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Sunday drivers need not apply

Special Troops Battalion 'goes hot' during live-fire exercises

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Pumpin' iron with Olympians

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Petty Officer 2nd Class Elizabeth A. Edwards | Joint POW/MIA Accounting Command

Forensic dentistry

HICKAM AIR FORCE BASE — Above, Army odontologist Lt. Col. Gregory Silver of the Joint POW/MIA Accounting Command's Central Identification Laboratory examines a partially edentulous mandible. Popular TV shows like "CSI" and "NCIS" have made the field of forensics "entertaining." However, real-life doctors and scientists at the multiservice JPAC study remains to identify and ensure that every Soldier, Marine, sailor and airman who returns home from foreign soil is identified. See full story on page A-11.

New Web tools now assist local FRGs

PFC. KYNDAL HERNANDEZ
Staff Writer

SCHOFIELD BARRACKS — In order to achieve an optimum work-life balance, Army family readiness groups have instituted a multitude of different programs to better assist Soldiers and their families.

Brig. Gen. John McDonald, commander of the U.S. Army Community and Family Support Center, held a meeting for all 25th Infantry Division and U.S. Army, Hawaii, FRG representatives and rear detachment division staff Monday, at the post conference room.

The meeting was held to inform representatives of new ways and tools to im-

prove our FRGs and the work-life of Soldiers and their families.

Topics of discussion included new policies referencing FRGs like child care and issues tied to upcoming deployments such as finances and early return of dependents and housing.

One of the major topics discussed at the meeting was the new virtual FRG, a new Web site called MyArmyLifeToo.com.

The mission of this Web site is to enhance community family support services by offering licensed clinical social workers and psychologists to address various issues that Soldiers and families face before, during and after deployment.

MyArmy LifeToo.com is a comprehensive

Web database and resource of information, which allows outreach to family members who are difficult to reach. It also provides access to accurate and timely information about programs and services the Army offers.

The Website serves as a "one-stop" knowledge center where spouses can fine-tune their skills, leadership abilities and support the Army volunteer program.

"My top priority will be the well-being of Soldiers and their families," said Francis J. Harvey, Secretary of the U.S. Army. "There is no more important aspect of our effort to win the global war on terrorism than taking care of our people."

IED fatally wounds USARPAC Soldier

DEPARTMENT OF DEFENSE
News Release

WASHINGTON — The Department of Defense announced the death of a Soldier who was supporting Operation Iraqi Freedom.

Pfc. Joseph I. Love, 22, of North Pole, Alaska, died Sunday in Balad, Iraq, when an improvised explosive device detonated near his HMMWV during convoy operations.

Love was assigned to the 84th Engineer Combat Battalion (Heavy), 8th Sustainment Command (Theater), out of Schofield Barracks, Hawaii.

For more information, contact U.S. Army, Pacific Public Affairs at 438-2662.



Love

25th leaders lasso issues, challenges

Movement officers trade lessons learned, delve into logistics procedures for upcoming deployment

Story and Photos by
SPC. DANIEL BEARL
Staff Writer

SCHOFIELD BARRACKS — Unit movement officers with the 25th Infantry Division gathered at Sgt. Smith Theater, Monday, for a leadership professional development brief on logistics procedures and challenges related to the upcoming deployment.

The approximately 150 officers and non-commissioned officers at the brief received instruction and step-by-step timelines for moving troops and equipment into theater. They also discussed lessons learned from previous deployments and training exercises.

On a note closer to home, the attendees received information on personally owned vehicle and household goods storage for deploying Soldiers.

After the brief, the attendees were bused to the Alert Holding Area at Wheeler Army Air Field for a walk-through of procedures for preparing vehicles and equipment for deployment.

SEE LOGISTICS, A-12

Kalakaua homes open to Army, Hawaii, families June 1

Home construction now two months ahead of schedule

ANN WHARTON
Army Hawaii Family Housing LLC

SCHOFIELD BARRACKS — Residents received good news about the assignment of new houses at the town hall meeting, April 4.

Janine Lind, property management director for Army Hawaii Family Housing (AHFH), announced that nearly 250 families living in Leader Field would be among the first to be offered a home in the Kalakaua and Porter communities.



Mark Brown | Army Hawaii Family Housing LLC

Leader Field residents are among the first families to be offered a new home in the Kalakaua community. Families will begin moving in June 1.

"We've witnessed the laying of foundations and the installation of frames, walls, and roofs," said Lind. "To finally announce to families that they have an opportunity to move into these new

homes is something that AHFH has looked forward to over the past year."

Families will begin moving into the Kalakaua community on June 1, two months ahead of schedule.

"Our team did an amazing job building these first new homes," said Lee Cranmer, senior construction manager for Actus Lend Lease's AHFH project. "Despite record rainfall, everyone knew the importance of these homes to the families of the Soldiers of the 25th Infantry Division who will call them home, and they simply got the job done."

Twenty-six units in the Kalakaua community will be available to enlisted Army families in

June, and 152 more units will be made available to Army families July through December. At the Porter community, AHFH will begin moving families into 144 new units in the fall.

Leader Field residents will be the first to be offered new houses, and a priority will be placed on families facing deployment. AHFH's regional north office will begin accepting applications from other AHFH residents in July, and AHFH and the local Garrison are exploring the possibility of a lottery surrounding the awarding of new houses.

For more information, contact AHFH's regional north office at 275-3700.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 655-4816, 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 captions and bylines.

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Lightning Six

Parental involvement improves education

Local teacher says parents must show sincere interest in their child's education

DANA SHISHIDO

Teacher, Wheeler Elementary School

As a parent, you are the single most important influence in your child's life.

Research has shown that children excel academically, socially and emotionally if their parents are involved in their education and school activities. Getting involved in your child's education sends the message that you are genuinely interested in his or her life, and that going to school is an invaluable experience.

Here are a few simple tips to get involved at your child's school:

Meet the teacher

At the beginning of the school year, set aside time to meet your child's new teacher in person. This will give you a chance to discuss your child's learning habits as well as his or her interests and hobbies.



Mixon

Let the teacher know that you are always available, and when it is best to reach you. This is also a good time to ask how you can support your child's learning at home. Open lines of communication between teacher and parent ensure you will be informed of your child's progress.

Volunteer in class

Every parent can contribute to classroom learning. You can listen to children read; assist them with their work; help with library duty, playground duty, fund-raising events; or even assist on school trips.

Spending time in the classroom allows

Since my arrival in Hawaii, I have advocated that the most powerful way to improve our children's education is through parental involvement. I have met with school administrators, teachers and some parents to discuss this issue. They are committed to a quality education and welcome parent involvement.

Your child's successful future is best assured through a quality education. I strongly encourage parents to step out and get involved like the following article states.

Benjamin R. Mixon

Maj. Gen. Benjamin R. Mixon, commander, 25th Infantry Division and U.S. Army, Hawaii.

you to observe your child's learning environment. As a parent, you are entitled to take a front seat in your child's education. Doing so can help you learn whether your child is an active learner, whether he or she is engaged and asking questions.

Join parent groups

Groups such as the PTA and PTO foster a positive environment where teachers and parents can easily discuss current issues facing their school. Talking to other parents at meetings, school functions or even at the bus stop will give you better insight into issues that may have an effect on your family as well as theirs.

Provost Marshal Corner

Larcenies dominate police blotter

(Editor's Note: Information in this column is general in nature and a roll up of incidents as they are reported to the Military Police during the time frames stated.)

COL. JACQUELINE CUMBO

Provost Marshal, U.S. Army, Hawaii

Crime data is provided to make Soldiers and family members aware of trends that may be developing in or around their community. The Provost Marshal Office (PMO) uses this data to direct patrol activities designed to apprehend offenders and eliminate these occurrences.

In our joint fight against crime, PMO asks that you use this information and take proactive measures to avoid being a victim. Report suspicious activity to the Military Police at Fort Shafter (438-7114) or Schofield Barracks (655-7114), or dial 911 for emergencies.

Crime statistics reported from March 15 to April 1

At Fort Shafter and south areas

The Fort Shafter PMO reported a total of 27 cases during this period. Incidents included three domestic assault cases. One took place at Fort Shafter and two off-post. Active duty service members were apprehended in each case.

Three cases of simple assault occurred off-post, as well as two cases of sexual assault. Again, active duty service members were apprehended in each case.

Four cases of terroristic threatening were reported, one at Aliamanu Military Reservation (AMR), one at Tripler Army Medical Center (IAMC) and two off-post. All subjects were active duty service members.

One case of house breaking was reported in AMR when an unknown subject(s) gained entry into the quarters through a first floor rear window. Several wristwatches, brand name purses and a video game system with several video games were stolen. The investigation continues.

Four reports of larceny of private property occurred, three of which were at Fort DeRussy. Also, criminals broke into two privately owned vehicles at the Fort DeRussy parking garage, stealing a stereo system and personal items. The third larceny was an unsecured scooter, the last an unsecured skateboard taken in AMR.

Twelve cases of driving under the influence of alcohol were reported. Eleven occurred off-post; and active

duty service members were apprehended in each. The other case occurred at the front gate of AMR involving a civilian.

Additional alcohol-related incidents resulted in the apprehension of three Soldiers for drinking alcohol under the legal age of 21. Two of these occurred at Fort DeRussy and one off post.

At Pohakuloa Training Area

One case of damage to government property was reported from the Pohakuloa Training Area. A dining hall door was forced open, damaging the door frame and door knob. Investigation continues in this case.

At Schofield Barracks

The Schofield Barracks PMO reported at total of 19 cases. These cases involved 18 larcenies of private property. Thirteen occurred on Schofield Barracks, two at Helemano Military Reservation (HMR) and three at Wheeler Army Air Field (WAAF).

Nine of the larcenies on Schofield Barracks took place in housing and four in troop areas. Seven larcenies involved unsecured property. Items stolen included a portable DVD player, U.S. currency, a laptop computer and DVD player, three bicycles (each blue in color), personal checks, one mongoose bicycle white in color, assorted clothing and bed linen, various TA-50 items, 12 DVDs, four PlayStation 2 games, a Crown Royal coach purse, a black fire pit, 12 CDs, an RCA stereo with face plate, a Pioneer premium car stereo system and a Lincoln portable welder.

One DUI was reported on-post resulting in the apprehension of a service member.

Hot Topic of the Week

In our last edition, I provided you with information on the crime of identity theft and how it has become a significant problem for our military community. As promised, here are some crime prevention techniques that you can use to avoid becoming a victim.

1) Do not carry extra credit cards, a Social Security card, birth certificate or passport in your wallet or purse, except when needed.

2) To reduce the amount of personal information that is in circulation consider the following: Remove your name from the marketing lists of the three major credit reporting bureaus, that is, Equifax, Experian (formerly

TRW) and Trans Union.

Accomplishing this task will limit the number of preapproved offers of credit that you receive. Follow up by



Cumbo

ordering your credit report once a year from each of the three major credit bureaus. Check for inaccuracies and fraudulent use of your accounts.

Also, sign up for the Direct Marketing Association Mail Preference Service and the Telephone Preference Service. Doing so, your name is added to a computerized name deletion list used by nationwide telemarketers.

3) When you pay bills, do not place the envelopes containing your checks in your home mailbox for the letter carrier to pick up. If stolen, your checks can be altered and cashed by identity thieves.

It is best to mail your checks and other sensitive mail at the post office rather than your home or neighborhood mailbox.

