

INSIDE

It's not too late for flu shots

H1N1 vaccinations for military family members and civilians are still available. Call your health care provider or visit "Fight the Flu" at Tripler's Web site: www.tamc.amedd.army.mil.

Holocaust observance

"Stories of Freedom: What You do Matters," April 14, 1:30 p.m., at Sgt. Smith Theater, Schofield Barracks.

See News Briefs, A-3



More PT, Mickey Mouse,

Eeyore, Mickey and friends get parents and kids jumping, hopping and skipping at "PT in the Park."

B-1

Job Fair today

The Employment Readiness Program is hosting a job fair for military spouses, today, 10 a.m.-3 p.m.

See MWR Briefs, B-2

PXmarket meeting

The Fort Shafter PXmarket meeting for the Oahu South community is April 14, 10-11 a.m., at Building 1599, Room 115, Fort Shafter Flats.

See Community Briefs, B-2

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Mock utility billing now inbound

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS – When it comes to electricity, Hawaii has the highest average cost for residential use in the entire nation.

Residents pay 26.45 cents per kilowatt hour compared to the national average of 11.33 cents per kilowatt hour.

Hawaii's citizens depend heavily on imported fossil fuels to meet energy demand, and close to nine-tenths of the state's energy comes from petroleum, due in large part to heavy jet fuel use by military installations and commercial airlines.

The transportation sector is the leading energy-consuming sector. It ac-

- AHFH Town Halls**
- Monday, April 19, 6:30 p.m., Sgt. Smith Theater, Schofield Barracks
 - Tuesday, April 20, 6:30 p.m., Richardson Theater, Fort Shafter
 - For more information about the Mock Billing Program, log on to www.ArmyHawaiiFamilyHousing.com.

counts for more than half of Hawaii's total energy consumption.

In an effort to become better stewards of our environment and to encourage the efficient use of energy, the Office of the Secretary of Defense established a utility consumption policy that holds Soldiers and their fam-

ilies responsible for their utilities.

The policy is intended to increase awareness of energy usage, promote conservation and, ultimately, lead to reduced energy consumption.

Beginning July 2010, U.S. Army Garrison-Hawaii and its partner, Army Hawaii Family Housing, will take the first step toward implementing the federal mandate with the launch of a Mock Billing Program.

"The two most important things our Soldiers and families need to understand are that they are not being sent a utility bill for payment, and they will not be billed for anything



Margotta

throughout the mock billing period," said Col. Matthew Margotta, commander, USAG-HI.

"The purpose of the mock billing program is to create awareness among families about their household energy consumption, promote energy conservation and help families, who exceed electrical consumption baseline targets, reduce their use," Margotta said.

To provide AHFH residents with an overview of the Mock Billing Program and answer questions they might have about it, Margotta and AHFH will host two town halls for AHFH residents.

SEE UTILITY, A-5



Pvt. Shelby Webster, infantryman, 1st Battalion, 28th Infantry Regiment "Black Lions," 1st Infantry Division, surveys the landscape below just prior to being inserted on to a farm near Balad, Iraq, with his squad during an aerial reaction force operation by a 2nd Battalion, 25th Aviation Regiment, Task Force Diamond Head, 25th Combat Aviation Brigade, Black Hawk helicopter, March 25.

TF Diamond Head helps thwart IDFs

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

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Indirect fire, or IDF, refers to the firing of a weapon without a direct line-of-sight between the weapon and its target.

It's indiscriminate and it's deadly.

Eliminating this threat near Balad, Iraq, is a priority for aviation Soldiers of 2nd Battalion, 25th Aviation Regiment "Task Force Diamond Head," 25th Combat Aviation Brigade, 25th Infantry Division, working in conjunction with ground-force Soldiers of 1st Battalion, 28th Infantry Regiment "Black Lions," 1st Infantry Division.

Balad is located in the heart of what was once considered the power-base of Saddam Hussein. According to Lt. Col. David Francis, battalion commander and UH-60 Black Hawk pilot, 2-25th Avn. Regt., U.S. and Iraqi Security Forces have historically been targeted by indirect fire in this area in the form of mortars and rock-

SEE IDF, A-3

Divers hold underwater command change

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

PEARL HARBOR – On a cloudless day, 12 Soldiers took their position near the edge of a pool, here, standing at attention while wearing black wet suits and large, yellow diver helmets.

On the opposite end of the water stood their commander who suddenly gave the order, "Enter the pool!"

On command, three officers in Army combat uniforms submerged themselves in Richardson pool, here, March 31, to conduct a time-honored tradition in any military organization: the passing of command.

The divers of the 7th Engineer Dive Team held their change of command without a band and a parade field, but in a place most comfortable for any Army divers: underwater.

"As long as there have been dive teams, there have been underwater changes of command," said the outgoing commander of the 7th EDT, Capt. Thomas Darrow.

"It's a long-standing tradition that, when we get a new commander, the command is passed underwater. It's a very special ceremony for any dive commander, and I'm proud to be a part of it," he explained.

Darrow bid his Soldiers farewell and relinquished command to the



Soldiers of the 7th Engineer Dive Team stand in formation at their change of command ceremony, March 31, at Richardson pool, Pearl Harbor. Such a practice fulfills a dive team tradition during any passing of command.

incoming commander, Capt. Adriano Biggerstaff.

"This has been one of the best experiences in my life," Darrow said. "Meeting these Soldiers and looking them in the eye, it was rewarding to be able to see that drive from them, to see and learn from you."

"They came to work every day, eager and ready to accomplish any and all missions assigned to us," Darrow continued.

During the ceremony, a handful of Soldiers jumped into the 10-foot deep pool and marched underwater to

stand in formation while the command leadership trudged up from the opposite end to meet the team.

Darrow served 22 months as commander of the 7th EDT. During his tenure, the unit conducted recovery missions in Canada, Korea and Cambodia; repaired a floating breakwater in Alaska; and assisted Navy, Marine and Air Force units in missions around the world requiring underwater support.

"I can truly say it's been an hon-

SEE DIVE, A-5

Course introduces new employees to Army's environmental program

Story and Photos by **STEPHANIE RUSH**
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – More than 20 civilians and contractors who work for U.S. Army-Hawaii gathered in the Installation Training Center, here, for a weeklong introduction to the Army and the environment, March 29-April 2.

The course, Army 101, stems from a Congress-mandated requirement to train and mentor incoming environmental personnel, and is taught four times a year at Army Environmental Command's headquarters or at any installation that requests the training.

"This program was set up to mentor and teach (environmental employees) what the Army is all about," said Ted Reid, course director, AEC.

"Understanding the environmental impacts installations deal with is crucial because it affects our ability to train," he said during the course.

Rhonda Suzuki, chief, Environmental Compliance/Pollution Prevention/Restoration Branch, Environmental Division, Directorate of Public Works, U.S. Army Garrison-Hawaii, requested the training because she felt new environmental employees and interns would benefit from a better understanding of how the Army works.

"I knew the training was available to interns (in the continental U.S.), but I couldn't afford to send all of our interns or new employees there," Suzuki said.

"The course is a great way to learn (more about the Army) and how we all work together to support Soldiers



Reid

On The

WEB

For more information on Army Environmental Command, visit www.aec.army.mil.

and the mission," Suzuki explained in the class.

Similar to the Army Management Staff College's Foundations Course, which is offered to new employees as an introduction to the Army, Army 101 inducts new employees with an emphasis on the Army's environmental mission.

The Army's environmental program oversees compliance with all applicable international, federal and state laws to sustain the environment for the future.

"One of the beauties of teaching this program is that while not all of these (employees) stay working for the Army, by giving them this overview, you at least then have someone out there who knows what the Army is about," Reid said.

"We have so many special interest groups who don't always know what the Army is doing or why we need to do the things we do. Current and former employees are able to explain the big picture," Reid added.

Students who attended included Department of the Army interns; Department of the Army civilians from the Corps of Engineers-Honolulu District, the Installation Management Command-Pacific and U.S. Army Garrison-Hawaii; and contractors from Army Hawaii Family Housing and the garrison's DPW and Office of the Native Hawaiian Liaison.

The class opened with an overview of the Army's structure and organization, tactical units and equipment, and the unique customs of Soldiers.

A practical exercise simulating the "fog of war" required students to role play as Soldiers taking part in a rescue mission downrange, which demonstrated how important realistic training is for Soldiers.

The weeklong course ended with environmental-specific training and a final practical exercise involving a fictitious garrison, tenant organizations and lo-

SEE 101, A-6

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 4/8/10.



•April 20, 8:30 a.m.-1 p.m., Kalakaua Community Center

SEE PREVENTION, A-6

During my last deployment, I remember preparing to leave the

They didn't like the desert, but at the same time, they lamented that Hawaii was too small, too

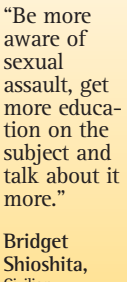
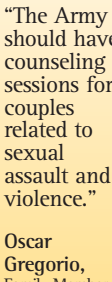
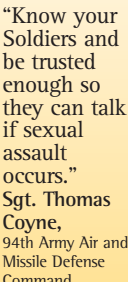
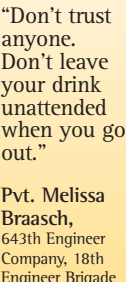
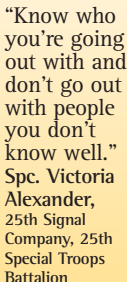


Furthermore, if we live by good values such as patience, integrity, justice, forgiveness and generosity; contentment will follow.

