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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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38 days since last fatal accident

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Straight Talk

DES shares solutions for beating Tripler traffic

LT. COL. THOMAS DENZLER
Director, Directorate of Emergency Services

It should come as no surprise to many readers that driving to Tripler Army Medical Center (TAMC) can be a challenge. However, U.S. Army Garrison-Hawaii (USAG-HI), Directorate of Emergency Services (DES), and TAMC leadership are fully engaged in improving conditions.

Simply put, the 1940s' road network was never envisioned or designed to support the sheer volume of traffic accessing TAMC each day. Approximately 3,800 vehicles enter the installation each 24-hour period, with 30 percent arriving between 6-8 a.m. Traffic flow is further hampered by bad weather, impatient drivers and disabled vehicles on the

military roads and state highways.

Traffic congestion has been at higher than normal rates since early December due to much needed resurfacing of the roads that encircle TAMC. This project is scheduled to be complete by Feb. 4.

The extended project was specifically planned to occur over the holiday period when traffic is historically lower to reduce the impact on the TAMC community. Due to much higher costs, it was not possible to conduct the road resurfacing during nighttime hours or weekends.



Denzler



Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, addresses Big Island Rotary clubs at a luncheon, Jan. 20.

Mixon discusses 'big picture' with Big Island Rotarians

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

HILO, Hawaii — Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, spoke to members of Big Island Rotary clubs at the Hilo Hawaiian Hotel, Jan. 20, to discuss the role of the Army in the Pacific.

Representatives from South Hilo, Hilo, Hilo Bay, Pahoa, Volcano and Kona Rotary Clubs attended the event.

"It's important for Rotarians to learn what the Army is doing in Hawaii and as a nation," said Newton John Chu, who organized the event with Bill Moore, Civilian Aide to the Secretary of the Army (CASA) for the Island of Hawaii.

Rotary is a worldwide organization of more than 1.2 million business and community leaders, according to www.rotary.org. Rotarians provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world.

Mixon discussed the environmentally friendly and energy-efficient efforts of the Army in Hawaii, necessity for security in the Pacific Region and education statistics and backgrounds of Soldiers themselves, referring to them as "dedicated patriots."

"It's not my Army; it's your Army," Mixon said. "You represent the citizens of the United States of

America, and these meetings are essential so that you, as Americans, stay informed."

Mixon ended his presentation with a question-and-answer session. He fielded questions on a variety of subjects concerning Afghanistan, Iraq and relationships with Pacific nations.

Other CASAs joining Moore were Alan Hoe (CASA Oahu-East and the islands of Maui, Lanai and Kahoolawe) and Peter Apo (CASA Oahu-West and the island of Kauai). CASAs are members of local communities who are selected to volunteer their time to act as a liaison between the Army and the civilian population.

Mixon thanked the CASAs for their service. "What CASAs do for me as a commander is interface for me and the secretary of the Army to tell the Army story, and they have been invaluable to me in the islands," he said.

"We are very honored to have General Mixon come and talk directly to us and get our direct questions and give direct answers," Chu said.

"It's interesting hearing the big picture about where we stand globally," added Helen Hemmes, a member of the Hilo Rotary Club. "I liked the emphasis that it's our Army, because it's so easy to assume that it's the government's Army. I saw today, that in the Pacific Army, we're led by a person of integrity who is working to restore what our nation is challenged to do."



Sacrifice, challenges today lead to great rewards tomorrow

CHAPLAIN (CAPT.) DANIEL CHO
524th Combat Sustainment Support Battalion

These days, I am so thrilled about people's lives.

Our nation is really excited about our new president, and most Americans expect his new leadership to change our nation's situation for the better.

Just a couple weeks ago, we heard about the pilot who saved many people's lives. Everyone says that it was a Hudson River miracle.

Also just a few days ago, I conducted a memorial ceremony for a World War II veteran. I have conducted many ceremonies; however, that ceremony, I will never forget in my life.

The veteran had served the Army close to 30 years from the onset of World War II, and he finally went to his eternal home in heaven at the age of 100. He had been married to his wife for more than 62 years. What a wonderful life he had lived.

Whenever I think about the lives of great people, I feel cheerful and feel like having fellowship with those people. I really enjoy learning about their life attitude and try to apply their perspective in my own life.

Throughout history, many magnificent people lived and died in this world. At the same time, many terrible people lived and died, as well. Which person do you want to be today?

Life is short. Do you want to spend it as a person who made a difference or as a person who just coasted through life?

One day, you and I will die. One of the Korean proverbs says, "When a tiger dies, he leaves his leather, but when a man dies, he leaves his name."

People die only once, but a lot of those people still receive respect long after their death.

Today, many American people believe that about 67 percent of Dr. Martin Luther King Jr.'s dreams have come true. He died 41 years ago; however, his messages are still being preached to an entire nation.

Dear fellow Soldiers and families, what is your life's goal? Why are you living in this world? What will you leave behind after you have died? What would you like to hear from your loved ones at your graveside?

If you say, "I really want to be a great person," that's great. However, without sacrifices, it is not going to happen.

Why has God blessed our nation

To bridge the gap between immediate traffic challenges and these long-term solutions, DES has requested a traffic study be conducted by the Hawaii Department of Transportation to identify possible solutions (e.g. increasing "green" time on the state-controlled traffic lights) to expedite the flow of traffic.

Drivers and their passengers can also be a part of the solution by making small changes in their driving and riding habits. To prevent unnecessary delays for all motorists coming to TAMC, drivers should ensure all occupants in their vehicles have their IDs ready for presentation by the driver before reaching the gate. Also, drivers should be patient and

SEE STRAIGHT TALK, A-7



in so many ways in such a small history? There are various reasons, but there's a singular truth to be known: Our nation has been washed many times in the blood of many Soldiers' sacrifices for world peace.

The Holy Bible says, "Without the shedding of blood, there is no forgiveness" (Hebrews 9:22, Holman Christian Standard Bible). That is why Jesus Christ had to come all the way from heaven to this very sinful world to die for our salvation.

I have counseled many of our battalion Soldiers and their family members. Most of the time, I conduct marital or premarital counseling.

If a couple wants their marriage to work, I always ask them this

question: "Are you ready to change your lifestyle?" If they say yes, then I continue to ask them, "Are you ready to make sacrifices for your spouse?" If they say yes, those couples find themselves to be happily together again.

There are some couples who honestly say "No." To that, I can only reply, "Well, brothers and sisters, without sacrifice, I cannot do anything to help your marriage."

Those couples soon divorce.

I have been happily married for more than 21 years, but our past 21 years of marriage wasn't full of happiness all the time. Many times, we struggled with some issues, but most of time we are very happy living together.

We are still in the first month of the new year. God has given us a new year.

A new year means a new start, a new hope, a new challenge. Dear brothers and sisters, whatever you did in the past, whether it was good or bad, it is gone forever.

Apostle Paul said, "Brothers, I do not consider myself to have taken hold of it. But one thing I do: forgetting what is behind and reaching forward to what is ahead" (Philippians 3:13, Holman Christian Standard Bible).

Do not remain in the past, but do your best today. If you humbly do your part every day, God will one day truly bless your life. And your life will be chosen by God as a great example, like our new president.



Cho

Voices of Ohana

If you could create a holiday, what would it be?



"National Military Spouse Day."

Michele Hansel
Family Member



"Eat Chocolate and Ice Cream Day."

Criztina Jean
Family Member



"Environmental Care Day."

Staff Sgt. Yumi Kwon
2-6th Cav. Regt.
Human Resources



"National Relaxing Day."

Amy Mattingly
Family Member



"Family Day."

Sgt. Jason Story
HHC, 307th ITSB
Chaplain's Assistant

2nd SBCT commander thanks families, troops

**COL. TODD MCCAFFREY &
COMMAND SGT. MAJ. KARL MORGAN**
2nd Stryker Brigade Combat Team

To the friends and family of 2nd Stryker Brigade Combat Team (SBCT), over the coming weeks, nearly 4,300 Soldiers of the 2nd SBCT will return to Schofield Barracks.

For the past 15 months, the Warriors have fought a determined and resilient enemy, enhanced the capabilities of the Iraqi security forces and improved local governmental capacity across northwest Baghdad. Your Soldiers have performed magnificently and have established a reputation of excellence recognized throughout the Multinational Corps–Iraq.

We share your pride in their accomplishments and look forward to celebrating the Stryker Brigade's return to Hawaii.