4) Never give out your credit card number or other personal information over the telephone, unless you have a trusted business relationship with the person or company and you have initiated the telephone call.

5) Always take credit card receipts with you. Never throw them in a public trash container.

For more prevention tips and information go to the Identity Theft Resource Center online at www.idtheft-center.org/html/prevention_tips.htm

Traffic statistics

Traffic safety is a constant concern for everyone. Here is a count of some of the traffic citations that were written on post:

Expired registration, 12
Expired safety, 15
Noise abatement, 3
Stop sign violation, 12
No driver's license, 2
Driving without insurance, 30
Speeding, 35
DUI or alcohol-related, 2
Seatbelt violations, 3
Parking violations, 111

Finally, PMO is stepping up enforcement of seat belt, safety inspection, registration and vehicle insurance checks. Make sure that yours are all current.

Talk to a school counselor

In middle school, your child most likely will be assigned a counselor. Set up an appointment with the counselor to discuss your child's future. Talk with both the counselor and your child about the courses your student should take to reach his or her goals.

Do they match or exceed the standards set by the school district? Will your child's schedule set him or her up for success in college?

Stay up-to-date

As a parent, it is your job to stay current with the latest changes to the academic calendar, school policies and the curriculum.

It is also a good idea to call your child's school to see if help is needed for bake sales, car washes or field trips. Schools often need volunteers to help with upcoming events.

Show your support for school functions, especially those that involve your child.

(Editor's Note: This article was provided courtesy of the Hawaii State Teachers Association.)

Maintaining joy is its own reward

CHAPLAIN (CAPT.) JIM BURTON

1st Battalion, 14th Infantry Regiment Chaplain

It has been said, "If Joe isn't griping, he isn't happy." Some would say that this attitude is just part of the life of today's Army. However, I tend to disagree with those who perpetuate this pessimistic outlook.

I understand that serving in the Army can be demanding and difficult, and sometimes a mission takes us away from our families. However, our service can still be rewarding if we remember to put joy into our lives daily.

JOY is an acronym for "Jesus first, others second, yourself last."

Jesus first means we should take time everyday to cultivate our relationship with Jesus. We accomplish this mandate several ways: First, Psalm 46:10 states, "Be still, and know that I am God." This scripture means we take time to focus exclusively on God each day.

Second, during quiet time with God, we should read his holy word. In John 8:31, Jesus said, "If you abide in My word, you are my disciples indeed."

Finally, we are reminded in 1 Thessalonians 5:17 to "[p]ray without ceasing." Daily Bible reading and prayer allows us to keep Jesus first, which is the first step to maintaining real joy.

The second step in maintaining real joy is placing oth-

SEE JOY, A-11

16 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a "red dot" on your wristwatch.

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.

Be safe. Tropic Lightning!



Voices of Lightning: How can we prevent domestic violence?



"Have service members go to a quarterly class."

Sgt. Mark Detwiler
Kiowa Helicopter Mechanic



"Have more classes that talk about it, and husbands and wives to sit down and talk."

Pfc. Tim Miller
58th MP Co.
Military Policeman



"Marriage counseling."

Cpl. Allan Serrano
Co. A, 2-35 Inf.
Mortar Squad Leader



"More classes and counseling."

Spc. Isabel Rodriguez
HHC, 2-25th Inf.
Food Services Specialist



"Anger Management."

Pfc. Stacy Fisher
Co. F, 3-25th Avn.
Air Traffic Controller

Soldier’s experiences aids others about to deploy

PFC. BRYANNA POULIN
Staff Writer

PEARL HARBOR — With only a few months until deployment, many Soldiers are unaware of what to expect when they first set foot in Iraq.

For most Soldiers being away from their family and friends is going to be the toughest challenge they face.

Soldiers soon learn that what is taught in training may not be everything they need to know down range.

“Soldiers can learn a lot more that might not always be taught in classrooms and training from listening to other Soldiers and noncommissioned officers that have already dealt with the aspects of being deployed,” said Sgt. 1st Class Craig Jones, senior order of battle technician Korea Ground Division at the Joint Intelligence Operations Center Pacific, who was deployed in 2003.

According to Jones, his deployment was based on everything that was previously done by other units that had deployed before him.

“Fighting insurgents, Soldiers don’t know who is good and who is bad ... unlike U.S. Soldiers, they don’t have uniforms,” noted Jones.

Being deployed, Soldiers are dealing with all the physical and mental stress of the everyday life in Iraq, all while dealing with any personal issues they may have.

Issues with being away from their loved ones are some of the biggest hurdles a Soldier must over come.

“If you listen to others that have dealt with being away from their families and use that for your personal life, Soldiers can learn so much more,” Jones added.

For Soldiers who are faced with leaving their loved ones behind, Jones strongly encourages they look into programs such



Jones

as Army Community Service that offer family programs for spouses and children.

“There is an abundance of sources that the Army provides for family members that provide information for dealing with deployments. Yet while deployed, the sole job is to take care of yourself and the people around you to focus on bringing everyone home safe,” he said.

Although a Soldier’s family is the most important thing to each individual, it’s important to keep one’s mind focused on what needs to be done while deployed.

It’s important during a deployment that an NCO knows his or her Soldiers on a professional and personal level.

“Just talking to Soldiers on a personal level and know what they are going through or dealing with,”



Jones said.

If a Soldier who is usually happy or motivated all of a sudden seems to be down, it’s important for the NCO to try to see if something might be bothering them.

Keeping morale high leads to getting the mission accomplished efficiently. Sometimes just giving a Soldier extra phone calls or if the mission calls for it, some down time, can be beneficial to not only the Soldiers, but everyone around them.

There are times when Soldiers would miss birthdays or holidays with their families, but it’s just something



Sgt. Jeremy A. Clawson | U.S. Army Photo

Searching for Terrorists — Soldiers assigned to the 25th Infantry Division’s 2nd Battalion, 35th Infantry Regiment, move through the rugged terrain of an Afghan valley during deployment in June 2004. They were in search of terrorists.

that must be overcome.

Jones recalled that during his deployment another Soldier had to miss his son’s birthday. As a unit they all got together and had a birthday party consisting of a

Twinkie and birthday candle that was videotaped and mailed to the family to show that, though the dad was far away, the son was not forgotten.

A moment like that is what keeps

everyone’s spirits lifted, he said.

“In general I learned during my deployment, that as an NCO I had to know my Soldiers ... so we would all get home safe.”

‘MyPay’ empowers households with flexibility, convenience

PFC. CARLEE ROSS
Staff Writer

SCHOFIELD BARRACKS — The 125th Finance Battalion strongly encourages Soldiers to divide their pay into completely separate accounts. Doing so helps prevent problems that can be incurred when both family members and Soldiers are handling the same account.

As well, Soldiers and their family members should understand the MyPay system, an automated payment system that allows service members to change or update certain pay items through the Internet.

With MyPay, members can view, print, and save leave and earning statements; change federal tax withholdings; update bank account information; control thrift savings plan enrollments; purchase U.S. savings bonds; and view and print travel vouchers.

Using MyPay eliminates the need to write letters or fill out forms by letting Soldiers make their own changes immediately. It can also be accessed nearly 24 hours a day, seven days a week.

Soldiers can obtain a MyPay PIN number in three ways:

- 1)By faxing his or her name, Social Security number, phone number, signature and a copy of his or her military ID to DFAS-Cleveland at (216) 522-5800,

- 2) By mailing the same information to DFAS-Cleveland/PMCAA 240 East 9th Street Attention: E/MSS Cleveland, Ohio 44199, and
 - 3) By going online, selecting “New Pin” under the options on the MyPay home page. A new random temporary pin will be mailed and issued to the Soldier’s home of record or e-mailed to his or her Army Knowledge Online account.
- Direct deposit financial allotments can be changed and updated on MyPay, which will allow a Soldier to have money placed in more than one account.
- Soldiers can start or increase a financial allotment for any amount as long as the allotment does not exceed the amount of available net pay.



RELATED STORY
• Army Community Service offers diverse classes for families of deployed units. B-3

Money should be put into separate checking or savings accounts — which is an effective way to save money or send money to a Soldier — when service members are deployed.

DEFENSE FINANCE AND ACCOUNTING SERVICE MILITARY LEAVE AND EARNINGS STATEMENT																													
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FICA TAXES		WAGE PERIOD		SOC WAGE YTD		SOC TAX YTD		MED WAGE YTD		MED TAX YTD		STATE TAXES		ST	TX	WAGE PERIOD	.00	WAGE YTD	.00	MS	S	01	EX	01	TAX YTD	.00			
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		* Federal Income Tax is not shown because it is exempt; however, FICA-Social Security and FICA-Medicare continues to be deducted from pay.																											
www.dfas.mil																													

Arabic language can be most difficult

Translators, new linguists, beware of mistranslations as cause of misunderstandings

RETIRED AIR FORCE LT. COL. RICK FRANCONA
Special to the Hawaii Army Weekly

The Arabic language is difficult – ask anyone who has tried to learn it. The U.S. government categorizes languages on the degree of difficulty for a native speaker of English to gain practical fluency. Category four is the most difficult and includes Arabic, Chinese, Korean and Japanese.

Al-lawghat al-'arabiyah

Arabic is a Semitic language, as is Hebrew and Maltese. These languages are derived from the Aramaic language, believed to be the language spoken by Jesus Christ. Arabic is spoken by almost 250 million people and is the (only) official language of Algeria, Bahrain, Egypt, Iraq, Israel, Jordan, Kuwait, Lebanon, Libya, Mauritania, Morocco, Oman, Qatar, Saudi Arabia, Syria, Sudan, Tunisia, United Arab Emirates and Yemen.

That said, the local dialects of Arabic could be quite different from place to place, country to country. French and Berber heavily influence the Maghrebi dialect, which is spoken in Morocco, Algeria and Tunisia. Egyptian dialect is quite distinct, but is widely understood since Cairo is home to the major Arabic film and television studios.

Syrians, Palestinians and Lebanese speak the Levantine dialect, which is markedly softer than the guttural sounds of the Gulf Arabic. Unless people from one end of the Arab speaking world converse in Modern Standard Arabic (the written language), they risk being either misunderstood or not understood at all.

Arabic is also the language of Islam. The Islamic holy book, the Quran, is written in Arabic and is believed to be only fully understood in that language. As such, the Quran is usually not translated into other languages – explanations in other languages are common, but the text is always rendered in Arabic.



Sgt. Maurice Smith | 3rd Brigade Public Affairs

Mr. Mike Morris discusses Arabic culture as Sgt. Maj. Mildred Ruiz, right, reviews her notes during a one-week Arabic language course at the Education Center on Schofield Barracks. Morris believes teaching Soldiers the Arabic language will positively impact their safety on deployment.

For that reason, classical Arabic is widely understood by many of the world's almost-one billion Muslims.

Arabic alphabet, the problem

In addition to being a difficult language, the Arabic alphabet creates its own set of problems. The writing system consists of 28 consonants; the three vowels are not normally written.

As with Hebrew and the other languages that use the basic Arabic alphabet (Persian, Urdu, Malay and others), the script is written from right to left.

The major problem is how to properly transliterate the Arabic script. Although there is only one correct spelling in Arabic, converting it to something readable in Latin letters can be confusing. For example, is it Saddam Hussein or Saddam Husayn? Technically, neither can be incorrect since the actual spelling is the Arabic letters Hah Sin Yah Nun.

Most media are using the transliteration Hussein, although Husayn is closer to the Arabic script.

