

# New generation meets Medal of Honor heroes

**SGT. HILLARY RUSTINE**  
3rd Brigade Combat Team,  
25th Infantry Division

**SCHOFIELD BARRACKS** — The military and Hawaiian communities welcomed 50 of America’s 81 living Medal of Honor recipients for their annual convention at the Hale Koa Hotel, Oct. 1-6, with visits, here, Oct. 3-4.

The Congressional Medal of Honor Society meets annually to remember all medal recipients and reunite those still living.

One of the recipients, retired Army Lt. Col. Ronald Ray, served with 2nd Battalion, 35th Infantry Regiment, “Cacti,” 3rd Brigade Combat Team, 25th Infantry Division. Ray

received the Medal of Honor for risking his life and going above and beyond the call of duty while in the Ia Drang Valley. There, he cut off North Vietnamese army forces entering Vietnam from Cambodia.

While observing a combat medic obstacle course, here, Ray spoke with several medics about being in the storied unit back then and what it means to be a “Cacti” Soldier.

“It’s always louder than you expect, with people screaming and mortars going off. ... It’s just so loud, and we always had to prepare for the unexpected,” Ray said.

See **MEDAL OF HONOR, A-5**



**Stephanie Rush** | Pacific Regional Medical Command Public Affairs

Staff Sgt. Kris Kaopuiki, Warrior Transition Battalion, looks at a Medal of Honor during a visit by medal recipients Sammy Davis and Roger Donlon at the Soldier and Family Assistance Center, here, Oct. 3.

# Garrison casts spotlight on domestic violence awareness

**JEN CLYMER**

Family Advocacy Program;  
Army Community Service; Directorate of Family  
and Morale, Welfare and Recreation

**SCHOFIELD BARRACKS** — Life-sized cardboard cutouts of a young child, woman and man stand silent in the foyer of the Army Community Service building, here, unfaced reminders of real people — people we see every day in our neighborhood, at the Commissary checkout, in our school classrooms and in our workplaces — who have lost their lives to domestic violence.

Domestic violence is a crime that weakens individuals, family units, communities and, ultimately, the Army’s mission.

Oct. 1, Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, signed the official proclamation “Don’t Turn Your Back on Domestic Violence” marking the beginning of Domestic Violence Awareness Month.

This seriousness of domestic and sexual violence was underscored by two sexual assault cases reported to the Directorate of Emergency Services, USAG-HI, and the Honolulu Police Department, Oct. 5-6.

Both incidents occurred at night in a grassy

area behind housing areas on Aliamanu Military Reservation. HPD is investigating the incidents, with assistance from DES.



**Photo courtesy Army Community Service**

Col. Daniel Whitney, commander, USAG-HI, signs a proclamation declaring October National Domestic Violence Awareness Month, at a ceremony on Schofield Barracks, Oct. 1. (This photo has been altered from its original form; background elements have been removed.)

This year’s Domestic Violence Awareness Month focuses on the increased rates of domestic violence for military in Hawaii and military members who serve in the Army.

Army Hawaii has recorded higher rates of child and spousal abuse during the past five years compared to the entire Army. The stress of transitioning and multiple deployments in the last several years are significant factors that contribute to higher rates, as well as family and job stress, financial problems, social isolation or limited support networks, and drug or alcohol abuse.

What is domestic violence, and how do we know if someone is at risk for abuse?

AR 608-18 states that domestic violence “involves the use, attempted use, or threatens use of force or violence against a person.”

Physical abuse can include hitting, choking, pulling hair, shoving and/or tripping.

Emotional and verbal maltreatment, while not physically apparent, can leave lasting scars in children and spouses that are just as damaging. Emotional and verbal abuse may include constant put-downs, berating, humiliation, withholding love, threatening to abandon, threatening to take away children or income, and

neglect.

“Don’t Turn Your Back on Domestic Violence” charges the Army and local community to stop ignoring the problem of domestic violence in our neighborhoods, schools and communities.

You can participate in Domestic Violence Awareness Month :

•Food Drive, Schofield Barracks Commissary and Fort Shafter PX Marketplace, 9 a.m.-1 p.m., Oct. 12 and 31; and

•Information Table, Schofield Barracks Exchange, 10 a.m.-2 p.m., Oct. 17.

## Victim Advocacy

To speak with a Victim Advocacy Program advocate, call 624-SAFE (7233) or 655-4ACS (4227).

To report abuse, call any one of these numbers:

- Military Police at 655-5555 (Schofield/Wheeler/Heleman);
- MPs at 438-7114 (Fort Shafter/Alia-manu/Tripler);
- Child Protection Services, 832-5300; or
- Dial 911.

# PRMC bids Gallagher ‘aloha,’ welcomes Smith to command

**PACIFIC REGIONAL  
MEDICAL COMMAND**  
News Release

**HONOLULU** — Soldiers, staff, family members and government civilians, along with local leaders, gathered at Tripler Army Medical Center, here, Oct. 4, to bid “a hui hou” to Brig. Gen. Keith Gallagher, outgoing commander, Pacific Regional Medical Command and TAMC, and to welcome Col. J. Anson Smith, incoming commander.

Gallagher has commanded PRMC and Tripler since May 25, 2010. Under his command, the Pacific region has led the way for U.S. Army Medical Command in numerous initiatives.

During his tenure, the Interdisciplinary Pain Management Center expanded its role of integrating Eastern and Western medicine, thus decreasing the use of controlled substances. Also, senior government officials recognized Gallagher for the efficiency of Tripler’s Integrative Disability Evaluation System processes, which are a single set of disability medical examinations appropriate for determining both fitness and disability.

Gallagher ensured the delivery of world-class primary and specialty care for thousands of service members, their families and veterans, as well as Pacific Islanders in the Pacific region’s area of responsibility.

He is also responsible for establishing the

Warrior Ohana Medical Home, an outpatient clinic in Kapolei responsible for decreasing traffic from the Leeward side of the island.

“Brig. Gen. Gallagher’s visions recognized that the future success of military medicine and the optimal health of our force and our families would only be assured through partnerships that improved the business (of) health care, the administration of health and the transformation to a system of health,” said Lt. Gen. Patricia Horoho, U.S. Army Surgeon General and commander, MEDCOM. “Few leaders have taken on as many difficult positions and critical leadership roles as Gallagher,” Horoho said. “(His) dedication and leadership skills have improved the lives of our Soldiers, civilians, patients and families.”

Gallagher and his wife are retiring after 34 years of service to the Army. Gallagher said he is confident that Smith is a great choice for the command because they have spent the last two years side-by-side.

“I have been honored to serve you here in the Pacific and at Tripler Army Medical Center,” Gallagher said. “(Col. Smith), welcome to the fast lane. You are indeed the right leader for this job. You are a hard-working colonel who has been at my side the entire time I

See **PRMC, A-4**

# Division, Garrison show appreciation

## CG lauds advocacy role of Hawaii’s local retirees

Story and photos by  
**AIKO ROSE BRUM**  
Chief, Internal Communication

**SCHOFIELD BARRACKS** — To give updates about the Army and provide bucket loads of resources and information were some objectives of Retiree Appreciation Day, or RAD, at the Nehelani, here, Oct. 6.

The most important objective, however, was to make connections and express gratitude for

the more than 300 retirees who attended.

“For your continued service to the Army and the local community, even in retirement ... I’m here to show my appreciation for you,” said Maj. Gen. Kurt Fuller, commander, 25th Infantry Division, and keynote speaker on behalf of Hawaii Soldiers and the Tropic Lightning Division, after colors were posted and welcoming remarks.

Fuller said retirees are stakeholders; they perform a vital task as advocates in the local community for the Army. He then provided a picture of the current role of the 25th ID, its operational

See **RAD, A-4**



Spc. Joshua Sands (left), Army Public Health Nursing, Tripler Army Medical Center, checks the blood pressure of retired Chief Warrant Officer 2 Dennis Quigley, a member of the U.S. Army Retiree Council-Hawaii, at Retiree Appreciation Day, held at the Nehelani, here, Oct. 6.

## Career developmental programs offered | A-5

IMCOM programs offer chance to learn from peers and leaders.

## Taiwanese briefed | A-4

500th MI briefs visiting army intelligence section.

## Female flag footballers compete | B-1

Interservice league gives women the chance to play to full potential.



## Murder mystery will be served up at lunch | B-2

Hui O’ Na Wahine all-ranks spouses club offers 1950s theater and buffet luncheon at Nehelani.



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 656-3156, 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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BACKTObASICS

How do we grow sergeants in the Army?

