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Sgt. 1st Class David Wheeler | 8th Theater Sustainment Command Public Affairs

USARPAC Soldiers fold the American flag during a 9/11 Remembrance Ceremony, at Palm Circle.

9/11 ceremony honors those who gave all

SGT. 1ST CLASS DAVID WHEELER
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Minutes before the end of the duty day, several hundred people gathered at the Palm Circle parade field, here, as the Hawaiian afternoon sunshine glistened brightly among swaying palm fronds, Sept. 10.

Replacing the usual feelings of excited happiness associated with the beginning of the weekend, a somber atmosphere filled Fort Shafter's community as it joined together to pay tribute and honor those lost Sept. 11, a day forever associated with bravery and the sacrifice of those who died at the hands of an adamant adversary.

"As we gather together this afternoon, we keep that hope and commitment alive as we remember the victims of the attacks of Sept. 11, 2001, and to pay tribute to those who continue the fight," said Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific. "We will never forget those who died on that terrible day. And we will never forget you, the men and women of our Army, who continued to serve."

The palms for which the historic field is named, swayed gently in the trade winds as the multiple military formations snapped to attention for a

SEE 9/11, A-7



Spc. Tiffany Dusterhoft | 8th TSC Public Affairs

A USARPAC flag detail catches the American flag at the conclusion of the ceremony to honor 9/11 victims.

Tai Chi classes offered to build resiliency, help prevent suicide

VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — The Army is committed to the health, safety and well-being of its Soldiers, Department of the Army civilians and families. To emphasize this commitment, the Army is joining the nation in observing national Suicide Prevention Month during September.

The Army Substance Abuse Program's Risk Reduction Program arranged for free Tai Chi classes to take place on Sills Field, here, to promote suicide prevention.

U.S. Army Garrison-Hawaii's number one priority is to ensure Soldiers and families are ready, prepared and supported throughout the deployment process with programs that encourage and promote resiliency and well-being.

On The WEB

A variety of Suicide Prevention resources are also available at www.us.army.mil/suite/page/503094, where an AKO login is required, or at www.preventsuicide.army.mil.

SEE TAI CHI, A-8

7th EDT divers specialize in demolition, construction to protect Hawaii's shoreline

Story and Photo by
MAJ. JEFFREY PARKER
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — A typical workday starts with a commute — void of excitement and profitable stimulation for the workday ahead — however, for the Soldiers of the 7th Engineer Diving Team, excitement and stimulation were unavoidable, recently, as their three Zodiac inflatable rafts and one catamaran whisked 22 divers to their underwater office for specialized demolition training.

The underwater demolition training is merely a sliver of the EDT Soldier's skills.

"(EDT) is really a unique mission and offers many opportunities," said 1st Lt. David Guerden, platoon leader, 7th EDT, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command. "It brings a lot to the table. A lot of people don't realize our capabilities."

The mission requires an enormous amount of underwater skills, including construction and several forms of demolition, welding,



Soldiers from the 7th EDT hoist their Zodiac onto dry land, near Pearl Harbor, Sept. 2. The dive team, part of the 65th Eng Bn. 130th Eng Bde., 8th TSC, must maintain proficiency in many underwater skills, including welding, concrete, demolition, cutting, photography, videography and hydro-graphic surveying.

cutting, photography, videography and hydro-graphic surveying, just to name a few.

Most recently, the 7th EDT assisted the National Parks Service and Hawaii's Parks and Recreation in surveying the condition of the USS Arizona Memorial. Through metallurgical testing and visual inspections, the 7th EDT provided enough information to determine complete structural collapse of the memorial is more than 100 years away.

The 7th EDT and governmental and civilian agencies often work together to protect Hawaii's

SEE 7TH EDT, A-7

DoD identifies Army casualties

DEPARTMENT OF DEFENSE
News Release

The Department of Defense announced the deaths of two Soldiers who were supporting Operation New Dawn, Sept. 9.

Sgt. Philip Jenkins, 26, of Decatur, Ind., and Pvt. James McClamrock, 22, of Huntersville, N.C., died Sept. 7, of wounds suffered from small arms fire in Balad, Iraq. The incident is currently under investigation.

Both Soldiers were assigned to the 1st Battalion, 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division.

Fisher House Foundation donates \$50K to FMWRC

VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS — The Fisher House Foundation recently donated funds to Family and Morale, Welfare and Recreation Command to support family members of deployed Soldiers through the Blue Star Card program.

Schofield Barracks is among three Army installations to receive a Family Support Initiative donation of \$50,000 to support families of deployed Soldiers. Fort Campbell, Ky., and Fort Stewart, Ga., also received \$50,000 each.

"We are in the blessing business, and with as many deployments (that) families have experienced, each deployment becomes a little bit harder," said David Cocker, president, Fisher House Foundation. "From what I have seen, there are always two kinds of families: ones who are doing okay and ones that are having problems. We wanted to recognize the tremendous contribution that families are making by essentially paying it forward."

He continued by saying that the foundation wanted to put money to use in the military community to help solve small problems before they become big



SEE DONATION, A-5

We want to hear from you...

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

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

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

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

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

155 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 9/16/10.

Army launches ‘Don’t Ask, Don’t Tell’ online inbox

ARMY PUBLIC AFFAIRS
News Release

WASHINGTON – The Army launched a “Don’t Ask, Don’t Tell” online inbox specifically available for Soldiers worldwide to share comments and opinions, Sept. 2.

The inbox is accessible via the Army Knowledge Online homepage. The intent of the inbox is to help the Army assess and consider the impacts, if any, a change in the Don’t Ask, Don’t Tell law would have on operations, readiness, effectiveness, unit cohesion, recruit-

ing and retention and family readiness.

Complete instructions can be found on the inbox entry page on AKO. The inbox will remain open until Sept. 30, or until leadership decides the inbox has fulfilled its purpose.

The Army Chief of Staff, Gen. George Casey Jr., wants all Soldiers to have the opportunity to share their comments and opinions. What is learned from inbox comments will be shared with the Department of Defense Comprehensive Review Working Group to assist in the development of an action plan to sup-

Service members, families cautioned about releasing sensitive information

REGINALD ROGERS
Paraglide

FORT BRAGG, N.C.— The rising popularity of social networking sites, such as Facebook and Twitter has prompted more U.S. military service members and their families to become more technologically savvy.

Soldiers and family members now have the capability to distribute personal information, such as photos, videos and e-mail messages faster. It is because of this, that officials warn against the distribution of sensitive information on public websites.

“Every person has a piece to the puzzle,” explained Kellie Neuschwanger, operations security specialist, Directorate of Emergency Services, here. “We want to make sure not to provide those pieces to the adversary – whoever that adversary may be. It could be your neighborhood criminal or it could be a terrorist down-range looking to hurt the Soldiers (and) the families.”

Neuschwanger said not providing sensitive information to the public makes it more difficult for an adversary to identify and exploit vulnerabilities in personal, unit, installation, Army and military information.

Some examples of sensitive information may include deployment and redeployment information; personnel, logistics and shortages numbers or lists; meeting times or locations; duty rosters and phone trees; training

schedules; and at times, family support activities including location, number of participants and types of activities, especially if connected to unit deployment or redeployment.

She added that while it may seem like everyday conversation, personnel strengths and shortages or even the mention of a family readiness group gathering could lead to big consequences if it is released to the wrong person.

“It’s all about educating and using the right forums to communicate,” Neuschwanger said.

She pointed out that everybody wants to put information on social networking sites because it’s easy, but added that the Army has several forums that will allow families to exchange information.

“Virtual FRG is one of the forums that is underutilized,” she said. “Spouses and family members (can) use Army Knowledge Online accounts to disseminate information.”

AKO is a valuable tool that allows spouses, family members and their Soldiers to stay in touch, and social networking can be a great tool for the Army and its members, if it is used in the right capacity.

“That’s what it all comes down to – being able to discern between what should be protected versus what can be put out to everybody,” Neuschwanger said.

Staff sergeant found guilty, sentenced to forfeiture of pay

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.

The Office of the Staff Judge Advocate, 25th Infantry Division, publishes the results of courts-martial to ensure there are no perceptions of unfairness or inequality of punishment.

Recently, a staff sergeant from Headquarters and Headquarters Company, Intelligence and Sustainment, 25th ID, was found guilty of one count of wrongful sexual contact and was sentenced to forfeiture of \$560 in pay, per month, for three months, and 60 days hard labor without confinement.



Sgt. Jose Gonzalez | 25th Infantry Division



Master Sgt. Jim Guzior | 25th Infantry Division Public Affairs

25th ID Band performs for thousands at World Expo in China

SHANGHAI, China — Sgt. 1st Class Leon Baker of the 25th Infantry Division Band, answers questions about music and the U.S. Army with Munro Azumi, a 7th grade student at the Shanghai Community International School. "The performance was fantastic, it was just amazing," Azumi said. "It was cleaner and smoother than anything I've heard."

Band members proudly display the “Tropic Lightning” emblem to the thousands of spectators lined along the streets of the 2010 World Expo in Shanghai, China. The band is the first U.S. military band to perform at the World Expo and the first cultural exchange unit in China this year. The band is in China on an international community relations mission representing the U.S. Army and Pacific Command.



Friends, family and faith are powerful allies during troubled times

CHAPLAIN (MAJ.) DAVE SHOFFNER

130th Engineer Brigade Chaplain, 8th Theater Sustainment Command

Our post was shaken again by the tragic loss of two of our Soldiers and the wounding of several others. These were not the first and, sadly, will most likely not be the last losses we will face. After almost 10 years in the current conflict, and even more for those of us who have been around awhile (Kosovo, Bosnia, Somalia, Panama, Desert Shield/Storm), loss has become an all-to-frequent visitor, and has touched all of us in some way, shape or form.

