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INSIDE Ancient Greek soldiers speak to today's warriors

Ancient Greek soldiers speak to today's warriors

U.S. Army Garrison-Hawaii Public Affairs

"Theater of War" consists of dramatic readings from two ancient Greek plays: Sophocles' "Ajax" and "Philoctetes," with presentations by Hollywood notables Amari Cheatom, Chad Coleman, Elizabeth Marvel and John

Since 2008, "Theater of War," a project of the Department of Defense's Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, has conducted performances and town hall meetings in military communities

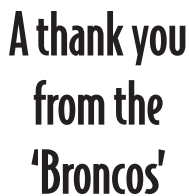
"While warfare has radically changed over the centuries, the human element remains constant in its emotional impact and suffering, said Col. Michael Brumage, commander, Schofield Barracks Health Clinic.

"By bringing this truth to the stage,

The panel consists of Soldiers, former Soldiers, military spouses and behavioral health experts who will offer their personal insights on deployment and reintegration.

SEE THEATER, A-8

**See News Briefs,
A-3**



A-4

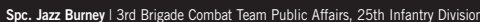


B-1

This issue

Sports & Fitness B-4

SEE 205TH A-8



Fit for duty

HONOLULU — Soldiers from the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, row during a five-day, train-the-trainer CrossFit program, here, May 30-April 2. The leaders will be able to generate holistic and measurable work-outs for their Soldiers in preparation for the brigade's upcoming deployment. See the full CrossFit article on B-5.

205th MI Battalion officer selected for MacArthur Award

500th Military Intelligence Brigade Public Affairs

Cumpston

"My most rewarding assignment has been company command," she said. "I have been extremely fortunate to work for an outstanding chain of command that allows company commanders the freedom to command while providing the support needed to

K Quad DFAC savors second-place finish

SGT. RICARDO BRANCH

8th Theater Sustainment Command Public Affairs

It's usually a thankless job, with little fanfare or accolades, but that isn't the case for Soldiers working in the K Quad dining facility, here.

They are receiving some well-deserved recognition

SEE K QUAD, A-7

Sgt. Timothy Lewis, a food service specialist with the 84th Engineer Battalion, passes a helping of meatloaf to a Soldier during brunch, April 11, at the K Quad dining facility on Schofield Barracks. Lewis is one of many Soldiers who contributed to the dining facility taking second place in the Army-side Phillip A. Connelly award large dining facility category in 2010.



H1N1 vaccinations urged for families, civilians

Military in the Pacific is above vaccination rate

TRIPLER ARMY MEDICAL CENTER
News Release

Col. (Dr.) Michael Sigmon estimated that the vaccination rate of Army civilians and military family members is about the same as the 34 percent rate reported by the state for its entire population.

The Centers for Disease Control

While the active duty military population in the Pacific has well above the 95-percent vaccination rate, tracking the Army's civilian employee and family member populations has been challenging. Sigmon noted

Like Park, Sigmon strongly urges parents, with children under 10 who received a first dose, to bring their

SEE H1N1 A-8

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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Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156.

1 day since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 4/15/10.

Straight Talk

Larcenies, parking, decals among hot issues

LT. COL. DANIEL HULSEBOSCH
Director, Directorate of Emergency Services

Larcenies and damage to private property continue to be the most frequently committed crimes on our installations, and many of these incidents can be attributed to juvenile family member misconduct.

We can better safeguard against this problem by ensuring our family members conduct themselves as responsible members of the community and by ensuring that property is properly secured. Please negate crime-conducive conditions by taking the time to lock up your property.

Recently, one of our playgrounds was set on fire by some of our own family members, causing more than \$70,000 damage, and depriving the neighborhood children of a playground for the foreseeable future. This is exactly the kind of behavior that we are trying to change in our children.

Cracking down on parking

The Directorate of Emergency Services has recently been asked to take a more active role in enforcing parking prob-

lems in the housing areas. The DES has been working with Army Hawaii Family Housing community managers to better mark no-parking areas, but there are other concerns within our neighborhoods.

Some of the most common parking problems involve residents who park against the flow of traffic, park within 15 feet of a fire hydrant, park within 15 feet of the end of the street or driveway, and park in a manner that blocks postal truck access to mailboxes.

Residents are strongly encouraged to comply with posted no-parking signs, and to avoid parking in areas where curbs are painted red. These are there to enhance your safety.

Our housing areas have adequate parking for residents, as all occupants are allowed two parking places in the immediate area of their residence. Residents who choose to park in places other than their own, however, are only asked to ensure that they leave their automobiles in legitimate parking spaces.



Hulsebosch

DoD sticker required for entrance as of May 1

In accordance with a Department of Defense directive and installation policy, all vehicles that regularly enter Army installations in Hawaii are required to have their vehicles registered with the Vehicle Registration Office, as well as obtain a Department of Defense decal for placement on their windshield.

Vehicles that do not have the sticker as of May 1, will be denied installation access and directed to the nearest Vehicle Control Center (Lyman Gate for Schofield Barracks, and Buckner Gate for Fort Shafter), to obtain a one-day visitor pass – thus enabling drivers the opportunity to receive their DoD decal.

Vehicle registration offices are located at the Soldier Processing Center, Schofield Barracks, and at Fort Shafter Flats.

Getting involved through anonymous crime tips program

Community members may submit anonymous crime tips to Military Police

stations via cell phone text messaging or via their computers.

To submit a text message tip through your personal cell phone, follow these instructions: (1) type "TIP730" and provide your tip information (e.g., John Doe stole a plasma TV from 123 Main Street); (2) type "crimes" (or the numbers 274637) in the "to" line; and (3), hit "send."

To submit a tip via your computer, complete these procedures: (1) go to www.tipsubmit.com/start.htm; (2) enter country and state information, and select either Schofield or Shafter from the pull-down screens; (3) provide as much tip information as you have on the following Web page; and (4) click on "submit tip."

Tipsters are given an alias to allow for anonymous two-way communication should the MP station require more information.

Details about our anonymous crime tip program will be provided through community bulletin channels. Continue to report emergencies by dialing 911 or contacting the Schofield and Shafter MP stations at 655-7114 and 438-7114, respectively.



Daisy Bueno | 8th Theater Sustainment Command Public Affairs

Going green in the mud

KAILUA — The U.S. Army-Hawaii Sergeant Audie Murphy Club assisted the non-profit organization Ahahui Malama I Ka Lokahi, Hawaiians for the Conservation of Native Ecosystems, March 27, on a habitat rebuild of Malama Na Pohaku o Hauwahine of the Kawaiunui Marsh, here. They removed more than one acre of alien plant non-native plants by weeding and marsh-clearing to allow preservation and restoration of native plants.

10 STEPS in FAITH

Ask if you are doing the right thing

CHAPLAIN (MAJ.) MICHAEL KLEIN
U.S. Army-Pacific

As a young man and following my first year of college, I enlisted in the Army National Guard to help pay for my continued education.

Fortunately, I had the opportunity to go to one post for training, and my infantry basic and advanced individual training were seamless.

All the trainees were treated exactly the same as day one; there were no additional privileges or lightening of standards throughout the entire three-month training period.

Nevertheless, our drill instructor was adamant that we continually do the right thing. If we ever passed an officer, we looked him or her squarely in the eye, saluted, and extended some type of salutation, such as, "Charlie Steel, Sir!"

Likewise, if we crossed the street, it was at a crosswalk. And if there were approaching cars or cars stopped and waiting, we ran across the street to ensure we did not obstruct the natural flow and progression of the universe.

Further, if we shook the hand of someone senior to ourselves (noncommissioned officer or commissioned officer), we would snap to a modified position of at-

tention, heels together, standing straight and tall, left hand secured with the left thumb along our trouser seam, and extend a firm gripped handshake while looking the recipient in the eye.

However, today it seems that many of those traditions and training standards are gone. Now, when I walk in the parking lot, enlisted personnel and junior officers' attention is drawn the opposite direction when I approach. A butterfly or shiny object (seemingly) catches their attention or I become invisible.

When uniformed personnel cross the street at a crosswalk or any other location of their choosing, they appear to diminish their gate to a virtual standstill – challenging or defying motor vehicle operators and nonverbally demanding, "I own the road dude, and you'll wait for me!"

During one supervisory moment, I almost had to argue with a subordinate for a half hour to complete a simple task.

In fact, more energy was expended debating why the individual should complete the task than if he would have completed the action in the first place.

Actually, the task probably could have been performed and completed four times

in succession in the amount of time and energy expended arguing about why he did not have to perform the task.

In James 4:17, the author writes, "Anyone, then, who knows the good he ought to do and doesn't do it, sins."

So, is it possible to be wrong by doing nothing? Well ... yeah! One of the mottos for a previous Army unit I served implied, "Know Right – Do Right."

It's not rocket science. In many circumstances, we know the right thing to do, but, invariably, something gets in the way – perhaps our pride as we think it is beneath our station in life.

Maybe we're sardonic and bitter, thinking the world owes us a living, and we shouldn't have to lift a finger in life.

Ultimately, the right choice is out there. Deep down in our heart of hearts, we know what the right or correct course of action is for a particular circumstance in our lives.

Will we do the right thing?

At the end of the day, can we look in the mirror and say with confidence, "I've done the right thing. I've chosen the high ground!"?

Proclamations aim to raise awareness

U.S. ARMY GARRISON-HAWAII
News Release

SCHOFIELD BARRACKS — Two proclamations were read and signed by Army leadership at the Kaena Community Center, here, April 7.

Child Abuse Prevention Month, with its theme of "Children are our Future: Let's Keep our Future Safe by Protecting the Child," emphasizes protection and support of keiki.

"We have to continue to demonstrate our commitment to provide our children and their parents with a strong, healthy and supportive environment, where children can be safe and thrive," said Col. Mathew Margotta, commander, U.S. Army Garrison-Hawaii.

In recognition of the proclamation, the Family Advocacy Program displayed 367 pinwheels, each representing a new referral to the Army's New Parent Support Program, which provides education and prevention services to Soldiers and families for children up to age 5.

With each referral, the Army aims to increase the skill-set and knowledge base of parents, equipping them with tools to overcome daily stressors, bond with their young children, and lay the foundation for healing families.

The second proclamation signed at the event proclaimed April 2010 to be Sexual Assault Month across USAG-HI. The signing is in keeping with the Army's "I A.M. Strong" prevention campaign, and in support of its theme, "Hurts one, Affects all ... Preventing Sexual Assault is Every Soldier's Duty."

