

HAWAI'I ARMY WEEKLY

VOL. 39 NO. 27 | JULY 9, 2010

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

INSIDE

Ohana welcomes 57th MPs home



Story and Photo by
PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

WHEELER ARMY AIRFIELD — Independence Day weekend marks an especially joyous time for service members and their families, but while most people in Hawaii were sleeping off early celebrations, some friends and family members were wide awake and waiting to welcome their loved ones home.

Soldiers of the 57th Military Po-

lice Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, returned from their yearlong deployment to Iraq, at 2 a.m., Saturday, at Joint Base Pearl Harbor-Hickam, before being transported to Wheeler Gulch, here.

"The 57th's mission was to ensure fair and safe elections and to allow the Iraqis to take a decisive lead in controlling their own security," said Capt. Patricia Saling, commander, 57th MP Co.

Only a chain-link fence adorned, with

banners from redeployments past, stood between the Soldiers of the 57th MP Co. and their loved ones, and after some words from leadership and commendations of a job well done, the Soldiers were ordered to fall out of formation and greet their loved ones.

Friends and families hugged and kissed, while some fathers and mothers met new family members for the first time. For Pfc. Ryan Murto and his daughter, it was a reunion six months in the making.

"This is the best part of the deployment — coming back," Murto said.

While deployed in the southern Maysan province of Iraq, the company was divided between two forward operating bases, with the bulk of the forces at FOB Garry Owen and the second platoon stationed at FOB Hunter. The 57th helped ensure political rivalries could coexist peacefully in Iraq.

"The Iraqi Police were fully in the

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Infantry earns badges

3rd BCT strives for Expert Infantry Badges.

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45th STB gains confidence

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WAAF water outage

There will be a water outage on Wheeler Army Airfield, July 10, 8 a.m.-4 p.m.

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Families celebrate independence

Community partakes in Fourth of July festivities.

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Col. Joseph Bird, center, incoming commander, Schofield Barracks Health Clinic, receives the colors from Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and Tripler Army Medical Center during the clinic's change of command ceremony at TAMC, June 29.

Clinic changes command

TRIPLER ARMY MEDICAL CENTER
News Release

TRIPLER ARMY MEDICAL CENTER — With the blue skies of Hawaii overhead, Col. Michael Brumage relinquished command of the Schofield Barracks Health Clinic to Col. Joseph Bird, here, June 29.

According to Brig. Gen. Keith Gallagher, commanding general of the Pacific Regional Medical Command and Tripler Army Medical Center, Brumage had a genuine care for patients and did an outstanding job as commander.

Brumage oversaw the revitalization of services, the expansion of the facility, and a community effort that reached Soldiers and family members who sought care at the clinic.

"As all of you know, health care is personal," Gallagher said in his remarks. "It requires the utmost confidentiality. It is often times unpleasant. It requires the utmost professionalism by a skilled and capable provider.

"Without a doubt, the Schofield Barracks Health Clinic, under the leadership of Brumage, delivered quality medicine every day to the 25th Infantry Division Soldiers and their families, as well as the retirees who received their care here,"

Gallagher said. "He instilled confidence and fostered a work ethic of caring, getting the job done, compassion and dignity."

Brumage garnered the support needed to build a world-class traumatic brain injury center, here, that offers screening and treatment therapies. He was instrumental in establishing the Pohai Pulama, or "the Caring Circle," which fostered collaboration among garrison and unit representatives.

"Pohai Pulama clarified roles and responsibilities, and eliminated confusion and friction points. It will pay tremendous dividends for many years to come," Gallagher said.

"To the magnificent providers, support staff and Soldiers of the SBHC, you have done more in two years than many do in a career," Brumage said during his speech. "It has been an honor to witness your feats. It's hard to leave, but it's easier knowing that we were fortunate to be here in the first place.

"Brig. Gen. Jones (former PRMC and TAMC commander) many times said that Schofield is the biggest and best clinic in the Army," Brumage added. "He was right, and the Soldiers and staff

SEE BIRD, A-6

'Freedom Ride' feeds homeless

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

WAIANAЕ — The smiles from staff members at the Kahikolu Ohana Hale O Waianae homeless shelter greeted members of the 25th Infantry Division's "Freedom Ride" as the Soldiers unloaded boxes of food into the shelter's kitchen, here, June 30.

"The main purpose of today's ride was to get as many riders as we could from throughout the military (and civilian) communities ... to bring canned goods that we can donate to the homeless shelter in Waianae, as a way to give back to the community," said 1st Sgt. Steven Sonnen, 25th ID Band.

The Kahikolu Ohana Hale O Waianae is a two-year transitional homeless shelter that supports up to 200 homeless residents, mostly families. The shelter helps its residents get job



25th Infantry Division Soldiers help unload non-perishable foods during the "Freedom Ride," as a community relations outreach through the division's motorcycle mentorship program. Riders donated canned foods and rice to the Kahikolu Ohana Hale O Waianae homeless shelter in Waianae, June 30.

training, receive formal education and obtain a drivers license, all while helping the residents tackle substance abuse problems, child protection and other challenges holding them back from supporting themselves.

"In the two years, we hope to increase the residents' income, however that may be, by helping with their short-term and long-term goals, so that at the

SEE RIDE, A-7

'Sappers' return, uncase colors

130th Engineer Brigade spends 15-month deployment ensuring safe movement on supply routes across U.S. Division-North

Story and Photo by
SGT. PHILLIS WHITE
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — After a 15-month deployment, the Soldiers of the 130th Engineer Brigade, 8th Theater Sustainment Command, stood together to uncase their colors on Hamilton Field, here, June 25.

The engineers supported Operation Iraqi Freedom, recently renamed Operation New Dawn, by assuring mobility operations to all main supply routes and alternate supply routes with the assistance of route clearance patrols, as well as ensuring safe passage for the coalition movement.

During their tour in Iraq, the "Sappers" were responsible for all general engineering support, from the building of roads, sea huts and combined checkpoints, to the placing and upgrading of bridges across U.S. Division-North.

The brigade also embedded Engineer Partnership Transi-

SEE COLORS, A-7

Fort DeRussy's parapets restored

Story and Photo by
STAFF SGT. MARLA R. KEOWN
207th Public Affairs Detachment

FORT DERUSSY — Dignitaries, honored guests, Soldiers and local civilians gathered in front of the U.S. Army Museum, here, to celebrate the completion of two newly restored parapets, July 6.

One hundred years after Army engineers completed construction on Battery Randolph, this was later turned into the museum that Army reservists completed construction on for a second time, recently.

More than 310 reservists from the 980th Engineer Battalion, 420th Eng. Brigade, and the 416th Theater Eng. Command restored Battery Randolph's structure to its original appearance.

The \$710,000 project opened up more than 7,400 square feet of new administrative space, classrooms, workshops, galleries and exhibits areas for an ever-growing collection of artifacts. Along with creating more museum space, the construction project also restored Battery Randolph, only without the original structure of 15-foot thick walls.

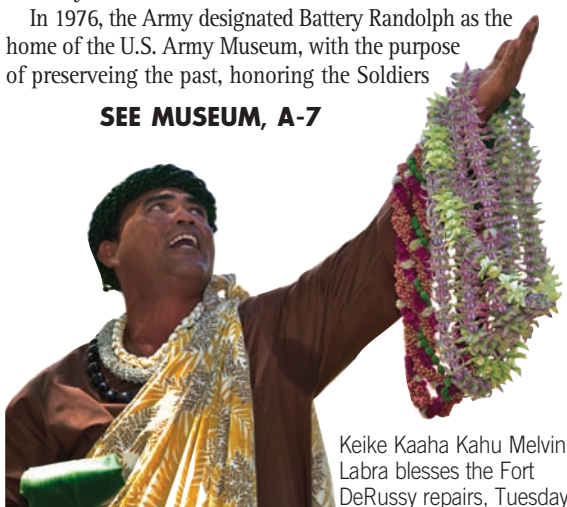
"(The now restored parapets were originally) used as defensive walls from which Battery Randolph's Soldiers and huge, 14-inch guns could remain hidden. Then, when needed, pop up and fire an artillery projectile about the size of a Volkswagen, before returning once again into a concealed position," Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, said in his remarks.

With 15-foot thick parapets, Battery Randolph was also capable of withstanding numerous wrecking balls.

"When factored in with the earthen berms on the ocean side of the battery, (the parapets had) the equivalent of 30 feet of steel-reinforced solid concrete, and the building was capable of withstanding a direct hit from a 2,000-pound artillery shell," Mulbury said.

In 1976, the Army designated Battery Randolph as the home of the U.S. Army Museum, with the purpose of preserving the past, honoring the Soldiers

SEE MUSEUM, A-7



Keike Kaaha Kahu Melvin Labra blesses the Fort DeRussy repairs, Tuesday.