The events of this recent loss brought grief back into our daily lives once again. “So, chaplain, where can we find comfort and peace in times of loss?”

I have shared with many families through the years who were going through a time of grief, and have spoken at many memorial services and funerals. I have been at the roadside, houses, hospitals and aid stations, and prayed with these families, Soldiers and medical personnel as their friends, comrades and family members did not make it.

What I have learned is that there are no magic words, no special prayer, no single acts of kindness that

are going to make it all better.

Losing someone hurts. In fact, “hurt” does not even begin to describe how the pain feels.

So where can we turn in the midst of our despair? My best suggestion is one you have most likely heard before, but you may need to hear again: friends, family and faith.

One of the most powerful aspects of the Scripture is how it is a collection of unvarnished stories of people’s lives, and how God interacted with them in the midst of their experiences. One of the reasons these stories touch us so deeply is because we can relate to the failings, as well as the triumphs.

In a time of loss, no Biblical character speaks louder than Job. Job literally lost everything. His children were all killed in a freak accident. He lost all of his wealth to raiders and natural disasters. In the end, even his health failed him. But when we take a second look at Job’s story, did Job really lose everything?

As the story unfolds, Job’s three friends hear of Job’s plight and come to comfort him. His friends didn’t always say the right things – and at the end of the story, God scolds them for some of the things they said to Job – but in his deepest time of trouble, they were there. Job’s wife also loses her faith and gives him bad advice, but still, through it all, she stays with Job.

But the heart of the story revolves around the dialogue between Job and God. There are tense moments and there are angry moments, there are comforting moments and promising moments, but the main point of the story is that Job turned to and stayed engaged with God through it all.

Job’s friends, family and faith carried him through the valley of the shadow of death. In the closing chapter of the book, and as the darkness of the long period of grief begins to lift just a little, we are told that God restores Job.

Life begins to return – not to normal – but to a new normal. The final scene is of Job surrounded by his family and friends, once again enjoying the blessings of the Lord. Remember, faith, family and friends are powerful allies when we suffer loss.



Shoffner

September is National Hispanic Heritage Month:

What aspect of Hispanic culture is unique?

Photo by 25th Infantry Division Public Affairs



“I like Hispanic food. I like spicy foods and most Hispanic foods are spicy.”

Staff Sgt. Gloria Harrell
25th ID
Headquarters G1



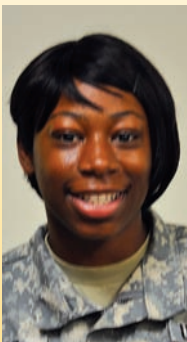
“The aspect of the Hispanic culture that I find unique is the dancing.”

Staff Sgt. Melissa Martin
25th ID G1



“I like the music, (and) being able to express yourself through dancing ... like (the) salsa and merengue.”

Chief Warrant Officer 4 Hipolito Medina
25th ID HQ Fires



“I like the vibrant colors and the taste of the food. They use different spices to make the (dishes come) alive.”

Spc. Erica Myers
25th ID G1



“I like the music and the food. It is something I grew up with.”

Pfc. Alberto Rivera
25th ID HHBN,
Signal Co.



Col. Malcolm Frost (center), commander, 2nd AAB, 25th ID, congratulates the Soldiers of 1st Bn., 14th Inf. Regt., on receiving the 25th ID combat patch.

2nd AAB attaches 25th ID combat patches

Story and Photo by
1ST LT. BRYAN EUBANKS
1st Battalion, 14th Infantry Regiment,
2nd Advise and Assist Brigade, 25th Infantry Division

JOINT SECURITY STATION MCHENRY, Iraq — There was recently a noticeable difference in the attitude of every Soldier on the small Joint Forces compound located here, in the middle of the Kirkuk province.

Everyone walked with their heads held higher, their stride more confident and their body language saying, “I can accomplish anything.”

Hours earlier, the leaders of the 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Advise and Assist Brigade, 25th Infantry Division, had conducted a patch ceremony honoring all of the newly deployed Soldiers with the right to wear the 25th ID insignia on the right sleeve of their uniform.

Many may not realize the significance of this patch ceremony, but it is a revered event that is only conducted in combat zones. It is a ritual that families, friends and the general American population rarely have the chance to observe.

Every Soldier in the U.S. Army wears the insignia of their unit on the left sleeve, but not all Soldiers have insignia on the right sleeve, underneath the American flag. The right sleeve is a place of honor, marking those who have deployed to a combat zone.

For most Soldiers, the patch on their right arm shows they are combat veterans. For 1st Sgt. Craig Buck, Company C, 1st Bn. 14th Inf. Regt., it means so much more.

“(The combat patch) is a designation of hon-

or and commitment,” he said. “It adds validity when training Soldiers, and when you wear the combat patch, you automatically have a bond with everyone else that was associated with that unit, regardless of circumstance.”

The 25th ID insignia, designated by a red taro leaf with a yellow border and lightning flash inside the center of the leaf, was created in 1944. The red and yellow of the patch are the colors of the Hawaiian royalty, the taro leaf recognizes the 25th ID’s ties to Hawaii and the lighting flash symbolizes the speed by which the unit completes missions. It also represents the division’s nickname, “Tropic Lightning.”

The Golden Dragons began arriving in Iraq June 22, and the patch ceremony was strategically scheduled to take place with the completion of more than two months of the battalion’s yearlong deployment.

For most of the Golden Dragons at the ceremony, this was their first time to ever earn the right to wear insignia on their right sleeve.

“Putting the combat patch on gave me a strong sense of honor and pride in serving my nation and helping the people of Iraq,” said Pfc. Emerson Marshall, Headquarters and Headquarters Co., 1st Bn., 14th Inf. Regt., about his first deployment. “It gives me credibility, creates a bond between me and my friends in the battalion, and shows that we have been deployed and earned our status as a Soldier.”

Even for many of the other Soldiers in the battalion who are deployed on their second, third or even fourth rotation in support of Operation Iraqi Freedom or Operation Enduring Freedom, now they can proudly attest to a combat deployment with the Golden Dragons.

District council meeting sends message of hope

Deployed Forces

SPC. JESSICA LUHRS
1st Heavy Brigade Combat Team, 1st Armored Division

KIRKUK, Iraq — U.S. Forces, along with members of the Provincial Reconstruction Team, attended the weekly district council meetings to assess how well the local government in Dibis, here, is running, recently.

According to Capt. Benjamin Hart, commander, Company D, 1st Battalion, 14th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division and a U.S. Forces representative, the district council meetings send a message of encouragement to the people of Dibis.

“This particular meeting provided more information about projects than any meeting I have attended there before,” Hart said. “It was also well orga-

nized, (and) when issues were brought up, solutions were offered.”

He explained this is important because it shows that the leaders have faith in the government of Iraq.

“These meetings demonstrate the willingness of the council to work towards solutions for the people,” Hart said.

He added that attending these meetings will continue to build the relationship between U.S. Forces and the community.

“A benefit (of the U.S. forces attending the weekly meetings) is building strong relationships with the members and the community by showing that we care enough to show up to their meetings and listen to (their) problems,” he said.



Sgt. Brandon D. Bolick | 982nd Signal Company, Combat Camera

Opening communication lines

BAQUBAH, Iraq — First Lt. Jefferson Davis (left), Company B, 2nd Advise and Assist Brigade, 25th Infantry Division, talks with an Iraqi army officer before conducting security patrol here, in the Diyala province of Iraq, Aug. 31. U.S. forces and Iraqi security forces conduct security patrols to reassure the Iraqi people that U.S. forces are still present in Operation New Dawn.

Video games play role in maintaining morale

Story and Photo by
PFC. ROBERT M. ENGLAND
2nd Advise and Assist Brigade Public Affairs, 25th Infantry Division

FORWARD OPERATING BASE WARHORSE, Iraq — Two fighters stand poised for battle with-in striking distance of each other, awaiting the signal to begin. Spectators cheer, as fists of fury deliver punches in bunches. Some are blocked and others make direct contact. Kicks are added to the mix, with both contenders fighting as if their lives are at stake.

After two rigorous rounds, one warrior emerges victorious and the loser passes the controller to the next contender.

These competitors gathered in the game room at the Morale, Welfare and Recreation facility, here, in the Diyala province of Iraq, Sept. 4, for a tournament to determine the Super Street Fighter IV master.

Sgt. Steve Thompson, a paralegal noncommissioned officer, 2nd Advise and Assist Brigade, 25th Infantry Division, coordinated with MWR to reserve the game room and gaming equipment, including five televisions, five PlayStation 3 consoles and 10 controllers.

“I am the tournament administrator; I set everything up and supplied the games from Amazon.com,” Thompson said. “I had to make ar-



Soldiers from 2nd AAB, 25th ID, concentrate on the task at hand during the Super Street Fighter IV tournament held at FOB Warhorse, Iraq, Sept. 4. The tournament was open to all avid gamers on post, and acted as a stress reliever and morale booster for the deployed Soldiers.

rangements with MWR to reserve the game room for the night, make sure all the PS3s were available and the room would be clear.”

The tournament consisted of a double-elimination bracketing system, where two victories advanced a competitor to the next round of playoffs,

Deployed Forces

while two losses disqualified a player from the tournament. The final match to determine the champion was a single-elimination, best of four rounds with a single fighter.

“The winner will receive bragging rights, the ‘number one’ headband and the responsibility of defending that title all the time,” Thompson said.

The headbands, a status symbol and coveted tournament prize, allowed competitors to distinguish the top two fighters from the rest of the pack, and will be used long after the tournament has ended, as a hierarchal ranking system among the elite players.

