# **HAWAI'I** WEEKLY

Serving the U.S. Army Community in Hawai i \* www.garrison.hawaii.army.mil/haw.asp



## 'Flying V' ceremony

25th Infantry Division farewells Brig. Gen. James Nixon, deputy commanding general for operations

**A-2** 

### Green to Gold

Spc. Willaim Ramos, 8th Theater Sustainment Command, gets his gold bars.

A-6

## Memorial weekend observances

·Monday: Attend the Installation Memorial Day Remembrance Ceremony at Schofield Barracks, the Mayor's

Memorial Day Ceremony, or the Governor's Memorial Day Ceremony.

See Community Calendar, B-2, for more details



## Military Aloha

USO and Chamber of Hawaii host Military Ohana parade and festival in Waikiki.

**B-1** 

## This issue

Footsteps in Faith A-2

Deployed Forces A-4 **News Briefs** 

**FMWR** 

Sports & Fitness B-5



## Getting the hang of things

SCHOFIELD BARACKS — Capt. Benjamin Williams (left), commander, Headquarters and Headquarters Company, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division. negotiates the "weaver" obstacle, here, May 18, as Col. Malcolm Frost, commander, 2nd BCT, 25th ID, looks on. Frost conducted the PT session to help strengthen camaraderie within his brigade

# Makani Pahili HUREX begins

U.S. Army Garrison-Hawaii Directorate of Plans, Training, Mobilization, and Security

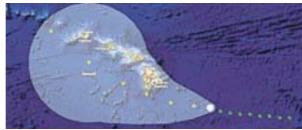
SCHOFIELD BARRACKS - We live in

an era of persistent conflict; global terrorism and extremist ideologies threaten our safety and freedom. This increased use of asymmetric tac-

tics and the potential for natural crises such as pandemic influenza, hurricanes, tornadoes and flash floods demonstrate the need for every member of our Army community to be prepared for any emergency.

Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, recognizes the full spectrum of threats facing our installations, information and people in the 21st century.

USAG-HI's Emergency Management program protects Soldiers, families, Army civilians and contractors from all hazards. It enhances mission assurance by providing policy, guidance and resources to deliver a comprehensive, in-



Hurricane exercise Makani Pahili will use a simulated hurricane path through the Hawaiian Islands.

tegrated emergency preparedness capability to Army Hawaii.

Emergency preparedness starts with awareness. Research shows that most Americans do not prepare for a potential emergency because of factors such as complacency, denial, time and perceived cost.

Research also shows that military families are no more prepared than the rest of the population.

Margotta and the Directorate of Plans, Training, Mobilization, and Security enhance emergency preparedness by conducting joint exercise drills that test the garrison directorates, Soldiers, families, Army civilians and contractors against such crises.

SEE HURRICANE, A-9

# **307th ITSB** deploys in support of surge efforts

### STAFF SGT. NANCY DEWEESE

HELEMANO MILITARY RESERVATION -For the first time since the Vietnam War, friends and family members of Soldiers from the 307th Integrated Theater Signal Battalion's Headquarters and Headquarters and Bravo companies gathered here, Monday, to bid farewell to Soldiers at a deployment ceremony.

Soldiers of the 307th ITSB will deploy to Afghanistan in June in support of surge efforts there.

The 307th ITSB is responsible for tactical command, control, communications, and computer capability in the Pacific.

Before being tasked for deployment, the battalion's four companies supported the U.S. Army-Pacific's Theater Cooperation and Security Program.

While HHC and Bravo companies are in Afghanistan for the 12-month deployment, the remaining two, Alpha and Charlie companies, will continue to support US-ARPAC's signal needs.

The deployment ceremony featured keynote speakers Brig. Gen. Alan Lynn, commander, 311th Signal Command, and Command Sgt. Maj. Gerald Williams, U.S. Army Network Enterprise Technology Command and 9th Signal Command.

In his remarks to the Soldiers and their families, Lynn commended them on the speed with which they prepared for deploy-

Soldiers had only a 90-day notice of their impending departure. During those 90 days, the Soldiers returned to Hawaii from an exercise in Thailand, certified for combat operations in Afghanistan, and prepared their families for the deployment.

"The leaders and Soldiers standing before you did the impossible – they immediately accelerated their new equipment training and validation, and certified every single deploying team to the Army-validated Training Evaluation Plan standards," said Lynn.

Williams also praised the unit for its speed and professionalism in preparing for the deployment. He encouraged the Soldiers to

**SEE DEPLOYMENT, A-5** 

# Army recalls 44K helmets, get new one at CIF

#### DEPARTMENT OF THE ARMY

WASHINGTON – The Army is recalling 44,000 combat helmets made by Armor-Source and Rabintex.

If you were issued one of these helmets, you must turn it in to a Central Issue Facility to be issued a new helmet

Here's how to tell if your helmet is part of the recall:

•The first thing to check for is the manufacturer's label (photo 1), which can be found under the helmet's earflap. The label should say ArmorSource or Rabintex.

•If the label is not there, check the retention system hardware (photo 2), the screws that hold the chin strap to the hel-

If the helmet's hardware has a jacket bolt and machine screw, it was manufactured by ArmorSource or Rabintex and is

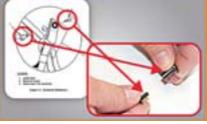
·Lastly, check for the helmet's benchmark (photo 3) on the inside crown of the helmet. You may have to remove some

Velcro coins to see the benchmark Some ArmorSource helmets will have the benchmark "ARS." However, some helmets do not have any benchmark.

If you can't identify the manufacturer using these check points, turn the helmet in for replacement.



To find out if your helmet has been recalled, check for the manufacturer's label which can be found under the helmet's ear flap. If the label says ArmorSource or Rabintex, immediately turn in your helmet.





Another way to see if your helmet has been recalled is If the manufacturer's label is missing, check the helto inspect the retention system hardware. If the helmet's bench mark on the inside crown of the helmet. met's hardware has a jacket bolt and machine screw, it You may have to remove some Velcro coins to see the bench mark. Some ArmorSource helmets will have the bench mark "ARS." Some helmets do not have any was manufactured by ArmorSource or Rabintex and is

# U.S. Army Garrison-Hawaii leaders make progress on several AFAP issues

In part three of a four-part series, work groups update actions on transportation, AAFES movies and AHFH leasing options

#### BILL MOSSMAN News Edito

SCHOFIELD BARRACKS - Transportation concerns raised at the recent 2010 Army Family Action Plan Conference have not escaped the attention of U.S. Army Garrison-Hawaii leadership, who plan on instituting a bus shuttle service this summer in order for Army residents to move with greater ease between posts

The shuttle service (see Issue No. 9 below) kicks off June 7 - the same day when subject matter experts, or SMEs, and conference delegates are expected to convene, here, for the Garrison Commander's AFAP Steering Committee

part of the recall.

Inside the main Post Conference Room, SMEs and delegates will meet

with USAG-HI senior leaders to discuss quality of life issues for Soldiers and their family members, including the aforementioned shuttle service.

"The shuttle issue is important because it will allow safe passage for our garrison youth between installations during the summer months," said Tracey

Clark, Army Community Service vol-

unteer corps coordinator. "It has an

added value, in that if the youth can safely get to different installations and attend approved activities, then they stay out of trouble as well. "You can't beat that combination,"

Clark said. This week, in the third of a four-part series, the Hawaii Army Weekly looks at

SEE AFAP, A-8

#### We want to hear from you...

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

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

cles and announcements is the Friday prior to Friday publica-tions. 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. The Hawaii Army Weekly is

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# 43 days fatal accident

Number represents fatal acci dents as defined by Army Reg-ulation 385-10, which is inclu-sive of all active component U.S. Army units and personnel. Current as of 5/27/10.

# Tropic Lightning deputy general departs

SPC. JESUS ARANDA 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS - Formations of Soldiers, friends, guests and families gathered at Sills Field, here, Tuesday, to offer their thanks and pleasant farewells to a key officer for "Tropic Lightning."

The "Flying V" ceremony, a ceremony to display respect and gratitude for departing key military officers, was an opportunity to bid farewell to Brig. Gen. James Nixon, deputy commanding general for operations, 25th Infantry Division, and his family, as they depart for their new assignment.

Host commander for the event, Maj. Gen. Bernard Champoux, commanding general, 25th ID, spoke highly of Nixon's military career and selfless service to the

"I have relied on his insight and thoughtful advice: always honest, always reflective of his deep character values and sense of right, and always selflessly focused on the mission and Soldiers, and never, ever, even a hint of self," said

According to Champoux, Nixon's service was exemplified by his willingness to take on any challenge and determination to improve the operations of the di-"When Craig came to Hawaii, he was

faced with the daunting task of preparing the 25th Infantry Division for another combat deployment to Iraq," said Cham-



(left), places a lei onto Brig. Gen. James Nixon, the outgoing deputy commanding general for operations, 25th ID, following a "Flying V" ceremony at Sills Field, here,

"He immediately re-energized the training support facilities for the processes of the division to focus on our ability to train in urban operations," Champoux

"He never missed an opportunity to mentor a battalion or brigade commander on war-fighting on both tactical and operational levels," Champoux said.

Nixon, in his role as deputy commanding general for operations, helped oversee operations of four maneuver brigades in three provinces, provide planning and execution of multiple anti-extremist brigade-level operations, and strengthen diplomacy between Iraqi Security Forces and Kurdish Peshmerga Forces through mediation.

"Over the last few years, we have become equal parts warrior, diplomat, city engineer and tribal liaisons while working by, with, and through the Iraqi Army and police to improve the security, economics and governance in Iraq," said Nixon, of the role modern Soldiers serve while deployed.

Nixon recognized the evolving role of Soldiers to improve and promote peace within the cities, villages and homes of the to develop and execute kinetic operations such as Operations Wolf Pursuit I and II, Ninewa Resolve (New Hope) and Glad Tidings of Benevolence, which were considered to be critical to disrupting insurgent activities and bringing safety back to neighborhoods of the provinces.

While serving on the island of Oahu, Nixon helped Tropic Lightning leaders reach out and strengthen the division's bonds with the communities of Hawaii.

For Nixon, the environment of Hawaii made his time on the island of Oahu rank among the best of his military career, thanks in large part to the division's neighboring communities. There are countless great Americans

that have welcomed us into their 'ohana' and supported our families while we were deployed," Nixon said. "People of Wahiawa, Waianae, and on

the North Shore go out of their way to welcome us into their businesses, schools, churches and homes, while continuing to support our Soldiers and families," Nixon said. "Thank you all for your support to this division. "Over a 28-year career, I have never

served in a place that replicates the environment of Hawaii," Nixon continued. But while it is truly paradise on Earth, the real thing that makes it so different is the ohana' and the spirit of aloha.'

Nixon will move on to his new assignment as a force protection officer for U.S. Central Command at MacDill Air Force Base, Fla.

# FT TSTEPS in FAITH

# Dinosaurs, humans roamed the earth together in creationism

**CHAPLAIN (MAJ.) STEVE HOMMEL** 

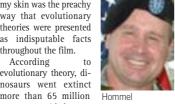
One of the joys of parenthood seems to be having the opportunity to watch the same movie over and over again with your children.

Such was the case when I was recently roped into watching "Jurassic Park" for the twentieth time with my daughter. Yes, I know it could be worse. At least, the di-

nosaurs are not purple and singing, "I love you, you love me Still, the film kind of irritated me. Cheesy,

dreamy-eyed dino wonder aside, what got under my skin was the preachy way that evolutionary theories were presented

throughout the film. According evolutionary theory, dinosaurs went extinct more than 65 million years ago, with human



beings evolving (at the very earliest) 4 million years ago. Therefore, there was neither man nor dinosaur roaming the earth for over 60 million

This foundational tenet of evolution, mentioned several times during the film, is contradicted by empirical scientific evidence. One of the strongest pieces of evidence is found near the central Texas town of Glen Rose in the Paluxy River basin, where the tracks of human beings and dinosaurs appear together in the same lime-

The Paluxy River is often completely dry for several months out of the year. Yet, faster than you can say, "don't mess with Texas," the river can become a raging torrent subjecting the mostly flat surrounding area to severe flooding.

