









# Task Force Lightning delivers Nainoa dolls to orphans

Members from Command Post-North visit cultural sites and serve community

Story and Photos by  
**SPC. DANIEL NELSON**  
145th Mobile Public Affairs Detachment, 25th Infantry Division

FORWARD OPERATING BASE MAREZ, MOSUL, Iraq — Members from Command Post-North, Task Force Lightning, made visits to both the Yezidi temple in Lalish, Iraq, and the Hermos Christian Monastery in Al Qosh, Iraq, recently.

The group, led by Brig. Gen. Robert Brown, deputy commanding general (support), Multinational Division-North, first went to the temple in Lalish where they met with Prince Tahsin Ali, prince to all Yezidis in the world.

With a calendar that dates back 6,756 years, Yezidism is claimed to be the oldest religion in the world.

“It was incredible to see such an ancient place with amazing rituals,” said Capt. Kelly Calway, 25th Infantry Division (ID) analysis control element battle captain. “I’ve never seen anything like it.”

The Soldiers went into the Yezidi temple with a guide who explained the Yezidi religion and answered questions from the group. Soldiers even took part in some of the customary Yezidi rituals, such as making wishes while tying knots in a satin fabric and tossing a scarf onto a smooth-faced rock three times to have wishes granted.

The tour of the temple ended as some of the Soldiers visited Zemzem, a cold-water spring on the lowest level of the temple where the Yezidi people go for baptism and prayer.

“It was such an honor to be able to go there and see just a completely different religion, culture and way of living,” said Calway.

The group left Lalish and headed to the Christian village of Al Qosh where they spent time at the Al Sayda Orphanage and toured the monastery.

While at the orphanage, Brown and the other Soldiers played with children of the orphanage and handed out Beanie Babies and Nainoa dolls.

Brown requested the story of the Nainoa doll be translated to priests and children of the orphanage, since the message carries a sentimental history.



Capt. Melissa Lewis (center), aide-de-camp to Brig. Gen. Robert Brown, deputy commanding general (support), Multinational Division-North, and Capt. Kelly Calway (left), analysis control element battle captain, 25th Infantry Division, pass out Beanie babies in Al Qosh, Iraq. The dolls were donated by the First Presbyterian Weekday School in Granada Hills, Calif., where Lewis' mother teaches.



The dolls were originally handed out by 1st Lt. Nainoa Hoe, a native of Hawaii, who was shot and killed in January 2005 during his deployment to

Mosul, Iraq.

“Hoe would hand out the dolls on missions, and the kids loved them,” said Brown. “The dolls are handmade by

Left — Col. Stephen Myers, Task Force Lightning, deputy commanding officer, Command Post-North, ties a knot in a satin rag as part of a Yezidi wishing ritual at a temple in Lalish, Iraq.

women and girls in Nainoa’s honor.”

Nainoa’s father, Allen Hoe, a civilian aide to the Secretary of the Army, has continued to send the dolls to Iraq in his son’s honor.

Before sending the dolls to Iraq, they are blessed at St. Andrews Priory School in Honolulu, where they are made.

The Beanie Babies were donated by students from the First Presbyterian Weekday School in Granada Hills, Calif., where the mother of Brown’s aide-de-camp, Capt. Melissa Lewis, teaches. Each student brought in one Beanie Baby during their last chapel of the year.



A boy at Al Sayda Orphanage in Al Qosh, Iraq, holds tightly onto his Nainoa doll and Beanie babies, while Capt. Kelly Calway, analysis control element battle captain, 25th Infantry Division, passes them out.

“A lot of the parents felt like it was a good lesson for the kids to share with the Iraqi children,” stated Lewis.

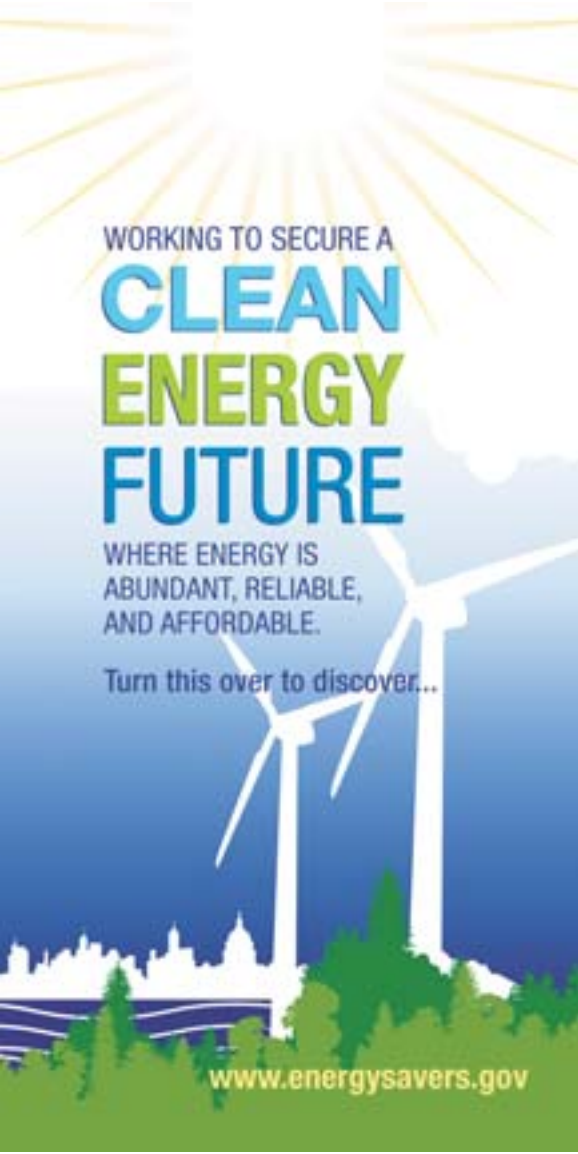
With smiles on their faces, the children at the orphanage gathered around Brown and the Soldiers to get their gifts.

“It was really cool to be able to hand out the beanie babies and dolls and see their faces light up,” said Calway. “It was nice to be able to bring some joy into their lives.”

It’s an incredible honor to be able to continue the small, symbolic gesture in Nainoa’s honor, Brown said.

After visiting the orphanage, the group toured the Hermos Christian monastery, which is located near the peak of a close-by mountain.

Like the temple in Lalish, Hermos monastery is built into the mountainside and opens up to many ancient underground caverns and tunnels, and the Soldiers spent time exploring and taking photos of the crosses that were etched into the rock.



# 25th ID brigadier general promotes trio in Mosul, Iraq



Story and Photo by  
**SPC. DANIEL NELSON**  
145th Mobile Public Affairs Detachment, 25th Infantry Division

FORWARD OPERATING BASE MAREZ, MOSUL, Iraq – The difference between a promotion ceremony in the U.S. and one done while in Iraq is the lack of having family members there to watch proudly as you progress in the ranks.

For some people, though, they are fortunate enough to have a family member serving in Iraq at the same time who can attend the ceremony.

For newly promoted Capt. Kelly Calway, 25th Infantry Division (ID) analysis control element battle captain, the experience was a one-of-a-kind with having her father conducting the promotion ceremony.

Brig. Gen. Robert Brown, deputy commanding general (support), Multinational Division (MND)-North, 25th ID, had the honor of promoting three Soldiers, Aug. 1, at Command Post (CP)-North. Calway, who was one of the three, happens to be Brown's daughter.

"I'm very proud as a parent," said Brown. "I call it two worlds colliding because you kind of have your Army world and your family world. Then all of a sudden, you have your family and Army worlds together."

Also promoted by Brown were Sgt. 1st Class Olene Togiallua, CP-North's operations noncommissioned officer in charge, and Sgt. Tyler Lishman, a member of Brown's personal security detail.

As he did for Togiallua and Lishman, Brown spoke about the many accomplishments Calway has had in her military career. He also, as a proud father,



From left to right, Sgt. Tyler Lishman, personal security detail for Brig. Gen. Robert Brown, deputy commanding general (support), Multi-National Division-North; Sgt. 1st Class Olene Togiallua, operations noncommissioned officer in charge for Command Post-North, Task Force Lightning, and Capt. Kelly Calway, 25th Infantry Division analysis control element battle captain, cut a cake that was specially made for their promotion ceremony in August.

talked about the achievements she's had outside of the military such as her passion for running marathons, which has earned her numerous awards in the sport.

After the members of CP-North and friends attending from Forward Operating

Base Marez lined up and shook hands congratulating the three for their promotions, Calway, Togiallua and Lishman all took part in a cake-cutting.

The cake was decorated with insignia for a captain, sergeant first class and sergeant.



# Warriors reaffirm fire support skills at Kahuku Training Area

2ND STRYKER BRIGADE COMBAT TEAM  
PUBLIC AFFAIRS  
News Release

SCHOFIELD BARRACKS – Fire support Soldiers from across the 2nd Stryker Brigade Combat Team “Warriors” hit the rugged Kahuku Training Area for a weeklong event from Aug. 24 through Sept. 1, which featured training lanes that stressed their dismounted fire support skills.

Fire support Soldiers, also known as FISTers, are field artillery observers who synchronize indirect fires, helicopter and air support, as well as possible naval gunnery support. They provide these skills for infantry, cavalry and other maneuver units.

Fire support certification is a physical and tactical knowledge test of FISTers skills through challenging training scenarios. The scenarios provide events that test individual skills in a series of requirements that build on previously performed events.

The FIST teams received a mission, prepared their equipment and moved out to their objectives.

“The training makes the teams employ their essential forward observer skills,” said Capt. Jay Velasco, fire support officer, 1st Battalion, 21st Infantry Regiment “Gimlets,” an acting observer-controller. “The training will make them do realistic observer missions in an environment where they’re challenged physically with this terrain and stressed to perform on the move.”

