

# HAWAII ARMY WEEKLY

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Serving the U.S. Army community in Hawaii

April 29, 2005

## Sunset at the Park

Join the Wahiawa Lions Club, the Wahiawa community and Morale, Welfare and Recreation in welcoming home Hawaii's Soldiers from noon 'til 10 p.m. at Wheeler Army Airfield, May 21 and 22.

This WAAF Sunset in the Park event will provide great local entertainment, games, rides, static displays, plentiful vendor and food booths, plus the feature attractions — two big 30-foot screen movies at dusk over the two-day weekend event. Bring the whole family out for a fun-filled day.

This event is open to the public. Check out the MWR Web site as the event nears for more details at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com).

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## Hawaii leaders honor military



Sgt. Sean Kimmons

**FORD ISLAND** — Hawaii Gov. Linda Lingle and other local leaders joined together to pay tribute to military service members during the 20th annual Hawaii Military Appreciation Month opening ceremony April 21. Close to 1,000 military guests attended, received honors and enjoyed catered food and live entertainment in the shadow of the USS Missouri battleship here. Bishop Museum will hold the first military month event this Sunday from 9 a.m. to 5 p.m.

## Citizens asked to pray

Lieutenant Governor to preside over observance at AMR Chapel

By Chaplain (Lt. Col.) Don Eubank  
Fort Shafter Community Chapel

Lieutenant Governor James "Duke" Aiona will be the guest speaker at the National Day of Prayer Service at Aliamanu Military Reservation Chapel, Thursday from 11:30 a.m. to 1 p.m. The Women's Groups of AMR are hosting the event, to include a light lunch at the conclusion of the service.

The National Day of Prayer has become a vital part of our American heritage, said organizers. This year they celebratate the theme "America, God Shed His Grace on Thee."

Since the first call to prayer in 1775 — when the Continental Congress asked the colonies to pray for wisdom in forming a nation — the call to prayer has continued throughout American's history.

In 1863, President Lincoln's proclamation called for a day of "humiliation, fasting, and prayer." In 1952, a joint resolution by Congress, signed by President Truman, declared an annual, national day of prayer. In 1988, the law was amended and signed by President Reagan, permanently setting the National Day of Prayer on the first Thursday of every May.

Each year, the U.S. president signs a proclamation that encourages all Americans to pray for the nation. Last year, all 50 state governors, plus the governors of several U.S. territories, signed similar proclamations.

The public is invited to attend the National Day of Prayer at AMR Chapel, which is located at 1790 Bougainvillea Loop at Red Hill, Exit 2 from the Moanalua Freeway.

*(Editor's Note: To reach the AMR Chapel, after proceeding through the gate at Exit 2, go through one stop-light, down a steep hill to a four-way stop, then turn left onto Bougainvillea Loop. The chapel is about three blocks on the left. For other questions, contact Chaplain [Lt. Col.] Don Eubank or Sgt. Sheila Johnson at 836-4599.)*

## Service men, women urged to write about their wartime experiences

By Pfc. Roger L. Nelson  
Marine Corps Base Hawaii

**KANEOHE BAY** — Workshops sponsored by the National Endowment for the Arts — "Operation Homecoming: Writing for Wartime Experience" — were conducted April 21 at Naval Station Pearl Harbor and April 22 here aboard Marine Corps Base Hawaii.

The workshops are an NEA National Initiatives program, which encourage members of all branches of the military and their families to preserve their experiences serving on the frontlines and stateside, or supporting troops from home.

The program consists of four major components. The first of the four is a writing workshop, conducted by veteran writers including a variety of well-known novelists, poets, historians and journalists. Following those are an audio CD that includes examples of wartime writings in the form of letters, poems and memoirs — some dating back to the Civil War.



The third and last components, yet to be completed, are a creation of an anthology of wartime writings by troops and the creation of an unique historical archive of stories.

NEA organized this initiative through a memorandum of understanding with the Department of Defense; the Boeing Company pro-

vides funding.

At Friday's workshop, Richard Curry, contributing editor for *The Veteran*, spoke to attendees about feelings and how to transfer their feelings into writings.

"If you put your feelings down on paper, it can turn into something very creative," said Curry, a W.Va. native. "Most poems are created by people's feelings."

During the workshop, Curry explained the importance of writing, understanding what people write about and why.

"One thing I'll do is give them five minutes to write a short story or poem," said Curry. "When they're finished they then read them out loud, and we discuss what was meant and what the writer was thinking while he or she was writing it."

Those participating in the program who intend to submit their writings for possible inclusion into Operation Homecoming's anthology can submit their pieces by mail, fax or e-mail, but entries must be postmarked or

received by May 31.

The works to be selected for publication will be judged on literary excellence, historical importance and the desire to present a diversity of genres, according to NEA officials. The anthology will include features, poems, letters, personal narratives, journal writing, stories and other literary forms.

All active duty military personnel, reservists, National Guard members and coalition authority members who served after Sept. 11, 2001, are eligible to submit writings for consideration in the final publication, said Curry.

The completed anthology of wartime writing will be sold in bookstores and will be distributed free by the Arts Endowment to military installations, schools and libraries.

For more details, contact Monica Glockner, NEA Fellow for Operation Homecoming at (202) 682-5007 or [surfwww.glocknerm@arts.en.dow.gov](mailto:surfwww.glocknerm@arts.en.dow.gov), scroll down to "National Initiatives," and select "Operation Homecoming."

## Home station concerns take center stage at town hall

By Joy Boisselle  
Staff Writer

This month's town hall meeting shifted its focus to home station concerns — rather than just issues affecting deployed Soldiers and their families — April 19 at the Sgt. Smith Theater, Schofield Barracks.

Undertaking the monthly meeting for the first time was the Oahu Base Support Battalion, commanded by Lt. Col. Stephen Moniz.

For more than a year, the meetings have been evolving. Gone are the two-plus hours of information, entertainment and raffles, followed by a panel-style question and answer period. The new format features deployment and community information briefings and a question and answer segment all completed within a one- to one-and-a-half hour time-frame.

"These meetings require a commitment of time, and we want to make that time as productive as possible," said Moniz. "We are taking a hard look at what this town hall meeting should be — what the community needs in terms of information passed and a forum to voice their needs to the command."

To that end, Moniz asked attendees to complete surveys to help assess the communities' town hall needs and desires.

Maj. Gen. Eric T. Olson, commander, 25th Infantry Division (Light) and U.S. Army, Hawaii — as well as other recently redeployed senior leaders — attended the meeting. Olson spoke to the group about the ongoing and "dramatic improvements" throughout USARHAW, including new and renovated barracks,

See "Town Hall," page A-10



More than 300 Soldiers and family members awaited the start of the Transition Cycle Support program at Sgt. Smith Theater, April 21.



We want to hear from you

The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com. The deadline for articles is the Thursday before the week of publication. Send all articles in Microsoft Word or text format.

OPINION & COMMENTARY

Is the War on Terror only 10 years old?

By Gary Sheftick  
Army News Service

ARLINGTON, Va. — Ten years ago today, my old friend survived the bombing of the Oklahoma City federal building. Clark Peterson was the only surviving member of his office. A total of 168 people died in the attack on the Murrah Federal Building, including seven members of the U.S. Army Oklahoma City Recruiting Battalion. Clark was a member of the Advertising and Public Affairs Office of the OKC Recruiting Battalion. He was talking with the A&PA chief, John Moss, minutes before the explosion. His supervisor's desk was at the front of the building, near windows facing the street, and Clark was sitting there discussing a project. Just moments before the explosion, Clark said he stood up and walked to his own desk at the rear of the office. That move saved his life, according to Clark. As he sat down, Clark turned on his computer. At first, he thought that an electrical short in the computer was shocking him, he said. Instead, he discovered, it was the shock wave from a bomb that sent him reeling through the air. Timothy McVeigh had just detonated a homemade bomb next to the building in a truck, filled with thousands of pounds of ammonium nitrate and diesel fuel. Clark woke up on a pile of rubble a couple of floors below where his office had been. He was injured, but said, at the time, that the psychological trauma was worse than the physical. Whenever he closed his eyes to sleep, he said that he saw terror. John Moss died in the explosion, along with the battalion's newspaper editor, Peggy Holland, and the office secretary, Karen Carr. In 1998, upon recommendation of the Recruiting Command, the Army's Civilian Journalist of the Year Award was named in honor of John Moss and Peggy Holland. The acting secretary of the

Army, at that time, approved the award, and every year the best Army civilian journalist receives the Moss-Holland Award. On April 19 several survivors of the Oklahoma City terrorist attack joined about 1,600 others — including Vice President Dick Cheney and former President Bill Clinton — at a memorial built on the site of the federal building. All bowed their heads for 168 seconds of silence beginning at 9:02 a.m., the time of the explosion on April 19, 1995. For many of those who survived the tragedy, and even for many involved in the recovery operations, the memories of that day are still too painful to discuss. At that time, it was the worst terrorist attack in America. Some even trace the beginning of the nation's War on Terror to the attack in Oklahoma City, but it could also be said that the enemy there was from within. McVeigh was a former Soldier who reportedly was retaliating for an incident exactly two years earlier on April 19 in Waco, Texas, when a number of Branch Dividians went up in flames during a siege by government agents. Others, though, claim the first terrorist bombing of the World Trade Center on Feb. 26, 1993, was the beginning of America's War on Terror. But Army Chief of Staff Gen. Peter Schoomaker has said that the War on Terror actually began with the Iran Hostage Crisis in November 1979. He participated in a mission that attempted rescue of the hostages. Perhaps the chief of staff's vision makes the most sense when it comes to the roots of the War on Terror. In the hostage crisis, we were pitted against foreign terrorists, from nearly the same part of the world where we face them today. In any case, it's clear that the beginnings of the War on Terror date back much further than Sept. 11, 2001. It just took that tragic attack to unite us all to fight back in force.



Spc. Johnny R. Aragon

On the prowl

Soldiers from 3rd squad, 1st platoon, C. Co., 2nd Battalion, 5th Infantry Regiment, Task Force Bobcat search an abandoned building for enemy activity during a foot patrol of the surrounding area at Deh Rawod fire base, Uruzgan, Afghanistan.

Lightning Spirit

Is it time to de-clutter your life?

Chaplain (Capt.) Scott Crossfield  
725th Main Support Battalion

I was not home from my deployment more than a couple days when the bug hit. No, I am not talking about getting sick — Lord knows I got that too — but what I am talking about is the cleaning bug. **The cleaning bug** I am far from one who needs to have everything spotless, but when I returned from overseas I was overwhelmed with the desire to “clean house.” It was not that my wife had done a bad job while I was gone, but it was from something deeper going on inside my head. At first it started innocently with a few things here and there, but soon it was out of control. My things, her things, kids’ things, pet things were all being sorted out by me — to either survive, go to Goodwill or go goodbye. At first my wife watched from afar. As my cleaning imposed on her space, though, she let me know that she needed to be consulted first. Soon, it turned into a full-blown argument, and we were well on the way to our first hiccup in the family reintegration process. After she reeled me in, I explained to her that it was a good thing for me to clean house and that she ought to take advantage of my willingness.

Then she decided to join me and direct my energies in a positive way. When all was said and done, we were both happy that we had de-cluttered our house and had provided a truckload of still usable things to a local charity. As well, we were left with the peace of mind that our next PCS (permanent change of station move) will be less of a chore. **The reintegration process** Many couples I have spoken to are going through the same things I've just described. Psychologically, I think it stems from the simplicity of our lives overseas: a bed and perhaps a dresser to store everything we would need to live on for an entire year. That was very simple and convenient. To return to the stuff that we have accumulated over the course of our lives can be complex and overwhelming. Also, all the nervous energy that we had stored up through coming home, coupled with our first real time off, made us ripe to want to be “doing something” when we got back. Any way you look at it, it seems that by cleaning house, many of us returnees were able to feel better about our future. Like cleaning our home to give us great emotional peace, I see that we also have a need to clean house spiritually — if we are to feel peace with God.

It does not take long for sin to build up on our plate through things we say or impure thoughts. Before we know it, like a house filled with clutter, our soul is filled with junk that just weighs us down. Thank God for his gift of forgiveness that he gives to all who sincerely ask. No matter what we have done to God, or others, just those magic words of saying “I'm sorry” can help us de-clutter our soul and move on with life. **The de-cluttered life** King David experienced this peace from God when he penned the words in Psalm 51. After being confronted with his sins of murder and adultery, he threw himself humbly at the feet of the Lord and pleaded with him to, “Create in me a clean heart, O God, and renew a right spirit within me.” Although David would have to face the consequences of his sin, God forgave his soul and David was able to move on with a clear conscience. Are you in need of a de-cluttering in your spiritual life? To de-clutter will most likely take some effort on your part, but the results will be worth your efforts. Don't go another day without getting things right with God and others. A clean house is nice, but a clean soul is essential for true happiness.

