

# HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii | [www.garrison.hawaii.army.mil/haw.asp](http://www.garrison.hawaii.army.mil/haw.asp)

## INSIDE 57th MP Co. cases colors for deployment



### Happy feet

84th Engineer Brigade Soldiers hand out shoes to Iraqi children.

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### School/sports physicals

Schofield Barracks Health Clinic is conducting a mass school and sports physicals day, July 25. Call 433-8155 to make an appointment.

See Community Calendar, B-2.

### Neighborhood watch

Aliamanu Military Reservation (AMR) is looking for a few good neighbors. The next community Neighborhood Watch meeting is at AMR Community Center, Wednesday, at 6:30 p.m.

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### Don't touch

A poisonous plant primer for Soldiers and families living in Hawaii.

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Story and Photo by

**SPC. JENNIFER PREMER**

8th Sustainment Brigade (Provisional)

HELEMANO MILITARY RESERVATION – Soldiers of the 57th Military Police (MP) Company, 728th MP Battalion, said goodbye to family and friends during a deployment ceremony, July 8, Warfighter Field, here.

The ceremony marks the beginning of a 12-month mission in Southern Iraq where the unit will assume the responsibility of Police Transition Team. The 57th MP Co. and Iraqi Security Forces (ISF) will share a common goal of safety and security for the Iraqi people.

In Iraq, the company will meet up with its parent unit, the 8th MP Brigade Headquarters, which deployed last year.

"I'm proud of you, I'm proud to be your commander, and I'm proud to be part of the team," said Lt. Col. Ross Guieb, commander, 728th MP Bn., who was the speaker at the event.

After long, arduous months of training, including cultural awareness training and convoy-live-fire scenarios, the company's leadership expressed great confidence in the upcoming mission.

"We have been on the road-to-war training cycle since January," said Capt. Patricia Saling, commander, 57th MP



Capt. Patricia Saling, commander, 57th Military Police (MP) Company, 728th Military Police Battalion, and 1st Sgt. Christopher Coleman, 57th MP Co., case the unit's colors in preparation for deployment.

Co. "The Soldiers have truly impressed me throughout the training, and I am confident they are ready to deploy."

The Soldiers in the company are similarly positive.

"All the Soldiers in this company are

hardworking and ready for this deployment," said Sgt. 1st Class Jay Wentzel.

"Most of the leadership has deployed before, and the Soldiers are confident we are going to take care of what needs to be done," said Spc. Carlos Vipper-

man, team leader, 57th MP Co. "We have some of the best Soldiers I've ever seen."

The 57th MP Co. was previously deployed to Baghdad and returned to Schofield Barracks in September 2007.

## Soldiers volunteer on U.S.S. Missouri

Story and Photo by

**SPC. JENNIFER PREMER**

45th Sustainment Brigade Public Affairs

PEARL HARBOR – More than 40 Soldiers from the 40th Quartermaster (QM) Company, 45th Special Troops Battalion, 45th Sustainment Brigade, helped beautify the USS Missouri battleship, here, Tuesday.

The Soldiers performed a variety of tasks: cleaning various areas of the ship, moving old equipment and helping to replace the main deck.

While the work itself may not have been fun, each volunteer was able to walk away with a sense of accomplishment.

"This is important to me because I'm keeping history alive by cleaning the ship to make it comfortable for other people to visit," said Spc. Sharonda Artry, water treatment specialist, 40th QM Co.

"This is our opportunity to give back to those who served aboard the USS Missouri, to honor their families and recognize the tireless efforts of the staff that work so hard to preserve this national memorial," said Capt. James Mattox, commander, 40th QM Co. "It is truly a privilege to help in any way we can to preserve this famous battleship."

The Soldiers' volunteer efforts are a win-win situation.

"As a nonprofit organization, we rely on volunteers. When Soldiers come in to



Soldiers from the 40th Quarter Master Company, 45th Special Troops Battalion, 45th Sustainment Brigade, assist in cleanup efforts on the U.S.S. Missouri, July 14, in Pearl Harbor.

help, big jobs get done," said Keven Williamson, director of volunteers, USS Missouri Memorial Association, Inc.

The volunteers win because they often are able to see things on the ship a lot of people do not get to see, Williamson continued.

While visiting various areas of the ship, Soldiers were able to gain a hands-on history lesson.

"There's a legacy here, and we like to be able to get (service members) involved," said Mike Pagano, military liai-

son, USS Missouri Memorial Association, Inc. "It cements their understanding of history and instills pride in what they're doing."

The U.S.S. Missouri is available at no cost to military members for a variety of functions. For more information, call Mike Pagano at 455-1600, extension 225. Get information about volunteering on the ship by calling Keven Williamson at 455-1600, ext. 224.

## Advanced motorcycle training offered

U.S. ARMY GARRISON-HAWAII  
INSTALLATION SAFETY OFFICE  
News Release

SCHOFIELD BARRACKS – An advanced motorcycle course is being offered by U.S. Army Garrison-Hawaii, in collaboration with the California Superbike School, Aug. 17-20, at the south aircraft parking ramp, accessible from Latchum Road, Wheeler Army Airfield.

The four-day course is based on the slogan "Train as you Ride."

"The focus of the course will be cornering technique and throttle control in turns," said Dylan Code, California Superbike School instructor and team leader. "Every lap around the circuit will give the rider an opportunity to perfect their technique, and my team will be observing and coaching them to provide a safe learning environment."

Since 1980 the California Superbike School has trained more than 100,000 street riders and 15 Superbike champions at training sessions around the world. The school has also been on contract with the U.S. Marine Corps since 2006.

"This will be our first training session on an Army installation, and we're looking forward to interacting with nearly 300 riders," Code said.

"Our emphasis will be to 'Train as you Ride,'" said Sammy Houseberg, director of Installation Safety. "Our current courses teach many of the fundamentals, but are limited to the capabilities of our certified training area, which is just 220 by 120 feet."

"By using an aircraft parking ramp," Houseberg continued, "we can simulate road conditions and turn geometry found on Oahu, and operate using realistic road speeds ... 35 to 60 miles per hour on a course that will be about 2/3 of a mile in length."

Each of the four days will have a morning and afternoon session and will be limited to military personnel only. Future courses may allow family members, based upon experience gained from conducting classes at Wheeler.

## Army releases Makua EIS decision

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS – The Department of the Army announced its record of decision for the Makua Military Reservation (MMR) Environmental Impact Statement (EIS), Thursday.

The Army determined that MMR provides the best location to train company-sized units located on Oahu in combined arms live-fire exercises (CALFEX) and convoy live-fire exercises.

After fully considering all aspects of the environmental impact statement and extensive public input, the Army decided not to choose the EIS preferred alternative of conducting 50 CALFEXs and 200 convoy live-fire exercises per year with minimal weapons restrictions.

Rather, the Army decided on a greatly reduced option of 32 CALFEXs and 150 convoy live-fire exercises per year without the use of tracer ammunition, TOW missiles, anti-tank (AT-4) and 2.75-caliber rockets, Javelin missiles (shoulder-launched multi-purpose assault weapon), or illumination munitions of any kind.

The elimination of these weapon systems greatly reduces the risk of range fires and environmental threats to endangered species and cultural sites, yet allows Hawaii-based units to train locally without the costly burden of additional deployments to the Pohokuloa Training Area (PTA), on the Big Island of Hawaii, or the continental United States (CONUS).

SEE MAKUA, A-8

## Live-fire training changes all traffic accessing Kolekole Pass during day

JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – A new live-fire training schedule nearing final approval will change Kolekole Pass hours of availability as early as the beginning of August.

The new schedule will allow personal

vehicle accessibility to Kolekole Pass during peak travel times. Unit training at the site known as Qualification Training Range 2 (QTR2) made the new hours of operation necessary.

The recommended Kolekole access schedule of 5:30-8:30 a.m. and 3:30-5:30 p.m., Monday-Friday, will open the shortcut to those commuting to and from the

garrison.

Currently, Kolekole Pass allows one-way traffic from 7 a.m.-5 p.m., daily. During morning hours, travel is allowed from Waianae to Schofield; at noon the traffic pattern reverses until the 5 p.m.

SEE KOLEKOLE, A-8

SEE MOTORCYCLE, A-8

## We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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Col. Matthew Margotta

**Question:** Why is the AMR (Aliamanu Military Reservation) pool closed on Mondays and Fridays, and can a slide be added to the pool?

**Answer:** Unfortunately, Installation Management Command (IMCOM) mandates the total number of hours that we can keep our pools open, and we are funded and staffed for this amount. Thus, we are unable to increase the hours of operation at any one of the U.S. Army Garrison-Hawaii (USAG-HI) pools without having to decrease the hours at another. Since both the Richardson Pool on Schofield Barracks and the Tripler Pool regularly support Soldier aquatic mission programs, such as Soldier drown-proofing, unit physical training and "Learn to Swim" and lifeguarding classes on a regular basis, they are allocated more manpower and hours of operation.

The good news is that we have purchased a slide for the AMR Pool and are presently coordinating with a contractor for the installation.

(Response Source is Community Recreation Division and Directorate of Family and Morale, Welfare and Recreation (DFMWR))

# Ask the Commander!

Colonel answers questions about pool hours, physical training run routes, and about getting the latest garrison information

**Question:** What are the approved physical training (PT) running routes throughout the garrison, and what are the rules about conducting PT in housing areas?

**Answer:** All of our commanders ensure that our Soldiers are strong, fast and agile by mandating participation in physical training, which is designed to progressively condition, toughen and sustain Soldiers during readiness training, deployment, re-deployment, reset and back to readiness.

USAG-HI fully recognizes the importance of PT for our Soldiers. For guidance to our military community, we will be issuing a policy memo about authorized Schofield Barracks and Wheeler Army Airfield PT routes and pedestrian rights and duties.

This policy was developed and agreed upon by all of our installation senior command sergeants major and will be distributed to all unit commanders, as well as placed on the garrison Web site.

This policy memo encourages active participation in physical fitness programs for both Soldier, family members, civilians and contractors because physical fitness programs enhance quality of life, improve productivity and bring about positive physical and mental changes.

While we support and encourage participation in PT, there are certain parameters that the military personnel must adhere to. Some examples of the requirements follow:

- Commanders may hold PT formation within their unit area (e.g., quads) prior to 6:30 a.m.; however, movement from those areas and the calling of cadence will not begin prior to 6:30 a.m.
- Soldiers will observe and comply with approved running routes. There are no PT routes in any housing areas.
- Soldiers will not use vulgar or derogatory cadence or language at any time.

- When jogging along main thoroughfares, streets and other areas, when housing is located on both sides of the street, the calling of cadence will not occur unless a written exception is granted from the commander, USAG-Oahu.

The complete policy memorandum with the allowed PT routes will be posted on the USAG-HI Web site.