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

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Nondelivery or distribution
problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3488.

85 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 7/8/10.

Defender 6 sends EFMP: Fulfilling the promise to all family members

LT. GEN. RICK LYNCH
Commander, Installation Management Command

WASHINGTON — Army families deal with unique challenges associated with military life, especially when it comes to relocation. Families have to find a place to call home, find health care and child care providers, enroll children in schools and activities, and build local networks of friends and support.

These challenges are not easy for any Army family, but for families with special needs, they are magnified.

Families with members requiring special educational and medical services often have to rebuild a complex system of providers and services to support the health and development of their family members. Families can put an incredible amount of time and effort into creating a network that enables their family members to flourish, and then, when it comes time to relocate, they have to start over again.

The Army does not intend for these families to go it alone. The Exceptional Family Member Program, managed through the Family and Morale, Welfare and Recreation Command, is a comprehensive, coordinated program that provides community support, educational, medical, housing and personnel services to families with special needs.

Families who have questions or need EFMP support are encouraged to go to their garrison Army Community Service and speak with the EFMP manager.

Soldiers with family members who have special needs are required to enroll in EFMP, so that the needs can be considered during the nominative phase of the military personnel assignment process.

Some Soldiers may be reluctant to identify family members for this program, as they may feel that identifying with the program will adversely affect their career. This is simply not true. Army leaders at all levels must help dispel this misconception.

It is also important for Soldiers and their families to know that the Army's EFMP does much more than provide information for assignment decisions. The EFMP is one way we can keep some of the most important promises articulated in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which families can thrive.

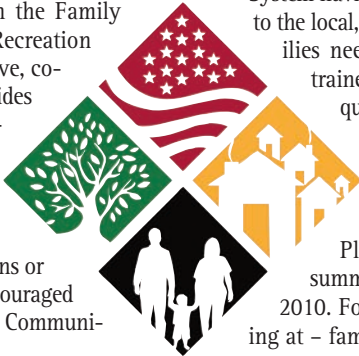
EFMP is currently serving 16 percent of all Army families, or more than 70,000 registered family members.

The program has provided critical support to families since its start in 1979. During the last 30 years, through initiatives such as the AFC, the Army's commitment and promises to families have become more defined. At the same time, the number of on- and off-post programs and services available to families with special needs have increased and become more diverse. As a result of the AFC promises and the greater array of programs to manage or coordinate with, we are committed to continually seek new ways to enhance our EFMP support to families.

The number one request I hear from EFMP families during my installation visits is for assistance in navigating the variety of services and programs available through the Department of Defense, Department of the Army and other federal, local and state agencies. When Soldiers and their families move to a new location, they need to know what is available on and off the installation and how to access and coordinate all the services.



Lynch



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System navigators will help families connect to the local, state and federal resources families need, and the navigators will be trained and in place within the first quarter of Fiscal Year 2011.

System navigation is just one of the areas we are looking at through the Army EFMP Strategic Action Plan, which grew out of EFMP summits held in February 2009 and 2010. For all of the issues we are looking at – family member evaluation, enrollment eligibility, information management, coordination of services, new programs and others – our efforts are guided by the concerns of our families and a focus on improving Soldier and family well-being and readiness.

One way families with special needs can communicate their concerns and recommendations is through the Army Family Action Plan. AFAP is the Army's grassroots effort through which members of the Army community can identify and elevate significant quality-of-life issues to senior leaders for action.

EFMP is also one of the programs that the Services and Infrastructure Core Enterprise is studying to bring about improvements for families. SICE is a collaborative and cross-functional team comprised of more than 15 commands, organizations and staff offices formed to develop solutions to Armywide challenges. SICE will determine how we can resource installations with the appropriate number of EFMP staff for the most effective and responsive program.

EFMP has provided and continues to provide invaluable service, but this is an area in which we must always seek innovative ways to enhance support to families with special needs.

Soldiers and families need to know before they depart for a new installation that they will be able to find the services necessary for the health and well-being of all their family members. This is part of our promise to families, for the sacrifices they make, and our commitment to Soldiers, whose strength and readiness is rooted in the strength of their families.

Support and Defend. Defender 6.

Soldier tried, found guilty, sentenced for various offenses

Q:
A:

Why does the Hawaii Army Weekly publish court-martial findings?
The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

The Staff Judge Advocate publishes the results of trial by courts martial, not to embarrass or humiliate the offender or the victims, but to pre-

clude perceptions of unfairness or inequality of punishment and to deter similar misconduct by other Soldiers.

To deter misconduct and to inform Soldiers and civilians of military justice trends, the offices of the Staff Judge Advocate from the 8th Theater Sustainment Command and 25th Infantry Division publish the results of recent courts martial.

Recently, a Soldier from the 25th Combat Aviation Brigade Rear Detachment was charged with one count of Article 81, conspiracy; and three counts of Article 112a, wrongful distribution of a controlled drug. The Soldier was reduced to the lowest enlisted grade of private, and will be confined for one year, during which time the Soldier will forfeit all pay and allowances.

This Soldier will receive a bad conduct discharge upon release from confinement.



Making the right choices

CHAPLAIN (CAPT.) JON KNOEDLER
Deputy, South Community Chaplain



Knoedler

Life is filled with choices. What is the biggest choice you've had to make?

Some choices appear to have insignificant long-term consequences, like choosing turkey over ham at Subway, chocolate over peppermint ice cream at Cold Stone Creamery, or taking H-2 rather than Kunia Road.

Other choices are known to have significant long-term consequences, like the choice of a mate, career or religion.

How do you determine what choice to make? Some choose by trusting their gut feelings. Some choose by how the stars line up. Others choose by popular opinion, and still others choose from a faith-based set of beliefs.

In the Bible, temptations and influences pulled the Israelites to follow anything and anyone but God. The Prophet Joshua spoke to the Israelites about trying to choose whom to serve.

Joshua 24:15 says, "But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the Gods your forefathers served beyond the river, or the Gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord."

Joshua chose to follow God above everything else.

His life was not always easy, but God used Joshua in a great way to lead and influence others.

His choice to serve the living God brought ultimate prosperity and peace to an entire generation of those who believed.

A person's choice of religion is important because religious beliefs affect other life choices

As you make decisions, consider the following questions:

- How will this decision affect my faith?
- How will this decision affect my family?
- How will this decision affect my friendships?

Then, make the decision.

News Briefs

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

Today
311th Signal Change of Command

— Brig. Gen. Alan Lynn, commander, 311th Signal Command, will relinquish command to Col. William Scott, at Palm Circle, Fort Shafter, July 9, at 10 a.m.

'Don't Ask, Don't Tell' – In order to understand the issues and potential impacts associated with repeal of this law, the Secretary of Defense directed an outreach program to identify issues that should be considered in implementation planning.

This outreach program includes an anonymous survey about the impact of a possible repeal of the "Don't Ask, Don't Tell" law using a new online inbox.

Soldiers and their families with active common access cards can offer their thoughts about how a repeal of the law that prohibits gays and lesbians from openly serving in the military might affect military readiness, effectiveness and unit cohesion, recruiting and retention, and family readiness.

Visit <http://www.defense.gov/dadt> to take the online survey.

10 / Saturday
Casting Call

— Universal Pictures needs military personnel, spouses and children of all ages and ethnicities to work as paid extras for the movie " Battleship."

An open casting call will be held from 10 a.m.-6 p.m., July 10; and 12-6 p.m., July 11, at Bloch Arena at Joint Base Pearl Harbor-Hickam.

Military personnel may wear their uniforms and have their photos taken, or wear casual attire and bring a head shot and full-length photo of

themselves in uniform. Uniform requirements are: Army, Class B; Marine Corps, Class C; Navy, Summer white (E7 and above), service uniform (E6 and below); and Coast Guard: Tropical Blue. Families should wear casual attire.

Extras may be needed one to three days in September and/or October. Military personnel are required to be on leave status.

12 / Monday

UVA Training

— Initial Unit Victim Advocate training will be held July 12-15.

Brigades are required to have one Deployable Sexual Assault Response Coordinator and two UVAs per battalion. Preregistration is required.

Call 655-1718.

Sex Signals

— The Sexual Assault Prevention and Response Program is hosting 12 showings of "Sex Signals," for Soldiers ages 18-25, July 12-15. Preregistration is required.

Call 655-1718.

14 / Wednesday

500th MI Change of Command

— Col. Christopher Ballard, commander, 500th Military Intelligence Brigade, will relinquish command to Col. Patricia Frost, at Sills Field, Schofield Barracks, July 14, at 9 a.m.

Road Closure

— The intersection of Trimble and Cadet Sheridan roads will be closed July 14, 9-11 a.m.

East Range Supply

— The East Range Supply Support Activity will close July 14-20 for inventory.

Only high priority emergency requests. Normal operation will resume July 25.

