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## 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 656-3488, 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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297 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 07/21/11.

## Defender 6 sends

# EFMP respite care enhances caregivers' quality of life

**LT. GEN. RICK LYNCH**  
Commander, Installation Management Command

WASHINGTON — Starting this month, the Exceptional Family Member Program, or EFMP, is standardizing and streamlining the process for delivering respite care to eligible families in need of support.

EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, and medical and personnel services to families with special needs.

EFMP is focused on helping these families find the support and care needed to ensure all their members can thrive. Respite care provides this support for caregivers.

Caring for a family member with special needs, especially one with severe or chronic medical conditions, is an around-the-clock job. There may be no end to a caregiver's love, but everyone who shoulders these types of responsibilities needs a break to rest and recharge.

EFMP respite care provides that break. Qualifying families are eligible for up to 40 hours of respite care a month, for

each certified family member.

To enhance service delivery to EFMP-enrolled families, Installation Management Command has revised EFMP respite care policies and procedures. The revision is effective this month.

Revisions include changes in eligibility criteria and the Family Services Needs Matrix, and online training for EFMP managers and physicians. Also, an EFMP respite care panel will be established at each garrison to review and recommend approval or disapproval of all respite care submissions to the garrison commander, who is the decision authority.

Garrison EFMP managers are available to provide more detailed information to families currently receiving respite care.

This revision to policy and procedures is part of the Army EFMP Strategic Action Plan to improve services and support for families with special needs.

Also, as part of the strategic action

“The Army’s focus on enhancing the effectiveness of EFMP could not be more important or timely.”


— Lt. Gen. Rick Lynch  
Commander, IMCOM



plan, at the beginning of this fiscal year, EFMP added 43 systems navigators, or non-clinical case managers, at 26 garrisons stateside and overseas to connect families with required systems of care.

The Army’s focus on enhancing the effectiveness of EFMP could not be more important or timely. EFMP is one way the Army keeps key promises it made in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which families can thrive.

While the Army’s commitment remains as strong as when the covenant was signed in 2007, we are operating in a different fiscal reality in 2011.



Soldiers or family members who have questions about EFMP-related services can visit [www.myarmyonesource.com](http://www.myarmyonesource.com). Locally, call Tripler Army Medical Center at 433-4441, from 8 a.m.-noon and 1-4 p.m., Monday through Friday.

Tripler EFMP is located on the ocean side of the hospital - wing 7C.

Just as any Soldier or family member asks “Is it worth it?” before opening their wallet, we are doing the same, making sure we are using resources as efficiently as possible to provide quality services to families.

Army life poses challenges for any family, but especially for families with special needs.

It is part of our job and our commitment to make sure we are delivering the right services in the right way, to support the health and well-being of all family members.

Support and Defend. Defender 6.

## Focus of 205th MI Bn. warrant officer leads to national intelligence award

Fort Shafter warrant officer gets national distinction for Army

**2ND LT. ERIC P. SIMONSON**  
Company C, 205th Military Intelligence Battalion, 500th MI Brigade

FORT SHAFTER — When Chief Warrant Officer 2 Yakub Yusufoff was in Afghanistan, he was not thinking about receiving recognition or an award for his long hours and hard work.

As the senior human intelligence, or HUMINT, warrant officer in the Strategic Debriefing Element at Bagram Airbase, Afghanistan, Yusufoff was in charge of the interrogations of the highest profile detainees there.

Yusufoff was focused on the mission of answering intelligence requirements for commanders in the field; his top customer was Gen. David Petraeus, commander, U.S. Forces-Afghanistan.

The mission of providing intelligence to enable operations, shape strategy and save American and allied lives remained the center of his efforts throughout his year in theater, and it was something at which he and his team excelled.

It came as a complete surprise for Yusufoff, Company C, 205th Military Intelligence Battalion, 500th MI Brigade, to hear he was selected to receive the prestigious Lt. Col. Arthur Nicholson Award at a recent ceremony in Washington.

“I was on leave when I was told,” Yusufoff said. “I didn’t even know my name had been submitted, so it was a bit of a shock.”

Yusufoff deployed as part of a 37-Soldier detachment to support a requirement for a specialized interrogation team on a yearlong deployment. The detachment returned in February.

“Yusufoff’s contributions were absolutely essential to our success over there,” said Capt. Meghan Cumpston, former commander, Co. C, who led the deployment and supervised the interrogation element. “Without his interrogation and HUMINT operations expertise driving interrogations, refining our Soldiers’ skills and training Afghans, valuable intelligence would have been lost, ill-informed decisions would have been made and the risk to American and allied service members would have increased.”

In his acceptance speech, Yusufoff said he was accepting the award on behalf of his Soldiers, whose hard work and professionalism made the award possible.

Yusufoff is already back at work, preparing a new group of Soldiers for HUMINT operations and building and refining their skills for upcoming exercises and the inevitable deployments.

“Yusufoff stands out in his profession,” said Capt. Michael Hudson, current commander, Co. C. “Our Soldiers and our Army are blessed to have someone of his caliber serving. There is no doubt that Lt. Col. Nicholson would be proud to have his name associated with a true intelligence professional like Yusufoff.”

The award honors the sacrifice of Nicholson who was shot and killed by a Soviet guard in East Ger-



Lt. Col. Timothy J. Parker | 205th MI Bn., 500th MI Bde.

Chief Warrant Officer 2 Yakub Yusufoff (left), Co. C, 205th MI Bn., 500th MI Bde., and Lt. Gen. Richard Zahner, deputy chief of staff for intelligence, DA, pose for a picture at the National MI Association Awards ceremony in Washington, where Yusufoff received the Lt. Col. Arthur Nicholson Award, recently.

many, in 1985, while conducting an intelligence-collection mission.

The National MI Association sponsors the annual awards ceremony and includes awards for each branch of service and five key national intelligence agencies.

Yusufoff was selected from a field of 24 competitive recommendations, all with contributions to strategic and tactical intelligence.

Lt. Gen. Richard Zahner, deputy chief of staff for intelligence, Department of the Army, presented the award and expressed his congratulations and thanks to Yusufoff for his sacrifices.

## FAITHSTEPS in FAITH

# Faith gives us ability to endure, see God’s many blessings

**CHAPLAIN (CAPT.) RONALDO PASCUA**  
Rear Detachment, 2nd Brigade Combat Team, 25th Infantry Division

Do you ever wonder why God allows you to go through difficult times?

In the Gospel of Luke, Jesus warns Simon Peter of hard times ahead of him.

Jesus said, “Satan has asked to sift you as wheat, but I have prayed for you, Simon, that your faith may not fail.”

It is interesting to notice that Jesus warns Simon Peter of the devil’s desire to attack him. At first, we may not understand the implications of sifting wheat. In those days, wheat was sifted in several ways. To obtain the wheat from inside the hull, the hull would have to be broken. It would either be beaten again and again with a stick, trampled over by the hooves of oxen or run over by a boulder.

It is also interesting to notice that Jesus did not prevent the sifting from happening. He could have told Satan to leave Simon Peter alone. He could have prevented Simon Peter from going through hardships. But instead, Jesus told Simon Peter that he was praying for him. More specifically, he was praying for his faith.

What will help you through the hard times of life? It is our faith to endure.

Jesus prayed that Simon Peter’s faith might not fail. Sometimes we go through overwhelming situations that make us want to quit. We must have faith in God and trust that he will take us through the storms of life.

Scripture says, in Psalms 23:4, although we walk through the valley of the shadow of death, we do not have to fear, because God is with us.

Faith is more than just asking God for things and believing that you will receive it. Faith is more about doing what God wants you to do.

Sometimes it is hard to obey God and sometimes, we must endure hardship.

To receive the promises of God, we must have the faith to endure.

The book of Hebrews says, “You need to persevere, so that when you have done the will of God, you will receive what he has promised.”

Faith gives us the ability to look ahead to see the blessings of God.

Why did Jesus allow Simon Peter to go through a time of hardship? The sifting would cause Simon Peter to become the man that God could use.

Jesus continued on to say, “When you have turned back, strengthen your brothers.”

You, too, should not give up.

Faith will give you the ability to endure the hardship you are facing right now.



Pascua

# Voices of Ohana



“I would be Superman, because he stands for truth, justice and the American way.”

**Neffitaly Lugardo**  
IT specialist,  
599th Trans. Bde.



“I would be Static Shock, because it is my son’s favorite super hero.”

**Command Sgt. Maj. Kevin McKeller**  
Senior enlisted leader,  
599th Trans. Bde.



“I would be King Leonidas from 300. I like the graphic novels, because they aren’t so one dimensional.”

**Carlos Tibbetts**  
Chief, Terminal Management Division,  
599th Trans. Bde.



“Batman was a hero in every situation. He did what was right, even when it wasn’t popular. His abilities came from within; (he didn’t have) any special powers.”