Voices of Lightning: How do you practice PT safety?



“Be aware of my surroundings.”

Spc. Rockeya Dasent  
Co. D, 725th MSB  
Truck Driver



“Wear the reflective PT belt and drink plenty of water.”

Spc. Daryl Hammel  
Co. HQ & A, 325th FSB  
Supply



“Obey the PT guidelines of wearing a reflective PT belt, hydration and running routes.”

Spc. Douglas Kelly  
HHC, 1st Bn., 25th Avn. Rgt.  
Communications Specialist



“Stretch properly, drink water and wear the reflective PT belt.”

Chaplain (Maj.)  
Norman Jones  
Fort Shafter  
Family Life Chaplain



“Have road guards and a PT plan already made in advance.”

Spc. Sam Ferrell  
HHC, 125th Sig. Bn.  
Radio Communications  
Security Repairer

(Editor's Note: For more on PT safety, see page B-7 for information about running routes and road guards.)

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# DPW moves facility improvements into fifth gear

By Bill Hollingsworth  
*Directorate of Public Works*

The Directorate of Public Works, or DPW, continues to improve facilities for units and Soldiers all across Hawaii.

The Honolulu District, Corps of Engineers, has each of the quads on Schofield Barracks and Wheeler Army Airfield scheduled for renovation under the Whole Barracks Renewal program. The 45th Corps Support Group recently moved into K Quad and 25th Aviation Brigade is in the process of occupying its new complex at WAAF in the next weeks.

DPW is also renovating barracks that require urgent attention in between these

multimillion-dollar projects such as repairing air conditioning at 65th Engineer Battalion's Building 1492 and renovating latrines in I Quad (Buildings 745, 746 and 747), all of which were recently awarded to Nan, Inc. under the Barracks Triage program.

DPW is identifying requirements now to paint and repair air conditioning in B Quad (Buildings 155, 156, 157 and 158), plus cleaning and painting Medical Hold and Medical Holdover barracks for wounded Soldiers returning from Operations Enduring Freedom and Iraqi Freedom.

Buildings 672 and 678 are already complete, and contractors are finishing up painting of Building 132. Other hot programs on DPW's agenda include stationing projects for

the 94th Anti-Aircraft Missile Defense Command at Fort Shafter. DPW crews are completely renovating Buildings 320, 1507, 200 and other facilities, some of which were programmed for demolition until DPW got word of this new unit's impending activation.

This current construction boom will continue right into the next calendar year with several million dollars in transformation projects scheduled on the main post, East Range, and Wheeler Army Airfield.

Construction contracts will be advertised within a few weeks to construct offices, install sprinklers for fire protection, upgrade electrical systems, conduct site preparation for an Alert Holding Area, as well as an ammunition residue removal facility.

Future projects are being designed to construct motor pools, headquarters, arms rooms, and training facilities for the new Stryker Brigade and associated units.

After construction is complete and units have bedded down in their new facilities, DPW will continue to support them with groundskeeping, refuse collection, chemical latrines and all the other services that keep the installation going, as well as master planning to keep abreast of requirements for future development.

Several new initiatives are also in the works.

*(Editor's Note: For more information, contact Bill Hollingsworth, DPW Engineering Division chief, at 656-2942, ext. 3047.)*

# Pearl Harbor's high voltage work supports Army's war efforts

Hawaii Soldiers get valuable training from local Navy electricians

Story and Photo by  
Denise Emsley  
*Naval Facilities Engineering Command, Hawaii*

PEARL HARBOR — Do people have one or two shadows? The usual answer is one; however, the high voltage electricians of Naval Facilities Engineering Command, Hawaii, have had two shadows, off and on, since the end of November 2004.

At that time, military personnel from the Army's 249th Engineering Battalion (Prime Power) began shadowing some of the Navy's civilian utilities experts to gain more hands-on experience working with electrical distribution systems.

The Battalion's 1st Detachment, A Company — located at Schofield Barracks, requested assistance from NAVFAC, Hawaii, last fall. when the detachment was looking for additional knowledge and practical experience for its personnel.

As a result, a number of qualified, high voltage Army personnel with at least five to 10 years experience have successfully trained with NAVFAC Hawaii civilians with 20-plus years of experience.

“We have been working with Soldiers of the 249th Engineering Battalion for some time now,” said Richard Abel, electrician high voltage leader. “What we are offering is an opportunity to exercise their knowledge and do some hands-on work under safe conditions.”

The Army sought practical experience in overhead and underground high voltage distribution, and preventive maintenance of high voltage transformers and switchgear, relays and meters.

“The military personnel get free training and NAVFAC Hawaii benefits from their labor hours,” Abel explained. “We have them working with us setting utility poles, surveying for portable generator use for scheduled outages, installing security lighting, troubleshooting faulted circuits, and going up in basket trucks doing de-energized work.”



A pole climber with the 249th Eng. Bn. (upper right), receives direction on a job site from NAVFAC Hawaii electricians.

schedules.

“Working with the high voltage guys at NAVFAC Hawaii has been instrumental in allowing us to train on overhead HV distribution,” said Staff Sgt. Randy Egner. “This is a skill which we don't have too many opportunities to practice, and there is a chance we might have to do this type of work in Iraq.”

These same Soldiers preparing for Iraq have also spent time in Afghanistan where they installed overhead electrical distribution for Bagram and Kandahar Air Bases. They expected that they would probably assess and design power for future base camps and troubleshoot power problems in existing base camps, as well as troubleshoot Iraqi power problems.

Other work the unit has recently been involved in includes hurricane disaster relief in Florida last August and September; tsunami disaster relief in Thailand and Sri Lanka; power plant installation and operation in Uzbekistan, Kyrgyzstan, Afghanistan, and Iraq; and electrical systems inspection

and repair at veterans' hospitals.

NAVFAC manages all facets of planning, design, construction, contingency engineering, real estate, environmental, and public works support for U.S. Navy shore facilities around the world.

## FACTOID

The wartime mission of the 249th Engineering Battalion (Prime Power) is to provide clean, uninterrupted power to forward base camps and to access the local area's electrical infrastructure. During peace, it aids the Federal Emergency Management Agency in worldwide disaster relief missions (hurricanes, typhoons or tsunamis) by assessing electrical needs and installing generators to critical facilities.

# Army Emergency Relief campaign extends 30 days

Command hopes donations will surge toward \$240,000 AER goal

By Joy Boisselle  
Staff Writer

The 2005 Army Emergency Relief fund campaign scheduled to end April 14 has been extended to May 15, according to 1st Lt. Josh Walter, AER campaign coordinator.

Lagging behind last year's contributions, Walter attributed the decrease in donations to the ongoing redeployment of Soldiers, as well as large numbers of Soldiers still on block leave. He expressed optimism that this year's donations would meet and exceed the campaign's \$240,000 goal.

As of Wednesday, contributions are at more than \$215,000.

In a briefing to leaders, Maj. Gen. Eric T. Olson, commander, 25th Infantry Division (Light) and U.S. Army, Hawaii, said, "AER is about Soldiers helping Soldiers ... our true goal is to get 100 percent contacted. ...It is up to the leadership to find ways during deployment cycle support and the redeployment to make this AER campaign a success."

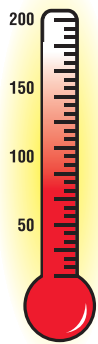
"We want to be able to capture those contributions [of Soldiers deployed or on block leave]," Walter added.

The highest single donations to date are generous contributions of \$1,000 from a retiree and \$720 from an active duty Soldier.

"At AER, we are seeing a lot of redeploying Soldiers with financial problems. Primarily the problems involve their vehicles and family hardships, and the AER staff is busy granting loans and grants," Walter said, stressing the importance of the ongoing fund campaign.

"Now more than ever, the need is definitely here for our redeploying Soldiers, and it is critical to donate to the campaign to keep AER a viable source of help for our Soldiers."

*(Editor's Note: 1st Lt. Josh Walter contributed to this article.)*



## News Briefs

**Retiree Appreciation Day** — Schofield Barracks will host its annual Retiree Appreciation Day to provide retirees and their families up-to-date information on retirement benefits, privileges and entitlements, Saturday beginning at 9 a.m.

Retirees can renew past acquaintances, listen to guest speakers, obtain medical screening and stay abreast of the latest retiree benefits at this venue, taking place at the Nehelani Banquet and Conference Center, Schofield Barracks.

Speakers for the program include Brig. Gen. Bernard S. Champoux, assistant division commander (Support); the deputy commander for Clinical Services, Tripler Army Medical Center; the director of the Veterans Benefits Administration, Honolulu Regional Office; and the president of the National Association for Uniformed Services in Springfield, Va.

The program begins at noon, and guests may purchase lunch following the program.

Payment of \$15.95 per person is required at registration. For more information, call the Schofield Barracks Retirement Services Office at 655-1585/1585.

**Hui O' Na Wahine Scholarships** — Governor Linda Lingle will be the guest speaker for this year's Hui O' Na Wahine Annual Scholarship and Welfare Grant Dinner on Monday at 6 p.m. at the Nehelani Club. Lingle will speak following the awarding of scholarships and community grants.

Spouses are welcome to

attend this event, and there are no standing reservations. Cost is \$18.

To make a reservation contact your reservation chair and give your dinner choice (beef or mahi-mahi).

**Warrant Officer Briefings** — Soldiers can learn all about the warrant officer program when the recruiting team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Kentucky, discusses warrant officer qualifications and application procedures here in May.

Briefings will take place at Fort Shafter in Building T101, Room 101A, Monday at 10 a.m. and 1 p.m., and May 3 at 10 a.m. only.

Another set of briefings will be at the Schofield Barracks Post Conference Room, Wednesday at 10 a.m. and 1 p.m., and May 6 at 10 a.m. only.

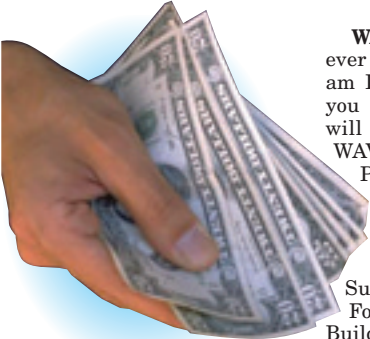
For more details, contact Sgt. 1st Class Osborn at 536-0466 (DSN), 1-502-626-0466, or 1-270-304-9125 (cell).

**Days of Remembrance Observance** — The 25th ID (L) and USARHAW will host this year's observance on May 6 at 10 a.m. in the Sergeant Smith Theater on Schofield Barracks. The guest speaker will be Dr. William Samelson, a Holocaust survivor.

The theme is "From Liberation to the Pursuit of Justice," and the community is invited to attend this event, which promises to enlighten and encourage.

For more information, call the 25th ID (L) Equal Opportunity Office at 655-0053.

**Salary Negotiation** — If you've ever wondered how people get the best jobs with great salaries, you can get your



questions answered at a Networking and Salary Negotiation Workshop to be held at Army Community Service, Schofield Barracks, Building 2091, Thursday, May 12, from 9:30 to 11:30 a.m.

Attendees will get information on networking basics, principles of salary negotiation and determining their market value. To register, call 655-2400.

**Olson Farewell** — The aloha farewell for Vicki Olson will be held May 16 at the Helemano Plantation at 6:30 p.m. Cost is \$11 per person.

Contact your family readiness group leader for more details.

**Asian-Pacific Islander Heritage Observance** — The 25th ID (L) and USARHAW will host an Asian Pacific Islander Heritage Observance on May 20 at 10 a.m. in the Sergeant Smith Theater on Schofield Barracks.

The theme for this year's observance is "Liberty and Freedom for All" and promises to be both educational and enlightening. Various cultural displays will be featured throughout this event.

The community is invited to recognize and embrace local diversity. For more information, call the 25th ID Equal Opportunity Office at 655-0053.

**WAVE Study** — Have you ever wondered, "What on earth am I here for?" Do you think you may have missed God's will for your life? Join the WAVE for the "40 Days of Purpose Campaign" and learn God's five purposes for your life. This study runs through May 22.

The Wave meets each Sunday at 10 a.m. in the Fort Shafter dining facility, Building 503-B. Bring a friend along with you and start living a purpose-driven life.

For more information, call 438-1816.

**TRICARE** — Tripler Army Medical Center provided red, white and blue business cards with TRICARE Online, or TOL, information throughout the hospital and at Schofield Barracks Health Clinic a couple years ago. The toll-free number on the cards, however, has been disconnected and no longer works.

To sign up for TOL that offers some appointment times online and other health information, go to [www.tricareonline.com](http://www.tricareonline.com).

**Army Emergency Relief** — Consider making a voluntary contribution to your Army community AER fund. Your contribution is important to individuals with emergency needs.

