

HAWAII ARMY WEEKLY

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Serving the U.S. Army Community in Hawaii ★ www.hawaiiarmyweekly.com

INSIDE CSA's Transition Team holds family forum



STEPHANIE BRYANT
U.S. Army Garrison-Hawaii Public Affairs

FORT SHAFTER — The Chief of Staff of the Army's Transition Team met with key leadership, here, Friday, as well as conducted a family member forum to gather feedback from military families on Oahu about Armywide programs.

The Army wants to know how it can better support the Army family, and Hawaii family members provided their recommendations.

Taking time out of their day, 45 family members attended the family forum at the 1st Lt. Brostrom Community Center, here, to discuss and identify the programs they find useful and those that are not as valuable.

For some, the event was a chance to voice concern, and for others, it was a chance to congratulate

"I walked away feeling like my concerns were heard."

— **Nina Elison**

Family member with 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC

the Army on a job well done.

Stacy Timmons, whose husband is assigned to U.S. Army-Pacific, and mother of three, was happy to share her opinion with Brig. Gen. Thomas Vandal, Transition Team officer in charge.

"The Army is doing a fantastic job taking care of its families, and I wanted to go to say that," she said. "But also, it gave an opportunity for senior leadership to hear from family members about concerns."

The forum provided a facilitated environment where leadership and families could exchange information and opinions freely.

Some concerns addressed were 20-year retirements — to keep them as is; Soldiers' military

SEE FORUM, A-4



Garrison to host Facebook town hall

AIKO ROSE BRUM
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Anyone and everyone in the U.S. Army-Hawaii community can get their most pressing concerns and questions addressed during an inaugural Facebook town hall meeting taking place in cyberspace.

U.S. Army Garrison-Hawaii will debut its latest initiative to connect and engage free-flowing communication between the installation and its customers during the virtual town hall meeting, 6:30-7:30 p.m., Aug. 31.

"We were seeing poor attendance at the traditional town hall meetings, but we were getting tremendous participation from social media outlets during our live TV2 town halls," said Col. Douglas Mulbury, commander, USAG-HI. "We believe a Facebook town hall may be the way to proceed."

"The beauty of this is, our community can engage senior leaders wherever they happen to have access to the Internet, whether at home in their pajamas, at the mall on their smart phones or at the beach with a laptop or tablet," said Vickey Mouze, Pau Hana community editor, "Hawaii Army Weekly," USAG-HI Public Affairs.

During traditional town hall meetings, directors, section chiefs and other subject matter experts from USAG-HI's organizations — such as the Directorate of Emergency Services, which oversees police, fire, traffic and security issues; Island Palm Communities, which handles family housing; the Directorate of Public Works, responsible for road construction; or the Schofield Barracks Commissary — are on hand to respond to questions from audience members. SMEs will

August 31 at 6:30pm • Like • Comment

2,509 people like this

Got questions?

What - Facebook Town Hall

When - Aug. 31 from 6:30-7:30 p.m.

Who - Soldiers, families, civilians, retirees

similarly gather to answer questions posed during the Facebook town hall meeting.

"Soldiers and their families lead very busy lives, and their time is valuable," Mulbury said. "Having the virtual town hall at Facebook will provide convenience — particularly for off-post residents — and alleviate the need for families to arrange child care. After this first Facebook town hall, we will be able to adjust the time or other parameters, as needed, for the convenience of our community."

What will happen?

Anyone who wants to follow the discussions or interact with SMEs will need to have a Facebook account.

SMEs, including Mulbury, will gather to host the Facebook town hall meeting. A brief video introduction and basic information on USAG-HI's "Wall" on Facebook will guide participants to place their questions and comments at USAG-HI's "Discussions" tab on the left side of the screen.

Participants who are used to posting comments on the wall will be redirected to the discussion board, where SMEs will give candid, honest comments to their inquiries.

Interaction is not required during this town hall, though encouraged.

"This Facebook town hall is the perfect time for Soldiers, family members, or even civilians and community members to speak up about what's on their minds and get their answers from the people at the garrison who make the decisions," said Dennis Drake, director, USAG-HI Public Affairs.

SEE TOWN HALL, A-7

Welcome home

HIANG's 171st Avn. Regt. redeploys.

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Building repertoire

8th MP Bde. qualifies in SWAT-like skills and 45th Sust. Bde. learns water purification.

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Tail waggers

Humans and their dogs converge on Weyand Field for the annual "Dog Days of Summer" event.

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Kickoff

Club Beyond launches its annual outreach ministry to teens.

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Sept. 11 firefighters visit Hawaii to support troops' sacrifices

TRIPLER ARMY MEDICAL CENTER
Public Affairs

HONOLULU — They responded to a tragedy, Sept. 11, 2001, and continue their selfless service in support of America's military.

John Labarera, battalion fire chief, New York, and John Carroll, retired battalion chief, emphasized the need to never forget during a visit to Tripler Army Medical Center's Kyser Auditorium, Aug. 11.

They were also escorted by Theresa Johnson, Fisher House director, and toured Oahu, speaking with anyone who would listen.

Their stops included 3rd Brigade Combat Team, 25th Infantry Division Soldiers; the Soldier and Family Assistance Center, Schofield Barracks; Camp Smith; the Exchange at Fort Shafter; and the 205th Military Intelligence Battalion, 500th MI Brigade. They also stopped by the Navy Exchange, Marine Corps Base

Hawaii and the Wounded Warrior Barracks there, and Pearl Harbor.

"With Hawaii the only other state to have had such a tragedy occur — a tragedy that led to a war — it seemed the ideal place," said Johnson.

Local speaking events were also held to build awareness for the Sept. 11th Stephen Siller Tunnel to Towers Run, to be held on Ford Island at Pearl Harbor.

"Dec. 7, 1941, and Sept. 11, 2001, will forever be linked as two of the most infamous dates in American history, where America suffered great tragedy," said Leigh Anne Wilson, Tunnel to Towers Run event coordinator, Pearl Harbor. "The run will be held in honor of both attacks."

"The military has done such a great service to our country, and we wanted to give back, so we got involved with the Stephen Siller Foundation that takes care

SEE TAMC, A-7



Courtesy of Tripler Army Medical Center Public Affairs

John Lararera (right), battalion fire chief, New York, speaks to members of the TAMC staff, Aug. 11, as John Carroll (left), retired battalion chief, listens.

Tower to Tunnel Run

Stephen Siller was one of 343 first responders who lost their lives, Sept. 11, 2001. An annual 5K run retraces his final three-mile journey from the Brooklyn Battery Tunnel to the Twin Towers.

The run also honors the lives and deaths of all who perished on 9/11 and the service members who continue the fight.

The Stephen Siller Tunnel to Towers Run at Pearl Harbor will begin at 7 a.m., Sept. 11, Ford Island Bridge. This event is not a timed race and is open to military and civilians.

Visit www.tunneltotowersrun.org/pearl-harbor.aspx, call 294-6321 or email leighanne.wilson@me.com.

'Hammerheads' join with sister services to relocate expensive equipment

Story and Photo by
SGT. KARL WILLIAMS

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

MARINE CORPS BASE HAWAII — The Soldiers didn't come here to enjoy the sea views; they came to conduct a joint sling-load operation.

Soldiers from 3rd Battalion, 25th General Support Aviation Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, helped the Coast Guard with an 8-foot by 26-foot, steel, lighted buoy.

The buoy, located in the Ulupau Crater Weapons Range Danger Zone, here, and valued at approximately \$30,000, had parted from its mooring and needed to be relocated.

Ralph Little, commander, Cutter Kukui, Coast Guard, said he began asking other military services for assistance with recovering the buoy, after exhausting options within the Coast Guard.

"The (25th CAB) offered to assist us, due to the inaccessibility of the buoy in the shallow water," Little said. "This relatively small operation integrated capabilities, personnel, platforms and commu-

nications from the Army, Coast Guard and Navy."

Little received support from the Navy's Waterfront Operations, here, as well as outstanding support, he said, from MCBH. "Interagency operations like this one go a very long way towards improving interoperability among the services," he added.

Weeks of coordination and planning significantly contributed to the overall efficiency of the operation, according to Sgt. Rolf Karlstad, air traffic services operator, Company F, 3rd Bn., 25th GSAB.

"Prior to transport, we rigged and preinspected the sling set and vertical pendant on dry land, and (we) only needed to connect four chains to the lifting eye of the buoy when we were in the water," Karlstad said.

Capt. Sean Merrit, commander, Co. B, 3rd Bn., 25th GSAB, and his Chinook crew also reconnoitered the buoy, the route to the landing zone and the landing zone itself to ensure they all were safe. The crew then returned to the

SEE 25th CAB, A-5



Co. B, 3rd Bn., 25th GSAB, 25th CAB, 25th ID, uses a CH-47 Chinook helicopter to transport a 12,000-pound buoy from a sandbar in Ulupau Crater to Marine Corps Base Hawaii, recently, to allow the U.S. Coast Guard to recover the buoy.

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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Ask the Garrison Commander!

COL. DOUGLAS MULBURY
 Commander, U.S. Army Garrison-Hawaii

The "Ask the Garrison Commander" program allows Soldiers, civilians and family members to get their concerns addressed and questions answered.

Generally, I answer questions of community-wide impact. However, all submitted questions come directly to me. Directorates and support staff research queries and provide responses.

Submit questions via the Ask the Garrison Commander email address and through the U.S. Army Garrison-Hawaii web link at www.garrison.hawaii.army.mil/comments/contactgc.aspx.

Q: I'm concerned about the amount of PT being conducted in the immediate vicinity of Hale Kula Elementary School and the Soldier Support Center. The roads right in front of the school are heavily-traveled areas, with drivers, passengers and pedestrians on their way to school or the center.

Large groups of Soldiers are running on the street and on the sidewalk. Is it necessary for them to do PT in this area, since Kolekole Avenue is already blocked off for this purpose and there are less-populated areas on this side of the installation?

A: The limited amount of open space and lightly-traveled streets severely affect the ability for our Soldiers to conduct PT on any of our installations. To help minimize the impact that Soldiers conducting PT have on our residents and workforce, we have designated specific running routes throughout our installations and limited the time frame during which PT can be conducted.