Our Soldiers have experienced the sorrow of sac-

rifice and the exhilaration of victory. They have endured the hardship of separation from loved ones and felt the incredible bond that can only come through the trials of combat.

These men and women have changed in ways that have made them more appreciative of the security, equality and prosperity we often take for granted in the United States.

In combat, attention to detail, recognizing risk and close teamwork kept our Soldiers focused and safe. As we return, new risks and potential dangers lurk in seemingly everyday activities: motor vehicles (especially motorcycles), recreational activities and the stress of reunion, which create the potential for danger. A safe and effective reintegration is especially critical over the coming weeks.

The Army provides superb resources to help both Soldiers and their families manage these challenges. Please take advantage of programs like the family

strong series, hosted by the 25th Infantry Division, Tripler Army Medical Center and the Schofield Barracks Health Clinic, and others offered by Military One Source and Army Community Service. These tools provide assistance to help Soldiers and family members work through the challenges of reunion and reintegration.

The safety and health of our Soldiers and their families is our first priority as we return home. We all need to recognize the risks that come with redeployment and take advantage of the resources designed to manage those risks.

Finally, as we prepare to return, we would like to thank all of you: families, 25th Infantry Division leadership, USAG-HI and local community members



McCaffrey

for your incredible support to the Warrior Brigade over the last 15 months.

While our Soldiers received great accolades for their efforts here, you deserve equal credit for what you've done to sustain us while we've been gone. No unit could have been better supported than this brigade has been these many months.

We're excited to return home and look forward to reuniting with our families. Warrior Soldiers have "fought to the finish." Our next mission is to "survive the peace" of reunion, reintegration, rest and recuperation.

Again, thank you for your great support to this brigade and the aloha spirit you display every day. Mahalo.

(Editor's Note: Col. Todd McCaffrey is the commander, 2nd SBCT, and Command Sgt. Maj. Karl Morgan, the command sergeant major.)

NCOs induct 44 brethren into their ranks

Ceremony recognizes move to new leadership position with traditional symbolism

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

TIKRIT, Iraq — The noncommissioned officer (NCO) corps in the U.S. Army continues to mold today's Soldiers to uphold the duty of protecting our nation.

As part of continuing that tradition in Iraq, 44 sergeants of 3rd Battalion, 7th Field Artillery Regiment (FA), participated in an NCO induction ceremony at Contingency Operating Base Speicher, here, Jan. 16.

"The ceremony itself gave the Soldiers a better glimpse of how the quantum leap from the specialist rank into the noncommissioned officer corps should go while exposing them to the responsibilities they will be tasked to perform," said 1st Sgt. Darrell Moore, Headquarters and Headquarters Battery, 3-7th FA Regt.

The induction ceremony is so steeped in Army tradition, not even a deployment to Iraq will stop it from happening.

The event, overseen by Battalion Command Sgt. Maj. Mark Kiefer, included the reading of the NCO history; the Soldier's request, which described the expectations of an NCO's leadership in the life of

a Soldier; the creed of the noncommissioned officer; the lighting of candles, which symbolized the eternal flame burning in every NCO's spirit; a fallen Soldier tribute; the weathering of rank, in which senior NCOs used water on the new rank of the sergeants to create the look of a rugged and ready leader; and the cutting of cake using an antique sword from the 1840s.

The origin of the noncommissioned officer can be traced back to the Roman legions. Then, Roman commanders found the tactical and administrative requirements of drilling and fielding a successful army absorbed all their time, so they turned to the enlisted ranks for assistance.

They selected exceptional Soldiers to be enlisted leaders of men, to assist commanders and to perform administrative and logistical tasks.

As the Army has adapted to changing global conditions over the years, the NCO corps has always set the standards and positively instilled them in the Soldiers they instruct.

"If you take the eleven principles of leadership, the one I value the most is 'lead by example' — this is a truth that transcends the generations of the Army," said Moore. "If you lead by example, that is the biggest value you can instill in Soldiers."

A Soldier promoted to NCO holds a position of responsibility and authority that is bestowed based upon demonstrated ap-

titude, performance and future potential.

"An ideal facet of a noncommissioned officer is one who has had situations that were overcome both in their military career and in their personal life, which has prepared them to deal with the many circumstances that comes with having Soldiers," said Staff Sgt. Willie Pricebrooks, food service NCO, G Co., 3-7th FA Regt.

"This needed aspect shows that not only can he execute to fix them, he can also relate and have the compassion toward handling his Soldiers efficiently," Pricebrooks added.

Sergeants who participated in the induction ceremony described the personal focus and mental changes necessary to be an effective noncommissioned officer.

"My main focus in training my Soldiers is to get them ready to surpass my accomplishments and position them for the next level of their military career," said Sgt. Michael West, light-wheel vehicle mechanic, G Co., Field Support Company, 3-7th FA Regt.

"The biggest mental change is to realize the higher level of responsibility with knowing the right answers to your Soldiers' questions," said Sgt. Jeremiah Carrington, fire control sergeant, Headquarters and Headquarters Battery, 3-7th FA Regt. "At this level of duty, we are supposed to be the subject matter expert in being a Soldier."

The battalion will conduct NCO inductions every quarter during its deployment.



Recently promoted Sgt. Timothy Ramon (left), an ammunition team chief, and 1st Sgt. John Johnson, first sergeant, both of B Battery, 3rd Battalion, 7th Field Artillery Regiment, cut a cake using an authentic 1840s-era noncommissioned officer's sword during a ceremony, Jan. 16. Forty-four sergeants of Task Force Steel were inducted into the noncommissioned officer corps at Contingency Operating Base Speicher, Iraq.

Keen Edge 2009 prepares 94th AAMDC for defense

Story and Photo by
PFC. ASHLEY M. ARMSTRONG
94th Army Air and Missile Defense Command

HICKAM AIR FORCE BASE — Soldiers from the 94th Army Air and Missile Defense Command (AAMDC) participated in Keen Edge 2009, a U.S. military forces and Japan Self Defense Forces (JSDF) joint command post exercise, here, Jan. 17-24. Keen Edge is an annual exercise intended to strengthen cooperation and defensive readiness between U.S. military forces and JSDF through computer-simulated scenarios.

“Keen Edge is the biggest exercise that we have with the Japanese in terms of coordinating and integrating air and missile defense with defense in Japan, especially for specific U.S. special interests in Japan,” said Col. Christopher Moylan, chief of staff, 94th AAMDC.

Soldiers of the 94th AAMDC conducted operations here and in Japan to react to simulated theater ballistic missile (TBM) attacks using a computer-based system called the Joint Theater Level Simulation (JTLS) system, to direct and

respond to exercise events.

“Keen Edge exercises the unit’s wartime functions to help improve how we would fight the bilateral fight with our Japanese counterparts. It shows what tactics, techniques and procedures need to be improved upon and which need to be sustained,” said Staff Sgt. Steven McAfoose, day-shift battle noncommissioned officer, 94th AAMDC.

The 94th AAMDC’s role in the exercise, as the theater missile defense headquarters, was to synchronize and integrate all the air defense missions with the Pacific Command commander, said Moylan.

“Every exercise we conduct with joint and bilateral forces improves on how we manage the battle. Each theater is different on who is on your right in the fight and how you will fight with them,” said McAfoose.

Approximately 350 U.S. and 1,300 Japanese personnel participated in Keen Edge 2009 including those assigned to U.S. Forces, Japan Headquarters; 13th U.S. Air Force, Detachment 1; U.S. Naval Forces, Japan; U.S. Army, Japan; U.S.

Marine Forces, Japan.

“This exercise allows us to exchange ideas with the Japanese on how we would employ our ballistic missile defense assets. It also allows us to build tactics techniques and procedures on how would employ those assets in real-world situations. It’s especially critical for us because we have a radar in Shariki, and we have 1-1 Air Defense Artillery in Okinawa, and how they tie in with the Japanese is very important,” said Moylan.

Soldiers of the 94th AAMDC worked around the clock coordinating with subordinate units and joint and bilateral assets to respond to wartime missile scenarios in defense of Japan.

“Overall, it was a huge success. This was actually the first time the Japanese have employed Aegis ships along with PAC3 Patriot batteries in a bilateral defense design with the U.S. There have been some significant leaps and bounds over the last two exercises where we have never really gotten to the end state of having a coordinated defense plan, so this was huge,” said Moylan.



Staff Sgt. Aaron Townsend and Staff Sgt. John Culver, night shift battle noncommissioned officer and battle captain, respectively, 94th Army Air and Missile Defense Command, battle track during Keen Edge 2009, Jan. 23. The annual joint, bilateral exercise took place at Hickam Air Force Base.