“I ordered two headbands representing the number one and number two players,” Thompson said. “Anyone can challenge the holder of the number two headband, but only the number two headband (holder) can challenge the number one (holder) for the title.”

Aside from the desire to establish a Street Fighter champion, Thompson said video games play a major part in maintaining the morale of deployed Soldiers.

“It’s a hobby, and what we’re dealing with, all kinds of crazy stuff, at the end of the day, you need that release,” he said. “It keeps you going, gives you something to look forward to and makes the time fly, and the quicker we get out of here the better.”

2-14th CAV shows appreciation for Iraqi fire department’s actions

Story and Photo by
1ST LT. JOSEPH LEWANDOWSKI
2nd Squadron, 14th Cavalry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division

FORWARD OPERTING BASE COBRA, Iraq — Leadership from 2nd Squadron, 14th Cavalry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, presented the Jalula Fire Department with a certificate and squadron coins to demonstrate appreciation for the fire department’s fast response to a Stryker engine fire, Sept. 7.

Capt. Denis Wagner, “Comanche” commander, honored the team for its recent actions.

While in transit back here, Aug. 25, one of Comanche’s Strykers caught fire in the engine compartment. Just as rehearsed, the Stryker crew evacuated the vehicle and grabbed fire extinguishers in a vain attempt to extinguish the fire.

After expending eight fire extinguishers and the Stryker’s internal fire extinguishing system, the fire still remained out of control. An off-duty Iraqi army soldier pulled his car off to the side

of the road, and without asking, provided his own fire extinguisher before calling the fire department.

Within 30 minutes, the Jalula Fire Department arrived on scene in the Diyala province and put out the fire.

Those in attendance at the appreciation ceremony included Anwar Hussein Mikael, Jalula mayor; Maj. Aenid, chief, Jalula Fire Department; Sgt. Yaisseen, fire truck team leader; and 1st Lt. Travis Newton, Comanche platoon leader.

“I am proud to be working with the Americans,” Anwar said. “The fire department responded quickly and did a good job.”

If the fire truck didn’t respond to the fire, the Stryker would have been a total loss. Wagner emphasized the drastic improvements the Iraqi emergency services have made.

“Not too long ago, if an American Stryker caught on fire no one would have helped,” Wagner said. “This is just one more example of how far Iraq has progressed in the past few years.”



Anwar Hussein Mikael (center), Jalula mayor, hosted a fire department appreciation ceremony at his office to demonstrate his support and appreciation to the Jalula Fire Department, Sept. 7. First Lt. Travis Newton (right), “Comanche” platoon leader, 2nd Squadron, 14th Cav. Regt., presents a certificate of appreciation to Maj. Aenid (left), chief, Jalula Fire Department.

Donation: Funds will help deployed families

CONTINUED FROM A-1

problems, and become a distraction to deployed forces.

Cocker said the foundation partnered with the Army to ask Lt. Gen. Rick Lynch, commander, Installation Management Command, for a list of 10 installations to donate funds to. Based on the list, the foundation selected three that demonstrated the greatest need.

The Foundation placed two conditions on the donation: funds will only be used to provide support for the families of deployed Soldiers and the Army will provide a report to the foundation after the funds have been disbursed, to summarize and document the benefits derived from this initiative.

Once the allocated funds are depleted, the services will no longer be offered.

“We need feedback from our units, family readiness groups and family members in order to find out the best way to allocate the funds of this generous donation,” said Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii. “The community is important to the decision-making process because we need to know how to better serve the families of our deployed Soldiers, so we can help make the deployment a little bit easier.”

USAG-HI is asking FRGs and families of deployed Soldiers for their feedback on how they would like to see the money allocated: including,

- Furnishing and supplying technology and equipment for a Yellow Ribbon Room;
- Sponsoring families to attend Dave Ramsey’s Financial Peace University;
- Providing Super Saturday respite childcare day;
- Hosting holiday field trips for teenagers in December;

- Funding camp scholarships for Army sponsored or Child, Youth and School Services approved external camps;
- Supplying free movie passes for children;
- Obtaining free or discounted concert tickets;
- Facilitating discounted tickets from Information, Ticketing and Registration; and
- Reducing sports fees.

USAG-HI strives to offer and maintain programs and services to encourage resiliency and improve on the quality of life for Soldiers and family members.

The Fisher House program is a private-public partnership that supports America’s military service members and families in their time of need. The program recognizes the special sacrifices of the men and women in uniform and the hardships of military service, and meets their humanitarian needs beyond those normally provided by the Department of Defense and Veterans Affairs.

Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, the Fisher House Foundation donates “comfort homes,” built on the grounds of major military installations and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times – during the hospitalization for an unexpected illness, disease or injury.

Send feedback on fund allocation to Sarah Chadwick, Blue Star Card program coordinator, at sarah.chadwick@us.army.mil, by Sept. 20.

SAMC donates uniforms to future leaders

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

SCHOFIELD BARRACKS – Recently U.S. Army-Hawaii’s Sergeant Audie Murphy Club, Tripler Army Medical Center’s SAMC and the 25th Infantry Division’s SAMC joined forces to help military leaders of the future.

Working together on a Class A uniform drive, the clubs passed on 96 service green slacks, 69 service green coats, 34 service green skirts, 118 short sleeve shirts, 67 long sleeve shirts and more than 20 miscellaneous items, including low quarter shoes.

Lt. Col. (Ret.) Antoinette Correia, director of Army Instruction, Hawaii Multiple Schools Unit JROTC, explained how the donated uniforms will help the program prepare cadets for the future.

“We can use the donated Class A uniforms for at least the next two years,” Correia said. “This will help our budget by using these instead of buying new uniforms. The money that was going to be used to buy Class A uniforms can now be used to prepare for the changeover to the new, blue dress uniform.”

Staff Sgt. Tamari Lewis, schools noncommissioned officer in charge, 45th Sustainment Brigade, 8th Theater Sust. Command, ensures that this donation is more than just handing over old uniforms.

“It’s an honor to be able to pass on our uniforms to (those who) will eventually be junior enlisted Soldiers, or officers in the Army,” Lewis said.

This drive is only a small portion of the partnership between JROTC and the USARHAW SAMC.

“We are the official judges for all regulation drill meets (four per year),” said Staff Sgt. Richard Yniguez, president, USARHAW SAMC, from the 8th TSC’s protocol office. “We are the official sponsors of the USARHAW SAMC Outstanding Leadership award, given to the top cadet leaders during drill meets (first, second and third place for each event). We sponsor the trophies for the governor’s review held at the end of the school year on Palm Circle. We also serve at all times as mentors to the young cadets.”

Correia believes that the Soldier-student mentorship is the greatest beneficial factor to this partnership.

“These kids get to see the best of the best (non-commissioned officers) in the Army and they have someone to look up to,” she said. “Even if it’s just (wearing) the uniform at the drill meets, they can see how important it is to really look sharp in the uniform.”

Lewis is proud to be a part of the SAMC and participate in events like this.

“It’s an organization that stands proud and true of what we believe in, which is not just taking care of our Soldiers and each other, but taking care of our community as well,” Lewis said.



President of the USARHA SAMC, Staff Sgt. Richard Yniguez, protocol office, 8th TSC, takes a final count of the Class A uniforms donated to the Hawaii Multiple Schools Unit JROTC program.

USARHAW SAMC is an elite organization of noncommissioned officers comprised of the best Army NCOs who set the standards for leadership and excellence. USARHAW SAMC is a non-profit, private organization that reaches out to the local and military communities.

Along with their numerous outreach projects, every quarter the USARHAW SAMC club inducts new members that embody the spirit of Audie Murphy. They also award the honorary Sergeant Audie Murphy award to military members that personify the spirit of the Audie Murphy Club.

Every quarter USARHAW SAMC also awards the Dr. Mary E. Walker award. The award recognizes Army spouses who have contributed significantly to the quality of life for Soldiers, exemplifying personal concern for the needs, training, development and welfare of Soldiers, and care for their families the same way the award’s namesake did more than 100 years ago.

Sergeant Audie Murphy Club Inductees

- Sgt. 1st Class Pamela Whitlock, Class VII noncommissioned officer in charge, 8th Special Troops Battalion, 8th Theater Sustainment Command
- Staff Sgt. Carl Sachs, platoon sergeant, Company B, 715 Military Intelligence Bn., 500th MI Brigade
- Sgt. Jermaine Ocean, platoon sergeant, Co. A, 715 MI Bn., 500th MI Bde.
- Staff Sgt. Bruce Jones Jr., communications NCOIC, Headquarters and Headquarters Co., 205th MI Bn., 500th MI Bde.
- Staff Sgt. Nathan Ballinger, secretary to the general staff NCOIC, 94th Army Air and Missile Defense Command
- Staff Sgt. Ciji Evans, secretary to the commanding general, 94th AAMDC
- Staff Sgt. Justin Thorp, operations sergeant, 94th AAMDC
- Staff Sgt. Michelle Poe, operations sergeant, Co. B, 715 MI Bn., 500th MI Bde.

Sergeant Audie Murphy Honorary Award

- 1st Sgt. Curtis Rucker Jr., HHC, 8th STB, 8th TSC

Dr. Mary E. Walker Award Recipient

- Melanie Jenkins, spouse of 1st Sgt. Martin Jenkins, HHC, 516th Signal Bde., 311th Signal Command

45th STB participates in local Save-a-Life-Tour

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

WHEELER ARMY AIRFIELD — An open coffin with a sign reading “Reserved for the next drunk driving victim” was placed where the next cold, lifeless body of an unfortunate casualty of drunk driving could someday rest, and greeted Soldiers of the 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, here, recently.