Monetary donations are accepted at any time. For more information, contact your unit AER Fund Campaign project officer, or call 655-2383.

**Hurricane Exercise** — U.S. Army Hawaii units and installations will participate in the annual statewide Hurricane Exercise Makani Pahili 2005 from May 6-13. For additional information, contact Ray Pack at 655-5253.



# Personnel detachment brings convenience to Salerno troops

By Staff Sgt. Bradley Rhen  
CTF Thunder  
Public Affairs Office

FORWARD OPERATING BASE SALERNO, Afghanistan — At this time last year, units here were pretty much on their own when it came to personnel actions.

Whenever some sort of action was needed, chances are it had to be done in person at Bagram Airfield. This inconvenience often posed a loss of productivity at one of the most forward bases in Afghanistan.

That changed in July when a detachment from Task Force 556th Personnel Support Battalion arrived from BAF. It's comprised of Soldiers from the 556th Personnel Service Battalion, an active Army unit from the 25th Infantry Division (Light) out of Schofield Barracks, Hawaii, and the 847th Personnel Support Battalion, an Army Reserve unit out of Whitehall, Ohio.

The 24-person detachment handles everything from evaluation reports and promotions to identification cards and rest and relaxation (R&R) leave for the 1,500 active duty

and reserve component service members here.

“Before we came down here, a PSB would never be out this far,” said Master Sgt. Michael Estridge, the detachment sergeant.

“We’re as far forward on the battlefield as you can go to assist the Soldiers and take care of their needs,” said 1st Lt. Paula Wilson, the detachment commander.

Wilson said having a PSB right on FOB Salerno is much more efficient for the units here.

“Rather than losing weeks of Soldier time, they’re losing less than a day of Soldier time by being able to walk over here and get it done,” she said

When the detachment initially arrived at FOB Salerno, it had its work cut out for itself. The Soldiers learned that they had to set up their tent, dig trenches around it, then set up their own communications. They also had something more dangerous to deal with when they first got here: back then, FOB Salerno was the frequent target of enemy rockets.

“We had a lot of anxiety with the Soldiers, and we tried to minimize that by

doing our pre-planning to get down here,” Wilson said. “Until you get here, the fear is very high because of what the people were being told.”

Wilson said everyone in the detachment experienced their first rocket attack within their first week at FOB Salerno.

The deployment has been even more of an eye-opener for Sgt. Jenny Frizzell, one of the personnel specialists at the Salerno detachment. Apprehensive about just coming to a base that was known to be the target of frequent rocket attacks, Frizzell soon found herself accompanying Marines on combat patrols.

“It was awesome,” she said of the opportunity to go out on patrol. “It was cool to get out and see what we’re doing over here.”

On these patrols, Frizzell’s job was to separate and search female Afghans, since Afghan culture prohibits men from doing so.

As far as her role as a personnel specialist, Frizzell said it gives her satisfaction knowing she came down to help service members who didn’t have a PSB before.

“Otherwise, it would be a lot harder for them to get the work done,” she said.

Estridge said his job is rewarding because he gets to see other people’s needs get taken care of.

“I’ve been walking down the street and had people come up and thank me for taking care of their needs,” he said.

“It might be something real simple to us, but to them it was a big deal.”



Spc. Laura Griffin

Specialist Christopher Holman, a personnel service specialist with the 847th Personnel Service Battalion, gives newcomers' brief to Soldiers from 2nd Battalion, 504th Infantry Regiment, 82nd Airborne Division, April 20 at Forward Operating Base Salerno, Afghanistan.

## Keeping the presence



Spc. Timothy Watson, a crew-serve gunner for Company C, 2nd Battalion, 5th Infantry Regiment, keeps an eye out for enemy activity while on a presence patrol near Fire Base Tycz, Afghanistan, last month.

Spc. Tiffany Levesque

# Five prominent Hawaii leaders to take on U.S. Army War College

By U.S. Army, Pacific  
Public Affairs Office

FORT SHAFTER — Five prominent Hawaii residents were selected to attend the 51st Annual National Security Seminar at the U.S. Army War College at Carlisle Barracks, Pa., June 6-10.

The seminar provides a forum in which distinguished participants may discuss their views on national security issues with military stu-

dents and faculty of the Army War College, and guest participants from across the country.

Hawaii participants are among approximately 150 civilians invited to participate. Organizers seek to invite American citizens who do not have a longtime association with the military.

Lt. Gen. John M. Brown III, commander of U.S. Army, Pacific, served as the nominating official for the Hawaii candidates chosen to

attend.

Hawaii residents selected to participate include Robin Paunani Danner, president of the Council for Hawaiian Advancement; Richard (Kaipo) Lum, founder of Vision Foresight Strategy, a futures and research consulting firm; William Kaneko, president and chief executive officer of the Hawaii Institute for Public Affairs; Christina Kemmer, executive vice president of Communications Pacific, Inc., and

the civilian aide to the Secretary of the Army, Hawaii; and Cynthia K. L. Rezentes, chair of the Waianae Coast Neighborhood Board.

The seminar provides some of Hawaii's most influential leaders a unique opportunity to get to know some of the prospective leaders of their armed forces and officials of other government agencies and share their perspectives on a variety of issues impacting our nation's security.

Seminar participants represent a cross-section of American citizens with diverse experience, interests and views, and who have achieved success in many fields of endeavor. Their individual backgrounds, experiences and day-to-day awareness of key national and international issues, and personal commitment to the security and welfare of the nation, are the only requirements necessary to prepare for the seminar.

## Securing Mosul



Air Force Tech. Sgt. Mike Buytas

Pvt. Brian Curl from 2nd Platoon, Bravo Company, 1st Battalion, 5th Infantry, 25th ID (L), conducts a dismounted patrol near Mosul, Iraq, last month. The Stryker Brigade Combat Team is assigned to Task Force Freedom and is supporting Operation Iraqi Freedom.

## Schofield guide scores tops in design category

U.S. Army Installation Management Agency  
Public Affairs Office

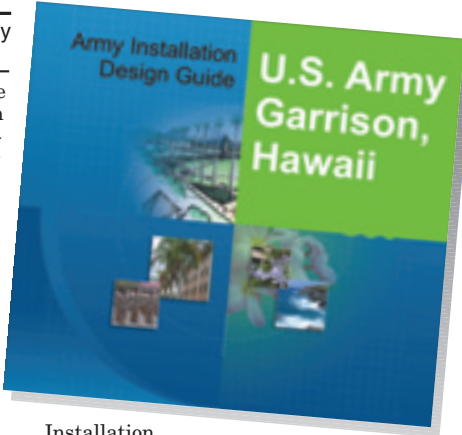
FORT SHAFTER — The pages of the Schofield Barracks Army Installation Design Guide were selected as the best produced at the 2004 Federal Planning Division annual project awards. The guide provides policy makers with a comprehensive, long-range plan to help develop current or future facility and infrastructure needs. Judges praised the guide's look, feel and concepts.

“One does not expect the U.S. Army to be a leader in urban design,” said contest judge Professor John Landis of the University of California, Berkeley. “That’s what makes this project so unexpected and so exciting.”

The award-winning guide, he said, “clearly explains the planning process, planning goals and objective and visual design themes and principles.”

The Schofield Barracks IDG, U.S. Army Garrison, Hawaii, was the first design guide to be prepared and one of 44 projects submitted to the Federal Planning Division for consideration in six categories. Representatives of Black & Veatch, Special Projects Corporation, accepted the recent award on behalf of the Pacific Region Office of U.S. Army Installation Management and Garrison Hawaii at the Federal Planning Conference luncheon held last month in Honolulu.

The automated IDG replaces the old



Installation Exterior Architectural Plans. It has been used at Schofield Barracks and is in the process of being used at Fort Shafter, Tripler Army Medical Center and Wheeler Army Airfield.

Army officials said David Lee, a Department of Public Works civil engineer, and his visionary planning staff were instrumental in the development of the IDG.

*(Editor's Note: For more on the design guide, contact Steward Diamond or Bill Erwin at the Public Affairs Office, U.S. Army Installation Management Agency, Pacific Region Office, at 438-0650 or 438-6352. Or e-mail diamonds@shafter.army.mil or erwin-bj@shafter.army.mil.)*





The 65th Eng. Bn. and distinguished guests gathers round to pay homage to their comrade in arms who was killed in action in Iraq: Spc. David P. Mahlenbrock.

# Memorial plaque dedicated to fallen Soldier

Story and Photos by  
Capt. Kevin A. McQueary  
*65th Engineer Battalion*

A solemn ceremony took place on Leaders Field, Schofield Barracks April 20, to venerate the ultimate sacrifice made by Spc. David P. Mahlenbrock while serving his country in Iraq.

Honored guests and members of the 65th Engineer Battalion gathered to witness the dedication of a plaque for the newly opened dining facility in Building 1492.

After the invocation by Chaplain (Capt.) Clint Black, 65th Engineer Bn. Commander, Lt. Col. Andrew V. Jasaitis spoke of Mahlenbrock's service to his nation.

"This plaque will serve as a remembrance of a courageous combat engineer," Jasaitis said, "who gave his life to protect his nation against terrorism and who fought so that others might be freed from oppression in order to have a better way of life."

Mahlenbrock was serving as an

M240B gunner in Company B, 65th Engineer Bn. He deployed for Operation Iraqi Freedom II in January 2004 and completed 11 months of his tour with the 2nd Platoon "Renegades" before that fateful day.

On Dec. 3, 2004, a roadside bomb struck Mahlenbrock's Humvee in Kirkuk, Iraq, taking his life and wounding two of his fellow Soldiers. Their mission had been to clear the route and make it safe for convoys.

Mahlenbrock is the first Tropic Lightning "Sapper" to be killed in action in a combat zone since the Vietnam War, nearly 25 years ago.

"Today, as in the past, the loss of any life is a tragic and a grieving event for loved ones and for fellow comrades," Jasaitis emphasized, "and reminds us of the price that free men and women must sometimes make in order to defend human liberty."

"What do you say about a fallen comrade?" asked Col. Patrick Stackpole, one of the VIPs in attendance at the event. "It's simply an honor to be here to celebrate the

memory of a great Soldier in the company of those who knew and esteemed him best."

Chaplain Black, who was in Iraq at the time of the event and witnessed the aftermath of the tragedy, commented that "his unit displayed a remarkable amount of support for each other and cared for the Mahlenbrock family throughout the entire ordeal."

Sgt. Stephen Fritz, Mahlenbrock's team leader, remembers him as "a great Soldier as well as a great friend. "Brock," as he was called in 1st Squad, was a Soldier who displayed integrity, loyalty and selfless service in all he did," Fritz said. "Brock took his job seriously — in mind and heart — and had a true passion for being a combat engineer. He always kept a positive attitude and was a joy for others to be around."

Mahlenbrock's squad leader, Sgt. Shannon Williams, described him as "a Soldier in whom you could always depend on in any situation to get the job done without any complaints, always thorough. He took

all missions seriously ... always kept his spirits high ... and he helped lift other people's spirits as well.

"He was a true comrade in arms, part of a team, a family, a band of brothers," Williams explained.

Mahlenbrock is survived by his wife Melissa, his high school sweetheart he first began dating at the age of 14. They were married on Oahu in August 2003 after Mahlenbrock was stationed at Schofield Barracks. Three days after he deployed, Melissa discovered she was pregnant with their daughter Kadence.

Fortunately, Mahlenbrock made it home on leave to see his daughter, arriving six days after she was born that September. During those precious two weeks he shared with his daughter, he took the time to record himself reading bedtime stories for her.

"He had made so many plans for her," Melissa said. "I intend to see them all through."

The 65th Engineers will petition to have their dining facility named



The memorial plaque is located in Building 1492, the 65th's newly opened dining facility.

in honor of Spc. Mahlenbrock.

Officially, a government building, or a portion thereof, cannot be memorialized until a grace period of at least one year following the death of an honoree.

# Grateful nation offers Guard, Reserve health plan

TriWest Healthcare Alliance  
Public Affairs

Homecoming is getting a little sweeter for thousands of men and women serving in the Reserves and National Guard like Lt. Col. Sandy Raynor, commander of the Army Reserve's 301st Military Intelligence Battalion in Phoenix.

She returned from an overseas Reserve deployment almost two years ago. Her husband, Chief Warrant Officer 5 Jeff Raynor, recently returned fromAfghanistan.

Both service members will be eligible for the new TRICARE Reserve Select program, or TRS, a health care plan designed especially for returning service members that launched Tuesday.

The TRS program is a grand homecoming

welcome, says Raynor.

“TRS is good for Reserve families,” she said. “These types of benefits help provide stability in health care, allowing families to stay with the same providers and receive continuity in care.”

TRS is a necessity in today’s world.