"I encourage every Soldier and family members to prevent sexual assault by intervening, acting and motivating others in looking out for the welfare of friends, neighbors and battle buddies," said Margotta.

During Sexual Assault Awareness Month, 200 miniature flags will be displayed throughout garrison communities.

Each flag represents reported sexual assault cases involving Soldiers or their adult family members in the Army Hawaii community.

"All Soldiers are encouraged to join together and pledge to prevent sexual assault. When you see someone who looks like they could use assistance, ask them if they need help," Margotta emphasized.

"When they ask for help, be sure to step in and assist. If someone doesn't recognize trouble, do something to intervene and prevent the situation from becoming worse.

"We have to educate everyone in the USAG-HI community, inside and outside the gate, to play a role in supporting sexual assault prevention," he added.

Voices of Ohana

What are you doing to conserve resources in celebration of Earth Day?

"Cut back on all resources and recycle."

Michelle Collado, Family Member

"Consciously conserve electricity."

Shane Dezsy, Doyon Security Services Hawaii, Fort Shafter

"Ride a unicycle to work."

Capt. David Eastburn, 94th Army Air and Missile Defense Command

"Conserve water."

Ta Hwang, Symantec Consultant, Fort Shafter

"Ensure electronics and appliances are unplugged when not in use."

Sp. Quiera Santiago, 205th Military Intelligence Battalion

Cooperation, attention to detail keys to success

Deployed Forces

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

CONTINGENCY OPERATING BASE SPEICHER, Iraq — When Napoleon Bonaparte, the early 19th-century French and political leader, uttered those famous words, “An Army travels on its stomach,” he understood that morale, esprit de corps, discipline and the physical condition of a fighting force depends on suitable provisions.

So, too, do today’s Army commanders, who are charged to provide their Soldiers with quality subsistence in a variety of environments and tactical situations.

At the South Dining Facility, located near Tikrit, Iraq, that charge is being carried out by a team of about a dozen Task Force Wings Soldiers of the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division; eight civilian employees; and almost 200 international food service subcontractors since the 25th CAB commenced operations, here, Oct. 1, 2009.

The South DFAC provides four meals a day in-house: breakfast, lunch, dinner and a midnight meal for those who work unconventional hours.

According to Master Sgt. Derek Rivers, food service supervisor and non-commissioned officer in charge, 25th CAB, his team serves 12,000 meals a day.

Half of those 12,000 meals are delivered and served off-site at five remote dining locations on COB Speicher.

Another 600 or so meals are prepared as “to-go” plates for Soldiers, other military service members and civilians, not



Pfc. Rolando Virolas, food service specialist, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, Task Force Wings, supervises a subcontracted worker assembling “to-go” plates, March 16, at the South Dining Facility, the largest dining facility at Contingency Operating Base Speicher, near Tikrit, Iraq.

to mention the periodic “special meal requests” such as unit organizational days and special events.

The primary mission is simple: serve Soldiers healthy food. Accomplishing the mission, however, is far from simple.

It requires the cooperative effort of Soldiers, civilian Kellogg, Brown & Root food service employees, and a host of in-

ternational subcontractor workers attending to the smallest detail of every dish, every meal, every day.

The Soldiers involved in South DFAC operations are all trained military food service specialists.

According to Sgt. Sean Wroten, facility NCO, 209th ASB, 25th CAB, the Soldier’s primary role at the South DFAC is



Pvt. Reginald Nelson (left), food service specialist, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, Task Force Wings, serves Soldiers que-sadillas at the “Lobos Grill,” one of five remote TF Wings dining locations at Contingency Operating Base Speicher, near Tikrit, Iraq.

“force protection,” which entails escorting and guarding food transportation vehicles, monitoring food storing and preparation, and supervising all aspects of food service.

“Whether force protection or serving meals directly to Soldiers, we do it because we need to make sure all Soldiers receive not only high quality food, but also food that’s safe to consume. And we all have a sense of urgency about our mission,” Wroten said.

“Food is not only a necessity but a morale boost,” Wroten said. “Food is something Soldiers look forward to.

“My Soldiers understand that the meal we provide may be the only thing that a Soldier has to look forward to on that particular day,” Wroten continued. “We won’t fail the mission because we don’t forget that.”

Two critical aspects of operations must be carefully coordinated; they are

the eight KBR employees and almost 200 food service subcontractors.

Coley Harmon is the South DFAC KBR food service supervisor responsible for ensuring that all aspects of food service and quality control standards are met.

Keith Wijeratna, a Sri Lanka native and South DFAC location manager, Gulf Catering Company, supervises the contracting staff engaged in preparing and serving food.

“We are there for each other to assist, not to criticize. We are there for each other to help, not point fingers,” said Wijeratna. “We all respect the American Soldier, and I always dreamed of working on a team with them.

“We have become like brothers,” Wijeratna added.

“We treat each other like family, and that’s the key to making these complex operations so successful,” he said.

News Briefs

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

Today

Soldier Stories — Tripler Army Medical Center is looking for Soldiers to tell their story about their battle with and recovery from Post Traumatic Stress Disorder or other behavioral health issues resulting from their combat tours. The testimonials collected will encourage Soldiers to come forward and seek medical care. Contact jan.clark@us.army.mil or 433-2809.

Behind Closed Doors: What’s In Your Closer? — 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. 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 resources, and foster greater family and troop resilience.

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

- 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 Kyser 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.

Tripler Newcomers Orientation — Army Community Service is providing an overview of services to in-processing Soldiers, April 19, 9-9:15 a.m., at Tripler’s Kyser Auditorium.

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 Kyser Auditorium. Call 655-1670.

21 / Wednesday

Hurricane Awareness — Hurricane training to educate commanders and family readiness groups on emergency readiness is April 21, 9-10:30 a.m., Schofield Barracks Army Community Service. Call 655-4227.

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.

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

26 / Monday

First Termers — Financial Management Training First Termers is a mandatory eight-hour financial management course for first term Soldiers, to provide them a strong financial foundation, alternatives and strategies that will enhance their readiness throughout their career, April 26, 8:30 a.m.-4 p.m., Schofield Barracks Army Community Service. Call 655-4227.

Ongoing

‘A’ Closure — Road “A” between Quad A and Quad B, or Waianae and Kolekole avenues on Schofield Barracks, will be closed for road surfacing through April 25.

Cadet Sheridan Closure — The northbound lane on Cadet Sheridan Road between Trimble Road and Kolekole Avenue, on Schofield Barracks, is closed until April 20. Call 237-4570.

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.

Battalion takes sexual assault seriously

PF. JENNIFER L. LOWES
130th Engineer Brigade Public Affairs

CONTINGENCY OPERATING SITE MAREZ, Iraq — The 130th Engineer Brigade’s Headquarters Company and the 779th Engineer Battalion hosted a luncheon at the dining facility’s VIP room, April 2, here, to raise awareness about sexual harassment/assault in the military.

Guest speaker was Capt. Donovan Horton, U.S. Army behavioral health professional.

Horton, who has five years experience with behavioral health in the Army Reserves, said he does not take this issue lightly.

“This is a serious issue. Sexual assault/harassment destroys any type of bond we, as a military family, have built,” Horton said.

According to Horton, 80 percent of all sexual assaults in the military go unreported.

“The emotional effects of a sexual assault can be more damaging than the physical assault. When a victim doesn’t report an assault or seek help, it impairs the therapeutic process. Trying to move on without getting help never works,” he explained.

Soldiers also watched an informational video about the Army’s “I. A.M. STRONG” campaign. The video encouraged Soldiers to intervene, act and motivate others to do the same when sexual assault/harassment occurs.

Through this program, the Army proactively engages Soldiers and the American public with

communication products and lectures that show what the Army is doing to change the climate from one of not reporting, to one that encourages reporting of sexual offenses.

The program uses more proactive measures to educate, train and improve its workforce.

The I. A.M. STRONG program encourages Soldiers to refrain from sexually offensive languages and gestures. It also offers training tools for leaders, including the video played at the luncheon. Further, the I. A.M. STRONG campaign coincides with the Sexual Harassment/Assault Response and Prevention program and encourages Soldiers to take a stand against sexual harassment/assault in the military.

“Sexual assault is ignorant to race, social class, gender and rank,” said Capt. Jorge Iturralde, 779th Eng. Bn., unit victim advocate.

Unit victim advocates are Soldiers assigned by battalion-level commanders. They are trained to help educate victims of sexual assault about reporting options and resources.

The Army continues to aggressively address sexual assault issues, focusing on prevention, caring for victims and taking appropriate adverse administrative or disciplinary action against Soldiers who commit sexual assault.

The Army constantly monitors and refines its policies and programs.

‘Broncos’ host open house for health care providers

Story and Photo by
MAJ. CATHY WILKINSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The air was filled with the sounds of people struggling into heavy, armored vests, picking up weapons, climbing into trucks and talking on the radio.

While you would expect to see this scene in Iraq or Afghanistan, it is not a common sight in F Quad, where the 3rd Brigade Combat Team, 25th Infantry Division, hosted an open house, April 5.

The people putting on military equipment, climbing into trucks and firing weapons were not Soldiers; they were health care providers from the Schofield Barracks Health Clinic.

The Bronco Brigade hosted the open house to thank clinic staff for taking good care of Soldiers, help them gain a better understanding of what Soldiers do and explain to them the types of stresses a Soldiers’ body goes through while performing military jobs.

“What do Soldiers do? They shoot, move, communicate, eat and sleep,” said Col. David Snodgrass, the brigade’s deputy commanding officer, while addressing a group of about 110 health care providers as he split the group into five smaller sections.

The groups spent the next two hours rotating between a series of stations designed to show the medical professionals some basic aspects of military



A Soldier from 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, explains the M2 machine gun to a Schofield Barracks Health Clinic provider at the open house held by the brigade at F Quad, Schofield Barracks, April 5. The brigade hosted the open house to thank clinic staff for taking good care of Soldiers. The open house was designed to help health care providers gain a better understanding of the types of stresses a Soldiers’ body goes through while performing military jobs.

life. The stations allowed the providers to try on body armor and protective equipment; climb into the gunner’s turret of a Humvee; pick up heavy, crew-served weapons; fire blank rounds from an M4 carbine; talk on a military radio; tour a Soldier’s barracks room; and learn how medics on the battlefield treat simulated urgently wounded Soldiers.

