











Chicpaul Becerra | U.S. Army Garrison-Hawaii File Photo

Staff of the Pohakuloa Training Area join the Big Island's Aide to the Secretary of the Army, or CASA, Bill Moore (center), in celebrating the Army's birthday, June 11, 2009, just after a 5K Run/Walk in Hilo, Hawaii.

# Army commemorates 235 years of proud history, service

On the fourteenth of June in 1775, the Continental Congress established our nation's Army. In the 235 years since that historic day, our Army has proven itself on countless battlefields as liberty's best friend and oppression's worst foe. Established to defend our nation and repeatedly tested in this task throughout its history, our Army and our Soldiers and families have emerged stronger with a deeper commitment to our Army core values and beliefs. America's Army today – Soldiers, families and Army civilians – epitomizes what is best about the United States. Individually and aggregately, our Army family consistently demonstrates willingness to sacrifice to build a better future for others and to preserve our way of life. Increasingly, our Army families play a significant role in the readiness of our all-volunteer force by providing the support network for our Soldiers. In return, our nation strives to improve the quality of life for our Soldiers and their families as they continue to make tremendous sacrifices for our Nation at war.



Tickets are available for the 235th Army Birthday Commemoration, June 12, at the Hilton Hawaiian Village's Coral Ballroom, for \$80. Visit [www.usarpac.army.mil/235](http://www.usarpac.army.mil/235) birthday.

We must never forget that everyone who wears our Army's uniform today is a product of the all-volunteer Army, carrying on a 235-year tradition of selfless service and dedication to the ideals of our founding fathers: life, liberty and the pursuit of happiness. They are the 9/11 generation. Likewise, our Army civilian's commitment to excellence and stalwart support to our Soldiers and families are vital in the future vision, transformation and success of our Army. Our Army is strong – Army Strong – and this strength comes from our greatest asset: the American Soldier, whose courage, compassion and determination have for generations been the bedrock upon which our victories have depended. In all that the Army has accomplished, and all



Mixon



that it will be called upon to do, the American Soldier remains the single most important factor in our success. We are proud of all of you, our Army family – Soldiers, civilians, retirees, veterans and your families, and you are always foremost in our prayers and in our actions. Thank you for your service, for your sacrifices, and for your steadfast devotion to duty. Your courage, dedication and selfless service to the nation are the hallmarks of the United States Army. Our entire Army family is what makes America's Army: The Strength of the Nation. One Team!

*Benjamin Mixon*

Lt. Gen. Benjamin Mixon  
Commanding General, U.S. Army-Pacific

# Ask the Commander!

In his last column, the Colonel responds to questions about equipment at gyms, Fourth of July services and dog parks



Margotta

**Q:** *The last four times I've been to the Martinez Fitness Center on Schofield Barracks, I've had to wait to use the fitness equipment. It seems as though the gym is often crowded, the hours aren't conducive to a Soldier's schedule, and some of the more popular equipment has been replaced by those which aren't often used. Are there any plans to expand the gym or build new ones?*

**A:** Physical training and conditioning is a necessity for all of our warfighters and a healthy practice for the rest of our community. Aside from unit training, a number of fitness centers and activities are available to our active community. Martinez Fitness Center, one of our most popular gyms, is open during the hours that are convenient to most of our warfighters. Still, we understand that crowding can be expected during the peak hours in the early morning and right after the duty day. We have installed a complete assortment of new selectorized, strength and cardio equipment in Martinez gym, which is commensurate with and required by the Army Baseline standard. Additionally, battle-focused fitness equipment has also been installed. This equipment is popular and versatile, giving warfighters a range of options, as well as providing for room and functionality for small and large group workouts. Outside of the required machines, we have a degree of flexibility when choosing what

other equipment for the facility. Hearing from our customers can help us identify what is most popular. Finally, while a new 80,000 square-foot, state-of-the-art fitness center is planned to be built on Schofield Barracks, the current construction date won't begin until 2017. Since physical fitness is so important in our community, the garrison is working hand-in-hand with mission leadership to develop more immediate solutions. We are beginning to hold quarterly fitness and recreation council meetings to determine the best ways to meet our community's needs.

**Q:** *I really enjoy the Fourth of July celebrations held on Schofield. Is there any way that the Directorate of Family and Morale, Welfare and Recreation can provide the large trailer-type bathrooms instead of the individual portable toilets (the porta-potties)? They seem cleaner and more hygienic.*

**A:** The Fourth of July celebration at Schofield Barracks is DFMWR's largest event. Thousands of people from our immediate and local community attend, and we're always looking for ways to make the event more enjoyable. For this year's celebration, we are happy to

**SEE ASK, A-8**

To submit an "Ask the Commander" question, send an email to [AskTheCommander.usaghi@us.army.mil](mailto:AskTheCommander.usaghi@us.army.mil) or go to the next TV2 taping Sept. 1, 3 p.m., at the Fort Shafter PXmarket. For more information, call Ophelia Isreal (655-9033) at Customer Management Services, or call Aiko Brum (656-3155) or Jack Wiers (656-3489) at U.S. Army Garrison-Hawaii Public Affairs.



# TF Lobos' support company keeps 25th CAB moving

Deployed Forces

Story and Photos by  
**STAFF SGT. MIKE ALBERTS**  
25th Combat Aviation Brigade Public Affairs  
25th Infantry Division

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Though less visible than the helicopters and air crew they support, ground support operations in an aviation brigade are no less important.

The Soldiers of Headquarters and Support Company, 209th Aviation Support Battalion, Task Force Lobos, 25th Combat Aviation Brigade, 25th Infantry Division, keep aviation moving, here.

As one of the larger companies in TF Lobos, the “Terminators” are responsible for moving and tracking equipment and personnel, maintaining the vehicles that keep helicopters armed and fueled, and ensuring Soldiers are healthy and fed, all critical missions to sustain the brigade’s combat power.

According to Capt. Matthew Rivera, commander, HSC, 209th ASB, TF Lobos, his company combines traditional battalion-level command and control operations with brigade-level logistical, ground maintenance, medical and food service support operations. And the Terminators have been doing it successfully ever since the 25th CAB arrived in theater back in August 2009.

“To date, we have processed well over 12,000 personnel actions and maintained a geographically dispersed communications network through our command and control operations,” explained Rivera. “In addition, our support operations section manages logistical support for all of Task Force Wings operations across United States Division-North.

“We have [also conducted] air movement requests in support of battlefield circulation and logistical resupply missions,” Rivera said.

Chief Warrant Officer-3 Marlon Mejia is Rivera’s senior maintenance technician and also serves as the senior ground maintenance technician for



Pfc. Jason Sumner (near, right) and Spc. Rockwell Phillips, both Soldiers with Headquarters Support Company, 209th Aviation Support Battalion, Task Force Lobos, 25th Combat Aviation Brigade, replace engine seals on an up-armored vehicle at Contingency Operating Base Speicher, near Tikrit, Iraq, March 9.



the 25th CAB. For Mejia, the company’s success is due in large part to the dedication of its Soldiers.

“Our ground maintenance is exceptional, especially considering the variety of assets we are responsible for,”

Left — Spc. Donald Bagby, metal worker, HSC, 209th ASB, Task Force Lobos, 25th CAB, welds a connection to a rototiller to assist in creating dust brownout conditions for helicopter training at COB Speicher, near Tikrit, Iraq, March 31.

tected, or MRAP, vehicles, and an array of cranes and other military trucks.

Ground maintenance also encompasses the welding, armament, radio and night vision goggle shops, in addition to a team of generator mechanics.

“(The Terminators are a) group of Soldiers doing a fantastic job, and it’s because of the experience and leadership we have at the (noncommissioned officer level),” Mejia continued.

One of Mejia’s maintenance team NCOs is Sgt. Richard Peterson, small-arms repairer, squad leader and shops

## Color-casing marks end of Iraqi tour for 130th Eng. Bde.

**PFC. JENNIFER MONTAGNA**  
130th Engineer Brigade Public Affairs  
8th Theater Sustainment Command

CONTINGENCY OPERATING SITE MAREZ, Iraq – The 130th Engineer Brigade cased its colors in a ceremony, here, May 29.

The ceremony signified the end of the 130th Eng. Bde.’s tour of duty in support of Operation Iraqi Freedom.

The 130th Eng. Bde. fell under the control of the 25th Infantry Division when it began its deployment at COS Marez in June 2009. The brigade completed service under the 3rd Infantry Division from Fort Stewart, Ga.

During deployment, the 130th Eng. Bde. ensured mobility of travel through route clearance, embedded Soldiers with Iraqi security forces to create an essential partnership for training, and partnered with the government of Iraq for the reconstruction of the Ninewa province.

The brigade’s Ninewa Reconstruction Cell focused on long-term projects that positively affected the people of the Ninewa province. More than \$24 million worth of projects focused on areas of clean water and electricity distribution.

“You all should be proud of the enduring, positive legacy you’ve left here in Iraq,” said Brig. Gen. Tom Vandal, Task Force Marne deputy commanding general-support, at the ceremony.

“You’ve helped to start restoring Mosul to the greatness that it once was,” Vandal added.

Key leaders in the Iraqi army also attended the ceremony to express their appreciation and gratitude to the 130th Eng. Bde.

“Thank you for giving us the chance to say goodbye to our friends, the 130th Eng. Bde,” said the 2nd Iraqi Army Division commander, while presenting Col. Fabian Mendoza, commander, 130th Eng. Bde., a plaque in gratitude and thanks.

“We will never forget the 130th and all they’ve done, and I’m sure every honorable citizen in the Ninewa province will not forget you and your efforts to bring the electricity and water to them,” the Iraqi commander added.

“I hope you all return home safe, and then, next time you come to Iraq, it is as a civilian with your families to visit.”

Mendoza addressed his unit with humble words.

“I’m overwhelmed with pride for your accomplishments,” Mendoza said. “It’s amazing what you’ve done in a year.

“Our pride lies in being a small aspect in this partnership with the Iraqi army brigades,” Mendoza said. “Our partnership with the Iraqi army field engineer regiments is something I respect and am so thankful to be a part of. Stay focused and Godspeed,” he said.

Following the ceremony, the 130th Soldiers and guests mingled and shared stories of the past year together while saying their good-byes and reminiscing about their year spent in support of OIF.

## Tripler’s trailer supports disaster response

**LES OZAWA**

Tripler Army Medical Center Public Affairs

HONOLULU – Waiting at the far end of the parking lot outside Tripler Army Medical Center’s emergency entrance is a bright red trailer marked “Disaster Response.”

This small, two-wheeled trailer is ready to hit the road and provide improved care, treatment and services capabilities to Oahu’s military and civilian communities when disaster strikes.

The Pacific Regional Medical Command recently purchased two of these fully loaded \$45,000 trailers for Oahu. The trailers are located at Tripler and the Schofield Barracks Health Clinic.

When a disaster strikes, the two-wheel trailers will be moved to where they are needed most. They can provide emergency medical supplies and equipment to care for more than 100 patients, according to PRMC disaster management planner Tom Bookman.

