

INSIDE

\$1K recruiting bonus available

ARMY RECRUITING BATTALION, PORTLAND
News Release

PORTLAND, Ore. — Soldiers now have another reason to recommend the Army to a friend. Soldiers who refer civilian friends through the Sergeant Major of the Army Recruiting Team (SMART) Program can earn a \$1,000 referral bonus. When a friend enlists, completes basic training, and graduates from Advanced Individual Training (AIT), the referring Soldier receives a \$1,000 lump sum payment.

To receive the bonus, the Soldier must provide the friend's name before an appointment is conducted with a recruiter. Soldiers can refer anyone except immediate family members, including spouses, parents, step-parents, siblings, and children (natural,

adopted and step).

The initiative is already paying dividends, both for the Army, in terms of new recruits, and financially for individual Soldiers.

Sgt. Jeffrey Kauten, of Charlottesville, Va., was the first Soldier to qualify for the bonus.



www.usarec.army.mil/smart/ or call

"The recruiter worked great with my referral," said Kauten. "My referral called me during the process to keep me posted on how the Army enlistment process was going and it gave me the chance to see how he was doing. I think that the referral bonus in-

centive program helps motivate people who are already in uniform maintain a more active role in the recruiting process."

"I believe the new authorities provided by Congress, such as the \$1,000 per referral bonus, will help continue the positive trend of meeting our recruiting objectives [as we have] for the last seven months in a row," said Secretary of the Army Dr. Francis J. Harvey, following a Pentagon briefing Jan. 18.

All Soldiers except those on recruiting duty are eligible.

The Army recently expanded eligibility to include Soldiers performing duty in the Hometown Recruiter Assistance Program (HRAP), Special Recruiter Assistance Program (SRAP), and Additional Duty Special Work Program (ADSW). The only Soldiers not eligible for the referral bonus are those involved in recruiting or retention assignments, including some staff members receiving special duty assignment pay for recruiting or retention.

The Referral Bonus Pilot Program was authorized under the National Defense Authorization Act of 2006. The program is in effect from January 18, 2006 through December 31, 2007.



Desert protest

Soldiers at the National Training Center push their limits and train for real-life war scenarios

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Rockin' for the troops

From John Legend to the governor, a star-studded cast celebrates Hawaii's military, Saturday

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Still carrying the torch

Hundreds attend the Special Olympics Softball championship at WAAF

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Guest pass on Oahu's posts gets improved

DONNA KLAPAKIS
Staff Writer

SCHOFIELD BARRACKS — Soldiers about to deploy now have one less worry. Getting base passes for their family members' houseguests is pain-free again.

"Three categories of people are exempt from the background check at the moment," said Brenda Vandegrift, management and program analyst at business operations division, directorate of community activities, "caregivers, houseguests, and agents."

The sponsor or family member who is applying for the pass must first go to his or her own community housing center (not the big housing office on Schofield), pick up the form, fill it out, and get the housing official to sign off.

"OBSB [Oahu Base Support Battalion] does approve a one-year guest pass when Soldiers are deploying," wrote Lisa Lepore, housing property management coordinator, in an e-mail interview. "Our community managers make sure the pass request has a copy of the deployment orders before they approve it and send it to OBSB. We take each family's situation into consideration before approving or declining," she wrote.

After receiving the housing office's approval, Vandegrift said, the applicant then goes to the community OBSB, which also signs off on the form.

The third and last stop is the installation access pass office (IAP), where prospective houseguests must show picture IDs and social security cards. If the guests do not have their social security cards with them, they must have state or federal identification that shows their social security numbers.

"The most important thing for people to know when they come to get a houseguest pass is that they have to bring their social security card," said Vandegrift. Most people don't carry around their social security card, and most states don't use a social security number as a driver's license number anymore.

"People need to tell their friends or family — before they leave the mainland — to bring their social security cards with them," she said. "Anyone who is 10 years old or older needs to bring their social security card."

The only alternative for people who do not have their social security cards is to go to the social security office downtown or in Kapolei to get certification that their social security number belongs to them, said Vandegrift.

SEE PASS, A-11



David Dismukes

Battered but not beaten

FORT BENNING, Ga. — Capt. Tracy Trudell (left) and 1st Lt. Patton Nix of the 25th Infantry Division carry their rucksacks out of Victory Pond after being dropped by a Blackhawk helicopter and swimming across the pond on the final day of the 2006 Best Ranger Competition, April 24.

New NSPS now rules civilians

STEVEN DONALD SMITH
American Forces Press Service

WASHINGTON — Deputy Defense Secretary Gordon England signed a directive implementing the new National Security Personnel System during a roll-out ceremony here April 28.

"Today is a milestone event," England said during the Pentagon ceremony. "After two and a half years of hard work, the Department of Defense is initiating the human resources phase of the National Security Personnel System."

About 11,000 Defense Department civilian employees from 12 DoD organizations will be part of the initial "Spiral 1.1" phase-in process of the new system.

England said the old civilian system has been in place for 50 years and is not capable of keeping pace with the department's needs.

"As our military forces are re-oriented to better address a changing landscape, the civilian workforce too needs to become more agile, adaptable and fully integrated with the efforts of our military forces," he said.

Employees will be converted to pay bands, replacing the general schedule, and will receive new results-focused performance plans that are linked to their organization's mission and goals, defense officials said.

The performance appraisal cycle for Spiral 1.1 began Sunday and ends Oct. 31. Employees will receive their first performance pay increases in January 2007.

SEE NSPS, A-11

Hui distributes \$42K in scholarships, grants

Story and Photo by
AIKO BRUM
Managing Editor

SCHOFIELD BARRACKS — Every year in the May-June timeframe, just as the traditional school year winds down, the anticipation builds. Throughout the U.S., tens of thousands of high school seniors who have applied for scholarships and grants learn their fate — just how much outside assistance they will receive towards their post-secondary education.

At Schofield, the Hui O Na Wahine, an all-ranks spouses club, provides scholarships to both high school seniors and adult Hui members or their children attending undergraduate and graduate classes. Welfare grants are also set aside to benefit numerous other organizations such as nonprofits, schools and service-oriented activities.

"The big consideration is how will they benefit the community," said Kara Anderson, president of the Hui. "The main pur-



In the money — Nine military family members show off their scholarship awards from the Hui O Na Wahine: (From left to right) Alexandria Neason, Katie Angelucci, Tracy Goodley, Steffanie Peters, Brooke Sorrell, Kayley Squire (accepting for her sister Sydney Squire), Sonya Gleason, Lisa Davey and Sarah Rodriguez. The nine awardees received a combined \$14,000.

pose is to give back to communities that touch us."

Monday evening, nine military family members and 27 nonprofits received a share

of \$42,000 raised by "330 loyal Hui members." The club hopes the recipients will use

SEE HUI, A-11

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 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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Conference addresses 2005 BRAC concerns

JOHN D. BANUSIEWICZ
American Forces Press Service

ATLANTA — More than 900 people representing organizations with a stake in how the Base Realignment and Closure process goes forward are gathered here this week to discuss the implications of the 2005 BRAC round.

The conference brings together officials from the White House, Defense Department, individual service branches, various federal departments and agencies, and state and local leaders from areas affected by past and ongoing BRAC actions.

Philip W. Grone, deputy undersecretary of defense for installations and environment, noted that nearly all of the 22 federal agencies working on BRAC-related issues have representatives here.

"In my memory," he said in opening the

conference, "that is the most extraordinary statement of interagency support for a BRAC effort that we have had in our history."

Given the size of the 2005 BRAC round, a great deal of work lies ahead for all concerned to meet the congressional requirement that all actions be completed by Sept. 15, 2011, Grone said.



Grone

The 2005 BRAC round resulted in 25 major installations being marked for closure, 24 others identified for major realignment, and 765 smaller actions. With more than 800 specific locations affected, he said, this BRAC round touches more than twice as many places as all previous BRAC rounds combined.

And BRAC 2005 actions are less service-specific than those in past rounds.

"It is a truly far-reaching transformation exercise in which we are engaged," he said, "and it's not just a question of what happens to a single service. Over 40 percent of the actions that we will take affect more than one component."

Those actions may affect active duty and reserve component forces or forces from different services, he explained. That's because this BRAC round comes at a time when the Defense Department is undergoing a broader restructuring around the world, transforming from a Cold War-era posture to one that's suited to meet 21st century threats, Grone said. For example, it will involve the single biggest change in Army basing since before World War II.

"The work that we are doing today, both to transition bases to civilian economic

reuse as well as positioning bases that are receiving missions in the future, is a part of this broader, significant, transformational change to set up and support the military mission for now and the next 50 years," he said. "So this is a unique time in history and a key time in history in which we are all participating."

Grone emphasized that while DoD and other agencies stand ready to help, the decisions on how to redevelop facilities and real estate the military is vacating will be made locally, and that there is no "one-size-fits-all" solution.

The synergy of the BRAC process, Grone told the conferees, goes far beyond whether any given base will close or remain open.

"We've made certain key national decisions, some of them quite painful, to reposition ourselves for the 21st century," he said.

Courts-Martial Proceedings

Drug abuse ends Army careers

Compiled by the

OFFICE OF THE STAFF JUDGE ADVOCATE

During the past month, four Soldiers were tried, found guilty and sentenced for various drug offenses occurring on and off Schofield Barracks.

A former platoon sergeant from A Company, 1st Battalion, 21st Infantry Regiment, pled guilty at a special court-martial to using methamphetamine and cocaine. The military judge sentenced him to reduction to E-1, three months of confinement, and a bad conduct discharge.

At a general court-martial, a Soldier from Headquarters and Headquarters Services, 3rd Battalion, 7th Field Artillery Regiment, was sentenced by a military judge to 20 months of confinement and a bad conduct discharge for use of hashish in Afghanistan, possessing drug paraphernalia, stealing from the Army and Air Force Exchange Service (AAFES), and conspiring with two other Soldiers to bring methamphetamine onto Schofield Barracks with the intent to distribute.

A private (E-2) from 3d Brigade Special Troops Battalion pled guilty to being absent without leave (AWOL), using methamphetamine and distributing cocaine on multiple occasions. At a special court-martial, a military judge sentenced her to 350 days of confinement, reduction to E-1, a bad-conduct discharge, and forfeiture of \$849 per month for 12 months.

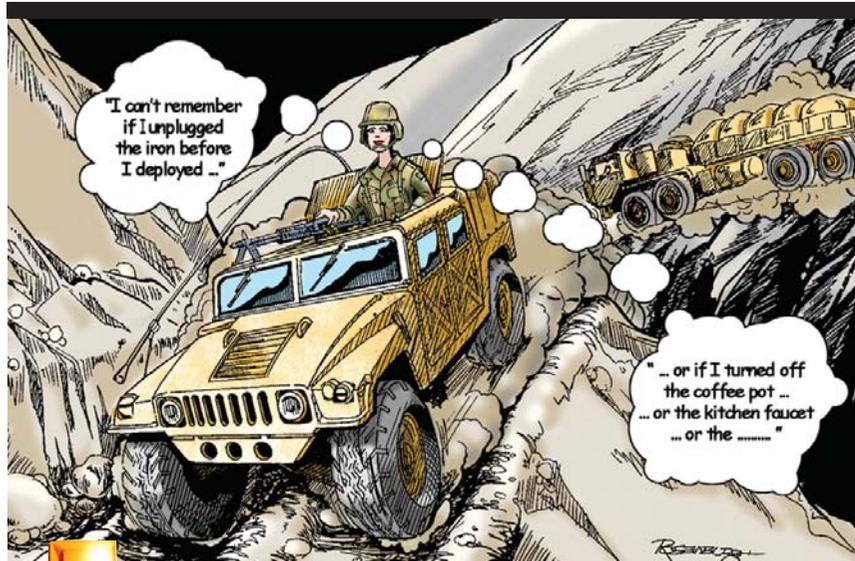
Finally, a staff sergeant from Headquarters and

Q: Why does the Hawaii Army Weekly publish court-martial findings?
A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Headquarters Company, 3rd Battalion, 25th Aviation Regiment, pled guilty at a general court-martial to distributing marijuana and cocaine on multiple occasions. A military judge sentenced the defendant to reduction to E-1, forfeiture of all pay and allowances, confinement for 54 months, and a bad conduct discharge.

Several of the above Soldiers' sentences to confinement were limited by pre-trial agreements with the convening authority.

In addition to forfeitures of pay (either adjudged or by operation of law), confinement and a punitive discharge, each Soldier now has a federal conviction that he or she must report when filling out a job application. These convictions will also likely strip each former Soldier of some civil rights such as the right to purchase and maintain firearms and the right to vote.



2nd Louie By Bob Rosenburgh

Donations to AER continue to build

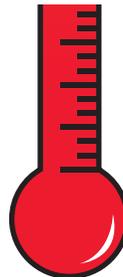
\$172,007

The 2006 Army Emergency Relief fund drive concludes Thursday, May 11.

See your unit representative to do your part to help Soldiers and family members in need.

Donations are accepted through payroll allotment and cash donations. For information, visit www.aerhg.org. For AER assistance, call 655-7132.