“I didn’t know anything about the military before coming here today,” said Ranna Like, a certified nursing assistant, as she explained that she didn’t have any family or friends in the military. “This is a great insight, seeing what the Soldiers go through.”

“This will definitely help me with my job. We see a lot of Soldiers with back and knee problems, and now I

can understand how they get injured,” Like added. “This has been a lot of fun; it almost makes me want to join the Army.”

“I didn’t think the open house was going to be so important to me,” said Elaine Maher, a social worker. “I’m having an emotional reaction. I’ve worked with Soldiers for years, but I’ve never touched their equipment or put it

on. This is excellent.”

Maher explained that health care providers can sometimes distance themselves from Soldiers’ daily life, but the open house put them in direct contact with it. She said the open house will help her provide better care in the future because she gained a more complete understanding of the Soldiers’ lives.

“Anytime you have the opportunity to understand what Soldiers do ... it helps us provide better medical care,” said Col. Michael Brumage, clinic director. “Our staff is mostly civilian. Having them have this type of exposure is really valuable.”

“To have the kind of partnership with a line unit like 3rd Brigade is incredible. I’ve never experienced anything as good as this in my 20-year career,” Brumage added.

He also explained the benefits the open house and new programs the clinic and brigade have developed to improve the quality of life for Soldiers.

The brigade and health clinic have recently partnered on advanced mental health resiliency training, and another program improves crosstalk between a Soldier’s military leadership, a medical case manager and other civilian agencies on post who provide care and assistance for Soldiers.

The open house ended with a panel discussion between the clinic’s leaders and the brigade and battalion command teams.

Out with the old gear, in with the new at OCIE reset

Story and Photo by
SPC. JAZZ BURNEY
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — As Soldiers with the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, prepare for their next deployment, they exchanged outdated and unserviceable items for new equipment during the brigade's organizational clothing and individual equipment reset, here, March 29.

The OCIE reset gets redeployed Soldiers outfitted with new gear for training or their next deployment.

The OCIE field team, made up of Central Issue Facility employees, has a wealth of military knowledge when it comes to equipping Soldiers with the proper gear.

Team members include combat veterans, and Justin Boytim, a graduate of the U.S. Military Academy and a former tank platoon leader, is the OCIE reset field team leader.

Boytim ensures that the exchange

process flows smoothly.

"We often find, that with most units we serve, it's their first time going through a reset process and consequently there isn't a flow," Boytim said.

"Schofield Barracks has already gone through this process and conveniently has a computer system that tracks all the clothing records for Soldiers and helps this process," Boytim explained.

Upon arrival at the Schofield CIF, Soldiers are met by OCIE employees and begin the process of receiving their new military equipment.

The OCIE team is seated behind a set of tables arranged in an assembly line.

"Each battalion is allotted one day, plus a make-up day, to come into CIF to reset any equipment that was damaged, lost or unserviceable in order for them to be prepared for any upcoming training or deployments," said 1st Lt. Joshua Klaehn, OCIE officer in charge, Headquarters and Headquarters Company, 3rd BCT.

Klaehn said the brigade leadership sends

CIF a list of outdated and unserviceable equipment before the OCIE reset to expedite the process.

During a deployment, commonly used items include military sleeping bags, poncho liners, rucksacks and various carrying bags. These were the main items Soldiers traded in to receive the latest and most up-to-date gear.

"I received a new chin strap that I've needed forever because I had my old helmet held together by 550 cords," said Spc. Daniel Hicks, an infantryman with Company A, 2nd Bn., 27th Inf. Regt.

"This process is useful because I have been trying to purchase this chin strap in other ways, but now have what I need and am able to fulfill my mission with the proper equipment," Hicks said.

Spc. Arnaldo Suarez, a forward observer with Company A, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, opens his duffle bag at the Schofield Central Issue Facility and retrieves an out-of-date poncho liner.



FEST-A builds teamwork, database in Thailand

DINO BUCHANAN

Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER — For nearly three decades, during annual Cobra Gold exercises; U.S., Thai and other Southeast Asian military engineers have constructed various humanitarian-related structures, such as schools and utility facilities, as part of the overall exercise scenario.

Joint and exercise officials were surprised to learn, however, that not once in all that time had there been any follow-up evaluations or inspections of those buildings.

“No one has ever gone back to these locations to see what happened to these structures or categorized the efficiency of the original construction,” said U.S. Army Maj. Evan Ting, commander of Honolulu District’s 565th Engineering Detachment, better known as the district’s Forward Engineering Support Team-Advanced.

“With an average of five to six structures built during each of the Cobra Gold exercises,” Ting said, “we’re talking about more than 120 buildings that haven’t been revisited since they were constructed.”

But that all changed during this year’s Cobra Gold 2010 exercise, as the Honolulu District FEST-A logged nearly 1,700 road miles traversing northern and central Thailand. The team’s mission was to create the first viable, perpetual working database of technical construction information about past Cobra Gold engineer-constructed humanitarian-civic assistance projects.

Pacific Ocean Division and Honolulu District commanders, as well as U.S. Army-Pacific and Joint U.S. Military Advisory Group-Thailand, all shared a mutual interest in the creation of such a database about previously constructed Cobra Gold humanitarian construction activity projects.

“These commanders had a joint interest in knowing specifically where these buildings are, what do they look like, did they meet their life expectancy, are there any life-safety issues and, most importantly, did we build good facilities for the Thai people,” said Ting.

The FEST-A overall exercise mission was to conduct infrastructure surveys of previously constructed HCA projects in the vicinities of Utapao, Chiang Mai, Tak and Chanthaburi, and to provide data to USARPAC, JUSMAG-Thai and the Corps of Engineers, while meeting the exercise objective of host nation partnering.

“One of the FESTs primary missions is infrastructure reconnaissance, so this mission was actual real-world training for our team,” Ting said.

Accompanying the FEST on the one-week surveying mission was a contingent of U.S. Marines from the 3rd Civil Affairs Group, Royal Thai Armed Forces Engineers, and from Civil Affairs, a U.S. Army Civil Affairs Group representative, plus Thai



Maj. Evan Ting | 565th Engineer Detachment

Honolulu District Forward Engineering Support Team-Advanced Cartographer Dave Hinkle shows inquisitive Thai school children how he takes Global Positioning Satellite readings using a portable IKE (It Knows Everything) survey device at a former Cobra Gold construction project site in north central Thailand. Hinkle and the Honolulu District FEST-A worked with U.S. Marines, Royal Thai engineers and local civic leaders to evaluate structures and facilities built during previous Cobra Gold exercises.

language interpreters and local civic leaders.

“The data we collected using portable ‘It Knows Everything’ survey devices was uploaded online whereby USARPAC and JUSMAG-Thailand could have ‘one-stop’ access to all the information, which included photographs, GPS coordinates and technical details,” Ting said.

“Most of the targeted project sites graded out green; they look pretty darn good considering their age,” Ting continued. “Bottom line is, they’re all structurally sound. The U.S. forces along with the coalition forces who built these structures did a great job.”

During the exercise, FEST-A was also tasked to provide technical support on two engineer-related construction projects, which included an electrical infrastructure survey of the Utapao Air Base Red Horse compound.

“Because JUSMAG-Thailand was so happy with the database product we produced this year, they said there is a definite need to have this evaluation done every year during the exercise. They still have more than 100 structures to evaluate,” Ting said.

“What is so good about this mission is not only did our FEST team get valuable training in Cobra Gold 2010, they also supported a vital national priority for the U.S. Pacific Command and our Thai partners by making a never before created as-

essment of key humanitarian construction projects built for the exercise going back over a quarter-century,” said Lt. Col. Jon Chytka, commander, Honolulu District.

“Their professionalism and attention to detail are excellent examples of taking the Corps of Engineers from good to great,” Chytka said.

Ting said that despite the hectic mission schedule, the FEST contingent made significant strides in team building and training while filling a viable need.

“Our FEST couldn’t have had a better training exercise; we created a real product for a real-world need in a short period of time,” he said. “I think it would very hard to duplicate our team’s accomplishment or experience during another mission.”

SAME inducts local engineer, 25 others into academy

U.S. ARMY CORPS OF ENGINEERS

News Release

FORT SHAFTER — The Society of American Military Engineers has inducted retired Army Lt. Col. Todd Barnes, professional engineer certified, along with 25 other SAME members, into its Academy of Fellows.

Since 1972, SAME has bestowed the designation of “Fellow” on members who have rendered dedicated service to the organization and to military engineering.

Barnes has been an officer of the SAME Honolulu Post for the past 10 years.

He currently serves as chief, Engineering and Construction Division, U.S. Army Corps of Engineers, Honolulu District.

Barnes has also served the engineering community in positions of leadership with the Hawaii Council of Engineering Societies, which represents 17 engineering societies, and the University of Hawaii at Manoa’s College of Engineering.

SAME was established in 1920 as a forum to unite public and private sectors, and to promote and facilitate engineering support for national security.

In uniting these sectors, SAME hopes to prepare for, and overcome, natural and man-made disasters, and acts of terrorism while improving security at home and abroad.

For more information on SAME or the Academy of Fellows, go to www.same.org.



Barnes

K Quad: Quality food is dished out

these days. Their efforts placed them second in the Large Garrison Dining Facilities category in the recent 2010 Phillip A. Connelly award competition.

Representatives from the K-Quad DFAC traveled to Reno, Nev., April 15, to meet with other winners and accept their award.

“I was shocked, amazed and really honored when I heard we won runner-up Army wide for the Connelly’s,” said Pfc. Oswaldo Cubilette, food service specialist, 84th Engineer Battalion. “I always knew we’d do well from having placed well the year prior, and because I did my best. But, second place was still a surprise for me.”

Named after the father of the armed forces food service program, the Phillip A. Connelly awards are a yearly competition that pits food service specialists against one another to determine who’s a cut above the rest.

Soldiers are graded in a variety of categories, including cleanliness of their facility, courtesy of staff, and taste and texture of their food.

“When I first came here, I was new in the Army and fresh out of advanced individual

training,” Cubilette said. “I fell under some good leadership, working under Sgt. 1st Class Muller (former dining facility manager).

“He really pushed us hard, from the moment we arrived to the time we left in the evening,” Cubilette continued. “All that blood, sweat and tears really pay off when you take home a Connelly.”

Soldiers working at the DFAC faced stiff competition with approximately 150 individual large and small dining facilities vying for the awards.