Finding this kind of contentment is no easy task. Feelings of peace and happiness will

I agree. Indeed, happy and blessed are those who find contentment in life.

What more can be done to prevent domestic violence?



IDF: Aerial force an asset to removing threat

Deployed Forces

CONTINUED FROM A-1

ets since the early beginnings of Operation Iraqi Freedom.

Task Force Diamond Head's aerial reaction force operations are changing historical trends.

"Aerial reaction force operations are a platform we developed in response to the ground force commander's aggressive commitment to defeat IDF originating from communities near Balad," Francis said.

"The purpose of the mission-set is simple: defeat IDF," Francis added. "And, we have had a demonstrable impact in and around Balad. Since we began ARF operations, we have had record-level lows of IDF attacks."

1st Lt. Beaux Lane is TF Diamond Head's senior intelligence officer who conducts enemy threat analysis.

According to Lane, the number of attacks has decreased by more than 60 percent in areas that had been receiving multiple rounds of IDF events every week.

TF Diamond Head's ARF operations integrate aviation and ground force assets by linking TF Diamond Head's OH-58D Kiowa Warrior and UH-60 Black Hawk helicopters and flight crews with infantry Soldiers.

ARF operations provide the capability of scouting, transporting, inserting and extracting Soldiers virtually anywhere on the battlefield.

The operations also provide the capability of staying airborne with teams of Soldiers for extended periods of time.

It's fluid, adaptable, unpredictable and requires highly experienced aviation crews.

"These ARF operations are the most demanding, complex and dynamic mission-set that Task Force Diamond Head currently conducts," said Capt. Paul Hanson, commander and UH-60 Black Hawk pilot, Company C, 2-25th Avn. Regt.



A squad of infantryman with 1st Battalion, 28th Infantry Regiment "Black Lions," 1st Infantry Division, fight "rotor wash" as they are extracted from a landing zone by a 2nd Battalion, 25th Aviation Regiment, Task Force Diamond Head, 25th Combat Avn. Brigade, Black Hawk helicopter during an aerial reaction force operation March 25.

"The flight crews receive extensive academic training to fully understand the unique command and control architecture, the integration of dissimilar aircraft and the de-confliction measures required to safely execute complex operations in condensed airspace," Hanson said.

"We then integrate the ground forces that also receive academic training and participate in a variety of day and

night training iterations with the flight crews, which includes everything from straightforward cold load training, where we focus on loading and unloading aircraft tactically and safely, to complex vehicle interdictions," Hanson added.

"For those reasons, we only use the most seasoned aviators and flight crew," Hanson continued. "Many of the pilots are our Task Force standardization, in-

structor and primary training pilots, most of whom have experience with aerial reaction forces from previous deployments."

Chief Warrant Officer Joseph Roland is one of those seasoned aviators. He is a 23-year combat veteran of several deployments, the 25th CAB senior standardization instructor pilot and special staff to the brigade commander. He has held every standardization posi-

tion in an aviation brigade.

According to Roland, the success of ARF operations is a tribute to the 25th CAB's proactive mind-set.

"This brigade understands that we exist solely to support the ground-force commander," Roland said. "Wherever we deploy, we do an exceptional job of evaluating what the ground-force commanders need and what problems they are currently facing. We develop a proactive mission platform to be part of their solution."

"The current ground unit who operates in and around Balad identified IDF as a problem," Roland continued. "Based on our experience in Afghanistan and previous Iraq deployments, we knew that we had something to offer to curb the threat, and we created a tailored ARF mission-set."

According to Roland, the success of ARF operations lies not only in its agility and adaptability, but also in its demand for a properly trained and experienced ground troops.

TF Diamond Head has that capability in the Black Lion Soldiers.

Sgt. 1st Class Michael Fletcher, infantryman and platoon sergeant, 1st Bn., 28th Inf. Regt., 1st ID, has been leading ground patrols in and around Balad for eight months. He has participated in several ARF operations, and he said he appreciated the added value of aviation assets on his counter-IDF mission.

"We conduct ground patrols on a daily basis to counteract the IDF threat," Fletcher said. "Having the aviation assets at our disposal allows us to respond and maneuver faster and interdict the enemy much quicker."

"The helicopters from Task Force Diamond Head are a huge asset, and with them the IDF threat has been considerably reduced," Fletcher continued. "Our goal is to eliminate IDF, and with Diamond Head, it's working."

News Briefs

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

Today

Water Restrictions – The Directorate of Public Works asks all residents and building occupants on Schofield Barracks, Wheeler Army Airfield, East Range and Helemano Military Reservation to conserve water because of electrical problems at the main water treatment plant for Schofield Barracks.

Water should be used for essential purposes only. Residents and tenants should refrain from watering lawns or washing cars until further notice.

DPW Operations and Maintenance Division are on-site with back-up generators and are working diligently to permanently resolve the problem. Call 656-3296.

Devol Closure – Devol Street, between Waianae and Kolekole avenues on Schofield Barracks, will be closed for road surfacing through April 11.

12 / Monday

"A" Closure – Road "A" between Quad A and Quad B or Waianae and Kolekole avenues on Schofield Barracks will be closed for road surfacing, April 12-25.

13 / Tuesday

Holocaust Observance Leaders Conference – The 516th Signal Brigade is hosting a special observance, "The German Military and the Holocaust: Choices in Changing Context," with a guest speaker from the U.S. Holocaust Memorial Museum,

um, April 13, 9:15 a.m., at Sgt. Smith Theater; and April 14, 9:15 a.m., at the Hale Ikena, Fort Shafter.

14 / Wednesday

Days of Remembrance Holocaust Observance – The 516th Signal Brigade invites you to attend a special observance, "Stories of Freedom: What You do Matters," with a guest speaker from the U.S. Holocaust Memorial Museum, April 14, 1:30 p.m., at Sgt. Smith Theater, Schofield Barracks.

16 / Friday

"Behind Closed Doors: What's In Your Closet?" – This training presentation, followed by the movie "Precious," incorporates all of the different types of child maltreatment – emotional, verbal, sexual, physical abuse and neglect – during performances April 16, at Sgt. Smith Theater, 10 a.m.-12 p.m. or 1:30-3:30 p.m.

Earn six training credit hours from the Army Substance Abuse Program, the Family Advocacy Program, and Sexual Assault Prevention and Response.

Temporary Stadium Closure – Stoneman Stadium on Schofield Barracks will be temporarily closed April 16-17, 8 a.m.-6 p.m. to host the 2010 Special Olympics Track and Field events. Call 655-4804.

17 / Saturday

Flagler Closure – Flagler Road between Matthews Avenue and Lyman Road on Schofield Barracks, will be closed April 17-May 9, for road construction work. Call 234-9102.

19 / Monday

"Theater of War" Presentations – A dramatic reading of two Sophocles plays, "Ajax" and "Philoctetes" will increase awareness of post-deployment psychological health issues, disseminate information regarding re-

sources, and foster greater family and troop resilience.

Actors will perform modern readings followed by a moderated discussion with combat veterans and medical personnel.

This event is open to all U.S. Army Hawaii units, Soldiers and families. Sessions follow:

•April 19, 9 a.m., at Sgt. Smith Theater, Schofield Barracks;

•April 21, 1 p.m., at Sgt. Smith Theater (female warrior session);

•April 22, 9 a.m., at Kaiser Auditorium, Tripler Army Medical Center; or

•April 23, 1 p.m., at Sgt. Smith Theater, Schofield Barracks (Wounded Warrior session).

Call 655-0110/4778/0968/7158, 330-9458, 673-3506, 258-3752, or 398-4543.

20 / Tuesday

Sexting, Cyber Bullying and Internet Safety – Learn what every parent should know to protect children from becoming victims or perpetrators of social technology, April 20, 6-7:30 p.m., Sgt. Smith Theater, Schofield Barracks, or April 22, 6-7:30 p.m., Tripler Army Medical Center Kaiser Auditorium.

A detective who is a 30-year veteran of the Honolulu Police Department, and one of Hawaii's leading computer and Internet crimes investigators, will tackle these issues and provide tools and tips about how to protect children. Call 655-1670.

22 / Thursday

ID Cards – The Schofield Barracks ID Cards/DEERS/In-Out Processing/Passports sections will be closed all day, April 22.

Alternate locations for ID cards are Fort Shafter Flats, Building 1507C, 7:30-11:30 a.m., 438-1757, or Tripler Army Medical Center, Building 1, Main Hospital, Oceanside, Room 1A-016, 7:30 a.m.-3:30 p.m.

SEE NEWS BRIEFS, A-6

Combat skills improve through STT

Story and Photo by
SGT. RICARDO BRANCH

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Since the start of the new year, Soldiers of the 8th Theater Sustainment Command have been altering their training with a greater emphasis on basic Soldier and leadership skills during “Sergeant’s Time Training,” or STT.

“Everyone is a Soldier first,” said Command Sgt. Maj. Maria Wilkes, 8th Special Troops Battalion, 8th TSC. “You have to get down, dirty and test your equipment at the range and training sites, so you will be ready for the times you need to do that downrange.”