Call 656-2390/2277.

16 / Friday

USACE Change of Command

— Lt. Col. Jon Chytka, commanding officer, U.S. Army Corps of Engineers - Honolulu District, will relinquish command to Lt. Col. Doug Gutormsen, at Palm Circle, Fort Shafter, July 16, at 10 a.m.

Voices of Ohana



"Cookie dough."

Spc. Christina Walser-Lopez
8th MP Bde., 8th TSC



"Chocolate chip."

Staff Sgt. Brian Cameron
3rd BSTB, 3rd BCT, 25th ID



"Chocolate chip cookie dough."

Pvt. Aaron Clark
A Co., 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID



"Chocolate chip cookie dough."

Spc. Sam Stratton
2nd Bn., 27th Inf. Regt., 3rd BCT, 25th ID



"Mint chocolate chip."

Capt. Josh Zeldin
3rd Bn., 25th BSB, 3rd BCT, 25th ID

"July is national ice cream month. What is your favorite flavor of ice cream?"

By 3rd BCT, 25th ID



Staff Sgt. Demeteres Files, left, 124th Optometry Team, 18th Medical Deployment Support Command, and Benjamin Fitchett, U.S. Army Medical Materiel Agency, inspect a lens meter while inventorying new equipment.

124th Optometry Team gets enhanced equipment

Story and Photo by
SGT. 1ST CLASS RODNEY JACKSON
18th Medical Deployment Support Command Public Affairs

FORT SHAFTER — The 124th Optometry Team, 18th Medical Deployment Support Command, recently received modernized equipment, not for use in its clinic on Schofield Barracks, but to be containerized for fast deployment anywhere in the U.S. Army-Pacific area of responsibility, if necessary.

The unit unpackaged and inspected the equipment at the logistics central receiving point on Wheeler Army Airfield, with the aid of personnel from the U.S. Army Medical Materiel Agency and General Dynamics Information Technology.

The MMA personnel were responsible for the accountability of all of the equipment, and GDIT was responsible for making sure the equipment worked.

“We make sure nothing has been damaged in shipment, make sure everything works and that it is mission-capable and ready to go,” said Amber Robinson, biomedical engineer technician, GDIT. “Our job is to also make sure the unit is comfortable with the equipment, answer any questions and, if we can’t answer the question, put the unit in touch with the person that can.”

“The process went smoothly,” said Staff Sgt. Demeteres Files, optical fabrication technician, 124th Optometry Team, 18th MDSC, who was expecting to only have a couple of Soldiers available to help. “It really felt like a joint team. I’m glad we had the support.”

“The teams were well organized and had all lists and packages arranged accordingly,” said Maj. Youykhram Chanthavilay, optometrist, 124th Optometry Team, 18th MDSC. “This equipment will go into containers and when we deploy, we will take it with us.”

The 18th MDSC is a sister unit to the 30th MDSC located in Heidelberg, Germany. These are the only two active duty MDSC units in the Army.

The 30th MDSC deployed from U.S. Army-Europe for a year to provide command and control of all medical units operating in the Afghanistan in 2009. The 18th MDSC is currently preparing to undergo a certification exercise in August that will make the unit initial-operation capable.

25th CAB grooms future enlisted leaders while deployed

Deployed Forces

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

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Several enlisted Soldiers with the 25th Combat Aviation Brigade, Task Force Wings, 25th Infantry Division, paced nervously and recited answers to anticipated questions, while others worked on facing movements and weapons drills. They all tried to control their nerves.

At any moment, someone would be called to enter the boardroom and face six senior noncommissioned officers. The senior NCOs, with more than a century of combined military experience among them, would test the Soldiers to determine if they were truly ready for promotion.

Every month Soldiers of the 25th CAB appear before enlisted promotion-selection boards, here, and at Contingency Operating Site Warrior, Iraq, as part of the process to become a sergeant or staff sergeant. These Soliders refuse to allow war to derail their professional careers.

Since the brigade deployed to Iraq in September 2009, more than 200 Soldiers with the 25th CAB have competed for promotion. Not everyone is recommended.

Two Soldiers who earned their “promotable” status are Spc. Katherine Gutierrez and Spc. Aaron Rickert, both human resource specialists with Headquarters and Headquarters Company, 25th CAB.

Both Soldiers appeared before mock boards, called Soldier of the Month boards, hosted by their company leadership prior to appearing before a battalion-level promotion board.

“One of the biggest challenges was maintaining the



Command Sgt. Maj. Necati Akpinar, 2nd Battalion, 25th Aviation Regiment, Task Force Diamond Head, briefs promotion-board Soldiers and their sponsors about the day’s promotion board standards prior to the TF Diamond Head’s monthly board at Contingency Operating Base Speicher, near Tikrit, Iraq, recently.

motivation and self-discipline to continue preparing when I didn’t get recommended to go to the promotion board after the Soldier of the Month board,” Rickert said. “But, I didn’t let the setback discourage me. It’s in the Soldier’s Creed to never quit, and I knew that I wouldn’t be the kind of leader others look up to if I refused to continue trying to get promoted.”

“The pre-boards were very valuable,” Gutierrez said. “I would recommend that Soldiers take those seriously, also that Soldiers not get discouraged if they miss a question. That will happen. Be resilient and stay confident.”

Command Sgt. Maj. Necati Akpinar, 2nd Battalion, 25th Avn. Regiment, serves as the president of the board for TF Diamond Head and has evaluated hundreds of Soldiers for promotion.

He said war is no reason to postpone NCO development. Every Soldier has a specific military occupational specialty, but each one is a Soldier first. As such, each person must maintain the necessary level of substantive knowledge, technical and tactical proficiency, and the confidence to lead others.

“Professional development continues no matter the environment and our promotion boards are always tough,” Akpinar said. “When we recommend a Soldier for promotion, we look at that Soldier as our replacement. They must, of course, possess a certain level of knowledge, but each must also be able to express themselves confidently and in clear language.

“The Soldiers up for promotion are our Army’s future,” he added. “We pick the best of the best. We will not leave the

Army in the hands of someone that cannot do the job. We will not set our Army up for failure.”

At the TF Diamond Head promotion board, Sgt. Christopher Elder, UH-60 Black Hawk crew chief and company standardization instructor, Company C, 2nd Bn., 25th Avn. Regt., not only participated in the board but also sponsored and prepared three of his own Soldiers to attend.

“You should never put your development on hold,” Elder said. “As important as it was for me to further my goals and get promoted to staff sergeant, it’s equally important for me, as an NCO, to help my Soldiers further their professional goals.

“That’s really what being an NCO all is about,” he said. “I look at my Soldiers as our future enlisted leaders, and my job is to train them to replace me.”

‘Bronco’ infantrymen press for coveted Expert Infantry Badge

Story and Photo by

SPC. JAZZ BURNEY

3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — For every infantry Soldier, the testing phase for the coveted Expert Infantry Badge serves as a rite of passage.

The Soldiers of 3rd Brigade Combat Team, 25th Infantry Division, competed for the honor of being recognized during the brigade’s EIB testing at East Range, here, June 20-25.

“The (EIB) is the mark of a true infantryman,” said Command Sgt. Maj. Tony Marrero, 3rd BCT command sergeant major, who earned his EIB in the beginning of his Army career. “The testing itself is great for Soldiers’ professional development and professional growth within the infantry. The true testament of an infantryman is to attain the badge.”

Sgt. Maj. Santiago Hernandez, 3rd BCT’s plans sergeant major, implemented the new standards of the EIB course.

In the former rendition, there were 30 tasks that a Soldier would study for and then complete. New standards were created because the old way of testing did not fully simulate how an infantryman would have to react in a combat environment.

Now three realistic, battle-focused lanes give Soldiers scenarios that test their ability to adapt to a changing situation, which holds true to what the Soliders would experience in combat, according to Marrero.

To participate in the EIB course, which is run by noncommissioned officers, specific stipulations had to be met. Soldiers could not be flagged for disciplinary reasons and had to pass an Army physical fitness test with 75 points in each event, according to their age category.

Additional requirements included the completion of day and night land navigation, qualifying as an expert by shooting 36 out of 40 rounds into a target with an assigned M-4 or M-16 rifle, and a 12-mile road march with a 35-pound rucksack.

Once qualified, Soldiers entered EIB training and testing that challenged them on the basic infantryman’s fundamentals: the ability to shoot, move and communicate in full battle rattle and while carrying weapons.

Infantrymen underwent three lanes each, completing 10 different scenarios, while remembering all tasks and techniques. This showcased each Soldier’s ability to retain important information during the rigors of combat.