SGT. MAJ. DARREN HARGROVE  
Pacific Regional Dental Command

In my conversations with leaders in the Pacific Regional Dental Command, the topic of discipline always comes up.

After talking with many of our junior Soldiers, I see that we, as leaders and noncommissioned officers, have to do a better job setting the right example, on and off duty.

The standards you, as leaders, set will impact how Soldiers within your formation present themselves.

We take care of Soldiers by holding them to a standard, which in turn will ensure we accomplish the mission. To understand how standards and discipline are related, you have to start with the basic premise of how we grow sergeants in the Army.

This process is three steps.  
**Step 1.** Establish a standard. The Army has plenty of regulations, pamphlets, field manuals, and the like, that establish standards.



Hargrove

Army Regulation 670-1, "Wear and Appearance of the Army Uniform," is a standard that tells us how to wear items on the uniform and what accessories are authorized to wear on the uniform. The additional items we may wear on our uniforms — for example, access badges or earplugs with our unit crest on the case — are standards set by unit standard operating procedures.

**Step 2.** Put someone in charge of enforcing the standards. This is where the sergeant is now responsible for his or her small piece of the Army. It may be two Soldiers, or it may be 10. It is the sergeant who conducts daily inspections of Soldiers' uniforms; it is the sergeant who conducts pre-combat checks, or PCC, of his or her Soldiers' arms and equipment before going out on a mission; and it is the sergeant who observes the Soldiers returning from a mission to ensure all have cleared their weapons to standards.

**Step 3.** Hold the sergeant accountable. This is where the more-senior leaders have their responsibility. To see what is being done to standard, senior leaders have to inspect junior leaders.

A Soldier who is missing a piece of equipment means the sergeant missed this during the pre-combat inspections, or PCI, as did a more-senior leader during the PCC.



The Kilauea Military Camp Chapel stands empty after officially being decommissioned and closed, Sept. 30.

KMC Chapel officially closes during decommissioning

Story and photo by  
**LARRY REILLY**  
Installation Management Command-Pacific Region Public Affairs

KILAUEA MILITARY CAMP, Hawaii — For nearly 70 years, tens of thousands of people have sought religious retreat in the small chapel nestled in the northeast corner of the Kilauea Military Camp, or KMC.

Sept. 30, some 30 people gathered, here, to reflect on what the KMC Chapel has meant to them and to officially decommission and close its doors one last time.

"This place has been a shelter from the storms of life, a gathering for kindred souls and a sacred spot for contemplation," said Chaplain (Col.) Peter Mueller, chaplain, U.S. Army Garrison-Hawaii, as part of his welcome and invocation to those gathered.

"Faithfully, it has stood the test of time and brought together people from around the world," Mueller said.

The chapel, built in 1925, has indeed stood the test of time, from surviving numerous eruptions from nearby volcanoes, to the wear and tear of various uses from a mess hall, to the Woman's Army Corps quarters, to its final designation as a chapel in 1946.

"Besides serving as a house of worship for various groups, the building has also served as a meeting place for community events, such as the annual Christmas concert," said Randy Hart, director, KMC, during the ceremony. "(It) has also been the site for many baptisms, weddings, to include my own, and other special religious events.

"It has been many years since the camp has had an active duty chaplain, but the local priests and pastors, some retired military and former chaplains, have kept an uninterrupted chain of services available to the patrons of the camp and many in the Volcano area," Hart added.

"For the past 12 years, the people I have met here have become my family, and after I was recently diagnosed with throat cancer, they became my support group," said Wanda Gardner, who spoke through a friend reading her notes. "If it were not for these wonderful people and their support and encouragement, I may not have been able to make it through."

Like many military chapels, the KMC Chapel has offered an array of religious services over the years, from Catholic Masses and Protestant Services to Buddhist and Odimist group worship. Unfortunately, for an Army chapel to continue to be a commissioned chapel, an active duty military presence must be available.

"If there were a requirement for religious services due to Soldiers and their families being stationed at KMC, we could try to find an option to continue services," Mueller said. "However, that is not the case with the KMC Chapel, so it is with great regret — because chaplains do not like to close chapels — that we must decommission and close this chapel."

Those in attendance understood the situation and felt similar sadness with the closing of a chapel they have called their own for many years.

"I feel like we are attending a funeral today," said Nelson Chaffin, a Volcano resident who has attended services at the KMC Chapel for a number of years.

"Like an old friend, we should not forget this building has served people for 70 years and holds many memories for many people," Chaffin said. "The only thing I ask is that the Army does something with this chapel that will help preserve the memories that I and many others recall when we walk through those front doors."

The chapel, along with many other buildings at KMC, has been identified as a historical building and will undergo some structural and other minor repairs before other uses and options are considered.

It has always been said when a more-senior leader demonstrates a lesser standard, this demonstration now becomes the new standard. Enforcing basic standards and holding sergeants accountable for their Soldiers is critical to developing these young leaders.

Ask yourself, what does that lack of enforcement do to the success of your organization? In every case where the sergeant stops enforcing fundamental standards and senior leaders do not hold him or her accountable, the enforcement of standards in other areas begin to slip.

Short cuts in performing preventive maintenance checks and services begin to become routine, a new standard; Soldiers stop wearing seatbelts, a new standard; PCCs and PCIs are not performed in detail, complacency begins to set in and sergeants stop making on-the-spot corrections.

The importance of the squad, section and platoon leadership in establishing standards and holding sergeants accountable is critical to the success of the Pacific Regional Dental Command.

When you walk into a dental clinic, as an outsider, you should see everyone in the same uniform, basic fundamental drills performed as routine, everyone keen to the standard and a leader in charge.

FTSTEPS in FAITH

What keeps you spiritually resilient ?

**CHAPLAIN (CAPT.) BRYAN HEDRICK**  
303rd Explosive Ordnance Disposal Battalion,  
45th Sustainment Brigade, 8th Theater Sust. Command

Fellowship with other people of like faith is essential for spiritual resiliency.

Likewise, fellowship with a faith community is where people of like faith are equipped and strengthened in their faith.

Fellowship is also a place where people can positively impact others and be a source of encouragement.

A commonly overlooked area within an individual's resiliency is the spiritual aspect of a person. Just as a person needs encouragement in his or her physical fitness, a person needs encouragement spiritually as well.

Imagine a fitness test. While running, people encourage others as they in turn encourage you to finish the test. The same is true spiritually. Worship and fellowship with a faith community is that place where you can give back as well as receive much-needed encouragement.

Often when counseling or talking to Soldiers and family members about religious aspects of their lives, especially in regards to church, I get a negative response.

Some people wonder if meeting together as a faith-based community is for them. Other people state they can't find a church they really like. Reasons I have heard for not attending church range from the worship style is not quite right to the inside of the church is not decorated correctly.

One individual, who was a person of faith, mentioned that if he came inside the church, it would either burn down or collapse, joking about his concern that his lifestyle wasn't quite up to par for inclusion in a community of faith. I quickly replied that there were plenty of fire extinguishers on hand.

In light of this aversion to public worship in our chapels and local churches, I began to wonder why people would not want to be a part of a faith-based community.

From a practical standpoint, I think our faith culture has made a major error. Often the consumer mentality is employed when looking for a congregation to join. While these people are sincere in their faith and desire to practice it, many of them look for a service that will fit their needs, give them the experience they desire and generally seek their benefit in selecting a service to attend.

However, I believe the opposite is prescribed for individuals. The primary reason for the church's existence is to worship God together and to build up one another. With this mentality, the purpose of going to church is not to simply receive, but to give back unto God the worship and talents he has blessed us with in the first place.

I challenge you to consider a few things as the next Sunday approaches. First, what is your driving force behind attending a worship service? Is it about what you receive from it? If so, I challenge you to change your perspective and, instead, look at what you can bring to the service in terms of worshipping God and encouraging other people of faith.

Second, if you are not attending right now, what is holding you back?  
Is church for you? Absolutely!



Hedrick

Voices of Ohana

"What hidden talents do you have outside of the Army realm?"

Photos by 8th Theater Sustainment Command Public Affairs



"(I am a) beast proof reader and standardized test taker."

**Pfc. Joshua Burgess**  
Chaplain assistant, HHC, 84th Eng. Bn., 130th Eng. Bde.



"Bass violin and spear fishing."

**Spc. Peter Kirschner**  
Engineer, HHC, 84th Eng. Bn., 130th Eng. Bde.



"I compete in outrigger canoeing with my six-woman team from Honolulu Pier 1 Canoe Club."