Iraqi teaching hospital staff surprised by guest presenters

CAPT. DANIEL T. SEM
Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team

TIKRIT, Iraq — It seemed like a normal Tuesday morning for the Iraqi doctors and nurses of Tikrit Teaching Hospital as they filed into the conference room for the weekly senior physician case study presentations.

It did not take long for them to realize something was different when an American doctor from Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team (IBCT), stood up and began teaching on pediatric complications.

“I was very surprised,” said Dr. Muran, senior chief of internal medicine. “I did not know anything about U.S. Army doctors coming today. (This is) a very

good opportunity for us.”

Lt. Col. Lance Cordoni, surgeon, 3rd IBCT, and Katherine Dennison, the Salah ad-Din Provincial Reconstruction Team (PRT) health lead, gave medical case study presentations, Jan. 13, at the Tikrit Teaching Hospital. The hospital is a modest 400-bed facility serving as the Salah ad-Din provincial teaching center (PRT) for new doctors. They gave their lectures in conjunction with the presentations of four senior Iraqi physicians from the hospital staff.

Security was tight, with Iraqi police and 3rd Battalion, 7th Field Artillery Regiment Soldiers providing close watch over the event. Despite the possible dangers, around 25 Iraqi doctors, nurses and residents listened intently to lecture topics ranging from urology to tuberculosis. The presentations came after

months of coordination and relationship-building by coalition forces, and helped to set a new precedent in U.S.-Iraqi relations in Salah ad-Din province.

“This is a historic (day),” said Dr. Omar, director of the Tikrit Teaching Hospital. “This is the first time American doctors presented at this hospital.”

Cordoni was not aware of the significance of the occasion until the presentations finished and Omar spoke with the group.

“I was overwhelmed,” Cordoni said. “It was my honor to usher in a new era of cooperation between Iraqi and American doctors.”

Omar oversees the training and development of the young resident doctors in Tikrit Teaching Hospital, and was the main catalyst in opening the doors to American medical professionals for their

case study presentations.

Omar said he hopes the event will be the start of a continuing educational partnership between Iraqi and American doctors. He is already planning to have American doctors at the next lecture series at his hospital, and said they are welcome to come teach as often as they would like.

Cordoni said 3rd IBCT and Salah ad-Din PRT plan to continue the presentations to help provide modern medical training requested by the provincial hospital staff and further strengthen ties with the hospital. Despite the common view that the Iraqi health care system is decades behind the West, he said that he was thoroughly impressed with the breadth of knowledge shown by the Iraqi physicians.

OIF

Combatives tournament showcases martial arts skills

SGT. MIKE ALBERTS
25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Hundreds of spectators cheered and encouraged 54 grapplers and mixed-martial artists as they competed in 25th Combat Aviation Brigade’s (CAB) Modern Army Combatives Tournament at the Physical Fitness Center, here, Jan. 14-15.

The event was the first of its kind in Hawaii and served to validate not only the 25th CAB’s Modern Army Combative Program (MACP), but also the vision and commitment of a handful of CAB Soldiers who helped formalize the brigade’s MACP Academy last year.

The passion for Army combatives compelled Sgt. 1st Class Daniel Wells, chief combatives instructor, Headquarters Support Company, 209th Aviation Support Battalion (ASB), and Staff Sgt. Edward Duran, combatives instructor and non-commissioned officer in charge, Wheeler Physical Fitness Center, Headquarters and Headquarters Company, to establish a MACP within the 25th CAB.

“When we were in Iraq in 2006, I started squad-level combatives and bumped it up to battalion level,” said Wells. “After a while, we started training any Soldiers that were interested.

“When we returned (from deployment), we started putting stuff together,” Wells continued.

Combatives encompasses various hybrid martial arts that incorporate fighting techniques from conventional martial arts and combat sports. The MACP concept was created in the mid-1990s to teach modernized hand-to-hand combat to Soldiers and has since spread throughout the Army.

“Combatives was not something new to the CAB or to Col. (Michael) Lundy,” said Duran. “So once we presented the idea of formalizing combatives and expanding the current training, to include a Modern Army Combatives Academy, we got total support from the brigade.”

To date, the 25th CAB’s MACP Academy has trained more than 150 Level 2 certified instructors and about 500 Level 1 certified combatants in the last five months, according to Wells.

Currently, Wells and Sgt. Nathan Williams, assistant chief instructor, 209th ASB, have the requisite Level 4 certification required to stand-up an academy and host tournaments like the 25th CAB’s. In that regard, the recent tournament was a benchmark accomplishment for the program.

According to Duran, the competition’s objective was to motivate individual Soldiers to train and practice their warrior tasks and drills in hand-to-hand contact, and also to inspire units around Hawaii to support their Soldiers in the arena of combatives. For competitors, however, the tournament was simply an opportunity to have fun and test their ability.

One of the few females who competed

was Pvt. Kerra Bennett, signal support systems specialist, 82nd Engineer Support Company, 65th Engineer Battalion. She refused to allow her gender to be a deterrent.

“I train and fight against men all the time, so I wasn’t intimidated at all,” said Bennett, who won one of her three matches. “I had a lot of fun and most enjoyed the support I got from my unit. I had a great experience.”

Staff Sgt. Stephen Albanese, instructor, Noncommissioned Officer Academy-Hawaii, Schofield Barracks, not only enjoyed himself, but also reflected on the intangibles of the competition.

“I think this is great for everyone,” said Albanese, who placed first in the light-weight class. “It’s a great workout and builds cohesion among all the competitors. But the best part for me is the competitive spark that this tournament has brought out in everyone. We all fight hard, but afterwards you shake hands and realize that we’re all part of the same team.”

The tournament was open to active duty, National Guard, Reserve Soldiers and any other service members attached or assigned to Army units. It attracted Soldiers from units located at Wheeler Army Air Field, Schofield Barracks, Fort Shafter and Tripler Army Medical Center, among others.

A total of 54 combatants competed in six weight classes during the two-day, double-elimination tournament. Participants competed as part of a team in their individual weight classes and for individual recognition, as well.

Combatives tournament winners

- **Team Winners**
1st place: 82nd Engineer Support Company (ESC)
2nd place: 25th Combat Aviation Brigade (CAB)
3rd place: 57th Military Police (MP) Brigade

- **Individual Winners by Weight Class**
 - **Lightweight (male 140 and below, female 150 and below):**
1st Place: Staff Sgt. Stephen Albanese, 82nd ESC
2nd Place: Sgt. Kevin Jones, Central Pacific District Veterinary Command
3rd Place: Spc. James Kim, 209th Aviation Support Battalion (ASB)

- **Welterweight (male 155 and below, female 166 and below):**
1st Place: Sgt. Dordell Knapp, 57th MP Bde.
2nd Place: Spc. Dustin Cabe, 209th ASB
3rd Place: Sgt. Dallas MartinPocaigue, 110st Garrison Support Unit (GSU)



Staff Sgt. Tyrone C. Marshall Jr. | 25th Combat Aviation Brigade Public Affairs

Soldiers compete in a championship match under the watchful eye of a referee during the 25th Combat Aviation Brigade’s Modern Army Combatives Tournament at Wheeler Army Airfield Physical Fitness Center, Jan. 15.

- **Middleweight (male 170 and below, female 182 and below):**
1st Place: Staff Sgt. Aaron Terry, 45th Sustainment Bde.
2nd Place: Capt. Matt Young, 3rd Battalion, 25 Aviation Regiment
3rd Place: Mr. Daniel Bennett, GS-7 Fire Dept.

- **Cruiserweight (male 185 and below, female 198 and below):**
1st Place: 1st Sgt. Pete Grey Jr., 82nd ESC
2nd Place: Sgt. Raymond Pintor, Tripler Army Medical Center (TAMC)
3rd Place: Sgt. Justin McCallister, 3-25th Avn. Regt.

- **Light heavyweight (male 205 and below, female 219 and below):**
1st Place: Spc. Michael Winkelspecht, 82nd ESC
2nd Place: Sgt. Justin Kaneshiro, 2nd Squadron, 6th Cavalry Regiment
3rd Place: Sgt. Frank Mosely, 5-52nd MP

- **Heavyweight (male 205 and up, female 219 and up):**
1st Place: Spc. Guillermo Villa, TAMC
2nd Place: Spc. Tristan Scott, 57th MP Bde.
3rd Place: Spc. Aldo Richards, 82nd ESC

TAPS: Survivors learn coping skills at event

CONTINUED FROM A-1

Carroll. “It is the military member that raises their right hand to pledge to protect and defend the Constitution of the United States, but it is the family that also serves to meet that mission.