The training lanes took the FISTers through the sharply rising ridges, steep valleys and heavy vegetation of the Kahuku Training Area. While moving across the harsh terrain, FISTers found potential enemy engagements everywhere, raising the challenge of their mission.

“This is foundation building for our observer



Photos by Maj. Al Hing | 2nd Stryker Brigade Combat Team

Sgt. Joshua Weunski, Troop B, 2nd Squadron, 14th Cavalry Regiment “Strykehorse,” climbs a steep ridge line during fire support certification in the Kahukus.

teams,” said Capt. John Burbank, fire support officer, 2nd Squadron, 14th Cavalry Regiment “Strykehorse.” “The teams are building from their individual tasks to team and unit tasks, which feed into collective tasks for the regiment.”

While under simulated machine-gun fire, teams

quickly set up and called for air support to engage and destroy the enemy. Observer-controllers kicked up the pressure telling the teams they had to do things quicker, as other units in the area needed air support to provide for simulated medical evacuation.

While moving to their objectives, teams reacted



Sgt. Joshua Weunski of Troop B, 2nd Squadron, 14th Cavalry Regiment, observes a target during fire support certification in the Kahuku Training Area.

to indirect fires, observed enemy activities, treated wounds and called for medical evacuation, and they called fires on numerous enemy targets.

“This is great training,” said Sgt. Joshua Weunski, Troop B, 2-14th Cav. It is both a physical and mental test of our skills out in this environment.

“You don’t give up, even if the training is tough,” said Pvt. Dustin McCloud, Troop B, 2-14th Cav. “It was rough, at times, but you have to push (yourself) and learn.”

## JVEF: Schools serve as stabilizing force for military children

CONTINUED FROM A-1

Attendees also applauded as scores of Soldiers, Airmen, Coastguardsmen, Marines and Sailors were honored for their volunteer efforts at school partnerships statewide; they cheered when Tammy Nochi, administrative services assistant with Radford Complex B, and Darren Dean, Air Force school liaison officer, received School Partnerships Recognition awards from State Sen. Norman Sakamoto (Foster Village, Halawa, Moanalua, Aliamanu, Aiea) and State Rep. K. Mark Takai (Aiea, Pearl City).

Audience members saluted representatives from three schools, including

Aliamanu Middle School, when representatives received the JVEF Norbert Commendation Award.

Aliamanu Middle School Principal Robert Eggleston graciously accepted the honor, awarded annually to those who help provide much-needed support for transitioning students and families. He noted that JVEF had been instrumental in providing the school with funding for new textbooks.

“Without JVEF, we would be so far behind,” Eggleston said.

The event’s keynote speaker, University of Hawaii professor Dr. Ann Shea Bayer, informed audience members that high-achieving students from comfortable families may be found at both pub-

lic and private schools. In an interview study she conducted among 51 business professionals, Bayer said that 46 chose to send their children to public schools over private schools.

Parents who do so complimented the public school system for the many academic and leadership opportunities it provided their children. They added that they valued schools with an ethnic diversity, claiming the mixing of groups creates life lessons that help foster such positive traits in their children as “empathy and respect for others’ differences,” Bayer noted.

She concluded that the traditional narrative that favors private schools over public schools is “inaccurate.”

“A more accurate community narrative about schools in general would be ‘public schools vary; private schools vary. Do your research and make an informed decision,” said Bayer, author of the book, “Going Against the Grain – When Professionals in Hawaii Choose Public Schools.”

“Communication will be the key to the Joint Venture Education Forum’s continued success,” said Sen. Daniel Inouye, in a prerecorded video message. “With our down-turned economy and continued deployments, the stresses on our collective community will only increase. Now is the time to come together. Hand in hand as one community, we are, without question, better together.”

State Superintendent Patricia Hamamoto added at the conclusion of the celebration, “We would not be where we are if we didn’t work together. The Department of Education appreciates the partnerships.”

Since its inception in 1998, the goal of JVEF has been to assist military students and their families through outreach programs and partnerships in Hawaii, home of the nation’s 11th largest public school system.

Today, the program continues to meet the needs and transition issues of approximately 15,000 military children by funding school repair and maintenance projects, and providing textbooks and technology upgrades.

# 311th Signal Command looks ahead, gets strategic vision of Pacific area

Quarterly gathering recruits and provides career comaraderie

LIANA MAYO

311th Signal Command Public Affairs

FORT SHAFTER — Members of the Army Signal community in Hawaii gather quarterly to discuss new systems and techniques and to take a look at the way ahead.

The 311th Signal Command, headquartered at Fort Shafter, hosted the regiment's fourth quarter meeting at the Hale Ikena Golf Course Clubhouse, here, recently.

Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific (USARPAC), was the keynote speaker and spoke to attendees about the Signal Corps' mission and recent victories in the field.



Lt. Col. John Ingram, chief of network engineering and architecture, 311th Signal Command, holds up a Signal golf towel he won during a raffle at the recent Signal Corps Regimental Association meeting.

Mixon outlined the strategic goals and plans of USARPAC, including the distribution of com-

mand and control assets, which provide tactical communication capabilities for the armed forces in the Pacific region.

He also discussed plans to transfer authority of communication assets in Korea to the Korean military in 2012 and fielded questions from attendees.

"This (meeting) was a good opportunity to get a strategic vision of the direction USARPAC is going, and to share in the camaraderie within the Signal Corps," said Lt. Col. John Ingram, 311th chief of Network Engineering and Architecture.

Signal Corps Regimental Association events provide the opportunity to recruit new members and for existing members to tap into the knowledge and skills of their colleagues and senior members.



2nd Lt. Joseph Lewandowski | 2nd Squadron, 14th Cavalry Regiment

## Share the road

HONOLULU — From left, Maj. Paul Armstrong, Sgt. Maj. Edward Dunn and Command Sgt. Major Ruben Torres, command staff of the 2nd Squadron, 14th Cavalry Regiment "Strykehorse," 2nd Stryker Brigade Combat Team, wave signs at Ala Moana Boulevard in support of "Share the Road Day." More than 50 Oahu motorcyclists rallied to raise awareness and prevent motorcycle accidents, Saturday. Dunn, a member of the Honolulu Hogs and keynote speaker, encouraged motorists and cyclists to pay attention when they are driving and changing lanes.

## News Brief

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

### 4 / Today

**Red Cross Relocated** — The American Red Cross Schofield Barracks Service Center has relocated to the Soldier Support Center, Building 750. Office hours are Monday-Friday, 8 a.m.-4 p.m. Contact Becky LaPolice-Murphy, station coordinator, at 655-4927 for more info.

### 8 / Tuesday

**Schofield Advisory Council Meeting** — The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting is scheduled, Sept. 8, 10:15 a.m., at the Nehelani, Schofield Barracks.

This quarterly forum of representatives allows the council and patrons to exchange ideas and information. Contact Monica Anguay at 655-0497.

**Fire Warden Training** — Fire warden training will be held for building representatives Sept. 8 and Oct. 13 at the Schofield Barracks Education Center, above the Sgt. Yano Library. Classes are from 10-11:30 a.m. Contact Battalion Chief Marter at albert.marter@navy.mil.

### 9 / Wednesday

**CIF Closure** — The Central Issue Facility (CIF) will be closed Sept. 9-19 for annual inventory. Only emergency requests will be processed. Call Angel Hernandez, 655-8120/284-7022.

### 10 / Thursday

**Change of Command** — Lt. Col.

Chadwick A. Bowers, commander, 18th Medical Command (MEDCOM), will relinquish command to Col. Erin P. Edgar, Sept. 10, 10 a.m., at Palm Circle, Fort Shafter.

Contact Sgt. 1st Class Rodney Jackson at 438-4361 for more information.

**PTSD Caregiver Training** — The Tripler Army Medical Center (TAMC) Department of Ministry and Pastoral Care will host the seminar "Behavioral Health and Pastoral Care Training for the Care and Healing of Service Members and Families Suffering from Post-Traumatic Stress Disorder (PTSD)," Sept. 24, 8 a.m.-1 p.m., at the TAMC Chapel, D Wing, 3rd Floor.

All Oahu pastors and behavioral health care workers are invited to attend. R.S.V.P. by Sept. 10 to Rubi.Ina nen1@us.army.mil.

**Garrison Employee Town Halls** — All U.S. Army Garrison-Hawaii (USAG-HI) employees are invited to join Col. Matthew Margotta, commander, USAG-HI, for an update on the garrison team at one of three employee town halls.

•Sept. 10, 10:30-11:30 a.m. (hearing impaired interpreter available) or 1:30-2:30 p.m., at Sgt. Smith Theater, Schofield Barracks.

•Sept. 11, 10-11 a.m., at Fort Shafter Chapel, Building 334.

### 14 / Monday

**Suicide Awareness Month** — The U.S. Army Garrison-Hawaii Army Substance Abuse Program (ASAP) is hosting events in support of Suicide Awareness Month.

•Soldiers are invited to help "Strike out Suicide" during free bowling events,

Sept. 14 and 17, at the Schofield Barracks Bowling Center. Unit representatives must R.S.V.P. for this event.

•Soldiers are invited to a live comedy show with Bernie McGrenahan, Sept. 24, 10 a.m.-1 p.m., at Sgt. Smith Theater, Schofield Barracks.

The show counts towards a Soldier's annual alcohol abuse/suicide prevention/drug abuse training requirement. Call Melissa Parnell, risk reduction coordinator, at 655-0996.

### Civilian Talent Management Brief

— Civilian career advisors are presenting a briefing about the Army Civilian Talent Management Program for senior leaders (GS-15 equivalents), Sept. 14-15, 9 a.m.-1 p.m., at Fort Shafter, Building 525, Room 353. The briefings are open forums, and anyone may attend. Contact DUSA.CTM0@conus.army.mil.