“Today's Guard and Reserve members are spread throughout the entire country and not necessarily located near military facilities that have treatment facilities,” Raynor explained. “It’s good that there are health care options for us, especially when we come back from deployment.”

A grateful nation thought so, too, and Congress last October overwhelmingly authorized the new health care program for those released from active duty and who continue membership in the

Reserves or National Guard.

Reserve and National Guard members are eligible if they have been on active duty at home or abroad, on or after Sept. 11, in support of military operations such as Enduring Freedom, Noble Eagle and Iraqi Freedom.

TRS is affordable. Monthly premiums are more than comparable with civilian health care plans. For calendar year 2005, premiums are \$75 for individual coverage and \$233 for family coverage.

Purchasing the TRS health care plan is a three-step process, and there’s a time limit to get on the program.

Since Congress adopted the National Defense Authorization Act establishing TRS (among other health care initiatives), the drive to implement this new program by the

Department of Defense and the Military Health System has been unrelenting.

TriWest Healthcare Alliance, which administers the TRICARE program for the West Region, which serves states west of the Mississippi River to Hawaii and Alaska, is prepared to provide access to health care under the TRS program.

“We are committed to serving this most deserving population as they take advantage of this needed and necessary program,” said TriWest President and CEO David McIntyre Jr. “All of us at TriWest share our nation’s gratitude for the fine and dedicated service of these special men and women.”

*(Editor’s Note: For more information on the TRS program, visit [www.triwest.com](http://www.triwest.com) or [www.dmdc.osd.mil/Guard-ReservePortal](http://www.dmdc.osd.mil/Guard-ReservePortal) Web sites.)*

## Though blood is needed, many are just not able to donate

By Justin E. Metz  
Armed Services Blood Program  
Tripler Army Medical Center

You look at the command calendar and see it’s time for another blood drive at the Community Center. Then at the morning meeting the first sergeant asks all present, “Can you give blood?”

Of course you can, you say. You’re healthy, motivated and want to do your part. You’re a regular donor and have been donating blood for a number of years. Why would anyone need to ask?

through 1996 for a total of six months or more; traveled or resided in Europe from 1980 to the present for a cumulative period of five years; and anyone who received a transfusion in the United Kingdom since 1980 or received bovine insulin produced in the United Kingdom since 1980.

For recent assignments to Europe, beginning in 1997, military members can continue to donate blood until they have accumulated a total of five years in Europe.

**Can you give blood?**

If you have been stationed overseas anywhere in Europe since 1980, you might now be ineligible to donate blood. Why? Because of variant Creutzfeldt-Jakob disease.

Never heard of it? It’s been in all the newspapers and on all the television newscasts. Maybe you remember the name these news stories used as Mad Cow Disease. Variant Creutzfeldt-Jakob disease is the human form of Mad Cow Disease.

While there has not been any reported cases of variant Creutzfeldt-Jakob disease (vCJD) transmitted through blood donations, nor has any scientific study provided such a link, Food and Drug Administration officials are recommending that anyone, military or civilian, who has traveled or resided in the United Kingdom and Europe for specific periods of time, be prevented from giving blood.

The risk of vCJD transmission from human blood is theoretical only, and the new DoD standard is only precautionary and a very conservative approach. It is designed to ensure the safety of all service members and their families, and to reassure all members that the DoD blood supply is the safest in the world.

Since Oct. 29, 2001, individuals who have been stationed in Europe for a period of six months or more, or people who have been stationed in Great Britain for three months or more since 1980, have not been permitted to donate blood to the Armed Services Blood Program or the American Red Cross.

Specifically, the new criteria indefinitely restricts those who traveled or resided in the United Kingdom from 1980 through 1996 for a cumulative period of three months or more; were stationed in Europe from 1980 through 1996 for a total period of six months or more; traveled or resided in Europe from 1980

**What about current world operations?**

If you’ve served in Afghanistan, Pakistan or Iraq, you’ll also be deferred for at least a year upon return to the U.S. because these areas are Malaria zones.

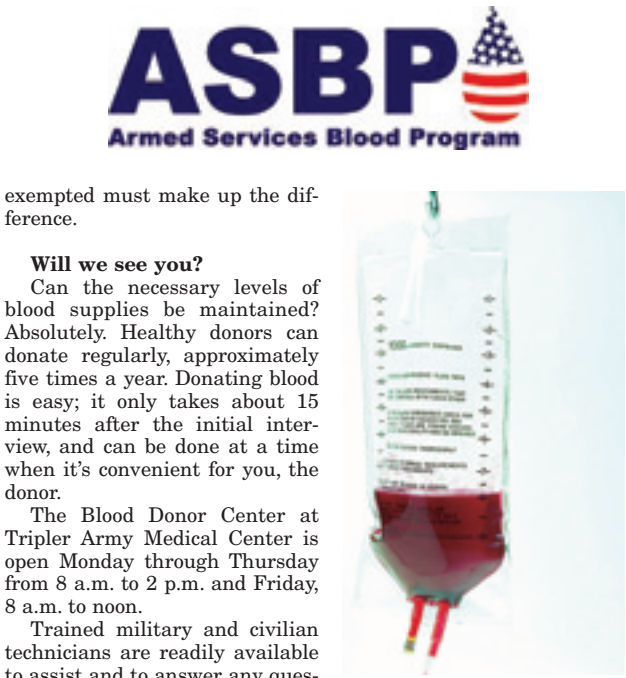
If all this sounds complex and confusing, it’s because duty assignments are complex and varied. For more specific information on your own status, you will need to see your local medical provider, who in turn can get copies of the Assistant Secretary of Defense, Health Affairs, Memorandum of Sept. 13, 2001, which spells out the DoD policy for variant Creutzfeldt-Jakob disease. Your provider can also check the latest lists of geographical areas for other deferral reasons.

Right now, approximately 43 percent of U.S. military personnel are deferred from donating blood for one reason or another. This large percentage places an even greater burden on the military blood supply.

Each year more than 100,000 units of blood are collected from military members and their families for exclusive use by the Armed Services Blood Program, which is administered by military personnel for military personnel and is the primary provider of blood supplies to the military, in peacetime and wartime.

Requirements have not lessened, and the task of maintaining the supply level of military blood becomes the responsibility of the remaining 57 percent not affected by the restrictions above.

Until scientific tests are developed and the restrictions lifted, those not



exempted must make up the difference.

**Will we see you?**

Can the necessary levels of blood supplies be maintained? Absolutely. Healthy donors can donate regularly, approximately five times a year. Donating blood is easy; it only takes about 15 minutes after the initial interview, and can be done at a time when it’s convenient for you, the donor.

The Blood Donor Center at Tripler Army Medical Center is open Monday through Thursday from 8 a.m. to 2 p.m. and Friday, 8 a.m. to noon.

Trained military and civilian technicians are readily available to assist and to answer any questions you may have.

It is up to us to help take care of our military service members, their families and our DoD civilian members by donating blood:

the gift of life.

*(Editor’s Note: Justin E. Metz is Tripler’s blood donor recruiter, and he can be reached at 433-6699.)*

*Upcoming Blood Drives	
May 4 Helemano Military Reservation Community Center 9 a.m. to 3 p.m.	
May 10 Joint Intelligence Center, Pacific Pearl Harbor 10 a.m. to 2 p.m.	
May 12 Installation Personnel Administration Center Kaneohe Bay 9 a.m. to 3 p.m.	
May 17 Personnel Support Detachment Pearl Harbor 10 a.m. to 4 p.m.	
May 18 Aliamanu Military Reservation Chapel 9 a.m. to 2 p.m.	
*Blood donations are always welcome, any Monday through Thursday between 8 a.m. to 2 p.m., and Friday from 8 a.m. to 12 p.m., in Oceanside Room 2A207. For	



# Army to begin 'mock billing' for some privatized housing

Army News Service

WASHINGTON — The long-awaited “utility mock billing” plan begins in earnest Sunday at selected privatized housing sites.

The Army and its partners have been very deliberate in their strategy to implement and ultimately make Soldiers responsible for their utility usage, according to Army officials.

Soldiers in privatized housing will receive mock bills, showing their utilities use/consumption, but will not have to pay any out-of-pocket expense. The mock bills will begin arriving in June, said Don Spigelmyer, director of the Residential Communities Initiative that has privatized housing at 23 installations. The mock utility billing program will gauge energy consumption at the installations for a year, he explained.

The five installations to initially participate in the mock utility billing program are Fort Carson, Colo.; Fort Hood, Texas; Fort Meade, Md.; Fort Lewis, Wash.; and Fort Campbell, Ky.

Three additional installations are scheduled to begin participating in the mock utility billing program later this year: Fort Bragg, N.C.; Fort Stewart, Ga.; and Fort Belvoir, Va.

Meter readings at some locations actually began last fall, but the mock utility billing was postponed until spring, said Ivan Bolden, RCI program manager for policy. He said the meters are being read simply to determine an average monthly consumption rate for electricity, gas and heating oil.

Eventually, military families living in privatized housing on post will become responsible for their utilities, Spigelmyer said. Actual utility billing will probably take place in mid-2006 after average consumption rates are computed and a year of “mock” bills have recorded usage, he said.

When actual billing begins, those families that use less than the average



rate will earn a rebate or credit, Bolden said, and those who use more will pay the difference.

“If you conserve, you can save money,” Bolden said.

Along with the mock bills this year, families will also receive monthly energy tips and training on how to be more “energy efficient,” Bolden said.

The mock billing period will accomplish several things: First, it will help residents track their usage and consumption patterns; second, residents will receive monthly tips on how to conserve; and finally, they will be offered training to help families learn to be more energy efficient. This way, Army families can comply with the OSD policy and do their part to conserve energy resources, Bolden said.

If Soldiers and their families use utilities in a conscientious manner, their BAH should cover all costs — rent and utilities — in privatized housing, Spigelmyer said.

**Other services to follow suit**

DoD established the policy to conserve energy and track usage, said Rhonda Hayes, deputy director of the Army’s RCI program. In the future, she said all of the military services will hold residents in privatized housing responsible for their utility usage.

“They felt the only way to bring about conservation was to make the user responsible,” Hayes said, adding that there would be no incentive otherwise.

Just as the off-post person is responsible [for utilities], the person living on post in privatized housing will be

responsible too,” Bolden said.

**Only new, renovated are units metered**

Only new and fully renovated houses will receive the mock bills, Bolden said, because these homes are energy efficient, or “energy-star compliant,” which he said is the industry term.

The majority of old homes are not individually metered, Bolden said, so it would be difficult to gauge usage and bill residents. However, once they are fully renovated, they will be included in the “mock billing.”

**50,000 homes under RCI**

Under the RCI program, more than 50,000 family housing units at 23 installations have been turned over to private developers. The companies manage the housing and collect rent through Soldiers’ Basic Allowance for Housing. In return, the companies provide property management services, renovate existing homes and build new housing.

“It’s all about providing quality housing for the Soldiers and their families and using our nation’s energy in a wise manner,” Bolden said.

The mock billing program is scheduled to last a year, Bolden said. After this period, he said the Army will make adjustments, if needed, to the program and then begin the phase where Soldiers will be responsible for use of their utilities.

*(Editor’s Note: Anyone with questions or comments about this article can send e-mail to OCPAFeedback@hqda.army.mil.)*

## New Lifecycle Funds aim to maximize thrift savings plans

By Gerry J. Gilmore  
American Forces Press Service

WASHINGTON — Recent surveys show most people contributing to DoD-sponsored thrift savings accounts shun riskier investment options and aren’t getting maximum returns to build bigger retirement nest eggs, a DoD thrift savings plan specialist said here April 20.

“The vast majority of participants do not fully take advantage of the Thrift Savings Plan,” Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council, told Pentagon Channel and American Forces Press Service reporters during a Pentagon interview.

The Thrift Savings Plan, Fenton explained, is a 401k-type program designed to provide tax-deferred retirement nest eggs for service members and civilian employees. TSP managers have noticed that “very few” participants transfer money out of more stable TSP investment programs into riskier options, she said.

Fenton surmised some participants might be leery of riskier TSP investment options because they have little or no stock market savvy. However, the new Lifecycle Funds program option slated for implementation sometime in July will enable TSP participants to have experienced money managers make investment decisions for them according to 10-year plans.

The Lifecycle Funds program “is going to help address the issue of people who want to take advantage of the Thrift Savings Plan but maybe are a little bit intimidated by making investment choices and allocating their participation contributions between all of the various funds,” Fenton explained.

The Lifecycle Fund program “is based on asset allocation within the fund, based on how long you are going to have that money in the fund until you retire,” Fenton said.

Almost half of the total \$140 billion invested in TSP accounts — about \$60 billion — is currently concentrated in the less-risky Government Security Investment, or G

Thrift Savings Open season  
April 15 - June 30

fund. The G fund, consisting of treasury bonds and other federally-backed investments, is considered among the most stable of the five TSP investment choices.

