

"Being a part of something so big really shows you how small you are in the standard of history," said Danganan. "It was an opportunity of a lifetime, and I am grateful I was able to be a part of it."

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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"Limited my extracurricular activities."

Staff Sgt. Jason Avery
408th MI Co.
Platoon Sergeant



"I can't think of anything that I've cut."

Robert Gonzalez
Retired Army Major



"I haven't ... I'm spending more. I just got back from deployment."

Chief Warrant Officer 2 Greg Hansel
HHC, 2nd SBCT
Intel Technician



"Eating more vegetables and shopping around."

Simeon Rojas
1-207th Avn.,
HIARNG
Aircraft
Electrician
Avionics



"Not eating out as much and cutting back on fun stuff like toys."

Lisa Story
Family Member

USARPAC wins DA award for force protection

Story and Photo by
MASTER SGT. JIM GUZIOR
U.S. Army-Pacific Public Affairs

FORT SHAFTER – The Department of the Army (DA) awarded U.S. Army-Pacific (USARPAC) the Best Force Protection Program Award for 2008, recently, during the opening ceremony of the annual Army Antiterrorism Conference in Buena Vista, Fla.

The award was a culmination of a three-year DA force protection assessment that evaluates each Army Command, Army Service Component Command and Direct Reporting Unit. Out of the six commands assessed in 2008, USARPAC took top honors.

"Because we are good at what we do, Hawaii's homeland defense is strengthened by our ability to respond if called upon," said Michael Hebblethwaite, chief antiterrorism division, operational protection directorate, USARPAC.

Hebblethwaite received an individual honor for his improvements to the force protection program.

The DA assessment evaluates functional areas such as antiterrorism, intelligence, physical security, law enforcement, military working dogs, information operations, information assurance, continuity of operations and emergency management planning.

Hebblethwaite said USARPAC was recognized for two best practices.



Spc. Paul White, 552nd Military Police Company, prepares for a ride along with Patrol Officer Dane Rowe to learn the Fort Shafter area. U.S. Army-Pacific won the Department of the Army's Best Force Protection Program Award for 2008.

"The first was the antiterrorism program, which tracks individual deployment from notification to return to home station," said Hebblethwaite. "That includes 24-hour tracking capability ... ensuring predeployment (and) antiterrorism-related training is complete.

"The second best practice," he added, "was the information assurance program that implemented a backup system for the

notification and acknowledgement of information assurance vulnerability messages."

Hebblethwaite credits his non-commissioned officers (NCO) for making the antiterrorism program a success.

"Three NCOs who have filled the position here over the past five years have really stepped up and performed as action officers," Hebblethwaite said.

8th TSC bids aloha to inspirational deputy commander

Deputy commanding general moves on to support GWOT

SGT. MAJ. TERRY ANDERSON

8th Theater Sustainment Command Public Affairs

FORT SHAFTER – Soldiers, Department of the Army civilians and family members gathered on historic Palm Circle, here, Feb. 12, to say farewell to a stalwart of the 8th Theater Sustainment Command (TSC).

Brig. Gen. Mark MacCarley, deputy commanding general, 8th TSC, was honored with a "Flying V" ceremony as he departed the unit for duty in support of the global war on terrorism in Kuwait.

"I have to say, I'm overwhelmed," MacCarley said. "Thank you to all of you. Not just for this ceremony, but mostly because you came out to say goodbye. More importantly, I want to thank you for what I've learned from my friendships and personal relationships with you."

MacCarley was named deputy commanding general of the 8th TSC, April 3, 2007. As an Army Reserve Soldier, he has served at every level of command, from platoon leader and company commander to battalion and brigade commander.

He is also no stranger to deployments. MacCarley served in support of Operation Iraqi Freedom for 15 months, as chief of staff for the 377th Theater Support Command (Forward).

According to the 8th TSC commanding general, Maj. Gen Raymond Mason, MacCarley was instrumental in guiding the unit through its early days and in giving Soldiers, noncommissioned officers (NCO) and officers exactly what they deserved – outstanding leadership.

"Mark truly epitomizes the best in both reputation and character," Mason said. "He is a man of immense strength, integrity, courage and selflessness. We are here today to honor what

Mark MacCarley has done for the 8th TSC and for the entire Army."

MacCarley led more than 3,000 Soldiers, sailors, and Marines during "Pacific Strike 2008" – Joint Logistics Over the Shore (JLOTS), a major logistics exercise held last summer at Camp Pendleton, Calif. The exercise successfully demonstrated the 8th TSC's ability to execute joint task force command and control responsibilities during JLOTS operations.

"I want to save my biggest 'hoohs' for the noncommissioned officers of the 8th TSC, since this is the 'Year of the NCO,'" MacCarley said. "JLOTS and every other exercise we've taken part in during the past year would not have been successful without the efforts of our men and women, from private to sergeant major."

The 8th TSC also paid tribute to members of MacCarley's family, who also attended the farewell ceremony. Soldiers presented lei to MacCarley's father, John, a World War II veteran who flew 35 combat missions in Europe, and to his wife, Marlene, who has endured the ups and downs of a military career as an Army wife. MacCarley showed his passion for Army families all over the world during his remarks.

"I can only say, Dad, I walk in your footsteps. You proved your heroism over the deadly skies of Germany during the darkest days of World War II," MacCarley said.

"To my wife and my children," he continued, "you've made it possible for me to serve. Like every American Army family, you sacrificed your time with me because you believe in what I do. I am indebted to you, and I will find some way, some time, to repay that emotional debt of time and love."

MacCarley leaves Hawaii for a short vacation in California before traveling to Camp Arifjan, Kuwait for duty in the Middle East.



Sgt. Maj. Terry Anderson | 8th Theater Sustainment Command Public Affairs

Reunited

WHEELER ARMY AIRFIELD — Pvt. Kendell Jackson kisses his daughter, Mekellia, who turns 3 on Monday. Jackson was among 400 2nd Stryker Brigade Combat Team Soldiers who returned from a 15-month deployment to Iraq late Tuesday night at the Multiple Deployment Facility, here.



Time the best investment for families

CHAPLAIN (LT. COL.) TIMOTHY WALLS

Schofield Barracks Community Chaplain

What would you do if someone gave you \$86,400 to invest, but you only had one day to do it, because at the stroke of midnight, it would all disappear?

I'm sure most of us would do our best to seek out a financial consultant or someone we trusted to help us make the most of that investment.

Do you realize that each day you and I are given something just as valuable to invest, something with eternal dividends? It's called time.

Every day, 86,400 seconds are deposited into your account to use as you will, but at the end of that investment day, those 86,400 seconds will be lost to eternity if you have not used them wisely.

How are you investing those seconds, minutes and hours of that precious gift of time God has given you? Once gone, time can never be regained.

Investing wisely means not fretting about yesterday or worrying about tomorrow, but taking today as it comes and using it to the utmost. Will Rogers once said, "Don't let yesterday use up too much of today."

Benjamin Franklin had this to say about the importance of making the most of today: "One today is worth two tomorrows."

Investing in the family by spending time together and having fun will bring priceless dividends. Taking the time for a walk in the neighborhood with the spouse and kids allows an opportunity for real communication and is a great use of your time.

Having a family meal together with the television, cell phones and iPods turned off, with "real people" conversation, is an excellent investment of your time. In fact, mealtime can be a great time to find out how family members are investing their time.

To draw dividends for a lifetime, husbands should invest time in their wives, and wives in their husbands. The same is true for our children.

Unfortunately, we spend lots of money on gadgets that are supposed to give us better ways to invest our time; yet, they keep us from truly connecting with one another.

When Suzie texts mom, or Billy e-mails dad, computers and gadgets take our investment from us, and we find ourselves relationally bankrupt at the end of the day.

Making the time and taking the time with those you love will be the best investment you can make in this life. Take time to be with your God through prayer and through worship.

God desires that we use the time he has given us wisely. It is a gift he has given you and me to invest wisely.

Time, what will you do with it? Some folks will save it; others will make it. Most will waste it; several will kill it. A few actually are on it – on time, but many try to manage it and end up losing it.

Time flies. But remember, you are the navigator of your time.



Walls

Voices of Ohana

What have you done to trim the fat out of your budget?

325th Brigade Support Battalion trains Iraqi army NCOs

Story and Photo by
CAPT. TERRIE SHIN
325th Brigade Support Battalion

TIKRIT, Iraq — The 325th Brigade Support Battalion (BSB), 3rd Infantry Brigade Combat Team, partnered with the 4th Division, Iraqi army (IA), to conduct training on basic combat skills during a three-week period, recently.