# Newest physician assistants graduate from Tripler program

TRIPLER ARMY MEDICAL CENTER  
News Release

TRIPLER ARMY MEDICAL CENTER – In front of family and friends, members of the Interservice Physician Assistant (PA) class graduated, here, Aug. 28, in a ceremony where four of the five graduates also received their commission.

This year's class began their journey (Phase I) with a year of academics at Fort Sam Houston, Texas. Phase II, conducted at Tripler Army Medical Center (TAMC), was filled with a year of clinical rotations.

"During each rotation, students are evaluated by their preceptor," explained Maj. Karl Kisch, clinical coordinator. "They are required to provide written and oral presentations and pass an examination at the end of each rotation."

All grades are submitted to the University of Nebraska Medical Center Physician Assistant Program, the university that issues the master's degree and began its affiliation agreement with the military in the 1970s.

During his comments as guest speaker, Navy Capt. David Lane, deputy commander for clinical services, spoke of the important bond that is developed between physician supervisors and physician assistants.

"It is very important for you as new PAs to have good two-way communications with your physician supervisor and that you really challenge them to be the best that they can be by challenging them with clinical questions and management issues about patient care," Lane said. "That way, they can provide you feedback and you can be the best that you can be."

While looking toward the future and their upcoming assignments at Fort Carson, Colo.; Fort Wainwright, Alaska; and the Schofield Barracks Health Clinic the five also reflected on the bond they have formed in shared experiences at TAMC.

"What ties us together is our genuine love of medicine and sharing stories about our patients," said graduate Capt. Tracie Dominguez. "We are dedicated to and motivated by our patients."



Jan Clark | Tripler Army Medical Center

Brig. Gen. Steve Jones (forefront), commanding general, Tripler Army Medical Center, and Col. Michael Kiefer, chief of staff, congratulate graduates (from left) Capt. Tracie Dominguez, 1st Lt. Jason Davis, 1st Lt. Meghan Joyce, 1st Lt. Abraham Leiato and 1st Lt. Dale Nelson.

# Strong Bonds teaches singles, couples skills to improve their relationships

TRIPLER ARMY MEDICAL CENTER  
PUBLIC AFFAIRS  
News Release

HONOLULU – Titled "How Not to Fall in Love with a Jerk/Jerkette," recent Strong Bonds training provided by the Department of Pastoral and Ministry Care, Tripler Army Medical Center (TAMC), focused on Soldiers facing relationship challenges.

During the two-day event, the 35 single Soldiers who participated received 23 hours of training, designed to empower them with relationship-building skills and connect them to community health and support resources.

"This training has been really helpful, in opening my eyes to things that I see in a lot of my old relationships that I could have changed ... done something differently," said Pvt. Jesseka Suarez, Warrior Transition Battalion. "It would have probably worked."

The program aids Soldiers in identifying areas of behavior that can predict what a person will be like in marriage and provides the bonding forces that must be kept in balance as a relationship grows.

The title perked the interest of Spc. Robert May, radiology technician,

Schofield Barracks Health Clinic.

"I thought this should be really good or really funny, and it turned out to be both," May said. "I'm involved with patient care, so a lot of this can translate over to giving better customer service."

Chaplain (Capt.) Tim Wilson, organizer, explained that the training provides guides for Soldiers to bond with their loved ones, with other Army families, chaplains and the Army community as a whole. A main reason to focus on Strong Bonds training, he said, is the tie between relationship problems and suicide. The voluntary training is vital to stopping negative trends within the ranks.

"Ideally, Strong Bonds training takes place 60 to 90 days after a unit redeployments," said Wilson, "but the training can help at any time a Soldier is facing relationship challenges."

"Our Soldiers realize that they are not in this alone," Wilson continued. "As one part of the Army's suicide awareness program, we want our Soldiers to know they have an entire Army of support, both on duty and off."

"One of the top three reasons Soldiers become suicidal is relationship issues. We want to be proactive instead of re-



Leslie Ozawa | Tripler Army Medical Center

Chaplain (Capt.) Tim Stansberry draws upon his own life experiences to point out that in developing intimate relationships between friends, it is important to observe how friends interact with their own family members.

active. Proactive is being able to help them develop healthy relationships."

Intensive lectures and group discussions comprised the training, as well as time to go surfing, horseback riding, just hang out, and/or on a trip to a Polynesian Cultural Center dinner show.

"We call that a reflection and processing time," Wilson said. "We think it's important for Soldiers, once they've learned this information, to use some free time to process it, to think about these things."

Drawing on his own life experiences, Chaplain (Capt.) Timothy Stansberry recalled gaining insight into a friend who invited him to her home for dinner. The table conversation led to a tedious argument between her and her father whether an incident from years ago happened on a Tuesday or Thursday.

Stansberry asked, "Do you think there's a possibility that she could transfer that role with her father to me? Think about it."

Citing one session topic, "You Can't Marry Jethro Without Getting the Clam-petts," Wilson explained, "When you enter into a relationship with someone, you are also entering into a relationship with their family – the values, beliefs, culture, background, and how that has an impact on the relationship. You've got to think about those things."

"This holistic, preventative program is committed to the restoration and preservation of Army families, even those near crisis," Wilson added. "When our Soldiers walk away saying they

now know more about themselves and how to interact better with their loved ones, and how to spot problems before they occur, that tells us this program works."

Twenty-five couples from the Warrior Transition Battalion and Troop Command, TAMC, attended the couples workshop, Aug. 27-28, at Turtle Bay.

The couples also worked through the Seven Habits of Highly Effective Families, the Preparation and Relationship Enhancement Program, and the Myers-Briggs personality profile to learn more about themselves. As well, during conflict management training, couples learned to set goals and better understand their mate.

The desired outcome of all the training was to promote and maintain healthy relationships.

"Unhealthy marital/couple relationships have proven to be one of the primary causes of suicidal ideations. This training again ties in with the Army's and TAMC's proactive stance on suicide prevention," said Wilson.

Strong Bonds training will continue throughout the year. Visit the TAMC Web site at [www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil) for updates.

# ATAC: Realistic physical training comes to Shafter

CONTINUED FROM A-1

the first day's session.

"The program is designed to stop overuse injuries from units running, doing sit-ups and push-ups too much," said Mason. "It is well balanced to treat the whole body and keep it operational. When units deploy, Soldiers are standing up and down, and getting in and out of vehicles. Running, sit-ups and push-ups do not prepare Soldiers for that."

Core strengthening is the most important part of conditioning, said Mason. Poor core strengthening is one of the causes of back injuries, and it is the least amount of training Soldiers get during PT.

"Typical unit PT should not be done every day, but you still have to do it at least once a week," said Mason.

Soldiers don't want to overuse those muscles, and they want to always use the proper form, especially when they get tired, he added.

After getting halfway through each session, when the Soldiers were tired, the members of the TAMC team yelled, "Keep it moving." It encouraged the groups to keep moving to keep their heart rates up and to stay flexible, said Makowski, adding, "As-soon-as the body stops moving the muscles naturally start to tighten."



Mark Schroeder (left), Tripler Army Medical Center (TAMC) staff physical therapist, instructs Soldiers from 18th Medical Command in a running analysis session during the first advanced tactical athletic conditioning course, or ATAC, in the Fort Shafter area, provided by TAMC's physical therapy team, Aug. 24-28.

The Soldiers appreciated the tough, but useful course.

"It was outstanding and had very challenging exercises that are useful and relevant to combat," said Capt. Ar-

mando Generoso, commander, Headquarters and Headquarters Company (HHC), 18th MEDCOM. "The short-burst exercises with the individual body armor will help prepare Soldiers for

likely scenarios in combat. Overall, it was very realistic and reminds me of a saying from a fellow Soldier, 'why train for a marathon when we play football in combat?'"

"It's a tough course, and I like the continuous moving," said Sgt. Clayton Jennings Jr., finance NCO, 18th MEDCOM. "This training will definitely increase PT scores. Once a Soldier gets his or her breathing under control, the training will increase their endurance."

Because running is a big part in the whole process, a whole session is set for a running analysis.

"Running analysis helps leaders recognize problems that Soldiers have and helps correct them to make running easier, fun and not painful. It also allows us introduce new techniques to help improve efficiency and speed," said Mark Schroeder, TAMC staff physical therapist.

Each ATAC session fuels into the next and comes full circle when complete.

"(The) 18th MEDCOM recommends this training to all units, and we will definitely incorporate it into our PT program," said 1st. Sgt. James Cose, HHC, 18th MEDCOM.

The ATAC was designed by Amanda Walker, athletic trainer, and Maj. Zack Solomon, when both were assigned to Schofield Barracks Health Clinic, said Makowski. Units loved the change, challenge and information so much that multiple units at Schofield asked for the training and a Fort Shafter program was started.

## Mortar: 25th ID transition team trains Iraqi mortarmen

CONTINUED FROM A-1

personnel with the team, the MiTT leaders decided to provide a basic mortar training course to ensure success for 57 of the 157 Soldiers who will operate the mortars.

"The MiTT is here to advise our Iraqi counterparts, but we have taken one extra step in the relationship to train them to be above their peers," said Sgt. 1st Class Paul de Lemos, noncommissioned officer in charge, 48th Bde. MiTT.

"We took on a training role on our own during this deployment to help enhance the Iraqi fighting force by providing commando, mortar, tactical security and combat lifesaving training courses," he continued.

Throughout the training, Iraqi soldiers learned how to read maps to identify their own location and potential targets. In addition they learned how to load, handle and fire the 30-pound rounds by first practicing with water bottles before graduating to the live rounds. On the final day, each soldier was able to fire four rounds each during the live fire to pass the final portion of the training.

The Iraqi division's mortar unit is the first in all of Iraq to actually live fire the 120 mm mortars, according to de Lemos.

