Tutor.com** – The Department of the Army has contracted tutor.com to offer free, online tutoring to kindergarten through college prep students. Tutor.com gives students access to live tutoring help 24 hours a day, seven days a week.

The tutors are certified teachers, college professors, and graduate school students who provide tutoring services in all grade levels of math, science, english and social studies. This is a wonderful resource available at no cost to Army Families.

Please visit [tutor.com](http://tutor.com) via the Army One Source website at [www.myarmyonesource.com/cyss\\_tutor](http://www.myarmyonesource.com/cyss_tutor).

If you have any questions, contact the School Liaison Office at 655-9818.

**Twitter** – Do you twitter? Follow Family and Morale, Welfare and Recreation's mascot Eddie the Eagle at [www.twitter.com/FMWR\\_Eddie](http://www.twitter.com/FMWR_Eddie).

**Family Child Care** – Individuals interested in caring for children in their home should inquire with the Child and Youth Services Family Child Care Program.

Benefits include free training, additional income and flexible hours. Call 837-0236 or 655-8373.

Waikiki Beach Walk and Waikiki Shopping Plaza. The festival concludes March 14 with the grand parade along Kalakaua Avenue, at 4:30 p.m.

Volunteers are needed to help with a range of activities and services.

Call 596-3327 or visit [www.honolulufestival.com](http://www.honolulufestival.com).

17 / Wednesday

**Splash Day** – All Armed Services YMCA Playmorning groups are invited to join for a day of wading pools and water toys at 1262 Santos Dumont, Wheeler Army Airfield.

Bring swimsuits, towels, sunscreen and a dish for a potluck lunch.

Call 624-5645 for more information.

19 / Friday

**Art and Essay Contest** – The Armed Services YMCA's annual art and essay contest invites students in grades 1-12 to write an essay about "My Military Hero." Entries must be postmarked no later than March 19.

Winning entrees will be displayed in a number of locations in the Washington D.C. area, and winners will be recognized at a luncheon on Capitol Hill. Entry forms are available at [www.asymca.org](http://www.asymca.org).

25 / Thursday

**Ask the Commander** – The Ask the Commander tapings continue this month in front of the Fort Shafter PX, March 25, 3-4 p.m. Future dates include April 29 at the Schofield PX, May 27 at the Fort Shafter PX, and June 24 at the Schofield PX.

27 / Saturday

**Auto Show Military Two-Fer Day** – Buy one military admission and get a second military admission free, with valid military IDs, to the International Auto Show at the Hawaii Convention Center, March 27.

For more information visit [www.motortrendautoshow.com/honolulu/generalinfo.jsp](http://www.motortrendautoshow.com/honolulu/generalinfo.jsp).

**Earth Hour** – On March 27, 8:30 p.m., hundreds of millions of people around the

world will come together to call for action on climate change by doing something quite simple – turning off their lights for one hour.

The movement symbolizes that by working together, each of us can make a positive impact in this fight, protecting our future and that of future generations. For more information visit [www.myeearthhour.org/home](http://www.myeearthhour.org/home).

**Easter SeaHunt** – Families are invited to the Waikiki Aquarium, March 27, from 8:30 a.m.-12 p.m., for a day of Easter fun. Events include hunts for children ages 2-7, a fishpond game, craft activities and visits with the Easter Bunny.

Keiki will hunt for sea animal pieces to complete a marine life puzzle while learning more about underwater creatures.

Visitors will also enjoy access to all Waikiki Aquarium exhibits and galleries of jellyfish, sea dragons, Pacific corals and a myriad of colorful reef fishes.

A shuttle will be available at the Waikiki Elementary School from 8 a.m.-12 p.m. Admission is free for children of Friends of the Waikiki Aquarium families, family plus and grandparent memberships. The fee for individual, senior and non-member hunters is \$10. Fish pond tickets are \$2 per ticket.

SeaHunt registration is available on [www.waqaquarium.org/news-events](http://www.waqaquarium.org/news-events).

31 / Wednesday

**Hui O' Wahine Scholarship** – The 2010 Hui O' Wahine Scholarship and Welfare applications are due March 31.

The Hui O' Wahine, a Schofield Barracks spouses club, gives scholarship and welfare money every year to deserving students and organizations.

Scholarships are available for graduating seniors and for continuing education. Grants are given 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.

Visit [www.huispirit.com](http://www.huispirit.com) or visit [www.schofieldspousesclub.com](http://www.schofieldspousesclub.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: Aliamahu 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 [aaqes.com](http://aaqes.com) under reeltime movie listing.



The Spy Next Door

(PG)  
Fri., Feb. 26, 7 p.m.

