

## REINTEGRATION, A-11



## 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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## 28 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 1/14/2009.

### Commander's Corner

# Installation access programs ensure safety

**LT. COL. MARK BOUSSY**  
Commander, U.S. Army Garrison-Oahu

As we continue to rotate and deploy our great Soldiers, it can be a burden on our families and those who temporarily come to help care for our children to access our installation or use the facilities. The garrison has two programs that make this process easier for our community members or guests.

These programs ensure the safety of those living and working in our community while also making sure only authorized individuals are using the post facilities.

### Gold Installation Access Pass

A Gold Installation Access Pass is issued to approved houseguests, family care plan providers, caregivers, and agent cardholders authorizing them access to Army installations on Oahu. Access passes are only issued with proper documentation and upon completion and approval of the application process.

Many families of deployed or deploying

Soldiers may receive houseguests while their Soldier is gone. Houseguests who stay in on-post housing for 30 days or longer must request and receive approval from your designated Army Hawaii Family Housing community center prior to requesting a Gold Installation Access Pass.

A family care plan provider is defined as a relative or nonrelative who is properly documented in the Soldier's Family Care Plan. This individual typically provides for the care of a Soldier's family while he or she is deployed, on temporary duty (TDY) or hospitalized.

A caregiver is an individual who has been referred by the Exceptional Family Member Program or state agency, or indicated in a legal binding contract appointing that person as an in-home care



Boussy

provider on a regular basis.

The Gold Installation Access Pass ensures the approved applicant has access to all Army installations on Oahu.

### Agent card

An agent card provides an approved applicant access to the commissary, post exchange, and Family and Morale, Welfare and Recreation facilities (certain restrictions apply). An authorized patron may designate an agent to make purchases on his or her behalf under the following circumstances:

- No adult dependent member of the sponsor's household is capable of shopping due to the sponsor being deployed or physically disabled, or when the spouse is unable to shop due to a disability.
- An individual is needed to assist a retired member, a retired member's spouse or a widowed spouse with shopping due to severe illness or disability.
- A divorced spouse of active duty military

# Is MLK Day necessary?

**KYLE FORD**  
Assistant Editor

I'll be the first to admit, I don't get it. I don't get why there is the need to have a Martin Luther King Jr. Day, or a month dedicated to one cultural ethnic group or another.

Yup, I'm white and as mixed a mutt as most white Americans. A genealogy list would be out of the scope of this article, so let's just say I'm predominantly Gaelic, Norse and a Jew (by choice), with others thrown in for spice.

As a military brat, I never saw color. I just analyzed whether a person could do a job or was worth hanging out with.

Remember, segregation in the military was banned in 1948. When sailors visited my family, my parents set the standard to socialize with people of all races and colors.

No, I never "lived the struggle" as my friends used to tell me. I still base my understanding from my experiences.

Being from the Northwest, my grandparents didn't have stories about segregation or the "Million Man March." My grandmother talked about homesteading, the 200 years of civil war the Irish fought against the English, and being discriminated against for being Irish. In fact, when I was stationed in the United Kingdom in the early 90s, some hotels still displayed signs that read "No Irishmen or dogs will get a room here."

One person in my extended Jewish family tells me he knows his life is worth two bags of grain, because that's how much it cost the U.S. to release him from the Soviet Union as a child.

When I joined the military, cultural diversity was part of my value system. I took from all the people I was exposed to, what appealed to me. I incorporated their attributes into my thinking. I never cared what color my co-workers were. Again, I just cared if they could do their job and could I count on them in a pinch?

It wasn't until I was stationed in Mississippi that I realized not everyone thought the same way I did. I recall the late 90s, when I drove from Maryland to Mississippi. During the trip across Alabama, I noticed many establishments inconspicuously displayed Ku Klux Klan stickers.

I discovered the distrust and dislike was on both sides of the racial divide. Once, while walking with my lovely black girlfriend, we were accosted by a group of black men and told we should be

"dating our own kind."

Another time, a black staff sergeant and I were kicked out of a mini-mart because we were told, "His money is no good here and neither is yours." Sure enough, on the right corner of the building we noticed a KKK sticker.

Dr. Martin Luther King Jr. preached inclusion. He preached a world without color, so why do we separate this day from others? Why do we separate and single out African-American culture from all the other American cultures?

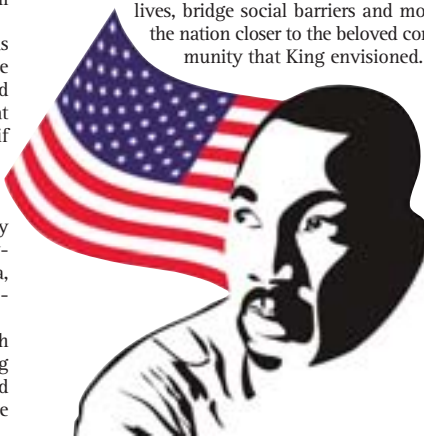


For more information on Martin Luther King Jr. Day, visit [www.mlkday.gov](http://www.mlkday.gov).

King was a soldier who fought for freedom for all people. His weapons were the Bible and the conviction that he was doing the right thing. Like many soldiers, he paid the ultimate sacrifice for freedom. That, in itself, is worth remembering.

This special day is a reminder that education is the best way to dispel fears. People who learn their history and the history of others can work hard to keep history from repeating itself. The adage "Treat your neighbor as you would like to be treated" knows no color.

While every day should be lived with respect to all people, cultures and religions, Monday's holiday has transformed into a day where people of all ages and backgrounds should come together to improve lives, bridge social barriers and move the nation closer to the beloved community that King envisioned.



"Think about it"

## Weak links are a matter of perspective

EO manager provides tips for dealing with office deadbeats

**LT. COL. DARREN HOLBROOK**  
U.S. Army-Pacific Equal Opportunity Program Manager

Many managers or supervisors think they have one person that does not fit into their picture of the organization.

I would challenge those managers to try something different. Find out what that person does well and take advantage of it. Change the duty description of his or her job. Sometimes that may be hard to do; after all, you are the boss and that person needs to do

what you tell him or her to do.

As a manager or supervisor, you are looking for ways to make your organization better, and you want to make your personnel count. Rearrange your organization to make it the best it can be, based on the personnel you do have.

Understanding the strengths and weaknesses in your office will make your organization better, but only if you adapt to those strengths and weaknesses.

If you don't have an open mind, then it won't matter how much diversity you have in your organization. Make your people count; don't count your people.



# Self control can keep 'one of those days' from getting worse

**CHAPLAIN (CAPT.) BILL E. KIM**  
209th Aviation Support Battalion

Is it going to be one of "those days" for you? The story that follows, from the *Jokesmith*, illustrates a making of "that" kind of day.

A photographer for a national magazine was assigned to get photos of a great forest fire. Smoke at the scene hampered him, and he asked his home office to hire a plane.

Arrangements were made, and he was told to go at once to a nearby airport where the plane would be waiting. When he arrived at the airport, a plane was warming up near the runway.

The photographer jumped in with his equipment and yelled, "Let's go! Let's go!" The pilot swung the plane into the wind, and they soon were in the air.

"Fly over the north side of the fire," yelled the photographer, "and make three or four low-level passes."

"Why?" asked the pilot.

"Because I'm going to take pictures," he said. "I'm a photographer and photographers take pictures."

After a pause, the pilot said, "You mean, you're not the instructor?"

A little issue can lead to a lot of trouble. I suppose it's quite safe to assume that all of us have had one of "those" days.

Of course, what I speak of is a day where one bad issue leads to another and eventually it forms the ultimate chain of negative events that causes us to lose complete control. It's as if we were suddenly selected to be a contestant on "One versus 6.8 billion." Nothing seems to go correctly or as planned, and if that isn't bad enough, Murphy's Law finds a way to completely destroy the day.

While some of the negative experiences may be the fault of an

other, how often is it that we take the time to look inward at ourselves? We often play the "blame game" rather than take the time to recognize our own faults, many of which may actually have resulted in the day's negativity.

The December 1990 issue of *Bits and Pieces* states, "If you could kick the person responsible for most

of your troubles in the backside, you wouldn't be able to sit down for two weeks."

One such example is the use of our words. All of us are able to

remember times when the day would have passed by more peacefully if we had only kept quiet instead of verbally retaliating.

One of the fruits of the spirit, mentioned in Galatians 5:23, is self-control. If anyone finds himself or herself emotionally charged during a heated argument, it's best to exhibit self-control, that is, to keep silent, in order to prevent the situation from becoming worse.

But sometimes, words are necessary to correct a situation. So instead of hurling insults or trying to prove and point out the other party's wrongdoings, it's best to speak without contempt or anger.

Proverbs 15:1 reminds us that "a soft answer turns away wrath, but a harsh word stirs up anger."

So what we must remember is that we need to choose our words wisely, or speak nothing at all. God bestowed the gift of wisdom upon each of us, and if we fail to use it, we will only go to prove the old adage from Abraham Lincoln: "Better to remain silent and be thought a fool than to speak out and remove all doubt."



Kim



With the inauguration of the U.S.'s first black president Tuesday, what special meaning does Martin Luther King Jr. Day have for you?



"I wish Martin Luther King Jr. was still alive today to witness the inauguration."

**Trina Abernathy**  
Family Member



"It should be a special day, no matter what."

**Staff Sgt. Deandre Grant**  
Petroleum Supply Specialist  
2-6th Cav.



"It's amazing to see how things have changed over the past few decades."