"This is very advanced training that we are participating in, and it is making us stand out from our peers in our Army," said Iraqi Sgt. Mohammed

Saleh Rabeeaa, one of the Iraqi soldiers who participated in the training.

"It is our job to protect our country by supporting any battalion from our brigade ... and with this training we will be able to do just that," he continued.

"With the Iraqi soldiers receiving training on these weapon systems, it will enable them to defend their comrades and their country better," said Sgt. Steven Tremper, a mortar training instructor.

Tremper also explained that having mortar systems are a valuable asset to any army due to the fire power the systems provide. Each mortar system is used to give indirect fire support and can create blast radius of 75 meters each, which can greatly affect the outcome of any battle.

The brigade will have an opportunity to practice its skills later at training centers in Kirkuk and Baghdad, but it took advantage of U.S. expertise to train now.

"The Iraqi mortar unit received the mortar equipment before the training started, but we didn't want the soldiers not to know how to properly operate the weapon systems ... and hurt themselves or others," said de Lemos.

"It is really important for the soldiers to understand the weapons they now possess. Now with the base of knowledge to start with, they are able to train themselves until their additional training is available," he added.

## Health: You're urged to be involved

CONTINUED FROM A-1

Awareness Training for Army leaders, Soldiers, families and civilians. New videos and presentations include closed-captioning for families and civilians.

Technical guides help make presentations easier and address many of the questions that arise during group discussions, and ACE (Ask, Care and Escort) and tip cards provide easy ways to remind ourselves of the signs and responses for intervening in crisis situations, or during times when we are concerned about a friend, family member or peer.

As we focus for 30 days on health and wellness, each of us has an important role in sup-



Visit the U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) AKO site for Suicide Prevention products, resources, research and prevention and many links to other sites, <https://www.us.army.mil/suite/page/503094>.

porting health promotion, risk reduction and suicide prevention efforts.

If you are not involved, then who will be?

## Talent: Army searches for civilians

CONTINUED FROM A-1

Senior Executive Service, providing an enterprise view of leadership positions and the available pool of senior talent. Currently, the Army has only limited visibility of its senior civilian workforce and the positions that they occupy.

Designed to give senior civilians similar career growth opportunities as their uniformed counterparts, Civilian Talent Management fuses the Army's current and projected civilian leadership requirements with the individual employee's desires for re-assignment and career growth.

Because the number of eligible members of the talent pool is large — more than 11,000, registration is a phased process per geographic location. Hawaii is one of 25 venues career advisors are visiting through Oct. 2. During the site visits, career advisors will present the program and answer questions.

Within the next week, eligible senior civilians will receive an e-mail requesting them to register into the program, as well as an invitation to attend a presentation and discussion at Fort Shafter, Building 525, Room 353, Sept. 14 and 15, at 9 a.m. and 1 p.m., daily.





# Way of the Warrior

Native Hawaiian lecture series reveals ancient secrets

Story and Photos by  
**BILL MOSSMAN**

Staff Writer

SCHOFIELD BARRACKS — The much-anticipated Native Hawaiian lecture series got off to a rousing start, Friday, as military leaders were introduced to one of Hawaii's best-kept secrets: the ancient fighting art known as lua.

Practiced by the chiefs' elite fighting forces in olden times, lua went underground for decades before resurfacing in recent years, thanks in part to event guest speaker Dr. Mitchell Eli.

An olohe (master) lua, Eli is a former student of Charles Kenn, the man credited with preserving the martial art for today's generation of students.

"One thing about Hawaiians is that we are very good at keeping secrets," explained emcee Annelle Amaral, Native Hawaiian liaison for U.S. Army Garrison-Hawaii (USAG-HI), to about 120 guests as they dined at the Nehelani, Schofield Barracks. "We have had to keep secrets, under self-preservation and the need to protect that, which is sacred ... for too many generations.

"But what we have learned in contemporary days," she continued, "is that within the telling of secrets, in the sharing of the knowledge of our kupuna, we have made our young people proud of their kupuna, made them proud of who they are."

When it was his turn to speak, Eli first thanked the U.S. Army for a forum in which to share the history of lua. Then, after briefly discussing his background and familiarity



During a short ceremony prior to the start of the first Native Hawaiian lecture series, Sir Rocky Naeole of the Royal Order of Kamehameha, Chapter VIII, blesses the lei that will be presented as hookupu (a gift) to a picture of Prince Jonah Kuhio Kalaniana'ole, an alii (chief) who served during the Kalakaua Dynasty. Standing immediately in front of Naeole is Sir Edward Akana, Alii Aimoku of the royal order.



Col. Matthew Margotta (left), commander, U.S. Army Garrison-Hawaii, shares a table with event guest speaker Dr. Mitchell Eli, a teacher of the ancient Hawaiian martial art, lua, during the Native Hawaiian lecture series at the Nehelani, Schofield Barracks, Friday.

with the Wahiawa community, Eli informed the Army's senior leadership that they would be treated to a 35-minute film that would best explain the Hawaiian martial art.

Hosted by Green Beret Terry Schappert, the action-packed film, which first aired back in May on the History Channel, featured Schappert's introduction to lua — a complex fighting system specializing in bone-breaking and joint-dislocating strikes with the hands and feet, as well as mastery over a slew of ancient weapons.

For Eli, a chiropractor who rarely speaks about lua in public, the film was an opportunity

to demonstrate that members of different cultures could come together for a common cause. Or as he put it, the video production was made possible through "the combination of good works between our culture, the military and those who assisted us."

Following the presentation, Col. Teresa Parsons admitted the film was an "eye-opening experience" for her.

"I've always seen replicas of the war instruments, but I never knew of the skill sets of the Hawaiian warrior," explained Parsons, who's in her third tour of duty in Hawaii and currently working out of Tripler Army Medical Center. "I'm in awe, and have a new respect for another aspect of the Hawaiian tradition."

Parsons was particularly fasci-

nated by the leiomano, a handheld weapon fashioned with serrated tiger shark teeth on one end and a spear on the other. In the film, lua warriors demonstrated how the weapon could be used for lethal blows that tear away at not only flesh and sinew, but even bone.

"They made some serious holes with that weapon," she commented. "I don't even know if today we could repair the injuries that they have the ability to cause."

Sponsored by USAG-HI through a \$5,000 donation from the Kamehameha Schools, the event brought together the military community, including host Col. Matthew Margotta, commander, USAG-HI, and Hawaiian leaders from various Royal Hawaiian Societies charged with preserving Hawaiian culture.

Societies in attendance included the Royal Order of Kamehameha, Hale O Na Alii, Ahahui Kaahumanu and the Daughters and Sons of Hawaiian Warriors, also known as Mamakakaua.

"We intentionally set up our tables so that there would be military and Hawaiians at them," Amaral noted. "This will hopefully help when it comes to exchanging ideas with one another."

The evening program began with Rev. William Kaina of Kawaihau Church offering the pule (prayer), in which he thanked the Soldiers in attendance for their dedicated service. Noted kumu hula Wayne Kahooni Panoke followed. He offered a chant to introduce members of the Royal Order of Kamehameha, Chapter VIII, who were dressed in full regalia.

The members then offered a lei as hookupu (gift given in exchange for spiritual power, or mana) to a picture of Prince Jonah Kuhio Kalaniana'ole — as did Col. Margotta, who honored the Hawaiian monarch with a maile lei.

According to Amaral, Prince Kuhio is not only credited with restoring the Royal Societies following the overthrow of the Hawaiian monarchy, but with also being olohe lua to Kenn.

Amaral added that she's hoping to have Nainoa Thompson speak in September, when the second of a four-part lecture series resumes. Thompson is a Native Hawaiian navigator famous for commanding two double-hulled canoes, the Hokulea and Hawaii'iloa, on voyages from Hawaii through Polynesia. He is also a member of the Board of Trustees for the Kamehameha Schools.

A lei-adorned picture of Prince Jonah Kuhio Kalaniana'ole greets arriving guests at the Nehelani, Schofield Barracks, where the first Native Hawaiian lecture series kicked off, Friday.







4 / Today

**Soldier Show** – The U.S. Army Soldier Show is scheduled to entertain troops and family members in Hawaii, today, 7 p.m., at the Martinez Fitness Center, Schofield Barracks.

Check out fellow Soldiers in the show titled “Lights! Camera! Action!” The show is free and open to the general public. Visitors to Schofield Barracks will need a valid driver’s license, proof of insurance and current car registration to gain access.

For a list of gate hours and directions, visit [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil) and click on “Traffic Updates” from the “Post Updates” menu on the left.

Guests are encouraged to show up at least 15 minutes prior to the show’s start to find seating. Call 438-1152 or 655-0112.

8 / Tuesday

**Stroller Strong** – Soldiers and family members are invited to participate in a healthy and informative group activity, “Stroller Strong.” Participants can meet new friends, learn new parenting tips, and keep abreast of community events and services all while engaging in a healthy activity.

The group features “guest walkers” from the community (such as doctors) and program representatives from the Directorate of Family and Morale, Welfare and Recreation.

•The Tripler Army Medical Center group meets each Tuesday, 8:30-9:30 a.m., at the track. The next dates scheduled are Sept. 8, 15, 22 and 29.

•The Helemano Military Reservation group meets each Wednesday at the community center, 9-10:30 a.m. The next dates scheduled are Sept. 9, 16, 23 and 30. Call 655-4227.

10 / Thursday

**“Barnum” at Theatre** – The newest Army Community Theatre production, “Barnum,” opens Sept. 10, 7:30 p.m., at Richardson Theatre, Fort Shafter. Learn everything you ever wanted to know about the man behind “the greatest show on earth.”

Additional performances are scheduled Sept. 11, 12, 18, 19, 25 and 26. Adult ticket prices begin at \$15, and children’s tickets are available for \$12.