**Capt. Paulina Randles**  
Battalion training officer, HHC, 84th Eng. Bn., 130th Eng. Bde.



"I have a lot of talents that have to do with ... the Lord. Listening to what he says and executing is easy for me."

**Pfc. Steven Tremper**  
Engineer, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde.



"I am a certified sky diver and scuba diver."

**Capt. Robert West**  
Bn. safety officer, HHC, 84th Eng. Bn., 130th Eng. Bde.



DEPLOYED

FORCES



Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs

Soldiers from 209th Avn. Spt. Bn., 25th CAB, load a UH-60 Black Hawk medevac helicopter onto a C-17 Globemaster III at Kandahar Airfield, Afghanistan, to be transported to Forward Operating Base Shindad, Afghanistan, Sept. 24.

# Soldiers load helicopters on planes

**CAPT. RICHARD BARKER AND  
SGT. DANIEL SCHROEDER**  
25th Combat Aviation Brigade Public Affairs

KANDAHAR AIRFIELD, Afghanistan — As dusk approached Sept. 24, a C-17 Globemaster III arrived, here, to load two UH-60 Black Hawk medical evacuation, or medevac, helicopters for movement in support of the 25th Combat Aviation Brigade.

The Black Hawks were brought to Kandahar by C-5 Galaxies, which are capable of carrying four UH-60s each.

Moving rotary-wing aircraft on fixed-wing assets provides advantages, such as longer range and the ability to transport multiple helicopters with the use of only one crew,

which effectively saves money and increases safety.

The Soldiers of the 25th CAB worked diligently to load the medevac helicopters from Company C, 2nd General Support Aviation Battalion, 211th Aviation Regiment, which will be supporting 3rd Bn., 158th Avn. Regt., Task Force Storm.

Two teams of 25th CAB Soldiers were selected for the mission in order to receive and load the aircraft at any time. The selected Soldiers were from 209th Avn. Spt. Bn.; 3rd Bn., 25th Avn. Regt.; and 2nd Squadron, 6th Cavalry Regt.

“Our main challenge for this operation was the first load,” said Staff Sgt. Cain Hen-

nings, CH-47 section sergeant, Co. B, 209th ASB. “We had to retrain our Soldiers on the procedures and safety precautions for loading aircraft. The first load took us two and a half hours from start to finish; now we are under one hour.”

The Soldiers loaded a total of 15 medevac aircraft in support of TF Storm.

“Everyone worked together great,” said Chief Warrant Officer 4 Hector Aponte, production control officer, Co. B, 209th ASB, and officer in charge for the load-up operation. “The Soldiers had a high level of proficiency during the mission. They completed the task with minimal instruction and no safety issues.”

# 25th CAB improves Afghan airfield roads

Story and photo by  
**CAPT. RICHARD BARKER**  
25th Combat Aviation Brigade Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Anyone who has spent an amount of time camping with the Boy Scouts knows the first rule of camping is “leave it better than you found it.”

The 25th Combat Aviation Brigade, here, has taken this simple rule to extremes.

With only a few months left before its replacement brigade, the 3rd CAB, enters theater, Task Force Wings is busy with several projects aimed at ensuring its operational spaces are left much better than when it arrived.

One project involves the replacement of AM2 matting on the parking and taxiing ramps known as Mustang Ramp West, here, which is home to a large portion of the brigade’s helicopters.

Other projects include the restoration of infrastructure at Mustang Ramp, ranging from improving water, sewer and electricity, along with building a fire hydrant pump house.

An important project was the paving of the most heavily used road for the Soldiers of the 25th CAB. This project almost did not happen, as contractors were not originally scheduled to pave the main road to Mustang Ramp.

“After analysis and seeing how busy Mustang Ramp was, we decided paving there was more important than paving other designated areas,” said Scott Swanson, construction representative,

U.S. Army Corps of Engineers. “It’s nice to know we are able to contribute to Soldiers’ living conditions,” Swanson added, noting that control of the dust alone will make a huge difference.

The paved road and added culvert system also greatly improve work conditions during periods of rain, when water used to

flood the road and run into the rotary-wing maintenance bays.

Another operational improvement came when the 25th CAB command group and staff moved to a new brigade headquarters building, effectively bringing the brigade three miles closer to its subordinate units, here.



Contractors use asphalt to pave a heavily used road that runs through Mustang Ramp, on Kandahar Airfield, Afghanistan, Sept. 21, where 25th CAB Soldiers conduct operations.

# Engineers conduct road maintenance at East Range

**2ND LT. BENJAMIN HANSEN**  
523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — In the past year, Integrated Area Management, or ITAM, identified more than 150 miles of roads that are showing signs of rutting, potholes and erosion, all of which can cause hazardous conditions and vehicle maintenance nightmares.

To address part of the problem, the 523rd Engineer Company (Horizontal), 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, teamed up with Range Control during the month of August to provide critical engineering support on East Range roads, here.

Under the supervision of ITAM and Schofield Barracks’ Range Control, the 523rd Eng. Co. “Bulldogs” began conducting road maintenance projects throughout East Range, South Range and the Kahukus training areas.

In the past, the majority of road maintenance was outsourced to contractors, leaving ITAM with the problem of a limited budget while still requiring road maintenance to keep the training areas safe for troops.

The Bulldogs capitalized on the construction opportunity and coordinated directly with Range Control and ITAM as an effort to prepare their company for a nine-month deployment to Guam in 2013.

As a result, the company obtained project approval from Range Control and created squad-sized projects to provide both project management training and equipment operator experience critical to mission success during deployment.

The project scope includes grading, compacting and filling operations to fix damage caused by traffic and erosion. Over time, erosion and heavy traffic have blocked the drainage outlets with debris, altering its ability to effectively drain water from the road surface. To improve drainage, the Bulldogs focused on repairing drainage ditches, known as broad-based diversion ditches, a shallow dip in the road that allows water runoff to flow across a road while still allowing vehicles to maintain normal travel speeds.

The 523rd command team included the ditch repair in its preliminary planning process to successfully accomplish the project scope.

In the first five weeks of construction, they had successfully repaired more than 3,700 meters of road and fixed 23 broad-based diversion ditches.

The project provided ample training for equipment operators, noncommissioned officers and platoon leadership. For younger NCOs, it was an opportunity to train on project management and run a small-scale project.

“The project provided good training for our guys who didn’t have a lot of experience with job site management,” said Sgt. Victor Rexach-Monroig, one of the project supervisors. “It allowed them to work on a real project and train at the same time.”

“I liked the project,” said Sgt. John McAllister, heavy equipment operator, 523rd Eng. Co. “Our work really made a difference on the road, eliminating potholes, and allowed the Soldiers to train on road repairs.”

The Bulldogs will continue to provide engineering support and improve road conditions on the heavily trafficked roads on East Range through October.

Although projects will be halted due to the company’s deployment to Guam, enough work is available to keep the Soldiers employed for a year upon their return. At that time, the 523rd Bulldogs will re-deploy and continue working with ITAM and Range Control on future projects in 2013.



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- Embryo transfer on Day 5 (Day 5) (Egg Bank of Hawaii)
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Stephanie Bryant | Tripler Army Medical Center Public Affairs

Lt. Gen. Patricia Horoho (right), U.S. Army Surgeon General and commander, MEDCOM, passes the PRMC colors to Col. J. Anson Smith as he takes command of the region and TAMC, during a ceremony at the TAMC Flag Pole, Oct. 4.

## PRMC: Smith brings 25 years of experience to TAMC

CONTINUED FROM A-1

have been here. I know you will continue the momentum that has brought many successes to this region.”

Smith, who has more than 25 years of experience in the Army, is no newcomer to Hawaii. He served in the 25th Infantry Division at Schofield Barracks from 2002-2005 as

the division’s medical operations chief.

Smith said he was happy about the opportunity to return to Hawaii, but never imagined he would have the honor of commanding the region.

He pledged his commitment to the missions in the region and promised to continue the numerous health care initiatives taking place here.

“This great command will continue to be the tip of the spear for Army medicine and the Pacific,” Smith said. “Brig. Gen. Gallagher, I pledge to continue your great legacy in PRMC and Tripler. Your legacy will live on here in the form of discipline — mentally tough, technically competent, fiscally sound, caring medical professions with a reputation for service and excellence.”



Retired Staff Sgt. Herring Kalua (left) and his wife, Sherry, listen attentively to presentations during RAD, held at Schofield’s Nehelani, Oct. 6.

## RAD: Retirees strong and steady voice in the community

CONTINUED FROM A-1

approaches, the “Pacific Surge,” future initiatives and challenges.