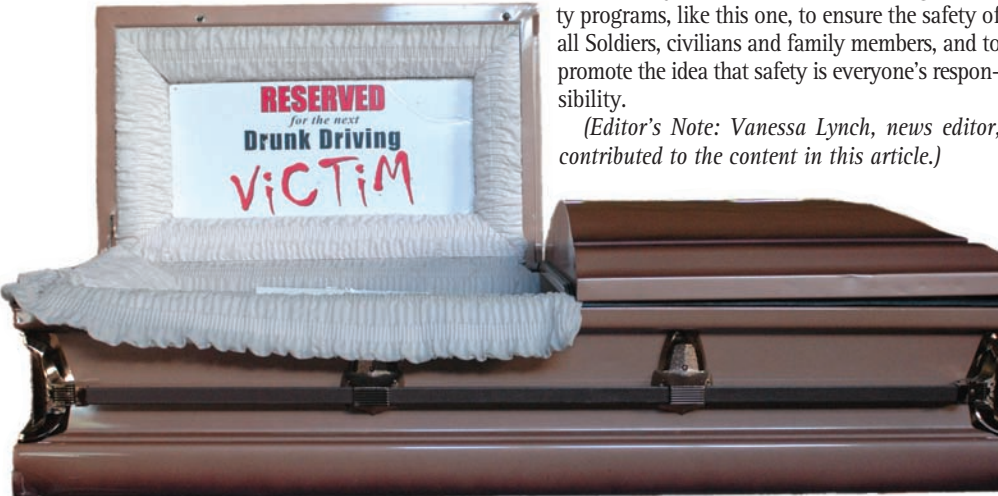
This was just the first exposure to the consequences of drinking and driving that the Soldiers experienced while participating in various briefings and scenarios during the Save-a-Life-Tour, or SALT, that was coordinated by 45th STB leadership.

Johnny Miller, prevention coordinator, Army Substance Abuse Program, and Jeremiah Newson and Andrew Tipton, both instructors with the SALT Training, led the instruction.

“We brought the SALT program here to kick off to Suicide Prevention month and to deter high risk behaviors, one of which is drinking and driving,” Miller said.

The Soldiers participated in three stations where they learned what the effects of alcohol are on the body, the consequences of driving under the influence and identification and prevention of sexually transmitted diseases.

At the first station, Soldiers were briefed on the consequences of drunk driving. Then, a select few were asked to put on “drunk goggles,” and to kick a soccer ball and hit a punching bag. Or, at least attempt to.



A coffin with a sign reading “reserved for the next drunk driving victim” greeted Soldiers of the 45th STB, 45th Sust. Bde., 8th TSC, at Wheeler Army Airfield, recently. The coffin is a component of a larger display used to educate Soldiers on drunk driving and sexually transmitted diseases as part of the Save-a-Life-Tour.

As expected, the perfectly sober Soldiers had an amazingly hard time doing either of those tasks, much to the amusement of the rest of the 45th STB Soldiers.

Miller said more than 1,800 active duty Soldiers participated in the training here, from units installation-wide.

“We didn’t get any negative feedback, and Soldiers actually said they wanted to have access to the driving simulator more often,” Miller said.

At the next station, Soldiers operated a virtual driving simulator, where they were gradually exposed to the effects of driving under the influence, in various weather conditions.

As the Soldiers navigated the streets without incident, the instructors slowly increased the blood-alcohol-content of the driver. Many Soldiers found it difficult to simply navigate, and more often than not, crashed their vehicles into either an oncoming vehicle or a building. They ended their experience with a “ticket” for their violation.

The last station the Soldiers experienced was the STD briefing taught through an informative and engaging movie. Soldiers of the 45th STB were taught the signs and symptoms of many STDs and were shown images that would easily remind anyone to practice safe sex.

Lt. Col. Tracey Lanier, commander, 45th STB, presented the instructors with certificates of appreciation for all the coordination and hard work from the ASAP and SALT teams, as well as the battalion’s safety officer, 1st Lt. Joshua Jones.

“(The Soldiers now) have the power to make the right choices pertaining to drinking and driving,” Miller said.

U.S. Army Garrison-Hawaii encourages safety programs, like this one, to ensure the safety of all Soldiers, civilians and family members, and to promote the idea that safety is everyone’s responsibility.

(Editor’s Note: Vanessa Lynch, news editor, contributed to the content in this article.)



Donna Klapakis | 599th Transportation Brigade Command Affairs

Unloading precious cargo

JOINT BASE PEARL HARBOR-HICKAM — Workers offload a 25th Combat Aviation Brigade Blackhawk helicopter from the MV Green Lake, Sept. 10, here. The 209th Aviation Support Battalion, 25th CAB, 25th Infantry Division; 599th Transportation Bde.; and Fleet and Industrial Supply Center Pearl Harbor teamed up for the offload.



Sgt. 1st Class David Wheeler | 8th Theater Sustainment Command Public Affairs

Spc. Juan Reyes (left), a trumpeter assigned to the 25th Infantry Division’s Tropic Lightning Band, plays taps at the ceremony at Fort Shafter, which honored victims of the 9/11 terrorist attacks.

9/11: Sacrifices preserve freedom, liberty

CONTINUED FROM A-1

moment of silence to honor the fallen. Then, the air swelled with emotion as onlookers stood tall and notes of Amazing Grace, played by a bagpiper, echoed across the field. The intensity increased as the troops snapped their salutes with military precision and a lone bugler played taps. As the arms returned to the sides of the Soldiers standing at attention, Mixon’s

words lingered amongst the crowd. “These warriors and their families have made numerous sacrifices to preserve and defend the freedom and liberty for America and her allies,” Mixon said. “And many of the brave warriors who answered their nation’s call have paid the ultimate sacrifice, while many others bear the psychological and physical scars of war.” With everyone remembering the tragedy of the past, Mixon took time to remind the crowd of the present and future.

“Here at (USARPAC), our Soldiers continue to move forward with hope, confidence, professionalism and commitment to shape a brighter future both here at home and abroad,” Mixon said. “Like the greatest generation, we have faced fear, adversity and uncertainty as we have waged a war against extremism and all its forms. We must be mindful that we have made considerable progress in the past nine years. We must be courageous and hold fast to our faith that we shall prevail.”

7th EDT: Hawaii is one of six diving units

CONTINUED FROM A-1

shorelines through preservation and practicing good stewardship. “We’ve helped the Corps of Engineers with visual inspections and repairs in Washington state ... and Alaska,” said Sgt 1st Class Milton Prater, master diver, 7th EDT, 65th Eng. Bn., 130th Eng. Bde., of the work the team has done beyond the islands. Across the Army, there are only six active duty diving teams, one in Hawaii and five at Fort Eustis, Va.; and two National Guard diving teams in Corpus Christi, Texas, and Puerto Rico. “It’s very rewarding (work) and we get to do real world missions,” Prater said. These real world missions help divers develop skills through on-the-job training. “I never dove before, I had never been to the ocean,” said Sgt. Jeremy Bays, salvage diver, 7th EDT, 65th Eng. Bn., 130th Eng. Bde. “You don’t have to be (pre)qualified. As long as you are a swimmer, they will teach you everything.” Previously, the enlisted positions were filled by re-enlisting and accepting a military occupational specialty reclassification as a diver. “You can join directly now, this is a full, separate MOS,” said Spc. Anthony Varas, 7th EDT, 65th Eng. Bn., 130th Eng. Bde. Based on the needs of the Army, selection for officers generally occurs once a year at the Engineer’s Basic Course. The first phase of diver training is conducted at Fort Leonard Wood, Mo. “It’s three-weeks of rigorous (physical training), trying to weed out the weaklings and trying to get those people to freak out in the water,” Varas continued. “Phase two is conducted in Panama City, Fla. The classes there are about five and a half months, and that’s usually the cream of the crop.”

News Briefs

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

Today
Retiree Appreciation Day – Register for the annual Retiree Appreciation Day, Oct. 9, Nehe-lani. The program starts at 9 a.m. Guests may arrive earlier, starting at 8 a.m., to speak with representatives of military associations, federal and state agencies, and to obtain medical screenings. Speakers for the program include Brig. Gen. Keith Gallagher,

commanding general, Pacific Regional Medical Command and Tripler Army Medical Center; and Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii. Advance payment of \$16.50 per person is requested for guests ordering lunch. Call 655-1514/1585.

Road Closure – Leilehua Avenue between Macomb and Baldwin roads will be closed to vehicle traffic through Sept. 24, 9 a.m.-5 p.m., for completion of security upgrades. Macomb Gate will remain open. Plan for additional travel time in case of traffic. Call 656-6751/6750.

20 / Monday
Holiday Greetings – The Defense Media Activity’s Holiday Greeting Team will be at Tripler

Army Medical Center, Sept. 20, to film messages to loved ones back on the mainland or serving in overseas assignments. All military and civilian personnel can visit Tripler’s Regimental Park, located to the right of the oceanside entrance, 8 a.m.-6 p.m., to film holiday messages. The team will request information cards be completed before filming, to include hometown or other media locations for televising the message. E-mail jan.clark@us.army.mil.

Lane Closures – The resurfacing of Humphreys Road from Lyman Road to Kolekole Avenue begins Sept. 20, and ends Oct. 15. View a map and full details of road closures at www.garrison.hawaii.army.mil. Click on “Post Information” and then “Traffic

Updates,” or call 656-2525.

24 / Friday
Town Hall – Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, will conduct two USAG-HI employee town hall meetings to provide updates and new garrison information. •Sept. 24, 1:30-2:30 p.m., Sgt. Smith Theater, Schofield Barracks. •Sept. 28, 1-2 p.m., Religious Activities Center, Fort Shafter.