**2nd Lt. Janelle Jones**  
Quartermaster Officer  
540th Quartermaster,  
45th Sustainment Brigade



"It makes no difference. The holiday has the same purpose as it always has."

**Warrant Officer 4 Loren Sampson**  
Standards Pilot  
3-25th Avn.



"It means great leadership and great change in our system. We should be looking at one another as one people, not broken up by race or anything else."

**Sgt. Visala Tui**  
Medical NCOIC  
HHHC, 2-27th Inf.

# ‘Never Daunted’ battalion says aloha

**2ND LT. PATRICIA CONNOLLY**  
84th Engineer Battalion (Construction Effects)

MOSUL, Iraq – The 84th Engineer Battalion, “Never Daunted,” reached a significant milestone Jan. 3. Battalion Commander Lt. Col. Nick Katers and Command Sgt. Maj. Roy Ward led the battalion in the time-honored tradition of receiving the symbol of service to the U.S. during a time of war – the combat patch.

More than 500 members of the “Never Daunted” team formed in the battalion area to receive the 130th Engineer Brigade unit patch from a member of their chain of command. The combat patch ceremony culminated two months of the battalion transitioning to theater, preparing for the mission and training for daily operations.

When the “Never Daunted” battalion arrived in Kuwait, mid-November, Soldiers eagerly grabbed their gear and headed out for training on weapons ranges, tactical movement convoys, vehicle familiarity exercises, close-quarters battle simulations, and personal security lanes.

As time raced by, the 84th moved north to Mosul, Iraq, to relieve the 94th Eng. Bn., commanded by Lt. Col. Luke Leonard. During an introductory ride, the 84th partnered with their 94th counterparts to better understand their responsibilities, the assigned zone of operations, and most importantly, the 94th’s lessons learned.

The battalions conducted a transfer of authority ceremony Dec. 12, 2008, and the 84th Eng. Bn. officially took over operations.

Thanks to the 643rd Eng. Company, new



1st Lt. Emily Hannenberg | 84th Engineer Battalion (Construction Effects)

Soldiers of Headquarters and Headquarters Company, 84th Engineer Battalion (Construction Effects), 18th Engineer Brigade, prepare vehicles and equipment for the execution of Tactical Mounted Convoy Training, at Camp Buehring, Kuwait.

South East Asia huts sprang up throughout the battalion area, as the 84th quickly realized the need for more breathing room.

Soldiers settled into containerized housing units, sections established battle rhythms, and companies went hard to work in their motor pools. Sprucing up the battalion area and improving living conditions certainly boosted morale.

The “Never Daunted” team’s pride continues to rise as it pushes forward with its mission.

Headquarters and Headquarters Company (HHC) and the 59th Mobility Augmentation

Company are hard at work completing joint operations with the 2nd Iraqi Engineer Regiment.

The 523rd Eng. Co. focuses its efforts on force protection improvement and road repair, while the Forward Support Company continues to transport equipment and perform vehicle maintenance.

The companies have quickly adapted to their surroundings and are on the path to successful mission accomplishment.

The “Never Daunted” battalion sends thanks to 84th spouses, families and rear detachment leadership for their continued support.

# 3rd IBCT helps school improve community

**SPC. ANGIE JOHNSTON**  
3rd Infantry Brigade Combat Team Public Affairs

DIBBIS, Iraq – School Headmaster Tufik Sefiden is a busy man. He’s running a trade school and taking steps to improve the city of Dibbis.

The school he runs, open to adult residents of the city, actually pays its enrolled students.

Many of the students are former members of the Sons of Iraq, an organization that greatly contributed to the safety and security of the region last year. Each student earns roughly \$260 per month, which is dependent on regular attendance.

In its fourth month of operation, the school boasts 211 students from all walks of life. They learn a wide array of subjects: electrical wiring, carpentry and masonry, vehicle maintenance and welding.

The students put their newfound knowledge to work by applying their skills in the local community. They’re currently improving and renovating a run-

down school in a neighboring village, and they recently constructed streetlights to line the paved roads in their town.

Members of the 3rd Infantry Brigade Combat Team (IBCT) have been working with Sefiden to ensure that he has enough supplies. In addition to school materials, 1st Lt. Andrew Nyerges, a platoon leader with the 3rd IBCT, helps make sure the students have plenty of lumber, cement and sand.

“It really makes me feel great knowing that most of these projects are set up to help the community, like building schools and giving electrical power to nearby villages,” said Nyerges.

The school is also preparing students to open their own businesses.

“The practical exercises the school uses really set the students up for success after they graduate,” said Nyerges. “Each of these individuals is learning to improve their own country, which is a good step to a more stable Iraq.”



# Security agreement provides hope for Iraqi communities

SGT. WHITNEY HOUSTON

3rd Infantry Brigade Combat Team Public Affairs

BAGHDAD — As Iraqis continue to take steps toward making their nation autonomous, they possess new hopes and expectations for better things to come.

Following new protocol outlined by the new security agreement, Multinational Division–Baghdad Soldiers accompanied by their Iraqi Army (IA) counterparts conducted a foot patrol Jan. 8 passing out flyers in the Sadr City district of Baghdad.

The IA soldiers, from the 45th Brigade, 11th Iraqi Army Division, and their American counterparts were helping to inform the people of a criminal supposedly in the area.

“All the patrols we do now are with the Iraq Security Forces. Be it the Iraqi Police or the Iraqi Army. We can’t just run patrols on our own anymore. It is very important that it be this way because they are in the lead now,” said 1st Lt. Kenneth Jura, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” 2nd Stryker Brigade Combat Team, “Warrior.”

The combined patrol mingled with the Iraqi people as they moved along. They not only showed a friendly presence, but also showed the populace that Iraqi Security Forces (ISF) are becoming more apt to take control.

“The main part of the patrol was ... let the population see the IA taking part in a presence patrol to fur-

ther increase trust between the ISF and the populace,” said Staff Sgt. Douglas, 1st. Bn., 27th Inf. Regt.

Jura went on to explain some of the advances that Coalition Forces have been able to make by gaining trust and showing the IA a military system that works. In response to efficiency and trustworthiness, the IA began to organize and pattern its military after that of the U.S. military, which has enabled the IA to move forward in “leaps and bounds.”

Although the IA has made significant progress, time and attention is needed to ensure solidarity.

“Just like with anything, this step forward will take time to develop, and it will evolve with time,” Jura said. “But the security agreement is set up in spirit to enable these people to have the freest life possible.”

Soldiers who have served multiple tours in Iraq have noticed the fruits of their labors unfold leading to the new agreement.

“It’s been good to see that things have improved,” said Sgt. Jason Stalnaker, 1st Bn., 27th Inf. Regt. “Since my last deployment in ‘04 and ‘05, I’ve been able to see all the steps, and it’s been a total turn around. Being away for two years between my deployments and coming back to progression feels like something has been accomplished.”

With much still to do, the new security agreement provides a glimpse of hope in which Iraq will become a safe, secure and sovereign nation.



Staff Sgt. Jessika Malott | 8th Military Police Brigade Public Affairs

## Big dogs loose in Iraq

CAMP LIBERTY, Iraq — In a symbol of unit pride, the “Watchdog” Soldiers of the 8th Military Police Brigade, Multinational Division – Baghdad can admire their unit mural while they are at the brigade compound. The artist, Staff Sgt. Aaron Cheateaux, a San Clemente, Calif., native, completed the mural Jan. 7.

# Lifeblood of Iraqi farms returns, crops flourish

2ND STRYKER BRIGADE COMBAT TEAM PUBLIC AFFAIRS  
News Release

CAMP TAJI, Iraq – Since the 1960s, the irrigation infrastructure that had sustained the people in the rural areas surrounding Baghdad and nourished their cities’ crops had fallen into disrepair due to lack of maintenance and illegal tapping.

When violence struck the Taji Qada in 2003, irrigation systems were further degraded and the people who lived and worked on the land suffered, said Capt. Mark Gillman, an engineer assigned to the 2nd Stryker Brigade Combat Team (SBCT), “Warrior.”

The hardest blow to the infrastructure hit in 2007 when a mortar round destroyed Pump Station 1, he added. This pump station lies directly between the Tigris and Euphrates Rivers and pumps water to nearly all the farms along the canal systems.

After that incident, the Government of Iraq (GoI) disabled power to the pump station and the irrigation systems ran dry.

Recognizing the problem, Coalition Forces began to work with the GoI to bring water back to the farms in the area. Since August, approximately \$1 million of GoI and Commander’s Emergency Relief Project funds have been poured into restoring and expanding the irrigation pump station, installing a dedicated electrical line and repairing the irrigation canals.

The results are clearly visible from the air. What was once brown, dry land is now green and lush with thriving crops.

“It is really incredible how green the area is now,” said Maj. Anthony Barbina, brigade engineer, 2nd SBCT.

Barbina estimates nearly 13 square kilometers of farm land is now restored.

“The contrast (from the air) shows visually what we’ve been saying for months,” Barbina said. “The security is better. When security is better, the government can function, and as the security gets better, the land starts producing again.”

Still more must be accomplished, but Barbina and Gilman say they are hopeful that progress will continue, and the GoI will continue to be instrumental with further refurbishments of the irrigation systems in the area.