The Army trains every Soldier for combat regardless of his or her military occupation, which the 8th TSC headquarters demonstrates each Thursday during STT.

“Maj. Gen. Michael Terry, commanding general for the 8th TSC, wants all Soldiers and subordinate units trained to Army standard,” said Capt. Wilbert Alvarado, G-3 training officer, 8th TSC. “The CG has put out his guidance through multiple venues, describing his vision for training and how individual Soldiers and units may need to be trained.”

As the senior Army sustainment command in the Pacific, the 8th TSC became fully mission-capable, last year.

Initially, its focus was on getting the unit up and running, but with that task accomplished, the focus has shifted.

“Maj. Gen. Terry changed a lot of things, but his basis is going back to standards,” Alvarado said. “He’s focused on the why and how we do things. He goes back to some of the traditional-method ways of our Army, focusing on what the standards are, versus leaving where the last commander left off.”

Wilkes added, “Our commanding general is all about the Soldiers. He sees Sergeant’s Time Training as the time for the noncommissioned officers to train their troops in Soldier skills.”

Since the start of the new training, Soldiers have completed practical exercises in such areas as clearing and en-



Soldiers from 8th Theater Sustainment Command are briefed on convoy operations during Sergeant’s Time Training, March 25, at East Range, Schofield Barracks. The training ensures Soldiers are prepared to meet any demands when deployed.

tering buildings, reacting to contact while moving, and defending perimeters against attacks.

“The training is a great asset to us because it’s causing our Soldiers to react and think, brainstorm, and develop interesting ideas for training opportunities,” Wilkes said,

She added that the emphasis on training is a direct result of leadership taking the time to ensure Soldiers are able to accomplish their warfighter mission.

“It’s great; I was deployed to Iraq in my old unit in the 3rd Infantry Division,

so a lot of this training is familiar to me but it’s good to brush up on for the future,” said Spc. William Fullegar, Headquarters and Headquarter Company, 8th STB. “A lot of the training we are doing will help new Soldiers fresh to the unit, as well as veteran Soldiers, stay trained and ready to lead others into combat.”

As time changes, so will the way in which Soldiers fight and focus on the battlefield.

New guidance, therefore, is seen as a benefit to 8th TSC Soldiers as they train and learn to lead in their Army careers.



Staff Sgt. Tamari Adderton (left), 45th Sustainment Brigade, discusses positive reaction to different scenarios with Sgt. 1st Class Tuyen Do, also of the 45th Sust. Bde., during the brigade’s Master Resiliency Training class at Schofield Barracks, April 1. Resiliency training is part of the Comprehensive Soldier Fitness program.

Resiliency training provides keys to overcoming obstacles

Story and Photo by
STAFF SGT. COREY BALTOS

45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS — As certain as death and taxes, obstacles will come our way in life.

Thus, to give Soldiers the best chance of conquering such barriers, the 45th Sustainment Brigade is teaching its Master Resiliency Training.

The goal is to help Soldiers become better Soldiers, leaders and family members.

Resiliency training is part of the Army’s Comprehensive Soldier Fitness program, which focuses on five dimensions of strength: emotional, social, spiritual, family and physical.

“What we are doing right now is training the trainer,” said Capt. Robert Monk, assistant trainer for 45th Sustainment Brigade’s MRT course.

Eighteen Soldiers and officers from the brigade’s companies attended the three-day class, March 30–April 1, here.

After finishing the training, Soldiers can tutor their individual companies.

The brigade plans on requiring all Soldiers to have two hours of MRT every quarter.

About two years ago, Gen. George Casey Jr., Army chief of staff, expressed concern regarding the high levels of post-traumatic stress disorder among redeployed Soldiers.

As a result, he adopted the Positive Psychology program from the University of Pennsylvania–Philadelphia to combat PTSD before it happened.

“We’ve been working on Comprehensive Soldier Fitness,” Casey said. “It’s designed to bring mental fitness up to the same level that we give to physical fitness.”

The 45th’s program covers subjects such as avoiding thinking traps, building resiliency and surveying individuals’ strong and not-so-strong points.

“I thought this would be a ‘check the block’ course,” said Sgt. 1st Class Joy Allen, 125th Finance Company. “However, this training will be good for the Soldier and should be implemented Armywide.”

45th STB convoy rolls through ‘Rae Village’ during simulated battle

Story and Photo by
STAFF SGT. COREY BALTOS
45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS – The scheduled mission for the convoy was routine: to drop off humanitarian aid at a local village and make it back home safely.

Prior to their departure, Soldiers were briefed on the increase in insurgent traffic in the area within the past 24 hours, and they were warned that the road ahead was dangerous.

After departing, the convoy encountered an insurgent, causing gunners to exercise the rules of escalating force.

Despite managing to arrive at the village safely and dropping off the much-needed supplies, the Soldiers still came under heavy enemy fire.

Worse, yet, their convoy commander had been hit. And it wasn't too long afterward that an improvised explosive device crippled one of the Soldiers' Humvees.

In essence, everything that could have gone wrong for members of the convoy, did go wrong. However, the incidents were just a training exercise for Soldiers of the 25th Transportation Company, 45th Special Troops Battalion, 45th Sustainment Brigade.

The conditions of the exercise, while realistic, were conducted in a safe, controlled environment.

The 45th STB conducted a Coalition Forces Land Component Command convoy live-fire ex-



Soldiers from the 25th Transportation Company take part in a live-fire exercise at Area X on Schofield Barracks as part of their predeployment certification training.

ercise to help certify and prepare three of its subordinate companies for deployment.

The exercise was held March 24-29, here.

To make the training as realistic as possible, it was designed to simulate the types of missions the units will undertake downrange.

Throughout the journey to “Rae Village,” numerous snipers, insurgents, IED emplacements

and suicide bombers were present.

A Soldier would never know when or where along the route danger would be encountered.

Of the three companies that participated in the training, two of them – the 25th Transportation Company and Bravo Detachment, 125th Financial Management Company – are scheduled to deploy to Iraq this summer.

The 536th Maintenance Company also participated in the training.

“This training simulates the type of missions the 25th Trans. Co. will be conducting in Iraq,” said Lt. Col. Tracy Lanier, commander, 45th STB. “This training is a good experience for the Soldiers; it gives them the ability to perfect their battle drills and identify their deficiencies prior to combat.”

“It's all about meeting the standard,” said Col. Steven Pate, deputy commanding officer, 8th TSC, who observed the training. “The Soldiers need to be absolutely certain that they make these scenarios the best they can, because at the end of the day, it is about surviving contact.”

During the exercise, live rounds were used. To minimize safety hazards, however, Soldiers used the crawl, walk, run method of training.

The first run-through was a dry run without ammunition. For the second run, blanks were used. During the final scenario, however, live ammo was used.

“We change the scenarios up a little bit,” said Staff Sgt. Russell Brown, an observer-controller with the 45th Sustainment Brigade, “so they don't get complacent and think they can relax because the IED is still down the road.”

It has often been said that the more one sweats in training, the less they bleed in combat. Hopefully, the Soldiers of the 45th STB will sweat enough here in Hawaii, at the simulated village, so that everyone in their convoys remains safe and returns home.

Dive: New leader gets dream job

CONTINUED FROM A-1

or and privilege to command this great unit,” Darrow said. “This unit's comprised of a different kind of a Soldier. Generally, the divers are a little smarter, tougher and don't hesitate to let you know what they think of a situation.

“I can say with experience, these troops will let you know when you are wrong, and they have to in order to keep the Soldiers safe,” Darrow explained.

Biggerstaff sees his new opportunity to lead as the fulfillment of a dream he's been pursuing for many years.

“Nine years ago, I was sitting in my barracks room in West Point and trying to find out about a rumor ... my buddy told me the Army had engineer divers,” he said. “I didn't believe him, but thanks to the power of Google, I found out the rumor was true and there are divers in Hawaii.

“Today, that dream has come true,” Biggerstaff said. “Few people get an opportunity to command a team of divers, and it's great to see that I've accomplished mine – this is my dream job.

“The caliber of Soldiers that you work with here is above what you see anywhere else,” Biggerstaff continued. “It's Soldiers that make a team great, and I'm now a part of that team.”



Capt. Adrian Biggerstaff, incoming commander of the 7th Engineer Dive Team, takes a plunge into Richardson pool, Pearl Harbor, during the 7th Engineer Dive Team change of command ceremony, March 31.

Utility: OSD program to switch on in July

CONTINUED FROM A-1

The first will be held April 19, at 6:30 p.m., in Sgt. Smith Theater, here; the second will be held April 20, at 6:30 p.m., in Richardson Theater at Fort Shafter.

“We encourage all residents to attend one of these meetings, which will present details about the local garrison's program and provide information on available resources that can help them better understand their household utility consumption,” said Claire Ridding-Johnston, project director, AHFH.

Margotta added that the utilities initiative is a Department of Defense-driven program – not a local garrison or AHFH program or profit center.

“Soldiers and their families stand to benefit from the program,” Margotta said.

The OSD policy to decrease energy usage was developed to be a “win-win” situation for both the environment and Soldiers and their families. Money saved by reducing energy consumption will be put back directly into home and community improvements, and Soldiers and families who conserve will be financially rewarded.