After one such flood in 1908, when the river rose 27-feet beyond its banks, the first fossilized tracks began to appear. The flood waters washed away layers of clay over shelves of limestone, revealing both human and dinosaur tracks in the same fossilized layers of lime-

Along with the human and dinosaur tracks, scientists also found footprints of mammoth, bear and saber-toothed tigers.

Reporting on the Palaxy River find, Dr. John Morris, president of the Institute for Creation Research, wrote, "The Glen Rose geologic forma-

For more information regarding creation science, check out the Institute for Creation Research at www.icr.org.

tion consists of shelves of limestone, generally 60- to 10-inches thick, separated by layers of bluish clay, coarse conglomerate or limey marl, generally 12- to 18-inches thick, although dimensions at any one point vary widely.

He continued, "Tracts are found in several of the layers of limestone as they are exposed by river erosion. In fact, human tracks have even been found in layers below units containing dinosaur tracks!

"This interbedding seems to be cyclic in nature." he continued, "and has seemingly been repeated seven times within the Glen Rose Forma-

We are not just talking about a few scattered human footprints. More than 100 trails (yes, trails) of human footprints have been studied. The majority of tracks are in normal adult foot sizes between 7 to 13. There are also a number of smaller footprints made by children.

Were human beings and dinosaurs alive at the same time? According to evolutionists, dinosaurs and human beings were separated by more than 60 million years of evolution. Yet, according to the fossilized evidence found at the Paluxy River basin, dinosaurs and humans beings did, in fact, live together.

An open-minded examination of the evidence does indicate that human beings and dinosaurs lived together, but with evolution being the only origin of life theory taught in the public schools, most Americans are not familiar with the strong and creditable evidence supporting intelligent design and creation science.

You see, evolution has no accompanying orality, but with creation science there come a certain moral responsibility.

If you accept creationism, you also have to accept a creator - God. Of course, that would put God squarely back in the public schools, and as a society, Americans don't seem to want that.

As George MacDonald once said, "We are often unable to tell people what they need to know, because they want to know something



Spc. Jesus Aranda | 25th Infantry Division Public Affairs

## Casing the guidon

SCHOFIELD BARRACKS — Lt. Col. Paul Romagnoli (left), commander, Headquarters and Headquarters Battalion 25th Infantry Division, is assisted by Command Sgt. Maj Valerie Green, command sergeant major, HHB, 25th ID, with the casing of the 25th Special Troops Battalion guidon during a battalion inactivation, reorganization and redesignation ceremony at Sills Field, here, May 18. The battalion and its subordinate companies retired their former colors, adopting new guidons to represent the newly designated

# Getting it Straight:

peared on page A-1 of the May 21st edition, incorrectly credited the story to another writer. The article should have been attributed to Lt. Col. Cynthia Teramae.

Also, a teaser on page A1 of the May 21st edition incorrectidentified Soldiers participating in re ing from the 311th Signal Command. The teaser should have identified the Soldiers as being from the 2-35th Infantry Regiment, 3rd Brigade Combat Team.

A photo credit on B1 for the article "Helemano offers additional military child care options," in the May 21st edition, should have gone to Melvin Castro, Helemano Military Reservation. The subject's name in the photo was misspelled, her name



reflect on those who have given everything, or who were willing to ... for our freedom.

A chance to

Maj. Bryan Berke, TAMC. Radiologis



"It's a day to remember our history and being in the

Pfc. Milton Marcelin, TAMC.



"To remember the countless heroes who fought to preserve our Godgiven blessings and who never came home.

Sgt. Solomon Musoke, HQ NCO



"Remembering loved ones and those who fought and served, or are serving our country.'

What does Memorial Day mean to you?

Salvina Salnapati,



the Soldiers I've worked with, those who have died during my deployment."

Schwarzman, TAMC,

# Mission denies support to violent extremists

Story and Photo by

SGT. 1ST CLASS TYRONE MARSHALL

25th Combat Aviation Brigade Public Affairs

25th Infantry Division

TIKRIT, Iraq — Tripartite is defined as "containing three parts or involving three participants or elements," according to the American Heritage Dictionary of English Language.

This definition perfectly describes the combined forces involved in the most recent air assault inserted by Task Force Wings.

The force consisted of Iraqi army soldiers, Kurdish and U.S. forces.

The Soldiers of 3rd Battalion, 25th General Support Aviation Battalion, TF Hammerhead; 2nd Assault Helicopter Battalion, 25th Aviation Regiment, TF Diamond Head; and 2nd Squadron, 6th Cavalry Regt., TF Lightning Horse, supported a tripartite force during Operation Chelan III, recently.

Iraqi Security Forces consisting of 4th Brigade, 1st Iraqi Army Division, Diyala Iraqi Police, and 3rd Peshmerga Brigade soldiers, and their U.S. counterparts, led an air assault into the Lake Hamrin region, near Jalula, Iraq, in Salah ad-Din province to prevent logistical areas owned by violent extremist networks from staging attacks against the Iraqi people.

"Our objective was on the eastern shore of Lake Hamrin, which had been a support zone for violent extremist networks," said Maj. Whitney Gardner, CH-47D Chinook helicopter pilot and operations officer, 3-25th GSAB, TF



A tripartite force consisting of 4th Brigade, 1st Iraqi Army Division; Diyala Iraqi Police; and 3rd Peshmerga Brigade Soldiers, along with Soldiers from Troop A, 1st Squadron, 14th Cavalry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, rehearse hot-load training on a CH-47D Chinook helicopter at Contingency Operating Location Cobra, in Salah ad Din Province, recently.

Hammerhead. "It was a place where, in the past, extremists had established a very well-hidden cache site for weapons and ammunition.

"(Extremists) were staged there (smuggling) a lot of weapons, ammunition and explosive-making materials," he continued. "They were smuggling those things in fishing boats across the lake."

The mission was significant for 3-25th GSAB, TF Hammerhead, since it was the first time the aviation task force had been the lead aviation element for a tripartite mission.

As Iraq continues to transition to stability operations, it has become increasingly necessary for the existing security forces to work together.

"It is absolutely vital that Iraqi army, (Iraqi Police), and Peshmerga forces work together in common security operations," said Lt. Col. Gregory Baker, commander, 3-25th GSAB, TF Hammerhead. "The Iraqi nation is taking

steps to overcome the disputed internal boundary question. Having the different forces work together is a way of building trust."

The scope and size of the clearing operation made aviation assets particularly critical during the mission.

"The assault force wanted to get on the ground as quickly as possible and clear a fairly large area. I'd say about a five-by-five mile area is what they were planning to clear," Gardner said. "They were going in there to disrupt the (extremists') ongoing efforts, and they wanted to find the cache sites and recover the materials that could be used against Iraqi Security Forces in the near future."

Baker pointed out some particular challenges in the area making aviation assets crucial.

"Without our aviation assets, they would not have been able to execute the operation in the same manner," he said. "Our helicopters placed their forces in terrain they would not have been able to (access) via ground movement. The lateral water obstacles, irrigation canals, marshland and river made the terrain nearly impossible to quickly ingress into. We made that possible using the vertical dimension."

As the name suggests, Operation Chelan III is the third operation in the region. Its success has become apparent as the discovery of illicit items has dwindled. This particular operation resulted in two detainees.

Gardner said. "We believe that the back-to-back operations are having a

serious impact on the enemy's ability to store and stage weapons, explosives and bomb-making materials," Gardner said.

ing materials," Gardner said.
"I think that during the previous operations, we forced the enemy out of this particular area," Gardner continued.
"Altogether, I think the operation has had a pretty dramatic impact on the

With the success the tripartite force has experienced, the picture of the region's stability has become much clearer. The Iraqi Security Forces have taken on the challenge of security with tangible results.

"Operation Chelan III not only allowed ISF to improve overall security in the region," Baker said, "it also gave them a chance to undertake a difficult tactical task, planning and conducting an air assault, which builds confidence in their own abilities and is a visible demonstration of their capabilities to the local population."

Gardner, who served as the pilot in command for one of the CH-47D Chinooks, was also involved in the planning stages as the operations officer for TF Hammerhead. He shared his thoughts on the ISF progression.

"I've been very impressed with every element of the Iraqi Security Forces since we've been here," Gardner said. "Are they ready to take over? Yes, without a doubt; they've demonstrated that over and over again. They'll be very effective combating the extremists (who) want to disrupt the government."

# 84th Engineer receives Purple Heart, then re-enlists; plans to attend ROTC

**CAPT. SUSAN KNAPIK** 84th Engineer Battalion Public Affairs

BOth Engineer Brigade, 8th Theater Sustainment Comma

SCHOFIELD BARRACKS — It was a seemingly routine day to go on a routine mission in Iraq, but as most Soldiers will say, any day spent "outside the wire" can go from routine to dangerous in an instant.

Spc. Noe Soltero, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, remembers that day — May 25, 2000 — when the vehicle he was driving was struck by an improvised explosive device, or IED, in similar fashion.

The attack left him temporarily paralyzed, but

it did not quell his indomitable spirit.

Nearly one year after the incident, May 19,

Soltero was presented with the Purple Heart by Maj. Gen. Michael J. Terry, commanding general, U.S. Army-Hawaii and 8th TSC, during an award ceremony at Sgt. Smith Theater, here.

Immediately following the ceremony, Terry reenlisted the wounded warrior for three more years.

Soltero said he still suffers pain from the attack, and is unable to take an Army Physical Fitness Test, but is learning to manage the discomfort. He said he re-enlisted in order to fully rehabilitate himself, and added that he hoped to eventually enroll in ROTC and commission as an officer.

When asked if he had any advice for Soldiers struggling through a similar situation, he said, "Dwelling on pain is not going to get you any better. Think of the bad and the good (of the situation); think of where you are and where you want to be. Then, continue on."

In recalling the attack, Soltero explained that he was a part of the Personal Security Detail for the 84th Eng. Bn. commander, and was tasked to drive the commander from Contingency Operating Site Marez to Contingency Operating Base Speicher for the 561st Eng. Company's change of command ceremony.

The convoy was heading back to COS Marez around midnight when the commute was interrupted by what Soltero called a "giant, bright flash."

He attempted to bring the vehicle to a stop safely, but quickly realized the braking system was disabled. In the few seconds after the blast, the gunner was pulled inside the vehicle before the Mine Resistant Ambush Protected vehicle went into a roll

When the vehicle came to rest, Soltero was pinned in the driver's seat by the seat belt. The interior alarms and fire suppression system were en-



Sgt. 1st Class David Wheeler, 8th TSC, Public Affairs

gaged, and Soltero's two immediate concerns were, "Is the gunner safe?" and, "Is the battalion commander safe?"

Wanting to free himself to assess the situation, Soltero cut his safety belt, but could not move from the wreckage. His left side, unfortuLeft — Maj. Gen. Michael J. Terry, commanding general, U.S. Army-Hawaii and 8th Theater Sustainment Command, congratulates Spc. Noe Soltero, 84th Engineer Battalion, on being awarded the Purple Heart during an award ceremony at the Sgt. Smith Theater, Schofield Barracks, May 19.

nately, was paralyzed.

He was pulled to safety by another passenger, and within moments was loaded into the designated medical evacuation vehicle by the battalion executive officer, then Maj. Don Ollar.

Soltero was eventually transported through Germany and then to Tripler Army Medical Center, where doctors told him he suffered from temporary paralysis and herniated discs in his lower back. The prognosis was that he would be able to walk normally within six months to a year.

Furious with such a bleak prognosis, Soltero became focused on his recovery. Determined to beat the odds, Soltero regained feeling in his left side after just two weeks. Six weeks later, he began walking with a cane.

Soltero was then attached to the Warrior Transition Battalion for three months and rejoined the 643rd Eng. Co. in December 2009, a month after the battalion's redeployment to Hawaii.

# Broncos' dedicate memorial room, celebrate legacy

MAJ. CATHY WILKINSON 3rd Brigade Combat Team Public Affairs 25th Infantry Division

SCHOFIELD BARRACKS - As the nation prepares to celebrate Memorial Day, the 3rd Brigade Combat Team, 25th Infantry Division (Broncos), officially dedicated its new brigade memorial room in F Quad, May 20.

Soldiers from each of the brigade's combat deployments participated in the dedication ceremony, remembering the brigade's accomplishments and honoring its fallen Soldiers.

Retired Lt. Col. Pete Elson, who served as a company commander in 2nd Battalion, 27th Infantry Regiment, during the Vietnam War, spoke about the 25th ID and the brigade's history in Vietnam.