This year's goal is \$290,000. For more information on AER, contact your unit representative or 1st Lt. Aaron Carriere, AER project officer, at 655-1716.



LIGHTNING SPIRIT

Strong relationships hold families together

CHAPLAIN (CAPT.) CLINT BLACK
2nd Battalion, 11th Field Artillery Regiment

"If the Army wanted you to have a family, they would have issued you one!" We've all heard that phrase over the years. But as I've witnessed it, the Army tends to enter a person's life and leave again, whereas families generally have a way of sticking around.

But how can you manage to stay together as a family when it seems the Army is constantly pulling you apart? I hope you find these few hints helpful.

First and foremost, family is about relationship and is not simply a matter of proximity. In other words, family is not necessarily found in just living within arm's reach of one another.

Many families who have no connection with the military experience separation. Children have always grown up and moved away, sometimes to college, sometimes to make it on their own (and sometimes they move back in again!). Certainly, distance does not always make the heart grow fonder, but it doesn't have to dampen our relationships either. True relationships are based upon communication; good, positive communication techniques strengthen relationships and tend to hold families together, no matter the distance separating its members.

These communication techniques involve skills that can be learned and then honed. So, even during times of family separation, you can learn and practice communication skills that will strengthen your family relationships.

Second, remember the old saying, "The family that prays together, stays together." There's more truth to that than most of us know. Bowing before God in prayer will certainly do a family good; it witnesses to our faith in

a God who cares for us, loves us, and provides for us; it teaches our children to have grateful attitudes; and, it reminds us all that we are not the sole source and end to our lives. Prayer certainly does change things — usually beginning with the person who prays. So pray and teach your children well as you do.

Third, I would add "the family that plays together, stays together." Fun and laughter are genuine medicines for our bodies. Those families who learn to laugh and have fun together are better able to cope with the ups and downs of life than those who face hardship stoically.

Take the time to build fun into your family calendars (and family fun must be more than scheduled sporting events or other such group activities). Have a picnic, go to the beach, hike together, bike together; it doesn't matter, laugh and play together. The memories you make today will sustain you in days and months to come.

Lastly — make a note of it — family begins and ends with mom and dad, the husband and wife. God created men and women for each other. "And the two shall become one..." Apart from a husband and a wife fully sharing the love God intended them to share, a love that ultimately can come only from God above, no family can ever be complete.

When I can no longer pass an APFT and Uncle Sam no longer remembers my name or Social Security number, my plan is to have a family to love and cherish. And no matter where time and space extends my family, when we pray and laugh and give thanks to God for the blessing of one of us, we will always remain close — and you can too.

May God truly bless you and your family.



37 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: What lessons did we learn from the Holocaust?



"Ignorance should not be ignored."
Spc. Michael Callison
C. Co., TAMC
Mental Health Counselor



"Learn the past to not make the same mistakes in the future."
Air Force Staff Sgt. Omar Nurse
PACAF, 25th ASOS/DOW
Weather Forecaster



"The world is getting smaller. We must learn to live together."
Dr. (Lt. Col.) Sung Lee
DENTAC HI
Prosthodontist



"Remember what happened ... so we don't repeat it."
Capt. Kelly Modlin
HHC, 45th Sustainment Bde.
Human Resources Officer



"We should be concerned because it's going on now in Africa right now."
George W. Smith
Retired Army
Sergeant Major

Deploy: Clinic readies Soldiers from inside-out

CONTINUED FROM A-3

While this information is readily available, it's up to leaders to emphasize this aspect of health-care. They must take advantage of the clinic's services. This will help eliminate the obstacles in administering thorough dental care to Soldiers, one of which is availability.

"[Units] can book bulk exams for their Soldiers if they let us know ahead of time. Their trip here will go smoother if we know how many are going to show up on our doorstep," Irons said.

"The biggest thing is we're here to accommodate the Division," she said.

Leaders can assist the dental clinic by enforcing the appointment policy as well.

"We're at a 20 percent failure rate for the Division since January," revealed Mitchell.

"Book your appointments and keep them," said Irons. "We get a lot of people not showing up for appointments. If we block the time, please show up."

"Class threes aren't allowed to cancel their own appointments," added Irons. "Their first sergeant has to."

Upon returning from deployment, Soldiers should also focus on dental care, said Irons.

"When [Soldiers] return from deployment, most of them have been deployed for at least a year. So they're probably class four and need a dental exam. The biggest thing is not to procrastinate."

"They should follow up on the care they failed to get before they left," added Mitchell.

"A lot of [Soldiers] come for exams, we give them a treatment plan, they never do it and we don't see them again until they need another dental exam," said Irons.

Irons said Soldiers are supposed to make sure they are medically fit within 90 days of returning from a deployment. This includes receiving any necessary dental care.

"If they're proactive and follow through on their dental care it's like prevention," said Irons.



Spc. Amanda Flemmet | 2nd Brigade Public Affairs

License to drive

Chris Banas, a 9th grader at Nanakuli High, sticks his head out of the top hatch of the MEV Stryker during a visit by school education partner 225 Base Support Battalion April 28.

Volunteers lauded for their efforts

JOY BOISSELLE
Staff Writer

SCHOFIELD BARRACKS — Millions of Americans were recognized and celebrated for their outstanding contributions in their communities and for their nation during National Volunteer Week, April 23–29.

Division and community leaders did the same, honoring their outstanding citizens in two ceremonies last week at Schofield Barracks; a quarterly recognition event held April 25 at the Division Command Conference Room, and the 2006 Annual Volunteer Ceremony held April 28 at Bowen Park.

The ceremonies honored more than 70 top volunteers, from teenagers to military spouses to retirees, for their exceptional service in the military community. The theme for the annual ceremony was "Volunteers – Spread the Aloha Spirit."

Master of ceremonies for both events was Nancy Piper, director of Army Community Service. She cited that greater than 2,600 volunteers logged more than 92,000 volunteer hours of community service over the past year. In addition, Piper estimated the value of their service in annual savings to the community at over \$1 million.

Guest speaker, Maj. Gen. Benjamin R. Mixon, commanding general of the 25th Infantry Division and U.S. Army, Hawaii, personally thanked the volunteers for their efforts to make their community a better place for Hawaii-based Soldiers and their families.

Quoting Anne Frank, Mixon said, "How wonderful it is that nobody need wait a single moment before starting to improve the world."

Numerous units and organizations submitted names of deserving volunteers for the annual awards. Of the 58 annual awardees, five volunteers were awarded the prestigious "Volunteer of the Year" honor.

Mixon presented the exceptional volunteers with certificates, division coins, and in the case of the volunteers of the year, a Koa wood surfboard memento. After the formal portion of the annual ceremony, volunteers, their families, and guests were treated to a barbecue buffet.

Both the quarterly and annual ceremonies marked the debut of the newly revamped volunteer recognition program. Volunteers who developed the program established Hawaiian names for the new awards and created additional awards to increase volunteer recognition.

Jayne Taylor, wife of Division Command Sgt. Major J. T. Taylor, helped revitalize the program. "We wanted something that increased the numbers of volunteers recognized, was easy to use, and reflected our unique assignment in Hawaii."

Taylor is no stranger to volunteering. Over



Joy Boisselle

Maj. Gen. Benjamin R. Mixon, commanding general of the 25th Infantry Division and U.S. Army, Hawaii, extends his gratitude to the volunteers at the 23rd Annual Volunteer Ceremony held at Bowen Park April 28.

her 23 years as an Army spouse and volunteer, she has strong feelings about the roles of volunteers in the Army community.

"... Army wives have traditionally cared for each other and their communities and that tradition of care has evolved into what we see today – an organized and Army-recognized volunteer program," said Taylor, who married into the Army before there were established volunteer programs.

"I enjoy doing good and giving back to the community."

Vicky Forro
Military Spouse, 3rd Brigade Combat Team and Quarterly Volunteer

"Our volunteers are vital to the Division and community. Family readiness groups are completely run by volunteers and many of our garrison agencies rely on volunteer support. It is wonderful to see our volunteers carry on the volunteer spirit and receive the recognition and validation they so greatly deserve," Taylor said.

Robin Sherrod, who organized the ceremonies and recently assumed the role of Army volunteer coordinator, commented on what lies ahead for volunteers in Hawaii.

"...We are in total transformation with the implementation of the Volunteer Management

Information System, and the new and innovative volunteer recognition programs throughout community agencies and units," she said.

"We [the division and garrison] are a fast moving train and we couldn't do without the assistance of the volunteers."

Sherrod emphasized that recognizing volunteers is an ongoing process that leaders at all levels should be doing. She added one of the goals of the new system was to "recognize volunteers on an ongoing basis throughout the year and put in place a volunteer recognition system that feeds into the annual ceremony."

Case in point was the quarterly volunteer ceremony where seven volunteers received awards for their service. According to Sherrod, these volunteers are the first group of volunteers to be considered for next year's "Volunteer of the Year" honors.

The next quarterly awards ceremony will be held in July and will cover the April to June timeframe.



Nishioka



Ulmen



Godinez



Doyle



Forro

News Briefs

Send military news announcements to community@hawaiiarmyweekly.com.

To the Colors — In the morning and evening when *To the Colors* is played, all traffic will stop between Cadet Sheridan and Trimble Road, and Humphries Road and Kole Kole Ave. to pay respect to the Colors.

The ceremony remains a tradition in today's military by marking the beginning and end of the military day, and it honors the flag as it is raised and lowered.

Officer Candidate School Selection Board — Soldiers who wish to be considered for the next HQDA OCS selection board, convening July 17, must submit their 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. The Installation Structured Interview Panel will convene beginning May 22 to interview qualified applicants.

For more information, call 655-4511.

Foot Gate Closure — Schofield Barracks' Foot Gate will be closed May 6-7, for the installation of telecommunications duct lines. For more information, call 624-5896.

Trimble Road Lane Closure — Due to construction along Trim-

ble Road, Schofield Barracks, a lane closure will occur on May 9-10 from 8:30 a.m. to 5:30 p.m.

Training Aid Support Center — TASC is scheduled to move from Building 2065 to Building 1052 May 2-5. Customers may encounter delays in service. For more information, call 624-6669 or -6760.

AER Fund Campaign — Army Emergency Relief will conduct its annual fund campaign through May 11. Unit key persons will be contacting every Soldier for contributions. Contributions are voluntary and 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.

Asian Pacific American Heritage Month — The Schofield Barracks celebration will take place May 19, 11 a.m. to 1 p.m. at Sills Field. The Polynesian Cultural Center and a variety of other Pacific Island groups will provide entertainment.

The Fort Shafter Community will host an observance in honor of Asian Pacific American Heritage Month, May 18, 11:30 a.m. to 1 p.m. at the 9th Regional Readiness Command (RRC) Assembly Hall, Building 1554, Fort Shafter Flats. For more information, call 438-1600, extension 3218.

CLEP — College level preparatory exams are now available free to active duty, Reserve

SEE NEWS BRIEFS, A-10



Pvt. Amanda Sweetnam | 25th Combat Aviation Brigade Public Affairs

Above — An aerial shot provides perspective on the magnitude of the operations at the National Training Center's main camp.

Left — Maj. Patrick Campbell of Headquarters and Headquarters Company, 3rd Brigade, meets with a protesting Iraqi role player for peace talks.



Spc. Mike Alberts

Support makes infantry run smooth

SPC. MIKE ALBERTS
3rd Brigade Public Affairs

FORT IRWIN, Calif. — A Soldier without food, fuel or the ability to call for fire support is a Soldier in dire straits. Combat support and combat service support helps ensure that our Soldiers don't experience shortfalls.

The 3rd Infantry Brigade Combat Team's leadership understands the value of its support elements and is employing the full spectrum of support operations during the brigade's month-long training exercises at the National Training Center.

The full spectrum of support operations encompasses every component of combat support and combat service support.

"Planning for this NTC exercise has been in the works for some time," said Sgt. Maj. Keith K. Castaneda, the brigade's planning noncommissioned officer, 3rd IBCT. "This exercise was designed to test every aspect of our battle operating system at full capacity. You do not want to experience anything for the first time in combat," said Castaneda.

Castaneda explained that combat support includes all the classes of supply and life support. "When you go forward with an operation the general guideline for sustaining survival is about 72 hours. After that period of time, a Soldier is tired and cold, is losing morale, and simply degrades in terms of combat operation functionality," he said.

The effectiveness of combat support is of

principal concern to Capt. Brian Yanowski, commander, Headquarters and Headquarters Company.

According to Yanowski, HHC's primary mission is to support the brigade staff and ensure that the brigade is properly resourced to accomplish its mission at NTC and when the brigade deploys to Iraq.

"We are utilizing this environment to train everyone for combat," said Yanowski. "NTC will provide our company with the necessary field training to get the Soldiers to a level where they feel capable and are competent doing their jobs in a combat environment," he said.

Yanowski emphasized that details are important.

"Training like this requires a lot of detailed preplanning. We're moving a lot of personnel, vehicles and other sensitive equipment. To make it all successful requires a lot of time."