(Response Source: Command Group)

**Question:** What are the ways I can get garrison and housing information?

**Answer:** There are a variety of ways to receive information about garrison events and activities.

The Hawaii Army Weekly is one source. In addition to local Army and community news, the Hawaii Army Weekly includes a community calendar of events.

Additionally, the garrison Web site has been re-done and includes garrison information such as policy memorandums, post information, bulletins and traffic updates.

You can also request to be placed on the garrison distribution list by e-mailing your name and e-mail address to usaghi.cms@us.army.mil.

DFMWR also distributes information about weekly events.

Look for the FMWR link on the garrison Web site and sign up for FMWR's e-mail distribution list. Or, if you're a Facebook user, become a friend of FMWR and keep up with all its activities.

Be certain, too, to sign up at your local housing community center and receive timely information about local events as well as activities that would impact you at home, such as closures and water outages.

Lastly, USAG-Oahu conducts quarterly town hall meetings in both the north and the south. Take the time to attend these community forums and keep informed of the topics affecting you locally.

(Response Source: Army Hawaii Family Housing Leasing Office-North, DFMWR Marketing, Command Group)

To submit an "Ask the Commander" question, send an e-mail to AskTheCommander@hawaii.army.mil or go to the TV2 taping Aug. 4, 3:30-4:30 p.m., at the Schofield Barracks Main Post Exchange. For more information, call Ophelia Isreal (655-9303) at Customer Management Services, or call Aiko Brum (656-3155) or Jack Wiers (656-3489) at U.S. Army Garrison-Hawaii Public Affairs.

Visit the U.S. Army Garrison Hawaii Web site at [www.garrison.hawaii.army.mil/sites/local/](http://www.garrison.hawaii.army.mil/sites/local/)

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Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156.

## 12 STEPS in FAITH

# Living rock inspires closeness with divine

CHAPLAIN (MAJ.)  
LESLIE FORBES-MARIANI  
Chaplaincy Resource Manager

So there we were in Italy on our honeymoon. Wow, how romantic.

We traveled all over the north of Italy, and what I continued to notice was the great marble carvings in every church, civic area and even in some cafés.

Where could such beautiful marble come from, and how could someone actually carve it so masterfully?

When we found ourselves in Florence, in the heart of Tuscany, looking at the magnificent statuary and Medici memorials, we stumbled into an art studio where we got a lesson in marble craft.

The proprietor told us that each artisan school has a particular style, and one studies for some time to achieve mastery of the craft. Much of the marble (in all colors) comes from around the world, but the place the white marble comes from is in the area.

The place is known as Carrara at the base and Campo Cecina at the top, and is a quarry located just north of the city of Livorno on the west coast of Italy. The place was where Michelangelo got his white marble for his Statue of David.

A traveler can go to many of the tourist shops and pick up crudely carved marble or stuff that looks like marble, which is really a mix of marble powder and alabaster poured in a mold. You can tell the difference by the weight, texture and temperature.

The quality of marble we found in the artisan school shops was by far the best, but alas out of our budget range.

Now, what I did not tell you is we stayed for one week of our honeymoon in a monastery, on a hill above Livorno called Mortaiolo.

It was incredible with breathtaking views, great price and magnificent surroundings. It was like living in history.

As we checked out, a monk stopped my husband,

out of the blue, and told him he needed to visit Carrara and drive to the quarry Campo Cecina at the top.

So off we go to the top of this huge mountain of marble. Trees reaching over the road, with a mix of marble dust and humidity, created a fairy-like dream world. As we drove on the road, very large blocks of marble on the backs of trucks were coming down, appearing out of the mist on a very narrow road.

We got to the top and pulled off on an abandoned quarry area, tires crunching on the marble gravel. As we stepped out of the car, we could tell the temperature was very hot, greater than 90 degrees.

The white of the marble was reflecting the hot sun, almost blinding us. The heat and the marble dust made me think why did I come here? I could have been at the beach.

Then, I reached out to the sheer wall of living stone, smooth, cool to the touch, and I realized why I had come.

I was seeking the genuine, the real thing. I needed to feel I had reached it.

Standing there in the hot sun with my face resting on the cool stone, I discovered the genuine.

When we seek after God, we are given directions and confirmations and we are on the right track. He even gives us a great adventure to tell later, but how will you know you have reached your goal?

Reach out and touch God.

God is genuine, not crudely formed, but magnificent to behold. He's not a mix of this and that, but pure truth and light.

God's character identifies himself, and you will know when you have reached God's heart, as we knew when we reached out and touched the living stone.

In Jeremiah 29, verses 11-13, God makes a promise to the children of God – that he knows the plans he has for them and wants to give them hope and a future. If God's children call on him, he will find him.

As you seek God, you will find him and you will know the genuine from a counterfeit. God's character speaks for itself.

Seek God today. He is before you to forgive, to heal, and to give you strength. Just reach out.



Forbes-Mariani

## 49 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 7/15/2009.

# Voices of Ohana

What island activity is a "must" when you have visitors in town?



"We take everyone to the Pineapple Plantation, Shark's Cove and dinner at the Shore Bird in Waikiki."

Trisha Casey  
Family Member



"The beaches anywhere on the island."

Staff Sgt.  
Jason Johnson  
Chinook Mechanic  
209th Avn.  
Support Bn.



"We like to rent a cottage and go to the beach at the Pililaau Army Recreation Center in Waianae."

Audrey Lindsey  
Associate  
AAFES



"Driving the circle island tour, and snorkeling on the Kona side of the Big Island is a must do."

Sgt. Patricia Christie  
Medical Maintenance  
Tripler AMC



"Depending on who my visitors are, the Polynesian Cultural Center, and a trip to the North Shore."

Sgt. 1st Class  
Michelle Hurt  
Finance Analyst  
125th Finance Co.

# 84th Eng. Bn. distributes shoes to Iraqi children



**2ND LT. CHRISTOPHER BABULA**  
**STAFF SGT. ARMOND CURET**  
 84th Engineer Battalion

MOSUL, Iraq – The Personal Security Detachment (PSD) of the 84th Engineer Battalion recently took a break from its mission and gave shoes to Iraqi children.

After Sgt. 1st Class Robert McEntire, operations sergeant, Headquarters and Headquarters Company, 84th Engineer Battalion, contacted the director of Crocs, Inc., maker of the colorful rubber sandals of the same name, the company donated 124 pairs to the unit.

The Soldiers, who had been anxiously awaiting the opportunity to disperse the gifts, stopped their convoy just inside the city, here, and distributed the shoes to all of the children with extra pairs for them to bring home to their siblings.

While returning from a lengthy mission on a late afternoon, Staff Sgt. Patrick Smith, truck commander of the first vehicle in the convoy, identified a small group of children playing with old dirty sandals near a familiar road along the return route.

The convoy quickly came to a short halt as the Soldiers of the PSD dismounted and carried a cardboard box towards the group of children. The smiles appeared almost instantly as a few children ran out to extend a warm greeting to all the Soldiers.

A few curiously tiptoed to peek inside the cardboard box. One boy made the discovery that new shoes were awaiting; he promptly announced to the rest of the children what he found, and they all erupted into an excited flurry.

“The kids were so excited and enthusiastic

about retrieving pairs for their siblings. One boy picked out a bright pink pair to take home to his little sister,” said Command Sgt. Maj. Roy Ward.

After several minutes, the convoy mission continued. The children struggled to wave goodbye because they had their arms completely full with the surprise gifts they had received. An Iraqi Army soldier who had been observing the U.S. Forces’ actions from a nearby guard tower displayed a look of approval, smiled and gave a “thumbs up” as the convoy rolled past.

The 84th command team, Lt. Col. Nicholas Katers, and Ward recognize that the PSD not only makes a difference in security, but also in the lives of young Iraqis. The PSD has always sought to make every attempt to win over the Iraqis’ hearts and minds because every supporter that is made is one less enemy to fight, according to Katers.

The children in Mosul live a life far different from those in the United States. Although they are happy to simply receive cold water from the Soldiers, they are even more gracious and ecstatic when they find themselves the recipients of something more colorful.

“The smiling faces of the Iraqi children, as they peered down at their new brightly colored footwear made me very proud to be a leader of such a great battalion,” Katers said.

No matter the mission, the 84th PSD carries itself in a professional manner and works one step at a time to accomplish not only its immediate mission, but also to contribute to the local community when possible.

The event positively affected the children, and PSD hopes that the impact will shape their developing views of U.S. forces and influence the people of Mosul for generations to come.



**Spc. Brandon Martinka** | 84th Engineer Battalion

Staff Sgt. Armond Curet (left forefront), Noncommissioned Officer in Charge Personal Security Detachment, 84th Engineer Battalion, and Command Sgt. Maj. Roy Ward (center front), distribute colorful Croc shoes to a group of local national children in Mosul, Iraq.



Sgt. Kuuipo Duffey | 84th Engineer Battalion

Spc. Andrew Stahl, 3rd Platoon, 523rd Engineer Company, carefully cuts chain-link fencing used as netting for two soccer goals.

## Engineers build soccer field for Iraqi village

**2ND LT. FERNANDO ISIP**  
**1ST LT. BRANDON PHILLIPS**  
84th Engineer Battalion

MOSUL, IRAQ – A key component of any good counterinsurgency strategy is to build meaningful relationships and trust with the local populace.

As nothing can bring two cultures together like sports, the 84th Engineer Battalion recently constructed a professional-size soccer field for the local Iraqi village of Nimrud, a historical site of the Assyrian Empire just south of Mosul.

Teamwork was involved: the local Sheik, Ali Muhammad Hussein, envisioned the soccer field; Headquarters and Headquarters Company of the 1-67 Armor Battalion coordinated the project; and the “Never Daunted” Soldiers of the 523rd Engineer Company and Forward Support Company (FSC) made it happen.

To literally get the ball rolling, the FSC welding team braved 110-degree temperatures to fabricate two custom soccer goals as a contribution to the local humanitarian mission.

**SEE SOCCER, A-6**

# Former lodge becomes police school

**SPC. CHARLES IAVARONE**  
8th Military Police Brigade Public Affairs

BAGHDAD – Members of the 39th Military Police (MP) Company, 91st MP Battalion, 8th MP “Watchdog” Brigade, completed the conversion from what was originally a hunting lodge, belonging to Saddam Hussein, into the Iraqi Police Center of Excellence, at Camp Liberty, Iraq, July 11.

“There will be 15 Iraqi police students and one Iraqi police instructor teaching the classes,” said Sgt. 1st Class Michael Booker. “They will be supported by one international police advisor and one coalition Soldier if their assistance is needed.”

Booker is no stranger to the facility, having worked in it during his 2004-05 deployment, while assigned to the Louisiana National Guard’s 256th Brigade. During that time, Booker was the assistant warden for the detention facility, originally built for a much different purpose.

The focus of training at the new center will be on advanced police skills, with a heavy concentration on crime scene investigative (CSI) procedures and preservation.