Alvin and the Chipmunks

(G)  
Sat., Feb. 27, 4 p.m.

The Book of Eli

(R)  
Sat., Feb. 27, 7 p.m.



Avatar

(PG-13)  
Sun., Feb. 28, 2 p.m.

Nine

(PG-13)  
Wed., Mar. 3, 7 p.m.

Precious

(R)  
Thurs., Mar. 4, 7 p.m.

No shows on Mondays or Tuesdays.



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

March

1 / Monday

**Oahu North Community Council** – The next PX/Commissary/Nehelani Advisory Council meeting is scheduled March 1, 10:15-11:15 a.m., at the Nehelani, Schofield.

**AER Scholarships** – Army Emergency Relief Scholarship opportunities for the 2010–2011 academic year are due March 1.

Army families with undergraduate college expenses for their dependent children may be eligible to apply for the Maj. Gen. James Ursano Scholarship Program, which offers scholarships based on financial need, academics, leadership and achievement for each academic year.

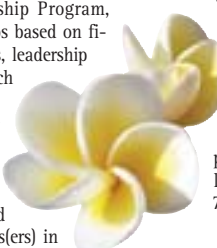
The Stateside Spouse Education Assistance Program is a need-based education assistance program designed to assist spouses/widows(ers) in gaining the education required to qualify for increased occupational opportunities.

Applications are available online at [www.aerhq.org](http://www.aerhq.org).

**AER Fund Raising Campaign** – The Army Emergency Relief fundraising campaign is conducted annually by the U.S. Army, March 1-May 15.

All contributions are fully tax deductible. Donors may make their contributions to the general assistance fund or target their contributions to specific programs such as education scholarships.

For more information visit [www.aerhq.org/campaign.asp](http://www.aerhq.org/campaign.asp).





# IMCOM commander pledges full support to Family Covenant

Soldiers and families will still receive world-class quality support programs and services to combat stress and strain, and care for life, physical, emotional and spiritual needs

**HOWARD SUGAI**  
Installation Management Command Pacific  
Public Affairs

SCHOFIELD BARRACKS — “The Army Family Covenant will be fully funded. That is the Army’s non-negotiable contract with our Soldiers and families to provide the support and services they need,” said Lt. Gen. Rick Lynch, commander of Installation Management Command.

That message was heard here loud and clear by all who engaged “Defender 6” during his recent four-day, whirlwind, event-crammed, fact-finding orientation to IMCOM-Pacific region headquarters and U.S. Army Garrison-Hawaii.

Just barely three months into the job, Lynch’s schedule included meeting with Soldiers, family members, senior spouses, senior Army commanders, community leaders and a town hall with Army civilians. He received updates and feedback on family support programs and training issues, and he visited new Army homes and communities. Lynch’s visit also included a half-day visit to Makua Valley.

In his role as IMCOM commander, the 54-year-old Lynch is responsible for 106 installations and considers his job both a “profession and a passion.”

“Our mission, truly, is to take care of Soldiers and families,” Lynch said. “IMCOM is a job truly designed to take care of families and Soldiers. I was



Courtesy Photo

Lt. Gen. Rick Lynch, commander of Installation Management Command, spoke during a four-day tour and orientation to Installation Management Command-Pacific region headquarters and U.S. Army Garrison-Hawaii.

picked for IMCOM because I’ve been a division and corps commander.”

Lynch portrays himself as the “Family First” general and is most concerned about the stress on families during these years of multiple combat tours.

“Our Army won’t break because of our Soldiers,” Lynch said. “Even in the most difficult of times they re-enlist. But the Army may break because of our families. The strain and stresses on our families is unimaginable and unbearable.”

He has personal knowledge of the strain, having

served two combat tours in Iraq and a year assigned to a NATO command in Italy. Lynch said taking care of families means making families “resilient” to help families recover faster from the stress of deployments and separation. This means focusing on building and improving families’ physical, emotional and spiritual fitness.

Another critical concern Lynch expressed is the expectation that IMCOM will have less money in future years due to the “deficit economy and funding the war.”

“We have to become better stewards of our re-

sources, look for ways to save money and get the most value for each dollar spent,” Lynch said. “We are moving away from a ‘budget culture’ to a ‘cost culture,’ and beginning to manage Army resources from an enterprise business perspective.

“This (perspective) means working smarter to deliver the needed support and services to our Soldiers and families, more efficiently, with fewer resources and without sacrificing the quality of service,” he added.

Lynch challenged all audiences to think about what programs are important, what programs are no longer useful, and what programs are needed. “Ask yourself if you are doing the right things.