“TAPS is there long term to support those families well after the military member is gone,” she added.

Outreach Director Elizabeth Olsen, Army Community Service, volunteered to be the local point of contact for TAPS and hopes to make the survival seminars a regular event in Hawaii.

Olsen lost her son, Spc. Toby Olsen, Jan. 20, 2007, after an explosion hit his vehicle in Iraq. She discovered TAPS when attending the national remembrance ceremony for fallen troops in Washington, D.C.

“When you have so many people in the room that share a similar story, it can be emotionally overwhelming,” said Olsen. “But, at times, you don’t have to say a word, and they truly understand what you are going through.

“We are all fighting the same battle,” she added.

Chad Weikel, battle buddy program



manager for TAPS, lost his brother, Capt. Ian Weikel, almost three years ago.

Weikel said TAPS offers Soldiers and

other military personnel a chance to connect with other service members who have

lost a buddy and provides an outlet to

Monica Williams, 5, writes a letter to her father lost during the war in Iraq at the Tragedy Assistance Program for Survivors. The program helps families of U.S. military service members who have died in service to the United States.

express feelings outside of the military.

“A lot of times, guys don’t openly grieve,” said Weikel. “After the funeral, I was surrounded by family and friends for a few weeks, then it stopped. Everyone went back to their everyday lives, but TAPS kept calling.

“They literally saved my life,” said Weikel.

The journey through grief is different for each individual, but the compassion and understanding through TAPS and the peer network it provides creates a comfort and strength that cannot be measured.

“This is a process that isn’t overcome overnight, but TAPS is here to bring us together and start the healing process,” said Stagner, adding his son sacrificed greatly for his country and remains a hero in the eyes of his parents.

“But maybe the heroes are also the ones who live and have to go on,” said Stagner.

News Briefs

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

30 / Today

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 during 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 toward 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.

Kunia Road Opens — The Hawaii Department of Transportation has reopened Kunia Road. Call 587-2160.

February

2 / Monday
Road Construction — “A” Road will be closed, Feb. 2-7, to complete the last portion of construction on Kolekole Avenue, Schofield Barracks.

Footo Gas Station will also be closed, Feb. 2-7, for cold milling and repaving. Patrons needing gas will have to use the Trimble Gas Station, Building 1167.

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 Command (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.

11 / Wednesday

Preretirement Planning Course

— Nominations are being accepted through Feb. 11 for the Preretirement Planning for Civil Service Retirement System (CSRS) and Federal Employees Retirement System (FERS) course, offered Feb. 23-24, at the Installation Training Center, Schofield Barracks. This

class is for federal employees within five years of retirement eligibility.

To register, send a complete SF-182 to Stephanie Ponciano, stephanie.ponciano@us.army.mil or 655-9032.

17 / Tuesday

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.

18 / Wednesday

National Prayer Breakfast

— U.S. Army-Hawaii will sponsor the National Prayer Breakfast, Feb. 18, 7 a.m., at the Nehelani, Schofield Barracks. This multifaith opportunity will continue the national tradition of gathering to reflect on the blessings of our nation. Call Sgt. Crystal Dyer at 438-5504.

Preretirement Orientation

— The next semiannual preretirement orientation is scheduled for Feb. 18, 8-11:30 a.m., at the Soldiers’ Support Center, Building 750, Schofield Barracks.

The location is a change from previous orientations due to flood damage in the Post Conference Room.

This orientation is for Soldiers with 18 or more years of active service. Spouses of applicable Soldiers are encouraged to attend.

Representatives from Veterans Affairs, Disabled American Veterans, Hawaii Office of Veterans Services, Department of Labor, the Social Security Administration, Transportation (Schofield), Finance (Shafter), ACAP (Schofield), Education Services (Schofield), Staff

Judge Advocate (Schofield), and Tricare (Tripler) have been invited to answer individual questions following the slide presentation.

For more information, call the Retirement Services Office, 655-1585/1514.

Ongoing

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.

Phonebook Recycling

— Not sure what to do with old phonebooks? Local public schools used to collect phone books but are no longer doing so. Telephone books are currently accepted at the Recycling Center, located at Building 1087-B, McMahon Rd., Schofield Barracks. The Recycling Center will also pick them up. Schedule a pick-up appointment on the intranet at <https://dpwhawaii.army.mil/pickup/> or call the Recycling Center at 655-0011.

Office Change —The Fort Shafter Composite Team (FSCT), Military Personnel Division, Directorate of Human Resources, has relocated to the Soldiers Support Center, Building 750, Schofield Barracks.

All actions formerly processed

SEE NEWS BRIEFS, A-7

PTA: Steps to gaining contracts highlighted

CONTINUED FROM A-1

business community.”

Michael Goode, president of Goode Construction, agreed.

“As a small business owner, it is necessary to have these kind of informational meetings so people can understand how to get contracts with the government,” said Goode, who worked as an Alaskan small-business owner and is currently doing range work at PTA.

“I think a lot of people need to know the steps if they want to do contract work with the government by understanding the system,” he added, stressing the seminar’s networking benefits. “I think that PTA and the military are sincerely supportive in helping small businesses, and this is the way to improve our local economy.”

PTA Garrison Commander Lt. Col. Warline Richardson also believes in a strong community partnership.

“We are obligated, I believe, as members of the Big Island community, to provide any opportunities we can to small businesses during the local economic recession,” said Richardson. “It truly strengthens our community partnership.

“The seminar on ‘Doing Business with the Government’ was one mechanism that we used to support the campaign ‘Buying Local First,’ here, on the Big Island (which was started by Michael Williams, B2B magazine publisher),” Richardson added. “In April, we will continue with the second seminar on ‘How to Get Government Jobs.’ As long as the campaign is running, we will try to assist with quarterly government seminars.”

198 years of retiree experience honored at Nehelani

Story and Photo by
KYLE FORD
Assistant Editor

SCHOFIELD BARRACKS – Family, friends, coworkers and commanders converged on the Nehelani to honor the service of six retirees, Jan. 22.

The careers of the Soldiers who crossed the stage culminated roughly 198 years of service, according to guest speaker, Col. Fabian Mendoza Jr., commander, 130th Engineer Brigade.

“I am truly humbled by these Soldiers,” Mendoza said. “They have a huge amount of military experience and civilian education.”

He mentioned retirement opens new opportunities, challenges and careers.

Mendoza entreated all retirees to continue to use their experience to mentor the leaders of tomorrow.

“As you fade away, keep the spirit of duty, honor and country in your new lives,” Mendoza said. “And shape the minds of future generations.”

Retirees also shared words of wisdom.

“I’ve been to many places and seen many things,” said Chief Warrant Officer 4 James Galendez, Headquarters and Headquarters Troop, 2nd Squadron, 6th Cavalry Regiment. “I’ve learned there are no weak places, only weak people.”

“This has been an historic week, an eventful week,” said Master Sgt. Debbie Gilliard, Headquarters and Head-

- Recognized retirees**
- Chief Warrant Officer 4 James Galendez; Headquarters and Headquarters Troop, 2nd Squadron, 6th Cavalry Regiment
 - Master Sgt. Debbie Gilliard, Headquarters and Headquarters Company, 25th Combat Aviation Brigade
 - Sgt. Maj. Damon Lile, Headquarters, 25th Infantry Division
 - Master Sgt. Antonio Alexander, 524th Combat Sustainment Support Battalion
 - Sgt. 1st Class Herman Bright, Headquarters Sustainment Company, 209th Aviation Support Battalion
 - Sgt. 1st Class Trenetta Johnson, 524th Combat Service Support Battalion

quarters Company, 25th Combat Aviation Brigade. “We celebrated Dr. Martin Luther King Jr. Day, witnessed the inauguration of the first black president, and today ... we are retiring.”

All retirees were grateful to their families, Soldiers, leadership and the Lord.

Sgt. 1st Class Trenetta Johnson, 524th Combat Service Support Battalion said simply, “I’m going to miss it, but it’s time to go home.”



(From left) Retirees Chief Warrant Officer 4 James Galendez, Headquarters and Headquarters Troop, 2nd Squadron, 6th Cavalry Regiment; Master Sgt. Debbie Gilliard, Headquarters and Headquarters Company, 25th Combat Aviation Brigade; Sgt. Maj. Damon Lile, Headquarters, 25th Infantry Division; Master Sgt. Antonio Alexander, 524th Combat Sustainment Support Battalion; Sgt. 1st Class Herman Bright, Headquarters Sustainment Company, 209th Aviation Support Battalion; and Sgt. 1st Class Trenetta Johnson, 524th Combat Service Support Battalion, pose for a group photo after a retirement ceremony at Schofield Barracks' Nehelani, Jan. 22.

