

SEE AFAP. A-8

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

Deployed Forces

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.

“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 enemy.”

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

130th Engineer Brigade, 8th Theater Sustainment Command

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, 2009 – 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 re-enlisted 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, unfortu-

Left — 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



Sgt. Nathan Akridge | 3rd Brigade Combat Team Public Affairs

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



Spc. Jazz Burney | 3rd Brigade Combat Team 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

get to know the Soldiers he was serving 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 attacks.

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 the living.

“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

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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 other.”

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. Chrisoporus Johnson, a command post node team chief with Bravo Company, said al-

though 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, as well.

“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 or that lies ahead of you.”

Ramos overcomes obstacles, receives officer commission

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

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 commander.”



Family members place rank on newly commissioned 2nd Lt. William Ramos during a commissioning ceremony, 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 out.

“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 become an officer.”

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 121.

“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 Wilkes.

“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,



Command Sgt. Maj. Maria Wilkes, command sergeant major, Special Troops Battalion, 8th Theater Sustainment Command, and 2nd Lt. William Ramos exchange his first salute as an officer at his commissioning 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 leader.”

Wilkes admitted her selection was a great honor.

“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

his admiration to the competing 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.



Thomas

8th TSC SOY winner, 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

8th TSC NCOY winner, Staff Sgt. Justin 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’ attitude.”

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 the road.



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.



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 said.

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.

“To be recognized as a mentor, riders need to



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-by-step, 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.

AFAP: Issues include transportation, movie theater

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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 bike.

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 events.

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 transportation.

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 financial hardship.

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 Service.

Scope: Movie theaters show outdated movies on few days and limited times. The current selections are already being sold in stores. New releases 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

family members.

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

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

News Briefs

Send announcements for 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 another 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 Activity 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 aware 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

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 new-found 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 non-commissioned officers and officers about human relations, such as sexism, gender bias, racism and prevention 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

opportunity program is educating service members about sexual harassment or assault.

Everyone in the Army knows that he or she should treat each other with dignity and respect. Sometimes, however, Soldiers exhibit sexist behavior or discriminatory practices, and they need to be made aware of that, Chromczak said.



“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 Antonio 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 ADPAAS 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 Mexico.

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.)

HAWAII ARMY WEEKLY

PAU HANA

www.garrison.hawaii.army.mil/haw.asp

“When work is finished.”

FRIDAY, MAY 28, 2010

Tech Sgt. Cohen A. Young | U.S. Air Force

Honolulu Police lead the a joint service color guard as they make their way down Kalakaua Avenue to begin the Welcome Home Parade for military members during Military Appreciation Day in Waikiki, Saturday.



Community bids aloha to
military ohana
with parade, festival

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 demonstration.



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, and was organized by USO-Hawaii, 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-



Photos by Jack Wiers | U.S. Army Garrison-Hawaii Public Affairs

A patriotic float in the USO's Welcome Home Heroes Parade honors military service members and families serving throughout the world, but especially those here in Hawaii. The day's activities 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 designated side gate entrance.

Meanwhile, across Monsarrat Avenue, the pavilion was alive with music and entertainment, and nearby food booths received brisk business.

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.

ACS Courses — 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



Send announcements a week prior to publication to 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.

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.pacificrollerderby.com.

30 / Sunday

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



Lantern Floating Hawaii Courtesy Photo

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

Lantern dedications provide remembrances

MIKE EGAMI

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

a.m. Reservations are required and pick-ups are available from Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

5 / Saturday

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.facebook.com/AAFES.BX.PX.

7 / Monday

Summer Bus Shuttle Service — Start-



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.lanternfloatinghawaii.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

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 areas. Government IDs are required.

Call 656-8720 or view the full schedule and announcement at www.garrison.hawaii.army.mil/sites/post/post.asp.

10 / Thursday

Library Movie — Enjoy a nice, quiet evening with a free showing of the movie “Blue Crush,” rated PG-13, 6 p.m.,

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 p.m.

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.

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 Base.

RSVP for a public tour after the ceremony, 10-11 a.m. Call 448-1934 or e-mail 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 p.m.

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 children.

SEE COMMUNITY CALENDAR, B-4



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

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

Buddhist Services

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

Catholic 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 Annex

Jewish Shabbat (Sabbath)

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

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



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



Kick Ass

(R)
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

(PG)
Thurs., June 3, 7 p.m.

No shows on Mondays or Tuesdays.

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 school-age 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.



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

networks, totaling an estimated \$3 million.

He provides customer support

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

Hui awards scholarships, grants

SASHA GRIFFIN
Hui O Na Wahine

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, here.

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 a written essay.

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

For more information, visit www.schofieldspousesclub.com, or e-mail 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 Sustainment Brigade Public Affairs

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 performance.