Each trailer is equipped with 20 disaster trauma kits, medical restock boxes, 32 trauma patient packs, 20 backboards, 16 roll-a-stretchers, a triage kit, oxygen bottles, and other emergency medical supplies.

These provisions allow medical personnel the ability to stop bleeding, prevent shock and provide fluids as necessary, before patients are transported to other facilities for further care.

“The trailer is an emergency preparedness multiplier,” Bookman said.

“The disaster response trailer allows us to take medical treatment directly to the site, to the point of injury, rather than wasting valuable time bringing individuals to the hospital,” said Master Sgt. David Allegritti, noncommissioned officer in charge, Emergency Services Department, Tripler.

“Rather than 20 medics carrying aid bags, we have a trailer that can serve that function, and in the process, care for a significant amount of peo-



Will Carnes | U.S. Army Photo

Recently purchased disaster response trailers are sited at Tripler and Schofield Barracks, filled with emergency medical supplies for care for the injured during disasters.

ple at one time,” said Allegritti.

Although the disaster response trailers are funded by Tripler, their use isn’t limited to the military community.

The Healthcare Association of Hawaii, along with Joint Task Force-Homeland Defense and the U.S. Army-Pacific share emergency management information and coordinate disaster response activities with the state of Hawaii.

The trailers may be used to support health care providers outside of the military community in the event of a regional or prolonged disaster.

“These trailers are for the support of Oahu’s disaster response plans,” Bookman explained. “(They) will make caring for disaster victims better and easier for everyone.”

# Hands-on training aids protection from hazardous materials

Story and Photo by  
**SPC. JAZZ BURNEY**  
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — In the 1995 movie “Outbreak,” areas of the U.S. were fictionally exposed to a deadly Ebola virus, which had been released in the air.

In the movie, scientists and Soldiers, fully dressed in protective chemical suits, saved a large portion of the human population by using knowledge of hazardous materials.

While wearing similar blue mission-oriented protective posture, or MOPP gear, 37 Soldiers from the 25th Infantry Division, 8th Theater Sustainment Command, 71st Chemical Company, and the 766th Explosive Ordnance Disposal Company received hands-on and classroom instruction on handling current basic hazardous material during a three-week training course, May 14-26.

During the course, Soldiers were required to take five computer-based tests and maintain a 70-percent grade average to become certified.

After completing the course, the Soldiers received three levels of Department of Defense certification: awareness, operations and a technician’s certification.

After the classroom instruction, Soldiers moved outside to confront chemical field problems.

The Soldiers learned how wind direction matters in the reconnaissance of an area with potentially hazardous chemical materials.

Wind can produce an additional problem due to



Soldiers who belong to the 25th Infantry Division, 8th Theater Sustainment Command and 71st Chemical Company, who fully dressed in mission oriented protective posture suits, discuss information gathered concerning possible hazardous material in the air, during a three-week classroom and hands-on training course.

an agent potentially being carried and spread in a gust of air, according to Michael Reed, an instructor with the Incident Response Training Department, 3rd Chemical Brigade.

Soldiers were outfitted with a piece of equipment known as an “identifinder,” which gave the ability to recognize any unknown chemical in the air.

Once identified the location became a “hot zone,” an area contaminated by hazardous materials.

Different chemical suits are used based on the type of hazardous agents.

Once the material is properly identified, Soldiers check a hazardous material book, which selects the suit that will provide the proper level of protection for the body.

Also, Soldiers wear throat microphones to communicate and oxygen masks to breathe.

Three subsequent level suits provide lesser pro-

tection based upon the agent, according to 2nd Lt. Timothy Degiuli, a platoon leader with Headquarters and Headquarters Company, 25th Special Troops Battalion, 25th ID.

Once inside the MOPP suit, however, protection from a deadly chemical outside the suit is not the only danger presented.

“There are many different challenging factors Soldiers experience inside the suit, such as getting tired from the heat and sweating, and running out of air,” said Degiuli.

“This frustration can cause the Soldier to not focus on a chemical or the task at hand.

With additional training, these Soldiers will be able to maintain their focus and remove hazardous agents, regardless,” Degiuli added.

Soldiers overcame the rigors of the training with the difficulties of being inside the suits.

“You never know when these skills will have to be applied in real time,” said Spc. Asibaya Young, chemical, biological, radiological and nuclear non-commissioned officer with Company B, 325th Brigade Support Battalion, 3rd Brigade Combat Team, 25th ID.

“That’s why it is important to get acclimated to the suits, so that when the situation calls for action, you won’t panic and your mind will be set on accomplishing the mission and expedite the removal of dangerous chemical materials,” Young added.

The training is the first hands-on hazardous material training the Bronco Brigade will undergo in preparation for its Afghanistan deployment slated for next spring.

# RVTT’s virtual simulations help squads train for deployment, threat scenarios

**CURTIS SHINSATO**  
Directorate of Plans, Training, Mobilization, and Security  
Battle Command Training Center

SCHOFIELD BARRACKS — While training with the Virtual Squad Training System, here, Sgt. Michael Diaz’ squad from 25th Transportation Company, 25th Infantry Division, skipped breaktime to be the first group to visit the Reconfigurable Vehicle Tactics Trainer.

RVTT trailers, with four simulated vehicles, are located in the back of the Battle Command Training Center, here.

After a safety and capabilities brief, the squad mounted two virtual humvees, which had the look and field of real vehicles, including all the seats, driver controls, radio, and turret ring mount.

As soon as the driver stepped on the

gas pedal, projected screens moved like the vehicle was racing up a Baghdad parade ground. The perception of moving seemed so real, observers outside of the virtual vehicles had to steady themselves from falling down.

The turret gunner fired his .50-caliber machine gun as the targets appeared on the 360-degree projection. The entire vehicle vibrated as the weapon recoiled until he had to reload.

Passengers in the backseat also fired at targets carrying AK-47s and rocket-propelled grenades, kicking up dirt around the targets on-screen.

After a break, the squad filed out of the RVTT, each vowing to share experiences. Soldiers said the training was “like the real thing,” and that they “feel at home in a humvee and seeing front, sides and backside to maintain distance in the convoy.



Courtesy Photo

Spc. Yarlegue Abad, 25th Transportation Company, 25th Infantry Division, mans a turret during a virtual convoy on the Reconfigurable Vehicle Tactical Trainer.

The RVTT is ready to serve any unit’s convoy training requirements since the reconfigurable system allows Soldiers to virtually drive M998 humvees, M1026 humvees, M977 Heavy Expanded Mo-

bility Tactical Trucks and M978 HEMTTs in immersive 360-degree virtual terrains.

Terrains realistically represent the current operating environment, with four-vehicle armed convoy driving

among non-combat vehicles and pedestrians, as well as a full range of threats.

Vehicles contain organic radios and FBCB2 interfaces for team connectivity, and precision small-arms simulators to protect against threatening avatars in an air-conditioned arcade atmosphere.

The system was built for serious training and is supported by an experienced and willing staff ready to help any unit plan and prepare for its training objectives. After each training event, RVTT after-action reviews are helping every Soldier learn what skills to sustain and improve on, and why.

Units can train with no gas, no ammunition, no funding and no problems. If your unit is seeking this type training, call 655-2810 for an appointment.

*(Editor’s Note: Curtis Shinsato is a training specialist at the BCTC.)*



# 1-14th Inf. couples renew their marriage vows in mass

Story and Photo by  
**PFC. ROBERT ENGLAND**

2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — When Capt. Nathan McLean, battalion chaplain for 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, was requested for a vow renewal ceremony, he was happy to oblige the couple's request.

Unbeknownst to him, McLean would be conducting a ceremony unlike any he has done before.

A vow renewal ceremony that began with a single couple grew to about 60 people with the same idea. About 30 couples renewed their wedding vows in two separate groups.

The first ceremony was held May 25 on a beach in Haleiwa, the second, May 26 at the post chapel, here.

McLean said, initially more than 50 couples expressed interest in renewing their vows. He explained, all the individual ceremonies would have taken more than 55 hours.

Cheryl Wells, 1-14th family readiness group representative, said she and her husband, 1st Sgt. Jamie Wells, Company B, 1-14th Inf. Regt., renew their vows before every deployment. The



Capt. Nathan McLean (far left), battalion chaplain for 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, pauses for a group photo at the main post chapel following a vow renewal ceremony, conducted May 26, at Schofield Barracks. More than 30 couples renewed their vows to show their commitment to their relationships.

mass wedding ceremony was their fourth vow renewal.

“So many people nowadays are not focused on the right parts of their relationship,” Cheryl said. “It is important to my husband and I to focus on the commitment we made to each other.”

After Wells discussed details of her ideas for her renewal ceremony with McLean, the idea was passed along by word of mouth and shared at FRG meetings. Other couples soon expressed interest in renewing their vows, as well, so Wells decided to open the ceremony to all other couples

who shared her desire.

“Our Soldiers’ relationships with their families drive them to complete the mission successfully, so something like this has a huge positive impact on our young men and women in uniform,” McLean said.

## Veterans of Vietnam’s ‘Fox Force’ join ‘Golden Dragons’ in scarf exchange

**2ND BRIGADE COMBAT TEAM,  
25TH INFANTRY DIVISION**

News Release

SCHOFIELD BARRACKS — “Thank you so much for the welcome home we never got.”

These words brought tears to many eyes and touched the hearts of all present at a scarf exchange ceremony, here, recently.

The ceremony, hosted by the 1st Battalion, 14th Infantry Regiment “Golden Dragons,” was held in honor of the Vietnam-era Battalion Reconnaissance Platoon, known as “Fox Force.”

Veterans of Fox Force fought valiantly in Vietnam and Cambodia. As a symbol of their valor under fire, the

platoon was awarded red scarves by the Vietnamese army.

Members of the platoon wore their scarves every day in Vietnam, to include during combat operations. The platoon was so effective in combat that the enemy offered a \$10,000 bounty for any American Soldier wearing a red scarf.

The surviving members continue to wear their red scarves to this day, as a symbol of cohesion and a remembrance of battles fought and fallen comrades.

Twelve of the surviving members of Fox Force (from 1969-1970) and 35 family members and friends travelled from the mainland to attend the scarf exchange ceremony.

In attendance was retired Col. Victor



Courtesy Photo

Robertson Jr., the 1st Bn., 14th Inf. Regt. commander in 1969, and his wife, Lois.

“We, as a unit, have a burning desire to somehow leave a legacy for the Golden Dragons and to pass on our heritage

to you and to the current scout platoon Soldiers,” wrote retired Lt. Col. John Hedley, the platoon leader at the time.

That desire came to fruition as Fox Force members passed on their scarves,

Left — Maj. Gen. Bernard Champoux, left, the 25 Infantry Division commanding general, and Lt. Col. Andy Ulrich, commander of the 1st Battalion, 14 Infantry Regiment, 2nd Brigade Combat Team, 25th ID, discuss the Red Scarf Ceremony with retired Col. Victor Robertson, a former 1-14th Inf. commander.

and their legacy, to the current scout platoon.