One such lane challenged a Soldier to stabilize



Maj. Gen. Bernard Champoux, commanding general, 25th Infantry Division, pins the Expert Infantry Badge on a officer during the 3rd Brigade Combat Team’s EIB pinning ceremony, held at Schofield Barracks, June 25.

and bandage an injured casualty, correct a malfunctioning M249 Squad Automatic Weapon, and finish with a 35-meter grenade launch landing within five meters of an enemy target – all while taking enemy fire.

A unique feature of the brigade’s EIB certification included a separate training and testing event that mirrored the EIB, as the brigade’s non-combat military occupational specialty Soldiers were also tested on the same tasks as the infantry Soldiers in Warrior Task Training. Although the noncombat MOS Soldiers did not receive an EIB badge, they did receive a certificate for completing the task. These Soldiers also gained confidence after completing many of the same tasks that the infantrymen completed for the EIB.

“No one is a loser; however, for those who exceed the standard of their peers, I commend you.” said Jerry McKinney, retired sergeant major and honorary sergeant major from the 2nd Battalion, 27th Infantry Regiment. “I charge you to go back to your squads and teams, and use the skills you know, to build your comrades so that you will be successful in combat.”

Course teaches military, civilians how to be resilient leaders

Story and Photo by
CAPT. ROBERT MONK
45th Sustainment Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers of the 45th Sustainment Brigade, 8th Theater Sustainment Command; family members of deployed Soldiers; and Army civilians participated in the second 45th Sust. Bde. master resiliency leader course, held at the 45th Sust. Bde. headquarters, here, June 15-18.

The class was led by Sgt. 1st Class Anthony Gantt, who is the primary master resiliency trainer for the 45th Sust. Bde.

Gantt attended the first Army MRT course in November 2009, in Philadelphia, Pa. where he received detailed MRT and an overview of the comprehensive soldier fitness program. He was later chosen to become an MRT course facilitator in Hawaii, with these qualifications.

“For some people, the election of Barack Obama as president was their lifetime moment, but this training, which is a result of comprehensive soldier fitness, is the beginning of mine,” said Lakisha Canady-Toussaint, spouse of a deployed Soldier from the 524th Combat Sust. Support Battalion, 45th Sust. Bde.

The brigade takes one platoon leader and one platoon sergeant from each company every six months, and teaches them all of the modules of the MRL course.

This recurring training gives Soldiers the tools to become more effective leaders. The training also helps them develop an effective MRT plan for their



Sgt. 1st Class Anthony Gantt, primary master resiliency trainer, 45th Sustainment Brigade, 8th Theater Sust. Command, leads a small team through an exercise designed to help students identify and use their strengths at the 45th Sust. Bde headquarters, here, June 15-18.

company. Once the MRT plan is developed, leadership uses the most beneficial MRT modules.

The 45th Sust. Bde. held its first MRL course in March and certified 17 brigade leaders and three Army civilians as MRLs. The brigade conducted another course in June, which was option-

al for Soldiers, and open to family members and Army civilians.

“This training has created a dialog to discuss problems in a different manor,” said Tracy Powell, program instructor, Army Substance Abuse Program, Directorate of Human Resources.

“There is so much positivity in this course that is missing in society today.”

The 45th Sust. Bde. MRT team is currently planning to conduct MRT for the returning Soldiers of the 524th CSSB, their family members and any other unit spouses or family members who would like to attend. The training gives returning Soldiers and family members the tools needed to

“This training has created a dialog to discuss problems in a different manor.”

— **Tracy Powell**
Program instructor, Army Substance Abuse Program, Directorate of Human Resources, Schofield Barracks

help with the transition back home.

“The relationship of the military and civilians should continue to be mixed,” Powell said. “This training will help civilians and the military to more effectively communicate and respect one another.”

Having the mixture of personnel in the MRL course generated diverse dialogs and ideas based on the group’s strengths and backgrounds.

“I learned so much about feelings, emotions and reactions,” said Jaqi Stovall, a military spouse. “These modules teach you how to better deal with situations, and they teach you how make your reactions more controlled and effective.”

45th STB participates in first NBC training since redeployment

Story and Photo by
CAPT. JONATHAN FREDERICKS
45th Sustainment Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, conducted nuclear, biological and chemical training on an NBC training range, here, June 21-25, to instill Soldiers with confidence in their equipment and abilities.

“This was the first major NBC training event for the STB since the brigade headquarters returned in January of this year,” said Capt. Robert Monk, a chemical officer with the 45th STB.

“The training instilled confidence in the battalion’s NBC equipment and in the individual Soldier’s ability to react to an NBC

threat,” Monk said.

The weeklong training was open to all of the 45th STB’s companies, and focused on the fundamentals of NBC masks, NBC suits, detection kits and care of individuals who have been contaminated.

The training included calling in an NBC report and instructing Soldiers in the proper measures for removing an NBC suit.

“Overall, the training was pretty good,” said Staff Sgt. Rosauero Sarmiento, Headquarters and Headquarters Company, 45th STB. “I thought the gas chamber was the best part of the training.”

Each day, the training culminated in a forced march to the gas chamber in full NBC and combat gear.

Many Soldiers found it difficult to breathe after marching only a short

distance due to reduced air intake and heat from the heavy, charcoal-lined suits and full body armor.

After the march, Soldiers prepared to enter the gas chamber by lining up in groups of 20.

Once inside, they were commanded to jog in place for 30 seconds; break the seal of their mask; and recite their rank, name and social security number.

Once the Soldiers successfully performed the tasks, they were ordered to reseal their masks and exit the chamber.

“The gas chamber is the heart of the training itself,” Monk said. “It gives Soldiers the opportunity to acclimatize to the chamber and build confidence in their equipment.”



An instructor checks the fittings on a Soldier’s mask prior to entering a gas chamber at Schofield Barracks. The 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, conducted nuclear, biological and chemical training, June 21-25.



Pfc. Ryan Murto gives his six-month-old daughter a hug as his wife, Chelsea, looks on. Murto is part of the 57th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command that just returned to Wheeler Army Airfield from Operation New Dawn, July 3.

MPs: Unit helped with elections

CONTINUED FROM A-1

lead, we were there to assist,” Saling said, referencing the shift from police training to police advising during the deployment. “After June 30, 2009, we had to receive permission from our Iraqi counterparts (for some mission requirements).”

As the landscape of the U.S. mission in Iraq began to change, Murto was able to come home and witness a major change in his family’s landscape as his wife, Chelsea, gave birth to a baby girl.

However, his visit to Hawaii was brief because he still had a mission to complete downrange.

“We had to prepare for the upcoming elections,” Murto said.

“The elections went on without a single incident in the Maysan province,” Saling said. “We were pretty proud of the security our Iraqi partners provided.”

According to Saling, the years of training and more recently of advising are finally pay-

ing off for the Iraqi police, as Iraqis were arresting high-value targets independently of the U.S. military – from the planning, to the capture, to prosecution.

“We could take no credit in these arrests, and we’re pretty proud of that,” Saling said. “However, the capstone of our deployment was preparing the Iraqi security for the elections in March.”

For new mom Chelsea, her capstone was preparing for Murto’s homecoming.

“It was rough the last few months,” she said. “We communicated via video messenger, and he was able to see our daughter since he left after her birth, but I still wanted everything to be perfect for when he returned.”

Unlike most brigades, there’s no rest from deployments or missions for the 8th MP Bde. because, as one company comes home, another company gets ready to leave. The 552nd MP Co. is set to deploy to Afghanistan soon.

Bird: Commander remembers clinic care

CONTINUED FROM A-1

made it that way. Likewise, this is the best community in the Army. It was a privilege to be a part of (this community).”

As the new commander of SBHC, Bird said he found the ceremony to be a humbling experience while taking command.

“I’m delighted to be in Hawaii again,” Bird said in his remarks. “This is really a homecoming for me, and I look forward to reconnecting with this special community.”

Bird spent part of his childhood in Hawaii,

and his family lived in Waianae for several years.

“We came to the SBHC for our health care,” Bird said. “One of my lasting memories is of my father bringing me to the clinic with a broken arm, and the relief I felt after the arm was set. I remember distinctly the compassionate care of the doctor and the beautiful grounds of the clinic.

“I am glad to see that these basic things have not changed,” he added. ““No ka oi’ – we are the best. I truly believe this, and I’m proud to be serving with you.”

Colors: Sapper team returns

CONTINUED FROM A-1

tion Teams within four Iraqi army engineer divisions, which was key and essential to the security of the Ninawa, Kirkuk and Salah ad Din provinces.

“It is amazing what can be accomplished with a common vision,” said Col. Fabian Mendoza, commander, 130th Eng. Bde. “By never losing focus of your goals, sticking to the game plan and through patience, prayer and faith, (the vision) was delivered.”

The Sapper’s major effort was the Ninawa/Mosul reconstruction cell, which enabled the provincial reconstruction team to provide support, such as electricity, water and sewage disposal, to the people of the Ninawa province.