Unfortunately, the Hale Kula Elementary School area is an essential part of Schofield Barracks' network of approved running routes, as it provides a necessary connection for those Soldiers running down Waianae and Ayres avenues to link with McMahan Road, which skirts the less-traveled perimeter of the installation.

Department of Defense civilian employees and contract workers also should not begin work prior to 7 a.m.

Mulbury addresses PT routes, traffic, parking and housing



Mulbury

Q: Traffic has gotten worse in the mornings with all of the new construction going on in Wheeler Army Airfield and around the WiliWili Circle housing area. Is it possible to open the gate between WiliWili Circle and Camp Stover?

A: There has been a noticeable increase of traffic throughout WAAF in recent months. While opening another gate would undoubtedly help ease some of this congestion, unfortunately, we simply do not have the personnel and funding necessary to properly man this gate, even for a few additional hours.

Q: Parking in my housing area is a real problem. People park on the streets behind our homes, instead of the front, and on both sides of the alleys, rather than along the main roads where parking is approved. They also park next to fire hydrants and directly behind my driveway. This is inconsiderate, dangerous and, most importantly, creates problems for fire and other emergency vehicles.

A: Parking throughout our installation is a problem and one that is often difficult to control, especially within our housing areas. Law enforcement personnel can and do issue tickets for areas not designated or approved for parking in accordance with Army policy; these are warning citations, which are then referred to Soldiers' units for corrective action.

Law enforcement personnel issue citations with a monetary fine to those who park in areas designated for the handicapped or in marked fire lanes. The Directorate of Emergency Services is stepping up enforcement of parking infractions throughout the housing areas, but I am also asking assistance of all community residents in referring parking violations to community managers and DES.

Q: A left turn light should be installed at the intersection of Kolekole Avenue and Flagler Road to help alleviate traffic backups caused by people waiting to turn left. Is this possible?

A: The Kolekole and Flagler intersection was identified as one of our major intersections where left turn signals should be installed. Others intersections include Kolekole and Humphreys, and Cadet Sheridan and Macomb. The scope of work associated with these upgrades has already been developed and a request for proposals is out for bids. Contingent upon the availability of funding, we fully anticipate being able to award the contract and complete the work.

Q: As part of our lease-signing process, two issues developed. First, we will be responsible for paying a de-fleaing charge prior to moving. When we asked about the cost, the agent didn't know but told us the Community Center manager could provide this information after we signed the lease and completed the walk-through. This process, in effect, asks us to sign a binding contract for a service without first knowing the cost involved. Second, the lease agreement states tenants will be provided a Resident Guide at signing or prior to occupying the premise, but we did not receive one. Instead, we were told the guide had been recently been updated and new ones were not yet available for distribution.

A: Island Palm Communities has a standard de-fleaing charge of \$98. You have the option of hiring someone else to perform this service for you and providing IPC the receipt as proof the treatment was completed by a professional.

With regard to the Resident Guide, IPC recently updated this document and apologizes that the new materials were not yet available from the printer at the time you signed your lease. You can download and view or print a copy of the new Resident Guide by going to www.islandpalmcommunities.com/Resident-Resources/Resident-Guide/default.aspx.

To submit an "Ask the Commander" question, send an email to AskTheCommander.usaghi@us.army.mil. For more information, call Bill Lenharr (656-0611) at USAG-HI Command Group, or call Aiko Brum (656-3155) at USAG-HI Public Affairs.

USACE issues general permit for maintenance, clearing of water

U.S. ARMY CORPS OF ENGINEERS- HONOLULU DISTRICT
 Public Affairs

FORT SHAFTER – The U.S. Army Corps of Engineers-Honolulu District issues a general permit that allows the general public, organizations and government agencies to remove blockages in waters around the state, upon meeting certain conditions.

This general permit authorizes the mechanical removal of shoaled sand or other sediments, vegetation and debris, which may block the mouths of rivers, streams and storm drains, to reduce the

potential for flooding, particularly during the rainy season.

This permit also authorizes the removal of potentially hazardous debris from beach areas around the state.

The permit provides agencies and facility owners a streamlined method to receive authorization for this type of work more quickly than in the past.

Applicants are required to submit a pre-construction notification to USACE-HD containing specific information about the proposed work and areas. Applicants also must submit a statement indicating they have or will abide by all of the



The general permit and conditions can be found at www.poh.usace.army.mil/PA/pa-NRPNarchive.htm or www.poh.usace.army.mil/PA/PublicNotices/SPN20110812_GP2011-001.pdf.

For questions about the Regulatory Program and the permit, call 438-9258.

conditions required in the general permit. USACE's Regulatory Program protects the nation's aquatic resources, while allowing reasonable development through fair, flexible and balanced permit decisions.



Learning each other's love language makes marriage a stronger union

CHAPLAIN (MAJ.) JOSH LLANO
 8th Theater Sustainment Command

According to 1 John 4:12, "No one has ever seen God. But if we love each other, God lives in us, and his love has been brought to full expression through us."



Llano

Falling in love is a momentary, romantic and emotional obsession.

Staying in love means the couple works to maintain those warm emotions, and this maintaining is hard work.

The Bible refers to love as an attitude. If we want to keep love alive, we must choose to have God's attitude of love and look out for the other's interest before our own. We do not deserve God's love, but he chooses to love us. We need to follow that example.

Everyone has a need to be loved, but each person has a primary love language in which he or she receives love. Here are some of the tips from Gary Chapman's

book "The Five Love Languages."

- Use words of affirmation. Don't continually say negative comments to your mate, or this will drain his or her love tank to empty. When your mate is on empty, arguments start and cause problems in the relationship.

- Spend quality time together. Every couple should plan a weekly date, without the children, to keep the romance in their relationship alive.

- Quality conversions come from time spent together, and they are something every couple needs to improve on. Plan time to talk to each other daily, go for an evening walk, out for a coffee or out to eat at a nice restaurant.

- Giving gifts is another way to bring romance back to a relationship. Surprise your wife with flowers or a nice card out of the blue. Give the gift of your presence, and show up to your husband's place of work with lunch.

- Acts of service are another great way to surprise your spouse. Cleaning the house, mowing the lawn, and washing and vacuuming a car will surprise spouses.

The little things we do for each other keep the romance in our relationships.

- Regular physical touch is an exciting way to show how much you love each other. Hold hands during your walks together or put your arm around one another while on the couch.

We need to make sure we meet each other's love needs regularly, and don't forget that a person with an empty love tank is very difficult to live with or be around.

We need to ask how we can keep each other's love tanks full and not wait until everything starts to go downhill to seek help.

We need to learn the love languages of our spouses.

Chaplains routinely offer marriage and singles' training to help people develop stronger relationships.

Ephesians 5:27 says, "In the same way, husbands ought to love their wives as their own bodies. For a man is actually loving himself when he loves his wife."

Therefore, we need to love each other to keep our relationships and families strong.

324 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 08/18/11.

Voices of Ohana

Aug. 19 is Hawaii Statehood Day.

What is your favorite thing about Hawaii?

Photos by 84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command



"A great change in the work environment."

Sgt. 1st Class Jose Diaz
 HHC, 84th Eng., Bn., 130th Eng. Bde., 8th TSC



"Snorkeling and pineapples."

Sgt. Evan Harrison-Corey
 HHC, 84th Eng., Bn., 130th Eng. Bde., 8th TSC



"Everything. The rainbows, the ocean and the weather."

Staff Sgt. Cynthia Jenkins
 HHC, 84th Eng., Bn., 130th Eng. Bde., 8th TSC



"Fishing."

Spc. Peter Kirscher
 HHC, 84th Eng., Bn., 130th Eng. Bde., 8th TSC



"That the ocean is steps away from the mountains."

2nd Lt. Dayna Riise
 HHC, 84th Eng., Bn., 130th Eng. Bde., 8th TSC

Guard units come home to a warm reception

Battle buddies, families pay homage to fallen comrades

LT. COL. CHARLES ANTHONY & ARIANNE UNDAN
News Release

WHEELER ARMY AIRFIELD – Family members and friends packed a warehouse, here, for the highly-anticipated return of the Hawaii Army National Guard's 171st Aviation Regiment, Aug. 10.

The 150 Hawaii-based Soldiers deployed to regional commands south and east in Afghanistan for a yearlong deployment in support of Operation Enduring Freedom.

Company B, 1st Battalion, 171st Avn. Regt., was mobilized August 2010. After several months of training at Fort Hood, Texas, it deployed October 2010.

The Soldiers provided CH-47D helicopter lift support to combat aviation brigades.

The unit flew more than 1,400 missions, which transported a total of 69,000 troops and 7.5 million pounds of supplies to key locations, reaching 9,000 flight hours.

The unit's missions were in support of combat supply, battlefield circulation, general support and deliberate operations against the Taliban in support of various

ground units.

At the welcome back ceremony, comrades shared a moment of silence with family and friends for the team of 31 service members who were shot down last week, the very unit that replaced 1st Bn., 171st Avn. Regt. downrange.

Several service members wore a black sleeve with names of the service members to give remembrance to the fallen during the welcome home ceremony.

(Editor's Note: Anthony is with Public Affairs, HIARNG, and Undan is with Logistics Solutions Group Inc., 3302nd Mobilization Support Battalion.)



Photos by Arianne Undan | Logistics Solutions Group Inc., 3302nd Mobilization Support Battalion

Soldiers in Co. B, 1st Bn., 171st Avn. Regt., HIARNG, are welcomed home from a yearlong deployment to Afghanistan by family and friends, Aug. 10. The unit provided helicopter lift support to combat aviation brigades while deployed.



Soldiers in Co. B, 1st Bn., 171st Avn. Regt., HIARNG, are welcomed home with Hawaiian aloha spirit and lei, recently.



Service members are wearing black sleeves, displaying names of fallen service members from the unit that replaced them in theater.



Photos by Ben Doquiza | Army and Air Force Exchange Services-Hawaii

A young mixed martial arts wannabe takes down a large MMA fighter.

You're home!