Retired Col. “Dragon” Robertson and retired Lt. Col. “Fox 6” Hedley spoke about the history and valor of the platoon and of the importance of the ceremony. The day culminated with a battalion luau that provided ample opportunity for bonding of Golden Dragons, past and present.

# Poor decisions can lead to fatal end-of-the-road consequences

In part one of a two-part series, a staff sergeant leads four cyclists during a life-altering last ride

**U.S. ARMY COMBAT READINESS/SAFETY CENTER**  
News Release

*(Editor's Note: The names of the individuals mentioned in this story have been changed to protect their privacy and that of their families.)*

It was almost 97 degrees, and the sun was lowering on the western horizon as Sgt. Larry Robinson crouched over the tank of his Suzuki GSX-R600 and rolled on the throttle.

He was third in a group of four riders straightening out the turns on a series of country roads skirting a lake.

The roughly 29-mile route was a favorite with riders, including those whose sport bikes could propel them to 150 mph in the straights.

Leading the ride was Staff Sgt. Victor Hernandez, a friend who served in the same unit with Robinson. Hernandez rode with an off-post, non-sanctioned riding group that Robinson wanted to join. He'd been riding as a prospect, but a pending permanent change of station

move nixed his plans.

Although Hernandez and one of the other riders belonged to the group, it was not a group-sponsored ride, and neither rider wore the distinctive vest.

The group was known for its riding culture, which was displayed on its website. There, videos showed stunts on streets and interstates and a member exceeding 150 mph.

As far as the Army was concerned, there was history at the site.

During the previous 13 months, three Soldiers affiliated with the group had suffered motorcycle accidents. Two died while the third suffered a permanent disability.

That afternoon, the culture that had killed and crippled those Soldiers was on display as Hernandez led his friends on their ride.

The riders turned north on a road bordering the east side of a lake. Hernandez had lengthened his lead and was playing "catch me if you can" as he pulled out of sight of the other riders.

As the riders approached a dam, they saw a slower-moving cruiser motorcycle in their lane and decided to pass it. The rider in front of Robinson ignored the double yellow line indicating a "no-passing" zone and whipped around the cruiser.

Now it was Robinson's turn. As he approached the slower bike, the road curved to the left as it crossed the dam.

Robinson passed the cruiser quickly and pulled back into his lane. However, during the process, he ended up too far to the right — dangerously close to the gravel-surfaced shoulder.

The Suzuki was Robinson's first street bike, and he'd only been riding for about a month. He'd taken the Motorcycle Safety Foundation's Basic Rider Course; however, he was no longer on the course's slow-speed, controlled environment. Now, he was in a sticky situation for which he wasn't prepared.

Unable to handle the curve, gravel crunched beneath the Suzuki's tires as Robinson drifted onto the narrow right shoulder, which bordered a guardrail. Now, everything was up for grabs.

The Suzuki lost traction and struck a guardrail support. The impact launched Robinson 84-feet through the air and down the shoulder until he slammed head-first into a guardrail support.

Chris and Mary Burkhart were driving in the southbound lane when they saw the accident unfold in front of them. Mary stopped the car, grabbed her cell phone and called 911. She and her husband rendered aid to Robinson following the instructions of the 911 operator.

The rider behind Robinson also called 911. Hernandez was stopped two miles ahead, waiting for his friends to catch up. When they didn't, he rode back to see what had happened.

The county volunteer fire department was near the dam, and emergency medical services personnel arrived within three minutes. They checked Robinson and called for a helicopter as they attempted to resuscitate him.

By the time the helicopter arrived, 12 minutes later, Robinson had not been revived, so the EMS technicians contacted the county justice of the peace.

An hour earlier, Robinson had been racing down the road. Now, he was lying dead beside it, the victim of blunt-force trauma to his head.

Why did he die? Robinson ignored the posted speed limits not realizing they were there for his safety. With scarcely a month's worth of street-riding experience, he didn't know how to handle the situation he was in. As a result, he made a poor decision that ended his life.



Then there was Hernandez. As Robinson's leader and friend, he was responsible for the younger Soldier during their off-duty time together. He set an example by the way he rode that afternoon. It was an example other riders could be trying to follow.

*(Editor's Note: In part two next week, discover what riders need to know before revving a bike's throttle.)*

# Routine monitoring ensures safe water for on-post residents, staff

**MACKENZIE ROBERTSON**  
Directorate of Public Works, Environmental Division

Every year since 1999, the Environmental Protection Agency, or EPA, has required public water suppliers to provide Consumer Confidence Reports to their water users.

These reports provide information on the origin of the drinking water, sources of potential contamination and contaminant data for the previous year.

Four 2009 CCRs for U.S. Army Garrison-Hawaii — which cover Aliamanu Military Reservation, Fort Shafter, Schofield Barracks and Tripler Army Medical Center — can be found online at [www.garrison.hawaii.army.mil/sites/](http://www.garrison.hawaii.army.mil/sites/)

[hazard/safedrinkingwater.asp](http://hazard/safedrinkingwater.asp).

The Aliamanu report covers both the Aliamanu and the Red Hill housing areas, while the Schofield Barracks report covers Schofield Barracks, Wheeler Army Airfield, and Helemano Military Reservation areas.

The CCRs are mentioned in the May/June issue of the Army Hawaii Family Housing newsletter, which is e-mailed to installation residents. In Hawaii, the primary drinking water supply for all Garrison installations comes from underground aquifers fed by rainfall.

As water passes over the earth's surface and percolates into the ground, it may dissolve naturally occurring minerals, radioactive material and substances

resulting from the presence of animal or human activity. Therefore, drinking water may be reasonably expected to contain at least small amounts of some contaminants.

The EPA sets limits on the amount of a contaminant present in drinking water. A violation occurs when the contaminant level exceeds the highest allowable level, known as the maximum contaminant level, or MCL.

The Directorate of Public Works, Environmental Division, is pleased to report that no violations occurred for Aliamanu and Schofield Barracks during 2009.

Fort Shafter and Tripler did exceed the MCL for total coliform bacteria in January and February 2009, respectively. The excesses were not an emergency or something residents or workers should be alarmed about.

Coliforms are bacteria that are naturally present

in the environment. They are used as an indicator that other, potentially-harmful, bacteria may be present.

Coliforms were found in more samples than allowed, which was a warning of potential problems.

Whenever DPW detects coliform bacteria in any sample, DPW does follow-up testing to see if E.coli bacteria, which are of greater concern, are present.

DPW did not find E.coli bacteria in samples collected in January or February at Fort Shafter and Tripler.

DPW flushed the water system, and no further total coliform bacteria samples were positive at Fort Shafter or Tripler in 2009.

DPW encourages residents and workers to take some time to look at the report for the installation where they live and/or work. DPW works hard to provide installation residents and workers with the highest quality water possible.





# AFAP: Garrison seeks community input

CONTINUED FROM A-1

But AFAP is not just for the community's voice, it's a great tool for leaders, too.

AFAP provides real-time information to commanders from their Soldiers on what they think is and is not working right now. The program allows commanders to prioritize where efforts or resources should go first.

The AFAP program here in Hawaii is preparing for the next U.S. Army Garrison-Hawaii Commander's AFAP Steering Committee, to be held June 7.

The committee plans to close a few issues and look at ways to work on issues that were returned to

## Ways to communicate

- AskTheCommander@hawaii.army.mil — to submit questions to the Garrison commander.
- <http://www.garrison.hawaii.army.mil/sites/cms/comments/issueform.aspx> — to submit a community issue to the Installation Action Council.
- [www.ArmyHawaiiFamilyHousing.com/resident\\_feedback](http://www.ArmyHawaiiFamilyHousing.com/resident_feedback) — for post residents to communicate with AHFH.
- [www.armyhawaiifamilyhousing.com/current\\_residents](http://www.armyhawaiifamilyhousing.com/current_residents) — for post residents to communicate with their neighborhood representatives.
- [www.25idl.army.mil/dpw/customer\\_service.html](http://www.25idl.army.mil/dpw/customer_service.html) — to solicit service orders to the Directorate of Public Works.
- [www.MilitaryCrimeTips.com](http://www.MilitaryCrimeTips.com) — to place anonymous crime information.

USAG-HI from the U.S. Army-Pacific regional AFAP conference held in May.

For example, the committee plans to develop an issue that addresses the constraints of the new Executive

Order concerning hiring spouses.

AFAP is just one way to let the community express its ideas and is-

sues. Other ways to communicate include the Interactive Customer Evaluation system, called ICE; the Installation Action Council; the "Ask the Commander" program; and quarterly town hall meetings.

Additionally, the Directorate of Emergency Services; Army Hawaii Family Housing; the Directorate of Family and Morale, Welfare and Recreation; and the Directorate of Public Works provide resources that allow customer feedback.

Further, the Garrison communicates with cyber-savvy Soldiers, family members and civilians at its Twitter, Facebook and Flickr sites.

*(Editor's Note: Tracey Clark is the Army volunteer coordinator at Army Community Service.)*

# Ask: Two dog 'bark parks' already have been established

CONTINUED FROM A-3

report that our Directorate of Public Works will be contracting four 55-foot latrine trailers with hand-wash stations.

We hope these trailers will add comfort and convenience to the overall celebration.

**Q:** *Is it possible to build a dog park on post similar to the one available in Navy housing?*

**A:** Many members of our community are pet owners, and we've often been asked about establishing a facility that will allow our dogs the room to exercise and socialize with other dogs.

USAG-Oahu has two established "Bark Parks." One is located on Wheeler Army Airfield, in the "gulch" just off Denny Road, and the other is on Helemano Military Reservation, at the retention basin off of Paalaa Uka Pupukea Road.

Pet owners and their dogs may enjoy these areas leash free.

Specific rules are posted on the gates of each Bark Park entrance. Also, Army Hawaii Family Housing has budgeted \$50,000 in fiscal year 2011 toward constructing a dog park in Bougainville.

While these types of parks are beneficial to our pets, they can only be appreciated if our pet owners use them in a responsible manner. Clean-

## Martinez Fitness Center Hours of Operation

Monday-Friday, 5 a.m.-9 p.m.  
Saturday, 7 a.m.-5 p.m.  
Sunday, 8 a.m.-4 p.m.  
Holidays, 9 a.m.-4 p.m.

ing up after and policing of your pet, to include monitoring for aggressive behavior, is the duty of each and every pet owner.

Please enjoy these parks responsibly, and report violations of park rules.

## On a final note

This column will be my last for "Ask the Garrison Commander." My family and I will be leaving the garrison in June on to our next duty assignment.

I hope that, with this column — as with all the other outreach programs the garrison offers, I have been able to both help improve our garrison services and educate our community about the events and activities associated with living and working on our Army posts.

I thank you for your comments, suggestions and support these past three years.

Together, we have continued to make USAG-Hawaii a truly wonderful place to live and work. Mahalo and aloha!