Visit [www.armytheatre.com](http://www.armytheatre.com) for more info or to purchase tickets. Call 438-4480.

**BSC “Barnum” Opening Night** – Blue Star Card (BSC) holders are invited to the free opening night performance of “Barnum,” Sept. 10, 7:30 p.m., at



Rebecca Ellison | U.S. Army Garrison-Hawaii Public Affairs

## Operation Headrest

WAHIAWA — Second grader Katie Moniz (right) paints a tropical seascape on a pillowcase to support Operation Headrest at the Trinity Lutheran Church and School, here, Tuesday. More than 180 preschool through eighth grade students decorated pillowcases with pictures and welcome home messages for single Soldiers of the 3rd Infantry Battalion Combat Team (IBCT) expected to return home to Hawaii in September. Debbie Waters, family readiness advisor, 7th Field Artillery Regiment, 3rd IBCT, revitalized the program created during the brigade’s 2007 deployment, “to ensure that every one of our warriors comes home to a warm, made bed – no matter what time of the day or night they return.”

Richardson Theatre, Fort Shafter.

“Barnum” is the award-winning show that traces the career of America’s greatest showman, P.T. Barnum, and his partnership with James A. Bailey to form “the greatest show on earth.”

BSC holders will enjoy free pupus, transportation and reserved seating. Spaces are limited. Register by today at 655-0112.

**Online Practice Tests** – Learn how to access test-prep resources for ASVAB, CLEP, SAT, ACT, SED, NCLEX-PN, NCLEX-RN and more, Sept. 10, 2-6 p.m., at Sgt. Yano Library, Schofield Barracks.

Take advantage of selected DANTES practice tests, online books, college, military, high school and allied health career tools in this free hands-on database session. Call 655-8001.

12 / Saturday

**A Touch of Hawaii** – Experience authentic Hawaii in traditional Hoolaulea fashion during a unique culture and customs of Hawaii event, Sept. 12, 10 a.m.-3 p.m., at the Nehelani, Schofield Barracks.

Come “talk story” with local experts about all things Hawaiian. Watch hula (dance) performances and lua (warrior) demonstrations or try your hand at lei-making, coconut weaving and other tradi-

tional crafts. Play some Hawaiian games, try local-style fishing, and sample and learn how to make Hawaiian treats. Call 655-9653.

14 / Monday

**Musical Auditions** – Army Community Theatre will hold open auditions for “High School Musical 2,” Sept. 14, 15 and 16, 7:30 p.m., at Richardson Theatre, Fort Shafter. Call 438-4480.

15 / Tuesday

**EFMP Support Group** – The SHARE support group, part of the Army Community Service (ACS) Exceptional Family Member Program (EFMP), will meet Sept. 15, 6-8 p.m., at Aliamanu Military Reservation (AMR) chapel and Sept. 23, 6-8 p.m., at the Main Post Chapel, Schofield Barracks.

The SHARE group (Share Hints, Accomplishment, Resources and Encouragement) is open to all families with an EFMP member and provides an opportunity to share experiences, information and resources. On-site child care is available; reservations are required. Call ACS EFMP at 655-4791 or 655-1551.

16 / Wednesday

**Operation Rising Star Entry Deadline** – Are you a singer? Let your inner idol

shine and enter the Operation Rising Star talent contest for a chance to win \$500 and a chance to win the opportunity to record your very own demo CD.

All entries must be received by Sept. 16 and can be submitted at the Tropics, Schofield Barracks. Call 655-5698.

17 / Thursday

**Poker Tournament** – The next Texas Hold ‘Em tournament takes place, Sept. 17, 6:30-9:30 p.m., at the Tropics, Schofield Barracks. Card players can test their skills against the best-of-the-best poker players on post. All ID cardholders 18 and older are welcome. Call 655-5698.

**Anger Management** – Learn how to better control your anger at the next Family Advocacy Program (FAP) anger management class, Sept. 17, 3-4:30 p.m., at Army Community Service, Schofield Barracks, and 1-2:30 p.m. at Aliamanu Military Reservation community center. Call 655-0596.

19 / Saturday

**Daddy Boot Camp** – New dads are welcome to basic training to understand newborn basics and how to be effective, confident fathers, Sept. 19, 9 a.m.-

**SEE MWR CALENDAR, B-4**



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

4 / Today

**Joint Spouses Conference** – Registration is now open for the 2009 Joint Spouses Conference (JSC), Oct. 16, 7:30 a.m.-7:30 p.m., at the Nehelani, Schofield Barracks. The conference will feature guest speaker Patricia K. Shinseki, wife of Gen. Eric Shinseki, former Army Chief of Staff and current Secretary of Veteran Affairs, as well as more than 70 JSC workshops.

Registration costs \$35 per person and includes three meals and six workshop sessions. Free child care is available. To register for the conference and for child care, visit [www.jschawaii.com](http://www.jschawaii.com). Registration closes Sept. 20.

**Case Lot Sales** – Commissary case lot sales are scheduled to take place island-wide in September and October. Stock up and save at these locations: Pearl Harbor, Sept. 4-5; Barber’s Point (Kalaeloa), Sept. 4-5; Hickam Air Force Base, Sept. 18-20; and Schofield Barracks, Oct. 2-4. Visit [www.commissaries.com](http://www.commissaries.com).

**Holiday Hours for Oahu Military Care Clinics** – Military Care Clinics islandwide will be closed or offer limited service in observance of the Labor Day holiday.

•Tripler Army Medical Center: Family Practice, Pediatrics and Adult Medicine Clinics will be closed Sept. 7.

•Schofield Barracks Health Clinic: Acute Care Clinic will be open 6 a.m.-9 p.m., Sept. 7.

The Family Practice and Pediatrics Clinics will be closed Sept. 7.

•15th Medical Group-Hickam Air Force Base: Acute Care Clinic will be open today

10 a.m.-4 p.m. and closed Sept. 5-7.

•Naval Health Clinic Hawaii: Makalapa Clinic will be open Sept. 5, 8 a.m.-4 p.m.; Sept. 6, 8 a.m.-noon; and Sept. 7, 8 a.m.-4 p.m.

•Marine Corps Base Hawaii, Kaneohe: Health Clinic will be closed Sept. 5-7.

•Shipyard Branch Health Clinic (Pearl Harbor): Will be closed Sept. 5-7.

•VA Ambulatory Care Clinic: Will be closed Sept. 7; however, the VA Center for Aging will be open.

11 / Friday

**Freedom Walk** – Operation Homefront-Hawaii and more than 1,500 participants will pay tribute to war veterans, heroes and those we lost on 9/11 at the 2009 Freedom Walk, Sept. 11, 8-11 a.m., starting at the Department of the Navy’s ball field at the corner of Valkenburg and Main Street.

Commemorative T-shirts will be provided to all participants (supplies are limited). Register online at [www.operationhomefront.net/hawaii](http://www.operationhomefront.net/hawaii); click the Freedom Walk link. E-mail [hawaii@operationhomefront.net](mailto:hawaii@operationhomefront.net).

12 / Saturday

**Rummage Sale** – Trinity Lutheran School invites the community to the 2nd Annual “Trash 4 Technology” rummage sale, Sept. 12, 8 a.m.-2 p.m., on the school campus at 1611 California Ave. Trinity families will be putting out their “trash” in an effort to raise money for their school’s technology program. Visit [www.trinity-hawaii.org](http://www.trinity-hawaii.org).

15 / Tuesday

**Red Cross Scholarships** – The Hawaii State Chapter of the American Red Cross is offering scholarships for unemployed individuals for Red Cross Nurse Aide Training.

Red Cross nurse aides learn the knowledge and skills necessary to provide quality health care as a certified nurse aide (CNA). Classes are available on Oahu and the Big Island. Unemployed individuals can get application information by visiting [www.hawaiiiredcross.org](http://www.hawaiiiredcross.org). Proof of unem-

ployment is required.

Applications must be received by Sept. 15. The scholarships are made possible by a \$25,000 grant from the Wal-Mart Founda-

16 / Wednesday

**Tell Me a Story** – The community is invited to attend the Military Child Education Coalition’s “Tell Me a Story” event, Sept. 16, 6-7:30 p.m., at Aliamanu Military Reservation community center.

Guest reader Brig. Gen. Michael J. Terry, commanding general, 8th Theater Sustainment Command, will read the story “How to Bake an American Pie.”

Admission is free, but space is limited. Each family in attendance will receive a copy of “Our 50 States.” To reserve your space, call 258-5961 or e-mail [schofieldp2@yahoo.com](mailto:schofieldp2@yahoo.com).

18 / Friday

**Volunteers Needed** – The Hawaii Museum of Military Vehicles and the Naval Air Museum at Barbers Point (Kalaeloa) are looking for volunteers to man Vietnam and Desert Storm-era displays, Sept. 18-20, during the Hickam Air Force Base airshow featuring the Thunderbird aerobatic team.

Volunteers need to fit into a medium military uniform and be from the following professions; infantry, former armor crew, former UH-1H Huey crewman or pilots. Soldiers or veterans interested in 25th Infantry Division history, or from Vietnam and Desert Shield eras, may also inquire. Contact Brad Hayes, 682-3982 or [brad@nampb.org](mailto:brad@nampb.org).

**Jewish High Holiday Services** – The Aloha Jewish Chapel at Naval Station Pearl Harbor (Makalapa Gate) serves service members and their families, government civilians and contractors, and retirees and their families (with valid government ID or arranged escort). All are invited to participate during Jewish High Holiday Services:

•Rosh Hashanah, Sept. 18, 7:30 p.m., and Sept. 19, 9 a.m.-noon.

•Sabbath Service, Sept. 25, 7:30 p.m.

•Shabbat Shuva, Sept. 26, 8:15 a.m.  
•Kol Nidrei, Sept. 27, 6 p.m.  
•Yom Kippur, Sept. 28, 9 a.m.-12:30 p.m. (This service will include Yizkor, after the Torah Reading.)