Whether details or "the big picture," Sgt. 1st Class Jodean Rappatta, communications noncommissioned officer in charge, HHC, and her staff handle communication issues big and small in the command and control nerve center at NTC.

"We link up all the elements of the communication network for all the battalions and staff sections at NTC," said Rappatta.

"The tactical operation center is the centralized location where we get all the battalions up and running with phone, computer and radio capability. We also monitor and coordinate

communications for the entire brigade. If you cannot communicate, you cannot have a coordinated exercise like this. It just isn't possible," she said.

In addition to combat support, combat service support (CSS) is equally critical for a successful mission.

CSS is that element that keeps Soldiers clothed, cared for medically and fed, among other things. For Chief Warrant Officer 2 Jeffrey Lein, food advisor, the critical nature of his mission cannot be overstated.

"The Army moves on its stomach," said Lein.

"From my perspective food drives the force. So we're here to give Soldiers a good meal, keep morale high and to prove that two good, hot meals in the field can be done and can be done well," he emphasized.

Lein and his staff are charged with feeding over 5,000 Soldiers at NTC with about 95 cooks and other food service personnel.

Lein's mission and the mission of all the support elements are very much appreciated. From the youngest combat Soldier who gets needed ammunition to the most senior enlisted personnel, the support effort does not go unnoticed.

"Our support element is a big part of this brigade," said Sgt. Major Frank Leota, brigade command sergeant major. "This brigade could not operate in the manner in which it does without all of the logistical and other support," he said.

Zeroing in

FORT IRWIN, Calif. — The 3rd Infantry Brigade Combat Team prepares for deployment to Iraq in the rugged terrain of the Mojave Desert. Above, Soldiers "zero in" their Multiple Integrated Laser Engagement System, or MILES gear.

Capt. Michael Killaly | 3rd Brigade Public Affairs



David Dismukes

Rangers plunge into Victory Pond from a Blackhawk helicopter on the final day of the 2006 Best Ranger Competition at Fort Benning, Ga., April 24.

Rookie lieutenant finishes in sixth place at Best Ranger competition

PFC. MATTHEW C. MOELLER
17th Public Affairs Detachment

FORT BENNING, Ga. — Months of training paid off Monday when a Schofield Barracks Soldier crossed the finish line of the 2006 Best Ranger Competition.

After 60 painful hours of competition, 1st Lt. Patton Nix, mortar platoon leader of 2nd Battalion, 27th Infantry Regiment, crossed the finish line to place sixth.

"It's an awesome feeling," Nix said when thinking about his placement. "Just getting past the first day of competition is a feat, but to finish!"

Originally, Nix, a rookie to the competition, was an alternate competitor for another Schofield Barracks team. However, he later found himself teamed up with Cpt. Trace Trudell, from Special Operations Command at MacDill Air Force Base, after Trudell's partner fractured his wrist.

"We were just hoping to finish," said Nix. "We came in not knowing each other's strengths and weaknesses, and we were both astounded that we did so well."

Nix credits much of his success to his coach,

Sgt. 1st Class Gregory Baker, a pre-ranger school instructor at Schofield Barracks. Baker is also who introduced Nix to Trudell.

"I couldn't have asked for a better coach," Nix declared. "I attribute everything to that guy; without him I wouldn't have even been in the competition."

Nix competed in a variety of events, including an 18-mile road march, a 12-hour night orienteering course, the mile-long Darby Queen obstacle course, tomahawk throws, weapons assembly and the crowd-pleasing Prusik climb. The competition ended with an almost three-mile buddy run.

This year's Best Ranger Competition featured a relatively open field of 52 competitors, only eight of whom had competed in the past. Of the 26 teams, only 15 completed the three-day test. The competition is notorious for being cruel to rookies, and it's rare for a first-timer to do so well.

According to Col. Clarence Chinn, commander of the Ranger Training Brigade, ongoing operations in Iraq and Afghanistan have affected participation.

"It's important to talk about what these Soldiers represent and who they represent," he said. "The Best Ranger Competition is a combat-focused, military skills competition that showcases Army Rangers. ... Rangers have never failed their country."

"The two-men teams are the focus of the competition," Chinn said. "That's how it is in combat, too. We fight for each other. We count on each other."

"Everything we do in the Army is by the buddy system, even more so as a Ranger," Nix elaborated.

This summer, Nix is deploying with the 25th Infantry Division to Iraq, but hopes to compete again.

"I would like to compete again, but I'll be in Iraq next year, so that will be a little tough, maybe the next year," Nix said, laughing.

Nix has no illusions of how he will do the next time he competes.

"We went into compete. We went to win, and that's what I'm going to do next time."

(Editor's Note: Some information obtained from Army News Service releases.)

ACAP Online offers tailored transition assistance



ALEXANDRIA, Va. — The Army Career and Alumni Program (ACAP) has transformed its Web site to meet the changing needs of its various audiences.

With a modern look, the Web site now provides faster, more direct access to information through eight user paths, each tailored to a specific client population. The paths are Army leaders, active-component Soldiers, reserve-component Soldiers, retirees, veterans, Department of the Army civilians, family members and employees.

"We realized the need to reach the varied groups, and have changed our Web site to better accommodate those who are eligible for our transition services," said James T. Hoffman, ACAP director.

ACAP provides transition and employment-assistance services, helping users assess their abilities, create effective resumes, prepare for job interviews and more.

The active component path features a "personal coach" to help users who need guidance researching transition and job-assistance information. A new path for Army leaders also offers basic information about ACAP.

ACAP online complements the 38 ACAP centers and 16 satellite offices worldwide that provide transition and employment-assistance services to more than 70,000 individuals each year.

"We think these changes will better accommodate the needs of our Army family and are excited to be able to better serve their needs," Hoffman said.

On The WEB www.acap.army.mil

Holocaust survivor recalls realities of World War II

Story and Photo by
DONNA KLAPAKIS
Staff Writer

SCHOFIELD BARRACKS — The Greatest Generation is growing older. Men and women who were 20 when Pearl Harbor was attacked in 1941 are 85 now. Few eyewitnesses to that event or to the horrors that were unfolding in concentration camps in Europe remain.

Days of Remembrance, set aside by the country and the division to honor the memory of Holocaust survivors, was observed April 23–30. This year's theme is "Legacies of Justice."

"Unless this tragic story is passed on to future generations, the memory of their experiences could be lost forever," wrote Maj. Gen. Benjamin R. Mixon, the 25th Infantry Division's commanding general, in his proclamation.

One such eyewitness, Jack Adler, testified to Soldiers of his experiences as a Holocaust survivor. Adler was the division's guest speaker during the Days of Remembrance observance in Sgt. Smith Theater, April 27.

Although more than 60 years have passed, his memory of the events he experienced has not dimmed.

Adler was 10 years old when the Nazis occupied his hometown of Pabianice, Poland, in 1939.

"At first I felt happy to see them, because the population all seemed to be welcoming them," he said.

Within hours, however, his initial elation had turned into a nightmare from which he would not awaken for six years.

First the Jewish residents of the town were forced to move into a ghetto and wear two yellow Stars of David on their clothing at all times. Their food was taken from them, and they were given only a slice of bread and a bowl of soup to eat every day. Adler's mother and brother were among those who died.

The Pabianice ghetto was liquidated one day in 1942. At that time, all residents were taken to a field and separated into two groups: those who were able bodied, and those who were not. Adler's father, older sister, and he were in the able-bodied group. His other sister, who was only nine years old, was separated from the family into the other group.

Adler said he soon figured out that the people in the other group were being killed, as trucks were coming for them. Hoping to see his sister, he volunteered to pick up items left behind by those who had been taken away. He had been using a big baby carriage to pick up items, and when he found his sister,

he had her wait until it was dark enough to get inside the carriage and hide. He quickly took her back across the line to his father and older sister.

Adler's family was moved from Pabianice to the Lodz ghetto. In 1944, the Lodz ghetto was also closed out. From an initial population of 300,000 people, 68,000 remained. Adler and the remainder of his family were forced to move again.

From the train station, the family arrived at its next destination, the Auschwitz/Birkenau extermination and selection camp. The infamous Dr. Josef Mengele separated the sister Adler had saved two years before. Mengele sent her to the "showers," which were really rooms with showerheads in the ceilings from which came death by Zyclon-B gas.

Adler was later separated from his father and ended up at Dachau concentration camp.

"Don't love me if you don't want to. You don't even have to like me ... just respect me as a human being."



Jack Adler
Holocaust survivor

Right at the end of the war, April 27, 1945, even though they knew they had lost, the German guards still marched 10,000 of the prisoners out of Dachau on a forced march. Each night they would cut more marchers off from the others, make them dig their own graves, and then shoot them so that they would fall in.

Adler said, when the U.S. Army liberated them May 1, 1945, less than 4,000 of the original 10,000 who had been marched out of Dachau, April 27, were left.

Adler came to the U.S. in 1946, became an American, and served in the Army in the Korean War. He said he loves America, but that Americans must make sure the Holocaust never happens again.

"Don't love me if you don't want to. You don't even have to like me," he said. "Just respect me as a human being."

Rabbi Menachem Goldstein, who delivered the invocation at the Days of Remembrance observance said, "To all the men and women in the military, 'Thank you for keeping our world a safer place.'"

Adler agreed.

Computer guru scores with service

Latest addition to
Unsung Heroes list
epitomizes service

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

SCHOFIELD BARRACKS — For Soldiers who are experiencing computer problems, the "geek squad" is only a phone call away.

However, when they call, Soldiers shouldn't expect a pocket protecting, clip-on tie wearing group of nerds; this "squad" is the one-man computer cure-all, Sgt. Mark McBurney.

He ensures Soldiers from 3rd Brigade's Headquarters and Headquarters Company (HHC) can access e-mail and the Internet, and use software without judging them for how little they know about computers.

Lanky, smiling and good-natured, McBurney is always there to fix "it," regardless of the problem's magnitude or his workload.

McBurney works in 3IBCT's S-6 shop, called automation. The shop is responsible for all electronic and command and control systems while 3IBCT is in the field. In garrison, the shop handles all of HHC's approximately 200 computers, according to Cpt. Rett B. Burroughs, 3IBCT, automation officer and McBurney's boss.

"If it has electricity running through it, we are responsible for it," said Burroughs.

Managing two hundred military computers is a tall order for someone like McBurney, who initially not only did not intend on becoming a Soldier, but also did not have a particular interest in computers.

McBurney grew up the middle son of five children. Both his mother and father are Army veterans. Although born in Richmond, Va., he divided his formative years primarily between Vilsack, Germany, and Decatur,



Sgt. Mark McBurney, Headquarters and Headquarters Company, 3IBCT, investigates a hard drive problem, one of dozens of issues he addresses on a typical day.

Q: Why are you emphasizing one individual's accomplishments and job — aren't we a team?

A: "Unsung heroes" seeks to highlight individuals who work in behind-the-scenes types of jobs and contribute immensely to the Army's overall mission.

Look for additional unsung heroes in future issues of the Hawaii Army Weekly.

Georgia. During high school, McBurney devoted his time to wrestling and to art — drawing and using charcoals in particular.

"I didn't really intend to join the Army at first," explained McBurney. "I had an interest in going to college, and I [applied] to a couple schools and looked into wrestling scholarships," he said. But it was during this process that McBurney made a life-changing decision.

"My parents had set aside some money for me to use for college. But, during the summer before my senior year in high school, I began to realize that I wasn't as committed to the idea of college as I needed to be. I didn't want to waste my parents' money so I decided that I would let my younger sister take advantage of that [college] money, and I met with a recruiter,"

explained McBurney.

"The recruiter showed me a job that had the word 'hacking' in it. I didn't know much about computers, but it sounded interesting," he said. One year later, he was sent from advanced individual training (AIT) to his first duty station here at Schofield Barracks. And, no, he hasn't 'hacked' anything yet.

"I am a 25 bravo. I am involved in computer and network management," he said. "Basically, if anyone in the Brigade has a computer issue, I'm the guy that helps them solve it."

Burroughs heavily relies on McBurney. "He is my go-to guy for all automation issues while in garrison and whenever we are in the field," he said. "He ... knows everything about everything. If it's electronic, he knows how to fix it — from the basic to the complex."

"It is his personality and ability to work well with whomever that sets him apart. Around here, people ask for him specifically because they trust him," said Burroughs.

McBurney is on call around the clock in the field. So while Soldiers are downrange, if they see a light on in the 3IBCT Tactical Operation Center at night, there's a good chance it's Sgt. McBurney; he's making sure they can access email and communicate with other Soldiers in the field.

Dental unreadiness takes bite out of oral fitness

Story and Photo by
SGT. TYRONE C. MARSHALL JR.
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — As the Tropic Lightning Division prepares to deploy, Soldiers are training, working to become as physically fit as possible, and taking care of financial issues.

However, one aspect many Soldiers may neglect is dental readiness, which along with medical readiness, is crucial to top performance on the battlefield.

The Schofield Barracks Dental Clinic is helping the Division meet its dental needs by providing services that cater to pre-deployment activities.