Soldiers Chapel – Help celebrate the Soldiers Chapel’s recent renovation by attending the rededication ceremony and open house celebration, Sept. 24, 4 p.m. The chapel was moved to its current location in 1925, and boasts a rare 1931 vintage pipe

organ, one of only two of its kind in Hawaii. Call 655-9307.

28 / Tuesday
WASP inventory – The Wheeler Ammunition Supply Point will close Sept. 29–Oct. 8, for the end of year 100 percent close-out inventory. All units requiring munitions support for training during this time need to draw their required ammo by Sept. 28. The Training Ammunition Vehicle Holding Area will be available for munitions storage during this time. Emergency issues will be handled on a case-by-case basis, and must be approved by the DOL Munitions Accountable Office, 656-1649, or the DOL Supply Branch Chief, 656-0817.

30 / Thursday
Puerto Rico Birth Certificates – The Government of Puerto Rico extended the validity of current Puerto Rico birth certificates through Sept. 30, 2010. Defense Enrollment Eligibility Reporting System offices will only be accepting the new certified birth certificate for initial enrollment into DEERS.

Ongoing
Deployment Books and Audio books – The Sgt. Yano Library on Schofield Barracks will issue paperback books and Playaway preloaded digital audio book kits to deploying units. Call 655-9143.

ACE suicide prevention program wins national recognition

ARMY NEWS SERVICE
News Release

ABERDEEN PROVING GROUND, Md. — The Army “Ask, Care and Escort,” or ACE Suicide Intervention Training Program, developed by U.S. Army Public Health Command (Provisional) behavioral health experts, was evaluated by a panel of suicide prevention experts and is now listed in the Suicide Prevention Resource Center and American Foundation Best Practice Registry for Suicide Prevention.

The best practices registry is an independent organization supported by a grant from the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

Three suicide prevention experts reviewed the ACE suicide intervention program and found that it met standards of accuracy, safety, adherence to prevention program guidelines and likelihood of meeting the goals and objectives of the National Strategy for Suicide Prevention.

ACE was created in response to an Army leadership request to develop a Soldier-specific suicide intervention skills training support package for Armywide distribution, according to James Cartwright, social worker with the USAPHC Directorate of Health Promotion and Wellness.

The program is based on research literature

and has undergone a process of testing and revision that included focus group interviews and pilot testing to determine training utility and feasibility. ACE has been reviewed by Army Medical Command personnel and Army G-1, the Army’s proponent for suicide training, for applicability and was approved for Armywide training by the Army Task Force on Suicide Prevention, Cartwright said.

ACE is a four-hour training that provides Soldiers with the awareness, knowledge and skills necessary to intervene with those at risk for suicide. It includes suicide awareness, warning signs, risk factors and intervention skills development.

ACE encourages Soldiers to directly and honestly question any battle buddy who exhibits suicidal behavior. The Soldier should “Ask” the

battle buddy whether he or she is suicidal, “Care” for the battle buddy and “Escort” the battle buddy to professional help, Cartwright explained.

“This training helps Soldiers and others who have taken it, to be aware of warning signs exhibited by a battle buddy who is hurting and intervene before a suicidal crisis,” according to Chaplain (Lt. Col.) Scott Weichl, USAPHC (Provisional).

ACE program materials include a trainer’s



ACE cards and other suicide training materials are available to units at phc.amedd.army.mil. Links to AKO-based training are also available on this site.

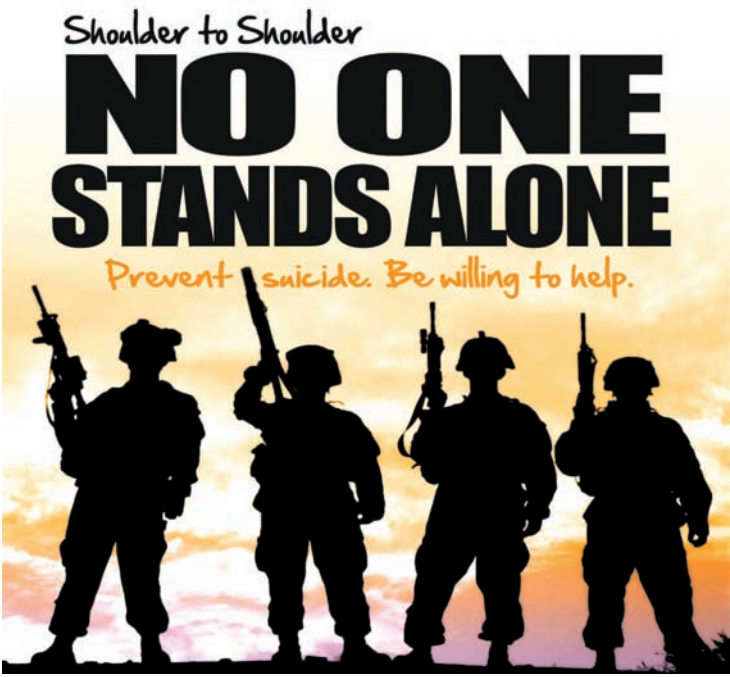
manual; PowerPoint slides with embedded video messages; suicide prevention tip cards listing risk factors and warning signs for suicide; and ACE wallet cards, with simple directions for identifying and intervening with those at risk.

Cartwright explained that the material is easily taught, and all Soldiers are encouraged to receive the training. Part of the training is a role-playing exercise that provides participants with a chance to practice the intervention skills they learn in the training. The role-playing requires Soldiers to imagine that they are in a suicidal situation, and they have to use their skills to save a life.

“Get involved. Don’t let your battle buddy die by suicide,” Weichl said, as he stressed the importance of the training.

(Editor’s Note: Jane Gervasoni wrote this article and she works for USAPHC (Provisional).)

Tai Chi: ASAP hosts program for Suicide Prevention month



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training sessions on a weekday or on the weekend.

“Tai Chi is an excellent method to alleviate stress, create resiliency and increase physical stamina,” said Malena Brooks, RRP coordinator.

Reservations are not required, but please notify the RRP at 655-0996 if you plan on attending the free Tai Chi classes.

“Tai Chi is a concept that the Army Center for Substance Abuse is trying to implement into a universal training plan,” said Johnny Miller, ASAP prevention coordinator, about why Tai Chi classes are being offered here. “Essentially, we are doing another pilot to see how Tai Chi is perceived and how people like it.

“We are offering these programs to help deter any high risk behavior and

let people know there are a lot of alternatives and resources available to them here on post,” Miller added.

In addition to the Tai Chi classes, Belinda Danielson, supervisor of the Hawaii State Access Line, will be speaking about suicide prevention at the Sgt. Smith Theater, Sept. 24, 10-11:30 a.m.

The suicide hotline’s number is 832-3100, and it’s free, confidential and available to anyone having suicidal ideations, or thoughts of suicide.

Active duty Soldiers and DA civilians will receive two hours worth of training credit from ASAP for attending the session.

To wrap up Suicide Prevention Month, RRP is hosting its final event, “Celebrate Life,” Sept. 30, 9 a.m.-12 p.m., at the Kalakaua Community Center, here.

Various subject matter experts will

have information booths set up, the 25th Infantry Division Band will perform and free massages will be offered to anyone who attends. Soldiers and DA civilians will receive three hours of ASAP training credit for attending the “Celebrate Life” event.

The Army’s observance during the entire month of September will focus on “Shoulder to Shoulder - I will never quit on life,” as this year’s theme.

This mantra emphasizes that each person has a responsibility and commitment to reach out and help his or her fellow Soldier, civilian or family member, as each person both supplements and needs the strength of the Army.

Leaders must also empower Soldiers, civilians and families with intervention techniques and offer ways to seek help in suicide prevention, including hotlines, crisis centers, religious organizations and the American Red Cross.



Today

Operation Rising Star Finals – Show your support for your favorite vocalist at the Operation Rising Star finals at the Tropics Recreation Center, Schofield Barracks, Sept. 17, 6 p.m.
Prizes will be awarded to first, second and third place winners. The unit or family readiness group with the loudest applause will win \$300. Visit www.OpRisingStar.com or call 655-5697.

Family Fun Friday – Enjoy great family-friendly fun at Family Fun Friday. Rotating theme nights feature food, fun and games. Free pizza is served on a first-come, first-served basis.
Call 655-5798 for updates on locations or visit www.mwrarmyhawaii.com.

18 / Saturday

Locker Installation – The women’s locker room/showers/bathrooms/sauna at Martinez Physical Fitness Center will be closed Sept. 18-20 for installation of new lockers. It will reopen at Sept. 21, 5 a.m.
The men’s locker room/showers/bathrooms/sauna are closed through Sept. 19, and will reopen Sept. 20, 5 a.m.
Showers are available at the Schofield Barracks Health and Fitness Center and Richardson Pool during the closures; both facilities open at 6 a.m., each weekday.
Individuals should remove their personal belongings and locks from the lockers.
Call Martinez PFC at 655-0900/4804, Richardson Pool at 655-9698, or Schofield’s HFC at 655-8007.

Comedy Movie Marathon – Everyone needs to laugh, so stop by Sgt. Yano Library, Sept. 18, 11 a.m., for a free showing of “Men in Black,” followed by “Zoolander” at 1 p.m. Both movies are rated PG-13.
Call 655-8002.

Freshwater Fishing Tournament – Who’s up for a little fishing? The warm water and variety of nearshore game fish make Hawaii an excellent place for this pastime. Join Outdoor Recreation, Sept. 18, 6-11 a.m.

Cost is \$20 per person. Call 655-0143.