SCHOFIELD BARRACKS – In a joint effort, Army and Air Force Exchange Services-Hawaii and the Directorate of Family and Morale, Welfare and Recreation's Leisure Travel Services, formerly known as ITR, here, welcome the safe return of the 2nd Brigade Combat Team, 25th Infantry Division, from its recent deployment.

The celebration was held at the Post Exchange, here, Aug. 12-14, and hosted vendors from throughout the islands, who came together for Hawaii's "Warrior Brigade."

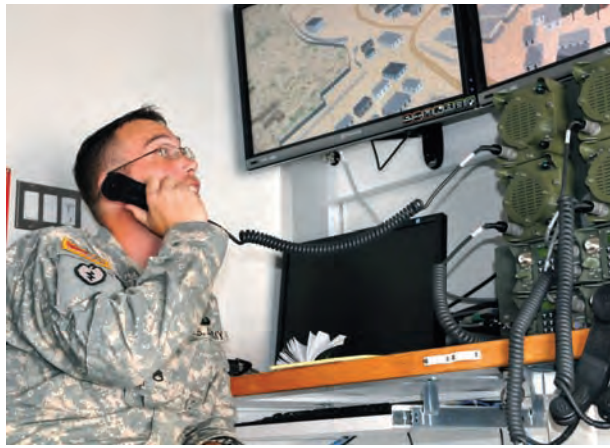
Sales managers from 55 various local companies provided information and welcome packets for all to enjoy, including coupons and discounts.

DFMWR's Outdoor Recreation, the Sgt. Yano Library and Army Community Service also joined in on the fun to support Soldiers and families.



Wahiawa senior citizens perform a traditional hula.

25th CAB executes, refines battle drills in a realistic environment



Sgt. Karl Williams | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

Staff Sgt. Christopher Mayville, Co. E, 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, provides command and control for Soldiers during a simulated convoy at the RVTT center, Schofield Barracks, Aug. 10.

25TH COMBAT AVIATION BRIGADE PUBLIC AFFAIRS 25th Infantry Division

SCHOFIELD BARRACKS – Critical training prepared Soldiers to conduct combat operations in Afghanistan during simulations at the Reconfigurable Vehicle Tactical Trainer Center, here, Aug. 10.

Soldiers in Company E, 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, conducted simulated combat logistic patrols at the RVTT, here.

“The RVTT provides our Soldiers with some hands-on training, utilizing different scenarios they may encounter in future missions,” said Capt. John Mosby, commander, Co. E.

Soldiers operated four humvees – complete with gunner’s turrets, weapons and all the standard equipment – which were surrounded by large projector screens depicting simulated scenarios.

The vehicles followed a predetermined and simulated route through the mountains of Kandahar, Afghanistan, that required the Soldiers to react to various scenarios. The challenging scenarios included personnel throwing rocks at the vehicles, enemy engagements with small arms fire from other vehicles and the surrounding hilltops, and improvised explosive device detonations along the routes.

These simulations allowed Soldiers to execute and refine battle drills in a demanding and realistic environment.

“In this controlled environment, we can work out our bugs from not deploying for one or two years,” said Sgt. 1st Class Dustin Olverson, Co. E. “Also, Soldiers can safely experience these real-world scenarios, without anyone getting injured or damage to equipment.”

Following the training, Soldiers gathered to watch a recording of the simulations, as they conducted an after-action review to assess their reactions and refine the battle drills for each scenario.

“This training takes us back to the mindset we need to be in to complete our mission,” said 1st Lt. Melissa Dabney, Co. E. “From a leader’s standpoint, (this training) allows us the opportunity to go back and re-evaluate after each scenario (and) switch seats in the vehicles, armaments and communications.”

All personnel involved in the training benefited from lessons learned and agreed that the training provided an excellent opportunity for refining critical skills required during combat operations.

“I liked the training, and it was a good experience,” said Spc. Nancy Moreno, petroleum supply specialist, Co. E. “The closest thing I’ve ever done to something like this was to watch my friends play the video game ‘Call of Duty.’”

Forum: Families share opinions on programs

CONTINUED FROM A-1

occupational specialties, or MOSs – to ensure Soldiers work in the fields in which they receive training; and Directorate of Family and Morale, Welfare and Recreation programs – to add more adventurous events to the Family and MWR schedule, according to Amanda Koren of Army Community Service.

Some other programs mentioned during the forum included the Post-9/11 GI Bill, marriage retreats, medical care, housing, schools and the Exceptional Family Member Program, she said. Family members expressed a need for more drop-in child care options, more after-school support for EFMP children and adoption of a federal standard for military children who frequently transfer from one school to another, to avoid having to repeat courses.

As well, the transition team learned that the Army Career and Alumni Program, or ACAP, should be maintained – because it will be vital in today’s economy.

“I want to make sure my husband and I are always up to date, so we can make informed decisions about our future,” said Nina Elison, whose husband is assigned to 523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command.

“I walked away feeling like my concerns were heard, and I believe he will convey our message well,” she said.

Special emphasis was placed on Master Resiliency Training and redeployment reintegration during the family forum.

U.S. Army Garrison-Hawaii’s Child, Youth and School Services provided child care to participating families at no cost.



Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

‘Order up!’

WHEELER ARMY AIRFIELD — The Chief of Staff of the Army’s Transition Team visited the 25th Combat Aviation Brigade, 25th Infantry Division’s dining facility, here, Aug. 12, to eat lunch and hand out some coins.

“The DFAC was great,” said Brig. Gen. Thomas Vandal, Transition Team officer in charge. “They showed real pride by working hard to provide good food and environment for Soldiers to eat in.”

Sgt. Maj. Ramiro Landeros agreed with Vandal’s sentiments.

“The food is excellent,” he said. “They are doing a great job of taking care of their fellow Soldiers.”

News Briefs

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

22 / Monday

First-Term Financial Training

– Mandatory eight-hour training will teach students basic financial skills and financial planning, 8 a.m.-4 p.m.,

Aug. 22, Room 111, Building 330, Fort Shafter Aloha Center. Call 655-4227. Register at www.acsclasses.com.

23 / Tuesday

Temporary Closure

– Contractors will install a concrete ramp and drainage system on the Conroy Bowl side of the Health and Fitness Center, Building 582, Schofield Barracks, Aug. 23-Oct. 4.

A portion of the parking lot between Buildings 582, 555 and 586 will be closed and used for contractor vehicles

and equipment only. Call 655-8789.

Blood Drive – Tripler Army Medical Center’s Armed Services Blood Program will hold blood drives at the following dates, times and locations:

•Aug. 23, 8:30 a.m.-3 p.m., Kunia Tunnel.

•Aug. 24, 11 a.m.-3 p.m., Main Exchange, Schofield Barracks.

•Aug. 29, 6:30-9:30 a.m., Army ROTC building, University of Hawaii, 1311 Lower Campus Rd., Honolulu.

•Aug. 30, 10:30 a.m.-2 p.m., Trop-

ics Recreation Center, Schofield Barracks.

•Aug. 31, 9 a.m.-1 p.m., Kaneohe Bay Chapel.

Call 433-6699/6148 or visit www.militaryblood.dod.mil or www.facebook.com/militaryblood.

24 / Wednesday

Women’s Equality Day

– Soldiers and civilians are invited to celebrate Women’s Equality Day, 10-11:30 a.m., Aug. 24, Assembly Hall, Building 1554, Fort Shafter Flats.

Guest speaker is retired Brig. Gen. Belinda Pinckney. Call 438-1600, extension 3218; email lopezm@9rsc.army.mil or melody.k.lopez@us.army.mil.

25 / Thursday

USARPAC Motorcycle Safety Ride

– Deadline to sign up is Aug. 25 for the U.S. Army-Pacific One Team Thunder Ride, Sept. 1, Takata Field, Fort Shafter. The safety-check ride will

SEE NEWS BRIEFS, A-6



An F-15 Eagle fighter jet screams above the Pech River Valley, in eastern Afghanistan's Kunar province, for a show of force, right after a firefight between insurgents and troops from Co. D, 2nd Bn., 35th Inf. Regt., "TF Cacti," 3rd BCT, 25th ID, recently.



Staff Sgt. Ramses Martinez, infantry squad leader, Co. D, 2nd Bn., 35th Inf. Regt., "TF Cacti," 3rd BCT, 25th ID, takes a closer look at a possible insurgent fighting position at a checkpoint in the Pech River Valley, recently.

'TF Cacti' helps Afghan police establish footprint in Pech Valley

Story and Photos by
SGT. 1ST CLASS MARK BURRELL
Combined Joint Task Force I-Afghanistan

KUNAR PROVINCE, Afghanistan — During the dead of night, in the Pech River Valley, here, they moved into position.

High up on the rocky ridgelines that loom over "Route Rhode Island," Taliban fighters silently crept into fighting positions. There, they hid, waiting for the return of International Security Assistance Forces to the valley.

On the winding road below, Afghan National Security Forces and their U.S. counterparts took up fortified security positions at various checkpoints throughout the valley.

The sun rose, showering the valley with light, as bullets rained down from above.

But Soldiers from Company D, 2nd Battalion, 35th Infantry Regiment, "Task Force Cacti," 3rd Brigade Combat Team, 25th Infantry Division, and their ANSF counterparts, were ready for a fight.

"It shows that the enemy is not in charge here," said Capt. Brian Kalaher, commander, Co. D. "The enemy

thinks they are, and they say it's the world's worst valley ... but obviously not. I mean, if they controlled the valley, (I) wouldn't be sitting here, you know. If they controlled the valley, I wouldn't live here."

Kalaher, based out of Combat Outpost Honaker-Miracle, on the edge of the Pech River Valley, in eastern Afghanistan's Kunar province, isn't shy when talking about his company's dangerous mission of controlling Route Rhode Island.

"There are a couple of (improvised explosive device) hotspots in there, and we're there to really make sure that the enemy cannot hinder a humanitarian aid convoy," said Kalaher.

To regain a foothold in the Pech River Valley and Nuristan province, Co. D Soldiers were tasked to help ANSF set up checkpoints along the route and allow safe passage of more than 200 tons of humanitarian supplies to isolated Afghans.

"This convoy is further proof of the Government of the Islamic Republic of Afghanistan's ability to assist and provide a service to the people of Afghanistan," said Kalaher. "A large

part of that is securing the area."