# Abu Ghraib Hospital gets a charge

US funds help health care facility maintain power

CAPT. BENJAMIN ROARK  
1st Battalion, 21st Infantry Regiment

ABU GHRAIB, Iraq – For the first time in many years, the Abu Ghraib Hospital was able to turn on its lights without having to count down the hours until the lights went out again.

After several months of planning and work by the Baladiyah (municipality in Iraq), the Abu Ghraib Hospital started receiving constant power through an 11 Kilovolt (Kv) power line that stretches nearly 1.5 kilometers back to the Al Ban Substation.

The U.S.-funded project, which cost approximately \$200,000, began in August with the digging of a trench from the substation to the hospital to reinforce certain areas of the trench to provide extra support for the line.

According to Capt. Mark Gillman, an engineer assigned to 2nd Stryker Brigade Combat Team “Warrior,” the new 11Kv power line is exempted from the load-shedding plan that forces substation operations to ration limited power to the various neighborhoods connected to it on a “two-hours-on and four-hours-off schedule.”

With sufficient power, the more than two dozen hospital physicians are now able to run basic services without disturbance, including laboratory equipment and refrigeration of medications and more complex neonatal incubators and echocardiograms, Gillman explained.

Periodic stoppages throughout the day had long hindered treatment, particularly for inpatients. The 50-bed hospital is the primary inpatient facility in west Baghdad and serves



Spc. Daniel Herrera | 2nd Stryker Brigade Combat Team Combat Camera

A newborn baby sleeps in an incubator at Abu Ghraib hospital, July 24, 2008. Coalition Forces have addressed the issue of a lack of electrical power at the hospital.

more than 300,000 residents from Khadamiyah to Balad.

The Abu Ghraib Hospital electric line project is just one project of the hospital network, funded by the United States and the Government of Iraq (GoI).

“We are able to move forward on many projects now due to the increased security by the local security forces,” said a member of the Abu Ghraib Qada Council after a meeting at governance center.

The 11Kv line project is just one element of a group of larger projects to completely renovate the hospital, inside and out, made possible

only through the cooperation and coordination of many agencies.

If not for the support and cooperation of the GoI offices, to plan and approve the dedicated electric line, the hospital would have continued in its struggle to support a population of more than 300,000 people with the eight hours of sporadic power it received per day.

“I have been overjoyed at the support of the local government,” said Dr. Najh Noori Jaber, hospital director. “We have been in much need, and they have come through to help the people of Abu Ghraib.”

# Indian Army plans future operations with U.S. military

Story and Photo by  
**STAFF SGT. CRISTA YAZZIE**  
U.S. Army-Pacific Public Affairs

HONOLULU — Less than two months after a series of terrorist attacks on the people of India, senior officials from U.S. Army-Pacific (USARPAC), joined by Marine Forces Pacific and Special Operations Command-Pacific, met with members of the Indian Army for the 13th Annual Indian Executive Steering Group (ESG) to coordinate training engagements between the ground forces of the two countries.

“Since 1995, we have met annually to enhance our relationship, and we have made significant progress over the last many years,” said Lt. Gen. Benjamin R. Mixon, commander, USARPAC, who gave opening remarks with his counterpart Lt. Gen. A.S. Sekhon, Indian Army director of general military operations. “Our relationship with India has been and will continue to be a centerpiece of our strategy with the United States Army in the Pacific.”

Mixon addressed plans to build a strategic partnership through eight initiatives established by U.S. Army Chief of Staff Gen. George Casey and Indian Army Chief of Staff Gen. Deepak Kapoor to enhance cooperation.

“The need for these initiatives are more urgent



Lt. Gen. Benjamin R. Mixon (second from left), commanding general, U.S. Army, Pacific (USARPAC), discusses the mission of USARPAC region with Lt. Gen. A.S. Sekhon (third from left), Indian Army director of general military operations during the India Executive Steering Group.

now in light of the Mumbai terrorist attacks,” Mixon said. “A great deal of work has been done by our staffs in preparation for the ESG, and I am optimistic

that we can work together to produce outstanding results. I would like to continue to build upon these successes so we can enhance our professional and

personal friendships.”

Sekhon emphasized the importance of the friendship of the countries.

“We in the Indian Army are looking towards taking our relationship further. Our cooperation has come a long way,” Sekhon said. “It started from a lower level of cooperation, with subject matter engagements to tactical level exercises with boots on the ground, and I think the doctrinal exchange such as this ESG has really paved the way to take this cooperation further towards higher cooperations.”

The week’s events include review and assessment of the previous year’s joint and combined training events and coordination of future actions between both militaries.

Mixon expressed condolences on behalf of USARPAC and expressed faith in the resilience of the people of India to withstand the attacks and prosper as a vibrant democracy.

“India is the world’s largest democracy and a very close ally to the U.S.,” said H. Ali Mohammed, U.S. Dept. of the Army Headquarters international affairs interoperability analyst and ESG attendee. “As such, we must forge ahead to meet all the challenges in the world today.”

## News Briefs

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

### 16 / Today

**Kolekole Pass Reopened** — The Navy has reopened one lane of Kolekole Pass Road to allow authorized vehicles access between the Waianae Coast and Schofield Barracks in Wahiawa.

The single lane will be open for morning commuters from 7 a.m. to noon for one-way traffic from the Waianae Coast to Schofield Barracks; and

from noon to 5:30 p.m. for one-way traffic from Schofield Barracks to Waianae for the afternoon commute.

The single lane will open Monday through Friday only, pending current weather conditions, and will remain closed on weekends and holidays. Call 655-7114.

**Motorcycle Safety Rodeo** — The 8th Theater Sustainment Command will sponsor a Motorcycle Safety Rodeo, Jan. 16, 7-9 a.m., at Fort Shafter Flats. A group ride and lunch will follow the rodeo.

Riders will be inspected for licensing, paperwork and correct personal protec-

tive equipment, and then riders must perform a series of skills tests.

The rodeo is open to all military motorcycle riders. Riders are asked to bring at least one nonperishable canned good item to donate to the Food Bank of Hawaii. Call Tim Ah-Young Shelton at 438-0835 for more information.

### 17 / Saturday

**Warrior Assistance Center Closed** — The Warrior Assistance Center (WAC) will be closed Jan. 17-Feb. 8 for construction. The WAC will continue providing services to the Warrior Transition Battalion. Contact the WAC director at 225-0397 for more information.

**Kolekole Avenue Construction** — Construction on the intersection of Flagler Road and Kolekole Avenue will begin the weekend of Jan. 17-18. The northern portion of that intersection will be closed to traffic.

Normal traffic routes along Kolekole Avenue will continue to be contra flowed as planned. Call 655-0497.

### 19 / Monday

**Tripler Road Work Continues** - Motorists coming to Tripler may have noticed that the traffic flow into Tripler Army Medical Center has improved. Contractors finished resurfacing around the main gate Jan. 12.

Contractors have finished Jarrett White Road and are now resurfacing Patterson and Krukowski roads, the other two main adjoining roads that circle the main Tripler campus.

Road construction will begin Feb. 19 and is scheduled daily, 9 a.m. - 5 pm until Feb. 4.

As roadwork progresses, expect temporary detours and lane changes.

Jarrett White Road, from the main gate to the mountain-side Tripler entrance, may be closed at times, except for emergency vehicles.

Plan ahead and allow extra driving

**SEE NEWS BRIEFS, A-8**





Joel Brunger (right forefront), fence crew leader, demonstrates to Col. Maria Gervais (center, wearing beret), commander, Army Environmental Command, and staff how the fence post pounder is used to insert fence posts into lava-hardened grounds at PTA's borders, known as the western fuel break.

# Army’s top environmental leader visits Pohakuloa Training Area

Story and Photo by  
**CHICPAUL BECCERA**  
U.S. Army Garrison-Pohakuloa Training Area Public Affairs

POHAKULOA TRAINING AREA, Hawaii – The commander for the Army Environmental Command (AEC) gained first-hand knowledge of the work being done by natural and cultural resource programs at Pohakuloa Training Area (PTA), Jan. 8.

Col. Maria Gervais, commander, AEC, monitors the Army’s environmental programs and is a key advisor to its environmental challenges.

“As the commander of the Army Environmental Command it is important for me to understand the environmental challenges our installations are facing, so I can determine how my command can best help,” said Gervais. “I also wanted to observe what PTA environmental personnel are doing to protect the environment and ensure Soldier readiness so that Soldiers can train here.

“It is very important for me to understand how environmental work is done here,” she continued, “why it is done and to determine where the Army Environmental Command can help PTA in the mission execution of both training Soldiers and continuing to be

good stewards of the environment.”

Gervais toured the PTA interpretive garden and propagation facility after receiving a command brief by Lt. Col. Warline Richardson, commander, U.S. Army Garrison-PTA; Bill Godby, PTA archaeologist and cultural resources program manager; and Steve Evans, PTA biologist and natural resources program manager.

Later, Gervais and six AEC staff members went to the western edge of the installation, known as the western fuel break, where they witnessed a fencing demonstration, viewed a weed control buffer area for the Mauna Kea Pamakani plant, and watched an emergency exclosure and planned fence unit for the Hawaiian Prickle Leaf plants. The group also visited Training Area 5 where Gervais and AEC staff toured ancient Hawaiian site.

“The natural and cultural resources personnel at PTA are doing what they can to protect the environment in order to allow the Army and the other services to train at this location,” Gervais said. “Without the work that they do, the Army and the other services would not be able to train because we would not meet our obligations in accordance with wildlife regulations, historic preservation laws and the endangered species act.”