Courtesy Photo

## Sewing the pieces together

SCHOFIELD BARRACKS — Lt. Col. Daniel Hulsebosch, (second from left), director, Directorate of Emergency Services, and personnel with the Warrior Transition Battalion, here, display a quilt made by the nonprofit group "Strippers" from Highlands Ridge in Avon Park, Fla. The group recently donated 11 handmade quilts to the WTB. In the quilting world, a stripper is someone who tears up cloth and then sews the pieces together to make a quilt.

## News Briefs

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

### Today

**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. Call 655-0157.

**Fort Shafter Gates** — 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 must enter through Patton Gate.

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

**Traffic Delays** — Military units will convoy from Kawaihae Harbor to Pohakuloa Training Area, June 5, 12 p.m.-4 p.m., via Akoni Pule-Queen Kaahu-

manu, Waikoloa Road, and Malahoe Saddle Road Corridor. Motorists are advised to be alert and drive with care. Call 656-3152.

**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 Troops to Teachers** — Learn the requirements to obtain a teacher's license and the benefits available through "Troops to Teachers" at a "Teaching as a Second Career" seminar, June 8, 11:30 a.m.-1 p.m., in the 9th Mission Support Command Education Center, Building 1550, Fort Shafter Flats.

Lunch will be provided for attendees who RSVP. E-mail [mdiderrich@mwttt.com](mailto:mdiderrich@mwttt.com) or call 438-6851.

**Employee Town Hall** — All garrison employees are invited to attend a town hall with Col. Matthew Margotta, U.S. Army Garrison-Hawaii commander, June 8, at the Sgt. Smith Theater, Schofield Barracks, 10-11 a.m. or 1:30-2:30 p.m.

**SFOD Recruiting** — Attend the 1st Special Forces Opera-

tions Detachment-Delta (Airborne) recruiting briefing, June 8, 10-11 a.m. or 2-3 p.m., at the Schofield Barracks Army Education Center, Building 560, Room 220.

The PT test is June 9, 7 a.m., Stoneman Field. The IQ test is June 9, 9:30-11 a.m., Schofield Barracks Army Education Center, Room 220.

Contact [sof8.recruiter@us.army.mil](mailto:sof8.recruiter@us.army.mil) or 910-643-5833.

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.

Soldiers need to be a male, specialist 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](mailto:sof8.recruiter@us.army.mil) or 910-643-5833.

**9 / Wednesday 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.

**UVA Courses** — Unit Victim Advocate Refresher training is June 9, 8 a.m., at the Sgt. Yano Library on Schofield Barracks.

# PT: Program yields less injuries

CONTINUED FROM A-1

feel those Soldiers with profiles were excluded from the intense training. With the physical therapists on board, we can essentially focus an individualized plan, not only to speed recovery but prevent re-injury."

With about a fourth of the HHB, 94th AAMDC, on profile, Inglis believes it is a real concern.

"My hope is to reduce profiles within the Army and within the unit," Inglis said.

"Hopefully this program, while working with the Physical Therapy Clinic, will do different types of exercise and different types of warm-ups and stretching and education to help limit the amount of injuries we have," he added.

About a year ago, Inglis sent three groups of Soldiers through ATAC training at Tripler, but "the program didn't stick," he said. With the longer time period and larger group, he hopes this time will be successful.

"If you do it the right way and go with it, you should see results faster than the old program, and results should create motivation."

— **Sgt. Justin Scales**, 94th Army Air and Missile Defense Command

"I think that the program will benefit our unit because it will wake up muscles that you haven't used before, and it changes the way that you start a workout," Inglis said.

"The warmup and stretching is designed to loosen your body in preparation for exercise and will reduce injuries," said Sgt. Justin Scales, human resource noncommissioned officer, HHB, 94th AAMDC.

Scales was included in a group that went through the program, last year.

Scales added, "It will benefit me because it will make me want to do PT more because it's something different, it's something new and it's challenging.

The six-month test period will determine what future changes are needed to ensure PT success within the command, Inglis said.

"This new PT program should offer new ways to help Soldiers to be physically fit and motivate them to want to be physically fit," Inglis said.

"If you do it the right way and go with it, you should see results faster than the old program, and results should create motivation," said Scales.

"I believe that after doing this there is no way shape or form that we should ever go back to doing our old program," Scales said. "Just keep adding on to the new one and keep challenging ourselves."





Stefanie Gardin | U.S. Army Garrison-Hawaii Public Affairs

Hawaii Senator Daniel Inouye, far right, and Maj. Gen. Michael J. Terry, commanding general, U.S. Army Hawaii, middle, join children of Hawaii's fallen Soldiers – Jasmine Holland, left, and Kiaras Washington, right – in untying a maile lei during the School Age Center grand opening ceremony, Wednesday, at Schofield Barracks. The center was dedicated to the children of all fallen Soldiers of U.S. Army, Hawaii, and it was named "Napua Koa," which means "the children of the warrior" in Hawaiian.

## Center: Specialty rooms designed

CONTINUED FROM A-1

ations Committee and of the Senate Defense Appropriations Subcommittee, Inouye plays a major role in drafting legislation to allocate funds to the military and various other government agencies.

In his remarks, he recounted a recent conversation he had while meeting with colleagues several weeks ago.

"One of my colleagues asked me the question, 'Why are we spending so much for these non-military-type activities?' I told my colleague, these men are all volunteers," Inouye said.

"They are volunteers. They were not forced to join. They're volunteering their bodies for us," Inouye continued. "The least we can do is to make certain that their families, their children live a normal life – best education, best training – and if we're not up to it, then we have no business sending our men and women off to combat."

After the formal dedication, Inouye and other attendees toured the new facility, seeing all of the things one would expect to find in a place of learning, such as classrooms, study areas, a computer lab and a multipurpose room, as well as a Techno Fun Room, a Performing Arts Room, an outdoor soccer field and a basketball court.

The Techno Fun Room contains the latest state-of-the-art gaming systems and electronic devices to support children's daily learning experiences. The room provides a fun place to kick back, relax and enjoy some time hanging out with friends from school.

The Performing Arts Room provides props, costumes, music and scripts, allowing children to explore various performing arts, from dance to signing and even small stage productions.

Center staff expects the building to be at full capacity with the start of the upcoming Summer Day Camp program, which runs from June 1 to July 30. Children can participate in swimming events, numerous arts and crafts activities, team sports, special interest clubs and weekly excursions to other educational venues.

"The most exciting addition to the educational experiences that we offer our children, comes from the facility's smaller demonstration kitchen," said Julie Ariola, director of the center. "We'll be able to provide children the opportunity to work on food projects and observe cooking demonstrations outside of the larger kitchen area.

"Even if it is something simple, like learning to make healthy snacks, or preparing salads, the demonstration kitchen allows us to set the seed of good nutrition at a time in their lives when children are most receptive to learning," Ariola said.

Army school-age centers offer before- and after-school programs for Army children in kindergarten through fifth grade. In Hawaii, more than 350 children are currently enrolled in these centers at Schofield Barracks, Aliamanu Military Reservation, Fort Shafter and Helemano Military Reservation.

The centers charge users a monthly fee, based on total family income, which covers all meals, transportation, supplies and staff labor costs.

## Gallagher: New commander pledges quality medical care

CONTINUED FROM A-1

gional Command and Tripler staff.

"You have been on point for some of our most critical organizational practices regarding deploying and redeploying Soldiers, and in ensuring that they remain healthy and that their families are well-cared for, their children reached out to and nurtured, and that problems for any member of this Army family are recognized early and managed compassionately and effectively," Schoomaker said.

Turning to Jones, Schoomaker recalled, "I leaned on Steve heavily when he commanded Fort Campbell's (Ky.) Blanchfield Community Hospital, early in the war.

"I remember vividly his asking to be deployed in Operation Enduring Freedom and Operation Iraqi Freedom after finishing command," Schoomaker continued. "He ended up doing back-to-back deployments as a senior medical leader in both Afghanistan and in Iraq, a tribute to his devotion to Soldiers.

"He has continued this enlightened leadership here over the past two years," Schoomaker said.

Jones, who leaves Tripler for assignment in the National Capitol Region, Washington, D.C., began his farewell remarks by thanking his staff.

"I'm here today to say thanks to the proud Soldiers and civilians of the Pacific Regional Medical Command," Jones said.

"A few are standing before you in formation, but most are providing care in wards, clinics or in the fields of Hawaii, Korea, Japan, Afghanistan, Iraq, Palau, Cambodia, Laos and

Honduras," Jones added.

He continued, "When you return from deployment, you're welcomed back, but not by bands, but by a few close friends. But that doesn't matter, because you draw your reward from knowing that you touch lives, you make a difference, and that when the service members, families and veterans across the Pacific need help, you are the ones they turn to first."

Gallagher, who is serving his first tour in the Pacific area of operations after commanding Europe Regional Medical Command, shared his first impressions of Hawaii.

"In the short time that I have been here in Hawaii, I have been impressed with the overwhelming friendliness and the people of Hawaii," Gallagher said.

"I can see immediately that our staff clearly sees that our patients and units with whom we serve are the reason for our existence," Gallagher added, then continued, "I pledge that we will continue to provide the finest quality medical care to these brave and courageous men and women and their families.

"I pledge that we will endeavor to improve the health status of every patient currently enrolled in our military health system," Gallagher added. "I pledge that we will continue to improve the readiness and the competency of our field medical units.

"I pledge that we will continue to sustain the gains in behavioral health, access to care, Veterans Administration health care, warriors in transition, Comprehensive Soldier Fitness, and in the patient-centered medical home," he concluded.

## Broncos: 3rd BCT welcomes native-Hawaiian commander

CONTINUED FROM A-1

home with honor."

Hiatt and his family have been stationed, here, at Schofield Barracks for seven years, but will now move to northern Virginia with his family to attend Georgetown University's Edmund A. Walsh School of Foreign Service.

Although born in Korea, Kim was raised in Hawaii. He graduated

from the University of Hawaii and was commissioned in May 1988.

He has served multiple combat tours in support of Operation Enduring Freedom and Operation Iraqi Freedom.

Kim is married to Un Hui and has two daughters and one son.

