





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 1/21/2009.

**"It is an important step for the Iraqi Security Forces to move forward and secure their own country."**  
**Staff Sgt. Andrew Zuffoletti**  
C Co., 2-30th Inf.  
Regt.



# Commander addresses challenges in Iraq

HEATH DRUZIN

Stars and Stripes, Mideast Edition

TIKRIT, Iraq — The U.S.'s recently installed command team faces many military, civil and economic challenges in trying to further stabilize and provide security for upcoming elections in the ethnically mixed northern half of Iraq.

Dec. 9, Maj. Gen. Robert Caslen took over command of Multinational Division (MND)–North, which covers almost all of Iraq north of Baghdad — an area the size of Ohio that includes seven provinces, three international borders, even more contentious ethnic borders, and where Sunnis, Shiites and Kurds struggle for control. The region also includes Kirkuk, an oil-

rich city claimed by Kurds, Arabs and Turkmen.

In an interview, Caslen, soft-spoken with graying hair, discussed the future of MND–North, saying it will be a challenge to meet his number one goal, maintaining security gains that have led to a reduction in violence in much of the region over the past year.

The most immediate issue Caslen must deal with is security for the Jan. 31 provincial elections.

U.S. Soldiers will tread a fine line between staying in the background and providing protection for voters, he said.

“We are doing extensive planning with the Iraqis,” he said. “These are Iraqi elections run by the Iraqis. They aren’t going

to be run by the coalition, but in order to have successful elections you have to have security.”

Diyala province, sandwiched between Baghdad and semi-autonomous Kurdistan, includes a long border with Iran, where the U.S. suspects weapons are smuggled into Iraq, and is still plagued by bombings and sectarian tensions. It includes the provincial capital of Baqouba, once claimed by al-Qaida in Iraq as its capital.

“To Iran, Diyala is the bridge between Iran and Sadr City, Baghdad (the stronghold of anti-U.S. cleric Muqtada al-Sadr),” Caslen said. “To the central government, Diyala is the buffer between a Kurdish incursion, and to the Shia (Sunni-dominat-

ed), Diyala is a relic of (Saddam’s regime).”

In the far north of Iraq is Mosul, one of the country’s most unsettled cities, where bombings are still common and there is still, Caslen said, “a viable insurgency.”

In November, an Iraqi army soldier opened fire on U.S. forces, killing two American Soldiers. Despite the shooting, Caslen said U.S. and Iraqi security forces are still working side-by-side in this city of two million people.

“The security situation in Mosul is still very tenuous, so we find the Iraqi police to be having a tough time,” he said, “but they are very brave and are doing the best they can.”

Meanwhile, the fate of Kirkuk is still in limbo. The majority is Kurd, but with large

minorities of Arabs and Turkmen, a long hoped-for referendum on whether Kirkuk will become part of Kurdistan or be under central government control still hasn’t happened.

“Although there is generally calm in Kirkuk city, it can flash in a minute,” Caslen said.

Caslen said U.S. forces can act as a go-between for different groups contesting Kirkuk and the vast oil reserves that lie under its desolate landscape.

“The good news is this — in all of these situations, not only the military but the political leaders are talking, and we in the coalition are involved in mediating those issues,” he said.



Sgt. Brad Willeford | 1st Battalion, 27th Infantry Regiment

## One big weed trimmer

ISTAQLAL, Iraq — Soldiers from Headquarters and Headquarters Company, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” board a UH-60 Black Hawk helicopter following the completion of a combined operation with the 2nd Brigade, 1st Iraqi National Police Division, Jan. 13. The operation was focused on identifying and removing illegal weapons caches in the Istaqlal Qada.

## Leadership’s success based on Soldiers’

Captain proud to be a part of Iraqi progress

**SGT. 1ST CLASS CHRISTINA BHATTI**  
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — A company commander’s success is based on the accomplishments of his or her Soldiers.

For Capt. Brian Sweigart, commander, Headquarters and Headquarters Company, 1st Battalion, 27th Infantry Regiment “Wolfhounds,” that is an idea he takes seriously.

“I take personal pride in what my Soldiers do,” he said. “My job is to talk to them and mentor them. It’s great to know that I have a hand in shaping their successes. If they are successful, that means I am successful.”

Sweigart received his commission eight years ago after graduating from the U.S. Military Academy at West Point in New York. He followed in the footsteps of his father and grandfather who also served in the military.

“It is something I always wanted to do,” he said. “I saw them

serve proudly and that is a tradition I wanted to continue.”

Sweigart deployed in support of Operation Iraqi Freedom with the 2nd Stryker Brigade Combat Team in December 2007. Since the unit’s arrival, he said he has

seen many positive accomplishments from his unit and the Iraqi people.

“The Iraqi people have now begun to take responsibility and accountability for themselves,” he said.

Sweigart said he regularly sees Iraqi inspectors checking on projects, instead of U.S. commanders who usually don’t have engineering degrees but conduct the inspection using a checklist from their unit’s engineers.

A turning point is evident of which Soldiers can be proud, he said. Sweigart hopes these kinds of steps forward will continue for Iraq and is proud to be a part of the progress.



Sweigart

OIF



Iraqi officials view the treatment tanks at the official opening of the Sadr City Rusafa Water Treatment Facility in the Hay Ur neighborhood of the Adhamiyah district of Baghdad, Wednesday.

# US Ambassador, Baghdad mayor open water treatment facility

Safety and security helps Sadr City realize biggest and most important project for residents

Story and Photo by  
**MAJ. MIKE HUMPHREYS**  
3rd Infantry Brigade Combat Team Public Affairs

BAGHDAD — Tribal leaders, council members, Iraqi workers and engineers, and members of the Baghdad Water Authority gathered in the Adhamiyah district of Baghdad to witness the official opening of the Sadr City Rusafa Water Treatment Facility, Wednesday.

U.S. Ambassador Ryan Crocker thanked the crowd of approximately 200 guests for the opportunity to open the facility he said would help shape the future of Baghdad and Iraq.

“This is truly a strategic project,” Crocker said. “It provides 96,000 cubic meters of water to Baghdad per day, and the United States of America is proud and pleased to have financed this project and to see it through to completion with our close friends and our partners in the mayoralty and the government.”

The facility, completed in October at a cost of \$65 million, took three years to complete. It provides 4,000 cubic meters of fresh water per hour to northeastern Baghdad, to include 27 sectors of Sadr City.

“This project is the most important, and probably the biggest project for Sadr City,” said Baghdad mayor, Navet Al Essawi. “This project and others like it will clear the path of terrorism.”

The facility has been providing potable water to Sadr City and the surrounding areas for more than three months. The ceremony served not only to demonstrate a return of essential services to the region but as a symbol of closure for people in an area who had been marred by violence for so long, said Maj. Brian Horine, civil military operations officer, 3rd Infantry Brigade Combat Team, who assisted with the ceremony.

“This opening is about what the Government of Iraq has done for the people. This facility was started more than two years ago when Sadr City was in the height of bad times,” said Horine. “Today, security and stability (have) returned, allowing this to happen.”

The mayor thanked coalition forces for their help and guidance in making the new facility a realization and said the project was the first part of a five-step strategic plan for Baghdad.

Horine echoed the mayor's words, explaining that the facility's opening is just a start to many equally important projects soon to be completed, such as an electric substation not far from the Rusafa Water Treatment Facility, which will distribute reliable power to Sadr City.