He recalled a string of famous operations and praised the division for its five-year longevity in the same area of Vietnam. He said the time spent in the same area helped maintain a sense of continuity despite high personnel turnover.

"I think you do it right today. You train and deploy as a unit," he said. Elson then recalled the brigade's Medal of Honor recipients before calling for a moment of silence.

1st Sgt. Acania Puletasi, from 2nd Battalion, 35th Inf. Regt., spoke about his service and the brigade's time in Afghanistan from 2004 to 2005. He also honored one of his fallen Soldiers, Cpl. David Fraise, who was killed in June of 2004.

An infantryman, Fraise was known for his calm demeanor and religious



Col. Walter Piatt, brigade commander; Jerry McKinney, honorary 27th Regimental Sergeant Major; and retired Lt. Col. Pete Elson cut the ribbon officially opening the 3rd Brigade Combat Team, 25th Infantry Division, Memorial Room, May 20, at Schofield Barracks.

spirit. He was an inspiration to other Soldiers, Puletasi said.

Staff Sgt. Ryan Smith, 3rd Battalion, 7th Field Artillery Regt., recalled the successes of the brigade's Kirkuk rotation, from 2006 to 2007. Among the many surge units, the brigade saw remarkable progress in Iraqi Security Force training and infrastructure improvement. The Kirkuk deployment resulted in multiple casualties, though, including the death of Capt. Shane Adcock.

Adcock was known for volunteering for missions and even spending time in the gunner's seat of his vehicle to give his Soldiers a break from the blistering Iraqi heat, Smith explained. Adcock was killed in October, 2006, after volunteering to help on a patrol in



Public Affairs

Retired Lt. Col. Pete Elson signs the guest register in the Memorial Room, May 20. Behind Elson are three Soldiers who spoke during the dedication ceremony: 1st Sgt. Acania Puletasi, Staff Sgt. Ryan Smith and Spc. Edward Lam.

Hawijah.

"Everyone who knew him could count on his sense of humor and his willingness to go the extra mile to

ing with," Smith said of Adcock.

The brigade's most recent Iraq deployment was noted for its success helping the Iraqi government provide many more services to its citizens and for a peaceful transition of power following provincial elections. The Iraqi Security Forces took control for providing security and the brigade was able to provide reinforcement for the Iraqis, wherever needed.

Despite successes, Iraq remained a dangerous place, according to Spc. Edward Lam, from 3rd Squadron, 4th U.S. Cavalry.

Lam described the threat from RKG-3 hand grenades and explained how his squadron was able to learn from others how to best protect their vehicles and Soldiers from grenades. Lam added he was thankful for the opportunity to learn from others and honored their sacrifices, which helped many Soldiers survive grenade at-

Following historical presentations, retired Gen. David Bramlett charged the Soldiers present to view the day not just as a remembrance of fallen comrades, but also as a reminder of what modern-day Soldiers have accomplished. He implored those in attendance to rededicate themselves to

"It's your legacy," Bramlett said. "The Soldiers who come after you ... will look in the room and they'll remember you. For sure, the fallen are important, and we must not forget them. They'll remember what it means to be a Bronco Soldier.

# **Deployment:** Unit ready to accept challenges in Afghanistan

CONTINUED FROM A-1

be strong throughout the deployment.

"The long journey has just begun," Williams said. "Stay flexible, be adaptive. Take care of the mission, take care of yourself, and take care of each

Lynn also thanked Soldiers' families for their

support during the pre-deployment process.

"To the spouses, children and family members of the Soldiers standing before us, thank you for the dedication, sacrifice and support you have provided to your loved ones," Lynn said.
"None of this would have been possible without

your constant support and understanding," Lynn added. "You are the bedrock of our Army; no job is more difficult than yours."

Although Soldiers had only three months to prepare, they were confident that they will succeed in Afghanistan.

Sgt. Chrisopforus Johnson, a command post node team chief with Bravo Company, said although he has not been to Afghanistan before, he is ready to go.

"We're ready to accept any challenges that come along," Johnson said. "Hopefully, we can all come back safely."

Johnson deployed to Iraq in 2005. He said he expects Afghanistan to be significantly different from Iraq. With the training he received with the 307th, however, he is confident he and his comrades will do well in the next year.

Lynn stated he is certain of the 307th's abilities,

"I know the caliber of those who stand and sit before me," he said. "I have the utmost confidence in your ability to succeed in every endeavor that lies ahead of you.'

# Ramos overcomes obstacles, receives officer commission

SGT. 1ST CLASS DAVID WHEELER

SCHOFIELD BARRACKS - Noted orator Winston Churchill once said, "If you are going through hell, keep going.

That is exactly how William Ramos has lived his life.

Born in New York, Ramos grew up in a dangerous environment.

"My father was in and out of jail; alcohol was his downfall," Ramos recalled. "I didn't have any structure growing up. My mother tried to raise me and my three other siblings as a single parent. I was pretty much able to do whatever I wanted as long as I didn't get caught."

Although neighborhood friends pressured him to drop out of school, Ramos declined and instead chose to complete high school. In doing so, he became the first person in his family to graduate.

With a diploma in hand, adversity seemed to strike him yet again.

"I was 19, with a daughter and one more on the way," Ramos explained. "I had to make a choice. Either try to get a job, go to college, and still find a way to provide for my family, or find a way out of this cycle by enlisting in the Army.

Yet, even after joining the Army and working with the Special Troops Battalion, 8th Theater Sustainment Command, personal problems continued to plague Ramos.

"My marriage was on the brink of destruction with two children. My can-do attitude and motivation hit an all-time low," he said. "I had personal issues, and I started to believe the rumors that said I was a problem Soldier. I lost all faith in my superiors and the staff at the battalion.'

Then Ramos became a driver for Command Sgt. Maj. Maria Wilkes, 8th STB, who remembers the stigma that followed Ramos

"Spc. Ramos was my first driver in the STB," Wilkes said. "I was warned about his troubled past. Now that I can look back, I am glad I didn't move him to another unit, even though it was recommended by his former company com-



mony, May, 17 in Waikiki.

As Wilkes' driver, Ramos took advantage of the situation by having many long talks on what it took to become a successful Soldier.

"She became a mentor to me," Ramos said. "She gave me advice on how I should continue to Soldier on through all of the adversity I was facing."

During one of their chats, Wilkes asked if Ramos had any goals. One, in particular, stood

"I wanted to be an Army officer," he said. "That was the original plan from the start. Little did I know you need a college degree to be-

Ramos targeted his Army GT score and, with Wilkes' help, began laboring unceasingly to raise that mark to an acceptable level.

Eventually, Ramos' score went from 94 to

"While everyone went to lunch, he stayed to do homework or stayed after work to use the computer to finish up a paper," Wilkes said. "He would take three to five classes a semester, so he could finish college as soon as he could."

With renewed trust in his chain of command, Ramos felt blessed that he worked for

"She could have sent me on my way at anytime. I could have easily ended up at some other unit getting ready to deploy," Ramos said. "As a result of her kindness and support of my dreams, I became the first member in my family to finish college.'

Ramos was accepted into the Green to Gold Active Duty program and finished up his degree at the University of Hawaii Army Reserve Officer Training Corps.

He received his officer commission May 17,



geant major, Special Troops Battalion, 8th Theater Sustainment Command, and 2nd Lt. William Ramos exchange his first salute as an officer at his commisioning ceremony at the Wakiki Shell.

but still had one piece of unfinished business.

"As the tradition goes, a newly commissioned second lieutenant must give a silver dollar to the enlisted Soldier that gives them their first salute," he explained. "I chose Command Sgt. Maj. Wilkes because, without her, this wouldn't have happened. She never gave up on me and taught me valuable lessons on how to be a

Wilkes admitted her selection was a geat

"I just did what every leader should do and gave him a chance," she said. "I am so proud of the leader that he has become, and I know he will do great things.'

With his marriage better than ever and his family now consisting of two daughters and a son, Ramos has one piece of advice for leaders.

"If you give Soldiers a chance to excel and give them a chance to shine, they will. I'm proof of that," he said.

# 8th TSC announces Soldier, NCO of the Year; Army–Pacific next level

Winners discuss winning strategies and dedication

> Story and Photos by SGT. 1ST CLASS DAVID WHEELER 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS - 8th Theater Sustainment Command Soldiers filled the Sgt. Smith Theater, here, Tuesday, in anticipation of the announcement of this year's 8th TSC Soldier and Noncommissioned Officer of the Year. Maj. Gen. Michael J. Terry, commanding

general, 8th TSC, took this opportunity to show

peting Soldiers. "What they have done

is not easy because these guys have day jobs that they have to execute every day," Terry said. "Then, after work, they have to study hard, become proficient in every task, and go the extra mile.

"When I was their age, I don't think I could have done that, so my hat is off to you Soldiers," Terry added.

Spc. Kyle Thomas, 70th Engineer Company, knew exactly what Terry meant about the hard work it takes to win.

"I have been preparing for the Soldier of the Year board ever since my first company board back in December 2009," Thomas

said. "It's been a continuous process. I advanced to every board, so I just continued to prepare.



Glover, 39th Military Police Detachment, hopes that his attitude throughout the competition will help him at the next level.

"It was really tough some days," Glover said. "At the urban orienteering course, at night, toward the end, I was beat, since we had a full day of events. We had a physical training test and land navigation and other tasks, but I made it through because I have a 'never-quit' atti-

Glover and Thomas will compete in the U.S. Army-Pacific competition, later this year.

# 'Pacific Thunder' circles Oahu, shares road with motorists

Story and Photos by SPC. JESUS ARANDA 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – More than 250 Soldiers gathered at Sills Field, here, for the first 25th Infantry Division-level organized motorcycle ride, May 20.

The ride, known as "Pacific Thunder," invited qualified "Tropic Lightning" motorcyclists to gather for a trip covering nearly 80 miles, beginning on post.

Riders started the journey by traveling north and along the island's North Shore before following the winding coastline toward southern Oahu.

Last year, the state's Department of Transportation, in a proclamation signed by Hawaii Gov. Linda Lingle, designated May as Motorcycle Safety and Awareness Month, and urged citizen motorists and motorcyclists to remember the importance of motorcycle safety and sharing



View more photos from "Pacific Thunder" at www.flickr.com/photos/25th\_infantry\_division/tags/pacificthunder/.

"Motorcycle riding is an inherently dangerous activity due to the many risks and conditions that can cause one to get into a wreck," said Maj. Mark Anders, Headquarters and Headquarters Battalion, 25th ID, and one of the event's organizers. "Through proper training and education and use of personal protective equipment, we've worked hard to mitigate these risks."

All riders participating in the event were required to have completed division-mandated motorcycle safety training and pass routine inspections prior to being allowed to ride on post.

To better ensure the safety and well-being of service members, Soldiers within the division are also encouraged to participate in the motorcycle mentorship program.

"Unit mentorship programs work hard to introduce new riders to more experienced riders in an attempt to share knowledge and experiences to continue to foster safe-riding techniques," Anders

Mentors like Sgt. Anthony Roberts, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th ID, set aside time to assist riders, both veterans and newcomers, with tips and advice for everyday riding.

advice for everyday riding.
"To be recognized as a mentor, riders need to



Sergeants Brian Nogues (left front) and Erick Williams (right front), of Company B, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, ride with Soldiers of their units during an 80-mile organized motorcycle ride circling Oahu known as "Pacific Thunder," May 20. The ride began at the division's headquarters building



complete a coach course in addition to the safety course," said Roberts, who mentors others in his battalion. "On the weekends and my own personal time, I like to teach new riders, step-bystep, what they need to know, as well as street safety tips."

For Sgt. Johnny Lunn, a rider also with 3-7th FA Regt., 3rd BCT, safety is among the most important factors to consider before taking to the road on a two-wheeled vehicle.

"On a bike you have to be defensive because you have to protect yourself in ways you might not need to when driving a car," Lunn said. "The best defense you have for yourself when riding a motorcycle is safety."

"It's not the bikes themselves that get the riders into trouble, it's the riders," Roberts said. "Promoting motorcycle safety shows the Army as a whole that motorcycles can be safe if the rider takes the responsibility to be safe."

As another important theme for Motorcycle Safety Month, Pacific Thunder riders have been encouraged to "share the road" and extend courtesy to drivers, at all times, to promote awareness of motorcycle safety.