“One of the good things that we’re working on is the Tropic Lightning Academy,” Fuller said.

He explained the academy will hone skills of leaders and Soldiers who now work in a digital environment. He said modernizing facilities and ranges within today’s standards and electronic capabilities are ongoing initiatives, along with building relationships with theater partners.

“You are a strong and steady voice for our Army. Our Soldiers here deserve the same quality training as their brothers and sisters get back home on the Mainland, and we’d like them to get their training as close as possible to their homes,” Fuller explained, regarding frequent deployments to the Pohakuloa Training Area, Hawaii, and the Republic of Korea.

At the urging of retired Lt. Gen. Allen Ono, co-chairman of the Retiree Council-Hawaii, Fuller wrapped with brief comments about his background in Special Operations Forces, noting that Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, is also a Green Beret.

Presentations on the Unmanned Aerial Vehicle, or AUV; the National Memorial Cemetery of the Pacific; Army Emergency Relief; the Hawaii State Veterans Cemetery; and health education followed, before the Headquarters and Headquarters Detachment, USAG-HI, color guard retired the colors.

“I reminisced about the technology compared to the time I was in,” said retired Staff Sgt. Herring Kalua, from Hilo, Hawaii, who was attending RAD for the fourth year in a row. “It’s not about me anymore; it’s about the next generation.”

Kalua reflected on the morning’s presentations, his intent to help educate others and his

family’s rich history of service since World War I.

His wife, Sherry Kalua, said she also looks forward to learning what’s going on in the Army, and she enjoys getting current medical information.

“It’s an important occasion to see each other, too,” Ono said. “For these guys, another year has come and gone.

“They also want to look at the list of people who have died, because they are all friends,” Ono explained, regarding the Roll Call tribute to deceased retirees presented during RAD.

“General Fuller did an incredible job telling us what the division is doing and how the Army in Hawaii is operating,” Ono added. “Once upon a time, we were all here. It is our division, and we gave so much to it.”

“It’s nice to be appreciated; that’s why we do this,” said Rick Gajonera, chief, Retirement Services Office, Personnel Services Branch, Directorate of Human Resources, USAG-HI.



# Medal of Honor: Recipients provide words of wisdom, encouragement, faith

CONTINUED FROM A-1

Sgt. Juan Cardenas, combat medic, 2-35th Inf. Regt., said, “It’s great that he still has an interest in the battalion. It’s an honor to show him what we do now and how we uphold the battalion standards.”

Ray left the Soldiers with words of wisdom, encouragement and faith that he hopes Soldiers carry forward as they leave their own legacies.

Fellow Medal of Honor recipients Roger Donlon and Sammy Davis also visited Soldiers, here, Oct. 3, when they spoke to the Warrior Transition Battalion at the Soldier and Family Assistance Center.

During the meet-and-greet session, Soldiers thanked the men for their service and sacrifice. Donlon and Davis received the nation’s highest military honor for their actions during the Vietnam War.



Sgt. Hillary Rustine | 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

Retired Lt. Col. Ronald Ray, Medal of Honor recipient, visits Soldiers with 3rd BCT, 25th ID, at Schofield Barracks, Oct. 4, as part of the 2012 Medal of Honor Convention.



Stephanie Rush | Pacific Regional Medical Command Public Affairs

Roger Donlon (standing, left) and Sammy Davis (right) speak to the Warrior Transition Battalion in a meet-and-greet at the Soldier and Family Assistance Center, here, Oct. 3.

# IMCOM’s Workforce Development boosts careers

SHAYNA BROUKER

Installation Management Community

If one of the top professionals in your field was just a phone call away, what would you ask him or her?

Or, if you had the chance to try another job, which career would you explore?

Two Workforce Development programs within the Installation Management community allow employees to do just that. The Developmental Assignment Program, or DAP, and the Headquarters Centralized Mentoring Program, or HCMP, soon will be advertising opportunities and accepting applications from ambitious IMCOM employees seeking to expand their career horizons, improve leadership skills and give back to the installation management community.

Per OPORD 12-295, opportunities for DAP positions are being announced, now. HCMP opportunities will be announced in an operational order in November.

DAP is designed to develop breadth across the full spectrum of the command and build a multiskilled, adaptable and sustainable workforce of installation management professionals.

The 60-day program provides multi-functional training and assignments to strengthen knowledge, skills and abilities to innovatively serve Soldiers, families and civilians while preparing employees for broader responsibilities, strengthening their experiences and improving their communication within the enterprise.

“I’ve been out of college for 35 years and never thought I would sit in on high-level staff meetings at the Pentagon,” said Jay Bunton, a 16-year Department of the Army civilian and program and management analyst home-stationed at the Plans, Analysis and Integration Office at the Detroit Arsenal.

Bunton spent two months working at the Office of the Assistant Chief of Staff for Installation Management, or OACSIM, in Washington, D.C.

“Developmental assignments outside of one’s career field broaden horizons and provide a bigger picture of IMCOM. It’s the difference between seeing the forest and the trees,” said John Reese, public affairs specialist, U.S. Army Garrison-Hawaii.

“At the garrison level, we can’t appreciate what goes on at headquarters until we’ve been there to participate firsthand,” he added.

According to Reese, who completed his DAP assignment Sept. 28, the experience had a powerful influence on his individual development plan for future assignments.

“It took me out of my comfort zone as a civil servant, reminiscent of leadership classes when I was an noncommissioned officer,” Reese said. “It’s a good change of pace bringing greater enterprise awareness.”

DAP is funded by IMCOM headquarters and is open to GS-7 to GS-13 or equivalent pay grade/band. A board consisting of a representa-

tive from OACSIM, HQ IMCOM and each region ranks applications.

The number of participants is based on available funding.

The program is open to active duty O-5 and O-6 mentors, civilian GS-14 and GS-15 mentors, E-7 and E-9 mentees, and GS-11 and GS-13 mentees, who are selected competitively by a board of IMCOM, OACSIM and region representatives.

HCMP also gives employees a chance to learn from both peers and leaders. The program pairs seasoned mentors with high-performing, mid-career mentees for a one-year mentorship.

“The concept of mentorship is great; it can expose employees to great thoughts and ideas when ordinarily it would take them a lifetime to be exposed, or never exposed at all,” said Laurie Gibson, strategic communications specialist and mentor to Kerrigan Davis, deputy for Training, Education and Security, Army Support Activity.



# 2012 Hispanic Heritage Month celebrated

Story and photo by  
**1ST LT. GRANT TAULBEE**  
130th Engineer Brigade, 8th Theater Sustainment Command  
SCHOFIELD BARRACKS — Salsa music played as dancers performed traditional dances in observance of Hispanic-American Heritage Month, at Sergeant Smith Theater, here, Oct. 3.  
Hispanic Heritage Month begins Sept. 15 and ends Oct. 15 each year.

The Department of Defense chose the theme “Diversity United, Building America’s Future Today” for this year’s observance. All participants in the event, here, were volunteer Soldiers from the 130th Engineer Brigade, 8th Theater Sustainment Command, and the 25th Infantry Division.

The event began with a cultural presentation of 21 Spanish-speaking countries, which included a brief history and description of ethnic groups from each country.

“It’s a good opportunity to learn about other cultures,” said Spc. Andrew Salinas, 3rd Squadron, 4th Cavalry Regiment, 3rd Bde. Combat Team, who presented the country of Ecuador.

Salinas volunteered because he someday hopes to become a teacher of history or Spanish.

The dance presentation included traditional Hispanic music and dances, including the salsa, merengue and bachata.

Sgt. Henry Garcia, mechanic, 70th Eng. Company, 65th Eng. Battalion, 130th Eng. Bde., and his wife were not intimidated about performing the dance presentation in front of the large crowd.

“My wife and I have been dancing for 13 years,” Garcia said. “You will see us out dancing every weekend.”

The keynote speaker for the event was Daniel Martinez, chief historian, Pearl Harbor Museum, who spoke of prominent Hispanic Soldiers from World War II.

“During World War II, these Latino Soldiers were part of the diversity that makes our country great,” Martinez said. “They were committed toward building America’s future, that future that we enjoy today.”

“It’s good to raise awareness,” said Staff Sgt. Dionisio Durang, equal opportunity adviser, Headquarters and Headquarters Co., 84th Eng. Bn., 130th Eng. Bde. “Soldiers come from all over the world, (and) we have events like this so we can learn about the different cultures.”

“The observance was great, and I loved seeing the Soldiers perform,” said Master Sgt. Diana Colon, equal opportunity adviser, 3rd BCT, 25th ID.