Each training session was designed to teach basic first aid, weapons maintenance, night vision device operations, night driving, weapons qualification and night-fire familiarization.

To help Iraqis become more independent, classes used a train-the-trainer model of instruction, so those being taught could train their Soldiers when they returned to their unit.

Six Iraqi noncommissioned officers (NCO) from Headquarters Support Company, 4th IA, participated in the first session. During the second training session, a week later, the same NCOs played a larger role instructing approximately 35 Iraqi soldiers, while 325th BSB Soldiers stepped back and monitored the training.

By the start of the third and final session,



Sgt. Adela Tacla (middle), A Company, 325th Brigade Support Battalion, 3rd Infantry Brigade Combat Team, and Sgt. Yassin Rashid (right), 4th Division, Iraqi army (IA), both range safety noncommissioned officers, observe marksmanship techniques at the 4th IA Weapons Qualification Range at Contingency Operating Base Speicher, Iraq.

all six Iraqi NCOs were well-integrated into the mode of instruction and were leading the training for their IA soldiers.

“We never had this type of training before. In the end, we gained confidence that we could teach our Soldiers,” said Sgt. Yassin Rashid, 4th Division, IA.

This partnership model has improved the 4th IA’s ability to train its Soldiers to

assume a greater role in the security of Iraq.

“Many of our Soldiers have neither driven vehicles nor have seen night vision devices (NVD) until today, but they are now well-trained and confident to drive at night with NVDs,” said Sgt. Rezkar Ahmad, IA.

Spc. Dustin Abbas, Staff Sgt. Branden Schoolcraft, and Sgt. Benjamin Cobian,

all medical personnel from C Co., 325th BSB, taught the first aid class.

“This training was very successful for me, because I learned how to conduct first aid in order to treat any injured soldier in combat, but also learned I can apply this to our daily lives,” said Pvt. Pishtiwan Omar Ali, Military Police Company, 4th IA.

Both Cobian and Schoolcraft said they had great confidence in Iraqi NCOs’ ability to teach their soldiers.

During the initial training sessions, some Iraqi soldiers had difficulty understanding the material because all instructions were provided through an interpreter. After Iraqi NCOs began teaching the classes, they were able to articulate instructions better because they had already gone through the classes the previous week. They could instruct their Soldiers in Arabic.

Concurrent with the combat skills training, 325th BSB conducted two sessions of Advanced Medical Training at the Contingency Operation Base Speicher Troop Medical Clinic. The course was designed to teach Iraqi medics advanced medical procedures, such as physical ther-

apy, dental, laboratory, preventive medicine and surgery techniques.

Maj. Matthew Packham, battalion surgeon, C Co., also provided a class on surgical suturing and basic pediatrics.

“Training is a key to leadership, and now they are able to pass on this information to their Soldiers. It inspires them to train other Soldiers,” said Packham.

The medical training also strengthened Iraqi soldiers’ trust in their NCOs and chain of command.

“The Iraqi soldiers gained respect and confidence that their noncommissioned officers can lead them and can take care of them,” said Cobian.

The joint training created a lasting partnership with the NCOs. It allowed 325th BSB Soldiers to see how, by training Iraqi security forces, they can positively impact the future of Iraq.

“The reason why we are here in Iraq is to help improve the Iraqi security forces, so they can assume a greater role in protecting their country,” said Maj. Joseph Ritter, executive officer, 325th BSB.

OIF



Spc. Andrew Kalaukoa, Hawaii National Guard, 230th Engineer Company, Vertical, distributes milk to the children of the Ban Soi Song School in rural Thailand as part of the Cobra Gold joint humanitarian mission hosted at the Ban Nong Buatong School in the Chanthaburi District of Thailand, Jan. 24 - Feb. 11.

Hawaii Soldiers, Thai Marines distribute 37,000 milk cartons

Story and Photos by
SPC. JOANNA N. AMBERGER
117th Military Public Affairs Detachment
Hawaii Army National Guard

CHANTHABURI, Thailand — Shrieks of laughter greeted the formidable Hawaiian as he stepped into the large, open classroom filled with small Thai children.

The excited children laughed, but they were still shy, playfully keeping their distance in a large ring around him. As the Hawaiian knelt down on one knee, the children finally felt more comfortable and approached the laughing, warm-hearted stranger.

Similar scenes were repeated in other schools as Soldiers of the 230th Engineer Company, Vertical, Hawaii Army National Guard, distributed approximately 37,000 cartons of milk to schools and the local community here, for what Soldiers called “The Milk Project.”

Thirty Soldiers, along with 19 Thai marines from the Royal Thai Marine Engineer Battalion, worked together to build a new classroom facility for the Ban Nong Buatong School here, Jan. 24 to Feb. 11, as part of the Cobra Gold exercise held throughout Thailand.

“The Milk Project is a plan to reach out to the community,” said Maj. Joseph Laurel, Joint Civil Military Affairs Task Force, Humanitarian Civil Affairs, officer in charge, South. “We have so many resources, we want to go beyond the school and out into the surrounding province to reach out there, too.”

“For some of the kids in the neighboring communities, their families make less than \$50 a month,” said Laurel. “They are very poor. You see kids with no shoes and drinking river water ... to give them a couple of cases of milk, it’s like Christmas come early. It’s tremendous.”

Soldiers began by giving milk to children at the Ban Nong Buatong School.

“We have been giving out milk at every meal at the school,” said Laurel. “When the parents come to pick up the kids, we give them a couple of cases to take home too,” he added.

“The students have never had milk like this before,” said Chatwoot Imchomchun, a teacher at the school. “Some students have never even had milk before because their families are poor.”

As the rhythm on the jobsite settled, the Soldiers and Thai Marines moved out to other schools in the district.

“We went to another school and gave the kids over there cases of milk,” said Spc. Diamond Hoohuli, 230th Eng. Co. “It felt good giving out stuff they don’t have every day.”

“It’s small. It’s only a case of milk, but they appreciate it so much,” said Spc. Salva Faatea, 230th Eng. Co. “I liked the dancing and singing they did for us. I wish we could come back and build them a school like we are doing for the other school.”

To show their appreciation, schoolchildren sang songs and danced for the Soldiers. One Soldier joined a kindergarten class in the fun.

“I was showing them shaka,” said Staff Sgt. Jim Evangelista, 230th Eng. Co., referring to the “hang loose” hand gesture. “I was

explaining that it’s a friendly sign we use in Hawaii. A lot of local people use it. They tried to adjust their fingers, but they were having a hard time. I had to actually bend their fingers to show them how to do it.”

SEE MILK, A-5



Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs

Giving it the boot

POHOKULOA TRAINING AREA, Hawaii — Pfc. Russell Welch (right), mechanic, D Troop, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade (CAB), works on installing a boot on an OH-58 Kiowa transmission as Command Sgt. Maj. Keith Hunter (left), command sergeant major, 2-6th Cav., observes at Pohakuloa Training Area (PTA), Hawaii, Feb. 8. The 25th CAB is conducting pre-deployment training at PTA throughout February.

Milk: Hawaii National Guard members help less fortunate communities

CONTINUED FROM A-1

“I thought it was very touching,” said Spc. Andrew Kalaukoa, 230th Eng. Co. “I have children the same age. It made me miss my kids back home. There are a lot of kids out there in need of help. I’d like to do it again.”

Spc. William Cook, 230th Eng. Co., was on a team that delivered milk to the nearby Ban Pra Gad School.

“I joined the Guard to help my community. Now I’m here in Thailand,

and this is my community while I’m here,” Cook said. “They are really appreciative of us and what we gave. I’d really love to continue doing this in any way I can.”

“We’ve never had anyone donate milk like this before,” said Thanomsri Petpaitwo, a teacher at the school. “I am so happy for your donation. Thank you. We need more.”

As Soldiers prepared to leave the community that hosted them for many weeks, they recalled the ways, both great and

small, they had given back to the community.

They built a new classroom facility, repaired swing sets and returned a basketball court to working order; distributed 37,000 cartons of milk and donated new school supplies; and formed strong friendships with the Thai marines over shared work, food and laughter.

“Beyond being a Soldier, beyond being an American or a Thai soldier, it’s the human thing to do, to give to people who have less,” Laurel said.



Staff Sgt. Jim Evangelista, Hawaii National Guard, 230th Engineer Company, Vertical, teaches the children of the Ban Pong Wua School how to do the “shaka.”