Natural and cultural resources issues were discussed throughout the day. Before her visit to PTA, Gervais visited and met with various officials on Oahu, including Makua Military Reservation, U.S. Forest and Wildlife Services and the Corps of Engineers Honolulu District.

Gervais wrapped up her visit on the Big Island and took note of the significance of PTA’s exceptional natural and cultural resource program efforts.

“My visit to PTA was a great experience. In fact, my visit on the Hawaiian islands of Oahu and the Big Island was very important,” Gervais said. “I came here because PTA is not like the island of Oahu. The challenges on Oahu are completely different from PTA.

“I’ve learned a lot in terms of the complexities, challenges and the dynamics that PTA has to understand and has to implement and take into consideration for execution,” she said. “I will tell you that PTA environmental personnel’s job is extremely important, and they are leading the way in terms of Army work, and also within Hawaii, of protecting the environment and supporting Soldier training.”

# Garrison: Quality service tops USAG-HI goals

CONTINUED FROM A-1

and in recognition of the tremendous sacrifices of our great Soldiers and families, the garrison designated 2008 as the “Year of Quality of Life,” said Col. Matthew Margotta, commander, USAG-HI.

Taking care of Soldiers, families and Department of the Army (DA) civilians, retirees and veterans was a high priority in 2008.

The garrison team focused efforts, priorities and resources, which ensured members of our communities enjoyed first-class quality of life and achieved steady improvement on initiatives throughout the year.

In 2008, the garrison continued to provide high quality, customer-focused base support operations to all assigned, tenant, visiting activities and units, enabling the combat readiness of mission forces, while striving to achieve the utmost quality of life for Soldiers and families.

These efforts sustained and enhanced service and support to communities and tenant organizations across the gamut of functions, including public works, logistics, morale, welfare, recreation, security and information management.

Although the economy declined, the garrison successfully managed USAG-HI’s \$386 million budget, executing 100 percent of all allocated funds by the year end and garnered an additional \$40 million from external sources.

The extra money allowed USAG-HI to fund numerous quality of life initiatives and infrastructure improvements — many of which will come to our communities in the upcoming year.

“We specifically set out to do everything we could to enhance the quality of life for our community members,” Margotta said. “We placed greater emphasis on listening to the ‘voice of the customer.’ We set out to determine what you — the community — wanted us to improve or provide, and then we did our very best to give it to you.”

Quality of life improvement initiatives



Celia Vargas | Moral Welfare and Recreation

Thousands of people enjoy Kolekoe Jam II, Feb. 23, 2008. The free concert was held in support of the Army Family Covenant and part of the 25th Infantry Division’s redeployment ceremony.

were based on community feedback and included discounted golf and bowling, renovated bowling alleys, and new outdoor recreation programs, including a paintball facility.

Renovations at Fort Shafter gym, new gym equipment, expanded gym hours and free fitness classes at military fitness centers island-wide were also provided.

Additional initiatives included improvements to services and menus at the Nehelani and Hale Ikena clubs, irrigated athletic fields, new child development center play areas and equipment, Schofield Barracks Main Post Chapel renovations, and numerous other facility upgrades.

Heightened Blue Star Card services provided benefits to more than 1,000 families during the 2008 fiscal year. Enhanced marketing campaigns ensured that all eligible spouses were aware of the services.

### Army Family Covenant

Throughout the year, several community events were conducted to enhance Soldier and family morale. Among them, military members gathered together during Schofield Barracks’ Oktoberfest celebration (which provided more than 2,000 free tickets to deploying 25th Infantry Division (ID) Soldiers and their families); at the Montgomery

Gentry concert (held in conjunction with the 25th ID redeployment ceremony); and at the largest Fourth of July celebration ever conducted, attended by more than 50,000 community members, which included the performing talents of Billy Ray Cyrus and the Army Community Covenant signing ceremony, by Hawaii Gov. Linda Lingle and other community leaders.

“Virtually everything we do in the garrison centers around achieving the goals established in the Army Family Covenant. It gives us our focus — to ensure that the quality of life we provide to our Soldiers and families is equal to the quality of their service.”

### Continuous Improvement

As commander, Margotta strives to build a culture within the garrison that is mission oriented, customer focused, flexible, and able to rapidly change to meet the constantly changing and competitive environment of installation operations.

“My goal is to leave USAG-HI, its people and facilities in better condition than I received them,” said Margotta. “Focus on people first by maximizing mentoring, team-building and leader development programs.”

Margotta and the garrison team worked

hard to develop trust and confidence between leaders, employees and Soldiers.

“We try to recognize and reward outstanding Soldiers and employees at every opportunity,” he explained, “as well as maintain a safe and secure environment for Soldiers, families and civilian employees to work, train and live.”

### Community Initiatives

The garrison implemented numerous crime prevention and community well-being initiatives, including new installation access control procedures that brought Hawaii up to DA standards.

USAG-HI also established community law enforcement community relations officers, implemented a Neighborhood Watch program, and established a comprehensive community marketing campaign designed to promote greater community involvement and awareness.

“These are all just ‘little steps’ in our continuing effort to make Hawaii the most requested and premier location in the Army for Solders and families to serve,” said Margotta. “We won’t get there overnight, but we will get there.”

*(Editor’s Note: See next week’s Hawaii Army Weekly for green solutions and housing upgrades of 2008.)*

## News Briefs

From A-6

times to ensure timely and safe arrivals at your destinations to and from Tripler. Call 656-2435.

### 20 / Tuesday

**Oahu North Community Town Hall** — The next town hall meeting for the Oahu North community will be held at the Sgt. Smith Theater, Schofield Barracks, Jan. 20, at 6:30 p.m.

The town hall provides information about community events, security, housing updates, deployments and much more. Call 655-0497.

## February

### 10 / Tuesday

**Operations Security Training** — Annual security briefings are required for all Department of Defense, military, civilian and contractor employees. Training for 2009 will be offered Feb. 10 and 11, at 10 a.m. and 1:30 p.m., at the Sgt. Smith Theater, Schofield Barracks. Call 656-0211.

## Ongoing

**Road and Field Closure** — Bonney Loop, Fort Shafter, is closed to regular traffic. Access will be allowed only for business at Building 515. The timeline for the closure is expected to be two years.

Favreau Field will also be closed and is no longer available for physical training. Units are required to find an alternate location to conduct physical fitness training. The closure is in support of barracks construction.

Call Randall Mita, 438-1309, for more details.



# Redeployed Soldiers given health tips

CARLLA E. JONES

Directorate of Health Promotion and Wellness

It is not uncommon for Soldiers to report health concerns after deployment. According to the Armed Forces Health Surveillance Center, during post-deployment reassessment, 39 percent of active duty Soldiers reported they had health concerns (not a wound or injury) and 29 percent reported that their health was worse than before deployment (“Medical Surveillance Monthly Report,” July 2008).

Many Soldiers experience minor, temporary changes in their health after returning from a deployment. These short-term changes are mostly due to reintegration into home and family life, deployment travel and jet lag, and getting used to a different schedule and diet.

Soldiers may also feel tired, have a change in appetite, or experience sore or achy muscles. These effects should be temporary and decrease as the days go by. If these effects do not improve, or if they get worse, Soldiers should be sure to see a health care provider as soon as possible.

It is important to be aware of your health after returning home. Most illnesses related to deployment occur while troops are still in theater. However, some diseases and other medical conditions may not cause noticeable symptoms until several months after Soldiers arrive at their home station.

Almost all symptoms will show up within the first six months after returning from deployment. If you experience any of the symptoms below in the first few weeks or months after returning home, you should get medical care as soon as possible:

- Fever
- Muscle or joint pain
- Stomach or bowel problems
- Swollen glands
- Skin problems
- Excessive tiredness
- Emotional problems
- Difficulty sleeping
- Shortness of breath
- Weight loss

It is very important to tell your health care provider that you were deployed and tell them where you were deployed. The earlier that tests are done to determine the cause of the symptoms, the sooner the correct diagnosis can be made and treatment can begin.

It is not unusual for Soldiers to experience difficulties when readjusting to their home duty station. There are a number of strategies you can use to stay healthy during this time:

- Eat regularly. Make healthy food choices. Stay away from high-fat, high-sugar foods.
- Get plenty of exercise.
- Don't let medical problems go untreated. Keep regular appointments with your health care provider. Keep up with preventive medicine screenings.
- Get a good night's sleep.

## Tips for the returning Soldier: Reconnecting with your children

- Go slowly. Adapt to the rules and routines already in place.
- Let the child set the pace for getting to know you again.
- Learn from how your spouse managed the children while you were away.
- Be available to your child, both with time and with your emotions.
- Delay making changes in rules and routines for a few weeks.
- Expect that the family will not be the same as before you left; everyone has changed.
- Focus on successes with your children; limit your criticisms.
- Encourage children to tell you about what happened during the separation.
- Make individual time for each child.



For more information about health after deployment, review these USACHPPM products:

[http://chppm-www.apgea.army.mil/deployment/Guides/RedeploymentTri-Fold/Service\\_Members\\_and\\_Their\\_Families\\_5May06.pdf](http://chppm-www.apgea.army.mil/deployment/Guides/RedeploymentTri-Fold/Service_Members_and_Their_Families_5May06.pdf)

<http://chppm-www.apgea.army.mil/DEPLOYMENT/GTA%2008-05-062.PDF>.