**Lt. Col. Todd Toman**  
Deputy commander,  
599th Trans. Bde.,  
U.S. Air Force



“I’d want to be Batman, because he has pretty good toys.”

**Capt. Brian Young**  
Commander,  
HQ Det.,  
599th Trans. Bde.

If you could be any cartoon or comic book character, which one would you choose, and why?

Photos by 599th Transportation Brigade Public Affairs



# ‘Warrior Brigade’ holds its official redeployment ceremony

Story and Photo by  
**STAFF SGT. RICARDO BRANCH**  
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – What began as a deployment to Iraq, more than one year ago for the 2nd Brigade Combat Team, “Warriors,” 25th Infantry Division, culminated in a redeployment ceremony, here, July 14.

Soldiers, family members and community leaders gathered on Weyand Field, here, as the symbolic brigade’s and battalions’ colors were uncased and unfurled, signifying the return of the unit to the island and its return to the “Tropic Lightning Div.”

“Fellow warriors, the goal of our mission in Iraq was resolve to finish the U.S. Operation Iraqi Freedom-Operation New Dawn mission. ... I can state with absolute pride and confidence that you exceeded my wildest expectations,” said Col. Malcolm Frost, commander, 2nd BCT.

The ceremony honored returning Warrior Bde. Soldiers and wounded warriors, as well as family members who volunteered much of their time to ensure the home front was taken care of while their spouses were downrange.

“It was hard; it took me a few months to get used to life without my husband,” said Evelynnn Billings, a Warrior Bde. spouse. “I was juggling school and a full-time job while (my husband) was away, so I’m happy that he’s home.”

The brigade served one year in the Salah ad



Soldiers with 2nd BCT, 25th ID, stand proudly with the brigade and battalion colors during their redeployment ceremony, July 14, at Weyand Field, Schofield Barracks.

Din, Diyala and Kirkuk provinces of Iraq, where they helped advise, train, assist and equip Iraqi Security Forces to safeguard and defend their own country.

“Your efforts (during) the past year with our joint, interagency and Iraq partners resulted in staggering progress,” Frost said. “You assisted the Iraqis in putting themselves on an irreversible path that will result in a secure and stable, self-reliant and sovereign nation that is an ‘oasis of hope’ for the Middle East.”

The deployment didn’t come without its share of sorrow, as five Warrior Bde. Soldiers paid the ultimate sacrifice to their country: Staff Sgt. Phillip Jenkins, Sgt. David Luff Jr., Pfc. James McClamrock, Sgt. Jamal Rhett and 1st Lt. Michael Runyan.

They were remembered during the ceremony.

“The Warrior family mourns their loss, as we consider their sacrifice down to their final full measure,” said Command Sgt. Mgt. William Hain, senior enlisted leader, 2nd BCT. “They stepped forward when their nation and world called, when others could not or would not. They are all heroes and make me proud to be an American.”

Lt. Gen. Francis Wierciniski, commander, U.S. Army-Pacific, and reviewing officer for the ceremony, spoke about the many accomplishments of the brigade this past deployment, and what it means to be a Warrior Bde. Soldier.

“This group of Soldiers on the field before you is a very special group,” he said. “Ten years after war came to our shores, these Soldiers volunteered and enlisted to defend our country, and our country respects them deeply for it. “

Wierciniski then addressed the Soldiers on the field.

“Soldiers, look around you at the people across the field. They are free ... that’s what you did; they are free because of you,” he said. “Reflect on that accomplishment as you go on leave, and know that all your family and friends here, thank you. ... Welcome home.”

Following the ceremony, Soldiers and attendees moved to the Nehalani, here, for the Stryke Back Bash, where the brigade toasted everyone in attendance for their efforts to ensure the Warrior Bde. was able to successfully complete its mission in Iraq.



Command Sgt. Major Alan Higgs, senior enlisted leader, 1st Bn., 27th Inf. Regt., “Wolfhounds,” 2nd BCT, 25th ID, spends time with his new granddaughter, Annabelle Higgs, 3 months, who he met for the first time, June 17.

## 2nd BCT cuts loose, kicks back at its ‘Stryke Back Bash’

Story and Photo by  
**VANESSA LYNCH**  
News Editor

SCHOFIELD BARRACKS – Taking care of its Soldiers and families is something the Army prides itself on, and when it comes to throwing a party for its redeploying Soldiers, the Army knows how to throw down.

A crowd of family, friends and fellow Soldiers joined the 2nd Brigade Combat Team, “Warriors,” 25th Infantry Division, July 14, in celebrating the official end of its a yearlong deployment to Iraq and a job well-done.

Early in the day, more than 3,000 officers, Soldiers and noncommissioned officers, representing all units within the 2nd BCT, marched into position and were reviewed by Lt. Gen. Francis Wierciniski, commander, U.S. Army-Pacific.

Numerous volunteers who supported the Warrior Bde. during its deployment were also recognized during the ceremony.

The “Stryke Back Bash” came only a few hours later, and it brought Soldiers and family members together for a night of family fun at the Nehalani, here, which was provided by Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

“I am extremely proud and humbled to be part of this team-of-teams we have here today,” said Col. Malcom Frost, commander, 2nd BCT. “Seeing America’s best standing before me – almost 4,000 strong, who are all committed and dedicated to defending our freedoms – was awe-inspiring.

“My proudest moment is seeing them all here reuniting and celebrating with their families,” he said.

Throughout the night, Soldiers talked story and introduced family members to their battle buddies. Fathers danced with their children, and husbands and wives toasted to a safe return.

“I really missed him,” said Robbie Snyder, 5, about his dad, Staff Sgt. Timothy Snyder, Company B., 1st Battalion, 14th Inf. Regiment, “Golden Dragons,” 2nd BCT, being back home with him and

his siblings. “Just having him home is the best part.”

“It’s nice to have another adult in the house,” said Brittney Nunley, wife of Spc. Steven Nunley, Co. B, 225th Bde. Support Bn., 2nd BCT. “This is my first deployment and redeployment, and this event really exceeded my expectations.”

Attendees were treated to a free, all-American fare: hamburgers with all the trimmings, hot dogs and pizzas donated by Papa John’s.

All rocked out to music from DJ James Cole from 93.9 JAMZ and a performance by the teen band Delayed Resistance.

Children enjoyed bounce houses, having their faces painted and a coloring contest, which was judged by DFMWR’s mascot, Eddie the Eagle.

Numerous organizations, including Home Depot, the Hale Koa Hotel, USAA, Jack Daniels and Cutter Ford/Cutter Chevrolet, the bash’s main sponsor, offered promotions and information for returning Soldiers.

Additionally, raffle prizes were awarded to lucky ticket holders.



INSIDE



Families  
reconnect

To see photos from the “Stryke Back Bash,” visit [www.flickr.com/photos/usaghawaii/sets/](http://www.flickr.com/photos/usaghawaii/sets/), and read the article.

A-3



Reunited

2nd Brigade Combat Team, 25th Infantry Division, hosts a redeployment ceremony with 4,000 strong.

A-3

Runners  
in the road

Wheeler traffic will share Lauhala and Airdrome roads and Santos Dumont Ave. with runners, Saturday.

See News Briefs, A-4



Building bonds

Army-Hawaii embraces local community, culture.

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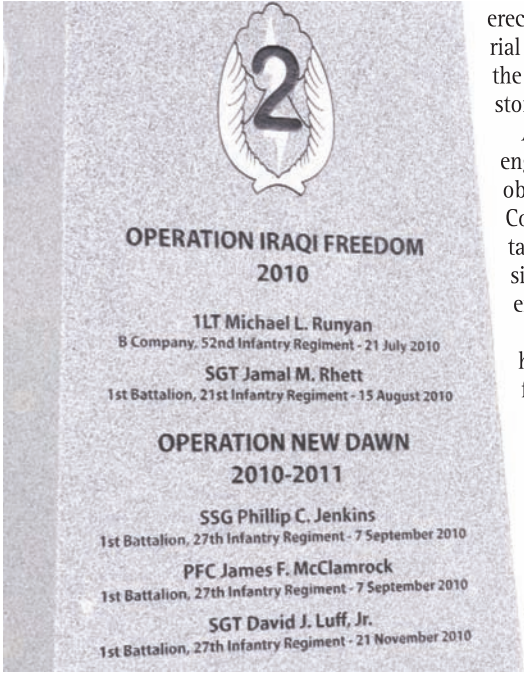


‘Warrior’ families gather to honor fallen

Soldiers from 1st Bn., 27th Inf. Regt., “Wolfhounds,” 2nd BCT, 25th ID, render a salute in honor of their fallen comrades during the Koa Tribute Memorial Ceremony, a memorial rededication ceremony for the brigade’s fallen Soldiers, July 13, at Schofield Barracks.