The mayor assured the audience that the Baghdad government and the Government of Iraq are committed to the people.

“The people of Sadr City and their neighbors have suffered from a water deficiency for 10 years. Now they can rest and be secure that they have someone to look after them,” Al Essawi said.

# Wolfhounds race to deployment finish line

127 laps around joint security station adds up to 1-27th Inf. Regt.

Story and Photo by  
**SGT. 1ST CLASS J. B. JASO III**  
1st Battalion, 27th Infantry Regiment

ISTAQLAL, Iraq — As a 15-month deployment comes to a close, several “Wolfhounds” are literally running against time to make it to the finish.

Soldiers assigned to the 1st Battalion, 27th Infantry Regiment “Wolfhounds,” have formed a club that motivates them to run laps around Joint Security Station (JSS) Istaqlal in an effort to fight to the finish.

“This was a spur of the moment idea,” said Capt. Brian Sweigart, commander, Headquarters and Headquarters Company, on how the club formed. “It was an idea that was thought of when we were sitting around the table.

“We set an achievable goal in our short time remaining in Iraq,” continued Sweigart, who is one of the original five runners who started counting laps, Nov. 11.

He added said that 127 laps around JSS Istaqlal was a good number, as it represents the unit.

“We have a large area to run,” said Sgt. Timothy Miller, infantry team leader in A Co. “Each lap is (three quarters) of a mile long.”

If finishing more than 95-miles in the last three months in the deployment wasn’t difficult enough, the terrain added another challenge.

“More than 50 percent of the course is covered with gravel and large rocks, which makes it difficult to run on,” continued Miller, who is also one of the original club members. “It’s like running in the sand on the beach.”

The challenge of running 127 laps around the JSS was completed first by Sgt. 1st Class Nathaniel Hanrahan, an infantryman with A Co.

Hanrahan didn’t stop at 127 laps, though. He recently completed 170 laps, the equivalent of running more than 127-miles, since Nov. 11.

“The 127-lap club is a positive thing out here,” said Miller. “It has motivated a lot of people to get



As Capt. Omololu Makinde completes another lap, he is that much closer to achieving his goal of 127 laps around Joint Security Station Istaqlal, Monday. Makinde is the Iraqi security forces coordinator for 1st Battalion, 27th Infantry Regiment “Wolfhounds.”

out there and run. It helped me get out there more than I would have.”



# 8th MP Brigade Soldiers train ‘Sons of Iraq’

OIF

Twenty-two of the new police officers are women

RAY MCNULTY

8th Military Police Brigade Public Affairs

BAGHDAD — One month ago, 948 former Sons of Iraq (SoI) registered as recruits to endure some rigorous training to become Iraqi police (IP) officers at al Furat Iraqi police training center. Upon completion of the course, Jan. 14, nearly 900 of the prospective law officers officially joined the ranks of the IPs, or Shurta, to do their part to maintain the rule of law in Iraq’s communities.

Numbering 894 men and three women, they are the second IP class drawn from former SoI to graduate from the academy. Last month, the graduating class of 1,031 IPs included 19 female Shurta.

“These two graduations are tangible proof that the government of Iraq has kept its promise. It offered Iraqi police jobs and training to former Sons of Iraq in recognition of their service,” said Maj. Gen. Khadim, provincial di-

rectorate of police for Baghdad, through an interpreter. “We will continue to extend a salute of respect and partnership to those who wish to serve with us.”

Registration has begun for the next class of IP candidates, who will begin training before the end of January. Early indications point to another history-making class, which is expected to include nearly 500 female recruits.

“This transition of Sons of Iraq into the Iraqi police is a visible sign of reconciliation,” said Col. Byron Freeman, commander, 8th Military Police Brigade. “Every graduation like today’s is a clear sign of progress. This effectively heals sectarian conflict with a sought-after job.”

Since Oct. 1, the SoI program, which was previously administered by coalition forces, has been the responsibility of the government of Iraq. Prior to October, the SoI numbered nearly 100,000 throughout Iraq. The timely addition of the SoI galvanized coalition force efforts and contributed to the successful pursuit of special group criminals.



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

The newest graduates of Al Furat Iraqi police training center, who are also former “Sons of Iraq,” demonstrate team movement when apprehending a criminal during the graduation ceremony, Jan. 14.

# ‘Bountyhunters,’ Iraqi Security Forces clean up streets of Sab al Bour

Small things like clean streets source of pride for city residents, drastically improve quality of life

SGT. 1ST CLASS BRIAN ADDIS

2nd Squadron, 14th Cavalry Regiment

JOINT SECURITY STATION SAB AL BOUR, Iraq — Cleaning up the streets of Sab al Bour is a priority for the city.

To help get that mission done, Soldiers from B Troop “Bountyhunter,” 2nd Squadron, 14th Cavalry Regiment, along with Iraqi police (IP), assisted local sanitation workers with the distribution of trash cans along two of the busiest market streets in Sab al Bour, Jan. 13-14.

A total of 500 trash cans were signed over from the local city officials to individual shop owners during the two-day span.

“I am proud of this,” said Iraq police Pvt. Majeed, an IP assigned to the Sab al Bour IP station. “I live here and am so very proud of our clean streets.”

Since the trash cans are the property of the Iraqi



Sgt. Robert Marin | 2nd Squadron, 14th Cavalry Regiment

government, shop owners were briefed extensively on their responsibilities. Shop owners were required to sign for the cans from both city officials and the Bountyhunter Troop. Additionally, shop owners will be held liable for any damage or theft.

Store owners agreed to place the cans outside their

establishments during the day and secure them indoors at night, thus mitigating the risk of damage or theft.

The cans, which are color coded by district, represent the first step in the implementation of the new Sab al Bour sanitation program, which includes scheduled days for trash pickup by the city’s five new

Soldiers deliver trash cans to a market store owner in Sab al Bour, northwest of Baghdad, Jan. 13. Soldiers from B Troop “Bountyhunter,” 2nd Squadron, 14th Cavalry Regiment, along with Iraqi police (IP) from the Sab al Bour IP station assisted local sanitation workers by distributing 500 trash cans along two of the busiest market streets.

garbage trucks.

“Sab al Bour has become a very successful city and cleaning up the streets will only make it better,” said Sgt. 1st Class Brian Chavez, a platoon sergeant for Bountyhunter troop. “By the second day, we could already see a noticeable improvement.”

These small things are drastically improving the quality of life for residents in the city.

“Life in Sab al Bour is improving every day,” said Capt. Dan Digati, commander, Bountyhunter troop. “The people of Sab al Bour understand that we (Iraqi security forces and coalition forces) are here to help improve their quality of life and create a better future. The relationship B Troop has with the entire population is remarkable.”

# WAQ quenches post-deployment need for adrenaline

DFMWR sponsors high adventure, Battlemind activities for Soldiers returning from battle zones

ROB MCILVAINE

Family and Morale, Welfare and Recreation Public Affairs

ALEXANDRIA, Va. —Audie Murphy, the most decorated U.S. combat warrior of World War II, suffered from insomnia and depression, was diagnosed with post-traumatic stress disorder (PTSD, then called “battle fatigue”), committed domestic violence and became addicted to sleeping pills, which he later overcame.

Murphy was never considered a weak human.

He spoke candidly about his problems to help Korean and Vietnam War veterans and urged Congress to pass legislation to extend health care benefits to address PTSD and other mental and behavioral health problems for returning veterans.

The positive changes for which he fought are being implemented, most recently in the form of Warrior Adventure Quest (WAQ).