Maj. Jeff Parker | 8th Military Police Brigade Public Affairs

Spc. Thomas Bottoms, along with other 39th Military Police (MP) Company Soldiers, 91st MP Battalion, 8th MP “Watchdog” Brigade, converts one of Saddam Hussein’s hunting lodges into the Iraqi Police Center of Excellence.

Through the preservation of CSI events, a database of trends and profiles are expected to further increase the chance of bringing perpetrators to justice, according to Booker. Beyond this focus, general knowledge and police skills will continue to be

taught and refined, much the way coalition forces train.

Several 39th MP Co. Soldiers, under the direction of Headquarters and Headquarters Detachment, 91st MP Bn., started making the facility useable, July 7, in preparation for classes to

begin as early as this month.

“There is a lot of history with this facility, and I see a lot of potential for the Iraqi people and the Iraqi police, in what we’re doing, here,” Booker said.

The facility should be ready for its first classes in late July.

# U.S. Army-Pacific, Vietnamese doctors join forces for health

Story and Photo by  
**STAFF SGT. JOANN MORAVAC**  
U.S. Army-Pacific Public Affairs

BAC NINH, Vietnam – Approximately 40 doctors, dentists, nurses and technical specialists from the U.S. and Vietnam joined together to treat hundreds of residents, here, during the first of several planned medical visits during a medical readiness exercise (MEDRETE), July 9.

The MEDRETE, scheduled from July 7-15, is the first between the U.S. Army-Pacific (USARPAC) and Vietnam. It gives both medical teams a chance to learn from each other in an austere environment, while at the same time, providing for thousands of local villagers who may be far away from medical care.

"I think it's been a long, long time since the Army has been to Vietnam to do these kinds of medical missions," said Dr. (Col.) Michael Jeffery Sigmon, officer in charge of the exercise. "This is an opportunity to exchange information and ideas and learn better ways to care for folks.

"The overall goal is perhaps improving interoperability, so if there is a humanitarian assistance or disaster relief mission that takes place, we can work together with the Vietnamese," Sigmon said.

According to Dr. (Capt.) Michael Sun Woo, general dentist, 618th Dental Company, the U.S. medical staff joined with the Vietnamese Medical Service

to offer free medical and dental services to all villagers in the area. Hundreds of villagers waited patiently in line to receive care for everything from cataracts to chronic pain. The staffs set up several clinics, to include optometry, pediatrics, general health and dental to help as many people as possible.

"Basically, each person is triaged, and we figure out what their chief complaint is ... whether it's medical or dental, and we sent them to their respective clinic," Woo said. "The people have been wonderful, very nice. I'm happy to be with my team here. So far it's been an excellent experience."

For more than 20 years, USARPAC has participated in MEDRETES with other host nations within the Asia-Pacific area. The U.S. and approximately 25 countries around the Pacific have benefited from these



Dr. (Capt.) Charles Nguyen (left), a pediatrician from Tripler Army Medical Center, checks a patient for any abnormalities during a medical readiness training exercise in the Bac Ninh Province of Vietnam.

"I think it's important to show that we would like to maintain positive relationships by doing these types of services ..."

—Dr. (Capt.) Michael Sun Woo  
618th Dental Company

missions.

"I think it's important to show that we would like to maintain positive relationships by doing these types of services to show that we do care for the people, and we do care about learning the different trades and the different practices that other countries have to offer," said Woo. "Mainly I'm learning from (my Vietnamese counterpart), and he's learning from me. I think it's a great thing."



Brig. Gen. William Wolf (left), director of Army Safety, presents Eric Mitomi, 9th Mission Support Command, with the Individual Award of Excellence in Safety at a ceremony at Fort Shafter, Tuesday.

## USARPAC Safety nets top awards

Story and Photo by  
**SGT. 1ST CLASS JASON SHEPHERD**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER – Four members of U.S. Army-Pacific (USARPAC) team received awards for safety from the director of Army Safety during a ceremony held at Palm Circle, here, Tuesday.

Col. Jon David Lee and Col. Colbert K. H. Low received the Director of Army Safety Composite Risk Management Award from Brig. Gen. William Wolf for "thriving safety initiatives, policies, programs and reduction of accidents" while serving with the 4960th Multi-Function Training Brigade.

Eric Mitomi, 9th Mission Support Command, and Raymond Bernard, 94th Army Air Missile Defense Command, received the Secretary of the Army and Chief of Staff of the Army Individual Award of Excellence in Safety.

"This is what we're in the business for, taking care of Soldiers," Wolf said. "This 'award' is a wonderful way of recognizing those who do that everyday."

Lee was the commander and Low served as the deputy brigade commander and safety officer of the 4960th. Both led the brigade to zero accidents during fiscal year 2008, a 100-percent drop from the previous fiscal year.

They implemented several new initiatives in the brigade, including training for safety officers and a privately owned vehicle and motorcycle safety program.

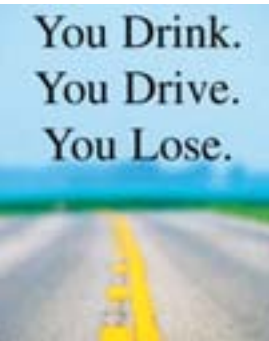
"Having zero accidents for a brigade is huge for any formation," Wolf said. "The challenge is taking care of Soldiers, and folks like (Lee and Low) that mentor our Soldiers and help them make the right decisions are leading the way to keeping our force safe."

Mitomi received the Individual Award for Excellence in Safety-Civilian for receiving a 97-percent passing rate for meeting the standards in 73 of 76 items inspected. He established relationships with the U.S. Public Health Service and the Federal Occupational Health Service to provide industrial hygiene surveys for all locations in the command on a scheduled basis – at no cost to the command.

Bernard received the Individual Award for Excellence in Safety-Contractor for proving safety oversight for a high-power radio frequency source and several high voltage generators at the Shariki Communications Site in Shariki, Japan. His efforts led to zero on-site incidents for fiscal year 2008.

"USARPAC Safety is proud of the many contributions that our Soldiers and civilians make to ensure safety is a priority, both on and off the job," said Scott Knowles, USARPAC safety officer.

"We work everyday to ensure we are supporting the field with all the necessary training, education and guidance to eliminate and reduce accidents and injuries that affect our families and our combat readiness," Knowles added.



# Soccer: Team 'gets the ball rolling' in Nimrud

CONTINUED FROM A-4

The team's joy of helping to provide safe activities for children in the northern city of Mosul certainly did not come without arduous hours of work. Wearing layers of personal protective equipment, such as welding helmets, coats, gloves and leather trousers, made the sweltering Iraqi heat and dust just that more intense.

"The team put a lot of time and effort in building the soccer goals," said Pfc. Hans Brockmann, FSC. "We know the children will be happy because soccer is a big part of the Iraqi culture. ...It gives them a positive look on the humanitarian efforts that the U.S. is providing."

The 523rd Engineers took charge of transforming an old farm-field into a new soccer field. They removed the existing hay and then leveled and compacted the field. Despite the sweltering weather, the Soldiers of 3rd Platoon were eager to work and continued to stay motivated.

The Soldiers believed they were working for a good cause.

"My overall perspective of the project is that it helps put a good and positive outlook on the way the American Soldiers are trying to rebuild our trust with the Iraqi civilians," said



Sgt. Kuuipo Duffey | 84th Engineer Battalion

Spc. Andrew Stahl, 3rd Platoon, 523rd Eng. Co.

Many local Iraqis took interest in what the 523rd Engineers were doing and came out to

(Left) Pfc. Hans Brockmann, Forward Support Company, 84th Engineer Battalion (Construction Effects), 18th Engineer Brigade, welds finishing touches on one of two soccer goals built for a school in Mosul, Iraq.

lend a helping hand.

A 12-year-old walked around and said, "I love America; thank you for the goal. ... Can I have a football (soccer ball), please?"

As the 84th Soldiers turned over the completed field and goals, they tossed out a few soccer balls to the children as well.

The 84th Engineer Battalion's contribution to the Iraqi community is yet another successful continuation of the partnership formed between U.S. Soldiers and local nationals.

"I think, overall, if the Americans are trying to build a better relationship, then we are heading in the right direction," said Spc. Raymond Barton, FSC.

With the push to draw back U.S. involvement in the cities of Iraq, these types of mission are critical to meeting U.S. goals, because they elevate the opinion of coalition forces with the local people.

*(Editor's Note: 2nd Lt. Fernando Isip is assigned to the 523rd Engineer Company and 1st Lt. Brandon Phillips is assigned to the Forward Support Company.)*

# NCO, Soldier represent Pacific at Army level

SGT. ELAINE NORWOOD  
500th Military Intelligence Brigade

SCHOFIELD BARRACKS — The Intelligence and Security Command (INSCOM) Pacific Region recently named its Noncommissioned Officer (NCO) and Soldier of the Year for 2009.

After five days of competition, Sgt. Cole Joines, 732nd, Military Intelligence (MI) Battalion, and Soldier, Spc. Derek Schwartz, 205th MI Bn., both with the 500th MI Brigade, were selected as NCO and Soldier of the Year, respectively.

Joines and Schwartz were among the competitors vying to represent the Pacific at U.S. Army INSCOM at the end of July.

During the event, Soldiers completed an Army physical fitness test, board appearances, first aid, hand and arm signals, M4 machine gun qualifications, and a land navigation course.

"At first, something may seem impossible, but if you'll only try and give it your best effort, more often than not you'll be surprised at the results," said Joines.

The INSCOM Pacific Region competition is alternately hosted by the 500th MI Bde., Schofield Barracks, and the 501st MI Bde., Yongsan, Korea.

This year the 500th MI Bde., had home field advantage.

## News Briefs

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

### 17 / Today

**Electronic device rules** — Motorists are reminded that as of July 1, a new City and County of Honolulu law prohibits the use of mobile electronic equipment while driving, unless a hands-free device is used. The law also prohibits texting and making phone calls while stopped in traffic. There is a \$67 fine for the first offense.

### 20 / Monday

**SAPR Class** — The next Sexual Assault Prevention & Response initial Unit Victim Advocate (UVA) class is scheduled July 20-24, at Schofield Barracks Education Center above the Sgt. Yano Library, Room 213. This class will cer-

tify command appointed personnel as UVAs. To register unit personnel for this class, contact the Sexual Assault Response Coordinator at 655-1718.

### 23 / Thursday

**FBI Recruitment** — Learn more about the FBI by attending an FBI career presentation July 23, 10 a.m., at the Soldier Support Center, Building 750, Schofield Barracks. For information on future monthly presentations throughout Honolulu, contact Special Agent, Kal Wong at 566-4488/4300.

### 26 / Sunday

**Fort Shafter Road Work** — Motorists should be advised that due to construction, traffic will be re-routed in the vicinity of Funston and Wisser roads, Fort Shafter, starting July 11, and will continue through July 26. Detours will be set up on weekends only.