Story and Photos by  
**SGT. ROBERT ENGLAND**  
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – Families, supporters and fellow Soldiers paid their respects, July 13, to the five Soldiers lost during the most recent deployment to Iraq by the 2nd Brigade Combat Team, 25th Infantry Division. The “Warrior Brigade” rededicated its memorial monument in their honor: 1st Lt. Michael Runyan and Sgt. Jamal Rhett, both with 1st Battalion, 21st Infantry Regiment, “Gimlets;” and Staff Sgt. Phillip Jenkins, Pfc. James McClamrock and Sgt. David Luff Jr., all with 1st Bn.,



The 2nd BCT, “Warriors,” 25th ID, memorial monument is dedicated to the Soldiers who have been lost in Iraq or Afghanistan.

27th Inf. Regt., “Wolfhounds.”

“In 23 years of service in the U.S. Army, I have never been part of a more important ceremony,” said Col. Malcolm Frost.

Frost, commander, 2nd BCT, “Warriors,” joined hundreds of other attendees at the Koa Tribute Memorial ceremony, here.

“For here, on this hallowed ground, is where it is our sacred and noble duty to honor our fallen warriors, pay tribute to their legacy, and offer our support and strength to their families, their friends, fellow Soldiers and, quite frankly, to each other,” he said.

The monument, a granite obelisk with names of fallen Soldiers engraved on its face, was erected May 2009, as a permanent memorial to forever honor the fallen Soldiers of the 2nd BCT, said Lt. Col. Jeffrey Winston, Koa Tribute Team leader, 2nd BCT.

Along with the names, a single word is engraved on the base of each side of the obelisk: “Comrades, Duty, Honor and Country.” Frost encouraged attendees to take note of each side, but especially the side with the new names of the five fallen Soldiers.

The foundation for the ceremony was honoring these Soldiers who gave all for their country.

In addition to paying respect to the fallen warriors, Winston said the ceremony carried a great deal of significance for the brigade’s previous 26 “Gold Star” family members, as well as the five new family members.

Gold Star families have lost a service member in war. The Koa Tribute Team arranged for these fallen Soldiers’ family members to be flown out to Hawaii for the rededication of

SEE 2nd BCT, A-3

DOD identifies Army casualties

DEPARTMENT OF DEFENSE  
News Release

The Department of Defense announced, Thursday, the death of two Soldiers who were supporting Operation Enduring Freedom.

Staff Sgt. James Christen, 29, of Loomis, Calif., and Sgt. Jacob Molina, 27, of Houston, Texas, died July 19 in Kunar province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device.

Both were assigned to the 2nd Battalion, 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th Inf. Division.

Christen’s awards and decorations include the Bronze Star Medal and a Purple Heart (both posthumous), the Army Commendation Medal, an Army Achievement Medal, an Army Good Conduct Medal, a National Defense Service Medal, an Afghanistan Campaign Medal with Star, an Iraq Campaign with Star, a Global War on Terrorism Medal, an Army Service Medal, a Noncommissioned Officer Profession Development Ribbon, an Army Service Ribbon, an Overseas Service Ribbon, a NATO Medal, a Combat Infantryman Badge and the Parachutist Badge.

He enlisted in June 22, 2000, as an infantryman. This was Christen’s third deployment overseas. He previously served two tours in Iraq.

Molina’s awards and decorations include the Bronze Star Medal (posthumous), a Purple Heart (posthumous), a Combat Infantryman Badge (posthumous), the Army Commendation Medal, an Army Achievement Medal, a National Defense Service Medal, an Afghanistan Campaign Medal with Star, an Iraq Campaign Medal with Star, an Army Service Ribbon, an Overseas Service Ribbon, and the Army Service Ribbon.

Molina enlisted in the Army February 15, 2007, as an infantryman. This was his second deployment. He previously served one tour in Iraq.

  
Christen

  
Molina

45th STB hones skills during FTX

Unit works to retain its proficiency in the field

**1ST LT. MICHAEL HEIM**  
45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command

SCHOFIELD BARRACKS – The 45th Special Troops Battalion, by definition, has a very unique mission.

The battalion provides an array of services to include financial management support, level-one medical treatment, transportation, logistics movement control and signal support for numerous units on the island.

To retain proficiency in a field environment, where conditions make mission accomplishment more difficult, Soldiers from Headquarters and Headquarters Company, Co. B, 125th Financial Management Co. and 18th Movement Control Detachment, all with 45th STB, 45th Sustainment Brigade, 8th Theater Sust. Command, participated in a battalion-level, field training exercise, or FTX, recently.

During the exercise, companies deployed from their respective headquarters to Area X and Leader’s Field, here, and Dillingham Airfield, Waiialua, to establish field command posts and

conduct operations in the area.

Units exercised a variety of simulations, such as a mass casualty incident that tested the skills of the battalion’s combat medics.

“The mass casualty incident was an excellent training opportunity for the medics,” said 2nd Lt. Christopher Foster, medical platoon leader. “It tested their abilities in a stressful environment and forced them to prioritize treatment while being overwhelmed with patients.”

In addition, the battalion’s signal company, Co. B, provided both Internet and phone communication for the 45th STB and the 524th Combat Service Sust. Bn., 45th Sust. Bde., in several locations on island.

“Conducting split operations between Area X, Leader’s Field and Dillingham Airfield was an extremely rewarding experience,” said Sgt. Donald Schubert, team chief, Co. B. “It took a lot of coordination to ensure our communications equipment stayed up and running in order to provide communication to the 10 companies we were supporting.”

The training exercise also provided

SEE 45th STB, A-4

USARPAC honors Mathews with ‘Flying V’ ceremony

**STAFF SGT. CASHMERE JEFFERSON**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER – Brig. Gen. Jeffery Underhill, commander, 94th Army Air and Missile Defense Command, hosted a “Flying V” ceremony to honor and welcome Brig. Gen. Robert Mathews, deputy commander, U.S. Army-Pacific, Monday, at Palm Circle, here.

The Flying V ceremony traditionally

SEE USARPAC, A-4



Russell Dodson | U.S. Army-Pacific Public Affairs

Soldiers with 94th AAMDC honor and welcome Brig. Gen. Robert Mathews, incoming deputy commander, USARPAC, with a “Flying V” ceremony, held at Palm Circle, Fort Shafter, Monday.



# News Briefs

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

## Today

**FBI Recruitment** – Learn about the FBI by attending a career presentation, 10 a.m., July 22, at the Directorate of Human Resources, Soldier Support Center, Building 750, Schofield Barracks. Call 655-1028.

## 23 / Saturday

**“Race Around Wheeler”** – Cheer on your favorite runners at the annual “10 Mile Race Around Wheeler,” 6:45-8:45 a.m., July 23, Wheeler Army Airfield. Active duty Soldiers participating in this year’s race will have the opportunity to qualify for the annual Army Ten-Miler, Oct. 9, in Washington. Call 655-9650 or visit [www.himwr.com](http://www.himwr.com).

## 25 / Monday

**First-Term Financial Training** – This mandatory eight-hour training will be held 8:30 a.m.-4 p.m., July 25, Army Community Service, Schofield Barracks. Attendees will learn basic financial skills, develop self-reliance and personal responsibility, and learn financial planning. Call 655-4227.

## 27 / Wednesday

**Blood Drive** – Tripler Army Medical Center’s Armed Services Blood Program will hold its blood drive at the following dates, times and locations:

- July 27, 9 a.m.-1p.m., Systems Center Pacific, 2293 Victor Wharf Access Rd., Pearl City.
- July 29, 11 a.m-3 p.m., Main Exchange, Schofield Barracks.
- Aug. 9, 11 a.m.-3 p.m., Navy Exchange, Joint Base Pearl Harbor-Hickam.
- Aug. 10, 10 a.m.-2 p.m., 205th Military Intelligence Battalion, 500th MI Brigade, Building 520, Fort Shafter.
- Aug. 15, 10 a.m.-3 p.m., Schofield Barracks Health Clinic.
- Aug. 16, 8 a.m.-1 p.m., Pollock Theater, Camp Smith.
- Aug. 17, 9 a.m.-1 p.m., 3rd Floor, Radiology Department, TAMC.
- Aug. 23, 8:30 a.m.-3 p.m., Kunia Tunnel.
- Aug. 24, 11 a.m-3 p.m.,

Main Exchange, Schofield Barracks.

- Aug. 29, 6:30-9:30 a.m., Army ROTC, University of Hawaii, 1311 Lower Campus Rd., Honolulu.
- Aug. 30, 10:30 a.m.-2 p.m., Tropics Recreation Center, Schofield Barracks.
- Aug. 31, 9 a.m.-1 p.m., Kaneohe Bay Chapel.
- Sept. 12, 6:30-9:30 a.m., Air Force ROTC, UH, 1311 Lower Campus Rd, Honolulu.
- Sept. 13, 11 a.m.-3 p.m., NEX, JBPHH.

Call 433-6699 or visit [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

## August

### 3 / Wednesday

**Advisory Meeting** – The PXmarket and Hale Ikena Advisory Meeting for the Oahu-South community is 10:15-11:15 a.m., Aug. 3, at the Hale Ikena, Fort Shafter. All Oahu-South community members are invited. Call 438-0428.