In 2003, behavioral health professionals with the Mental Health Advisory Team (MHAT) began conducting surveys with Soldiers and Marines about battlefield ethics.

By September 2006, these behavioral health professionals, now known as MHAT IV, deployed to Iraq and surveyed Soldiers, Marines, health care providers and chaplains.

“This team,” said retired Maj. Gen. Gale Pollock, former acting surgeon general of the Army, “found that deployment length and family separation were the top noncombat deployment issues for Soldiers, whereas Marines had fewer noncombat deployment issues, probably because of their shorter deployment periods.”

After returning, the team recommended behavioral



Photo Courtesy of Family and Morale, Welfare and Recreation

Warrior Adventure Quest combines high-adrenaline sports, such as whitewater rafting, with Battlemind training to help Soldiers adjust to their return to garrison life from a combat environment.

outreach efforts to focus on units that are in theater longer than six months, and determined that shorter deployments or longer intervals between deployments would allow Soldiers and Marines better opportunities to reset mentally before returning to combat.

Things began to move.

Carol Potter, former senior program analyst with the FMWR Policy Office, and Dan Reinhard, from the Defense Safety Oversight Council (DSOC), presented the program.

“The concept of Return and Recreate came about because the Soldiers, who live with adrenaline pumping through their veins during war, come back to the U.S., look around and say, ‘is that all there is?’ when they return,” Potter said.

“We found that, in order to maintain that euphoric high,” Potter said, “many Soldiers safely returning from combat (are) left ... feeling invincible. As a consequence, they turned to drugs, alcohol and speed-

ing on the highways, resulting in an incredible number of accidents and deaths. In the proposal, I suggested to the Army (that) high adventure could be offered to help Soldiers achieve that adrenaline thrill in a healthier manner.”

A group from Outdoor Recreation put together a proposal suggesting that “if Soldiers are looking for adrenaline, then we should give it to them” in a “skill learning” (more controlled) environment. This new skill would be an introduction to a new lifetime leisure activity that they might use as an alternative method of blowing off steam and releasing stress.

Although death could result from high adventure activities, it was reasoned by the group that death and serious injury were more likely to result in a car crash or motorcycle crash than while learning to run the bumps on skis; shred the powder on a snowboard; run the single-track on a mountain bike; climb a 60-foot high, 5.8 route on a cliff face; or

kayak or raft through a class IV standing wave.

The pace of change picked up again.

In August 2007, officials began development of the Army Family Covenant and the Soldier Family Action Plan. They called for improvements in post-combat support to Soldiers and families to mitigate accumulated effects of conflict and assess and develop mitigation strategies for PTSD and Traumatic Brain Injury in the Army, and ensure sufficient mental health care is available for our Soldiers, civilians and families.

Soldiers at Fort Drum, N.Y., took the lead, raised their own funds and began high adventure training in September 2007.

“I was riding around in the snow up here thinking about giving the Soldiers activities they would enjoy,” said Gene Spencer, former Adventure Training chief who retired and later became complex manager over Adventure Training, Outdoor Recreation and Autocraft.

“High adventure recreation is the key to attracting interest,” concluded Potter. “But the normal or routine activity offerings just won’t do it because of what every Soldier experiences during a deployment. The biggest single challenge MWR will face after Soldiers return is offering activities that are attractive enough to keep them on base, or at least participating in MWR-sponsored programs.”

In September 2008, the Army held three pilots that combined high adventure activities with Battlemind training, the culmination of all these efforts. WAQ will be centrally funded through the Family and Morale, Welfare and Recreation Command, with oversight from the Installation Management Command.

The Army plans to cycle nearly 80,000 Soldiers through WAQ during the next year at a cost of just under \$7 million.

## News Briefs

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

### 23 / 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.

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.

**Tripler Road Work Continues** — Major road repair work around the Tripler Army Medical Center campus continues, as scheduled, from 9 a.m.-5 p.m. daily.

The repair is scheduled to continue through the end of the first week of February. Patterson Road has been repaved and has returned to a normal (two-way) traffic pattern. Flaggers will direct traffic as it is restriped.

Krukowski Road is being repaved over

the next two weeks. South of the tennis courts, it will be one-way going down, out to the main gate, 9 a.m.-5 p.m.

Motorists are reminded that Jarrett White Road is one-way, going up towards Tripler’s main complex. However, during construction hours, 9 a.m.-5 p.m., motorists will not be able to turn left onto Krukowski Road from Jarrett White Road when entering the main gate. Call 656-2435.

### 29 / Thursday

**Ace of Cakes** — The Army community is invited to attend a special ceremony, Jan. 29, 2 p.m., at the Tropics, Schofield Barracks.

Celebrity chefs from the popular Food

Network television show “Ace of Cakes” will present an Army-themed cake to Soldiers and family members. The presentation will be filmed for the show’s season finale. Doors will open 15 minutes prior to the ceremony.

## February

### 4 / Wednesday

**Oahu South Town Hall** — The next Oahu South town hall meeting for the Oahu South community will be held at the Aliamanu Military Reservation Chapel, Feb. 4, at 6:30 p.m. Call 438-6147 for more information.

### 8 / Sunday

**Warrior Assistance Center Closed** —

The Warrior Assistance Center (WAC) will be closed through Feb. 8 for construction. The WAC will continue providing services to the Warrior Transition Battalion. Call the WAC director at 225-0397.

### 10 / Tuesday

**Freedom of Information and Privacy Act Conference** — Pacific Com-

mand (PACOM) will host a conference on the Freedom of Information Act (FOIA) and Privacy Act, Feb. 10-12, at Camp Smith. FOIA and legal officers are encouraged to come, but you don’t have to be one to attend. Contact Capt. Mary Stottmann at 477-6432.



# Less running can mean more Soldier fitness

CAPT. VANCIL MCNULTY

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

Everyone may have different motivations to exercise. If you are a Soldier, your exercise motivation may be to pass a physical training (PT) test or because your mission requires it.

One of the pitfalls of preparing Soldiers to meet the physical rigors of completing the mission may be overtraining, also known as overuse. Overtraining occurs when the amount of exercise is out of balance with recovery or rest.

When imbalance happens, it can predispose a Soldier to injury. Hence, a leader's sincere desire to show that his or her unit exceeds the standards may be one of the reasons we have an epidemic of injuries today.

The Joint Services Physical Training Injury Prevention Work Group thoroughly reviewed proven injury-prevention strategies in the military. The work group found that too much running was the primary contributor to overuse, and that those who are at the greatest risk of injury are those who are

least fit.

A large amount of both military and civilian research shows that running volume (amount of running) significantly increases the risk of lower-extremity injuries (injuries to the legs). During initial military training, about 25 percent of men and about 50 percent of women incur one or more PT-related injuries.

About 80 percent of these injuries are in the lower extremities and are of the overuse type — a condition brought about by excessive running relative to the fitness level of the individual.

The work group found ample evidence that running mileage was an injury risk factor. An obvious intervention (change) is to reduce the amount of running performed by military members. In fact, this intervention has been proven to reduce injuries without affecting physical performance.

Marine recruits in a 12-week boot camp had a 54 percent reduction in stress fractures of the legs with essentially no change in aerobic fitness when they reduced their run-

ning mileage 40 percent (from 55 miles down to 33 miles).