"Large formations of motorcycles moving

Left — Command Sgt. Major Frank Leota (right), command sergeant major, 25th Infantry Division, awards (from left to right) Officer Zenas Ondayog, Officer James Kato, Sgt. Daron Akiyama and Officer Martin Min of the Honolulu Police Department with certificates of appreciation on behalf of the 25th ID for their assistance during the 80-mile organized motorcycle ride circling Oahu known as "Pacific Thunder." The motorcycle officers escorted approximately 250 Soldiers during the ride to ensure the safety of all involved.

down the road during this event will remind car and truck drivers that there are also two-wheeled vehicles out there entitled to those same roads," Anders said.

Sharing the road with motorists on Oahu, the formations of Soldiers completed the first Pacific Thunder on time and safely.

"Soldiers of all skill levels benefitted from the ride, and many new riders rode with a large group for the first time," Anders said.

Pacific Thunder, which is scheduled as a quarterly event exclusive to 25th ID Soldiers, will continue the mission of creating a safer riding environment for motorcyclists on Oahu year-round.

"The good example of courteous and safe riding demonstrated by each of the 25th ID motorcycle riders will further promote a positive image of motorcycle riders in the eyes of those who do not normally ride or encounter motorcycles," Anders said.

# FAP: Issues include transportation, movie theater

CONTINUED FROM A-1

four issues previously discussed at this year's AFAP, and the action plan the garrison is currently pursuing to deal with each issue.

Issue No. 9: Transportation between Helemano Military Reservation, Wheeler Army Airfield and Schofield Barracks.

**SME Agency:** Directorate of Logistics. Scope: No public transportation is between HMR, Wheeler and Schofield, which is a safety issue because teens who want to travel between posts to attend activities have to walk or ride a

Highways must be crossed to get to Schofield to Wheeler, or vice versa, which affects all Soldiers, spouses and family members who live on these posts. The lack of transportation limits the number of activities teens may attend.

Issue 9 Conference Recommendations: Recommend a military-contracted bus that travels between the three posts. Conduct a survey with family members to determine times for the bus, and schedule the bus to run for certain activities, such as community and teen center

Recommend a minimal bus fare to be charged to help pay for the buses.

Current Action Plan: In order to provide increased access to our facilities for youth and Soldiers who may not have transportation from outlying communities or within the installations, the garrison is initiating a Summer Bus Shuttle Service in Oahu North.

Starting June 7, the shuttle will run daily, Monday through Friday, 8 a.m. to 5 p.m., between HMR, Mendonca Park, Schofield Barracks, Wheeler and Camp Stover.

The bus will make stops at most major recreation areas, including the skateboard park, Soldier Support Center, teen center, Richardson Pool, paintball park, post exchange, Burger King, and the bowling alley.

While the initiative will provide greater opportunities for youth, leaders should emphasize to Soldiers/families that this service is a privilege. Proper behavior and supervision is required. No child younger than 12 may ride the bus unaccompanied by an adult (defined as over 18 years of age).

Issue No. 10: Military bus system. SME Agency: DOL.

**Scope:** Currently, many Soldiers and their family members feel isolated, less involved and stranded because of the absence of transporta-

Those who reside off Schofield, and who do not own a vehicle, have limited access to programs and facilities. As a result, they are forced to pay out-of-pocket expenses to rent a vehicle for transportation if they want access to programs and facilities, thus causing undue finan-

Issue 10 Conference Recommendations: Reinstate the previous inter-post shuttle to provide access to facilities for Soldiers and their family members.

Provide more times and routes for the off-post military bus service to alleviate traffic and rising gas prices.

Current Action Plan: See Issue No. 9 for current action plan.

Issue No. 11: Sgt. Smith Theater movie titles and showtimes.

SME Agency: Army and Air Force Exchange

Scope: Movie theaters show outdated movies on few days and limited times. The current selections are already being sold in stores. New re-leases are only available at off-post locations, which makes it inconvenient for people who do not drive and have to ride the city bus.

Improving movie selections would increase safety and convenience for all military and

AFAP Conference Recommendations: Offer new releases. Increase showtimes/days to include furlough Fridays. Offer midnight pre-

Current Action Plan: This issue will be discussed and an action plan developed at the June 7 Garrison Commander's AFAP Steering Committee meeting.

Issue No. 12: Army Hawaii Family Housing lease options.

SME Agency: Army Hawaii Family Housing. Scope: Currently, residents who accept a lease through AHFH cannot be placed back on the waiting list for alternate housing when their lease expires.

Circumstances often change for service members and their family members, such as job location, school location, health issues, commute time, or desire for different amenities.

**AFAP Conference Recommendations:** Change the current policy to allow residents the option of being placed on a wait list once the original lease has expired. Current Action Plan: This issue will be dis-

cussed and an action plan developed at the June 7 Garrison Commander's AFAP Steering Committee meeting.

## **News Briefs**

Soldiers and civilian employees to community@hawaiiarmyweekly.com.

#### Today

Fort Shafter Gates – Due to the repavement of Hyland intersection up to Buckner Gate on Fort Shafter, traffic will be redirected through June 5.

ID cardholders may enter through the previous outbound lane of Buckner Gate, between 9 a.m.-3:30 p.m. Visitors and trucks may enter and through Patton Gate.

Outbound traffic will exit through the Wisser/Patch Gate by the post exchange gas station. Call 864-1469.

Kolekole Pass Closure - Kolekole Pass, connecting the Waianae Coast to Schofield Barracks through Naval Magazine-Lualualei, will be closed for training purposes, May 28.

Motorists are encouraged to plan alternate commutes and allow additional travel time. Call 656-3152.

Spike Strips Installation — Reverse directional spike strips will be installed at Lyman and Foote gates, Schofield Barracks, May 28, 9 a.m.-4 p.m. Exit traffic may be detoured to an-

other gate. Inbound traffic will not be impacted. Call 656-6751/6750.

LES Review - Now is a good time for civilian pay employees to review their tax withholding information and deductions for the correct state and locality.

Correct information is a personal responsibility, and changes can be made via MyPay or by calling 800-538-9043, Monday-Friday, 7:30 a.m.-6 p.m., EDT.

# June

3 / Thursday Employee Town Hall — All garrison employees are invited to attend a town hall with Col. Matthew Margotta, U.S. Army Garrison-Hawaii commander, June 3, at the Religious Activ-

ity Center, Building 344 on Fort

Shafter, 2:30-3:30 p.m.; or June 8, at the Sgt. Smith Theater, Schofield Barracks, 10-11 a.m. or 1:30-2:30 p.m.

Ammunition Inventory - The Wheeler Ammunition Supply Point will be closed June 3-11, for quarterly inventory. All units requiring munitions support for training need to draw the ammo or conduct turn-in by June 2.

The Training Ammunition Vehicle Holding Area will be available for munitions storage during this time.

Emergency issues will be handled on a case-by-case basis and must be approved by the Directorate of Logistics Munitions Accountable Office at 656-1649/0817.

#### 4/Friday Memorial Dedication Ceremony

Join the 8th Military Police Brigade during its Memorial Dedication Ceremony, June 4, 2 p.m., at the brigade headquarters, Building 759, at 455 Williston Ave., on Schofield Barracks.

The ceremony will pay tribute to those Soldiers who have lost their lives in defense of the nation during Operation Iraqi Freedom. Call 655-0157.

7 / Monday

**Road Closures** — Portions of Ayres Avenue, from Cadet Sheridan Road to Abbot Street on Schofield Barracks. will be closed for road resurfacing, June 7-18. Call 656-2473.

#### 8 / Tuesday

SFOD Recruiting - Attend the 1st Special Forces Operations Detachment-Delta (Airborne) recruiting briefings for the Fall 2010 Assessment and Selection Course, June 8, 10-11 a.m. or 2-3 p.m., at the Schofield Barracks Army Education Center, Yano Hall, Building 560. Room 220.

The PT test is June 9, 7 a.m., Stoneman Field, in front of the bleachers with green shelter.

The IQ test is June 9, 9:30-11 a.m., Schofield Barracks Army Education Center, Room 220.

Ensure the chain of command is ware of your attendance. Attend the PT and IQ testing even if you are unable to attend the briefing.

All MOSs are encouraged to apply because of the extremely unique mission of Delta's operations.

Soldiers need to be a male, special-

ist through master sergeant or captain; have at least 2.5 years time in service; be at least 21 years old; and have a GT score of at least 110 or higher, or able to raise the score to 110.

Contact sof8.recruiter@us. army.mil or 910-643-5833.

9 / Wednesday

**Musical Tribute** – U.S. Army-Pacific is hosting a Musical Tribute to honor service members and families, June 9, 6 p.m., Kuroda Field, Fort DeRussy.

The musical performance features two Hawaii community bands and three military bands: the U.S. Army Strolling Strings, the U.S. Pacific Fleet Band and the 25th Infantry Division Tropic Lightning Band.

Discounted military parking is available at the Hale Koa Hotel or the Army Museum. Call 438-9761.

45th Bde. Change of Command Col. Clay Hatcher, commanding officer, 45th Sustainment Brigade, will

relinquish command to Col. Diana Roberson at Hamilton Field, Schofield Barracks, June 9, at 10 a.m.

# 25th ID trains equal opportunity leaders at company level

opportunity program is educating serv-

ice members about sexual harassment or

Everyone in the Army knows that he

or she should treat each other with dig-

nity and respect. Sometimes, however,

Soldiers exhibit sexist behavior or dis-

criminatory practices, and they need to

be made aware of that, Chromczak said.

Story and Photos by
SPC. MAHLET TESFAYE
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Nearly 50 service members from various commands on Oahu are eager to put their newfound skills to use after graduating from the Equal Opportunity Leaders Course, May 20, at the Post Conference Room, here.

The 25th Infantry Division Equal Opportunity Office took the lead in preparing and teaching the 10-day course to train equal opportunity leaders.

"Since I started taking the Equal Opportunity Leader's Course, I'm more aware of things that are said around me, and I'm paying more attention to people's behaviors around me."

> – Sgt. 1st Class Antonio Dove Headquarters and Headquarters Company, 2nd Brigade Combat Team, 25th Infantry Division

"Since I started taking the Equal Opportunity Leaders Course, I'm more aware of things that are said around me, and I'm paying more attention to people's behaviors around me," said Sgt. 1st Class Antonio Dove, Headquarters and Headquarters Company, 2nd Brigade Combat Team, 25th ID.

The goal of the course is to have equal opportunity leaders at the company level, capable of assisting commanders in identifying potential problems within the group.

"I know there are a lot of issues in my company, and a lot of Soldiers feel they are not being heard," said Staff Sgt. Barbara Warren, Medical Company C, Tripler



Command Sgt. Maj. Frank Leota, command sergeant major, 25th Infantry Division, talks to students in an Equal Opportunity Leader's Course, May 10, about the class and what is expected of them after completion at the Education Center, Schofield Barracks, Hawaii.

Army Medical Center. "I wanted to take this course because I want to help those Soldiers by pointing them in the right direction and giving them the right information they need to resolve their issues."

The course is designed to teach noncommissioned officers and officers about human relations, such as sexism, gender bias, racism and preven-

tion of sexual assault, as well as about command climate, including command climate surveys, and demographics.

"Throughout the course they learn the policy and regulation of equal opportunity, how to become an equal opportunity practitioner by applying the policies and regulations they learned, and how to identify issues," explained Sgt. 1st Class Nathaniel Chromczak, equal opportunity adviser, 516th Signal Brigade, 311th Signal Command. "By the time they leave here, they learn a lot about the job and about themselves.

A big part of the equal

"During the course, I learned the history and origin of the different cultures we have in the United States," Dove said. "I learned when things actually came in to place as far as women in the military and when different directives came in to play."

Because the Army is so diverse, equal opportunity leaders are in place to make sure that all things are equal and that everyone is treated fairly.

Left — Sgt. 1st Class Anthonio Dove, Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team, 25th Infantry Division, receives an Equal Opportunity Leader's Course completion certificate from Lt. Col. Patrick Guzman, 25th ID Equal Opportunity program manager and sexual assault response and prevention program manager.

"The Equal Opportunity Leaders Course teaches you tolerance for individuals, how to approach individuals depending on what the situation is, humility, and to be open-minded," Warren said.