The United States' intelligence community is required to use a standardized system, especially in the era of computerized databases that require specific letters. That system is the Board on Geographic Names (BGN) transliteration system developed jointly with the government of the United Kingdom.

An example of the consequences of not adhering to the system is the U.S. Army destruction of an Iraq munitions storage depot in the days immediately following the end of the Gulf War in 1991. Operating under orders to destroy all Iraqi military facilities in the area under coalition control, Army officers checked the databases to determine if the Al-Khamisiyah depot was used to store chemical weapons.

Unfortunately, the records indicating that artillery shells filled with the nerve agent Sarin were stored at Al-Khamisiyah were filed under a different – and non-BGN – transliteration. When the facility was blown up, American forces were exposed to low levels of the nerve agent.

Arabic language expertise will continue to be a problem. It is not widely taught in the United States, but there is an increasing need. Immediately following the September 11 terrorist attacks on New York and the Pentagon, the Federal Bureau of Investigation issued an urgent appeal for American citizens with Arabic language ability.

(Editor's Note: Used by permission of retired Air Force Lt. Col. Rick Francona, who originally learned Vietnamese and Arabic at Defense Language Institute. Francona is an analyst for NBC News. For other articles and his complete biography, go to www.francona.com.)



Jeremy S. Buddemeier | 25th Infantry Division Public Affairs

Stryker ride

Gen. Djoko Santoso, chief of the Indonesian Army, waves as Cpl. Jeremy Beer of B Company, 1st Battalion, 27th Infantry Regiment, flashes a shaka sign during a Stryker demonstration at Sills Field on Schofield Barracks Wednesday, April 5.

Videophones send high-tech hello

Troops can see, be seen instantly using broadband technology

SGT. MAURICE SMITH
3rd Brigade Public Affairs

SCHOFIELD BARRACKS — Technology is bringing Soldiers into their families' homes with a few rings of a videophone.

The "See Your Troops" Foundation is donating 500 videophones and two years of service to overseas combat units to change the way Soldiers stay in touch with loved ones.

Along with 500th Military Intelligence Brigade, the 125th Finance Battalion and the 45th Sustainment Brigade, Schofield Barracks will receive 60 videophones. Plans are still in the works for 3rd Brigade to receive these devices, newly released by Globalinx, a communications company.

"It's a nonprofit organization we have so that we can service the military," said Michael Irvin, personnel representative for Globalinx.

"The sole purpose is to give military units videophone capabilities so while they are deployed, they can call back and see loved ones," said Irvin.

The videophone is linked to a computer using high-speed Internet, and then connects through a

membership account on www.seeyourtroops.com.

Among the many unique features are the audio/video jacks, which allow users to project images and video clips onto a television.

"If a Soldier is getting ready to deploy and his wife is seven months pregnant, he is not going to get to see the birth of the baby," said Irvin. "With the videophone, the couple can download (the birth) to a DVD, hook the phone up to their DVD player, and he can see it in real time," Irvin continued.

According to another Globalinx representative, the phones are cost effective and also help to build a sense of security among soldiers and family members.



"Soldiers are spending tons of money on calling cards and other means of communication. This makes it easier," said Karimu Kpana-Quamoh, Globalinx.

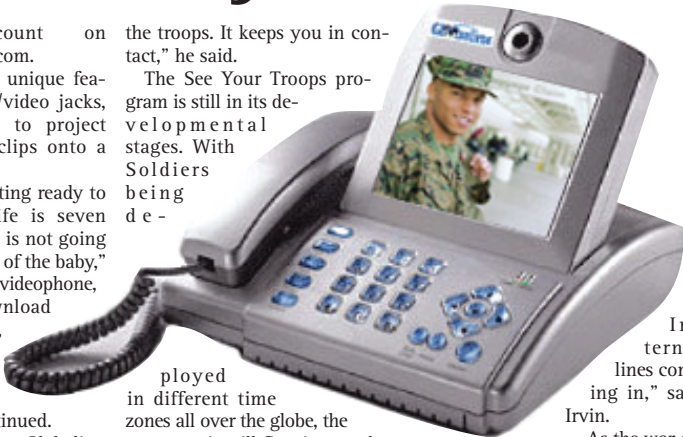
"If the Soldier has instances back home, they are able to see their families and it builds morale of

the troops. It keeps you in contact," he said.

The See Your Troops program is still in its developmental stages. With Soldiers being de-

played in different time zones all over the globe, the company is still figuring out how they are going to set up phone banks for the families.

"The goal is to have the phone centers overseas. We can have a phone bank so individual units can use their day rooms, their barracks rooms and can have MWR



Internet lines coming in," said Irvin.

As the war on terror continues, Soldiers will not be able to take leave when they want. By using the videophone, the warm feelings of spending time at home with loved ones cannot be replaced, but it can help a Soldier feel a little closer to family.

News Briefs

Send military news briefs to community@hawaiiarmyweekly.com.

Tax Center — The Schofield Barracks location will be open Saturday, April 15, from 10 a.m. to 4 p.m. It will be open weekdays through May 26 from 9:30 a.m. to 5 p.m.

ITR Office — The Schofield Barracks and Fort Shafter Information, Ticketing and Registration offices will close Saturday for the Family Fun Fest.

Deployment Expos — A series of Deployment Expos will be held at the Nehalani, Schofield Barracks, to prepare Soldiers and families for deployment. The format will provide short, high-impact briefs and classes.

All Soldiers, spouses and significant others are invited to attend this day of training.

•April 17 and 19: 45th Sus-

tainment Bde.

•April 24 and 28: Special Troops Bn.

•June 5 and 26: 3rd Infantry Bde. Combat Team.

•June 12: Combat Aviation Bde.

The Nehelani will open to Soldiers from 8 to 9 a.m. Briefings and Army Community Serice-led classes will be held from 9 to 11:30 a.m.

AER Fund Campaign —

Army Emergency Relief is conducting its annual fund campaign from now until May 11. During this period, unit key persons will be contacting every Soldier for contributions.

Contributions are voluntary; they allow AER to fulfill its mission of helping Soldiers in time of distress and misfortune.

For further information, call the AER office at 655-7132.

U.S. Army Birthday Ball — Celebrate the Army's 231st birth-

SEE NEWS BRIEFS, A-10

Ravens released at unmanned aerial vehicle training

UAV puts its ‘eyes in the sky’ within local tactical environments

Story and Photo by
SPC. MIKE ALBERTS
3rd Brigade Public Affairs

MAKUA VALLEY – “What’s out there?” will always be a concern downrange. However, by putting “eyes in the sky,” commanders and platoon leaders can better answer this question without putting Soldiers’ lives at risk.

From April 3–7, select Soldiers from all battalions within 3rd Infantry Brigade Combat Team (3IBCT) participated in one week of advanced unmanned aerial vehicle training called Raven Integration Training or “RIT” at Makua Valley.

“The Raven is a small unmanned aerial vehicle (SUAV),” explained Phil Owen, CW4 (ret.), course instructor and project manager of Unmanned Aerial Vehicle, operating out of Huntsville, Ala.

“It is a hand-launched system with a range of approximately 10 kilometers that can be flown by a two-man operating team or autonomously (pre-programmed to fly between predetermined waypoints). It also has a military GPS (global positioning system) giving it great accuracy,” Owen said .

“It is equipped with day-and night-capable cameras, and is not MOS specific. Anyone with proper training can operate it,” he said. The Raven’s primary value is its ability to put “eyes on an object” in a stealth manner – it’s very quiet and hard to see.

“Targets can be observed without putting Soldiers in harm’s way,” Owen said. “For instance, when you have troops in contact, you can fly the Raven out there and get actual video feed of what’s happening and get the information back to the TOC (tactical operating center). There, commanders have real-time imagery of what’s happening and can make better, informed decisions about what to do.”

“The brigade is putting approximately 60 Soldiers through the training,” said Maj. Paul Cravey, brigade aviation officer, 3IBCT.

“Those selected attend an 11-day basic operator course at either Fort Benning, Ga., or Redstone Arsenal, Ala., where each gets licensed by the Federal Aviation Administration and certified by the Army to fly the Raven. Once this course is completed, each Soldier participates in RIT where the Soldier learns operator tactics, techniques and procedures to utilize the Raven in a tactical environment,” explained Cravey.

Staff Sgt. Tony Dein, 2nd Battalion, 35th Infantry Regiment, recently completed the basic operator course.

“Learning how to launch the Raven is the most challenging part,” said Dein. “You need to throw it just hard enough and just straight enough to catch [the air].”



Staff Sgt. Tony Dein, 2nd Battalion, 35th Infantry Regiment, hand launches the Raven, an unmanned aerial vehicle, during Raven Integration Training at Makua Valley, April 5.

As a veteran of Afghanistan and one who saw the Raven in action downrange, Dein appreciates the

value of the technology. “Instead of putting boots on the ground to collect intelligence which takes

some time, you can just throw the Raven in there. It’s definitely a helpful tool,” he said.

STB convoy live-fire training goes hot

Story and Photo By
PFC. TEIRNEY M. HUMBERSON
17th Public Affairs Detachment

SCHOFIELD BARRACKS — Walking out into the rolling hills and plush grass of the CR-5 range, a Soldier could get lost in the serene silence and the beauty of the majestic mountains that surround him. But within seconds, the serenity gives way to gunfire and chaos.

A mock, improvised explosive device (IED) detonates just as a convoy of Army green vehicles come over the hill, damaging the second to the last vehicle. It was a 'planned' halt to the convoy during convoy live-fire training April 1-4.

Soldiers from A Company, Special Troops Battalion, 25th Infantry Division, scattered as they dismounted light medium tactical vehicles (LMTV) and high mobility multi-purpose wheeled vehicles (HMMWV), to take up various firing positions and lay suppressive fire.

Soldiers from the STB are preparing for the upcoming deployment to Iraq this summer.

"They're going through pre-deployment training. Over a period of three days, the Tropic Lightning Band, Headquarters and Headquarters Company and A Co., STB, are conducting drills including reacting to contact, medical evacuations, casualty evacuations, casualty assessment, and command control reporting," said Maj. Edward O'Neill, training officer for the 25th STB. "They are to engage fire in the live fire villages, react to an IED, and evacuate a disabled vehicle with casualties."

They go in 'cold' during the dry-fire portion to walk through the course and become familiar with the terrain, and come out ready to heat things up.

"Initially the Soldiers are tentative, but with coaching and refreshing the react-to-contact drills, they pull from muscle memory during the havoc," said O'Neill. "We purposely take away their platoon leadership so the junior leads step up. Drill is second nature."

During the cold dry fire, blank fire and eventually the live fire, the most important skill a Soldier can retain is the ability to stay calm, so that he or she can



A Soldier from Headquarters and Headquarters Company, Special Troops Battalion, 25th Infantry Division, covers rear security during a convoy live-fire exercise conducted April 4. The convoy live fire was the first conducted by the STB in preparation for the unit's upcoming deployment to Iraq.

work methodically and deal with the issues that 'pop up' in front of them.

Using mechanical targets, the same used for qualification, Soldiers are able to see what they're shooting at.

Even though the high-speed training is of vital importance, safety of the Soldiers is still a main priority for the leaders of the STB.

"Safety is our number one issue. We have observer controllers and safeties out there to give immediate feedback to the Soldiers," said O'Neill.

During the training, problems that may occur during the deployment to Iraq are addressed. Everything from the proper dismount to recovering a damaged vehicle, which has not been done during live fire; from treating superficial wounds or caring for double amputees is taught, O'Neill said.