Straight Talk: Patience encouraged at TAMC exit

CONTINUED FROM A-2

get into the exit lane for TAMC in plenty of time.

When Moanalua Road is congested, don't try to steer at the last minute from the left lanes to the Tripler exit. Besides endangering lives and other vehicles on the road, lane changes near the Puuloa Road/Tripler exit cause near accidents and accidents, magnifying slow-downs and raising everyone's stress level.

While unfortunate for the time being, visitors to TAMC must allocate additional travel time much like they would if they were heading to a University of Hawaii football game or going to the mall during the holidays, where traffic and parking are known challenges.

USAG-HI and DES remain committed to improving traffic conditions. Working in partnership with TAMC leadership, we are confident traffic congestion will become more manageable when we all help to improve the situation.

Other hot topics

•**Driving under the influence (DUI) rates drop.** Alcohol awareness and involved leaders kept our Soldiers safer during November and December. When compared

with the two previous months, the number of Soldiers apprehended on- and off-post for DUI decreased by 30 percent.

On a less-positive note, apprehended Soldiers' blood alcohol content averaged 0.141, well over the legal limit. Additionally, our younger Soldiers (sergeants and below) comprised 92 percent of apprehensions, suggesting increased alcohol awareness training may be in order.

•**Prevalent crime.** Larcenies continue to plague our communities. While most installations enjoyed a decrease in property crimes, Schofield Barracks experienced a spike in larcenies. Most of these crimes would not have occurred had residents taken the time to lock up their property or ensured their juvenile family members were conducting themselves responsibly.

One Helemano family returned home one evening to find its 50-inch screen television and computer stolen, arguably the direct result of leaving the home unlocked.

Residents can further protect their belongings by engraving and registering property – a service provided by the DES. Contact Cpl. Mindy Dye at 655-5170 for information.

Redeploy: Families reunited at ceremony

CONTINUED FROM A-1

As a whole, they earned four Bronze Star medals with the Valor device, 15 Army Commendation medals with “V” device, and 35 Purple Heart medals.

The Headquarters, Headquarters Detachment, 728th MP Bn., also wrapped up a very successful deployment with its return to Hawaii. The MPs opened up the first Iraqi police (IP) academy in Diyala Province, where they trained more than 5,000 IPs, and led the military police surge into the city of Mosul, directly improving the capabilities of the 12,000 IPs in the city and decreasing insurgent activities in the region.

“Iraq is a safer place today because of the hard work of our Soldiers,” said Lt. Col. Brian Bisacre, commander, 728th MP Bn. “Our Soldiers set the conditions for the Iraqis to win in 2009.”

The contributions of the 728th MP Bn. weren't only confined to the nation of Iraq. Soldiers also held the first-ever “Troy Barbosa Special Olympics Law Enforcement Torch Run” at Contingency Operating Base Speicher, raising more than \$5,000 for Special Olympics in Hawaii.

As the Tropic Lightning March and the Army Song came to a close, Soldiers and families waited for the command of “dismissed,” prepared to reunite after a long separation.



Giannette Toro, 6, prepares to reunite with her father, Sgt. Jaime Toro, early Tuesday morning at Wheeler Army Airfield.

Yessirel Toro, five-months pregnant, surprised her husband by flying in his mother, father and other family members from his hometown of Caborojo, Puerto Rico. It was all a bit overwhelming for Sgt. Toro, an infantryman with 1st Battalion, 14th Infantry Regiment.

“It's a great feeling. I can't believe my family is all here,” he said. “We (Soldiers) made a huge difference in Iraq, but we still have a lot of our Soldiers fighting there, and this deployment won't be complete until we get all our brothers home.”

News Briefs

From A-6

by the FSCT, including Record of Emergency Data updates, Service Members Group Life Insurance updates, and Enlisted and Officer Records Brief reviews and updates are now processed at the Soldiers Support Center.

The Soldiers Support Center is open Monday-Friday, 7:30 a.m.-4 p.m. Call 655-9411/9104.

Modified Luggage Policy for Official Travel

– Some airlines have amended their

luggage policies to allow uniformed personnel traveling with orders to bring additional luggage at no cost on their trip.

Policies vary with airlines. Travelers should consult airline policies on their respective Web sites to ensure compliance with weight and size restrictions.

•**Government Vehicle Dispatching** – All General Services Administration (GSA) leased nontactical vehicles permanently located at Fort Shafter, Tripler Army Medical Center or surrounding areas are dispatched monthly at Building 1507, Fort Shafter Flats.

Dispatching will be done during the second week of each month, Wednesdays and Thurs-

days, 8:30 a.m.-3 p.m. Call 656-8720/0290.

•**Green to Gold** – The Green to Gold program is seeking quality Soldiers with officer potential who are interested in going to college to earn a bachelor's or master's degree. Soldiers must have served at least two years on active duty.

Visit the Green to Gold Web site at www.goarmy.com/rotc/enlisted_soldiers.jsp for complete benefits, eligibility requirements and applications. Attend an information briefing held at the Schofield or Tripler education centers the last Wednesday of every month.

Call Maj. Christopher Sweeney, 956-7766, or e-mail gblt@hawaii.edu.

HAWAII **ARMY** WEEKLY PAU HANA

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

"When work is finished!"

FRIDAY, JANUARY 30, 2009

AMR 4th Annual Football Bash Clinic

Two defenders break up a pass during a scrimmage with 12-17 year-olds at the 4th Annual Football Bash Clinic, Saturday.

Story and Photos by
KYLE FORD
Assistant Editor

ALIAMANU MILITARY RESERVATION — Coaches tweeted their whistles, gave out sage advice and ran participants ragged in an effort to turn them into football machines.

Then, as if announcing the end of the quarter, a siren sounded and students moved to their next station to demonstrate performance all over again on a new skill.

Current and former National Football League (NFL), university, college and high school football players from Hawaii lent their skills and experience to more than 400 children at the 4th Annual Football Bash Clinic, here, Saturday.

"Today is first and foremost about the kids," said Mike Talamai, varsity football assistant coach, West Seattle High School, and yearly volunteer, "so parents we love you, and we thank you for bringing everyone here."

Having said that, Talamai encouraged parents to take a back seat and let the kids get up front.

In the morning,

children ages 8-12 learned the basics of the game. They rotated between stations where coaches showed them how to throw, catch, run, tackle and block.

"I liked the linebacker drills when we got to hit the bag," said Kason Padilla, who participated in the morning group.

In the afternoon, youth ages 13-17, split into offensive and defensive sections and learned some finer points of their positions.

At nearly every offensive and defensive station, coaches repeated the mantra: "You have to move your hips."

While the children were too busy learning and having fun, parents, pros and volunteers recognized the importance of this event.

"It's an honor to help these kids learn and push them in the right direction," said Warren



Samantha Alverado (left, forefront) practices the "rip" against Kelena Hookano, Portland State, while Chris Fuamatu-Maafala, Pittsburgh Steelers and Jacksonville Jaguars, provides coaching tips during the football clinic at Aliamanu Military Reservation, Saturday.

Tauanuu, wide receiver and linebacker, Stockton Lightning. "I was once in their positions, so I know what it would have meant to me to have pro players teaching me what I know."

"It's good to keep the kids in the mindset of working and training hard and focusing on the future," said Chief Warrant Officer Craig Colean, Intelligence and Security Office, U.S. Army-Pacific, "to give them close

contact with people who went through the years of training to succeed."

The football bash gives children the opportunity to learn basic skills of football, according to Brendyn Agbayani, Youth Sports coordinator.

More than learning football skills, "children get to see their heroes from teams in person, helping them learn and improve," Agbayani said.

The clinic was more than a learning

experience; it also fostered a sense of community throughout Oahu.

The event, open to the public, is a great outreach program that brings together local community and military youth in an experience they can share, according to Agbayani.

"It gives them something in common," he said.

"I loved it; it was a great experience," said V. J. Fehoko, participant in the 13-17 year-old group. "The coaching was excellent, and I enjoyed associating with kids from different schools."

"Bringing all the pro guys and the military kids together helps to show that the military community cares about them," Colean said. "A lot of times, military kids think they can't do something because they move around all the time. This shows them that they can."