“It takes a lot of work and planning months out to even compete in the Connelly’s,” said Sgt. 1st Class Jeffrey Lambert, dining facility manager, 45th Sustainment Brigade. “When you want to compete, you get inspected six months out, and from there, you continue on by going by the regulations and enforcing the standard to ensure you prepare a good meal for the Soldiers.”

DFAC Soldiers practiced continuously in preparation for the judges’ entrance to the dining facility.

“I was never worried at all when they showed up in December,” Cubilette said. “Our

leadership told us to always be ready for when they came, so the day they showed up was just business as usual, except we had people watching us. I treated it like just a regular day.”

Staff Sgt. Joe Stephen, dining facility supervisor, 45th Sust. Bde., added, “If you win a Connelly, it distinguishes you among your peers. It lets everyone know that the troops in your facility are a different caliber of Soldier. They are above the rest, they take pride in what they do, and are superb Soldiers to work with.

“It’s an enjoyment for me to come here each day and work with the NCOs and junior enlisted,” Stephen added. “We’re all from different walks of life, and we’ve grown together as a team and family, teaching one another to become better at our jobs, and the Connellys are proof that we’re doing the right thing.”

CSF: GAT tools will help Soldiers, families communicate correctly

CONTINUED FROM A-1

a baseline in the social, emotional, family and spiritual dimensions of strength.

Dana Whitis, a subject matter expert at Department of the Army for the family component of CSF, said that although the family GAT is slightly different from the one Soldiers take, the survey fulfills the same function.

“The family GAT is talking to the family members, specifically, so the (Soldier-centric) language is removed,” Whitis said. “But as far as measuring the strengths, that isn’t changed.”

Family members are encouraged to take the GAT to assess their emotional, social, spiritual and family fitness.

The GAT provides immediate results with links to tailored self-development training, which provides a wide range of tools to help Soldiers and family members better communicate with one another, while maximizing their overall potential.

“The Army recognizes the increased sacrifices that families make on a daily basis,”

said Lt. Col. Carolyn Fota, patient administration officer, U. S. Army-Pacific. “Comprehensive Soldier Fitness for Families provides invaluable skills, resources and coping strategies that help a family build resilience.”

The program, Fota added, links families to resources and tools available to build resilience. These tools provide families with a baseline in four dimensions of strength – emotional, social, spiritual and family – and an opportunity to track self-development and growth in these areas over time.

To access the CSF GAT and the Comprehensive Resilience Modules, visit www.sft.army.mil/sftfamily. Army Knowledge Online log in is required.

“Our Army is strong because of the support our Soldiers receive from their families,” said Col. Joseph Pina, deputy surgeon, USARPAC. “CSF enables them to actively manage physical and psychological challenges in their personal lives, and continues to be the pillar of support behind our Soldiers. The strength of our nation depends on it.”

Theater: Performances capture military mindset

CONTINUED FROM A-1

"Ajax." This play tells the story of a fierce warrior who slips into a depression near the end of the Trojan War. After failing in his attempt to murder his commanding officers, he takes his own life. It is also the story of how his wife and troops attempt to intervene before it's too late.

The play speaks to service members, veterans and their families today with a directness and immediacy rarely achieved by war narratives.

"Philoctetes." This play is a psychologically complex tragedy about a famous Greek warrior who is marooned on a deserted island by his army after contracting a horrifying and debilitating illness.

"Philoctetes" was first performed in 409 B.C.; yet, the title character's sense of abandonment and search for meaning in his pain still resonates strongly with today's physically and psychologically injured combat veterans.

"Theater of War." The presentation was founded by Bryan Doerries, noted New York-based writer, director and educator who translated and directed the performance.

The two plays read like textbook descriptions of wounded warriors struggling under the weight of psychological and physical injuries to maintain their dignity, identity and honor, according to Doerries.

Military audiences today will likely relate to and understand the impulses behind these ancient stories, Doerries added, emphasizing that he also believes these stories have something important and relevant to say to mil-

itary audiences.

"The performances offer powerful opportunities for the audience to safely discuss and constructively reflect on physical and emotional injury; death and life-threatening experiences; stigma; grief and loss; supportive relationships; and the timeless relevance of these lessons in prolonged combat," Doerries said.

"The 'Theater of War' is a powerful public health tool for joining today's warriors, their loved ones and our nation with the lessons of ancient Greek culture - we are not alone," Doerries added.

Performances. The first performance will be at Schofield Barrack's Sgt. Smith Theater, Monday, 9 a.m. A special performance for female warriors will be held at Sgt. Smith Theater, Wednesday, at 1 p.m.

Tripler Army Medical Center will host a performance Thursday, at 9 a.m., in its Kyser Auditorium.

The performances are open to the public and admission is free. Due to limited seating, it is recommended that guests arrive early. Parents are advised that some of the material discussed may be unsuitable for children under 13.

Those wishing to attend the Schofield Barracks performances must enter through Lyman Gate, and those planning to attend the Tripler Army Medical Center performances should enter through TAMC's main gate.

Guests without military identification are required to show valid photo identification.

Drivers must possess valid vehicle registration and proof of insurance to enter Army installations.

205th: Training, experience lead to success

CONTINUED FROM A-1

accomplish the mission.

"Now that we are deployed, the Soldiers are performing brilliantly and really holding themselves to a standard of excellence. I could not be more proud of them; this is a difficult and often thankless mission, and they have met the challenge head-on and are excelling," she said.

Her leaders attribute her unit's success to her outstanding training and leadership.

"Capt. Cumpston represents the best of the next generation of leaders for our Army: multiple combat tours, experienced in strategic to tactical operations, and retains a heartfelt care for Soldiers, mission and country," said Lt. Col. Timothy Parker, commander, 205th MI Bn.

"She holds nothing back, dedicating her time and applying her combat and intelligence experience to prepare her Soldiers and their families for their deployment," Parker added.

The training plan for the deployment - conceptualized, developed and implemented by Cumpston - is now the standard for the battalion, Parker

said.

Cumpston commands one of the most diverse and challenging compa-

"Cumpston truly epitomizes what it means to be a leader in today's Army - completely dedicated to the mission and her Soldiers and always leading from the front."

— **Lt. Col. Timothy Parker**
205th Military Intelligence
Battalion commander

nies in the brigade, providing unique counterintelligence and human intelligence capabilities to the U.S. Army Pacific Command, Parker said.

Parker added that Cumpston continually exceeded expectations throughout the year as she trained, equipped and deployed the only technical surveillance countermeasures unit

within USARPAC. She also maintained one of two strategic debriefing teams for the theater, a cyber counterintelligence unit and two counterintelligence regional offices.

Cumpston excelled at meeting every tasking, even though 20 to 25 of her Soldiers were deployed at any time in support of Operation Enduring Freedom, Operation Iraqi Freedom and the Joint Special Operations Task Force-Pacific in the Philippines.

Cumpston also was selected above all other 500th MI Bde., company commanders to assemble, train and deploy a 12-person, multi-functional team to Afghanistan, Parker said.

Cumpston's insight and initiative enabled the MFT to deploy equipped with state-of-the-art equipment not readily accessible in theater, the standard for follow-on multi-functional teams.

"Cumpston truly epitomizes what it means to be a leader in today's Army - completely dedicated to the mission and her Soldiers and always leading from the front," Parker said.

H1N1: Virus still threatens health in Hawaii

CONTINUED FROM A-1

children in for the second dose. Like Park, Sigmon strongly urges parents with children under 10 who received a first dose, to bring their children in for the second dose.

Park said an estimated 30 percent of children under 10 who got their first vaccination have not gotten their second dose that would give them the full benefit of the vaccine.

The CDC report for Hawaii shows, that of adults between 25 and 65 years of age, and of those who had health conditions that put them at greater risk of severe H1N1 illness-

es, only about 32 percent were vaccinated. The vaccination rate was 18.5 percent for all others in the 25-65 age category.

"There still is a possibility that the H1N1 virus can become a serious threat to the health of everyone in Hawaii," he said.

"The best and simplest protection is still the vaccination," Sigmon added.

He urged service members and their families to contact their primary health care provider or the immunizations clinic at military installations posted on the "Fight the Flu" Web page on the TAMC Web site: www.tamc.amedd.army.mil.

HAWAII ARMY WEEKLY PAU HANA

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

"When work is finished!"

FRIDAY, APRIL 16, 2010



• Call 655-4227, for more information on the course, "Sexting, Cyber Bullying and Internet Safety: What Every Parent Should Know," held Monday, 6-7:30 p.m., at Sgt. Smith Theater, Schofield Barracks. An additional class is Thursday, 6-7:30 p.m., at Kyser Auditorium, Tripler Army Medical Center.
• See related story about bullying, B-3.

CYBERCRIME

Children in danger from sexting, social media bullying and electronic harassment

BILL MOSSMAN
News Editor

SCHOFIELD BARRACKS — Once upon a time, bullies existed mostly on playgrounds, within hallways or inside of cafeterias.

Today, they seem to be everywhere: infiltrating homes by popping up on computers via chat rooms and blogs, or on cell phones via text messaging.

Specifically, bullies dwell in cyberspace, sending insulting or threatening e-mails, posting compromising photos, spreading nasty rumors or simply creating Web pages devoted to unpopular students.

Cyber bullying, as it turns out, has become a 24-7 activity of cruelty, where intended victims are unfortunately left with no place to run and hide.

"This is a huge, huge problem in our society," said Deidra Saina, a prevention specialist with Army Community Service's Family Advocacy Program, regarding the online phenomenon that has allowed perpetrators to use technology as a weapon.

"Social networking, in general, even for us here in the military, is getting out of hand," she said.

To combat this and other social media crimes, the Army is hosting a course called "Sexting, Cyber Bullying and Internet Safety: What Every Parent Should Know," in April, as part of a number of classes offered during Child Abuse Prevention Month. (See story on page B-3.)

The first class is scheduled Monday, 6-7:30 p.m., here, at Sgt. Smith Theater. The second class is Thursday, 6-7:30 p.m., at Kyser Auditorium, Tripler Army Medical Center.

Due to the graphic nature of the subject matter, children won't be allowed to attend either of the classes, Saina said.

Electronic bullies are usually thought of as teenagers, like those at South Hadley School in New Hampshire, who are currently accused of bullying classmate Phoebe Prince, 15, into committing suicide back in January.

But the truth is, this insidious threat knows no age limit, and routinely attracts adults to commit cyber crimes as often as it does elementary-aged children.

"Cyber bullying can start as early as third or fourth grade," claimed Chris Duque, a retired Honolulu Police Department detective and one of Hawaii's foremost experts on computer and Internet crimes.