The training demonstrates the importance of knowing how to react to a chaotic situation in a com-

bat environment.

Because a large number of the Soldiers have not deployed, the training takes on a new, higher significance.

"This is a chance for junior Soldiers and junior leaders to stretch their expertise," said O'Neill.

Even with limited supplies, the realistic conditions give the Soldiers a new frame of mind.

"It's realistic as possible. It gives the younger Soldiers a perspective on what they're going to be doing in theater," said Spc. Jeffrey Gaylord, an infantryman with HHC/STB. "I was there for the experience of the ride, but when the leadership was killed, others stepped up to take their place. It was great."

The difference between shooting dry fire, blank fire, and live fire is an important aspect of the exercise as well.

"There's an adrenaline rush with shooting live ammunition, an awareness stays with you," said Gaylord. "It becomes second nature."

Ammo specialty seeks warrant candidates

RETIRED CHIEF WARRANT OFFICER 2 AL ROSE
Inductee, Ordnance Hall of Fame

REDSTONE ARSENAL, Ala. — Military occupational specialty 890A plays a key role in keeping the ammunition flowing to and from end users. Referred to as the ammo warrant, ammunition officers are the focal point (though usually low key) in any ammunition supply and maintenance operation, supporting combat and combat service support units.

Currently, the Army is seeking ammo warrants, due in part to the growth of ammunition warrant officer positions in modularity. Officers in this field may serve in positions such as accountable, responsible, operations, division ammunition or maintenance officer, as well as acting commander, platoon leader, staff level or combinations thereof.

The Army acquires Soldiers to fill ammo warrant billets from two sources. A prospective warrant must have an ammunition peculiar background; for example, an ammunition specialist (MOS 89B) or an explosive ordnance disposal specialist (MOS 89D) qualifies.

A minimum of an interim secret clearance, a GT score of at least 110, four years of ammunition field service, the grade of E-5 or above, completion of the Basic NCO Course and recommendations from the chain of command are required prerequisites.

Once selected, the candidate attends a six-week, four-day warrant officer basic course at Fort Rucker, Ala. Upon successful completion, the candidate is pinned in a formal ceremony, and then attends a 10-week, three-day ammo tech basic course at Redstone Arsenal, Ala.

Visit the U.S. Army Recruiting Command Web site at www.usarec.army.mil for more details, or contact Chief Warrant Officer 5 Harry Hobbs at (256) 842-6864; (DSN) 788-6864 or via e-mail at harry.hobbs@us.army.mil.

News Briefs

From A-5

day at the Hilton Hawaiian Village, June 3 from 6 p.m. to midnight. The cost is \$55 per person, and the event is military formal or black tie.

Ticket information is available through unit command sergeants major or unit representatives.

Purple Heart — The Military Order of the Purple Heart, Hawaii chapter, is extending a one-year free enrollment in the local MOPH chapter to all MOPH recipients from Operations Iraqi Freedom and Enduring Freedom.

Interested Purple Heart recipients can call 988-2820 for more details.

MP Found Property — Many “Found Personal Property” items are being stored at the Schofield Barracks Military Police Found Property Locker.

Soldiers or family members should contact the Provost Marshall office at 655-9519 for more information or to claim their missing items.

Quarterly Volunteer Recognition — will be held Tuesday, April 25 from 2 to 2:30 p.m. in the Division Command Conference Room.

Annual Volunteer Ceremony — will be held Friday, April 28, from 4 to 6 p.m. at Bowen Park. For more information, call Cathie Henderson at 655-1703 or e-mail hendersonca@schofield.army.mil.

Memorial Bricks — The 25th Infantry Division Association is offering supporters the opportunity to become a permanent part of the Schofield Memorial Monument. Engraved bricks are available in 4x8 inches, up to three lines of type, for \$100 or 8x8 inches, up to six lines of type, for \$250.

Orders received before May 31

will be installed in time for rededication in September.

To download an order form, visit www.25thida.com.

ROTC Scholarships — Reserve Officer Training Corps scholarships through the guard and reserves are available. The scholarships will pay for the last two years of a bachelor's degree or two years of a master's degree.

Tuition payment is unlimited, and those receiving the scholarships receive \$900 for books and a monthly stipend of over \$400.

Hawaii and the Pacific region have 11 Reserve scholarships and seven Hawaii Army National Guard scholarships. Guard scholarships pay for two or three years.

For more information, call Capt. William Crawford at 956-7766 or e-mail wcrawfor@hawaii.edu.

Officer Candidate School Selection Board — Soldiers who wish to be considered for the next OCS selection board, convening July 17, must submit applications through command channels to Directorate of Human Resources, DA Boards Section, Building 750, Room 130, (located on Ayers Ave) Schofield Barracks no later than May 5.

A panel will convene May 22 to interview qualified applicants. For more information, call 655-4511.

IO Officers Wanted — Information Operations, functional area 30, is seeking year group 1997-2002 officers for IO opportunities in brigade, division, corps and joint positions. Officers in year groups 1998-2001 can request career field designation online at www.hrc.army.mil/site/active/opfamd/cfd_Upcoming_boards.htm.

Call 703-325-5791 or e-mail gregory.mogavero@us.army.mil for more details.

Other officers can request redesignation to IO by contacting Lt. Col. Ken Krumm at (913) 684-5318 or David Pendleton at (913) 684-5320.



From left, Staff Sgt. Adam Grew, Sgt. James Jeffcoat and Staff Sgt. Carl Holst unload lumber at the Habitat for Humanity house by they will use for construction. Six other Wolfhounds contributed to building a house for a family who had been living out of a makeshift garage.

Wolfhounds raise hammers, roof at Habitat for Humanity

Story and Photo by
SPC. AMANDA FLEMETT
2nd Brigade Public Affairs

WAIANAE — While most people were winding their way down the road to the beach on Saturday, a group of nine volunteers from the 1st Battalion, 27th Infantry Regiment, spent the day building a house and creating a bond with a family in need.

“I’ve never done this before, but I think it’s such a good thing,” Sgt. First Class Robert Szymaszek, said as he waited for the remaining Soldiers to show up. Szymaszek is a platoon sergeant for 1st platoon, C Company. “I’m glad it’s a beautiful day,” he said.

Habitat for Humanity, the First Presbyterian Church and volunteers from the 1-27th are building a home for the Mitchell family, who have been living in a makeshift garage.

The family includes Leilani Mitchell, her hanai son (the son of her dearest friend) Lefotu, Jr. and his son, Tulia who is 7 years old. Leilani, who is wheelchair bound but extremely independent, will finally realize her dream of being a homeowner with the help of

Habitat for Humanity and the volunteers.

“This is my third time this year to help out,” said Staff Sgt. Hugh Jones who is a native of the Waianae community. “I asked Lt. Col Bryan Rudacille (1-27th commander) if we could help in this area and he’d already planned to do so.”

“Every time we have some kind of event out here, you can see Staff Sgt. Jones here helping out,” said 2nd Lt. Omololu Makinde 2nd platoon leader for C Co.

Jones’ family still lives in the community and he is proud to come help build a home for the Mitchell family. He never misses an opportunity to help in his neighborhood.

“My dad’s side of the family has served this country since World War II, so it’s in my family to serve in the military. I like to feel like I give back to my hometown,” Jones said.

The Wolfhounds take their commitment to supporting the Hawaiian community seriously. In looking for a way to support the community, Capt. David Parkes, the C Co. commander called several places to offer assistance.

“Even though he’s leaving and there’s a change of command, Capt. Parkes never let

[volunteering at Habitat for Humanity] become a low priority,” said Makinde. “Most people wouldn’t have worried about it.”

Retired Army Col. Kirk Durante, the president of Habitat for Humanity Leeward Oahu, echoed similar comments.

Durante said he got the desire to help families by building houses for Habitat for Humanity about four years ago when a friend called and asked him to help. A former 2nd Brigade, “Warrior” Soldier himself, he took the chance and has been involved ever since.

“We are always in need of volunteers,” emphasized Mario Hernando, Habitat for Humanity volunteer and one of the team members who helped build the first Habitat for Humanity home in Honolulu in 1989.

Building materials for Habitat for Humanity homes are usually discounted or donated. Individual volunteers or organizations provide the labor, which is free.

“We will start building on another home and would like to have 1-27th come out and help again.” Durante said. “Our goal is to eradicate substandard housing in Hawaii.”

Dentists uncover MIA mysteries

STAFF SGT. ERIKA RUTHMAN
Joint POW/MIA Accounting Command

HICKAM AIR FORCE BASE — Lt. Col. Walter Henry never dreamed his Army career as a dentist would lead to helping identify Americans missing-in-action from a past U.S. conflict, but that’s exactly what happened.

Henry is one of three odontologists, or forensic dentists, working at the Joint POW/MIA Accounting Command. JPAC is charged with a full accounting of the estimated 88,000 Americans who never returned from World War II, the Korean War, the Vietnam War, the Cold War and the Gulf War.

JPAC teams deploy to sites where clues for unaccounted-for Americans may be to recover evidence such as buttons, bone fragments and dog tags. Evidence from each site is examined and paired with historical documents to identify missing Americans who are then returned to their families to be buried with full military honors.

In about 25 percent of all cases, JPAC teams return with dental remains.

Dental remains often offer the best means available for positive identification because teeth are durable and unique to individuals.

“Enamel in teeth is the hardest natural tissue found in the body and some of the restorative [dental] materials such as gold, porcelain, amalgam are harder than enamel. Usually, teeth will endure a disaster, which can help in the identification,” Army Lt. Col. Gregory Silver, JPAC odontologist said.

Matching teeth to an individual begins by compiling a list of MIAs who might be linked to remains of teeth found at a site. Forensic dentists then re-create dental records based on “teeth found in the field” with historical dental charts to match or exclude MIAs.

“The average person has 32 teeth and five surfaces to be restored in various combinations. This gives a huge number of possibilities [in an identification],” Silver said. “Den-



Petty Officer 2nd Class Elizabeth A. Edwards | Joint POW/MIA Accounting Command

An Army odontologist at the Joint POW/MIA Accounting Command's Central Identification Laboratory examines a partially edentulous mandible.

tal remains will quickly tell you who someone is or is not.”

Once the forensic dentists discover all the similarities between antemortem dental records and a particular set of dental remains, their findings are added to the case file for that MIA.

“Dental evidence resists decomposition and may be analyzed for an indefinite period of time. As we are looking at historic remains, the dental elements are of utmost importance for identification,” said Navy Cmdr. Kevin Torske, JPAC’s senior forensic odontologist.

At times, there is little to examine. This happened with Henry’s first case at JPAC when he was presented with three teeth held by a fragment of an upper jaw.

He initially thought he would never crack the case, but was wrong.

“One tooth had a filling and that was unique

enough to one individual,” he said.

From only one tooth, Henry established a link between the remains and a missing service member.

That service member was part of a B-24 flight crew. Dental records were available on all the crewmen.

“The remains could be only one of the crewmembers,” Henry said.

While teeth are often critical to the identification process, Torske emphasized that dental work is only a portion of the overall picture.

“Along with anthropology,” Torske said, “material evidence, mitochondrial DNA, and historical information, dental [evidence] simply offers another piece of the puzzle in the complex act of identifying historic human remains.”

Joy: Unselfish priorities are key to personal joy

CONTINUED FROM A-2

ers second. After my personal relationship with Jesus Christ comes my relationship with my wife and kids. Though being in the Army is often demanding and takes me away from my family, when I am home, I try to make the most of the time that we have together.

