

HAWAII ARMY WEEKLY

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INSIDE



It's a Dog's Day

Owners and their dogs compete to win at "Dog Days of Summer."

B-1



Hands-on

CTLT gives cadets real-world Army training.

A-5

Deployment resiliency

Join FOCUS training workshops for spouses, parents and children to learn communication and stress reduction techniques.

See Community Calendar, B-2



Woman Warrior

311th Signal Soldier is one of only two women to compete in Army Reserve Best Warrior Competition.

A-6

This issue

Footsteps in Faith A-2

Deployed Forces A-3

News Briefs A-10

FMWR B-2

Sports & Fitness B-5



Command Sgt. Maj. George Duncan (center), 8th TSC, passes the sword to Command Sgt. Maj. Ward (right) during the change of responsibility ceremony on Schofield Barracks' Sills Field, Aug. 12.

130th Engineers get new leaders

Story and Photo by
SGT. PHILLIS WHITE

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Col. Jeffery Milhorn assumed command of 130th Engineer Brigade, 8th Theater Sustainment Command, from Col. Fabian Mendoza, during a change of command ceremony, at Sills Field, here, Aug. 11.

The brigade also conducted a change of responsibility ceremony, Aug. 12, bidding farewell to the outgoing Command Sgt. Maj. Dale Moran, and welcoming Command Sgt. Maj. Roy Ward.

"It takes a strong leader to perform under these conditions, and to take care

of the families back here," said Maj. Gen. Michael J. Terry, commanding general, 8th TSC. "(Mendoza), you did it and you did it exceptionally. Your compassion led them through all of this."

Mendoza capitalized on the mission as a warrior-fighter and a commander, even with a majority of his command being in Iraq. Under his command, the brigade executed a complex mission to include helping create 1,600 jobs, installing water and sewer lines, assisting in the capture of more than 15 enemy combatants and the reduction of 89 improvised explosive devices while in Iraq.

After praised Mendoza for his accom-

plishments, Terry pinned the Bronze Star Medal on Mendoza, for his participation in Operation Iraqi Freedom. Mendoza will become the assistant commandant for the U.S. Army Engineer School in Fort Leonard Wood, Mo.

Milhorn is coming to 130th Eng. Bde., from U.S. Army-Europe, 7th Army, in Heidelberg, Germany, where he served as the deputy chief of operations. He also recently completed a Senior Service College Fellowship at Harvard University.

"I will lead from the front in my actions and my views, to make sure our

SEE 130th, A-7

Staff sergeant receives second Purple Heart

Story and Photos by
VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — Staff Sgt. Llewellyn Grant, Headquarters and Headquarters Company, U.S. Army Garrison-Hawaii, received his second Purple Heart from Col. Jay Hammer, executive officer, USAG-HI, during a special award ceremony, at the Tropic Lightning Memorial, outside the 25th Infantry Division Headquarters, here, Aug. 10.

Grant was involved in three separate improvised explosive device attacks in Kirkuk, Iraq, Aug. 9, 2007; Aug. 20, 2007; and Sept. 5, 2007, when he was the engineer team leader for Company A, 3rd Brigade Special Troops Battalion, 25th Infantry Division. Grant received Purple Heart awards for the latter two events, as he sustained injuries from those two blasts.

The Purple Heart is awarded to mem-

bers of the U.S. armed forces who are wounded by an instrument of war, in the hands of the enemy. The award is also presented posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration.

"We come to these ceremonies to honor those who took over where we left off," said retired Sgt. 1st Class Donald Cook, Military Order of the Purple Heart, Hawaii Rainbow Chapter 483.

"Getting the Purple Hearts closes the circle for us, and it gives him back his sense of pride," said Grant's wife, Raphaela, about the three-year battle they ensued to get Grant's two Purple Hearts. "You know your Soldier best, so don't question yourself when you know something is definitely wrong with

SEE GRANT, A-10



Staff Sgt. Llewellyn Grant, HHC, USAG-HI, thanks those in attendance during a special award ceremony at the Tropic Lightning Memorial, outside the 25th Infantry Division Headquarters, Aug. 10.

Women recognize long journey during Equality Day

PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Aug. 26 marks Women's Equality Day, a day that commemorates the passing of the 19th Amendment, which gave women the right to vote in the U.S.

For the military, the observance encourages personnel to commemorate women's sacrifices and struggles.

The Army's Military Police Regiment and, specifically, the 8th MP Brigade, 8th Theater Sustainment Command, celebrate equality among the sexes, as seen by multiple combat and garrison MP units that are led by women, including Col. LaTonya Lynn, who is commander of the 8th MP Bde.

"I entered into the Delayed Entry Program in 1977, a year after they abolished the Women's Army Corps," said Susana Pizano-Peterson, a retired master sergeant and current logistics manager for 8th MP Bde. "In 1978, I went to one of the first integrated basic training companies

in Fort Jackson, S.C."

While the cadences were "a free for all," and the language, even among the women, was a bit coarse, they only drove Peterson to try harder. Deeds, not words or charms, were what was going to build respect and a successful career in the U.S.

military.

Peterson's accomplishments during her 25-year career ranged from getting her spurs with the cavalry unit, an

SEE 8th MPs, A-7

DoD identifies Army casualty

DEPARTMENT OF DEFENSE

News Release

The Department of Defense announced the death of a Soldier who was supporting Operation Iraqi Freedom, Tuesday.

Spc. Jamal Rhett, 24, of Palmyra, N.J., died Aug. 15 in Ba Qubah, Iraq, of wounds suffered when insurgents attacked his vehicle with grenades. He was assigned to the 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, from Schofield Barracks.

All AAFES are reimbursing double credit card charges

ARMY AND AIR FORCE EXCHANGE SERVICE

News Release

DALLAS — While the Army and Air Force Exchange Service continues to work around the clock to remedy erroneous credit and debit card charges created as a result of a processing error, shoppers who incurred overdraft fees are being reimbursed at their local facility.

"We promised to do the right thing for our customers that were affected by this unfortunate glitch, and we are honoring that promise," said Jeffry Helm, chief, senior enlisted advisor, AAFES. "We regret any inconvenience this may have caused and want to reimburse them as quickly as possible."

Shoppers whose credit cards were double charged, and, as a result, suffered overdraft fees, can simply bring documentation, such as an overdraft notice or online statement, to their nearest exchange for a full refund of the fees.

The processing error that produced duplicate charges affected AAFES locations worldwide. Depending on the type of card used, corrective action could be visible to the customer anywhere from 24 hours to a couple of weeks.

"Shoppers who swiped their cards anytime (between Aug. 7-9) at an AAFES facility are strongly encouraged to review their statements to see if they are impacted by this issue," said Col. Virgil Williams, chief of staff, AAFES. "If a customer finds a billing anomaly, no action will be required on their part, as we're working to correct inaccuracies on their behalf."

Scores of associates from AAFES' Information Technology and Finance and Accounting teams are working around the clock to remedy any and all erroneous charges created as a result of the processing error.

"We're putting all the resources we have towards doing the right thing for customers affected by this unfortunate turn of events," Williams said. "If there is an overdraft fee as result of a duplicate charge, we're going to fix it. Our priority is to take corrective action as quickly as possible and return customers' accounts to the exact state they were prior to this glitch."

"The (corrective action) timeline is subject to a number of variables," Williams said. "Regardless, we want exchange shoppers to know that every possible measure is being taken to eliminate any additional charges and rectify any concerns created as a result of this processing (mistake)."

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation programs.



We want to hear from you...

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

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

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

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

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Commander, U.S. Army Garrison-Hawaii
Col. Douglas S. Mulbury
Director, Public Affairs
Dennis C. Drake
Chief, Internal Communication

Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil

Managing Editor
Lacey Justinger, 656-3488
editor@hawaiiarmyweekly.com

News Editor
Vanessa Lynch, 656-3150
vanessa@hawaiiarmyweekly.com

Pau Hana Editor
Vickey Mouze, 656-3156
community@hawaiiarmyweekly.com

Layout

Nicole Gilmore

Web Content

Stephanie Rush, 656-3153
stephanie.anne.rush@us.army.mil

Advertising: 525-4700

Classifieds: 521-9111

Editorial Office: 656-3155/3488

Address:

Public Affairs Office
742 Santos Dumont Ave.,

WAAF

Building 108, Room 304
Schofield Barracks, HI

96857-5000

Web site:

www.garrison.hawaii.army.mil/haw.asp & hawaiiarmyweekly.com

127 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 8/19/10.

Garrison Commander's Corner

School Partnership Program builds, strengthens relationships

COL. DOUGLAS MULBURY

Commander, U.S. Army Garrison-Hawaii

In the spirit of community partnership, the Army School Partnership Program encourages a voluntary partnership between the Hawaii Department of Education and Army units to enhance the educational experience of the children of Hawaii.

The program encourages Soldiers to actively volunteer and assist students by tutoring, participating in reading programs, mentoring, assisting in career development, holding motivation classes and providing recognition and rewards for student achievements

Soldiers and DoE also partner up for successful physical labor projects.

Recently, Soldiers painted parking lot lines at Solomon Elementary School, renovated the press box at the Leilehua High School football stadium and set up the computer lab at Wheeler Elementary School.

Over the years and as a result of this partnership, many strong bonds have emerged, and school officials have been very appreciative of the time and energy provided by our Soldiers.

Recently, in a cordial effort to show appreciation for this partnership with the Army, the members of the North Complex Central District schools hosted a “meet-and-greet” reception at the Leilehua H.S. Library.

DoE officials expressed gratitude for the opportunity to work with the Army, and encouraged

ongoing dialogue, communication and fellowship on a regular basis. The Army, in turn, has a vested interest in supporting the North Complex Central District schools, as many of our students from Schofield Barracks and Wheeler Army Airfield attend the schools in this district.

Brig. Gen. Paul Lacamera, deputy commanding general of operations, and Col. Bradley Becker, deputy commanding general of support, both from 25th Infantry Division, represented the Army at the meeting. Both expressed their gratitude for working with the DoE and

the commitment to support the schools, striving for better opportunities for all students to learn.

The event at the North Complex Central District is a good example of accomplishments the program is providing to our neighboring schools. We must persevere to maintain this high level of involvement at other school districts on the North Shore and Leeward Coast that the SPP supports.

Kudos to all who are connected and participating in this outstanding community-focused program.

“As a result of this partnership, many strong bonds have emerged, and school officials have been very appreciative of the time and energy provided by our Soldiers.”



— Col. Douglas Mulbury
Commander, U.S. Army Garrison-Hawaii



Leslie Ozawa | File Photo

Tripler Army Medical Center's Sgt. Jessica Houfek and Spc. Christopher Monteith lay down a special white coating on a Moanalua Elementary School portable classroom to help keep the classroom cool. TAMC Soldiers volunteer as part of U.S. Army Garrison-Hawaii's Partnership of Ohana and the Army School Partnership programs.



A three-headed dog is likely to choke hold the octagon of faith

CHAPLAIN (MAJ.) MARK PERKINS

3rd Brigade Combat Team, 25th Infantry Division

I am a mixed martial arts fan, and this fact got me to thinking: How do I apply these fighting skills to my bad habits? What are my real enemies?

If only I could cause my temper, anger or lust for power to “tap out,” I would be the man.

To begin, you and I have to start with discovering who are the enemies of our souls.

Reading through Psalms 32, I discovered King David's enemies are transgressions, sins and iniquity. Not very politically correct these days, but I believe their “ground game” and “choke moves” bring the human soul untold misery.

Let's examine the first head of our three-headed dog: transgression. Transgressions are things we do against God's authority and his sovereign rule.

Man's nature historically proves itself to resist authority, especially God's authority. The truth is, I rebel against God. This dog bites me a lot and I go down. Fortunately, David also provides us with the move that beats transgressions every time.

You and I cannot train harder, study more or build a stronger fence, which are all things that we can do. Psalms 32:1 states, “Blessed is the one whose transgressions are forgiven.” Here, forgiven means a “lifting off” of a heavy burden.

It seems odd and foolish to think that in order to defeat this enemy, all I have to do is allow God to lift the burden of transgressions off me. God's part is forgiveness. My part is to surrender myself to God and receive forgiveness by faith.

Our next dog's head is sin. Sin is defined Biblically as a falling short of God's law. I try not to lie, but the truth is, I do, sometimes. I try not to hold grudges against those who cross me, but the truth is, this dog causes me to tap out and lose. I try not to lust, but this choke hold knocks me out.