## August

### 11 / Tuesday

**Fire Warden Training** — Every

building requires a Fire Warden. In larger buildings, more than one Fire Warden may be needed. Fire warden training will be held for building representatives Aug. 11, Sept. 8, and Oct. 13, at the Schofield Barracks Education Center above the Sgt. Yano Library.

Classes will be held from 10-11:30 a.m. To reserve your seat, contact Battalion Chief Marter at [albert.marter@navy.mil](mailto:albert.marter@navy.mil).

### 17 / Monday

**Motorcycle Training** — U.S. Army Garrison-Hawaii and the California Superbike School will host an advanced motorcycle course for military personnel, Aug. 17-20, at Wheeler Army Air Field. Each "Train as you Ride" session is limited to 36 riders, and will be accepted on a first come basis.

All slots on Aug. 17 are reserved for members of the 25th Combat Aviation Brigade. All slots on Aug. 18 are reserved for member of the 2nd Stryker Brigade Combat Team.

Students must sign up using an online tool at <https://airs.lmi.org>. Select "Pacific," "Hawaii," then "Advanced

Motorcycle Course."

### 19 / Wednesday

**SSA Closure** — The Supply Support Activity (SSA) will be closed Aug. 19-26 for inventory. Only high priority emergency requests will be processed during this time. Normal operations will resume Aug. 27. Call Jared Javinar, 656-2632, or Sam Sapatu, 656-2277.

## Ongoing

**Sick Call Hours** — The sick call hours for the Adult Medicine Clinic, Tripler Army Medical Center, changes as of July 1 and are now 7-8 a.m. For more information, call Sgt. 1st Class Stewart 433-5829.

**FLEP Applications** — The Office of the Judge Advocate General (OTJAG) is now accepting applications for the Army's Funded Legal Education Program (FLEP).

Selected active duty commissioned officers will attend law school beginning the fall of 2010. Interested officers

should review Chapter 14, AR 27-1, to determine eligibility.

FLEP is open to commissioned officers in the rank of second lieutenant through captain. Eligible officers should immediately register for the next offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer's branch manager AHRC, with a copy furnished to the OTJAG, ATTN: DAJA-PT (Ms. Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1, 2009.

Interested officers should contact their local Staff Judge Advocate for more information.

**Change in Traffic Pattern** — Chamberlain Road, on Fort Shafter (the road that runs parallel to Funston, Wisser and Macomb Roads) is being converted to a two-way street. Effective July 6, parking will no longer be available along the road, and it will be striped to accommodate two-way traffic. Motorists are being advised to make note of the change.



Sgt. Ricardo Branch, 8th Theater Sustainment Command Public Affairs

## Dirty job

AIEA, Hawaii — Soldiers from the 8th Theater Sustainment Command (TSC) remove rubber mats July 9 from the Gustav H. Webling Elementary School playground. The Soldiers visit once a month to help with tasks, cleanup and assistance with projects on the school grounds as part of the joint partnership between the school and the 8th TSC.

# 8th TSC recognizes four volunteers

Support for troops comes from variety of sources and FRGs

Story and Photo by

**SGT. RICARDO BRANCH**

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The 8th Theater Sustainment Command (TSC) hosted its annual Volunteer of the Quarter Recognition Ceremony, Monday, at the Lt. Jonathan Brostrom Community Center, here.

The ceremony recognized volunteers who went above and beyond set expectations, providing their services to family readiness groups (FRG), Soldiers and family members of deployed Soldiers.

Volunteers were recognized with three awards: the Alii Award, which is presented to volunteers who volunteer with FRGs; the Lokahi Award, for volunteering in organizations outside of FRGs; and the Yellow Ribbon Award, presented to volunteers who primarily volunteer their services during deployments.

“Volunteers do so much for our community with their selfless service that it’s fitting we

show our appreciation by recognizing them for all they do,” said Maj. Gen. Raymond V. Mason, 8th TSC commander. “This ceremony is a token of our appreciation, and it comes from the heart.”

Four volunteers were recognized during the ceremony.

“It’s really nice to be recognized for the work you do, but that’s not why we volunteer,” said Jamie Birkle, 82nd Engineer Company, 130th Eng. Brigade. “Our spouses’ units are as much a part of our family as they are, and we want to make sure they all are taken care of.”

### Volunteer Awardees

#### •The Alii Award

Jamie Birkle, 82nd Engineer Company, 130th Eng. Brigade

Lakida McNair, Headquarters and Headquarters Co., 524th Combat Sustainment Support Bde.

#### •The Lokahi Award

Shelly Hinzman, 523rd Eng. Co., 130th Eng. Bde.

#### •The Yellow Ribbon Award

Megan Hawkins, 561st Eng. Co., 84th Eng. Bn.



Maj. Gen. Raymond Mason (left), commander, 8th Theater Sustainment Command (TSC), presents a certificate of appreciation to Megan Hawkins during the 8th TSC volunteer recognition ceremony, Monday, at the Lt. Johnathan Brostrom Community Center.



# USE YOUR HEAD WEAR YOUR HELMET



Photo Courtesy of U.S. Marine Corps | Kaneohe Bay

Dylan Code, California Superbike School Instructor, coaches a rider's technique on the course.

## Motorcycle: Superbike school trains for real road conditions

CONTINUED FROM A-1

Class slots are allocated to each of the brigade-equivalent units, with Aug. 17 and 18 reserved for 25th Combat Aviation Brigade and 2nd Stryker Brigade Combat Team, respectfully.

Students must sign themselves up using an online tool. Each session is limited to 36 riders, on a first-come basis.

Future courses are planned for October and December 2009, but dates have not been set.

"This course is not a substitute of the Basic and Experienced Rider courses that meet Army requirements for Soldiers to ride a motorcycle,"

said Bill Maxwell, safety specialist and program manager. "Instead, this class comes afterward, allowing riders to refine techniques that they have already been using."

Riders will need to show their Motorcycle Safety Foundation Basic or Experienced Rider Course cards when they sign-in on class day. There will also be a thorough technical inspection of the motorcycle by California Superbike School staff prior to class.

"This class promises to be fun and challenging, and applies to any style of motorcycle, not just sport bikes," Maxwell explained. "Our course will be slightly wider than a normal traffic lane, and there will be no oncoming traffic or roadside hazards to di-

vert the students' attention, to allow them full concentration for learning.

"On average, each student will ride more than 40 miles and practice more than 400 curves," Maxwell said.



To sign up for the superbike class

Go to: <https://airs.lmi.org>. Select Pacific, then Hawaii, and then "Advanced Motorcycle Course."

## Kolekole: Changes could happen early in August

CONTINUED FROM A-1

closing. The one-way traffic pattern is the result of a December rock slide resulting from storm damage that reduced road usage on the Lualualei Naval Station portion of the road.

The South Range live-fire training considerations were essential to the QTR2 plan under final review.

"The qualification training range location is critical in meeting required training and firing qualifications," said Ken Torre, training support director.

Portions of Kolekole are located in a surface danger zone (SDZ) area, making the road dangerous to travel during periods of live-fire training.

Along with Soldier use, members of the Navy, Air Force, Marine Corps, and federal law enforcement agencies, including the FBI and the Honolulu Police Department, all use the QTR2 training site for live-fire training.

Several courses of actions for training use of QTR2 were researched. Among the options examined were the closure of Kolekole during periods of scheduled training and the option to conduct ebb and flow traffic management when weapons are not being fired. The goal is the creation of a best option for both Soldier training and general public access.

Providing regularly scheduled hours of availability is an important consideration.

"Closing Kolekole Pass during peak hours would create a hardship on the people living on the Waianae Coast by

extending their drive time and fuel consumption because of the additional travel time and distance," said Colonel Matthew Margotta, commander, U.S. Army Garrison-Hawaii.

"It's our goal to balance this essential training mission for our Soldiers, but also recognize the commuting challenges of our leeward coast community members," Margotta continued. "We believe this is our best solution."

The regularly scheduled hours of access were approved for predictability and continuity in opening and closing the pass, as well as to more easily manage access with less impact on units for managing checkpoints and traffic.

Under the plan, Kolekole will remain closed on weekends allowing training and construction of additional live-fire facilities to continue.

More than 1,400 acres of land in the South Range area of Schofield Barracks has been obtained by the Army to add increased Soldier qualification training. Construction of additional live-fire training facilities is scheduled for completion in 2011.

"The new hours of (Kolekole) availability could take effect as early as the first week of August," said Torre.

Once formally approved by both garrison and Naval authorities, no less than 10 days notice is required before implementing.

The live-fire training at QTR2 not only impacts Kolekole traffic but will also affect flight patterns and air space for helicopters, stop physical fitness training and eliminate public trail access.

## Makua: Units gain benefit

CONTINUED FROM A-1

This option also allows Soldiers to spend precious local time with their families between long deployments for combat.

The option includes extensive mitigation measures to protect endangered species and cultural sites, and reduces fire dangers.

"This MMR Environmental Impact Statement was a very thorough and pub-

licly open process," said Maj. Gen. Raymond Mason, commander, U.S. Army Hawaii, and the deciding official. "We've reached the best decision that allows our Soldiers and small units to train locally and reduces their time away from families, all while ensuring the Army continues to protect the precious environment entrusted to us."

The Makua Record of Decision is available online at [www.garrison.hawaii.army.mil/makuaeis](http://www.garrison.hawaii.army.mil/makuaeis).



# Look, but don't touch

## Common Hawaiian plants can harm

**BILL MOSSMAN**  
Staff Writer

**SCHOFIELD BARRACKS** – A toxic plants expert is warning Soldiers and their families to adopt a "look but don't touch" attitude when it comes to handling Hawaii's beautiful plants, some of which have led to fatal consequences.

Shirley Gerum, a professor of botany at Chaminade University, Honolulu, and frequent guest lecturer on the subject, says many of these poisonous plants can be found in backyards across the state, including right here on Schofield Barracks.

"You have to assume that everything is harmful and potentially poisonous," Gerum said. "Most of these plants are popular because they're easy to grow and they're low maintenance. And for people who are new to the islands, they don't always know the potential hazards that exist in their yards. They see these plants and they find them to be pretty, and they want to pick them or smell them."

"But, beware," she cautioned.

Recently, Gerum conducted a lecture on poisonous plants at Sgt. Yano Library at the request of Bonnie Dong, supervisory librarian. Patrons viewed a slideshow of the harmful plants before they were led around post and shown the kinds of plants that should be avoided at all costs.

"I try to let people know about the potential dangers out there," explained Gerum, who's been taking her Chaminade students on tours of Schofield Barracks since the mid-1990s.

"I'll make recommendations at times to people on post to have certain plants removed. Sometimes people listen to me and remove the plants. Other times, they don't."