Likewise, Soldiers and families who are wasteful with their energy consumption will be charged for usage that is above the established baseline or norm for that particular home and neighborhood. USAG-HI has not yet determined when actual utility billing will begin, but in accordance with OSD policies, billing must begin within 12 months of starting a Mock Billing Program.

“Our local Army leadership is committed to ensuring families understand their energy consumption use and can reap the most benefits from the program,” said Margotta.

101: New hires focus on mission

CONTINUED FROM A-1

cal community stakeholders working together to accommodate the addition of a mechanized brigade to the garrison.

Not only did the garrison have to figure out if it could logistically fit an entire unit on the installation, it had to take into account support services such as hospitals, housing and schools.

The garrison also had to determine whether a local community can support an increase in people and traffic during the exercise.

Many installations also have areas of cultural significance or restrictions in place for endangered animal or plant species that must be protected.

"I wanted the staff to understand where they fit into the big picture and how the other pieces fit into the puzzle," Suzuki said.

Knowing how installation staff offices work together is one of the main points of the Army 101 training.

"It's not easy on an installation," Reid explained. "You have to coordinate.

"What one office does impacts what every other office does, so you have to work together," Reid said.

At the end of the day, no matter what the issue, the pieces of the puzzle on an instal-



From left to right, Ted Reid, course director, Army Environmental Command; confers with Ted Turney, contracting specialist, Corps of Engineers-Honolulu District; Kim DeCaprio, solid waste/recycling program specialist, Directorate of Public Works; and Jeff Seibert, development manager, Army Hawaii Family Housing; during the "sandbox" exercise of Army 101, a weeklong orientation to the Army and environmental policies held at the Installation Training Center, Schofield Barracks, March 29-April 2.

lation come together to find sustainable solutions that allow the Army to do what it does best: train Soldiers.

"You have to support the mission," Reid

said. "Everything we do on any installation has to support the mission. From environmentalists to cultural resources, we have to support the mission."

News Briefs

From A-3

CAC support is available at Tripler, 7:30 a.m.-2 p.m. Call 433-9166.

Ongoing

Schofield Barracks Tax Center – The Schofield Barracks Tax Center provides free tax refund preparation for Soldiers, family members and retirees, Mondays-Fridays, 8 a.m.-4 p.m., at Building 648 by the Sgt. Smith Theater. Call 655-1040.

Found Property – The Provost Marshal Office has recovered personal property items belonging to Soldiers or family members on both Schofield Barracks and Fort Shafter. The

found items include unregistered bicycles. Call 655-8255.

Motorcycle Safety Program – Register for a U.S. Army Garrison-Hawaii one-day training class on creating and managing a unit motorcycle safety program. This class is open to any Army unit and will be held May 13, 9 a.m.- 4 p.m.

Class is limited to 16 students, on a first-come basis. E-mail william.n.maxwell@us.army.mil or call 655-6746.

"Train as you Ride" – U.S. Army Garrison-Hawaii will host instructors from the California Superbike School for the advanced motorcycle course "Train as you Ride," May 5-6.

Classes are limited to military personnel only. Students must sign up online at <https://airs.lmi.org>, select "Pacific," "Hawaii" and "Advanced Motorcycle Course." E-mail william.n.maxwell@us.army.mil or call 655-6746.

Personal Relationships Worries? – Tripler's marriage and

family therapists, as well as licensed clinical social workers, provide individual, couples and family counseling to help military personnel and family members.

Tripler medical personnel can help with communication, conflict resolution, parenting and deployment issues.

No referrals are required. For more details, call the Social Work Outpatient Services Clinic at 433-6606.

Network Service interruption – During the upcoming network transformation over the next several months, the 311th Signal Command will improve the classified and unclassified networks, and network infrastructure for continued reliability, and increase the size and processing power of e-mail and data file servers. Users may experience short-term interruption of services. First line of support is the unit level, by the Information Management Officer and the S6/G6 staff section. Sections will work with Network Enterprise Centers.

Assault: Peers called on to protect comrades

CONTINUED FROM A-2

As opposed to an unrestricted report, a restricted report allows victims to report incidents of sexual assault and seek medical and psychological care without automatically triggering a criminal investigation.

Ongoing initiatives include the "I. A.M. Strong" campaign, where the letters, I, A, and M, stand for Intervene, Act, Motivate.

The campaign features Soldiers as influential role models and provides peer-to-peer messages outlining the Army's intent for every Soldier to intervene to protect their comrades.

What will the Army do?

The Army just held its third annual Sexual Harassment/Assault Prevention Summit, March 29-April 1, in Virginia.

The conference continued to build on Phase II of the SHARP campaign by promoting Army-wide conviction in stamping out sexual harassment and assault.

This year's theme is "Hurts one. Affects all ... Preventing sexual assault is everyone's duty."

The annual summit draws leaders from throughout the Army and government sector. It wasn't merely about disseminating information, but included working groups aimed at further refining the SHARP program and enhancing its overall effectiveness.

Why is this important to the Army?

Sexual harassment and assault are contrary to Army values. It degrades mission readiness by devastating the Army's ability to work effectively as a team.

From the Army's perspective, one sexual assault is one too many.

Prevention: Month's activities focus on heightening awareness

CONTINUED FROM A-2

"During Sexual Assault Awareness Month, it's important to bring visibility to the Army's 'I. A.M. Strong' program, and for leaders and trainers at all levels to conduct training and emphasize the support available to victims," said Collins.

To facilitate battalion-level programs in 2009, Department of the Army G-1 distributed kits containing "I. A.M. Strong" materials to commanders down to battalion level, and sponsored command and community events to bring awareness to the need for prevention and to reduce the stigma for reporting this crime.

These efforts included sponsoring the Army Soldier Show, the Army Concert Series and partnering with the BOSS pro-

gram in order to more effectively reach the target audience of young Soldiers.

Army G-1 has an ongoing Army-wide tour of the popular production known as "Sex Signals," which has been shown more than 600 times, including in Iraq, Afghanistan and Kuwait.

"The Army is currently scheduling the 'Sex Signals Tour' to assist commands," said Collins. "This 90-minute program uses skits and real-life scenarios to educate Soldiers about issues such as rape and sexual assault."

Additionally, Criminal Investigation Command and the Office of the Judge Advocate General have taken steps to support victims and hold offenders

accountable. These include:

- hiring national experts in prosecution and investigations;
 - hiring and placing 30 special investigators and 15 prosecutors at Army installations with the highest occurrences of sexual assault;
 - hiring 35 examiners at the U.S. Army Criminal Investigation Laboratory;
 - funding specialized training with the National Advocacy Center for Army prosecutors; and
 - establishing a mobilized investigation training team to train all CID battalions.
- "The Army's focus continues to be prevention, caring for victims, taking appropriate action against Soldiers who commit these offenses," Collins said.

HAWAII ARMY WEEKLY

PAU HANA

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

"When work is finished!"

FRIDAY, APRIL 9, 2010

Larger-than-life furry characters, Mickey and Minnie Mouse, join families for aerobics, stretching and dancing during PT in the Park.



PT in the Park

Children and parents laugh, dance, run and jump through the rain

Story and Photos by
LACEY JUSTINGER
Pau Hana Editor

SCHOFIELD BARRACKS – "It's raining, it's pouring, the old man is snoring."

Well, no one was snoring Thursday morning, during "PT in the Park," a Month of the Military Child event for Soldiers, spouses and children at Bennett Youth Center Field, here.

Rain showers couldn't dampen the children's and parents' enthusiasm for physical training at the Family and Morale, Welfare and Recreation event, hosted by Child, Youth and School Services.

Visit www.flickr.com/usag-hi for additional PT in the Park photos.
For Month of the Military Child events; see the article on B-4 or the calendars on B-2 and B-5.

Soldiers and units running past the park seemed surprised to encounter a mass of children in matching gray Army T-shirts dancing to the "Cha Cha Slide," in drenched grass, at 6:30 a.m.

"Every morning, my kids ask me 'where I am going' and 'why am I getting up so early,'" said Spc. Theresa Faoa, Headquarters and Headquarters Battalion, 25th Infantry Division, who brought her three sons, Lonenoa, 8; Simi, 7; and Palaie, 6, to the event. "This was a chance to show them what I go through each day and why."

"The parents already do PT, so this is an opportunity to show their children what they do, and be together," said Debra Blanchard, CYSS chief.

"It's fun, and it's always good to do PT with the family," said Sgt. Kyle Bushar, B Company, 1st Bn., 21st Inf. Regiment, 2nd Stryker Brigade Combat Team, 25th ID.

Giggles chased away clouds, as larger-than-life friends joined families on the field for the aerobics.

Mickey and Minnie Mouse, Winnie the Pooh and Eeyore, Donald and Daisy Duck, and Batman and Spiderman lumbered through stretching and dancing, and they encouraged children through the activities.

After the emcee led warm-ups, children rotated through four stations where they jumped hurdles, sprinted short distances, ran high-knees through ladders and wove through cones.

"This was our first time doing PT together," said Sgt. Donnie Harris, 544th Transportation Detachment, 45th Sustainment Brigade, 8th Theater Sustainment Command, stationed at Pearl Harbor. "I get to spend time with my child doing aerobic exercise, instead of just watching him play sports or me going off alone to do my PT."