Again, God provides the overwhelming

blessing in Psalms 32:1, “Blessed is the one, whose sin is covered.”



Perkins

For the Christian religion, this change happened when Christ died on the cross. He became our propitiation. Christ bore the wrath of God on himself, on our behalf, so that he could forgive, reconcile and favor us.

God's part is the sending of his son for us. Our part is to humble ourselves and receive Christ's sacrifice by faith.

The last head of this three-headed dog is iniquity, which is another old term that means twisted and crooked. This sin is in relation to us – yes, I sin against my own soul.

Like an athlete who uses steroids to build muscle and strength with devastating effects on the body, my own corrupt nature (iniquity) sabotages my good efforts. I'm like the athlete who refuses to use a personal trainer. My ignorance and arrogance takes me down, and I actually help this dog with my own defeat.

Fortunately, David provides us a way to wonderfully overcome, a tip provided to us by our wise, master-trainer. Psalms 32:2 states, “Blessed is the one who the Lord does not impute iniquity.”

God does not count our sins against us. God graciously writes Christ's righteousness into our ledger and counts us justified.

So, we see that God has totally defeated this three-headed dog from Hell. God has defeated the dog through his forgiveness, covering and not imputing our sins to us.

Muslims renew their faith during the Fast of Ramadan

CHAPLAIN (MAJ.) IBRAHEEM A. RAHEEM

Tri-Services Addiction Recovery Facility Chaplain, Tripler Army Medical Center

HONOLULU — Ramadan is a momentous occasion for the Islamic community all over the world.

The Quran 2:183 states, “O you who believe, fasting is prescribed to you as it was prescribed to those before you, that you may (learn) self-restraint.”

Ramadan, which began Aug. 11, is the ninth month of the Muslim calendar. The month of Ramadan is also when it is believed the Holy Quran 2:185, “was sent down from heaven, a guidance unto men, a declaration of direction, and a means of Salvation.”

Because of the command in the above verses, it is during this month that Muslims abstain from food and drink, during daylight hours, for the entire month.

Ramadan is a time when Muslims concentrate on their faith and spend less time on material concerns. It is a time of worship and contemplation.

During the Fast of Ramadan, strict restraints are placed on the daily lives of Muslims. Smoking and sexual relations are forbidden during the hours of fasting. At the end of the day, the fast is broken with prayer and a meal called the iftar. In the evening, following iftar, it is customary for Muslims to go out visiting family and friends.

The fast is resumed the next morning after a small meal called suhur.

During Ramadan, it is common for Muslims to go to the Masjid, or mosque, and spend several hours praying and studying the Quran. In addition to five daily prayers, Muslims recite a special prayer called Taraweeh, or night prayer, and the length of this prayer is usually two to three times as long as the daily prayers.

Some Muslims will spend the entire night in prayer.

Muslims also celebrate Laylat-al-Qadr, or night of power, in the last 10 nights of Ramadan. It is believed that on this night Muhammad first received the revelation of the Holy Quran (Quran 97:1-5).

Often, Muslims perform itikaf, or a retreat, in the Masjid during some or all of these days.

The good that a Muslim acquires through any day of fasting during Ramadan can be destroyed by five things, including slander, denouncing someone behind their back, a false oath, greed or covetousness. These actions are considered offensive at all times, but are most offensive during the Fast of Ramadan and renders the fast of that day nullified.

The fast ends the first day of the month of Shawwal, and Muslims celebrate for three days. This holiday is called Eid-al-Fitr, or the festival of returning to one's natural state. Gifts are exchanged, and friends and family gather to pray and for large meals. In some cities, fairs are held to celebrate the end of the Fast of Ramadan and a person's regaining of control over their desires.

Supervisors should be mindful of the physical strain this month will have on their personnel and adjust work schedules to accommodate those Muslims participating in Ramadan, as well as allow for leaves and passes, when appropriate, for Muslims to take part in spiritual retreats or holiday celebrations.

Peace and blessings during this blessed occasion to all.

Voices of Ohana



“My mother. She always supported everything I did. She's always been my cheer-leader.”

Spc. Andrew Heim
HSC, USARPAC



“My mother because everything that I know, she taught me. Even though I didn't always listen.”

Spc. Giovanni Livingston
Protocol/EESD
USARPAC



“My mom because through many struggles and obstacles, she loved and cared for me, and groomed me to be the successful woman I am today.”

Spc. Felicia Lowe
USARPAC SGS Admin.



“My grandmother. She lived to be over 100 years old. She had a drive about her that always kept me going.”

Sgt. Ray Samuels
HSC, USARPAC



“My mother because she sacrificed so much to raise me.”

Staff Sgt. Johanna Zamora
USARPAC
Command Group

2nd BCT is boots-on-ground in Iraq



Photos by Spc. Brandon D. Bolick | 982nd Signal Company, Combat Camera

U.S. Soldiers with 66th Engineer Company, attached to 2nd Brigade Combat Team, 25th Infantry Division, and Iraqi army soldiers move a cache of weapons at an Iraqi demolition range in Diyala province, Iraq, July 29.



Sgt. Jimmy Mosby Jr., Headquarters and Headquarters Company, 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division, meets Olympic athletes at Salie Gym at Forward Operating Base Warhorse, Diyala province, Iraq, Aug. 10.



U.S. Soldiers with 66th Engineer Company, attached to 2nd Brigade Combat Team, 25th Infantry Division, lay out fragmentation grenades to be destroyed at an Iraqi demolition range in Diyala province, Iraq, July 29. U.S. Navy Explosive Ordnance Disposal and 5th Iraqi army Bomb Disposal Company disposed of more than 1,100 pounds of ordnance seized by Iraqi and U.S. forces.



U.S. Navy Explosive Ordnance Disposal technicians and U.S. Soldiers with 66th Engineer Company, attached to 2nd Brigade Combat Team, 25th Infantry Division, organize a cache of weapons at an Iraqi demolition range in Diyala province, Iraq, July 29.



Sgt. 1st Class Shedrick June, Company C, 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division, shakes hands with Carly Piper, U.S. Olympic athlete, after meeting her at Salie Gym at Forward Operating Base Warhorse, Diyala province, Iraq, Aug. 10. U.S. Olympic athletes visited U.S. Soldiers in Iraq as a part of Olympic Hero Tour 2010, sponsored by the Morale, Welfare and Recreation program.



U.S. Army and Iraqi army color guard carry ceremonial flags during a Transfer of Authority Ceremony at Forward Operating Base Warhorse, Diyala province, Iraq, July 27. U.S. Army 3rd Stryker Brigade Combat Team, 2nd Infantry Division, transferred authority of FOB Warhorse to U.S. Army 2nd Stryker Brigade Combat Team, 25th Infantry Division.

25th ID sergeants bring combat to the big screen

STAFF SGT. AMBER ROBINSON
3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – For the last nine years, American and allied forces have fought to help the country of Afghanistan become stable. Soldiers are working hard to balance humanitarian work with fighting an aggressive enemy, while living in very primitive conditions in some of the most obscure areas of the country.

One such location is Outpost Restrepo, locat-

ed in the mountains of the Korengal Valley, nestled along the northeastern border of Pakistan, where one of the most revered movie-documentaries of the war in Afghanistan was launched from this postage-stamp-sized security outpost.

Tim Hetherington, a British photographer and “Vanity Fair” contributor, and Sebastian Junger, writer of the “Perfect Storm,” worked together during Operation Enduring Freedom, in 2007 and 2008, to produce a film about the war in Afghanistan. It was shot on location with little ef-

fect lighting, no special effects, little-known actors and a less-than-grandiose budget for such a highly publicized film.

The movie is about Soldiers – and nothing more.

For 10 months, Junger and Hetherington documented more than 500 hours of Soldiers who dwelled on Restrepo, an outpost named for Pfc. Juan Restrepo, a medic the 15-man platoon lost within two months of its deployment into, what used to be, the most volatile area of Afghanistan.



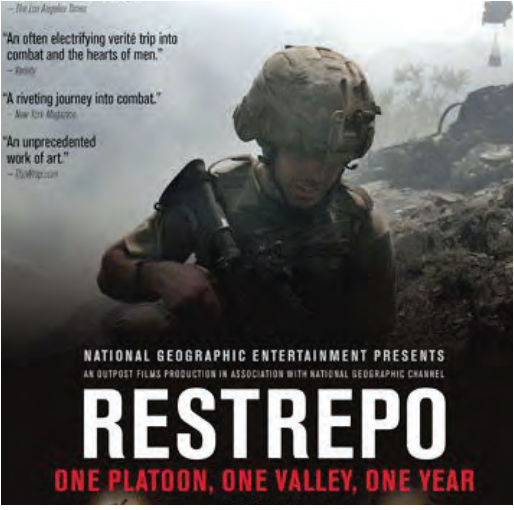
Tim Hetherington | “Restrepo” movie still

Clothes hang out to dry as rain clouds gather over the Restrepo bunker high up on the edges of the Korengal Valley, Kunar province, Afghanistan, in June 2008.



Staff Sgt. Amber Robinson | 3rd BCT Public Affairs, 25th ID

Sgt. Mitchell Raeon (left) and Sgt. John Clinard, answer questions from the audience at the Millilani 14 Theater in Millilani Town, after the Hawaii premier of the highly acclaimed movie-documentary “Restrepo,” Aug. 6.



Showings

“Restrepo” is rated R and will be playing at Pearlridge West Theatre, Aug. 20-22, at 8:15 p.m. and 10:35 p.m.; and Aug. 23-26, at 8:05 p.m. and 10:15 p.m.

35th ‘Cacti’, veterans unite in Pittsburgh for annual reunion

1ST LT. ANGEL ROSARIO
2nd Battalion, 35th Infantry Regiment,
3rd Brigade Combat Team, 25th Infantry Division

SCHOFIELD BARRACKS – In the past, mankind has found through hardships the strongest bonds are created.

These bonds can turn strangers into family and make enemies comrades.

Bonds of strength and nature were celebrated recently at the annual 35th Infantry Regiment “Cacti” Association Reunion in Pittsburgh.

The five-day reunion focused on reuniting Cacti veterans of all ages from each of the previous wars. This annual event gives direction and a point of interest to the association, and strengthens the bond between Cacti veterans and current Cacti Soldiers.

More than 250 veterans and family members attended the reunion with eight active duty Soldiers from the battalion, including Lt. Col. Colin Tuley, commander, 2nd Battalion, 35th Inf. Regt., 3rd Brigade Combat Team, 25th Infantry Division, and Command Sgt. Maj. Thomas Jones Jr., command sergeant major.

Special luncheons and dinners were held throughout the week to bring all members together at different venues, in and around the Pittsburg area.

“Everyone involved had a great time at the reunion,” said Staff Sgt. Matthew Girard, 2-35 Inf. Regt., 3BCT, 25th ID. “Meeting with past Cacti



Steve Rainbolt | Courtesy Photo

Cati Soldiers and veterans join together to hold up the colors during the annual 35th Infantry Regiment “Cacti” Association Reunion in Pittsburgh, recently.

members, trading stories and learning about our units history from those who wrote it was a great experience.”

The reunion gave Cacti leaders a chance to closely interact with fellow veterans and work outside of their normal operational environment. Cacti Soldiers were on hand to visit with fellow regiment Soldiers, lend their service as color guard members and facilitate other activi-

ties, which Soldiers executed flawlessly, gaining appreciation and accolades from all veterans.

The official banquet included the color guard presentation; a POW/MIA presentation conducted by the current 2nd Bn., 35th Inf. Regt.; a speech by the president of the organization; and a “State of the Regiment” Cacti brief by Tuley.

During the reunion, 2-35th Soldiers of all ranks conversed with Cacti veterans and ex-

changed coveted “war stories.” Veterans were humbled when talking to Soldiers who had served multiple combat tours both in Iraq and Afghanistan.

“For our current Cacti Soldiers, the experience was immeasurable, as they gained better appreciation for the sacrifices and historical lineage of this great regiment,” Tuley said. “The legacy Cacti were floored by the youth and experience of our current Cacti Soldier.

“(At) multiple venues, both legacy and current Cacti Soldiers were able to share many, many stories. As one can expect, some of the stories were more ‘exaggerated’ than others,” he said.

The reunion gave an opportunity for current Cacti Soldiers to share their existing efforts and discuss sacrifices with the veterans from previous conflicts.