The event concluded with a cake-cutting ceremony and ethnic food sampling from various Hispanic countries.



Lt. Col. David Hurley (right), deputy brigade commander, and Command Sgt. Maj. John Etter (left), senior enlisted leader, both with 130th Eng. Bde., 8th TSC, conduct a cake-cutting ceremony with Daniel Martinez, chief historian, Pearl Harbor Museum, during a Hispanic Heritage Month observance at Sgt. Smith Theater, Oct. 3.

## News Briefs

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

### Today

**Voting Assistance Program** — The Installation Voting Assistance Office is located at the Schofield Barracks Soldier Support Center, Bldg. 750, 673 Ayers Ave., Room 103. Email [usaghi.voting@us.army.mil](mailto:usaghi.voting@us.army.mil) or call 655-7182.

The federal voting assistance web portal provides help with the absentee ballot process at [www.FVAP.gov](http://www.FVAP.gov). Call (703) 588-1584, or toll free at (800) 438-1584. Email the program at [vote@fvap.gov](mailto:vote@fvap.gov).

**16 / Tuesday**  
**CID Recruitment** — The Army’s Criminal Investigation Command, or CID, is seeking qualified, high-caliber Soldiers for CID special agents.

Recruiting briefings are at 9:30 a.m., Tuesdays, at the Hawaii CID Office, Bldg. 3026, Schofield Barracks. Visit [www.CID.army.mil](http://www.CID.army.mil), call 655-1989 or email [jesus.goytia@us.army.mil](mailto:jesus.goytia@us.army.mil).

**31 / Wednesday**  
**Halloween** — Authorized Halloween Trick or Treat hours for the Fort Shafter and Schofield Barracks areas will be 5:30-9 p.m., Oct. 31. Children under the age of 10 will require an adult escort.

The Directorate of Emergency Services will provide increased presence in the community during trick or treat hours. Military and Department of the Army civilian police will ensure all activities are conducted in a safe manner.

### Ongoing

**Suicide Prevention** — The National Suicide Prevention Lifeline is a free, 24-hour crisis intervention hotline at (800) 273-TALK (8255), and at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org). Each is available to anyone in suicidal crisis or emotional distress.

**Army Substance Abuse Program Survey** — The Inspector General for Installation Management Command-Pacific is seeking anyone who has sought ASAP services to complete a short confidential survey.

Information from the survey will be helpful in understanding better ways to service Soldiers, civilians and family members.

Participation is heartily encouraged for this important survey at <https://pacweb.hawaii.army.mil/asapsurvey>.

**Flu Vaccinations** — Tri-care beneficiaries can now receive their flu vaccine at military medical treatment facilities. Vaccines will be available at post exchanges throughout October and at local schools in October and November.

For hours and locations, visit [www.tamc.amedd.army.mil/flu](http://www.tamc.amedd.army.mil/flu).

**Hale Kula Elementary EA** — In a jointly funded project, the Department of Defense’s Office of Economic Adjustment and the Hawaii Department of Education are proposing to improve facilities at Hale Kula Elementary School on Schofield Barracks. The Environmental Notice can be accessed electronically at <http://hawaii.gov/health/environmental/environmental/oeqc/index.html>. Contact Malia Cox at 521-5631 or [mcox@pbrhawaii.com](mailto:mcox@pbrhawaii.com).

**K Quad DFAC** — The “Grab and Go” area in the K Quad dining facility is now open weekdays (excluding holidays) from 7:30-9 a.m. for breakfast and 11:30 a.m.-1 p.m. for lunch.

A Lumber Jack breakfast meal and breakfast sandwiches are featured in the morning, and pizza and assorted hot and cold sandwiches are offered for lunch.

This service is free for meal cardholders. For non-cardholders and civilians breakfast is \$2.45; lunch is \$4.55.





**F**emale  
lag  
ootball

Photos by Petty Officer 3rd Class Eustacia "Tasha" Joseph | U.S. Navy

HONOLULU — Lauren "Lo" Suydam, No. 1, and Michelle "Crazy" Sage, No. 21, both with the Vixens, rush to stop a play by the Falcons in an Army vs. Air Force game at Radford High School, here, recently.

# Players create a Hawaii gridiron league of their own

**SARAH PACHECO**  
Staff Writer

SCHOFIELD BARRACKS — Fall signals the official return of football, a time when fans flock to stadiums and fill living rooms to capacity to watch their favorite teams do battle on the gridiron.

But if you happen to catch a game between the Navy Sharks and the Marine Wardawgz, or the Air Force Falcons versus the Army Vixens, you may notice something a little different in the lineup.

These teams and its players are part of Hawaii's Female Flag Football League. As its name suggests, Hawaii's Female Flag Football League is dedicated to women – both service members and civilians – who want to compete in flag football on an even playing field.

"I love seeing women excelling in sports against each other," said Navy Petty Officer 3rd Class Eustacia "Tasha" Joseph, Naval Health Clinic Hawaii, and league co-founder.

"Usually when women compete with men, especially if they're the only female on the team, you hear, 'Oh, she's good ... for a girl.' But when women compete against other women, it gives them the chance to play up to their full potential," Joseph added.

Joseph created Hawaii's Female Flag Football League after the success of a friendly flag football game she and Marine Corps Cpl. Vanessa Americanhorse organized in July 2011. The league currently has seven teams from all service branches stationed in Hawaii, including two Army teams, two Navy, one Marine, one Air Force and one team made up of players from multiple branches.

"It started out with just the Marines and Navy, but after that first game, it just started to branch out," Joseph said. "So many girls liked that we could compete in flag football and still be girls."

Joseph also noted the league is a good outlet for spouses of deployed Soldiers, as it gives them a chance to meet other women from throughout the armed forces while being active outside the household.

"My favorite parts about playing in

Deedra "Shaye" Wilson, No. 12, flies past the Falcons' defense to score a touchdown for the Vixens in an Army vs. Air Force game at Radford High School, here, recently. (This photo has been altered from its original form; background elements have been removed.)

the league are my teammates," said Sgt. 1st Class Crystal "Triple Threat" Irby, Headquarters, 8th Sustainment Command, and cornerback/safety for the Vixens, which regularly practice on Hamilton Field, here.

"These ladies are unique in every way," Irby added. "We have built a sisterhood and a bond that will last the rest of our lives. I love to congratulate them, cheer them on and go out on that field with them."

Despite the league's early success, Joseph fears it will one day go the way of other female sports, like basketball and baseball.

"More girls are showing interest, and I love the fact that they want to play and are coming out," Joseph said. "I just know one day I'll be stationed somewhere else and have to leave, and I'm worried it will end after that."

"I hope that this league continues to grow, and I fully encourage military members and spouses to come out and enjoy the game," Irby said. "I love sports, and there are so many women out there who love sports, as well. We don't get the chance to play football, and to be afforded the opportunity to go out on the field and play a sport that's considered a 'male' sport is the most amazing feeling ever."



Taylor "Tuder" Lowery, No. 7, Army Vixens, scans the field to pass off the ball in a game against the Air Force Falcons at Radford High School, here, recently. (This photo has been altered from its original form; background elements have been removed.)



Kim "Kimbo" Raymond, No. 17, makes a break past the Falcons' defense as teammate Martina "Cheddah" Ramirez, No. 3, looks to help during an Army vs. Air Force game. (This photo has been altered from its original form; background elements have been removed.)

**League Information**

Hawaii's Female Flag Football League kicked off its third season Sept. 9 and continues through Nov. 4. Tournament dates are scheduled for Nov. 10 and 11.

The league is open to women ages 18 and up, with no age cap. No experience is necessary, only motivation and drive.

Game schedules, team stats and league information can be found online at <https://www.facebook.com/pages/Hawaiis-Female-Flag-Football-League/278414942169525>.





Briefs

Today

**Cardio Room Closure** — The large non-air-conditioned cardio room at Martinez PFC, Room 121, is closed through Oct. 15 for annual floor/high ceiling cleaning. However, battery-operated cardio machines will be set up on the basketball court. The cardio room will reopen at 3 p.m., Oct. 15.

13 / Saturday

**Read to the Dogs** — Sgt. Yano Library offers volunteer therapy and service dogs who are nonjudgmental and comforting to children who need to practice their reading and improve their fluency. Children who are able to read on their own can sign up for a 15-minute session to read to a dog, Oct. 13. Preregistration is required at 655-8002.

**Intro to Kayak Surfing** —Enjoy a kayaking lesson, 8:30 a.m.-1:30 p.m., Oct. 13, for \$54 with Outdoor Recreation. ODR provides everything but the sunscreen and snacks. Sign up early; slots are limited. Call 655-0143.