A group of Soldiers in Basic Combat Training (BCT) who ran 56 miles was compared to BCT Soldiers who ran 130 miles in 12 weeks. The Soldiers who ran fewer miles during 12 weeks of BCT training not only decreased their injuries by 24 percent, but scored just as high on the two-mile run part of the Army Physical Fitness Test.

It is important to note that the group that ran less miles increased its marching mileage (117 miles versus 68 miles for the group that ran the higher mileage).

Increased marching is probably more realistic a scenario in wartime.

Another study compared male Navy recruits assigned to basic training divisions that ran either 12 to 18 miles or 26 to 44 miles. The lower-mileage division had lower injury rates, with 1.5-mile run time improvements that were the same as the higher-mileage divisions. In other words, a reduction of 20 miles of running during this Navy recruit training reduced injuries by 20

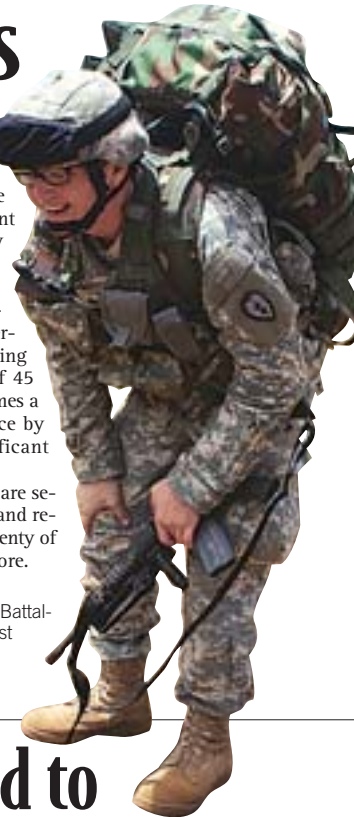
percent without negatively affecting physical fitness.

There are thresholds of running above which injuries increase dramatically without any significant gains in fitness. Running frequency of five times a week versus three times a week for 30 minutes increases the injury incidence (percent of subjects injured) by 225 percent without significantly improving fitness level. Running durations of 45 minutes versus 30 minutes, three times a week, increases the injury incidence by 125 percent without any significant change in fitness.

The bottom line: If Army leaders are serious about taking care of Soldiers and reducing PT-related profiles, there is plenty of hard evidence that proves less is more.

Pfc. Matthew Moeller, Special Troops Battalion, 25th Infantry Division, stops to rest during an 8-mile tactical road march.

Hawaii Army Weekly File Photo



## Hall: Leaders listen to residents

CONTINUED FROM A-1

Barracks and Helemano Military Reservation suffered water intrusion during the December storm. Additionally, more than 200 families reported leaky roofs. All roofs have been fixed, according to Hintz.

Hintz also suggested residents view the new AHFH Web site for housing updates — [www.armyhawaiiifamilyhousing.com](http://www.armyhawaiiifamilyhousing.com).

Business Operation Division Marketing Representative Ruben Moreno, Family and Morale, Welfare and Recreation (FMWR), encouraged community members to attend the FMWR expo at the Aliamanu Military Reservation Physical Fitness Center, Feb. 4, 3–6 p.m., for information regarding numerous programs and events FMWR offers, as well as a chance to win tickets to the upcoming Pro Bowl.

In addition, he said, Richardson Pool is being fitted with a new slide, which is projected to be operational by Feb. 1.

A new bus service downtown was also announced to provide family members at Schofield Barracks and Fort Shafter a free ride to explore Waikiki's nightlife every other Friday. The next service is Jan. 30. To reserve a spot, call 655-9971 or 438-1985.

With the rise in popularity of social networking systems, FMWR is now on Facebook, and Facebook users are encouraged to remain informed about upcoming events and offers by becoming “friends” with FMWR.

“We are always looking for ways to keep connected with Soldiers and family members,” said Moreno. “Social networking sites are very popular with our younger members.”

As the meeting entered the question-and-answer portion, housing remained a top concern for residents. Many members residing in the Santa Fe community expressed concern over dim lighting, speeding cars and dumpsters recently placed in their area. Subject matter experts listened to concerns, took notes and stated possible resolutions.

Col. Matthew Margotta, commander, USAG-Hawaii, said the garrison is currently in the third year of a 10-year plan to upgrade housing, which equates to 23 percent of families living in “good” quarters.

“We are working on it,” said Margotta. “It is not going to happen overnight, but we are well aware of the issues.”

The meeting adjourned and community members sought out subject matter experts for one-on-one advice.

## King: Attendees urged to ask how they want their lives read

CONTINUED FROM A-1

let Soldiers know what it was that (King) did to pave the way (to equality).

“His legacy is seen all around us today,” she continued. “We have our first black president, and many of the rights he (King) desired to see, that he spoke about and that God placed in his heart, have (been realized).”

Miller echoed Wilson's sentiments.

“Martin Luther King has always been a very inspiring person for me,” said Miller, an information systems analyst and company equal opportunity representative, 396th Signal Company, 30th Signal Battalion.

Miller read the Presidential Proclamation formally designating Jan. 19 as the Dr. Martin Luther King Jr. federal holiday.

“(King) inspires me to be a better person, to be a better leader, and to show by example that we should basically treat each other well and be good to each other,” he said.

Of course, that was one of King's foremost legacies — the legacy of peace and love.

It was precisely this legacy that the event's keynote speaker addressed and challenged those in attendance to consider.

“Who are you?” asked Chaplain (Maj.) Victor Richardson, 1101st Garrison Support Unit. For Richardson, examining this question was an endeavor that King forced all Americans to consider.

“(King) asked a nation to think about who we were as a people. And if our lives were books and the books were written, how would the book read?” Richardson asked. “Outside of America, if they knew what

we were doing inside and we could write a book about it, what would it say about us as a nation, and do you want it to say that, or do you want it changed?”

According to Richardson, Martin Luther King Jr. asked Americans to simply live up to their creed. His message was about unity and the hope that people would not only respect each other, but love each other and hold each other in the highest regard.

“We are a nation of our diversity, and we are a nation of people searching for things that connect us to each other. We are a nation in search of one word — love,” said Richardson. “No matter who you are, no matter what rank, no matter what culture, you are in search of love, and Dr. Martin Luther King Jr. asked, ‘Why don't we just love each other and let all the other stuff go?’”

# Obama: New president addresses challenges, changes

CONTINUED FROM A-1

been one of shortcuts or settling for less.”

America is a country of doers and risk-takers. It is an immigrant country where each generation worked hard to provide for the next, he said. Americans today must continue this journey, he added. It is time for hard decisions and a time of change.

The commander in chief also addressed changes in security.

“We reject as false the choice between our safety and our ideals,” he said. “Our founding fathers — faced with perils that we can scarcely imagine — drafted a charter to assure the rule of law and the rights of man, a charter expanded by the blood of generations. Those ideals still light the world, and we will not give

them up for expedience’s sake.”

The president reached out to the nations of the world in his speech. He told them that America “is a friend of each nation, and every man, woman and child who seeks a future of peace and dignity, and that we are ready to lead once more.”

He promised a “prudent use” of military power and a greater role for the American example.

“Our security emanates from the justness of our cause, the force of our example, the tempering qualities of humility and restraint,” he said.

The use of these principles will allow America to develop greater understanding of other nations and greater cooperation against common threats from them.

Obama said Americans will not apolo-

A U.S. Soldier with the D.C. National Guard provides security at the Lincoln Memorial on the National Mall in Washington, D.C., Tuesday, during the inaugural opening ceremonies.

gize for their way of life, nor waver in its defense. In the United States, all languages are spoken, all religions are practiced, and all good people are welcomed.