### 10 / Wednesday

**POSH** – Civilian employees and military and civilian supervisors need to attend mandatory Prevention of Sexual Harassment, No Fear Act and Equal Employment Opportunity training sessions. All sessions are at the Nehelani, Schofield Barracks, Aug. 10:

- Employees, 8:30-9:30 a.m.
  - Supervisors, 10-11 a.m.
  - Employees, 1-2 p.m.
  - Supervisors, 2:20-3:30 p.m.
- Call 655-9382.

### 15 / Monday

**Temporary Closure** – The Tropic Lightning Museum at Schofield Barracks will close for interior renovations, Aug. 15-Sept. 29. Normal hours will resume Sept. 30; normal hours are 10 a.m.-4 p.m. The museum is closed Sundays, Mondays and federal holidays. Call 655-0438.

## Ongoing

**Ohana Clinic** – Tripler Army Medical Center’s Warrior Ohana Medical Home is accepting enrollment. The center is a full-service, primary care clinic. To make an appointment or for any questions, call 433-5401/5402.

The clinic is open Monday-Friday, 8 a.m.-4:30 p.m, at the former Barbers Point Naval Air Station in Kalaeloa, located at 91-1010 Shangrila St., Ste. 100.

# 2nd BCT: Families hailed for their sacrifices

CONTINUED FROM A-1

the memorial.

“It’s also for the family members, so they can have closure,” Winston added. “From their standpoint, this may be their last exposure to this unit and the Army.”

The fallen Soldiers’ second families – the fellow Soldiers and comrades with whom each warrior had served – were taken into account as well. They attended to pay their respects and find some peace in each other and in the memories they had shared with their fallen comrades, Winston said.

Frost concluded the ceremony and honored the Soldiers who are immortalized with the engraving of their names on the memorial.

“Today is a day to honor those warriors who no longer walk with us on the road less traveled,” Frost said. “On this day of rededication ... I salute all of you who chose to take the path less traveled – fully knowing the risks, ready to make the sacrifice – and your families, who chose to follow and support you on this path, as well.

“To our fallen brothers, I simply say thank you and well done. Be thou at peace.” he said.



Command Sgt. Maj. William Hain (left), senior enlisted leader, 2nd BCT, 25th ID, and Col. Malcolm Frost (center), commander, 2nd BCT, present a memorial plaque to Michelle Watson, the mother of Sgt. Jamal Rhett, a fallen Soldier honored during the Koa Tribute Memorial ceremony, a rededication ceremony for the brigade’s fallen Soldiers, July 13.

# USARPAC: Mathews honored, proud to serve

CONTINUED FROM A-1

welcomes or honors senior Army officials when they assume duties or depart from an Army command, and its name refers to the way the colors are posted during the ceremony, which is V-shaped.

“Leading the largest service component in the Army is no easy task; however, we are excited to have you ... the general officer of

your caliber, in this command,” Underhill said. “We are looking forward to everything that USARPAC is poised to do and accomplish during your time here.”

Happy to be back in the ranks of USARPAC, Mathews said he is honored to be serving and working with Soldiers, civilians, families and other military services.

“To USARPAC, you have an absolutely outstanding reputation, and I am proud to

provide whatever leadership and support I can provide to you,” Mathews said. “I will dedicate 100 percent of my commitment to ensure our Soldiers, families and civilians have the support that they need.”

Mathews, whose recent assignment was commandant of the U.S. Army Air Defense School, U.S. Army Fires Center of Excellence at Fort Sill, Okla., became the deputy commander of USARPAC, May 29.

# 45th STB: FTX serves as a key training event

CONTINUED FROM A-1

a unique opportunity for the battalion staff to build on its experience from the Unified Endeavor 11 exercise, conducted at Fort Hood, Texas, in June. This opportunity was the first for the battalion to use battle drills and standard operating procedures developed there.

“Being in the field with our companies gave us the chance to train ourselves and our subordinate units on the processes we developed while at Unified Endeavor,” said Capt. Molly Kruger, logistics officer, 45th STB.

This FTX also serves as a key training event for the 45th STB, as it prepares for its upcoming deployment in support of Operation Enduring Freedom.

“The FTX served as a great jumping-off point for our September FTX,” said Master Sgt. Terry McIntosh, operations noncommissioned officer in charge, 45th STB. “I think our companies and staff did a super job, and I’m looking forward to seeing how we improve as we continue to train for our upcoming deployment to Afghanistan.”



# 516th Sig. Bde. changes hands aboard USS Missouri Memorial

**LIN CLARK MILLER**  
516th Signal Brigade Public Affairs, 311th Sig. Command

PEARL HARBOR — Col. Scott Baer assumed command of the 516th Signal Brigade, 311th Sig. Command, from outgoing commander, Col. Dana Tankins, during a change of command ceremony on board the USS Missouri Memorial, here, Friday.

Baer received the ceremonial flag in front of a troop formation, which signifies the passing of leadership.

“Baer is exactly the right leader to take command of this proud unit,” said Brig. Gen. William Scott, commander, 311th Sig. Command. “He’s got tremendous experience. ... He has demonstrated his mettle in Desert Shield/Desert Storm and then again with tours in Iraq and Afghanistan, and (he) has excelled in some of our Army’s most demanding jobs ‘behind the fence’ at Joint Special Operations Command.”

“Thank you for providing me your insight and coaching over the past year to set the conditions for this humbling opportunity,” Baer said, expressing his appreciation to Scott, his former commander, where Baer served as the operations deputy chief of staff.

Baer previously served in multiple Sig. Corps positions in the Pacific and in Riyadh, Saudi Arabia, where he was the security and assistance signal advisor to the Saudi Arabian army National Guard.

“The 516th Sig. Bde. is the epitome of what we all seek: a unit that is relevant, proud of who they are and respected throughout this great theater,” Scott said.

The brigade’s mission is to conduct

network operations for theater-based communications systems, networks and enterprise services; and to provide information services.

The 516th Sig. Bde. supports U.S. Army-Pacific and includes battalions in Alaska, mainland Japan and Okinawa.

Its five subordinate battalions and Network Operation and Security Center share communications missions spanning more than 105 million square miles of the Pacific theater.

Scott credited Tankins with inspiring quality leadership for the brigade.

“(The results) shine in the innumerable accomplishments of this incredible organization,” Scott said. “I can think of no better tribute than to say that this is your legacy to the 516th Sig. Bde. and to the U.S. Army in the Pacific.”

Tankins transformed the brigade into an expeditionary organization with the deployment of the 307th Expeditionary Sig. Battalion to Afghanistan and the insertion of tactical communications assets into network enterprise centers throughout the Pacific, while simultaneously maintaining high-level garrison support.

The 516th Sig. Bde. enhanced interoperability and the ability to deploy for several combat brigades in Hawaii and Alaska. To do so, the brigade extended the International Security Assistance Force and the Combined Enterprise Regional Information Exchange networks from the U.S. Central Command theater, supporting deployment training and ensuring successful deployments to operations Enduring Freedom and Iraqi Freedom.

“Having served in the leadership of our sister command in Europe and for the past year as our own operations officer, Baer knows the unit and where we’re headed,” Scott said. “He’s the kind of officer that we can confidently hand the responsibilities (of) our Soldiers and civilians over to today.”

# 45th Sust. Bde. welcomes Drushal

Story and Photo by  
**SGT. CHRIS HUDDLESTON**  
45th Sustainment Brigade Public Affairs,  
8th Theater Sust. Command

SCHOFIELD BARRACKS — The officers, Soldiers and noncommissioned officers of the 45th Sustainment Brigade, 8th Theater Sust. Command, took part in an assumption of command ceremony for Col. Jeffrey Drushal, at Hamilton Field, here, July 6.

Drushal was selected by the Army’s yearly Centralized Command Selection Board to command the 45th Sust. Bde., based on his years of leadership and logistical experience.

“When the Army told me I was going to command the 45th Sust. Bde., I was humbled and excited,” Drushal said. “The 45th Sust. Bde. enjoys an outstanding reputation established through hard work, teamwork and performance during deployments.”

Maj. Gen. Michael J. Terry, commander, 8th TSC, served as the reviewing officer for the ceremony and gave a speech highlighting the histories of both Drushal and the 45th Sust. Bde.

Drushal’s 22 years of experience include three deployments to Iraq, and deployments to Afghanistan, Kuwait and the New Orleans International Airport, in support of state- and national-level relief operations in the wake of Hurricane Katrina.

Drushal’s command philosophy is rooted in the warrior ethos and encourages a high level of physical fitness, a competitive spirit and a strong sense of unit identity.

“Drushal is a proven logistician who has sought the toughest, most challenging jobs in some of the Army’s toughest units and locations,” Terry said. “He is the right person to command the 45th Sust. Bde.”