Then ask, are you doing them right? Then ask, what am I missing?” he said.

Lynch tells every audience that, “The Army Family Covenant will be fully funded, together with the life, health and safety services our families need.”

This includes installation security operations and services.

Lynch is also concerned and working hard to ensure that family programs are standardized at all installations. Families should experience the same level of service at the same delivery rate and quality.

He is a firm believer in feedback and rating the support and services to Soldiers and families. He stresses the use of the Interactive Customer Evaluation, or the “ICE” comment program.

While at Fort Hood, Texas, he read every ICE comment and required resolution or a solution to every negative comment within 72 hours.

Ultimately, Lynch believes, “the true metric of how well we fulfill the Army Family Covenant will be measured through the lens of our Soldiers and families.”

## Purim promotes hope through history

Jewish tradition dedicates time to celebrate perseverance, survival

**JIM BRADFORD**  
Army News Service

WASHINGTON — Purim is a celebration observed one month before Passover on the 14th day of the Jewish month of Adar II.

This year, the Fast of Esther was Thursday and Purim is Sunday.

Jews around the world will observe these two days, mentally preparing for Passover. The Fast of Esther commemorates the time in history when Jews in Persia (modern day Iraq and Iran) fasted and prayed to be spared from the massacre planned by Haman, a military leader who worked for the king of Persia.

Purim, otherwise known as the Feast of Lots, commemorates the day when, through the intervention of Mordecai and his adopted daughter, Queen Esther; the Jews of Persia escaped being victims of Haman’s plot to exterminate them.

The events described in the Hebrew Bible’s book of Esther took place around 450 B.C. The name Purim derives from the word “pur” which means lottery, and is associated with the gambling method used by Haman to select the date on which he intended to massacre the Jews.

Haman’s plans have had unfortunate parallels in the evil designs of other rulers, such as Adolph Hitler and the Nazis, throughout the centuries for the Jewish people.

Jewish survival was often subject to the whim and caprice of the local ruler as epitomized by the story of Purim.

The sudden turns of event in the story of Purim, Esther and Mordecai were able to warn and arm their fellow Jews against Haman, enabling the Jewish community to defend itself and providing

On The

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For additional information on services and Holy Week events visit:  
[www.garrison.hawaii.army.mil/sites/directorates/religious\\_welcome.asp](http://www.garrison.hawaii.army.mil/sites/directorates/religious_welcome.asp)

a spark of hope and encouragement to Jewish communities throughout the centuries.

The most prominent ritual in the observance of the festival is to attend the synagogue on Purim Eve to listen to the reading of the scroll of Esther, also known as the Megillah.

The Megillah is also read at the Schachrit Service the day of Purim. Men and women are required to listen to the reading of the Megillah, and the congregation makes catcalls each time the name of Haman is read in the Megillah.

A second requirement of Purim observance is to “eat plenty of the special foods prepared for the occasion, drink and be merry.”

A festive family dinner, called a seudah is held to fulfill the directive within the book of Esther that the celebration be “days of feasting, games and merry-making.”

The third and fourth requirements of the observance are that each person, 12 years and older, send two portions to others, as a gesture of friendship and condolence.

The portions consist of food or drink, and each person gives gifts to at least two people or worthy causes.

Although there is no prohibition of work on Purim, as there is on the Sabbath or other holy days, it is traditional to abstain from one’s regular job on Purim and celebrate the day in the appropriate manner.

## Defense Department temporarily halts spouse employment program

**ELAINE WILSON**  
American Forces Press Service

WASHINGTON — The Defense Department has temporarily halted a popular employment assistance program for military spouses while it conducts a “top-to-bottom” review of its services, officials said Feb. 19.

The My Spouse Career Advancement Account program, also known as MyCAA, offers military spouses opportunities to pursue portable careers in high-demand, high-growth occupations, such as education and health care.

“We recognize that the military lifestyle calls for portable careers, and that military spouses need access to education and training for careers that are portable and high-growth nationally,” said Tommy Thomas, deputy under secretary of defense for the Pentagon’s office of military community and family policy. “This short-term break will allow us to better assess the program to ensure we are achieving that goal.”

Officials said they will use the time to review procedures, financial assistance documents and the program in general. The review was prompted by a need to ensure the program is meeting its intent, which is to provide spouses with additional opportunities for portable careers.

Military spouses who already have been approved for financial assistance won’t be affected, and spouses who have accounts can continue to use the Web site for career counseling and planning, officials said.

However, during this review time, spouses

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For consultations on education, training, career exploration, assessment, employment readiness and career-search assistance, Visit Military OneSource at [www.militaryonesource.com](http://www.militaryonesource.com)

won’t be able to create new accounts, and new applications won’t be accepted.