- Balance the amount of time you spend at work, with friends and with your family.
- Make time to relax. Take time to do activities you enjoy.

Remember to pay attention to your health after you return home from deployment. If you have any health concerns, be sure to contact your health care provider, the chaplain or your chain of command. They are all excellent sources of information that can help you and your family.

# Reintegration: Families learn coping skills for returning Soldiers

CONTINUED FROM A-1

deployed parents, entitled *Daddy and Me*. The book helped each child express the changes that have taken place over the year his or her parent was downrange and expectations of the reunion.

Children drew a personal interpretation of what their Soldier experienced while deployed and identified their feelings and coping skills.

The Family Strong Series is dedicated to educating Soldiers and family members about deployment and redeployment. Through many of the classes available, family members learn ways Soldiers cope and how to help returning Soldiers remain a healthy member of the family.

Subject matter experts discuss issues particular to spouses and children and available community services.

The extensive program allowed family members to experience all classes available or to set their own schedule to focus on specialized areas.

Classes helped every member of the family cope with issues regarding a returning Soldier. Topics included normal stress responses of Soldiers, spouses and children; child developmental expectations; ways to support healthy expression; and understanding principles of spiritual resilience.

The program also offered classes aimed at tackling financial issues, transition topics and building social networks.

The interactive group Getting to Know Each Other Once Again focused on normal challenges couples experience with reintegration and navigating relationship changes.

“There is so much information presented during this series, and you do learn something new with each class,” said family member Nicole Williams. “Knowledge is key and this program is focused more on discussion versus lecture.”

Williams explained the relationship with her Soldier is built on understanding each other's needs and keeping lines of communication open. Joining the Family Strong Series was another way to learn manageable tools to cope with deployment and prepare for redeployment by setting realistic expectations.



Back to front: Bella McRae, Mya Legros, Andrew Quintana and Andrew McCaffrey create books for their deployed fathers during the Family Strong Series. The hands-on exercise helped the children explore reactions to their parents' absence and learn strategies to help themselves through those times.

“The support is here,” added Williams.

The 25th Infantry Division, Tripler Army Medical Center (TAMC) and Schofield Barracks' Health Clinic presented the series.



# HAWAII **ARMY** WEEKLY PAU HANA

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

"When work is finished!"

FRIDAY, JANUARY 16, 2009

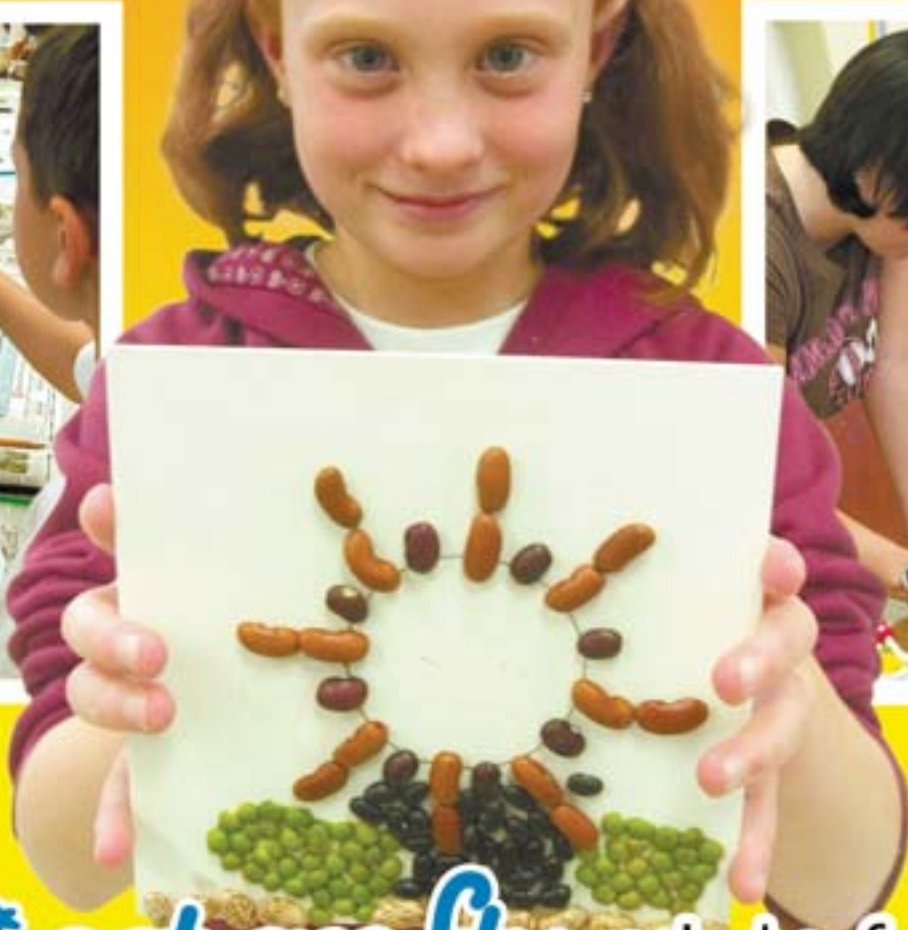


Above — Creative keiki pose in front of their artwork on the last day of Keiki Craft Camp at the Schofield Barracks Arts & Crafts Center, Jan. 9. Numerous programs and classes offered at the center help children of all ages to become artists and strengthen their artistic skills.

Center — Jalen Kuhn, 9, proudly displays her new bean mosaic. Children created numerous art projects and one-of-a-kind handmade gifts to share at the Keiki Craft Camp.



Brightly colored pineapples fill the canvas as Brenner Kemper, 7, puts finishing touches on his painting during the camp.



Art instructor Nikki Mizak aids Kylee Barnes, 6, with her weaving technique at the camp.

## Keiki get crafty at the Arts & Craft Center

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

SCHOFIELD BARRACKS — With paintbrush in hand, Dillan Alter looked down at a pile of various dollops of paint, contemplating which color to use next.

His ceramic frog smiled softly back at him from atop a table.

The 2-year-old then dipped his brush in blue paint and began to bring his new art project to life at the Arts & Craft Center here, Jan. 8.

Across the room, a handful of children gathered around a table weaving potholders. Next to them, a pile of bean mosaics lined the counter. The projects represented the artful talents of the students at the Keiki Craft Camp.

"Weaving is definitely the hardest project so far," said Jalen Kuhn, 9, "but it's the most fun. 'You get to pick your own colors and be more creative,' she continued, 'and it's something I've never done before.'"

The four-day craft camp presented an array of projects for young Picassos. They could paint ceramic animals, create landscape mosaics out of colorful beans, weave potholders and express their aloha spirit on brightly colored canvases filled with surfboards and palm trees.

"This is a chance for the kids to unleash a creative power," said art instructor Nikki Mizak. "With so many schools cutting art programs, the children have an outlet here to maximize their talents."



(Left to right) Natalie Pressell, 7, Tia Johnson, 10, and Brenner Kemper, 7, weave potholders during a day at Keiki Craft Camp. The four-day camp presented an array of creative projects for young keiki at the Arts & Crafts Center on Schofield Barracks.

The Schofield Barracks Arts & Craft Center is continually changing to appease the growing desires of the military ohana. From painting to photography to stained glass, creative classes are available for every member of the family.

"There is always something new here," said family member Erica Wetzel. "The classes are great for the kids and gives them something fun to do."

Every child is born with creative potential, which shows off his or her uniqueness, said Nikki Mizak. Through art, children are able to see things in a new and unusual light, she added.

Children giggled and leaned over other students' shoulders to get a glimpse of the competition. Paint, brightly colored fabric, brushes and other supplies occupied tables. The young artists chatted among themselves, exchanging

ideas on their current task.

"These colors match really well," said Kylee Barnes, 6, holding up pink, green and red cloth to weave. "I'm making this potholder for my mom."

"I'm going to give my ceramic octopus to my teacher," chimed in Kuhn. "My teacher likes surfing, so I think she'll like it."

"I'm going to hang my painting in my room," said Brenner Kemper, 7.

The Keiki Craft Camp is offered several times throughout the year, usually during school breaks, to stimulate creativity and quell children's thirst for knowledge.

"It's great to see how the kids change over the course of the camp," said arts specialist Tammy Bruce, Schofield Barracks Arts & Crafts Center. "Their skills blossom and start to reflect their own personalities."

Bruce explained that projects are designed to enhance the artistic skills of each child and challenge them to be open and creative.

"The projects are not always easy, but always fun," she said, explaining that children push themselves to create something they didn't know they could.

"It's kind of like being in school because it involves learning," said Kuhn, "and it teaches you new things."

Kuhn then held up her freshly painted canvas carefully, cocked her head and looked at it for a few moments adding, "but this is more fun."





16 / Today

**Family Fun Fridays** — Family Fun Fridays are back today, 6 p.m., at the Tropics Recreation Center, Schofield Barracks. Enjoy family-friendly games and activities, lots of high definition televisions, video game consoles, karaoke, food and drink specials.  
Get out of the house and enjoy a different environment for a while. Call 655-5697.

**Basic Computer Photo Editing** — The Arts & Crafts Center will offer a basic computer photo editing class today, 10-11:30 a.m. The three-session class costs \$35. Call 655-4202.

17 / Saturday

**Daddy Boot Camp** — The Family Advocacy Prevention team will offer a Daddy Boot Camp class, Jan. 17, 9 a.m.-noon, at Schofield's Army Community Service. This class offers hands-on training so new dads can be confident and effective parents. Call 655-0596 to register.