Throughout April, FMWR will host Month of the Military Child events like PT in the Park or "Teen Lock-In Around the World," to recognize and encourage Army children, promote positive attitudes and strengthen family foundations.

Month of the Military Child was created in 1986 to honor the courage and everyday sacrifices of military children.

"This is when the Army specifically focuses on chil-

dren and taking care of the families, especially during the multiple deployments our Soldiers and families are facing," said Blanchard. "The Army has put a huge focus on Month of the Military Child to recognize our children as 'everyday heroes.'"

"I just got back from training, so I wanted to spend time with the family," said Sgt. Clinton Lightfoot, B Co., 1st Bn., 21st Inf. Regt. "It was a fun day to exercise with the kids."

According to CYSS figures, more than 900,000 Army children have at least one parent who has deployed more than once.

"We're close to deployment, so I want to spend as much time as possible with my son," said Staff Sgt. Paul Joseph, B Co., 1st Bn., 21st Inf. Regt.

"Their mom is deployed right now, so it seemed like a good thing to take my kids, Jacqueline and Jonathan, to," said Staff Sgt. Peter Crouch, 2nd Bn., 25th Aviation Regt. (Rear) Detachment, 25th Combat Avn. Bde., 25th ID, and a member of the Blue Star Card program.

All year long, Army Garrison and FMWR work to improve Army children's quality of life with Army Family Covenant support and services like the Blue Star Card program for families of deployed Soldiers, or with football, basketball and baseball teams that 10-year-old Chase Harris plays for at Schofield Barracks' CYSS.

"We are taking care of Soldier's families and children so the Soldiers can do their job," said Blanchard. "That's what we're about. That is what we do everyday."

After 30 minutes of pulse-pounding activity, Soldiers, spouses and children walked away from the drenched field, smiling, with beverages and snacks, matching T-shirts and balloons – all donated by Aloha Kia, Army Hawaii Family Housing, and Tropic Lightning Real Estate.

Army families will have an additional opportunity to interact with Mickey and Friends during PT in the Park at Fort Shafter Gym, April 27, 6:30 a.m., where hopefully they will not have to sing: "Rain, rain go away; come again some other day."



Above and left, Soldiers and spouses bring their children to PT in the Park, a Month of the Military Child event filled with child-friendly physical activities – like jumping, running and dancing – hosted by Family and Morale, Welfare and Recreation's Child and Youth Services, at Bennett Youth Center Field, Schofield Barracks, April 6. Activities kicked off at 6:30 a.m. and continued through the morning rainshowers.



Today

Lock-In Around the World – Register current Middle School and High School students for a lock-in, April 17, 8 p.m.-8 a.m., Bennett Youth Center. Event costs \$10, and includes sports, music, art, dinner and breakfast. Call 655-5314.

Job Fair – Employment Readiness Program is hosting a job fair for military spouses, April 9, 10 a.m.-3 p.m. Interested personnel should bring copies of their resumes and be prepared for a job interview. Call 655-4788.

Magic in Paradise Show – Celebrate Month of the Military Child with special prices for the Magic in Paradise Show, Hale Koa Hotel.

There is pre-show all-you-can-eat dinner buffet. All children under 17 years old receive a free goodie bag or gift.

Month of the Military Child special ticket prices are not combinable with any other offer. Visit www.halekoa.com or call 955-0555, ext. 546.

Register by April 9, for a special show and prices for Blue Star Card holders, April 27, 4:30-9:30 pm.

Call 615-0002 or email sarah.chadwick@us.army.mil.

Limited tickets and transportation available from Schofield Barracks to the Hale Koa Hotel.

Right Arm Night – Join us at the Nehelani, April 9, at 4:30 p.m., with your "Right Arm," the one who helps you accomplish your daily missions.

Advance sale tickets are available for \$7 at the Nehelani or the Information, Tickets and Registration Office; or \$8 at the door.

There will be live music and a pupu buffet. All active duty Soldiers and Department of Defense civilians are invited to attend. Call 655-4466.

12 / Monday

Library Lingo – Come play bingo, with a library twist, to celebrate National Library Week and win cool prizes, April 12, at Aliamanu Military Reservation Library, and April 13 at Fort Shafter Library, 5:30-6:30 p.m. Call 833-4851 or 438-9521.

13 / Tuesday

Happy Parent – In honor of Child Abuse Prevention Month, stress reduction classes for parents and caregivers April 13, 20, 27; 11:30 a.m.-12:30 p.m. at the Schofield Barracks Army Community Services building; or 11:30 a.m.-12:30 p.m., April 15, 22, 29, at Aliamanu Military Reservation. Call 655-1670.

14 / Wednesday

Exceptional Family Member Program – Families have an opportunity to share experiences, gather new informa-



Courtesy Photo

Members of Hawaii's 4-H delegation gather for a keepsake photo. Pictured are (left to right) Meko Thompson, Aliamanu 4-H, Honolulu; Ty Nakamoto, Kauai Livestock 4-H; Hawaii U.S. Senator Daniel Akaka; Dr. Gary Heusel, Hawaii state 4-H leader; Denika Martin, Leprechauns 4-H, Honolulu; and Victoria Andrade-McKeehan, Hamakua 4-H Livestock, on the Big Island.

AMR student attends 4-H conference

CLAIRE NAKATSUKA

Cooperative Extension Service, University of Hawaii-Manoa

HONOLULU – The Hawaii 4-H delegation participating in the 2010 National 4-H Conference in Washington, D.C., included a student from the Aliamanu Middle School and Teen Program 4-H Club.

Meko Thompson, a junior at Radford High School, has been actively involved in gardening, cooking and community service in the AMR MST Program 4-H Club.

Thompson, along with Victoria Andrade-McKeehan, a seven-year member of the Hamakua Livestock Club on the Big Island; Ty Nakamoto, a four-year member of the Kauai Livestock Club; and Denika Martin, a first-year member from the 4-H Leprechauns Club, attended the D.C. conference.

The conference included about 300 youth from across the U.S. They engaged in conversations with private and public leaders responsible for the 4-H Club program.

Thompson had been a 4-H'er in Virginia prior to his family's transfer to Oahu. He now serves as president of the AMR MST Keystone Club, is secretary of his school's Spanish Club and is a representative on the Army Pacific Teen Panel.

Thompson is the son of Johnetta and Master Sgt. Patrick Piper, 94th Army Air and Missile Defense Command, and his 4-H Club leader is Maria Tobin.

The four young people attended the annual conference accompanied by Gary Heusel, Hawaii state 4-H leader. The islands last participated in the conference in 1994.

A 4-H alum, who participated in National 4-H Conference as a 4-H member, provided the financial support necessary

to allow a Hawaii delegation to participate this year. Thompson's conference expenses also were supported by the Hickam Officers' Spouses' Club and a Hawaii 4-H military club grant.

The National 4-H conference convenes 4-H youth with youth development professionals and volunteers to share information on current trends and issues relevant to 4-H'ers.

The conference also helps build effective partnerships and creates innovative 4-H programs.

The National 4-H Conference brings together the resources of the 4-H program, U.S. Department of Agriculture, Land-Grant University System, Cooperative Extension Service and other partners involved in building and sustaining effective programs for youth.

While the group was in Washington, they met with Sen. Daniel Akaka, Rep. Mazie Hirono and the staff of Sen. Dan Inouye.

Some of the delegates, including the four from Hawaii, provided workshops designed to guide 4-H's future direction. Hawaii's delegation presented a 75-minute session on "Servant Leadership" twice during the conference.

Servant Leadership begins with the desire to serve, and results in individuals accepting leadership roles based on the desire of those they have served. The group explained that Servant Leadership exists because of the universal recognition of the importance of serving others.

For the servant leader, serving others is what life should be about.

(Editor's Note: Nakatsuka is from Cooperative Extension Service, College of Tropical Agriculture and Human Resources, University of Hawaii at Manoa.)



tion and become knowledgeable about community resources.

The Autism Support Group meets April 14, 6-8 p.m., Schofield Barracks Main Chapel.

SHARE Support Group will meet April 20, 6-8 p.m., Aliamanu Military Reservation Chapel; and April 28, 6-8 p.m., Schofield Barracks Main Post Chapel. Call 655-4791 or 655-1551.

Lunch and Learn – In honor of Child

Abuse Prevention Month, a parenting series will enrich the parenting experience for you and your 1-to 4-year old, April 14, 21, 28; 11 a.m.-12:30 p.m., Schofield Barracks Army Community Services.

Gain knowledge on how to recognize developmental milestones and understand how to respond to difficult behavior in children. Call 655-1670.

Secrets of Carbuying – Financial Readiness has a class on how to negotiate

the best deal for a new car and how to figure out how much you can afford, April 14, 10:30 a.m.-12 p.m., Schofield Barracks. Call 655-4227.

Money Management – Learn basic tools for financial success through developing a spending plan, reducing expenses and making a paycheck work, April 14, 9-10:30 a.m., Schofield Barracks Army Community Service building. Call 655-4227.



Send announcements to

community@hawaiiarmyweekly.com.

Today

Just So Stories – Honolulu Theatre for Youth presents a classic show, starting April 9, at 7:30 p.m., and running through May 8. Active duty military receive one free child admission with the purchase of \$16 adult ticket. Call 839-9885.