The review will be conducted as quickly as possible, officials said, while still ensuring a comprehensive look at the program.

Nearly 133,000 military spouses have applied for MyCAA since it launched in March 2009, officials said. To date, about 98,000 spouses are enrolled in courses or have been approved for financial assistance.

The program offers spouses assistance with training, job readiness, employment and career services. Through the program, spouses can receive financial assistance to pursue education, training, free career counseling, and access to military-friendly employers.

During the review process, officials encourage spouses to explore other government options, such as the transfer of the Post-9/11 GI Bill and other programs available on installation and program Web sites.

## Military-themed films increase awareness

**SGT. JENNIFER L. SIERRA**  
302nd Mobile Public Affairs Detachment

HOLLYWOOD, Calif. — The 302nd Mobile Public Affairs Detachment of Bell, Calif., attended the 29th Academy Awards Nominee Luncheon at the Beverly Hilton Hotel, Feb. 15, to interview the stars in this year’s military movies and capture the stars’ perspectives on the military after making these films.

“My views have grown as far as my respect for the military ... actually physically doing the same training that they all go through ... the guys sharing their lives with me ... it is an experience that I’ll never forget,” said Jeremy Renner, nominated for Best Actor in “The Hurt Locker.” “It makes all this actually very palpable.”

Military-themed movies have an overall 29 collective nominations in 12 different categories this year.

“It’s shifted from movie and moviegoer to civilian and Soldier, in this experience,” Renner said.

Renner also makes it a point in his everyday life to express gratitude to service members. “I walk up to every military person (I meet), and I shake their hand and thank them for their service.” Renner said. He will be participating in a USO tour this September.

Woody Harrelson, nominated for Best Supporting Actor in “The Messenger,” has not always been a supporter of the efforts in Iraq and Afghanistan.

“It wasn’t until I got the opportunity, through the shooting of ‘The Messenger,’ to spend a lot of time with the people in the Army that I started to realize how amazing these people are,” he said.

“They’re some of the bright lights of people that I’ve met, and I was kind of knocked out by the people I’ve met in the mili-

tary,” Harrelson said. “So, I have a higher regard and a lot of respect for them. Still, as much as I have come to love the warrior, I still loathe the war.”

This role not only changed his opinion of service members but also Harrelson’s mindset.

“I really went into a whole other mental arena,” he said. “I would do things like go jogging, I’d be slogging along at my typical slow pace, and then I’d think in terms of Capt. Tony Stone, and I’d feel myself picking up the pace.”

**USAG-HI Army Communities**  
**Religious Support**  
**Ash Wednesday& Lenten Services**  
**& Stations of the Cross**  
**Holy Week**  
**17 Feb - 04 April 2010**

Date	Event	Denominization	Place/Time
17 Feb 10	Ash Wednesday Service	Catholic	AMR@ 1830
17 Feb 10	Ash Wednesday Service	Protestant	WAAF@ 1800
17 Feb 10	Ash Wednesday Service	Catholic	MPC@ 1145
17 Feb 10	Ash Wednesday Service	Catholic	MPC@ 1830
19 Feb. 15,12,19,26 March	Stations of the Cross & Soup (All Friday's During Lent)	Catholic	AMR @ 1730 WAAF @ 1800
1 April	Chrillian Seder	Ecumenical	Room 212 Bldg 791 MPC Annex
1 April	Maundy Thursday Service	Ecumenical	Fl. D @ 1700
1 April	Institution of the Lord's Supper	Catholic	TAMC@1700
1 April	Maundy Thursday Service	Liturgical Protestant	WAAF@1830
2 April	Living Stations of the Cross	Ecumenical	MPC @ 1200
2 April	Passion of the Lord Service	Catholic	MPC @ 1400
2 April	Adoration of the Cross	Catholic	TAMC@1500
2 April	Good Friday Service	Protestant	Fl. D @ 1700
2 April	Passion of the Lord	Catholic	AMR @ 1800
2 April	Good Friday Service	Liturgical Protestant	WAAF@1830
2 April	Service Of Darkness	Protestant	MPC @ 1900
2 April	Good Friday Service	Protestant/Gospel	AMR @ 1930
3 April	Easter Vigil	Catholic	MPC @ 1900
3 April	Easter Vigil	Catholic	TAMC@1900
4 April	Easter Sunrise Service	Ecumenical	Stoneman Stadium @ 0630
4 April	Easter Sunrise Service	Ecumenical	USS Missouri @ 0630
4 April 4 April	Easter Sunday Mass All Regularly Scheduled Services Will Meet	Catholic	TAMC@1100