As Americans look to the future, they also should remember to honor the Americans serving overseas and recall those who have sacrificed in the past.

“We honor them not only because they are guardians of our liberty, but because they embody the spirit of service; a willingness to find meaning in something greater than themselves,” Obama said.



Master Sgt. Cecilio Ricardo | U.S. Air Force

# Green: Garrison manages housing upgrades, beautification efforts

CONTINUED FROM A-1

including acquiring electric cars for garrison staff; a cooperative hydrogen-electric fuel plant at Kilauea Military Recreation Camp on the Big Island to support bus service; and a tentative agreement with Hawaiian Electric Company (HECO) for a wind farm in the Kahukus community and for a distributive generation biodiesel power plant on Schofield Barracks.

In addition, the garrison has a working development with Actus Lend Lease Corporation (Actus) for a possible photovoltaic farm on land purchased by Army Hawaii Family Housing (AHFH) in December 2008. The land was originally designated as a golf course to replace the Kalakaua Golf Course, which became the Kalakaua community.

## Housing upgrades

Housing was a hot topic in 2008. Many community members questioned USAG-HI and AHFH on the changes taking place in military communities.

“We focused on establishing a positive, cooperative relationship with our partner Actus while ensuring that our families are provided the finest quality homes and residential communities,” said Margotta, adding that Actus will build homes, as well as

communities, including community centers, play areas and parks.

“Every member of Army Hawaii Family Housing and the garrison leadership fully understands that not all families in Hawaii are afforded the opportunity to live in ‘quality’ on-post quarters,” said Margotta. “Many are old, small, lack amenities and are not commensurate with what they deserve.”

The Army also recognized this issue, so in 2005, the Army and USAG-HI entered into a 50-year agreement with Actus to build 5,388 new homes, renovate 2,506 old and historic homes, and manage the Army’s housing property.

“As you can imagine, this will not be accomplished overnight,” said Margotta.

The 10-year, \$2.3 billion development plan is the largest privatization project in the Department of Defense.

“When completed, we will be able to provide approximately 70 percent of our Army families in Hawaii high quality on-post housing,” added Margotta.

However, due to rising construction, labor and fuel costs, as well as market rate adjustments, the 10-year plan may have to be extended to 13 years.

“This may have to be implemented in order to en-

sure that we do not reduce the overall number of new homes, sacrifice their quality or reduce the great additional community amenities,” Margotta stated.

To put the plan in perspective, prior to privatization, from 1997 to 2005, the Army built only 516 new homes in Hawaii, the first in many years. In the three short years since 2005, Actus built more than 1,600 new homes across USAG-HI installations, with approximately 30 new homes coming on-line each month, and nine additional communities currently in development.

Additionally, AHFH has added three new community centers, a pool and numerous playgrounds and walking paths within the community.

## Beautification efforts

Gate beautification, sign painting, restriping parking and traffic lanes, along with numerous building renovations, including the Fort Shafter vehicle registration office and the outdoor recreation center, kept installations looking sharp. Constant repair and beautification of the land continues into the new year.

According to Margotta, in 2008 the community spoke and the command listened. Through town hall meetings, public forums and numerous media outlets, including the Hawaii Army Weekly and garrison and directorate newsletters, the garrison strove to enhance communication between the command and the community.

“The garrison is in the customer service business,” said Margotta. “We are no different than Chili’s, Wal-Mart or any other business. Unless we listen to our customers and give them what they want, we are failing.

“We take this to heart and try our very best to provide the community with the finest services and support that our resources allow,” continued Margotta. “We are looking forward to 2009 as we roll out several new mechanisms for the community to provide us feedback.

“With these, we hope it will provide us the means to receive better, more useful feedback and suggestions from our community members, allowing us to enhance the quality of life provided to our deserving Soldiers and their families.”



# HAWAII ARMY WEEKLY

# PAU HANA

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

“When work is finished!”

FRIDAY, JANUARY 23, 2009



## Different Strokes

Military ohana develops talent at the Arts & Crafts Center

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

SCHOFIELD BARRACKS — With the stroke of a paintbrush, many projects come to life. Whether painting a room, creating a piece of art, or touching up furniture, painting adds a creative, personal touch, turning the blandest of projects into a work of art.

Artists have practiced painting for hundreds of years. Through various painting courses at the Arts & Crafts Center here, members of the military ohana are unleashing their own artistic talents and finding a medium that best suits their tastes.

Art instructor Nikki Mizak stood behind family member Erin Rakes as she carefully dipped her paintbrush in oil paint, Tuesday, during the Adult Oil Painting class. On the table, four wine bottles and two wine glasses stood perfectly still, as if posing for the new artist.

A blank canvas leaned slightly on the tabletop easel. Rakes then placed the paintbrush on her canvas and ran the paint across in one brisk stroke. Mizak offered advice and explained techniques.

“The still life helps new artists explore the contrast of light and reflection and create depth within their artwork,” said Mizak. “It’s a lot better than painting from a photograph where your subject is flat, especially for a beginner.”

The oil class is one of three painting classes offered at the center for adult family members to pursue artistic endeavors. The center also offers acrylic and watercolor painting classes.

Students at each class learn an array of painting techniques, color theory and art history. The different classes allow family members to explore various mediums and create works of art.

Thursday night, family members gathered for the acrylic painting class. Each picked a subject and began to draw it out on canvas.

Family member Heather Brock painted a landscape from a recent trip to California. A brightly colored hot air balloon filled the left side of the canvas.

“I think having access to these kinds of tools is great,” said Brock. “You can experiment and explore and find out what you are good at.”

“You also get professional instruction and all the resources needed to create art without a whole lot of financial investment,” Brock continued.



Art instructor Nikki Mizak paints alongside her students, offering advice and helpful hints on techniques during the adult oil painting class at the Schofield Barracks Arts & Crafts Center.

Mizak suggested experimenting with various mediums at the Arts & Crafts Center before investing in paints, since paint preference varies from person to person.

Mizak said oil paints are the most forgiving and offer depth within a painting, but take days to dry. Oils also produce softer textures and are more brilliant in color. Acrylic paints dry fast and produce sharper edges, but tend to be a bit flat. With watercolors, artists have only one chance to create a piece of work, but the medium carries a very specific look, according to Mizak.

For more information on adult art classes at the Schofield Barracks Arts & Crafts Center, call 655-4202.

“Some people believe they have no artistic talent,” said Mizak. “This gives family members a chance to try their hand at art and unleash the talent within them.”

Mizak explained the intention of each painting project is to encourage participants to explore new subjects and techniques and to challenge them in a new way. She added, artwork is considered priceless because it conveys the inner thoughts of a painter.

“Each painting is unique and illustrates the artist’s perception of life,” said Mizak. “After a few lessons, each student is amazed at what they can do.”



Family member Heather Brock (front) and art instructor Nikki Mizak mix paint for their ongoing art project during the Thursday night adult acrylic painting class.



Art student Erin Rakes studies still life (foreground) to complete her oil painting during the Tuesday night adult oil painting class. Painting from still life offers students a greater understanding of depth, according to art instructor Nikki Mizak.



Oil paints, along with acrylic and watercolor, offer family members an array of media to quell their thirst for art. Numerous painting classes abound for every member of the military ohana at the Schofield Arts & Crafts Center.





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.