21 / Wednesday

**Big R: Countdown to Redeployment** — Register by Jan. 21 for the the next Big R: Countdown to Redeployment party, scheduled for Jan. 23, 6-8 p.m. at the Tropics Recreation Center, Schofield Barracks.  
Play fun casino games, enjoy free pupus and child care. Call 656-3327.

22 / Thursday

**Newsstand Database Training** — Schofield's Sgt. Yano Library will offer a hands-on training session on the Proquest Newsstand database, Jan. 22, 2-6 p.m. The training is free and open to all who are interested.  
Proquest Newsstand is a database that provides leading national and international major newspapers. Call 655-8002.

24 / Saturday

**Mosaic Tile Class** — Learn how to create unique mosaic tile crafts, Jan. 24, 10 a.m., at the Arts & Crafts Center, Schofield Barracks. The cost of the class is \$25, and preregistration is encouraged. Call 655-4202.

31 / Saturday

**Madden '09 Tournament** — Put your money where your mouth is and prove you can survive the playoffs in the Madden '09 video game tournament, Jan. 31, 1 p.m. at the Tropics Recreation Center, Schofield Barracks.  
Run your own team, compete and see if



Photo Courtesy of John Giantz

## Free concert with Lt. Dan Band

BRUNSSUM, Netherlands — Television and movie actor Gary Sinise's Lt. Dan Band, shown performing at a concert July 3, will perform a free concert, Jan. 31, 7 p.m., at the Freedom Tower Mall, Hickam Air Force Base. See the Community Briefs below for more information.

you can come out on top of the NFL. Call 655-5697.

## February

4 / Wednesday

**Get in the Game with FMWR** — During a fun-filled afternoon, learn everything Family and Morale, Welfare and Recreation in Hawaii has to offer, Feb. 4, 3-6 p.m. at the Aliamanu Military Reservation (AMR) Physical Fitness Center Gymnasium.

Enjoy sports-themed games, good times, and snacks while supplies last. Even if you're not a sports fan, FMWR have something to please everyone.

As an added bonus, FMWR will feature special guest appearances by and autograph sessions with NFL Pro Bowl cheerleaders and mascots, and you'll even have a chance to win tickets to the Pro Bowl and other great prizes.

All attendees will also receive a free GameGuide Calendar: Your All-Access Pass to Fun and Adventure. Call 656-3324 or visit [www.mwrrarmyhawaii.com](http://www.mwrrarmyhawaii.com).

5 / Thursday

**Pro Bowl Meet and Greet** — NFL Pro Bowl cheerleaders and mascots will be back to entertain, perform and sign autographs, Feb. 5, 4 p.m., at Schofield's Tropics Recreation Center. Attendees will have a chance to win tickets to the Pro Bowl and other great prizes. Call 655-0111/2.

## Ongoing

**Auto Skills Storage Discount** — Now through Feb. 28, take advantage of a special offer on storage sheds at Auto Skills. If you sign up during the months of January or February, you will receive a special limited-time only price of \$40 per month. Call 655-9368 or 438-9402.

**Fan Fiction Contest** — In celebration of National Library Week (April 12), Army Hawaii libraries will be holding a fan fiction contest for children, teens and adults.

Do you read or write fan fiction? Fan fiction is fiction written by fans of a book,

movie, TV show or comic book, using the existing characters and settings but writing alternative endings or continuations to the original story.

Wish that Harry Potter ended in a different way? Have a funny adventure idea for Captain Underpants? For examples of fan fiction, visit [www.fanfiction.net](http://www.fanfiction.net).

Winners will receive Borders gift cards. Submissions are due March 23. Call 655-8002.

### Financial Readiness Program

— Online applications for Army Emergency Relief (AER) scholarships for the 2009-2010 academic year are available at [www.aerhq.org](http://www.aerhq.org).

The application deadline is March 1 for the Dependent Children Scholarship Program and Maj. Gen. James Ursano Scholarship Program.

Applicants must be dependent children of active, retired or deceased Soldiers.

Applicants must be enrolled in Defense Enrollment Eligibility Reporting System (DEERS), and must be full-time or planning to be a full-time undergraduate student at a college, community college or vocational school. Call 655-4ACS (4227).

**Blue Star Card Program** — Spouses of deployed Soldiers, make sure you sign up for your Blue Star Card, a Family and Morale, Welfare and Recreation (FMWR) deployment discount card for spouses of deployed Soldiers.

This card offers everyday discounts at FMWR facilities, free child care options, and special events and activities. Blue Star Cards are valid through the Soldier's entire deployment.

If you are eligible for a Blue Star Card, bring a copy of your spouse's orders, along with your military ID to Army Community Service (ACS).

You can also fill out an application online at [www.bluestarcardhawaii.com](http://www.bluestarcardhawaii.com) and then visit ACS to pick up your card.

Submit your e-mail address when signing up for a Blue Star Card to receive e-mails with the latest discounts, events and activities for cardholders. Call 438-0376 or 438-2911.

**Hawaiian Luau Lunch Buffet** — Enjoy the "ono" taste of a traditional Hawaiian-style feast, 11 a.m.-1 p.m., at Fort Shafter's Hale Ikena or 11 a.m.-2 p.m., at Schofield Barracks' Nehelani.

Cost is \$9.95 per person. Call the Hale Ikena (438-1974) or the Nehelani (655-4466) for reservations.

**Cooking Classes for Children** — Cooking classes, for children over the age of 4, will be held the first four Wednesdays of each month, and each class will have a special theme.

The cost is \$45 per month, which includes all supplies for each student. Classes include a free chef's apron and chef's hat for each student.

Classes are held at Kalakaua Community Center, Schofield Barracks. Call 655-9818 for an appointment to enroll.

freshments will be provided along with a buffet-style lunch.

There is no fee to attend, and all interested personnel are invited.

E-mail [dennis@fbcinc.com](mailto:dennis@fbcinc.com) for more information.

11 / Wednesday

### Tell Me A Story

— The Military Child Education Coalition will present "Tell Me A Story: Making Connections and Finding Support Through Literature," Feb. 11, at 6 p.m., at the Wheeler Elementary School cafeteria.

The guest reader will be U.S. Army Garrison-Hawaii Command Sgt. Maj. Robert Williamson III.

Admission is free, but attendees are urged to reserve their space by contacting the Schofield Parent to Parent Team at 664-1726 or [schofieldp2p@yahoo.com](mailto:schofieldp2p@yahoo.com).

## Ongoing

**Slick Deals for Soldiers** — The Contemporary Museum, Honolulu, will offer free admission for all military members and their families, Sundays through Feb. 22, during the H.C. Westermann exhibition. (H.C. Westermann is a former Marine Corps gunnersmate-turned artist.)

### SEE COMMUNITY CALENDAR, B-4

### AHFH seeks talented volunteers

Got talent? Army Hawaii Family Housing (AHFH) is seeking residents interested in sharing a skill, talent or hobby with their neighbors.

If you are interested in volunteering to host a class or series of classes teaching or introducing AHFH residents to one of your passions, we would love to hear from you. Whether it's a craft activity, photography skills, computer basics, yoga or pilates, you can be sure there are others with similar interests or a desire to learn. We welcome classes geared toward adults or children.

For more information on how you can volunteer, call 275-3700.



### Aliamanu (AMR) Chapel

836-4599

- Catholic Sunday, 8:30 a.m. — Mass Sunday, 9:45 a.m. — Religious Edu.
- Gospel Sunday, 11 a.m. — Sunday School (Sept.-June only) Sunday, 12:30 p.m. — Worship service
- Protestant Sundays, 9:45 a.m. — Worship Service Sunday, 11 a.m. — Sunday School (Sept. — June only)

### Fort DeRussy Chapel

836-4599

- Catholic Saturday, 5 p.m. — Mass in Chapel (May-Aug.) Saturday, 6 p.m. — Mass on Beach
- Protestant Sunday, 9 a.m. — Worship Service
- Buddhist 1st Sunday, 1 p.m.

### Fort Shafter Chapel

836-4599

- Contemporary Protestant Sunday, 9 a.m.—"The Wave" Worship

### Helemanu (HMR) Chapel

653-0703

- Contemporary Protestant Sunday, 9 a.m. — Bible Study Sunday, 10 a.m. — Worship Service & Children's Church

### Main Post Chapel

655-9307

- Catholic Sunday, 9 a.m. — CCD & RCIA Sunday, 10:30 a.m. — Mass
- Collective Protestant Sunday, 9 a.m. — Worship Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School Sunday, noon — Worship Service

### MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

### Soldiers Chapel

- Catholic Friday-Saturday, noon — Adoration
- Liturgical Sunday, 9:30 a.m.— Worship

### Tripler AMC Chapel

433-5727

- Catholic Sunday, 11 a.m. — Mass Monday-Friday, 12 p.m. — Mass Saturday, 5 p.m. — Mass
- Protestant Sunday, 9 a.m. — Worship Service

### Wheeler Chapel

656-4481

- Catholic Saturday, 5 p.m. — Mass
- Collective Protestant Sunday, 9 a.m. — Worship Sunday, 9 a.m. — Sunday School



Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.



### Australia

(PG-13)  
Friday, 7 p.m.  
Thursday, 7 p.m.

### Madagascar: Escape 2

(PG)  
Saturday, 4 p.m.