For additional information, contact your Unit Ministry Team, the Community Chaplain Office, or one of the Chaplains:  
TAMC- Tripler Army Medical Center Chapel - (Tripler Hospital Chapel, 433-2941)  
AMR - Alakamau Military Reservation Chapel - (Bldg. 1790, AMR Housing Area) 836-4599  
Fl. D - Ft. DeRussy Chapel (Near my Museum & Hale Koa Hotel) 836-4539  
HMR - Helemano Military Reservation Chapel (Bldg. 25, HMR Family Housing) 655-9307  
MPC - Main Post Chapel (Bldg. 790, Schofield Barracks) 655-9307  
WAAF - Wheeler Chapel (Bldg. 1470, Wheeler Army Airfield) 656-0288

**\*As of 22 February 2010**



# Soldiers skip, hop, hula-hoop and jump to promote fitness

## School and Army encourage healthy lifestyles for kids

Story and Photos by  
**SGT. RICARDO BRANCH**  
8th Theater Sustainment Command Public Affairs

AIEA — Soldiers from the 8th Theater Sustainment Command joined students from Gustav H. Webling Elementary School, here, to take part in the Jump Rope For Heart program, Feb. 19.

The event, hosted each year at the school, brought the local schoolchildren together with 8th TSC Soldiers to participate in jump rope, hop-scotch, Hula-hoop and skipping events.

“We’re here for two reasons: one, to help the community and two, to promote healthy fitness for the kids here at Webling,” said 1st Sgt. Curtis Rucker, company first sergeant, Headquarters and Headquarters Company, 8th TSC. “This program is a great opportunity for Soldiers to teach the students to stay healthy and be fit.”

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

“It makes me feel proud that we take some time out to spend with the kids here and make a difference in their lives,” said Spc. Charmaine Drigo, 307th Integrated Theater Signal Battalion. “Being here lets people know that we care about what goes on in our community.”

In the late 1970s, Jean Barkow, of Milwaukee Riverside High School, held the first “rope-a-thon” with her local American Heart Association chapter.

Following the event, Barkow attended several public relations conferences where the message of promoting good health spread quickly across the country. Barkow’s rope-a-thon evolved into the modern-day Jump Rope for Heart program.

“It’s real good that the kids here are learning messages like this in school because it’s a good way to educate them about the importance of living a healthy lifestyle,” Drigo said. “When they get older, they’ll know what’s right and live healthier lives from things they learn in school.”



Soldiers from the 8th Theater Sustainment Command assist and cheer on a student as she progresses through the jump obstacle course during the Jump Rope for Heart program, Feb. 19, at Gustav H. Webling Elementary School.



Sgt. Tuvala Panapa (center), Headquarters and Headquarters Company, 8th Theater Sustainment Command, jumps rope with a student during the Jump Rope for Heart Program, Feb. 19, at Gustav H. Webling Elementary School.

During the event, Soldiers took part in instructing the kids and in running, skipping and laughing alongside the kids through the different

exercise activities.

“It’s a good partnership we have with this school and the community,” said Capt. Aaron

Fegley, company commander, HHC, 8th TSC. “Soldiers really enjoy these types of opportunities because it gives them a chance to give back. Everyone from the 8th TSC volunteered to come out here, and you see it from the smiles on their faces. They are enjoying this.”

Fegley said that one of the goals for the Army is to show people what the Soldiers bring to the places they call home.

“Most people don’t really see these kinds of things when they consider what the military brings to a community,” he said. “Being a Soldier is more than what you see on television. It’s about giving back and bettering the place you live. That’s what our Soldiers are doing here at Webling, giving back and helping in any way we can.”

As activities ended, for the students and Soldiers the memories captured in the Jump Rope for Heart program will go a long way in promoting good health and the Army’s commitment to show they care about the community.

## Include the ‘S’ word to get a healthy life balance

**CHAPLAIN (LT. COL.) SCOTT WEICHL**  
Behavioral Health Program Manager

U.S. Army Public Health Command (Provisional)

WASHINGTON — Are you as confused as I am with the recent influx of various programs, stand-downs and mandatory trainings emphasizing total health? All these concepts and approaches are well and good, but so what? How can another program benefit me, you might be wondering?

Let’s look at what this means to all of us interested in being healthier and stronger people.

To be totally healthy means striking a balance in our personal lives. The balance is between three major areas: mental, physical and spiritual. The first and second areas, I understand.

A heightened mental awareness of stressors, challenges, worry and other feelings tells me to seek help when life seems overwhelming.