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

Earth Day at the Waikiki Aquarium – The Waikiki Aquarium will host its annual Mauka to Makai environmental expo with free admission, 9 a.m.-2 p.m., April 9.

Family-friendly and hands-on educational displays will include picture taking, games and crafts.

Taste of Scotland – The Hawaiian Scottish Association is hosting the Taste of Scotland, April 9, 5-9 p.m., Willows Restaurant, 901 Hausten Street, Hon-

olulu. Experience a variety of traditional food; Scottish-style beers and whisky; and Scottish singers, pipe bands and other entertainment.

Tickets start at \$25. Call 952-9200.

10 / Saturday

Spring Fling – Trinity Lutheran School's Spring Fling is April 10, 9 a.m.-2 p.m., 1611 California Ave., Wahiawa.

This day of family fun will include live entertainment, rides, games, food, a silent auction and craft booths. Admission is free. Visit www.trinity-hawaii.org

Scottish Festival – The Hawaiian Scottish Festival & Highland Games, April 10-11, 9 a.m.-6 p.m., at Kapiolani Park bandstand, features athletic contests, testing one's strength, stamina and agility, practiced in Scotland for centuries. A great day of all-around family fun. Free to the public. Visit www.scotshawaii.org.

Share a Bear – Prevent Child Abuse Hawaii donates teddy bears for abused children. New or gently used teddy bears or stuffed animals will be collected April 10, 10 a.m.-2 p.m., Pearlridge Center Uptown Center Court.

14 / Wednesday

PXmarket Meeting – The next Fort Shafter PXmarket Meeting for the Oahu South community is April 14, 10-11 a.m., at Building 1599, Room 115, Fort Shafter Flats. All Fort Shafter community members are invited to attend. Call 438-6996.

15 / Thursday

Playmorning Field Trip – Register by April 15, for the Armed Services YMCA playmorning fieldtrip, April 19,

This week on

"Warriors: Islands of Blood"
Daily at 7 p.m.

Green Beret Terry Schappert hosts the History Channel series that profiles history's iconic warrior groups like the Vikings, Spartans and Samurai, including the rituals, technology and strategies that made them mighty.

This episode explores the Hawaiian warrior culture, including the deadly martial arts, and recounts how a warrior king unified the islands in the 1790s.

9:30-11 a.m., at Chuck E. Cheese in Pearl City. Cost is \$6 per child and includes a drink, two slices of pizza and 12 tokens. Call 624-5645.

16 / Friday

Military Gala – United Services Organization-Hawaii presents its first Gala Tribute dinner lead by Governor Linda Lingle at Washington Place, April 16. Seating is limited. Tickets cost \$250. Contact 836-3351 or elsmith@uso.org.

Women in Aviation Career Fair – The career fair features companies and organizations that strive to promote interest in aviation as a career, April 17, 9 a.m.-5 p.m., during a weekend exhibit about female contributions to aviation.

Weekend activities include seminars, discussions and a showing of the film, "Amelia," April 16-18, at Pacific Aviation Museum Pearl Harbor.

Museum admission required. Visit PacificAviationMuseum.org or call 441-1000.

Camp Smith Earth Day – Come celebrate Earth Day at Camp Smith, April



16, from 11:30 a.m.-1:30 p.m., outside of Pollock Theatre.

See the World in a Day – Hawaii Pacific University's annual Intercultural Day, 10 a.m.-4 p.m., April 16, HPU Downtown Campus on upper Fort Street Mall.

The event is free and features exhibit booths, a parade and performances from Singapore, Taiwan, France, China, Sri Lanka, Vietnam, Jamaica, Norway, Malaysia and Latin America. Parade begins at 11:30 a.m., with performances from 1-4 p.m. Call 544-0265.

17 / Saturday

Earth Day Exposition – Learn more about how to reduce, reuse and recycle, April 17, Mokapu Mall on Marine Corps Base Hawaii, 9 a.m.-2 p.m. Visit www.mccshawaii.com/earth_day.htm.

Keiki Earth Day – Join in the eco-friendly festivities in celebration of Mother Earth and the beautiful keiki she created, Manoa Marketplace, April 17, 11 a.m.-3 pm. Activities include hula class, crafts and snacks. Call 988-0010.



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

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

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

Orthodox Divine Liturgy

•Sunday, 9 a.m. at TAMC

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex

Protestant Worship

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



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



Percy Jackson and the Olympians – The Lightning Thief

(PG)

Fri., April 9, 7 p.m.
Sun., April 11, 2 p.m.

The Tooth Fairy

(PG)

Sat., April 10, 4 p.m.



From Paris With Love

(R)

Sat., April 10, 7 p.m.

The Crazies

(R)

Wed., April 14, 7 p.m.

Percy Jackson and the Olympians

Thu., April 15, 7 p.m.

Cadets learn leadership skills through physical, mental challenges



A cadet rappels 30 feet off a cliff during the annual Army and Air Force Junior Reserve Officer Training Corps Cadet Leadership Challenge, sponsored by 25th Infantry Division, at Area X on Schofield Barracks, March 12-18. Cadets participated in adventure training while honing their leadership skills.

Army and Air Force Junior Reserve Officer Training Corps Cadets work with 25th Infantry Division Soldiers to hone survival, leadership skills

Story and Photos by
CADET / LT. COL. KAYLA FLOYD
Junior Reserve Officer Training Corps Brigade, Leilehua High

SCHOFIELD BARRACKS — During spring break 2010, more than 340 cadets from Army and Air Force Junior ROTC spent the week at the 39th annual JROTC Cadet Leadership Challenge, sponsored by 25th Infantry Division, at Area X, here, March 12-18.

Sixteen high schools with JROTC programs throughout the state attended the event, which gives the cadets an opportunity to participate in adventure training while honing their leadership skills.

Cadets were challenged in such events as building the rope bridge, rappelling, drown-proofing, the leadership reaction course and cross-terrain road marches. In the evenings, motivational speakers provided presentations that ranged from "Making Your Mark" by Ed Gerety to drug resistance by Gary Shimabukuro.

During the week, cadets practiced leadership and citizenship skills in an unfamiliar environment.

The Leadership Reaction Course challenged them to work as a team while experiencing hands-on critical thinking to solve leadership problems.

The cadets encouraged each other to rappel 30 feet off the side of a cliff on East Range, here, using commercial seats. Some cadets were nervous, but with the motivation of others in the group, each cadet experienced an adrenaline rush from the top of the cliff to the bottom.

In preparation for the JCLC Spring Camp, cadets were selected from each school and challenged mentally and physically for the Advance JCLC Cadet Leadership Challenge positions. Then the AJCLC cadets taught the JCLC cadets to open up and test themselves during the challenges.



Cadets work in teams to construct a rope bridge during the annual Leadership Challenge held at Schofield Barracks. Cadets also erected sleeping quarters at Area X for the exercise.

After arriving at Area X, cadets went through in-processing and pitched tents they would sleep in throughout JCLC.

Many organizations contributed their expertise and support toward making this year's camp a resounding success, including Army JROTC instructors and sponsor units from the 4060th Multi-Functional Training Brigade, the Army Reserve, the 93rd Civil Support Team, the Hawaii National Guard, the University of Hawaii ROTC, and Soldiers from the 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

The number one objective of JCLC was for cadets to have fun while "learning to lead."



Team work and leadership is stressed at the Leadership Reaction Course, which tested the Junior Reserve Officer Training Corps cadets ability to work as a team while experiencing hands-on challenges that required critical thinking to solve leadership problems.



Cadets from Training Group 2 prepare for the rope bridging exercise. Sixteen high schools within Hawaii attended the annual event. Cadets tested their skills in urban orienteering, cross-terrain road marches and drown-proofing.

Standing tall:

Cadets strive to achieve personal, professional excellence

Story and Photos by
STAFF SGT. NANCY DEWEES
U.S. Army-Pacific Public Affairs

FORT SHAFTER — About 800 Junior ROTC students from 26 Hawaii high schools stood tall in their Class B uniforms at Palm Circle, here, during the 28th Annual Governor's JROTC Review and Awards Ceremony, April 1.

Hosted by U.S. Army-Pacific, the ceremony included Hawaii Lt. Gov. James "Duke" Aiona and Brig. Gen. John Ma, deputy commander, U.S. Army Reserve, U.S. Army-Pacific, as reviewing officials.

"You have distinguished yourselves among your peers," Ma said. "Your being here shows you have good decision-making skills."

The review was held to recognize out-

standing cadets from each school represented. The schools had selected the cadets based on their performance as cadets in their individual battalions.

Being honored as an outstanding cadet is important because it shows others the potential a student has, said Cadet Joe Blair, a junior at Kapaa High School in Kapaa, Kauai, and commander of troops for the ceremony.

"Being selected to be the commander of troops is good because it gives others a chance to see you in a higher leadership position," said Blair. "They are able to see your discipline and leadership skills."

The recognized cadets had demonstrated to their peers and teachers that they possessed the skills of self-discipline, leadership and problem-solving skills above their JROTC peers.

"To be a good leader, you have to first know how to follow," said Cadet / Lt. Col. Laura Okita, a JROTC award recipient from Baldwin High School in Maui. "You have to be motivated, look at your leaders who lead well and follow the example of those who are good leaders."

"You have distinguished yourselves among your peers."