News Briefs

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

20 / Today

Office Closure – The General Services Administration (GSA) Customer Supply Center on Schofield Barracks will be closed for inventory, Feb. 17-20. Customers can shop at the GSA Hickam store during this time. Contact Mike Martin at 655-0280.

21 / Saturday

Water Outage – There will be a water outage affecting several buildings on Fort Shafter scheduled for Feb. 21, 7:30 a.m.-4 p.m. Buildings affected include Barracks 502 and 503-A, Dining Facility 503-B, Buildings 515 and 505, and Richardson Theater. The purpose of this water outage is to provide service to the new barracks to house the Soldiers and to create a loop system to facilitate any future problems. Call 438-1236.

24 / Tuesday

Civilian Classes – The Civilian Personnel Advisory Center (CPAC) will offer the following classes for civilians:

- Feb. 24-26, Basic Classification and Six Core Competencies of Leadership.
- Feb. 25-27, Effective Presentations.
- March 3, Proofreading and Editing with Style.
- March 9-13, The Supervisor's Role in Human Resources Management.
- March 10 and 11, Dealing with Difficult People.
- March 12, Interpersonal Communication Skills
- March 19, A Review of English Grammar, Behavioral Super-

vision: Handling Performance Problems. For questions regarding the courses, contact Val Nomura, at valetta.nomura@navy.mil or 474-0025, ext. 301. Visit https://www.donhr.navy.mil.

25 / Wednesday

Warrant Officer Recruiting – A recruiting session for warrant officers will be held Feb. 25, 10 a.m. and 1:30 p.m., at Building T-100, Room 210, Fort Shafter. Visit www.usarec.army.mil/hq/warrant.

March

4 / Wednesday

Gate Closure – Schofield Barracks' McNair Gate will be closed March 4-18, in order to install additional force protection measures. All other gates at Schofield Barracks will maintain their current operational times. Call 656-2435.

7 / Saturday

Road Closure – Beginning March 7 and ending Nov. 7, portions of Williston and Wright-Smith Avenues, Schofield Barracks, will be closed for roadway construction work. Drivers should avoid the area. Also beginning March 7 and ending June 12, Bragg Street will be temporarily converted to two-way traffic serving the residents of Betsy Ross and Patrick Henry Courts only. Call 624-2338 for more information.

12 / Thursday

Redeployment Ceremony – The 2nd Stryker Brigade Combat Team will hold a redeployment ceremony March 12, 10 a.m., at Sills Field, Schofield Barracks.

25 / Wednesday

Gate Closure – Schofield Barracks' Macomb Gate will be closed March 25-April 8, in order to install additional force protection measures. All other gates at Schofield Barracks will maintain their current operational times. Call 656-2435.

441st MI Bn. shares time with orphans

SGT. 1ST CLASS SHERYL L. LAWRY
500th Military Intelligence Brigade Public Affairs

SAGAMIHARA CITY, Japan — Standing among the cheerful screams of more than 20 children at the Bott Memorial Home orphanage, here, Feb. 7, were four Soldiers who volunteered their time to be playmates and English tutors to the orphanage's children.

The Soldiers, all from the 441st Military Intelligence Battalion, 500th MI Brigade, were also there to continue fostering the well-established partnership their unit and the orphanage has enjoyed for more than a year. It was in November 2007 that the battalion actively sought out an organization they could be partnered with. Their objective was to be very involved and hands-on. After looking at a few different places, Chaplain (Capt.) Chris Wallace settled on Bott Memorial Home, which was more than willing to be united with the battalion.

“The battalion wanted to support an orphanage,” explained Wallace. “Bott was the first place we went to. They were well provided for. Clean up was wanted, but not needed. They said teaching (the children) English would be more profitable.”

And that worked out well for the battalion that has many Japanese-speaking Soldiers assigned to it. Wallace approached Sgt. George Dillabough to assist him with the project.

“My initial drive [to do it] was to get out [of the house],” explained Dillabough, who lives near Camp Zama, “but after one or two visits with the kids, it was all about seeing them. A



Courtesy Photo

Sgt. Michael Coleman, Headquarters & Headquarters Detachment, 441st Military Intelligence Battalion, plays with some of the children at the Bott Memorial Home orphanage, Feb. 7.

lot of them are in unique situations, so just making them smile became the most rewarding thing about it.”

Together Wallace and Dillabough organized a bimonthly volunteer effort that involves all the Soldiers in the battalion.

“This is a great opportunity for all our Soldiers to be good citizens of Japan and the U.S. and to learn something of the Japanese people and their culture and traditions and to share (with the children) some of America's people, culture and traditions,” Wallace said.

Additionally, Wallace wants, Soldiers to know how to interact with the people and meet their needs while doing something meaningful and selfless.

“I want them to feel personally fulfilled by doing good for others,” Wallace continued.

After his first visit to the orphanage, Spc. Joey Scott, Headquarters & Headquarters Detachment, is already looking forward to his next.

“Not only was it fun, but I feel like I'm helping the community out,” Scott said. “I'm already planning on other stuff to bring [next time], pictures and stuff to show.”

The experiences Wallace wanted for the Soldiers is also being shared by the children.

“Just having the Soldiers come here ... the children have no experience with other cultures, just Japanese,” explained Kaita Omura, a member of the Bott staff, through an interpreter. “They get a lot out of the visits, even if Soldiers just play with them. The children's ages range from two to 18. Just talking to them is good. The smallest things are interesting to them.”

In addition to visiting the orphanage twice a month, the battalion also invites the children and staff at the Christian organization to “open post” days, such as the Cherry Blossom Festival, and holds special events like Christmas parties, which are a big hit with the children at the orphanage.

Child care providers learn warning signs of abuse, neglect

‘Beyond question’ activity helps in recognizing abuse

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — It was a tough topic to cover, according to Hank Cashen, family advocacy senior prevention specialist, Army Community Service (ACS), but a necessary one.

More than 15 military personnel gathered at the Bennett Youth Center, here, recently, to discuss the warning signs of child abuse and child neglect.

Child Abuse and Neglect (CAN) training is mandatory for everyone who works with children, such as Child, Youth and School Services personnel and ACS Family Child Care providers. The training emphasizes the “Three Rs,” recognizing the signs of, responding to, and reporting child abuse.

Child care workers don’t need to determine if abuse has occurred; however, if they suspect abuse, they need to contact the military police and make a report.



Military personnel and child care providers participate in the mandatory briefing on child abuse and neglect, Jan. 30.

When a report is received, military police and social workers conduct an investigation and refer the incident to the

Case Review Committee (CRC) to determine whether the case meets the criteria for abuse or not.

According to the U.S. Department of Health and Human Services, 1,400 child deaths resulting from maltreatment are reported each year.

The Department of Defense defines child abuse as the physical or mental injury, sexual abuse or exploitation, or negligent treatment of a child. Risk factors include lack of parenting skills, childhood maltreatment and substance abuse.

For more information on classes provided by ACS, call 655-4227.

During the CAN training, Cashen, along with Gina Peirce, family advocacy prevention specialist, ACS, facilitated the class, which included numerous videos and answers to questions about child abuse.

Facilitators projected photographs onto a screen to help attendees identify signs of abuse and physical maltreatment. Indicators, including a child’s reaction to social situations, were also explained.

During another portion of training, questions flashed onto a screen and

participants answered them using a “beyond question” remote. The technology displayed participants’ answers in a graph format and gave the audience instant feedback on the group’s responses.

“This allows the participants to be more actively engaged in the training,” said Cashen. “(They) enjoyed the interactive aspect of the class.”

During another demonstration, Peirce held a small crying doll in her hands. She then passed the doll off to a family member and asked the participant to shake it. When the crying stopped, red lights lit up, showcasing the damage that could have occurred in a real child’s brain.

The shaken baby doll demonstration helped participants see potential negative health consequences of Shaken Baby Syndrome and helped parents to realize the importance of prevention.

“There is a lot of information provided,” said family member Jerri Dudenheffer. “Some is common sense, but it’s important to be informed and aware in case a situation arises.”

Military Saves Week

Shoppers can stretch budget without sacrificing quality

KAY BLAKLEY
Defense Commissary Agency

FORT LEE, Va. — The Military Saves campaign encourages service members and their families to develop financial fitness habits that lead to personal financial stability, and ultimately, to mission readiness. To help attain those goals, there's hardly a better habit to embrace than choosing the commissary for grocery and household needs.