Physically, when the scale indicates I have eaten one too many donuts, my Class As are snug, and sit-ups are not quite to standard. More physical activity is necessary. Got it.

The third area in this trio, spiritual, is difficult to describe, yet most of us have a sense of its importance to maintaining overall health. Trying to define spiritual is like trying to nail Jell-o to a tree. Spiritual means something different to everyone, and the nice thing about it is each definition is correct.

While mental and physical fitness can often be quantitatively analyzed, spiritual health has a much more qualitative aspect — as it should. Something as personal and unique to our very essence cannot be mandated or structured into a “one-size-fits-all” form.

Not only is America founded on this understanding of the free exercise of religion, but individually each person is unique and at a different stage of his or her journey on Earth.

Studies indicate that a spiritual connection tends to contribute to more resilient lives. Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity in a more healthy way. Who wouldn’t want that?

So why is this spiritual thing so hard to develop and strengthen?

I believe one reason is misunderstanding. History, culture and just plain individualism tend to make many people defensive when the spiritual word is mentioned. “Nobody is going to tell me what to believe,” is a

On The

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Visit Hooah 4 Health, Spiritual Fitness at [www.hooah4health.com/spirit/default.htm](http://www.hooah4health.com/spirit/default.htm) or the U.S. Army Center for Health Promotion and Preventive Medicine at, <http://chppmwww.apgea.army.mil/dhwp>, and click on the link for Religion and Spirituality.

common response to the “S” word.

Here again, this is a correct response. Nobody is telling anyone what to believe, rather providing opportunity for growth in an area of life that makes one healthier.

OK, so what is spiritual?

Spiritual pertains to the connection of the human spirit and transcendence. Each person has a spirit that is the essence of existence. This is what energizes, enlivens, gives purpose and makes us the unique individuals we are. Transcendence is the feeling in our gut that there is something bigger than us, a meaning we cannot fully grasp or understand.

These two concepts seem to be common throughout the world, indeed, throughout history. Reflect for a moment; you most probably agree this is a truth deep within.

With this definition, we can begin to develop our personal spiritual dimension by seeking that which speaks to our uniqueness, while recognizing that there is something bigger than us to help determine meaning and purpose for our lives.

For some people, this is traditional religion; others find a contemplative practice more meaningful; yet others may experience this transcendence in some other form of expression, commitment or activity.

Human beings have been seekers since the beginning of time. Use the learning resources available at your post to aid your quest.

The important thing to remember is this: a balance is necessary between the mental, physical and spiritual realms of our lives to become healthier.

Having a tough time? Feel like you are out of focus or life has no meaning? Get back in balance and add spiritual health to mental and physical health.

## ‘Let’s Move!’ helps families tackle childhood obesity

**LT. COL. KAREN E. HAWKINS**  
Defense Commissary Agency

FORT LEE, Va. — Making healthy choices for children and families is getting easier with the newly released Let’s Move! campaign.

Nearly 20 percent of children and teens in Department of Defense families are considered obese. Across the nation, the numbers are even greater: one child in three is overweight.

To help address obesity, Let’s Move! provides a coordinated effort that involves families, schools, private industry and the government. You are encouraged to join First Lady Michelle Obama and others in this campaign to tackle the challenge of childhood obesity.

Overweight children and adolescents are more likely to have risk factors associated with heart disease, high blood pressure, high cholesterol and Type 2 diabetes.

Obese children and adolescents also are more likely to become obese adults. According to the Centers for Disease Control, one study found that about 80 percent of children who were overweight at ages 10 to 15 were obese adults at age 25.

Another study found that 25 percent of obese adults were overweight as children. This study also found that if a child is overweight by age 8, obesity in adulthood is likely to be more severe.

The Food and Drug Administration is developing and providing guidance for retailers and manufacturers to include new nutritionally sound and consumer-friendly, front-of-package labeling.

The American Academy of Pediatrics, along with members of the medical community, will educate doctors and nurses across the country about obesity. Doctors will regularly monitor your child’s body mass index and educate you about healthy eating habits and physical activity.

To help families make healthier food and physical activity choices, the U.S. Department of Agriculture plans to re-



On The

WEB

Visit “Ask the Dietitian” on [www.commissaries.com](http://www.commissaries.com) and post your questions on the Dietitian Forum.

vamp the food pyramid. The USDA’s Web site, [www.mypyramid.gov](http://www.mypyramid.gov), will make available several different tools to put dietary guidelines into practice.

During the 2010/2011 school year, the USDA will work with schools and the private sector to double the number of schools that meet the Healthier U.S. Schools Challenge Program and add 1,000 schools each year for the next two years.