Among the plants Gerum has identified on post and suggested residents should steer clear of are these:

•**Oleander.** Unlike other plants in which just the flowers or sap are poisonous, the oleander is completely toxic. Documented cases include people who have gotten sick after accidentally inhaling smoke caused by burning the plant, to those who fell ill after using sticks from the oleander for marshmallow roasts. Typically, victims of oleander poisoning will experience either a rapid rise or slowdown in their heart rate.

"Oleander has a sister plant that is just as deadly – the Golden Be-Still," Gerum explained. "Both plants seem to grow wild in enough places where people camp ... (and) the long stems sometimes are used for roasting hot dogs. ... This has proved fatal to many," added Gerum.

She noted that she once interviewed a Tripler Army Medical Cen-

ter nurse who recalled treating several Soldiers on the mainland after they used oleander stems in preparing their outdoor meal. Tragically, the service members soon died from the poisoning.

•**Angel's Trumpet.** Sometimes grown as an outdoor ornamental herb because of its wonderfully shaped tubular flowers, this plant contains alkaloids that have caused deaths among humans and animals. Children may be particularly vulnerable to the effects of atropines, a poisonous crystalline alkaloid.

"I remember visiting this residential area at Schofield a few years ago, and seeing Angel's trumpet growing just outside a home," Gerum recalled. "I went to talk to the residents about the dangers of this plant, and was surprised to find out the plant was located just outside the room of the couple's infant daughter. And the mother told me, 'Maybe that's why my baby sleeps a lot?'"

The plant was soon removed, Gerum added, and the child eventually overcame her lethargy.

•**Cycad.** Popular because they're easy to grow, cycad plants are hardy and rarely bothered by pests or diseases. Like the oleander, all parts of the cycad are dangerous, but particularly the seeds. Recently, the plant has been linked to amyotrophic lateral sclerosis, often referred to as Lou Gehrig's Disease.

"In the early days, people from the islands would sometimes use the starch from the seeds to make pudding, and they would get sick," Gerum explained. "But this is a very toxic plant. It's one of the plants I often take my students to see while we're at Schofield."

•**Red Spider Lily.** A bulbous herb often used as an ornamental plant, the red spider lily contains a chemical called lycorine, which produces symptoms that are particularly severe to children due to their small bodies.

"It's a plant that makes a nice presentation," Gerum stated. "But the bulb, which looks a lot like an apple, can be toxic if eaten."

Gerum, who majored in botany while at the University of Hawaii at Manoa, said she owes much of her work in the field of harmful plants to friend Heidi Fuery. A former Army community nurse, Fuery used to conduct training regarding poisonous plants for both day care and home-care providers on military installations around Oahu.

"Heidi was determined to learn which plants were poisonous. She began inviting me to begin giving lectures to these providers back in the 1990s," Gerum recalled, "and I haven't stopped since."



A poisonous plant brochure can be downloaded at the State of Hawaii, Department of Agriculture Web site at <http://hawaii.gov.hdoa/pi/pest>.

Those who come in contact with these plants should immediately call the National Capital Poison Center at 1-800-222-1222 and/or their personal physician.

Additional photos and information taken from the "Top Ten Inquiries About Plants Received by the Hawaii Poison Hotline," brochure, courtesy of the State of Hawaii, Department of Agriculture.

### Oleander



The highly toxic Oleander Plant, grows in the back of Sgt. Yano Library, Schofield Barracks, and has been known to cause serious illness, even death, among those who come in contact with it. A mere lick, or taste of the Oleander may produce nausea, vomiting, stomach pain, and cramping. This plant can cause irregular or slowed pulse resulting in generalized heart symptoms as well as dizziness, headache, confusion, and drowsiness.

Photo by Bill Mossman

### Cycad



The cycad plant, like this one, grows along Heard Avenue, Schofield Barracks, and has been linked to amyotrophic lateral sclerosis, otherwise known as Lou Gehrig's disease.

Photo by Bill Mossman

### Red Spider Lily

One of the plants to be avoided on post is the Red Spider Lily plant, which produces bulbs that can be toxic if eaten.



The apple-shaped bulbs (shown below) of the Red Spider Lily may look harmless, but can be deadly if consumed.



Photos by Bill Mossman

### Plumeria



The plumeria flower is frequently eaten by children because of its sweet fragrance. When eaten in large amounts, may result in vomiting and diarrhea. Milky sap may produce rash and blistering on skin contact.

### Candlenut tree; Kukui



All parts of the Candlenut Tree or Kukui are poisonous, but raw seeds are usually the culprit, causing mild to severe vomiting, abdominal cramping and diarrhea. A watery sap on skin may cause a red, itchy rash.

### Pencil Plant



All parts of the Pencil Plant contain a corrosive milky sap. Skin contact can produce severe burns and blisters. Eye contact causes intense pain, redness, and swelling. Eating any part of the plant may result in severe stomach pain, vomiting and diarrhea.

### Angel's Trumpet



Initial contact with an Angel's Trumpet plant may produce blurred vision and sensitivity to bright light, dry mouth, restlessness, disorientation and hallucinations. Severe exposures may result in seizures, paralysis, coma, respiratory failure, and death.

### Dumbcane



Biting and chewing the leaf or stem of the Dumbcane plant may result in rapid development of mild to severe pain around the mouth followed by swelling of lips, mouth, tongue, and throat and excessive salivation.

Skin exposure can produce a burning sensation, redness and itching.



17 / Today

ACS Birthday - The community is invited to join Army Community Service (ACS), Schofield Barracks, July 17, 10 a.m.-2 p.m. as it celebrates 44 years of service to Army communities.

The celebration will include a tribute to community volunteers, a cake cutting, and open house. ACS staff will also be showcasing the full range of services available to Soldiers and families. Children can enjoy face painting, bouncers, games, puppet shows and more.

For more information, contact Brandy Gray at 655-4789.

Waikiki Wiki Wiki Bus - The Army bus rides again, today, 9 p.m.-4 a.m. The bus will pick up riders on Schofield Barracks and Fort Shafter and take them down to party in Waikiki, worry-free. The return pick-up is at the Hale Koa at 3 a.m. Free tickets are available at Information, Ticketing and Registration offices, and riders must have a ticket to board. The bus is also scheduled to run July 31. Call 655-9971/438-1985.

18 / Saturday

Daddy Boot Camp - New dads are welcome to basic training to understand newborn basics and how to be effective, confident fathers, July 18, 9 a.m.-noon, at Army Community Service, Schofield Barracks. Call 655-0596.

22 / Wednesday

Hawaiian Workshop - The Army Community Service (ACS) Relocation Readiness Program is offering a Hawaiian culture workshop for Soldiers and families.

The 10-week workshop, "Umeke Kao," or vessel of knowledge, meets each Wednesday, 6-8 p.m., at the ACS, Schofield Barracks. The next class is scheduled to meet, July 22.

Children 6 years and older are welcome to participate; child care is not provided. To register, call 655-4227.

Breaking the Financial Bonds - Learn how to financially navigate through a divorce during an Army Community Service (ACS) course, July 22, 9-10:30 a.m., at ACS, Schofield Barracks. Topics include marital real estate, investing, retirement and tax issues. Call ACS at 655-4227 or register online at www.acsclasses.com.

23 / Thursday

Big R: Winter in July - Celebrate another month of deployment completed,



Photo Courtesy of Family and Morale, Welfare and Recreation

# Briones pulls key to win a new car

SCHOFIELD BARRACKS - Many people wish they held the key to happiness, a great life or fortune, but Karen Briones, just wished she held the key to a new car - a Hyundai Accent, to be specific.

Briones was one of 10 finalists who were given a 1 in 5,000 chance to drive away in a brand new car in the grand prize giveaway from the Tony Group Autoplex, during the Family and Morale, Welfare and Recreation, Fourth of July Spectacular at Sills Field.

"My husband told me to put my name in. You never know," said Briones.

Two days before the event, 10 members from military communities in Hawaii were notified by phone that they were finalists.

"I never in a million years thought that I would get a phone call and that I was one of the 10 finalists - let alone win a car," Briones said.

Each finalist received an opportunity to pull a key out of a bin and a chance at unlocking the car.

After seven suspenseful, yet, unsuccessful attempts from the other finalists, Briones' "mystery key" unlocked the dri-

ver's side door, bringing the excitement and contest to an end.

For the Briones family, the surprise couldn't have come at a better time, even if the timing on that day was a bit off for the family. Her husband, Pfc. Andrew Briones, 2nd Battalion, 11th Field Artillery Regiment, was preparing to perform the canon demonstration with his unit while his wife was on the main stage. She said, the unit kept track by listening to the crowd's response from afar.

Briones says having a second vehicle just makes things easier for her and her two sons, Blake, 7, and Andrew Jr., 6-months, and it is a financial help for the family.

"We only have one vehicle, and it's not very fuel efficient," she said. "There were several times that I would get up in the morning, wake both kids up and take (my husband) to work. Other times I would be stranded at home with no car and would have to wait to go grocery shopping and things like that," she added.

Briones expressed her appreciation and thanks to everyone that made the event possible.

"It is an amazing experience. If you wish hard enough, your wish can come true."

July 23, 6:30-9:30 p.m., at the Ice Palace. The ice arena is chilly, so don't forget to bundle up in your best (or worst) holiday sweater. Prizes will be awarded for the most festive attire.

Transportation will leave from the Schofield Barrack's Bowling Center parking lot at 6:30 p.m. Reserve child care and register at 656-3327 or e-mail sarah.chadwick@us.army.mil by July 17.

EFMP Bowling - Families with special needs individuals are invited to enjoy a bowling event, July 23, 6-8 p.m., at the Fort Shafter Bowling Center. One family member must be enrolled in the Exceptional Family Member Program. Events are free. Call 655-4227.

25 / Saturday

Mixed Martial Arts - Tickets are on

sale now for the "Scuffle at Schofield," July 25, 7 p.m., at the Tropics, Schofield Barracks. Spectators will enjoy a series of live mixed martial arts fights.

Tickets are on sale at the Tropics, Fight Stop at the Main Post Exchange, and other select locations. Visit www.mwr.armyhawaii.com. Call 655-5698.

31 / Friday

Dog Days of Summer - The Recreation Activities office is hosting its first-ever dog-friendly event, the Dog Days of Summer, July 31, 3-6 p.m., Sills Field, Schofield Barracks. During the event, pet owners and their four-legged friends are invited to enjoy an afternoon of furry fun. Compete in four-legged and two-legged competitions and an annual chili cook-off contest. Visit www.mwrmilitaryhawaii.com to reg-

30 / Thursday

Waikiki Aquarium Summer Concerts - The Waikiki Aquarium ocean-side summer concert series continues with some of the islands' top performers, including Maunalua, July 30, and Willie K, Aug. 13.

Concert-goers may bring low-lying beach chairs. Tickets cost \$25 (adults) and \$10 (children). Call the Honolulu Box Office at 550-8457.

Honolulu Family Festival - The free four-day Honolulu Family Festival is scheduled July 30-Aug. 2 at Magic Island, Ala Moana Beach Park.