He'll be the featured speaker at this month's Internet safety classes, and plans to share with military parents and leaders many stories regarding the rampant problem of cyber bullying and sexting, which is defined as the sharing of sexually explicit photos through cell phones.

"Just a couple of years ago, we had a case here in Hawaii where a fifth-grader began bullying an ex-teacher at his old school," recalled Duque, who

visits schools and community groups on a weekly basis to discuss Internet safety. "He created a page on MySpace and, by impersonating his fourth-grade teacher, began targeting kids at his old school, making racial slurs and using obscenities about them."

As a result, the victims' desire to attend school began to wane due to the constant ridicule, received both online and in person, from other classmates.

In addition, many of the students' parents, angered over the alleged misconduct by a state employee, immediately "marched down to the school and started ganging up on the teacher," Duque said.

"It was a mess," he continued. "The poor teacher, she didn't know what was going on. And to add insult to injury, the school officials wanted to put her on administrative leave until law enforcement could determine whether or not she was in fact, the perpetrator."

National statistics paint a rather bleak picture regarding the ever-growing problem of cyber bullying.

For example, recent reports from I-SAFE American Inc., a nonprofit foundation that educates youth on safely controlling their Internet experiences, reveal that 42 percent of kids have been bullied online, 39 percent of teenagers have sent suggestive messages over the cell phone, and 20 percent of teens have sent or posted semi-nude or nude photos or videos of themselves.

Duque, however, isn't a fan of statistics, and doesn't usually cite them during his presentations.

"People like to use numbers because they help paint a picture," said the former Detective of the Year and the person most responsible for uncovering Hawaii's first Internet fraud case back in 1999. "But whether it's 30 percent or 40 percent, it's a big deal. Even if the problem

(affected) only 2 percent of our kids, it would still be a big deal to me."

While some may blame this society-wide issue on technology, Duque, 58, suggested that the real culprit is what is, or isn't, being taught within the confines of many homes.

"Technology is a part of the problem," he explained. "From my experience, it's mainly our attitudes and (lack) of ethics. Our social norms have been changing."

"Parenting is so much more different today than when I was growing up," he said. "Many of the parents aren't even around or they don't care. So, when I see their kids getting in trouble, I look at them and say, 'Well, the coconut certainly didn't fall too far from the tree.'"

"I don't have a problem getting in parents' faces and telling them that their child, when they walk on a school campus for the first time, should already be ethically potty-trained," Duque added.

While parents don't have to be computer or cell phone geeks to attend this month's classes, Saina suggested that they should come with an open mind, understanding that the social media threats their children are facing these days are very real.

"If they're not on point, if they don't get aboard the train and start learning about what's out there, (bad) things will happen," she said.





Today
Waikiki Party Bus – Your free party bus to Waikiki runs again April 16, 9 p.m.-4 a.m. Reservations are required and pickups are available from Schofield Barracks and Fort Shafter.
Call 655-9971 or 438-1985.

"Behind Closed Doors" – Visit Sgt. Smith Theater, April 16, 10 a.m.-12 p.m. or 1:30-3:30 p.m. to watch "Precious," and learn about child abuse.
Call 655-8322/6047.

Family Fun Friday – Come party with us, April 16, 6 p.m. at Porter Community Center on Schofield Barracks. The evening will be filled with food, fun and games.
Call 655-5698.

Countdown to Redeployment – Blue Star Card holders register by April 16 to learn to make eyelash yarn leis, April 23, 6-8 pm at the Schofield Barracks Arts and Crafts Center.
Bring two skeins of eyelash fuzz yarn.
Call 655-0002 or e-mail sarah.chadwick@us.army.mil.

19 / Monday
"Theater of War" Presentations – A dramatic reading of two plays will increase awareness of post-deployment psychological health issues, disseminate information regarding resources and foster greater family and troop resilience.
Sessions open to Soldiers, civilians and families as follows:
•April 19, 9 a.m., at Sgt. Smith Theater, Schofield Barracks; or
•April 22, 9 a.m., at Kyser Auditorium, Tripler Army Medical Center.
Call 655-0110/4778/0968/ 7158, 330-9458, 673-3506, 258-3752, or 398-4543.

20 / Tuesday
Sexting, Cyber Bullying and Internet Safety – Learn how 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 Kyser Auditorium.
Call 655-1670.

Happy Parent – Come to stress reduction classes for parents and caregivers April 20 and 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 22 and 29, at Aliamanu Military Reservation. Call 655-1670.

Exceptional Family Member Program – Families have an opportunity to share experiences, gather new information and become knowledgeable about community resources.
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.

community calendar
Send announcements to community@hawaiiarmyweekly.com.

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

Camp Smith Earth Day – Come celebrate Earth Day at Camp Smith, April 16, from 11:30 a.m.-1:30 p.m., outside Pollock Theatre.

See the World in a Day – Visit Hawaii Pacific University's annual Inter-cultural 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.

Vet Clinic – The Schofield Veterinary Treatment Facility phone number has changed to 655-5889/5893.

17 / Saturday
Women in Aviation Career Fair –



Punahou JROTC cadets clean up Fort DeRussy during the Earth Day Mauka to Makai Environmental Expo, Saturday, a Corps of Engineers and City and County of Honolulu event.

Corps of Engineers, community team up to clean up waterlines

Story and Photo by
JOSEPH BONFIGLIO
U.S. Army Corps of Engineers-Honolulu District Public Affairs

HONOLULU – Volunteers from the U.S. Army Corps of Engineers partnered with the City and County of Honolulu and other concerned citizens to participate in Honolulu's Earth Day Mauka to Makai Environmental Expo, Saturday.

About 15 volunteers from the Punahou High School Junior ROTC program – including students from Punahou, Damien, Sacred Hearts, Saint Francis and La Pietra High Schools; members of the North America Taiwanese Association Hawaii Chapter; and Corps of Engineers employees and family members joined forces to clean up the beach and berm area of the Corps' Pacific Regional Visitor Center at Fort DeRussy and along the shoreline revetment at the Kakaako Waterfront Park.

More than 60 community volunteers participated.

"Our program has been doing this for several years now," said Lt. Col. Robert Takao, commander, JROTC, Punahou High School. "It's a very worthwhile endeavor. Earth Day is about our future. It's really our way of giving back to this great land and world that we live in.

"It's important for us to understand how fragile the ecosystems are and what our responsibility is, as inhabitants of this world, to do our part to sustain it for our future," Takao added.

"I feel good about it because we're taking care of the earth and doing our part," said Daylan DeMello, Punahou JROTC cadet. "We need to take care of the earth because one day it'll give back to us."

In the same vein, Julie Rohrer, administra-

tive assistant, Honolulu District Engineering Services Branch and president of the North America Taiwanese Association Hawaii Chapter, said, "It makes us feel good that we are useful, that we're doing something and contributing our efforts to our community to keep our environment nice and clean."

The cleanup was part of Earth Day's Mauka to Makai efforts to protect the Ala Wai Watershed and Oahu's reefs.

"We're celebrating Earth Day with our volunteer groups to come out and clean, not only the beach berm behind the Regional Visitor Center, but also down over at Kakaako Park, picking up the litter and making people aware of some of the things and activities we can do to help save our planet," said Steve Yamamoto, chief, Civil Works Technical Branch, Honolulu District.

"I always feel good when we can convey some of the messages about saving our planet and keeping it clean to the younger kids," Yamamoto said.

In addition to the Fort DeRussy cleanup, the City and County of Honolulu Department of Environmental Services sponsored environmental events the same day, including an Earth Day Mauka to Makai Environmental Expo at the Waikiki Aquarium with organizations interested in keeping Honolulu green and clean.

The expo showcased the efforts of city, state and federal agencies to preserve and protect Hawaii's environment, with an emphasis on the islands' unique water resources.

The Honolulu District attended the expo to educate the community on the Ala Wai Watershed Project, which is a study searching for various solutions and a comprehensive watershed approach to reducing the risk of flooding and improving the water quality of the Ala Wai area.

Earthday Festival is Furlough Friday ticket

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS – Since next week is another "Furlough Friday," parents are racking their brains trying to figure out something to do.

Look no further. In fact, look right in the neighborhood. Kids will surely enjoy the 3rd Annual Earthday Festival, April 23, 12-3 p.m., at the Kalakaua Community Center, here.

On The WEB
Visit www.ArmyHawaiiFamilyHousing.com.

U.S. Army Garrison-Hawaii and Army Hawaii Family Housing are teaming up again to bring free, exciting activities, exhibits and a wealth of knowledge about environmental sustainability to military families.

Kids can participate in a recycling relay (bring bikes and helmets), design an Earth Day T-shirt, see cool ocean animal artifacts, create tropical fish, view interesting exhibits featuring miniature solar-powered cars and boats, and enjoy other hands-on activities.

Featured exhibitors at the event include the Department of Public Works Clean Water Branch; Department of Public Works Natural Resources; Sea Life Park; SYNERGY Kid's Club; the Coral Reef Initiative; the Hawaii Nature Center; Tetra-Tech, showcasing green technologies; and the Military Police, promoting bike safety.

Ohia Productions also will perform for children.

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

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

22 / Thursday
Battle of the Bands – Enter to win the spotlight performance at the soft opening

or re-opening of The Tropics Recreation Center by April 22.

Must be a military ID card holder. Bands will have 10 minutes of audition time starting April 29, at the Nehelani, 6 p.m.
Call 655-5698.

23 / Friday
Home Alone Classes – Home Alone Classes are for children 9-11 years old, April 23, 9 a.m.-2 p.m., at the Chapel Annex on Schofield Barracks. Call 655-1670.

This week on

In the Fight

Daily at 12 a.m., 12 p.m. and 6 p.m.

This episode features stories about U.S. Marines and NATO forces combating the Taliban in Afghanistan; Gen. Raymond Odierno discussing the Iraqi elections; the 482nd Fighter Wing responding to the crisis in Haiti; Navy customs agents in Iraq helping protect U.S. borders; and volunteers giving the families of deployed service members a sense of normalcy.

April 20, 6:30 p.m., Richardson Theater, Fort Shafter. The mock billing program is scheduled to start July 1. All Army Hawaii Family Housing residents are encouraged to attend.

20 / Tuesday
Protestant Women of the Chapel – Chaplain Lucy Der-Garabedian will speak on Unity in Diversity, April 20th, 9 a.m., Schofield Barracks Main Post Chapel Annex, Room 212. Free childcare with R.S.V.P. Call 753-3584 or e-mail valeriepwoc@me.com.