This challenge program includes standards for food quality at schools, participation in meal programs, physical activity, and nutrition education. It also provides recognition for schools that meet these standards.

To help meet the goal of increasing the number of schools that meet the challenge, major school food suppliers have agreed to meet the Institute of Medicine’s recommendations, within five years, to decrease the amount of sugar, fat and salt in school meals; increase whole

## Tricare news, benefits updates delivered via e-mail

**TRICARE**  
Press Release

FALLS CHURCH, Va. — Nowadays, there is a Web site for everyone and everything. Keeping up with information can be difficult.

Tricare beneficiaries can stay current on their health benefits easier by signing up for e-mail updates. The latest Tricare news and health information can be delivered straight to e-mail inboxes.

Subscribers can customize their accounts by choosing to receive as many or as few items as they’d like, based on their beneficiary category or topics of interest.

Subscribers can even decide when they would like to receive their e-mails. Facing

On The

WEB

To learn more about the Military Health System, visit [www.health.mil](http://www.health.mil) or subscribe at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions).

an already-crowded inbox? Choose daily, weekly or monthly digests instead of immediate notifications.


Creating an account is easy and secure. After entering their e-mail address at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions), beneficiaries can choose the categories and topics

that appeal to them. After that, they’ll receive the latest Tricare news releases, benefit changes, podcasts, healthy lifestyle tips, and pharmacy updates from Tricare Communications.

The subscription service also allows users to subscribe to Military Health System Web sites and other health-related federal Web sites. Some of these Web sites include the Centers for Disease Control and Prevention and the Food and Drug Administration.

Tricare’s e-mail updates are sent through GovDelivery, which also provides services to dozens of Department of Defense and federal agencies, as well as state and local governments.





27 / Saturday

**NOAA Whale Count** — Is whale watching a hobby of yours? If so, take pleasure in one of the many benefits of living in Hawaii: the annual whale migration. Help the National Oceanic and Atmospheric Association count whales and enjoy a lovely day in the sun, Feb. 27, 7 a.m.–1p.m. Cost is \$10, and round-trip transportation from Schofield Barracks is included. Call 655-0143.

March

15 / Monday

**Guardstart Program** — Is your child fond of water? The Guardstart Program is an excellent program for kids ages 11-14 to learn what a life-guard's duty is and to start the journey of a possible career in water safety. Registration is March 1-10, from 11 a.m.-5 p.m., at Richardson Pool on Schofield Barracks. Classes will be held March 15-19, 9:30-11 a.m. Cost is \$60 per child. Participants must be able to swim proficiently in the deep end of the pool. Call 655-9698.

**2010 Army Hawaii Tennis Tournament** — Do you have what it takes to be a tennis champ? Register by March 15 for the Tennis Tournament taking place March 22-26 at the Fort Shafter and Schofield Barracks Tennis Courts.

Active duty Army, Reservists and National Guard stationed within the Hawaii are eligible.



Send sports announcements to community@hawaiiarmyweekly.com.

March

6 / Saturday

**Fort DeRussy Biathlon** — The Fort DeRussy Biathlon and Keiki Run-Swim-Run will be held March 6 at Fort DeRussy Beach. Choose between the long, 5K course followed by a 1K swim; or the short, 2.5K run and 500-meter swim.

The keiki distance course will be a run-swim-run format with distances varying by age group. Call 955-9151.

7 / Sunday

**CrossFit Gym Opening** — Come to the CrossFit grand opening at their new gym at 2114 Lauwiliwili St., Suite 102B, Kapolei, March 7.

They will also have a safe-play area for keiki and special discounts for state and county employees, military personnel and spouses. CrossFit is an intense strength and conditioning workout.

Call 779-0058 or e-mail se@CrossFitEwaBeach.com.

14 / Sunday

**5K or 10K Volksmarch** — Join the Menehune Marchers Volkspport Club on a 5K or 10K volksmarch (walk), March 14, starting in Hawaii Kai and walking past Hanauma Bay Nature Preserve and Portlock.

The start point will be the Koko Head District Park, located at 423 Kaumakani St., Honolulu. Look for the yellow Menehune Marchers banner.