The fest features rides, live entertainment, acrobats and specialty acts. The event is free, but food and ride tickets will be available for purchase.

The event is open, July 30, 5 p.m.-10 p.m.; July 31, 5 p.m.-midnight; Aug. 1, 10 a.m.-midnight; and Aug. 2, 10 a.m.-10 p.m. Visit www.HonoluluFamilyFestival.com for the daily schedule of events.

## August

1 / Saturday

Yellow Ribbon Program - Hawaii Pacific University (HPU) and more than 700 schools nationwide are partnering with the Department of Veterans Affairs to help veterans pay for their education through the Post 9/11 GI Bill, "Yellow Ribbon Program" which goes into effect Aug. 1.

Through the program, HPU scholarships will be available for eligible undergraduate students starting Fall 2009 and includes a housing allowance, stipend for books, supplies and more. Contact Sherri-Ann Pai, HPU VA coordinator, at 356-5222.

6 / Thursday

Blood Drive - The 732nd Military Intelligence Battalion will be sponsoring a blood drive to benefit the Tripler Army Medical Center Armed Services Blood Program, Aug. 6, 10 a.m.-2 p.m., at the

ister your dog to compete or for the full listing of events. Family readiness groups interested in participating in the chili cook-off should contact the Recreation Activities office to sign up. Call 655-0111/2.

## August

4 / Tuesday

Recreation Round-Up Expo - Take a walk on the western side and learn about all the fun activities and programs the Family and Morale, Welfare and Recreation (FMWR) Directorate offers by heading down to the FMWR Recreation Round-Up Expo, Aug. 7, 4-7 p.m. at the Nehelani, Schofield Barracks. Enjoy free snacks, games and prize giveaways. Call 656-3324.

## Ongoing

BayFest Tickets - Marine Corps Base Hawaii's BayFest is scheduled Aug. 14-16 and will feature the band Filter, Aug. 14, 8:30 p.m., and the Black Eyed Peas, Aug. 15, 8:30 p.m., on the main stage.

Exclusive military rate tickets are available at all Information, Tickets & Tours (I.T.T.) offices, and they are expected to sell out. Advance tickets at I.T.T. for Filter are \$20 each, and for Black Eyed Peas, \$25 each.

Tickets at the gate will cost \$45 and \$55 per concert. General grounds admission is an additional \$5. Children 5 years and younger can attend for free. Gates open at 5 p.m., Aug. 14, and noon, Aug. 15-16. Call the BayFest hotline, 254-7679.

AAFES Photo Contest-Hawaii - Now through the end of July, Army Air Force Exchange Service (AAFES) customers are invited to submit photos online of their favorite BX/PX, along with a 50-word-or-less description. AAFES will award a \$50 gift card to two winners each week. Photos no larger than 1 MB can be sent to PatriotFamily@aafes.com with the words "Where in the World is your Exchange" in the subject line. Visit www.aafes.com for contest details.

DeCa Certificatechecks - Commissary patrons who were deployed or away on temporary duty, March 6-July 31, 2009, now have until July 31, 2010, to redeem gift certificates in a military commissary. Units, organizations and other customers who did not deploy or travel on official duty during the period noted must still redeem their commissary gift certificates by July 31, 2009. Visit www.commissaries.com for more information.

## community calendar

Send announcements to community@hawaiiarmyweekly.com.

17 / Today

Public School Bus Passes - Avoid the back-to-school rush and purchase bus passes for the 2009-2010 school year now. Students who are entitled to free bus passes must also complete an application form at http://portal.k12.hi.us/SBT or contact their child's school.

The form and payment should be submitted to the child's school. Rate schedules and eligibility requirements for school bus services are also available at the Web site.

The school bus fare is 35 cents per trip. Fares are purchased by academic quarter or for the full year. The first day of school for most public school students is July 30. Individual school calendars are posted at http://doe.k12.hi.us/calendars0910.

For more information, contact your child's school or the Department of Education Student Transportation Services Branch at 586-0170.

18 / Saturday

Haleiwa Arts Festival - The 12th Annual Haleiwa Arts Festival is scheduled, July 18, 10 a.m.-6 p.m., and July 19, 10 a.m.-5 p.m., at the Haleiwa Beach Park in Historic Haleiwa Town, on the North Shore.

The summer arts fest activities include 134 juried visual artists with original works and limited editions, both traditional and contemporary, in oil, acrylic, ceramic, photography, sculpture, water color, fabric, serigraphy, jewelry and glass, as well as other media. Art will be available for viewing and purchase directly from the artists.

The festival will also include perform-

ance arts, with performers presenting original music and dance with audience participation encouraged. Also included are cultural history tours, arts demonstrations and displays, and a host of hands-on children's activities.

The festival is free. Visit www.haleiwaartsfestival.org.

19 / Sunday

39th Annual Ukulele Festival - Relax and soak in the sun during the 39th Annual Ukulele Festival, July 19, 9:30 a.m.-1:30 p.m., at the Kapiolani Park Bandstand, Waikiki. See ukulele played with sophistication and virtuosity. Enjoy food booths, ukulele displays and giveaways.

Free parking and shuttle service is available from the Kapiolani Community College. This event is free. See a full schedule of performers at www.ukulelefestivalhawaii.org.

25 / Saturday

School/Sport Physicals at SBHC - Schofield Barracks Health Clinic (SBHC) will hold a mass school and sports physicals day, July 25. The Family Practice Clinic and Pediatrics Clinic will see children even if they are not enrolled at SBHC. Tricare enrollment forms will be available and families will be able to enroll newcomers in Tricare.

Appointments can be made by calling 433-8155.

26 / Sunday

Back-to-School Supplies - Operation Homefront-Hawaii is collecting donations of school supplies to assist military families and their children as they head back to school.

Donations may be dropped off at the Navy Exchange and at Lex Brodie's Queen Street and Pearlridge Branch.

Families of enlisted service members, ranks E-6 and below, of all service branches, are eligible to register to receive a backpack. More than 300 backpacks will be distributed, July 26, 2-3 p.m., at the Oahu Veterans Center.

For online requests, visit www.operationhomefront.net/hawaii.

# Worship Services

Allamanu (AMR) Chapel 836-4599

- Catholic Sunday, 8:30 a.m. - Mass Sunday, 9:45 a.m. - Religious Edu.
- Gospel Sunday, 11 a.m. - Sunday School (Sept.-June only) Sunday, 12:30 p.m. - Worship service
- Protestant Sundays, 9:45 a.m. - Worship Service Sunday, 11 a.m. - Sunday School (Sept. - June only)

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. - Mass in Chapel (May-Aug.) Saturday, 6 p.m. - Mass on Beach
- Protestant Sunday, 9 a.m. - Worship Service
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel 836-4599

- Contemporary Protestant Sunday, 9 a.m. - "The Wave" Worship

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. - Bible Study Sunday, 10 a.m. - Worship Service 10 Children's Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. - CCD & RCIA Sunday, 10:30 a.m. - Mass
- Collective Protestant Sunday, 9 a.m. - Worship Sunday, 10:30 a.m. - Sunday School
- Gospel Sunday, 10:30 a.m. - Sunday School Sunday, noon - Worship Service

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, noon - Adoration
- Liturgical Sunday, 9:30 a.m. - Worship

Tripler AMC Chapel 433-5727

- Catholic Sunday, 11 a.m. - Mass Monday-Friday, 12 p.m. - Mass Saturday, 5 p.m. - Mass
- Protestant Sunday, 9 a.m. - Worship Service

Wheeler Chapel 656-4481

- Catholic Saturday, 5 p.m. - Mass
- Collective Protestant Sunday, 9 a.m. - Worship Sunday, 9 a.m. - Sunday School

# This Week at the MOVIES Sgt. Smith Theater

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



### The Hangover

(R) Friday, 7 p.m. Wednesday, 7 p.m.

### Night at the Museum: Battle of the Smithsonian

(PG) Saturday, 4 p.m.



### Up

(PG) Saturday, 7 p.m.

### Imagine That

(PG) Sunday, 2 p.m.

### Monster vs. Aliens

(PG) Wednesday, 4 p.m.

### Star Trek

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

No shows on Mondays or Tuesdays.

# AFAP issues see action and produce results in USAG-HI communities

## ARMY COMMUNITY SERVICE

News Release

**SCHOFIELD BARRACKS** – This year's 2009 U.S. Army Garrison-Hawaii (USAG-HI) Army Family Action Plan (AFAP) conference provided a voice and forum for community concerns.

Actions taken by USAG-HI to resolve concerns can be seen throughout U.S. Army-Hawaii.

**Safer School Crossings.** During the conference, the base operations group proposed that a school crossing guard program be implemented and questioned the safety of school drop-off and pick-up points.

USAG-HI acted immediately, placing Soldiers as road guards at the intersections of Trimble and Carpenter, Ayers and McMahon, and Ayers and Waianae Roads.

**Animal Control.** The same workgroup recommended an increase in animal control officers (ACO) and changes to the ACO's current work schedule. The ACOs have revised their work schedules to work four, 10-hour shifts a week (including weekends).

Furthermore, training for on-duty law enforcement officers has begun in order to safely apprehend, transport and safeguard stray animals when the ACOs are not on duty.

**Plastic Bag Recycling.** The family/community service workgroup recommended that the Defense Commissary Agency (DeCA) and the Army Air Force Exchange Service (AAFES) facilities implement a standardized plastic bag recycling program.

According to the group, "The lack of a standardized plastic bag recycling program is not in sync with the Army's 'Go-Green' initiative."

To address this issue, a Department of Defense enterprise-wide policy is being developed that will balance environmental stewardship and customer convenience. In the interim, DeCA and AAFES facilities are continuing to promote reusable cloth bags.

**Summer Shuttle.** The issue of no public



Terri Lee along with her sons, Deven, 15, Alex, 13 and Zachary, 7, exit the Summer Shuttle at their stop, the Schofield Barracks Bowling Center. The Summer Shuttle will continue to run until school starts.

transportation between Helemano Military Reservation (HMR), Wheeler Army Airfield (WAAF) and Schofield Barracks was raised as a safety concern for teens who want to travel between posts.

The Oahu North Summer Shuttle, which runs between HMR, Mendonca Park, Schofield Barracks and WAAF, began the second week in June and will run until the start of the school year.

Several issues raised at the local conference, could not be resolved at the garrison level and have moved on to the Headquarters, Department of the Army (HQDA) conference. These issues include the following:

### Reimbursement for Medical Equipment



Karl Spix, animal control officer (ACO), U.S. Army Garrison-Hawaii, speaks with a family member during a routine found dog call, Monday. Nicole Grisham's daughter, at left, found a small brown dog wandering around Pulu Circle, Schofield Barracks, and called to report it. After a quick scan of the dog using a microchip reader, Spix found "Bebe's" owner.