With the sun directly overhead, the first of many firefights during this week-long, joint-operation died down. The smell of gunpowder wafted heavily through the small interior of a mine-resistant ambush-protected vehicle, as Staff Sgt. Ramses Martinez, infantry squad leader, Co. D, wiped the dirt and sweat off his brow in the blistering heat.

His platoon had been swapping 24-hour shifts at an exposed checkpoint deep within the valley for a few days.

Martinez evaluated the situation as cars passed by, seemingly oblivious to the earlier fighting, and Afghan police stopped and searched each vehicle at the checkpoint.

The sun moved across the sky, and the hours droned on and on.

Whiz. Snap. Crack.

ANP troops returned fire almost immediately. Martinez quickly swung the .50-caliber machine gun around and gritted his teeth as the heavy gun barked back at the insurgents.

Then, it was quiet again.

"He doesn't want to poke his little head up and play anymore," Martinez radioed to the other trucks



2nd Lt. Trey VanWyhe, infantry platoon leader, Co. D, 2nd Bn., 35th Inf. Regt., "TF Cacti," 3rd BCT, 25th ID, does the "Jersey Shore" fist pump with an ANP counterpart, recently.

pulling security.

"We used teamwork to fight the insurgents and cooperation to help secure this place," said Sgt. Ubiad Rahman, the noncommissioned officer in charge of the checkpoint, Afghan police.

"The Taliban come down from

the mountains and try to attack us. ... But once we started firing, and the American's started firing, then the Taliban got the message."

The message was clear.

This isn't Taliban country anymore, and the locals don't need to be afraid.



Spc. Dustin Weidman | U.S. Army

Re-enlisting

BAGHDAD — Spc. Derric Brown (left), Forward Area Support Team, Company A, 225th Brigade Support Battalion, 2nd Bde. Combat Team, 25th Infantry Division, signs his re-enlistment certificate at the Al Faw Palace, recently, as 1st Lt. Michelle Garcia, 1st Bn., 21st Inf. Regiment, 2nd BCT, watches.

25th CAB: Joint sling-load mission is a success

CONTINUED FROM A-1

pickup zone to sling-load the buoy.

The Navy provided a Jet Ski; a zodiac, an inflatable rubber boat; and a coxswain, a small watercraft, to transport the rigging equipment and the Soldiers to the buoy.

"Due to our earlier prep work, the greatest difficulty we encountered was simply getting the slings out to the buoy. It was grounded on a coral reef, in 3-6 feet of water, depending on the tide," Karlstad said.

To increase the stability of the buoy during rigging operations, the five-man Army team conducted the mission during low tide, making work on the grounded buoy safer. Having never conducted sling-load operations for a buoy, Soldiers used the same technique as one used to sling-load a 10,000 pound cargo net.

"Since a Coast Guard sea buoy is not a certified load, I had to use my best judgment and the procedures detailed in the field manuals to determine how to rig it safely," Karlstad said.

Merrit and his crew maneuvered the CH-47 Chinook and the buoy safely into a predetermined landing zone on MCBH, according to Capt. David Rodriguez, assistant operations officer, 3rd Bn., 25th GSAB.

"We accomplished all of our objectives on the water and in the air, and did it safely," said Rodriguez. "It was very exciting to see all the pieces come together for a successful mission."

8th MP's Special Reaction Team is the Army's SWAT team



An SRT member in 13th MP Det., 728th MP Bn., 8th MP Bde., displays his tools while preparing for a certification exercise at Fort Shafter, Aug. 10.

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

FORT SHAFTER — Dressed in black, armed to the teeth and equipped with every tool needed to make their presence felt, the Special Reaction Team swarmed abandoned houses, here, and raided a suspected drug hideout under the cover of darkness.

The team, part of the 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th TSC, tested its skills during an SRT certification exercise, here, Aug. 10.

“The exercise tested the Soldiers from the Army Physical Fitness Test to weapon qualifications, finally culminating with crisis management exercises,” said Riff Mnatzakanian, certification exercise officer.

Crisis management exercises are developed to incorporate fundamental Soldiers' skills with intense critical thinking, mimicking real-life scenarios where every decision means life or death.

“We test the team on three phases during a crisis management exercise,” Mnatzakanian said. “The first is their ability to respond to a crisis. What route do they take? How quickly can they get there?”

“Second, we test their ability to plan and execute. Is the plan sound? Did they follow through on their plan?” he said. “Thirdly, we test their ability to debrief to the incident commander.”

The scenario had the SRT apprehend

two drug suspects from their house.

After making their way onto Fort Shafter, Soldiers moved their snipers into positions, and then the slow, gradual process of planning and waiting until nightfall began.

The team identified the back door as the weak point, and then, in an instant, the team moved in, cut through fences, bashed through the back door and apprehended the suspects.

They processed the suspects, brought in the drug dogs, conducted an after-action review and relaxed, knowing the certification process was done.

But it was far from over. Just minutes after the SRT truck drove by, the second exercise of the night came into play.

Simulation rounds flew through the air, hitting MPs still on the scene and escalating what was, at first, a simple drug bust into a threatening situation.

The SRT members made their way back and hit the ground running with a synchronized movement that required firepower and finesse — one team taking out the gunmen, the other rescuing downed MPs.

As the assault team contained the suspects, the rescue team flanked and pulled out the injured MPs, then quickly melted back into the dark.

Slowly, the gunfire subsided. Within moments of the start of the fight, the dust settled, and the SRT team came out on top.

“This is the Army's SWAT team,” Mnatzakanian said.

Water purification skills enable units to sustain military force

Clean drinking water is vital in challenging environments

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

SCHOFIELD BARRACKS — Soldiers received the opportunity to train on the lightweight water purifier, or LWP, and the tactical water purification system, or TWPS, here, recently.

The 40th Quartermaster Company, 45th Sustainment Brigade, 8th Theater Sustainment Command, received classroom instruction and hands-on training to get more precise on both pieces of equipment.

“It is a really easy system to use, I have had good instruction, and it has been good working with the other Soldiers on the equipment,” said Spc. Marco Espinosa, water treatment specialist, 40th Quartermaster Co.

Soldiers learned how to purify a broad range of water sources to meet requirements for small military units, detachments and special operations forces supporting a multitude of contingency and humanitarian operations.

“It is important for the Soldiers and the leaders to be proficient in their military occupational specialty (and) also to be able to perform any mission around the world,” said Staff Sgt. Willie Washington, water

treatment specialist, 40th Quartermaster Co.

Soldiers also learned the LWP weighs 2,000 pounds, provides 75-200 gallons of potable water per hour, has the ability to store up to 3,000 gallons and is capable of producing potable water from all water sources.

In extreme climates, the availability of clean drinking water has become a crucial component for sustaining healthy forces.

Because of the impact of environmental challenges, the U.S. Army's Tank Automotive Army Command, or TACOM, Life Cycle Command Program has developed and integrated TWPS, which enables force sustainment for Army and Marine Corps troops operating in some of the world's most challenging environments.

The TWPS uses micro-filtration technology to filter out silt and biological materials and includes high-salt rejection and reverse osmosis technology to produce drinking water from the most extreme water sources in the world.

Each TWPS unit can deliver more than 1,500 gallons of potable water, per hour, from freshwater sources, and more than 1,200 gallons from sea or saltwater sources. These amounts are enough to sustain 1,500 troops, per day, from freshwater and up to 1,200 troops from sea or saltwater.

In addition to military use, TWPS units are efficient systems for disaster-relief water supply — an asset



Spc. Marco Espinosa, 40th Quartermaster Co., 45th Sust. Bde., 8th TSC, views an operations manual as he and fellow Soldiers prepare to operate the TWPS, at Area X, Schofield Barracks, recently.

anywhere in the world.

The LWP complements TWPS, a larger water purification system, and provides a more mobile water purification capability, consisting of six modules and two-1,000 gallons tanks — one for raw water and one for product storage.

News Briefs

CONTINUED FROM A-4

end at Cycle City, Honolulu. Safety seminars and vendors will be available. Interested motorcyclists should contact the units' motorcycle mentors. Uniform is duty uniform with safety vest and personal protective equipment, or PPE, or civilian riding attire with PPE.

31 / Wednesday

Facebook Town Hall —

Have questions about U.S. Army Garrison-Hawaii? Got an idea about how to make the USAG-HI community better? Get your questions ready for the first-ever online Facebook town hall, hosted by USAG-HI, 6:30-7:30 p.m., Aug. 31, at www.facebook.com/usaghawaii. On that date, all U.S. Army Hawaii Soldiers, family members, retirees and civilians can ask questions and get live responses. If your question does not pertain to the public at large, email AskTheCommander.usaghi@us.army.mil.

September

1 / Thursday

Signal Ball — RSVP online by Sept. 1, at <https://einvitations.afit.edu/2011SignalBallHI>, for the 2011 Signal Ball Hawaii, 5 p.m., Sept. 16, Tapa Ballroom, Hilton Hawaiian Village, in Waikiki. For tickets, call 438-2329 or email rodney.kelley@us.army.mil.

Deployment Club — Deadline to register is Sept. 1 for workshops sponsored by Families Overcoming Under Stress, or FO-CUS. Keiki, ages 5-12, whose parent is either deployed or about to deploy, can attend this four-part workshop, 1:30-5 p.m.; Sept. 8, 15, 22 and 29; Kalakaua Community Center, Schofield Barracks. Call 257-7774 or email Hawaii@focusproject.org or tanisha.brown2@us.army.mil.

Ongoing

Antiterrorism Awareness — August is Antiterrorism Awareness Month.

Reference materials and awareness products are posted at Army Knowledge Online at www.us.army.mil/suite/page/605757.

Geospatial collaboration aids battlefield tactics, humanitarian assistance

5TH ENGINEER DETACHMENT (GEOSPATIAL) 130th Eng. Brigade, 8th Theater Sustainment Command

FORT SHAFTER – A delegation from the Mongolian armed forces joint intelligence came, here, to collaborate with the 5th Engineer Detachment (Geospatial), 130th Eng. Brigade, 8th Theater Sustainment Command, recently.

The MAF delegation participated in a subject matter expert exchange, or SMEE, with the 5th Eng. Det.