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

20 / 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, 6-8 p.m., Monday nights, through September, at Army Community Service, Building 2091, Kolekole Avenue, Schofield Barracks.
Beginners’ class starts at 6 p.m.; advanced class begins at 7 p.m. Classes feature the different types of hula and fundamentals of hula steps, movement and posture.
E-mail nhliaison@gmail.com or call 655-9694.

21 / Tuesday

Salsa Dip and Dance – Aliamanu Library celebrates National Hispanic Heritage Month, Sept. 15-Oct. 15, with a salsa (dip) contest, Sept. 21, 5:30-7 p.m. Bring a three-cup sample of the best salsa recipe for judging and voting. Contestants must register at the library beforehand and arrive promptly to the event. The library will provide chips and fruit punch. Also, come learn a few basic salsa (dance) steps. Call 839-2821.

22 / Wednesday

Hawaiian Language Workshop – Attend the free Hawaiian language workshop, presented by the Office of the Native Hawaiian Liaison, U.S. Army Garrison-Hawaii, every Wednesday, 6-8 p.m., through September.
Classes teach Hawaiian vocabulary, including colors, numbers and shapes. Bring a list of five Hawaiian words you’d like to learn how to pronounce.
Classes are conducted at Army Community Service, Building 2091, Kolekole Avenue, Schofield Barracks.
E-mail nhliaison@gmail.com or call 655-9694.

25 / Saturday

Day for Kids – Spend an afternoon celebrating a “Day for Kids,” Sept. 25, 1-4 p.m., Schofield Barracks’ School Age Center, Building 1280, 1885 Lyman Road.
This free nationwide event is dedicated to providing meaningful interaction between kids and adults. Call 656-0079.



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

Today

USO – Visit TellUSO.org to participate in a 10-minute customer satisfaction survey through Oct. 3. Let the USO know what you want and need from the USO, and how it can improve its services and programs.
Survey participants are automatically entered in the Sound Off Sweepstakes to win one of 20 \$500 Visa gift cards.

18 / Saturday

"Dancing Feet" – Keiki author Lindsey Craig will read “Dancing Feet,” Sept. 18, 10 a.m.-12 p.m., Makai Recreation Center, Joint Base Pearl Harbor-Hickam. The free reading is a collaborative initiative by USO Hawaii and United Through Reading.
Attendance is first-come, first-serve. To confirm attendance, call 728-9222 or e-mail elsmith@uso.org.

21 / Tuesday

Oahu North Town Hall – The Oahu North Town Hall meeting is Sept. 21, 6:30 p.m., Schofield Barracks Main Post Conference Room, Building 584. Call 655-0497.

Keiki Tuesday – Kid-friendly entertainers will delight the entire family at free celebrations each Tuesday, 10:30 a.m.-12 p.m., at the Pearlridge Center Downtown Center Court. Bring keiki for crafts, balloons, storytelling, face painting, silly songs and more.
•Sept. 21: Oogles-N-Googlees.
•Sept. 28: Mad Science of Hawaii.

23 / Thursday
Free Magic Classes – A free magic class will be held at the Kalihi-Palama Library, Sept. 23, 6 p.m., and is sponsored by the International Brotherhood of Magicians.
The club offers free introductory classes to the public on the fourth Thursday of the month. This month’s topic is “How to Make Magic Tricks From Every Day Objects.”
The IBM monthly club meeting begins at 7 p.m. Those too young to drive to the library will need an adult to accompany them.

Call 234-5262 or 542-3738, or go to www.hawaiimagickclub.com; do not call the library.

25 / Saturday

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 adults are every second and fourth Saturday, 10-11 a.m.
Classes for children ages 6-18 are every second and fourth Tuesday of the month, from 3:30-4:30 p.m. E-mail wheeler@asymcahi.org or call 624-5645.

Kaneohe Bay Airshow – BayFest will join forces with the Kaneohe Bay Airshow, Sept. 25-26, to provide free entertainment for the public at Marine Corps Base Hawaii-Kaneohe Bay. BayFest will host band performances after the last planes land, Sept. 25, topped off with a dazzling display of fireworks.
Carnival rides are available throughout the weekend, as well as inflatable bouncers, mechanical keiki rides and miniature golf.

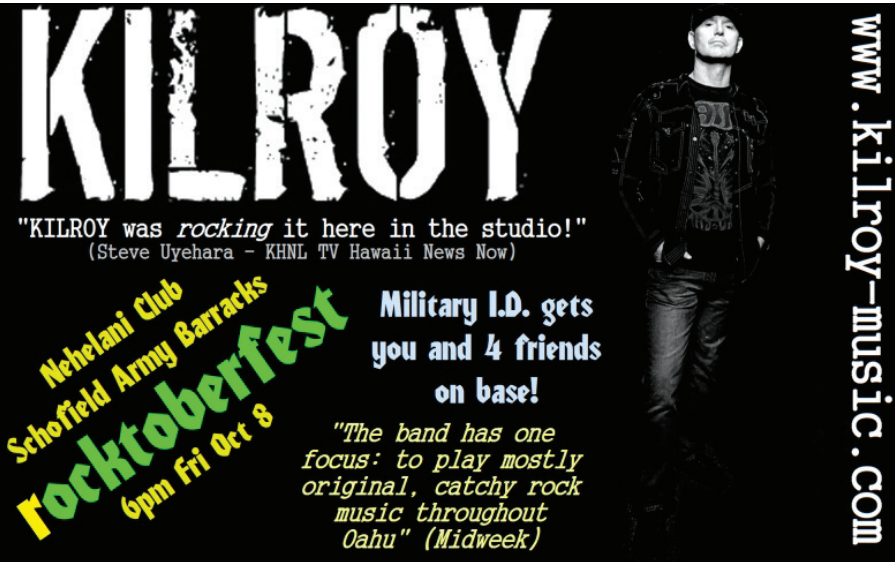
Gates open at 9 a.m. Premium seating is available for purchase online. Visit www.kaneohebayairshow.com.

29 / Wednesday

"Tell Me A Story" – A free family literacy event, “Tell Me A Story: Verdi,” by Janell Cannon, is set for Sept. 29, 5:30-7 p.m., Shafter Elementary School cafeteria.
Guest reader is Command Sgt. Maj. George Duncan, 8th Theater Sustainment Command.
A craft, snack and a hardcover copy of “Verdi” will be given to each military family in attendance. RSVP now to schofieldp2p@yahoo.com, as there are a limited amount of books.
When responding, provide the first and last names of everyone attending, as well as the ages of children.
The Parent to Parent team, Military Child Education Coalition, Schofield Barracks, is hosting the event.
Call Sabina Dooley at (910) 977-8980.

30 / Thursday

Just Jazz – Military semi-professional jazz musicians stationed in Hawaii are invited to submit applications and demo tapes to USO Hawaii by Sept. 30, to qualify for “Just Jazz,” a competition held Nov. 20, at Blaisdell Concert Hall, Honolulu.
Eight to 10 contestants or groups will be selected from the demos submitted, to compete at Just Jazz and vie for first, second and third place prizes.
Application information and competition guidelines are available at www.affiliates.uso.org/hawaii or by calling 422-1213.
Beginning mid-October, tickets can be bought for \$30 at the Blaisdell Box Office, Ticketmaster outlets and ticketmaster.com, or charged by phone at (800) 745-3000.
All proceeds will benefit Hawaii’s military troops.



Community invited to rock out with Rocktoberfest

TARA SCULLY
Piilaa'u Army Recreation Center

SCHOFIELD BARRACKS — Don your best lederhosen or dirndl and get ready for Rocktoberfest, at the Nehelani, here, Oct. 8, 4:30-10 p.m.

Rocktoberfest is modeled after Oktoberfest, which is held in Munich during a 16-day period during late September and early October, and attended by millions of people.

While the garrison’s celebration may not be as large-scale, the Directorate of Family and Morale, Welfare and Recreation and U.S. Army Garrison-Hawaii are joining together to host what promises to be a fun-filled, adult-themed event.

Jane Solis, business manager at Nehelani, said that while last year’s Rocktoberfest celebration focused more on family entertainment, this year FMWR is focusing on more adult-themed fare.

“Last year, parents couldn’t really let loose and enjoy the festivities as much as we had hoped,” she said. “This year, the adult environment will be the perfect excuse to leave the kids at home and enjoy the event as it was intended: with great food, dancing, singing and celebrating.”

FMWR plans to focus more on programming for married and single Soldiers who may not have children and want to participate or get involved in the events and activities on base.

“We have already established that we (at FMWR) are fantastic at family programming, but Soldiers, both married and single, with no kids, have been neglected in programming,” said Katy Kluck, program manager, FMWR-Delivery System. “Our goal is to have purpose-driven programming that focuses on (these) Soldiers.”

Kluck added that FMWR hopes this new FMWR-DS initiative will encourage new Soldiers to participate in FMWR events.

Rocktoberfest will offer games and prizes and traditional German food, such as hot brats and German potato salad. The band Kilroy will provide live music during the event. Commemorative Rocktoberfest 2010 steins will be available for purchase at the event. Advance tickets for \$10 are on sale at the Nehelani and the Information, Ticketing and Registration Office. Admission will be \$12 at the door.

For more information, call 656-0097.

School Age Center to hold ‘Day for Kids’

LAURA BRATCHER
Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Military children and youth of all ages will be honored at the annual free “Day for Kids,” Sept. 25, 1-4 p.m., at the School Age Center, Building 1280, here.

Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation; in conjunction with the Boys & Girls Clubs of America, have presented Day for Kids each year since 2003. The event sets aside a specific day to provide an opportunity for meaningful interaction between adults and children.