“Rest assured, when you improve someone’s quality of life, you are remembered for a very long time,” said Col. Steven Pate, deputy commanding officer, 8th TSC.

“It’s great to be home,” Mendoza said. “This was a humbling experience for the Sapper team that we won’t forget.”

The Sappers also established satellite networks, automations and computer programs, while in Iraq.

“We stayed busy running communications networks,” said Master Sgt. Eric Nakahara, communications noncommissioned officer in charge, Headquarters and Headquarters Company, 130th Eng. Bde.

“(Keeping busy) made time go by fast, but (the rotation) seemed a lot longer because I had just come back,” said Nakahara, who returned from his third deployment in two years. “(The work) is easy because you know what to expect, but it’s not easy because (the deployment) is still time away from home.”

The returning Soldiers were scheduled to begin block leave following the ceremony.



Col. Steven Pate, left, deputy commanding officer, 8th Theater Sustainment Command, and Col. Fabian Mendoza, commander, 130th Engineer Brigade, 8th TSC, salute the colors during the brigade’s redeployment ceremony, June 25, at Schofield’s Hamilton Field.

Museum: Repairs preserve history

CONTINUED FROM A-1

who died in combat and sharing the significant contributions that the Army in Hawaii has played in the defense of the nation.

“As the threat of ship-to-shore bombardment became obsolete, so too did the need for (Battery Randolph,)” said Maj. Gen. Michael J. Terry, U.S. Army-Hawaii, commanding general, in his remarks. “Having claimed the lives of numerous wrecking balls and causing the eventual bankruptcy of the demolition company, Battery Randolph’s reinforced concrete walls and massive construction won both the battle and war, having only lost its protective parapets in the process.”

Terry also thanked the reservists for their hard work to restore the historic building.

“You have completed in 63 days, what could have easily taken 18 months under other circumstances,” Terry said. “Your work saved the

tax payers in excess of over 2.9 million dollars.”

The Soldiers broke ground on the project May 8. Three, 21-day rotations later, the engineers not only completed the parapets, but also completed their annual training requirement – performing and perfecting their engineer construction skills, while at the same time, preserving the historic edifice of Battery Randolph.

The Soldiers were also honored with a plaque for their long-lasting contribution to sustain the history and heritage of the U.S. Army Museum.

“The construction wouldn’t have been made possible without membership and donations made through the Hawaii Army Museum Society, a nonprofit organization that supports the museum,” said Vicki Olson, executive director of the Hawaii Army Museum Society.

Ride: Motorcyclists give back to community

CONTINUED FROM A-1

end of two years they will be able to live on their own and support their families,” said Jade Paredes, executive assistant of the homeless shelter.

Freedom Ride’s donation to the homeless shelter is the group’s first charity contribution, which organizers hope will spearhead more charity drives in the future.

“Today’s donation from 25th ID was a godsend because we were running low on our food supply, and we really appreciate what we received today,” Paredes said.

“They can use the donation to feed a lot of people who are not as fortunate as others,” Sonnen said, adding that the people at the

homeless shelter were “super happy” that Soldiers came by and dropped off food.

“Anytime we can give back, it makes us feel better,” said Sgt. 1st Class Robert Martin, 25th ID, and one of the ride organizers. “I joined the Army to serve others.

“So, if I contribute just a little bit to make one person’s day better by giving some canned food, it makes me happy,” he said.

The 25th ID’s Freedom Ride is a motorcycle mentorship program that brings experienced and new riders together from different units in the division, and lets them get the experience of a group ride, as well as introducing them to other riders.



Community enjoys Fourth of July festivities



Photo Courtesy of Family and Morale, Welfare and Recreation

The crowd cheers and takes photographs as the day's headliner, Smash Mouth, takes the stage, July 4. Thousands of Soldiers, families and community members converged on Sills Field to celebrate the nation's 234th birthday with the 39th annual Fourth of July Spectacular, a daylong bash complete with music, games and rides, sponsored by the Directorate of Family and Morale, Welfare and Recreation.

VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — Thousands of Soldiers, families and community members converged on Sills Field, here, to celebrate the nation's 234th birthday with the 39th annual Fourth of July Spectacular, a daylong bash complete with music, games and rides.

Attendees to the event, which was organized by the Directorate of Family and Morale, Welfare and Recreation were treated to entertainment and music from several acts, including the 25th Infantry Division Lightning Jazz Project, Attitude and Show of Force; Battle-of-the-Bands winner, Delayed Resistance; and the headliner of this year's spectacular, Smash Mouth.

Kicking off the day's events was a 5K run, which boasted 250 adults, as well as a children's 1-Mile Fun Run, which featured 170 participants.

"The event is an annual tradition here, and the turn-out for the running events is up compared to last year," said Jim Perry, sports coordinator, Sports, Fitness and Aquatics Department, FMWR. "We brought in a chip-timing service, which was an attractive feature for our many competitive athletes on island."

Among the children's fun run finishers were Bethany Williams, 7, and her sister, Elizabeth Williams, 10. Their parents, Capt. Bryan Williams, Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th Theater Sustainment Command, and Marybeth, cheered them on from the sidelines.

"I'm just really proud of myself because I ran the whole way without stopping," Bethany said. "Now I'm just really tired."

"This event is the best thing to do with kids on the island," said Williams, who has been coming to the Fourth of July Spectacular for the past six years. "It's just a really good way to celebrate and spend time with your family."

Attendees could also try their luck at a variety of games, get close to animals at the petting zoo, as well as watch a military working dog demonstration from the 13th Military Police Detachment, 728th MP Bn., 8th MP Bde., 8th TSC.

As temperatures soared above 90 degrees on the open field, many families sought refuge in their tents to picnic, enjoy the music and get some relief from the sun.

An elaborate fireworks display and an after-show featuring music from Flux Capacitor ended the day's activities.

"I just want to thank everyone for putting this event together. It really keeps us families going," said Dakita Jackson-Ludy, an Army spouse who arrived on island in March. "It's events like these that can get us through the hard times of deployment."



Photo Courtesy of Family and Morale, Welfare and Recreation

Smash Mouth's lead singer, Steve Harwell, keeps the crowd energized while waiting for the fireworks show.



Vanessa Lynch | U.S. Army Garrison-Hawaii Public Affairs

Christopher Bluthardt, 12, placed first in the children's 1-Mile Fun Run at Schofield Barracks during July 4. This year the race boasted more than 170 participants.



Vanessa Lynch | U.S. Army Garrison-Hawaii Public Affairs

Above — Sgt. George Nunez, 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, practices with Chuck, a 2-year-old Belgian Malinois military working dog, before their obedience demonstration on Sills Field, July 4.

Right — Neighbors Caydence Nix, 2, and Cierra Erwin, 9, take a leisurely horseback ride at the Fourth of July Spectacular on Schofield Barracks.



Vanessa Lynch | U.S. Army Garrison-Hawaii Public Affairs

Madison Wise, 8, goes down one of the many inflatable slides available at Schofield Barracks' Fourth of July Spectacular.



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

Soldiers work together to fold the flag during the retreat on Sills Field at the Fourth of July Spectacular.





Today

PARC Cabins Closed – All Pili-aau Army Recreation Center cabins on the swim side will be closed for renovation through Sept. 30.

10 / Saturday

Movie Marathon – Visit Sgt. Yano Library on Schofield Barracks to enjoy your favorite “Star Trek” movies with the family:

- July 10, “Star Trek: The Motion Picture,” (G), at 11 a.m.; or “Star Trek II: The Wrath of Khan,” (PG-13), at 1:30 p.m.;
 - July 17, “Star Trek III: Search for Spock,” (PG-13), at 11 a.m.; or “Star Trek IV: Voyage Home,” (PG-13), at 1 p.m.;
 - July 24, “Star Trek V: Final Frontier,” (PG-13), at 11 a.m.; or “Star Trek VI: Undiscovered Country,” (PG-13), at 1 p.m.
- Call 655-8002.

12 / Monday

Hula Classes – The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in a free hula class, 6-8 p.m., July 12, at the Kalakaua Recreation Center on Schofield Barracks.

Beginner classes are 6-7 p.m.; advanced classes are 7-8 p.m.

Class will feature the different types of hula, fundamentals of hula steps, movement and posture.

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

Financial Enrichment – Sign up for Army Community Service finance classes in July, including:

- Mandatory First-Term Financial Training, July 12 and 26;
- Money Management, July 14 and 28;
- Secrets of Car Buying, July 14;
- Financial Planning for Deployment or Understanding Insurance and Scams, July 21; or
- Simple Tips for Saving and Investing, July 28.

Visit www.acsclasses.com or call 655-4227.

13 / Tuesday

Movie Night – Watch “Independence Day,” July 13, at 6 p.m., at Sgt. Yano Library on Schofield Barracks. This is a great way to spend quality time with the family. Call 655-8002.