“I think one of the most important things that our Cacti Soldiers gleaned from the veterans of past was that they just weren’t that different after all,” Tuley said. “They found they were all good men serving their nation, (had) great wives and families supporting their Soldier and they all shared one common goal serve their nation well and protect their fellow Cacti buddies to their right and to their left.”

Overall, according to participants, the reunion was an extraordinary event that helped current and veteran Soldiers strengthen those famous bonds that link the 2-35th Inf. Regt. “Cacti.”

Straight Talk

Residents are charged with protecting their communities

LT. COL. DANIEL HULSEBOSCH
Director, Directorate of Emergency Services

WHEELER ARMY AIRFIELD — Larcenies and damage to private property continue to be the most frequently committed crimes on our installations. Since most of these crimes are attributed to juvenile family member conduct, parents are once again asked to take an active part in their children’s activities.

As a reminder, children 10 years old and under should never be away from parents’ or guardians’ supervision, except when traveling to or returning from school.

Additionally, many of these larceny cases involve unsecured property left in the home, yard or automobile. To negate these crime-conducive conditions, take the time to ensure that personal belongings are either locked up or out of plain sight.

On post parking.

Residents are strongly encouraged to comply with posted no-parking signs and curbs that are painted red. These are there to enhance safety. Additionally, community members

need to park with the flow of traffic, not against it. Parking against the flow of traffic makes for unsafe conditions when pulling out.

The military police have been asked by the fire department to help clean up the routes around office buildings so fire trucks can get through. Parking in and around office buildings is restricted to allow fire and emergency vehicles adequate access to buildings. People who park, even for a short time in unauthorized areas, are causing a safety issue and will be ticketed. If you park your car in an unmarked spot, most likely, you are parking illegally.

School is in session.

With schools back in session, everyone will experience more traffic and congestion. Be extra cautious around schools. Use designated drop-

off areas and authorized parking areas at each school. Don’t speed in school zones, and help keep our children safe!

iWATCH Army program.

The iWATCH Army program was recently introduced, to help keep our communities safe from terrorist and criminal activities by encouraging residents who “see something, to say something.” The program replaces the Neighborhood Watch Program that was designed to counter only criminal activity. The program was developed by the Los Angeles Police Department and has been adopted by the Army to assist local law enforcement who can’t be everywhere, at all times. The iWATCH Army program asks community members to be the eyes and ears of our security forces and to report unusual or suspicious behaviors in their neighborhoods.

To report suspicious activity, call the Schofield Barracks MP desk at 655-7114, or the Fort Shafter MPs at 438-7114. Look for more information on the iWATCH Army program to come out in the near future.



On The WEB

For more information on iWATCH Army, visit [www.garrison.hawaii.army.mil/sites/iwatch-iwatch.asp](http://www.garrison.hawaii.army.mil/sites/iwatch/iwatch.asp).



Amanda Coates, a cadet from Cameron University, operates a radio during sergeant’s time training with the 71st Chemical Co., 8th MP Bde., 8th TSC, near Bowman Park, Schofield Barracks, Aug. 12.

Cadets get their first taste of Army life

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

SCHOFIELD BARRACKS — Five cadets arrived to train and learn to lead from units of the 8th Military Police Brigade, 8th Theater Sustainment Command, during Cadet Troop Leadership Training, here, this month.

For the cadets who were top students in their leadership development course, which was a necessity to get a slot in Hawaii, this opportunity was their first taste of Army life.

“They told me at me at (Leadership Development and Assessment Course that) I need to work on my leadership and command presence,” said Cadet Dallas Critchfield, a senior at Eastern Kentucky University.

Not only was Critchfield, a forensic science major, excited to directly focus on the areas he believes needs improvement, but also he was excited to work with units that directly correlate with his interests.

“I went from the stereotypical new guy asking a thousand questions to (being able to) lead, even if it was just (physical training),” Critchfield said, adding that the experience of interacting with Soldiers was a valuable one.

Capt. LeRhonda Washington, commander, 71st Chemical Company, 8th MP Bde., described his transformation in a word: “awesome.”

The cadets universally agreed they were going to learn as much from Hawaii Soldiers as possible during their time here.

“I want to be working with my peers from small tasks to large tasks, and observe and learn as much as I can,” said Cadet Sean Laughlin, a Florida Institute of Technology graduate student.

Cadet Nathan Brock, a senior at the University of Cincinnati,

was assigned to follow Chaplain (Capt.) Randy Curry, 728th MP Battalion, 8th MP Bde., as the first CTLT chaplain cadet here, in 23 years.

But this chaplain recruit had a twist.

“I was originally thinking about getting an exemption, going to seminary and going immediately to the Chaplin Corps,” Brock said, “but one of the lieutenant leaders at LDAC (told) me that I needed to be (with) the troops and help Soldiers as a peer, rather than immediately going into the chaplaincy and preaching from above.”

As the cadets set about returning to their colleges, to graduate and join the ranks of their fellow Soldiers who guided them and mentored them, one of the cadets had a simple message for other cadets participating in CTLT.

“Listen and learn what the Soldiers have to teach,” Laughlin said. “And, if you’re coming to Hawaii, bring an extra set of civilian clothes.”

First lieutenant, private dismissed from service

The 8th Theater Sustainment Command and 25th Infantry Division Staff Judge Advocate offices publish the results of trial by courts martial every month, not to embarrass or humiliate the offender or the victims, but to preclude perceptions of unfairness or inequality of punishment.

A first lieutenant from Company C, Tripler Army Medical Center, pled guilty to two specifications of Article 134, fraternization and obstructing justice, and was sentenced to be dismissed from the service.

A private from Company C, Tripler Army Medical Center, pled guilty to one specification of Article 120, aggravated sexual assault, and one specification of Article 125, forcible sodomy.

The Soldier was reduced from E-2 to the lowest enlisted grade of E-1, and will be confined for two years, during which time the Soldier will forfeit all pay and allowances.

This Soldier will receive a dishonorable discharge upon release from confinement.

In addition, the Soldier will have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote.

Q:

Why does the Hawaii Army Weekly publish court-martial findings?

A:

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.

Engineer reachback enables USARPAC DAT mission

Story and Photo by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Contingency Command Post Public Affairs

FORT SHAFTER — When calamity strikes an Asia-Pacific nation, crushing buildings, toppling bridges and making roads impassable, instant communication between emergency response teams is essential. Within hours of a disaster, U.S. Army-Pacific experts from the Contingency Command Post Deployable Assessment Team arrive on the ground with the skills needed to assist host nations and deal with the tragedy.

To exercise the skills needed to maintain readiness, members from U.S. Army Corps of Engineers and USARPAC CCP DAT completed engineer reachback training together, here, Aug. 9.

After major disasters, the teams work together, deciding whether a bridge is safe to cross, assessing whether hospitals and other critical structures are intact and coordinating the repair. Situations like this are integral to USACE and the USARPAC CCP DAT missions.

Using only a car battery from a small sedan as a power supply, members of the DAT were trained to make these assessments with technologies that will instantly connect them from anywhere in the Pacific theater to USACE ex-

perts at a 24-hour command center.

“This equipment comes in unbelievably handy in a disaster,” said Sgt. 1st Class Colleen Hatfield, noncommissioned officer in charge, 565th Engineer Detachment, Forward Engineer Support Team-Advance, USACE, while showcasing the Telecommunications Engineering Equipment/Deployed, or TCE-D, during the training event.

The TCE-D is portable and ready for use. According to Hatfield, assembly takes no longer than 30 minutes and connects CCP DAT engineers with the USACE reachback operations center. Hatfield operated and demonstrated telephone, internet and video teleconferencing capabilities from the laptops plugged into her vehicle and from an open trunk.

This type of equipment is exactly what DAT, a rapidly deployable humanitarian aid and assistance team of about 20 core experts, can use to be on ground and operational in any part of the Pacific within 48-to-72-hours.

Hatfield was joined by Sgt. 1st Class Terrance McKinney, USARPAC CCP engineer, who presented training on It Knows Everything, or IKE, a handheld device that provides rapid field data collection.



Sgt. 1st Class Colleen Hatfield (left), 565th Eng. Det., FEST-A, USACE, leans into the trunk of a car operating the TCE-D, a device that includes an Internet connection, telephone and video teleconferencing capabilities, while Sgt. 1st Class Terrance McKinney (far right), USARPAC CCP, works with an IKE. Staff Sgt. Andy Anderson and Sgt. 1st Class Anthony Wright, both of CCP, observe.

“In the past, all this information would have been collected by hand, in people’s spiral notebooks, or on some sort of manual checklist,” said Maj. Brian Howell, civil affairs officer, DAT. “The IKE puts the information in a digital format from the start.

“That same information then can be instantly passed out for analysis, pro-

jected onto a map (and) can be shared with a reachback support center, subject matter experts and inter-agency partners, because of the fact that it’s in a digital format,” Howell said.

According to team members, a critical part of the DAT mission is being on the ground, solving problems associated with natural or man-made disasters



To learn more about emergency response communication equipment IKE or TCE-D, visit <https://uroc.usace.army.mil>.

by quickly assessing and assembling survey information for the engineer team.

“With this system, we get information back as quickly as possible, and we are then more effective from the ground and can start implementing recovery operations,” said Chief Warrant Officer 5 Brendan Kelly, aviations operations officer and DAT chief. “This equipment allows us to do (these operations) expeditiously and accurately, without a lot of human error that we would introduce otherwise.”

As a rapidly deployable humanitarian aid and assistance team, engineer reachback training is just one of many preparations USARPAC CCP’s DAT has planned to enhance readiness. Upcoming events include a rolling-convoy exercise, readiness exercise, static-load training and more.



Timothy L. Hale | Courtesy Photo

Pfc. Sarina Schmelling, intelligence analyst, HHC, 311th Signal Command, runs 2 miles during the Army Physical Fitness Test.

311th Signal Pfc. competes in Reserve’s Best Warrior

LIANA MAYO
311th Signal Command

FORT MCCOY, Wis. — An intelligence analyst with Headquarters and Headquarters Company, 311th Signal Command, recently competed in the U.S. Army Reserve Command’s Army Reserve Best Warrior Competition held here.

Pfc. Sarina Schmeling, was one of two women, among 28 Soldiers, competing for the title of Best Warrior and was happy to have the opportunity to compete side-by-side with specialists and sergeants.

“I was the lowest-ranking competitor, so gaining their knowledge was great. They were there for me, which I appreciated very much,” said Schmeling.

The competition consisted of a series of scored events, including the Army Physical Fitness Test, M-16 rifle qualifications, day and night land-

navigation, a 10K ruck-march, five mystery events, a written examination and essay, and finally, an appearance in front of a panel of senior enlisted Soldiers during a formal Soldier board.

Each event counted for a specific number of points, and 500 points was the maximum number a Soldier could score. Evaluators considered how the Soldiers assisted one other and their overall military bearing, when making final decisions.

“The hardest part for me was the ruck march,” Schmeling said, “it was around six miles, which seems really long when you are carrying an 80-pound pack. I didn’t get blisters, but some hot spots.”

Schmeling did not take top honors, but she didn’t go home empty handed.

“The most meaningful part that I gained experience from, was the land navigation course,” she said. “I hadn’t ever done it before, so it felt real-

ly good to get six out of seven possible points.”

The 311th Signal, is a multi-component command headquartered at Fort Shafter. It is designated as the signal command for Army Service Component Commands within the Pacific and Korean theaters. Its mission is to build, maintain and defend a robust LandWarNet, and provide tactical signal support to ensure that information services, systems and communications are provided throughout the Pacific region.

Sgt. David Rider, Company B, 256th Support Hospital out of Twinsburg, Ohio, received top honors as the Reserve Noncommissioned Officer of the Year; and Spc. Joshua McDowell, 7246th Installation Medical Support Unit out of Omaha, Neb., earned the title of Reserve Soldier of the Year. They will both go on to compete in the Department of the Army Best Warrior Competition in October.

130th Engineer Bde. arrives home, reunites

1ST LT. EVELYN LEE & 1ST LT. JERRY LUPO
130th Engineer Brigade Public Affairs

SCHOFIELD BARRACKS — After more than a year and half of overlapping deployments to Iraq, headquarters and subordinate units of the 130th Engineer Brigade, 8th Theater Sustainment Command are together for the first time since uncasing their colors, Oct. 23, 2008.

