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- Waianae Public Library, 85-625 Farrington Hwy., Waianae.
- Pearl City Public Library, 1138 Waimano Home Rd., Pearl City.
- Hilo Public Library, 300 Waianuenue Ave., Hilo.
- Kailua - Kona Public Library, 75-138 Hualalai Rd., Kailua-Kona.
- Thelma Parker Memorial Public and School Library, 67-1209 Mamalahoa Wv., Kamuela.

Ceremony marks 125th’s third deployment in support of GWOT

Financial Management Company ready to serve personnel downrange

Story and Photo by
SPC. JENNIFER PREMIER
45th Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS – Soldiers from the 125th Financial Management Company, 45th Special Troops Battalion (STB), 45th Sustainment Brigade, said farewell to friends and family during a deployment ceremony June 4 at Building 889, here.

Later this month, approximately 30 Soldiers from the company’s Headquarters Headquarters Detachment (HHD) will deploy in support of Operation Iraqi Freedom. The Soldiers will be responsible for providing financial support to service members and civilians in the Multinational Division-North Region.

“I am confident you will not only set the standard, but that you will exceed that standard,” said Lt. Col. Teresa Rae, commander, 45th STB, during the ceremony.



“We’ve been training for five months with the U.S. Army Finance Command,” said 1st Sgt. Mark McConnell,

HHD, 125th Financial Mgmt. Co. “Their finance experts put us through grueling finance training and said we were

the best company they’ve ever trained.” “I’m 100-percent confident in the group we’re taking downrange,” said McConnell.

This deployment is the 125th’s second to the area and third deployment in support of the global war on terrorism. Formerly known as the 125th Finance Battalion, the unit served in Iraq from August 2006 to August 2007.

Sgt. Maj. Josie Rossi, a senior financial advisor, served as the battalion’s command sergeant major during the previous deployments, and she said she feels comfortable deploying again as she knows the mission.

“It’s all about taking care of Soldiers and keeping them safe,” Rossi said.

130th: Mission exploits specialty in Iraq

CONTINUED FROM A-1

maps and rebuild infrastructure in the war-torn country.

Lt. Col. Charles Klinge, deputy commander, 130th Eng. Bde., said their mission will be tough but he’s positive that the unit is prepared to handle the job.

“In the short time from when we stood up, to standing here on this field, we’ve prepared for this,” Klinge said. “I’m very confident in the Soldiers, here, as well as the training we received. We have a certain specialty that no one else is more suited to do, and we’re answering that call today.”

The 130th Eng. Bde. will join its two battalions, the 65th and the 84th Engineers, downrange when they arrive in northern Iraq, later this month.

During the ceremony, 130th Eng. Bde. commander, Col. Fabian Mendoza, broke away from military tradition during his formal remarks. He took the field with his Soldiers and asked the families to join him.

“This deployment is a total team effort,” Mendoza said. “The real heroes are the families.”



Col. Fabian E. Mendoza Jr. (left), commander, 130th Engineer Brigade, and Command Sgt. Maj. Dale Moran, 130th Eng. Bde., case the colors for travel to Iraq during the brigade’s deployment ceremony on Hamilton Field, June 4, at Schofield Barracks.

On the field, everyone held hands and pledged support to each other to help ease the stresses associated with a long deployment.

“The spouses of the Soldiers left behind

are going to do many things that their loved ones downrange would be doing,” Mendoza said. “This union of faith and hope will make everything easier and help us all overcome this separation.”

94th COC: Underhill takes reins of missile defense command

CONTINUED FROM A-2

“The last two years have been an important and challenging period in which this command has worked to solidify the bonds of our relationship with our sister services and bilateral partners,” said Mathews.

During his command of the 94th AAMDC, Mathews served as a critical asset in establishing and maintaining a strong defense within the Pacific area of operations, said Lt. Gen. Benjamin R. Mixon, commanding general, U.S. Army-Pacific.