15 / Monday

**All-Army Boxing Coaches Deadline** — The All-Army Boxing application period is open for athletes and coaches for 2012-2013. The deadlines are Oct. 15 for coaches and Nov. 15 for athletes. The Trial Camp is tentatively scheduled Dec. 27-Jan. 27; the Armed Forces competition, Jan. 28-Feb. 3; and the Nationals, Feb. 24-March 3. For more details and selection criteria, go to [www.allarmysports.army.mwr.com](http://www.allarmysports.army.mwr.com) or call the Sports, Fitness and Aquatics Office, 655-9654.

18 / Thursday

**Nehelani Third Thursdays** — Enjoy different tastings and menus every third Thursday of the month. Doors open at 6 p.m., Oct. 18; cost is \$18 per person. Sample a beverage, cigars, starters and dinner at the Nehelani show-room. Open to ages 21 and up. Reservations suggested; call 655-4466.

Ongoing

**Temporary Closure** — The SB Health and Fitness Center will be closed from Oct. 11-Jan. 15 for renovation. The scheduled work will include the installing of two new saunas, repairing portions of the facil-

HUI O’ NA WAHINE



Photo courtesy Hui O Na Wahine

At left, Rachel Taylor (the nurse) discovers the body of Mary Choi (journalist Charlotte Gaffe) during "The Death of A Volunteer" Murder Mystery Luncheon at the Nehelani, here, Jan. 19. At right, Hui members dress in costume for the mystery format in January. The thrills and suspense return Oct. 18, when Hui O Na Wahine throws a 1950s’ murder mystery luncheon at the club.

‘The Nifty Fifties’ Hui hosts ‘murder mystery’ luncheon

HUI O’ NA WAHINE  
News Release

SCHOFIELD BARRACKS — The Hui O’ Na Wahine all-ranks army spouses club is looking forward to a hoppin’ good time with its circa 1950s murder mystery luncheon at the Nehelani, Thursday, Oct. 18. All military spouses are welcome to come and be detectives during the murder mystery skit. The scenario reads: “It’s Peggy Sue’s birthday. She’s turning sweet 16. She and her steady, Johnathon E. Good, have a date at the diner to celebrate. But things turn sour when Peggy and John E. discover someone’s stolen his father’s brand new Shavy El Domino. Will their paranoid etiquette teacher, Miss Molly, and the other not-so-nifty 50s misfits help him recover it before his father finds out? Or, will John E. “The Bee” Good learn a lesson he’ll never forget?” The Hui O’ Na Wahine encourages all spouses to come dressed in 50s attire to match the atmosphere. Opportunity tickets will be handed out for spouses wearing their Hui pins with their outfit. ““The Death of a Volunteer’ murder mystery party last year was such a success we wanted to have a blast from the past again,” said Margaret Trimble, 2nd vice president. The event opens at 10:30 a.m. for shopping, with a buffet lunch at 11 a.m till- 1 p.m. The event costs \$20 and covers a delicious lunch provided by the Nehelani. Participants will also have time to shop with vendors

and socialize with other spouses. Some of the community vendors include Tastefully Simple, Thirty One Gifts, Creative Memories, Stampin’ Up, Premiere Designs, Silpada, Avon, Stella and Dot, Tupperware, Scentsy, Once in a Blue Moon Designs and Choffy. For October, there will be a donation basket for the Sgt. Yano Library, here, to support our local keiki. Spouses are asked to make donations from the following list: new children’s DVDs, crayons, small children’s toys, coloring books, Play Dough and/or race car toys. In return for donations, spouses will receive free opportunity tickets to win prizes donated from the community vendors.

Hui O’ Na Wahine Luncheon

Reservations must be placed by Wednesday, Oct. 17, by noon, to [huireservations@gmail.com](mailto:huireservations@gmail.com). Spouses must be 2012-2013 members of the Hui to attend the luncheon. Applications are available online and annual fees (\$25) will be accepted by mail and at the event. Luncheons are held monthly and range in themes. For more details, email [huionawahine@gmail.com](mailto:huionawahine@gmail.com) or go to [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com).

ity floor, replacing all windows and painting the interior walls. During the closure, group exercise classes will be moved to the Martinez PFC, Bldg. 488, 1476 Kolekole Ave., SB. Group exercise classes resume Oct. 15 in the facility’s gym, basketball court one. Call Daniel Padeken, center manager, 655-8789/8007.

NFL Sunday Ticket Kickoff —

Come to the Tropics on Sundays and catch all the games. Facility opens a half hour before the first game starts. Patrons 18 and older are welcome; call 655-5698.

**Sunday at the Clubs** — Enjoy Sunday breakfast at the SB Kolekole Bar and Grill, 9 a.m.-1 p.m., or Sunday brunch at the dining room at the FS Hale Ikena, 10 a.m.-1 p.m. For more information, call 655-4466 (SB) or 438-1974

**Keiki Night** — Every Wednesday night, 5-8 p.m., kids under the age of 10 can eat from the keiki menu for \$2.99 at the SB Kolekole Bar and Grill and the FS Mulligan’s Bar and Grill. Call 655-0660 (SB) or 438-6712 (FS).

**The “A” Game** — Keiki 18 years of age and under can bowl one free game for every two As they get on a report card. Offer valid 30 days from report card; call 438-6733 (FS) or 655-0573 (SB).

community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**Domestic Violence Awareness Month** — October is designated as Domestic Violence Awareness month. The following activities are scheduled for the island: •Oct. 12 and 31, Food Drive, 9 a.m.-1 p.m., SB Commissary and FS PX Marketplace; •Oct. 17, Information Table, 10 a.m.-2 p.m., SB PX Marketplace; •Oct. 23, DVAM Vigil, 5:30-7 p.m., SB Soldier’s Chapel; and •Oct. 24, Information Table, 11 a.m.-1 p.m., TAMC. Call the ACS Family Advocacy Program at 655-1866.

13 / Saturday

**Living History Day** — This event is scheduled from 10 a.m.-3 p.m., Oct. 13, on the lawn of the historic Tropic Lightning Museum, Bldg. 361, Waianae Ave., SB. Admis-

sion is free; however, donations to support the 25th Infantry Division and museum are welcome. For more details, call 655-0438 or visit [www.garrison.hawaii.army.mil/tlm/index.html](http://www.garrison.hawaii.army.mil/tlm/index.html).

**SB Flu Vaccine** — Tricare beneficiaries can receive their flu vaccination for the 2012-2013 flu season 9 a.m.-2 p.m., Oct. 13, at the SB Exchange.

**Hispanic Heritage Festival** — This festival and health fair runs 10 a.m.- 6 p.m. Saturday, Oct. 13, at Kapiolani Park. This free event will feature live entertainment, food booths, crafts, cultural displays, specialty booths, children’s activities, informational booths and health agencies. The Aloha State Games will also be a part of the event featuring soccer tournaments. Call 285-0072 or visit [www.hispaniceventshawaii.com](http://www.hispaniceventshawaii.com).

**Free Movie Screening** — Tickets are available at the Exchange Food Court for a free movie screening, 7 p.m., Saturday, Oct. 13, at the Sgt. Smith Theater. Seating will be open to non-ticket holders 30 min-

utes prior to show time for the PG-13 rated film.

**26 / Friday Wheeler Haunted House** — Wheeler Saddle Club, with the help of BOSS, is hosting a Haunted House and Fall Fest, 5-9 p.m., Oct. 26-27, at Wheeler Stables, Denny Road, WAAF. Admission is \$7 for adults, kids 12 and under enter free. This event includes a haunted house, hayrides, trick or treating at the barns, carnival games, kids’ activities, a dunk booth and a bounce house. Food available for purchase includes cotton candy, shave ice, hot dogs and hamburgers. Attendees can park up at the flats and be shuttled down the barn road by hay wagons.

**The Kava Festival** — This celebration of Kava, part of Hawaiian heritage, will be held 9 a.m.-6 p.m., Oct. 27, at the University of Hawaii, Main Campus, McCarthy Hall. Visit <http://kavafestival.org>.

**31 / Wednesday Halloween** — Authorized Halloween Trick or Treat hours for the Fort Shafter and Schofield Barracks

areas will be 5:30-9 p.m., Oct. 31. Children under the age of 10 will require an adult escort. The Directorate of Emergency Services will provide increased presence in the community during trick or treat hours. Military and Department of the Army civilian police will be working together to ensure all activities are conducted in a safe manner.