"Extending the paychecks of military members with savings of 30 percent or more is the reason the commissary benefit exists," said Philip Sakowitz Jr., director and chief executive officer, Defense Commissary Agency (DeCA).

The following six suggestions may help stretch your food budget:

1. Shop the commissary. It may look like a retail grocery store, but it's actually a government agency charged with delivering a non-pay benefit for military members and their families.

Commissaries make no profit; you pay the same price DeCA pays for products, plus a five-percent surcharge, which goes directly to funding new construction or renovation of commissaries.

Government agencies aren't allowed to advertise, so you won't have a splashy grocery circular screaming daily specials at you each time you walk through the door. Instead, take note of the red, white and blue "Savings You've Earned" shelf signs, or visit the savings aisle at www.commissaries.com to view prices and savings of specific items in the store where you shop. Based on database comparisons of commissary prices versus retail grocery stores, consistently shopping at the commissary provides an average

savings of more than 30 percent.

2. Plan ahead. Sound meal planning and eating more meals at home will go a long way toward reducing your overall food expenditures. Don't forget to include leftovers when planning. A large, inexpensive roast served Sunday can provide the makings for sandwiches Monday and a protein source in a chef salad served Tuesday.



For delicious recipes, check out Kay's Kitchen online at www.commissaries.com.

3. Make a list. Having a definite list when you shop helps avoid impulse buys. If you find an item on sale that you know you'll use later, feel free to add it to your cart. But beware of pretty displays that

don't fit into your plan, and never shop when you're tired or hungry. You'll fill your cart with all kind of items. Everything looks good when you're starving and trying to hurry.

4. Read labels and compare prices. When comparing prices of competing brands, compare the number of servings per container. A cheaper price on a larger size is only a savings if you actually use those extra ounces. It's no bargain if you end up throwing them away. Don't automatically assume that a larger-size container is always a better buy. Sometimes it is, but often it's not.

Always check the unit price shelf tag, or do the math yourself. Sometimes huge savings can also be found by comparing the same product in different forms. For example, at a local commissary's prices today, a half-cup serving of oatmeal from an 18-ounce box of quick-cooking oats costs 7 cents, but from a box of 12 single-serving packets, it costs 26 cents.

Serving size and microwave cooking instructions are exactly the same. The price of a 12-ounce package of smoked ham in the cold cuts section worked out to be \$4.61 per pound. The same product, from a competing brand was available in the deli section for less than half that price — \$2.17 per pound. Plus, at the deli, luncheon meat can be custom sliced, and different amounts can be purchased.

5. Do it yourself. The higher price for "convenience" items reflects the labor required to pre-cook, pre-cut or pre-measure. Most of the time, substantial savings can be had by making these preparations yourself.

Coleslaw is on my menu for dinner tonight, so I compared the difference between buying a head of cabbage (22 cents per pound) and shredding it myself versus buying a 1-pound bag of coleslaw mix (\$1.99). I can easily spend a few minutes with my food processor for that kind of savings. Keep your math skills sharp and your calculator close at hand as you shop

because occasionally you'll be surprised.

Shredded cheddar cheese, another item on my shopping list today, was exactly the same price per pound whether shredded or in a 1-pound block. In that case, I'll take the shredded version and save myself the extra effort at home.

6. Redeem coupons. Coupons and rebate savings can add up fast. All commissaries honor Internet coupons these days, and most commissaries make paper coupons available near the store entrance, in the checkout area or sometimes attached to the products themselves. Keep an eye out for those you use most often.

Savings through consistent shopping in commissaries year-round can also add up fast: Yearly savings for a family of four averages \$3,400; a family of three saves more than \$2,600; a couple more than \$2,100; and a single service member nearly \$1,200. With savings like these, you can be financially fit and mission ready in no time.

Pet: Chows, pit bulls are prohibited dog breeds

CONTINUED FROM A-1

Reese, AHFH director of property management. "However, once they move to their new duty station, they will be subject to the terms of the policy should they choose to live in a privatized Army RCI community."

The policy also addresses restrictions on exotic animals. For the purposes of this policy, aggressive or potentially aggressive breeds of dogs are defined as the following:

- Pit bulls (American Staffordshire bull terriers, English Staffordshire bull terriers)
- Rottweilers
- Doberman pinschers
- Chows
- Wolf hybrids

The prohibition also extends to other dogs that demonstrate a propensity for dominant or aggressive behavior as indicated by any of the following types of conduct:

- Unprovoked barking, growling or snarling at people approaching the animal;
- Aggressively running along fence lines when people are present;
- Biting or scratching people; and
- Escaping confinement or restriction to chase people.

To view the new pet policy, visit www.ArmyHawaiiFamilyHousing.com. Questions regarding the policy can be addressed to any AHFH community center.

Reese also added that should a pet demonstrate a propensity for dominant or aggressive behavior as defined by the new policy, AHFH does have the authority to remove it from its community.

The policy was developed by the Army's RCI partners in response to the Army's request for standardization regarding pets in privatized housing. It also was developed with input from current residents, garrisons and Department of the Army Headquarters (Installations and Environment).

The policy, which is supported by Headquarters, went into effect Jan. 23.

Education: Revamped G.I. Bill makes attending school easier

CONTINUED FROM A-1

to go to school, if any.” Wilson said.

The new program changes all that. The Post-9/11 G.I. Bill, Wilson said, pays for tuition by sending payments directly to the school. It also pays for student housing by sending a payment to the student. An additional payment for books and supplies also goes directly to the student.

With the Post-9/11 G.I. Bill, a Soldier may be entitled to tuition payments equal to the cost of the most expensive public, undergraduate, in-state tuition and fees in his or her home state.

For instance: a student learns that the most expensive public state school in the state of their home of record costs \$1,250 for a semester of courses. If the student opts to attend a private school instead, that school will receive up to \$1,250 a semester for tuition.

“Potentially, a student can get up to the full cost of tuition for the school they attend,” Wilson said.

Tuition is not the only benefit extend-

ed to potential college-goers. For students attending school more than half the time, the Post-9/11 G.I. Bill also pays housing costs, up to a rate equivalent to the Basic Allowance for Housing rate for an E-5 with dependents in the ZIP code where the school is located.

If a student attends school in Charlotte, N.C., for instance, the BAH rate in the area for an E-5 with dependents is \$1,179. The student would then receive that much money for rent each month — even if he or she has no dependents.

Soldiers on active duty may tap in to the Post-9/11 G.I. Bill and apply benefits toward tuition, books and supplies. However, active-duty Soldiers are not entitled to receive the housing allowance from the program.

Students are also entitled to a yearly stipend of up to \$1,000 to cover the cost of books and supplies, and students from highly rural areas who are transferring to a school may also be entitled to a one-time payment of \$500.

Perhaps one of the best-known benefits

of the Post-9/11 G.I. Bill is the ability to transfer the benefits to one’s dependents.

“For a lot of folks, that’s a key issue,” Wilson said of the change. “That section of the bill was specifically designed as a retention tool. And it is set up for those individuals who have served 6 years in the armed forces and agree to serve an additional period of service after Aug. 1, 2009.”

The details of who may transfer benefits to their family members, however, are being set by the military services, not the Veterans Administration. That policy has not yet been determined.

Unlike the MGIB, which required Soldiers to pay up to \$1,200 to participate, the Post-9/11 G.I. Bill requires no such payment.

All Soldiers who served after Sept. 11, 2001 may qualify for some or all of the benefits, depending on how long they served. Additionally, the program also serves National Guard and Reserve service members, depending on how much time they were mobilized for active duty.

“There are different tiers of benefit pay-

Maximum benefits for service

- At least 36 months; 100 percent
- At least 30 continuous days on active duty and must be discharged due to service-connected disability; 100 percent
- At least 30 months but less than 36 months; 90 percent
- At least 24 months, but less than 30 months; 80 percent
- At least 18 months, but less than 24 months; 70 percent
- At least 12 months, but less than 18 months; 60 percent
- At least 06 months, but less than 12 months; 50 percent
- At least 90 days, but less than 06 months; 40 percent

after 9/11. The lowest level is for those that have between 90 days and six months of active service after 9/11.”

The amount of active service a member has after 9/11 determines what percentage of benefits they can receive under the Post-9/11 G.I. Bill.

“The percentages go on up until you reach the point where you have 36 months of active duty — and those individuals qualify for 100 percent of everything,” Wilson said.