Students get 'Kahuku Strong'

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

1ST 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 students.

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

Two Soldiers — Sgt. De-phanaye Jackson Jr. and Spc. Trevor Dellahoussaye, from the 536th Support Maintenance 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 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."

The second graders marched into the Brigham Young University, "sounding off" loud and strong.

Students then conducted a circuit training routine that included jumping rope, push-ups and 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 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 everybody."

"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



Courtesy Photo

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

MYA MANSOOR
Olelo Noeau Homeschooler

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 Government should substantially reform its income tax policy, while maintaining total tax revenue at fiscal year 2008 levels" — basically, reforming income tax.

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 poetry.

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.

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 Kellicutt, 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.”

Tripler’s latest weapon in the battle 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 slowly pushed through the body’s arterial system to the clogged area of an artery.

The front end of the catheter is attached 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 the artery walls.

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



Tripler’s Lt. Col. (Dr.) Dwight Kellicutt (left) discusses an excimer laser ablation surgery procedure with interventional radiologist Dr. Brian Ching. Kellicutt 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 stream.

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 heat.

Studies of this technique, earlier this decade, showed a success rate of more than 90 percent.

“Every limb we save, it’s a huge saving for everyone,” Kellicutt said. “Most importantly, it preserves the quality of life for our patients.”

Kellicutt 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 Kellicutt 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.

Kellicutt 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 Kellicutt**
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 artery.

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
U.S. Army Public Health Command (Provisional)

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 all.

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 problem.

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 prehypertensive.

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/disease/hypertension.htm
- www.americanheart.org/presenter.jhtml?identifier=2114
- <http://usachppm.apgea.army.mil/healthoftheweek/02232004.asp>
- <https://www.tricareonline.com/portal/page/portal/TricareOnline/AnnounceNews>, 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 vegetables 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

WAYNE COMBS
U.S. Army Public Health Command (Provisional)

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 sergeant.

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 injury.

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 worn.

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 eye protection.

For training and operational duties, a ballistic

standard is required. Military Combat Eye Protection 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 deployed.

Wear sunglasses that absorb the sun’s harmful ultraviolet rays while outside. Both clear and tinted MCEP lenses provide UV protection. A broad-brimmed 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 environment.

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

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 vision.

Community Calendar

From B-2

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 Honolulu.

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 “fantastic” time with more than 3,500 marine specimens during its educational programs and events, including Sum-

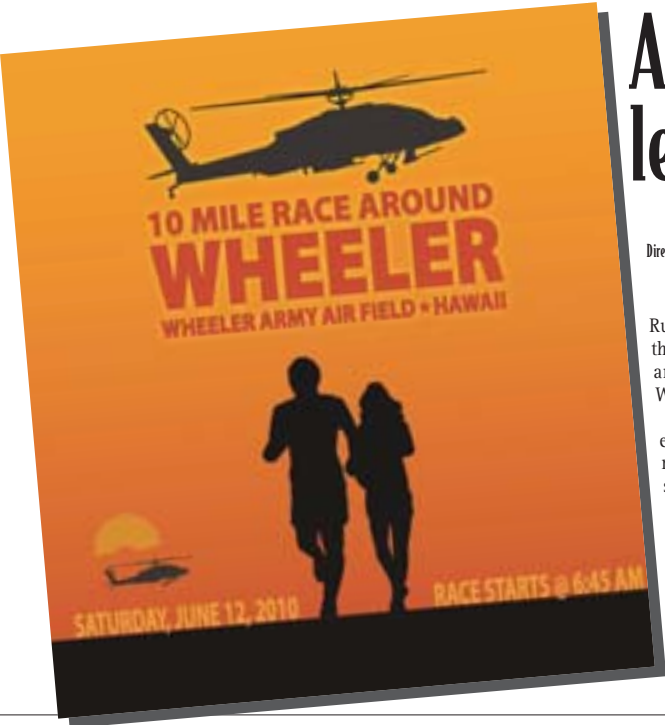
mer Nights at the Aquarium, Oceans Alive, Summer by the Sea, Tidepool Exploration, Small Fry, Coral Spawning and Reef Romance, and the summer concert series, Ke Kani O Ke Kai.

For more information, call 923-9741 or visit www.waiaquarium.org.

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

9 / Wednesday

Healthcare Consumer Committee — The Tricare Hawaii Regional Beneficiary Advisory Council and Healthcare 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

MICHAEL KIM

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 participate, 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 females.

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 muscles.

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 spot-reduce 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 the midsection.

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:

Men

- 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 lure-making 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.

June

1 / Tuesday

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.

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, 1.1-mile 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-and-back 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 years old.

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



Send sports announcements
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, Waiakea Recreation Center or the Hilo Army National Guard and Reserve centers.

E-mail ceso.tadeo@us.army.mil or call 808-969-2401.