**and Supplies.** The U.S. Army-Pacific (USARPAC) AFAP conference workgroup recommended the authorization to purchase durable medical equipment and supplies from outside sources with a reimbursement equal to the government cost of the standard equipment available through Tricare.

**Longevity pay Increase.** The USARPAC AFAP conference workgroup recommended implementing an equal percentage longevity pay increase.

Conferences at all levels show that submitting issues or ideas can increase the quality of life in Army communities. Local successes prove, it's crucial to use your voice and provide senior lead-

ers new and innovative ways to solve issues through AFAP.

Now is the time to get on board and get involved for the 2010 AFAP conference. Its theme is "Ride the Train of Change."

Service and family members can submit issues online at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com), click on ACS, Getting Involved, AFAP, and scroll down to issue submission.

*(Editor's Note: Michael Briglin, Army Family Action Plan program manager at Army Community Service, Schofield Barracks, contributed reporting to this article.)*

# Update your child's medical records for new school year

## TRIPLER ARMY MEDICAL CENTER

News Release

The first day of school is just around the corner, leaving only a few days for parents to get their children prepared for the new year beginning July 30.

A visit to the doctor may be on the short list, especially for those who have recently moved to Hawaii.

The Hawaii Department of Education requires every student enrolling for the first time to submit a school/sports physical and an updated immunization record.

Parents whose children have food allergies, or other special health care needs, should also ask the school's staff if special forms are required that need to be completed by their child's doctor.

### Who is required to get a school or sports physical exam?

- Any student starting kindergarten or entering the school system for the first time.

- Any student changing schools, whether due to a move, going from elementary to middle school, or going from middle school to high school.

- Children participating in organized sports through the school.

### Who is NOT required to get a school/sports physical?

- Any student changing grades in the same school. However, all children should have an annual checkup, which can be scheduled at any time during the year.

- A child who has had an annual checkup in

the past eight months does not need another exam. The child's parent or guardian can drop off the required form(s) at the clinic where the child receives care, and the physician who did the exam can fill out the forms. The completed form(s) will usually be ready within three working days.

"Most school-aged children should have a physical once a year," said Dr. Chris McEvoy, chief of the pediatrics clinic at Schofield Barracks Health Clinic (SBHC). "This allows for a complete exam, evaluation of growth and development, and a chance to discuss common issues as well as any specific concerns. A school physical with your child's primary care manager will meet this recommendation."

"On the other hand," McEvoy continued, "if your child had his or her annual check-up since

January, that can also meet the requirement for a school or sports physical."

To make an appointment for your child's school or sports physical call the Tripler Army Medical Center Pediatrics Clinic at 433-9728, the Adolescent Clinic at 433-4165 or SBHC at 433-8175/8155.

Parents are encouraged to take advantage of the mass school and sports physicals day at SBHC, July 25. The Family Practice Clinic and Pediatrics Clinic will see children even if they are not enrolled at SBHC. Tricare enrollment forms will be available and families will be able to enroll newcomers in Tricare.

Call 433-8155 to schedule an appointment.

For more information about the state's requirements for enrollment in public schools go to <http://doe.k12.hi.us/register/index.htm>.

# Neighborhood watch program needs community volunteers

Story and Photo By

**DON ROBBINS**

Staff Writer

**ALIAMANU MILITARY RESERVATION** – The U.S. Army Garrison-Hawaii (USAG-HI) Directorate of Emergency Services (DES) police bicycle unit is looking for residents to take part in the Neighborhood Watch Program, here.

Police Officer Dion Villanueva said the Aliamanu Military Reservation (AMR) community is a vital partner in the Neighborhood Watch Program, and it is looking for ideas from community members on how to improve the neighborhood.

Among the crimes occurring at AMR are burglaries, thefts, property damage, breaking into cars, and teenagers loitering late at night, Villanueva said.

Crime at AMR has been sporadic, but Villanueva said that "it's better to deter or prevent crimes" than deal with a spike in incidents later.

AMR has a large number of new residential units, so law enforcement officials want residents to take pride and responsibility in their neighborhood, he explained.

Jesse Kaleikini, criminal investigation specialist, DES, said he's eager to have members of the community make their neighborhoods safer, becoming the eyes and ears for police through the Neighborhood Watch.

Kaleikini said the watch is strictly a volunteer program and civilians on "patrol" would not have law enforcement rights.

Volunteers walk and monitor areas, looking for potential problems such as bicycles left unsecured, vehicles with items left in plain sight, and curfew violations. Volunteers make note of anything out of the ordinary and keep in contact with each other and the po-



From left, Jarrett Kaupiko and Dion Villanueva, members of the Fort Shafter police bicycle unit, are looking for Aliamanu Military Reservation (AMR) residents interested in participating in the Neighborhood Watch Program.

lice, Kaleikini said.

Community meetings have been held every other month, but more people need to get involved, bike officers said.

The next community Neighborhood Watch meeting is scheduled,

July 22, at 6:30 p.m., at the AMR community center.

"We would like someone to take charge of a certain area, but will let the community decide the structure," said Police Officer Jarrett Kaupiko.

The bike patrol consists of four federal civilian employee officers who work daily in 10-hour shifts riding mountain bikes patrolling the grounds at Fort Shafter, Fort Shafter Flats, Fort DeRussy, Tripler Army Medical Center and AMR.

They explained that they are nationally accredited through the Law Enforcement Bicycle Association and locally certified through the Honolulu Police Department, having taken a 40-hour course.

Besides Kaupiko and Villanueva, other bike patrol officers are Jason Brub and Harry Mahoe, led by Sgt. Carlton Ingram.

Cpl. Mary Bright-Kameenui also assists as a member of the community relations program.

Despite their vigilant patrolling of the community, Villanueva acknowledged that the majority of reports that the officers receive directly originate from the community.

### Reporting a crime

Residents of USAG-HI communities can submit crime tips anonymously by visiting [www.militarycrimetips.com](http://www.militarycrimetips.com) and selecting "U.S. Army Garrison-Hawaii (All locations)." Provide tip information, and then click "submit tip."

Additionally, information can be submitted by texting "TIP730," or "CRIMES" or "274637" on a mobile phone. For more information on the Neighborhood Watch Program, call 438-7114 and ask for the bike patrol.

# ADA names top five 'superfoods' for all-star heart health

SHARI LOPATIN

TriWest Healthcare Alliance

The top five "superfoods" from the American Dietetic Association (ADA) and the "Nutrition Action Health Letter" will not only make you feel good, but will help protect you against heart disease, the top killer of adults in the U.S.

**1. Beans.** The ADA says beans are truly a superfood because each tiny bean has a powerful combination of protein, fiber, vitamins and minerals. Researchers have also found that diets including beans may reduce the risk of heart disease and certain cancers.

**2. Wild salmon.** The omega-3 fats in salmon can help reduce the risk of sudden-death heart attacks. Plus, salmon caught in the wild has less polychlorinated biphenyls, or PCB, contaminants than salmon raised on a farm.

**3. Mushrooms.** Stocked full of an-



tioxidants that help protect cells from free radicals, which can lead to cancer and sometimes heart disease, mush-

rooms are a great source of potassium, copper and certain B-vitamins.

**4. Garlic and onions.** For greatest

benefit, use the whole vegetable and stay away from onion and garlic powders.

The ADA reports that research shows these two foods may help lower LDL (bad) cholesterol, control blood pressure, prevent life-threatening blood clotting, act as antioxidants to reduce cancer risk, and even promote immunity. You may need to eat one garlic clove daily to make a difference.

**5. Blueberries.** These fun little berries are bursting with antioxidants, more so than many larger berries. In addition to fighting off heart disease and cancer, blueberries can also fight aging. They're

loaded with dietary fiber and Vitamins A and C.

**6. Surprise superfood: dark chocolate.** Eating heart-healthy can be a special treat, too. The ADA reports that recent research shows components of the cocoa bean and dark chocolate could positively impact the cardiovascular system, kidney function, brain health, immune system, diabetes and blood pressure.

In fact, dark chocolate may help limit the build-up of plaque in arteries by lowering LDL (bad) cholesterol, raising levels of HDL (good) cholesterol and reducing blood pressure.



For more about the five "superfoods," healthy tips and Tricare-related information, visit [www.triwest.com/beneficiary/healthy\\_living](http://www.triwest.com/beneficiary/healthy_living).

# Recommended calcium guidelines reveal milk isn't just for kids

AMY M. MILLIKAN, M.D.

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

Who hasn't seen the "Got milk?" advertisements?

It may seem that the dairy industry is just fighting to compete with new bottled drink choices, but there is more to those good-looking celebrities wearing a milk moustache than just slick advertising. Yes, advertising is designed to sell products, but in this case, the push to drink your milk is sound advice.

While children need calcium to support their growing bones, adults need calcium to keep those bones strong. Fewer than 50 percent of adults in America consume as much calcium as needed on a daily basis to keep their bones healthy, according to the U.S. Centers for Disease Control and Prevention.

So just how much do we need?

**Question: I'm 25 years-old, pass my physical fitness tests with flying colors, and try to eat fruits and vegetables every day. Isn't that enough to stay healthy?**

Answer: Physical activity and eating your fruits and vegetables are essential components of staying healthy, but when it comes to your bones, they're only part of the picture.

Calcium not only keeps your teeth and bones strong, but also plays a role in blood clotting and nerve and muscle functioning.

The only way to get calcium is through dietary intake. Some calcium is lost every day through skin, nails, sweat, urine and feces.

If we don't consume enough in our diet, our body will take the calcium it needs out of our bones, leading to weaker bones and increased risk for stress fractures.

**Question: So how much calcium do I need?**

Answer: Recommended guidelines state that adults under the age of 50 need 1,000 mg of calcium a day. The U.S. Department of Agriculture's Food Guide Pyramid recommends that individuals 2 years and older eat two to three servings of dairy products daily.

While dairy products are an easy way to increase your calcium intake, many other foods are also high in calcium. The list (at right) provides some easy ways to reach the daily calcium intake of 1,000 mg:

**Question: I read something about needing Vitamin D along with calcium. Which foods have Vitamin D and how much do I need?**

Answer: Recent research shows that your body needs Vitamin D to process/absorb calcium. Most experts recommend 400-800 IU (international units) of Vitamin D daily in addition to calcium.

One cup of Vitamin D-fortified milk contains nearly 100 IU of Vitamin D, so if milk is your primary source of calcium you're probably getting enough. Other sources include cod liver oil, salmon, tuna, fortified cereals, eggs and liver.

**Question: OK, I'm getting the recommended amount of calcium every day. What else can I do to make sure my bones stay healthy?**

Answer: First of all, keep exercising. Weight-bearing activities such as running, walking and lift-

Food	Calcium (mg)	Percent of Daily Recommended
Yogurt plain, low fat, 8 oz.	415	42%
Yogurt fruit, low fat, 8 oz.	245-384	25%-38%
Cheddar cheese 1/2 oz.	306	31%
Cooked collard greens, (1 cup)	266	27%
Sardines canned in oil, (3 oz.)	324	32%
Green Peas (1 cup)	94	9%
Baked beans (1 cup)	154	15%
Canned Salmon (3 oz.)	181	18%
Oranges (1 cup)	72	7%
Kale (1 cup chopped leaves)	92	9%

ing weights actually trigger your bones to become stronger.