The 5th Eng. Det. helped the MAF improve its geospatial capabilities and support, and to enhance collaboration in achieving regional security goals.

“U.S. Army-Pacific’s ‘One Team’ intelligence has the most extensive Theater Security Cooperation Program in USARPAC,” said Col. Keith Geiger, intelligence, USARPAC. “The engagement by the 5th Eng. Det. was designed to enhance the MAF joint intelligence’s geospatial capabilities, as part of an overall program to build intelligence capacity.”

Deliverables included more than just exchanges of information.

“We have also built a strong relationship with the Mongolians in open-source intelligence, collection management and all-source analysis,” Geiger



2nd Lt. Kathleen Rose | 5th Engineer Detachment (Geospatial), 130th Eng. Brigade, 8th Theater Sustainment Command

Chief Warrant Officer Jason Dyals (bottom left) and Chief Warrant Officer Mitchel Dascent (far right), both with 5th Eng. Det., 130th Eng. Bde., 8th TSC, instruct MAF delegates on how to use ArcGIS software, recently.

said. “This successful SMEE continues to add to that intelligence relationship. We have similar geospatial relationships with the Philippine army, Japan Ground Self-Defense Force and the Malaysian army, and (we) will build on those in fis-

cal year 2012.”

The MAF delegation and Soldiers spent three days training on selected geospatial software.

“It was a wonderful opportunity to establish a working relationship and set

the foundations for the first Mongolian geospatial team,” said Sgt. Brian Carter, geospatial engineer, 5th Eng. Det.

The SMEE focused on current geospatial technologies, using FalconView and ArcGIS software. FalconView is a mapping application that displays various types of maps and geographically-referenced overlays. ArcGIS is a suite consisting of a group of geographic information system software products.

MAF participants trained on both basic and advanced techniques applicable to these software products. Both software sets assist the commander during intelligence preparation of the battlefield and in analyzing geospatial methodology as it relates to intelligence planning.

“Multilateral cooperation proves beneficial and vital to all nations, by improving each of our organization’s readiness and abilities to respond to a wide range of contingencies, whether in response to humanitarian assistance disaster-relief scenarios or regional crises that affect security,” said Col. Jeffrey Milhorn, commander, 130th Eng. Bde. “These exercises contribute to a deeper understanding, improved training and commitment to a spirit of cooperation and partnership between our military forces.”

Due to the MAF’s limited exposure to the programs, the 5th Eng. Det. adopted a “train the trainer” hands-on approach, preceded by blocks of lecture-based instruction.

“Since the (MAF) are just starting a geospatial program, this was a good opportunity for us to provide them with much-needed training, as well as build a strong foundation for future interactions,” said 2nd Lt. Kathleen Rose, operations officer, 5th Eng. Det.

The MAF expressed gratitude in the new skills learned and quickly applied skills learned during the SMEE.

Maj. Enkhtsog Dagvadorj, commander, MAF, having been assigned the position of commander the day prior to departing for Hawaii, received hands-on introduction to geospatial engineering. He appreciated seeing what his soldiers will deal with on a daily basis and what they will be capable of producing.

“Working with the MAF enabled the 5th Eng. Det. to showcase their geospatial training skills, while providing a rich, cultural exchange that broadened the perspective of all participants,” said Chief Warrant Officer Mitchel Dascent, geospatial engineering technician, 5th Eng. Det.

Town Hall: USAG-HI uses new tool

CONTINUED FROM A-1

What topics can be discussed?

Participants can ask questions or comment upon any garrison service.

All issues will be addressed; however, some questions may need more research or answers from another organization or tenant unit outside of USAG-HI. Questions that are more personal in nature can be emailed to the commander at AskTheCommander.usaghi@us.army.mil.

Participants are asked to post family-friendly comments and questions, and to review the posting policy located under the “Info” tab. Any obscene post will be removed.

The Facebook town hall is one more way the garrison is engaging the U.S. Army Hawaii community to improve its services, programs and infrastructure. Facebook conversations may provide insights or suggestions needed to tackle a quality of life challenge from a different perspective.

What are USAG-HI services and programs?

- command information
- contracting and business
- cultural resources
- customer services
- deployment
- emergency services
- equal opportunity
- housing and barracks
- human resources
- law enforcement
- legal assistance
- logistics
- mobilization
- morale and welfare
- public information and outreach
- readiness
- recreation
- religious support
- resource management
- safety
- schools and education
- security
- sustainability
- training
- transportation
- youth and child care

TAMC: Foundation supports children

CONTINUED FROM A-1

of all different branches of people from the military that need some kind of help,” Carroll said. “Some are disabled; some are orphaned children. (The foundation gives) scholarship money and builds homes for vets that need assistance.”

Carroll was working as a captain with Ladder 37 during the attacks. His unit responded to the World Trade Center shortly after the second building collapsed and performed search and rescue most of the day. He likens the experience at ground zero to that of a battlefield and feels

a kinship to America’s service members.

“Being that the military (members) do so much for our country, I wanted to give back and help them when they are in need,” Carroll said.

“The foundation not only responds to taking care of its own – by supporting children who have lost a parent, firefighters and seriously injured military (service members) – but helped with the Homes for Heroes,” said Johnson. “The first home, completed this summer, went to one of our own 25th (ID) Soldiers.

“USA Cares-Hawaii Chapter and the Fisher House also receive support,” Johnson said.



The audience watches the dog competition at "Dog Days of Summer," Saturday, at Weyand Field, Schofield Barracks. A new category, "Ugliest" dog, was added to this year's contest, in addition to the usual "Dog/Owner Lookalike," "Cutest," "Most Talented" and "Best Costume" categories. First place in each category earned a \$100 gift card to a pet supply store.

Applause for paws

Canines shake hands, roll over and show off latest doggie runway fashions

Story and Photos by
VICKEY MOUZÉ
Pau Hana Editor

SCHOFIELD BARRACKS – Audio speakers blasted canine-friendly tunes, such as "Hound Dog" and "Bingo Was His Name-O," as dogs and their owners congregated, here, Saturday, for the third annual "Dog Days of Summer."

The Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii; organized the event.

About 300 people attended, according to DFMWR. Dog Days celebrates the last days of summer, drawing dogs and their owners from throughout the island.

DFMWR events
Visit www.himwr.com to see a calendar of upcoming community events. See more photos of this event at www.flickr.com/photos/usaghawaii/sets/.

Owners could enter Fido in dog contests, competing for titles such as most talented, best costume and cutest.

Lira, a 3-year-old Yorkie, trotted away with the first place "Cutest" dog title. A veteran of last year's contest, she had placed second in "Dog/Owner Look-Alike" and third in "Cutest," but this year, her braids and ribbons won over the judges.

"Lira was more confident this year," said Tatiana Boyarko, Lira's owner.

Winning the title added to the excitement of having Boyarko's husband back on island. Aleksandr, a specialist assigned to Troop B, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, redeployed about two weeks ago.

He lauded DFMWR for hosting Dog Days, saying Dog Days and other DFMWR events are beneficial for families and their returning Soldiers.

Another Schofield family, Spc. Paul and Heather Offhaus, Company A, 225th Bde. Support Battalion, 2nd BCT, 25th ID, also took first place in another category, "Best Costume." Using a paintbrush and hair dye, the Offhauses decorated their boxer, Cyrus, with red, white and blue. Paul said they hadn't planned on entering the contest, but did so at the last minute.

A 3 1/2 year-old English Springer Spaniel named Lightning showed the crowd she could shake hands with either paw, rocketing her to first place in the "Most Talented" category. Owner Pamela Pascala said that she and her husband, James, a specialist assigned to Headquarters and Headquarters Co., 45th Special Troops Bn., 45th Sustainment Bde., 8th Theater Sust. Command, have taught Lightning about five or six tricks to offset Lightning's natural hunting instincts.

Pamela plans to use the \$100 gift card to "pamper Lightning with a new bed and a new dress."

When not walking down the runway, canines could socialize with each other in the fenced-off dog park.

Also, working dogs from 13th Military Police Detachment, 8th MP Bde., 8th TSC, demonstrated patrol techniques for the crowd.

Now with summer almost over, DFMWR is gearing up to celebrate fall with the following events: "Rocktoberfest," 4 p.m., Oct. 7, at the Nehelani, Schofield Barracks, and an Army polo match at Fort Shafter, 11 a.m., Oct. 15.

Cyrus' patriotic theme took first place in the costume category. Hair dye was used for the decorative stripes.



Dog Days 2011 Winners

- Dog/Owner Look-Alike (five entries)
 - 1st Battle (Jasmine Dixon)
 - 2nd Roxie (Bella Thornbury)
 - 3rd Stitch (Kristine Yasuda)
- Cutest (30 entries)
 - 1st Lira (Tatiana Boyarko)
 - 2nd Roxie (Bella Thornbury)
 - 3rd Three-way tie:
 - Toby (Kayla Rosano)
 - Ziggy (Karine Silva)
 - Chico (Amanda Garcia)
- Ugliest (one entry)
 - 1st Spike (William Lucus)
- Most Talented (three entries)
 - 1st Lightning (Pam Pascali)
 - 2nd Two-way tie:
 - Rebel (Saxton Crump)
 - Bella (Elida and Adam Parra)
- Best Costume (10 entries)
 - 1st Cyrus (Paul Offhaus)
 - 2nd Summer (Kristen Hightower)
 - 3rd Ruffles (Anna Wood)



Tatiana (left) and Spc. Aleksandr Boyarko, Trp. B, 14th Cav. Regt., 2nd BCT, 25th ID, snuggle with Lira, their 3-year-old Yorkie at "Dog Days of Summer," Saturday, at Schofield Barracks. Lira took top honors as the cutest dog.



Today

Martinez PFC Closures – Portions of the Martinez Physical Fitness Center will be closed at various times now through October to move exercise equipment and to paint. Call 836-0338. Locations and dates follow:

- Free weight room, through Aug. 20. Use the Schofield Barracks Health and Fitness Center, Aug. 19, 5 a.m.-8 p.m.
- Air-conditioned cardio equipment room, Sept. 12-14.
- High ceiling cardio equipment room, Oct. 3-19.
- Nautilus equipment room, Oct. 4-17.