Ongoing

**AFAP Conference Issues** — Coordinators of the Army Family Action Plan are now seeking community issues for consideration at the Oct. 29-Nov. 2 conference. AFAP is for the entire Army family of Soldiers, family members, Department of the Army civilians, retirees, National Guard, Reservists and survivors. Submit issues at [www.mwrhi.com](http://www.mwrhi.com).

**Go Akamai** — Commuters can now check real-time traffic data at [GoAkamai.org](http://GoAkamai.org), courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu,

See Community Calendar, B-5

worship Services

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  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
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 Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

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

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Monday, 6 p.m. at PH (Bible Study)  
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex

**Protestant Worship**  
•Sunday Services  
- 9 a.m. at FD, MPC and TAMC chapels  
- 9 a.m. at WAAF chapel, Lutheran/Episcopalian  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR

**Single Soldiers’ Bible Study**  
•Wednesday, 11:30 a.m. at SC; lunch is provided.

**Worship Service**  
•Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

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

**Diary of a Wimpy Kid: Dog Days**  
(PG)  
Fri., Oct. 12, 4 p.m.  
Sun. Oct. 14, 2 p.m.



**The Expendables 2**  
(R)  
Fri., Oct. 12, 7 p.m.

**Studio Appreciation - Advance Free Screening\***  
(PG-13)  
Sat., Oct. 13, 7 p.m.  
\*Tickets available at the Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to showtime.

**The Amazing Spiderman**  
(PG13)  
Wed., Oct. 17, 7 p.m.

**The Dark Knight Rises**  
(PG13)  
Thurs., Oct. 18, 7 p.m.

No shows on Mondays or Tuesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FMWR: Family and Morale, Welfare and

Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield



# EFMP ‘End the Word’ campaign strives for respect

**OPHELIA BITANGA-ISREAL**  
Army Community Service  
Directorate of Family and Morale, Welfare and Recreation

**SCHOFIELD BARRACKS** — The teens at the Bennett Youth Center were honest.

With a raised hand, several admitted to calling someone a hurtful name.

“I was really mad at him,” said one young man. “I just didn’t like the person,” remarked another.

One youth after the next told a short story of why he or she felt justified in calling someone “retarded.”

The Exceptional Family Member Program, or EFMP, at Army Community Service, or ACS, is hoping to change these youths’ perception of the “R” word. ACS has joined the national “Spread the Word to End the Word” campaign, supported by Special Olympics, Best Buddies and other disability supporting organizations.

While it may seem a minor offense, the use of the “R” word is not only hurtful to the person at which the term is hurled, but denigrating and dehumanizing to all individuals with intellectual disabilities. It equates the disability with being stupid, ridiculous, useless or a long list of other negative descriptors.

The terms “retard” or “retarded” have developed into Ameri-

can slang as pejorative terms, with very loose correlation to the actual meaning of the clinical term “mental retardation” from which it is derived. Mental retardation, or the more updated term intellectual disability, describes a condition that more than 4.6 million Americans have.

According to the Arc, a large advocacy group for people with intellectual and developmental disabilities, an intellectual disability is a limitation in intellectual functioning and adaptive behavior, expressed in conceptual, social and practical living skills. It is a condition caused by genetic, environmental or other health issues, and is generally diagnosed before a child turns 18 years old.

“We’re not just trying to be politically correct,” said Dawn Hatico, of EFMP. “We’re promoting respect of all individuals, with or without disabilities. We want people to know that by using the ‘R’ word in a derogatory manner, we are minimizing the real challenges that people with intellectual disabilities experience, as well as discounting their strengths and abilities.”

Those strengths and abilities can help achieve goals. ACS staff member Tyrone Clark agrees.

“I don’t like the ‘R’ word. When my daughter was growing up,

she was called retarded. Now she has two college degrees!”

EFMP has begun its local “R” Word campaign by releasing a series of challenges to military youth. During the next several months, U.S. Army Garrison-Hawaii family members in grades kindergarten through 12th can develop a slogan, create a poster or painting, take a photograph or even make a video depicting the value of respect.

Youths who enter the contests can win prizes; their submitted artwork will be showcased in different venues.

The entire community is asked to pledge not to use the “R” word, joining more than 309,000 others who recognize those with intellectual disabilities deserve respect, not insults.

March 20, 2013, the campaign culminates in a rally at Schofield Barracks, showing respect for all people.



**“Spread the Word to End the Word” Campaign**  
For more details on the challenges, rally or pledge, call EFMP at 655-4ACS (4227) or 438-4ACS (4227). Visit DFMWR at [www.HiWMR.com/r-word](http://www.HiWMR.com/r-word).

# DeCA Rewards Card generates online coupon savings

**DEFENSE COMMISSARY AGENCY**  
News Release

**FORT LEE, Va.** – The Commissary Rewards Card is now available in the Schofield Barracks Commissary.

This card allows customers to access digital coupons online and redeem them in any commissary by scanning the card at checkout.

“We’re very excited about this new initiative,” said Joseph Jeu, director and CEO, Defense Commissary Agency. “These cards allow our customers to reduce the number of paper coupons they have to clip and carry. That saves our customers time, effort and money.”

The cards, available only from a commissary, are easy to use. As an introductory offer, customers who pick up their card by Oct. 24 receive preloaded digital coupons that can be used immediately in the commissary, even before the card is registered.

To register their card and add more digital coupons, customers must visit the commissary website at [www.commissaries.com/rewards/index.cfm](http://www.commissaries.com/rewards/index.cfm).

Once a card is registered, customers can print a list of their digital coupons to carry with them to the commissary and help keep track of their savings. New digital coupon offers are typically posted online every two to three weeks.

Customers who register their card by Oct. 24 can enter the 2012 Commissary Rewards Card “Home for the Holidays Sweepstakes” for a chance to win round-trip airline tickets for four to anywhere in the states, lodging in a hotel room that accommodates four for six days and five nights, and \$1,000 spending money. The sweepstakes entry form appears at the end of the registration process online.

Just like their paper counterparts, digital coupons have expiration dates and other terms and conditions that must



be followed for redemption. DeCA’s coupon policy limits coupons to one per purchase, so these digital coupons cannot be combined with manufacturer’s coupons, including paper coupons and military or commissary coupons.

Future enhancements to the card are expected to enable DeCA’s industry partners to target savings based on the customer’s specific usage, alert patrons to available sales promotions at their local stores and reward consistent shoppers with specific incentives.

“Digital couponing is the first of many innovative programs that are part of our Commissary 2020 vision to deliver a 21st century benefit,” Jeu said. “We are always working with our industry partners to negotiate the lowest possible prices and identify new ways for our customers to save even more.”

**Commissary Rewards Card**

To register for the rewards card and add more digital coupons, customers must visit the commissary website at [www.commissaries.com/rewards/index.cfm](http://www.commissaries.com/rewards/index.cfm).

For more details, on the card, visit [www.commissaries.com/faq](http://www.commissaries.com/faq) and click “Commissary Rewards Card.”

Help is also available through the customer service hotline at (855) 829-6219 or through email at [commissarysupport@inmar.com](mailto:commissarysupport@inmar.com).



**Lacey Justinger** | U.S. Army Garrison-Hawaii Public Affairs

**SCHOFIELD BARRACKS** — Danielle Manintin chooses her selection of local vegetables from the produce section at the Schofield Barracks Commissary, recently.



# Mammograms offer hope for surviving breast cancer



**SHARI LOPATIN**  
TriWest Healthcare Alliance

PHOENIX — Research indicates one woman is diagnosed with breast cancer every three minutes.

And every 13 minutes, a woman will die from this disease.

Yet, more than 2 million survivors of breast cancer are living in the U.S. today.

These statistics mean that even if you’ve been diagnosed, there is still hope.

**Mammograms Save Lives; Tricare Covers Them**

The sooner you detect breast cancer, the better your chance of survival, and a mammogram is one of the best ways to detect it early enough for successful treatment.

The Centers for Disease Control and Prevention say having regular mammograms can generally lower your risk of dying from breast can-

cer. Just remember to also follow up with your doctor for a clinical breast exam and continue your monthly self-exams.

Tricare covers mammograms for women starting at age 40. For those considered at high risk for breast cancer, Tricare begins covering mammograms at 35 years old. Best of all, these screening mammograms are at no cost to you.

**Early Warning Signs of Breast Cancer**

Breast cancer is the most common type of cancer in American women, other than skin cancer, according to the CDC. So, what are some of the earliest warning signs?