To alleviate the impact of change and to encourage esprit de corps, the 130th Eng. Bde. held Castle Week as soon as the unit returned from block leave. The event started with a brigade run and an organizational day, where Soldiers from the different companies and battalions participated in various sporting events competing for the coveted Commander's Cup.

"It brought me closer to the brigade," said Spc. Sharif Rachid, intelligence clerk, 84th Eng. Bn., 130th Eng. Bde.

As well as attending the organizational day, many family members of the brigade joined their Soldiers at a reintegration retreat and engineer ball at Ko Olina Resort and Marina. At the ball, Soldiers and family members participated in the traditions of the engineer corps and reflected on the accomplishments of the past year.

"The ball was beautiful and happy," said Albina Ariza, a mother of a Soldier who attended the event. "Everyone looked elegant, and it was very

good to see the integration and unity of the families and Soldiers."

Sgt. Marciela Hernandez, 65th Eng. Battalion, 130th Eng. Bde, volunteered to deploy with the unit, and explained that it was a quick turnaround from the unit standing up and deploying to forming unit bonds.

"I didn't know anybody when I arrived. It wasn't until we arrived to Iraq that we got real close," Hernandez said.

Deployed all over northern and central Iraq, the 130th Eng. Bde. conducted stability operations within cities, villages and localities to create popular confidence in the sovereign government of Iraq, and it's ability to provide essential services, sustain programs and secure the population. Simultaneously, the brigade conducted full-spectrum engineering operations with and through the Iraqi Security Forces to assure mobility, and to protect and sustain the force.

Even though the unit is redeployed, the Soldiers are still in transition. Many personnel are moving to different positions within the brigade and undergoing a permanent change in duty station.

Chief Warrant Officer Lee Anna Davis, military personnel technician, Headquarters and Headquarters Company, 130th Eng. Bde., said many Soldiers have been coming to see her since their redeployment from Iraq.



1st Lt. Jerry Lupo | 130th Engineer Brigade Public Affairs

During Castle Week, HHC battled 84th Eng. Bn. for bragging rights and a chance at winning the coveted Commander's Cup, during a volleyball game at Watts Field, Aug. 3. HHC won the match.

"Many individuals have left their marks in this brigade, so to reflect that, I am ensuring their personnel records are updated in case they have any boards or other opportunities en route to their next assignment," Davis said.

Now that the unit is back, it will focus on providing mobility, counter-mobility, survivability, construction, topographic and other engineering in support of V Corps throughout European Command and Central Command areas of responsibility.

8th MPs: Challenges lead to success

CONTINUED FROM A-1

accomplishment requiring a gauntlet of both physical and mental tests, to becoming an impromptu translator in Panama.

"I took on all challenges and took it (to) the limit, something all women should do to show what we can do," Peterson said.

Master Sgt. Cynthia Edwards, senior food operations manager, 8th MP Bde., is thankful for women who paved the way for her, and she said she hasn't taken their sacrifices for granted.

Like Peterson, Edwards has taken on all challenges placed before her, like winning Soldier of the Month boards, mentoring Soldiers into becoming warrant officers and managing a dining facility.

"I'm going to start a finance management business and help people solve and organize their debt, and use the skills I had running the dining facility: managing budgets, inventory and more than 120 people," Edwards said, about translating what she learned in the military towards a career in civilian world.

"Preparing oneself tactically and technically – and

letting one's accomplishments speak for themselves," Edwards continued, "will not only let female Soldiers earn respect from their male peers, but from each other – and, ultimately, themselves."

Spc. Ashley Love, human resources specialist, 8th MP Bde., understands the necessity of having goals, facing challenges and recognizing the accomplishments of being a woman in the Army.

"I was stuck in a rut in Georgia," Love said. "I wanted independence and a challenge."

Love got a challenge, but she wasn't sure if she got what she was looking for.

"That first year, I didn't know what I got myself into," she said, "but then everything came into focus. I saw my degree becoming a reality. Hurdles that were in front of me were being overcome, and, in 2009, I decided to re-enlist."

Love said she worked through her challenges and persevered in the Army.

"Do what it takes to reach that next level," Love said. "The stronger you are as a Soldier and a woman, the more able you will be to fight adversity and overcome all obstacles before you."

130th: Leaders unite brigade

CONTINUED FROM A-1

families are ready for whatever challenges that may come our way," Milhorn said.

"The commander always has a trusted partner, a confidant, a coach or a mentor, but no matter how they describe that relationship, one thing always remains true and always remains the same, and that is the expectation of the command sergeant major," said Command Sgt. Maj. George Duncan, 8th TSC. "A command sergeant major is always expected to provide true, thoughtful opinions and guidance that comes from years of experience."

Ward is new to the position and duties in 130th, but not to the responsibilities of being a command sergeant major. He has proven his credibility by recently serving as the 84th Engineer Battalion command sergeant major here in Hawaii.

Moran assumed his duties in March 2008 and prepared the 130th Eng. Bde., 84th and 65th Eng. battalions for deploy-

ments to OIF in 2008 and 2009.

During deployments, the 130th Eng. Bde. was responsible for assured mobility operations to all main and alternate supply routes, with route clearance patrols to ensure safe coalition-movement. The brigade was also responsible for general engineering support, from the building of roads, sea huts and combined checkpoints, to building and upgrading of bridges across U.S. Division-North.

The bridge also had embedded engineer partnership transition teams within four Iraqi army engineer divisions, which was key and essential to the security of the Ninawa, Kirkuk and Salah ad Din provinces.

Upon completion of the brigade's mission to Iraq, it redeployed to Hawaii in June. After a year and half of overlapping deployments to Iraq, headquarters and subordinate units of the 130th Eng. Bde. are now together for the first time since the uncasing of its colors, Oct. 23, 2008.



Curtis Shinsato | Battle Command Training Center

Richard Wight talks with Wahid Amir (right rear), while Nadia (left rear), the interpreter, provides the English-Arabic translations.

Avatars teach realistic challenges of working with interpreters

RICHARD WIGHT
Intelligence and Electronic Warfare
Tactical Proficiency Trainer

SCHOFIELD BARRACKS – The young Soldier jumped up in frustration exclaiming, “This darn computer doesn’t understand a thing that I am saying.” Could it be that a real, live, foreign national interpreter might also not understand anything the Soldier had to say?

Patrick Morrissey, a retired Army interrogator working at the Battle Command Training Center, here, said that the Huminit Control Cell’s computer-generated environment and avatars are very realistic, and present the same communication challenges he experienced in real-world Iraq.

During scenarios, he had to work hard and use his communication skills and questioning techniques to obtain necessary information. However, after two hours, just as he experienced with live interpreters and subjects in Iraq, he sometimes wasn’t able to obtain the information he was after.

With HCC, Soldiers can meet Wahid Amir, the head of security for a local oil pipeline company in

To learn more about the Huminit Control Cell system, call 655-2810.

Iraq, or talk to Staff Sgt. Patrick, who was wounded when a booby trap bomb exploded while clearing a house in an Iraqi village. These are just a couple of the virtual environments and scenarios Soldiers can be immersed into, which provide proficiency training and help sustain, maintain and hone skills at interviewing and interrogation.

Amir, Patrick and Nadia are 3-D avatars that are used with a robust speech generation and recognition system to enable personnel to conduct interviews or interrogation in a very realistic environment. This includes the immersion of the Soldier into culture, language, scenario context and life-like interaction with the numerous personality types and normal circumstances often involved in mission performance.

The avatars behave in a culturally appropriate context for the scenario and use the foreign language for communication between themselves. The Soldier converses with

the interpreter in English and must remember to be sensitive to the culture and manners of the avatars.

Scenarios include counterintelligence, counter-insurgency, traffic-control-points, subject interrogations, subject screenings, debriefings of friendly forces and detainee review boards. These scenarios are appropriate for, but not limited to, the Soldier who is on routine patrol, leaders at all levels and counter-insurgency operations, as well as intelligence personnel.

The system does not spoon-feed information to the interviewer/interrogator, so the Soldier must use their interview and interrogation skills to glean required information to answer mission objectives.

Regardless of rank or position, the HCC system will provide a stimulating and rewarding experience, equivalent to real-world encounters in the Iraqi or Afghanistan environments.

The HCC system is available for use at the BCTC, Building 1503, Schofield Barracks. The system is transportable with proper coordination and use of appropriate physical security controls.

MilBook scores Army’s top Knowledge Management Award

AMY WALKER
Army News Service

TAMPA, Fla. — MilBook, a Department of Defense professional networking tool, received one of the Army’s top knowledge management awards for providing outstanding knowledge-based capabilities and solutions in support of the Army’s mission.

“What we really stand for and the value that we represent, is connecting people to people and people to information,” said Justin Filler, deputy director of MilTech Solutions.

By facilitating the implementation and expansion of KM principles and practices within the Army, milBook received the 2010 Army Knowledge Management Award in the technology category.

Lt. Gen. Jeffrey Sorenson, Army chief information officer, presented the award during the LandWarNet Conference at the Tampa Convention Center, here, Aug. 3.

The AKM Awards Program recognizes outstanding individuals, group or organizational efforts that have implemented some or all of the 12 AKM principles in support of mission goals and objectives. This year’s award theme was “Army knowledge management: meeting mission objectives by connecting those who know, with those who need to know.”

“Milbook is the ultimate, professional-networking capability,” said Emerson Keslar, director, MilTech Solution. “I don’t know of any capability that does a better job connecting those who know, with those who need to know.”

As the Army’s internal Facebook solution, milBook is an Army Knowledge Online/Defense Knowledge Online community site dedicated to connecting people from across the DoD. This professional media tool provides a secure venue for knowledge transfer and the sharing of diverse perspectives worldwide.

Because it sits securely behind a firewalled network, it allows the DoD to share official nonclassified internal information, opening new avenues of communications among its personnel.

According to Filler, the DoD’s services and agencies can be compared to a string of small businesses that have their own budgets, ob-

jectives and missions. MilBook is bridging the gap between those agencies, tearing down their borders and creating an open market place where everyone can collaborate and share ideas on a single platform.

“So, essentially, we have taken all of these small businesses and created a mall,” Filler said. “Once you come into the mall, you have access to each business.”

MilBook, which has reached more than 76,000 users since its inception in Oct. 2009, is part of a suite of tools known as milSuite, which also includes a blog and wiki. MilWiki also won the 2009 AKM Award for technology.

Previously, the DoD lacked a medium for employees to share official and sometimes sensitive information. MilBook provides several options for users, who wish to share information with specific individuals.

By creating discussion threads, individuals can exchange ideas among specific, self-created groups on topics such as Army policies. The information can either be restricted to that user, or shared with the entire milBook community, Filler said. Regardless, it will always remain behind the firewall.

“MilBook allows the DoD community to connect around a topic, team or organization,” Keslar said. “It allows those with a like-interest or working in similar area to connect, share and communicate.”

Like the other MilSuite products, milBook is a grassroots initiative. The milBook management team looks to the user community to set its rules and boundaries, as well as manage and control content.

“It actually has increased the value of the content and the relevance and reliability of the data in these systems, because they are maintained by the community, and the community has a stake in its accuracy,” Keslar said.

In the future, Keslar said that he would like to see milBook become more integrated with other capabilities such as instant messaging, e-mail, document sharing, file sharing, and have it become the platform that the workforce uses to collaborate across the DoD.

(Editor’s Note: Amy Walker works with PEO C3T MilTech Solutions.)

Motorcycle safety course hones riders’ skills

PFC. PHIL REGINA
305th Mobile Public Affairs Detachment

SCHOFIELD BARRACKS — After spending months in the pressure cooker, known as a combat zone, many Soldiers find solace in the simple freedom of a motorcycle ride once home. Unfortunately, what begins as a care-free weekend ride sometimes ends in roadside tragedy.

In an effort to curb these occurrences, the Army has implemented measures to promote safe and proper motorcycle operation, the motorcycle safety course here serves as one such measure.

“It is an Army-wide policy that all Soldiers, prior to operating a motorcycle, attend an approved Army motorcycle safety course,” said Dan Vancil, lead instructor for the Army Traffic Safety Program.

The motorcycle safety course here, offers three courses for motorcycle riders, including a basic rider’s, an experienced rider’s and an evaluation course.