Family Fun Friday – Enjoy free pizza and activities, 6 p.m., Aug. 19, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

Rising Star 2011 – Support your favorite singer at this yearly singing competition. Finals are 6:30 p.m., Aug. 19, Tropics Recreation Center, Schofield Barracks. FRGs and units can win \$300 in unit funds for showing the most spirit. Call 655-5698.

Ceramic Mold Pouring – This class is 9 a.m.-noon, Aug. 19, Arts and Crafts Center, Schofield Barracks. Cost is \$5. Call 655-4202.

Employment Orientation – This event is 9-10:30 a.m., Aug. 19 and 26, ACS, Schofield Barracks. Get a resource packet to get started on your career search here in Hawaii. Call 655-4227.

20 / Saturday

Woodshop Safety – This class is 8-10 a.m., Aug. 20, Arts and Crafts Center, Schofield Barracks. Class is \$10 per session. Call 655-4202.

21 / Sunday

Kayak and Snorkeling – Snorkel with Outdoor Recreation, 5:30 a.m. to noon, Aug. 21. Cost is \$35. Call 655-0143.

22 / Monday

Free Hula Classes – The Native Hawaiian Liaison Office, USAG-HI, welcomes all Soldiers and families to participate in free hula classes. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com.

Classes are held at the following days and locations:

- Mondays, Kalakaua Community Center, Schofield Barracks.
- Tuesdays, Community Center, AMR.

24 / Wednesday

Money Management – This workshop is 9-10:30 a.m., Aug. 24,



Courtesy Photo

Fred Hemmings, an expert on surfing, rides a wave. Hemmings will discuss surfing in Hawaii, Aug. 26, at the Nehelani, Schofield Barracks. Reserve your seat by calling 655-9694 or emailing nhliaison@gmail.com.

Community can ride the perfect wave at 'Aha Aina'

FARAH CABRERA

Native Hawaiian Liaison Office, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – Surfing in Hawaii will be the topic of discussion at the upcoming Aha Aina, or banquet, at the Nehelani, here, 6 p.m., Aug. 26.

Formerly known as the Distinguished Lecture Series, the Aha Aina will feature Fred Hemmings, a renowned world champion surfer and former Hawaii state senator.

Hemmings will talk about "Hee Nalu (Surfing): Hawaii's Gift to the World."

A complimentary dinner is included. The U.S. Army Garrison-Hawaii is hosting the event for Soldiers, families and the Native Hawaiian community.

A quarterly initiative of USAG-HI, in partnership with its Native Hawaiian Liaison Office, the Aha Aina helps bridge understanding between the Native Hawaiian community and the Army.

"Our Aha Aina has been a successful venue in creating proactive dialogue between the Army and Native Hawaiians," said Annelie Amaral, Native Hawaiian liaison, USAG-HI. "It's an opportunity for us to sit together, share a meal and learn from one another. The responses we've received from past dinners have been very positive."

The Native Hawaiian Liaison Office, USAG-HI, was

founded to build relationships between Soldiers and their families with the Native Hawaiian community. Its goal is to familiarize both groups with each other's culture and values through workshops, cultural events, networking opportunities and other collaborative affairs.

Previous dinner topics have included "Under the Jarvis Moon," "Native Hawaiian Voyaging and Navigation," "The Art of Native Hawaiian Martial Arts 'Luau,'" and "The Lands of Lihue."

In this session, attendees will learn how Hemmings first gained notoriety as a world-class surfer and expert waterman in the 1960s. Since then, he has had an eclectic career in sports, business and politics, including talk radio and writing.

Hemmings is a leading expert on surfing, and his presentations weave in history and anecdotes.

Confirm your spot

Seats are limited; RSVPs are first come, first served. Contact the Native Hawaiian Liaison Office at 655-9694 or email nhliaison@gmail.com.

ACS, Schofield Barracks. This workshop focuses on the basic tools for financial success. Call 655-4227.

All About Credit – This class is 10:30 a.m.-noon, Aug. 24, ACS, Schofield Barracks. This workshop focuses on establishing good credit and what to do to raise your credit rating. Call 655-4227.

Afterschool Storytime – This back-to-school special storytime and activity is 3-3:45 p.m., Aug. 24, and is for elementary-age keiki. Call 655-8002.

Free Hawaiian Workshops – Registration is underway for the following workshops conducted by the Native Hawaiian Liaison, USAG-HI. Reserve your seat at nhliaison@gmail.com or 655-9694.

- Classes follow:
- Niu weaving, 5:30 p.m., Aug. 24, ACS, Schofield. Make bracelets, hats or headbands from coconut palm fronds; materials will be provided.
 - Beginner's ukulele, 5:30-6:30 p.m.; Sept. 1, 8, 15, 22 and 29; Aliamanu

Community Center, AMR. Ukuleles will be available, but you can bring your own if you'd like.

EFMP Share Support Group – This EFMP group will meet 6-7 p.m., Aug. 24, Schofield Barracks Main Chapel. Call 655-4227 or 655-4791.

25 / Thursday

Army Online Tutoring – Stop by between 2-6 p.m., Aug. 25, Sgt. Yano Library, Schofield Barracks, to learn how to get 24/7 help with homework, studying, test prep and resume writing. Call 655-8002.

26 / Friday

Lauhala Weaving – This class is 11:30 a.m.-1:30 p.m., Aug. 26, Arts and Crafts Center, Schofield Barracks. Learn plaiting techniques to weave a bracelet and small box. Cost is \$15. Call 655-4202.

All Army Sports – The All Army Sports website at www.armymwr.com is currently down, which means that Department of the Army Form 4762, "Ath-

lete's Application," must be submitted manually. Soldiers can either fill out the form at their unit orderly room or at the Sports, Fitness and Aquatics Office, Kaala Community Activity Center, Schofield Barracks. Deadline to apply for rugby or soccer is Aug. 26. Call 655-9914.

31 / Wednesday

Medieval Fair – This event is 3-4:30 p.m., Aug. 31, Fort Shafter Library, with free games and crafts for children of all ages. Call 438-9521.

September

1 / Thursday

FMWR Outprocessing – Starting Sept. 1, outprocessing Soldiers in the Fort Shafter/Aliamanu and TAMC areas can be cleared for Directorate of FMWR services at the AMR Physical Fitness Center, Building 1780, 176 Kauhini Rd. Call 836-0338.

SEE MWR BRIEFS, B-6

26 / Friday

Wounded Warrior Charity Weekend – Warriors for Warriors, a nonprofit organization, will host the following activities for this annual charity event:

- Aug. 26, 5 p.m., sit-down dinner, Joint Base Pearl Harbor-Hickman Officers' Club; keynote speaker is Navy Adm. Robert Willard, commander, U.S. Pacific Command.
 - Aug. 27, Golf Scramble at Hawaii Prince Golf Course, Ewan Beach.
 - Aug. 28, doors open for spectators at 6:15 p.m., military hockey game with Army/Air Force versus Navy/Marine/Coast Guard, Ice Palace, Honolulu.
- Email puckmann212002@yahoo.com or call (949) 870-7277. To purchase tickets, visit www.warriors4warriors.org.

Book Reading – Meet Maryann Makekau, Air Force veteran and author of "When Your Mom Goes to War" and "When Your Dad Goes to War," 9 a.m.-2 p.m., Aug. 26, at the Hale Koa Hotel in Waikiki. Visit www.becausehopematters.com.

27 / Saturday

At the Exchange – The Schofield Exchange is hosting the following specials events:

- Chili Cook-off: Set up

SEE COMMUNITY CALENDAR, B-6

community calendar

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

Today

Obon Dance and Festival – The Obon tradition was brought to Hawaii by Japanese immigrants and evolved into a social, cultural and religious custom designed to honor ancestors through an evening of dance and music. Dance begins at 7 p.m., Aug. 19-20, Mililani Hongwanji Mission, 95-257 Kaloapau St., Mililani. Visit www.mililanihongwanji.org or call 625-0925. For more obon festival listings, visit www.gohawaii.com.

"Made in Hawaii"

This annual festival is Aug. 19-21, Neal S. Blaisdell Arena and Exhibition Hall, Honolulu. This shopping emporium includes celebrity chef cooking demonstrations and ongoing entertainment. Admission is \$4 per person; children 6 years and under are free. Visit www.madeinhawaiifestival.com.

20 / Saturday

Free Airshow – The Pacific Aviation Museum Pearl Harbor will hold its fourth "Biggest Little Airshow"

10 a.m.-4 p.m., Aug. 20-21, on Ford Island. Visitors will be greeted by 100 aircraft on the tarmac – both real and remote-control models. Activities include candy bombings for the keiki. The museum is located at 319 Lexington Blvd., Honolulu. Park free at the museum or board free shuttles to the museum at the Arizona Memorial parking area, 9 a.m.-4:30 p.m. Call 441-1004 or visit PacificAviationMuseum.org.

USO Charity Benefit – The Pau Hana Parrot Heads of Hawaii invite military and civilians to join them, 3-8 p.m., Aug. 20, at Jimmy Buffett's at the Beachcomber, Honolulu, for their annual summer charity event. This year's proceeds will be donated to USO Hawaii. Visit www.pauhanaparrotheads.org, or email pauhanaparrothead@aol.com or call 754-2390.

21 / Sunday

Jamba Juice Xterra Mountain Man Triathlon – Cheer on your favorite athletes at this mountain bike triathlon, 8 a.m., Aug. 21, at Kualoa Ranch in Kaaawa. This event consists of a 750-meter ocean swim, 20K hilly bike course and a 6K trail run. Visit www.bocahawaii.com, and click on "Races" for details.

24 / Wednesday

"Mustangs" FRG – The 325th BSB "Mustangs," 3rd BCT, "Broncos," 25th ID, have the following events planned.

- Aug. 24, 5 p.m., Co. C FRG meeting,

Yellow Ribbon Room, Building 550. Topics include updates from downrange, planning welcome home events and distribution of community information. Keiki are welcome.

•Aug. 25, 10 a.m., Co. A FRG car wash at the car wash rack by Burger King, Schofield Barracks. Funds will be used to hold welcome home events.