“Dental readiness is important because you have to be fit to fight on every level,” said Staff Sgt. Terence J. Mitchell, practice manager for Schofield Barracks Dental Clinic.

Sgt. 1st Class Michael F. Irons, Schofield Barracks Dental Clinic Noncommissioned Officer in Charge (NCOIC) agreed and detailed ways individuals and units can be proactive.

“[Dental readiness] ties into your overall physical fitness,” she said. “First and foremost, Soldiers should keep their annual dental exam current. Every unit has a dental liaison that has access to dental rosters ... they can project 90 days out when a Soldier will turn into a class four.”

Dental readiness is classified into four main categories to determine a Soldier's health.

Class one comprises Soldiers who require no dental treatment and are readily deployable.

Soldiers falling into class two require treatment, but their condition is not likely to cause dental emergencies. Class three Soldiers are considered deployable.

Class four, also not deployable, Soldiers require a dental exam and do not have completed dental records.

Units requiring access to unit verification classification (UVC) rosters can come to the dental clinic and sign up for it. UVCs allow leaders to monitor appointments and Soldiers' dental classes.

According to the dental clinic, proactive Soldiers and units will help prevent dental emergencies during inopportune times.

“If they're downrange they might be two or three hours away from a dental facility,” Irons pointed out. “Why get [treatment] done in Iraq when you can get it done in garrison?”

Soldiers should also focus on sustaining their teeth while deployed.

“[Soldiers should] brush, floss – basically the same things they were doing prior to leaving,” said Mitchell.

“Believe it or not, stress can affect your oral hygiene.” Mitchell also revealed a Soldier's diet plays a big role in oral health.



Pfc. Larry Gish, with 25th ID's Headquarters and Headquarters Company, receives a thorough cleaning, Tuesday, from Spc. Sherrita Cunningham, a dental hygienist at Schofield.

SEE DEPLOY, A-8

Schofield Dental Clinic Hours of Operation

- Monday – Friday 7:15 a.m. – 4:15 p.m.
- Daily exams, 7:15–10 a.m. and 12:15 a.m. – 3 p.m.
- Friday exams, 7:15 – 10 a.m. and 12:15 a.m. – 2 p.m.

Sick Call

- For non-emergency type problems such as chipped teeth, lost fillings, loose crowns and bridges, broken retainers and bleeding gums due to gingivitis.
- 7 a.m. – 9 a.m.

After-Hours Care

- For after-hours, nonemergency care, report to Acute Care Clinic in Building 684 or call 433-8850.

Emergencies

- For conditions such as knocked-out teeth, severely fractured or displaced teeth, jaw fractures and lacerations, and oral swelling that interferes with breathing.
- After 9 p.m., call Tripler Army Medical Center Emergency Room, 433-6629.

Soldiers must update DEERS registry for medical care

SGT. TYRONE C. MARSHALL JR.
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — As Soldiers and their families continually prepare for the upcoming deployment, one of the most crucial aspects they will need to complete is enrollment into the medical care system.

Initial steps Soldiers and family members must complete are enrollment in the Defense Enrollment Eligibility Reporting System (DEERS) and Tricare.

DEERS is a database containing information on uniformed service members, families and retirees. It is used to determine eligibility for Tricare benefits.

Soldiers must ensure they and their families are registered in DEERS and have

valid identification cards. Spouse's and children's eligibility status must be current in DEERS to use Tricare.

Active and retired Soldiers are automatically enrolled in DEERS, but it is their job to make sure their families are properly enrolled into the system. Current status of personal information such as divorce, marriage, current addresses, telephone numbers and e-mail addresses should be updated.

Soldiers and registered family members can make changes to their DEERS status; however, only Soldiers can add or delete family members from the system. Supporting documents such as marriage or birth certificates, divorce decrees, and other important papers should be brought when updating status.

Service members and family members can update DEERS information by visiting the DEERS office at Building 750, Room 122. Hours are 7:30 a.m. to 3 p.m. daily.

Once successfully enrolled in DEERS, Soldiers are encouraged to enroll themselves and their families in Tricare Prime. Although Soldiers are automatically enrolled, they are still required to fill out enrollment forms. Once enrolled, coverage is continuous unless a change in status occurs.

Tricare can be updated by visiting the Tricare Customer Service Office in Building 66, Room 217. Hours are 7:30 a.m. to 4:30 p.m. daily.

At times, Soldiers and their families may require medical care without

appointments. In this case, the Schofield Barracks Acute Care Clinic (SBACC) is available.

The SBACC, located in Building 684, provides stabilizing medical care to patients. Once patients are signed in they are triaged, or organized by the level of care required. Categories of care are identified as routine, non-urgent, urgent and emergency. Routine patients may be referred to their primary care manager. A triage nurse will make that determination.

Patients are encouraged to arrive early to the SBACC to receive medical assistance. The clinic's hours are 6 a.m. to 9 p.m. daily.

After the SBACC closes its doors all emergencies are direct to the Tripler Army Medical Center Emergency Room.

Helpful Numbers

- SBACC: 433- 8850
- SB Family Practice Appointment: 433-2778, ext. 141
- SB Pharmacy: 433-8420
- SB/Tripler Information: 471-7117
- SB Troop Medical Clinic: 433-8225
- Community Health Nurse: 433-8675
- Tricare: 1-888-874-9378
- ID/DEERS Office: 655-4104/6884

Signals 'brake' careless drivers

Bike MPs mount up for safety

Bike MPs lay down the laws of the road via two-wheelers

PFC. BRYANNA POULIN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – The next time someone on Schofield Barracks requires law enforcement assistance, don't be surprised if the military policeman arrives by bicycle instead of a car.

Established in 1993, the Provost Marshal Bicycle Patrol maintains a visible, yet silent function of police operations that serve the military community and is also an effective public relations tool.

The Military Police officers serving on bike patrol wear black or yellow uniforms instead of the standard military battle dress uniform (BDU), however, they are fully empowered to enforce the law.

"People traditionally see MPs in the BDU, so when they see the bike patrol they don't have that same feeling of authority and sometimes disregard them," added Sgt. Amber Marie Kirby of the 13th Military Police Detachment.

"The only difference between the bike patrol and MPs in patrol cars is the mode of transportation," noted Sgt. 1st Class James Barnes of the Fort Shafter Military Police Battalion.

Further, the bike patrol officers have the added benefit of quick and efficient response time to places not easily accessed by patrol cars.

"Bike patrol is more mobile and can get into different places...that regular patrol cars can't," said Sgt. Michael Allan Martin, bicycle patrol officer for the 13th MP Det.



Christa B. Thomas | 25th Infantry Division Public Affairs Office

Sgt. Kevin Kidder (left) and Pvt.2 Victoria Biel are two of 23 bicycle patrolmen with 13th MP Detachment. They both agree their biggest traffic concern is that too few motorists use their vehicle turn indicators every time.

major events and traffic control. Unlike the growl of an 8-cylinder Chevrolet Impala and accompanying sirens, the 21-speed mountain bike allows a "stealth" approach that may surprise even the most skilled criminals.

Because of their maneuverability, the bike patrol officers primarily assist with crowd control at

with the community. When the enclosed barrier of the police cruisers came along, it became harder to interact with the community.

The bike patrol gives a face to the military policeman by making them more accessible to the community.

Sgt. Kevin Kidder, bicycle patrol officer for the 13th MP Det.

concur. "It's great when I get to ride through communities and talk face-to-face with the kids, especially."

"The bike patrol cuts down on rising fuel costs," according to Barnes, "and is a high visibility method to enhance community relations."

PFC. BRYANNA POULIN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – Whether driving a car or running during physical training, everyone's safety on the roads is important," said Staff Sgt. Mark Newgent, bicycle patrol officer for the 13th Military Police Detachment.

Bicycle patrol officers enforce strict traffic rules that govern motorists, especially during physical training hours.

"Runners have priority, but not the right of way. The right of way is dictated by the MP who is directing traffic for everyone's safety," explained Newgent.

It is important that drivers obey a patrol bike officer's signals. On many instances, vehicles have passed a patrol officer without first being directed to do so by the officer.

While this rule may seem like a minor infraction, avoiding or disregarding traffic signals jeopardizes the safety of everyone.

"If the MP on the bike isn't signaling to allow a car to pass, it is for the passengers' safety. There might be something the MP is keeping the car from," said Kirby.

Knowing the proper hand and arm signals used by the bike patrol promotes safety for everyone on the roads.



Photos by Christa B. Thomas | 25th Infantry Division Public Affairs Office

An arm extended parallel to the road indicates cyclist intends to turn left.



An arm pointed upward, at a 90-degree angle, indicates cyclist intends to turn right.



An arm pointed downward, at a 90-degree angle, indicates cyclist intends to stop.

News Briefs

From A-4

and National Guard, and \$75 for others. Family members of Reserve, National Guard, and Coast Guard may take the tests free, but must pay a \$20 admin fee. Tests are given three times a day on the following schedule:

- Hickam AFB, Mondays and Wednesdays
- Pearl Harbor, Tuesdays and Thursdays;
- Marine Corps Base Hawaii (MCBH), Fridays.

For more information, call Hickam AFB, 422-1032; Pearl Harbor, 422-0079; or MCBH, 254-4133.

Schofield PXtra — In order to complete Phase I construction of the new Schofield Shopping Center, the PXtra will close May 30.

U.S. Army Information Operations Proponent — USAIOP will conduct an information briefing and recruiting visit May 19, 8 a.m. to noon, and May 25, 8 a.m. to 4:30 p.m., at the Schofield Barracks Army Education Center, Building 560, Room 206. USAIOP is seeking highly motivated officers primarily in year groups 1997-2004 for the Army's fastest growing functional area. Walk-ins throughout both days are welcome. For an appointment or additional information, contact David Pendleton at Henry.David.Pendleton@us.army.mil or call 913-684-5320 (DSN 552).

Tax Center — Schofield Barracks location will be open weekdays from 9:30 a.m. to 5 p.m. to May 25.

Deployment Expos — Deployment Expos will be held at the Nehelani, Schofield Barracks, to prepare Soldiers and families for deployment. All Soldiers, spouses and significant others are invited to attend this day of training.

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

•June 12: Combat Aviation Bde. Nehelani will open to Soldiers from 8-9 a.m. Briefings and Army Community Service-led classes will be held from 9-11:30 a.m.

'Incredible, edible' egg may have a bum rap

KAY BLAKLEY

Home Economist, Defense Commissary Agency

FORT LEE, Va. — If you're in the market for treats a little less sweet and a little more nutritious, the local commissary has got you covered. Just head to the dairy case for a carton of fresh eggs, and you'll be set for a healthy snack.

Some have characterized eggs as the perfect protein. They are part of the meat and beans group in the food guide pyramid, with one egg counting as a one-ounce equivalent serving toward the daily amount recommended from this group. A typical large egg has more than six grams of high quality protein, vitamins A, B6, B12, D, E and other vitamins and minerals including iron.

At an average cost of 10 to 12 cents per egg, that makes them one of the cheapest forms of protein available. They're a good buy when it comes to spending calories too — only about 75 calories per large egg.

Still others have cast eggs in a very negative light because of their cholesterol content. One large egg has just more than 200 milligrams cholesterol, which is 70 percent of the daily recommended limit for healthy people (less than 300 mg). One small or medium egg has 157 and 187 mg of cholesterol respectively.

People with risk factors associated with high blood cholesterol should follow their physician's advice. For the rest of us, though, eggs should be viewed like many of the other components of a healthy diet — balance and moderation are key.

If you gobble down two or three eggs in one day, limit yourself to enjoying only one a day for breakfast throughout the rest of the week. You can also devour the leftovers in the form of delicious egg salad sandwiches, but be sure your other meals are heavy on fruits, vegetables and whole grains, and light on cholesterol containing meats or cheese.

Within a short time, everything balances out.

You might think anybody who could manage to find a saucepan, fill it with eggs and water and turn on the stove could boil eggs without any instruction whatsoever. That's true, but if you want eggs with tender, non-rubbery whites, just-cooked-through yolks, with never a trace of that ugly green ring that forms around the yolk when too much heat is applied, try the instructions for "The Perfect Boiled Egg" below.

Recipe for the perfect boiled egg

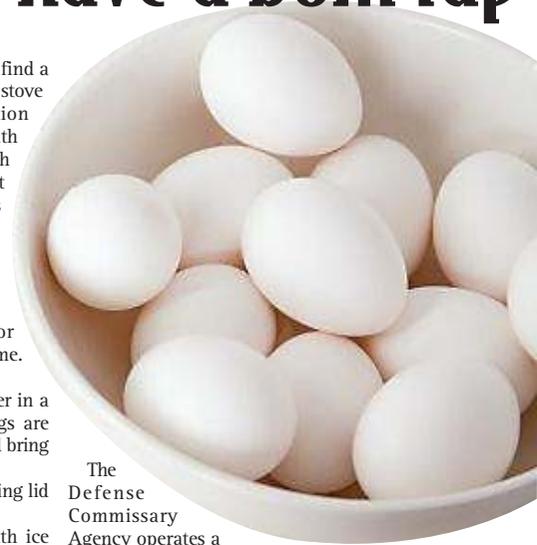
This recipe is the best method I've found for producing perfectly cooked eggs each and every time. Try it once, and you'll be a convert too.