“The basic rider’s course is aimed at beginner and novice riders. The main purpose of the course is to give new motorcycle riders a chance to get accustomed to riding,” said Grant Kobayashi, course instructor. “Learning to ride from a friend in a parking lot is a lot different because it’s easy to pick up a lot of bad habits that way. We try to teach riders the right

way in this course.”

Although motorcyclists may have many years of riding experience, the course instructors say there is always something new to learn.

“Riding a motorcycle is a continuous learning experience,” said Walter Oda, a motorcycle instructor with more than 20 years experience as a ride coach. “It’s even more rewarding when experienced riders tell us that after taking the course they learned a better way of doing things.”

The evaluation course is another way to ensure motorcycle safety, said Kobayashi, and whenever a Soldier buys a new, more powerful motorcycle, it is mandatory that they take this course.

“Going from a 250cc to a 750cc (sized-motorcycle) is a huge leap, and it is important that we evaluate their proficiency with their new ride,” Kobayashi explained.

“It has been proven that most motorcycle accidents are not among beginner riders,” he said.

Most accidents take place among riders with at least two years of experience. The other consistency is that most of the riders only had six months of experience with the motorcycle they were riding.”

The program’s ultimate goal is to save lives.

“Riding a motorcycle is a specialized

skill and, just as Soldiers train to keep their war fighting skills sharp, they must also make sure their riding skills are just as sharp,” Vancil said.



Photos by Spc. Raymond T. Quintanilla | 305th Mobile Public Affairs Detachment

A student at the motorcycle safety course, practices the quick-stop portion of the class, recently.



A student at the motorcycle safety course, allows himself plenty of distance from the rider in front of him, before maneuvering the course.



An instructor at the motorcycle safety course, directs students where to go on the course.

Grant: Recipient says retiring from military service is bittersweet

CONTINUED FROM A-1

(him or her).”

Grant’s first run in was Aug. 9, when an IED struck the rear of his vehicle, blowing out the vehicle’s tire and shattering the back window.

“I wasn’t injured,” Grant said. “I was just angry that it damaged the Buffalo I was in charge of.”

Two weeks later, another IED struck the ground 8 feet from the humvee Grant was traveling in.

“We were working a 28-hour mission, and we were all tired,” Grant said. “I was resting my head on the door when the IED struck the ground close to our vehicle.”

The impact knocked Grant unconscious, and when he finally came to, his first priority was to check the vehicle and keep the convoy rolling on.

“I was the biggest guy in the vehicle, so I didn’t want to be the guy that was hurt,” Grant said. “I was the team leader, and my Soldiers looked up to me. I just wanted to go on with the missions.”

Sixteen days later, Grant was involved in the most serious of the three IED attacks. Out on patrol, the Buffalo Grant was riding in drove over a water-based IED.

“All you could hear was crack and then a



Col. Jay Hammer (left), executive officer, USAG-HI; Staff Sgt. Llewellyn Grant (center), Headquarters and Headquarters Company, USAG-HI; and Master Sgt. Ozzie Ellis, Unit Logistical Support, USAG-HI, pose for a picture Aug. 10, after Hammer presented Grant with his second Purple Heart, for injuries while serving in Operation Iraqi Freedom in 2007.

boom. I knew we were hit,” Grant said. “I was just glad my vehicle drove over it, and not the RG31 (Mine Protected Armored Personnel Carrier), be-

cause all five of the people in it would have been killed.”

The IED hit the front of the vehicle, and because

of the immense pressure, it blew out the dashboard and overhead hatches. The blast was so strong, it lifted the 76,000-pound Buffalo off the ground, rendering it destroyed.

“I fell to the ground three times trying to stand up,” he said. “I was still in shock. I couldn’t tell if I was dead or alive.”

After three back-to-back events, Grant said he suffered horrific nightmares and bouts of insomnia.

“I just wanted to quit because of the pain I was in and the headaches I was suffering from,” Grant said. “After I finally got help, I learned to accept it and deal with it, but I’m (always) in pain.”

Grant planned on making a career out of the military and had aspirations of going to Officers Candidate School. However, due to the injuries sustained during his 2007 tour, Grant is medically retired at age 28.

“It’s like a relationship you don’t want to see end. You still want to maintain the relationship, even if you’re having problems,” Grant said, about having to leave the military sooner than he planned.

“Retiring from the military is bittersweet for me,” he added. “I’m done with all the aggravation, but in my heart, I’m not ready to leave.”

News Briefs

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

27 / Friday Comedy Stop – Listen to Army Substance Abuse Program comedians, Aug. 27, 10–11:30 a.m., at the Sgt. Smith Theatre. Each individual attending will receive two hours of ASAP training. Call 655-8322/6047. Comedians may audition at johnny.miller5@us.army.mil. The audience will decide the winner.

September 1 / Wednesday Town Hall Meetings – Dates and times for the Oahu North Community Director’s Town Hall meetings and the Oahu North PX/Commissary/Nehelani Advisory Council meetings follow:

- ONCD Town Hall: Sept. 1, 6:30–8 p.m., at the large Post Conference Room, Schofield Barracks;
- ONCD PX/Commissary/Nehelani Advisory Council, Sept. 6, 10:15–11:15 a.m., at the Nehelani, Schofield Barracks, and Dec. 6, 10:15–11:15 a.m., Nehelani.

Town Hall meetings provide information about community events, security, housing updates, deployment and much more. Call 655-0497.

2 / Thursday Brig. Gen. Promotion – Col. William Scott, 311th Signal commander, will be promoted to brigadier general in a ceremony on Fort Shafter’s historic Palm Circle, Sept. 2, 2:15 p.m.

A reception will immediately follow at the Hale Ikena Golf Course Clubhouse.

Ongoing Commanders Referral Program – Commanders and first sergeants can learn more about the Army Emergency Relief program by signing up for the AER training course. Classes are held on the fourth Wednesday of the month, 9–9:30 a.m., at Army Community Service, Building 2091, Schofield Barracks.

Call 655-4ACS (4227).

Found Property – The Provost Marshal Office has recovered personal property items. Call 655-8255 to claim belongings of Soldiers or family members on Schofield Barracks and Fort Shafter. The found items include unregistered bicycles.

Call 655-8255.

Motorcycle Safety Program – U.S. Army Garrison-Hawaii offers classes on creating and managing a unit motorcycle safety program and “Train as You Ride” programs.

E-mail william.n.maxwell@us.army.mil or call 655-6746.

Deployed OCIE Turn-in – Soldiers and redeploying personnel can turn in organizational clothing and equipment to in-theater Central Issues Facilities, if, within 60 days of returning to home-station, they have a permanent change of station or expiration of term of service.

West Point Recruitment – If you’re interested in becoming a West Point cadet, you must be a U.S. citizen, unmarried, with no legal obligation to support dependents; not be older than 23 years of age on July 1 of the year you are entering the U.S. Military Academy; of high moral character; and have a sincere interest in becoming an officer. For more details, call DSN 312-688-5780 or e-mail brian.easley@usma.edu.

Deployment Books and Audio books – The Sgt. Yano Library on Schofield Barracks will issue paperback books and Play-away preloaded digital audio book kits to deploying units.

Call 655-9143.

Military Decals – All drivers who live on, work on or frequently use Army installations, need to register their vehicles at an Army Vehicle Registration Office for an official military vehicle decal. Vehicles without a decal will be routed to a Visitor Control Center for a temporary pass. Call 656-5398, 655-9496 or 438-2230.

Soldier Stories – Tripler Army Medical Center is looking for Soldiers to tell their stories about their battles with and recovery from post-traumatic stress disorder or other behavioral health issues resulting from combat tours. The testimonials collected will encourage Soldiers to come forward and seek medical care. E-mail jan.clark@us.army.mil or call 433-2809.

Dealing With Stress – Visit the Employee Assistance Program office, Building 2091, Schofield Barracks, for help and ideas for dealing with stress or other issues affecting job performance. Call 655-6047/6046.

Water Conservation Notice – Residents and building occupants on Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation are to conserve water due to a major water valve leak. Water should be used for essential purposes only. Residents should refrain from watering lawns or washing cars until further notice. The Directorate of Public Works is working to resolve the problem.

Once resolved, restrictions will be lifted. Call 655-0591.

Recycling – The Army Recycling Center now accepts magazines, brochures, catalogs and other glossy paper products for recycling. Items will be collected when customers request a regular pickup. To learn more about on-post recycling efforts, go to www.garrison.hawaii.army.mil, and click on “sustainability.”

CID Recruiting – Want to become a special agent with the U.S. Army Criminal Investigation Command? Call 655-1989 or visit www.cid.army.mil.



Mandy, a military working dog, "attacks" Staff Sgt. Lee Martin during a training demonstration hosted by the 13th MP Det., 8th MP Bde., 8th TSC's K-9 unit.



Hopeful contestants wait to compete at USAG-HI's Dog Days of Summer, Saturday. Dogs could compete in different events, such as best costume, cutest dog, most talented dog and dog/owner look-alike contests.

Canine cuties strut their stuff on the

dog walk

Story and Photos by
VICKEY MOUZE
Pau Hana Editor

SCHOFIELD BARRACKS — The petite model glided down the runway, pausing so adoring fans could admire his impeccable grooming and fashion sense.

Decked out in a pink Polo shirt and white-framed Star-maker sunglasses, he would trot away with an unprecedented three titles.

Bobby Gorgeous, a 7-year-old Pomeranian, was one of 47 entries in the second annual "Dog Days of Summer," organized by the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, at Sills Field, here, Saturday.

The event, celebrating the last days of summer, drew dogs and their owners from throughout the island. Owners could enter Fido in dog contests, vying to win dog/owner look-alike, best costume, most-talented and cutest categories.

Bobby Gorgeous placed first in dog/owner look-alike, best costume and most-talented categories.

Owned by Guylynn Gia, Bobby Gorgeous was led down the runway by Gia's cousins, Lindsay Jackson, 8, and Raechel Jackson, 11. Both girls, visiting from England, matched their outfits with the one worn by Bobby Gorgeous. While Gia created the "jump-through-the-hoop" trick for the most-talented entry, Gia credited Raechel's patience in training the dog.

Sporting an oversized, puffy red wig, Anastasia Story hoped that some of her winning magic from Dog Days 2009 would carry over to 2010. This year, though, Story doubled her chances by entering two standard red poodles, Chili and Pele, in the dog/owner look-alike category.

Chili and Story had placed second in 2009, and Story's double effort paid off this year when the red canines placed third in the category.

Tatiana Boyarko, a recent newcomer to the island, discussed the island's aloha and ohana spirit as she prepared to walk Lira, her Yorkshire terrier, down the runway in the cutest dog and dog/owner look-alike events.

"Everyone is so friendly and kind here," she said. "This my husband's first duty station, and I'm really

impressed with how everyone helps each other."

Adding that she's looking forward to attending more community events during her time here, Lira placed third in the cutest dog category.

Some owners seized the opportunity to socialize their pets, as dogs could run around in portable playpens that encouraged impromptu play dates.

To offset the warm Hawaiian sun, large aluminum baking pans and plastic pools full of water were strategically placed on the ground so canines could drink or cool off.

When not watching dogs splash in water, attendees could learn more about the Army's K-9 units at a demonstration by the 13th Military Police Detachment, 8th MP Brigade, 8th Theater Sustainment Command, where Staff Sgt. Lee Martin and Sgt. Brian Diggs, demonstrated patrol training with Mandy, a military working dog.

Mandy would "attack" Martin as he role-played a bad guy running away from Diggs.

The 13th MP Det. wasn't the only Army unit supporting the event. The 25th Infantry Division Brass Band, an ensemble of the main 25th ID band, provided musical entertainment.

Spc. Chelsea Schievenin, who sang the Jackson Five's "I Want You Back," among other selections, said that the Brass Band really enjoys entertaining.