Maj. Gen. Michael J. Terry (left), commander, 8th TSC, and Col. Jeffrey Drushal, commander, 45th Sust. Bde., 8th TSC, render salutes during the national anthem at Drushal’s assumption of command ceremony, July 6.





Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs



Bill Mossman | Honolulu Star-Advertiser

Annelie Amaral (center) shows children how to make a kid-friendly lei during the Lei Making Workshop at the Sgt. Yano Library, Schofield Barracks, recently. Amaral is the Native Hawaiian liaison to the commander, USAG-HI, who is Col. Douglas Mulbury. The interactive workshop was held in time for Lei Day, May 1.

Dancer Nicole Kamada dances the hula to the mele, or song, "Kukaniloko," during a recent Native Hawaiian Lecture Series event at the Nehelani, Schofield Barracks.

## Native Hawaiian Covenant promotes partnerships

**NATIVE HAWAIIAN LIAISON OFFICE**  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — A symbolic, yet powerful, first step in initiating proactive dialogue between the Native Hawaiian community and the U.S. Army was signed at Fort DeRussy by respected leaders of both communities, March 24, 2010.

Since its signing, the U.S. Army covenant with Native Hawaiians is promoting partnerships and increasing dialogue between Native Hawaiian organizations and the Army.

The covenant is an important factor in building trust with both communities.

The covenant establishes basic principles and common interests, confirms a commitment to enhancing mutual understanding and expresses a desire to work together to achieve common goals in the future.

U.S. Army Garrison-Hawaii worked extensively to create this historic document and to establish the garrison's Native Hawaiian Advisory Council, a group of prominent Native Hawaiian civic, education and business leaders.

This council's experience in the Hawaiian community has enabled it to be a helpful sounding board on critical Native Hawaiian and garrison issues, such as the use of Army lands, Hawaiian nationalism, historic sites and cultural access.

The covenant lists three key objectives: to create learning opportunities for the Army, its staff and families on Native Hawaiian culture, practices and values; to create learning opportunities for the Native Hawaiian community on Army actions, programs and plans; and to establish consistent dialogue between the Army and Native Hawaiian organizations.

During this past year, the garrison and its Native Hawaiian Liaison Office have continued to uphold the goal and objectives identified in the covenant. Their successes have been evident through the advancement of cultural and educational programs, the growth of interactive dialogue between the Native Hawaiian and Army communities, and the positive feedback received from the Hawaii community.



Sgt. Jesus J. Aranda | 25th Infantry Division Public Affairs

Maj. Gen. Michael J. Terry, then commander, U.S. Army-Hawaii, signs the Native Hawaiian Covenant at Fort DeRussy, March 24, 2010.

### Learning Opportunities for the Army

Through the covenant, Army civilians and Soldiers new to the islands now receive an informative briefing on the Native Hawaiian people, history and culture. This critical information gives Army individuals an opportunity to learn the culture of the community around them and be sensitive to its customs.

In addition, Native Hawaiian cultural practitioners lead free Hawaiian workshops for those interested in learning about the different aspects of Hawaiian culture. Featured workshops include hula, ukulele, lei-making, Hawaiian legends, Hawaiian language, Hawaiian healing plants and coconut weaving.

"Positive responses from Soldiers and their families have been received through these briefings and workshops we offer," said Annelie Amaral, Native Hawaiian liaison, USAG-HI. "We have found that it not only teaches the culture, but it provides an oppor-

To learn more about the covenant and the USAG-HI Native Hawaiian Liaison Office, call 655-9694 or email [nhliaison@gmail.com](mailto:nhliaison@gmail.com).

tunity to spend time with their families and meet new friends. To be a part of this has been truly rewarding."

A monthly "Ho olauna" bulletin is a resource for interested Army individuals, containing Hawaiian history, a featured Hawaiian word, upcoming Hawaiian events, happenings around town, a featured dining spot and volunteer opportunities. This resource keeps readers informed and offers opportunities for them to experience life outside the Army bases.

### Learning Opportunities for Native Hawaiians

The Hawaiian community also gets to learn about the Army.

Various briefings have been carried out for Hawaii congressional delegates and several Native Hawaiian organizations, including the Office of Hawaiian Affairs, Alu Like, the Native Hawaiian Chamber of Commerce, the Department of Hawaiian Home Lands, and the Royal Order of Kamehameha.

Radio and television interviews also have been conducted to inform the larger community of the Army's good work in dealing with Native Hawaiian concerns and in protecting natural and cultural resources on Army lands.

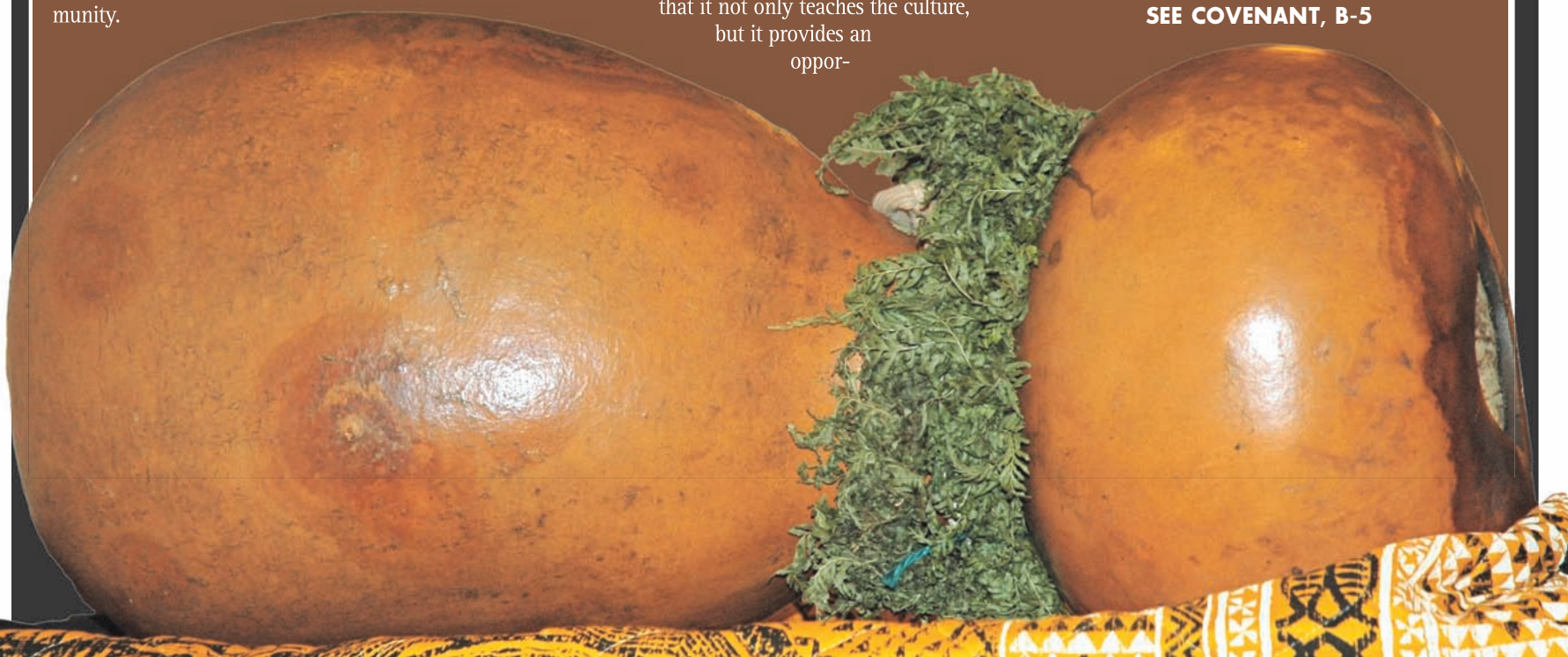
Through the covenant, the Army's cultural and natural resources representatives are leading tours of the Kahuku Training Area and Makua Military Reservation for surrounding community members.

### Building a Relationship

As with any new initiative, opportunities have come about through the covenant.

The garrison's Native Hawaiian Liaison Office has assisted in facilitating conversations for the Native American Graves Protection and Repatriation Act, or NAGPRA, which helped expedite the treatment of excavated ancient bones on Army lands. The Army also coordinated two successful

SEE COVENANT, B-5







**Today**  
**Survivor Support Group** – The Friday with Friends Survivor Support Group will meet 9 a.m.-noon, July 22, at the Survivor Outreach Services Center, Fort Shafter Aloha Center, Bldg. 330, Room 111. Call 438-9285.

**Lauhala Weaving** – Learn plaiting techniques to weave a bracelet and small box, 10:30 a.m.-12:30 p.m., July 22. Cost is \$15. To register, call 655-4202.