22 / Thursday
Guardian Kids Club – Children from kindergarten through 8th grade are invited to submit an original poem, short story or visual art piece of their favorite endangered, threatened or protected marine life found around Hawaii, through April 22. Visit www.waquarium.org/ocean-guardian-kids-club.asp.

Volunteer Recognition – U.S. Army Garrison-Hawaii will celebrate a week of activities to celebrate volunteerism.

The Annual Installation Volunteer Recognition Ceremony is April 22, 6:15-8:30 p.m., at the Nehelani Banquet Center, Schofield Barracks.

23 / Friday
Earthday Festival – Join Army Hawaii Family Housing and U.S. Army Garrison-Hawaii at the Kalakaua Community Center, Schofield Barracks, April 23, 12-3 p.m., for storytelling, crafts, relays and exhibits.

Children need to bring helmets for bike rodeo.
Call 656-7221 or 479-2064.

Hawaii Prayer Breakfast – The Hawaii Prayer Breakfast is in the Coral Ballroom of the Hilton Hawaiian village, April 23, 7 a.m. Cost is \$27 per person.
Call 486-8986.

Worship Services
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, 12 p.m. 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

This Week at the MOVIES
Sgt. Smith Theater
Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.

Shutter Island
(R)
Fri., April 16, 7 p.m.

The Princess and the Frog
(G)
Sat., April 17, 4 p.m.

The Green Zone
(R)
Sat., April 17, 7 p.m.

Percy Jackson and The Olympians: The Lightning Thief
(PG)
Sun., April 18, 2 p.m.

Leap Year
(PG)
Wed., April 21, 7 p.m.

Brooklyn's Finest
(R)
Thurs., April 22, 7 p.m.
No shows on Mondays or Tuesdays.



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. View the weekend exhibit, seminars, discussions and a showing of the film "Amelia," April 16-18, at Pacific Aviation Museum Pearl Harbor.
Visit www.PacificAviationMuseum.org or call 441-1000.

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, Manoa Marketplace, April 17, 11 a.m.-3 p.m. Activities include hula class, music, crafts and snacks.

Experts will be on hand to educate on cloth diapering, baby wearing/sling techniques and preparing healthy meals.
Bring a cup for complimentary refreshments and bring old items to decorate with earth-inspired stencils.
Call 988-0010.

18 / Sunday
Tree Planting – Wheeler Elementary School invites families to plant a variety of fruit trees and shrubs at the school, April 18, 9 a.m.-12 p.m. E-mail leikona@gmail.com.

19 / Monday
Town Hall – U.S. Army Garrison-Hawaii Commander Col. Matthew Margotta will provide an overview of the Utility Mock Billing Program, April 19, 6:30 p.m., Sgt. Smith Theater, Schofield Barracks. A second town hall will be held



ACS offers awareness courses during abuse prevention month

‘Good’ parents can snap, too, and start abusing, neglecting their children due to life’s challenges, pressure

BILL MOSSMAN
News Editor

SCHOFIELD BARRACKS – The face of a child abuser doesn’t usually come with the kind of distinguishable characteristics straight out of a horror flick – like a hook for a nose, talons for fingernails or shards of glass for teeth.

More often, the look of evil is imperceptible, lurking well beneath the epidermis of the perpetrator, belonging to the perfectly nice couple with the newborn child or the elderly folks next door who dote on their visiting grandchildren.

“I always say that good people are capable of abusing their children,” said Deidra Saina, a prevention specialist with Army Community Services’ Family Advocacy Program, here. “Many of us live with stresses, on top of stresses, on top of stresses, and we simply don’t know how to deal with these pressures.”

For military families stationed in Hawaii, the challenges they face are not only daunting, but of a different beast as well.

Many feel isolated from extended family members on the mainland, burdened by the high cost of living in the islands, and worried about multiple deployments to far-off lands.

And when these pressures reach the boiling point for Soldiers and/or their spouses, the resulting explosion can be absolutely frightening and damaging to their young ones.

“We definitely have some really unique stressors in Hawaii,” Saina said.

To assist these families in dealing with these pressures, the Army is offering a number of parenting classes and promotional activities as part of Child Abuse Prevention Month.

Since 1983, April has been the designated month to increase awareness regarding the importance of preventing child abuse and neglect.

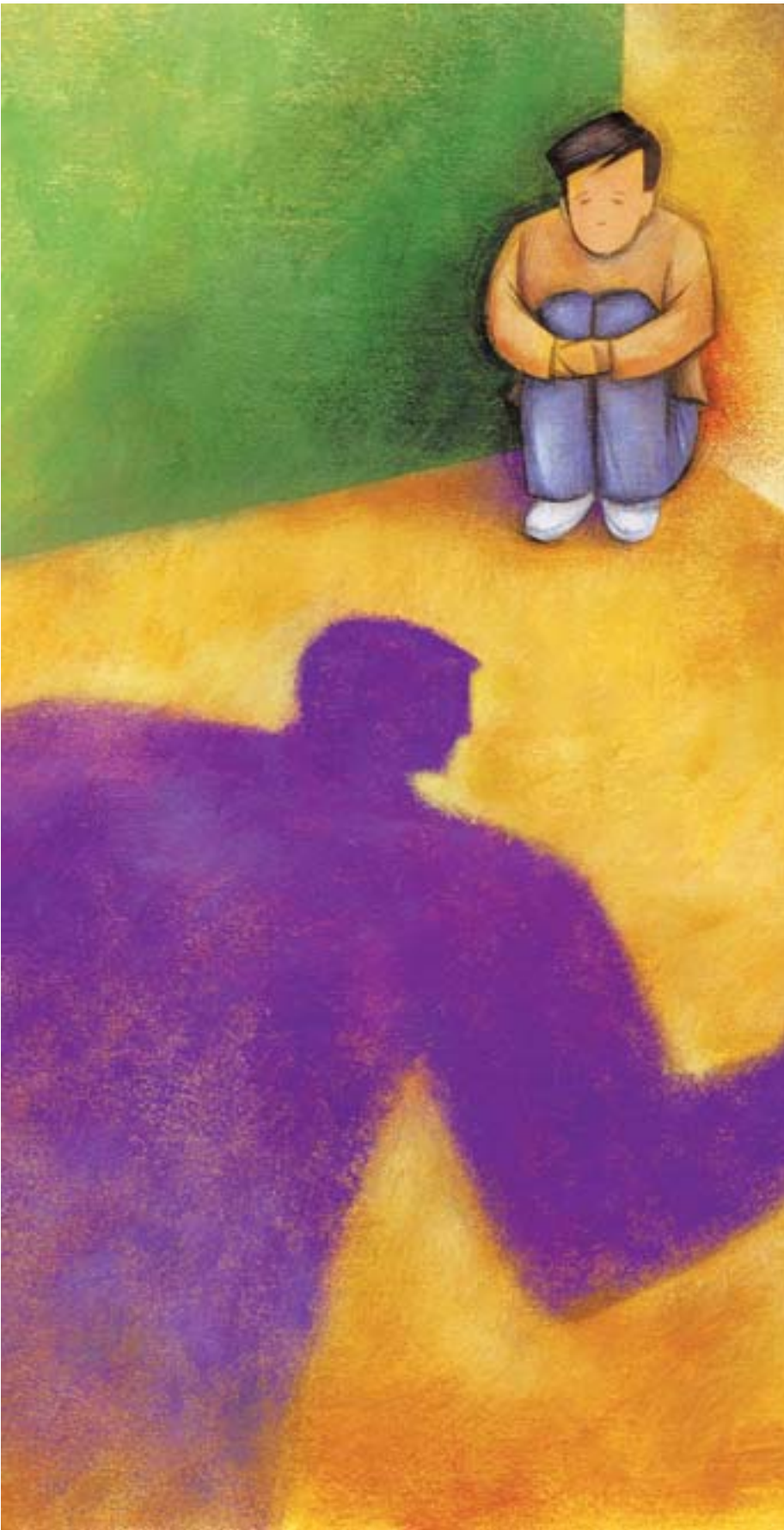
Around the world, in fact, some 3 million cases of child abuse are reported each year. With those numbers in mind, the Army is hoping to remind parents of the important role that children play within the armed forces community, while encouraging parents to become better educated on ways to ensure that their families remain safe and Army strong.

“Our classes are built specifically to help our families cope with all types of stresses,” said Saina, who just wrapped up a week’s worth of activities, including a shaken-baby syndrome quilt display at Tripler Army Medical Center, and a food drive at Fort Shafter.

“Because we’re a whenever-and-whenever-you-want-it organization, we typically fill (clients’) needs as they come up,” said Saina, adding that this year’s theme is “Children are our Future: Let’s Keep our Future Safe by Protecting the Child.”

Saina made note of several courses that will be offered, particularly the “Happy Parent” classes, scheduled for April 20 and 27, here, and April 22, at Aliamanu Military Reservation; and “Boot Camp for New Dads,” offered April 26, at the Child Development Center, Helemano Military Reservation.

Saina referred to the Happy Parent



classes as a means toward positive psychology, where holistic, stress-reduction practices are implemented for parents and caregivers.

“We focus on taking care of these

people, through relaxation techniques and development of time-management skills,” she explained.

“And while it’s a series,” Saina added, “people can pick and choose

which classes they want to attend over a four-week period.”

Meanwhile, she said, Boot Camp for New Dads will be offered to all first-time fathers with children between the

Upcoming prevention events

April 16
Shaken Baby Quilt Display, 9:30 a.m.-2 p.m., Army Community Service, Schofield Barracks
Information Booth, 11 a.m.-12 p.m., Child Development Center, Helemano Military Reservation

April 20
Happy Parent: Stress Reduction for Parents/Caregivers, 11:30 a.m.-12:30 p.m., ACS, Schofield Barracks
Sexting, Cyber Bullying and Internet Safety: What Every Parent Should Know, 6-7:30 p.m., Sgt. Smith Theater, Schofield Barracks

April 21
Lunch and Learn Parenting Series: Parenting Your 1- to 4-Year-Old, 11 a.m.-12:30 p.m., ACS, Schofield Barracks

April 22
Display and Information Booth, 10:30 a.m.-2 p.m., Post Exchange, Schofield Barracks
Happy Parent: Stress Reduction for Parents/Caregivers, 11:30 a.m.-12:30 p.m., CDC, Aliamanu Military Reservation
Sexting, Cyber Bullying and Internet Safety: What Every Parent Should Know, 6-7:30 p.m., Kyser Auditorium, Tripler Army Medical Center

April 23
Home Alone Awareness Class, 9 a.m.-2 p.m., Schofield Barracks Main Post Chapel
Strawberry Shortcake Munch & Learn, 2:30-3:30 p.m., CDC, Schofield Barracks

April 27
PT in the Park, 4:30-7:30 a.m., Fort Shafter Gymnasium
Happy Parent: Stress Reduction for Parents/Caregivers, 11:30 a.m.-12:30 p.m., ACS, Schofield Barracks

April 28
Lunch and Learn Parenting Series: Parenting Your 1- to 4-Year-Old, 11 a.m.-12:30 p.m., ACS, Schofield Barracks

April 29
Happy Parent: Stress Reduction for Parents/Caregivers, 11:30 a.m.-12:30 p.m., CDC, AMR

April 30
Display and Information Booth, 10:30 a.m.-2 p.m., Main PX, Schofield Barracks

ages of six weeks and eight months.