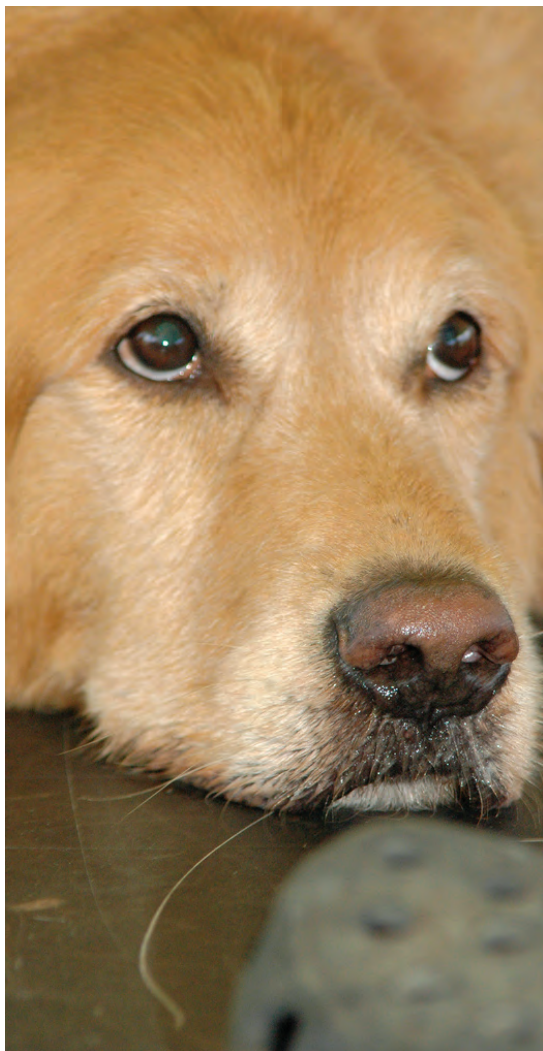
"Whether it's a small crowd or large audience, we really enjoy playing," Schievenin said. "We do a lot of old songs that the audience enjoys."

The next big FMWR community event is "Rocktoberfest," set for Oct. 8, 4 p.m., at the Nehelani, Schofield Barracks.



See additional photos at
www.flickr.com/photos/usag-hi.

Bobby Gorgeous, a pomeranian, competes in the most talented dog category at Dog Days of Summer, Saturday.



A canine rests after strutting its stuff down the Dog Days of Summer "dog walk" and waits to interact with enthusiastic child-sized attendees.



Children interact and socialize with dogs competing in the show during the daylong event held on Sills Field.

Dog Days 2010 Winners:

Cutest Dog

1st, Guinness
2nd, Chico
3rd, Lira

Best Costume

1st, Bobby Gorgeous
2nd, Abby
3rd, Rosie Pimente

Dog/Owner Look-Alike

1st, Buddy Ogletree
2nd, Lira
3rd, Chili and Pele

Most Talented

1st, Bobby Gorgeous
2nd, Sailor Marlow
3rd, Brock



Today
Waikiki Party Bus – The free Waikiki Party Bus runs Aug. 20, 9 p.m.-4 a.m. Pick-ups are available at Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

Family Fun Friday – Enjoy free pizza, games and fun for the whole family in the Tropics' newly renovated facility. For more information, call 655-0968 or visit www.mwrarmy.hawaii.com.

21 / Saturday
Indiana Jones Blow Out Weekend – Are you in awe of Harrison Ford and his acting skills? If so, come to Sgt. Yano Library, Aug. 21, 11 a.m., for a free showing of "Raiders of the Lost Ark;" or "Indiana Jones and the Temple of Doom," at 1:30 p.m. The fun does not stop there, come see "Indiana Jones and the Last Crusade," Aug. 22, at noon, or "Indiana Jones and the Crystal Skull," at 2:30 p.m. Call 655-8002.

Woodshop Safety – This class is required to work in the woodshop and is held on the first and third Saturday of the month at the Schofield Barracks Arts and Crafts Center. Class is \$10 per session and starts at 8 a.m. Call 655-4202.

Circle Island Tour – A free all-day Newcomers' Island Tour for newly assigned Soldiers, civilian employees and family members will be conducted, Aug. 21, 8 a.m.-4 p.m. The pickup location is Building 1599, Fort Shafter Flats. Tours are conducted the third Saturday of each month. Call 438-4499.

23 / Monday
Hula Classes – The Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, welcomes all Soldiers and families to participate in free hula classes, Mondays, 6-8 p.m., at the Kalakaua Recreation Center, Schofield Barracks. Beginner classes are 6-7 p.m.; advanced classes are 7-8 p.m. Classes feature the different types of hula, fundamentals of hula steps and movement and posture. E-mail nhliaison@gmail.com or call 655-9694.

Big R: Dinner and Movie – Celebrate another month of deployment complete with dinner and a movie. Join Blue Star Card friends, Aug. 31, 5:30-10 p.m., at the Town Center of Mililani. Light pupus will be provided at Ruby Tuesday, followed by the movie "Eat, Pray, Love" at the Mililani 14 Movie Theater. This event is an adult-only activity, and child care will be provided. Spaces are limited. Call 655-0002 or



Courtesy Photo

"Keep your eyes on the road!"

SCHOFIELD BARRACKS — Jennifer Hartl-Davis (upper left), John Meyers (upper right), Roxanne Waite (bottom left) and Richard Bragdon perform a scene from the play "Leaving Iowa," directed by Kelly Myers. The family friendly play will be showing at the Tropics Recreation Center, Aug. 27 and 28, at 7:30 p.m. Dinner will be served at 6:30 p.m. Tickets are \$15. To make a reservation, or to find out more information, call the Tropics, 655-5698; or Richardson Theatre, 438-4480.

e-mail Sarah.Chadwick@us.army.mil by Aug. 23.

24 / Tuesday
Live Tutoring and Career Help – Get free, unlimited access to Tutor.com for students of any age, from kindergarteners to high school seniors, as well as adult learners.

Stop by Aliamanu Military Reservation Library, Aug. 24; or stop by Sgt. Yano Library on Schofield Barracks, Aug. 26, between 2-6 p.m.; to find out how to get 24/7 help with homework, studying, test prep and resume writing. Or, log in from any computer to connect to an expert tutor for one-on-one help in math, science, social studies and English, as well as assistance with resume writing and interview preparation. Sessions are free and open to all. Call 655-8001.

Breastfeeding Class – A basic breastfeeding class is set for Aug. 24, 9-11 a.m., Kalakaua Community Center, Schofield Barracks. Designed for new and expecting moms, the class will discuss how to get baby to latch on securely and nurse effectively. This class is conducted by the New Parent Support Program. Preregistration is welcomed, but not required. Call 655-4227.

25 / Wednesday
Financial Peace University – Register for the Financial Peace University that begins Aug. 25. This 13-week course will teach participants how to re-

gain control of their money and stop struggling to make ends meet. Army Community Service's Financial Readiness and the Schofield Barracks Chapel will conduct the sessions. The class is open to active duty Soldiers and their spouses. Call 655-4227.

SHARE – The Exceptional Family Member Program's Sharing Hints, Accomplishments, Resources and Encouragement, or SHARE, will meet Aug. 25, 6-8 p.m, at the Schofield Barracks Main Post Chapel. Call 655-4227.

26 / Thursday
"Leaving Iowa" – Come to the Tropics Recreation Center for "Leaving Iowa," Aug. 26, 7:30 p.m.; Aug. 27, 7:30 p.m.; and Aug. 28, 2 p.m. and 7:30 p.m. This production is a family friendly event. Call 655-5697.

Communicating With Teens – "How to Say it to Your Teen" will meet Aug. 26, 5:30-7 p.m., at Army Community Service, Schofield Barracks. Conducted by the Family Advocacy Program's Prevention and Education team, class topics will include authority and discipline. Call 655-1670.

27 / Friday
Distinguished Lecture Series – Attend "Under the Jarvis Moon," Aug. 27, 6 p.m., at the Nehelani, Schofield Barracks. Sponsored by the Commander, U.S. Army Garrison-Hawaii, and the Native Hawaiian Liaison Office, this event is part of USAG-HI's Distinguished Lec-

ture Series. A complimentary dinner is included, and a short preview of the yet-to-be released documentary "Under the Jarvis Moon" will be shown. RSVP at 655-9694 or nhliaison@gmail.com.

Hawaiian Luau – Experience "old Hawaii" with the Sunset Café's Island Luau. This luau features authentic Hawaiian cuisine, a hula show, a fire-knife spectacular and the beautiful Pacific Ocean as the backdrop. Dinner is at 6 p.m., and the show starts at 6:30 p.m. Cost is \$22.95 for adults and \$15.95 for keiki ages 5-12. Call 696-4778.

September

3 / Friday
Operation Rising Star – Win the ultimate recording music experience and compete for cash prizes locally with Operation Rising Star. Installation-level prizes range from \$100-500 and advancement to the 2010 Armywide Finals.

The entry deadline and preliminary round is Sept. 3, semifinals are Sept. 10, and finals are Sept. 17, at the Tropics Recreation Center, at 6 p.m. Prizes will be awarded to first, second and third place winners, as well as to the unit or family readiness group that has the loudest participation. Singers must be Soldiers and their family members who are 18 years or older with a valid ID card. Visit www.OpRisingStar.com.

Ongoing

Troops to Teachers – This program is federally funded and directly supports military members who have chosen teaching as a career. The program provides direct resource support, including hiring, and allows up to a \$10,000 bonus for teaching in high-need schools.

Find out what it takes to become a teacher and the benefits of the program. Call 586-4054, ext. 409, or visit the Education Center, Schofield Barracks, on the first Tuesday of every month, 11:30 a.m.-1 p.m.

Hours Extended – Hours have been extended for the Armed Services YMCA Children's Waiting Rooms at Schofield Barracks Health Clinic and Tripler Army Medical Center. New Monday-Friday hours for the SBHC Children's Waiting Room are 8 a.m.-12 p.m. and 1-4 p.m.; Tripler hours are 8 a.m.-3 p.m.

Children's Waiting Rooms offer on-site child care for healthy children while their parents or siblings have medical appointments in any of the Schofield clinics or at Tripler. No fee is charged for this service, but donations keep the programs running. Call 624-5645 for reservations at SBHC, or 833-1185 for reservations at Tripler.

Club Beyond – Middle school and high school youth in grades 6-12 are invited to participate in the Club Beyond youth ministry group. The group meets

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: 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
•Tuesday & Thursday, 8 a.m. at AMR
•Saturday, 5 p.m. at TAMC and WAAF chapels
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
•Sunday services:
-8 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship
•Sunday, 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

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Inception

(PG-13)
Fri., Aug. 20, 7 p.m.
Sat., Aug. 21, 7 p.m.
Thurs., Aug. 26, 7 p.m.

Marmaduke

(PG)
Sat., Aug. 21, 4 p.m.
Family Matinee: All admissions are \$2.



Despicable Me

(PG)
Sun., Aug. 22, 2 p.m.

Twilight Saga: Eclipse

(PG-13)
Wed., Aug. 25, 7 p.m.

No shows on Mondays or Tuesdays.

community Calendar

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

Today
Shop and Win – Schofield commissary shoppers may win "Best of the Hawaiian Isles" vacations by filling out a free entry form at the Hawaiian Isles Kona Coffee and Water Company display, through Sept. 12. The entry provides a chance to win a seven-day trip to the neighbor islands and tickets to Oahu's most popular family attractions. Call 839-3222.

21 / Saturday
Community Service
– Join a multitasking community service project, Aug. 21, 7:15 a.m.-1:45 p.m., at the Davis Building parking lot, Hamakua Drive and Kailua Road, Kailua. Projects include planting 1,000 native trees, a food drive, light bulb exchange and cleaning trash out of four streams surrounding Kailua. A service project credit is provided to students older than 13. Preregistration is required, call 224-4496, 223-4481 or 247-6366. Send an e-mail to info@waa-hawaii.org.

23 / Monday
Resiliency Workshop – Sign up today for the resiliency training workshop for spouses and parents of 2nd Brigade Combat Team, 25th Infantry Division, scheduled for Aug. 23, 5-6:30

p.m. at the Armed Services YMCA, Wheeler Army Airfield.

Sponsored by Families Over Coming Under Stress, workshop topics include effective communication, strategies for becoming a better listener, and tactics for parenting.

To sign up-or for information on child care, call 624-2033 or e-mail hawaii@focusproject.org.

28 / Saturday
Warriors in Transition fundraiser – The Pau Hana Parrot Heads welcomes everyone to join them, Aug. 28, 2-9 p.m., at the Dixie Grill Bar-B-Que & Crab Shack in Aiea, for the fourth annual fundraising event to benefit the local Warriors in Transition program. Raffles tickets for door prizes and a silent auction will be held to raise funds for the Wounded Warriors program. Entrance is free, food and drinks are available for purchase. Get information or tickets at pauhanaparrothd@aol.com, www.pauhanaparrotheads.org or call 754-2390.