“For me, commanding the 94th has been the crowning moment of my military career. No assignment can compare to a command with the mission and challenges of the 94th,” said Mathews during his speech at the ceremony. “Never have I served with such talent, with such drive or with such diversity. I have learned more from (the 94th AAMDC) than you’ll ever know.”

Mathews concentrated particularly on building and enabling teams to synchronize joint and combined missile defense within the Pacific, said Mixon.

“Realizing the importance of decentralized operations throughout the Pacific Command, he empowered his staff to coordinate both with our sister services and our Korean and Japanese Air Defense counterparts,” said Mixon.

Mathews led the command through a variety of significant joint and bilateral training exercises during his command, each serving the purpose of increasing



Brig. Gen. Roger Mathews (left), who will become the first commandant at the U.S. Army Air Defense Artillery Center at the Fires Center of Excellence, Fort Sill, Okla. passes the unit colors to Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific, during a change-of-command ceremony at Palm Circle, Fort Shafter, June 5.

the strength, readiness and solidarity of missile defense within the Pacific Command.

“As I leave this command, I am comforted in knowing that the Army has chosen the absolutely right command team to carry the mantle to newer

heights and accomplishments. Col. Jeff Underhill is a warrior in every sense of the word and is the right man to lead the 94th,” said Mathews when extending congratulations to the incoming commander.

Underhill has acquired a wealth of

Units announce upcoming leadership changes on Oahu

The Army Hawaii community is invited to attend change of command ceremonies taking place this summer.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

Local ceremonies are generally preceded by an awards ceremony, 15 minutes prior to the change of command.

The following ceremonies will take place at Sills Field, Schofield Barracks, unless otherwise noted.

- Tuesday, 11 a.m., U.S. Army Garrison-Oahu. Col. Mark C. Boussy passes command to Lt. Col. Richard J. Gledhill at the Palm Circle Gazebo, Fort Shafter. Primary parking will be available at the Hale Ikena.

- June 25, 10 a.m., 728th Military Police Battalion, Lt. Col. Brian Bisacre passes command to Lt. Col. Ross Guieb.

- June 26, 2 p.m., 205th Military Intelligence Bn. Lt. Col. Leland A.

Liebe passes command to Lt. Col. Timothy J. Parker at Palm Circle, Fort Shafter. Parking is limited. The point of contact is 1st Lt. Hope Woods at 438-4341.

- June 26, 2 p.m., 2nd SBCT. Col. Todd McCaffrey passes command to Col. Malcolm Frost.

- July 9, 10 a.m., 599th Transportation Group. Col. Susan A. Davidson passes command to Col. Courtney Taylor during a change of command ceremony onboard the Battleship Missouri Memorial.

- July 17, 2 p.m., 8th Special Troops Battalion (STB), Lt. Col. Edward J. Burke passes command to Lt. Col. Sandra S. Muchow, at Palm Circle, Fort Shafter. Parking is limited. The point of contact is Lt. Joseph A. Macchiarella, 8th STB Adjutant at 438-5515.

(Editor’s Note: Information listed is subject to change due to inclement weather. Times listed are the start times for the changes of command ceremonies.)

knowledge and experience that uniquely qualifies him to continue to build, train and care for all that makes up the 94th AAMDC, said Mixon.

“I have the utmost confidence that (Col. Underhill) will continue to build on the momentum of this extraordinary organization,” said Mixon.

‘Lightning Horse’ Squadron remembers fallen helicopter pilots

Story and Photo by
SGT. 1ST CLASS TYRONE C. MARSHALL JR.
25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Soldiers from the 25th Combat Aviation Brigade (CAB) remembered the tragic loss of two of their own during a short but meaningful remembrance ceremony, here, Friday.

Troopers from 2nd Squadron, 6th Cavalry Regiment, known as the “Lightning Horse” Squadron, remembered Chief Warrant Officer 3 Stanley B. Hepfner and Chief Warrant Officer 2 Jonathan B. Millward with a moment of silence, a missing man formation flyover, and the posthumous promotion of Hepfner during the reflection.