Preschool Storytime – Storytime for children 3-5 years old is 10-10:30 a.m., at the Aliamanu Military Reservation Library, July 13 and 20; Fort Shafter Library, July 15, 22 and 29; and Sgt. Yano Library on Schofield



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

‘Do re mi’

SCHOFIELD BARRACKS — Art Suankum, also known as “Mr. Do Re Mi,” leads children in a musical exercise during a “Voyage to Book Island” event at the Sgt. Yano Library, Schofield Barracks, Wednesday. Voyage to Book Island is this year’s theme for the summer reading program. Call the Sgt. Yano Library at 655-8002 for more information about the summer reading program.

Barracks, July 21 and 28. Call 833-4851, 438-9521 or 655-8002.

Fort Shafter Thrift Shop – The Fort Shafter Thrift Shop is closed for a summer break through July 13. Call 842-1074.

14 / Wednesday

Oogles ‘n’ Googles – Oogles ‘n’ Googles present stories and activities for preschool children, July 14, 10 a.m. at Sgt. Yano Library on Schofield Barracks. Call 655-8002.

15 / Thursday

Keiki Art Club – Children can design, learn and explore the world of arts and crafts, 2:30-3:30 p.m., July 15 or every Thursday, at the Schofield Barracks arts and crafts center. Four sessions cost \$50 or \$40 for siblings. Call 655-4202.

Family Fun – Enjoy the Hale Ike-na Mongolian barbecue, every Thursday from 5-8 p.m., along with fun board and card games, as well as crafts, for the entire family. Call 438-1974

Tropics Reopens – The Tropics grand reopening three day extravaganza is July 15-17. There will be Texas Hold ‘em and Bunco, July 15, at 6 p.m. Enjoy Family Fun Friday, July 16, starting at 6 p.m., with the Teen Zone band, Delayed Resistance; Ti leaf lei making; hula lessons; and a ballroom dancing demonstration. Enjoy “Comics on Duty” and a rock concert, July 17, at 7 p.m. Call 655-5698.

16 / Friday

Waikiki Party Bus – The free party bus to Waikiki runs again July 16, 9 p.m.-4 a.m. Reservations are required and pickups are available from Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

Family Fun Friday – Come party with Family and Morale, Welfare and Recreation at 6 p.m., July 16, or the first and third Friday of every month. Visit the website for each Friday’s location for an evening filled with food, fun and activities. Call 655-5698 or visit www.mwrarmyhawaii.com.

Ongoing

Picture Framing – Make that photo memory even more special with customized framing at the Schofield Barracks arts and crafts center. One session is only \$45 and includes instruction and materials. Available daily from 9 a.m.-12 p.m. Call 655-4202 to register.

Auto Skills Center – Is the vehicle’s air conditioning not cooling properly? Is the vehicle’s safety check about to expire? Stop by Auto Skills at Fort Shafter or Schofield Barracks for a state vehicle safety check or maintenance. Safety checks are performed on a first-come, first-served basis; no appointment is necessary. Call 438-9402 or 655-9368.

Arts & Crafts – Join the Schofield Barracks arts and crafts center for creative fun.

Basic quilting and sewing is taught every Tuesday, 6-8 p.m.

The cost is just \$25 for the first class and \$5 for each additional class. Call 655-4202.

Learn water-color mixing and abstract techniques every Wednesday, 12-2 p.m. Four sessions are only \$60 and include all the supplies needed. Call 655-9042.

Make lei every Thursday, 12-2 p.m. All ages are welcome. Cost is \$10. Call 655-4202.

Join Mom and Tot Crafts if your little one enjoys arts and crafts.

Create a fun project with your 3-5-year-old, every Thursday. Just \$3 covers the class and supplies. Call 655-4202.

EDGE! – The EDGE! Program is free for Blue Star Card holders the first week of every month. EDGE! offers out-of-school opportunities for children and youth ages 6-18, to participate in cutting-edge art, fitness, life skills and adventure activities. The cost is \$30 per week for 1st-5th graders and is free for 6th-12th graders. Contact Kristine.Yasuda@us.army.mil or call 656-0095.

Family Child Care – Individuals interested in caring for children in their home should inquire with the Child, Youth and School Services Family Child Care program. Call 655-8373 or 837-0236.

Veterinary Treatment Facility – The Schofield Barracks Veterinary Treatment Facility is now seeing patients five days a week, with extended hours every third Wednesday of the month until 7 p.m.

Book an appointment for the new Wellness Package for affordable preventative care, or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call the facility at its new phone numbers: 655-5893 or 655-5889.

New Recycling Bin – Fort Shafter Elementary School invites the community to use its new recycling bin in front of the school. Recycling benefits the environment, and all monetary proceeds will benefit the school.

The following items will be accepted loosely, not in plastic bags: aluminum cans (rinsed), glass bottles and jars (rinsed, lids removed), and plastic containers (rinsed, lids removed).

Please bag/box the following items before depositing: newspapers (magazines and glossy inserts removed), corrugated cardboard (flattened), and white bond and colored bond paper.

MyCAA – The Department of Defense is resuming the Military Spouse Career Advancement Account.

Military spouses currently enrolled will be able to receive tuition assistance.

Until new accounts can be created, Military One-Source Spouse Education and Career Consultants will continue to be available to provide education and training, career exploration, assessment, employment readiness, and career search assistance. Call 655-4444.

Worship Services

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

- AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
FS: Fort Shafter Chapel
HMR: Helemanu 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, 12 p.m. at MPC and TAMC

Gospel Worship

- Sunday, 12 p.m. 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

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, FS, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at AMR and HMR



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

10 / Saturday

WAAF Water Outage – A water outage will be in effect at Wheeler Army Airfield, July 10, from 8 a.m.-4 p.m., to finalize the re-routing of a 14-inch waterline for the new Wheeler Army Hawaii Family Housing Community Center.

Both housing and non-housing buildings will be affected. The Kunia tunnel and the entire gulch (Field Station Kunia) will also be without water during the re-routing.

Call 590-1428, 349-3823 or 512-799-0714 for more information.

11 / Sunday

Reserve Enrichment Camp – Children, ages 6-15, are invited to attend the Army Reserve Enrichment Camp, July 11-16, at Camp Erdman on the North Shore. This free event includes boating, fishing and archery. Activities are designed to challenge and support youth to develop skills like independence, leadership and peer relationships. Registration is required. Visit www.arfp.org/arec.

15 / Thursday

Summer Concerts – The Waikiki Aquarium will host oceanside concerts, July 15 and 29; and Aug. 12. Aquarium doors open at 5:30 p.m.;

This week on

“Sesame Street: Talk, Listen, Connect”

Daily at 8 a.m. and 3 p.m.

The Sesame Street Workshop has developed a series of “Sesame Street” episodes featuring favorite “Sesame Street” characters and special guest stars, specifically designed as an educational outreach for military families and their young children, in partnership with the Department of the Army and USO.

concerts are 7-8:30 p.m. Aquarium galleries and exhibits will remain open throughout the evening. Tickets are \$30 for adults, \$10 for children ages 7-12.

Call 550-8457 or visit www.honolulu.boxoffice.com.

17 / Saturday

Tahitian Solo Dance – The Polynesian Cultural Center will host the 10th Annual Te Mahana Hiroa Tumu O Tahiti, or Tahitian Solo Dance, July 17, 9 a.m.-2 p.m. Tickets are \$10 for adults and \$6 for keiki ages 5-15. Call 293-3333.

PTA Hunting – Hunting activities at Pohakuloa Training Area are closed July 17-Aug. 31, for live-fire training purposes. Call 969-3474.

20 / Tuesday

Children’s Physicals – Children enrolled at Tripler Army Medical Center’s Pediatric and Adolescent clinics may get required school and/or sports physical examinations, 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.

27 / Tuesday

Community Prayer Breakfast – Soldiers, family members and civilians are invited to a Community Prayer Breakfast, July 27, 6:30-8:30 a.m., at the Nehelani on Schofield Barracks. with Dr. Billy Kim and a 50-person children’s choir from the Far East Broadcasting Company in Korea. Call 833-6831 or 655-9307.

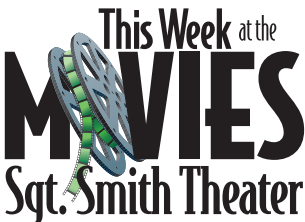
Ongoing

Newcomers Welcome

The Protestant Women of the Chapel meets every Tuesday, 9 a.m., at the Schofield Barracks Main Post Chapel Annex, Room 212.

Join for food, fun and fellowship.

Free child care available with R.S.V.P. Contact valeriepwoc@me.com or 753-3584.



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

Prince of Persia: The Sands of Time

(PG)
Fri., July 9, 7 p.m.
Sat., July 10, 7 p.m.



Marmaduke

(PG)
Sat., July 10, 4 p.m.