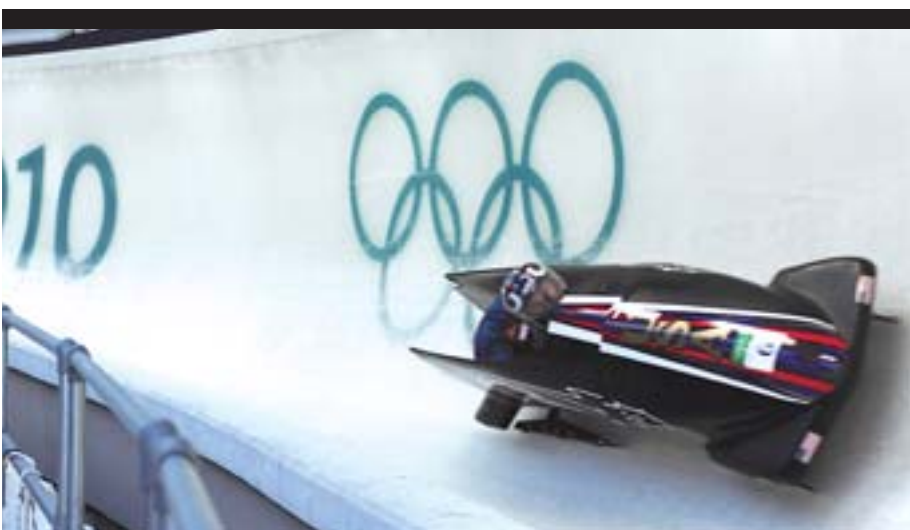
The route will take walkers to the scenic lookout points of Hanauma Bay and through beautiful Portlock, with its multimillion dollar homes.

Participants can start anytime from 7:30-10 a.m. and finish by 1 p.m. An early start is recommended, as Hawaii Kai is often hot by midday.

For more details, call Faye at 395-9041 or visit [www.ava.org/clubs/menehunemarchers/](http://www.ava.org/clubs/menehunemarchers/).

Ongoing

**Circuit Boot Camp** — Looking for a total resistance exercise class? Work on strength, endurance,



Tim Hipps | FMWRC Public Affairs

Banked curves

WHISTLER, British Columbia — Former U.S. Army World Class Athlete Program bobsled pilot Steven Holcomb and Curt Tomasevicz race the two-man bobsled, 'USA,' in the first heat of the Olympic competition, Feb. 20. They posted the sixth-fastest time of 51.89 seconds. The U.S. sled team stands in fourth place after two of four heats, the last two of which will be run Feb. 28, 4 p.m. PST.

There is also a “Combined Category” for Army and military retirees working on an Army Hawaii installation.

Military ID is required. Call Fort Shafter at 438-9572 or Schofield at 655-0856.

18 / Thursday

**All-Army Wrestling** — The 2010 All-Army Wrestling program championships in the Men's Freestyle, Greco Roman or Women's Freestyle categories will take place March 18-22.

Contact the Sports, Fitness and Aquatics Office, Building 556, Kaala Community Activity Center, Schofield

Barracks for more information. Call 655-0856 or 438-9572.

Ongoing

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

**Paintball** — Check out the paintball facility at Wheeler Army Airfield, just off Lauhala Road, next to the baseball fields.

The facility features three lighted fields, and they are open for regular, league and youth play, plus private parties and physical training.

Hours of operation are Fridays, 5-9 p.m., and Saturdays and Sundays, 11 a.m.-7 p.m.

Rental equipment and instruction is available. You can bring your own paint or buy it there.

Call 343-3929 or visit [www.paintballhawaii.com](http://www.paintballhawaii.com).

**Free Ladies Golf Clinic** — Learn the basics of golfing at a free ladies golf clinic.

The clinic is offered the first Saturday of each month, from 2:30-3:30 p.m., at the Leilehua Golf Course Driving Range. Call 655-4653.

**Ladies' Fitness Classes** — Cardio Step & Circuit and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center. Beginner through advanced-level yoga classes are Tuesdays, 9-10 a.m., and cardio classes are Thursdays, 9-10 a.m.

Call 438-1152 for more information.

**Volleyball & Racquetball** — Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center, Schofield Barracks.

Courts will be open for free play across the street from the facility. Call 655-4804.

**All Army Sports** — Soldiers interested in applying for Army-level sports competitions must apply with their Army Knowledge Online account at <https://armysports.cfsc.army.mil>.

Faxed copies are no longer accepted by the Sports Office.

Call 655-9914 or 655-0856.

**Home School Health & Fitness Classes** — Classes at Aliamanu Military Reservation Youth Center meet every Tuesday, 9-10 a.m., for ages 6-9, and 10-11 a.m. for ages 10-12.

Classes at Bennett Youth Center, Schofield Barracks, meet every Thursday, 9:30-10:30 a.m., for kindergarten through third grade; and 10:45-11:45 a.m. for fourth grade and up.

The classes will cover health and fitness activities and sports programs.

Call AMR at 836-1923 and Schofield Barracks at 655-6465/0883.