An almost equal number of TSP contributions — about \$61 billion — are now placed in the Common Stock Index Investment, or C fund. Yet, she pointed out, riskier options offered by the Fixed Income Index Investment, or F fund; the Small Capitalization Stock Index Investment, or S fund; and the International Stock Index Investment, or I fund, contain far fewer dollars.

Through use of the Lifestyle Fund program “the money is allocated for you amongst the five funds without you having to do anything,” Fenton explained. The system “is automatic” and “changes as your time in the military [or government] continues,” she said.

For example, Fenton said, typical investments early in a 10-year period would tend to be targeted toward riskier, but higher potential yield, TSP investment options. Investment choices would become more conservative as the end of the 10-year period nears, she added.

And after the current TSP open-season investment choice system ends July 1, participants will be able to change their investment options at any time, Fenton noted.

Although the TSP program doesn’t guarantee participants will make money on every investment, Fenton cautioned, she noted riskier investment options usually produce higher returns over the long term.

Some people may feel safer to continue steering their TSP funds to safer investments, Fenton said. But “to really leverage ... contributions and make the most of the thrift savings plan,” Fenton said, “we need to encourage people” to move their money out of more conservative investment options.

# Town Hall

From A-1

housing initiatives under Army Family Housing Hawaii and the numerous construction projects at all installations.

“They [deployed Soldiers] come back from these great victories and see these great things going on. This is the most exciting place to be in the United States Army, bar none,” Olson said, citing unit successes in Afghanistan and Iraq, and the division’s transformation.

He also added how important town hall meetings, Hawaii Army Family Action Plan conferences and other forums are to the command.

Olson urged leaders to promote town hall meetings and encourage attendance.

“Talk these forums up,” he said. “This is where the individual can be heard, and the leadership of the community wants your feedback.”

## Town Hall Highlights

**Transition Cycle Support:** This new program under the Directorate of Human Resources is designed to help with the large turnover of personnel expected this summer. The program consolidates many tasks associated with changing stations, leaving the service and retirement, and also prioritizes those services based on Soldier need and reporting dates.

The program will help Soldiers and families with transportation appointments, housing issues, turn-in of clothing and equipment and more. Soldiers should coordinate with their unit adjutant or contact DHR at 655-1974.

**AAFES Update:** As of April 9, the new Post Exchange is 10 percent complete, and demolition of the old Popeye’s and Burger King is underway. Construction plans are available at the exchange for resident information.

Army Hawaii Family Housing (AHFH) Survey: A housing survey to track customer satisfaction has been mailed to all residents. Feedback will help determine services to be provided to residents. The survey is confidential and does not identify where a respondent lives.

**AHFH Update:** Recycling trucks are coming aboard Schofield Barracks, Aliamanu Military Reservation and Fort Shafter. Contact your community center for times and dates.

Tree trimming contracts are in place, and trimming has begun in many communities.

Community Centers continue to plan activities, so contact your center for more information.

Further, Oceanic Time Warner Cable has been approved to provide service to residents. The company offers telephone, Internet and television at a discount to subscribers.

Construction begins next month across U.S. Army, Hawaii. Next month, demolition of Porter Place and parts of AMR begins.

As typical with construction, expect some road closures, traffic issues and utility work. Any significant disruptions will be announced.

**MWR Update:** Starbucks coffee is available at the Tropics. Get a complete listing of MWR events at <http://www.mwrarmyhawaii.com/>. Upcoming events include Sunset in the Park, Twilight Tattoo, and Right Arm Night.

# Operation Tribute to Freedom debuts its new Internet site

By Andrew Rothgaber  
*Army News Service*

WASHINGTON — A new Web site went online this past month for Operation Tribute to Freedom, a program to welcome Soldiers home and thank them for their service.

“We want to extend the ‘welcome home’ message by giving Soldiers opportunities to connect and share their Soldier stories with the American people through speaking and recognition events,” said Col. Richard H. Breen Jr., director of the Army’s Community Relations and Outreach Division, which manages OTF.

“Working with national media to highlight Soldiers in feature news stories is another way we ensure that no Soldier’s story goes untold,” Breen said.

**Site designed for event organizers**

The new Web site is designed to appeal to event organizers, veteran service organizations, media and others who want to offer Soldiers local and national opportunities to provide perspective and insight into their experiences in Iraq and Afghanistan, Breen said.

Through the site, event organizers can increase visibility of their event by posting homecoming and recognition events online. In addition, they can request Soldiers and officers to speak at local and national events.

“Who is better qualified to speak about the Army and the war than a Soldier?” said Brig. Gen. Vincent Brooks, Army chief of public affairs. “OTF helps the American people better understand the sacrifices of our troops — one Soldier’s story at a time.”

**OTF brings returning Soldiers to events**

Within the past three months, OTF, working in conjunction with public affairs officers, has coordinated Soldier participation in events rang-



ing from local parades, festivals and MOAA meetings to national events like the State of the Union Address, the Fiesta Bowl and the Daytona 500.

“Our fans were overtaken with emotion and outwardly showed their appreciation when the Soldiers from Iraq and Afghanistan were recognized at FedExField. Including the Soldiers really gave them a better appreciation of how much the American people support and welcome them home,” said Mike Stevens, senior vice president of marketing for the Washington Redskins.

Soldiers interested in speaking or being recognized at local and national events can register as volunteers on the OTF Web site. An OTF representative will contact Soldiers through their PAOs to support events in their area.

**OTF: Magnifying and amplifying Soldier stories**

OTF provides a valuable service to Soldiers and event organizers, but it also encourages Public Affairs officers at all levels to use the four services — Homecoming Support Service, Speakers Service, Recognition Service, and Soldier News Service.

“By working closely with PAOs, OTF helps to magnify all the great work that PAOs do on the local level

by securing placements in national or specialty media outlets and by including Soldiers in high visibility events,” said Maj. Beth Avey, OTF project manager.

“I’m a one-man shop, so I rarely have time to proactively share all of the amazing stories of our Soldiers with media,” said Travis Edwards, strategic outreach officer at Fort Lee, Va. “I contacted OTF to help generate feature story interest in the Soldiers that competed and won the Culinary Arts Competition.

“OTF secured national media interest and passed the interview opportunities on to me. The national placements really help to amplify what we are doing locally,” Edwards said.

“In essence, OTF is a combat multiplier for event organizers and PAOs, and for Family Readiness Groups planning homecoming activities,” said Breen. “All that PAOs and FRGs have to do is call us and we’ll work with them to extend their media and community outreach efforts.

“I know it seems too good to be true,” he said, “but that’s what we do.”

*(Editor’s Note: For more information about how to use these Operation Tribute to Freedom resources to tell the Soldier’s story, visit [www.army.mil/otf](http://www.army.mil/otf).)*





## Blown away

### The winds of history brave Nuuanu Pali Lookout

Story and Photos By  
Cpl. Megan L. Stiner  
*Marine Corps Base Hawaii*

NUUANU - Traces of Oahu's history are present everywhere on the second-largest island in the state of Hawaii. From artifacts in its museums and Hawaiian theme parks, to its many unique historic landmarks in Waikiki and beyond, the island is rich in a culture of times past.

One location that is significantly important to all interested in the history of Oahu is located off to the side of the road on a highway traveled by hundreds, if not thousands — military and civilian alike — who make the daily commute back and forth from Kailua and Kaneohe to Waikiki and downtown Honolulu.

The Nuuanu Pali Lookout, located just off

the Pali Highway, is the site of a great battle that occurred more than 200 years ago between King Paiea Kamehameha's warriors and the Oahu army.

#### The battle

King Kamehameha I, also referred to as "King Kamehameha the Great," was Hawaii's greatest statesman, warrior and king. He was the monarch of a family dynasty that would come to rule the Hawaiian Islands for more than a century.

To gain his leadership position, Kamehameha took control of the island of Oahu from the hands of the Oahu armies. Kamehameha's men forced the Oahu fighters who were led by Kalanikupule — chief of Maui and Oahu — over the lookout's 985-foot cliffs to solidify his conquest of the Hawaiian Islands.

The site of his victory over the previously established residents is one of the most widely visited scenic points on the road known as the Pali, which when translated means "cliffs."

The battlegrounds of the Nuuanu Pali Lookout are located on the inward route from downtown Honolulu to the Windward side. Signs guide travelers to the scenic point by way of a small road that veers from the main highway. Upon arrival, the expanse from the concrete observation area provides visitors and tourists with a breathtaking panoramic view of a vast majority of the Windward coast, as well as distant mountain ranges.

The lookout is known for having extreme and constant winds — the winds have been rumored to be strong enough, at times, to hold up a person who is leaning into them — but most visitors agree that the lookout's historical significance and beauty are well worth braving the gusty conditions.

#### The highway

Construction of the Pali Highway that leads to the lookout began in 1897. It replaced Old Pali Road. Before the highway, the road served as thoroughfare for traffic transiting through the mountains.

During the construction of Pali Highway, the bones and skulls of the more than 800 people were unearthed at the foot of the Pali's cliffs. It was later determined that those remains were those of Kalanikupule's fallen troops.



Stacy Swallows gets a laugh out of her daughter, Ashley, as the wind gives the young girl a new hairdo. The lookout point was not a new experience for the two Honolulu natives, but it was a special occasion because Ashley's uncle, Rick Selvidio (background), was visiting from North Carolina.

A placard with information about the battle between Kalanikupule's Army and King Kamehameha's troops is located at the lookout point of the Nuuanu Pali State Park.

#### The view

For those interested in experiencing an up close and personal, breathtaking view of the Windward side, or learning more about how King Kamehameha gained rule of the Hawaiian Islands, admission to the Nuuanu Pali State Park is free. The park is open daily from 9 a.m. to 4 p.m.



This view shows the Pali Highway as it enters the Honolulu-bound tunnel. The Pali Lookout is located high above the mountains and rocky cliffs above the tunnel.



Nuuanu Pali Lookout offers visitors an incredible view from above the Pali Highway. Nuuanu Pali State Park is the most visited scenic point along the Old Pali Road.





April

29 / Today

**Reserve Picnic Area** — If your unit would like to reserve a 20 x 20 picnic area at the Sunset in the Park event on Wheeler Army Airfield, May 21 and 22, call 655-0111 or 655-0112.

First priority will be provided to OIF and OEF units until May 13. After this date, reservations will be on a first-come, first-served basis. The picnic area will be the only area where canopies can be set up and grills used.

**Salvage Yard Hours** — The Schofield Barracks Salvage Yard is open this afternoon from 1 to 4 p.m. The salvage yard apologizes for any inconvenience this may cause, but it will return to normal hours after today. Call 655-2271 for more.

**Salute the Troops Concert** — There's still time to enjoy live, local entertainment at the Tropics on Schofield Barracks, Friday nights at 8:30 p.m. — with no cover charge. Listen to, "Upstanding Youth" tonight and catch "Kapena" on May 6.

Also on May 6, enter to win a trip for two to Las Vegas; however, you must be present to win.

Patrons can enjoy free entertainment, drink specials and food from MacGregor's Market. Also, guests can visit the Tropics and register to win a sport utility vehicle sponsored by JN Mazda.

Finalists are selected at each concert event, and at the end of the series, finalists will select a random key that may start an SUV. If your key starts the engine, you drive away in a new SUV.

Visit the Tropics or call 655-0002 for more information.

**NAF Warehouse Sale** — Are you looking for office or home furniture, golf course equipment, kitchen appliances and gadgets, or more? Visit the Warehouse Sale at Fort Shafter Flats, Building 1598, from 9 a.m. – 3 p.m.

Receive \$1 off the Hawaiian Luau Lunch Buffet at the Hale Ikena with a warehouse sale's receipt.

**Hawaiian Luau Lunch Buffet** — Taste a traditional

Hawaii style feast from 11 a.m. to 1 p.m. at the Hale Ikena at Fort Shafter, or at the Nehelani on Schofield Barracks. Cost is \$9.95 per person.

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

30 / Saturday

**Arts & Crafts Contest** — Enter your best artwork and compete for cash prizes before this contest entry deadline tomorrow. Call 438-1315 or 655-4202 for more information.

**Blue Star Card Program** — The Blue Star Card Program for spouses of deployed Soldiers will end as Soldiers redeploy. Operation Iraqi Freedom cards, those with a blue background, are no longer being accepted.

Operation Enduring Freedom cards, yellow background, will no longer be accepted. The program will continue for units returning after this date, and the program end date will be publicized.

Green background cards issued for the 29th Brigade Combat Team and the 100th and 442nd Infantry Regiments are valid through 2006.

Visit your Installation Access Pass Office to receive your Blue Star card. Call 438-0572 or 655-1620 for more details.