If there are equal opportunity leaders in every company, every platoon and every section, they can help because we have that many people who are educated about the equal opportunity program, and they in turn will educate others.

If they see something going wrong, they can fix it at the lowest level, before it moves on to the highest level, Chromczak added.

# **Hurricane:** Key to survival is being alert, prepared

CONTINUED FROM A-1

To prepare for the hurricane season, June 1-Nov. 30, USAG-HI will participate in Hawaii's annual hurricane exercise, "Makani Pahili," or "Strong Winds."

Makani Pahili is a joint exercise that involves the Hawaii and all armed services in the Hawaiian Islands. All directorate agencies will be tested on their capabilities that support the installation in a crisis.

Directorate agencies will be required to facilitate emergency operations in the USAG-HI emergency operations center over a two-week period, which started Thursday and ends June 4.

Ready Army

"Ready Army" is the Army Emergency Management program's proactive community awareness campaign to increase the resilience of the Army community by informing of relevant hazards and encouraging Soldiers, their families, Army civilians and contractors to "Get a Kit. Make a Plan. Be Informed."

To provide the best possible resources, the Army is the first service to formally partner with the Department of Homeland Security's national "Ready" campaign. The campaign expands the preparedness message to meet the unique needs of Soldiers and families, worldwide.

Ready Army fact sheets, posters, booklets, press kits and multimedia resources cover 25 diverse man-made and natural threats.

Ready Army also provides information on requirements and resources specific to the Army, including the Army Disaster Personnel Accountability and Assessment System, or ADPAAS.

The information about AD-PAAS is designed to save lives and mitigate the effects of a catastrophic emergency acting as a time and resource multiplier for emergency first responders and medical first receivers.

Ready Army also provides peace of mind for our deployed

Soldiers who must maintain their mission focus under all circumstances.

#### Hurricanes in Hawaii

Hurricanes, or tropical cyclones, are also known as typhoons, tropical storms, cyclonic storms, and tropical depressions.

Tropical cyclones are areas of warm air and low pressure that rotate in a counterclockwise direction in the northern hemisphere.

Hurricanes and typhoons are tropical cyclones in which the wind velocity exceeds 74 mph, or 118 kilometers per hour. Such systems are accompanied by heavy rain and tornadoes. They often produce flooding and abnormally high tides called storm surges.

Hurricanes form over areas of warm ocean. Hurricanes that approach and occasionally pass over Hawaii are usually generated to the west of the lower Baja peninsula of Mex-

Some hurricanes begin their lives off the coast of Africa and manage to cross Central America, regaining strength in the Pacific Ocean. They all move in a generally westward direction.

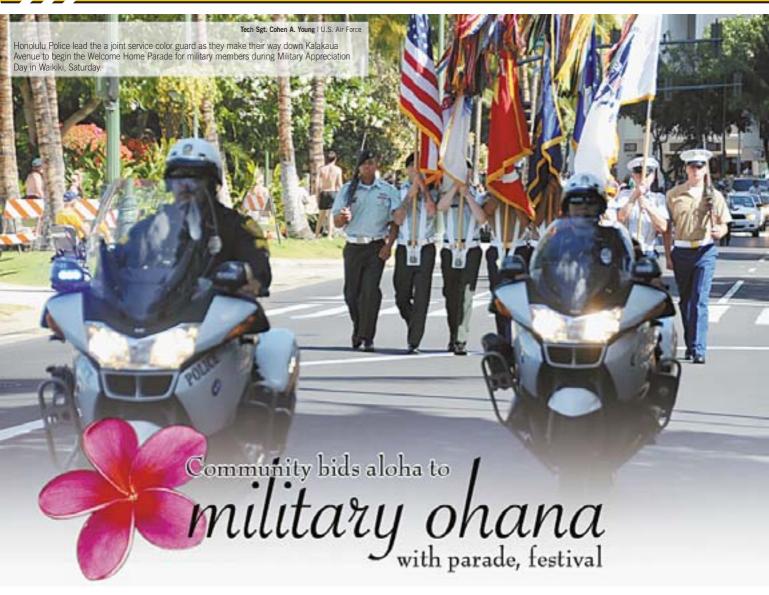
Because hurricanes make many turns along their path, it's difficult to predict where they will go next. Weather satellites and flights by specially equipped aircraft have made prediction considerably more reliable.

Hurricanes occasionally reach the Hawaiian Islands. The most recent powerful hurricane to reach Hawaii did serious damage to the island of Kauai. The hurricane was named "Iniki," a Polynesian word meaning, "a sharp and piercing wind."

(Editor's Note: Joe Barker is the installation management emergency officer.

# HAWAI'I ARMY WEEKLY >PAU HANA

www.garrison.hawaii.army.mil/haw.asp "When work is finished."



#### **JACK WIERS** U.S. Army Garrison-Hawaii Public Affairs

WAIKIKI - The parade route down scenic Kalakaua Avenue offered plenty of elbow room for the thousands of spectators, but South Korea-based Sgt. 1st Class Robert Alvarez and his newlywed bride, Sarah, clung tightly to each other as they watched the USO's Welcome Home Heroes Parade, here, Saturday.

They enjoyed the variety of military service members and bands marching past, including the 25th Infantry Division "Tropic Lightning' Band that performs in more than 1,000 events a year.

"I'm impressed with the way the community shows its support," offered Alvarez, who took time during his honeymoon to watch the demon-



For additional photos of this event, visit www.flickr.com/ usag-hi.

The day's events were to give a Hawaiian mahalo for those in uniform, family members and veterans, the City and County of Honolulu, BAE Systems and TriWest Healthcare.

For crowds that lined the route stretching from Fort DeRussy to Kapiolani Park, the parade provided the opportunity to officially say, "Aloha to Our Military Ohana – Then and Now," the theme of this year's event.

Five-thousand flags were handed out to parade spectators, including Nicholas, Alihah and Antonio Tunjano who eagerly waved their support, while their father, Staff Sgt. Leonardo Tunjano, 2nd Battalion, 11th Field Artillery Regiment, 25th ID, said the event was an awesome show of support.

For the Tunjano family, their day was just beginning as they participated in the range of military family appreciation activities and entertainment in Kapiolani Park.

Military Family Day at the Zoo ran concurrently with the parade and a nearby festival, which contributed to a larger turnout of family members visiting the zoo by mid-



A patriotic float in the USO's Welcome Home Heroes Parade honors miltary service members and families serving throughout the world, but especially those here in Hawaii. The day's activitities included a free festival, zoo visits and performances by four Hawaiian bands and a joint military jazz ensemble



A Soldier photographs a monkey during Military Family Day at the Honolulu Zoo, which provided free entrance to military service members and families, Saturday.

morning than previous years.

"Based on last year's numbers, zoo officials believe we could top 10,000 military visitors this year," said Helen Gibson-Ahn, a U.S. Army-Pacific employee and zoo vol-



The 25th Infantry Division "Tropic Lightning" Band marches in Waikiki during the 'Aloha to our Military Ohana – Then and Now" parade.

unteer, as military family members streamed through a specially desig-

nated side gate entrance. Meanwhile, across Monsarrat Avenue, the pavilion was alive with music and entertainment, and nearby food booths received brisk busi-

Papa John's and USO volunteers handed out thousands of free hot dogs and slices of pizza, more than enough options to keep 11-year-old Emily Bean busy.

For Bean, the day provided a welcome break full of activities while her father serves in Iraq.

Organized, in part, by the Military Affairs branch of the Chamber of Commerce of Hawaii, the single-day parade and festival were this year's Hawaii Military Appreciation Month centerpieces.



### Today

Fort Shafter Thrift Shop — The Fort Shafter Thrift Shop is closed for renovations through June 15. Consignments will be accepted by calling 842-1074.

The Fort Shafter Thrift Shop will reopen after June 15 with normal business hours, Tuesdays and Fridays. 9 a.m.-1 p.m., and Thursdays, 2 p.m.-6 p.m.

The Thrift Shop will also be closed for a summer break from June 29-July 13.

 $\label{eq:acs_courses} \textbf{ACS Courses} - \text{Registration is open for}$ Army Community Service courses and services in June.

Visit www.acsclasses.com or call 655-4227 for information on courses, including Money Management, June 2, 16 and 30; Advanced Investing, June 2; First-Term Financial Training, June 7 and 21; Managing Your Checking Account, June 9 and 23; Identity Theft: Deter & Defend, June 9; All About Credit, June 16; Money and Divorce, June 23; and Home Sweet Home, June 30.

"Three Penny Opera" - Take in London's Soho district before and during the coronation of Queen Victoria during a showing of "Three Penny Opera" at Richardson Theatre, Fort Shafter, 7:30 p.m., May 28 and 29. Call 438-4480.

**Hawaiian Luau** — The Pililaau Army Recreation Center hosts a luau the last Friday of every month at the Sunset Café. Experience "Old Hawaii" with authentic cuisine, a hula show and a fire-knife spectacular, May 28.

Dinner begins at 6 p.m., and the entertainment starts at 6:30 p.m.

Cost for adults is \$22.95 and \$15.95 for children ages 5-12. Call 696-4778.

# June

### 3 / Thursday

**PJ Storytime** – Dress up in pajamas, enjoy milk and cookies, listen to a story and spend quality time with your children June 3, 7 p.m., at Sgt. Yano Library on Schofield Barracks. Call 655-8002.

Home Alone Classes - Home Alone classes are scheduled for children 9-11 years old, June 3, 9 a.m.-2 p.m., at Kalakaua Community Center on Schofield Barracks.

Children will learn important safety information, first aid, fire safety and stress awareness. Call 655-1670.

#### 4/Friday

**Waikiki Party Bus** – The free party bus to Waikiki runs again May 4, 9 p.m.-4

(ommunity



Candlelit lanterns are cast afloat in the Pacific Ocean from Ala Moana Beach Park during the 2009 memorial ceremony.

# Lantern dedications provide remembrances

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – The 12th Annual Lantern Floating Hawaii ceremony, May 31, invites people to come together and cast more than 3,000 candlelit lanterns afloat from Ala Moana Beach Park, in Honolulu, as a way of peacefully remembering loved ones who have passed.

Lantern Floating Hawaii is a unique event that brings together people from all cultures, nations and faiths.

It is a way to express gratitude for the past while looking towards a brighter future.

The ceremony remembers those who gave their lives in conflict, allows for reflection on the memories of loved ones and dedicates prayers for a peaceful and harmonious future.

Individuals taking part in the ceremony will bring their own unique life journey, memories and

To reserve a seat on a Directorate of Family and Morale, Welfare and Recreation bus, call 655-0143.

For more information on the ceremony, visit www.lantern floatinghawaii.com.

hopes with them.

For those wishing to make individual dedications, lanterns will be available to the public at the park before the ceremony. Lanterns are free, although donations are welcome.

To make logistics easier, Family and Morale, Welfare and Recreation is offering round-trip transportation service from Sgt. Smith Theater on Schofield Barracks, departing at 12 p.m., and from Richardson Theatre on Fort Shafter, departing at 12:30 p.m.

Vans will arrive early enough to request lanterns.

At the conclusion of the ceremony, the vehicles will depart Magic Island for return trips at approximately 8:30

The cost of the FMWR bus is \$11 for adults and \$4 for children under the age of 18, which includes a barbecue with Outdoor Recreation at Magic Island, and afternoon activities.

Event officials are expecting more than 40,000 people to attend this year, so parking in and around the beach park will be scarce.

Free event parking will be offered at the Hawaii Convention Center, and a complimentary shuttle bus and handicap-accessible van will transport visitors between the center and the beach park, starting at 4 p.m.

June 10, at Sgt. Yano Library on Schofield Barracks. Call 655-8002.

#### 17 / Thursday

Ka Olelo Hawaii - Attend a free Hawaiian language workshop at the Sgt. Yano Library, June 17, 5:30-7 p.m.

Join the Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, in a fun, unique way to learn about the Hawaiian culture, a few phases and how to pronounce those long street names here in Hawaii.

E-mail nhliaison@gmail.com or call 655-9694.