Day for Kids will feature food, games, activities, crafts, displays and even a visit from Eddie the Eagle. The Little Ninjas and Hula Maid-

ens from FMWR’s Schools of Knowledge, Inspiration, Exploration and Skills Unlimited, will entertain the crowd. Teen Zone band, Delayed Resistance, will cap off the afternoon with a performance. Door prizes will also be given away throughout the afternoon.

“I hope the community takes advantage of our free Day for Kids event on the 25th,” said Mark Maddox, Day for Kids coordinator. “It’s a great opportunity for children and parents to spend a few hours of quality time together, having fun and enjoying a variety of healthy activities.”

Parents are encouraged to come and bring their children for an afternoon that is all about celebrating and spending time with their kids.

For more information, call 656-0079.



Courtesy Photo

Kid-centered activities will be available at the free “Day for Kids,” Sept. 25, 1-4 p.m., at the Schofield Barracks’ School Age Center.

- Day for Kids activities and events include:
- Bouncers
 - Little Ninjas
 - Water balloon slingshot game
 - Court-play activity
 - Xerdance tournament
 - Bookmark craft
 - Face painting and tattoos
 - Craft activity
 - Appearances from Eddie the Eagle and the Federal Fire Department
 - Hula Maidens
 - Refreshments
 - Information tables
 - Door prizes
 - Teen band Delayed Resistance

Spouse career education program revamps, will relaunch in October

ELAINE WILSON
American Forces Press Service

WASHINGTON — The Military Spouse Career Advancement Accounts program will resume Oct. 25, but with some significant changes to the popular spouse employment program, a defense official announced recently.

Changes include a reduction in the amount of financial aid, a change in the population eligible to receive that aid and more robust counseling services.

These changes bring the program, commonly known as MyCAA, back to its original intent of equipping military spouses of junior service members with portable careers, such as in real estate or health care, said Clifford Stanley, the undersecretary of defense for personnel and readiness.

The program was launched in November 2007 for spouses of junior service members, and was expanded to all pay grades and programs of study in March 2009.

Officials temporarily halted the program Feb. 16, pending a top-to-bottom review, after an enrollment surge overwhelmed the system and caused the program to nearly reach its budget threshold.

In March, with the review still under way, officials resumed the program for the more than 136,000 spouses who already had established an account. The review took time, but officials wanted to ensure they could sustain the program long-term, particularly in light of fiscal realities the government is facing, Stanley said.

The previous program offered all spouses of active duty service members a lifetime benefit of \$6,000 to be used for education purposes. Under the new parameters, spouses of junior service members can apply for a maximum financial benefit of \$4,000, for up to three years from the start of the first class, with a \$2,000 annual cap, Stanley explained.

Spouses pursuing licenses or certifications requiring an up-front fee of more than \$2,000 may apply for a waiver of the annual cap, up to the maximum benefit of \$4,000, he added.

Financial aid will be limited to spouses of active-duty service members from privates to sergeants, warrant officers one to chief warrant officers two, and second lieutenants to first lieutenants, Stanley said, as well as the spouses of activated National Guardsmen and reservists within those ranks.

Spouses eligible to receive aid can use the money to fund associate degrees, licenses and certification programs, but not higher degrees. The program wasn't intended to support bachelor's and master's degrees, Stanley said.

However, spouses pursuing higher degrees can explore a plethora of other education opportunities, such as scholarships, federal grants and the G.I. Bill, with help from Military OneSource consultants.

The program became wildly popular before, mainly through word of mouth, Stanley said. People heard about the program and immediately recognized it was a good deal.

"It's still a good deal," he said. "We always tend to look at the glass as half empty. We are doing the best we can with what we have. I wish we had a lot more money, but we don't; but this glass is still half full."

"I am excited that the program came back for our military spouses," wrote Yolanda Johnson, Employer Readiness Program manager, Army Community Service, Directorate of Family and Morale, Welfare and Recreation, in an e-mail. "I think it will enable a large number of military spouses who would not have the funding to continue their education."

Johnson suggested that interested spouses living in the Pacific region start researching schools now, and enroll in the program as soon as possible.



Spouses can learn more about Military Spouse Career Advancement Accounts at www.MilitaryOneSource.com.

All ages welcomed to attend Family Night at AMR, Schofield Main Post chapels

KATHY WHALEN
U.S. Army Garrison-Hawaii Religious Support

SCHOFIELD BARRACKS — The Religious Support Office, U.S. Army Garrison-Hawaii, will conduct a Family Night each week, starting Sept. 22.

Family Night is held Tuesday nights at the Aliamanu Military Reservation Chapel, and Wednesday nights at the Main Post Chapel, here. Family Night is a time for all ages to come together for relaxation and fellowship during the 5:30 p.m. dinner, followed by adult classes, youth club, kids' Bible clubs and child care from 6:10-7:30 p.m.

Fall classes include "Fireproof Your Marriage," "Financial Peace University," Bible studies for five faith groups, women's studies, parenting classes,

To learn more about the Religious Support Office, Family Night or to sign up for adult classes, call the Main Post Chapel, Schofield Barracks at 655-6645, or the Aliamanu Military Reservation Chapel at 833-8175.

deployed spouses support groups and Exceptional Family Member Program parent support groups. Chaplains, lay leaders and community professionals lead the classes and studies.

More than 150 teenagers in 6th-12th grades meet for Youth Club, while younger children from 4 years old up to 5th graders enjoy crafts, Bible study and music. Child care is offered for children under 3 years old.



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

Fighting fires together

FORT SHAFTER — Federal firefighters from Fort Shafter prepare to battle a wildfire when it came close to crossing onto the installation here, Sept 8. Honolulu's Fire Department contained the brushfire in the Fort Shafter/Kalihi area.



Farah Cabrera | Office of the Native Hawaiian Liaison

Soldiers from Schofield Barracks carry donated mattresses to the Onemalu Transitional Shelter at Kalaeloa, Barbers Point.

Army Hawaii donates ‘better night’s sleep’ to local shelter

OFFICE OF THE NATIVE HAWAIIAN LIAISON
News Release

SCHOFIELD BARRACKS — More than 140 families are having a better night’s sleep, thanks to bed donations from the Tripler Army Hotel.

The Tripler Army Hotel, formerly known as Tripler Army Lodge, donated beds recently to the Onemalu Transitional Shelter at Kalaeloa, Barbers Point. Soldiers from here formed an assembly to carry the donated mattresses and box springs into the shelter.

The beds were made available for community donation due to a recent renovation and an amenities upgrade at the Tripler Army Hotel. The hotel’s contribution is made possible by U.S. Army Garrison-Hawaii, with the coordination of the Office of the Native Hawaiian Liaison, USAG-HI.

“This gift means a lot to our families,” said Carlos Gonzalez, Onemalu’s resident manager. “A lot of our mattresses are old and stained. We’re a nonprofit organization, and we do not have a lot of funds to buy this type of stuff. This is definitely a blessing, and we want to thank everyone, especially the Army and their Soldiers who volunteered.”

“This is (going to be) my son’s first bed,” said Velma Pantohan, an Onemalu resident. “From the

bottom of our heart, we are so thankful for this donation. We’re excited to sleep more comfortable tonight!”

“Not everyone has good things here at the shelter,” said Shentell Palakiko, who lives at Onemalu with her two daughters. “I’m so happy to get a good bed ... especially as an expecting mother, this will help me out a lot. Before this, there were four of us trying to fit in an old twin bed. Thank God for the people who really care and want to help out. Thank you.”

The Onemalu building was originally a military barracks, and was later transformed into a transitional shelter after the closure of the Barbers Point Naval Air Station. The beds, replaced by the recent donation, have been in the shelter since Onemalu was founded in January 2002.

“We thank Tripler Army Hotel and their staff for this wonderful donation and their willingness to assist the community,” said Annelle Amaral, Native Hawaiian Liaison. “We also thank the Col. Douglas Mulbury, (commander, USAG-HI); as well as Col. Jay Hammer, (executive officer, USAG-HI); Kirby Lane, (transportation specialist, Directorate of Logistics); and the Schofield Soldiers for their part in helping provide beds to families who truly need them. Mahalo.”

VA loan lenders ratchet up credit standards

CHRIS BIRK
VA Mortgage Center.com

COLUMBIA, Mo. — Service members in Hawaii and across the country are finding it tougher to take advantage of their Department of Veterans Affairs entitlement to purchase or refinance a home.

VA loans have weathered the foreclosure crisis and remain one of the most powerful lending programs on the market. But VA-approved lenders have ratcheted up their credit and underwriting standards in the last 18 months, part of an industry-wide reaction to the subprime mortgage meltdown.

The result is that some military members and their families are struggling to utilize the benefits earned by their service.

These government-backed loans, which feature no down payment or private mortgage insurance, have helped more than 18 million veterans become homeowners since World War II. Prospective borrowers can still secure a no-down payment loan, but in most cases, they’re going to need a credit score of at least 610 to qualify. Major lenders in most cases won’t provide loans to veterans who fail to hit this benchmark.

At the same time, those with existing VA loans are seeing a crackdown when it comes to refinancing. The VA’s Interest Rate Reduction Refinancing Loan, better known as a VA Streamline, has long been heralded for its simplicity. The agency doesn’t require a credit check, underwriting or appraisals on the Streamline, which was designed to help veterans lower their rates and monthly payments.

But the gap between what the VA requires and what lenders mandate has widened like never before. Lenders are now taking a long, hard look at a veteran’s credit score and other pertinent financial information. In many parts of the country, including Hawaii, borrowers are footing the bill for an appraisal, which can cost \$300 or more. Plus, refinancing applications are getting bounced when loan amounts are greater than those appraisals.

Veterans still have unique access to one of the most flexible and safest home loan options ever created. VA loans continue to have the lowest rate of foreclosure among the major lending programs, according to first-quarter figures from the

Mortgage Bankers Association.