Soldiers who invested in the MGIB by paying the \$1,200 buy-in for the program, and who elect to participate in the Post-9/11 G.I. Bill, will be refunded a proportional amount of their buy-in, after all entitlement under the Post-9/11 G.I. Bill is used.

Those who do not use all their entitlement under the Post-9/11 G.I. Bill, do not receive a refund of their MGIB buy-in. Additionally, those who paid into the \$600 MGIB “buy-up” program, which increased the benefits under MGIB, will not receive a refund for that money.

HAWAII WEEKLY PAU HANA

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

“When work is finished.”

FRIDAY, FEBRUARY 20, 2009



More than 20,000 runners begin the 8.15 mile trek down Nimitz Highway to Aloha Stadium in the 25th Annual Great Aloha Run, Monday.

Sgt. 1st Class David E. Gillespie | 8th Theater Sustainment Command Public Affairs

Great Aloha Run spans thousands of miles

MOLLY HAYDEN
Staff Writer

HONOLULU — Maj. Charlie Kim, 25th Infantry Division, joined more than a thousand Hawaii-based troops for their own version of the Great Aloha Run in Tikrit, Iraq, Feb. 8.

Kim stated the Iraq version of the race differed from the one held each year in Honolulu, but the aloha spirit was the same. The run was also a way to stay connected to his family back home.

“It will be something fun to talk about with my family,” said Kim. “I am sure there will be many stories from their experience they will be eager to tell me.”

Fast forward one week and 8,000 miles away. The sun hid beyond the horizon, and the air was crisp on that Monday Honolulu morning. Kim’s wife, Danielle, and two of their six children, 11-year-old Joshua and 9-month-old Madeline, joined tens of thousands of people gathered downtown for the 25th Annual Great Aloha Run (GAR).

Runners, joggers and casual walkers lined up for the famous race. Runners stretched, sleepy-eyed children nestled in their strollers and parents held cups of coffee tightly in their hands, begging for the caffeine to wake them up.

Members of the U.S. armed forces lined up on Nimitz Highway; each branch represented by a flag waving high in the morning breeze.

As the national anthem began, hands moved sternly to their foreheads, and the crowd held their hearts proudly and sang along.

Hawaii Ponoii followed and brought on a wave of cheers at the end, indicating the start of the race was near.

The cannon boomed, while simultaneously the sun peaked and more than 20,000 participants pounded the pavement and made their way through the 8.15-mile race from the Aloha Tower to Aloha Stadium.

Hawaii is a special place for the Kim family. It is where Kim and Danielle met and married. After moving to the mainland for many years, the Kim family is

back in the land of aloha and taking advantage of the beauty provided.

“I ran in this race before I was married over 12 years ago,” said Danielle. “We’ve been back (in Hawaii) for six months, and it is starting to feel like home again.

“When I heard about the sign-ups for the GAR, I knew I wanted to run,” continued Danielle. “I have such fond memories of running the race before.”

Danielle also took advantage of the discounted entry fee for Family and Morale, Welfare and Recreation Blue Star cardholders.

Madeline, on the verge of her first step and years away from running, sat bright-eyed in a jogging stroller pushed by Danielle as Joshua walked next to his family members, eventually breaking away from the pack in an attempt to win a prize for best time in his age group.

Joshua prepared himself for the race with a bit of training and stated he now had bragging rights having walked more miles than his father did during the Iraq GAR. Although, the young jogger admitted if his father were running with him that day, Kim would probably win.

“I think he’s faster than I am,” said Joshua.

Danielle and Madeline rolled over the finish line after two hours and 37 minutes, while Joshua beat them by more than an hour, providing plenty of rest time at the stadium.

“I am glad the military is involved in this race,” said Danielle. “The Great Aloha Run is a big part of the community in Hawaii, and this is a good way for the military to blend in and get to know Hawaii for what it is: a mix of all that God has made.”

Kim agreed.

“I can’t think of an event that does a better job of bringing the two communities together,” said Kim.

Danielle is counting the days to GAR 2010, and she stated every member of her family would participate, together, as a family.

“All eight of us,” said Danielle, smiling. “I think that qualifies for the group rate.”



As part of the “Sounds of Freedom,” more than 2,500 troops pass by Aloha Tower near the start of the 25th Annual Great Aloha Run.

Annual run spotlights ‘Sounds of Freedom,’ donates to MWR

Story and Photo by
SGT. 1ST CLASS DAVID E. GILLESPIE
8th Theater Sustainment Command Public Affairs

HONOLULU — Some 20,000 runners and more than 2,500 troops participating in the “Sounds of Freedom” hit the streets for the 2009 Hawaii Telcom Great Aloha Run (GAR), here, at sunrise, Monday.

Now in its 25th year, the Great Aloha Run is an 8.15-mile trek along Honolulu Harbor from Aloha Tower to Aloha Stadium. The second year of the run, Sounds of Freedom was added and features military units running in formation demonstrating their cadences and esprit de corps.

The event benefits Carole Kai Charities, a philanthropic fund run by Hawaii entertainer and GAR co-founder Carole Kai Onouye, and has generated more than \$7.6 million for more than 150 nonprofit organizations, including more than \$350,000 for military Morale, Welfare, and Recreation (MWR) organizations.

“For every Department of Defense member participating in the race, \$1 will be donated to their branch of service’s MWR in Hawaii,” Onouye said. “This includes active duty service members, (Department of Defense) civilians and their children and spouses.”

In addition to the funds raised for MWR, Onouye presented a check for \$1,500 to the Warrior Transition Unit for wounded warriors.

“Giving back to the military has been very gratifying because my whole family has always been connected with the military in some fashion,” Onouye explained.

A long line of military is in our family, so

it runs in my blood. It means a lot that the military has a presence here, and it gives people a sense of pride when they see our troops, both men and women, going by, chanting, she added.

Being a part of the Sounds of Freedom is just fantastic, said Lt. Col. Ed Burke, commander, 8th Theater Sustainment Command’s (TSC) Special Troops Battalion.

“I couldn’t imagine any place I’d rather be — the weather’s great, Soldiers are motivated, and hopefully, the run is not too fast,” Burke quipped, before the race.

With the exception of the Marine Corps Marathon, this foot race is the largest military participatory event in the world, Onouye said, even surpassing the Army Ten-Miler.

And logistics for the military participation in Hawaii was no ordinary task.

“The 8th Theater Sustainment Command took the lead in coordinating all military units for the Sounds of Freedom, as well as taskings for all the logistics of the race,” said Sgt. 1st Class Previn Parker, 8th TSC operations noncommissioned officer.

“Planning meetings, registration, packet completion, T-shirt pickup, bus transportation to move Soldiers to and from the race, race day coordination, water buffaloes, water and aid stations ... we’ve been working on this for four months,” Parker explained.

“Last year there were 3,000 troops, and in 2007 there were nearly 4,000. This year, despite all of the deployments, we still had more than 2,500 troops here. That’s more than \$2,500 going back into the community for Soldiers’ needs.”



Molly Hayden | Honolulu Advertiser

Danielle Kim pushes 9-month old Madeline in a stroller during the 25th Annual Great Aloha Run. The run, taking place in both Honolulu and Iraq, gave Soldiers and family members a chance to share the aloha of the community race, despite being thousands of miles apart.



20 / Today

Big R: Mardi Gras – Register by today for the Blue Star Card Mardi Gras party on Fat Tuesday, Feb. 24, 6-8 p.m., at the Nehelani, Schofield Barracks. Get your face painted in true Mardi Gras fashion, with a masquerade disguise, play themed bingo and trivia games and collect beads. Three Blue Star Card holders will be crowned in the spirit of Mardi Gras. Light pupus and child care will be provided, but spaces are limited. Send an e-mail to sarah.chadwick@us.army.mil or call 656-3327 to register.

Battle Buddy Spirit Day – The Better Opportunities for Single Soldiers (BOSS) program will hold a Battle Buddy Spirit Day, today, 10 a.m.-4 p.m., at the Tropics Recreation Center, Schofield Barracks. Test your skills in a variety of fun contests, races and other competitions. Call 655-1130.

Joint Forces Pool Party – Families with special needs individuals are invited to enjoy an afternoon of swimming, today, 2:30-5:30 p.m., at Richardson Pool, Schofield Barracks. At least one family member must be enrolled in the Exceptional Family Member Program (EFMP). The event is free, but sign up is required. Contact Ethel at 655-1551 or Tracey at 655-4791.