May

1 / Sunday

**Lifetime Sports and Recreation** — Hand in your stamp cards from the Lifetime Sports and Recreation Program by May 1st, for the next drawing for a weekend stay at Piliiaau Army Recreation Center or Kilauea Military Camp.

Completed cards can be handed in to the Fort Shafter Physical Fitness or Schofield Health and Fitness Center.

The winner will be notified. Call 438-1152 or 655-8007 for more information.

3 / Tuesday

**Right Arm Night** — Enjoy a Texas barbecue at the Nehelani on Schofield Barracks, May 3 beginning at 4 p.m. Listen to music from Dita Holifield, other local entertainers and emcee Charlie Garret. Enjoy all you can eat pupus and lots of prizes.

Tickets are available now. Cost is \$5 in advance or \$7 on May 3. Patrons must be 18 years or older to attend; no children will be allowed.

The first 3,000 Soldiers will receive a free baseball

cap. Call 655-4466.

4 / Wednesday

**Fourth of July Fund-raising** — Units and family readiness groups that are interested in fund-raising at the Fourth of July spectacular are encouraged to attend a meeting at 9 a.m. at the Kaala Community Activity Center on Schofield.

This meeting is for new FRGs who want to find out what fund-raising opportunities are available at this year's holiday event.

Another meeting will be held on June 8. Call 655-0111 or 655-0112 for more details.

5 / Thursday

**Cinco De Mayo Burrito Buffet** — Celebrate Cinco De Mayo at the Tropics on Schofield Barracks and enjoy a burrito buffet bar with soda from 6:30 to 9 p.m.

Cost is \$7.50 per person. Call 655-0002 for more information.

**Cinco De Mayo at Reggie's** — Join the gang for a Latino lunch buffet from 11 a.m. to 2 p.m. at Reggie's on Schofield Barracks. Cost is \$9.95.

Then, when your workday is complete, stop by Reggie's beginning at 3:30 p.m. for a crispy chicken or beef flaunta, topped with salsa and guacamole for only \$6.95.

Call 655-4466 for more details.

8 / Sunday

**Mother's Day Brunch** — Treat mom to a delicious brunch buffet at the Nehelani between 9 a.m. and 1 p.m., or at the Hale Ikena between 8 a.m. and 2 p.m. Reservations are currently being accepted at the Nehelani (655-4466) and at the Hale Ikena (438-1974).

Waianae Beach Club

— Enjoy a Mother's Day breakfast buffet from 8:30 to 11:30 a.m. and/or a dinner buffet from 5:30 to 8:30 p.m. at the Waianae Beach Club. Call 696-4778 for more details.

11 / Wednesday

**Pacific Island Stories** — Enjoy tales of Pacific isles and a lei craft activity at Sgt. Yano Library at 3 p.m. This free program is for elementary aged children. Call 655-0145 for more information.

12 / Thursday

**"The Secret Garden"** — This classic children's story is about a grieving family and a secret garden that is found and restored back to life. It will show at the Army Community Theater on Fort Shafter from May 12 - 14, 20 - 21, and 27 - 28.

Curtain is at 7:30 p.m., and tickets for adults are \$17 and \$14; children under 12 are \$10 and \$8.

Box Office Hours are 10 a.m. to 2 p.m., Monday through Friday. Call 438-4480 for more information.

14 / Saturday

**Yu-Gi-Oh Tournament** — Get ready to duel at the Tropics. Registration will get underway at 1 p.m. for this tournament, and the duel starts at 2 p.m. Cost is \$6 and includes Yu-Gi-Oh merchandise.

Prizes will be awarded, and all ages are welcome. Call 655-0002 for more details.

**Plant Clinic** — Get your home gardening questions answered at the Aliamanu Library from 1 to 3 p.m. This clinic will be presented by Oahu master gardeners, so feel free to bring in samples of problem plants.

Call 833-4851 for more details.

18 / Wednesday

**Teen Employment Workshop** — Are you a teen looking for a job this summer? Visit the Tropics from 2 to 3 p.m. for great tips in helping you find a good job.

Topics to be covered include the job application, interview tips and job search skills. Call 655-0002 for more information.

**Mongolian BBQ** — Select your favorites from a large variety of meats and vegetables, and Reggie's chefs will grill them to your liking from 5 to 8 p.m.



**This Week at the MOVIES**

**Sgt. Smith Theater**

*Today*  
The Ring Two  
7 p.m. (PG-13)

*Saturday*  
Ice Princess  
7 p.m. (G)

*Sunday*  
The Ring Two  
7 p.m. (PG-13)

*Thursday*  
Ice Princess  
7 p.m. (G)

Community Calendar



May

5 / Thursday

**National Day of Prayer** — In honor of the nation, the community is invited to Kapolei Park to celebrate the 54th annual National Day of Prayer, established by presidential proclamation as the first Thursday of May.

The gathering will be held near the Kapolei Chinese Restaurant adjacent Kapolei Park, at the corner of Manuwai and Kamokila.

Folks can bring water bottles, lunch and lawn chairs to this event, which is sponsored by Makakilo Baptist Church in Kapolei. This non-denominational gathering will last about 40 minutes.

For more details, contact Roberta Smith at 672-8912.

**Cinco de Mayo** — The Aloha Tower Marketplace will celebrate Cinco de Mayo at what could be Honolulu's biggest block party, beginning at 5 p.m. Festivities will include salsa dance lessons, live music, free prize giveaways and a "Three Amigos" troupe performing throughout the Marketplace.

Participating restaurants

will offer food and beverage specials as part of their regular menus, plus admission is free.

Aloha Tower Marketplace is Hawaii's premiere waterfront destination for shopping and dining, with more than 70 shops and award-winning restaurants. It regularly offers a variety of free activities such as ukulele lessons and live entertainment.

Aloha Tower is located next to the Hawaii Maritime Center, and validated self and valet parking options are available. For more information, call 566-2337 or surf www.alohatower.com.

Outdoor Circle

— Any Thursday in May is the time to get involved with the Outdoor Circle and your local community. Participate in a weekly, one-hour litter pick-up session along Moanalua Road (fronting Pearl Ridge Elementary School) on Thursday, May 12, 19 and/or 26 from 9 to 10 a.m.

Call 488-0268 for more information.

9 / Monday

**Pet Week** — The Fort Shafter Veterinary Clinic will celebrate National Pet Week, May 9 - 13. Visit the clinic for special deals on pet dental care items, a raffle event and free giveaways that week.

Call 433-1975 for more details.

HACN TV2 Schedule			
April 29 - May 5			
Morning		Evening	
6:00	Sign On	6:00	Community Focus
6:26	NSPS What to Expect in Hawaii	6:12	Welcome Home
7:38	After the Storm	6:17	Redeployment Montage
8:00	Army News Watch	6:24	Arm Values Respect
8:30	Pentagon Channel	6:30	Safety Video
9:00	Pentagon Channel	6:30	NSPS What to Expect in Hawaii
10:00	Welcome Home	7:44	What's Down the Drain
	Redeployment Montage 4	7:52	Welcome Home MG Olson
10:06	Safety Video	7:56	Safety Video
10:10	Bulletin Board	8:00	NFL-100 Greatest TDs
10:56	Welcome Home	9:04	Antiterrorism FP
	Redeployment Montage 3	9:21	Safety Video
11:02	Dash & Grab	9:25	Dash and Grab
11:11	Hawaii: Hidden Beauty, Hidden Danger	9:35	Welcome Home
11:30	What's Down the Drain		Redeployment Montage 2
11:38	Welcome Home	9:40	Bulletin Board
	Redeployment Montage 2	10:26	NSPS What to Expect in Hawaii
11:42	Safety Video	11:38	What's Down the Drain
12:00	Pentagon Channel	11:46	Youth Protection
Afternoon		Overnight	
2:00	After the Storm		Pentagon Channel
2:23	Bulletin Board		
2:54	NSPS What to Expect in Hawaii		
4:00	Pentagon Channel		



# Volunteers receive honors for contributions

Story and Photos by  
1st Lt. Kimberly Luft  
*Contributing Writer*

More than 3,700 volunteers were honored at a Volunteer Recognition Ceremony, April 20 at the Nehelani on Schofield Barracks.

The ceremony was held to recognize the outstanding contributions of volunteers across the installation. This year's ceremony theme was "The Spirit of America."

The acting Chief of Army Community Service, Brian Dougherty, served as Master of Ceremonies for the event. During his opening remarks he said, "The dedicated volunteers answered the call to duty and today we honor them."

Volunteers logged more than 132,000 volunteer hours of community service. The estimated value of their service in annual savings to the community stood at an impressive \$3 million.

Guest Speaker Maj. Gen. Eric T. Olsen, commanding general of the

25th Infantry Division (Light) and U.S. Army, Hawaii, personally thanked the volunteers.

"The volunteers here shaped the history of this command. There was no way victory could have been achieved in the two regions of Iraq and Afghanistan without the efforts here of the Corp of Volunteers."

More than 50 units and organizations submitted names of deserving volunteers and agencies across the installation. A representative from each unit accepted the certificates of appreciation from Command Sgts. Maj. Willie C. Tate and Bruce D. Roberts on behalf of their units. The certificates would be handed out at a later date during unit ceremonies.

Other agencies and units also received recognition for their volunteer work. The American Red Cross, Army Community Service, community chapels, troops of Boy Scouts and Girl Scouts, the YMCA, and various post elementary schools were among the agencies.

A volunteer nominating commit-

tee selected 16 volunteers from the 3,700 to compete for the Volunteer of Merit Award. The award requires written justification from the nominating agency or command, and each nominee must meet several selection criteria, which looked at hours served, type of service and impact on the community.

Nominated volunteers were Rachelle Lemasters, Iris Bennett, Susan Funcheon, Kimberlee Chatelain, Christine Pagan, Robertta Cole, Tina Aker, Joan Kaminski, Kelly Sutterfield, Becky Poppleton, Anisha Donegan, Jeanette McMahon, Staci Hale, Judith Rossi, Lindsey Jones and Maria Altavilla.

After the 16 nominees were introduced, eight went on to receive the 2004 Volunteer of Merit Award: Susan Funcheon, 125th Finance Battalion; Kimberlee Chatelain, 2nd Bn. 5th Infantry Bn.; Christine Pagan, B Company, 214th Aviation Regiment; Robertta Cole, Hui O' Na Wahine; Tina Aker, Schofield Main

Post Chapel; Kelly Sutterfield, 58th Avn. Rgt.; Anisha Donegan, 2-11th Field Artillery Bn.; and Judith Rossi, American Red Cross.

Kelly Sutterfield, prior to being awarded, expressed she was both overwhelmed and honored by just the nomination.

Before the ceremony ended, a quilt made by Ana Despault, an ACS volunteer, was presented to Vicki Olson, wife of the guest speaker. Despault donated the quilt titled "Lightning Strikes the Desert" to hang in the division headquarters.

The quilt featured a desert camouflage backdrop with the division crest, as well as crests of units that served in the Middle East this past year.

The ceremony ended with Dougherty's closing remarks, praising the time and effort put in by all of the 2004 volunteers.

"Volunteers are one of the Army's greatest assets," he said. "We are all truly honored by your presence here today."



Joan Kaminski, volunteer, shakes hands with Maj. Gen. Eric T. Olson, commander of the 25th ID (L) and USARHAW, during the ceremony.

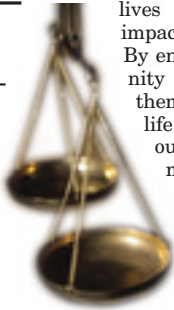
## Jurisprudence reigns Sunday

By Maj. Craig E. Merutka  
*Office of the Staff Judge Advocate  
25th Infantry Division (Light)*

Sunday is Law Day, a day to celebrate our constitutional system of government and our great heritage under the rule of law. President Dwight D. Eisenhower established Law Day in 1958 and urged all Americans to celebrate our system of government and laws on May 1st.

Law Day is especially poignant this year as the 25th Infantry Division (Light) returns from yearlong deployments to Afghanistan and Iraq. In those distant places, Soldiers and civilians of the Tropic Lightning Division supported two emerging democracies as they established governments where liberty, justice and equality under law — rather than the rule of might — are dominant principles.

The theme for Law Day 2005 is "The American Jury: We the People in Action." The decisions that jurors make affect millions of



lives everyday and have a profound impact on our economy and our society. By entrusting jurors from the community to decide legal cases — some of them involving millions of dollars or life and death issues — we reinforce our belief that ordinary citizens can make the right decision and that we have an open, democratic government.

In celebration of Law Day 2005, the Office of the Staff Judge Advocate and Wheeler Elementary School have conducted an essay and poster contest. Out of the many creative submissions, the top three in each category were chosen and will be published in next week's *Hawaii Army Weekly*.

The award-winning submissions are currently on display at the Schofield Post Exchange.

Prizes will be awarded to those students in recognition of their submissions at their next school assembly.