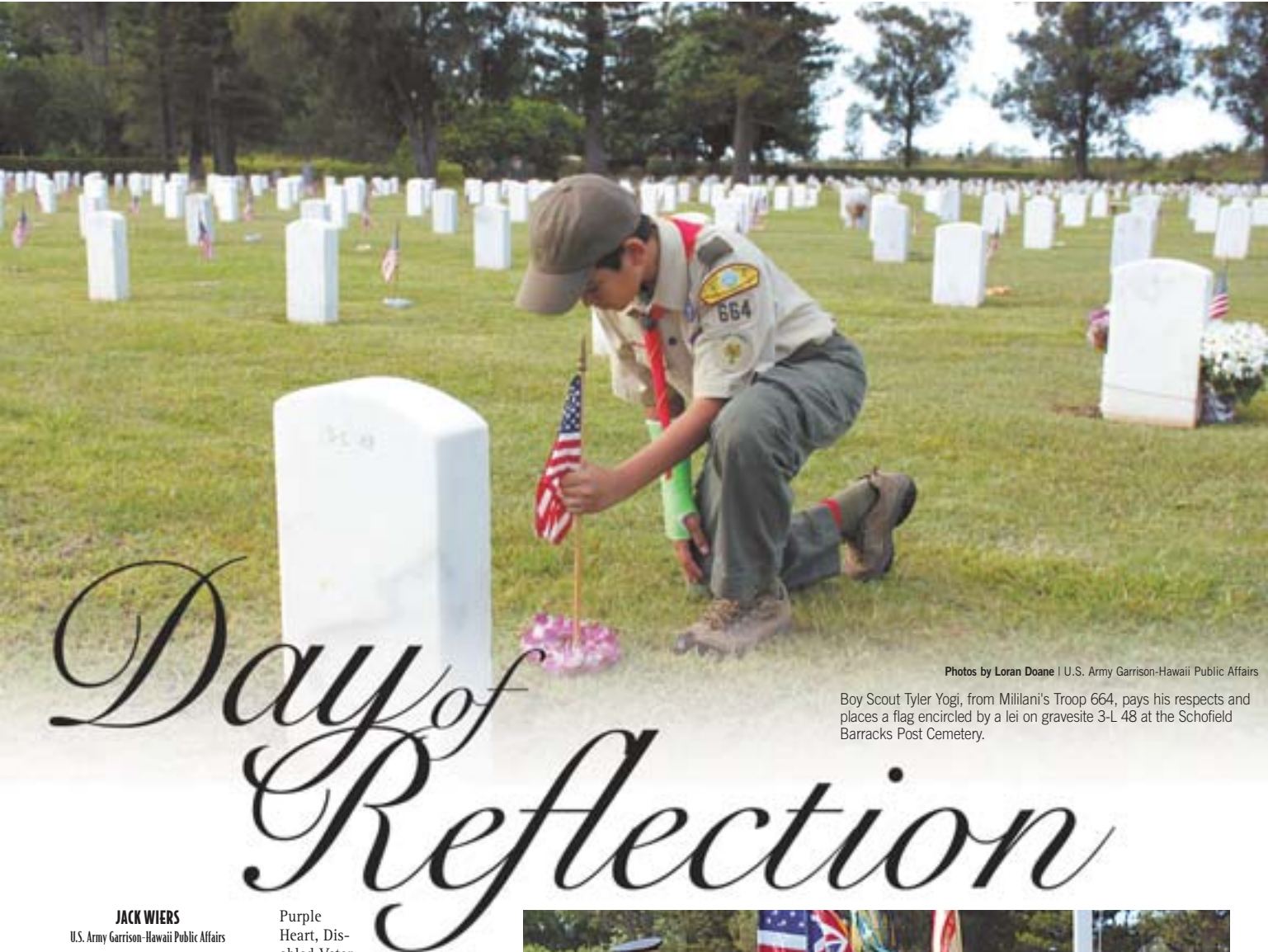
Kim said he is pleased to be back in Hawaii, to take command of the Bronco brigade and to lead the brigade into its tour in Afghanistan, slated for next spring.

"It's good to be home," said Kim, as he took the podium at Sills Field to greet his new brigade and bid Hiatt and his family farewell.



Kim





Photos by Loran Doane | U.S. Army Garrison-Hawaii Public Affairs

Boy Scout Tyler Yogi, from Mililani's Troop 664, pays his respects and places a flag encircled by a lei on gravesite 3-L 48 at the Schofield Barracks Post Cemetery.

# Day of Reflection

**JACK WIERS**

U.S. Army Garrison-Hawaii Public Affairs

**S**CHOFIELD BARRACKS – Reminders of America's history and of personal sacrifice were voiced at Memorial Day ceremonies, here, and throughout the nation, Monday.

Across the country, in various locations and in a variety of ways, the sacrifices of past heroes were remembered. Tributes were voiced in both formal ceremonies and private moments.

At Schofield Barracks' Post Cemetery, visitors began arriving in the early hours to offer their respect to individual fallen friends and family members, and for veterans and retirees whose remains are buried at the site, which is almost a century old.

Gravestones bore fresh lei, flowers and miniature American flags placed by families, friends and community members like local Boy and Cub Scout troops.

The steady stream of people continued to the gravesites throughout the day.

Later in the morning, at the formal Memorial Day ceremony, Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, stressed the need to salute and honor all members of the armed forces throughout history.

"Defending the ideals of our nation has required the service and sacrifice of heroes from every generation," he said, in his formal address.

Would speaking words, he asked, and placing flowers on graves be enough of a tribute?

"They did not die for words or wreaths alone; rather, they gave their all for the cause of liberty, so that in freedom, our nation might endure," Margotta said.

Quoting President Abraham Lincoln, Margotta said, "Any nation that does not honor its heroes will not long endure."

"To the fallen, to our veterans and to their families, we acknowledge there is no tribute, no commemoration and no praise that can truly match the magnitude of your service and your sacrifice," Margotta said.

The remembrance ceremony continued with Army veterans from the Military Order of the

Purple Heart, Disabled Veterans of America and Vietnam Veterans of America saluting the fallen along with Command Sgt. Maj. Robert Williamson, USAG-HI command sergeant major.

They laid wreaths at the foot of the flag, which was flying at half-mast.

A rifle detail of seven delivered a three-volley salute, followed by the flag being raised from half-staff to the top of the flagpole.

The ceremony concluded with a single bugler playing taps.

"I will continue to come until I can't," said Sammy Houseman, a disabled American veteran who, along with 70 others, viewed the ceremony, here. "There are fewer of us here every year."



See additional photos at [www.flickr.com/photos/usag-hi](http://www.flickr.com/photos/usag-hi).

Right — A lantern floats out into the ocean during the 12th Annual Lantern Floating Hawaii Memorial Day event at Ala Moana Beach Park, in Honolulu. This lantern thanks Soldiers in general, but the back inscription specifically mentions loved ones by name who served their country and have since passed. Part of it reads, "...you made us proud & we will forever miss you & keep your stories alive through our children & our childrens' children."

Photo by Sgt. 1st Class Joel Quebec | 211th Mobile Public Affairs Detachment



Command Sgt. Maj. Robert Williamson, left, U.S. Army Garrison-Hawaii command sergeant major, renders a salute to honor fallen service members during the garrison's Memorial Day ceremony, Monday.



## RELATED STORY

• Seniors make Memorial Day lei for Schofield Barracks Cemetery, B-3.



An honor guard from Headquarters and Headquarters Company, 65th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, prepares for a three-volley salute for service men and women interned at Schofield Barracks' Post Cemetery.



Sgt. Christina Kolodziej, 25th Infantry Division band member and bugler, plays taps in honor of all those who have served their nation.





## Today

**Waikiki Party Bus** — The free party bus to Waikiki runs again June 4, 9 p.m.-4 a.m. Reservations are required and pick-ups are available from Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

**ACS Courses** — Registration is open for Army Community Service courses and services in June.

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

## 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](http://www.facebook.com/AAFES.BX.PX).

## 7 / Monday

**Summer Bus Shuttle Service** — Starting June 7, the summer bus shuttle service will run Monday-Friday, 8 a.m.-5 p.m., between Helemano Military 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](http://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., June 10, at Sgt. Yano Library on Schofield Barracks. Call 655-8002.

## 15 / Tuesday

**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 re-open 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.

## 17 / Thursday

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



Send announcements

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

## Today

**Midway Symposium** — Commemorate the 68th Anniversary of the Battle of Midway, which changed the course of the war in the Pacific, at the Pacific Aviation Museum at Pearl Harbor, June 4, 1-3 p.m. The symposium is free with museum admission. Call 441-1008.

## 5 / Saturday

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

Normal Saturday clinics will be cancelled 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](http://www.tamc.amedd.army.mil).

**O-bon Celebration** — Come to Hawaii 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,



Courtesy Photo

Members of the 25th Infantry Division Band Ceremonial Team play patriotic selections and military music drawn from the rich tradition of Army bands in the 235 years of the U.S. Army's history.

# Public invited to Fort DeRussy musical event

NANCY RASMUSSEN

U.S. Army-Pacific Public Affairs

FORT SHAFTER — U.S. Army-Pacific welcomes the community to Fort DeRussy in Waikiki, 6 p.m., June 9, when Kuroda Parade Field will fill with the sounds of woodwinds, bagpipes, drums, strings and horns, as the Army Birthday Commemoration kicks off with a Musical Tribute in honor of military service members and their families in the Pacific.

Come, find out the reasons why all five traditional bands garner so much applause and appreciation, and enjoy a free evening of patriotic enthusiasm.

The historic Royal Hawaiian Band, a wind ensemble under the direction of bandmaster Michael Nakasone, leads off early with the U.S. national anthem, followed by the Hawaii state song, Hawaii Pono. Established in 1836 by King Kamehameha III, it is the only band in the U.S. with a royal legacy.

For its finale number, the band will play "Go for Broke," the fight song for the 100th Infantry Battalion's 442nd Regimental Combat Team, which was established early in World War II and comprised Japanese volunteers from U.S. internment camps.

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

Call 655-9694 or e-mail [nhliaison@gmail.com](mailto:nhliaison@gmail.com).

For more information on the Musical Tribute, call 438-9761.

For its size and length of service, the 442nd was the most decorated U.S. military unit.

The evening's host, Lt. Gen. Benjamin Mixon, commander, USARPAC, welcomes community members to enjoy another local band, the Celtic Pipes and Drums of Hawaii, who will play its "Tribute to Fallen Heroes."

Since 1985, the pipers and drummers have entertained islanders, and its ranks currently consist of 18 pipers, four drummers and an Irish dance team, "Jig This."

Community members are in for a treat with a performance by the U.S. Army Strings, one of the premier elements of the U.S. Army Band, "Pershing's Own," in Washington.

The Army Strings provides a musical backdrop for many of the country's most notable events. Its mission is to serve as a musical ambassador for high-level military and government events at home and abroad, as well as in concert for public audiences.

This versatile ensemble of 20 world-

class musicians performs as the Strolling Strings, the U.S. Army Orchestra and various mixed small chamber ensembles and combos.

Later that night, attendees will then become enthralled with the Pacific Fleet Band performance.

According to Navy Region Hawaii Public Affairs, when the Pacific Fleet Band arrives for a performance, they swiftly and efficiently unload their odd-shaped cases, as if choreographed. Minutes later, they're usually seated on stage and tuning their instruments.

Then at a precise, pre-arranged moment, the director gives his cue and they play. This is when many spectators become aware of their presence. By the time the performance is over, their audience is captivated.

Closing out the evening and in support of the USARPAC Musical Tribute, Soldiers of the 25th Infantry Division Band Ceremonial Team will provide a program consisting of patriotic selections and military music drawn from the rich tradition of Army bands.

The 25th ID Band's contribution will showcase how martial music has been an integral part of the armed forces since the military's inception.

Visit the website for each specific date's location and an evening filled with food, fun and activities. Call 655-5698 or visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com).