— **Brig. Gen. John Ma**
Deputy Commander
U.S. Army Reserve, U.S. Army-Pacific

Her fellow award recipient from Waipalo High School, Cadet / Maj. Peter Kenneth Calo, agreed, adding that to be a good cadet requires a student to take himself, academics and his fellow cadets seriously.

"A good cadet takes full responsibility for what he or she does," he said.

Sgt. Maj. Robert Silva, the Hawaii Multiple School Unit sergeant major, has seen student benefits firsthand as a former instructor of JROTC cadets.

"I think it's the most important class in



Cadet / Col. Joe Blair, commander of troops for the Junior Reserve Officer Training Corps review ceremony, leads Brig. Gen. John Ma, the deputy commander of the U.S. Army Reserve, U.S. Army-Pacific, and Hawaii Lt. Gov. James "Duke" Aiona in an inspection of the troops on Palm Circle at Fort Shafter, April 1. The review was held to honor the top JROTC cadets from Hawaii high schools.

high school because it teaches discipline, life skills and how to analyze problems and solve them," Silva said.

Cadets who do well in JROTC are often eligible for ROTC scholarships at universities throughout the United States, said Silva. Many others use their experience to prepare them for rigorous life at U.S. military academies.

"Whether you decide to join the military or serve in a civilian sector, you will be placed in a variety of leadership positions," Ma said. "The skills you learned in JROTC will help you no matter where you go in life."

In his speech to the cadets who were honored, Aiona spoke of the importance of JROTC programs in Hawaii. He said JROTC programs are vital because they emphasize the values of citizenship, service to country and personal responsibility to the students.

Aiona congratulated the awardees, telling them they have shown everyone that they can make the world a better place.



Lt. Gov. James "Duke" Aiona and Brig. Gen. John Ma stand with Junior ROTC award recipient Cadet / Lt. Col. Laura Okita of Baldwin High School, Maui. Okita received the award for her outstanding performance as a cadet at Baldwin High School. She hopes to use the skills she learned at JROTC to attend college and to join the Air National Guard.



Army dedicates month to honor military kids

Story and Photos by
BILL MOSSMAN
News Editor

SCHOFIELD BARRACKS — Scores of young children marched their way through the hallways of the Child Development Center, here, in patriotic fashion, April 2, proudly displaying the American flag while humming tried-and-true nationalistic tunes like "The Star-Spangled Banner" and "Yankee Doodle Dandy."

Red, white and blue were undoubtedly the colors of the day inside the friendly confines of the facility along McMahon Road.

Outside, however, only gray skies ruled.

But although rainy weather had cancelled the scheduled outdoor parade, even the wettest conditions couldn't put a damper on the spirits of those wanting to officially kick off "Month of the Military Child" in grand style.

"This red, white and blue parade is just something (to build) the children's self-esteem," said Sherilyn Tokunaga, training and curriculum specialist for the Child, Youth and School Services program, as she offered high-fives to preschool-aged children strutting by and sporting Uncle Sam-type hats.

"It's also an opportunity for us to acknowledge them by saying, 'Hey, great job!' and 'You're our heroes, too!'" she added.

Around the world, military children are being honored this month for the roles they play in the armed forces community. Parades, like the one held at the Schofield Barracks' CDC, as well as picnics, recreations fairs, festivals and a slew of other events are being staged by garrisons as the military pays tribute to the daily sacrifices its children make in supporting America's service members.

Locally, scheduled activities are reserved for Army children enrolled in CYSS, Tokunaga explained, although some events, she added, are open to the entire military community:

- The SKIES (School of Knowledge, Inspiration, Exploration, and Skills) Unlimited Performing Arts' presentation, "A Day of Fantasy Fables, Fairy Tales and Fun," slated for April 15-22, 8 a.m.-4 p.m., at Wheeler Middle School Auditorium, and
- "PT in the Park," which was held earlier this week at Bennett Youth Center Field, Schofield Barracks. (See story on page B-1.)

"This is the only time of the year in which we beef up our program and spend extra money on events and activities," Tokunaga said. "Like this month, we're bringing in Wayne Watkins, a local artist who does children music."

"This month is one of only two

Month of the Military Child Calendar of Events

- April 9 — Family Barbecue, Fort Shafter Child Development Center, 11 a.m.
Family Picnic, Aliamanu Military Reservation, 11 a.m.
- April 15 — Muffins & Milk with Mom, Petersen CDC, Schofield Barracks, 2 p.m.
Federal Fire Truck visit, AMR CDC, 10:30 a.m.
- April 17 — Teen Lock-In around the world, Bennett Youth Center, Schofield Barracks, 8 p.m.
- April 20 — Radford High Color Guard presentation, AMR CDC, 10 a.m.
- April 23 — Strawberry Shortcake Munch & Learn, Schofield Barracks' CDC, 3 p.m.
Parade & Cadence, AMR CDC, 3 p.m.
- April 24 — SKIES presents "A Day of Fantasy, Fables, Fairy Tales and Fun," Wheeler Middle School Auditorium, 10 a.m.
- April 27 — PT in the Park, Fort Shafter gymnasium, 6:30-7 a.m.
Wheels Day, Schofield Barracks CDC, 9-11 a.m.
- April 30 — Family Carnival, AMR, 3 p.m.
Family Fun Day Bike, Rodeo & Picnic, Petersen CDC, Schofield Barracks, 3 p.m.

times each year in which we hold a carnival, the only other time is at the end of summer," she added.

Twenty-four years ago, the Department of Defense designated April as the Month of the Military Child. In remembering the legacy of former Defense Secretary Caspar Weinberger, the celebration recognizes the important role that children play in the military community by applauding them for their sacrifices and courage.

More than 1.7 million American children under the age of 18 have at least one parent serving in the military, Tokunaga said. Of that number, the U.S. Army has more than 900,000 children with one or two parents having deployed multiple times.

This year's theme is "Military Children — Everyday Heroes in Your Community." Part of the emphasis is that Army children and youth are not only found on installations, but in every corner and community in the world.

"What we're hoping is that, like every year, our activities are fun for these children," Tokunaga explained. "We try to focus on the kind of tools they might need, like resiliency, making friends and cooperation, to help these children better cope with military life."



Sherilyn Tokunaga, training and curriculum specialist for the Child, Youth and School Services program, waves at a procession of children passing through the halls of the Child Development Center, Schofield Barracks, April 2, during a red, white and blue parade that officially kicked off Month of the Military Child.



At left, Ella Stoneroff, 4, and Carlos Mathney, 5, hold the corners of a flag while leading a group of preschool-aged children through the halls of the Child Development Center, Schofield Barracks, April 2. The procession was part of a red, white and blue parade, which celebrated April as the Month of the Military Child.

Commissaries pay tribute to Month of the Military Child

CHERIE HUNTINGTON
Defense Commissary Agency

FORT LEE, Va. — The news media eats it up, as does the intended audience: Military mom or dad returns from deployment; child, unaware, sits in class; then child glances up and sees military parent step out from hiding.

In the scenarios, emotions cycle quickly across a young face: surprise, disbelief, amazement and joy, followed by tears of relief and happiness, as the long-awaited hugs become real.

These are the nation's "Li'l Heroes," wee "Soldiers" with their own burdens of war to carry. April marks a special month to salute their sacrifices.

A legacy of former Defense Secretary Caspar Weinberger, Month of the Military Child underscores the important role children of military parents play in the armed forces community.

"Your commissary wants to make this an extra-special month for these little heroes," said Defense Commissary Agency Director and CEO Philip E. Sakowitz Jr. "We know it's tough for them to handle frequent moves and long separations from loved ones serving in uniform, but we'd hope April feels like a month of homecomings."



Read the "Li'l Heroes Benefit Bulletin" at www.commissaries.com.

Click "Shopping" and scroll to "Li'l Heroes Baby Program" to subscribe.

Commissaries worldwide are engaged in various events geared toward children in April, ranging from nutrition tours and diaper derbies, to artistic endeavors such as egg coloring and grocery bag art — all opportunities to recognize and applaud military children for the daily sacrifices they make on behalf of service members.

The American Academy of Pediatrics Web page features a special section dedicated to military children at www.aap.org/sections/uniformedservices/deployment/videos.html.

Another site providing help for military children's stress is Military OneSource, a virtual extension of base services, available for all active duty, Guard and Reserve families at www.militaryonesource.com (or call 1-800-342-9647).

DeCA's "Li'l Heroes Benefit Bulletin" points the way to goodies and information sure to delight mom and baby. This monthly newsletter gives links to coupons, special offers and must-read information on everything from recalls to children's nutrition.

Visit www.commissaries.com, click "Shopping" on the menu bar and then scroll down to "Li'l Heroes Baby Program" to subscribe.

Army donates computers to local schools to increase UXO awareness

Story and Photo by
JOSEPH BONFIGLIO
Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER — Sen. Daniel Inouye and officials from the Army, the State Department of Education, Hawaii 3R's, and Native Hawaiian Veterans

visited students on the Waianae Coast, April 1, to see how the schools are using computers donated by the Army to increase their safety and knowledge about unexploded ordnance, or UXO.

The first stop of the day was at Nanaikapono Elementary School. Students presented the visiting party with leis and sang songs with Kupuna (elders) backing them up on ukuleles.

After a question and answer session, the visiting party saw how students use their laptop computers to learn about UXO and other educational topics.