Jen Jacobs (right), a volunteer, picks up her American Spirit tote and volunteer pin prior to the recognition ceremony.



# Hale Kula students seek answers at annual science fair

By Joy Boisselle  
Staff Writer

Ever wonder how many “breaths” a fish takes? If temperature affects the bounce of a ball? Which brand of popcorn pops the most kernels?

Students asked these questions and more at the annual Hale Kula Elementary Science Fair held April 21 and 22.

According to event coordinator Carol Johnson, more than 50 students submitted projects from kindergarten through fifth grades.

“The science fair wasn’t mandatory, except for fifth grade, and we have quite a bit of participation,” she said. “This is valuable because it puts English, math, science and reasoning skills all together in one project.”

Echoing the science fair’s importance, Principal Jan Iwase said, “It is always important for kids to be scientists ... it gives them the opportunity to ask a question and take it through the process of finding an answer.

“My hope is [that] it turns them on to science because science is all around them,” she continued. “Teaching science is more than just books; it is hands on, and you can see the excitement in the kids’ presentations.”

Fifth grader Amanda Smith devised a science project to determine which stain remover takes out stains best.

“It was so cool to do the experiment and find out the answer to my question and see if what I thought would happened did happen,” she said.

Motivations for selecting projects were many, but second grader Kevin O’Neill had a personal reason for choosing to see which brand of popcorn popped the most kernels.

“I decided to do popcorn because it is my favorite food,” he said. “My favorite brand didn’t do the best though.”

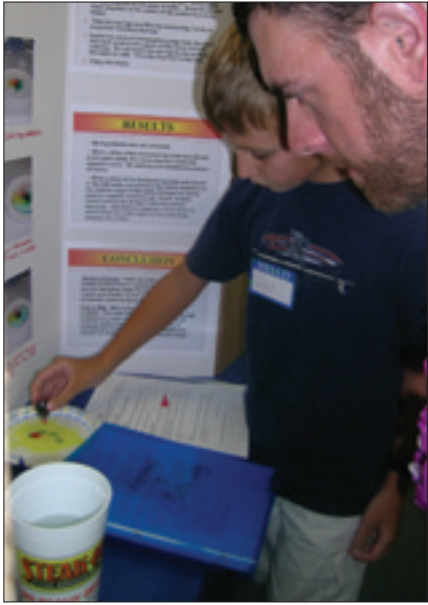
On hand to judge the student’s work were a wildlife conservationist, a Tufts University

doctoral candidate, a biochemist and several teachers.

“The students did an excellent job, and you can definitely see they were taught scientific procedure and method,” said Judge Ellen Gaylor, a local science teacher. “They are all high-quality projects, and it is very difficult to judge,” she said, lamenting the task ahead.

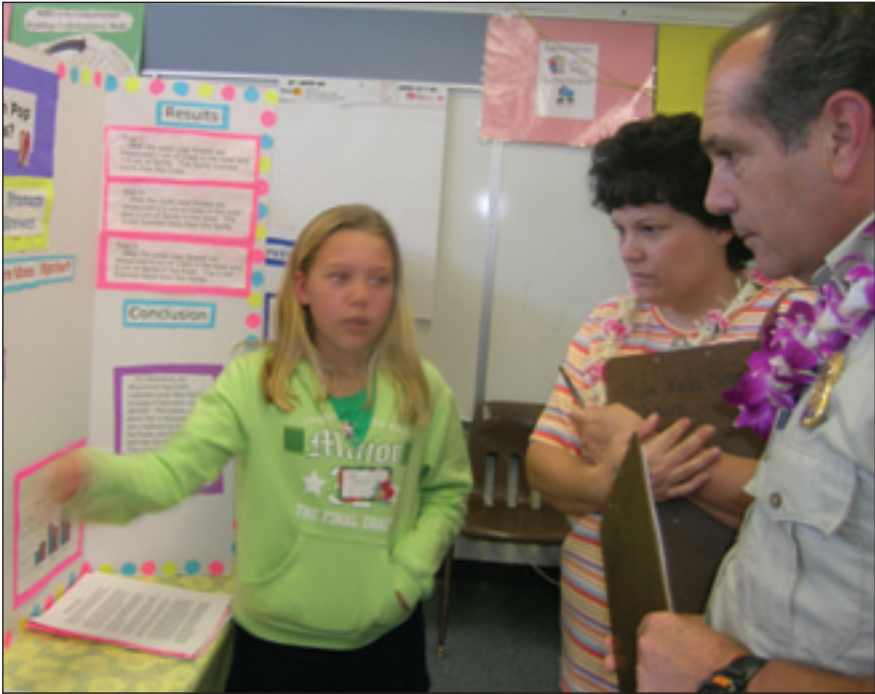
Children eagerly explained to passersby the details of their projects.

Summing up many of the children’s opinions of the fair, Smith said, with a smile, “It takes a lot of time, and it was hard work, but it was more fun than hard.”



Joy Boisselle

**David Emmer, 4th grade, demonstrates his experiment techniques to judge David Des Rochers.**



Joy Boisselle

**Katie Brewer, 11, explains her science project — “Does Coke fizz more than Sprite” — to judges Ellen Gaylor and Michael Silbernagle. Brewer’s project was one of more than 50 submitted to the Hale Kula Science Fair held April 21 and 22.**



Maj. Dusty O'Neill

**Hale Kula Elementary hosted Family Science Night, an annual event, April 21 and 22. More than 150 students and their families took part in the hands-on activities sponsored by the Bishop Museum.**

2005 Hale Kula Science Fair Winners	
<b>Kindergarten</b> , Brianna Mark	
<b>1st Grade</b> 1st Place, Bradley Wanovich 2nd place, Jeremy Walsh 3rd place, Bradley Johnson	<b>4th Grade</b> 1st Place, Kirsten Walsh 2nd place, Kurt Anderson 3rd place, David Blackwell
<b>2nd Grade</b> , Kevin O’Neill	<b>5th Grade</b> 1st Place, Will Black 2nd place (Tie), Shelby Wardle and Taylor Bartlett 3rd place (Tie), Gabe Garza and Leah Castro
<b>3rd Grade</b> 1st Place, Paul Phillips 2nd place, Isabelle Radican 3rd place, Rachel Whittig	





Army bodybuilders (from left to right) Morony Cimafranca, Priscilla Shaw, Rachel Myrttil and Neil Collins participate in the team contest as part of the 22nd annual Armed Forces Bodybuilding Championship at Pearl Harbor’s Sharkey Theater last Saturday.

# Soldiers flaunt sculpted bodies

Contest gives service members bodybuilding show experience

Story and Photos by  
Sgt. Sean Kimmons  
*Editor*

PEARL HARBOR — More than 100 spectators filled Sharkey Theater here to watch chiseled military bodybuilders flex off in the 22nd annual Armed Forces Bodybuilding Championships, Saturday.

Due to deployments throughout the military branches, this year’s turnout was unusually low. Still, a total of nine oil-covered bodybuilders came out on stage to display their muscles to judges and spectators.

The Army and Navy delivered the most bodybuilders — four each — and the Air Force placed a sole airman in the competition that included Team Contest; Men’s Lightweight, Middleweight and Heavyweight Divisions; a Women’s Division;

and a Men’s Overall Champion Contest.

The competition began with the Team Contest, and the Navy team out-muscled the Army to win. Then bodybuilders split up to compete in the individual Men’s and Women’s Divisions.

In each Division weight class, bodybuilders endured three-rounds of judging and a final pose down. Round one showcased muscularity, so bodybuilders struck various muscle poses. Next, in the symmetry round, they executed quarter turns while being judged on their relaxed body forms.

In the third round, bodybuilders performed a music routine followed by a final pose down with others in the division and the judge’s decision.

Rachel Myrttil, a pediatric registered nurse with Medical Company B, Tripler Army Medical Center, won the Women’s Division.

This contest was Myrttil’s first bodybuilding competition, and she said she participated to get show experience.

“This was a door opener ... to see if I could

even make it,” Myrttil explained.

Myrttil didn’t let her competitive side overwhelm her too much; she freely admitted that she was also about having fun in the competition.

“I wanted it to be pure fun — nothing too serious — and that’s exactly what I got from it,” she said.

This bodybuilding competition was the first show for seven of the bodybuilders and that was precisely the intention of the contest: to give unproven military bodybuilders familiarity.

“This contest was to get competitors who have never been in a bodybuilding contest before,” said Rodney Gouveia, athletic program director for Navy Hawaii MWR, who helped coordinate the show. “It breaks the ice for them, so when they go to a downtown show or something like that, they’ll have some kind of experience.”

On the Army side, Morony Cimafranca won the Men’s Lightweight Division and Overall Champion Contest. Neil Collins took second in the Men’s Middleweight Division and Priscilla Shaw placed second in the Women’s Division.



Cimafranca holds his Overall Champion trophy up high.

# Professional bowlers square off at Schofield

Story and Photo by Joy  
Boisselle  
*Staff Writer*

Twenty-six members of the Professional Bowlers’ Association and 25 amateurs competed in the 27th Annual Hawaii Open held over last weekend at the Schofield Barracks Bowling Center. The tournament is a Western Region qualifying event — culling competitors to earn points to qualify for the national tour rather than the prize money typically awarded winners.

Gary Mage, tournament director and Western and Northwestern regional manager, said, “In the PBA, only 38 bowlers a year are exempt and guaranteed a spot on the national tour.”

Bowlers gain the national tour by competing in several events like the Hawaii Open, earning points based on participation, finishes and wins. Bowlers at this event competed for a \$2,000 winner’s paycheck and, more importantly, 25,000 points towards an exempt status and the national tour.

Winning the tournament in a pro-versus-pro final match was David Leverage. Maintaining a 216 average during competition, Leverage ousted Robert Smith who placed second in the event last year as well.

“This was exhausting and very draining, mentally,” said Leverage with a satisfied smile. “There are so many good bowlers out here and to beat someone like Robert [Smith]; it’s a good feeling.”

Of the event, he continued, “I love Hawaii. I won in Lihue [another PBA event] last year and have finished in the top five many times. This is one of our favorite places to come, and we certainly



Allan Smith competed in the 27th annual Hawaii Open after returning from Afghanistan one week prior to the event. Smith finished 38th and will try out for the All-Army Team later this year.

want to return.”

The two-day event began Saturday with 51 bowlers bowling an eight-game, total pin fall format. The top 17 bowlers, then advanced to Sunday’s round of 17, where they bowled an additional five games with the total pin fall added to

Saturday’s scores.

From there, the top eight bowlers moved on to compete in a one-on-one, best three of five games format. Based on total pin fall, the number one bowler squared off against the number eight bowler and so on.

Four bowlers moved on to the semifinals.

Mage said, “At this point, we compete just like you see on television ... a single elimination format.”

In addition to Leverage and Smith, professional Darron Peters and Wahiawa amateur Chad Pojas competed in the semifinals. There, Leverage defeated Pojas, 246 to 205, and Smith defeated Peters, 255 to 167, to advance to the final event.

In the final, Leverage defeated Smith by a score of 200 to 181. Two open frames by Smith early in the match would prove to be his downfall, while Leverage’s steady strikes and spares coupled with his intense focus gave him the edge and the title.

Fans equally applauded both players’ efforts.

Of local military interest, Allan Smith from Headquarters and Headquarters Company, 25th Aviation Brigade, participated and placed 38th. Just a mere one week ago, Smith returned from deployment to Afghanistan.

“I wish I had done better, but my equipment is still in storage and what I have is borrowed or brand new,” Smith said. “Overall, I am pleased,” he continued. “Bowling is more than a hobby to me, and one day, hopefully, I’ll make the All-Army Bowling team and continue to do better professionally.”

## Pros trade strikes, advice with junior bowlers here

By Joy Boisselle  
*Staff Writer*

In the middle of competing for the 27th annual Hawaii Open title, professional bowlers took time to compete, advise and encourage Hawaii youth bowlers in a “Compete with the Pros,” 9-pin, no-tap event.

National tour bowlers, Robert Smith, Michael Fagan and Tony Reyes joined 12 other professionals including Michael Friedrichs, Vayle Floria and defending Hawaii Open champion Gene Bruhl as they faced off against 35 up-and-coming junior bowlers.

At stake from the junior bowler’s perspective was not the gift certificates offered, but bragging rights — “I beat a pro bowler in competition.”

For the pros, their motivation was promoting their sport to the next generation of aspiring professional bowlers. Acting as ambassadors, they willingly accommodated the junior bowlers as they asked questions, signed autographs and posed for numerous pictures.

“The impact is huge,” said Michael Friedrichs. “It gives them [juniors] a chance to look at the next level, and it makes them want to practice more and try to become a better player,” he said regarding the impact of events like these on the junior program

Commenting on the depth of talent among Hawaii’s youth, he continued, “It amazes me how solid their fundamentals are ... it boils down to good coaching, and it’s good to see.”