•Mincha/Nehila, Sept. 28, 5 p.m. (to include the “Reading for Jonah”) A “Break the Fast” potluck will follow.

The Aloha Jewish Chapel offers weekly services Friday, 7:30 p.m.; Saturday, 9:15 a.m.; and Torah Study, Monday, 6:30 p.m.; and the Annual Passover Seder at Hale Koa Hotel, Waikiki (for First Night Passover.)

For details of other holiday services e-mail [michael.caplan@us.army.mil](mailto:michael.caplan@us.army.mil)

## Ongoing

**TAMC Adult and Pediatric Clinic Hours** – The Tripler Army Medical Center (TAMC) Adult Medicine Clinic offers extended care hours:

•Monday-Thursday, 7 a.m.-6 p.m.  
•Friday, 7 a.m.-4 p.m. and,  
•Sick call, Monday-Friday, 7-8 a.m. The TAMC Pediatrics Clinic hours are:  
•Monday-Friday, 8 a.m.-4 p.m.  
•Saturday, 10 a.m.-4 p.m., by appointment only.

To schedule or cancel an appointment at either TAMC or the Schofield Barracks Health Clinic, call the appointment line at 433-2778, and select option 1.

Operating hours are Monday-Friday, 6:30 a.m.-4:30 p.m. Patients can also schedule primary care appointments at [www.tricareonline.mil](http://www.tricareonline.mil).

**IMCOM Survey** – Installation Management Command (IMCOM) invites community members to take an anonymous Web-based Customer Service Assessment (CSA). The survey asks community members to rate garrison services based on importance and performance.

The data will provide IMCOM with an overview of Army services specific to each garrison. To take the survey, visit [www.myarmyvoice.org](http://www.myarmyvoice.org). The CSA is open through Sept. 18. Contact Ophelia Isreal, Customer Management Services, 655-9026.



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu).

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
FS: Fort Shafter Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**

•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Masses**

•Friday, 9 a.m. at AMR  
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels  
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)  
•Sunday services:  
-7:30 a.m. at WAAF  
-8 a.m. at AMR  
-10:30 a.m. at MPC Annex  
-11 a.m. at TAMC  
•Monday, Wednesday and Friday, 11:45 a.m. at MPC  
•Monday-Friday noon at TAMC

**Gospel Worship**

•Sunday, noon at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**

•Friday, 1 p.m.  
•Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**

•Friday, 6 p.m. (sunset) at MPC Annex  
•Friday, 7:30 p.m. and Saturday, 9:30 a.m. at PH

**Orthodox Divine Liturgy**

•Sunday, 9 a.m. at TAMC

**Pagan (Wicca)**

•Friday, 7 p.m. at MPC Annex

**Protestant Worship**

•Sunday Services  
-9 a.m. at FD, FS, MPC and TAMC chapels  
-10 a.m. at AMR and HMR  
-10:30 a.m. at WAAF



Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.



**Orphan**

(R)  
Friday, Sept. 4, 7 p.m.  
Wednesday, Sept. 9, 7 p.m.

**G-Force**

(PG)  
Saturday, Sept. 5, 2 p.m.  
Sunday, Sept. 6, 2 p.m.



**The Ugly Truth**

(R)  
Saturday, Sept. 5, 7 p.m.  
Thursday, Sept. 10, 7 p.m.

No shows on Mondays or Tuesdays.



# Tripler’s volunteer therapy dogs, handlers make the rounds

Pets have a place in the healing process through unique program

Story and Photos By  
**DON ROBBINS**  
Staff Writer

TRIPLER ARMY MEDICAL CENTER – Mac McDaniel is very proud of his Welsh terrier, Baxter. Besides being a rare breed of dog in Hawaii, Baxter is also part of an elite team serving in the Tripler Army Medical Center (TAMC) Human Animal Bond program, which uses friendly canines and other animals to boost the spirits of patients, families and staff.

“Folks seem to enjoy it,” said McDaniel. “He even has his own ID card, and he even smiled on it,” he added, with a laugh.

McDaniel volunteered for the program after retiring from the Air Force because he wanted get out and share his dog with others.

The program brings volunteers and their pets to clinics, hospital wards and waiting areas for visits. TAMC’s program has about 30 animals, mostly dogs, but a few cats and rabbits, too. Together they provide therapy by interacting with patients who have physical, mental and social illnesses.

On a recent visit to TAMC, McDaniel and Baxter met up with Kim Lyons and Liane Otsuka, walking their dogs through the hospital and greeting the patients there.

Lyons had her 9-month-old golden retriever, Milo, along with her. Milo received his Red Cross certification when he was just 6 months old, Lyons proudly noted.

Otsuka brought her 4-year-old golden retriever, Indy, who is named after the movie character, Indiana Jones.

“He’s Milo’s granduncle. We’re related,” Otsuka said.

During their visit to the hospital’s Blood Donor Center, Otsuka’s dog “saluted” Soldiers by raising



Volunteer Mac McDaniel (right) and his therapy dog, Baxter, spread some cheer on a recent visit to the Tripler Army Medical Center (TAMC). McDaniel and Baxter make visits to TAMC as part of the Human Animal Bond program.

his paw high into the air.

Capt. Chris Woodson, TAMC staff, and his sons greeted Baxter with smiles and pats on the pooch’s head.

“We think it’s great. If I’m ever in the hospital, that’s who I want to visit,” Woodson said.

“They’re well-behaved,” said Bernice Oshita, an American Red Cross volunteer, as she patted the heads of Milo and Indy in the TAMC Blood Donor Center.

Animals in the Human Animal Bond therapy program are screened and must pass strict behavioral and physical qualifications. Handlers also receive special training.

Dr. Steve Zuchowski, TAMC Department of Psychiatry, said the faces of nearly all of his patients brighten when the therapy dogs visit the in-patient ward.

“A few weeks ago, we had a patient who was very depressed and socially withdrawn,” Zuchows-



Liane Otsuka and her therapy dog Indy, a golden retriever, practice a handshake while preparing to make the rounds at Tripler Army Medical Center.

ki said. “She barely left her bed. As soon as she heard that a therapy dog was visiting the unit, she got up and began interacting with the dog and smiling.”

She then improved much more rapidly, Zuchowski added.

Dr. Joy Hiramoto, TAMC Department of Psychiatry, used to participate in the Human Animal Bond program with her miniature schnauzer, Cinder. She believes the program is good for everyone.

“I have been a physician here at Tripler for the last 15 years, and having the therapy dogs on the unit brightens the spirits of both the staff and the patients, Hiramoto said.

For more information on how to become involved with the TAMC Human Animal Bond program, call American Red Cross coordinator Sue Rolsen at 433-6631.

## SYNERGY kids club off to energizing start

ARMY HAWAII FAMILY HOUSING  
News Release

SCHOFIELD BARRACKS – Dozens of children gathered at the Porter Community Center, here, to help launch Army Hawaii Family Housing’s (AHFH) new SYNERGY program, Friday.

SYNERGY, Saving Your Nation’s Energy, was developed by the Army’s housing privatization partner, Actus Lend Lease, and is designed to support the Army’s goal of reducing energy consumption.

“SYNERGY will help create awareness among our AHFH families about their energy use at work, at home and within their communities,” said Claire Ridding-Johnston, AHFH project director. “Our families – more than 6,000 of them, have a great opportunity to make a significant impact on Army Hawaii, and we hope that together we can make a difference.”

The SYNERGY launch offered one session for children and one for adults. The SYNERGY Kid’s Club, which incorporates hands-on activities, helps engage children 6-12 years old. Participants learn about energy basics, including renewable and non-renewable energy, energy conservation and how to make a difference.

Activities at the launch included a SYNERGY light switch decorating contest for a chance to win a bicycle donated by the Army Air Force Exchange Service and a game of Energy BINGO.

“Energy BINGO had all the kids out of their chairs cheering and having a lot of fun,” said Brenda Zehrm, Actus Lend Lease.

“It was great to see how hungry our kids are for information, and I was amazed to see how much they already knew about conserving energy,” Zehrm added.



Photo Courtesy of Army Hawaii Family Housing

SYNERGY Kid’s Club participants engage in a learning activity during the club launch at the Porter Community Center, Schofield Barracks, Friday. Participants learned about renewable and non-renewable energy, played an exciting game of Energy Bingo, and took home the Energy Hog Challenge to work on with their parents.

Following an exciting evening, kids took on the “Energy Hog Challenge,” an activity they can do with their parents.

The adult session was led by James Sullivan, Actus sustainability coordinator, and Robin Hibler, sustainability manager, Directorate of Public Works, U.S. Army Garrison-Hawaii.

The next SYNERGY Kid’s Club event is scheduled Nov. 6, 10 a.m., at the Aliamanu Military Reservation community center. The theme is Arbor Day.

An overview on electricity basics was presented and residents learned about special energy-saving features found in their homes. They were also provided the opportunity to measure their carbon footprint.

“During the exercise, one couple discovered how much they are spending in annual fuel costs for their car,” said Sullivan.

“They reasoned that if they upgraded to a more efficient car that gets more miles per gallon, the savings in fuel costs would offset their car payment,” he explained.

The SYNERGY program aims to get energy-reducing information like this out to residents



whether a child or an adult, and ultimately reduce energy use in AHFH communities.

The SYNERGY Kid’s Club is open to all children residing in AHFH communities, and all adults residing at AHFH are welcome to attend the adult sessions.

## Federal Survey Card impacts school funding

SCHOOL LIAISON OFFICE  
News Release

Would you like your child to have better school equipment and textbooks? Would you like if the federal government gave money to our schools to provide better educational tools?