A solid credit and financial profile is more important than ever for prospective borrowers and existing homeowners. Service members should keep a close eye on spending, debt and bills. On average, a 30-day late payment will knock 40 to 110 points off a credit score; a 90-day late payment will shave off 70 to 135 points.

Since underwriting standards aren’t likely to loosen anytime soon, service members who seize the opportunity to boost their credit score will put themselves in the best possible position to secure a home loan.

(Editor’s Note: VA Mortgage Center.com is not affiliated with any government agencies, including the Department of Veterans Affairs.)



The Federal Trade Commission website, www.ftc.gov, offers some key steps borrowers can take to rehabilitate their credit score.

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
•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 reeltime movie listing.

The Other Guys

(PG-13)
Fri., Sept. 17, 7 p.m.
Thurs., Sept. 23, 7 p.m.

Shrek Forever After

(PG)
Sat., Sept. 18, 4 p.m.
Family Matinee: admission is \$2.50

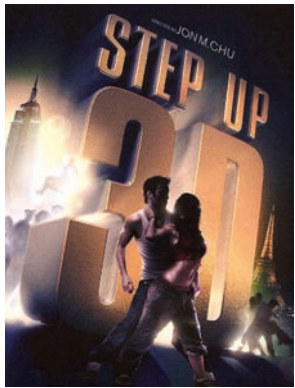


Dinner for Schmucks

(PG-13)
Sat., Sept. 18, 7 p.m.

Despicable Me

(PG)
Sun., Sept. 19, 2 p.m.



Step Up

(PG-13)
Wed., Sept. 22, 7 p.m.

No shows on Mondays or Tuesdays.

EFMP supports military families with special needs

WILLIAM BRADNER
Family and Morale, Welfare and Recreation Command
Public Affairs

ALEXANDRIA, Va. — The sheer volume of information available to family members with special needs can be overwhelming, so the Army wants to make it easier for Soldiers and their family members to navigate the complicated system of resources available to them.

“To do this, we’ve got to fix (Exceptional Family Member Program) so it works better, and we have to get the word out,” said Lt. Gen. Rick Lynch, commander, Installation Management Command, at a recent conference.

EFMP is a Department of Defense-mandated program to support Soldiers with family members who have special needs.

In the Army, the proponent activity for EFMP is the Army’s Family and Morale, Welfare and Recreation Com-

mand. The command’s EFMP managers are currently working with the Army Medical Command and sister-service counterparts to strengthen the program.

Marcia Hagood, program manager, EFMP, emphasized it’s important for all Soldiers who have family members with special medical and/or educational needs to enroll in the EFMP. Not only is enrollment mandatory, enrollment ensures optimum use of permanent change of station money by considering the Army’s requirements, the Soldier’s career and the special needs of family members.

“It’s not ‘big brother’ wanting to know,” Hagood said. “It’s all about ensuring the Army allows the Soldier to focus on the needs of the military without unnecessary concerns for his or her exceptional family member.”

The program was established in compliance with public laws, which

EFMP Contacts

EFMP managers are located at Army Community Service to help answer questions. Contact Schofield Barracks ACS at 655-4227 or Tripler Army Medical Center ACS at 438-4493.

The next EFMP Share Support Group meetings are Sept. 21, 6-7 p.m., at the Aliamanu Military Reservation Chapel, or Sept. 22, 6-7 p.m., at the Schofield Barracks Main Post Chapel.

collectively mandate that eligible preschool and school-age children with disabilities are provided with a free and appropriate education. The Army expanded EFMP to include all authorized family members with special needs, including spouse, child, stepchild

or adopted child.

If a Soldier is enrolled in EFMP, the Army reviews the special requirements of the family member and confirms the availability of special medical and/or educational resources and required services at the next duty station, prior to orders being released.

Army Community Service EFMP managers also work with the Soldier’s family members to provide information, referral and advocacy assistance, including referral to support groups, medical providers, housing and respite care services.

Once enrolled, the Soldier should update the EFMP file every three years, or when there is a change in the family member’s medical condition or educational needs.

“It can be challenging caring for a family member with special needs and also having to worry about deployments and permanent changes of station every three years,” Hagood said. “Imagine having to start from scratch seeking special medical care every time you relocate.”

The EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical and personnel services to families with special needs.

Soldiers who have family members with special needs should visit their local ACS EFMP office for resource and referral assistance, and the nearest medical treatment facility for enrollment or to update current EFMP status.



NPSP helps with parenting challenges

ROB MCILVAINE
Family and Morale, Welfare and Recreation Command Public Affairs

ALEXANDRIA, Va. — The New Parent Support Program addresses the many concerns and challenges that military families with children under 3 years old face during early childhood, with an emphasis on family strengths.

“The program is offered to military families to enhance parent and infant attachment, increase knowledge of child development and provide connections to the support services that allow parents to become nurturing and capable caregivers,” said Rich Lopez, program manager, NPSP.

By integrating prevention education services and activities, NPSP involves both parents, if possible, and supports the family’s adaptation to military life. The program enhances knowledge and skills needed to promote healthy family interaction, form healthy relationships, provide safe and nurturing environments for children and enhance formal and informal support networks.

“While NPSP’s primary focus is child advocacy and maltreatment prevention through parenting education and support, NPSP helps all families with young children by providing the skills necessary to promote healthy parenting,” Lopez said.

NPSP services are provided by experienced, licensed clinical social workers and registered nurses who have extensive experience working with families with young children, and who

are sensitive to the unique challenges facing military families.

While all active duty, National Guard and Reserve Soldiers and their families within a 50-mile radius of an installation are eligible to receive these services, priority is given to first-time parents, single parents and dual military families.

Families can enter the program by referral from a health professional, the command or by a civilian agency, or by simply requesting NPSP services through Army Community Service, Directorate of Family and Morale, Welfare and Recreation.

ACS offers a NPSP group workshop, among other activities. The workshop provides important information in the nurturing-parent curriculum like resources available in the community, basic newborn care and short videos on preventing shaken baby syndrome.



For more information about the NPSP, call Army Community Service at 655-4227 or visit www.mwrarmyhawaii.com. Additional upcoming ACS parenting classes include Boot Camp for Dads, Sept. 18; Breastfeeding Basics, Sept. 21; and Love and Logic Parenting, Sept. 22.

CrossFit regimen helps staff sergeant win Iron Watchdog gold

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

SCHOFIELD BARRACKS — Four Soldiers from the 8th Military Police Brigade, 8th Theater Sustainment Command, received gold medals Sept. 10, during the Iron Watchdog competition, here.

One of the winners, Staff Sgt. Aaron Cheateaux, intelligence analyst, 8th MP Bde., exceeded the benchmarks through a good diet and adding CrossFit to his workout program. CrossFit, a strength and endurance exercise program, was recently incorporated into the brigade's workout program.

To win 8th MP Bde. Iron Watchdog gold, male Soldiers must score “expert” in weapon qualifications, score 300 on the Army physical fitness test, run three miles in 22 minutes, perform 16 pull-ups, lift 120 percent of their body weight for five reps, complete a six-mile foot march in 84 minutes and swim 400 meters in 12 minutes.

Female Soldiers must score expert in weapons qualifications, score 300 in the APFT, run three miles in 24 minutes, perform a flex-arm hang for 70 seconds, bench-press 70 percent of their body weight for five reps, complete a six-mile foot march in 84 minutes and swim 400 meters in 14 minutes.

“The Iron Watchdog is not out of the reach for the average Soldier,” Cheateaux said. “With a proper workout regimen, it should be a standard.”

That proper workout regimen was something Cheateaux said he found halfway through his deployment to Iraq in 2009.

“I picked up CrossFit to help me get back in shape, and by the end of the deployment, I had lost 40 pounds,” Cheateaux said.

According to CrossFit.com, the program specializes on not specializing. CrossFit is a full-body workout that takes traditional lifts like the squat and dead-lift and places them in a workout set that may include pull-ups, push-ups or box-jumps.

Cheateaux wanted to share his success with his unit. So after he redeployed, he created a CrossFit program for the 8th MP Bde.

“The acquisition of the materials wasn’t hard,” Cheateaux said. “What we really needed was to get people trained and certified so they could teach their own sections and companies and have it become an integral part of their workouts. The program is slowly working its way through the brigade.

“The reception from the junior Soldiers has been great,” Cheateaux continued. “The high intensity and variety of the program not only has been pushing them physically, it’s been pushing them mentally. They’re learning they have so much more in the (energy) tank, and that their mind has to overcome those barriers.”

The results of good physical stamina extend beyond the physical training mat or the battlefield.

“When I’m out surfing, I can paddle forever, I can hold my breath longer, and I can hike wherever, whenever,” Cheateaux said. “Life just becomes better.”

For anyone that’s still wary about adding a CrossFit style workout to their fitness training, Cheateaux issues a challenge.

“Do CrossFit for 90 days and then take the Army physical training test and compare the results,” Cheateaux said. “You won’t turn back.”



Staff Sgt. Aaron Cheateaux, 8th MP Bde., 8th TSC, demonstrates proper form for a thruster, Sept. 1, at Martinez Physical Fitness Center, Schofield Barracks. Cheateaux is one of the brigade's recent Iron Watchdog gold medal winners.



Pfc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Ready to run

SCHOFIELD BARRACKS — Col. La'Tonya Lynn, commander, 8th Military Police Brigade, 8th Theater Sustainment Command, leads her first brigade run near Henderson Field, here, Sept. 10. Before the run, 11 Soldiers were recognized for their commitment to physical fitness in the Iron Watchdog competition. Four Soldiers attained gold, the highest level of physical fitness in the brigade. See the related “CrossFit” story on this page.