- A new lump in the breast or armpit.
- Thickening or swelling of the breast.
- Nipple discharge, other than breast milk, including blood.
- Change in size or shape of the breast.
- Pain in any area of the breast.

If you are concerned about any of these

symptoms, visit your doctor immediately.

**Where Can You Get Your Mammogram?**

Your doctor can give you some options where you can conveniently get a mammogram. Your closest option might be at a military clinic or a local imaging center — sometimes these are called radiology centers.

To get a mammogram at no cost, make sure that your mammography center is Tricare-authorized.

If you’re on Tricare Prime, your mammography center is in the Tricare network. If not, you will need a referral from your primary doctor.

**Breast Cancer Prevention**

For more information on breast cancer prevention, visit [TriWest.com/Prevention](http://TriWest.com/Prevention).

# Seasonal flu vaccinations available for Tricare members

**TRIPLER ARMY MEDICAL CENTER**  
News Release

HONOLULU — Seasonal flu vaccinations for all Tricare-enrolled beneficiaries in Hawaii are now available.

“Each year in the U.S., approximately 25 million cases of influenza get reported,” said Lance Golder, analyst, Military Vaccine Agency. “These cases result in about 150,000 hospitalizations due to serious complications, and more than 30,000 people die from influenza annually in the U.S. alone.

“The seasonal influenza vaccine is one of the most beneficial tools in modern medicine for reducing sicknesses, deaths, health care costs and conserving fighting strength,” he added.

The Joint Vaccination Team coordinates multiple dates, times and locations to ensure vaccines are available, to include locations on Oahu military medical treatment facilities, in-

stallation exchanges and area schools.

“The influenza vaccine is particularly important for everyone living in Hawaii because we see influenza cases all year around,” Golder explained. “It is important to remember that Hawaii is a gateway to the world. We have travelers arriving from both hemispheres where their peak influenza season may be in full bloom.”

Three types of vaccines will be used in Hawaii this year. The first is FluZone, an inactivated single-dose syringe vaccine available for both adult and pediatric doses for patients 6 months and older.

The second is Alfuria, an inactivated dose that comes in single-dose syringe and multi-dose vials for patients 9 years and older.

The third is FluMist, a live single-dose intranasal vaccine, available for patients between 2-49 years old.

Older beneficiaries should be aware that military clinics will not have the intradermal vaccination or the high-dose influenza vaccination for seniors (over 65 years of age).

In addition to the vaccine, everyday actions can help prevent the spread of germs that cause respiratory illnesses like influenza.

Some of the everyday steps you can take to protect your health include these: covering your nose and mouth with a tissue when you

**Vaccinations Schedule**

Vaccinations will be available to all Tricare beneficiaries at island exchanges:

Oct. 4 and 5, 9 a.m.-2 p.m., Pearl NEX  
Oct. 13, 9 a.m.-2 p.m., Schofield PX  
Oct. 20, 9 a.m.-2 p.m., Kaneohe Bay MCX  
Oct. 25, 9 a.m.-2 p.m., Fort Shafter PX  
Oct. 27, 9 a.m.-2 p.m., Hickam BX

cough or sneeze; washing your hands often with soap and water, especially after you cough or sneeze; avoiding touching your eyes, nose and mouth because germs spread this way; and trying to avoid close contact with sick people.

Beneficiaries are reminded to bring their military identification cards and immunization records for their vaccinations. More details are available from primary care providers; the Oahu Joint Services Flu Hotline at 433-1FLU (1358); or the “Fight the Flu” web link.

**Fight the Flu**

For more information on flu services available to Tricare beneficiaries on Oahu visit [www.tamc.amedd.army.mil/flu](http://www.tamc.amedd.army.mil/flu).

Hawaii School Flu Vaccination Dates				
<b>Mokapu Elementary</b> Oct. 16, 8:30 a.m.-12:30 p.m.	<b>Pearl Harbor Kai Elementary</b> Oct. 26, 8-11 a.m.	<b>Solomon Elementary</b> Nov. 1, 8 a.m.-12:30 p.m.	<b>Wheeler Elementary</b> Nov. 14, 8:15-11 a.m.	<b>Shafter Elementary</b> Nov. 16, 8-11 a.m.
<b>Barbers Point Elementary</b> Oct. 19, 8-11 a.m.	<b>Kailua Intermediate</b> Oct. 30, 8 a.m.-noon	<b>Hickam Elementary</b> Nov. 8, 8:30-11:45 a.m.	<b>Iroquois Elementary</b> Nov. 15, 8 a.m.-12:30 p.m.	<b>Hale Kula Elementary</b> Nov. 27, 8 a.m.-noon
		<b>Moanalua Middle</b> Nov. 9, 8:15-11:15 a.m.	<b>Mokulele Elementary</b> Nov. 15, 8:15-11:15 a.m.	<b>Navy Hale Keiki School</b> Nov. 29, 8:30-10:30 a.m.



# 561st Eng. strive for trust, bonding with Kona keiki

Story and photo by  
**2ND LT. CHARLES PAYNE**

561st Engineer Company, 84th Engineer Battalion,  
130th Engineer Brigade,  
8th Theater Sustainment Command

KONA, Hawaii — Select members of 561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, took a break from their construction project at Pohakuloa Training Area to give back to the community and participate in Deep and Beyond’s Snorkel Day at Kahaluu Beach in Kona, Hawaii, recently.

The event occurs every month and provides individuals with special needs and disabilities in the Kona community the opportunity to participate in water-immersion activities in a safe, controlled environment.

“We’re really excited to see our local community join hands in support of our event,” said Stephanie Velasco, Deep and Beyond staff member. “I’m glad to see our service members volunteer and get involved during their training on Hawaii and hope we have more involvement in the future.”

More than 50 volunteers and potential swimmers attended this month’s event, which began with a quick safety briefing and the pairing of new volunteers with experienced volunteers. When the set-up was complete, the pavilion was flooded with eager individuals ready to suit-up and hop in the water.

The volunteers walked the attendees through five stations, which cycled them in and out of the water. Soldiers of the 561st Eng. Co. assisted senior volunteers in escorting attendees around the local reef to view a variety of sea life. The day ended with a big lunch and casual conversation among new friends.

The best and most satisfying aspect of the event was the interaction with the individuals with special needs, said Spc. Peter Partridge, a volunteer and construction equipment mechanic, 561st Eng. Co. Without any reservations, the individual’s showed a level of trust, love and confidence within 30 seconds of meeting you that would take most people years of friendship to establish, Partridge explained.

While some individuals possessed limiting disabilities and needed assistance getting in and out of the water, many simply wanted a helping hand and someone to cling to as they experienced snorkeling for the first time.

While the engineers assumed the responsibilities of instructors and mentors, the atmosphere created by the volunteers and staff was one of relaxation and enjoyment. Senior volun-



Sgt. Mathew Rutherford (right), training sergeant, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, pushes participant Landon around on a boogie board during Deep and Beyond’s Snorkel Day at Kahaluu Beach, here, Sept. 21.

teers were especially helpful, giving little tips to Soldiers and new snorkelers alike, ensuring everyone felt comfortable in the water.

In the end, all parties involved were bonded by the unique environment and newly christened snorkelers.

“I feel very fortunate to have been a part of this day and

teach these amazing kids that don’t have a care in the world,” said Sgt. Mathew Rutherford, training noncommissioned officer, 561st Eng. Co.

“I would love to participate in more events like this in the future and hope more people take advantage of this special opportunity,” Rutherford added.



CONTINUED FROM B–2

Department of Transportation Services. The site helps commuters plan their travel.

GoAkamai.org is a one-stop web-

site that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes. Travelers are encouraged to check GoAkamai.org before leaving work or home.

While GoAkamai.org is also available through the use of handheld devices, such as smart phones, drivers are cautioned that the use of these devices is illegal while driving.

**Family Night Programs** — AMR and Schofield chapels invite the public to family night programs now underway. The weekly event features dinner, classes and activities for ages 4 through high school and adult.

A nursery service, staffed by CYSS, is provided for children ages 6 months to 4 years old who are registered with CYSS or CDC.

Weekly events follow:  
•AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m.  
•Schofield Chapel Family Spiritual Resiliency Night, every Wednesday, 5:30-7:30 p.m.  
Call 833-8175, SB, or 839-4319, AMR.

**Free Study Programs** — In al-

liance with the Department of Defense, eKnowledge is donating \$200 SAT and ACT training programs to military families worldwide. Students select the training they need. Call 951-256-4076.

**Food for Families** — ASYMCA at WAAF has an emergency food locker to assist military families in need. Call 624-5645.