Events as big as these don't just happen.

"There were a lot of sponsors who made this happen, from Loves Bakery, which provided snacks, to Tropic Lightning Real Estate and Army Hawaii Family Housing," said Agbayani. "This made it a great deal for parents, and a great experience for the kids."

Children went home with T-shirts, signed footballs, gift certificates and full stomachs.

But the most important things they left with were memories.



A running back (center, forefront) attempts to evade the defensive line during a scrimmage with 12-17 year-olds at the 4th Annual Football Bash Clinic, Saturday.

Matthew Chang attacks the tackling bag while Warren Tauanuu, Stockton Lightning, provides pointers at the football clinic.



30 / Today

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. Another bus will run Friday, Feb. 6. Call 655-9971 or 438-1985 for more information.

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 for more information.

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

2 / Monday

Active Parenting Class – 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. 2, 9-11 a.m., at Army Community Service, Schofield Barracks. Call 655-0596.

Newborn Care – How come they don't come with instruction manuals? Taking care of a newborn for the first time can be scary.

From holding babies to diapering and bathing, come learn the basics of newborn care to make the early months special for parents and baby, Feb. 2, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks, and Feb. 3, 9-11 a.m., at the Community Center, Aliamanu Military Reservation. Call 655-4227.



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

'Ace of Cakes' ala Hawaii

SCHOFIELD BARRACKS — Cake decorator Ben Turner, cast member on the Food Network show "Ace of Cakes," chats with Bobbie Hanlon, family readiness support assistant, 8th Theater Sustainment Command, near the C-Quad dining facility, Monday. The "Ace of Cakes" cast and crew were in Hawaii shooting their season finale at Schofield Barracks. See next week's *Hawaii Army Weekly* for the full story.

3 / Tuesday

Support Group – The Exceptional Family Member Program's Autism support group will hold a dinner, Feb. 3, 5:30-8 p.m., at the Community Chapel, Aliamanu Military Reservation. The support group provides families with an opportunity to share experiences, gather new information and become knowledgeable about community resources.

On-site child care will be available. Children must be registered with Child, Youth and School Services' Short Term Alternative Child Care. Sign up is required. Call 655-1551/4791.

4 / Wednesday

Baby Massage – Babies are intuitive, and their sense of touch is highly developed.

The next Baby Massage class will be held Feb. 4, 2-4 p.m., at Aliamanu Military Reservation's community center, and Feb. 5, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks.

This three-part consecutive series is limited to 10 parents with their babies. Babies should be between 4 and 8 months old. Call 655-0596.

Checkbook Maintenance – Discuss opening and maintaining a checking account, Feb. 4, 9-10:30 a.m., at Army Community Service, Schofield Barracks. Call 655-4227.

Money Management – Learn basic tools for financial success, develop a spending plan, reduce expenses and make your paycheck work for you at the next Money

Management class, Feb. 4, 10:30 a.m.–noon, at Army Community Service, Schofield Barracks. Call 655-4227 to register.

Kids' Fine Art Classes – The next session of this popular program will take place Feb. 4, 2-3 p.m. The class is four sessions long. Cost is \$40, which includes all supplies. Call 655-4202.

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 Physical Fitness Center Gymnasium. Enjoy sports-themed games, good times, and snacks while supplies last. Even if you're not a sports fan, FMWR has 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.mwrmhawaii.com.

5 / Thursday

Potty Training – Learn all about potty training your child, signs that your child is ready for training and how to introduce potty training, Feb. 5, 9-11 a.m., at the Community Center, Aliamanu Military Reservation. Call 655-0596.

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.

6 / Friday

Family Fun Fridays – The next Family Fun Friday will take place Feb. 6, 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.

7 / Saturday

Mosaic Tile Class – The next mosaic tile class will take place Feb. 7, 10 a.m., at the Arts & Crafts Center, Schofield Barracks. Cost is \$25. Call 655-4202.

12 / Thursday

Rock Band Rumble – Gather your best "I should have gone into show business" rock band-loving buds and display your best Axl Rose or James Hetfield skills at the Rock Band Rumble, Feb. 12, 6 p.m., at the Tropics, Schofield Barracks.

Think you can be the first to make it through Battery or Dream Theater? Prove it. Call 655-5698.

fered again Feb. 9 and 12.

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

For more information, e-mail leticia.rivera@us.army.mil or call 655-8132.

Spring Rally – The Regional Protestant Women of the Chapel Spring Rally will take place Feb. 7, 9 a.m.–noon, at the Sea Breeze Lanai at Hickam Air Force Base Harbor. The featured guest speaker will be Rhonda Mixon. Registration costs \$15 and includes lunch. Call Tina Kozial at 624-2623.

Relive the Plantation Days – Hawaii's Plantation Village will celebrate the Year of the Ox and re-live the plantation days, Feb. 7, 10 a.m.–2 p.m., in Waipahu.

Activities include a Chinese Lion Dance, mochi pounding demonstrations, a household rummage sale, keiki games, catch and release fishing, and ethnic food samples. Admission and parking are free.

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.

14 / Saturday

Valentine's Day Dinner – The Waikiki Aquarium invites couples to Seaduction, its annual Valentine's Dinner, Feb. 14, 7 p.m.

The evening features a champagne reception, romantic candlelit dinner in the galleries, three-course meal with wine catered by Ginibberies, valet parking, commemorative photo and souvenir for each couple.

Cost is \$300 per couple; proceeds benefit the aquarium. Doors open at 6:30 p.m. Visit www.waquarium.org or call 923-9741.



Send announcements to community@hawaiiarmyweekly.com.

30 / Today

Lt. Dan Band – Television and movie actor Gary Sinise's Lt. Dan Band will perform two free concerts as part of the USO Celebrity Show, today, 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 Stryker Brigade Combat Team Memorial Association will hold a fundraiser, Jan. 31, 8 a.m., at the Mililani Wal-Mart. A stay at the Prince Kuhio Hotel will be raffled off.

The mission of the association is to honor fallen Soldiers by erecting a permanent memorial on Schofield Barracks. Donations are welcome and appreciated via mail or online. Visit www.warriormemorial.com or call Sarah Boyd at 391-7321.

Slick Deals for Soldiers – In celebration of the Battleship Missouri Memorial's 10th anniversary of its grand opening, the "Mighty Mo" will grant free admission for military (active duty or retired with valid ID) and local residents, Jan. 31, 9 a.m.–5 p.m.

A cook-off to find Hawaii's Mightiest Chef will be held in conjunction with the anniversary. Special for the event, direct public access and parking will be permitted on Ford Island.

Call 1-877-644-4896 or visit www.uss-missouri.org.

Chinese New Year Celebration – The

Wahiawa Town Center and Wahiawa Shopping Center will host a traditional Chinese New Year celebration, Jan. 31, 2-6 p.m., at the shopping centers on California Avenue.

Come early for mah-jongg readings; space is limited. A martial arts demonstration followed by a traditional lion dance performed by Gee Yung International Martial Arts will begin at 4 p.m.

Lucky number drawings will take place throughout the day. Call 262-0687.

Breathe Concert – The American Lung Association in Hawaii will host a fundraiser concert, The Breathe Concert: Clean Air for Everyone, Jan. 31, 7:30 p.m., at Honolulu's historic Hawaii Theatre.

Tickets start at \$35 per person. Call 528-0506 or visit www.hawaii theatre.com.

February

1 / Sunday

New Hours of Operation – Army & Air Force Exchange Services (AAFES) will standardize operating hours for all concession facilities at the Schofield Concession Mall, effective Feb. 1.

Operating hours for all concession stands will be 9 a.m.–7 p.m., daily.

The Barber Shop will maintain its hours of operation; Monday–Saturday, 8 a.m.–8 p.m. and Sunday, 8 a.m.–6 p.m. Call 423-7302.

Lecture – The Pacific Aviation Museum will host two lectures and book signings by retired Tuskegee Airmen, Feb. 1 and 7.

Lt. Col. Bill Holloman will speak Feb. 1, 2 p.m., and Feb. 7, 2 p.m.

Lt. Col. Alexander Jefferson will join Holloman Feb. 7.

General admission is \$14, adults; \$7, children. Kamaaina and military admission is \$10, adults; \$5, children.

Admission is free to museum members and military in uniform. Visit www.PacificAviationMuseum.org or call 441-1008.

2 / Monday

Tax Center Opens – The Schofield Tax Center, Building 648 at the corner of Foote Avenue and Lewis Street, will open Feb. 2. Hours of operation are 9 a.m.–5 p.m., Mon-

day-Friday, and no appointments are necessary.