Family Fun Fridays – The next Family Fun Friday will take place today, 6 p.m., at the Tropics, Schofield Barracks. Enjoy crazy games and contests, great food and fun, plus HDTVs, tons of Wii, PS3 and Xbox 360 games for checkout, family table games and pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

Free Waikiki Party Bus – The Army bus rides again, today, 9 p.m.-4 a.m., and the best part is, tickets are now free. The bus will pick up riders on Schofield Barracks and Fort Shafter and take them down to party in Waikiki, worry-free. Riders can hang out and play all night long and then get picked up and brought back home at the end of the evening. Tickets are now free, but patrons must have a ticket to ride, available at Information, Ticketing and Registration (ITR) offices. Call 655-9971 or 438-1985 for more information.

21 / Saturday

Daddy Boot Camp – New dads are



Mitchell Osurman | Army and Air Force Exchange Service-Hawaii

Supporting deployed Soldiers

SCHOFIELD BARRACKS — Twenty-six civilians, who work for Army & Air Force Exchange Service, were presented with Global War on Terrorism (GWOT) Civilian Service Medals in a ceremony, Friday, at the Schofield Main Exchange. The GWOT medal recognizes the contributions and accomplishments of Department of Defense civilians in direct support of the armed forces engaged in operations to combat terrorism in all forms throughout the world.

welcome to basic training to understand newborn basics and how to be effective, confident fathers, Feb. 21, 9 a.m.-noon, at Army Community Service, Schofield Barracks. Call 655-0596.

Blue Star Card Ball Bash – Come out and have a ball at the Tropics, Feb. 21, 5-7 p.m. Bump, set and spike your way to a good time; snacks will be served. Space is limited. Call 656-3325.

23 / Monday

Breast Feeding Basics – Breast feeding is one of the most natural things in the world, but for many moms, breastfeeding can be confusing.

A basic breast feeding class will be offered Feb. 23, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks, and Feb. 24, 9-11 a.m., at the Aliamanu Military Reservation community center. Call 655-4227.

Active Parenting – Learn parenting skills to enrich the parenting experience, gain knowledge about how to recognize developmental milestones, and understand how to respond to difficult behavior in children, Feb. 23, 9-11 a.m., at Aliamanu Military Reservation's community center. Call 655-0596.

24 / Tuesday

Ages and Stages of Infant and Child Development – Understand the ages and stages of normal child development, Feb. 24, 9-11 a.m., at Army Community Service,

21 / Saturday

Polar Plunge – Special Olympics, Hawaii, will host a fundraiser, Feb. 21, 8-10:30 a.m., at Hawaiian Waters Adventure Park.

Participants, wearing a costume of their choice, will plunge into a bone-chilling, icy pool. All monies raised at the event will directly benefit the athletes of Special Olympics in Hawaii.

Friends and family members coming out to support the plungers can purchase admission at a discount, \$25. Visit www.specialolympicshawaii.org.

After Dark in the Park – The National Park Service will host a presentation on current and past underwater research conducted on the USS Arizona, Feb. 21, 6 p.m., at the Pearl Harbor Memorial Theaters.

The overview will address a variety of issues and questions such as "Is the ship still settling? Approximately how much oil leaks into the water?" This event is free and open to the public. Visit www.nps.gov/usar.

23 / Monday

Kids in the Kitchen – The Armed Services YMCA will host Kids in the Kitchen, Feb. 23, 10:30 a.m., at the Armed Services YMCA, 1262 Santos Dumont Ave., Wheeler Army Airfield.

This event is intended for children ages 2-5. Cost is \$3 per child and preregistration is required. Call 624-5645.

25 / Wednesday

Book Lecture – Registrations are due Feb. 25 for Bill Riddle's book lecture, scheduled for Feb. 28, 7 p.m., and March 1, 2 p.m., at the Pacific Aviation Museum on Ford Island. Riddle wrote the acclaimed novel Dead Downwind, on John Rogers' daring and almost disastrous flight across the Pacific in 1925, the first flight to Hawaii.

Call 441-1008 or send an e-mail to TourCoordinator@PacificAviationMuseum.org for reservations.

General admission is \$14 for adults; \$7 for children. Kamaaina and military admission is \$10 for adults; \$5 for children. Admission is free to museum members and military in uniform. Visit www.PacificAviationMuseum.org.

Schofield Barracks. Call 655-0596.

25 / Wednesday

Resource Workshop – The New Parent Support Program (NPSP) will hold a Resource Workshop available for new parents, Feb. 25, 2-4 p.m., at Aliamanu Military Reservation's community center, and Feb. 26, 2-4 p.m., at the Sgt. Yano Library, Schofield Barracks.

The workshop provides important information on the nurturing parent curriculum, resources available in the community, and short videos on preventing shaken baby syndrome and basic newborn care. Call 655-4227.

26 / Thursday

Couples Communication – Army Community Service will hold a couples communication course, Feb. 26, 1-2:30 p.m., at Aliamanu Military Reservation's community center, and 3-4:30 p.m., at Army Community Service, Schofield Barracks.

Effective communication skills can help improve relationships and break down barriers. Call 655-0596.

Curtains Opening Night – Curtains, a musical comedy whodunit, will open Feb. 26, 7:30 p.m., at the Richardson Theater, Fort Shafter. Tickets are available online at www.armytheatre.com for as little as \$15. Call 655-4480.

Tropics Triathlon – Better come early and come often to hone your skills for this challenge. Battles in air hockey, table tennis

and Halo 3 will commence Feb. 26, 6 p.m., at the Tropics Recreation Center, Schofield Barracks. Play all three games and find out who's the best of the best. Call 655-5698.

Literature Database Training – The Sgt Yano Library, Schofield Barracks, will offer free, hands-on demo sessions on the Gale's Literature Resource Center, Feb. 26, 2-6 p.m.

Gale's Literature Resource Center is an invaluable electronic library, which provides searches on literary criticism, biographies, bibliographies, periodical articles, full-text author's works, and reading lists. Call 655-8002.

28 / Saturday

Shark Tours – Information, Ticketing and Registration will offer another shark tour, Feb. 28, 10 a.m. Tickets are \$85 a person and space is limited. Call 655-9971 or 438-1985.

March

3 / Tuesday

Happy Birthday, Dr. Seuss – The Cat in the Hat will be visiting the libraries and telling a story or two to celebrate Dr. Seuss' birthday, March 3, 3-3:45 p.m., at the Fort Shafter Library, March 4, 3-3:45 p.m., at the Sgt. Yano Library, Schofield Barracks, and March 5, 3-3:45 p.m., at the Aliamanu Military Reservation Library. The programs are for children of all ages. Call 655-8002.

March

2 / Monday

Power Outage – The Directorate of Public Works will replace electrical power lines in the Santa Fe neighborhood of Schofield Barracks through May.

In order to replace these lines, electrical power will have to be turned off, 8 a.m.-4 p.m., March 2, 5, 9 and 12.

The entire housing area to include Pitts Street, Womack Court, Cutinha Court, Hendrickson Loop, Ailana Place, Aloala Place, Aloala Street, Aloala Way, Kiela Place, Mohala Place, Melekule Street, Awapuhi Place, Mokihana Loop and Laniuma Place.

Army Hawaii Family Housing recommends residents refrain from opening refrigerators during these periods to prevent food spoilage; unplugging all sensitive electronic equipment such as computers, televisions and stereo equipment, to prevent possible damage from surges when power is restored; and to turn off and unplug all air conditioners.

Once power is restored, residents will be able to use these items again. Call 656-2435 for more information.

Spouse Information Meeting – The next Spouse Information Meeting (SIM) is scheduled for March 2, 9 a.m., at the Nehelani Conference Center, Schofield Barracks.

Post Exchange Meeting – The next Schofield Barracks Post Exchange Advisory Council Meeting will be held March 2, 10:15-11:15 a.m., at the Nehelani Conference Center, Schofield Barracks. Call 655-0497 for more information.

Worship Services

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

Helemano (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

This Week at the MOVIES Sgt. Smith Theater

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

Army Band Performance

Friday, 7 p.m.

The Spirit

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

Marley and Me

(PG)
Saturday, 7 p.m.



Bolt

(G)
Sunday, 2 p.m.

Doubt

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

The Unborn

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

No shows on Mondays or Tuesdays.

Send announcements to community@hawaiiarmyweekly.com.