Running Club – Runners and walkers can join the free Hawaii Running Project's Wednesday Run Club at Schofield Barracks, which meets Wednesdays, 5 p.m., Bowman Field, at the end of Lyman Road. The club runs loops around the base of Kolekole Pass; workouts can be customized from two to eight miles. Email mary.siegel@amedd.army.mil or call 655-9123.

Duke's OceanFest – Celebrate the birthday of Hawaii's "Father of Surfing," Duke Kohanamoku, in true Waikiki beachboy style, Aug. 24-28, Duke Kohanamoku Beach, Honolulu. Participate or watch a host of ocean sports, including longboard surfing, surf polo, swimming, stand up paddling and paddleboards. The event culminates with a lei draping ceremony of Duke's statue. Visit www.dukefoundation.org or call 545-4880.

25 / Thursday

Super Sign Up – The Fort Shafter Hui O Wahine all-ranks Army spouses club is hosting its free, annual Super Sign Up free membership event, 5-7:30 p.m.,

AFTB: Army Family Team Building
 AMR: Aliamanu Military Reservation
 BCT: Brigade Combat Team
 BSB: Brigade Support Battalion
 Co.: Company
 CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program
 FMWR: Family and Morale, Welfare and Recreation
 FRG: family readiness group
 HMR: Helemano Military Reservation

IPC: Island Palm Communities
 SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
 TAMC: Tripler Army Medical Center
 USAG-HI: U.S. Army Garrison-Hawaii
 WAAF: Wheeler Army Airfield

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
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- 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

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF and FD
- Sunday services:
 - 8:30 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, noon, at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- 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, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers' Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

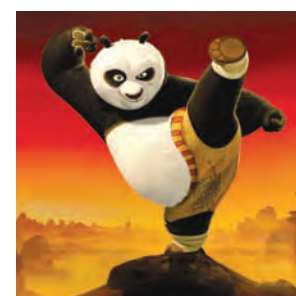
This Week at the MOVIES

Joint Base Pearl Harbor-Hickam Memorial Theater
 Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Transformers: Dark of the Moon

(PG-13)
 Fri., Aug. 19, 6 p.m.
 Sat., Aug. 20, 6 p.m.
 Thurs., Aug. 25, 7 p.m.



Kung Fu Panda 2

(PG)
 Sun., Aug. 21, 2 p.m.

Horrible Bosses

(R)
 Wed., Aug. 24, 7 p.m.

No shows on Mondays or Tuesdays.

Operation Rising Star offers trip to Hollywood for military vocalist

TIM HIPPS

Installation Management Command Public Affairs

SAN ANTONIO – Local competitions for the 2011 Operation Rising Star singing contest began last week at 37 Army installations and depots around the world, including Army Hawaii.

The competition, similar to the popular television show “American Idol” and televised on the Pentagon Channel, is open to Directorate of Family and Morale, Welfare and Recreation patrons from all branches of the U.S. military, including family members 18 and older.

The grand prize winner will receive an all-expenses-paid trip for two to

Los Angeles to record a three-song demo compact disc. The trip includes airfare, lodging, \$1,000 spending money, and three days and nights of studio time with the support of top-rated musicians and recording technicians.

The professional studio time includes musicians, music arrangement, mixing and mastering, a vocal coach, an audio engineer and a CD producer. The approximate retail value of the prize package is \$18,700.

Performers must first win their local Operation Rising Star event, then get selected through video auditions for a spot in the 12-contestant finals in San

Antonio.

One singer will be crowned the 2011 Rising Star at the conclusion of a week of live competition.

Winners of events at the installation level receive \$500 for a first-place finish, \$250 for second and \$100 for third.

Audience members at each local competition can win prizes, too, thanks in part to the Veterans of Foreign Wars, the presenting sponsor of the 2011 Operation Rising Star event. Locally, a \$300 Spirit Award will be awarded to the military unit or family readiness group that provides the most support to a singer during the competitions' final night.

Operation Rising Star

•Schofield Barracks will hold its final round, 6 p.m., Aug. 19, at the Tropics Recreation Center.

Support your favorite singer at this yearly singing competition.

•Family readiness groups and units can win \$300 in unit funds for showing the most spirit. Call 655-5698.

•The finals are judged by a panel of celebrity judges, and the



winner is ultimately determined through online voting at www.OpRisingStar.com.

Troops, packs hold Scout Super Sign Up

Story and Photo by

FRANK GODEK JR.

Boy Scout Troop 176

SCHOFIELD BARRACKS – About 120 youth stopped by for an afternoon of fun activities at the Scout Hut, here, Aug. 10.

They came for the third Annual Super Scout Sign Up, a recruiting event for Girl Scouts, Cub Scouts, Boy Scouts and Venture Scouts.

Prospective Scouts could meet current Scouts and participate in hands-on activities.

The Girl Scouts had a make-and-take seed planting activity called “Planting the Seeds of Friendship.”

The Cub Scouts set up a traditional “rain gutter regatta” race so competitors could race small breath-powered sailboats down rain gutters.

The Boy Scouts set up a full campsite, complete with a campfire so participants could make s'mores.

“The event was well planned, well thought out and the turn out was great,” said Mike Costa, assistant scoutmaster with Wheeler Army Airfield Boy Scout Troop 176.

“The event was great,” said Ellen Petry, service unit manager, Kolekole Girl Scouts, Schofield Barracks. “Lots of new Girl Scouts signed up, and lots of new Girl Scout leaders have come forward. Our meetings will start in September, and we will remain



Prospective and current Girl Scouts gather to get more information and decorate gardening pots during the third Annual Super Scout Sign Up, a recruiting event for Girl Scouts, Cub Scouts, Boy Scouts and Venture Scouts, at the Scout Hut, Schofield Barracks, Aug. 10.

active in recruiting girls and adults. It's not too late to join.”

Scouting is an activity that holds particular significance for military families because of the values that the programs help to develop, and Scouting is a constant wherever military families move. The organization can be a benefit to a youth who might have to move every three years and have everything from school, church

and environment change.

Petry started the Super Scout Sign Up in 2008. Each time she held a recruitment for the Schofield and Wheeler Girl Scout troops, she would be asked if she had information about Cub Scout packs and Boy Scout troops. Petry contacted Scout leaders from all of the Schofield/Wheeler Scout units and suggested they hold a Super Scout Sign Up at the Scout Hut.

Schofield Barracks and WAAF Scouting program

The following is a listing of community Scout troops and contacts:

•Girl Scouts, for girls in grades K-12 and adults who want to volunteer, email SchofieldGirlScouts@gmail.com.

•Boy Scouts, for boys in grades 6-12, email either daniel.segura@us.army.mil for Schofield's Troop 24, or godek@pixi.com for Troop 176 at WAAF.

•Cub Scouts, for boys in grades 1-5, email cubmaster166@gmail.com.

Club Beyond kicks off school year's youth scene on post

KEVIN SCHMIDT

Schofield Barracks Club Beyond

SCHOFIELD BARRACKS – Dancing, laughter and crazy costumes filled the lanes of the bowling center, here, as Club Beyond launched its annual outreach ministry to middle and high school students, Saturday.

Sponsored by U.S. Army Garrison-Hawaii's chapel, this “Knockout” kickoff event drew more than 150 teenagers from various corners of Schofield, many of whom had recently arrived from the mainland, Europe and Asia.

More than 20 student leaders helped initiate and develop the event.

“The student leaders really took initiative to make our newcomers feel at home and part of the group,” said Laura Collier, one of Club Beyond's adult staff. “I love how Club Beyond is like a big family; it's so much more than a youth group.”

Competitions, prizes, food and a live deejay kept things moving, with youths line dancing and bowling.

“Club (Beyond) helps me – and I believe everyone else – to get to know all our peers,” said Alec Hayes, one of this year's student leaders. “It helped me become a social person. Club (Beyond) is just a place where I can simply be myself.”

Club Beyond's mission is to “celebrate life with military kids, introducing them to the life giver, Jesus Christ, and help-

ing them to become more like him,” while offering youth a chance build meaningful relationships.

“This is a great way for teens to make great new friends, and it provides opportunities for us to hang out at retreats, meetings and events,” said Michael Chapman, a Club Beyond member. “It's really had an amazing effect at breaking down relationship barriers for me.”

Club Beyond

Military Community Youth Ministries hosts Club Beyond for military high school and middle school-aged kids worldwide. Visit www.mcy.m.org or Schofield@clubbeyond.org or www.clubbeyondhawaii.com.

•Schofield Barracks Club Beyond is held Wednesdays, 6:16 p.m., on the second floor of Building 791, behind the Exchange. There are separate middle and high school groups. Call 372-1567 or 778-1056 or email kschmidt@clubbeyond.org or deusvult71@yahoo.com.

•Schofield Barracks' den group for high school students is held Tuesdays, 6 p.m., Building 791.

•Aliamanu Military Reservation/Fort Shafter Club Beyond is held Tuesdays, 6:15 p.m., AMR Community Center. Call 426-6343 or email ncox@clubbeyond.org.

TAMC to host awareness fair

Fair to include testing, checkups, speakers, interactive activities to help improve health

TRIPLER ARMY MEDICAL CENTER
Public Affairs

HONOLULU – The Diabetes Awareness Fair will be held, here, 10 a.m.-2 p.m., Aug. 27.

“The purpose of the event is to provide education and put our over-2,000 diabetic patients in touch with resources that will help them control their blood sugars and improve their long-term health,” said Capt. Joy Metevier, chief, Nutrition Outpatient Clinic, TAMC.

As part of the goal to improve patients’ long-term health, medical professionals are taking part in this event. They will order labs and collect data in compliance with Healthcare Effectiveness Data and Information Set, or HEDIS, measures.

“Although all 2,000 diabetic patients have been invited, there will be a concentrated effort to reach those that have not had a hemoglobin A1c drawn within the last year, those with a hemoglobin A1c of over nine, and those who have not had a lipid profile drawn within the last year,” Metevier said.

“The hemoglobin A1c is a critical lab test for understanding the status of the patient’s diabetes and should be monitored by the diabetes treatment team every three-six months,” she said.

Postcards have been sent to all eligible beneficiaries on the island.