Everyone is served on a walk-in basis. Service is provided free for active duty service members, their dependents and retirees. Call 655-1040.

4 / Wednesday

Breakfast of Champions – Wheeler Middle School will host its second quarter Breakfast of Champions for students who have earned A's and B's and have had no disciplinary actions, Feb. 4, 8:15 a.m., in the school's cafeteria. Families of students are invited, too. Call Cathy Sumner at 622-6525.

Parent Workshop – Wheeler Middle School will hold a parent workshop focused on building students' academic portfolios, Feb. 4, 9 a.m., in the school's cafeteria. Call Cathy Sumner at 622-6525.

Technology and Industry Day – The 14th Annual Technology and Industry Day will be held Feb. 4, 10 a.m.–2 p.m., at Schofield's Nehelani, and Feb. 5, 10:30 a.m.–1:30 p.m., at Shafter's Hale Ikena.

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.

Admission is free and all interested personnel are invited. Contact Dennis at dennis@fbcinc.com for more details.

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, Feb. 7, 8 a.m.–4 p.m., at Schofield's Main Post Chapel Annex. Classes will be of-



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



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



Delgo

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

The Tale of Despereaux

(G)
Saturday, 4 p.m.
Sunday, 2 p.m.



Cadillac Records

(R)
Saturday, 7 p.m.

Four Christmases

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

No shows on Mondays or Tuesdays.

‘Daddy dolls’ bring support to children, ease burdens

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Alyx Dudenhoeffer’s five tiny fingers wrapped around the hand of a small doll at the 84th Engineer Battalion family readiness support meeting here, Jan. 21.

The doll wore an Army Combat Uniform, and the green hair made of yarn flopped to one side. A picture of her deployed father’s face shined behind the plastic coating.

The 2-year-old kept a firm grasp on the doll as she played in the toy-filled room.

“This is my daddy,” she said, holding up the doll. “He plays with me.”

The doll was donated to Dudenhoeffer and other children in the battalion as part of Operation Give a Hug.

The nonprofit, all-volunteer program was established in 2004 to help comfort military children by giving them special dolls, often called “daddy dolls.” Each doll’s face has a slot for a photo of the deployed parent, which gives the child a tangible way of relating to that parent while he or she is deployed.

“He loves his doll,” said family member Jena Siegrist of her young son, Colin.

“This is another tool to help him through the deployment.”

“At the age of three it’s hard to express feelings,” she continued. “With the doll, he



Colin Siegrist, 3, gives his daddy doll a hug. The 84th Engineer Battalion received more than 400 free dolls to comfort children during deployment.

can hug it and show love, but also take his frustrations out on it.”

Siegrist explained the family has used



Alyx Dudenhoeffer, 2, holds her daddy doll tightly as she plays in a toy kitchen. Children with a deployed parent receive daddy dolls to help them cope with the separation.

numerous outlets to help Colin cope with his father being gone, including books and videos. However, the daddy doll is the only one that has stuck.

“It’s a great distraction for daddy’s absence,” said Siegrist, adding Colin talks to his doll each night, telling his “daddy” what he did that day.

“To him, daddy is still here,” said Siegrist.

At any one time, more than 500,000 children have at least one parent deployed overseas in support of the global war on terrorism, according to Operation Give a Hug.

To date, Operation Give a Hug has dis-

tributed more than 14,000 dolls through various organizations, including family readiness groups (FRG), family liaison officers, family program coordinators, school counselors, casualty assistance officers, Fort Lewis’ Fisher House, and the Tragedy Assistance Program for Survivors (TAPS).

The goal of Operation Give a Hug is to give dolls to military children throughout the world who are missing mom or dad during long deployments.



For more information on Operation Give a Hug, visit www.operationgiveahug.org.

A small donation of \$6 can provide a doll for a military child. All donations go directly to providing dolls for children.

“This has been so great for the children of our battalion,” said FRG advisor Paula Katers. “The response has been overwhelming.”

As the meeting ended, children tucked their daddy dolls under their arms and put away toys.

“Me and daddy are going to go to bed now,” said 4-year-old Triston Uselton, waving goodbye.

Military family members prepare for homecoming, healthy reunion

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — In the early morning hours before the sun had a chance to rise, spouses celebrated the return of Soldiers from the 728th Military Police Battalion, Tuesday, greeting them with lei and tears.

Preparation for the redeployment, however, began almost two weeks prior, Jan. 17, at the Spouse Battlemind training course. The course, part of Army Community Service’s (ACS) mobilization and deployment series, armed spouses with an arsenal of information to ensure a healthy reunion.

“You are used to them being gone,” said Sandi Crocker, mobilization and deployment specialist, ACS. “You have lived very different lives in the past fifteen months. How do we mesh those lives together?”

Crocker presented scenarios to spouses and talked candidly of her own experiences as a military spouse.

“Military life is hard,” said Crocker. “But you are dedicated to your Soldier, and it’s part of the package.”

Spouses agreed and nodded their heads, also sharing deployment-related stories.

“We do this together,” said family member Iris LaLonde. “I want to understand what my husband is going through.”

The class covered the many benefits of military life, including financial stability, health care and overseas adventures.

Family members listened attentively and spoke openly, expressing their redeployment concerns with the group.

“We are going to cover tough subjects,” said

Crocker, as the class moved on to the subject of expectations and social support. “There is a dynamic between your husband and their battle buddy, but you also have a battle buddy. Your source of support will change when your Soldier returns.”

For more information on the Spouse Battlemind training course and other redeployment classes Army Community Service offers, call 655-4227.

Crocker recommended open communication and offered suggestions on approaching topics of conversation with honesty in a nonthreatening way.

“There are things Soldiers may not want to talk

to you about,” said Crocker. “And you can’t push it.”

Crocker explained deployment is difficult for every member of the family, and often Soldiers will present stories in due time and in their own words.

Crocker spoke of family roles, renegotiating priorities and emotional balance.

“There are more issues to face than you realize when (a Soldier) comes home,” said family member Stephanie Register. “Good communication is the key, and education is the best prevention.”

“We are aware of certain issues we will face, but every experience is different,” added family member Olivia King. “With this course, we can share experiences and see the bigger picture.”

“This class reflects our situations and prepares us for a positive reunion,” King added.

CSI's Gary Sinise and Lt. Dan Band return to Hawaii

Sponsored by TriWest Healthcare Alliance, event marks actor's first stop on USO entertainment tour

UNITED SERVICE ORGANIZATION & TRIWEST HEALTHCARE ALLIANCE

News Release

ARLINGTON, Va. — “CSI: NY” actor Gary Sinise and the Lt. Dan Band will return to Hawaii and perform two free, private concerts for U.S. troops and their families as part of a USO entertainment tour, Jan. 30-31.

The group's first concert is scheduled to take place at 7 p.m., at Marine Corps Base Hawaii (MCBH), Kaneohe Bay, today, and the second show is scheduled for 7 p.m. at Hickam Air Force Base, Jan. 31.

This trip marks the band's second USO tour to the Aloha State, having visited and entertained more than 1,700 military families stationed at MCBH K-Bay in March 2007.

“For years now, Gary Sinise and the Lieutenant Dan Band have shared TriWest's mission of supporting U.S. troops and their families,” said TriWest President and CEO Dave McIntyre Jr. “They provide more than just a concert; they provide an



Tech. Sgt. Jerry Morrison | Defense Department Photo

Oscar-nominated actor and director Gary Sinise (right) and the Lt. Dan Band perform a concert in the Pentagon Courtyard at the 4th Annual America Supports You Concert as part of Military Appreciation Month at the Pentagon, May 16, 2008.

opportunity for those in the military community to unite, relax and just have fun.”

A longtime supporter of the U.S. military, Sinise was recently awarded the Presidential Citizens Medal — the second highest civilian honor bestowed to citizens who have performed exemplary deeds in service of our nation. The second actor in U.S. history to receive this decoration (the first was Elizabeth Taylor), Sinise was recog-

nized for his ongoing support of active duty troops and wounded veterans.

Having founded Operation Iraqi Children, a nonprofit group dedicated to helping the U.S. military distribute school supplies to Iraqi children, he is also very active with the USO, having visited and entertained thousands of service members worldwide since 2003.

“I spend time with troops and participate

in USO tours every year because I love it, and it's very important to me,” said Sinise. “We all want to feel appreciated and valued, and our troops are no different. They never ask for praise or recognition, but that doesn't mean they don't deserve it. They actually deserve even more and our troops in Hawaii are in for a treat.”