Shrek Forever After

(PG)
Sun., July 11, 2 p.m.

Get Him to the Greek

(R)
Wed., July 14, 7 p.m.



A Nightmare on Elm Street

(R)
Thur., July 15, 7 p.m.

No shows on Mondays or Tuesdays.

Community wakes up to the Sounds of Freedom

SPC. JESUS J. ARANDA
25th Infantry Division Public Affairs

HONOLULU – A van carrying seven immaculately dressed Soldiers traveled south on Oahu’s H-2 freeway at an hour when most were still sound asleep. The discussion in the van was serious and professional about the task ahead: making music.

Soldiers from the Tropic Lightning Band’s brass ensemble, the Sounds of Freedom, departed their normal place of duty, Schofield Barracks, July 2, to Honolulu, where the group would perform on KITV’s “This Morning” TV program.

The Tropic Lightning Band boasts a long and storied history as one of the Army’s most decorated bands and routinely performs throughout the island and the theater of operations when the unit is deployed.

The Sounds of Freedom includes: Sgt. 1st Class Steve Anderson, bass trombone; Sgt. 1st Class Steve Adrian, bass trombone; Sgt. 1st Class Nicholas Lobanov, French horn; Staff Sgt. Kenneth Cancio, trumpet; Sgt. Kristopher Betz, percussion; Sgt. Jason Binde, trombone; and Sgt. Christina Kolodziej, trumpet.

“We have some component of the band performing almost every day,” Adrian said. “We do everything from military ceremonies, to community relations, to public relations and funerals.”

“Every time one of our ensembles has an opportunity to perform in the community, we help to foster a positive image for the military presence in Hawaii,” Kolodziej said.

The band’s professional manner of dress and demeanor offered hints at its musical expertise as the Sounds of Freedom set up for the performance at KITV.

However, even with all the preparation and experience, sometimes even the most sea-

soned performers are stressed. “I was nervous because this was live,” Kolodziej said. “I was definitely more self-conscious and more aware of my stage presence while performing,” she added.

As the ensemble starting playing, TV cameras swept across the faces of each band member and broadcasted their images into the homes of countless Oahu residents. All the audience saw were band members hitting notes with perfection.

Despite nerves, Kolodziej and her fellow musicians performed flawlessly.

“Even with all of my experience on stage, I still get a little rush of adrenaline,” Kolodziej said. “It’s not just work to me – it’s fun.”

The Sounds of Freedom performed several musical numbers during the two-hour show and earned the praise of the show’s crew.

According to Chief Warrant Officer 2 Joseph Parentau, the band’s commander, the Sounds of Freedom musicians are among the top performers from the 44-member Tropic Lightning Band.

The roster of musically talented Soldiers in the Tropic Lightning Band and the Sounds of Freedom continues to grow as new Soldiers join the ranks and fine-tune their talents and skills.

“By the time we deploy again, one third of us will be replaced with new members,” Adrian said.

Despite the loss of old friends and bandmates, the Tropic Lightning Band is confident the band will always be on the same sheet of music.

“It’s so much about chemistry,” Adrian said. “Each member of the band brings his or her own personal competency and experience to the group, especially with this group, and it is a huge part of the band’s success.”

Wounded Warriors honored at Iolani School Parade

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

HONOLULU – Soldiers from Schofield Barrack’s Warrior Transition Battalion were honored during Iolani School’s 22nd Annual Independence Day Parade at Kozuki Stadium, here, July 2.

Grand marshal Capt. Katie Kalama, commander, Company B, WTB, Tripler Army Medical Center, along with Staff Sgt. Billy Joe Guyton and Staff Sgt. Robert Aiwohi, led the star-spangled procession in a decorated golf cart through the stadium filled with students, parents, teachers and friends.

More than 700 kindergarten through fifth-grade students dressed in an array of red, white and blue apparel followed the Soldiers parading around the school track wearing homemade hats and star-shaped paper lei. The students waved flags and streamers and held signs that read, “We Salute You. Mahalo.”

Preparing for the parade is a part of the summer curriculum, said JoAnn Stepien, director of Iolani’s Lower School Summer Program. The parade teaches students that the Fourth of July is about more than just fireworks.

“The parade celebrates our nation’s birthday and honors all those that allow us to live in freedom, sleep in peace, and even go to the school of our choice,” Stepien said.

“It is an honor for me to have the opportunity to come do this,” said Guyton, who was accompanied by his wife, Latonya, and three children, Brianna, 12; Leighanna, 7; and Braylon, 4. “Being a Soldier is my duty, so the enemy doesn’t bring the fight here. It’s my duty to fight for my family and all of America’s families.”

After a patriotic program by the students, Keene Tanaka, 11, who was dressed as Uncle Sam, asked everyone to observe a moment of silence for all fallen warriors and then introduced Kalama.

During her remarks to the young crowd, Kalama explained what the Warrior Transition Battalion is and how the children can support injured Soldiers.

“When you see a Soldier in uniform, give them a smile, and they will know



Summer school students hold signs that read, "We Salute You. Mahalo!" as three Soldiers from Schofield Barrack’s Warrior Transition Battalion lead the 22nd Annual Iolani School Independence Day Parade, at Kozuki Stadium, Honolulu, July 2. The Soldiers were honored and thanked for their service during the patriotic program.

you care,” she said.

Kalama, an Army helicopter pilot who was deployed to Iraq, told the crowd how it felt to be away from her sons, Mikala, 7, and Coda, 3.

“We could feel your hugs from across the ocean and knew that with your support, there was nothing that could stand in our way,” she said.

The students presented lei, hand-painted pillows, a patriotic lamp and original poems to the Soldiers, thanking them for proudly representing the red, white and blue.

Aiwohi, a military police officer with the Hawaii National Guard who is recovering from a knee injury, was overwhelmed by the display of gratitude from the students and families.

“I am speechless,” Aiwohi said, as students clamored around him after the program. “I am from Hawaii, and I never remember anything like this when I was growing up.”

Aiwohi shook hands and gave a few high-fives and hugs while parents and

teachers leaned over children’s heads to say, “mahalo,” “get better soon” and “thanks for your service.”

“(Today) makes me remember why I am serving,” he said.

“I am honored to have represented the Army and the WTB, and to show kids that Soldiers come in all shapes and sizes,” said Kalama.

An impressed young girl added, “And woman, too!”

Special guests also honored during the program included World War II veterans from the segregated Japanese-American 100th Battalion and the 442nd Regimental Combat Team.



View additional photos of this event at www.flickr.com/photos/usag-hi. To learn more about warrior care, visit www.army.mil/info/organization/offices/eoh/wtc/

Tripler’s Sole Provider Program has patient’s best interest in mind

JAN CLARK

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center’s Sole Provider Program maximizes benefits and minimizes the risks associated with the use of specific pain, anxiety, anti-seizure and sleep medications.

A committee consisting of representatives from various departments, including psychiatry, pain management and the pharmacy, evaluates patients who are potential candidates for the program.

Often, patients requiring long-term care do not always receive coordinated medications, as they are prescribed by multiple providers. This can lead to overlapping side effects, underuse or overuse of medications or confusion from receiving multiple instructions.

The Sole Provider Program aims to eliminate at least some of these risks.

“There are patients with bona fide chronic pain issues that need high doses of nar-

cotic pain medications for long periods of time,” said U.S. Navy Capt. Jose Acosta, deputy commander for clinical services. “We want to protect our patients, ensure they receive the right medications and the right doses of those medications. We want to keep them safe.”

Prescribing large amounts of potentially dangerous medication to meet the legitimate needs of patients, and yet being able to identify those patients who improperly use these medications is a challenge.

The Sole Provider Program is in place to assist providers in preventing patients from harming themselves.

The program supports providers in offering quality care for their patients’ therapeutic needs.

Patients may be nominated for the program by their providers, or identified based on their prescription fill history.

All patients are assessed by the committee.

If recommended for the Sole Provider

Program, the patient is assigned a Sole Provider and an Alternate Sole Provider, and notified by letter.

Both providers will be fully aware of the patient’s condition and medication requirements.

If the Sole Provider is not available, the Alternate Sole Provider will be able to prescribe what the patient needs.

“We cannot stress enough that while many may view this program as a means to ‘catch’ patients who are improperly using these medications, the true benefit of the Sole Provider Program is to streamline a patient’s pain care,” Acosta said.

“All patients with bona fide pain are seen by the same provider who knows them well and assists them in ways to better manage their pain.”

“Building a relationship with one provider allows for better coordination and communication,” Acosta said. “This leads to a better way of meeting a patient’s needs.”

Tricare books youth appointments online

TRICARE

News Release

FALLS CHURCH, Va. — One of the most frequently asked for and anxiously awaited enhancements to Tricare Online, or TOL, is the system will allow parents, military sponsors and their spouses, to book appointments for minor children online.