Quality time definitely makes up for the lack of quantity time.

After my family, there are others who obviously desire me to invest time with them: the Soldiers and family members associated with the 1-14th Infantry and the members of the Wheeler Chapel where I serve as one of several pastors.

Although I am very busy at times, I absolutely love being a chaplain and consider it an honor and privilege to serve men and women who are protecting and defending our great nation. Serving others follows Jesus’ example found in Matthew 20:28 where Jesus said, “The Son of Man [Jesus himself] did not come to be served, but to serve, and to give His life a ransom for many.”

Again, joy starts with Jesus first, moves to others second and ends with you last.

My wife and I have been married for almost 21 years. We both realize that the other one has to maintain a personal relationship with Jesus Christ, first and foremost. However, our outlook as to how we obtain true happiness begins to differ after this essential element.

Jenny will tell you that the kids and me come first. I will tell you that Jenny and the kids come first. However, because we place Jesus first, others second, and ourselves last, we have a wonderful marriage and a fantastic family.

Don’t get me wrong; we argue every so often, the same as any other family. Matter of fact, we have a running joke to schedule an argument every six months, just to see if the other is paying attention!

Our commitment to each member of our family is solid. We have no greater joy than spending time together.

Returning to the Bible, Jesus said, “But many who are first will be last, and the last first.” (Matthew 19:30). This verse means that we can best help ourselves when we are helping others. This command sounds similar to the idea of “selfless service,” doesn’t it?

So, if you are struggling with being in the Army and/or being in Hawaii — far from home — or if you are having difficulty within your family, let me ask you this: When was the last time you tried putting real joy into your life?

If you don’t have Jesus first, others second and yourself last, this necessity might be the key to happiness you are missing. Try applying this principle today.

I think that you will enjoy the results.

(Editor’s Note: All scripture references are cited from the New King James Version.)

Logistics: Leaders address storage issues

CONTINUED FROM A-1

Personally owned vehicle storage

While scheduling for vehicle check-in should be organized through a unit representative, there are some things Soldiers should know about preparing their vehicles for storage.

Prior to check-in, vehicles should be clean both inside and out. They should have a full tank of fuel and should not have any fluid leaks.

Also, Soldiers will need to remove all personal belongings from the vehicle including after-market stereo systems and alarms.

At check-in, the Soldier must also provide military identification card, deployment orders, current vehicle registration, safety inspection sticker and certificate, and proof of insurance.

The storage facility will turn away vehicles that fail to comply with these requirements.

Household goods storage

Single Soldiers, Soldiers married to deployed service members and single parents whose child care plan requires their family members to leave the residence are eligible



Frank Torres, with Plans and Operations Division, instructs 25th Infantry Division unit movement officers on processing procedures for vehicles and equipment slated to deploy with Soldiers to Iraq. The brief was part of a leadership professional development brief Monday that addressed logistics procedures and challenges involved with the upcoming deployment.

for storage of household goods while on deployment.

Soldiers living in the barracks will be processed in groups by unit for household goods pick up.

Soldiers not living in the barracks will be processed individu-

ally after receiving a group briefing.

Footlockers will also be available for Soldiers living in the barracks to store items not stored with household goods such as class A uniforms, civilian

clothes, POV check-in documents and other personal items. The Soldiers' units must provide transportation for footlocker pick up. The lockers are 32 inches long by 17 inches wide by 17 inches high.

Army Emergency Relief campaign underway

The annual Army Emergency Relief fund-raising campaign kicked off April 7 and continues through May 11 with the slogan, "Soldiers Helping Fellow Soldiers."

Army Emergency Relief provides no-interest loans and grants to active duty, retired Soldiers, and

active National Guard and Reserve members, and their qualifying family members, for emergencies that results in a financial need.

Examples include death or serious illness of an immediate family member, vehicle repair, utility or rent assistance.

Retired Army Master Sgt. David Scruggs encouraged Soldiers to contribute by offering his personal testimony at the Schofield Barracks campaign kick-off event at Nehelani April 7.

Scruggs said traveling to the mainland in 2005 for family emer-

gencies created a financial burden.

"Without the AER loan, I'm not sure how I would have managed," he said.

AER also gives undergraduate-level scholarships to children of Soldiers and financial as-



Scruggs

sistance to spouses through its Spouse Education Assistance Program.

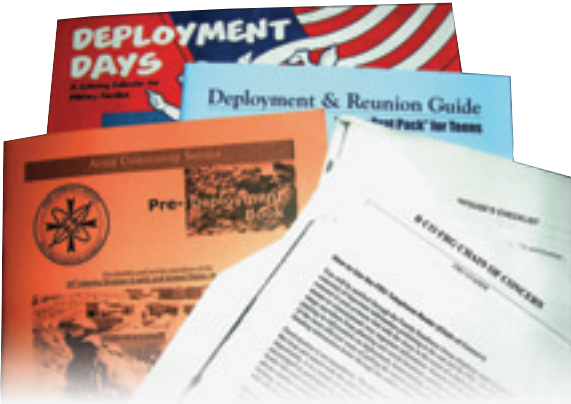
Tax-deductible gifts may be given directly to AER, via allotment, or to the general assistance fund.

AER was founded in

1942 as a private, nonprofit organization by the Secretary of War and the Army Chief of Staff.

For information, contact 1st Lt. Aaron Carriere or Sgt. 1st Class Andrew Bright at 655-1716. Contact Jackie Torres at 655-7132 for AER assistance.

(Editor's Note: Information compiled from Army News Service.)



Deployment care package available at many sites

ANN WHARTON

Army Hawaii Family Housing, LLC

SCHOFIELD BARRACKS – Army Hawaii Family Housing's (AHFH) new deployment care package has been a big hit with families who have a deployed spouse. To date, dozens of AHFH families have picked up and utilized benefits offered through this program.

Free backyard lawn care, five hours of free child care each month and a half-day of maintenance support each quarter comprise this program intended to support families of deployed Soldiers.



A H F H families with the 84th and AHFH families with orders to be deployed are encouraged to stop by their community center to register for these benefits.

A copy of your orders or your MWR Blue Star card is all you need to present.

For more information, stop by or call your community center.

HAWAII **ARMY** WEEKLY PAU HANA

www.25id.army.mil/haw.asp

"When work is finished."

FRIDAY, APRIL 14, 2006



Special Olympics Powerlifting comes to Schofield

True competition means conquering barriers, perseverance, success

Story and Photos by
SPC. DANIEL BEARL
Staff Writer

The growl of straining athletes, the clang of metal on metal, and the cheer of the crowd reverberated through Martinez Gym April 9.

Those were the sounds of Special Olympics Hawaii's regional power lifting competition. "Special Olympics is a sports organization that our athletes compete in year round," said Winston Ho, power lifting director for Special Olympics.

Ho, a power lifter himself, has been involved with the Special Olympics for 25 years. The Special Olympics athletes compete in a variety of sports including basketball, softball and power lifting, Ho said.

Four teams from Oahu — Terminators, Ohana Hoku, Pirates Sports Club, and the Ducks — competed in the squat, the bench press, and the dead lift, while Soldiers from 1st Battalion, 14th Infantry Regiment acted as safeties.

Each athlete could compete in one, two or all three events.

For each event, the competitors were allowed three attempts to make the lift. Performances were scored based on the amount of weight lifted, the weight of the individual and the successfulness of the

Every participant in the event was considered a winner.

lift.

Three judges watched each attempt, each flicking either a green or a red light to indicate their judgment. In order for the lift to be considered good, at least two of the three green lights had to be lit.

The regional competition was held so the Oahu teams could qualify for the state power lifting competition. To qualify, each competitor must attend a regional event, Ho said. This event, which was equally a contest of strength and heart, provided competitors that opportunity.

"At state, they will lift against other athletes from other islands," Ho said. "They will go up against eight other areas."

During the final awards ceremony, each athlete received a ribbon marking his place in the events in which he competed. Several of the participants enjoyed hamming it up for the crowd on the award platform.

Power lifting is one of several Special Olympics events slated to be held on Oahu this month. Other events include a track and field competition, scheduled for April 23 at Kaiser High School, and a softball tournament, scheduled for April 29 at Wheeler Army Air Field.

Above — Anthony Ioli prepares to execute a dead lift at the Special Olympics Hawaii Regional Powerlifting Competition at the Martinez Gym, Sunday. His spotter, Pvt. Bryan Anderson from Company A, 1-14th, stands by to lend an assist.

Top Left — Volunteers from Co. A, 1-14th, spot Nicolas Pang as he performs a squat. A total of four teams competed at the regional event, which qualified them to move on to state-level competitions.



Photos by Jeanet Pascua and Joan Binder | Helemano Child Development Center

Helemano parade

HELEMANO MILITARY RESERVATION — The Child Development Center at HMR hosts a parade, April 4, to celebrate the Month of the Military Child. Students from Leilehua High School's marching band entertained children and then stayed afterward to share snacks with them and "talk story."

Family advocacy hopes to raise awareness, prevent child abuse

PFC. DURWOOD BLACKMON
Staff Writer

SCHOFIELD BARRACKS — In an effort to increase child abuse awareness the Army Community Service family advocacy program (ACS/FAP) is launching new educational and support programs for military families during April's child abuse awareness month.

To create awareness the ACS/FAP is involving local, state and military communities.

"My goal is to inform the public that the ACS/FAP is here in support of military families and their children. This is a community effort and we must get the word out about child abuse. The more unified we are, the stronger the message," said Michael H. Briglin, family advocacy program specialist with Army Community Services.

The ACS/FAP is not only working with state and local levels to publicize abuse prevention, but also with several key organizations.

"My plan was to get as many involved as possible. So I coordinated with housing, AAFES, Tripler Army Medical Center as well as the Navy and we have formed alliances to further ensure we are there for all our military families," said Briglin.

According to the American Academy of Pediatrics more than 2.5 million cases of child abuse and neglect are reported each year.

While there are many factors involved in abusive situations, stress can be considered a major component leading to abuse.

"The ACS/FAP is prepared to do whatever is necessary to help. When our Soldiers are stressed, like preparing for deployments, so are their families. We will provide service when and where needed no matter what time it is," Briglin said.

There are different ways communities can show support. Just as yellow ribbons are worn in support of Soldiers, blue ribbons can be worn to support child abuse awareness every Monday during April.

Taking care of children begins with educating the public. When child abuse does happen, or is on the verge of occurring, prevention and assistance is key.

"Our slogan is the three R's: Recognize the abuse, report it and offer the resources. The single most crucial thing is: Just don't leave it alone. If someone sees something that they feel is wrong, it's wrong," said Briglin.

Deterrence of child abuse is a

major factor in its prevention. Briglin believes that working with children earlier, not later, will increase awareness and ultimately help save many from abuse.

"If there is a river with a waterfall at the end and you throw out a lifeline before the fall a person has a good chance of surviving," Briglin continued. "However, in order for prevention to truly work we need to throw out that lifeline much further upstream. We work with our Soldiers but we also have to work with the children."

Briglin has also started a program that will have military elementary school children create posters based upon happy ohana. Some of the best posters will be on display at the Schofield commissary and post exchange, and one will be chosen to become the 2007 logo for child abuse prevention.

"The ACS/FAP is working very diligently on making sure there is awareness and also to set a new precedent in that we are in and the community to help. We are going to continue to work very hard and give our families of the military, and our Army, 100 percent. We want to serve them well because they are serving us," said Briglin.