Place the desired number of eggs in a single layer in a tall saucepan. Add enough cold water so the eggs are covered by one inch, and then set over high heat and bring just to the boil.

Remove from heat; cover the pan with a tight-fitting lid and let sit for 17 minutes.

Meanwhile, prepare a medium bowl or pan with ice water. When the time is up, transfer the eggs with a slotted spoon to the ice bath and let sit five minutes. Remove from ice water and peel immediately or store in the refrigerator for later use.

To peel, crack an egg all over by tapping gently against the side of the sink or against the countertop, then rolling back and forth a few times between your hand and the counter. Begin peeling from the large end, at the air cell. The shell should come off in spiral strips, leaving the cooked egg white perfectly intact. Peeling eggs under a thin stream of cold water may help, if you experience difficulties. Remember to save your freshest eggs for other uses, and choose older eggs for boiling — they're much easier to peel.



The Defense Commissary

Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices — equal to about \$2,700 annually for a family of four. Using cents-off coupons increases that savings even more. A valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Military, families can obtain online mental health screening

GERRY J. GILMORE

American Forces Press Service

WASHINGTON — Military members and families coping with the stress of overseas deployments and other potential health-threatening issues can log onto the Internet to get help, a U.S. military psychologist said last week.

Service members from all components and their families can obtain a mental health self-assessment or screening through a Web site co-sponsored by DoD and Screening for Mental Health Inc., a non-profit organization, said Air Force Col. Joyce Adkins, a psychologist with the Force Health Protection and Readiness directorate

at the Defense Department's Health Affairs office.

"The [online] screening actually gets you to where you need to be in terms of counseling," Adkins said. "Once you do one of the screening checklists, it will give you the benefits that are available to you."

The Web site, brought online in January, augments other DoD mental health assistance resources, Adkins said. People logged onto the site are asked to answer a series of questions. The program "grades" the completed survey, Adkins said, and gives people an evaluation of their present mental health and provides assistance resources, if

deemed necessary.

Other DoD-endorsed health sites tell customers how to access mental health counseling services, but do not provide an online mental health screening program, Adkins said.

National Guard and reserve members returning from overseas deployments also are authorized to use the Web site, Adkins said. Returning reserve-component members have two years of health benefits provided by the Department of Veterans Affairs.

"And, it's totally free to them," the colonel pointed out.

Such services are especially important to-

day, Adkins said, because of the potential stressful effects deployments can have on both military and family members.

"It's a concern that people don't understand what their thoughts and feelings mean as they come back from deployment," Adkins said. "As they re-integrate with their families there may be conflict in the family that's not easily resolved."

The mental health screening Web site and other related programs available to service members and their families provide "a level of benefits and a level of service to help them understand what services are available to them for mental health issues," Adkins said.

Hui: Recipients net rewards from all-ranks spouses club

CONTINUED FROM A-1

the monies to better themselves and their communities, said member Louise Webb, during the invocation at the scholarship banquet.

Leilehua High School senior Katie Angelucci, the only child of Command Sgt. Maj. Louis Angelucci of the 2nd Battalion, 35th Infantry Regiment, and his wife Kitty, plans to be a special education teacher. She's already received a scholarship from Chaminade University.

"My mom's best friend's son has angel-man's syndrome," Katie explained, "and I've always been drawn to helping kids in need."

Katie began applying for scholarships in March 2006. She plans to go to Leeward Community College her first year and then to transfer to the University of Hawaii-Manoa.

Leileihua H.S. senior Alexandria Neason, one of two daughters born to Lt. Col. Clarence Neason, the inspector general of the 25th Infantry Division, and his wife Olivia,

plans to major in communications and media studies with a special emphasis in journalism. She will travel to the mainland for her undergraduate degree at St. John's University in New York.

"Since I was young, English and writing have been my strongest assets," she said. "I write everything down; I think writing is fun, and I'm interested in everything," Alexandria explained. She further clarified that journalism, TV production and magazine formats all intrigue her.

Alexandria has applied for about seven scholarships, and she started applying early, back in winter 2005. She's received one from the Lambda Chi Omega Chapter of the Alpha Kappa Alpha Sorority and an academic achievement scholarship from St. John's. She's playing the waiting game on the others.

"Getting some help is always good," she added.

The scholarship banquet was punctuated with remarks by City and County of Honolulu Mayor Mufi Hanneman and a video message from Maj. Gen. Benjamin R.

Mixon, commanding general of the 25th Infantry Division and U.S. Army, Hawaii.

"It takes all of us working together," said the mayor. "It takes a willingness ... to do things to benefit the community," he added, expressing his heartfelt appreciation for the level of welfare grants the Hui raised to support community organizations.

He continued, "It is remarkable to raise that kind of money and give back to the community."

Regarding scholarships the mayor said, "Let me be clear, I would not have received the education I received without a scholarship. ...I know these funds will be put to good use. You [recipients] have an obligation to help others."

Rhonda Mixon, wife of the commanding general, personally thanked many Hui members for their dedication to the goals of the organization before introducing her husband, via taped message.

"I'm currently at Fort Irwin with several thousand Soldiers at the National Training Center," the division commander said. Mixon explained that he's most grateful

that the Hui helps build community and accomplishes dreams by promoting goodwill and community spirit.

The Hui receives much of its funding through the Schofield Thrift Shop, a consignment store open Tuesdays and Thursdays and the first Saturday of each month (except May 6) from 9 a.m. to 1 p.m. Members volunteer their time to serve in various capacities, to include running the Thrift Shop; however, multiple fund-raising events help supplement annual scholarship and welfare grants.

"With all the Soldiers deployed [last year], we couldn't tax people with fund-raising," said Anderson, "so our goal was to do fun types of activities so that it felt like you're not really raising money at all."

Still, the Hui enjoyed a 17 percent increase in monetary contributions since 2005. As well, membership increased 30 percent — all hopefully positive gains, Anderson said, which will support the organization throughout the division's year-long deployment to Iraq beginning this summer.

Scholarship Recipients

•*High School Seniors*

Katie Angelucci, \$1,000

Alexandria Neason, \$1,500

Sarah Rodriguez, \$1,000

Brooke Sorrell, \$2,000

•*Continuing Collegians*

Lisa Davey, \$2,000

Sonya Gleason, \$1,500

Tracy Goodley, \$1,000

Steffanie Peters, \$1,500

Sydney Squire, \$2,500

NSPS: Workforce becomes more agile

CONTINUED FROM A-1

In addition, employees performing satisfactorily will receive an increase equivalent to the general pay and locality increase received by general schedule employees in January 2007, according to a DoD press release.

England said he understood if some civilian employees had a little anxiety about the conversion, but he stressed that supervisors have received much training to help make sure people are comfortable with the new system.

"This is not a fire-and-forget effort," he said.

Classroom and Web-based training covering the basics of NSPS, with special emphasis on performance management, has been in high gear for employees during the last several months, according to a DoD press release.

This time period is critical for the United States because the current security context is much more varied and uncertain than at any time in the past, England said, and to meet today's challenges, the Department of Defense needs the right people in the right places, working in the right ways.

"People are our most valuable resource, and today we are improving the ability of the department's people to be successful," he concluded.

Pass: Access simplified for guests

CONTINUED FROM A-1

Vandegrift also stressed that a city ID card is not good enough. The card containing the social security number must be federal or state.

Eloise Holskil from the Schofield Barracks vehicle registration office said, "When they give us their installation pass, the houseguests don't get vehicle registration passes like Soldiers or civilians do. They get the orange temporary passes that are placed on the dash. ... They contain the month and day that they expire with the car license and driver's or the company's name," she said.

Contractors and nannies are in a different category. They now must undergo a background check, which is conducted at the IAP office, before their passes are issued, Vandegrift said.

The IAP staff is currently processing its backlog of passes for contractors and nannies. Five hundred have been processed, and Vandegrift expects the rest of the backlog to be fully cleared within two weeks.

Passes for houseguests, agents, and caregivers are now up to date.

Giddy up for a taste of the country

Story and Photos by
JEREMY S. BUDDEMEIER
Assistant Editor

PUPEKEA, Hawaii — Fifteen miles north of Schofield Barracks the frenetic pace of life is suspended. Bumper-to-bumper traffic and the sounds of the city fizzle as the waves gently lap the sand on the North Shore. A rooster crows sporadically — piercing the solitude — and the warm, sweet smell of alfalfa hay permeates the air.

Although this tranquil scenario might seem like a bucolic dream, it's just another day at the office for Mark and Tammy Becker.

The Beckers, who have owned and operated Happy Trails Hawaii horse-riding adventures in the Waimea Valley for more than 10 years, wouldn't have it any other way. And though they have been removed from the bustle of corporate world since 1993, they have no trouble relating to their city-folk guests.

"Your horses come equipped with power steering and power brakes, but not auto-pilot," Mark says as he demonstrates each "feature" on Princess Leia, a light brown thoroughbred mare. "So you have to direct your horse one way or the other or pat her every once in a while to let her know you're still up there."

Mark's demonstration is part of an informal but pertinent 15-minute pre-ride brief, which guests receive regardless of their horse-riding experience.

Paniolo style

Following the brief, visitors saddle up and begin the one-to-two-hour ride through the lush Waimea Valley. On a soothing, rhythmic ride, guests get a slice of what paniolo (Hawaiian cowboy) life might have felt like in the mid-1800s — without all the backbreaking work.

The horses generally stay in line and stick to the trail, which is mostly an old cattle run that meanders through the valley and comfortably straddles the fence between sun and shade. Occasionally, the horses stop for a snack.

Pulling up the rear, Mark directs the visitor with the stalled horse to give her a few light taps with his heels. From the horse's perspective, Mark lightheartedly says, the ride is like "constantly walking through a smorgasbord."

Feeding the herd

The horses' appetites, however, are no laughing matter. According to Tammy, an active horse can inhale 20 pounds of food per day — and that doesn't include salt blocks, supplemental nutrients with electrolytes, or anything they pick up on the trail. In all, feeding a horse can easily run over \$225 per head each month; the Beckers have 24 horses and one dog.

Food costs, though, are just the tip of the salt lick for this family. Depending on the breed and where it is purchased, a horse can cost anywhere from

\$2,500–\$15,000, not including shipping and boarding costs and veterinarian bills. Tammy placed the average annual figure at about \$7,000 for one horse.

The ohana the Beckers have built isn't just a herd of hungry mouths though. They know each horse by name and quirks about their personalities. And though they've considered expanding their multiple-horse operation in the past, the simple North Shore life and stress-free commute brought the Beckers back to their senses.

When pressed to choose her favorite Tammy replied, "Just one? We love them all."

If you go:

Make reservations by phone (638-7433), through the Web site (www.happytrailshawaii.com) or through the base ITR office.

Costs (with military or kamaaina discount) run about \$45 (1.5 hrs) and \$65 (2 hrs).

Wear comfortable covered shoes and jeans / long pants.

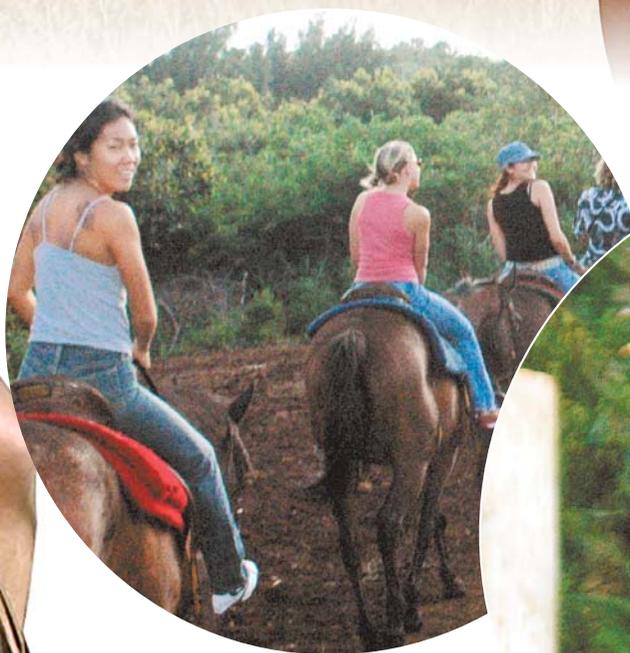
Bring a camera and sunglasses.



Right — Sierra is just one of the 24 horses at Happy Trails horse-riding adventures in the Waimea Valley.



Left — David G. Shiel of Seattle sits atop Princess Leia at Happy Trails Hawaii.



Above — (from left to right) Shawn Date, India Clark and Chrysanthemum Castillo head on down the trail during a 1.5-hour ride through the valley.



Right — A rooster crows from his perch behind the Happy Trails office in Pupekea, North Shore.