### The Boy in the Striped Pajamas

(PG-13)  
Saturday, 7 p.m.



### Bolt

(PG-13)  
Sunday, 2 p.m.

### Twilight

(PG-13)  
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.



16 / Today

**Employment Orientation** — Prepare for the job you want.  
Attend an Army Community Service (ACS) employment orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, Web tours and more will be available for use.  
Orientations will be held at Schofield Barracks, ACS, today, and Jan. 23, 9-10:30 a.m.

Call ACS at 655-4227. Register online at [www.acsclasses.com](http://www.acsclasses.com).

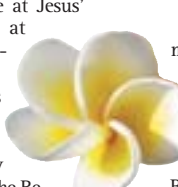
Child care vouchers are available if children are registered and space is reserved by a parent.

17 / Saturday

**Hangar Talk** — The Pacific Aviation Museum will present Hangar Talk, Jan. 17, 1-2 p.m., on Ford Island.  
This month's presentation will feature Dr. Jon Davidann, discussing "The Causes of Pearl Harbor & the Pacific War."  
The presentation is free with a paid admission to the museum. Hangar Talk is offered on the third Saturday of every month. Visit [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org) or call 441-1000.

20 / Tuesday

**Spring Kick-Off** — The Protestant Women of the Chapel will hold its spring kick off, "Clearing Out a Space at Jesus' Feet," Jan. 20, 9-11:30 a.m., at Schofield's Main Post Chapel Annex, Building 791, Room 212.  
Guest speaker Kelly Phillips will share about "A Heart for Him Makeover" and attendees will discover how to sweep away the clutter and clear out space at the Redeemer's feet. To register, call Rebeca Highfill at 554-5704.





# ‘Daddy Boot Camp’ prepares Soldiers for fatherhood

Expecting fathers get a taste of what’s to come when their babies arrive

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

SCHOFIELD BARRACKS — Being a Soldier is tough, but perhaps being a father is tougher.

Soldiers prepare themselves for a life of service to their country through extensive training and preparation; however, according to many Soldiers, nothing prepares them for fatherhood.

“Fatherhood is new to me,” said Sgt. Gerald Mempin, 2nd Squadron, 6th Cavalry Regiment. “I felt I needed to better prepare myself.”

Army Community Service (ACS) presents “Daddy Boot Camp” as part of the New Parent Support Program to give expecting fathers a taste of what life has in store for them as new parents.

“Just like everything I have done in the Army, I decided to seek out more information about something I knew little about,” said Mempin.

The program for new dads began in Hawaii as a joint effort between Tripler Army Medical Center and Navy Region Hawaii in 2001. The program soon spread to Schofield Barracks and has continued to prepare new fathers for the unexpected.

The class meets every third Saturday of

the month to share information and techniques of caring for newborns. From changing diapers to quieting a crying baby, Daddy Boot Camp addresses all the trials and tribulations of parenthood.

During the relaxed curriculum, Brandon Willie, prevention specialist for ACS’ Family Advocacy Program, talks about his own experiences as a father and offered advice.

“Planning for a child will ensure a better life for you and baby,” said Willie.

Expecting fathers asked questions and were relieved to find their many concerns, and even fears, were common among dads-to-be. Serious subjects, including shaken-baby syndrome and postpartum depression, were also discussed.

“We want to assure new parents,” said Willie, that they can handle “what they will encounter and prepare them with all knowledge they need to be a good dad,” he added. “This allows them to bring up any concerns they may have, big or small.”

Many fathers expressed their desire to demonstrate the virtues of a good father, including patience, emotional availability, anger-management and communication skills.

Willie explained how to respond to a child’s needs as well as care and nurture the relationship with mom.

As the hands-on course continued, Willie demonstrated how to change a diaper and swaddle a newborn using a life-sized doll.

The dads-to-be were then asked to wear



Expecting fathers left Daddy Boot Camp armed with DVDs and information regarding their new path. Daddy Boot Camp, presented as part of the New Parent Support Program, is dedicated to giving Soldiers and family members a taste of what life has in store for them as new parents.

a pregnancy empathy belly to simulate, at least for a few minutes, what moms experience physically. They were put through paces while wearing the empathy belly. They bent over to tie their shoes, picked up things from the floor, and even laid down in anticipation of taking a nap.

“I have a better appreciation for what (my wife) is going through,” said Mempin. Fatherhood is forever and comes with numerous rewards and challenges. Through Daddy Boot Camp, Soldiers can learn and prepare for life in the trenches as a new parent.



Prevention Specialist Brandon Willie, Family Advocacy Program, Army Community Service, demonstrates how to swaddle a newborn during Daddy Boot Camp. The hands-on curriculum showed expecting fathers the tasks they would soon experience and answered many questions about what to expect with the arrival of their new baby.

# Operation Special Delivery eases pain of childbirth, provides support

**MOLLY HAYDEN**  
Staff Writer

SCHOFIELD BARRACKS — Preparing for a baby’s arrival begins long before labor and delivery. Having the support of family and friends during a pregnancy is key to a healthy and happy delivery.

Though many expected mothers within the military ohana find themselves alone during pregnancy, support is available through Operation Special Delivery (OSD.)

“My husband was deployed when my second daughter was born,” said Laura Winston, a registered nurse and certified doula. “I can empathize with women who are in the same situation.”

Winston first became a doula — a specialty trained

individual who focuses on informational, emotional and physical support to women during childbirth — through Doulas Of North America, more than 16 years ago. She is the Hawaii state coordinator for OSD, and in 2001, she joined the OSD team.

The nonprofit organization specializes in reaching out to pregnant women whose husbands or partners have been severely injured, who have lost their lives due to the global war on terror, or who will be deployed at the time that they are due to give birth.

Although a doula does not perform medical tasks, they are trained to provide uninterrupted support to a mother in labor. The organization provides trained volunteer doulas to aid military spouses.

“Being a doula gives me the opportunity to em-

power women by helping them find the strength to go through childbirth without their spouse by their side,” said Winston. “I am highly involved with the expectant mother to help her have the most ideal birth possible and for her to know that she is not alone.”

For more information on Operation Special Delivery, or to volunteer to become a doula, visit [www.operationspecialdelivery.com](http://www.operationspecialdelivery.com) or e-mail Laura Winston at [LJ6772@aol.com](mailto:LJ6772@aol.com)

Founded following the events of Sept. 11, 2001, OSD provides volunteer labor doulas to all 50 states and all military installations and personnel world-

wide. Giving birth is a key experience in a mother’s life, and OSD provides the doulas to care for the emotional well being of each mother throughout the many stages of pregnancy, birth and postpartum.

“The assistance was amazing,” said Capt. Irene Hanks, Judge Advocate General, U.S. Army-Pacific. “(The doula) assisted me at home during the early stages of contractions and into active labor, and provided techniques to speed up the contractions and keep me calm and focused.”

Since 2005, OSD has served nearly 700 mothers with more than 600 volunteer doulas participating.

“They provide you with so much support and are with you throughout,” said Senior Airman Carol Reed-Arce, 13th Air Force. “It’s like having an extended family member by your side.”



# Army family member defies odds, sinks competition

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

WAIPIO — Standing on the starting block during the 2008-09 Hawaiian Swimming Short Course Age Group Championships, at the Veterans' Memorial Aquatic Center/Central Oahu Regional Park, here, Dec. 20, 17-year-old Trey George's 6-foot, 4-inch, 180-pound stature wasn't the only thing that set him apart from the others.

Reaching across his chest, and approximately 7-inches in length, is a scar that tells a story of great triumph, although George barely notices it.

"I personally don't see it as a barrier for anything," said George. "It was just another part of life."

Exactly two years ago to the day — almost to the hour — George was being wheeled into surgery for a congenital heart condition. The open-heart surgery performed was just a momentary roadblock for this talented swimmer.

"There was the reality of whether or not he would come out, but he succeeded," said his mother, Kysa George. "Trey went into surgery one person and came out another."

George's family was stationed in Hawaii, where he was an avid swimmer, in 2002. Using the ocean as his personal training ground, George swam almost daily and competed for the Schofield Sharks Club. After moving to the mainland, he took a four-year hiatus from swimming. He then joined a swim team in Texas in November



Trey George dives into the pool at the Central Oahu Regional Park during swim practice. George joined the Aloha Aquatics swim team in August, two years after his open-heart surgery.

2006 and had trouble breathing.

One week before his father, Col. James George, commander, 196th Infantry Brigade, deployed to Iraq, the George family found out about the teenager's condition.

"I had no idea what was happening to my son," said James. "It was hard to be away."

James was granted emergency leave to see his son through the surgery.

As doctors performed open-heart surgery,

they found 15 holes in George's heart.

"Trey is an extremely bright and self-motivated kid," said James. "He went through the surgery and recovery with great conviction, and his faith in God helped him along the way."

In 2008 his family moved back to Hawaii and George continued his teenage life, banging out jazz tunes on the drums, studying and hanging out with friends.

He joined the Aloha Aquatics swim



Trey George swims laps during an Aloha Aquatics practice. George recently qualified for the state championships in the 50- and 100-yard freestyle and 100-yard breaststroke.

team in August only at his mother's urging and to encourage his younger sister to continue swimming.

George struggled at first with fears of being in the water and conditions of his weakened heart. He vowed to quit after three days.

"Sometimes the stuff we do in life seems completely illogical but helps us get past a certain part in our lives," said George. "There was a part of me that I needed to get past ... the part of my mind would never let me triumph in that area."