**Twitter** — Follow FMWR at [www.twitter.com/FMWR\\_Eddie](http://www.twitter.com/FMWR_Eddie).

# Ongoing

**Family Fun Friday** — Come party with Family and Morale, Welfare and Recreation at 6 p.m., the first and third Friday of every month, except June 4.

## 13 / Sunday

**POW Testimonial** — Come hear Jerry Coffee, a retired Navy captain, talk about his experience as a prisoner of war for seven years in North Korea. This event is June 13, 9 or 10:30 a.m., at Mauka Lani Elementary School cafeteria on Panana Street in Makakilo. Visit [www.gbck.org](http://www.gbck.org) or call 285-5135.

## 15 / Tuesday

**PWOC Fellowship** — Protestant Women of the Chapel invite you to drop in Fellowship Day, June 15, 9-11:30 a.m., at the Kalakaua Community Center. Bring a snack, your kids and a friend. E-mail [schofieldpwoc@gmail.com](mailto:schofieldpwoc@gmail.com).

## 16 / Wednesday

**Author Meet-n-greet** — Come to Hale Kula Elementary School, June 16, 11:30 a.m.-1 p.m., to hear from Rosanne Parry, author of "Daddy's Home" and "Heart of a Shepherd."

Her current book follows an 11-year-old who is taking on many new responsibilities at his grandparents' ranch while his dad is deployed in Iraq.

Parry will describe her writing process, answer questions, read from her book and lead families in a creative writing activity. E-mail [halekulalib@gmail.com](mailto:halekulalib@gmail.com).

## 17 / Thursday

**Summer Concerts** — The Waikiki Aquarium will host oceanside concerts, June 17; July 1, 15 and 29; and Aug. 12. Aquarium doors open at 5:30 p.m.; concerts are 7-8:30 p.m. Aquarium galleries and exhibits will remain open throughout the evening. Bring personal low-lying beach chairs for optimal seating on the lawn. Tickets are \$20 for adults, \$10 for children ages 7-12. Call 550-8457 or visit [www.honoluluboxoffice.com](http://www.honoluluboxoffice.com).

**Dinosaurs** — It's the invasion of the dinosaurs! Pearlridge Center's Uptown and Downtown Center Courts are overrun with animatronic dinosaurs and other free activities, June 18-Aug. 15. Fill out a Safari Activity Passport for prizes.

**This week on "Live Garrison TV Town Hall" Thursday, June 10, 7 p.m.**

This 90-minute program will feature updates on garrison programs and issues, and will feature a live, open forum for callers with questions for Maj. Gen. Michael J. Terry, commander, U.S. Army-Hawaii; Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii; and installation subject matter experts, during this televised town hall.

Call 655-1383 or 655-5015, June 10, or Twitter your question in advance to [www.Twitter.com/USAGHI](http://www.Twitter.com/USAGHI).

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

**World Oceans** — The United Nations World Oceans Day is June 8, and the Waikiki Aquarium is hosting beach clean-ups, on-site activities and special promotions to honor the world's oceans.

Starting June 8, explorers of all ages will have a "fantastic" time with more than 3,500 marine specimens during its educational programs and events, including Summer Nights at the Aquarium, Oceans Alive, Summer by the Sea, Tidepool Exploration, Small Fry and Coral Spawning and Reef Romance.

For more information, call 923-9741 or visit [www.waquarium.org](http://www.waquarium.org).

## 9 / 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 9. E-mail [bubbyb22@earthlink.net](mailto:bubbyb22@earthlink.net) or call 284-0293.

**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.

## 11 / Friday

**Military Admission** — This Kamehameha Day, Bishop Museum admission will be waived for kamaaina and military visitors, June 11, in recognition of the community, which has shown incredible support of Bishop Museum programs and exhibits.

The museum is open 9 a.m.-5 p.m. Visit [www.bishopmuseum.org](http://www.bishopmuseum.org) or call 847-3511.

## 12 / Saturday

**Piano Festival** — Come hear the music during concerts, competitions, recitals, classes and workshops during the Aloha International Piano Festival, at the Hawaii Convention Center, June 12-19.

Visit [www.alohapianofestival.com](http://www.alohapianofestival.com).

**When Elmo Grows Up** — Tickets are on sale for Sesame Street Live's production, which asks, "What do you want to be when you grow up?" June 12-20, at the Blaisdell Concert Hall, Honolulu.

Call 591-2211 or visit [www.sesamestreetlive.com](http://www.sesamestreetlive.com).



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

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

### Buddhist Services

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

### Catholic 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](http://aaes.com) under reeltime movie listing.



## Death at a Funeral

(R)  
Fri., June 4, 7 p.m.  
Thurs., June 10, 7 p.m.

## Diary of a Wimpy Kid

(PG)  
Sat., June 5, 4 p.m.



## Clash of the Titans

(PG-13)  
Sat., June 5, 7 p.m.

## How to Train Your Dragon

(PG)  
Sun., June 6, 2 p.m.

## The Losers

(PG-13)  
Wed., June 9, 7 p.m.

No shows on Mondays or Tuesdays.



# Seniors create, donate lei to venerate veterans, Soldiers

Story and Photos by  
**AMY L. BUGALA**  
U.S. Army Garrison-Hawaii Public Affairs

WAHIAWA — Dozens of members from local community organizations here participated in a picking and stringing event, Friday, continuing an island tradition honoring Soldiers buried at the Schofield Barracks Post Cemetery.

The fourth annual service project, led by the Wahiawa Rainbow Seniors club, brought together senior citizens from the Hongwanji Mission and individuals from Wahiawa and Whitmore Village communities to pick flowers and string 1,765 lei to encircle the small U.S. flags placed at the post cemetery gravesites on Memorial Day.

The club, made up of seniors 55 years and older, is committed to service, education and being an example to youth in the community.

"We're a rainbow of nationalities," explained Noelle Sutherland, who motivated the group and coordinated the efforts that day, hence the club name, she said, and "also because Wahiawa has it's share of rain and rainbows."

Work began immediately in the Hongwanji Mission social hall.

"Lei should be approximately 15 inches, yet no longer than 18 inches, and no less than 12," Sutherland instructed.

Finished lei are to be tied, counted and laid between newspapers, and lightly sprayed with water before being placed in the boxes, she added.

Amid speculations that there could be a shortage of flowers and lei this year, Sutherland wasted no time recruiting volunteers for a flower harvest that morning.

"This is our most fragrant, colorful and visible service project of the year," Sutherland said, while driving a group to a North Shore plumeria farm in the mountains high above Haleiwa.

Farm owner and Wahiawa resident, Jim Little, opened his farm to the Memorial Day lei-making group and has



Surrounded by fresh flowers, members from the Wahiawa Rainbow Seniors club gather at the Wahiawa Hongwanji Mission to string 1,765 lei for gravesites.

donated blossoms for the last 14 years.

The yellow, lemon-scented plumeria is known as the "graveyard flower" because "it does well with little water and lots of sun," in addition to being the fastest and easiest flower to string, explained Sutherland.

Volunteers from the club, whose average member age is 70, quickly made their way through rows of low-hanging plumeria branches, plucking as many fresh blossoms within reach in two hours.

"Three at a time," encouraged Carolyn Kawamata, 69, after word spread

that the stringers needed more flowers.

When the pickers returned, more than 15 volunteers were busy at work and welcomed the bounty.

Bags of fresh, multicolored plumeria blossoms were poured onto tables already filled with branches of bouganvillia, stephanotis, orchids and little, round bozu flowers.

"String'em up and I'll be back later," announced Benny Quiseng.

"This is my way of saying thank you for allowing me freedom," said Yvonne Okazaki, while adding a few more garlands to a box.



Noelle Sutherland (left), Wahiawa Rainbow Seniors club member, helps Andy Dewees and Carolyn Kawamata bag fresh-picked plumeria that is used to create lei.

At noon, Okazaki counted the finished lei and reported that the total was 565.

Next door in the Hongwanji Mission, another group of volunteers contributed to the effort creating braided and individually arranged ti leaf lei or "wili."

Among the volunteers was former club president, Roseline Yano, 87. Making Memorial Day lei for the Schofield Barracks Cemetery allows her to express her appreciation and pay her respects.

"This is lei for Soldiers that are close to us and our families in Wahiawa," said Yano, pausing from her work, holding a braided ti leaf lei in her hands. "This is lei for our Soldiers. They are all our family."

At the end of the day, 1,715 lei were completed with an additional 50 added over the weekend. The lei were stored at Schofield Barracks until Memorial Day when groups of Scouts came together to place them at the gravesites.



See additional photos of this event at [www.flickr.com/photos/usag-hi](http://www.flickr.com/photos/usag-hi).

Committee chair for Cub Scout Den 464, Christie Yogi, and her sons Tyler and Christian, attended the Schofield Barracks ceremony and heard of the seniors' efforts.

"I think it is great what these folks have volunteered to do," Yogi said. "In the past, our Scouts have always paid respects to those buried at Punch-bowl, but we heard that there was concern that there might be a shortage of lei, so we made some of our own and brought them to Schofield Barracks."

Okazaki said she knows the group's efforts are appreciated.

"No words are necessary, just 'mahalo' and right back at you," she said.

*(Editor's Note: Loran Doane, USAG-HI, PAO contributed to this article.)*



Joanne Nakayama | Courtesy Photo

Kupuna Janet Ongoy, left, leads an ukulele group comprised of fourth- and fifth-grade boys from Wheeler Elementary School as they play "Happy Anniversary" during a recent ceremony celebrating the history of education on Wheeler Army Airfield.

## Wheeler Elem. lauds 50 years of education

**REMA ELTRINGHAM**  
Wheeler Elementary School Parent and Community Facilitator

WHEELER ARMY AIRFIELD — Wheeler Elementary School recently celebrated 50 years of teaching while honoring the path of the warriors, or "hanohano ke ala na kooa," in Hawaiian.

The school — students, parents, teachers, staff, retired teachers, district administrators, former students — and its military partner, the 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, represented by Lt. Col. Kenneth Hawley, commander, 2-6th Cav. Regt., sat through a 45-minute ceremony in a constant but gentle mist of rain.

Yet, not even the rain could dampen the hearts and minds of the Wheeler Elementary community as it honored the past and the present.

"We've set a course for the future of our students," said Joe Lee, school

principal, referring to a time 25 years from now when future students and faculty will be able to unearth a time capsule containing items carefully chosen from 2010.

Some of the items included a yearbook, grade level curriculum booklets, a school menu, a school uniform T-shirt and a copy of the Hawaii Army Weekly and Honolulu Advertiser.

An oil-painted mural was revealed during the ceremony. The mural portrayed the connection and evolution of learning. It depicted an ancient warrior passing knowledge and wisdom to a present-day student, and also a modern-day Soldier passing knowledge and wisdom to an ancient child.

Before Wheeler Army Airfield's military history began, ancient chiefs used the area as a training ground for warriors in the 1600s.

"It was created based upon the collective hearts and minds of the fourth-grade students' own artwork, poetry and personal

interviews," explained Laurie Ganaban, a local artist who painted the mural, which will be displayed in the school's library.