MWR Briefs

Serving America's Army in Hawaii

May

5 / Friday

Mongolian Barbecue — Come tonight from 5 to 8 p.m. for Mongolian barbecue, cooked outside in front of Nehelani with seating in air-conditioned Reggie's. Select your favorites from a large variety of meats and vegetables and Reggie's staff will grill them to your liking.

Cost is 65 cents for each ounce, and reservations are recommended. For more 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.

Pet Week — Schofield Veterinary clinic presents "Pet Week," May 6-12. Events include a pet fair May 6, a biscuit guess contest on May 8, coloring contest May 10 and photo contest May 11. For more information on all of these events, call 433-8532.

10 / Wednesday

Blue Star Card Preview Night — Blue Star Card holders are invited to a free preview of the musical "Damn Yankees" at Richardson Theater, Fort Shafter. For more information, call 655-0111.

Afterschool at the Library — Children are invited to Sgt. Yano Library, Schofield Barracks, to enjoy an afternoon of Asia and Pacific Heritage stories and a craft activity, May 10 at 3 p.m. For more information, call 655-8002.

11 / Thursday

Damn Yankees — Come enjoy the Broadway musical classic "Damn Yankees" at Richardson Theater, Fort Shafter. Opening night is May 11 with additional shows on May 12, 13, 19, 20, 26, and 27. All shows begin at 7:30 p.m. Tickets are available at the box office, Monday through Friday, 10 a.m. to 2 p.m., or online at <http://www.squareone.org/ACT/tickets.html>. For more information, call 438-4480.

12 / Friday

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

The U.S. Army, Pacific Hosts the Army's 231st Birthday Celebration



June 3, 2006 Hilton Hawaiian Village

Army Ball

Celebrate the Army's 231st birthday at the Hilton Hawaiian Village, June 3 from 6 p.m. to midnight. The cost is \$55 per person; attire is military formal or civilian black tie. Ticket information is available through unit representatives.

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.

13 / Saturday

Parents Night Out — Leave your kids with Child and Youth Services (CYS) at the Aliamanu Military Reservation 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 May 12. Reservations are first-come, first-serve. For more information, call 655-8313.

Hawaii Championship Wrestling — Come watch Hawaii Championship

Wrestling at the Tropics, May 13 and 27. Doors open at 6 p.m. and matches start at 7 p.m.

The cost is \$5 for ages 12 and up, \$3 for ages 11 and under and free for children ages 5 and under. Call 655-5697 for more information.

Yu-Gi-Oh — Get ready to duel at the Tropics. Registration for the Yu-Gi-Oh tournament starts at noon, and matches start at 1 p.m. Cost is \$6 and includes a pack of the latest Yu-Gi-Oh cards. Prizes will be awarded, and all ages are welcome. Call 655-8522 for more details.

17 / Wednesday

MWR Expo — Come to the Nehelani from 2 to 7 p.m., May 17 for the Morale, Welfare and Recreation Expo. The expo will

feature displays from all MWR facilities and services. There will be inflatable bouncers, prizes, giveaways, games, hands on activities and information about how MWR serves Hawaii's military families.

19 / Friday

Steak Night — Enjoy a sizzling steak cooked on the grill 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.

Hawaii Championship Wrestling Main Event — Hawaii Championship Wrestling presents Samoa Joe of Total Nonstop Action Wrestling fame at the Tropics, May 19. Doors open at 6 p.m., and matches start at 7 p.m.

The cost is \$10 for ages 12 and up, \$5 for ages 11 and under, and free for children ages 5 and under. Call 655-5697 for more information.

Hollywood Teen Social — Middle and high school teens are invited to dress in their finest for the Schofield Teen Center Hollywood Mixer, May 19, from 7 to 9:30 p.m. The evening will include contests for best-dressed couple, best celebrity look-alike, best Hollywood couple, hottest shoes, and best male hat.

The cost is \$3 for members, \$4 for military ID holders, and \$5 for civilians. Teens can get their picture taken with their date for \$2, and special food and beverages will be sold at an extra cost. Cocktail attire, including collared shirt for boys, is required and the dress code will be enforced. For more information, call 655-0451.

20 / Saturday

Hawaii Weightlifting Competition — USA Team Hawaii Weightlifting is at the Tropics, May 20, beginning at 1 p.m. The competition is free. Call 655-5697 for more information.

Ongoing

ITR Military Appreciation Discounts — Schofield Barracks and Fort Shafter Information, Ticketing and Registration Offices are offering special discounts in honor of Military Appreciation Month. Specials are being offered for Ali'i Kai Catamaran Dinner Cruise, the Magic of Polynesia Show, Polynesian Cultural Center, Atlantis Submarine, Atlantis Cruises, Sea Life Park Hawaii and Germaine's Luau. Offers are valid until May 31. For more information, call 438-1985 (Fort Shafter) or 655-9971 (Schofield Barracks).

Family Child Care — FCC is in-home child care provided by an adult family member living in government quarters or housing. Homes provide flexible hours and a comfortable family-like setting. If you are interested in placing your child in FCC or want information on becoming a provider, call 655-8373 (Schofield Barracks) or 837-0236 (AMR).

HACN TV2 Schedule

6:00	Army Emergency Relief
6:01	Bulletin Board
6:31	Safety message CG Brown
6:37	Pentagon Channel
7:00	Safety message CG Brown
7:04	Army Emergency Relief
7:05	Pentagon Channel
8:00	Safety message CG Brown
8:04	Hawaii Army Report
8:28	Army Emergency Relief
8:29	Bulletin Board
8:59	Deployment Message
	CG Mixon
9:04	Pentagon Channel
10:00	Army Emergency Relief
10:01	Pentagon Channel
11:00	Safety message CG Brown
11:05	Army Emergency Relief
11:06	Deployment Message
	CG Mixon
11:10	Pentagon Channel
12:00	Safety message CG Brown
12:04	Hawaii Army Report
12:28	Deployment Message
	CG Mixon
12:32	Bulletin Board
1:03	Army Emergency Relief
1:04	Pentagon Channel
2:00	Deployment Message
	CG Mixon
3:00	Safety message CG Brown
3:05	Army Emergency Relief
4:00	Safety message CG Brown
4:05	Bulletin Board
4:35	Army Emergency Relief
4:36	Pentagon Channel
5:00	Safety message CG Brown
5:04	Army Emergency Relief
5:06	Pentagon Channel
6:00	Safety message CG Brown
6:04	Hawaii Army Report
6:28	Community Focus
6:43	Deployment Message CG
6:47	Honor to Serve
6:55	Army Emergency Relief
6:56	Bulletin Board
7:30	Pentagon Channel
8:00	Safety message CG Brown
8:04	Army Emergency Relief
8:06	Bulletin Board
8:36	Deployment Message
	CG Mixon
8:40	Pentagon Channel
9:00	Safety message CG Brown
9:04	Army Emergency Relief
9:06	Bulletin Board
9:36	Deployment Message
	CG Mixon
9:41	Pentagon Channel
10:00	Safety message CG Brown
10:04	Army Emergency Relief
10:06	Bulletin Board
10:36	Deployment Message
	CG Mixon
10:41	Pentagon Channel
11:00	Safety message CG Brown
11:04	Deployment message
	CG Mixon
11:10	Bulletin Board
11:40	Army Emergency Relief
12:00	Safety message CG Brown
12:04	Deployment message
	CG Mixon

Overnight

Pentagon Channel
Because of hardware failure Tv2 Programming may be interrupted during daily scheduled programming and replaced with Pentagon Channel and/or Bulletin Board.

Community Calendar

Send community announcements to community@hawaiiarmyweekly.com.

May

5 / Friday

ACS Employment Orientation — Army Community Service is ready to help you find a job 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 the 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 which supplies last, and strolling mariachis. Participating restaurants will offer food and drink.

6 / Saturday

USO Hawaii — 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 fam-

ilies. Vendors will also provide food for purchase. For more information, contact USO Hawaii at 836-3351.

Bishop Museum — Join the Bishop Museum for a "Hawaiian Quilt Design" Workshop. During four 3-hour sessions held Saturdays, May 6, 13, 20, and 27, students will learn how to design and create a Hawaiian quilt. Third generation Hawaiian quilter and leading quilt designer, Poakalani Serra, will teach the sessions from 10 a.m. to 1 p.m. at the Bishop Museum, 1525 Bernice Street. Class size is limited to 15 students and the fee is \$125.

For more information or to register, call 216-1970 or email carol@halekuai.com.

Art At The Zoo Fence — Every Saturday and Sunday year round, from 9 a.m. to 4 p.m., Art At The Zoo Fence artists present their artwork for viewing and sale in Waikiki along the Honolulu Zoo fence on Monsarrat Avenue, across from the bandstand at Kapiolani Park.

For more information, go online to <http://www.artatthezoo fence.com>.

Aloha Stadium Swap Meet — Hawaii's Largest Swap Meet is open every Wednesday, Saturday and Sunday from 6 a.m.-3 p.m. Admission is \$.50 per buyer with children 12 years and under free. The swap meet takes place at the Aloha Stadium, 99-500 Salt Lake Blvd. Call 486-6704 for more information.

Mililani Orchid Show — See the beauty of one of Hawaii's most popular flowers at the Mililani Orchid Show taking place Saturday at Mililani-Uka Elementary School from 8 a.m. to 3 p.m. There will be hundreds of orchid varieties on display and for sale along with lectures and demonstrations of general orchid culture. The event is free. For more information, call 247-3345.

10 / Wednesday

Fort Shafter Employment Services — Let the employment professionals at Fort Shafter ACS help you look for a job or establish a career. The ACS staff can offer

free resume critiques, job coaching, career planning, and assistance with on-line applications. Call ACS, Fort Shafter, 438-9285, to schedule an appointment and get ready for your new career.

11 / Thursday

Hawaii Job Search Workshop — Looking for a job in Hawaii? Then, this ACS workshop is for you. Training will be held on Thursday, May 11 from 9:30 to 11:30 a.m. at Schofield Barracks ACS. Topics will include who is hiring in Hawaii — both private and public sector, recruiting resources, and networking opportunities. To register, call 655-4227.

12 / Friday

Marine Corps Base Hawaii Job Fair — MCBH, Kaneohe Bay will hold a job fair Friday, May 12 from 9 a.m. to noon at Kahuna's on base. The job fair is open to the military community. Bring resumes and dress appropriately. Because of the professional nature of this event, children will not be admitted. For more information, call Marine & Family Services, 257-7790.

13 / Saturday

Filipino Fiesta and Parade — Experience the diversity and richness of Filipino traditions, food, entertainment and crafts from various regions of the Philippines at the 14th Annual Hawaiian Telcom Filipino Fiesta and Parade Saturday, May 13 from 8:30 a.m. - 5 p.m.

The celebration begins with a Centennial Charity Walk and Street Parade starting at Fort DeRussy, traveling down Kalakaua Avenue to Kapiolani Park. At the park, visitors will enjoy food booths, dance performances and exhibitions.

For more information, call 237-2979 or 524-9511 or visit the Website at www.filipinofiestaandparade.com.

14 / Sunday

Star of Honolulu Mother's Day Cruises — Treat Mom to a special Mother's Day in paradise, aboard the Star of Honolulu. The "Mother's Day Lunch Cruise" features an All-You-Can-Eat roast beef and local-

Hawaiian buffet lunch, Mother's Day sheet cake and Champagne toast, plus door prizes for Moms, fun cultural activities and hula show. At dusk, the Star Sunset Dinner & Show Cruise® offers a 3-course All-You-Can-Eat crab and filet steak dinner, tropical beverage and "My Hawaii - Lei of Memories®" revue, voted "Hawaii's Best Sunset Dinner Cruise!"

For more details, call 983-7827.

15 / Monday

Operation Purple Summer Camp — Navy Region Hawaii MWR will host Operation Purple Summer Camp, a National Military Family Association program geared to give active duty military children the coping skills and support network of peers to better handle life's ups and downs while their military parent is deployed. Registration ends on May 15.

Military children will be separated into two groups, youths ages 5-12 from July 10-14, and teens ages 13-17 from July 24-28. The 5-12 year old campsite will be located at White Plains Beach, Barbers Point. The 13-17 year old campsite will be located at the Kilauea Military Camp on the Big Island of Hawaii. The camp is open to children of active duty parents (all military branches and reserves) who have been deployed or will be deployed between May 2005 and September 2007.

Visit the NMFA Operation Purple website at www.operationpurple.org for more information about the camp and camp registration. Applications will only be available online.

16 / Tuesday

Hale Kula Family Deployment Workshop — Parents get ready for deployment at the Hale Kula Family Deployment Workshop Tuesday, May 16 from 8 to 10:30 a.m. A panel of experts including school counselors, psychologists, representatives from ACS, Family Life Consultants and parents who have experienced deployments will each ad-

SEE COMMUNITY CALENDAR, B-5

This Week at the MOVIES Sgt. Smith Theater



Failure To Launch
(PG-13)
Today, 7 p.m.
Wednesday, 7 p.m.



She's The Man
(PG-13)
Saturday, 2 p.m.
Sunday, 7 p.m.



V For Vendetta
(PG)
Saturday, 7 p.m.
Thursday, 7 p.m.