On The WEB

For a list of recent and upcoming USO tours, visit www.uso.org/whatwedo/entertainment. To learn more about the USO or to find out how to support the troops, visit www.uso.org.

Sinise and the Lt. Dan Band, an 11-member cover band named after a character Sinise portrayed in the film “Forrest Gump,” have shared their musical chops with those in uniform for nearly six years. Covering everything from Bruce Springsteen and Linkin Park to Aretha Franklin and Jimmy Hendrix, the band seamlessly fuses instruments like the violin, trumpet, saxophone and drums.

Best known for his Oscar-nominated portrayal of Lt. Dan Taylor in “Forrest Gump,” Sinise is an accomplished the-

ater, film and television actor. Having worked in the industry for more than two decades, he has starred in more than 20 blockbuster films and earned the reputation of being one of America's most versatile actors.

Last seen on the big screen in Columbia Pictures' “The Forgotten” with Julianne Moore, and the computer-animated film “Open Season,” Sinise was recently featured in the exclusive Fox News documentary “On the Road in Iraq with our Troops and Gary Sinise.” Documenting his 10th USO tour to the Persian Gulf, Sinise shares his experience visiting and performing for troops in Iraq and Kuwait.

Volunteers are the heart of the USO. Their commitment and support of our men and women in uniform allows the USO to carry out its mission 24-hours a day, seven-days a week.

Celebrity entertainers serve as the USO's most visible volunteers. They render their time and talents to enhance the quality of life of service members and boost troop morale.

Entertainers who have recently participated on USO tours include Kid Rock, Lewis Black, Kellie Pickler, Tichina Arnold, Curt Schilling, the Ying Yang Twins, Anna Kournikova, Boyz II Men, Trace Adkins, Baby Bash and Roger Goodell.

Small changes in daily routine add up, reap big rewards in ‘09

CHRIS HALAGARDA

Navy Fitness & Performance Enhancement Dietitian

FORT LEE, Va. — I love the quote, “A year from now, you'll wish you started today.”

What do you wish you could have started a year ago? For many folks, new year's means yet another resolution to start an exercise program, eat healthy and lose weight. If this rings true to you, try making a small change to your lifestyle in 2009 that, although it won't put you on the cover of a fitness magazine, will help you feel better, look better, function better and make you healthier.

One of the first things I like to suggest to folks is to add to your diet. Don't get preoccupied with what you can't have, but focus instead on what you can have. Remember, you can find all of the following items in your local commissary at savings of 30 percent or more.

Start by adding one or two of these ideas to your diet or lifestyle:

Add fruits and vegetables. Promise yourself you will eat five servings of fruits and vegetables every day. By filling up on the extra fiber and water, you should eat less food the rest of the day and hopefully lose weight.

Worst case is that you don't lose weight, but you will be much healthier because of all the additional vitamins and minerals in fruit and veggies.

Drink tea. Green, black, flavored — any kind of tea is good. Teas are loaded with antioxidants, flavanoids, vitamins and minerals, and may help prevent tumors and promote weight loss. Much more research needs to be done to pinpoint all the benefits of tea drinking, but there are very few downsides to drinking tea.

Spice it up! Don't let a meal go by without sprinkling some type of herb or spice on it. Sprinkle cinnamon on oatmeal; garlic powder on salads; paprika on hummus; or chili powder, onion, pepper, dry mustard and cayenne into chili.

Don't hesitate to try new spices. So many great

On The WEB

For more information about making healthy choices, visit Ask the Dietitian at www.commissaries.com. Post your questions on the DeCA Dietitian Forum.

flavors with so much nutritive value are available, and best of all, they don't have many or any calories. Every time you go to the commissary, try a new spice.

Drink more water. Aim for about half your body weight in fluid ounces each day. If you weigh 120 pounds you should consume about 60 fluid ounces of water per day.

Keep in mind, water-dense foods such as fruits and vegetables will contribute to this total, and high levels of physical activity will increase daily fluid needs above this amount.

Add calcium. Aim for 1,000 to 1,200 milligrams of calcium each day, equivalent to three to four, 8-ounce cups of milk, preferably low-fat milk, every day. Not only will calcium help keep bones and teeth strong, but it may also help with weight loss.

Dietary supplements may provide some benefit, but try to reap the rewards of low-fat milk's muscle-building protein and health-promoting vitamin D. Don't like milk? Try low-fat yogurt, soy milk or low-fat cheese to get more calcium.

Add steps. Get a pedometer and shoot for 10,000 steps a day or, for a more practical approach, record how many steps you take each day for seven days. Divide that total by seven and try to go above and beyond that number each day. For example, if you average 5,000 steps a day, try to reach 5,500 steps every day of the following week, then 6,000 steps the next week. Ultimately, you want to achieve and maintain 10,000 steps each day.

(Editor's Note: Contact Chris Halagarda at (202) 433-3472 or chris.halagarda@navy.mil.)



community
Sports

Send sports announcements to
community@hawaiiarmyweekly.com.

31 / Saturday
Hike Oahu — Join the Hawaiian Trail & Mountain Club on a hike through the Pacific Palisades Valley.

An easy hike (except for coming back up Cardiac Hill) leading to a series of small pools, waterfalls and a shady forest for a relaxing day.
This novice hike is 3 miles. Call Phil Booth at 382-4709.

Save the date for these upcoming hikes, too:
•Feb. 8, a 5-mile intermediate hike through Waiahole Contour.
•Feb. 21, a 7-mile intermediate hike through Waimea Valley.

Hikes begin at 8 a.m., and a \$2 donation is requested of non-members. 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.

February

1 / Sunday
Running Workshops — Training workshops will be held in preparation for the Great Aloha Run (Feb. 16) every Sunday leading up to the race (Feb. 1 and 8), 7:20



MWR
Sports

30 / Today
Pool Updates — The Tripler Army Medical Center (TAMC) pool is now open:
•Adult lap swim, Mondays, Tuesdays, Thursdays and Fridays from 6-8:30 a.m.



Christina Douglas | U.S. Army Garrison-Hawaii Public Affairs

Splash of color

WHEELER ARMY AIRFIELD — Players scramble for a position during a paintball game, recently. The paintball course, featuring three lighted fields for day and evening play, is located just off Lauhala Road next to the baseball fields. 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. Visit www.paintballhawaii.com or call 343-3929.

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 or call 943-0309.

13 / Friday
Health and Fitness Expo — Kaiser Permanente will kick off the Great Aloha Run (Feb. 16) with its annual 3-day Sports, Health and Fitness Expo, Feb. 13-15, at the Neal S. Blaisdell Center, Honolulu.

and 11 a.m.-1 p.m.
•Open swim, Mondays, Tuesdays, Thursdays and Fridays, from 1-6 p.m., and Saturdays, 10 a.m.-5 p.m.
•The pool is closed Wednesdays, Sundays and all holidays. Call 433-5257.
Aliamanu Military Reservation's pool, which was open during the TAMC pool closure, is now closed until May.

February

1 / Sunday
Healthy Heart Love Run — Start running today to gain entries in the healthy

The expo will feature the latest in products, services and workshops for leading a healthy lifestyle, keiki activities, cooking demonstrations and entertainment.
The expo is open to the public on Feb. 13 from 4-9 p.m., Feb. 14 from 10 a.m.-8 p.m., and Feb. 15 from 10 a.m.-5 p.m. Admission is \$4 for ages 13-64, \$2 for military personnel and free for senior citizens, keiki under age 12 and all registered runners. Parking is available for \$5 before 4 p.m. or \$6 after 4 p.m.
Call 528-7388.

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.

Ongoing

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.

Youth Dive Team Lessons — Spring

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

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.

Volleyball & Racquetball — Learn basic skills and techniques from experienced instructors, 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.
Student Bowling Special — The Bowling Center, Schofield Barracks, invites all

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.
Admission 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 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 or at Family and Morale, Welfare and Recreation facilities. Contact Jim Perry at 655-9650.

Ongoing

Hawaii Youth Triathlon Club — Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sports club run by athletes.
Membership is \$50 and includes an annual membership with USA Triathlon, insurance during training, a swim cap and club certificate, review clinics and newsletter. Visit www.hawaiouthtri.com.

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.

Ladies' Fitness Classes — Cardio Step & Circuit and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center.
Beginner- through advanced-level yoga classes are Tuesdays, 9-10 a.m., and cardio classes are Thursdays, 9-10 a.m.
Call 438-1152.