"This computer donation is so critical for us," said Debra Knight, principal. "It really helps us to meet our goals for a 21st century education. We have to be able to prepare our kids for the 21st century."

Next, the visiting party went to Ka Waihona Public Charter Elem. and

Middle School in Nanakuli, where they were again greeted with leis and singing and ukulele music.

Alvin Parker, Ka Waihona principal, thanked Inouye and the Army, and took the group to a social studies class where students were studying the Holocaust using their new MacBooks.

According to Inouye, the two events at the schools brought together the local and Army community in the concept of Ohana (family) and Laulima (working together).

"This is where the military, the Corps of Engineers, the community, and the Hawaiian organizations all got together, and this is the result," Inouye said. "We have students here who will be able to compete with the finest in the land. It's been inspiring to be here and know that Hawaii is in good hands."

"The U. S. Army Corps of Engineers is very proud to represent the Army in this partnership with Sen. Inouye's office, the local community and our business partners, (and with) Native Hawaiian Veterans and Hawaii 3R's, to help educate the children about the dangers of unexploded ordnance, and what to do when they find it," said Maj. John

Henderson, USACE, acting district commander.

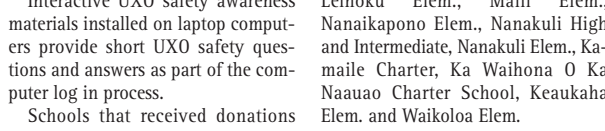
"We visited these two schools to get a firsthand look at how this project is being implemented and to ensure that the federal dollars authorized are being used as intended," Henderson said.

"It was absolutely great to see how these valuable teaching tools have been integrated into the classrooms, the progress our kids are making in the awareness of UXO, and the very positive impact this project is having in the local community to help keep our children safe," Henderson said.

In Fiscal Year 2009, U.S. Army Garrison-Hawaii received \$850,000 to implement a UXO Safety Awareness Program for 11 Leeward Oahu schools and two Big Island schools.

To support the garrison, the USACE, Honolulu District, provided safety awareness to educate children who could be exposed to UXO by contracting Native Hawaiian Veterans to launch the public safety and outreach program.

The UXO safety awareness training computer program is for students from kindergarten to 12th grade, and has put 370 new laptop computers into DoE



Sen. Daniel Inouye answers students' questions at Nanaikapono Elementary School. Inouye visited two schools on the Waianae Coast, to see firsthand how the schools are using computers donated by the Army to increase their safety and knowledge about unexploded ordnance or munitions.

and charter schools between September 2009-February 2010.

Interactive UXO safety awareness materials installed on laptop computers provide short UXO safety questions and answers as part of the computer log in process.

Schools that received donations

include Makaha Elem., Waianae High, Waianae Intermediate, Waianae Elem., Leihoku Elem., Maili Elem., Nanaikapono Elem., Nanakuli High and Intermediate, Nanakuli Elem., Kamaile Charter, Ka Waihona O Ka Naauao Charter School, Keaukaha Elem. and Waikoloa Elem.



Staff Sgt. Corey Baltos | 45th Sustainment Brigade Public Affairs

It's a birdie

SCHOFIELD BARRACKS — Wade Cunningham, left, and Toby Grisham react to their teammate's shot during the 45th Sustainment Brigade's Golf Scramble at the Leilehua Golf Club, here, April 5.



Send sports announcements to community@hawaiiarmyweekly.com.

Today
Haleiwa Metric Century Ride — Early registration closes April 9, for Haleiwa Metric Ride, April 25.
Named one of “The Best 50 Rides in the United States” by Bicycling Magazine, ride through the North Shore, Haleiwa Town, Sunset Beach, Pipeline, Waimea and Swanzy Beach Park. The race has 25, 50 or 100 kilometer options.
Visit www.hbl.org.

10 / Saturday
The Beast 10K Run — Put your feet to the test at the 10-kilometer race, April 10, 7 a.m.
Taking racers all across the base, this Commanding Officer's Fitness Series race is a real challenge. Runners will love this course designed to test novice and trained long-range racers.
For more information, visit www.mccshawaii.com/cgfit.htm.

15 / Thursday
Swim Lessons — Registration for free Red Cross swim lessons at Ala Moana Beach Park begins April 15.
Two, four-week sessions for ages 14 and over, run Tuesdays, Wednesdays and Thursdays, June-July, 5:15-6 p.m.
Keiki lessons, ages 3 to 14, run in four-week sessions, Satur-

days, June-July, 8:45-9:45 a.m.
Visit www.hawaiiiredcross.org.

Charity Golf Tournament — Register by April 15, for Moanalua Football Team's golf tournament, May 14.
The 4-person scramble tourney offers 18 holes at the Hawaii Country Club, “Lunch at the Turn,” a delicious dinner buffet, a gift bag and trophies, awards and prizes — all for a \$100 tax-deductible donation.
Call 368-2393, visit <http://moanaluafootball.com/golf/golf.html>, or e-mail MoanaluaFootball@gmail.com.

17 / Saturday
Special Olympics — Track and field competition is April 17, 6:30 a.m., at Stoneman Field, Schofield Barracks.



10 / Saturday
Outdoor Recreation Open House — Learn about all the exciting things going on at Outdoor Recreation, every second saturday of the month.
For more information, visit www.mwrarmyhawaii.com/recreation-and-leisure/outdoor-recreation-center.

15 / Thursday
Texas Hold 'Em — Prove your poker face, April 15, 6 p.m., Nehelani, Schofield Barracks. The first 120 ID card-holders, older than 18, may participate. Call 655-5698.

Regional Finals — It's time for the G.I. Joe's to battle the Professional Bowlers Association at the Western Region Finals in Hawaii.
Come watch or participate in the action and specials at the Schofield Barracks Bowling Center, April 15-16.
Call 655-9746.

16 / Friday
Sprinters Challenge — Active duty Army, Reservists and National Guard Soldiers are eligible for the sprinters challenge.
All entries must be received by the Fort Shafter Physical Fitness Center, April 16, 4 p.m. Call 438-9572 or visit www.mwrarmyhawaii.com.

17 / Saturday
Yoga Certification — Schofield Barracks Health & Fitness Center has YogaFit training and certification, April 17-18.
Upcoming courses include: Primary Group Exercise Instructor, Injury Prevention and Exercise Progression, Personal Trainer and Kickboxing Skills & Choreography. Call 655-8789.

Sandbar Trip — Get together with friends and Outdoor Recreation for a day of fun at the Kaneohe Bay Sandbar. Enjoy a boat ride and a morning full of water activities.
Transportation to Kaneohe Bay and lunch are also provided for \$45, \$34 for Blue Star Card holders. Call 655-0143.

21 / Wednesday
Intramural Softball — Company, battery, troop and detachment level active duty Army, Reserve and National Guard Soldiers are eligible to play men's slow-pitch softball. Applications due April 21.
Call 438-9572, 655-0856 or visit www.mwrarmyhawaii.com.

24 / Saturday
Dude...Find the Food — Military youth organizers for Army Community Service are looking for team of their peers to participate in the scavenger hunt, April 24th, 8:30 a.m., Schofield ACS.
Teams will follow clues through Schofield Barracks and Wheeler Army Airfield, and learn about activities and organizations available on post as they pick up food items purchased by the sponsors.
The United Service Organization will host a barbecue and prizes for the participants after the hunt.

Register seven-member teams, one of the members must be an adult driver/team leader, at 744-0824 or e-mail llumbsmith@aol.com.

26 / Monday
Volleyball Tournament — Entries accepted until 4 p.m., April 26, for a coed Volleyball Tournament in May, at Aliamanu Military Reservation Physical Fitness Center.
Active duty, Reserve, National Guard, retirees, family members and government civilians may enter.
Call 836-0338.

27 / Tuesday
PT in the Park — Soldiers

and families are invited to join Mickey Mouse and Friends, April 27, 6:30-7 a.m., at Fort Shafter Gym, for 30 minutes of aerobic exercise followed by a continental breakfast.
Participants should bring a towel. Call 655-6465.

Ongoing

New Fitness Classes — Tripler Physical Fitness Center now offers free cardio kickboxing, step, zumba, strength training and pilates mat for active duty and families. Civilians and retirees can purchase a monthly pass for \$25 or \$4 daily rate. Call 438-9665.

Masters Swim Program — Want to get in shape or work on your stroke? This excellent program is for active duty, families and Department of Defense civilians, ages 18 and above.
Practice times are Mondays-Thursdays, 6-7:30 p.m., and Saturdays, 9-11 a.m.
Call 655-9698.

Tai Chi Classes — Find your center with the ancient art of Tai Chi, Thursdays, 7-8 p.m. at the Martinez Physical Fitness Center, Schofield Barracks.
Tai Chi uses gentle flowing movements to reduce stress and improve general wellbeing.
The class explores the art-form and incorporates psychology and philosophy through psychical movement.
Tai Chi classes are free for active duty Soldiers and family members.
Call 655-4804.

AMR Massage Therapy Sessions — Visit the Aliamanu Military Reservation physical fitness center for a massage.
Specialties include Shiatsu bar therapy, locked shoulder, Swedish, deep tissue and more. The cost is \$55 for a 60 minute session, or \$80 for 90 minutes. Call 253-1498.