“We thought this would be a great way to talk to these dads about ways to bond with their babies, answer any questions they may have, and do all of this over lunch,” Saina said.

For more information on Child Abuse Prevention Month, call Army Community Services, Schofield Barracks, at 655-4227.

Visit the Family and Morale, Welfare and Recreation Web site at www.mwrarmyhawaii.com and click on the ACS link.

Parents can prevent children from bullying or being the bully

JAMES CARTWRIGHT
U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Maryland – Have you ever teased someone or been teased?

Teasing can become a hurtful event for a child, especially if the teaser persistently taunts the child.

Children will learn to handle most teasing situations, but they may need assistance or intervention from adults when they are subjected to repeated hostile and aggressive behavior.

When this occurs, it is likely that the child is being bullied by the individual.

The difference between teasing and bullying is only a matter of the degree of time and intent – teasing is generally seen as ribbing someone playfully for a very short period of time, whereas bullying is characterized by repeated, hurtful attacks over a long period of time.

The “Stop Bullying Now” Web site describes bullying as an “aggressive behavior that is intentional and that involves an imbalance of power or strength; typically, repeated over time; and a child who is being bullied has a hard time defending himself or herself.”

Bullying has many forms, such as verbal taunting, name calling, threats, hitting and punching, intimidation using gestures or social exclusion, or sending insulting e-mails.

The bully is usually bigger, older, stronger or smarter.

The bully’s intent is often to exert power over the victim.

The bully is often one individual; however, school gangs will often taunt and harass vulnerable targets.

Cruel teasing and taunting done with the intent to hurt can have a negative impact on a child’s self esteem.

Thus, bullying has been identified as a major concern by schools across the United States by the National Education Association.

Verbal bullying is the most frequent form of bullying reported by both boys and girls.

Boys are more likely to be physically bullied while the NEA states that girls are more likely to be targets of rumor spreading and sex-



Visit Education.com, www.stopbullyingnow.hrsa.gov/kids/ or www.education.com/reference/article/ten-actions-to-eliminate-bullying/.

ual harassment. Social exclusion is also often reported by girls.

Experts report that youth who are bullied are more likely than other youth to be depressed, lonely, anxious, feel physically sick

and think about suicide.

Furthermore, the child who is bullied may fear and avoid going to school. Some schools are not apt to consistently or effectively deal with bullies since most school employees are generally unsure about what to do when a child is being bullied.

So, parents need to take action when they realize their child may be victimized by a bully. An effective preventive measure is to form a partnership with the school.

If a child is being victimized, consult with the child’s teachers and school administrator, a behavioral health professional or law enforcement to help develop an appropriate course of action to eliminate the bullying or harassment.



Courtesy of U.S. Army Combat Readiness/Safety Center

'What up?'

The U.S. Army Combat Readiness/Safety Center has launched its 2010 "Safe Summer" campaign to raise awareness of the increased hazards associated with summertime off-duty activities and to provide Soldiers, Army civilians and their family members the information they need to manage risk and reduce their chance of being injured or killed in an accident. This year's campaign runs through Sept. 30, and emphasizes prevention and vigilance. The "Play It Safe" theme promotes individual responsibility and engagement on all fronts.

Summer rock climbing expeditions require careful planning, training

MOLLIE MILLER

U.S. Army Combat Readiness/Safety Center

Since the early 1960s when rock climbing began gaining popularity among America's baby boomers, millions have challenged gravity as they pulled, pushed and jumped their way up, down and across the nation's cliffs, crevasses and ice flows.

In Hawaii, too, climbing enthusiasts are eager to accept the challenge of scaling the surrounding majestic, and seemingly gentle, mountains.

While climbing does offer its own unique highs for those who accept the challenge, the activity's rewards don't come without a price.

"Rock climbing ... is not a 'sport' to be taken lightly," said David Lane, technical director for the Professional Climbing Guides Institute. "There are lots of seemingly small mistakes that can have fatal consequences."

Even in Hawaii, an 8th Theater Sustainment Command Soldier, died in a hiking accident in Makaha Valley in January, the result of a 400-foot fall.

Later that same month, another hiker fell 200 feet to his death in the same area.

And, in February, a Waianae school teacher died as the result of a fall in Makaha.

That's three hiking deaths in Hawaii in the first two months of 2010.

This summer, before climbers set even one anchor, they should think seriously about the danger level of the activity and prepare adequately for all hazards associated with trying to defy gravity, said Tracey Russell, a safety specialist at the U.S. Army Combat Readiness/Safety Center Safety.

"You always have to consider if you are experienced enough for the challenge and if your health and fitness levels are good enough for the terrain," she said.

Lane, who has been rock climbing for 18 years and currently guides for the Yosemite Mountaineering School and Joshua Tree Guides in California, said common mistakes like poor communication, improper use of equipment, improper belay techniques, dangerous terrain and climber over-confidence can all lead to rock climbing disaster.

"Often, a person's ego and what they 'think' they know can be their biggest enemy," he said. "They choose terrain that is too difficult for their ability, climb with un-trustworthy or less experienced partners and misuse equipment."

Although rock climbing hazards are many, there are ways to mitigate risks and have an enjoyable day clinging to the side of a mountain.

"What (rock climbers) have on our side is the ability to decide how we will manage the hazards, where we will climb, what we will climb, who we will climb with and how we will climb," Lane said.

One important decision that all climbers must make is who they climb with.

Climbing alone or "solo-ing" is a practice that should be reserved for only the most experienced and accomplished climbers, according to Lane.



For more information about rock climbing safety, visit www.nps.gov. For more information about the Army's "Safe Summer" Campaign, visit <https://safety.army.mil>.

For those less experienced climbers, Russell recommends climbing with at least one buddy.

Before setting out, Russell advises every climber to develop a plan to get the climber thinking seriously about what he or she is getting into, which will also be a physical document that can be left with someone who will be able to check on the climber or notify authorities if the climber doesn't return as expected.

"Climbing is not something you just decide to do at the end of a 16-hour workday," she said.

Russell said every climber should carry an emergency kit containing food, water, a first aid kit, bug spray, a map of the area, sunscreen, a cell phone, a flashlight, pocket knife, matches and extra clothes.

Above all else, Lane reminds climbers to never overestimate their abilities to the point that something terrible happens and they must be rescued.

"The decision to (climb) is one that needs to be considered seriously because there are lots of people who will be affected should an accident occur," he said. "It will be an ugly situation that could have been avoided by practicing proper safety techniques."

(Editor's Note: Nancy Rasmussen, U.S. Army-Pacific Public Affairs, contributed to this article.)

Soldiers, spouses compete in multi-service bowling tourney

Story and Photos by
SPC. JESUS ARANDA
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Servicemen and women, military family members and military retirees from Schofield Barracks competed against teams representing U.S. Marines, Air Force and Navy during the All-Services Bowling Tournament held at several Oahu military bases, April 4-9.

The U.S. Army team welcomed talented military bowlers from the other services to Schofield Barracks, April 8, to test the Army's talents for bragging rights and several prizes.

Representing the active Army on Schofield Barracks were Soldiers from Headquarters Support Company, 25th Special Troops Battalion, 25th Infantry Division, including Sgt. 1st Class Ken Andreas, the HSC operations noncommissioned officer, and Sgt. 1st Class Brian Ash, an equal opportunity representative for the STB.

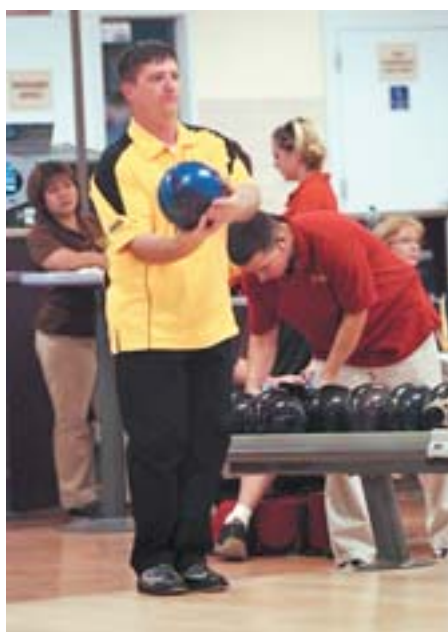
"I'm proud to be able to represent our company and the Army," Andreas said. "Through this competition we get the opportunity to see other sides of the military and meet some of their best service members and bowlers."

As part of the five-day tournament, competitors toured several bowling centers on Oahu military bases, including Kaneohe Bay, Hickam Air Force Base, Pearl Harbor and Schofield Barracks.

Through the rotation, each military installation provided teams the opportunity to perform at their "home field."



Left: Army team member Giovanna Morley, a resident of Makakilo, Hawaii, hurls her bowling ball down the lane during the singles competition of the All-Services Bowling Tournament held at the bowling center, here, April 8. Morley, a military spouse and the daughter of a retired Soldier, will also compete this June during the Hawaii TV Bowling League, an inter-island bowling competition. Right: Sgt. 1st Class Ken Andreas, operations noncommissioned officer for Headquarters Support Company, 25th Special Troops Battalion, 25th Infantry Division, prepares to bowl in the All-Services Bowling Tournament against military bowlers from the U.S. Marines, Air Force and Navy installations on Oahu.



Andreas said. "But we all want to have fun and improve our skills by meeting and playing against bowlers from the other services."

Bowlers were scored by their performance during the five-day tournament, according to competition category and gender.

Among the categories of competition were singles, doubles, mixed doubles and total pin-fall count.