Robert Smith, a junior bowler favorite, didn’t bowl the event, but offered advice to the participants during competition. Smith has bowled nearly 40 sanctioned, 300-perfect games. As a junior, he bowled six.

“I love bowling with the kids. I was a junior bowler growing up,” Smith said, adding, “Giving these kids pointers and trying to help them out is the least I can do.”

Of the pros volunteering their time for the junior event, Gary Gage, the tournament director, said, “The bowling community is a special community. We are more down to earth and more approachable than any other sport. Hopefully, the interaction with the pros creates more excitement and more enthusiasm for our juniors to continue bowling.

“Having pros interact with the juniors is the ultimate thing,” Gage continued. “The experience and the opportunity to gain the knowledge offered by talking to pros on the level of Tony Reyes, Robert Smith and the other players — it’s a wonderful experience.”



# Post Sports

## May

### 2 / Monday

**Summer Camp** — If you're interested in meeting new people, going on field trips and having loads of fun, then the Middle School Teen Summer Camp is just what you're looking for. Registration begins May 2 at Resource and Referral for the June 13 through July 8 camp. Cost is only \$25 per week and a waiver is required. Call 655-0451 for details.

### 3 / Tuesday

**Youth Soccer Clinic Deadline** — Registration will be underway through May 3 (to youth born any year from 1989 to 2000) for the Youth Soccer Clinic to be held at Aliamanu Military Reservation, Wednesday, May 25, and for the clinic at Schofield Barracks, Friday, May 27. Cost is \$12 and includes an event T-shirt. For more information, contact your area sports director at 655-6465, 438-9336, 836-1923 or 655-0883.

**Youth Sports League Deadline** — Registration will be underway through May 3 (for youth born any year from 1989 to 2000) for Youth Soccer. Practice will begin around May 30, and the season will run from June 25 to Aug. 25. Cost is \$40. For more information, contact your area sports director at 655-6465, 438-9336, 836-1923 or 655-0883.

**7 / Saturday Pitch, Hit and Run** — This free baseball program will allow children ages 7 to 14 to showcase their pitching, hitting and running abilities. Boys and girls can compete in four different age groups, and in each group, the all-around pitching, hitting and running champions from local competitions will get the opportunity to advance in further contests. On-site sign ups will be at Wheeler Army Airfield baseball fields on May 7, and at the AMR baseball fields on May 14. Both sign-ups will be from 1 to 4 p.m.; participants can only sign up for one local competition. Parents of players eligible to advance will be responsible for expenses. Call 438-9336 for more information.

**13 / Friday Intramural Volleyball** — To participate in this season's Intramural Volleyball, deliver your application to the Sports Office by May 13. The volleyball season will run from June 1 to Aug. 12. Call 655-0856 for more information.

**14 / Saturday Fitness Expo** — Visit the Health and Fitness Center on Schofield Barracks for a morning of fun on from 8 a.m. till noon. The schedule for the day will be as follows. •8 a.m., Hatha Yoga •9 a.m., Step and Core Class •10 a.m. – noon, Body

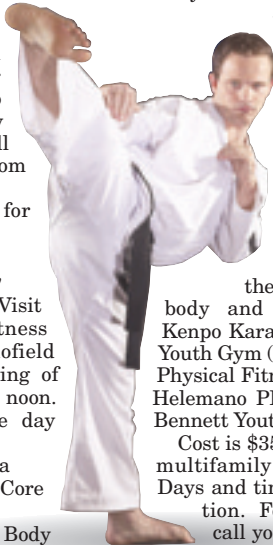
Composition Testing with a question and answer session with personal trainers •10:30 a.m., New Balance shoe and foot clinic All events are free and all participants will have a chance to enter to win fitness door prizes. Call 655-8007 for more information.

**15 / Sunday Game No Tap Tourney** — Win cash prizes every first Sunday and third Sunday at the Schofield Bowling Center beginning at 1 p.m. Cost is \$20 per bowler. Call 655-0573 for details.

## Ongoing

**Cardio Kickboxing** — A new cardio kickboxing class is now available at the Fort Shafter Physical Fitness Center. This class is offered every Tuesday and Thursday from 4:30 to 5:30 p.m., and its cost is \$2 per class. Get a 12-class punch card for \$11. Call 438-1152 for more information.

**O k i n a w a n Kenpo Karate** — Designed for ages 5 through adult — for the development of mind, body and spirit — Okinawan Kenpo Karate is held at Aliamanu Youth Gym (836-0338), Fort Shafter Physical Fitness Center (438-1152), Helemano PFC (653-0719) and the Bennett Youth Center (655-4641). Cost is \$35 for individuals with a multifamily member discount. Days and times differ at each location. For more information, call your nearest facility.



Doris Eaton



Texas Hold'um is alive and well at Schofield Barracks, where 64 card sharks competed for prizes April 19 – 21. A proud Robert Schultz (left in the dark-striped shirt), a Soldier with HHC 2nd Bde, outplayed his rivals to capture first place honors. He won a television and a trophy, as well as a remote-controlled car from JN Chevrolet, as did the seven other finalists. The tourney format challenged eight players per table — many with dark sunglasses, hoods to cover their heads and hats to hide under — to emerge with the highest chip total to qualify for the finals. The scene was repeated until Schultz who started with a low count of 7,100 chips in the finals, flipped over his winning four “3s” — with 74,305 chips. Schultz and Joe Katz (second place winner with 28,775 chips) of HHB Divarty are representing Army Hawaii at the Interservice Texas Hold'um Tournament.

# Local Sports May

### 3 / Tuesday

**SAME Golf Tourney** — The Society of American Military Engineers, or SAME, will host its Annual SAME Scholarship Fundraising Golf Tournament, May 10 at the Mamala Bay Golf Course. The Honolulu Post will award four \$2,500 scholarships this year to local students pursuing their education in engineering and/or architecture. Over the past years, SAME has provided thousands of dollars in scholarships to deserving individuals. The tournament will be supported by approximately 150 players, local businesses who have graciously donated prizes, and numerous past sustaining members — com-

panies that have pledged their dollars and time to support the nonprofit's charter. For more information, contact Dennis McGee, SAME Golf Committee, at 438-0607, or e-mail dennis.mcgee@us.army.mil. SAME is a national nonprofit professional engineer association with a charter to 1) bring together professional engineers and those in engineering-related fields, 2) improve and increase the engineering capabilities of the nation, and 3) exchange and advance the knowledge of engineering technologies, applications and practices. Membership includes military from all the armed services. For more about the organization, visit www.same.org/honolulu.

**7 / Saturday Wrestling** — All ages, as well as Soldiers, are welcome to participate in the Schofield Tropic Lightning Wrestling Tournaments at Helemano Gym, Helemano Military Reservation when the Folkstyle Tournament gets underway May 7. Weigh-in begins at 8 a.m. and wrestling will start at 10 a.m. Team trophies will be awarded. For more details, contact Coach Larry at 391-0067.

## July

### 2 / Saturday

**Ewa Beach Patriot Run** — It's official; this run is now an annual event, and organizers have already begun to prepare for the second round. State House Representative Kymberly Pine, who represents Ewa Beach, Puuloa and Iroquois Point communities in District 43, invites the district and surround-

ing community residents to the Annual Patriot Run, to be held July 2 at 8:30 a.m. This event will honor all men and women of the armed forces and bring the community together to celebrate being American, as well as promote healthy active lifestyles. The run/walk is a one or 3-mile course around the Ocean Pointe community. Other activities planned include jump rope and relay race contests for keiki, and free health screenings for those who are young at heart. Additionally, raffles will net great prizes, food and T-shirts to commemorate the event. This event is free, but T-shirts must be purchased for \$10. Make checks out to Hale Pono Boys and Girls Club of Ewa Beach.



# ‘Road guards, post!’

Commands are reminding all to practice safety

By 1st Lt. Terrence Burke  
Contributing Writer

How is physical training safety different in a combat zone versus a garrison environment? Actually, they are “very, very similar” says Roger Stone, a civilian employee in the Safety Office of the 25th Infantry Division (Light) who deployed with 2nd Brigade Combat Team to Operation Iraqi Freedom. Just like on Schofield Barracks, he explained, “There were designated running areas and speed limits posted during PT sessions [in Iraq].” Despite the similarities,

complaints about safety during PT have risen in the months since the redeployment of 25th ID Soldiers. The complaints specifically address Soldiers wearing headphones while running around post and using off-limits areas.

Stone was surprised to hear of Soldiers wearing headphones in a combat zone or in garrison because of the importance of situational awareness.

“Whether it is listening for a sniper or oncoming traffic,” wearing earphones while running is considered a safety hazard, he explained.

Since PT safety information is published in places such as the Soldiers’ Standards Book (blue book) and the Post Information Handbook at the Web site [www.25IDL.army.mil](http://www.25IDL.army.mil), “PT

safety is a leadership issue,” Stone said.

Leaders should make a PT plan and safety matrix to identify any hazards. Controls can then be implemented to reduce the severity and occurrence of an injury or risk when conducting PT.

An example safety matrix is also located in the Soldiers’ Standards Book.

Some of the core safety concerns the Safety Office listed are hydrating, running shoes, staying in designated areas, stretching, supervising and maintaining proper formations during runs.

Clint German, another civilian in the Safety Office, said that when running in formation you should run with traffic. Solo Soldiers should run against traffic.

When in formation, road guards should be used. All

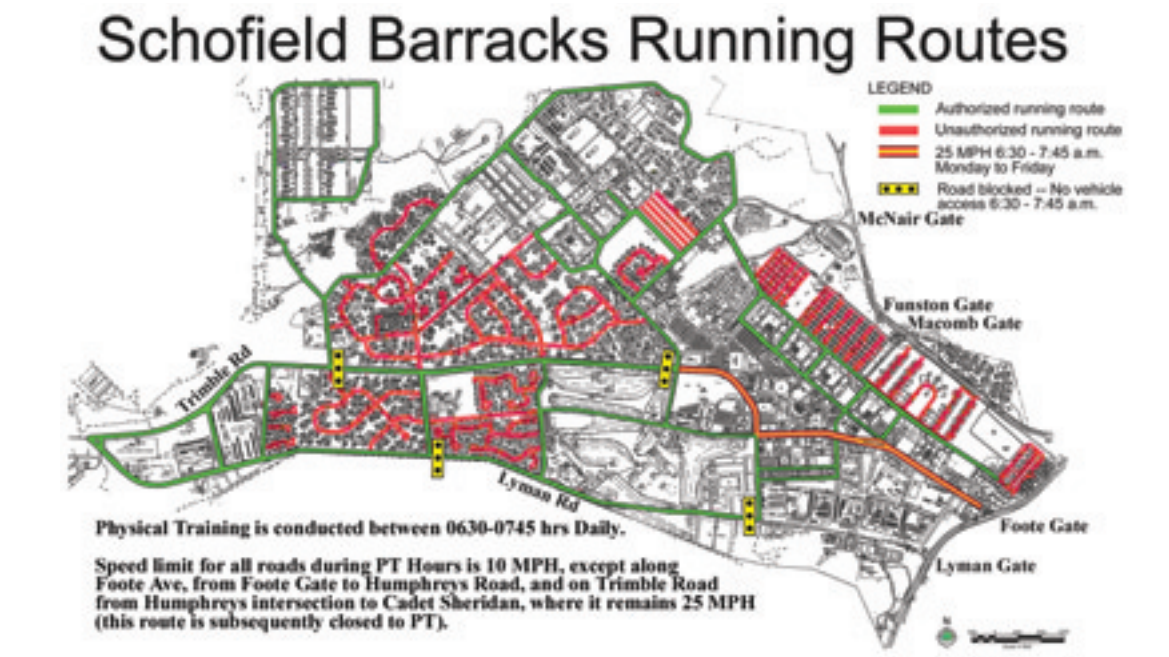
should be wearing reflective gear, he added.

Another safety concern during PT is drivers. Designated routes are established to keep Soldiers out of the way of motorists. But in established PT areas, vehicles must obey a speed limit of 10 mph between 6:30 and 7:45 a.m., Monday through Friday.

PT safety has to be stressed down to the lowest level, both said.

“Good PT in Hawaii means safe PT in combat,” said Stone, explaining that Soldiers who understand safety guidelines will be prepared during deployments and will have benefited from leaders who stress safety during PT in garrison.

Basically, Stone continued, “Safety is common sense, but common sense isn’t common unless everyone knows.”



Remember, all motorists must drive at 10 mph between 6:30 and 7:45 a.m. in designated PT areas on weekdays.



Sgt. Sean Kimmons

A road guard (in the reflective vest) stays in front of a Headquarters and Headquarters Service, 2nd Battalion, 11th Field Artillery formation during a PT run Wednesday on Schofield Barracks.