**EFMP Family Swim** – Families with special needs individuals are invited to enjoy an afternoon of swimming. One family member must be enrolled in the Exceptional Family Member Program. The event is free, but sign-up is required. To register, call 655-4227. Dates, times and locations follow:  
•July 22, 2:30-5 p.m., Richardson Pool, Schofield Barracks.  
•July 29, 2:30-5 p.m., Tripler Army Medical Center Swimming Pool.

**Surfing Lessons** – Teens can learn how to surf with EDGE! (Experience, Develop, Grow and Excel) and Outdoor Recreation, July 22. Call 655-0143 for details.

**23 / Saturday**  
**Stand Up Paddleboard** – Join Outdoor Recreation, 6:30-11:30 a.m., July 23, for paddleboard lessons. Cost is \$54 and covers equipment and round-trip transportation from Schofield Barracks. To register, call 655-0143.

**Ceramic Mold Pouring** – Stop by the Schofield Barracks Arts and Crafts Center for a session of ceramic mold pouring, 9 a.m.-noon, July 23. Cost is \$25. To register, call 655-4202.

**BOSS Beach Bash** – This Single Soldiers event is July 23. For details, call Better Opportunities for Single Soldiers, or BOSS, at 655-1130.

**24 / Sunday**  
**Closures** – The Sgt. Yano Library, Schofield Barracks, will close July 24 for carpet cleaning. Also, the Sgt. Yano, Fort Shafter and Aliamanu Military Reservation libraries will close July 25-26 for staff training. All libraries will re-open July 27. Call 833-4851, 438-9521 or 655-8002.

**25 / Monday**  
**ACS Anniversary** – The community is invited to help Army Community Service celebrate its 46 years of service to Soldiers and families. This free event, 9 a.m.-1 p.m., July 25, ACS,



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

## Celebrating the arts

HALEIWA — Original works of fine art, such as those depicted above, are displayed at the 14th Annual Haleiwa Arts Festival on the North Shore, here, Saturday. The event featured juried visual artists, plus musicians, singers, dancers, cultural/historical tours and keiki art activities.

To see more local and original works, go to “Art on the Zoo Fence,” 9 a.m.-4 p.m., Saturdays and Sundays, at the Honolulu Zoo. Visit [www.artonthezoofence.com](http://www.artonthezoofence.com).

Learn about upcoming festivals and cultural events at [www.gohawaii.com](http://www.gohawaii.com).

Schofield Barracks, include games for keiki, information, prizes and presentations. Cake and punch will be served. Call 655-4227.

**26 / Tuesday**  
**Dad's Den** – This meeting is at noon and at 6 p.m., July 26, Fort Shafter Aloha Center. Dads can discuss different challenges they experience in fatherhood. Call 655-6215.

**27 / Wednesday**  
**Money Management** – This workshop, 9-10:30 a.m., July 27, Army Community Service, Schofield Barracks, focuses on the basic tools for financial success. Call 655-4227.

**Simple Tips for Saving and Investing** – This workshop, 10:30 a.m.-noon, July 27, Army Community Service, Schofield Barracks, describes the various tools for saving and investing, including a broad overview of investment options (such as stocks, bonds and mutual funds).

**Classroom Meet and Greet** – The Wheeler Elementary School classroom meet and greet for first-fifth grade is 4-6 p.m., July 27, Wheeler Army Airfield. Visit [www.wheeler.k12.hi.us](http://www.wheeler.k12.hi.us) or call 622-6400 .

**EFMP Support Group** – This support group for Exceptional Family Mem-

ber Program families will meet 6-7:30 p.m., July 27, Schofield Barracks Chapel. EFMP families can share experiences and become more knowledgeable about community resources. On-site childcare will be available, but children must be registered with Child, Youth and School Services. Sign up is required. Call 655-4791/1551.

**28 / Thursday**  
**Civilian Resume Writing Seminar** – This event, 9-10 a.m., July 28, Army Community Service, Schofield Barracks, will show how to tailor a resume for a civilian job, gain helpful tips on job searching in the civilian sector and prepare for an interview. To register, call 655-4227.

**BOSS Movie Night** – Better Opportunities for Single Soldiers, or BOSS, invites single Soldiers to watch a movie of their choice and enjoy food and beverage specials, 6 p.m., July 28. Call 655-1130.

**29 / Friday**  
**Employment Orientation** – This event is 9-10:30 a.m., July 29, Army Community Service, Schofield Barracks. Get a resource packet to get yourself started on your career search here in Hawaii. To register, call 655-4227.

**Junior Spouses Conference** – Junior spouses are invited to learn more

about Army Community Service, 11:30 a.m.-2:30 p.m., ACS, Schofield Barracks. A community assessment will also be conducted. To RSVP, call 655-4227.

**Kids Bowl Free** – Through July 29, the Fort Shafter and Schofield Barracks bowling centers are participating in a Kids Bowl Free program as a low-cost activity for children up to age 15. Parents must sign their children up at [www.kidsbowlfree.com/BowlArmyHI](http://www.kidsbowlfree.com/BowlArmyHI) and will then receive weekly coupons via email for two free games per child. Normal shoe rental rates apply. Additional coupons for discounted bowling are available for other members of the family to bowl. Kids Bowl Free hours and contact information follow:

- Fort Shafter: Monday-Tuesday, noon-5 p.m.; Wednesday, 9 a.m.-5 p.m.; Thursday-Friday, 11 a.m.-5 p.m. Call 438-9996.
- Schofield Barracks: Monday-Friday, 11 a.m.-5 p.m. Call 655-0573.

**30 / Saturday**  
**Island Tour** – Sign up for the free newcomers' island tour, July 30, which departs from Army Community Service, Schofield Barracks. The next trips are Aug. 13 and 27. Call 655-4227 to register; spaces fill quickly. Due to budget cuts, trips departing from Fort Shafter Flats have been cancelled indefinitely. Call 438-4499.

## community calendar

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

**27 / Wednesday**  
**Running Club** – Runners and walkers can join the free Hawaii Running Project's Wednesday Run Club at Schofield Barracks, which meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road. The club runs loops around the base of Kolekole Pass; workouts can be customized from two to eight miles. Email [mary.siegel@amedd.army.mil](mailto:mary.siegel@amedd.army.mil) or call 655-9123.

**30 / Saturday**  
**5K Grueler** – This race is 7 a.m., July 30, at Camp Smith on the hill above Halawa and provides a scenic view of Pearl Harbor. Cost to participate is \$20, or \$25 if registering after July 22. Online registration is available until July 27 at 4:30 p.m. Registration is also being accepted at the Semper Fit Center at Marine Corps Base Hawaii or onsite on race day. Awards will be given for first, second and third places in 10 age categories. Call 254-7590 or visit [mccshawaii.com/cgfit.shtml](http://mccshawaii.com/cgfit.shtml).

**Dragon Boat Festival** – This annual event is 10 a.m.-10 p.m., July 30, and 10 a.m.-6 p.m., July 31, at Ala Moana Beach Park, 1201 Ala Moana Blvd., Honolulu; dragon boat races begin at 8 a.m. Teams consist of 16-18 paddlers, a helmsman, a flag catcher and a drummer. Boats race to

the finish line where the flag catcher retrieves a flag and carries it to the finish line. This free event features local entertainment, food vendors, crafters and a grass volleyball tournament. Call 593-9776 or email inquiry@mylhmproductions.com

**31 / Sunday**  
**Tinman Triathlon** – Cheer on your favorite athlete at this annual event, 5:30 a.m., July 31, at Queen's Beach in Honolulu. Athletes will finish at Kapiolani Park, after a 750-meter swim, 40K bike ride and 10K run. Call 595-5317, email [tinmanhawaii@hawaii.rr.com](mailto:tinmanhawaii@hawaii.rr.com) or visit [www.tinmanhawaii.com/triathlon](http://www.tinmanhawaii.com/triathlon).

**August**  
**7 / Sunday**  
**Bellows Biathlon** – Military ID cardholders have until July 28 to register for this event that consists of a 400-yard open ocean swim and a three-mile run (mixed, with asphalt and sand), 7 a.m., Aug. 7, Bellows Air Force Station. Entry fees are \$25 for individuals and \$35 for teams; there are no refunds. Entry fee includes a T-shirt, refreshments and age group awards. Register at Bellows AFS or at [www.bellowsafs.com](http://www.bellowsafs.com).

**Ongoing**  
**Theater Closure** – The Sgt. Smith Theater, Schofield Barracks, is closed for renovation through May 2012. The Army and Air Force Exchange Service won't be airing movies during the closure; patrons are urged to use the theater on Joint Base Pearl Harbor-Hickam, instead.

**Scholarships Available** – The

University of Phoenix and AMVETS, an advocate for veterans' education, are awarding \$7,000 through \$350,000 scholarships to active duty service members, family members and veterans to pursue a degree through the University of Phoenix-Hawaii campus. Applications will be accepted through Aug. 11, and scholarship recipients will be notified by Nov. 11. Visit [www.phoenix.edu/tuition\\_and\\_financial\\_options/scholarships/amvets-scholarship.html](http://www.phoenix.edu/tuition_and_financial_options/scholarships/amvets-scholarship.html).