Fourth-grade students studied the lyrics of the song "Aina," written by Gordon Freitas, who was also a special guest at the event. They wrote interpretive responses and performed a hula to the song taught by Kumu Hula Kaipo Kalua.

An ukulele group made up of fourth- and fifth-grade boys, led by Kupuna Janet Ongoy, played "Happy Anniversary."

Rounding off the day's celebration, students, teachers and parents visited activity stations with poi-pounding, hula, storytelling, Hawaiian implements and games.

"I am proud to walk the path with past contributors, our current team of skilled teachers and the students who are our future," Lee said about his beloved school.

"Invest now and all will prosper, especially when we invest love, understanding and trust."

## Community interest, involvement leads to AMR Teen Center improvements

**LAURA BRATCHER & LAURESSA REESE**  
Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Parental involvement can make a huge difference, not only in children, but also in local community resources, like repaving basketball courts and upgrading study facilities at the Aliamanu Military Reservation Teen Center.

When Master Sgt. Patrick and Johnnetta Piper moved to Hawaii in 2008, they immediately enrolled 17-year-old-son Meko Thompson in the AMR Teen Center.

Thompson had continuously been involved in teen centers at various installations, but he was turned off and disappointed by the appearance of the AMR center, at first. He thought the center was cramped and not as well equipped as other places he had been before, and there was not a quiet place to do homework.

Johnnetta advised her son to continue going to the center, and he became more active at the teen center by helping others with homework, teaching techniques he learned from leadership camps and emceeing for AMR's Holiday Funfest.

Eventually, his involvement

led him to be locally nominated and to receive the Boys & Girls Club "Youth of the Year" award for U.S. Army Garrison-Hawaii. However, while attending her son's activities, Johnnetta noticed his concerns were correct. A basketball court was in disrepair and overgrown with brush.

After conversations with several people, in which no one expressed ownership of the court, Johnnetta contacted Col. Matthew Margotta, USAG-HI commander, and asked to have a meeting.

"CYSS has been a haven for my kids, and we should be able to offer our kids more."

— **Johnnetta Piper**  
Family Member

While waiting for her meeting date, Johnnetta was invited to attend a Child, Youth and School Services' advisory group meetings where Theresa Margotta was also in attendance.

**SEE AMR, B-4**

## Operation Military Kids briefs local community educators

Ready, Set, Go explains keiki deployment stressors

**WAYNE YOSHINO**  
U.S. Army Garrison-Hawaii School Support Services

SCHOFIELD BARRACKS — Operation Military Kids is the U.S. Army's effort to partner with America's communities to support children of deployed service members throughout the United States.

Recently, two briefings with Dr. Al Saito, clinical director of youth psychiatry at Tripler Army Medical Center, focused on the effects of deployment.

When National Guard, Reserve and active duty military families living in civilian communities mobilize, their children experience the distinctive stress of being a



For more information on this program, visit [www.operationmilitarykids.org/public/home.aspx](http://www.operationmilitarykids.org/public/home.aspx).

military child. These children have unique needs for special support and services, even though they still look the same to their friends and community.

Ready, Set, Go is a branch of OMK designed to offer insight for community members into military culture and the deployment cycle, and it suggest ways to understand and meet the needs of military children.

Educators, counselors, Department of

Education superintendents and parents listened as Maj. Cesar Pudiquet and Maj. Mark Mitsui, National Guard representatives, spoke about the challenges faced by National Guard families during deployments.

In addition, a parent panel made up of active duty Army and National Guard spouses was included at the end of the briefings, so the entire group could hear the emotional and behavioral health challenges faced by military families when one of the spouses is deployed.

Ready, Set, Go briefings were held at the Hale Ikena, Fort Shafter, and the Nehelani, here. Another Ready, Set, Go briefing is planned for Maui, later this year.

OMK functions in 42 states across the country, including Hawaii.



# Interval training improves cardio systems, Soldier skills

MAJ. VANCIL MCNULTY

U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. — Interval training is an excellent way to train the cardiovascular energy systems the body requires for performing military duties, while minimizing mileage wear-and-tear on lower extremities.

Too much distance running has been shown to increase overuse-injuries without significantly increasing fitness levels.

Distance running more than 30 minutes has been shown to increase the risk for injury, so replacing most of a program's distance running with intervals should reduce the number of overuse-injuries.

A good idea is to run intervals two out of three running days.

Besides preventing injuries, interval training adds much-needed variety and intensity, as well as more functional speed and agility training to a program.

Adding more speed and agility training to a physical training program is vital because Soldiers face the occupational need to run quickly over short distances much more often than the need to jog slowly over a long distance. Plus, long-distance running is less fundamental to physical tasks Soldiers actually do day-to-day.

Interval training guidelines and ratios for running can be applied to activities such as cycling and swimming.



Interval running is performed with multiple bouts of all-out, high-intensity running interspersed with periods of recovery. High-intensity activities include sprints, shuttle runs and hill or stair running.

Intervals are performed by adhering to a work-

to-recovery ratio of 1:3 or 1:2. For example, a work-to-recovery ratio of 1:3 would be a sprint of 10 seconds followed by a 30-second relief period of walking or a slow jog.

Intervals can be intensified as fitness improves, for example, a ratio of 15:45 or 20:60. A 1:2 work-

Examples of an aerobic cardio workout for high-intensity interval training include the following:

- Warm up. Jog at 50-percent max for five minutes.
- Sprint for 20 seconds, plus 10 seconds of rest, six times.
- One full minute of rest.
- Sprint for 20 seconds, with 10 seconds of rest, six times.
- One minute of rest.
- Sprint for 20 seconds, plus 10 seconds of rest, six sets.
- One minute rest.
- Cool down. Jog at 50-percent max for five minutes.

to-recovery ratio would be a sprint for 10 seconds followed by a relief period of 20 seconds, which could progress to a 15:30, 20:40 and 30:60 ratio.

Start intervals with sets of five and progress to a maximum of 10 by adding no more than one set every two weeks.

Shuttle runs, which are running back and forth between two fixed distance lines, or repeated runs up and down a hill or stairs, are other forms of interval running that can be conducted in similar ratios to those described above.

One of the best aspects of interval training is that a great workout can be performed in a little time, either individually or in ability groups.

## Medal of Honor recipients urge current military to seek help with PTSD tools

Heroes 'Speak Out' about personal experiences

TRICARE MANAGEMENT ACTIVITY

News Release

WASHINGTON — At a time when suicides among service members continue to rise, America's Medal of Honor recipients are launching a public service campaign urging today's military to seek help for post-traumatic stress disorder.

The campaign, called "Medal of Honor — Speak Out!" features nearly 30 video testimonials by recipients who survived the most harrowing experiences in battle, including severe physical wounds, as well as emotional trauma.

Their message is simple: don't let the enemy defeat you at home — make use of the resources currently available for combat stress.

The "Medal of Honor — Speak Out!" website provides downloadable videos from Medal of Honor recipients, a two-minute combined montage and branch-specific montages urging service members to seek assistance for combat stress issues that may have become problematic in their lives.

The public, military leadership and news organizations are invited to download and share these resources with service members and their families.

This effort is the first time a group of living Medal of Honor recipients have participated in a public service campaign that aims to encourage today's service members to stay both physically and mentally strong and reduce the tragic number of suicides.

"Each of America's Medal of Honor recipient has seen the ugliest side of

war," said retired Air Force Col. Leo Thorsness, a former Vietnam prisoner of war and president of the Congressional Medal of Honor Society. "Yet, when we returned home from Vietnam, Korea and World War II, the military had few tools to help. Today's service members have access to numerous online resources and crisis hotlines, which we hope they'll use."

Despite all these resources to fight PTSD, 65 percent of service members say they fear being "seen as weak" for seeking help and half fear it will hurt their military career.

"Central to providing behavioral health care in the military is ending the stigma that a person is weak if they seek counseling when needed," said David McIntyre Jr., Congressional Medal of Honor Foundation board member. "Medal of Honor recipients know firsthand what today's service members need — the reassurance that it is OK to seek help."

The Congressional Medal of Honor Society is chartered by Congress, and regarded as the most exclusive organization in the country, as its membership is solely made up of living Medal of Honor recipients. Today there are less than 100 members who range in age from 58 to 99.

The Congressional Medal of Honor Foundation is a nonprofit organization whose mission is to perpetuate the Medal of Honor's legacy of courage, sacrifice and patriotism.



Visit [www.MedalOfHonorSpeakOut.org](http://www.MedalOfHonorSpeakOut.org) or [www.cmohs.org](http://www.cmohs.org).



Laura Bratcher | Directorate of Family and Morale, Welfare and Recreation

The Aliamanu Military Reservation Teen Center basketball courts are cleaned up and re-paved after falling into disrepair. Study facilities at the center also were upgraded to create a secluded and quiet area for students to use.

## AMR: Center has revamped facilities

CONTINUED FROM B-3

The two ladies began to converse and exchange thoughts about AMR's Teen Center and the pictures Johnetta had taken to illustrate the dilapidated condition of the basketball court and the need for repair.

Johnetta said parents look to the centers to provide teens with a safe and educational environment, but conditions at AMR were inadequate for studying. Also, there was a lack of space to accommodate children with special needs.

"We do have wonderful staff," she said. "We have great people who are

very committed to these kids. However, you have to realize whatever you give, you're going to get back."

A few weeks had passed when Thompson came home and excitedly said some people were clearing the basketball court.

In addition to the court clearing and repavement, what was formerly an AMR storage area is now a computer lab that is closed off from the activity room. The lab is equipped with computers and tables in an effort to provide children with an atmosphere that is conducive to completing homework and research.

Johnetta was very appreciative that

the Margottas took interest in the project and responded so quickly to the needs of children.

"I just wanted to get the ball rolling," she said. "CYSS has been a haven for my kids, and we should be able to offer our kids more. I'm doing this for the kids."

"She's a parent that gets things done," said Nelson Acosta, CYSS program site manager.

Johnetta and her family greatly contributed to the programming and progressive transition of AMR Teen Center, and their influence will be felt in the community resource for a long time to come.

## College students, sponsors need to plan ahead for summer

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — With finals ending at colleges and universities across the country, students will soon head home for summer break.

Making sure Tricare health benefits follow them over the summer is a simple process for students and sponsors.

Students with Tricare Prime can easily transfer enrollment. Once a student gets to wherever he or she is going — home, internship or the beach, to name a few possibilities, their sponsor simply submits a "Tricare Prime Enrollment and PCM Change Form" to continue coverage.

Coverage is effective on the day the form is received.

The sponsor must update the student's address in the Defense Enrollment Eligibility Reporting System. For more information about updating DEERS, go to [www.tricare.mil/DEERS](http://www.tricare.mil/DEERS).

To avoid higher out-of-pocket costs and point-of-service charges, students should complete all routine care before

heading home or elsewhere for the summer. They should also wait until their primary care manager change is complete.

When using Tricare Standard, Tricare's most flexible option, beneficiaries can see any Tricare-authorized provider. The sponsor of a student covered by Tricare Standard, however, will still need to update DEERS records.