"I didn't join the tournament expecting to be perfect," said Giovanna Morley, a military spouse and the point leader among females, going into the singles competition at Schofield.

"The other bowlers are really competitive, but we all see the tournament as an opportunity to improve," she said.

As the competition came to a close, the feeling of camaraderie amongst all teams present was palpable for some event spectators.

Bowlers competing against one another laughed, cheered and playfully teased each other between pin strikes.

This, according to Andreas, was the reward all bowlers took home at the end of the day.

"In the beginning of the tournament, some people were more serious in their attitudes, but since then, the tournament has become more about having fun," Morley said.

"We're all here to have a good time," Andreas added. "We're enjoying the competition and helping each other out."



Today

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 16. Call 655-9746.

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

Kualoa Ranch Movie Set and

tunity to perform at their "home field."

"Many of the bowlers here feel the lanes at Schofield are some of the better lanes on the island," Andreas said.

"But every service has a chance to bowl at one of their (own) military posts."

For members of the Army team, the goal of the tournament was to win, but

the most rewarding aspect was the opportunity to compete with such a diverse pool of multi-service bowlers.

"We're bowling to win, of course,"

Jungle Tour — Enjoy all your favorite things about Hawaii in just one afternoon, April 17, 6 a.m.-3:30 p.m.

Experience a North Shore tour and enjoy the thrilling Kualoa Ranch movie set and jungle tour for just \$74 per person. Round-trip transportation is available. Call 655-0143.

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, Per-

sonal 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 ac-

track and field competition is April 17, 6:30 a.m., at Stoneman Field, Schofield Barracks.

The softball competition is May 1, 6 a.m., at the Wheeler Army Airfield softball fields. Call 943-8808, ext. 114, or e-mail carasohi@aol.com.

18 / Sunday

Honolulu AIDS Walk — Registration is open for the 5K Honolulu AIDS Walk, April 18, at Kapiolani Park. Visit www.honoluluaidswalk.org,

active duty Army, Reserve and National Guard Soldiers are eligible to play men's slow-pitch softball. Applications are due April 21.

Call 438-9572, 655-0856 or visit www.mwrarmyhawaii.com.

24 / Saturday

Dude...Find the Food — Teen organizers for ACS are looking for teams of their peers to participate in the scavenger hunt, April 24, 8:30 a.m., Schofield ACS. Register seven-member teams at 744-0824 or e-mail llumb-smith@aol.com.

24 / Saturday

Hot Pursuit — Code-crackers and brainteaser busters are invited to join Hospice Hawaii in a mile walk from Ward Warehouse where participants will race to receive clues to mystery destination, April 24.

Registration starts at 8:30 a.m. Call 791-8011 or visit www.hospicehawaii.org.



Send sports announcements to
community@hawaiiarmyweekly.com.

Today

Operation Purple Camp — Register for a free, four-week summer camp

Healthy Kids Day — The YMCA Healthy Kids Day, the nation's largest health day for kids and families, is April 17, 9 a.m.-2 p.m., at the Bishop Museum.

Special Olympics — The Special Olympics-Hawaii, Central Honolulu

‘Cacti’ leaders learn principles of CrossFit fitness, gain insight

Story and Photo by
SPC. JAZZ BURNEY
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – A hand-picked number of leaders from the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, trained with certified CrossFit professionals during a five-day train-the-trainer program, May 30-April 2. Battalion leaders selected to participate at the CrossFit gym in downtown Honolulu learned cross functional fitness principles.

CrossFit teaches cross-functional fitness that works numerous muscle groups at the same time that produces results that a single muscle group exercise could not.

“We are instructing ‘Cacti’ leaders on basic strength conditioning knowledge, full range of motion exercises, correct technique and proper body alignment,” explained Bryant Powers, the head coach at CrossFit Oahu and a Cacti veteran from Operation Enduring Freedom in 2004..

“These are the fundamental concepts for successful fitness programs,” Powers said.

CrossFit Oahu designed the training to produce skilled physical fitness instructors who could generate holistic and measurable workouts for their Soldiers in preparation for the brigade’s upcoming deployment.

“We have seen that the type of training CrossFit offers, prepares and trains Soldiers to identify fitness weaknesses such as improper form, which prevents Soldiers from receiving well-balanced physical results,” said 1st Lt. Dan Long, the battalion assistant operations officer.

Long said this type of fitness will help Soldiers on their next deployment.

During the training, Soldiers learned that by using common movements (such as squatting, lifting objects and shifting body weight, while applying proper muscle technique) the body becomes stronger and naturally more resilient, according to Powers.

“The program taught me the value of proper technique versus intensity,” said Cpl. Robert Aikanoff, a scout with Headquarters Company.

“I understand now with these new insights that using this training with other Soldiers will pay off in our upcoming deployment,” Aikanoff, said.



Soldiers from the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, swing kettle bells as part of a CrossFit program in Honolulu that works numerous muscle groups to stimulate the body. Working multiple muscle groups at the same time produces better results than a single muscle group exercise. Skills learned during the five-day train-the-trainer class will benefit Soldiers’ fitness levels during future deployments.

Hawaii Sergeants Major Association holds local charity golf scramble

Soldiers golf to contribute to community organizations that support local, military families

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

SCHOFIELD BARRACKS – With their busy work schedules, it’s not every day a team of sergeants major and Soldiers get together to play a relaxing game of golf.

However, members of the Hawaii Sergeants Major Association recently found a way to make the time, all for a good cause.

Members of the HSMA donned golf apparel and hauled equipment to Leilehua Golf Course, here, for the first Multi-Benefit Scramble Golf Tournament, April 9.

“This is our chance to give back to the community and support a lot of the helpful organizations that work off of contributions from the public,” said

Sgt. Maj. Larry Webb, G-4 sergeant major, U.S. Army Pacific Command. “I like to play golf, as do a lot of members, so we decided why not hold a golf tournament to raise money for some of the places that do so much to support our Soldiers.”

During the scramble, golfers participated in contests which included longest drive, most accurate drive in the fairway, and the highest and lowest scoring teams.

“I got an invite from one of my golfing buddies, so I came down here with him to play some golf,” said Spc. Alvin Jenkins, 2nd Stryker Brigade Combat Team. “This is a benefit tournament, so it’s going to a good cause.”

“I got into golf back in high school, and I really love it,” Jenkins added. “It’s a real relaxing sport where you can meet new people, have fun playing, and participate in events that help a lot of people.”

The golf tournament only lasted one day, but the experience and the proceeds will continue on for months.

The proceeds from the event will go to the Fish-

er House Hawaii, 1st Tee-Hawaii, U.S. Vets-Hawaii and Army Community Service family advocacy programs.

These organizations that support the local military will be able to bring much-needed services far into the future from the efforts of groups such as the HSMA.

“If you love the community and volunteer your services to it, your community will love you,” Webb said. “That’s how it’s always been with me over the years. It makes me feel good and (volunteering) should be a priority in everyone’s lives.”

Jenkins added, “Events like this give a chance for Soldiers to make a difference in someone’s life. Golf is a sport anyone can play where you don’t have to worry about people getting seriously hurt, so everyone has a good time ... I’m glad I came out here.”

Spc. Alvin Jenkins, a Soldier with the 2nd Stryker Brigade Combat Team, 25th Infantry Division puts a ball in the hole during the Hawaii Sergeants Major Association golf scramble, April 9, at the Leilehua Golf Course.



Kristie Little | Courtesy Photo

Wrestlers from Tropic Lightning Screaming Eagles, a Family and Morale, Welfare and Recreation youth sports program at Schofield Barracks, compete in a round-robin tournament, April 10.

Wrestling teaches life, sports skills

LACEY JUSTINGER
Pau Hana Editor

SCHOFIELD BARRACKS – The Tropic Lightning Screaming Eagles wrestling team, a Family and Morale, Welfare and Recreation Youth Sports program, here, teaches military children of all ages discipline, self-reliance, good sportsmanship, friendship and sacrifice.

These teaching points sound a lot like the Army core values of loyalty, duty, respect, self-discipline, honor, integrity and selfless service that their parents embrace each day.

“Wrestling is the only sport that you have no one to help you, but your team depends on you,” said Staff Sgt. Kevin Corbett, member of the Hawaii Air National Guard, volunteer Screaming Eagles head coach and wrestling coach for Campbell High School boys and girls junior varsity and varsity teams.

“I’m in the military myself, and it’s like coaching my own family,” he said. “The difference between military and local teams is the military kids leave, and you don’t always get to finish what you started with them.”

The Screaming Eagles competed in a round-robin tournament, April 10, where wrestlers were matched by age, weight and experience.

If possible, boys and girls are separated, but as there are less girls in the sport, they do throw and takedown with the boys.

Hawaii is one of only three states that has female championships and is the top state for female wrestling recruitment programs, Corbett said. Female wrestling is the fastest growing sport in colleges.

The Screaming Eagles coaching team adjusts the program philosophy based on the age of the athlete, which ranges from 5-18 years old.

Younger children are taught the basics of the sport like neutral, offensive and defensive positions through repetitive drills and games to encourage enjoyment.

For the older kids, things get more intense. “I believe that nothing in life worth having comes easy or cheap,” Corbett said. “We win our championships in our practice room, through hard work and sacrifice.”

The team grapples against local state teams but has the opportunity to travel to other islands and the continental United States, if desired.

They travel to Maui for Folk-style championships; and Idaho, Utah and North Dakota for Amateur Athletic Union Western Regionals and Nationals in Folk-style, Freestyle and Greco-Roman, depending on the age and individual style of the competitor.

Travel is voluntary, as it self-funded along with the uniform shirt, short, shoes and headgear.

FMWR supplies the facility, tape, mats and the singlets, which are the one-piece spandex suits used in wrestling.

The Screaming Eagles is the only wrestling program on island that has all-volunteer high school coaches running the program rather than parents, according to Corbett. But, he never turns anybody away that wants to learn or help.

“I really fell in love with teaching, spending time with the wrestlers and building a program,” he said. “I coach, it’s what I am. I have always been competitive, and there is nothing better than wrestling.”

As a parent of male and female wrestlers, he said there is nothing better than watching your child grow as a person and an athlete.

“As a previous wrestler and in 22 years of coaching, I have never met anybody that was sorry that they wrestled, only the ones that were sorry they didn’t,” he said.

All the competing Screaming Eagles earned a medal in Saturday’s round-robin, and the team would have placed second, if there was an award for overall team scores.