20 / Today

Slick Deals for Soldiers – Flight School Hawaii, 134 Nakolo Pl., Honolulu, is dedicating February as Military Appreciation Month. The pilot shop is open 8:30 a.m.-5 p.m., daily. Service members with a valid military ID receive \$10 off an introductory flight. Visit www.flightschoolhawaii.com or call 837-7767.

Free Concert – The U.S. Army Medical Command Band, will host a free concert, today, 7 p.m., at Schofield's Sgt. Smith Theater. The performance, entitled "Freedom: Courtesy of the Red, White, & Blue," will honor wounded warriors from the Warrior Transition Battalion. The multifaceted band performs multiple musical genres to include salsa, country, rock & roll, and jazz. It also plays music from artists such as Pink, Jason Mraz, Carrie Underwood, Britney Spears, Marc Anthony, Juanes, Warrior Ethos-Acoustic, and more. Contact the Warrior Transition Battalion Operations office at 655-6672/6802.

Art and Essay Contest – The Armed Services YMCA is now accepting entries for its annual Art & Essay Contest. Children of active duty, Reservists 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.

Characters come to life for children during story time

Story and Photo by
MOLLY HAYDEN
Staff Writer

WHEELER ARMY AIRFIELD – More than 60 children sat on the floor, legs crossed with their heads gently resting on their palms, and they listened attentively as Command Sgt. Maj. Robert Williamson, U.S. Army Garrison-Hawaii, read aloud.

Parents and volunteers sat in the background smiling at the children during the Military Child Education Coalition’s “Tell Me a Story” event at the Wheeler Elementary School cafeteria here, Feb. 11.

Words flowed effortlessly from Williamson’s mouth as he read a story of a young child who wanted nothing else in the world but to learn how to read.

“Reading is a privilege,” said Williamson, taking a break from the written word to address the children. “Not everyone has a chance like you do to learn.”

Reading is the foundation of learning and an important skill for success in school and life, according to Karmin Solomon, team lead for Parent to Parent. It is an indulgence that enhances knowledge acquired and stimulates imagination, she explained.

The Tell Me a Story initiative was created to empower military children by using literature and providing a fun learning experience.

“We want to bring families in the community together, including military leadership, and promote



Command Sgt. Maj. Robert Williamson (center), U.S. Army Garrison-Hawaii, reads to a group of children during the “Tell Me a Story” event at Wheeler Elementary School, Feb. 11.

reading as a fun and healthy activity for the whole family,” said Solomon. “Reading is so important, and it should begin in the home.”

The images from the book were displayed on a large screen, ensuring no one would miss the magical artwork from the inspirational book entitled “More than Anything Else.”

The book, set in 1895, took children through the

journey of inquisitive 9-year-old Booker T. Washington.

“He really wanted to read, but his parents didn’t know how, so they couldn’t teach him,” explained Mackenzie Mangan, 5. “He worked and didn’t go to school.”

“But then someone gave him a book and helped him,” added Hallie Kulwika, 5. When the story ended, children broke into small groups to discuss their thoughts on the story. They spoke of Washington’s quest for knowledge and shared what they learned from the book.

“It showed it’s important to read,” said Logan Hoy, 6. “I know it’s important to read so I practice.”

“It’s fun,” chimed in Hoy’s younger brother, Gabriel.

“Sometimes you need help,” said Kulwika. “My mom helps me read, and I am going to help my little sister to read.”

The moral of the story rang a different tune for Kyla Ramos, 11.

“The book says to be grateful of what you have,” said Ramos, “and to never give up on your dreams.”

After the discussions ended, parents and children enjoyed refreshments and created souvenir book-marks.

Schofield Barracks’ Parent to Parent presented the free event as part of the Family Literacy Program.

Family members have ‘whale of a time’ at Puaena Point Beach

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – A small group gathered at the Outdoor Recreation Center for a whale watching adventure here, Jan. 30.

Piling in a van, the group drove to Haleiwa where they met with site leader and volunteer Renee Bergeron, National Oceanic and Atmospheric Administration (NOAA).

A small hike led them to Puaena Point Beach where they began to tally humpback whale sightings as part of the annual Hawaiian Islands Humpback Whale National Marine Sanctuary Ocean Count.

Bergeron explained a number of whale behaviors, including breach, puduncle slap and fluke up dive, a display in which the humpback whale lunges forward with its head raised above water.

More than 20 family members then sat on the beach, located whales off the shore

and recorded their behaviors during the land survey.

Raimie Neibaur, 11, took notes as other volunteers called out various behaviors from behind binoculars.

Although it wasn’t the first time the child had seen whales, it was a magical moment for her.

“This is fun,” said Neibaur. “It’s cool to see how they act in the water.”

In the early morning hours, numerous whales provided a show for volunteers, emerging from the water, exhaling air through their blowholes and slapping the surface of the water with their tails.

Activity slowed down a bit as the day went on, but family members remained on the beach, dedicated to recording information and searching for more sightings.

“It seems appropriate to go whale watching while living in Hawaii,” said David Zuckerman, sustainability program manager, Installation Management Command-Pacific. “This event encourages partnership between the military community and the



Seattle resident Donna LeFleur (left) cheers at the sight of whales as family member Maddie LeFleur takes a closer look through binoculars at Puaena Point Beach, Jan. 30.

state. We are all here to volunteer and be a part of something greater.”

Humpback whales migrate each winter to the Hawaiian shores to mate, give birth and care for their young, according to Bergeron.

The whale watching season peaks in

The next Hawaiian Islands Humpback Whale National Marine Sanctuary Ocean Count will be held Feb. 28, 7 a.m.-2 p.m. Cost is \$10 per person and transportation is provided. To register, contact the Outdoor Recreation Center at 655-0143.

Humpback whales are an endangered species, according to the sanctuary. In the past, the global humpback whale population size was about 750,000 to 2 million animals. The current global population is approximately 30 to 40 thousand.

On average, 10,000 humpback whales could come to Hawaii each winter.

The Hawaiian Islands Humpback Whale National Marine Sanctuary Ocean Count takes place the last Saturday in January, February and March, bringing hundreds of volunteers to 56 sites statewide.



22 / Sunday

Adventure Kayak Tour — Itching for some water exploration? Try the next edition of the adventure kayak tour, Feb. 22, 7 a.m.–2 p.m.
Don't miss this opportunity to explore the island at your own pace from a truly unique perspective. This is a level-one program suitable for beginners; cost is \$35 per person. Call 655-0143.

28 / Saturday

Whale Counting — Come enjoy another unique benefit of living in Hawaii to help the National Oceanic & Atmospheric Administration (NOAA), Feb. 28, 7 a.m.–2 p.m. The NOAA counts migrating whales from picturesque locations around Oahu. Cost is \$10 and transportation is provided. Call 655-0143.

March

1 / Sunday

All-Army Basketball Deadline — The deadline to apply for the men's and women's All-Army Basketball teams is March 1. The competition will take place April 15-May 9. Soldiers must use Army Knowledge Online (AKO) to apply for All-Army sports via the Department of the Army Sports Web site, <https://armysports.cpsc.army.mil>. Call 655-9914.

Civilian Fitness Program — A new 6-month program to improve civilian fitness begins March 1.



Send sports announcements to community@hawaiiarmyweekly.com.

21 / Saturday

Hike Oahu — Join the Hawaiian Trail & Mountain Club on a hike through Waimea Valley. Join the group for a hike up Kamananui Valley, over the middle ridge and down Elehaha Valley. A lot of stream crossings are on this shady, probably muddy hike, but not much up and down.
If heavy rains come, the hike may

change to a ridge hike at the last minute. Expect mosquitoes.

An additional \$5 fee per person for the center is required. This intermediate hike is 7 miles. Call Peter Kempf at 384-2221. Save the date for these hikes, too:

- March 1, a 9-mile intermediate hike through Mokuleia Hillside.
- March 9, a 14-mile advanced hike through Waimano Contour.

Hikes begin at 8 a.m., and a \$2 donation is requested of non-members. An adult must accompany children under 18. Hikers typically meet at Iolani Palace, mountainside, but for this hike, participants will meet at the first parking lot on the right, before the public lot.

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.

28 / Saturday

New Family Hike — Waimea Valley will offer a guided hike, Feb. 28, 9 a.m.–12:30 p.m. on the Ali Ki Trail. The 2-mile moderate trail runs from the Waihi (waterfall) to the top of Kalahee Ridge and down to Waimea's North Valley. Cost is \$5 plus admission to the Valley. Hikers must be at least 7 years old and accompanied by an adult. Reservations required, call 638-7766 or visit www.waimeavalley.net.