#### www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu). AMR: Aliamanu Chapel FD: Fort DeRussy Chapel Fort Shafter Chapel

Additional religious services, children's programs, educational services and contact information can be found at

Helemano Chapel MPC: Main Post Chapel, Schofield Barracks Aloha Jewish Chapel, Pearl Harbor

TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield Chapel

#### **Buddhist Services**

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

#### Catholic Mass

Friday, 9 a.m. at AMR Saturday, 5 p.m. at FD, TAMC and WAAF chapels

•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD) Sunday services:

-7:30 a.m. at WAAF -8 a.m. at AMR -10:30 a.m. at MPC Annex

-11 a.m. at TAMC Monday-Friday, noon at MPC and 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 Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC

Jewish Shabbat (Sabbath) Monday, 6 p.m. at PH (Bible

Study) Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Orthodox Divine Liturgy

Sunday, 9 a.m. at TAMC

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

#### Protestant Worship Sunday Services

-9 a.m. at FD, FS, MPC,

TAMC and WAAF chapels -10 a.m. at AMR and HMR

## This Week at the Sqt.Smith Theater Call 624-2585 for movie

listings or go to aafes.com under reeltime movie listing



#### **Kick Ass**

Fri., May 28, 7 p.m. Wed., June 2, 7 p.m.

### **Oceans**

(PG) Sat., May 29, 4 p.m.

### **Date Night**

(PG-13) Sat., May 29, 7 p.m.

#### **How To Train Your Dragon** (PG)

Sun., May 30, 2 p.m.

#### The Last Song

Thurs., June 3, 7 p.m.

No shows on Mondays or Tuesdays.

are available from Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985. 5 / Saturday

a.m. Reservations are required and pick-ups

AAFES Cutest Kiddo - Upload a picture of a child, 5 years old and younger, to the Army and Air Force Exchange Services Facebook page, by June 5, for a chance to win a Peg Perego stroller and car seat in the Cutest Kiddo contest. Visit www.face book.com/AAFES.BX.PX

7 / Monday Summer Bus Shuttle Service - Start-

This week on

Comprehensive

Soldier Fitness Daily at 1:30 p.m.

Pacific Islanders Memorial and Wreath

•Boy Scout's "Good Turn" Ceremony,

Scout packs and troops place a U.S.

•Vietnam Veterans Candlelight Cere-

The 22nd Annual Memorial Day

Service at the Waikiki War Memorial

Natatorium, 10 a.m., May 30, in Kapi-olani Park, right outside the Natatorium's

gate, will commemorate Hawaii's hon-

ored war dead in speech, ceremony, song

and dance, in a symbol of the freedom

and of the American way of life pre-

served by the men and women who have

Lt. Gen. Benjamin Mixon, command-

ing general of U.S. Army-Pacific will

represent all veterans at this year's Nata-

Call 258-5881.

servances -

an Installation Memorial Day Re-

membrance Ceremony, 9 a.m., May 31, at the Schofield Barracks Post Ceme-

tery, to honor Americans who died in

31 / Monday

Memorial Day Ob-

•U.S. Army Garri-

son-Hawaii will conduct

torium ceremony.

fought in all the nation's wars.

mony, May 30, 5:30 p.m., National Me-

flag and a lei on each marker in the

Presentation, May 30, 10 a.m., National Memorial Cemetery of the Pacific.

May 30, 1 p.m., National Memorial Ceme-

tery of the Pacific.

cemetery. Call 532-3720.

Call 532-3720.

morial Cemetery of the Pacific.

Pennsylvania during a recent visit at Schofield Barracks.

Learn the science behind the new Army initiative promoting complete Soldier training, from this briefing by Professor Martin Seligman of the University of

ing June 7, the summer bus shuttle service will run Monday-Friday, 8 a.m.-5 p.m., between Helemano Youth Reservation, Mendonca Park, Schofield Barracks, Wheeler Army Airfield and Camp Stover. The bus will stop at most recreation ar-

eas. Government IDs are required. Call 656-8720 or view the full schedule

and announcement at www.garrison. hawaii.army.mil/sites/post/post.asp.

movie "Blue Crush," rated PG-13, 6 p.m.,

defense of the nation. Use Lyman Gate to

•The 61st Annual Mayor's Memorial

Day Ceremony is 8:30 a.m., May 31, at the

National Memorial Cemetery of the Pacif-

•The Governor's Memorial Day

Ceremony is 1 p.m., May 31, at the

obtain a visitor pass. Call 656-1331

ic. Call 532-3720.

Hawaii State Veterans

Cemetery, 45-349 Kamehameha Hwy.

in Kaneohe. Call

The State of

Veterans Services and

Gov. Linda Lingle host this

year's ceremony, which in-

cludes military band music, a traditional

Hawaiian chant, a parade of veterans' or-

ganizations carrying their flags, an honor

guard rifle salute, a helicopter flyover and

•Hilo's Inter-Tribal PowWow will hon-

or warriors, veterans and active duty mil-

itary, May 31 at 1 p.m., at Wailoa River

free, family-oriented, drug and alcohol-

free event that begins at 9 a.m. each day.

Visit www.hilopowwow.com.

The PowWow lasts May 29-31 and is a

Pearl Harbor Admission - Admis-

sion to all Pearl Harbor historic sites is

free, May 31, for active duty, reserve, aux-

iliary and retired U.S. military personnel

Visitors must present a valid military ID

and their family members.

Hawaii Office of

State Park in Hilo.

233-3630.

10 / Thursday **Library Movie** – Enjoy a nice, quiet evening with a free showing of the

> for the USS Bowfin Submarine Museum and Park, Battleship Missouri Memorial,

and Pacific Aviation Museum Pearl Harbor. The USS Arizona Memorial and USS Oklahoma Memorial do not charge general admission.

Call 422-2771, 423-1341 or 441-1000.

## June

### 2 / Wednesday

Military Day - Camp Erdman Operation Purple Camp needs military volunteers for a special "Military Day" at YMCA Camp Erdman, 8 a.m.-2 p.m., June 2 and 9. E-mail bubbyb22@ earthlink.net or call 284-0293.

**Industry Day** – Register by June 2, to learn about the procurement process and how to bring a business, product or service on base at the Industry Day, June 8, on Marine Corps Base Hawaii, Kaneohe Bay.

Visit www.mccshawaii.com or call 257-2651/2654.

### 4 / Friday

**Arrival Ceremony** – Joint POW/MIA Accounting Command will conduct an Arrival Ceremony to honor fallen U.S. personnel whose identities remain unknown, 9 a.m., June 4, in Hangar 35, at Hickam Air Force

RSVP for a public tour after the ceremony, 10-11 a.m. Call 448-1934 or email pao\_mail@jpac.pacom.mil.

Midway Symposium - To commemorate the 68th Anniversary of the Battle of Midway, which changed the course of the war in the Pacific, Pacific Aviation Museum Pearl Harbor is featuring a Midway Symposium, June 4, 1-3 The symposium is free with museum

admission. Call 441-1008 by May 28 for reservations. Kamaaina and military admission to

the museum is \$10 for adults, and \$5 for

SEE COMMUNITY CALENDAR, B-4

# 30 / Sunday

#### community@hawaiiarmyweekly.com. Today Music Festival – Attend the Na Hoku O Hawaii Music Festival, May 28-30, at the Hawaii Convention Center and throughout Waikiki. Call 973-4100, visit www.nahokufestival.com or e-mail info@nahokufestival.com.

Send announcements

a week prior to publication to

Film Festival - The Honolulu Rainbow Film Festival runs May 28-30 at the Doris Duke Theatre, Honolulu Academy of Arts. Military discounts are available. Visit www.rainbowfilmfestival.org or call 447-0577.

### 29 / Saturday

Hawaii Military Bands Mele - Kick off Memorial Day weekend with a night of music under the stars with live top 40, country, classic rock, Motown and island-style music from U.S. military bands, May 29, at Fort DeRussy's Kuroda Field, 7-10 p.m.

Bands include the Army's Show of Force, the Navy's High Tide, the Marine's Showband and the Air Force's Hana Hou. Call 448-0281.

Roller Derby - Watch the Pacific Roller Derby's Rock'n'Roller Derby Scrimmage at the Hideaway Bar on the U.S. Coast Guard Air Station at Barber's Point, May 29, at 4:30 p.m.

This family friendly event will feature live music, a barbecue, a slip-n-slide, and a mechanical bull. Fans without military IDs must RSVP for entry onto the USCG base. Visit www.pacificroller

derby.com.

Memorial Weekend Ceremonies -Save the date for the following events:

# PACOM Soldier gives back to Hawaii as a foster parent

Bowling family is home to two sets of foster siblings

> Story and Photos by LT. J.G. THERESA DONNELLY U.S. Pacific Command Public Affairs

HONOLULU - A Soldier assigned to U.S. Pacific Command was honored for his contribution to community service by the Chamber of Commerce of Hawaii in a ceremony in downtown Waikiki, May 19.

Sgt. Gregory Bowling, an information systems administrator who has served in the military for 13 years, has been a foster parent with Hawaii's Child Welfare Services for the last nine months.

"A lot of kids don't have the opportunity to stay with family when times are tough; I wanted to do what I could to help them," Bowling said.

Bowling and six other service members from Hawaii-based commands were honored at the 25th Annual Chamber's Military Recognition Luncheon.

The ceremony also paid tribute to military members returning home from deployments in Iraq and Afghanistan.

Nearly 1,000 businesses and Hawaii military leaders gathered to formally recognize the contributions and sacrifices men and women in uniform make not only in Hawaii, but also nationwide.

"These men and women in uniform here today represent the finest people this nation has to offer," said Lt. Gen. Herbert Hawk, commander, 13th Air Force, during his keynote speech to attendees. "They are not the exception; they are the rule."

Bowling, a native of San Antonio, is in charge of PACOM's infrastructure



Sgt. Gregory Bowling, left, stands with six other service members after receiving an award for his contributions to the Hawaii community. Bowling, a foster parent with Child Welfare Services for the last nine months, is currently taking care of two schoolage siblings. With his wife Regina in attendance, Bowling was formally recognized by Oahu business and military leaders during the 25th Annual Chamber of Commerce of Hawaii Military Recognition Luncheon.



networks, totaling an estimated \$3

He provides customer support

to more than 1,600 end users throughout the Asia-Pacific region and manages state-of-the-art com-

Left — Gavinn Bowling catches his foster brother Kanani Igawa after he goes down a slide at a playground in Red Hill Army housing. Supervising the fun is Army Sgt. Gregory Bowling, an information system administrator assigned to U.S. Pacific Command, and foster mother Regina Bowling.

puter information systems.

Previously, he served nine years in the Navy as a missile technician and as an electrician technician.

Before becoming licensed as foster parents, the Bowling family underwent a series of procedures to demonstrate they were equipped to take on the responsibility.

CWS conducted a rigorous criminal and financial background check, collected numerous letters of reference

and required the Bowlings to attend an intensive training class.

"The training gives foster parents information on how to work with the department, so they can better understand how to take care of the children," said Erin Yamada, CWS foster licensing social worker.

"The Bowling family has really put their heart and soul into this," she said. "Anything we have asked them to do, they have been willing to help. We are so happy to have them work-

The couple is now taking care of a second pair of siblings, and both describe fostering children as immensely rewarding.

"Being able to see how the kids have grown and changed in the months we have been with them has been a great aspect of this experience," said Regina Bowling. "We are happy to do what we could to help these children."

Along with the children the Bowlings have mentored, they have three children ranging in age from 5 Both parents report that fostering

has had a positive effect on them, as they too learn the value of service to others and what it means to provide a stable environment to a child who may have never experienced it. Bowling and his wife attend a

weekly foster ministry at Calvary Chapel that helps the family connect with others who have foster children. The foster support network also

allows them to share best practices and plan family outings together.

"This experience has really meant so much to us, and we are grateful to have been able to share our lives with these children," Bowling said.

# Hui awards scholarships, grants

SASHA GRIFFIN

SCHOFIELD BARRACKS - The more than 300 members in Hui O Na Wahine, otherwise known as the Schofield Barracks All-Ranks Spouses Club, pride themselves on their good works to serve the Army community throughout the year.

The culmination of the group's efforts occurs each spring during the club's annual Scholarship and Welfare Dinner that was held recently, at the Nehelani Conference and Banquet Center,

Ten high school seniors received more than \$12,000 in scholarship money this year, including Adrian Mathew Farrall, Kristin Ali Keith, Kearsten Sego, Ashlee Franklin, Sarah Nishioka, Alex Ruiz, Caitlan Webster, Elizabeth Francis, Joanne Hayag and Kacie Lundy.