Parents of school-aged children can make a difference by completing the Federal Survey Card, which will be sent home with students, Sept. 8, and must be returned the following day, Sept. 9.

By completing this simple card, your child will have the opportunity to receive much needed supplies, equipment and services.

**What do the survey cards determine?** The survey cards determine the number of federally-connected students in the public school system. Federally-connected students are those children whose parent(s) or legal guardian(s) reside and/or work on federal property; children whose parents reside in federal low-rent housing, not including, Section 8 housing; and children whose parent(s) are a member of the uniformed services, but who reside off the military base, including children of foreign military officers.

Based on these criteria, data is

collected from the survey cards and delivered to the federal Department of Education (DoE), which reimburses the Hawaii DOE in impact aid for educating federally-connected students.

Impact aid is the only federal education program where the funds are sent directly to the school district.

**Why should parents fill out the federal survey card?**

Impact aid is used by the DOE in needed areas as determined by the locally-elected school board. Funds can be used for teacher salaries, school programs, materials, equipment and supplies.

“Hawaii’s public schools rely on federal impact aid as a significant part of the education budget,” said Superintendent Patricia Hamamoto. “By filling out and returning the survey cards, parents are helping our schools claim and benefit from their authorized share of federal support.”

**How can parents help?**

Parents are encouraged to fill out and return surveys to schools promptly. Non-response could result in the loss of millions of dollars in federal funds that benefit both our military and local communities.

Every card that is not returned will result in lost revenues to Hawaii classrooms statewide.

# Operation Rising Star ready to rock, brings back live finals

## FAMILY AND MORALE, WELFARE AND RECREATION COMMAND

News Release

Preliminary competitions to determine the Army's best vocalist will soon be underway at 35 installations, camps or forward operating bases, as the search for the Army's 2009 Operation Rising Star begins.

The competition is open to all active duty, Reserve and National Guard Soldiers for all branches of service and their family members 18 years and older.

This year marks the fifth season for Operation Rising Star, with finalists competing locally and then live on the Pentagon Channel, for a chance to win an ultimate recording experience.

Selection at the installation level will be done through a combination of audience voting and the scores from a three-judge panel. The audience votes and the judges' ratings count for 50 percent of the participant's score.

The grand prize for this year's top performer is the ultimate music recording experience: an all-expense-paid trip for two to Los Angeles, Calif., to record a three-song demo CD. The experience includes professional studio time and one-on-one time with music executives who will coach the



File Photo | U.S. Army Garrison-Hawaii Public Affairs

Dressed in costume to perform during last year's Operation Rising Star competition, Tracey Coffey sang "Somewhere That's Green" from the hit musical "Little Shop of Horrors" for the crowd. She took home the first place award for the installation's best vocalist in 2008.



winner in music arrangement, vocals, mixing and mastering.

Every participating installation will award cash prizes for first (\$500) through third (\$100) place finishers.

Audience members are encouraged to support their favorite contestants at all the local events, since each local contest will also award a \$300 cash prize "Spirit Award" to the most supportive unit or family readiness group.

"The talent and personalities of the Rising Star contestants are truly amazing," said Kristen Kea, event manager at the Family and Morale, Welfare and Recreation (FMWR) Command.

"I know audience members that have gone to the local events in the past would agree with me," she continued. "It's a great night out with unique

entertainment available nowhere else in your community."

Will you be the Army's 2009 Rising Star winner? It starts by competing in the U.S. Army Garrison-Hawaii installation level competition, Sept. 21, 6 p.m., at the Tropics, Schofield Barracks.

Local semifinals will take place Sept. 23 and finals on Sept. 24, both starting at 6 p.m.

Contestants must be registered by Sept. 16, and applications can be picked up and dropped off at the Tropics.

For complete details, official rules, and a list of participating locations, visit [www.OpRisingStar.com](http://www.OpRisingStar.com).

The winners at each local installation will forward their performance videos to the FMWR Command's Army Entertainment Division to be reviewed and shared online.

The top 12 vocalists selected from the performance videos submitted will perform at the live finals, Nov. 14-21, 2009, at the Wallace Theater, Fort Belvoir, Va.

Second and third prizes at the televised finals are \$1,000 and \$500 dollars, respectively.

This year's Operation Rising Star competition is sponsored by the General Motors Military Discount program.

# 'Eddie the Eagle' flies in to support troops

## U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS – U.S. Army Garrison-Hawaii's Directorate of Family and Morale, Welfare and Recreation (FMWR) is welcoming a new member to the marketing team: "Eddie the Eagle."

The eagle, which already serves as the national bird and emblem for the U.S., has been assigned an additional duty: to serve as the official mascot of FMWR, here, personified as "Eddie the Eagle."

"I flew in to support and lift the spirits of Soldiers and family members," he said.

Eddie's energy and eagerness to get started was on display during his first appearance at the Suicide Awareness "Run for Life" event, Tuesday at Sills Field, here.

While gliding across the field, he spoke of his long journey from the cold, upper regions of Alaska to the islands.

"They lost my paperwork in Seattle, and I got stuck in quarantine," he said,

"Eddie the Eagle" fans can follow him at [www.twitter.com \(FMWR\\_Eddie\)](http://www.twitter.com/FMWR_Eddie) or at [www.facebook.com \(FMWR Hawaii\)](http://www.facebook.com/FMWR_Hawaii).

"but I am glad to be out now – been stuck there since July."

After officially being taken off the Federal List of Endangered Species, in June 2007, Eddie started looking for other ways to serve his country and spread his wings.

"I'm looking forward to digging my talons into some sand instead of the snow. I'm tired of salmon, and I hear the ahi here is good," he said, although, he is not too certain about the Spam.

Most importantly, Eddie wants to meet the community.

"I am very excited to start attending all of the FMWR events, and I can't wait to meet the Soldiers and families."

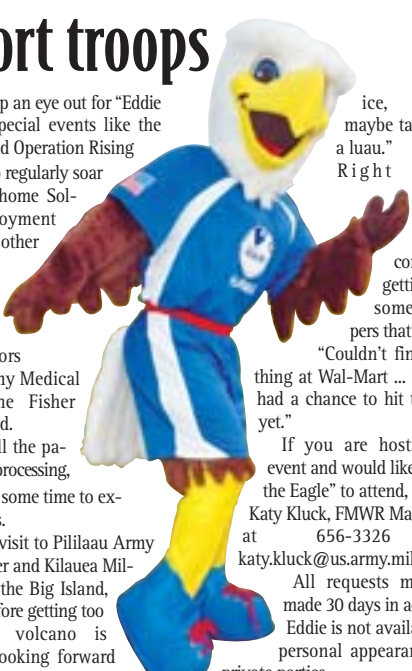
According to FMWR marketing specialist Katy Kluck, Army Hawaii com-

munities can keep an eye out for "Eddie the Eagle" at special events like the Soldier Show and Operation Rising Star. He will also regularly soar in to welcome home Soldiers at redeployment ceremonies and other garrison events.

"I would also like to visit with our wounded warriors at Tripler Army Medical Center and the Fisher House," he added.

In between all the paperwork and in-processing, Eddie has found some time to explore the islands.

"I was told a visit to Pihilaau Army Recreation Center and Kilauea Military Camp, on the Big Island, were a 'must' before getting too busy ... that volcano is awesome. I'm looking forward to hitting some more beaches, cooling off with some shave



Bill Mossman | U.S. Army Garrison-Hawaii Public Affairs

ice, and maybe taking in a luau." Right

now his biggest concern is getting into some slippers that will fit. "Couldn't find anything at Wal-Mart ... haven't had a chance to hit the PX, yet."

If you are hosting an event and would like "Eddie the Eagle" to attend, contact Katy Kluck, FMWR Marketing, at 656-3326 or [katy.kluck@us.army.mil](mailto:katy.kluck@us.army.mil).

All requests must be made 30 days in advance. Eddie is not available for personal appearances or private parties.

## MWR Calendar

From B-2

noon, Army Community Service, Schofield Barracks. Call 655-0596.

### 21 / Monday

**Operation Rising Star Competition** – Watch and vote for your favorite performers in the Operation Rising Star competition, Sept. 21, 6 p.m., at the Tropics, Schofield Barracks.

Semifinals will take place Sept. 23 and the finals Sept. 24; both shows start at 6 p.m. Enjoy great food, drink specials and quality entertainment. The group who makes the most noise for their favorite performers will win \$300 in unit/family readiness group funds. Call 655-5698.

### 22 / Tuesday

**Sign Language Lessons** – Learn to speak with your hands through games, stories and a craft using American Sign Language, Sept. 22, at Fort Shafter Library; Sept. 23, at Sgt. Yano Library and Sept. 24 at the Aliamanu Military Reservation Library. All programs are scheduled 3-3:45 p.m. and are suitable for children 5-12 years old. Call 655-8001.



# 500th MI Bde. event supports, highlights women's equality

Story and Photos By  
**2ND LT. JULIANNE BARCIA**  
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — Breanne Ball blazed her way to the finish line during the Women's Equality Day 5K Fun Run, at Stoneman Field, here, Saturday, finishing first among all female participants with a quick time of 21 minutes, 30 seconds.

The 15-year-old Ball was just a few minutes behind 2008 Army Male Athlete of the Year, Capt. Shawn Dodge, commander, Headquarters Operational Command, 732nd Military Intelligence (MI) Battalion, who crossed the finish line in just 16 minutes and 30 seconds.

"It's a quick course," said Dodge, who made it look all too easy. He's preparing to compete in the 2009 Army Ten-Miler, Oct. 4, in Washington, D.C.

Ball is the daughter of Col. A. Thomas Ball, chief of staff, U.S. Army-Pacific (USARPAC). Not new to racing, she runs for Iolani School's cross-country team and has competed in state-level track tournaments.