The theater is closed Monday & Tuesday.

Family pets need consideration before deployment

CAPT. EMILY C. GOCKE-SMITH
Veterinary Treatment Facility

SCHOFIELD BARRACKS —With upcoming deployments, Soldiers will face the difficult task of preparing their family for the time while they are away. There are many things pet owners must do to ensure that their furry family members are also prepared. Knowing the steps to take and preparing early are the keys to reducing stress for Soldiers, their pets and the community.

Leaving pets with family members or friends is a great option. It is best to pick someone familiar with the pets, their needs and their habits. Finding a suitable temporary home is just a beginning. Follow these steps:

1. Pet personality profiles are available online at <http://www.hsus.org/militarypets>. The checklist includes information about what and how much pets eat, medications pets need, and other topics. Those leaving should make sure to go over each question with the caretaker and address any questions before they agree to take care of the pet, and then go over the checklist again before leaving to make sure that the caretaker understands. This will help the caretaker understand all the needs of the pet and decide if they can provide all that is needed.

2. Smart owners will have a written agreement outlining the pet care arrangement. This should cover what will happen to the pet if the caregiver is no longer able to care for the pet, what will happen if the pet is injured or dies while the caretaker is responsible for the pet, and what will happen if owners are unable to reclaim their pets. In case veterinary care becomes necessary, owners will also need a power of attorney giving the caregiver permission to take the pet to the military or civilian veterinarian.

3. Owners should take the pets to the veterinarian for a general health check, to address medical problems, to update vaccinations in advance, and to inform the veterinary staff of

the deployment and provide the name and contact number for the temporary caretaker. The caretaker will need a supply of any needed medications and a copy of the pet's medical record.

4. Those deploying should leave contact information about how to reach the pet's veterinarian. Caretakers should have instructions of which civilian veterinarian to use in case of emergency or if the pet needs services not available at the military veterinary clinic. Arrangements may be made in advance who will pay for routine and emergency care — neither civilian nor military clinics will accept "IOUs" and payment must be made when services are rendered.

5. Pets should have a collar and tag with the caretaker's information. Otherwise, it may be difficult to match the dog with the caretaker if the animal becomes lost. The best means of permanent identification is a microchip placed under the skin. This is required for pets that reside on post but recommended for all dogs and cats.

6. Spaying or neutering a pet before deployment will decrease the chance of medical or behavioral problems while service members are away.

7. Caretakers should have money for food, toys, grooming, or any other routine costs.



For Soldiers who are having difficulty finding a caretaker for their pets, there are other options.

Hawaii is fortunate to have a service provided by the Hawaiian Humane Society called the "Pets of Patriots" program. This service is designed to provide pet care for military per-

sonnel deploying on short notice. The humane society helps match volunteers to the animals and owners.

All active-duty military members who have a pet that needs temporary care are eligible. Foster homes can be military or civilian. Some of the foster families even provide e-mails and photos for the Soldiers overseas to help them cope with being away from home.

The point of contact for this program is Liza Souza, Humane Society Outreach Programs coordinator, at 946-2187 Ext. 217. Volunteer foster homes for the program are needed as well.

Other organizations dedicated to help find temporary homes for pets of deployed military personnel. These help provide a network for matching foster homes to military pets:

Operation Noble Foster <http://www.operationnoblefoster.org>

NetPets.Org's Military Pets Foster Project <http://www.netpets.org/netp/foster/php>

Patriotic Pets <http://www.patrioticpets.org>
Soldiers who cannot find an appropriate temporary home may be forced to relinquish their animal to the Hawaiian Humane Society. This is a last resort.

"Setting a pet free" is unacceptable and will only lead to a lifetime of disease and suffering for the animal. Soldiers who abandon their animals are subject to disciplinary action as set forth by the Oahu Base Support Battalion.

If a pet belongs to the Soldier only in that his or her spouse and children do not usually care for the animal — the pet's care must be discussed with family members before deploying.

Many times, a spouse overwhelmed with work and taking care of children may have difficulty with the additional pressure of caring for an animal with which they have had little previous responsibility.

Preparing in advance is the key to finding a caring home for pets during a deployment.

Knowing that pets are in loving homes will take a big weight off Soldiers' minds.



Sgt. Tyrone C. Marshall | 25th Infantry Division Public Affairs

Tina Ferreira walks her two playful and energetic dogs, Sammie, a Dachsund, and Pepsi, a Boston terrier, Tuesday.

Foster Families for Pets during Deployment:

Operation Noble Foster
www.operationnoblefoster.org

NetPets.Org's Military Pets Foster Project
www.netpets.org

Patriotic Pet
www.patrioticpets.org

Hawaii shows appreciation for military in May

All Month, ITR Military Appreciation Discounts — Schofield Barracks and Fort Shafter Information, Ticketing and Registration offices are offering special discounts in honor of Military Appreciation Month. Specials are being offered for Ali'I Kai Catamaran Dinner Cruise, the Magic of Polynesia Show, Polynesian Cultural Center, Atlantis Submarine, Atlantis Cruises, Sea Life Park Hawaii and Germaine's Luau. Offers are valid until May 31. For more information, call 438-1985 (Fort Shafter) or 655-9971 (Schofield Barracks).

Attraction Discounts — Military families will receive extra special discounts through the entire month of May at the USS Missouri Memorial at Ford Island, Atlantis Submarine, Waimea Falls Park and Sea Life Park.

Military personnel (active, reserve, guard and retired), and their family members, are encouraged to inquire at their base ticket offices for these and other special offers during the month of May and the entire summer.

The chamber extends a hearty mahalo to all businesses and sponsors that make Hawaii Military Appreciation Month possible.

May 6, USO Salute to the Troops —USO Hawaii, the chamber of commerce, BAE Systems, the state of Hawaii, the city and county of Honolulu, and a number of sponsoring businesses will host a special tribute to the U.S. armed forces May 6. This "Salute to the troops" is a community celebration honoring Hawaii's military, with a day-long celebration including a parade, ceremony, food, and entertainment.

The ceremony will be followed by a daylong celebration at the Waikiki end of Kapiolani Park. Two stages will offer live entertainment featuring performances by the Makaha Sons, Kapena and other leading Hawaii entertainers. Also highlighting the entertainment program will be national recording star John Legend.

Games, food and static displays will be available throughout the day, and the public is invited to the ohana celebration.

May 7, Honolulu Academy of Arts — The Honolulu Academy of Arts will offer free admission to military personnel and their families on May 7.

May 8, Luau — May 8, Hale Koa Hotel will hold a special "salute to the military" luau in the Luau Garden beginning at 5 p.m. This event features giveaways and prizes including a trip for two at the Kilauea Military Camp. For more information, call 955-0555.

15th Annual Hawaii Military Appreciation Week

— Join the corporate sponsor, Bank of Hawaii (BOH), and host, the Aloha Tower Marketplace (ATM), at the 15th Annual Hawaii Military Appreciation Week opening day festivities, May 12, at the ATM. The public is invited to join with the military community in kicking off the week-long series of special events.

May 12, USO Canteen Dance — Get ready to dance the night away with the swinging music of the



Sgt. Sean Kimmons | 25th Infantry Division File Photo

Hundreds of onlookers attended the Twilight Tattoo at the Kuroda parade grounds on Fort DeRussy in 2005. The 25th Infantry Division Tropic Lightning Band, Marine Forces Pacific Band, Pacific Fleet Band, Air Forces Band of the Pacific, and 2nd Canadian Mechanized Brigade Group Pipes and Drums, and Celtic Pipes and Drums of Hawaii were among the entertainers.

25th Infantry Division Swing Band and Hawaii's hottest dance band, "Hula Joe and the Hutjumpers" at the USO Canteen Dance at the ATM Pier 10 Terminal, May 12 at 7 p.m. The dance is open to all military and local residents.

May 12-14, In the Mood at Hawaii Theatre — Hawaii Theatre Center presents "In the Mood," a 1940's musical revue, in honor of military appreciation month. Setting the mood will be the "String of Pearls" Orchestra accompanied by singers and dancers. Show dates are Friday and Saturday, May 12 and 13, 7:30 p.m. and Sunday, May 14, at 2 p.m. Buy tickets online now at hawaii theatre.com. Ticket prices are \$30, \$37.50, and \$45; with discounts for seniors, military, and students. Call 528-0506 for more information.

May 13, Military Arm Wrestling Contest — Each service branch is encouraged to send their champions to determine the best arm wrestler on May 13 at ATM's Hooters. This first class contest will feature an official arm wrestling table and judges.

May 13, Twilight Tattoo — Mixon will also host the 8th Annual Twilight Tattoo on the grounds of Fort DeRussy in Waikiki, May 13, from 4 to 6 p.m. This special event will include performances by bands from Marine Forces Pacific, Pacific Fleet, Pacific Air Forces, Hawaii Army National Guard, and the host, 25th Infantry Division.

May 13, Paradise Cove — Paradise Cove will offer a discounted luau dinner show for military families Saturday, May 13. Opening events begin at 5 p.m. with dinner served at 6:45 p.m. followed by a Poly-

nesian revue. Contact MWR ticket offices for ticket information.

May 13-22, Princess Kaiulani Hotel — The Princess Kaiulani Hotel presents the original production "Creation: A Polynesian Odyssey," May 13-22, at discounted prices for the military. The show will feature live native music, authentic costumes, and a fire knife dance. The show will be filled with illusions and special effects, taking the audience through a stunning journey through time. The evening will include a full-course buffet. Call 931-4660 for ticket information.

May 15, Salt Lake Shopping Center — Salt Lake Shopping Center merchants invite the military and their families to a fun-filled day of entertainment and discounted prices for goods and services from 11 a.m. to 2 p.m., May 15.

May 15, Polynesian Cultural Center — The Polynesian Cultural Center will host a dinner and show at 5 p.m. on May 15. The show will feature championships for the Fire Knife Dance Contest and world-famous Polynesian Revue. Guests can tour

authentic Hawaiian villages, see the pageant of long canoes, and an IMAX show. Contact your MWR ticket offices for military discount tickets.

May 17, Living History Day — Step back in time at the Hawaii Army Museum's "Living History Day," 10 a.m. to 3 p.m., May 17, at Fort DeRussy. Reenactors from every military conflict since the Civil War will be on-hand to answer questions and display uniforms and equipment from each major period. Contact the museum for more information.

The public is invited to this once-a-year performance by precision military marching bands.

May 17, Military Recognition Lunch — Fort Hawaiian Bank and Alexander and Baldwin will co-sponsor the annual Military Recognition Luncheon, May 17 at the Hilton Hawaiian Village from noon to 1:30 p.m. This year's luncheon will pay tribute to the Hawaii Army National Guard and Hawaii Air National Guard. About 600 troops will be invited from all services.

For more information, or to buy tickets, contact bwatson@cochawaii.org or call 545-4300, extension 317.

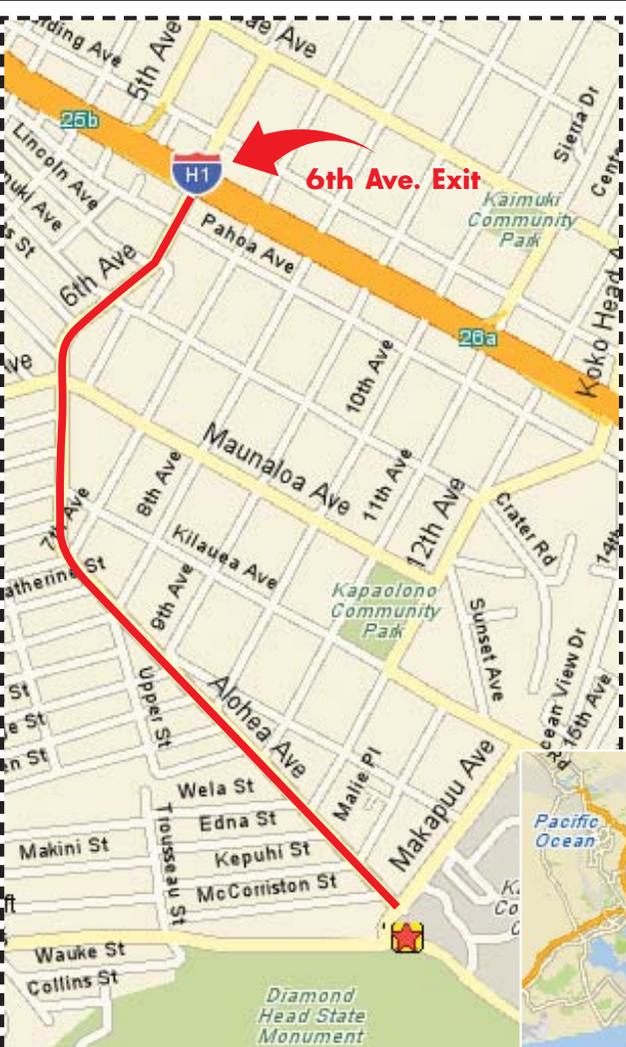
May 17, Honolulu Academy of Arts — The Honolulu Academy of Arts will offer free admission to military personnel and their families on May 17.