You can also cut down on smoking tobacco and excessive alcohol consumption. Not only do tobacco and excess alcohol increase your risk for other health problems, they are also associated with bone loss and increased risk for osteoporosis and bone fractures as you get older.

Unfortunately, there's no quick fix for staying healthy. But most experts agree you should strive to eat a balanced diet, exercise regularly, avoid tobacco, minimize alcohol and ... drink your milk!

For more information on calcium and diet, visit the following Web sites:

•Got Milk at [www.gotmilk.com](http://www.gotmilk.com).

•Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).

•National Osteoporosis Foundation at [www.nof.org](http://www.nof.org).

•USDA food pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).

•National Institutes of Health at <http://ods.od.nih.gov>.

•For more information on nutrition, visit [www.nutrition.about.com](http://www.nutrition.about.com).

# 8th TSC's Shields trains to be an MMA fighter

Story and Photos by  
**SGT. RICARDO BRANCH**

8th Theater Sustainment Command Public Affairs

WAHIAWA — In a dank room with punching bags suspended from the ceiling, a Soldier trains in one of the most physically demanding sports of the time — Mixed Martial Arts (MMA).

Spc. Thomas Shields, Headquarters and Headquarters Company, 8th Theater Sustainment Command (TSC), is a young warrior aspiring to be more than just a bystander to a heavy contact sport mostly viewed on television.

"I started MMA because I didn't want to be a fan anymore," he said. "I wanted to be involved in the physical competition and athleticism of my favorite sport."

The 28-year old began his journey two months ago when he decided to find a place he could train to become a fighter. The journey took him to Wahiawa where he entered the Oahu Central fighting school along with a dedicated following of 12 students working toward the same goal.

"I feel real lucky because I have a great teacher," Shields said. "My instructor gets real involved with each class. He'll get down and show us through hands-on training because he knows more people need that versus just demonstrating it and having you try and repeat the move."

In the short time Shields has attended the class, he has already seen a big difference from when he first entered the fight school doors.

"I've improved my cardio," he said. "I've seen a noticeable increase in my strength and endurance from all the training I have gone through."

The training lasts for 2-3 hours twice a week. In that time, the students conduct rigorous cardio regimens that include jumping rope and jumping jacks, along with numerous sit-ups and pushups in the mix.

"It's tough," he said. "You can get real burned out from the fast-paced workout even before we begin the actual sparring and techniques of MMA."

Shields is learning submission holds, striking techniques and how to take down opponents he will be pitted against.

He does claim to have one advantage when he starts any class — he's a Soldier.

"Being a Soldier and being a fighter are a little



(Above) The dedicated Mixed Martial Arts team takes a break from training to pose for a picture at the Oahu Central school in Wahiawa.

(Right) Spc. Thomas Shields, Headquarters and Headquarters Company, 8th Theater Sustainment Command, at right, practices striking techniques during Mixed Martial Arts training, July 7.

similar if you think about it," he said. "They both require a lot of discipline and the drive to be good at what you do."

Although the sport is demanding and the training can be intense, Shields makes do in the high-contact sport with an athleticism he built as a former football player and wrestler.

For anyone wanting to do more than just watch Brock Lesnar or Clay Guida on television, Shields recommends giving MMA a try.

"It's not just an individual sport, you join a team and everyone works and helps each other become better at what they do."

Until Shields is ready for prime time, he will continue his training to hone his skills for a future fighting competition.



## community Sports

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

### 18 / Saturday

**Hike Waimea Valley** — Join a series of hikes in the Waimea Valley throughout the month of July. Hikes take participants off the beaten path to see a wide variety of native and introduced plants, archaeological sites and spectacular views of the valley.

Children must be at least 7 years old and accompanied by an adult, unless otherwise noted.

- July 18, 2-mile Kalahaee hike.
- July 25, 6-mile Ridge/Stream/Ridge hike. (Youth must be at least 12 years old.)

Hikes under 6 miles cost \$5 per person; hikes more than 6 miles cost \$10, plus Waimea Valley admission fee. Groups meet at Waimea Valley, 9 a.m. For reservations, call 638-7766. Visit [www.waimeavalley.net](http://www.waimeavalley.net).

### 25 / Saturday

**Hike Oahu** — Join the Hawaiian Trail & Mountain Club for a 3-mile intermediate ridge hike, July 25.

The group starts in the pleasant Friendship Gardens in residential Kaneohe with an easy hillside stroll, but the route quickly moves beyond the "novice" category.

Call Dayle Turner, 384-4821 or e-mail [turner@hawaii.edu](mailto:turner@hawaii.edu).

Save the date for these hikes, too.  
• Aug. 2, a 6-mile intermediate hike in the Kahana Valley. Call Grant Oka, 674-1459.

A \$2 donation is requested of non-members. An adult must accompany children under 18.

Visit [www.htmclub.org](http://www.htmclub.org).

## August

### 9 / Sunday

**Mango Days 5K** — The 7th Annual Mango Days 5K is scheduled Aug. 9, 6:30 a.m., at Ala Moana Beach Park, and will benefit the Leukemia & Lymphoma Society. The registration fee is \$35 to run/walk. Late registration is \$40.

This race is stroller-friendly. Participants can register for an optional breakfast buffet following the run for \$11.

Runners can register online at [www.active.com](http://www.active.com); registration closes, Aug. 3, noon. Call the Leukemia & Lymphoma Society for more information at 534-1222.

**XTERRA Mountain Man Triathlon** — The 11th Annual Jamba Juice Mountain Man Triathlon is scheduled Aug. 9, 7:30 a.m., at Kualoa Ranch. The 750-meter ocean swim takes place off Chinaman's Hat and is followed by a 20K bike and 6K run course into Kualoa Ranch.

The Mountain Man triathlon is for experienced athletes or adventurous and fit novices.

Entry fee is \$90 for individuals and \$110 for relay teams (plus a \$10 USA Triathlon (USAT) one-day li-

cense for non-members.) Registration is available online at [www.active.com](http://www.active.com); it closes Aug. 7, at 11:59 p.m. Visit [www.bocahawaii.com](http://www.bocahawaii.com) for more information.

### 15 / Saturday

**Volksmarch** — Join the Menehune Marchers Volkspart Club on a 5K or 10K volksmarch (walk), Aug. 15, starting in Wahiawa at the Botanical Gardens parking lot (1402 Glen Ave., directly across from Wahiawa Elementary School). Participants can start anytime between 7:30 a.m. and 10 a.m., and finish by 1 p.m.

For more information, call Carol at 626-3575 or visit the club's Web site at [www.ava.org/clubs/menehune](http://www.ava.org/clubs/menehune) marchers. The event is free, and IVV credit, if desired, is available for a nominal fee.

### 23 / Sunday

**Waipahu Cane Haul 5K** — The 1st Annual Waipahu Cane Haul 5K Run/Walk is scheduled Aug. 23, 7 a.m. The event takes runners and walkers on a scenic route throughout Waipahu, ending at the historic Hawaii Plantation Village with a free community festival, 10 a.m.-2 p.m.

Registration postmarked by Aug. 3 is \$15 per runner/walker. Group entry prices (more than 25) are available for \$10 per person. Same-day registration is \$25 per person. Registration forms can be downloaded at [www.canehaulrun.blogspot.com](http://www.canehaulrun.blogspot.com).

For more information, call 354-3663. Proceeds from this event will be used to support the Waipahu Community Coalition in providing drug-

free events for families and children in the Waipahu community.

## Ongoing

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

**Hawaii Youth Triathlon Club** — Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sports club run by athletes.

Membership is \$50 and includes an annual membership with USA Triathlon (USAT), insurance during training, a club certificate, swim cap, review clinics and the newsletter. Visit [www.hawaiiyouthtri.com](http://www.hawaiiyouthtri.com).

**ARC Swimming Classes** — The American Red Cross is offering free "Learn to Swim" classes for all ages at Ala Moana Beach Park, through July.

Contact the Hawaii Red Cross at 739-8179 or register online at [www.hawaiiredcross.org](http://www.hawaiiredcross.org).

**ARC Summer Swim Buddies** — Teens ages 14-18 can help teach children how to swim by volunteering for the American Red Cross "Learn to Swim" program.

Gain valuable leadership skills, learn CPR and make new friends. To register, call 739-8179.



### 18 / Saturday

**Three-Point Shootout** — Join the Aliamanu Military Reservation (AMR) Physical Fitness Center's 3-point shootout, July 18. The top three winners will receive prizes. Cost is \$10 to enter. For more information, call 836-0338.

### 25 / Saturday

**Tropics Sand Volleyball Series** — Bump, set and spike your way to success during a beach volleyball tournament, July 25, at the Tropics, Schofield Barracks. Enjoy food and drink specials, giveaways and awards for top players.

This tournament is all-day, and play will continue until a winner is crowned. Players must be 18 or older.

Cost is \$10 per team to enter, but active duty military can play for free. For more information or to register, call 438-1152.

**BSC Self-Defense Seminar** — Blue Star Card (BSC) holders are invited to a free self-defense seminar, July 25, noon-2 p.m., at the Schofield Barracks Health and Fitness Center. Local martial arts instructors will teach techniques to help make everyday situations and times during deployment safer.

Participants must be at least 18 years of age. Wear athletic pants and T-shirts; no shorts or tank tops. Child care will be provided for BSC holders; spaces are limited.

Register by calling 656-3327 or e-mail [sarah.chadwick@us.army.mil](mailto:sarah.chadwick@us.army.mil) by July 17.

## August

### 1 / Saturday

**Surfing Lessons** — Learn to surf like a professional, or at least look the part, with Outdoor Recreation, Aug. 1, 7-10 a.m. Lessons are \$35 and include equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

### 2 / Sunday

**Adventure Hiking** — Enjoy a day hike to various locations around the island, Aug. 2, 7 a.m.-2 p.m. This level two program provides a moderate level of difficulty. Round-trip transportation from Schofield Barracks is provided. Registration is required, and costs \$10. Participants are asked to bring water.

Call 655-0143.

### 9 / Sunday

**Military Long Drive Contest** — The Family and Morale, Welfare and Recreation Directorate is hosting the 2009 Military Long Drive Championships at the Leilehua Golf Course, Aug. 9. The contest is open to all active duty Soldiers and their family members 18 years and older, Reserve, National Guard, and Retirees. For questions or to register contact 655-4653.

Visit [www.armymwr.com](http://www.armymwr.com)

## Ongoing

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

**Golf 'Til You Drop** — Catch this all-you-can-golf special every Thursday at Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. Call 438-9587.

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

Call 655-9914 or 655-0856.