Scholarships ranged from \$2,500 to \$350. The scholarships were awarded based on several criteria, including academic achievement,

extracurricular activities, community service and In addition to the 2010 high school award

winners, Hui O Na Wahine handed out more than \$6,000 to 11 continuing-education students.

The Hui also presented more than \$42,000 in welfare grant checks to groups who have made an impact on military families. Those groups included Tripler Army Medical Center's Fisher House, the Schofield Sharks Booster Club, Dixon's Tae Kwon Do in Wahiawa, the Joint Spouses

information, more www.schofieldspousesclub.com, or email info@schofieldspousesclub.com.

Conference, the National Military Family Association, Sgt. Yano Library, as well as several teachers who work at schools on-post.

The club was able to double the amount of money it gave to the community in 2009, with \$60,000 this year.

Club members hope to provide \$100,000 in scholarship and welfare grants next year.

Hui members focus on giving back to the community throughout the year. They volunteer their time working at the Hui Thrift Shop, which sells donated and consigned merchandise, and they participate in events to support worthy causes. such as finding a cure for breast cancer or bringing canned goods to the on-post food bank.

The Hui is open to all military spouses and has a two-fold mission: to serve as a social group where military spouses can meet and interact, and to spread the spirit of aloha across Oahu.

Sgt. 1st Class Tuyen Do | 45th Sustainr

Brightly clothed third-graders from Kahuku Elementary School perform in traditional African regalia during their performance entitled "South Africa." The children celebrated May Day by creating a song and dance

# Students get 'Kahuku Strong'

45th STB teaches students how to be Army Strong with drills, commands, circuit training

> IST LT. JONATHAN W. FREDERICKS 45th Sustainment Brigade Public Affairs, 8th Theater Sustainment Command

LAIE - As the military command of "Fall In" echoed across the Hawaii Cannon Activities Center, here, and as the formation filed into the room, marching to cadence with military precision, the spectators quickly realized it was not a group of stone-faced, camouflaged Soldiers, but smiling, brightly-costumed elementary stu-

As part of Kahuku Elementary School's May Day Celebration, the 448 children, faculty and staff came up with creative ideas to commemorate the annual holiday that celebrates the arrival of spring.

"The Kahuku second-graders not only wanted to show how strong the were," said Lt. Col. Tracy Lanier, commander, 45th Special Troops Battalion, 45th Theater Sustainment Command. "They wanted to encourage oth-

er students and family members to live an active life style that included physical fitness and awareness.'

Two Soldiers - Sgt. Dephanaye Jackson Jr. and Spc. Trevor Dellahoussaye, from the 536th Support Maintence Company, 45th STB, assisted the children in basic military drill and ceremony commands in support of their performance entitled "Kahuku Strong," playing off of the well known Army Strong motto.

"It was outstanding working

jogging in place while Jackson and Dellahoussaye acted as drill instructors. "It was a nice learning experience for us," said Dellahoussaye. "It surprised us on how quickly the

The second graders marched into the Brigham

Students then conducted a circuit training rou-

Young University, "sounding off" loud and strong.

tine that included jumping rope, push-ups and

kids learned the routine because they only got to work with us for about two days. They caught on quickly.'

The children's performance was followed by first-, third-, fourth- and fifth-graders, as well as school faculty and staff, with lively and festive tributes that represented numerous cultures from around the world.

"We are working together as a team to make a better community," said Lanier. "The event was outstanding and truly a positive experience for

"It definitely brings the communities closer together," said Dellahoussaye. "When we first got out there, you could tell that some people have never seen anyone in uniform before but this showed them the caring side of the Army.

# Homeschoolers speak out in debates



Local students compete in a recent Speech and Debate tournament at the Main Post Chapel.

### MYA MANSOOR

Olelo Noeau Homeschoole

SCHOFIELD BARRACKS - Recently, the Christian Communicators of America-Hawaii Chapter, Olelo Noeau, Speech and Debate Tournament took place at the Main Post Chapel, here. Twenty-five homeschooled students, ranging

from ages 13-17, came from various parts of the island to participate. The topic was "Resolved: the U.S. Federal Gov-

ernment should substantially reform its income tax policy, while maintaining total tax revenue at fiscal year 2008 levels" – basically, reforming in-

Students researched the resolution, made cases, learned about tax laws, created negative rebuttals and linked certain credible pieces of evidence with specific arguments.

They wrote and rehearsed their speeches, practiced hand movements, worked on their pitch and volume and ultimately learned how to be better speakers for Christ. The inspiration for the group is 1 Peter 3:15, "be ready always to give an answer to every man that asks you a reason of the hope." All students competed in various speech categories, such as informative, impromptu, impromptu apologetics, extemporaneous, dramatic duo or

The high-spirited students participated in seven debate rounds and four individual events during the two-day event.

Each debate round consisted of two teams of two people. During the debate, one person from each team questioned another from the other team about their case or their arguments during four cross-examinations.

The finals and semifinals were judged by six professionals, including a lawyer, professor and Olympic judge. Each judge spent a few moments critiquing students when the debate ended.

The winners of the final debate round were Halley and Richard Hobson.

Ten students were awarded \$1,320 scholarships, generously donated by Hawaii Pacific University. More than 100 judges from the community, chapel staff and parents volunteered for the event. with the kids and we really had a good time," said Jackson. "I'm always excited when it comes to working with the school because I had an opportunity to work with them earlier in the year and I loved it."

# Tripler's laser is a 'cool' weapon against vascular disease

Latest technology gives Tripler diabetic patients some treatment options besides amputation

> Story and Photo by **LESLIE OZAWA** Tripler Army Medical Center Public Affairs

HONOLULU - Patients at greatest risk of losing their legs because of clogged arteries have a new type of minimally invasive surgery that can clear the blockages and save them from amputations, here, since March.
"We have technologies today that

didn't exist 10 to 15 years ago," said Lt. Col. (Dr.) Dwight Kellicut, Tripler Army Medical Center's chief of vascular surgery. "It was either open surgery or amputation. Sick patients got amputations or got very, very sick from big surgery cases.

against vascular disease is a pulsating blue light at the tip of a catheter. From a 3-millimeter incision, often made on the leg opposite to the one with the diseased artery, this laser-tipped catheter, .9 to 2.5 millimeters wide, is

Tripler's latest weapon in the battle

slowly pushed through the body's arterial system to the clogged area of The front end of the catheter is at-

tached to a thin surgical wire threaded through the selected arterial route and pierced through the clogged area, creating a space for the laser device to dissolve plaque that has accumulated on

As the wire pushes through to the clogged section of the artery, surgeons like Kellicut can slowly chip away at the plaque, millimeter by millimeter, in an operation that can take four to six



Dr. Brian Ching. Kellicut is holding a catheter similar to those used during the vascular surgery operation.

Tripler uses excimer laser ablation equipment. The laser generator, mounted on a wheeled cart, discharges ultraviolet light when xenon and chloride molecules are forced to unite briefly when ionized.

In returning to their natural states, the unstable xenon-chloride molecules emit ultraviolet light as a byproduct. The ultraviolet light is then transported through the catheter to be aimed at the arterial walls, where it is efficiently absorbed by any plaque buildup.

The "cool" blue light (less than 50

degrees Celsius) is still hot enough to quickly break apart the plaque and allow it to dissolve safely into the blood

The equipment is designed to emit the laser light in millisecond pulses, which allows the arterial walls enough time to cool off between the bursts of light, thus protecting the arterial walls from being damaged by prolonged

Studies of this technique, earlier this decade, showed a success rate of more

"Every limb we save, it's a huge saving for everyone." Kellicut said. "Most importantly, it preserves the quality of life for our patients."

Kellicut trained in a program that pioneered this laser technology during a vascular surgery Army fellowship. When he was assigned to Tripler in 2008 as chief of vascular surgery, he applied for an Advanced Medical Practices grant to acquire the excimer laser equipment at Tripler.

The grant was approved in 2009, and the laser equipment arrived last

October. However, the technology had to wait until Kellicut returned from an eight-month deployment to Iraq.

Since March, two other surgeons have trained to use the excimer technology, and the procedure has been used successfully six times.

Kellicut said arterial occlusions in legs are commonly seen in Hawaii's large diabetic population.

"What we hope to do at Tripler is to use this laser treatment for people and lower their amputation rates. We can now talk to our diabetic patients about a treatment that's never been available before at Tripler."

- Lt. Col. (Dr.) Dwight Kellicut Chief, Vascular Surgery Tripler Army Medical Center

"What we hope to do at Tripler is to use this laser treatment for people and lower their amputation rates," he said. "We can now talk to our diabetic patients about a treatment that's never been available before at Tripler."

Standard vascular surgery also includes replacing or bypassing a dysfunctional artery by placing a stent, or by taking a vein section from elsewhere in the body to bypass or replace the diseased section of an ar-

Angioplasty, the use of surgical balloons to enlarge a section of a clogged artery, is also common.

# Dangerous high blood pressure consequences, risks are preventable

COL. MICHAEL CUSTER

ABERDEEN PROVING GROUND, Md. - One of the most dangerous conditions to a person's overall health is high blood pressure.

The problem with high blood pressure, also called hypertension, is that most people who "suffer" from it don't seem to be suffering at

A person can feel great and still develop the serious consequences of high blood pressure

So, how prevalent is the condition of high blood pressure among Soldiers?

According to the Department of Defense's

2008 Survey of Health Related Behaviors, 16.5 percent of Soldiers have reported high blood pressure since they entered the Army.

Another 1.7 percent said they never had the condition checked, and 12.7 percent reported they didn't know or remember what their blood pressure was.

So, even among a predominantly young and generally healthy population, the Army has a significant number of people affected by this problem or who don't know whether they have the

The best thing that health care consumers can do is understand a little about high blood pressure and make sure that if theirs runs high, they make the necessary lifestyle adjustments to ensure continued good health.

The two numbers of a blood pressure reading reflect the pressure when the heart contracts called systolic blood pressure, and when the heart relaxes, called diastolic blood pressure.

Normal systolic blood pressure is 120 or below. and normal diastolic is 80 or below. People with a systolic blood pressure of 121-139 and a diastolic reading of 81-89 are considered prehyper-

If prehypertensive or hypertensive, individuals should work with their health care provider to regularly check blood pressure and follow a plan, as directed by the health care provider to bring it down, which may involve lifestyle changes, medication or both.

Hypertension is often called the silent killer because it doesn't have visible signs or symptoms; yet, it kills by overworking the heart and causing subtle changes in the vascular system, especially the arteries, which have serious conse-



For more information on high blood pressure and healthy hearts, visit these websites:

- •www.hooah4health.com/prevention/d isease/hypertension.htm
- www.americanheart.org/presenter.jht ml?identifier=2114
- http://usachppm.apgea.army.mil/healt htipoftheweek/02232004.asp.
- •https://www.tricareonline.com/portal/ page/portal/TricareOnline/AnnounceNe ws, for a link to a symptom checker.

quences over time.

The effects of uncontrolled high blood pressure include stroke, impaired vision, kidney damage, heart attack and congestive heart failure.

Many actions can prevent the development of high blood pressure and control it in people who have already developed the condition, including the following:

- •Keep weight within normal limits;
- ·Exercise regularly at least 30 minutes a day, four or five days a week; •Limit the amount of fat intake, particularly
- saturated fat; •Replace meat products with fruits and vegeta-
- bles in daily diets;
  - ·Limit sodium or salt intake; •Drink alcohol in moderation, which is no
- more than one to two drinks per day; and
- •Take blood pressure medication, as prescribed, and let a medical provider know if taking other medications.

Of course, these recommendations fit with anyone practicing a healthy lifestyle and will have positive overall health effects.

Remember that high blood pressure can ruin good health, and people might not be aware they have it without checkups and knowledge of what is healthy and what isn't.

Serious damage to the body's circulatory system can't be repaired.

Don't lose future health because of a problem that can easily be addressed today.



# Personal responsibility is essential in protecting eyesight at work, home

ABERDEEN PROVING GROUND, Md. - According to statistics from the U.S. Army Public Health Command (Provisional), the average Soldier who suffers an eye injury is a private first class to a ser-

Other stats describe the Soldier: a 20- to 24-year old male who is struck by an object while performing combat Soldiering, participating in sports or doing maintenance, repair or servicing, and one who is not wearing eye protection at the time of

The Soldier will lose an average of 6.1 workdays at an average cost of \$9,724 because of the injury.