The ACS/FAP will host several functions during the month of April, including Operation Safe Kids and a baby quilt display.

On The **WEB**

For more information, visit
www.MWRArmyhawaii.com and click the ACS link, or call 655-1638.



April 14/ Friday

Seafood Bucket for Two — It's back! Seafood lovers can dig into a variety of seafood, including shrimp, crabs, clams and mussels at Reggie's tonight from 5 to 8 p.m.

Cost is \$24.95 for two, and includes the seafood bucket and a pitcher of your favorite beverage. For reservations or more information, call 655-4466.

15/ Saturday

Family Fun Fest and ITR Travel Fair— Hop on over to Sills Field, Schofield Barracks, from 9 a.m. to 2 p.m. for a day of Easter Fun. Children will enjoy fun runs, inflatables, crafts, rides, and other activities, while adults can check out great travel deals offered by a variety of local businesses. Door prizes include a trip to Las Vegas or a neighbor island. For more information, call 655-0111 or 655-0112.

ITR Office Closure — The Schofield Barracks and Fort Shafter Information, Ticketing and Registration offices will be closed on April 15 for the Family Fun Fest.

Teen Social — Join friends for an evening at the AMR Teen Center from 7 to 9:30 p.m. Listen to music and dance, play games or participate in contests. Admission is \$3 for members and \$4 for nonmembers.

Parents Night Out — Leave your kids with CYS at the Fort Shafter Child Development Center on Parents Night Out, April 15, and then enjoy a nice night out on the town.

Children enrolled in Parents Night Out must be registered with the Central Enrollment Registration Office no later than noon April 14. Reservations are first-come, first-served at the Resource and Referral Office. Call 655-8313 for more information.

16/ Sunday

Easter Buffets — Enjoy one of three delicious buffets offered on April 16, Easter Sunday.

Come to the Nehelani for brunch from 9 a.m. to 1 p.m. Cost is \$24.95 for adults with children's pricing available.

Fort Shafter's Hale Ikena has an Easter



Pvt.2 Matthew Moeller | 17th Public Affairs Detachment

Puppet time

Local puppeteer Christy Lipps Ah Sing dazzles a group of toddlers with "5 monkeys teasing Mr. Alligator" at the Sgt. Yano Library Apr. 5. Lipps Ah Sing sang a variety of children's songs including "The Wheels on the Bus," and "Bingo" with her puppet friends. She began performing for children 11 years ago during her lunch hour.

brunch from 8 a.m. to 1 p.m. Cost is \$23.95 for adults, \$18 for children 6 to 10 and \$12 for children 3 to 5.

Waianae Beach Club is holding a breakfast buffet from 8:30 to 11 a.m. and a dinner buffet. Cost for breakfast is \$10.25 for adults and \$6.95 for children ages 5 to 10. Cost for dinner is \$25.95 for adults and \$13.75 for children ages 5 to 10.

For more information or reservations, 655-4466 (Nehelani), 438-1974 (Hale Ikena) or 696-4778 (Waianae Beach Club).

20/ Thursday

Reggie's Taco Bar — Spend your Tropic Lightning time at Reggie's Thursdays from 3:30 to 5 p.m. Enjoy a \$5 taco bar plus free chips, salsa, and cheese. For more information, call 655-4466.

21/ Friday

Steak Night — Enjoy a sizzling steak cooked on the grill with garlic mashed po-

atoes, rolls, and vegetables at Reggie's. Dinner will be served from 5 to 8 p.m.

Cost is only \$11.95 for top sirloin steak and \$14.95 for Porterhouse steak. Children's pricing is available. For additional information, call 655-4466.

Teen Social — Join friends for an evening of fun at the Schofield Barracks Teen Center from 7 to 9:30 p.m. Listen to music and dance, play games or participate in contests. Admission is \$3 for members and \$4 for nonmembers.

25/ Tuesday

"PT in the Gym" — Kids are invited to join their active-duty parent at "PT in the Gym," a 30-minute Mousercise aerobic routine with Mickey and Friends, followed by a continental breakfast. Every child participant will receive a "PT in the Park" T-shirt and a pocket radio. Active-duty Soldiers will receive a participation voucher. Come

April 25 from 6:30 to 7:30 a.m., at the Fort Shafter Gym. For more information, call 836-1923.

28/ Friday

Hawaiian Luau Lunch Buffet — Taste a traditional Hawaiian style feast today from 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at the Nehelani on Schofield Barracks. Cost is \$9.95 per person.

Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or information.

Right Arm Night — Come and say Happy Birthday to the Nehelani at Right Arm Night, April 28. The festivities kick off at 4 p.m. at the Nehelani. Tickets purchased before April 28 are \$5 and are \$7 on the day of the event. Civilian and all ranks military are welcome and all attendees must be 18 years old and over. For more information, call 655-4466.

Parents' Night Out — Leave your kids with Child and Youth Services (CYS) at the Peterson Child Development Center on Parents Night Out, Saturday, and then enjoy a nice night out on the town.

Children enrolled in Parents Night Out must be registered with the Central Enrollment Registration Office no later than noon April 27. Reservations are first-come, first-served at the Central Enrollment Registration Office. Call 655-8313 for more information.

Ongoing

SKIES Unlimited Volunteer Opportunities — Do you have a special skill or talent and enjoy teaching children? Join the Child & Youth Services family as a child/youth instructor.

Schools of Knowledge, Inspiration, Exploration & Skills (SKIES) is looking for qualified, caring volunteer instructors for the School of Arts, School of Sports, School of Academics, and the School of Life Skills.

If you have a hobby or skill or are interested in learning more about volunteering, please call 655-5525.

Arts and Crafts Classes — The Arts and Crafts centers on Schofield Barracks and Fort Shafter offer a variety of classes including ukulele making, stained glass, pottery classes, framing and matting, and woodshop.

Call 655-6330 (Schofield Barracks) or 438-1315 (Fort Shafter) to find out class locations, schedules and additional information.

Pau Hana Friday — Enjoy cool refreshments and the chef's choice, a \$2 pupu platter every Friday, beginning at 4:30 p.m. at Mulligans and Hale Ikena on Fort Shafter. Call 438-1974 for more information.

completed by May 1. Call 593-4454 or email jlj@mdausa.org for more information.

3/ Monday

Divorced Parenting Classes — a class for parents who are divorced or divorcing will be held from 9 a.m. to noon, May 3, at the HMR Chapel. The class will give parents the tools to help their children with divorce. Call Chaplain Scott Kennedy at 653-0703 or 286-4066, or Chaplain Norman Jones at 836-4599 or 232-8090 for more information or to sign up.

5/ Friday

ACS Employment Orientation — ACS is ready to help you find the job you want during a series of Friday workshops beginning May 5 from 9 to 10:30 a.m. and continuing May 12, 19, and 26. Learn how to prepare for your job search process, get employment information and see the employment materials and equipment available at the ACS employment resource area. Workshops will be held at Schofield Barracks ACS, Building 2091. Call 655-4227 to register.

Aloha Tower Marketplace — Enjoy a taste of Mexico at the ATM 3rd Annual Cinco de Mayo celebration block party Friday, May 5 from 5 to 9 p.m. Celebrate at the only waterfront party in town on four different stages. Admission is free and the festivities will include live music, free giveaways, party beads while supplies last, and strolling mariachis. Participating restaurants will offer food and drink.

6/ Saturday

USO Hawaii — presents "A Salute to Our Troops," featuring a Waikiki parade and concert Saturday, May 6. The event will honor all of Hawaii's active-duty military personnel. The parade begins at Fort DeRussy, proceeds down Kalakaua and Monsarrat Avenues, and ends at Kapiolani Park for the concert.

Food and beverages will be served at no cost to active-duty personnel and their families. Vendors will also provide food for purchase. For more information, contact USO Hawaii at 836-3351.

HACN TV2 Schedule

6:00	CG Mixon Safety
6:01	CG Brown Safety
6:06	Bulletin Board
6:36	Pentagon Channel
7:00	CG Mixon Safety
7:01	CG Brown Safety
7:06	Pentagon Channel
8:00	CG Brown Safety
8:04	CG Mixon Safety
8:06	Hawaii Army Report
8:36	Pentagon Channel
9:00	CG Mixon Safety
9:01	CG Brown Safety
9:06	Pentagon Channel
10:00	CG Brown Safety
10:04	CG Mixon Safety
10:06	Pentagon Channel
11:00	CG Mixon Safety
11:01	CG Brown Safety
11:06	Pentagon Channel
12:00	CG Brown Safety
12:04	CG Mixon Safety
12:06	Hawaii Army Report
12:30	Pentagon Channel
4:00	CG Mixon Safety
4:01	CG Brown Safety
4:06	Pentagon Channel
5:00	CG Brown Safety
5:04	CG Mixon Safety
5:06	Pentagon Channel
6:00	CG Mixon Safety
6:01	Hawaii Army Report
6:26	CG Brown Safety
6:30	Bulletin Board
7:00	Pentagon Channel
8:00	CG Brown Safety
8:04	CG Mixon Safety
8:06	Pentagon Channel
9:00	CG Mixon Safety
9:01	Bulletin Board
9:31	CG Brown Safety
9:36	Pentagon Channel
10:00	CG Mixon Safety
10:01	CG Brown Safety
10:06	Pentagon Channel
11:00	CG Brown Safety
11:04	CG Mixon Safety
11:06	Pentagon Channel
12:00	CG Brown Safety
12:01	CG Mixon Safety
12:06	Pentagon Channel

Overnight
Pentagon Channel

(Note: Because of hardware failure, TV2 programming may be interrupted during daily scheduled programming and replaced with the Pentagon Channel and/or the Bulletin Board.)

This Week at the MOVIES Sgt. Smith Theater



Freedomland (R)

Today, 7 p.m.

Eight Below (PG)

Saturday, 2 p.m.
Sunday, 2 p.m.
Thursday, 7 p.m.

Date Movie (PG-13)

Saturday, 7 p.m.
Wednesday, 7 p.m.

The theater is closed Monday & Tuesday.

community Calendar

Send community announcements to
community@hawaiiarmyweekly.com.

April 15/ Saturday

Waikiki Aquarium — presents "Exploring the Reef by Day" this Saturday and monthly at the Aquarium from 8 to 10:30 a.m. Spend a morning discovering sea slugs, collector crabs, brittle stars, ghost shrimp and other creatures the tide may reveal with Waikiki Aquarium naturalists. Participants must provide their own transportation to the field site. Participants must be at least 5 years old and an adult must accompany children. Costs are \$8 for adults and \$6 per child.

NMFA Scholarships — The National Military Family Association is now accepting applications for the NMFA Joanne Holbrook Patton Military Spouse Scholarship Program. Uniformed service spouses, active, retired, National Guard, Reserve or survivor, who are studying toward professional certification or attending post-secondary or graduate school are encouraged to apply. Scholarships are normally \$1000. Applications will only be accepted online, and must be submitted by midnight, April 15. Applications can be found at www.nmfa.org/scholarships2006.

18/ Thursday

AFTB Level 2 — will be offered from 9 a.m. to 12:30 p.m., April 18, 20, 25 and 27 at Schofield Barracks Army Community Service. Army Family Team Building Level 2 focuses on personal development in time and stress management and relationship

building. To register, call Schofield Barracks ACS at 655-4227, or Fort Shafter ACS at 438-9286.