“We also have postings on Facebook and poster and video displays distributed in the hope of reaching any and all patients with diabetes islandwide,” said Metevier.

“We have a great variety of interactive booths and activities based out of the Avenue Café and speakers in the Kyser Auditorium planned,” said Maj. Chad Koenig, chief, Medical Nutrition Therapy. “The highlights include a special diabetic menu offered at lunch, foot checks, blood pressure checks, body mass index (or BMI), blood sugar meter information and education materials, cooking demos, recipe samples and, of course, hemoglobin A1c and blood lipid draws.

“We will also be offering diabetes refresher courses through the month of September,” he said. “Through these refresher groups and the lab draws, we hope to get patients reconnected to their diabetes treatment, so that they can actively participate in their care.”

“If gone untreated or mishandled, diabetes is a serious disease,” Metevier said. “With this event, we want to reach out to our patients, help them better understand the disease, give them the tools to better control their health and assist them in living a healthier lifestyle.”

Diabetes education, management resources

TAMC, along with the federal government, offers a variety of diabetes education and management resources, including these:

- Diabetes Awareness Fair; call the Nutrition Outpatient Clinic at 433-5791.
- Facebook support; visit www.facebook.com/TriplerArmyMedicalCenter.
- Diabetes awareness video; watch at www.tamc.amedd.army.mil.
- Self-management; visit www.triwest.com/diabetesSelfMgmt.
- Centers for Disease Control and Prevention tips; visit www.cdc.gov/diabetes.



Courtesy of School Liaison Office; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

‘Hey, batter, batter...’

HONOLULU — Two-time Olympic gold medalist Crystl Bustos conducts a softball clinic for female military children, ages 8-17, at no cost to military families through “Operation Military Kids,” here, recently. Following the clinic, Bustos stayed an extra hour to sign autographs. Kids and their parents, wearing Bustos’ medals, also posed for photos. Athletes focused on fundamentals, techniques and drills during the clinic.

Diabetes numbers reaching epidemic level

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX – More than 8 percent of the entire U.S. population has diabetes, according to the American Diabetes Association, or ADA.

Another 79 million Americans are in danger of becoming diabetic.

That’s more people than the entire country of France.

With such staggering numbers, what is causing this epidemic?

“Over the past decade, obesity has become recognized as a national health threat and a major public health challenge,” said the Centers for Disease Control and Prevention, or CDC, on its website. “Obese adults are at an increased risk for many serious health conditions, including ... Type 2 diabetes.”

During the past 20 years, obesity has increased dramatically throughout the U.S., according to the CDC. More than 30 of the country’s 50 states had at least a quarter of their population obese in 2009.

The ADA identifies people who are overweight or obese, and who don’t exercise regularly, at higher risk for developing diabetes. Therefore, as the country grows less active and collectively gains weight, more and more people will become diabetic.

Many other health problems can develop once a person becomes diabetic, including heart disease, strokes, high blood pressure, blindness, kidney disease and nerve system disease.

Been diagnosed?

If you’ve been diagnosed with diabetes, you may be eligible for Diabetes Self-Management Training. This Tricare-covered program offers training and counseling in the following:

- Monitoring blood sugar levels.
- Proper diet for diabetics.
- Exercise for your condition.
- An insulin treatment plan, if needed.
- Skills for self-management of diabetes.

Visit www.triwest.com/DiabetesSelfMgmt. For more healthy living tips, visit www.triwest.com/healthyliving.

Here are some ADA tips on preventing the onset of Type 2 diabetes:

- Buy more fruits, vegetables and whole grains.
- Purchase leaner meats, such as chicken and fish, and stick to low-fat dairy products.
- Take a brisk walk every day, such as in the morning or after dinner.
- Join an exercise class, such as dance, aerobics or weightlifting.
- Gently stretch every night before bed.

Families should add more fruits, vegetables for healthy living

KAREN HAWKINS

Defense Commissary Agency

FORT LEE, Va. – Summer is a great time to enjoy fresh fruits and vegetables, whether grilling out, eating on the go or looking for a quick snack.

ChooseMyPlate.gov recently released a plate icon that replaces the nutrition pyramid and promotes filling half a plate with fruits and vegetables.

To help you add more vegetables and fruits to your day, follow these simple tips:

- Cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam green beans, carrots or broccoli in a bowl with a small amount of water; sprinkle on a little garlic, onion or herbs, such as rosemary or thyme for a change of flavor.

- Chop up veggies on the weekend and store in the refrigerator. Cut up a batch of bell peppers, carrots or broccoli to enjoy on a salad, with hummus or in a veggie wrap.

- Go for the bright colors when choosing vegetables. Brighten your plate with vegetables that are red, orange or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, chard or kale.

- Compare prices and check the freezer and canned vegetable aisle. Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Add frozen corn, peas, green beans, spinach or sugar snap peas to some of your favorite dishes, or eat them as a side dish. Canned vegetables are economical and quick to fix. Select those labeled “reduced sodium,” “low sodium” or “no salt added.”

- Add color to your salad. Brighten up a salad with colorful vegetables, such as orange, green and red bell peppers; shredded radishes; chopped red cabbage or watercress. The salad won't only look good, it'll taste good, too. Add some beans or grilled chicken to a salad to make it a light and easy dinner.



- Include fruit at breakfast. At breakfast, top cereal with bananas, peaches or strawberries. Add blueberries to pancakes and drink 100-percent orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

- Add fruit to lunch. At lunch, pack an apple, an orange, a banana or grapes. Keep individual containers of fruits, like peaches or applesauce, at your desk.

- Eat fruit at dinner. At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries or grapes in a tossed salad.

- Snack on fruits during the day. Dried fruits make great snacks because they're easy to carry and store well.

- Keep a bowl of whole fruit on the table, counter or in the refrigerator. Apples in a bowl and bananas on a banana tree make great snacks for families on the go. Having them available at eye level helps children make good snack choices.



CONTINUED FROM B-2

Soldiers in the Schofield Barracks/HMR and WAAF areas can still clear at the Outdoor Recreation Center located at Building 556, Heard Ave., Schofield Barracks; call 655-0143.

6 / Tuesday

Open Stage – Show off your talent, 6 p.m., the first and third Tuesday of each month, at the Tropics Recreation Center, Schofield Barracks. Call 655-5698.

13 / Tuesday

Survivor Support Group – This group meets 5:30-8 p.m., the second Tuesday of each month, at the Survivor Outreach Services Center, Fort Shafter Aloha Center, Building 330, Room 111. Call 438-9285.

- South

<https://www.surveymonkey.com/s/South-Single-Soldiers>.

UH Football Tickets –

Buy University of Hawaii tickets at Army Leisure Travel Services, Schofield Barracks. Limited quantities are available; buy early and avoid the lines at Aloha Stadium gate. Visit the office or call 655-9971.

Free Auto Skills Class –

Spouses of deployed Soldiers can learn how to check their vehicle's oil, fluids and tire pressure. Schedule an appointment at the Fort Shafter Auto Skills Center at 438-9402.

Free Fitness Classes –

Soldiers and family members can attend a variety of free fitness classes at the Schofield Barracks Health and Fitness Center. Visit www.himwr.com.

TAMC Physical Fitness

Classes – Active duty Soldiers and their family members can show their military ID at TAMC's Physical Fitness Center to sign up for free physical classes. Cost for Army civilians is \$4 per class or \$25 per month. Call 433-6443.

No-Show Policy – Blue

Star Card holders who register for an event and can't attend, need to cancel their reservation by noon the day before the event. Without cancellation, BSC holders will be considered no-shows, resulting in being placed on a wait list for the following month's events. Email amanda.p.montgomery@us.army.mil.

Ongoing

Single Soldier Survey –

Choose the types of programs and activities you want by filling out the Directorate of FMWR survey now. Based on your location, go to one of these sites:

- North

<https://www.surveymonkey.com/s/North-Single-Soldiers>.



CONTINUED FROM B-2

your homemade entry at the Exchange, 1 p.m., Aug. 27; judging begins at 2 p.m. This contest is limited to the first 20 participants; sign up at the Schofield Exchange Customer Service Center. Prizes are a \$200 or \$50 Exchange gift card.

- \$100 essay contest: Keiki 6-17 years of age can write an essay of 200 words or less on either “Why I Cannot Wait to Go Back to School,” or “Why I Deserve Another Month Off.” Drop off essays at Schofield Exchange Customer Service Center by Aug. 27; the winner will be notified Sept. 1.

Greek Festival – This

event is noon-9 p.m., Aug. 27-28, McCoy Pavillion, Ala Moana Park, Honolulu. Thousands attend this annual fest, which features a Greek deli, pastries and music. Visit www.greekfestivalhawaii.com.

28 / Sunday

Tropical Flower Fest –

This event is 9 a.m.-1 p.m., Aug. 28, at Haleiwa Farmers' Market, Haleiwa. Cut flowers, or chids and tropical plants will be available for purchase. Call 388-9696.

31 / Wednesday

Facebook Town Hall –

Have questions about USAG-HI? Got an idea about how to make the USAG-HI community better? Get your questions ready now for the first-

ever online Facebook town hall, hosted by USAG-HI, 6:30-7:30 p.m., Aug. 31, at www.facebook.com/usaghawaii. On that date, all U.S. Army Hawaii Soldiers, family members, retirees and civilians can ask questions and get live responses. If your question does not pertain to the public at large, email AskTheCommander.usaghi@us.army.mil.

Ongoing

RAP Meeting – Get involved in your community by

attending your community's Resident Advisory Panel. IPC residents can develop and strengthen their relationship with property management and fellow residents. through the RAP. All IPC communities have RAP groups; contact your community manager for details and volunteer opportunities. Visit www.IslandPalmCommunities.com.

Homeschoolers – Military

families in Hawaii who homeschool can join the Oahu Military Homeschoolers Connection. The group schedules activities such as park days and beach days. Visit <https://sites.google.com/site/omhchomeschoolgroup> or <http://groups.yahoo.com/group/OahuMilitaryHomeschoolersConnection>.

“Operation Kid Comfort” –

This local quilting group creates comfort quilts and pillows for children of deployed service members. Contact the Armed Services YMCA at 473-3398 or email pearlharbor@asymcahi.org.