28 / Wednesday

**Free Concert Transportation** — FMWR and Roberts Hawaii have teamed up to offer free transportation to the Lt. Dan Band concert at Hickam Air Force Base, scheduled for Jan. 31. The deadline for registering is Jan. 28, at 4 p.m.  
Buses will depart Schofield Barracks at 5 p.m., and Fort Shafter at 5:15 p.m., with the concert beginning at 7 p.m. Seating is limited. Visit [www.mwrmilitaryhawaii.com](http://www.mwrmilitaryhawaii.com) to register. Call 655-0111/2.

29 / Thursday

**NFL Ohana Day** — The deadline to register for free transportation to NFL Ohana Day is Jan. 29, at 3 p.m. NFL Ohana Day is a free Pro Bowl event scheduled for Feb. 7, 9 a.m.-noon.  
This is the one and only chance to see all Pro Bowl players in a live practice and view a complete demonstration of all entertainment including the pregame and halftime shows, for free.  
Enjoy games, challenges and activities. Youth seated in the military family area may also have the opportunity to go down on the field and partake in the activities and random prize drawings. Reserve your spot by visiting [www.mwrmilitaryhawaii.com](http://www.mwrmilitaryhawaii.com). Call 655-0111/2.

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 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,



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

23 / 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.

An orientation will be held at Schofield Barracks, ACS, today, 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.

24 / Saturday

**Burns Night Celebration** — The Caledonian Society of Hawaii will celebrate the 250th anniversary of the Scottish poet Robert Burns, Jan. 24, 5:30 p.m., at the Hawaii Convention Center. The celebration will include poetry, piping, song and dance, as well as a ceremonial address to the haggis. Formal Highland dress or evening wear is required. Visit [www.scotsinhawaii.org](http://www.scotsinhawaii.org) for information and reservations.

30 / Friday

**Lt. Dan Band** — Television and movie actor Gary Sinise's Lt. Dan Band will perform two free concerts as part of the USO Copley Show, Jan. 30, at the K-Bay Lanes Bowling Alley on Marine Corps Base Hawaii, Kaneohe Bay, and Jan. 31, at the Freedom Tower Mall, Hickam Air Force Base.

Both shows begin at 7 p.m. and are not open to the public. Open seating is available for service members, Department of Defense employees and their families.

31 / Saturday

**2nd SBCT Fundraiser** — The 2nd Stryk-



Sgt. Kyndal Griffin | 8th Theater Sustainment Command Public Affairs

## Mahalo for a job well done

FORT SHAFTER — Maj. Gen. Raymond Mason, commander, 8th Theater Sustainment Command (TSC), presents Joan Bliss, 552nd Military Police (MP) Company, 8th MP Brigade, with the Alii Award during 8th TSC's recent Volunteer of the Quarter Ceremony at the 1st Lt. Jonathan Brostrom Community Center, here. Also pictured, from left to right, are Patty Mason, Jackie Duncan and 8th TSC Command Sgt. Maj. George Duncan. Not pictured, but also receiving awards were Christine Cox, 561st Engineer Company, 84th Engineer Battalion, and Maria Figueroa, 643rd Engineer Company.

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.mwrmilitaryhawaii.com](http://www.mwrmilitaryhawaii.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.

21 / Saturday

**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.

# Ongoing

**Rock School** — Keiki ages 7-18 are welcome at SKIES Unlimited's Rock School, held Tuesdays, 3:15-4 p.m. The

cost is \$55 for four weeks, and the program offers guitar, bass, keyboard and percussion instrument instruction. Call 655-9918.

**New Travel Specials** — Have you been to Information Ticketing and Registration (ITR) lately? There are a ton of new travel packages available. Choose from seven different Australia travel packages, discounts on Hale Koa shows, rotating military appreciation specials and many more. Call 655-9971/438-1985 or visit [www.mwrmilitaryhawaii.com](http://www.mwrmilitaryhawaii.com).

**Fort Shafter Thrift Shop** — Browse the Thrift Shop for all your décor. Normal business hours are Tuesday and Friday, 9 a.m.-1 p.m., and consignment hours are 9-10:30 a.m.

Donations and volunteers are always welcome as the Thrift Shop is the main fundraising venue for the Fort Shafter Hui O Wahine Spouses club.

All profits are donated to charities and scholarships in the military and local community. Call 842-1074 or visit Building 342, Pierce St.

**Salvage Yard Auto Sales** — Fort Shafter and Schofield Barracks salvage yards will be sponsoring sealed bid auto sales twice a month. Bidding will end on the first and third Saturdays of each month, and the highest bidder will be notified the following day.  
A minimum bid will be marked on each

a.m.-1:30 p.m., at Fort Shafter's Hale Ike-na.

Exhibitors will be on hand demonstrating the latest advancements in information technology, computer hardware and software and related fields. Complimentary refreshments 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.

**Oahu South Town Hall** — The next Oahu South town hall meeting for the Oahu South community will be held at the Aliamanu Military Reservation Chapel, Feb. 4, at 6:30 p.m. Call 438-6147.

7 / Saturday

**Family Strong Reintegration Classes** — The 25th Infantry Division, Schofield Barracks Health Clinic and Tripler Army Medical Center will hold a series of reintegration classes designed to guide reunited families through the post-deployment process, Jan. 22, 8 a.m.-4 p.m., at Schofield's Main Post Chapel Annex. Classes will be offered again Feb. 9 and 12.

Issues particular to spouses, children and Soldiers will be addressed in addition to community services available.

E-mail [leticia.rivera@us.army.mil](mailto:leticia.rivera@us.army.mil) or call 655-8132.

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).

20 / Friday

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

auto for sale. Call 655-9368 (Schofield) or 438-9402 (Fort Shafter).

**Reservation Policy** — The Pililaau Army Recreation Center has announced the reserving of 50 percent of its beachfront cabins for the exclusive use of active duty and reservist personnel during peak periods: Labor Day weekend, Thanksgiving weekend, and the weeks prior to Christmas until New Year's weekend.

The previous policy held 10 percent of the rooms for active duty and reservists during peak periods. Now the recreation center will release noncommitted beachfront cabins 15 days before date of occupancy to all other authorized patrons. Prior to this change, beachfront cabins were released 30 days before desired date of occupancy. Reservation requests may be made by phone for a maximum stay of 21 nights and are accepted on a first-come, first-served basis.

A one-night deposit is required on the same day after reservations are made. Reservations can be made one year in advance of desired date of occupancy. Call 696-4158.

**Mom & Tot Free Craft Fun** — The Arts & Crafts Center, Schofield Barracks, will offer free craft time for mothers and toddlers every Thursday, 10-11 a.m.

The program for 2-4 year-olds will provide a helpful outlet for moms and toddlers to get out of the house and have fun. Call 655-4202.

22 / Sunday

**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.)

Call 526-0232 or visit [www.tcmhi.org](http://www.tcmhi.org).

# Ongoing

**Principal's Coffee** — Parents and community members are encouraged to meet with Radford High School's principal every third Friday of the month, 11 a.m., in the Transition Center for coffee and chat time. Call 421-4200, ext. 273.

**Beginners Line Dancing** — Wear covered shoes and join a group of happy, fun-loving, beginning-level line dancers, Thursdays, 6:30-8 p.m., in Ewa Beach.

Cost is \$3 per class. Call Mona Dabis at 351-2614.

**Coffee Social** — Spouses, a piping hot, rich brew of java is waiting for you at the Fort Shafter Army Community Service (ACS) Outreach Center, located in Building S330, Room 111.