Both OH-58D Kiowa Warrior helicopter pilots, members of A Troop, were killed in an aviation accident, here, May 27th.

As Soldiers and families from the 25th CAB looked on, promotion orders were read for the advancement of Hepfner to Chief Warrant Officer 3.

“It was good they went through with the promotion,” said Spc. Matthew Sanders, aircraft armament electronic avionic systems repairer, A Troop, 2-6th Cav. “I remember talking to Mr. Hepfner at (Pohakuloa Training Area) when he found out he’d been picked up (for CW3) and how excited he was. For them to go through with

the promotion, it really meant a lot to everyone in the troop.”

Following the promotion, Lt. Col. Kenneth Hawley, squadron commander, 2-6th Cav., led the attendees through a moment of silence, during which four Kiowa helicopters flew over the cavalry troops in formation. As they passed overhead, one of the helicopters veered off to the right, signifying the loss of two of their own.

“I appreciate the way the squadron performed (the ceremony); it was very professional,” said Sgt. 1st Class Thomas Coveney, acting first sergeant, A Troop, 2-6th Cav. “I think the flyover showed a lot of respect, and we all appreciated it. It’s hard to put into words.”

Many of the Soldiers watching, including the members of A Troop, 2-6th Cav., reflected on the loss of their brothers. For A Troop, the healing process continues, and they were appreciative of the squadron’s efforts.

“Doing the flyover really meant a lot to me,” said Sanders. “It really shows other units how close-knit we are over here. Putting together the ceremony really showed how (tight) of a family we are and how everyone cares about one another, especially our fellow troops.”

Coveney agreed, adding, “We lost two great brothers ... They’re gone but

not forgotten. We have to continue moving on, but we pay our respects. It also does justice to their families, to the troop and (squadron) to be able to promote Mr. Hepfner. It just shows we will continue to take care of our own.”

According to Sanders and Coveney, immediately following the accident May 27, the other troops of the “Lightning Horse” Squadron demonstrated their support for A Troop.

“The day after the accident, we had to push aircraft (into the wind tunnel),” said Sanders. “When we came in, the other troops had already pushed the aircraft into the wind tunnel, and they took care of all our maintenance for us.

“They helped us out a lot,” Sanders continued. “None of us were really able to focus on what our tasks were, and they picked up our slack.”

Coveney summed up things for the squadron.

“The loss of our two pilots is a great loss to the A Troop family, but I will say the squadron has gone above and beyond in supporting us ... the squadron has definitely not forgotten us.”



Left — Four OH-58D Kiowa Warrior helicopters fly over the 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, as part of a missing man formation flight, during a remembrance ceremony for Chief Warrant Officer 3 Stanley B. Hepfner and Chief Warrant Officer 2 Jonathan B. Millward, at Wheeler Army Airfield, June 5.

News Briefs

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

12 / Today
Get-A-Cloo – U.S. Army Garrison-Hawaii employees are invited to join the next Workforce Development’s Get-A-CLOO (Army Civilians Living on Oahu) event, today, 7 p.m., at the Dave & Buster’s restaurant in the Ward Shopping Center, Honolulu. For more information, call 655-9037.

MP Warfighter Competition
– Registration for the Army’s 13th Annual Warfighter Challenge is now open for Soldiers serving in the military police, corrections specialist, and criminal investigation special agent career fields. The challenge is sponsored by the U.S. Army Military Police Corps Regiment and will take place Sept. 15-19, at Fort Leonard Wood, Mo.

Each battalion or separate company may send one team, but a staff sergeant, sergeant, or corporal team leader, and two specialists or below must comprise teams. Registration forms can be downloaded on Army Knowledge Online and sent to leon.warfighter@conus.army.mil.

19 / Friday
Alcohol, Drugs and Sexual Assault – The Army Substance Abuse Program (ASAP), U.S. Army Garrison-Hawaii, will hold a presentation on alcohol, drugs and sexual assault, June 19, 10-11:30 a.m., at the Sgt. Smith Theater, Schofield Barracks.