May 17, Hale Koa Hotel — On May 17, at the Hale Koa Hotel, the Tama's Polynesian revue will perform a special tribute to the troops in the Banyan Tree Showroom at 6 p.m. This event features giveaways and prizes including a trip for two at the Kilauea Military Camp. For more information, call 955-0555.

May 20, Living History Day — The Hawaii Army Museum Society will present its annual "Living History Day" event on Fort DeRussy May 20 from 10 a.m. to 3 p.m. The public is invited to see displays of vintage military other memorabilia from the Civil War to the present.

May 20, Combined Military Band Concert — Join Hawaii's top military musicians in a rare concert featuring Broadway musicals, marches, classics, and pops on May 20, 7 p.m. at the Hawaii Theatre. This free public concert will pay tribute to Hawaii's Korean War veterans. The U.S. Army hosts the concert. Tickets are available through the Chamber of Commerce of Hawaii at 545-4300.

(Editor's Note: Events provided by Charlie Ota, Hawaii Chamber of Commerce, and Joy Boisselle, staff writer.)



Free parking at Kapiolani Community College with shuttles from the lots to the park: Hop on the H-2 South; go to the H-1 / H-2 merge. Take H-1 East toward Honolulu. Stay on H-1 to Exit 25B - 6th Ave. Exit. Turn right; then go straight toward Diamondhead. The road dead ends at the KCC parking lot.



"A SALUTE TO OUR TROOPS"

Waikiki Parade & Outdoor Concert

Purpose: To salute all Hawaii-based military personnel, including the men and women of the U.S. Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard and Reserves

Date: Saturday, May 6, 2006

Waikiki Parade: 9:30 – 11:30 a.m.
Fort DeRussy, to Kalakaua/Monsarrat Avenues, to Kapiolani Park

Outdoor Concert: 12:05 – 4:45 p.m.
Kapiolani Park (Bandstand and Main Stage)

- Agenda**
- 9:30 a.m. — Parade begins
 - TBD — (Blackhawk flyover — tentative)
 - 10:15 a.m. — First marchers arrive at Kapiolani Park
 - 10:15 – 11:45 a.m. — Pre-concert entertainment
 - TBD — (F-15 / C-17 flyovers — tentative)
 - 11:45 – Noon — Formal program
 - GEN Fred C. Weyand
 - Kahu ceremony
 - Ned Powell, CEO USO World
 - Governor Linda Lingle, State of Hawaii
 - Senator Daniel K. Inouye, U.S. Senate
 - Congressman Neil Abercrombie, U.S. House
 - Mayor Mufi Hannemann, City & County
 - Senate President Robert Bunda, State Senate
 - Speaker of the House Calvin Say, State House
 - 12:05 p.m. — Concert begins
 - 1:45 p.m. — Main stage performances begin
 - 3:30 – 4:45 p.m. — Headliner (John Legend)



Community Calendar

From B-2

address issues and behaviors affecting children and the family before, during and after a deployment. Attendees will receive deployment resources folders. For more information, contact the school.

19 / Friday
Asian/Pacific American Heritage Month — Celebration will take place May 19, 11 a.m. to 1 p.m., at Sills Field. The Polynesian Cultural Center and a variety of other Pacific Island groups will provide entertainment.

25 / Thursday
50th State Fair 2006 — Come check out the midway for four

consecutive weekends at the Aloha Stadium parking lot at the Hawaii State Fair. There will be lots of food, games, rides, and booths. The hours of operation are Fridays, 6 p.m. to midnight; and Saturday and Sunday, noon to midnight. The fair runs May 25-29; June 2-4; June 8-11; and June 16-18. Tickets are \$3 general, \$2 children 4-11, and free for children under 3. Call 682-5767 for more information.

27 / Saturday
Drug Education for Youth — DEFY, a self-esteem building program that provides kids with the tools they need to resist drugs, gangs, and alcohol, needs youth, junior, and adult mentors. The deadline to be a part of this rewarding program is May 27 for mentors and junior mentors, ages 13- 18, and June 24 for youth, ages 9-12.

For more information, email defy_nsga_hawaii@yahoo.com or call 655-3579, 655-3538 or 655-3391.

30 / Tuesday
Ballet Hawaii — Jim Hutchison, whose dance credits range from the "Pajama Game" to the movie version of "Hello, Dolly" with Barbra Streisand and whose directing projects include "Damn

Yankees" invites aspiring tap dancers to his special six-week session at Ballet Hawaii. Hutchison will be teaching 12 lessons for beginning and intermediate students May 30 through July 7. The course is offered at Ballet Hawaii's studios on the second floor of the Dole Cannery and costs \$85. For registration and information, call Hutchison at 941-9719.



May

6 / Saturday

Bowling Shoot-out — Participate in the "Bowling Shoot-out" for a chance to win \$250,000. Fort Shafter and Schofield Bowling Centers are each hosting a local tournament for amateurs based on a "two-tie, all-tie," points-only format.

The winner from each local center will be placed in a national database to determine the top 500 local tournament winners. The top 500 winners will have a chance to travel to a national competition to win cash prizes and bowl with PBA stars.

The Shoot-out will be held May 6, at noon at Fort Shafter Bowling Center and May 13, 4 p.m. at Schofield Bowling Center. Participants must register online at www.bowlingshootout.com. For more information, call 438-6733 (Fort Shafter), or 655-0573 (Schofield).

Pepsi MLB Pitch, Hit and Run — Children ages 7 to 14 are invited to display their pitching, hitting, and running abilities in a free program, May 6, at Aliamanu Military Reservation baseball fields. Winners may compete in follow-on competitions. Participants must sign up at the event. For more information, call 836-1923.

Ladies Golf Clinic — Ladies,

do you want to brush up on your golfing skills? A free golf clinic will be held May 6 at the Leilehua Golf Course located right outside the Wheeler Army Air Field front gate.

The clinic will last for one hour and will begin promptly at 2:30 p.m. All required equipment will be provided to participants and reservations are recommended. For more details or to reserve your space, call 655-4653.

7 / Sunday

"5 Game, No Tap" Tournament — Individuals are invited to participate in the "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.

11 / Thursday

May Madness 3 on 3 Youth Basketball Tournament — Youth born between 1988 and 1996 are eligible to participate in the "3 on 3" Youth Basketball Tournament. Registration will be held through May 11 at Bennett Youth Center, 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. A maximum of 10 teams per division may register and teams will be registered on a first-come, first-serve basis. For more information, call 655-6465.

12 / Friday

Volleyball Intramurals — Time to gear up for active-duty Army men's volleyball intramurals. Get your team together and sign up now through May 12. For more information, call 655-0856.

Summer Junior Golf Program — Registration is ongoing for the 2006 Summer Junior Golf program to be held June 12 through July 24. The program is open to all active-duty military and retired military family members and civilian family members with a golf association membership. Junior golfers must be 7 years old by June 12 and may not be older than 17 by July 24. Separate sessions for beginner, intermediate, and advanced players will be held on Mondays and Wednesdays. For more information, call 655-4653.

Youth Soccer — Get ready to score with the Hawaii Youth Sports Soccer League. Register now through May 23 at the Child and Youth Services Registration, Building 556, Schofield Barracks or at AMR, Building 1782.

The league is open to youth born from 2001 to 1990. Fees are \$40 per person and a physical exam is required. The soccer season will run from July 29 through Sept. 16.

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



Send community announcements to community@hawaiiarmyweekly.com.

May

6 / Saturday

Rodeo — Looking for hard-riding, fast-paced rodeo action? Gallop over to the DK Ranch Arena in Waimanalo Saturday, May 6.

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.

Tropic Lightning Youth Wrestling — Tropic Lightning Youth Wrestling will host two tournaments, May 6 and 13, at Helemano Gym. These events are

open to the public, and anyone is invited to participate. Weigh-ins will start at 8 a.m.; wrestling will begin at 10 a.m. Call 655-0053 for more information.

7 / Sunday

Cinco De Mayo' 5K Fun Run — Join the Hawaii Hispanic Chamber of Commerce at their annual "Cinco De Mayo" 5K fun run at 7 a.m., Kapiolani Park, near the bandstand. There will be an Award Ceremony following the run with lots of random prizes, restaurant certificates and more. Registration fee is \$25.

For more information, call 586-8719.

14 / Sunday

Honolulu Triathlon — Take up the challenge and enter the Honolulu Triathlon, May 14, beginning at 6 a.m. Athletes start and finish at Ala Moana Beach Park by mid-morning. The event includes a 40 kilometer bicycle course that goes to Aloha Stadium and back, a 10K run course into Kakaako and a 1,500-meter swim. About 2,000 of the world's top triathletes are expected to participate in this Mother's Day event. Call (866) 454-6561 for more details.

27 / Saturday

Paws on the Path — Want to be part of a hiking club for people and their dogs? Join the club on Saturday for a hike through North Shore's Kaunala Trail. Hikers and dogs should arrive at 8:30 a.m. to begin the hike at 9 a.m. To get to the Kaunala Trail above Waimea, go to the end of Pupukea Road. Then, park on the side of the road by the Boy Scout Camp. Bring snacks and lots of water for people and dogs. For more information, contact Liza Souza at 356-2217 or go online to <http://calendar.gohawaii.com/>.

Ongoing

Honolulu Marathon Clinic — Looking to get in shape and run a marathon? Join the free Honolulu Marathon Clinic, led by Dr. Jack Scaff and his trained staff. The clinic meets Sundays at 7:30 a.m. at Kapiolani Park at 3833 Paki Ave. The clinic stresses slow, recreational running, for beginners and walkers. The focus is training to finish the Honolulu Marathon in December. For more information, call 655-4692.



Hoping to knock one out of the park, Daniel Bacon of the Mighty Ducks is ready to give a mighty swing of the bat.

Wheeler hosts Special Olympics softball

'... If I cannot win, let me be brave in the attempt'

Story and Photos by
JOHN REESE
25th Infantry Division Public Affairs

WHEELER ARMY AIR FIELD — In a competition where the character of the athletes is more important than winning the game, three divisions of athletes took to the baseball diamonds here to decide the champions of the 2006 Hawaiian Special Olympics (HSO) Softball Tournament, Saturday.

Pregame

Volunteer Soldiers from Schofield Barracks and employees from Morale, Welfare and Recreation prepared the fields, setting up shade awnings, keeping score, and announcing and tackling everything requested of them to ensure the athletes had a great time.

"This is my second time volunteering for the Special Olympics, and I'm really excited about it," said Pfc. Brandy M. Blanton, 58th Military Police. "Back home I did a lot with the National Wildlife Turkey Federation when they helped out with the disabled."

"We can't say enough about the Soldiers who come out and volunteer at Special Olympic events, especially

the ones held at Wheeler and Schofield," said Dan Epstein, vice president of sports for the HSO.

"They work hard, have great enthusiasm, and help create a high quality, excellent event for Special Olympics."

The tournament has been held at Wheeler annually for 10 years.

"They started this in 1997," said Pete Bautista, supervisor of Martinez Gym. "It was supposed to be a one-shot deal. It never stopped, and I guess it never will."

"Most people think only of children when they think of the Special Olympics," said Epstein. "We have all ages here, and we refer to them all as athletes."

All Special Olympians take a special oath before the games begin: "Let me win. But if I cannot win, let me be brave in the attempt."

The Games

A serious traffic accident on H-2 threatened to delay the start of the opening ceremonies, but early arrival times set by the organizers allowed the games to begin on time.

In a ceremony similar to the Olympics, players assembled onto the field, greeted the Olympic torch and sang the national anthem. Many of the athletes snapped to attention and ex-



Special Olympian Eli Aquino from Anuenue holds the torch aloft to let the games begin while his fellow athletes cheer him on.

ecuted a military salute in lieu of placing their hands over their hearts.

Under blue skies and fair weather, which made up for postponements due to the unusually heavy spring rains, more than 150 athletes, cheered on by about 250 spectators, then participated in the unified, coach-pitch and T-ball single elimination tournament.

Going into the top of the last inning of the final game, the score was 9-8 Pirates, and then the visiting Kauai Heat

scored eight runs. The Pirates countered with seven of their own, tying the score to move into extra innings.

"Kauai scored two runs in the top of the inning to take the lead," said Epstein. "The Pirates came back to tie the game, and with two outs and two on base, hit a 'walk-off' home run to win the tournament, 21-18."

The final unified game between the Pirates of Oahu and the Kauai Heat — the defending state Division A champs — was "one of the most dramatic games I've ever seen," said Epstein.

The Pirates thus emerged winners of the Unified Division; the Rainbows, the Coach Pitch Division; and the Ohana Hoku, the T-ball Division.

Postgame

"It makes you feel good," said Bautista, who was helping his tenth year with the tournament; "after you've done it year after year, you know the participants by name."

Parents and friends of the athletes played a big part in making the day successful.

Janet Takushi patiently helped players from the Mighty Ducks team take turns at T-ball warm-ups before the games. She positioned athletes so they could give the softball a solid slug.

"I'm a parent and a coach," explained Takushi. "It goes on 24/7."