If you are tired of sitting at home with nothing to do, new to the community, or just need a break, join your neighbors for free coffee and fun conversation.

This coffee social takes place every first and third Wednesday; child care is provided at the Child Development Center, if your child is registered with Child, Youth and School Services (CYS2).  
Call 438-9285 for more details.



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 Sunday, 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.



Four Christmases

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

Nothing Like the Holidays

(PG)  
Saturday, 4 p.m.



The Day the Earth Stood Still

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

Madagascar: Escape 2

(PG)  
Sunday, 2 p.m.

No shows on Mondays or Tuesdays.





Castle High School freshmen contemplate how they are going to lower a steel drum down a 12-foot platform without dropping it.



# Castle High School students work together, learn communication skills at Leadership Reaction Course

SCHOFIELD BARRACKS — Approximately 100 freshman students from Castle High School’s Lokahi Academy in Kaneohe tested their team and leadership skills at the Leadership Reaction Course (LRC), here, Jan. 15.

Soldiers from the University of Hawaii Reserve Officer Training

Corps (ROTC) and the 2nd Battalion, 11th Field Artillery Regiment, helped facilitate the event.

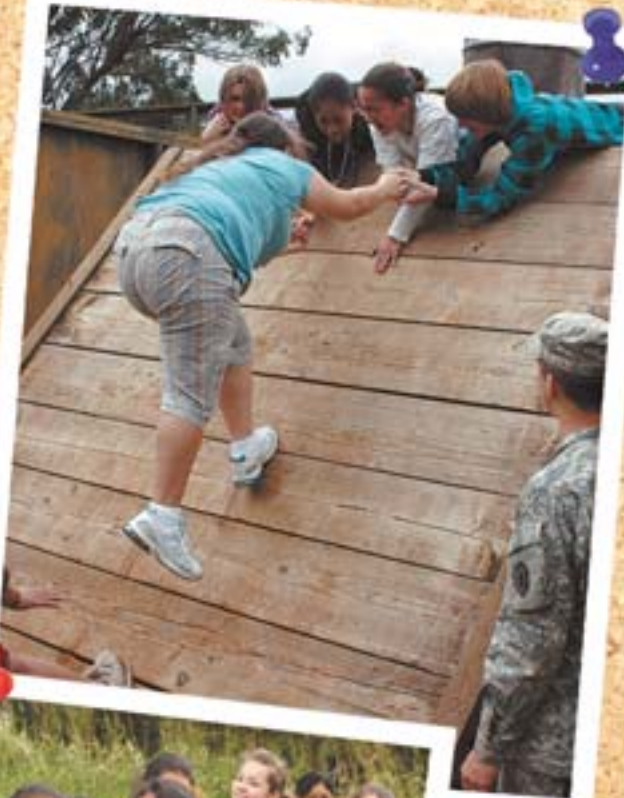
Students were put into teams of 10, as they rotated through nine unique confidence builders.

Students solved each physical challenge using communication skills and teamwork. Each challenge was designed so they could

not be solved by one or two people — at least three people were needed.

In true military fashion, after each timed challenge, groups held after-action reports, to discuss how well they worked together to complete the challenge, the obstacles they faced and alternate ways challenges could have been met.

Photos by Loran Doane | U.S. Army Garrison-Hawaii Public Affairs



Above — With the help of classmates and friends, Sierra Saizon scales a 10-foot inclined wall.



Castle High School freshmen watch as Nadya Dulay places part of a makeshift bridge at the Schofield Barracks Leadership Reaction Course.



Castle High School students use girl power and steel tubing to build an improvised foot bridge across an obstacle at the Schofield Barracks Leadership Reaction Course, Jan. 15.



# ‘Shafterbots’ take first place in robotics competition

Story and Photo by  
**COL. WAYNE SHANKS**  
U.S. Army-Pacific Public Affairs

HONOLULU — Shafter Elementary’s robotics team, the “Shafterbots,” won the first place award for the best innovative solution at this year’s Hawaii State FIRST LEGO League (FLL) Championship Tournament, Sunday.

The Project Innovative Solution award recognized the team that developed the most thought-provoking and innovative resolution to this year’s competition theme “Climate Connections.”

2009 was Shafter Elementary’s first year of offering students the opportunity to participate in a robotics program, as well as in the FLL competition.

“Through the many challenges the students faced with the different aspects of the competition, they have proven that hard work and perseverance make a successful team,” said Sheri Fujii, team coach and Shafter Elementary’s technology coordinator.

The Climate Connections theme required 9- to 14-year-old students to research and present their own solutions to climate-related issues. The teams’ research and solutions were then presented to a panel of judges.

Teams also constructed and programmed a robot to accomplish simulated missions associated with Climate Connections. The competition’s missions included burying carbon dioxide, constructing and testing levees, raising flood barriers, elevating a house, delivering an ice buoy and studying wildlife.



Shafter Elementary’s Scott Greene (center), 11, and Kyle Bender (right), 10, make adjustments to their robot as a judge rates their performance during Hawaii’s FIRST LEGO League Championship Tournament, Sunday, at the Neal S. Blaisdell Arena in Honolulu.

The Shafterbots chose to prepare a project exploring the effect of greenhouse gases on the bleaching of coral reefs. The team came up with an innovative solution after studying the link between rising levels of carbon dioxide with warming ocean temperatures.

Kyle Bender, 11, presented “Phytoplanktonanator 3000,” which proposes to clone phytoplankton, plants that pro-

duce oxygen and absorb carbon dioxide, in an effort to decrease water temperatures and save coral reefs.

The team’s research led it to several conclusions.

“I have noticed that the climate has changed because of four main causes: the greenhouse effect, human activity, factories and carbon dioxide,” said Scott Greene, 11. “All the pollution and carbon

dioxide is making our atmosphere thicker, so when the sun’s rays come in our atmosphere, they get trapped inside causing our earth to heat up.”

Team members Ann Ragasa, 10, and Brianna Trotter, 11, explained how coral bleaching is caused by increased water temperatures.

“I learned that the coral at the Great Barrier Reef will most likely be dead in

2050 because warmer waters make coral suffer heat stress, eventually making them bleached and (then they) die,” said Ragasa.

Deana Canfield, 12, and Jessica Harper, 9, noted that increasing phytoplankton in the oceans could eat excess carbon dioxide, but may cause an additional problem.

“Phytoplankton grows very quickly, only living for a day or so, but when it dies and is eaten, it also changes into carbon dioxide,” Harper explained. “But there is a solution. If the phytoplankton is in the deep water, the carbon dioxide can’t return to the atmosphere, helping our sea surface temperature.”

Finally, Bender explained the robotic solution to decreasing the amount of carbon dioxide in the ocean.

“In the ocean, after the phytoplankton eats up all the carbon dioxide, a robot will be sent to collect it,” Bender said. “Once it’s collected, the robot will take it to the deep parts of the ocean to bury it, so that the carbon will not re-enter the atmosphere.”

Shafter Elementary was one of 48 finalist teams from elementary and middle schools across the state that demonstrated their creativity and skills at the Hawaii FLL State Championship Tournament, held at the Neal S. Blaisdell Arena in Honolulu.

Shafter Elementary also entered two teams in the Junior FLL exposition (ages 6-9), where students displayed works they created based on the FLL theme.