20/ Thursday

Hui O' Na Wahine — will have its monthly luncheon 11 a.m., April 20 at the Nehelani Club. Doors open at 10:30 a.m. for shopping. This month's program will feature Laurie Lucking, historian for the 25th Infantry Division and Schofield Barracks. For reservations, A-L call Kristin Flynn at 624-8199 or e-mail dkflynn@earthlink.net; M-Z call Kelly Albert 624-0015 or e-mail Kelly.s.albert@us.army.mil

Limited on-site child care will be provided. Call Central Registration at 655-3929 and 655-5314 to make a reservation. Children must be registered with Child and Youth Services.

21/ Friday

Hawaii Pacific University — Hawaii Pacific University will celebrate its 22nd annual Intercultural Day Friday, April 21, from 10 a.m. to 4 p.m. on Fort Street Mall. The event is free and open to the public.

22/ Saturday

The Hawaii Food Bank — will conduct a food drive at the Schofield Barracks Commissary on Saturday, April 22 from 8 a.m. to 7 p.m.

The Bishop Museum — The exhibit "Chinese Women, Qing Dynasty to Modern Hawaii" will be on display from Saturday, April 22 and through May 21 in the Castle Memorial Building.

Project Visitation — needs your help. Become a volunteer and join Project Visitation at their volunteer training on Saturday, April 22 at Chaminade University from 9 a.m. to noon. Project Visitation volunteers help foster care siblings maintain family relationships by bringing the children together for monthly visits.

For more information, please contact Project Visitation at 528-7050 or email jaime@vlsh.org.

23/ Sunday

Chapel Buddhist Fellowship — The community is invited to a monthly Buddhist

"World Peace Prayer" held every fourth Sunday of the month. This month's meeting is 1 p.m., April 23 at the Community Chapel, Schofield Barracks, Building 791. For more information, call 306-6530 or 423-1830.

25/ Tuesday

Quarterly Volunteer Recognition — will be held Tuesday, April 25, 2 to 2:30 p.m. in the 25th Infantry Division Command Conference Room. Nomination forms are available at www.mwrmilitaryhawaii.com/acs/acsvolunteer.asp. For more information, contact the Army Volunteer Coordinator, Cathie Henderson at 655-4227 or by e-mail at hendersonca@schofield.army.mil.

ASIST — Applied Suicide Intervention Skills Training will be held at the Helemano Military Reservation Chapel from 8 a.m. to 4 p.m. April 25-26. While attendees should be staff sergeants and above, or family readiness group leaders, others who wish to attend may be accepted on a case-by-case basis. Call Chaplain Scott Kennedy at 653-0703 or 286-4066 for more information or to sign up.

28/ Friday

Annual Volunteer Ceremony — will be held Friday, April 28, from 4 to 6 p.m. at Bowen Park. For more information, contact Cathie Henderson at 655-1703 or e-mail at hendersonca@schofield.army.mil.

May 1/ Friday

Hui O Na Wahine — will hold its annual scholarship and welfare dinner at 6 p.m., May 1 at the Nehelani. Over \$37,000 in scholarships and welfare grants will be awarded. To make a reservation, A-L call Kristen Flynn at 624-8199. M-Z call Kelly Albert, 624-0015. Reservation deadline is Wednesday, April 26.

Volunteers Needed — The Muscular Dystrophy Association requests the support of members of the Army community for the MDA annual summer camp from June 18-25 at Camp YMCA H.R. Erdman. Each volunteer will be partnered with a camper. All meals, lodging, and training are free. Application forms must be

ACS revs up finance courses for Soldiers

PFC. CARLEE ROSS
Staff Writer

SCHOFIELD BARRACKS — Among the many programs the Army Community Services (ACS) offer, the financial readiness program may be one of the most important.

Classes can be offered for a unit anytime and anywhere. ACS representatives will come to the Soldiers, said Georgianna McAnany, the financial readiness program manager. She can be reached at 655-1654.

The Financial Readiness Program (FRG) provides financial readiness support to assist commanders in maintaining unit financial readiness, to sustain deployments and to counsel and educate Soldiers and families on financial self-sufficiency.

FRG classes include money management workshop, checkbook maintenance, army emergency relief workshop, credit management, basic investments, car buying, thrift savings plan, mutual fund investing, and home buying.

This is accomplished individually and in group sessions. Classes are provided on consumer rights, obligations, use of credit, check writing, budget development, dept liquidation and other personal financial entitlements. Find a financial readiness counselor at ACS (655-8692).

One-on-one counseling can be available for financial planning, consumer complaint, financial hardship, childcare reduction budgets, early return of dependents, and projected leave and earnings statement.

The ACS is located in Bldg. 2091 on Kolekole Ave. across from the pool.

“We strongly encourage anyone who wants or needs help with their finances to visit us in the ACS building and talk to one of the finance people here,” said McAnany. Although every month has a

Finance Classes at Army Community Service (ACS), Schofield Barracks Building 2091

Money Management
April 19 & 26
10:30 a.m. – noon
Basic tools for financial success.

Car Buying
April 19
9 – 10:30 a.m.
Auto buying tips for savings.

AER Command Referral
April 26
9 – 10:30 a.m.
Training for commanders and first sergeants on AER procedures.

Smart Buy
April 28
9:30 – 11:30 a.m.
Ways to maximize commissary benefits.

WIC
(Women, infants and children)
April 9, 21 & 28
11:30 a.m. – 4 p.m.
586-8175 or 655-4227
A health and food program for women, infants and children.

schedule of classes already put together, people who missed a class or want a class that is not being offered that month can ask for individual counseling on whichever subject they are interested in.

For more links and information on any type of financial questions, visit www.mwrarmyhawaii.com.

USE YOUR HEAD



WEAR A HELMET

Blue Star eases deployment blues

SARAH HARRIGAN
Army Morale, Welfare and Recreation

FORT SHAFTER FLATS — Being the spouse of a deployed Soldier can be difficult and stressful. In an effort to ease those worries, MWR is offering the Blue Star Card program to spouses staying in Hawaii during the upcoming deployment.

The Blue Star Card is a discount card intended to keep spouses connected and busy throughout the deployment. The card offers a combination of discounts and activities. MWR wants to give spouses a break and keep them active, so they feel comfortable staying here on island during the deployment.

“Staying busy is key to surviving a deployment,” said Nicole Meares, whose husband will be deploying for the second time. This is the first time Meares will be in Hawaii for deployment, and she is excited about the Blue Star Card program. “It will allow me to keep busy while taking advantage of many discounts and special events.”

The Blue Star Card program began in January 2004 and remains a unique program to Hawaii. The program is a joint effort of all divisions of MWR, with the primary goal to support families of deployed Soldiers. In the past two years the program has received much positive feedback. It was recognized at the 2006 Hawaii Army Family Action Plan as the number one strength for deployment/mobilization family support.

The purpose of the card is to provide spouses with special benefits. Cardholders are entitled to everyday benefits at on-post facilities. These include 10-percent discounts at Army Bowling Centers, Leilehua Grill, Nehelani, Hale Ikena, Reggie's and Mulligan's. The swimming pools, pet kennel, Arts and Crafts Center, auto towing, and outdoor recreation also offer discounts on certain programs and services. Pililaau Army Recreation Center in Waianae offers discounted cottage rentals, and cardholders are automatically entered to win free weekend getaways at Pililaau.

Child and Youth Services offers five free hours of childcare monthly to Blue Star Card Hold-

Blue Star Deployment Card



CARD SAMPLE

it these Army Facilities for Social Savings & Premiums

Bowling	Hale Ikena
Arts & Crafts Centers	Nehelani
Army Recreation Center	Golf Courses
Reggie's	Community Pools
Health & Fitness	

ACS Help-Line: 624-HELP
www.mwrarmyhawaii.com

ers. Cardholders have the flexibility to use the hours all at once or at different times throughout the month. Youth Sports offers a 10-percent discount on registration, and places two children from the same family on the same sports team. Children in kindergarten to fifth grade benefit from reduced fees for special events.

These programs are because I work for MWR and am a spouse who is being affected by the deployment,” she said.

For spouses facing their second deployment here in Hawaii, the Blue Star Card may seem familiar. However, while many program favorites are returning, look for the card's new look and benefits. One of the latest efforts is an e-mail campaign to keep spouses informed of Blue Star benefits. Spouses who provide their e-mail address will be e-mailed updated activity and event information, plus any new Blue Star Card discounts or initiatives. This is an easy way for spouses to stay up to date with deployment activities and receive electronic newsletters with deployment information.

Pamela Alvarado, a spouse facing her first deployment this year, is planning to sign up for her Blue Star Card and is glad the program exists.

“It is nice to know that there are discounts and activities available to use during deployment,” said Alvarado. “I will be signing up

for a Blue Star Card and encouraging my friends to do so, as well.”

All spouses of Soldiers deployed for six months or more are entitled to receive the Blue Star Card. The card is valid for the duration of the Soldier's deployment. To receive a Blue Star Card, bring a copy of your spouse's orders, along with your military ID to the Installation Access Pass office at Leilehua Golf Course (655-1620), or Fort Shafter Flats (438-0572). Applications are also available online at www.mwrarmyhawaii.com. Spouses still awaiting orders may register at the IAP offices one month before the deployment date.

Who is eligible for the card?
Spouses of active duty/Reserve/National Guard Soldiers and Department of the Army civilian employees who are deployed to a combat area. They must be deployed for at least six months and receive hazardous duty pay.

What is a Blue Star Card?
A discount card intended to enhance the well-being of families during the time of deployment.

Where may I use my card?
Blue Star Cards are accepted at many of the MWR facilities and special events on Oahu Army installations. Please look for the complete listing at www.mwrarmyhawaii.com and if you are unsure, just ask!

When may I use my card?
Your Blue Star card will be valid for the duration of your spouse's deployment.

How do I get a card?
Bring a copy of your spouse's orders, along with your military ID to the IAP office at Leilehua Golf Course or Fort Shafter Flats or fill out an application online at www.mwrarmyhawaii.com. If you are awaiting orders you may come and register one month before your spouse's deployment.

Why should I get a Card?
The Blue Star Card offers discounts for MWR special events, facilities and childcare. It is MWR's way of providing supporting during stressful times.

Fighters tread road to Lightning Rumble IV

Story and Photo by
JEREMY S. BUDDEMEIER
Assistant Editor

SCHOFIELD BARRACKS — This week half a pound meant the difference between a bruise and a bloody lip.

Participants in Monday and Tuesday’s boxing preliminaries discovered this fact firsthand as 23 male boxers traded their 20-ounce practice gloves for the 12-ounce variety, and whittled themselves down to a select 12 fighters at the Conroy Bowl.

As the fists flew, workers continued to set the stage with red, white and blue tiki torches and brightly-colored arches through which the finalists will emerge at the Lightning Rumble IV Thursday evening.

Also that evening, several combatives matches will be interspersed between the six men’s bouts, and two women will duke it out for the 155-pound championship title.

This week’s preliminary rounds were the culmination of over eight weeks of training that began with nearly 100 boxers.

One of Monday’s most intense bouts was the 201-pound brawl between Pvt.2 Casey Tavares, from Company B, 1st Battalion, 21st Infantry Regiment, and Pfc. Dustin Freeman from 3rd Squadron, 4th Cavalry. Though it was a seesaw match from the first bell, Tavares eventually outlasted and out-punched Freeman.