The turning point was a simple meditation exercise where for the first time in years, George was able to relax in the water.

"I was worried about letting people down and wondering if I would have the same problems," said George.

Through the mediation exercise, George was able to confront his fears and realize he was not inadequate.

In only six weeks on the team, George

qualified for the state competition in the 50- and 100-yard freestyle and 100-yard breaststroke.

"I never put limitations on my students, but with such little training, I had no idea he would qualify," said Randy Folker, head coach of the Aloha Aquatics. "A lot of kids train for years to get that far."

George continued to succeed, placing in the top 20 in two of the three competitions at the swim meet. He has since regained his love for swimming.

"It is no longer about why my mom asked me to swim or to motivate my sister; it is personal," said George. "It's about me."

George's presence and demeanor stands out to most, and he continues to inspire others through his determination and faith.

"When I swim now, I just try to do my best and I love to perform to my highest ability," said George. "I measure my success by how much heart I put into. If I give it my best then I won."

## Community Calendar

From B-2

Visit [www.tcmhi.org](http://www.tcmhi.org) or call 526-0232 for more information.

**Art and Essay Contest** — The Armed Services YMCA is now accepting entries for its annual Art & Essay Contest.

Children of active duty, Reservist or Guard Soldiers are encouraged to write an essay about their military hero or illustrate their military family in a drawing.

Illustrated entries will be accepted through Feb. 20, and essays will be accepted through March 20.

Winning entries may be used for promotional materials. Savings bonds are awarded for top entries. Visit [www.asymca.org](http://www.asymca.org).

**Volunteer Opportunities** — Give back to the community by volunteering, a great way to meet new people, receive valuable job experience and support the Army Hawaii family.

Opportunities are available on and off post. Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS.

Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) for more information.

**Conducting Business on Post** — Individuals wishing to conduct a home-based business on Army installations, such as Avon, Tupperware, Longaberger, Creative Memories or any other type of sales activity, must register with the Commercial Solicitation Control Office, U.S. Army Garrison-Oahu, which is open 7 a.m.-3:30 p.m.

No person may enter an Army installation and transact commercial business without a permit. Door-to-door sales are prohibited.

For more information, call Patricia Mowat at 655-8047 (Mondays-Wednesdays, Building 690, Schofield Barracks) or 438-4232 (Thursdays-Fridays, Building 344, Fort Shafter).

**Cell Phones for Soldiers** — Have unused, old cell phones lying around the house?

Donate them to Cell Phones for Soldiers, a nonprofit organization that takes old cell phones, resells them for their parts, and takes the profits to purchase calling cards for Soldiers deployed in Iraq and Afghanistan.

Call Sgt. Maj. Lisa Torello, 386-2088 or visit [www.cellphonesforsoldiers.com](http://www.cellphonesforsoldiers.com).

**Pets of Patriots** — The Hawaiian Humane Society is looking for volunteers for the Pets of Patriots program, which finds someone willing to foster the pets of deployed service members. Visit [www.hawaiianhumane.org](http://www.hawaiianhumane.org) or call 356-2217 .



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

17 / Saturday

**Hike Oahu** — Join the Hawaiian Trail & Mountain Club on a hike through the Makapuu hillside.

Hikers will walk the road up to the lookout above the lighthouse and hope for whale sightings (bring your binoculars). An option on the return is to scramble down the steep fisherman’s “trail” to the rock shelf and tide pools.

This advanced hike is 2 miles. Call Steve Brown at 247-8845.

- Save the date for these hikes, too:
- Jan. 25, a 6-mile intermediate hike through Aina Haina Ridge.
  - Jan. 31, a 3-mile novice hike through Pacific Palisades Valley.

Hikes begin at 8 a.m., and a \$2 donation is requested of nonmembers. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit [www.htmclub.org](http://www.htmclub.org).

18 / Sunday

**Running Workshops** — Training workshops will be held in preparation for the Great Aloha Run (Feb. 16) every Sunday leading up to the race, 7:20 a.m., at Kapiolani Park Bandstand.

Sessions are free for run participants and will include a warm-up, training session, cool down and question-and-answer sessions on training topics.

Upcoming training sessions are Jan. 25, and Feb. 1 and 8. Call 943-0309 or e-mail [health@drchrist.com](mailto:health@drchrist.com).

February

16 / Monday

**Great Aloha Run** — Entries are now being accepted for the Great Aloha Run, scheduled for Presidents’ Day, Feb. 16. The 8.15-mile run starts at the Aloha Tower and ends at Aloha Stadium. Running divisions available include



Molly Hayden | Honolulu Advertiser

Dive into fun

SCHOFIELD BARRACKS — Coach Jeff Stabile assists diver Victor Lane as he learns to enter the water backwards, head first. The Tropic Lightning Dive Team practices weekly at the Richardson Pool, here. For more information, visit [www.tropiclightningdiving.com](http://www.tropiclightningdiving.com).

elites, age groups, wheelchair and hand-cycle competitors and military personnel running individually or in Sounds of Freedom formations.

Applications are available online at [www.greataloharun.com](http://www.greataloharun.com) or at Family and Morale, Welfare and Recreation facilities. Contact Jim Perry at 655-9650.

Ongoing

**Youth Soccer Club** — The Hawaii Rush Soccer Club is seeking players for their boys under 14 developmental and competitive teams for the spring season.

Rush Soccer is a prestigious national club with more than 22 affiliates across the U.S. and offers a professional coach-

ing staff, outstanding training programs and unique opportunities for select team placement.

The team practices at Mililani’s 16 Acres Park on Wednesdays and Fridays. Interested players can contact Dan Wilson, team manager, at 626-7758 for more information.

Visit [www.hawaiirushsoccer.com](http://www.hawaiirushsoccer.com).

**Football League** — The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit, tackle football league for ages 9-14, and is a nonprofit group that aspires to provide a high-quality experience for kids. Visit [www.myhalos.com](http://www.myhalos.com), or call 620-8523.



16 / Today

**Pool Closure** — Tripler Army Medical Center and Aliamanu Military Reservation pools are closed until further notice, when the pools are in compliance with the recently enacted Virginia Graeme Baker Pool & Spa Safety Act, which makes pools safer for patrons.

Call 655-9654 for more information.

**Ladies' Fitness Hours** — Effective Jan. 1, the Aliamanu Military Reservation (AMR) Physical Fitness Center has changed its hours of operation.

The new hours are Monday–Thursday, 6 a.m.–9 p.m., with females-only hours (on a 30-day trial through Feb. 1, in response to community feedback) from 9-10:30 a.m.

The gym is also open Saturdays, 10 a.m.-5 p.m., and Sundays, 10 a.m.-4 p.m. Call 836-0338.

17 / Saturday

**Deep Sea Fishing** — Don’t miss your chance to catch the big one, Jan. 17. Outdoor Recreation will provide transportation and a cooler with ice. Space is available for groups up to six.

Cost is \$130 for a half-day session. Call 655-0143.

21 / Wednesday

**4th Annual Football Bash Clinic** — Registrations are due Jan. 21 for the 4th Annual Football Bash Clinic, scheduled for Jan. 24, at Aliamanu Military Reservation’s (AMR) athletic fields.

The clinic will be conducted by current and former NFL, college and high school players and coaches, including Chris Fua-matu-Maafala (Pittsburgh Steelers), Maa Tanuvasa (Denver Broncos), Mel Purcell (Cleveland Browns), Nate Ilaoa (Philadelphia Eagles) and many other players.

Registrations will be accepted at Schofield’s, AMR’s and Fort Shafter’s youth centers. Children ages 8-17 are eligible to participate. Cost is \$40 per person and includes a T-shirt, snack, drinks and gift bag.

Visit [www.armyhawaiiyouthsports.com](http://www.armyhawaiiyouthsports.com) or call 836-1923 or 655-6465 for more information.

22 / Thursday

**Pool Closure** — Richardson Pool, Schofield Barracks, will be closed Jan. 22-28 for maintenance. The portions of the pool affected by the growth of black algae will be scrubbed and treated with an algacide. Call 655-9654.

24 / Saturday

**Stand-Up Paddling** — Stand-up paddling is a brand new program now available at Outdoor Recreation. The next class will be Jan. 24, 9 a.m.–noon. This trend is taking surf-crazy Hawaii by storm, and anyone can do it. Cost is \$45. Call 655-0143.

25 / Sunday

**Adventure Bike Tour** — Want to get out of the house and explore more of Hawaii’s island paradise? Try an advanced-effort bike tour through some of the island’s most picturesque locations, Jan. 25, 7 a.m.–2 p.m. Cost is \$15 with your own bike, or \$20 with bike check-out. Call 655-0143.

26 / Monday

**Racquetball Deadline** — Entries are due Jan. 26 for the 2009 Intramural Racquetball Tournament. Entries may be submitted to the U.S. Army Garrison-Hawaii Sports, Fitness and Aquatics Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks.

The tournament will take place Feb. 2-6. Call 655-0856.

Ongoing

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

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

The classes will cover health and fitness activities and sports programs. Call AMR at 836-1923 and Schofield Barracks at 655-6465/0883.

**Student Bowling Special** — The Bowling Center, Schofield Barracks, invites all students ages 18 and younger to take part in its after-school special.

Games are \$1.75 with free shoe rental, Mondays-Fridays, 2-5 p.m. Students earn a free game for every “A” on their original report card. Call 655-0573.