This workshop satisfies two of the four hours of a unit’s annual alcohol and drug awareness training and the Department of the Army civilian two-hour requirement. The next ASAP program is scheduled Aug. 14.

Soldiers can contact Karen or Tracy Powell at 655-8322 for more information. For interpretive services, call Victoria Williams at 655-9113.

24 / Wednesday
160th SOAR-A Recruitment Brief – The 160th Special Operations Aviation Regiment-Airborne (SOAR-A) is looking for Soldiers who possess a strong desire to work on a highly dedicated team of professionals.

Soldiers are invited to attend a briefing at the Wheeler Army

AirField, Multi-Use Room of Excellence (adjacent to the WAAF gymnasium) for more details. Briefings are scheduled, June 24, 10 a.m. and 3 p.m.; June 25, 3 p.m. and 5 p.m.; and June 26, 10 a.m. Family members are welcome to attend. Contact Staff Sgt. Walther at 635-9819, or e-mail randall.howard@soar.army.mil. For an online application, visit recruiters@soar.army.mil.

25 / Thursday
Foot Gate Closed – Foote Gate inbound lanes will be closed to vehicle traffic through June 25, for security upgrades. Outbound lanes will remain open.

“A” Road at Lyman Gate will be open for inbound traffic Monday-Friday, 5:30 a.m.-9:30 p.m. Hours for other Schofield gates remain unchanged.

McNair is open 5:30 a.m.-9:30 p.m., and both Lyman and Macomb are open 24 hours a day.

To view gate hours, go to www.garrison.hawaii.army.mil and click on “post updates” then “traffic updates.” Contact Master Sgt. Gregory West at 656-6751 or Fred Makinney at 656-6750.

26 / Friday
POSH Training – The U.S. Army Garrison-Hawaii Equal Employment Opportunity Office (EEO) will conduct several Prevention of Sexual Harassment (POSH)/No Fear Act training briefs, which are mandatory for Department of the Army (DA) employees and supervisors and military supervisors of civilians. Four sessions will be offered, June 26, at Sgt. Smith Theater, Schofield Barracks. Supervisors can attend 8:30-9:30 a.m. or 1-2 p.m., and employees from 10-11 a.m. or 2:30-3:30 p.m. For more information, contact EEO specialists Amelia Lazo-Ramos or Janet Baricar at 655-9382.

July
1 / Wednesday
Veterinary Clinic Improvements – To better serve the community, the Schofield Barracks Veterinary Clinic is increasing staff and making computer and software upgrades. Customers may experience a delay in services through July 1 while changes are implemented. Call 433-8531/8532 to make a regular appointment.

4 / Saturday
Commissary Closure – The commissary will be closed in observance of Independence Day, July 4. The store will reopen July 5. For more information, call Freda Tuauu at 655-5066.

‘Sex Signals’ discusses preventing sexual assault through comedy

Subjects of dating, sex, relationships and assault demonstrated with humor

Story and Photos by
BILL MOSSMAN
Staff Writer

SCHOFIELD BARRACKS — One of the most popular improvisational shows on the mainland touched down on U.S. Army soil, here, earlier this week, leaving its Army Combat Uniform-clad audiences both in stitches as well as in a pensive state regarding sexual encounters.

Ser Signals, a 90-minute-long, two-person play, tackled touchy subjects such as pick-up lines, dating and rape — and did it all while using an often irreverent, no-holds-barred approach to these topics.

Judging by the reaction of the 300 Soldiers who attended the early morning, debut performance at Sgt. Smith Theater, June 8, the show was an instant hit.

“It was funny and entertaining, and it just reinforced some of the stuff I’ve already learned,” offered Spc. Jerry Johnson, medic, 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team. “Some of the stuff, like when (the actors) began talking about rape, I turned and saw everyone’s face around me ... and it was like, ‘Oh, no. They’re really going to talk about that now?’”

“But it was good,” he continued. “They actually got into the nuts and bolts of those kinds of situations.”