"I enjoyed track, especially the 800 meter and the (4 x 400 meter relay)," she said. "Three miles is the most I like to run as I'm more a speed runner versus a distance runner."

Saturday morning's event, which also included a 1-mile keiki run, was hosted by the 500th MI Brigade in support of Women's Equality Day 2009. The Directorate of Family and Morale, Welfare



Runners round the corner to the finish at the 500th Military Intelligence Brigade's Women's Equality Day observance and 5K fun run/walk at Stoneman Field, Schofield Barracks, Saturday.



Ball



Dodge

and Recreation cosponsored the event, providing T-shirts to all entrants.

More than 350 people turned out for the run, said Sgt. 1st Class Jerrard Hughes, equal opportunity advisor, 500th MI Bde. Hughes, who helped organize the event, said many supporters and family members stuck around for post-race activities as well.

A central booth displayed strong and courageous women throughout history who've paved the way for women's equality and featured exemplar

female military members who continue to serve as role models for all female service members today.

"As an individual, it is often hard to see your impact on the world around you, but as a collective group, it is amazing what you can accomplish," said Amy Rankin, a member of the Hui O' Wahine, an all-ranks spouses club at Fort Shafter.

"This is so true, whether you look to the women who have come before us to support women's

equality or to the members of today's Hui O' Na Wahine," she added. "We all have worked to create a better community around us."

Col. Christopher Ballard, commander, 500th MI Bde., recognized volunteers and community organizations for supporting women's equality and furthering strides in the lives and education of women.

"I'm so pleased with the community turn out for this event today. I'm also very proud of our 500th MI Brigade Soldiers and family members who volunteered their support. I think it demonstrates our commitment as an Army to gender equality. It's an important thing to celebrate," said Ballard.

Post-race, representatives from the American Red Cross, Army Community Service, Better Opportunities for Single Soldiers, the Honolulu Black Nurses Association, Hui O' Wahine, PortaBox Storage, Tomboy Tools, and the University of Phoenix provided information about career path choices, services and resources to help improve the lives of women in society.

## ASYMCA, Sierra Club offer free weekend camp in September

**ARMED SERVICES YMCA-HAWAII**  
News Release

The Sierra Club and the Sierra Club Foundation are funding free weekend camping opportunities for military families through the Honolulu Armed Services YMCA.

The overnight camps at Camp Erdman begin Sept. 25 and end early afternoon Sept. 27. All meals and activities are included and provided at no charge to the families. Cabin accommodations will be assigned.

The camp will include opportunities for great experiences in the natural environment, conservation education, camaraderie and fun.

Planned activities include swimming, archery, arts and crafts, keiki time, a climbing wall, a confidence pole, an odyssey ropes course, kayaking, hiking, and a Saturday night campfire.

Preference will be given to junior-enlisted families with deployed sponsors, those about to deploy, those just returned from deployment and those with special hardship circumstances. Others will be accommodated as space allows.


To request an application, e-mail [ASYMCAWHLR@aol.com](mailto:ASYMCAWHLR@aol.com) or call 624-5645.

Applications must be dropped off at the ASYMCA, Wheeler Army Airfield or e-mailed to the address above as soon as possible. Selected families will be notified Sept. 14.

As the organization tries to "spread the wealth," priority will be given to those who have not received camp scholarships through Operation Purple or through the ASYMCA already this year. Approximately 150 slots are available.

For more details about Camp Erdman, go to [www.camp Erdman.net](http://www.camp Erdman.net). However, do not apply directly to Camp Erdman for this opportunity; apply through the Armed Services YMCA.

Learn more about the Sierra Club and its Military Family Initiative at [www.sierraclub.org/military](http://www.sierraclub.org/military).



**5 / Saturday**  
**National Bowling Week** — Bowlers, families and friends can enjoy different bowling specials and participate in a record-breaking event during National Bowling Week, Aug. 29-Sept. 5, at the Schofield Barracks Bowling Center.

Customers are invited to participate in the pin action, Sept. 5, as the Bowling Center attempts to break the record for the most consecutive games bowled in a 24-hour period. Visit [www.mwram.hawaii.com](http://www.mwram.hawaii.com), or call 655-0573.

**Adventure Hiking** — Enjoy a day hike to various locations around the island, Sept. 5, starting at 7 a.m. This hike is a level one, beginner-level program suitable for the

whole family, through one of several picturesque locations around the island of Oahu.

Cost is \$10 and round-trip transportation from Schofield Barracks is included. Bring plenty of water. Call 655-0143.

**7 / Monday**  
**Adventure Kayaking** — Come along on a half-day of adventurous kayaking from various beaches around the island of Oahu, Sept. 7, 6-11 a.m. This is a level two activity and requires moderate skills. Cost is \$25 and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

**9 / Wednesday**  
**Co-Ed Volleyball Tournament** — Submit entries now for the 2009 co-ed volleyball tournament, Sept. 14-19, at the Aliamanu Military Reservation Physical Fitness Center. The deadline to enter is Sept. 9. Call 836-0338.

**12 / Saturday**  
**Night Snorkeling** — Discover

what happens in Hanauma Bay at night with the first night snorkeling expedition, Sept. 12, 2-11 p.m. Cost is \$20 and includes round-trip transportation from Schofield Barracks. Call 655-0143.

**13 / Sunday**  
**Hawaiian Canoe Paddling** — Learn an ancient sport that Hawaiians still go crazy for — Hawaiian canoe paddling, Sept. 13, 7 a.m.-noon. Cost is \$45 and includes round-trip transportation from Schofield Barracks. Call 655-0143.

**19 / Saturday**  
**Adventure Ulua Fishing** — Spend the afternoon to late evening bait dunking at a favorite shore fishing area with Outdoor Recreation (ODR), Schofield Barracks, Sept. 19, noon-11 p.m. ODR guarantees a good time fishing Hawaiian style. Cost is \$50 and includes round-trip transportation from Schofield Barracks. Call 655-0143.

**20 / Sunday**  
**Mountain Biking** — Take a chal-

lenging bike trip through the Waianae mountain range, Sept. 20, 7 a.m.-noon. This program is a level-one beginner-level program suitable for all ages. Cost is \$15 plus an additional \$5 for bike rental, if needed. Call 655-0143.

This activity includes round-trip transportation from Schofield Barracks. Call 655-0143.

## Ongoing

**NFL Sunday Ticket** — Watch your favorite home football team live every weekend with the Tropics, Schofield Barracks NFL Sunday ticket. Don't miss the gridiron action. For more information, call 655-5698.

**Bike Hawaii** — Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, call 734-4214 or visit [www.bikehawaii.com](http://www.bikehawaii.com).



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

**12 / Saturday**  
**Hike Oahu** — Join the Hawaiian Trail & Mountain Club (HTMC) for a 2-mile novice hike in the Kahalu Valley, Sept. 12. Hikers will wander in the woods near Temple Valley.

Seek and find signs of ancient Hawaii as you pass over old rock walls. The trail winds back to a spring coming out of a rock wall and falling into a mossy pool. Call Joyce Oka, 674-1459.

Upcoming hikes include these:

- Sept. 20, 12-mile advanced ridge hike along the Aiea loop trail.
- Sept. 26, 2-mile intermediate Manoa Valley hike.

A \$2 donation is requested of

nonmembers. An adult must accompany children under 18.

For more information and a calendar of future hikes, visit [www.htmclub.org](http://www.htmclub.org).

**Alzheimer's Memory Walk** — The Alzheimer's Association, Aloha Chapter, is inviting all Oahu residents to become "Champions" in the fight against Alzheimer's by participating in the annual Honolulu Memory Walk and 5K Run.

This event will begin at Fisherman's Wharf (across from Ward Warehouse Center), Sept. 12, 7 a.m., with on-site registration starting at 6:30 a.m. For more information, visit [www.alz.org/hawaii](http://www.alz.org/hawaii) or call 591-2771.

**19 / Saturday**  
**Kuau Rockin' Surf Competition** — The Marine Corps Base Hawaii and Marine Corps Community Services invite the public to enter the Kuau Rockin' Surf Competition, Sept. 19 and 20, 7 a.m.-4

p.m. at Pyramid Rock Beach.

Participants can enter in the men's or women's shortboard divisions and/or the longboard division. Cost to enter one division for civilians is \$25, active duty military \$15. Add \$10 if entering a second division. Entry fee also includes a commemorative T-shirt.

A late fee will be added for entries after Sept. 14. Register online at [www.mccshawaii.com](http://www.mccshawaii.com) or call 254-7655.

**20 / Sunday**  
**Nike 5K for Kids** — Join the 10th anniversary of the Nike 5K for Kids, Sept. 20, 7 a.m. at Fort DeRussy Park, Waikiki. All entrants may choose between a 5K (3.1 miles) or 1-mile distance.

The \$15 entry fee will be donated to an Oahu school's Physical Education program of your choice.

Registration closes Sept. 8. To register in person, visit Sports Authority locations in Kapolei Commons, at Waiale Shopping Center

or at Ward Avenue, or register at [www.active.com](http://www.active.com). (A \$3 service fee applies.)

**27 / Sunday**  
**Honolulu Century Ride** — Registration is open for the Honolulu Century Ride, Sept. 27, 6:15 a.m., at Kapiolani Park. This event is the Hawaii Bicycling League's (HBL) largest fundraiser, drawing up to 4,000 participants from eight nations.

A family-oriented bike ride, participants can chose their own distance — between 20, 25, 50, 75, or 100 miles — and pace. No matter which distance riders chose, they start and finish at Kapiolani Park, in Waikiki, beginning at 6:15 a.m.

Aid stations with light refreshments and mechanical support along the course will be provided. Registration costs \$60 per adult, \$30 per child. Online and fax entries close Sept. 22 at 11:59 p.m. Register at [www.hbl.org](http://www.hbl.org) or fax to 735-7989. Call the HBL at 735-5756.