31 / Tuesday
Deployment Club – FOCUS is excited to announce a resiliency training workshop for military children, ages 5-11. Register by Aug. 31 for classes held every Monday, starting Sept. 13, 3:15-4:30 p.m., at 1262 Santos Dumont Blvd., Building 121 on Wheeler Army Airfield.

Resiliency training teaches kids not just to meet challenges, but also to learn to become stronger in the face of challenges. In this four-part interactive class, children will learn to develop emotional awareness, manage uncomfortable

feelings, learn strategies to think before acting, use stress reduction techniques and handle separation from a deployed parent.

This opportunity is a great one for children to create a hands-on toolbox of practical skills to use through life and meet other kids who have had similar experiences. Call 624-2033 or visit Hawaii@focusproject.org.

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

September

7 / Tuesday
Driver Education Class – Hawaii State Law requires anyone under the age of 18 years to complete a certified driver education program in order to obtain a driver's license. Schools of Knowledge, Inspiration, Exploration and Skills, or SKIES, is offering a driver education course, Sept. 7-Oct. 14.

A mandatory parent orientation is Sept. 7, 6 p.m. Call 655-9818.

8 / Wednesday
Arrival Ceremony – RSVP by Sept. 8, for the Joint POW/MIA Accounting Command's Arrival Ceremony, held Sept. 10, at 9 a.m., in Hangar 35, Joint Base Pearl Harbor-Hickam, to honor fallen U.S. personnel whose identities remain unknown.

Following the ceremony, a tour will be offered from 10-11 a.m., for the first 25 requests received. Walk-ins will not be accepted. RSVP at 448-1934 or by e-mail at pao_mail@jpac.pacom.mil.





Spc. Ashley M. Armstrong | 94th Army Air and Missile Defense Command

1st Sgt. Oubrynyahn Stonewall, HHB, 94th AAMDC, helps set up the display table containing \$450 worth of school supplies, wich were donated by the Soldiers of the 94th AAMDC through the adopt-a-school program partnership with Linapuni Elementary School, Aug. 6.

94th AAMDC gives supplies to local school

STAFF SGT. CHRISTOPHER J. ROBERTS

94th Army Air and Missile Defense Command Public Affairs

KALIHI –Soldiers of the 94th Army Air and Missile Defense Command donated approximately \$450 of school supplies to the students of Linapuni Elementary School, here, Aug. 6. The 94th AAMDC raised money for the school donation drive in seven days, to acquire the various school supplies from glue to notebooks, which were donated to the 290 kids who will be attending the school this year. “This is a great way to help the kids,” said Melenie Sagawa, student services coordinator, Linapuni Elem. “Some of (the students), before the partnership, could not go to school because of their lack of school supplies, especially for the homeless kids.”

Not only do children get something out of

the donation, but so do the Soldiers of the 94th AAMDC. “It is always a good feeling to be good neighbors and link arms with the community,” said Col. Ronald Hill, chaplain, 94th AAMDC. “We are helping the kids who really need it, with supplies and their education.” Hill said he was very pleased with the turnout of donations and the team of Soldiers who supported the event. “I am very proud of our Soldiers, and the satisfaction is great when (Soldiers) show their support (for the local community),” Hill continued. “We all share in the satisfaction of giving.” The 94th AAMDC has been partnered with Linapuni Elem. since January 2006, through the adopt-a-school partnership program, under U.S. Army Garrison-Hawaii’s Partnership of Ohana program.

Warfighter Reading Room keeps families connected

Story and Photo by
PFC. MARCUS FICHTL

8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — One of the difficulties with the shift in focus from Iraq to Afghanistan, is the lack of infrastructure available for Soldiers in the field, ranging from living facilities to roads. Back home, the biggest difficulty for families of deployed Soldiers is the limited ability to communicate with loved ones. The 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, hopes to alleviate the lack of communication with something tangible. “One of the greatest things any parent can do with their child is read to them, and a lot of times with missions overseas, that isn’t possible,” said Chaplain (Capt.) Randy Curry, 728th MP Bn., 8th MP Bde. “Maybe there’s a lack of computers, maybe the Internet’s too slow or maybe the Soldier is out on patrol or at a remote outpost.” To help Soldiers fulfill their duties as parents, 728th MP Bn., 8th MP Bde., created a reading room: a quiet private place where a Soldier can take a book from the shelf, pick a backdrop and read. However, this reading room is different. There are no kids to physically read to — just a video camera and a Soldier.

“The design of the reading room is for the Soldier to video record him- or herself reading a book, supplied by the battalion, and then to give that book and DVD to the family, so that while the Soldier is deployed, (the family) can still read a book together,” Curry said.

With the high deployment rate of the companies within the 728th MP Bn., getting the word out for the program is crucial, according to Curry.

Opening shortly before the 552nd MP Company left for Afghanistan, more than a dozen Soldiers from all ranks quickly used the reading room before deploying. While the opening was a success, the ultimate goal is longevity and making the reading room an essential stop for all Soldiers before deployment. “The 58th MP Co. and (728th MP Bn.) are deploying in the coming year,” Curry said. “(Being able to maintain) the reading room in Hawaii while we are gone, and developing a branch overseas, is of great importance for realizing the benefits of this program. We want to make it a standard for the 728th MP Bn.”

The reading room is located on the first floor of the 728th MP Bn. Headquarters, Building 761. Appointments can be scheduled at the chaplain’s office.



Pfc. Terrance Abernathy, chaplain’s assistant, 728th MP Bn., 8th MP Bde., 8th TSC, uses the new Warfighter Reading Room. The room is designed for Soldiers to videotape themselves reading children’s stories to be used by their families when they are deployed.

Residents encouraged to get immunizations before flu season

TRIPLER ARMY MEDICAL CENTER News Release

HONOLULU — August is recognized as Immunization Awareness Month, so the Joint Vaccination Working Group, or JVWG, comprised of members from all services, has been meeting at Tripler Army Medical Center since March to design a plan to successfully vaccinate Tricare-enrolled beneficiaries against influenza.

Proper immunization for diseases such as hepatitis, typhoid, measles, mumps, tetanus and rubella are necessary for long-term prevention and good health, but flu season comes around every year and that season will soon be here.

“With the goal of more than 90 percent of all our military service members vaccinated by Dec. 1, we

Immunizations

Shots will be provided at the following schools:
Barbers Point Elementary, Oct. 15, 8:15 a.m.-12:15 p.m.
Hale Kua Elementary, Nov. 4, 8:30 a.m.-12:30 p.m.
Hickam Elementary, Oct. 18, 8:30-11:30 a.m.
Iroquois Elementary, Oct. 12, 8:30 a.m.-12:30 p.m.
Mokapu Elementary, Nov. 18, 8:30 a.m.-12:30 p.m.
Navy Hale Keiki, Oct. 14, 8:30-10:30 a.m.
Pearl Harbor Kai, Nov. 9, 9:30 a.m.-1 p.m.
Shafter Elementary, Nov. 18, 8:30-10:30 a.m.
Solomon Elementary, Nov. 9, 8 a.m.-1:30 p.m.
Wheeler Elementary, Oct. 19, 8 a.m.-12 p.m.
Wheeler Middle School, Nov. 24, 8 a.m.-12 p.m.

have ordered 10-percent more vaccines than we did last year,” said Lance Golder, military vaccine analyst, U.S. Pacific Command.

Children 6 months of age and older should be vaccinated for the flu. High-risk individuals include young children; pregnant women; those with

chronic conditions like asthma, diabetes, heart or lung disease; and those 65 years of age or older.

Health care workers and those who care for children less than 6 months of age should also be vaccinated.

“It is important to note that there will only be one flu shot adminis-



Visit www.express-scripts/TRICARE or call (877) 363-1303 for more details on the vaccination program. Call the Multi-Service Flu hotline for additional flu season information at 433-1FLU (1358).

tered this year,” said Capt. Joycelyn Constantino, officer in charge, Army Public Health Nursing-TAMC. “The vaccine contains two seasonal A-strains, including the 2009 Pandemic H1N1 virus, and one B strain, making only one shot necessary.”

Vaccinations for deploying personnel (active duty or civilian), high-risk patients, and health care providers with direct-patient care are expected to begin in September. Active duty personnel and mission-essential or mission-critical Department of De-

fense civilian and contract employees' vaccinations will follow.

JVWG's outreach plan extends to family members, schools and exchanges, which are scheduled to begin the vaccinations in mid-October.

“For those individuals who choose to receive their vaccinations from a Tricare-authorized provider or through one of the network pharmacies that participate in the vaccination program, there is no cost,” Golder said, “(That is) something that is being offered once again this year from Tricare, and (as) a benefit to our population.”

Immunizations are key to staying healthy, fit

CARLLE E. JONES

Health Systems Specialist, U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUNDS, Md. — Why are immunizations so important?

It is always better to prevent a disease than to have to treat it later, as immunizations were developed to prevent disease in the people who receive them. Immunizations also help protect people who come in contact with others who have not been immunized.

Immunization-preventable diseases like influenza, tetanus and measles can cost Soldiers and families time and money due to doctor visits, lost duty and training time, and hospitalizations. Plus, when children get sick with immunization-preventable diseases, their parents must often lose time from work.

Who should get immunized? Each person has a unique medical profile that includes current overall health, use of prescribed medications and family and personal disease history, which can affect decisions about immunizations. In addition, some people should not be immunized, or should wait to get certain immunizations as advised by medical personnel.

Soldiers and their families should work closely with their health care providers to

choose the best overall health strategy, including choices and timing of immunizations.

Soldiers getting ready to deploy may require additional immunizations for diseases such as hepatitis A, hepatitis B and typhoid/paratyphoid fever, depending on the health risks they will face in the deployed location.

How do immunizations work? Weakened forms of disease germs are injected into the body. The body makes antibodies to fight these invaders, so if the actual disease germs ever attack the body in the future, the antibodies will still be there to destroy them.

How do people react to immunizations? In most cases, immunizations are effective and cause no side effects, or just cause mild reactions like a fever or soreness at the injection site. Or, sometimes, people who receive an immunization do not respond to it, and may wind up getting the illness anyway.

Very rarely, serious allergic reactions occur after receiving an immunization. In order to help avoid an allergic reaction, Soldiers and their families must tell their health care providers about any known allergies to medications or food, like eggs.

Although immunizations have reduced

most immunization-preventable diseases to very low levels in the U.S., many diseases are still quite common, sometimes at epidemic levels, in other parts of the world.

Soldiers and Army civilian employees who are deployed or on temporary duty in other parts of the world can unknowingly bring these diseases back to the U.S. If the general population is not protected by immunizations, these diseases could quickly spread to a lot of people, causing an epidemic here in the U.S.

A successful immunization program depends on everyone being involved to make it work. So, “take one for the team,” and make sure personal and family immunizations are up-to-date.

Consider immunizations as a key weapon in the battle against immunization-preventable disease.



For more information, visit Military Vaccine Agency at www.vaccines.mil/default.aspx?cnt=disease/diseaseHome and The Center for Disease Control at www.cdc.gov/vaccines/.



CONTINUED FROM B-2

Wednesdays, 6-7:30 p.m., at the Main Post Chapel, Schofield Barracks, and Tuesdays, 6-7:30 p.m., at the Aliamanu Military Reservation community center.

Free dinners are available 30 minutes prior to the meeting. E-mail kschmidt@clubbeyond.org or call 372-1567.

Military Women of America — The Military Women of America, Hawaii Chapter, meets the second Saturday of each month at 11 a.m., at the Oahu Veterans Center in Foster Village. Members provide information and support to women currently serving or who have served in the military. Call 422-4000.

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.

Welcome Baby and Me — This program is for babies under 12 months old and their parents, Thursdays, 9-10:30 a.m., at the Aliamanu Military Reservation Armed Services YMCA. Call 833-1185



In an appreciation ceremony at the Piliiaau Army Recreation Center, Gilbert Rodriguez (far right) presents his rescuers, Hizson Lin-Kee (left) and Russell Purdy (center), both lifeguards, and Theo Auwau (right), a surfer on the scene, with Invicta watches, as a thank-you gift for saving his life, after he nearly drowned while walking in the water, recently.

PARC lifeguards work together to save a life

Story and Photos by
TARA SCULLY
Piliiaau Army Recreation Center

PILILAAU ARMY RECREATION CENTER – An emotional reunion happended, recently, when Gilbert Rodriguez, Hizson Lin-Kee, Russell Purdy and Theo Auwau saw each other for the first time during an appreciation ceremony, after what could have been a tragic event, here.