Relying upon the comedic talents of veteran actors Ben Murrie and Amber Kelly, the show got off to a blazing-hot start, as the majority of skits were laced with sexual innuendo and



Above — Specialists Joe May (left), and Jerry Johnson of the 1st Battalion, 21st Infantry Regiment, enjoy a hearty laugh along with other Soldiers, during the June 8 presentation of *Sex Signals* at Sgt. Smith Theater.

colorful language.

The high point of the performance came, however, when Kelly asked Murrie to lead a thought-provoking discussion with audience members that began with the statement, “I really didn’t rape that girl.”

Murrie sighed. “I’d rather you just kick me in the (groin) than say that,” he deadpanned, as audience members howled in laughter.

Reluctantly, he decided to play along. He would play David, a man who allegedly assaulted a girl he just met. Meanwhile, Kelly would play a talk-show host.

“Did she ever say to stop after you started having sex with her?” Amy asked.

“Well, yeah. But she didn’t scream,” David contended. “She just kind of whispered it at first, and then she sort



Below — *Sex Signals* actors Ben Murrie and Amber Kelly ham it up onstage following their debut performance in Hawaii before 300 soldiers at the Sgt. Smith Theater. The comedic duo challenged audience members to think about how they might handle pick-up, dating and sexual situations, including how to gain consent before having sex.

For more information

Call 655-1718 to learn more about sexual assault and harassment or visit www.preventsexualassault.army.mil.

of just lay there.”

While audience members considered whether David’s argument was convincing enough, Murrie reverted to character and asked the Soldiers, “You think she wanted to have sex at some point?”

“Yes,” the audience responded.

“But was it OK for her to change her mind?” Murrie asked.

“Yes,” the audience agreed again.

“Rape is sex without consent,” Murrie finalized. “David said he heard, ‘stop.’ And that’s what makes this sit-

uation rape.”

Created by Catharsis Productions, *Ser Signals* found its first audiences among mainland university and college students beginning in 2000.

The tour struck such a chord among fans, in fact, that the U.S. Army decided to add it to its Sexual Assault Prevention and Response (SAPR) program, thus making it mandatory attendance for all Soldiers between the ages of 18 and 24.

Fort Hood, Texas, became the first military installation to stage the show

before a group of Soldiers last November.

But whether *Ser Signals* continues to be a part of the Army’s future depends heavily on its Soldiers, who, following each performance, are required to fill out a survey and explain what they’ve learned about sexual encounters, including date rape.

“The Army wants feedback so that they can justify doing something like this again in the future,” said Brenda Huntsinger, USAG-HI, sexual assault response coordinator.

Hurex: EOC is key to garrison effectiveness

CONTINUED FROM A-1

inclement weather hit the islands. Representatives from every directorate, support staff office, and major tenant units gathered in the Emergency Operations Center (EOC) to begin the process of ensuring the garrison's personnel, buildings and property were in order before, during and after the storm's landfall.

"It's a training exercise, but it's to prepare us for the real thing," said Command Sgt. Major Robert Williamson, USAG-HI. "You never know what's going to happen."

The exercise was fueled by numerous master scenario of events lists (MSELs). Scenarios were created and then participants planned their response from within their capabilities.

"These MSELs were developed to overwhelm you and to test (Joint Task Force-Homeland Defense) and the state," Barker said to staff at their AAR (After Action Report) Briefing. "All of our stuff here, I wanted to deplete you of your capabilities to (figure out alternate ways to) work."

By pooling individual resources and assets, the garrison was able to work with higher headquarters and other state and federal agencies to collectively deal with issues and respond to MSELs.

By practicing and preparing for a variety of events, each participating organization is better prepared in case of a real emergency.

"The point is (that) we are U.S. Army Garrison-Hawaii," said Lt. Col. Jay Hammer, executive officer, USAG-HI. "We're the first responders inside the wire."