## 23 / Today

**Pool Closure** — The Tripler Army Medical Center pool is closed until it gets in compliance with the recently enacted Virginia Graeme Baker Pool & Spa Safety Act, which makes pools safer for patrons. It is expected to reopen in early February.

Aliamanu Military Reservation (AMR) pool will remain open until the Tripler pool reopens. AMR pool hours are as follows: Mondays-Thursdays, 6-8:30 a.m. for adult lap swim; 11 a.m.-5 p.m. for open swim; Saturdays, and 11 a.m.-5 p.m. for open swim. The AMR pool is closed Fridays and Sundays. Call 655-9654 for more information.

**Ladies’ Fitness Hours** — The Aliamanu Military Reservation (AMR) Physical Fitness Center has changed its hours of operation.

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

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

**Pool Closure** — Richardson Pool, Schofield Barracks, will be closed through Jan. 28 for maintenance. 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.

## 31 / Saturday

**Whale Counting** — Enjoy another unique benefit of living in Hawaii, Jan. 31, 7 a.m.-2 p.m. Help the National Oceanic and Atmospheric Administration count migrating whales from picturesque locations around Oahu. Cost is \$10 and transportation is provided. Call 655-0143.

# Ongoing

**Belly Dance** — Learn the art of belly dancing at the Health and Fitness Center, Schofield Barracks, Tuesdays, 4-5 p.m. Call 655-8007.

**Ladies’ Fitness Classes** — Cardio Step & Circuit and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center during female-only hours.

Beginner- through advanced-level yoga classes are Tuesdays, 9-10 a.m., and cardio classes are Thursdays, 9-10 a.m. Call 438-1152.

**Volunteer Coaches** — Interested in volunteering to be a Youth Sports coach?

Call 836-1923 for AMR, 438-9336 for Fort Shafter/Tripler, 655-6465 for Schofield, or 655-0883 for HMR.

**Pool Fees** — Monthly passes are now available for use at any Army pool. Active duty Soldiers can use all pools for free. Family members and retirees can purchase individual monthly passes for \$12 or monthly family passes for \$20.

Department of Defense, and Army and Air Force Exchange Service (AAFES) civilians can purchase individual monthly passes for \$15. All passes are valid from the first day of the month until the last day of the same month, at any pool.

Call Richardson Pool, Schofield Barracks, 655-9698; Tripler Army Medical Center Pool, 433-5257; Helemano Military Reservation (HMR) Pool, 653-0716; or Aliamanu Military Reservation (AMR) Pool, 833-0255.

**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.

**Tripler Pool Extended Hours** — Effective, Dec. 1, the Tripler Army Medical Center Pool will be open for extended physical training (PT) hours. The new hours are 6-8:30 a.m., Mondays, Tuesdays, Thursdays and Fridays. Regular operating hours on those days and weekend hours remain unchanged. Call 433-5257.

**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.

**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.

**100-Mile Run/Walk & 50-Mile Swim Clubs** — Record each mile you run, walk or swim and win incentive prizes. Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914.

**Volleyball & Racquetball** — Learn basic skills and techniques from experienced instructors.

**SEE FMWR SPORTS, B-5**



# FMWR Sports

From B-4

Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center, Schofield Barracks.

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

**All Army Sports** — Soldiers interested in applying for Army-level sports competitions must apply with their Army Knowledge Online (AKO) account at <https://armysports.cfsc.army.mil>. Faxed copies are no longer accepted by the Sports Office. Call 655-9914 or 655-0856.

**Mom and Baby Yoga** — Get fit with your baby at Mom and Baby Yoga, Wednesdays, 9:45 a.m., at the Health and Fitness Center, Schofield Barracks. Mats are provided, but moms should bring a small towel or blanket for their babies to lie down on. Call 655-8007 to register or for more information.

**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.

**Paintball** — Check out the paintball facility at Wheeler Army Airfield, just off of Lauhala Road next to the baseball fields. The facility features three lighted fields for day and evening play, and they are open for regular, league and youth play, plus private parties and physical training.

Hours of operation are Fridays, 5-9 p.m., and Saturdays and Sundays, 11 a.m.-7 p.m. Rental equipment is available, and you can bring your own paint or buy it there. Instruction is available.

Visit [www.paintballhawaii.com](http://www.paintballhawaii.com) or call 343-3929.

**Golf 4 Food and Fun** — Get a team together and come out to Nagorski Golf Course, Fort Shafter, every Tuesday, 2:30-4:30 p.m.

Golf 4 Food and Fun offers a nine-hole



Sgt. 1st Class J.B. Jaso III | 1st Battalion, 27th Infantry Regiment

## The windup

HUSSENIYAH, Iraq — Staff Sgt. Christopher Bolwell teaches an Iraqi boy the importance of the pitching windup Jan. 4. at the Al Zahour Iraqi Police Station in Istaqlal Qada's Husseniyah town. Bolwell is an infantry squad leader with A Company, 1st Battalion, 27th Infantry Regiment "Wolfhounds," 2nd Stryker Brigade Combat Team, currently attached to 3rd Infantry Brigade Combat Team, 4th Inf. Div., Multinational Division-Baghdad.

green fee, a foursome platter of pupus from Mulligan's, a pitcher of beverages and a luck door prize entry. 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.

**Youth Dive Team Lessons** — Spring board and platform youth diving lessons are available Monday-Thursday, 4-6 p.m., at Richardson Pool, Schofield Barracks. Cost is \$63 per month. Call 864-0037.



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

**25 / Sunday Running Workshops** — Training workshops will be held in preparation for the Great Aloha Run (Feb. 16) every Sunday leading up to the race (Jan. 25, Feb. 1 and 8), 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 session on training topics.

E-mail [health@drchrist.com](mailto:health@drchrist.com) or call 943-0309.

**Hike Oahu** — Join the Hawaiian Trail & Mountain Club on a hike through the Aina Haina Ridge.

This loopy hike begins with a long, grinding uphill climb, then crosses a razor-thin summit ridge with sheer drop-offs, before plunging back into the valley to complete the loop. Be prepared to swing from tree to tree like a monkey.

This intermediate hike is 6 miles. Call Jay Feldman at 234-9069.

Save the date for these upcoming hikes, too:

- Jan. 31, a 3-mile novice hike through Pacific Palisades Valley.
- Feb. 8, a 5-mile intermediate hike through Waiahole Contour.

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).

## February

**14 / Saturday Keiki Great Aloha Run Expo** — Families with children are invited to come together for a great cause at the Kraft Keiki Great Aloha Run and Circus Party,

Feb. 14, 8 a.m., at the Neal S. Blaisdell Exhibition Hall.

Close to 1,000 children ages 12 and younger are expected for the 1.5-mile fun run, which will be followed by a circus-inspired event.

The 1.5-mile course will take runners around McKinley High School and will end at the West Concourse of the NBC Exhibition Hall. A parent or guardian must run with children ages 5 and under; however, parents may also choose to run with their children of any age.

Participants will receive keiki T-shirts, goodie bags and free entry into the Great Aloha Run Sports, Health & Fitness Expo.

The fee to participate in the Kraft Keiki Great Aloha Run & Circus Party is \$12 for children and \$6 for adults, with mail-in registration by Jan. 26. Late registration and packet pickup is \$18 per child and \$6 for adults.

Purchase any Kraft product and include the UPC code with the registration form to receive \$2 off the fee.

Visit [www.greataloharun.com](http://www.greataloharun.com) for a downloadable application form or call 528-7388.

### 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 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 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](http://www.hawaiirushsoccer.com).