“You ... surprised the ... out of me, man!” Sgt. Pedro Olvera, also from Co. B, 1-21, said as he congratulated Tavares. Several others crowded around Tavares to offer support and “arm-chair quarterback” type of advice.

“It’s the first time tankers have been on this base in years, so we feel like we have something to prove,” Olvera said.

The next day Tavares and five other fighters still had something to prove if they wanted to remain in contention for the finals. Ultimately though, Tavares fell short as Cpl. Andrew Walker, also from Co. B, 1-21st, proved to be too much for him.

Walker went to work on Tavares early in the first round and was relentless. Tavares regrouped in the second round and countered Walker’s power with a few surprise hooks.

Even outside the ring the adrenaline was pumping. “I wanna see some blood!” one fan shouted from the audience as the boxers exchanged blows. “He’s getting tired,” yelled another fan.



Cpl. Andrew Walker connects a hard right hook with Pvt.2 Casey Tavares’ face during the second day of the boxing preliminaries at the Conroy Bowl on Schofield Barracks Tuesday. Walker won the bout and advanced to the finals in the 201-pound division. Both boxers are from Company B, 1st Battalion, 21st Infantry Regiment.

By the third round the bout became an all-out slugfest as both 201-pound boxers slung their arms at each other and gasped for air.

“I like to see the big boys fight,” said Blane Yoshida, a U.S. Amateur Boxing (Hawaii region) referee. The crowd of some 60 Soldiers and civilians scattered among the seats at the Conroy Bowl agreed.

Another crowd-pleaser during the pre-

liminaries was a match between Spc. Ramiro Ascencio of Headquarters and Headquarters Company 1st Battalion, 27th Infantry Regiment, and Pfc. John Shope of Co. C, 1-14th.

Although he appeared to have more-crowd, Ascencio struggled in the first round. At one point all he could do was protect himself, his back against the ropes, as Shope showered him with punches.

Men’s boxing finals

141 lbs. — Divine, 2nd Brigade
v. Leon, 2nd Brigade

152 lbs. — Palcios, 3rd Brigade
v. Schwartz, 3rd Brigade

165 lbs. — Kelso, 2nd Brigade
v. Yates, 3rd Brigade

178 lbs. — Jones, 2nd Brigade
v. Ascencio, 2nd Brigade

201 lbs. — Walker, 2nd Brigade
v. Remert, 45th CSG

201+ lbs. — Johnson, 2nd Brigade
v. Nunez, 45th CSG

Eventually the referee broke it up and gave Ascencio a standing eight count.

The second round was a different story altogether. Ascencio regained his composure and forced himself back into the bout with technical prowess, accuracy and sheer endurance. Shope was forced on the defensive and showed signs of fatigue.

The third round was up for grabs as both boxers traded punches and narrowly avoided the occasional lunging haymaker from their opponent.

As the fighters waited anxiously and breathed laboriously, Staff Sgt. Carlos Aponte, a boxing coach for the 45th Sustainment Brigade, voiced his opinion about the bout’s probable victor.

“Shope,” he said, “but we’ll see here soon enough.”

The judges’ chose Ascencio.

“I had all this anxiety going on in the first round,” Ascencio said five minutes after the bout, still out of breath. Shope and Ascencio had sparred before Tuesday’s preliminaries so each had an idea of the other’s capabilities.

“I knew he was gonna come out with some strong punches, and he gave 100 percent [in the first round],” Ascencio said. “But I had more endurance. I had the biggest heart.”

As the pungent smell of bleach permeated the air at the Conroy Bowl, a sea of light and dark green battle dress uniforms funneled out the main entrance ramp. Fourteen boxers remain on the road to the Lightning Rumble IV.



Send community announcements to community@hawaiiarmyweekly.com.

April

16 / Sunday

Hawaiian Trail and Mountain Club — Cross the top of a waterfall, get great views of Kaneohe Bay and the Koolaus, on a five-mile, intermediate hike on Kuolani-Waianu in Waiahole, Sunday, April 16. All are invited, but a \$2 donation is requested from non-members. Hikers meet at the mauka side of Iolani Palace at 8 a.m. Call 235-8330 to confirm.

23 / Sunday

10k Volksmarch — The Menemhune Marchers is sponsoring a 10K volksmarch on April 23 at Maunaloa Bay Beach Park in Hawaii Kai. Start is between 8 and noon. The cost is free unless volksmarch credit is desired, then marchers must pay a \$3 fee. Call 395-9724 for more information.

30 / Sunday

Rodeo — Looking for hard-riding, fast-paced rodeo action? Gallop over to the Kawaiiloa Ranch Arena in Haleiwa Saturday, April 30.

Sponsored by the Hawaii Women’s Rodeo Association, this event is free to spectators and features Hawaii’s best horses and men, women and children riders.

Competition begins at 10 a.m. and includes barrel racing, pole bending and other timed events.

Ongoing

Golfers Wanted — Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

Marathon hopefuls train with pro

Story and Photo by
DONNA KLAPAKIS
Staff Writer

HONOLULU — In spite of the rainy weather, runners of all ages, shapes and sizes gathered under the eaves of a public restroom on Paki Ave. in Kapiolani Park March 26 to attend a marathon clinic hosted by a Father of the Honolulu Marathon.

Dr. Jack Scaff, a noted cardiologist, and member of Hawaii's Sports Hall of Fame, begins the clinic with a talk, followed by a one-hour run. Runners break into groups of beginners, intermediates and advanced to run around the park.

The topic March 26 centered on knowing maximum heart rate for age (220 minus age), and staying at 75 percent of that rate for long distance runners. Scaff said that if a person can carry on a normal conversation while running, he or she is at or below 75 percent of maximum. He said the "talk test" is as good as a heart monitor. Scaff also mentioned running styles in his brief.

"We don't pick on anyone's running style here. If they're ahead of you, it doesn't matter what they look like; they're better than you — they're faster than you are. If they're behind you, it doesn't matter because you can't see them anyway."

In an interview after his talk, Scaff said it is still not too late to begin participating in the clinic.

"It's not too late until September for someone who is already in good shape. They used to say it takes a year to prepare for a marathon, now some are saying six months."

But Scaff noted that after 30 years of experience dealing with thousands of beginners, nine months is the ideal amount of time in his opinion.

"Any weekend warrior can run a 10K, so people think they can do a marathon because they're in good shape. But the wall is a real phenomenon. ... A marathon is really two races, and the second one begins at the 20-mile mark," he said.

In an e-mail interview, Lt. Col. Russell Flemming, human resources officer for the 1101st Garrison Support Unit, said the clinic has been good for him.

"I actually, through the train-

ing I received through the Honolulu Marathon Clinic, qualified for next month's Boston Marathon! Plus, I finished 2nd overall in my age group for the Michelob-Lite Marathon Series (five races of various distances) sponsored by the Mid-Pacific Road Runners. ...

"The Honolulu Marathon [clinic] provided a solid plan that I followed and I owe them a lot to my health and well being," Flemming added.

Frank Shorter, winner of the 1976 Olympic marathon in Montreal, enjoys the marathon clinic, said Scaff. Whenever he is in Hawaii for the marathon he always comes to the marathon clinic party, which is held the Friday before the race.

Staff Sgt. Scott Askew, noncommissioned officer in charge of the missile warning division of the emergency action branch at U.S. Pacific Command just moved to Hawaii from Peterson Air Force Base in Colorado and began the clinic this year.

"I think this is an excellent opportunity," Askew said. "I don't want to just try to complete the marathon. I want to shoot for under four [hours finish]. I want to destroy the average beginning time."

"Running in the rain is good," said Scaff, noting the weather. He said it not only makes the runner more able to plan for blisters he might otherwise get if it rains the day of the marathon, but also washes away salt from running shoes, which can break down the materials used and shorten the life of the shoe.

Scaff came to Honolulu in 1969; he had been hired as a cardiologist with a background in exercise therapy for heart patients. He soon set up a cardiac rehabilitation clinic at the main YMCA in Honolulu. As his patients improved, they wanted to go to the park and eventually to enter 10-kilometer races.



Lt. Col. Russell Flemming stretches out in Kapiolani Park after pausing during his three-hour run in preparation for the Boston Marathon April 2.

Scaff said in the first Honolulu Marathon, which had 168 participants, five patients who previously had heart attacks competed and finished.

Scaff also worked extensively with Maj. Gen. William H. Schneider, former commanding general of Schofield Barracks, to get the Sounds of Freedom military unit participation for the Great Aloha Run started.

Scaff said, "I enjoy seeing people get healthy." He noted that people who train for one hour, three times a week, have a 30-percent reduction in all types of cancers. While women have almost

40-percent reduction in all types of estrogen-dependent cancers. Even more significant is that women who have had breast cancer have 60 percent fewer reoccurrences.

The Honolulu Marathon clinic is held every Sunday at 7:30 a.m., on Paki Ave. in Kapiolani Park, beginning the second week in March and ending the Sunday before the Honolulu Marathon in December. The clinic is free and open to all.



APRIL

16/ Sunday

"5 Game, No Tap" Tournament — Individuals are invited to participate in a "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

18/ Tuesday

Army Mini-Sports Soccer — April 18 is the last day to register for the Army Mini-Sports Soccer program for youth ages 4 to 5. The program runs April 25 to June 15. In this parent-participation program, youth will learn basic soccer, including dribbling, passing and throw-ins. The cost is \$10 and includes a T-shirt.

The program will be held at the Bennett Youth Center field and the Aliamanu Military Reservation baseball fields. For more information, call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield Barracks) or 655-0883 (Wheeler/Helemano Military Reservation).

21/ Friday

Bowling Pepsi Championship—Schofield Barracks Bowling Center hosts the Youth Bowling Pepsi Championships, April 21 to 23. This is the largest youth bowling tournament in the state. Winners qualify to go to the mainland and bowl for scholarship money. For more information, call 623-3009.

Youth Sports Track and Field— April 21 is the last day to register for youth track and field. Registration is held at AMR, Fort Shafter, Schofield Barracks and Wheeler Youth Centers and is open to youth born between 1988 and 1997. Cost for the program is \$40.

Participants will receive a team uniform, qualified coaching, and a USA Track and Field membership card. A military ID card or birth certificate and physical exam are required to sign up. Practice begins in early April and the season runs from June to July.

For more information, call 836-1923 (AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield Barracks) or 655-0883 (Wheeler/Helemano Military Reservation).

Softball Intramurals — Time

to gear up for summer softball intramurals. Get your team together and sign up now through April 21 for both men and women's teams. Men's teams are for active-duty Army only, and women's teams are for active-duty army and spouses. For more information, call 655-0856.

24/ Monday

May Madness 3 on 3 Youth Basketball Tournament—Youth born between 1996 and 1988 are eligible to participate in the 3 on 3 tournament. Registration begins April 24 and runs through May 11 at Bennett Youth Center on Schofield Barracks. The tournament will be held on May 26 and 27. Cost to participate is \$10, which includes a game shirt and gift bag. There is a maximum of 10 teams per division and teams will be registered on a first come first serve basis. For more information, call 655-6465.

29/ Saturday

PBA Pro-Am Bowling Tournament — Bowlers are invited to bowl with the professionals, April 29, 5 p.m. at Schofield Bowling Center. Tournament is \$165 which includes a Brunswick Scorching Inferno bowling ball. Cost for tournament without ball is \$45. For more information, call 655-0573

PBA Western Regional Bowling Tournament — Come to Schofield Bowling Center on April 29 and 30 and meet and watch some of the best bowling professionals. Admission is free. For more information, call 655-0573