However, many of these injuries are avoidable if Soldiers don't take their vision for granted, and leaders ensure that appropriate eye protection is

To ensure vision protection at work, follow eye safety signs and procedures, know what to do if a hazardous material splashes into the eye, and know where the nearest eyewash station is and how to use it.

Always wear approved eye protection for mechanical, chemical, biological or radiant energy (from such sources as welding, lasers or sunlight) hazards, and make sure the eye protection is clean and in good shape.

According to the American National Standards Institute, the industry code "Z87" must be marked on the side of eve protection.

For training and operational duties, a ballistic

tion approved by Program Executive Office Soldier and labeled "APEL," for Approved Protective Eyewear List, significantly exceeds ANSI Z87 standards and meets this requirement.

Report all eye hazards to supervisors. If an eye injury occurs, call emergency medical services, immediately.

Contact lenses should not be worn where there is smoke, dust or fumes, or when training or de-

Wear sunglasses that absorb the sun's harmful ultraviolet rays while outside. Both clear and tinted MCEP lenses provide UV protection. A broadbrimmed hat also helps protect the eyes.

Remember to wear approved eye protection when working on cars or around the house, and be aware of eye dangers: mechanical hazards, such as rust or flying objects, and chemical hazards, such as battery acid and radiant hazards.

MCEP exceeds safety glasses standards and can also be worn in the home working environ-

Always wear appropriate, approved eye protection when playing sports. For eye-hazardous sports, wear American Society for Testing and Materials-approved eyewear that contains pro-

Additionally, have an eye exam every two or three years, or sooner as directed. Early detection and correction of eye problems is important.

Above all, use common sense to protect your vi-

# **Community Calendar**

5 / Saturday

Children's Physicals - Children enrolled at Tripler Army Medical Center's Pediatric and Adolescent clinics may get required school and/or sports physicals examinations, June 5, July 20 and Aug. 14, 9 a.m.-2 p.m.

Normal Saturday clinics will be can-

celled on these days.

Parents of children enrolled at Schofield Barracks Health Clinic should make appointments with their primary care managers during normal clinic hours. Visit www.tamc.amedd.army.mil.

O-bon Celebration - Come to Hawaii's Plantation Village's Annual O-bon Celebration, 4 p.m., June 5, for a Buddhist Sangawa Ceremony, food and bon dancing. Admission is free.

Call 677-0110.

WWII Veterans Celebration - The Friends of Iolani Palace present a celebration honoring all World War II Japanese-American veterans, including the 100th Infantry Battalion, 442nd Regimental Combat Team, 1399th Engineer Construction Battalion and the Military Intelligence Service, June 5, 2-9 p.m., 364 South King St., in Hon-

Bring the whole family to Iolani Palace for a "talk story" session with Japanese-American World War II veterans, music, dance, food, crafts and games. Purchase tickets at 945-7633, ext. 30, or at http://125kanyakuimin. eventbrite.com.

6 / Sunday **Poker Run** – The American Legion is sponsoring a Poker Run, June 6, for "cruisers to choppers." Call 656-1943.

#### 7 / Monday

Advisory Council - The Oahu North PX/Commissary/Nehelani Advisory Council Meeting is June 7, 10:15-11:15 a.m. at the Nehelani, Schofield Barracks. Call 655-0497.

8 / Tuesday **Aquarium Events** – Starting June 8, the Waikiki Aquarium open its doors to explorers of all ages to have a "fintastic" time with more than 3,500 marine specimens during its educational

programs and events, including Sum-

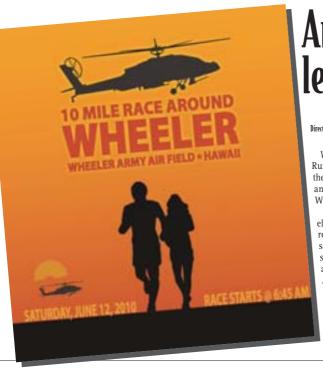
mer Nights at the Aquarium, Oceans Alive, Summer by the Sea, Tidepool Exploration, Small Fry, Coral Spawning and Reef Romance, and the summer concert series, Ke Kani O Ke Kai. For more information, call 923-9741

or visit www.waquarium.org.

Residents are also invited to join the Waikiki Aquarium's volunteer team.

#### 9 / Wednesday **Healthcare Consumer Commit-**

tee - The Tricare Hawaii Regional Beneficiary Advisory Council and Health-care Consumer Committee Meeting is June 9, 1 p.m., at Tripler Army Medical Center. RSVP at 433-3493.



# Army community invited to join legendary race around Wheeler

Directorate of Family and Morale, Welfare and Recreation. Sports Office

WHEELER ARMY AIRFIELD -Runners will take to the streets as the U.S. Army in Hawaii hosts the annual 10 Mile Race Around Wheeler, here, June 12.

All adults with base access are eligible to particpate, including retired military, other military service members working or residing on an Army installation, and civilians working on any Army installation in Hawaii.

Active duty Soldiers participating in this year's race will have the opportunity to qualify for the Army Ten-Miler in Washington, Oct. 24.

Soldiers with the fastest race time will be considered to represent Team Army Hawaii for the Ten-Miler.

Interested Soldiers must submit their commander's authorization to be considered for the team.

Team Army Hawaii has had great success these past few years in Washington. In 2009, the team took first place. In 2008, it placed 16th out of 38 active duty teams who competed in the elite category.

Last year, Shawn Dodge finished the 10 Mile Race Around Wheeler first out of 130 finishers, with a time of 58:10.1 Valeria Aquino took home the

award for the first female to cross the finish line with a time of 1:10:56.4. Individuals interested in training

for the 10 Mile Race and maybe continuing on to the Ten-Miler should be self starters as participants train on

their own. The local course will have runners experiencing hills and flat roads as they loop twice around Wheeler Army

Airfield. Registration forms are available at, and must be returned to, the Schofield Barracks Health and Fitness Center or the Fort Shafter Physical Fitness Center.

No registration forms will be accepted after 4 p.m., June 7. No extensions, late registrations or refunds will be offered.

Awards will be given to first, second and third place finishers in the open divisions for both males and

# Personal trainer tells the fitness facts of burning belly fat with cardio

Combination of diet, cardio, strength training eliminates excess body fat around stomach

#### KRISTY OSBORN

Schofield Health and Fitness Center

SCHOFIELD BARRACKS One of the most commonly asked questions in my line of work from clients and gym patrons is "How do I lose my belly fat and get a six-pack?"

The answer is simple: cardio, cardio, cardio!

Cardio helps to burn body fat, while strength

training helps to increase lean mass and tone

Body fat sits on top of the muscle, acting like a protective cushioning. It also helps to insulate the body as well as protect the body and organs from external injury.

The problem is, if a person has too much body fat, he or she won't be able to see the toned muscles that are hiding underneath.

Cardio, strength training and a sensible diet are

the keys to eliminating excess body fat.

Another problem is that a person can't spotreduce or selectively sculpt only one part of the body. As a person loses weight, he or she will lose body fat and inches from the entire body, not just

A person can selectively build abdominal muscles; however, I suggest to people whom I train that they continue with a full-body strength training program, instead

Specific core training is important, though, because it is good for many other reasons than simply that sexy six-pack.

Core training can help to improve overall posture, alleviate or eliminate lower back pain, prevent future injuries and improve overall performance during other exercises, as well as athletics and sports.

In the end, the answer always falls back to a cardio workout done for one hour, five times a week; a full-body strength training regiment, done three times a week; and proper nutrition, done every day.

The fitness facilities on Schofield Barracks and Fort Shafter have the equipment and classes to help with cardio and strength training.

(Editor's Note: Kristy Osborn is the the Health and Fitness Center's head personal fitness trainer.)



To see maximum definition in muscle tone, individuals should strive for certain body fat percentages according to their sex and age range:

- •ages 19-29 = 15 percent
- •ages 30-39 = 17 percent
- •ages 40-49 = 20 percent
- •ages 50-59 = 23 percent

#### Women

- •ages 19-29 = 20 percent
- •ages 30-39 = 22 percent
- •ages 40-49 = 24 percent •ages 50-59 = 28 percent

For information on group classes, call 655-8007, or for personal training, call 381-5944.



#### 29 / Saturday

**Fishing Camp** – Enjoy three days and two nights of kayak fishing, bottom fishing, shoreline fishing and trolling, starting May 29, at 12 p.m.

Check out knot tying, jig-making and luremaking activities, too. Kayaks and a boat are available. Cost is \$150.

Sign up at the Schofield Barracks Outdoor Recreation Center, or call 655-0143.

Golf Expo - Come see Chuck "the Hit Man," a golf trick-shot expert, at the Golf Expo and Golf Club Demo Day at Leilehua Golf Course, May 29, 9 a.m.-4 p.m. The show starts at 11:30 a.m. Call 655-4653.

**Open Pools** – Is the family ready for summer fun in the sun? Visit Aliamanu and Helemano Pools starting June 1. Call 833-0338 or 653-0719.

#### 4 / Friday

Lockers Closed - Schofield Barracks Health and Fitness Center Women's restrooms and locker rooms will be closed weekdays through June 4, 9 a.m.-4 p.m.

A contractor is painting the back exterior of the facility and the windows overlooking the restrooms and locker rooms. The staff bathroom will be available for use, and women's showers are available at the Martinez Physical Fitness Center and Richardson Pool. Call 655-8007.

**CG Scramble** – Head to Leilehua Golf Course for the Commanding General "Payday" Scramble, June 4, or every first Friday of the month. This scramble is open to all U.S. Army-Hawaii personnel and begins at 12 p.m. Call 655-0114.

#### 5 / Saturday

**Kayak Fishing** – Warm water and a variety of nearshore game fish make Hawaii an excellent place to pursue kayak fishing, June 5, 6 a.m.-1 p.m. Cost is \$49. Call 655-0143.

#### 11 / Friday

Fishing Tournament – Come fish in Hawaii's warm water for a variety of nearshore game fish, June 11, 6 a.m.-1 p.m. Cost is \$20 per person. Call 655-0143.

## **Ongoing**

**Tropics Closed** – The Tropics Recreation Center is closed until renovations end in early June. Call 655-5698.

**Bowling Special** – The Bowling Center on Schofield Barracks invites bowlers to play an afternoon special, Mondays-Fridays, 2-5 p.m., when games are \$1.75, with free shoe rental.

Call 655-0573.

Paintball - Check out the paintball facility at Wheeler Army Airfield, just off Lauhala Road, next to the baseball fields.

Hours of operation are Fridays, 5-9 p.m., and Saturdays and Sundays, 11 a.m.-7 p.m. Call 343-3929 or visit www.paintballhawaii.com.



a week prior to publication to community@hawaiiarmyweekly.com.

#### 5 / Saturday

PTA Run - Pohakuloa Training Area invites the public to a 5K fun run/walk, 7:30 a.m., June 5, at Liliuokalani Park in Hilo. The run commemorates the Army's 235th Birthday.

After the run, a cake-cutting ceremony will start the birthday celebration.

Register at PTA, Spencer Fitness Center in Hilo, Wajakea Recreation Center or the Hilo Army Na

tional Guard and Reserve centers. E-mail ceso.tadeo@us.army.mil or call 808-

969-2401.

## 10 / Thursday

Bike Race - Register by June 10, at 4 p.m., for the Criterium Bike Race #2.

The race is hosted by the the Marine Corps Base Hawaii's Commanding Officer's Fitness Series, Semper Fit, June 13, 3 p.m., at Kaneohe Bay.

Check-in time is 2 p.m. The course is a safe, 1.1mile loop course on the closed runway. It consists of two wide, 90-degree turns and a wide, sweeping 180-degree turn.

Visit www.mccshawaii.com/cgfit.htm.

#### 19 / Saturday

Aloha State Games - Register by June 19, at 9 p.m., for the Aloha State Games 10K, an out-andback course over Diamond Head from Kapiolani Park in Honolulu, to be held June 20, at 7 a.m.

Cost is \$20 for adults and \$10 for children under 12 vears old.

Visit www.active.com/running/honoluluhi/aloha-state-games-10k-2010.