Students with Tricare Standard or Prime can use Tricare's pharmacy benefit anywhere, as long as their DEERS information is current and they have a valid ID card.



For more information about Tricare's choices for college students, go to [www.tricare.mil/lifeevents](http://www.tricare.mil/lifeevents) and select "college," or visit [www.tricare.mil/college](http://www.tricare.mil/college) students.

CHRIS HALAGARDA

U.S. Navy Dietitian

FORT LEE, Va. — Celebrate Father's Day early as June is Men's Health Month, and June 14-20 is Men's Health Week.

The purpose of having these events during this month and week is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men.



For more information about making healthy choices and recipes, visit Ask the Dietitian at [www.commissaries.com](http://www.commissaries.com).

Here are a few facts that just begin to "scrape the surface" of diseases that men need to be cautious about:

- 29 million men have high blood pressure or hypertension,
- 50 million men have high cholesterol, and
- 8 million men have diabetes.

Millions of men say they're going to do something about their health, but they need to make this year different. So, do it.

Changes don't have to be big to make a difference. Follow the "KISS" — keep it simple, sir — principle because small changes to a lifestyle will result in huge changes in a life.

First, go to a physician for a physi-



cal. Many men avoid the doctor because they're afraid of what they might hear, but go and get current health results. Then, use them as a starting point for changes to come.

If you are fortunate enough to be given a clean bill of health, use those numbers as a baseline and don't let them change.

Working out on a regular basis — be it at the gym, at home or on the job, has proven to be a direct link to restoring youth and vigor.

Whatever men choose to do for exercise, they need to do it several times a week and take it slow to start.

According to the National Weight Control Registry, walking is the number one exercise used to lose weight — and

the Registry knows about weight loss.

All 5,000 registrants of the NWCR have lost more than 30 pounds and kept it off for more than a year. So, a change can be as simple as going for a 30- to 60-minute walk, just five days a week.

Next, men need to increase the nutrient density of their diet. Most Americans eat far too much saturated fat and sodium, and most don't get enough nutrients.

Go to the commissary and choose fish, nuts, seeds and beans, along with lean meat, low-fat milk and cheese for protein. Load the cart with all the fruits and vegetables you can, and always choose 100-percent whole grains when buying bread, cereal, rice and other grains.

For fat, choose nut-butters such as natural peanut, almond, pistachio and soy butter. They're delicious, filling and rich in healthy fats.

This year, don't let Men's Health Month go by without making a change. Try going to sleep 30 minutes earlier, blocking off 15 minutes a day for meditation or deep breathing, finding a healthy recipe to substitute for a typically unhealthy meal, or reducing alcohol or cigarette consumption each day.

Whatever change a man might choose, he just should remember that small changes eventually lead to big results.

*(Editor's Note: Chris Halagarda is the Navy fitness and performance enhancement dietitian. Readers can e-mail Halagarda at [Chris.Halagarda@navy.mil](mailto:Chris.Halagarda@navy.mil).)*



# Parents must prep children for safe summer with water, weather

DEB PYREK

Infant Swimming Resource

HONOLULU — Summer is here and with that comes great family fun in the sun and the water, but it is also time to start thinking about water safety.

In Hawaii, drowning is a leading cause for accidental deaths among young children, and ranks as the second leading cause nationally, according to the National Safety Council.

Each year, 4,200 children are treated for submersion injuries at emergency rooms throughout the country. Most of these children were under the supervision of one or both of their parents, when more than 75 percent of them were discovered missing for less than five minutes.

One of the first lines of protection in water safety is learning how to swim. Children as young as 6 months old can learn the skills to roll over, float and breathe from a facedown position to possibly save themselves from a fall into the water, according to Infant Swimming Resource. Children as young as 1 year old can be taught to swim, roll onto their backs to rest and breathe, and then flip over to their stomachs to continue swimming.

Even if children have already had lessons, other precautions ensure a safe day at the pool or beach. Encourage children of all ages to always swim with a buddy and to stay within designated swimming areas, preferably where a lifeguard is present.

The American Red Cross warns to watch for the “dangerous too’s,” including being too tired, the water being too cold, swimming too far from safety and getting too much sun.

Everyone knows that parents should never leave children unattended, but this fact is especially important when water is near.

If sharing pool duties with another adult, be sure the person currently in charge of supervision is aware that it is his or her responsibility.



## Water Safety Tips

Parents and children should regularly practice a host of safety measures around water, including the following tips:

•**Constant eyes-on supervision.** Never turn your back on children around water. It takes just seconds for them to be in serious trouble.

Assign supervision responsibilities, so there are never questions about which adult is responsible for watching the child.

•**Safeguard the pool.** Build layers of defense around the pool. Permanent four-sided fencing that encloses the entire pool area should be 4- to 6-feet high and equipped with self-closing, self-latching gates.

•**Put toys away.** Remove all toys from the pool when they are not in use, as these colorful objects can be very attractive to little eyes.

Also put away furniture and other objects in a pool area that children might use to climb over a fence into a pool.

•**Eliminate distractions.** The leading cause of distractions around a pool is an adult leaving to answer the phone, attending to

Assuming someone else is watching is an easy, yet grave mistake to make. Designate an adult supervisor to watch a

something inside the home or helping someone else in or around the water.

If leaving, take the children with you.

•**Teach water safety.** Learn and enforce all water rules and, above all, teach by example. Never swim alone, obey lifeguard warnings, don’t run around pool decks, follow “no diving” signs and always wear a lifejacket when boating, fishing or playing in or around deep- or fast-moving water.

•**Beware of flotation device dangers.** Flotation devices such as armbands, rings and inflatable toys give parents and children a false sense of security. These devices can shift suddenly, deflate or slip from underneath, leaving a child in a very dangerous situation.

•**Take self-rescue swimming lessons.** Research before selecting an effective swimming program and choose a program that will teach children skills to survive in the water. Self-rescue skills are vital for infants and young children if they were to end up in the water alone. Instructors should have current CPR, first aid and survival-swimming-skills certifications.

child in the water. The responsibility is too great for an older child or sibling.

Flotation devices can also be a double-edged



Visit the Infant Swimming Resource at [www.swim808.com](http://www.swim808.com) or [www.infantswim.com](http://www.infantswim.com), call the American Heart Association of Hawaii at 538-7021, or call the American Red Cross-Hawaii Chapter at 734-2101 for more details.

sword. While they give an inexperienced swimmer the ability to wade into deeper water, they can suddenly slip from under a child.

Additionally, “water wings” often give parents and children a false sense of security in the water. However, the exception is life jackets, especially while boating.

Parents need to be aware that the sun can be especially brutal on children’s skin. Use sunscreen with a minimum sun protection factor of 45, and put sunscreen on 30 minutes before children head outside, as it is often easier to do before the water tempts them.

For fair skin, reapply sunscreen as often as every 30-45 minutes, and don’t forget hats and sunglasses.

Parents need to bring enough snacks and drinks to keep children hydrated during activities, since hydration helps cool the body and regulate temperature.

Remember that sodas are diuretics, which will actually contribute to dehydration.

Sugary snacks raise blood sugar levels quickly, but they also drop them down fast. Choose foods that will sustain young bodies, like fruit or peanut butter crackers.

All in all, summer is a wonderful time to enjoy the water. With a few basic safety rules, parents and children are sure to have hours and hours of safe, summer fun.

# Military children welcome at local ‘First Tee’ at no-cost for participation

THE FIRST TEE

News Release

WAIALUA — The First Tee of Hawaii will offer golf instruction combined with character and life skills education to children of National Guard, Reserve and active duty Soldiers.

This initiative is made possible as part of a two-year agreement between The First Tee, a nationwide youth development program, and the Department of Defense.

“We are honored to have the opportunity to introduce our positive youth development programs to children of those serving in our armed forces,”

said Joe Louis Barrow Jr., chief executive officer, The First Tee.

“The First Tee Life Skills Experience teaches young people core values such as honesty and respect, as well as important life skills such as managing emotions, goal setting, interpersonal communication and effective conflict resolution,” Barrow added. “The program goes far beyond teaching fundamental golf skills.”

Trained coaches and staff offer a progression of lesson plans that create a fun and safe learning environment. The curriculum fosters curiosity about the game of golf and teaches how positive values

inherent in the game can be used at home, in school and in other areas of everyday life.

“Parents, teachers and communities have embraced our mission after seeing firsthand how the core values associated with the program help young people succeed,” Barrow said. “We expect to have a similar level of meaningful impact on the children of service members.

“When you think about the sacrifices being made by the men and women serving in the defense of our country, supporting this group of young peo-

ple and military families with these types of programs is tremendously important,” he continued.

Independent research findings since 2003 outline evidence of the effectiveness of The First Tee life skills programs, and indicate that participants demonstrate desirable qualities such as confidence, character, judgment and perseverance over time.

New sessions start throughout the year and dates/times vary by location. Military parents may e-mail [kwz711@hawaii.rr.com](mailto:kwz711@hawaii.rr.com), call 478-3466 or visit [www.thefirstteehawaii.org](http://www.thefirstteehawaii.org) for more details.



Courtesy Photo

First Tee of Hawaii participants gather at their home practice facility at Camp Homelani in Waialua.



Today

**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.

**Lockers Closed** — At the Schofield Barracks Health and Fitness Center, women’s restrooms and locker rooms will be closed through June 4, 9 a.m.-4 p.m. 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.

**Open Pools** — Aliamanu and Helemano Pools are now open. Call 833-0338 or 653-0719.

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.

7 / Monday

**Hawaii Army 10 Mile** — Registration is open until June 7, for the 10 Mile Race Around Wheeler Army Airfield, June 12, at 6:45 a.m.

This race is open to military ID cardholders who have access to an Army base on Hawaii.

This race is the active duty Soldiers’ qualifying event for Team Army Hawaii for the Army Ten-Miler, in Washington, in October.

There is no charge for active duty Soldiers to enter the race, \$8 for everyone else.

Add \$10 for a T-shirt. Blue Star cardholders may enter the race for only \$10, which includes registration and a T-shirt.

Registration is available at the Fort Shafter Fitness Center, Schofield Barracks Health and Fitness Center or Schofield Barracks Sports Office. Call 655-9650.

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.



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

serve centers.

E-mail [ceso.tadeo@us.army.mil](mailto:ceso.tadeo@us.army.mil) or call 969-2401.

10 / Thursday

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

This 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.mccs.hawaii.com/cgfit.htm](http://www.mccs.hawaii.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, 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](http://www.active.com/running/honolulu-hi/aloha-state-games-10k-2010).

20 / Sunday

**Sea Trek or Sea Lion Swim**

— Military and Hawaii residents can enjoy a special \$49 rate to get up close and personal with some of the Sea Life Park’s aquatic friends through June 20.

In the Sea Trek Dive, explore the park’s Hawaiian Reef Tank 18-feet below the surface, or enjoy hugs and kisses from sea lions in the Sea Lion Swim.

Call 259-2500 or visit [www.sealifeparkhawaii.com](http://www.sealifeparkhawaii.com).