**"Operation Makeover"** – Nominations for “Operation Makeover” are now being accepted from commanding officers, their staff or designees; chaplains and counselors; and junior officers and noncommissioned officers. The program is available to all branches of the military. Prizes include a complete hair and personal makeover. Call 624-5645.

**Zoo Summer Concert Series** – This series is 6 p.m., each Wednesday, through Aug. 10 at the Honolulu Zoo, with different performers each week. Cost is \$3 per person; packed dinners are welcome or enjoy one of the zoo concessions. Visit [www.honolulu.zoo.org](http://www.honolulu.zoo.org), email [education@honzooc.org](mailto:education@honzooc.org) or call 971-7195.

**Art on the Zoo Fence** – This event is 9 a.m.-4 p.m., Saturday-Sunday. Zoo fence artists set up their original paintings and photography along the fence of the Honolulu Zoo on Monsarrat Avenue across from the bandstand at Kapiolani Park. Visit [www.artonthezoofence.com](http://www.artonthezoofence.com).

**Free Hula Show** – This event is 6:30-7:30 p.m., Tuesdays, Thursdays, Saturdays and Sundays, weather permitting, at the Kuhio Beach hula mound near the Duke Kahanamoku statue, beachside, at Ulunui and Kalakaua avenues in Waikiki. Outdoor, casual, seating on the grass is recommended; low beach chairs and mats are okay. Photography is per-

mitted. Call 843-8002.

**Naval Air Museum Barbers Point** – Learn about naval aviation history in Hawaii, 8 a.m.-4:30 p.m. by appointment, Monday-Friday, or Saturday and Sunday, by appointment, at Building 1792, Midway Rd., Kalaeloa Airport, Kapolei. Cost is \$7 for adults; \$5 for keiki under 18. Visit [www.nambarberspoint.org](http://www.nambarberspoint.org) or call 682-3982.

**Mililani Aikido Club** – Keiki and adults are welcome to learn this martial art, Tuesdays and Thursdays, at Mililani District Park Gym. Cost is \$8-\$10 per month. Call 623-8937. Class times follow:  
•Keiki, 7:15-8:30 p.m.  
•Adults, 7:15-9 p.m.

**Health Study** – The Department of Defense is participating in the largest, long-term study of children's health ever done in the U.S., and eligible military families stationed on Oahu are encouraged to participate. The study will help provide answers to childhood problems like asthma, autism, obesity and diabetes. Email [ncsuhm@hawaii.edu](mailto:ncsuhm@hawaii.edu), call 692-1920, or visit [Hawaii.NationalChildrensStudy.gov](http://Hawaii.NationalChildrensStudy.gov). The National Children's Study will include children from before birth to age 21. Study researchers hope to learn how children's genes and their environment work together to affect children's health and development.

**MWR Survey** – The Department of Defense is currently conducting a survey to gauge the opinions of MWR customers worldwide. Surveys have been sent to about 600,000 service members who were selected through random sampling. Survey questions cover customer service, operation hours, facility condition and quality of services provided, among other items. Participation is voluntary,

anonymous and confidential. No information that can identify service members is associated with responses.

**Free Yoga Classes** – Yoga classes begin at 9 a.m., Tuesdays and Thursdays, at the Wheeler Community Center, behind Wheeler Chapel, Wheeler Army Airfield. Bring your own yoga mat and any blocks or straps. Classes are available for all levels: beginner, intermediate and advanced. Call 275-3790 or 778-8696.

**Veterinary Treatment Facility** – The Fort Shafter Veterinary Treatment Facility is now seeing pets throughout the week, from 8:30 a.m.-4 p.m. The vet clinic is located beside the PX Mart and Post Office on Fort Shafter. Book an appointment for affordable preventative care or to obtain a mandatory airline health certificate required within 10 days of air travel and more. Call 433-2271; leave a voicemail.

**Food for Families** – The Armed Services YMCA at Wheeler Army Airfield has an emergency food locker that assists military families who are experiencing financial difficulty with a supply of canned goods, frozen food, dry goods and personal care items. Call 624-5645.

**Freeway Service Patrol** – This service, now operational on Hawaii's freeways, is a pilot program sponsored by Hawaii's Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services. The free service can provide assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and providing an emergency gallon of gasoline. The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

## 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 and FD  
•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.



# ACS celebrates 46 years of helping families find ‘real-life’ solutions

Since 1965, ACS has offered services that help Soldiers and families reduce stress, and build skills and self-confidence

## ARMY COMMUNITY SERVICE

Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – Army Community Service; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii, is inviting the community to its birthday party, here.

ACS will host the celebration July 25, marking 46 years of service to Soldiers and their families.

The birthday’s theme is “Yesterday, Today and in the Future.” Events include games and prizes for keiki, and period and historic presentations representing the evolution of ACS and its services. Cake and ice cream will be served.

Preparing for the celebration included researching ACS through the decades.

“It was enlightening to learn how ACS has evolved over the past 46 years,” said Ferne Conroy, manager, Army Family Team Building Program, ACS. “It also illustrated that we should never stop asking how we can better meet the needs of our families and Soldiers.”

Among other services, ACS offers a wide range of classes, including financial planning for deployment.

“Recognizing, understanding and helping with the challenges of life as a Soldier, spouse or family member is what Army Community Service strives to provide for Army family members every day, along with providing services (that) promote self-reliance and resiliency,” said Hank Cashen, acting director, ACS.

The ACS birthday celebration is 9 a.m.-1 p.m., July 25, at ACS, Building 2091, Schofield Barracks.

ACS is also hosting a Junior Spouses Conference, 11:30 a.m.-2:30 p.m., July 29. Spouses can learn more about ACS and how ACS can meet their needs. To RSVP for the Junior Spouses Conference, call 655-4227.

Visit [www.Himwr.com](http://www.Himwr.com) for more information about either event.



Courtesy Photo

Above — “Aloha Kits,” also known as the Lending Closet, are displayed at ACS, Schofield Barracks, in this photo taken in 1970. The Lending Closet is still in service as part of the Relocation Assistance Program. Historical photos depicting ACS through the decades will be displayed at the ACS birthday celebration, 9 a.m.-1 pm., Monday, ACS, Building 2091, Schofield Barracks.

Right — Sara Allison and her son Jacob enjoy an infant play and learn class at ACS, Schofield Barracks.



File Photo

## Hale Kula students reconnect via Facebook

### JAN IWASE

Hale Kula Elementary School

SCHOFIELD BARRACKS – Yuki Rhinehart, a former student at Hale Kula Elementary School, here, is using technology to connect Hale Kula alumni.

Rhinehart, who attended Hale Kula Elementary from 1976-78, created a Hale Kula Elementary School group on Facebook.

As a self-proclaimed military brat who moved often, Rhinehart had fond memories of her time spent here, in Hawaii, while attending Hale Kula. She wanted to reconnect with friends she remembered from her school days, here.

Rhinehart searched for Hale Kula students on “The Military Brats Registry,” at [www.classmates.com](http://www.classmates.com) and MySpace, but didn’t have much luck. She decided to create a Hale Kula Elementary School group on Facebook, and the numbers of group members have been increasing.

Members use the group to reminisce about their time at Hale Koa. Reading the posts on the Facebook group page is like going back in time.

“Do you remember” questions evoke memories as members discuss their experiences and share old photos and class pictures.

Members are commenting about teachers they had, like Annette Nishikawa, now a Complex Area superintendent; Sally Omalza, now a vice principal at Leilehua High School; and Lillian Todd, who still teaches at Hale Kula.

Former students are describing where they lived on Schofield and then are learning about others who also lived on that street.

Members are also discussing places like the Polynesian Cultural Center, Matsumoto Shave Ice, Kam Drive-In and the skating rink in Mililani. Others are reminiscing about things that make Hawaii a unique place, like cracked seed, pineapple bugs, “Hawaii 5-0,” “Magnum P.I.,” May Day and trips to the Big Island.

Currently, 177 members have joined the Facebook group; the alumni experience ranges from the 1960s to the present.

Anyone who has a connection to Hale Kula Elementary can share memories by visiting Facebook ([www.facebook.com](http://www.facebook.com)) and then searching for “Hale Kula Elementary School – Schofield Barracks, Oahu, Hawaii.”

## Residents invited to ‘National Night Out’

Annual community-building event focuses on personal, family safety

### ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS – Island Palm Communities’ residents are invited to celebrate “National Night Out” with U.S. Army Garrison-Hawaii and IPC, Aug. 2, here, and at Aliamanu Military Reservation.

National Night Out is a community-building campaign designed to heighten crime-prevention awareness, support local anticrime programs and strengthen police-community partnerships.

Families can learn about the importance of safety through demonstrations and live entertainment.

Keiki can enjoy bouncers, games and activities throughout the evening.