“I am so thankful for these men,” said Rodriguez, a 62-year-old resident of Sea Country in Maile. “They are the reason I am still breathing. They are the reason I have more time on this earth.”

Rodriguez was celebrating Father’s Day with his family, when he decided to take a moment to walk along the beach. He said he walked in the water up to his waist, turned toward the shore to appreciate the view, splashed water on his face – and that is the last thing he remembers.

Meanwhile, Auwau, an avid surfer, was paddling in from his morning surf when he spotted a man floating facedown on the water, near the shore. Auwau quickly changed course toward the floating man’s direction.

Millie, Rodriguez’s wife, had also noticed her husband floating in the water and that he hadn’t come up for air in quite some time. She alerted PARC lifeguards,

Purdy and Lin-Kee, who took swift action to get to Rodriguez.

Purdy was first to arrive on the scene and stabilized Rodriguez’s head and neck. Lin-Kee immediately followed and assisted Purdy by carrying Rodriguez’s lower half.

At this point, Rodriguez had been underwater for almost four minutes, and the lifeguards could not find a pulse. Purdy called 911 as Lin-Kee immediately began executing the ABCs of emergency medicine: airway, breathing and circulation.

By this time, Auwau, had made his way on to the beach and over to Rodriguez. Realizing the gravity of this situation, he laid hands on Rodriguez and began to pray.

Lin-Kee proceeded with the cardiopulmonary resuscitation on Rodriguez. After one round of CPR, Rodriguez regained consciousness, but was still not lucid. The ambulance arrived shortly after, and Rodriguez was rushed to the hospital where he remained under observation for two days.

In an appreciation ceremony, Rodriguez presented his rescuers with Invicta watches to represent the additional time they gave him here on earth. The ceremony ended with an emotional prayer circle of all those in attendance, to give thanks to strangers who touch the lives of others without expecting anything in return.

“One of the things I love about my job is that I get to interact with people and can

help them have a better day at the beach,” Purdy said. “I am so grateful that people have shown this kind of appreciation for the job we do.”



Russell Purdy (left) embraces Gilbert Rodriguez at an appreciation ceremony at the Piliiaau Army Recreation Center. Purdy was one of the lifeguards on duty who helped save Rodriguez from drowning on Father's Day.

IMCOM looks for team members to join the DoD fitness challenge

INSTALLATION MANAGEMENT COMMAND PUBLIC AFFAIRS
News Release

SAN ANTONIO – The Department of Defense’s “Leap Into Fall” Fitness Challenge kicks off Aug. 16, challenging DoD personnel to include more physical activity in their daily routines.

Each participant is challenged to get at least 30 minutes of physical activity, at least five days a week.

The DoD goal is to log more than 1.5 million hours of physical activity by the end of the challenge, Oct. 31. Civilians are encouraged to assess their emotional, spiritual, social and family fitness with the Global Assessment Tool, which is a survey. The GAT, located at www.army.mil/CSF, is part of the Comprehensive Soldier Fitness program. The vision of the CSF is to create an Army of balanced, healthy, self-confident Soldiers, families and Army civilians, whose resilience and total fitness enables them to thrive in an era of high operational tempo and persistent conflict.

The Army’s Installation Management Command is also encouraging its workforce to complete the GAT survey prior to joining the challenge. The tool allows participants to assess themselves on the dimensions of emotional, spiritual, social and family fitness. The survey is also available to Soldiers, Army civilians and family members not participating in the fitness challenge.

Challenge contestants may choose from more than 100 activities, including a wide range of sports and games like Nintendo’s Wii Sports. The emphasis is not on what participants do, but on working toward improved health and readiness in whatever way they find fun and motivating.

The Fitness Challenge is part of a yearlong DoD employee wellness campaign that aims to increase employee awareness of and commitment to the elements of a healthy lifestyle, including physical activity.

The DoD challenge is linked to the President’s Challenge, which began as a national youth fitness test and is now a series of programs designed to help improve anyone’s activity level.

IMCOM has formed the “Army IMCOM” team to encourage command members to participate, health permitting. To join the team, go to www.presidentschallenge.org and use the group ID number 90878. The website also has information on how to register as an individual or start a group.

DoD personnel who log at least 30 hours of physical activity from August through October will receive certificates of achievement, with special recognition going to the three individuals and groups who record the most hours over the three-month period.

**WEB**

Go to www.presidentschallenge.org and use the group ID number 90878 to participate with “Army IMCOM.”

Adequate water intake essential for health

KRISTY OSBORN
Health and Fitness Center

SCHOFIELD BARRACKS — With summer here, people should be conscious of their water intake.

Humans can survive for extended periods of time without many vitamins or minerals, but we can only survive for a few short days without water, as every cell in the human body needs water.

Water makes up about 74 percent of our brain and muscles, and bone is made up of more than 20 percent water. In all, water accounts for 50-65 percent of a body's entire composition. This amount varies as fat tissue holds less water than lean tissue, so men proportionately have more water per pound than women, since men normally have less body fat.

Water plays an extremely important role in maintaining body temperature. Bodies are cooled through water loss, known as perspiration. Without adequate hydration, this perspiration process is hindered and can result in an overheated body.

Thirst is generally a good indicator that the body needs more water. When the sodium levels of the blood rise, receptors in the brain trigger the thirst sensation. Dry mouth is caused by blood drawing water from the salivary glands.

Also, when the body needs water, our kidneys will excrete less urine. Urine should be a very light yellow color. When urine is a dark yellow color, the body needs more water.

Adults are advised to drink six to eight glasses of water every day. However, adults who eat a high-salt diet or high-protein diet, who live in a hot climate like Hawaii, or who exercise and sweat regularly should increase water intake in order to maintain their electrolyte balance.

Water also performs many other jobs in the body. These jobs include carrying essential nutrients and oxygen to all body parts, removing metabolic waste through urine and sweat, surrounding and protecting a fetus, and serving as a medium for the body's internal chemical reactions.

Water is the best choice for hydration since it has zero calories. Liquids such as coffee, tea and alcohol not only contain calories but are also diuretics. Diuretics actually increase the loss of body water through the kidneys. So, instead of drinking that second cup of coffee in the morning, grab a reusable water bottle and start tracking water intake.

Water is not only helpful for daily body processes, it's mandatory.

(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.

Today
Signal Corps Golf Scramble — Register today until Sept. 10 for the annual Signal Corps four-person team Golf Scramble, Sept. 15.

This year's event will be held at the Coral Creek Golf Course in Ewa Beach with a shotgun start at noon. Cost is \$50 per player and includes greens fees, cart and a raffle ticket. This event is open to all players.
Call 438-3946/3894.

21 / Saturday
Mountain Man Triathlon — Register at www.active.com for the 12th Annual Jamba Juice Mountain Man Triathlon, set for Aug. 21; start time is 2 p.m.

This 750-meter ocean swim is fronting waters off Chinaman's Hat and is followed by a 20-kilometer hilly, mountain bike course and 6K trail run into Kualoa Ranch, home of "Jurassic Park." Come test your athletic abilities while enjoying the beauty of the valley.

25 / Wednesday
Wounded Warriors Hockey Game — RSVP by Aug. 25, for the USO/Wounded Warriors Charity Hockey Game, to be held Aug. 29, 6:30-9 p.m., at the Ice Palace in Honolulu.

Proceeds to benefit Hawaii's Wounded Warriors. Parking is available in the lower Halawa Area at Aloha Stadium.
Call 949-870-7277 or e-mail puckmann212002@yahoo.com.

September

7 / Tuesday
Simply Ballroom — The Armed Services YMCA is offering ballroom classes that cover the basic techniques and patterns of the American style of ballroom dance for \$10 per class, per person.

Participants aren't required to find their own partner before registering for a class.

Classes for children ages 6-18 are every second and fourth Tuesday of the month, from 3:30-4:30 p.m. Classes for adults

are every second and fourth Saturday, 10-11 a.m.

E-mail wheeler@asymcahi.org or call 624-5645.

10 / Friday
5K Grueler — Register for the 14th Annual Camp Smith 5K Grueler, Sept. 10, and show the mountain what you're made of. The 5K foot race starts and ends at Bordelon Field, Camp Smith; start time is 11:30 a.m.

The fee for individuals is \$20, and late registration starts Sept. 1 at 4:30 p.m. A late fee will be assessed for registration after deadline; cost will be \$25.

Online registration closes Sept. 7, at 4:30 p.m.

Register and pay at www.mccshawaii.com/cgfit.htm.
Call 254-7590.

11 / Saturday
Duathlon — Early registration continues through Sept. 11 for the Joint Base Pearl Harbor-Hickam Duathalon, held Oct. 2.

The 5K run, 25K bike course, and second 5K run begins and ends at Hickam Harbor. Cost is \$25 with a T-shirt and \$15 without a T-shirt; late registration is \$20 with no T-shirt. Late registration runs through Sept. 12, the morning of the race.

A race brief is Oct. 1, 3 p.m., at the Hickam Fitness and Sports Center. This event is open to all authorized base users and their guests. Call 448-2214.

Ongoing

Outdoor Excursions — Outward Bound, an international, nonprofit outdoor education program, is offering fully-funded outdoor adventure excursions to all Operation New Dawn, Operation Iraqi Freedom and Operation Enduring Freedom veterans.

The five-day excursions offer adventure activities in Maine, Texas, Colorado, California and Minnesota. All expedition costs — including round-trip transportation, lodging, equipment, food and instruction — are funded by a Sierra Club grant.
Call (866) 669-2362, ext. 8387, or e-mail obvets@outwardbound.org.

Golfers Wanted — Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course may call 347-8038 or 375-3322.
Tee off is before 8 a.m.



Today
Pokai Bay "TRY" — Register today through Aug. 23, for the Pililaau Army Recreation Center Pokai "TRY," to be held Aug. 28, 9 a.m. This event is open to all military ID cardholders and DoD civilians.

Divisions will be split into 35 and above, and 34 and below age groups for both male and female competitors. Competitors will run and swim 1,000 meters and paddle about one-half mile. E-mail shelly.leslie@us.army.mil.

21 / Saturday
Paddling/Stand Up Paddleboard — Take a stand-up paddleboard lesson, Aug. 21,

6:30-11:30 a.m.

Instructors will help you with equipment rentals. Sessions are \$60 each. Call 655-0143.

22 / Sunday
Adventure Hike — Enjoy a nice relaxing hike around the island with Outdoor Recreation, Aug. 22, 6-11 a.m.

Check out the peaceful mountain scene while moving at your own pace. Cost is \$10. Round-trip transportation from Schofield Barracks is available. Call 655-0143.

27 / Friday
Outdoor Recreation Fishing Camp — Enjoy three days and two nights of fun, starting Aug. 27, at noon. Enjoy kayak-fishing, bottom-fishing, shoreline-fishing and trolling, as well as knot tying, jig making and lure-making activities. Kayaks and a boat will be available. Cost is \$150 per person. Call 655-0143.

Ongoing

New Fitness Classes — Schofield Barracks Health and Fitness Center has added new classes and extended its hours. Yoga is available at 6 p.m., every Thursday. For more information and class schedules, visit www.mwrarmyhawaii.com or call 655-8007.

Leilehua Driving Range — The Leilehua Driving Range is open daily until 9 p.m. Each bucket of golf balls is only \$2. Call 655-4653.

Bowling Parties — Wheeler Bowling Center's eight lanes are available for private parties, Saturdays and Sundays, for \$120 per hour. A three-hour minimum and \$2 shoe rentals apply. Call 656-1745.

Little Ninjas — Classes are offered at Aliamanu Military Reservation's Youth Gym, Sat-

urdays, 9-9:45 a.m., for children ages 3-5. Cost is \$35 per month. Call Child, Youth and School Services at 833-5393.

Start Smart — Youth Sports and Fitness has created a modified program to help kids get ready for sports and succeed in life. The program is a step-by-step approach that builds confidence and self-esteem and makes sports fun. During the four weeks of the program, participants will go through stations that target their cardio fitness, motor skills, nutrition knowledge and physical strength. Call 655-6465.

Volunteer Coaches — Are you interested in volunteering to be a Youth Sports coach? For more information, call 836-1923 for Aliamanu Military Reservation; 438-9336 for Fort Shafter and Tripler Army Medical Center; 655-6465 for Schofield Barracks; or 655-0883 for Helemano Military Reservation.