This system went into operation, June 30. The military sponsor will automatically have appointment-making access for all the children, under 18 years old, in the family.

Spouses will have appointment-making access only for minor children in the family for which they are the custodial parent.

However, the sponsor has the ability to grant access to the spouse for any “non-custodial” minor children in the family.

Also, adult family members can grant access to other adult family members to make appointments for them. For example, a sponsor can grant a spouse the ability to make appointments for the sponsor.

First, a sponsor needs to register for a

Department of Defense self-service, or DS, logon to access TOL.

Then, the sponsor grants access for adult family members at the Defense Manpower Data Center, or DMDC, website.

Lastly, adults can book appointments on TOL.

If the sponsor has a common access card or Defense Finance and Accounting Service MyPay login ID, he or she may request a DS logon for himself or herself, and adult family members, by selecting “Request a DOD Self-Service Logon.”

Sponsors can get their DS Logon account established immediately online.

However, an activation code will have to be mailed to the spouse or other eligible family members. The activation code should be received within five to 12 business days.

If an activation code is not received within this time frame, the spouse or sponsor should call the DMDC Support Center at 800-477-8227.

To request an activation code and logon for adult family members over the age of 18,

the sponsor will have to select “Health Care Treatment Access Granting.” A listing of eligible family members will be displayed.

Individuals can then grant access by checking “Health Care Treatment” and entering a beginning date. Leaving the end date blank will grant access indefinitely.

Access granted to others can always be modified at a later date.

When logging on to TOL using a CAC or DS logon, visitors will see themselves, any minor children and any adult family members that have granted permission to the viewer to make appointments for them.

Select the name of the individual and proceed with making the appointment.



Today

Fishing Camp

— Enjoy three days and two nights of fun kayaking, bottom and shoreline fishing, and trolling. Knot-tying, jig- and lure- making activities are available. This event is limited to the first 10 fishermen who are registered and have paid the fees.

Sign up at Schofield Barracks Outdoor Recreation Center, Building 556, Heard Avenue.

Call 655-0143.

CYSS Sports Registration

— Call 836-1923, 655-6465 or 655-0883 for the following:

- Mini-flag football for youth born in 2005-2006. Deadline is July 13. Cost is \$15, and the program runs July 22-Sept. 9, Thursdays, from 5-6 p.m.
- Flag football for youth born from 1994-2005. Deadline is July 30. Cost is \$50, and the program runs Sept. 21-Dec. 11.
- Cheerleading for youth born from 1994-2005. Deadline is July 30. Cost is \$60 or \$20 if the child already has a uniform. The program runs Sept. 21-Dec. 11.

17 / Saturday

Stand Up Paddleboard

— Have the guts to learn something new? Take a stand-up paddleboard lesson, July 17.

We can help with equipment rentals. Sessions are only \$45 each. Call 655-0143.

18 / Sunday

Adventure Kayak II

— Are you an adrenaline junkie or just love the outdoors? Spend half a day, July 18, kayaking from different beaches around the island. Classes are available in three skill level, as well as kayak fishing. The cost is \$49 per person. Call 655-0143.

21 / Wednesday

Guard Start Program

— Children ages 11-14 can learn what a lifeguard’s duty is and to start on a journey for a possible career in water safety.

The program begins July 21, at the Richardson Pool at Schofield Barracks. Participants must be able to swim in the deep end of the pool. Call 655-9698.



For more information on the Sole Provider Program at Tripler Army Medical Center, e-mail TAMC PublicAffairsOffice@amedd.army.mil or call 433-5785.

Diabetes checklist details lifestyle factors to change

KRISTY OSBORN
Health and Fitness Center

SCHOFIELD BARRACKS — Diabetes is a quickly growing disease, as seen during the past 10 years.

Today, more and more young people in their 20s and 30s are being diagnosed with diabetes, whereas in the 1990s, it was rare for people under 40 years old to develop the disease.



Osborn

There is no single culprit that causes diabetes, and prediabetes rarely has symptoms that can be detected, aside from a slight increase in thirst or the need to urinate more frequently.

Major risk factors associated with diabetes include: a family history of diabetes or prediabetes, weight gain, inadequate exercise, low fiber intake, and high blood pressure or cholesterol.

Prediabetes is a beginning stage in the illness, which is often reversible by simple lifestyle changes. However, once the threshold into full-blown diabetes is crossed, the disease is lifelong.

Let me explain what happens when you take in food and the body attempts to digest it for fuel.

Once you've eaten the food, the nutrients travel to the stomach to be processed. When the food is digested, the intestines transfer the nutrients, including glucose, into the bloodstream. This is when the pancreas starts cranking out insulin.

Insulin is the hormone that shuttles glucose into the cells so it can be used as energy, or converted into fat and stored in the body.

In prediabetes, the pancreas either does not produce enough insulin, or your body stops responding to normal levels of the insulin hormone, rendering your body unable to use insulin properly.

This causes an insulin resistance, which in turn causes the blood sugar levels to remain high. Since the cells don't react, more insulin keeps being produced until they do.

If prediabetes is ignored and sugar levels continue to soar to dangerously high levels, you can develop full-blown diabetes. Exercise and weight loss will

reduce the amount of insulin the your body needs and, in turn, reduce the risk of diabetes and prediabetes.

Prediabetics are more prone to have health problems such as heart attacks or strokes, compared to someone with normal blood sugar levels.

To help prevent prediabetes, keep in mind the following five lifestyle factors:

1. Know the numbers.
2. Be strong.
3. Learn the history.
4. Strap on a pedometer.
5. Fill up on fiber.

High blood pressure or high cholesterol increases the risk for diabetes.

Bad cholesterol, or LDL, should be below 100 and good cholesterol, or HDL, should be higher than 50.

Blood pressure should be below 130/80, and the cutoff for blood sugar level after a fasting glucose test should be 99.

Muscle contraction during exercise makes cells more sensitive to insulin, which allows them to use glucose more efficiently.

The more muscle built, the more calories burned and the more weight lost.

If you're worried that you're at high risk, or already show signs of prediabetes, get screened.

Your doctor will perform either a fasting-glucose test to measure blood sugar levels after an eight-hour fast or a glucose-tolerance test to check how your body responds to being flooded with sugar.

Review the five factors, watch your diet, ditch fast food and go for a good old-fashioned run instead.

(Editor's Note: Information was compiled from "The Tufts University Guide to Total Nutrition.")



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

10 / Saturday
Ballroom Dance – Ballroom dance classes will continue for service members and spouses July 10 and 24, from 10-11 a.m.

Classes will also be offered July 13 and 27, from 3-4 p.m., for children ages 6 to 18.

Participants are not required to have a dance partner and are asked to not wear slippers.

The cost is \$10 per person, per class. Call 624-5645.

Freedom Fun Run – The Air Force 5K/10K Freedom Fun Run, hosted by Pacific Air Forces, July 10 on scenic Joint Base Pearl Harbor-Hickam. Cost is \$20 for adults and \$15 for children under 15 years old.

Contact Jamie.Hedrick@hickam.af.mil or LaShandra.Battle@hickam.af.mil.

Surf 'n Sea Swim – Join the Surf 'n Sea Swim Series' second event, the Cholo's Waimea Bay Swim, July 10, at 9 a.m., for a 1.2-mile swim that circles Waimea Bay.

Visit www.hawaiiswim.com.

11 / Sunday
Lanikai 8K – Show up and

race the Lanikai Bike Path 8K, July 11, at 7 a.m., in Kailua.

Bike two loops of the Lanikai Bike Path and finish near the Kailua Beach boat ramp.

Visit www.mprrc.com/race schedule.

14 / Wednesday
Tinman Triathlon – Registration for the Tinman Triathlon is due by July 14. The event is July 25, starting at 5:30 a.m., at Queen's Beach in Honolulu. Participants will finish at Kapiolani Park, after an 800-meter swim, 40K bike ride and 10K run. Participants must be 15 years old to compete. Cost is \$100 per individual to enter. Call 595-5317 or 596-0588, e-mail tinmanhawaii@hawaii.rr.com or visit www.tinmanhawaii.com/triathlon.

17 / Saturday
Relay For Life – The American Cancer Society Relay For Life is July 17, at Magic Island Beach Park, from 6 p.m.-6 a.m. The event raises community awareness and funds for the American Cancer Society's patient services, research, advocacy and community education.

Visit www.relayforlife.org/magicislandhi, e-mail Misty.Pacheco@gmail.com or call 432-9165.

Sports Festival – Come to the inaugural ESPN 1420 Sports Festival, July 17, at Kakaako Park in Honolulu, 9 a.m.-4 p.m. The free event features hands-on sports activities and demonstrations for children, including a speed and quickness clinic and soccer camp.

Call 534-7101 or e-mail randali@espn1420am.com.