Ongoing

Youth Soccer Club — The Hawaii Rush



Chicpaul Becerra | U.S. Army Garrison-Pohakuloa Public Affairs

It takes a team

POHAKULOA TRAINING AREA, Hawaii — Fire emergency services and cultural resources personnel bring out a “victim” from a lava tube during their joint cave rescue training Feb. 5. The exercise scenario called for a rescue of two missing hikers deep inside one of many lava tubes located in a lava field southeast of Pohakuloa Training Area.

Learn ways to improve your health, fitness level and quality of life. No matter what your current fitness level, this program is designed to accommodate your needs. Participate in the program at Schofield Barracks and Fort Shafter fitness centers. Fitness assessments are required. Call 655-9650.

Ongoing

Healthy Heart Love Run — Start running today

to gain entries in the healthy heart love run lottery at the Helemano Military Reservation (HMR) Physical Fitness Center during the month of February.

Each 30-minute interval completed equals another entry. Call 653-0719.

Cardio Kickboxing Classes — Brand-new cardio kickboxing classes are now available at the Fort Shafter Physical Fitness Center five days a week. Classes are offered on Mondays, Wednesdays and Fridays, 11:30-12:30 p.m. and 5:15-6:15 p.m., and

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 coaching 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 details. Visit www.hawaiirushsoccer.com.

Taiko Drumming Classes — The Taiko Center of the Pacific, a school of traditional and contemporary Japanese drumming, offers classes year-round to the general public for all ages and all skill levels. Students also learn aspects of Japanese

Saturdays and Sundays, 8:30-9:30 a.m.

The class is free for active duty Soldiers and family members, and costs \$4 per class for all other authorized patrons.

Monthly pass cards are also available for \$25. Call 438-1152.

Bowling Parties — Wheeler Bowling Center's eight lanes are available for private parties on Saturdays and Sundays for \$120 per hour. A three-hour minimum and \$1.75 shoe rental apply. Call 656-1745.

Twilight Golf — Pay half the green fee and enjoy the afternoon at Nagorski Golf Course, Fort Shafter. Twilight golf begins at 11:05 a.m., Mondays-Fridays. It's not available during holidays. Call 438-9587.

Golf 'Til You Drop — Catch this all-you-can-golf special every Thursday at Walter J. Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. Call 438-9587.

Little Ninja — Classes are now being offered at Aliamanu Military Reservation's (AMR) Youth Gym, Saturdays, 9-9:45 a.m., for children ages 3-5. The cost is \$35 per month. Call the AMR Child and Youth Service's Registration Office at 833-5393.

Karate Classes — Children ages 5 and older can learn Do Shudokan karate at these physical fitness centers: Aliamanu, Fort Shafter, Helemano or Schofield's Bennett Youth Center.

All youth students must be registered at CYS; cost is \$35 per month. A discount is offered for two or more family members.

Also, adults 18 and older can learn Do Shudokan karate at the Aliamanu Physical Fitness Center, Mondays and Wednesdays, 7-8:30 p.m.

Cost is \$40 per month. Call instructor Joseph Bunch at 488-6372 or 265-5476.

culture, etiquette and language while developing skills in rhythm and movement. Beginning, intermediate and advanced classes are available for youth, adults and families.

No experience is necessary and weekly one-hour classes are held on Sundays, Tuesdays and Thursdays at various times at Kapiolani Community College.

Cost is \$78 for youth and teens and \$88 for adults. For more details, call 737-7236, visit www.taikoarts.com, or e-mail info@taikoarts.com.

Escrima Classes — Pedoy's School of Escrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and Sunday at its training center in Wai-pio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Great American Spit Out is time to quit chew tobacco

Chew contains more nicotine than cigarettes, at least 12 carcinogens

BRAD TAFT

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

Thursday was the Great American Spit Out, a day for those who chew tobacco to try going without their nicotine habit or even breaking it for good.

Tobacco addiction is tough. Tobacco takes your cash and it takes your health. Think of what it would be like if you didn't have to buy chew. You could do fun things like rent movies, eat out with your family or friends, or go on a vacation with the hundreds of dollars you spend every year on chew.

What about your health? Do you have red spots in your mouth where you hold the chew? Those spots can turn into cancer. Mouth cancer is always ugly and sometimes deadly. What about your breath? Ok, I won't ask.

Having a chew used to be cool, and you liked it. But now, tobacco is your enemy. You started chewing tobacco because it made you feel good and you could dip whenever and wherever you wanted to without anyone knowing. But now, you realize that you get edgy when you don't have a dip. If you don't have a chew in your mouth, what used to be easy is difficult. That's nicotine addiction.

According to the Department of Defense's 2005 Survey of Health-Related Behaviors Among Active Duty Military Personnel, the use of chewing tobacco is much higher among Army males (21 per-



Christina Graber | U.S. Army Center for Health Promotion and Preventive Medicine Visual Information Division

cent) than among civilian males (4.5 percent). The use is highest for enlisted personnel in ranks E1-E3 (27 percent).

According to the Centers for Disease Control and Prevention, a chew of smokeless tobacco delivers as much nicotine as two to three cigarettes and con-

Left — People who use chew tobacco have nearly twice the chance of developing oral cancer compared to those who don't use chew tobacco.

tains 28 cancer-causing agents. Recent Tricare data shows that chewers have nearly twice the chance of developing oral cancer compared to those who don't chew. Your dentist can tell you the whole story of what chewing tobacco does to your mouth. And you won't like what you hear.



Visit the following Web sites for information on quitting smokeless tobacco use:

National Institute of Dental and Craniofacial Research, www.nidcr.nih.gov/OralHealth/Topics/SpitTobacco/SpitTobaccoAGuideforQuitting.htm.

American Cancer Society, www.cancer.org/docroot/PED/content/PED_10_13X_Quitting_Smokeless_Tobacco.asp.

Boredom, trying to fit in with your buddies and wanting to perk up during long duty hours are all reasons you may have started chewing. Now it's time for you to think about fighting tobacco addiction.

Fight the fight. You are stronger than addiction to chewing tobacco. Be strong — Army Strong.

New online tools available for tobacco users in the military

TRICARE MANAGEMENT ACTIVITY

News Release

If you've thought about quitting smoking, now is the time to start.

The smoking rate among 18- to 25-year-olds in the military is 40 percent. About 39 percent of that population began smoking after they joined the military. Moreover, nearly a quarter of enlisted men in this age range use smokeless tobacco.

Tobacco use causes cancer and heart disease, and it creates problems that carry a greater risk for military personnel, such as easier detection in the field, slower wound healing, impaired night vision and decreased stamina.

"Soldiers have the will, they have the discipline, they have the strength to quit to-



Visit www.ucanquit2.org, to access free materials, support tools and information.

bacco," said Col. Paula Underwood, preventative medicine physician, staff officer, Office of the Army Surgeon General.

Deciding to quit smoking is a critical first step. Studies show that, on average, it takes 11 quit attempts before a person wins the fight against tobacco.

Support is one of the most influential factors affecting cessation rates. Research shows that if a person tries to quit with a

friend, he or she is 36 percent more likely to remain smoke free.

Family and friends can connect with military personnel no matter where they are through Quit Tobacco — Make Everyone Proud, the Department of Defense's (DoD) educational campaign, which facilitates interactive online support at www.ucanquit2.org.

"It's hard to break the addiction, but for service members making the resolution to quit tobacco, the resources are there to help," said Chuck Watkins, chief, Communications and Research Requirements, Tricare Management Activity.

Studies show that people who seek counseling while trying to become tobacco free increase their chances of remaining tobacco free to 15.8 percent, as compared

to only 10.8 percent for those who do not seek counseling.

Service members can access real-time, live help with a trained tobacco cessation coach 18 hours a day through the Web site. This counseling is free, anonymous and confidential.

Also new this year to the Web site are enhanced networking capabilities that build a solid platform for mutual support and the exchange of ideas, tips and advice among service members who are fighting this very tough opponent.

For example, users can post their pledge on the "I Re-

solve to Quit" bulletin board to publicly declare their resolution. They can also create a blog — public or private — to share their experience with family, friends and fellow service members or document their tobacco cessation journey.

A customizable Quit Calendar is also available to track progress, mark milestones and incorporate into on-line planning tools. Other features include a calculator that enables users to determine how much money they can save by giving up tobacco; games, such as Texas Hold 'em, with messages to reinforce their resolve to become tobacco free; research-based articles; and practical advice and strategies for quitting.