Residents can get their bikes registered, take a ride through a rodeo course and learn about bicycle safety from experts.

Parents can get their keiki fingerprinted and photographed at the Keiki ID Booth. Keiki can also meet McGruff the Crime Dog.

Other activities taking place at this free event include the following:

- Demonstrations from the federal firefighters, military police officers, a Special Reaction Team, Animal Control and self-defense instructors;



POLICE • COMMUNITY PARTNERSHIPS

### National Night Out festivities

USAG-HI and IPC will host National Night Out festivities at two locations, 4-7 p.m., Aug. 2:

- Kalakaua Community Center, Schofield Barracks, and
  - Aliamanu Community Center, Aliamanu Military Reservation.
- Visit [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com).

- Ocean and swimming pool safety videos;
- Tips to protect against identity theft;
- Home safety tips; and
- Neighborhood Watch and iWatch programs.



# Healthy living means balancing calories, exercise

SHARI LOPATIN

TriWest Healthcare Alliance

PHOENIX – “For the first time in our history, American children may face a shorter expected lifespan than their parents.”

That quote, taken directly from the Partnership for a Healthier America’s website, explains the essence of the growing obesity problem across the U.S.

The partnership, headed by first lady Michelle Obama, reports that obesity rates have tripled in the past 30 years.

Since obese and overweight children are more likely to suffer academic, social and financial burdens throughout life, TriWest



5

simple steps

TO SUCCESS

Cut down on sugary drinks. See more simple steps for parents and caregivers to start healthy habits at home.

TAKE ACTION

PARENTS

TAKE ACTION

KIDS

TAKE ACTION

SCHOOLS

TAKE ACTION

MORE

Illustration courtesy of [www.ahealthieramerica.org](http://www.ahealthieramerica.org)

## Healthy living

For more healthy living tips, visit [www.togethercounts.com](http://www.togethercounts.com), [www.triwest.com/healthyliving](http://www.triwest.com/healthyliving) or [www.ahealthieramerica.org](http://www.ahealthieramerica.org).



Healthcare Alliance has joined forces with Together Counts, a nationwide program that inspires active and healthy living.

Together Counts offers the following tips for active and healthy living:

- Eat at least one healthy meal each week.
- Do at least one family activity each week.

One activity can be as simple as cooking dinner together, then going for a walk. Or, let kids choose an activity, like a picnic and a game of Frisbee at the park or a barbecue followed by a few hours in the pool.

According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all U.S. kids and teenagers.

The CDC listed these as the most common causes of obesity:

- Energy imbalance. This means eating too many calories and not getting enough physical activity to burn them off.
- Genetics. Genetics affect metabolism, or how fast one digests food.
- Behavior and environment. Your family’s behaviors and environment play the largest roles in causing obesity, but these are also the best areas for prevention and treatment.

# Food guide pyramid becomes a food plate

KAY BLAKLEY

Defense Commissary Agency

FORT LEE, Va. – A new graphic image was recently unveiled to illustrate the basics of American’s dietary guidelines.

A healthy meal is now shown as a colorful plate divided into four wedges – representing fruits, vegetables, grains and proteins – plus a small circle, like a drinking glass, representing dairy.

The new graphic, referred to as “MyPlate,” replaces the familiar “MyPyramid” image, as an easy-to-understand visual cue to help consumers adopt healthy eating habits detailed in the dietary guidelines.

The dietary guidelines themselves are still the same, including three concepts to implement right away:

### Balancing calories

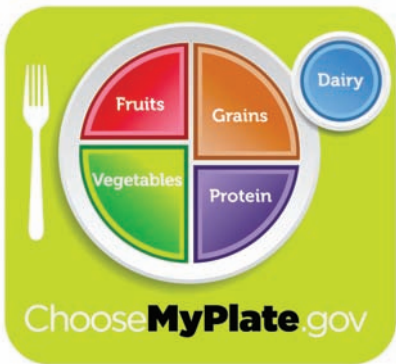
- Enjoy food, but eat less.
- Avoid oversized portions.

### Increasing certain foods

- Make half the plate fruits and vegetables.
- Make at least half the grain choices whole grains.
- Switch to fat-free or low-fat (1 percent) milk.

### Reducing other foods

- Compare sodium in foods like soup, bread and frozen meals, and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



### Nutritional guidelines

Learn more about “MyPlate” at [www.choosemyplate.gov](http://www.choosemyplate.gov); if you visit [www.mypyramid.gov](http://www.mypyramid.gov), you’ll be redirected to this new website. For healthy recipes, visit [www.commissaries.com](http://www.commissaries.com).





Tim Hipps | Installation Manangement Command Public Affairs

## Volleyball in Rio

RIO DE JANEIRO — The military Team USA men's beach volleyball players — left to right — Navy Senior Chief John Goings, Air Force Tech Sgt. David Dean, Army Sgt. Gary Ang and Coast Guard Petty Officer 2nd Class Zachary Walden — pose with Arion, the mascot of the fifth International Military Sports Council Military World Games, recently. The games are being held July 16-24, on Copacabana Beach, here.

Ang is stationed at Schofield Barracks.

### Fitness Facts

# Proper running shoes prevent problems

KRISTY OSBORN

Schofield Barracks Health and Fitness Center

SCHOFIELD BARRACKS — Having the correct equipment is one of the most important factors while working out.



Osborn

Fitted running shoes, correct workout clothes and a water bottle are always a necessity when training for any event. Failure to try on running shoes and or workout clothes to get the correct sizes can cause serious injury or permanent damage to the body.

The longer I stay in the fitness industry, the more people I come across who have ill-fitted shoes, leading to the loss of a toenail, arch pain or a rubbing rash.

Bruising a toenail is a common occurrence for endurance athletes. A sharp blow, like dropping a brick on your foot, can cause this injury, but running is the most common cause as most people buy shoes that do not fit properly. If shoes are too tight, they will cause constant pounding of the toes against the

### Comprehensive Training Program

To set up a comprehensive training program with a certified personal trainer, visit the Schofield Barracks Health and Fitness Center or call 381-5944.

front of the shoe. If shoes are too big, there will be too much room in the heel, which allows the foot to slide around inside the shoe and cause the same problem.

During the summer months, many athletes become more prone to foot injuries. The feet swell more in hot weather, causing more fluid to accumulate and the pressure to increase inside the shoe.

In most cases, a bruised nail is nothing to be concerned about; the bruising will slowly disappear. However, the nail may completely fall off; the new nail will grow out within three months.

Proper shoe care is also crucial because of the importance of support to the feet and arch. Throughout the day, gravity causes the body to compress the cushion in the shoes' soles, slowly decreasing their supportive ability.

Everyone should have a separate pair of shoes purely for exercise or switch between two pairs of shoes every other day. This practice gives soles time to recover and return to

their full supportiveness.

All running shoes have a certain lifetime mileage. The most common recommendation is to switch out running shoes every six months or 500 miles. This number also depends on body weight, shoe usage and the type of shoe. It's time for a new pair if the bottoms of shoes are worn, arches are becoming sore during or after exercise, or if the actual shoe is breaking or tearing.

Many stores now offer a running analysis to determine which brand and type of shoe will fit a person's feet and needs best. Advisors choose the best-fitting shoe for feet based on running style, weekly mileage, the degree of a foot's arch, and if a runner pronates (his or her ankle rolls inside) or supinates (the ankle tips to the outside).

As you can see, proper workout equipment like shoes are essential to ensure an injury-free, exercise program.

*(Editor's Note: Some of the content of this article was taken from [www.Runnersworld.com](http://www.Runnersworld.com).)*

## Covenant: Garrison honors commitment

CONTINUED FROM B-1

NAGPRA workshops for the Hawaii community, in partnership with the U.S. Department of Interior's Office of Native Hawaiian Relations, the Kamakakuokalani Center for Hawaiian Studies, and Bernstein and Associates, a NAGPRA consultant.

The garrison also hosted an education forum to assist Native Hawaiian businesses in learning how to procure federal contracts, organized donations of bedding and household goods from Tripler Lodge to West Oahu and

Kapolei homeless shelters, and made a presentation about seeking jobs in the military to job counselors of West Oahu homeless shelters.

A quarterly Distinguished Lecture Series dinner presents an in-depth presentation on Native Hawaiian cultural topics to an audience consisting of Soldiers, families and local community members. Dinner topics have featured Hawaiian martial arts, the Lands of Lihue and Hawaiian way-finding. These events have been well received with numerous requests to continue the program.

“The Army covenant with Native Hawaiians lays the path for a meaningful partnership between the two communities, so long as we keep our promise to work on achieving this goal,” Amaral said. “Right now, we’re working on a ‘hanai’ concept, where we bring our young Army families and our elderly Hawaiian aunts and uncles together for a ‘talk-story’ session. This will fill the gap for one group (of people) who miss their families, and the other group (of people) who miss the opportunity to share life-lessons they’ve learned.”