COE: Corps provides critical services

CONTINUED FROM A-1

"We exercised our continuity of operations plan for when we become an 'impacted' district," said Maj. John Henderson, Honolulu District deputy commander. "For Honolulu District, this means Alaska District deploys a recovery field office (RFO) to assume our civil response missions, and Japan District deploys a team to assume response missions in support of the Army's Installation Management Command-Pacific (IMCOM-P).

"This exercise provided us an unprecedented opportunity to exercise our interagency relationships with federal, state and local leaders, to evaluate the State of Hawaii (operations plan) and the republished USACE All Hazards Plan, while practicing our roles, responsibilities and authorities for responding to a catastrophic hurricane," Henderson explained.

Under the National Response Framework, the USACE is the primary agency for FEMA's Emergency Support Function #3 (ESF #3), Public Works and Engineering.

Typical USACE ESF#3 missions include providing critical goods and services, such as debris removal, water supply, temporary housing, temporary roofing, emergency power supply and structural safety assessment.

"We are not in charge. We are in support of FEMA and the Joint Task Force-Homeland Defense (JTF-HD), which are supporting state and local



Joseph Bonfiglio | U.S. Army Corps of Engineers, Honolulu Division

U.S. Army Corps of Engineers personnel (from left) Kevin Nishimura, Gary Chalifoux and Roberto Tan set up a Containerized Tactical Operations Center (CTOC) to establish an emergency field communications as part of the FEMA and State of Hawaii-sponsored 2009 Makani Pahili Hurricane Preparedness exercise.

authorities," said Lt. Col. Jon J. Chytka, commander, Honolulu District. "But when called upon, the Corps can provide a significant amount of personnel and equipment capability ... to provide immediate response during disasters."

For the exercise, Honolulu District alerted and activated its emergency operations center (EOC) at Fort Shafter, Building 525, to manage the simulated missions assigned to the district from POD and FEMA, and also activated the district's

emergency power planning and response team (PRT), forward engineering support team-advanced (FEST-A), and the district's crisis management teams.

Additionally, the district received subject matter expert support from Corps districts throughout the nation and the 249th Prime Power Battalion to assist with certification of response teams and serve as exercise observers.

The POD EOC was activated and played a critical role as the overall command and control headquarters

for all USACE units participating in the exercise.

"We used Makani Pahili 2009 to ensure that we are all personally prepared to respond to the unthinkable ... a catastrophic event on Oahu, and that each of us clearly understands our roles, responsibilities and authorities ... while also ensuring all necessary plans and standard operating procedures are updated and in place. ... If the unthinkable becomes reality, we are as prepared as we can be," said Chytka.

Makua: Total of five alternatives available

CONTINUED FROM A-1

the State of Hawaii, as well as a no action alternative, under which no live-fire military training would be conducted at MMR.

The Army's preferred alternative involves full capacity use with fewer weapons restrictions. Many of the munitions used, however, would only be used when consistent with the Endangered Species Act Biological Opinion established for training at MMR.

The Army made a commitment to do this analysis. The analysis has provided the Army with a better appreciation of the ecosystem, cultural resources and community in the area.

Some of the major potential impacts discussed in the Final EIS are associated with soil, surface water and groundwater quality, air quality, cultural sites, natural resources; endangered and threatened species, noise, recreational

resources, wildfires, and the safety and transport of munitions through the Waianae community.

The Army has recommended several mitigation measures that would reduce the overall impacts associated with the training.

The record of decision for this action will be signed no earlier than 30 days after publication of the notice of availability for this EIS in the Federal Register by the U.S. Environmental Protection Agency.

For further information or to obtain a copy of the Final EIS, please contact the U.S. Army Garrison-Hawaii (USAG-HI), available by phone at 656-3152, or by facsimile at 656-3162 during normal business hours, Monday-Friday, 9 a.m. to 5 p.m., Hawaii Standard Time.

To contact USAG-HI by e-mail, please address your messages to usaghipaomakuaEIS@hawaii.army.mil.

Chemical: Team helps protect Pacific

CONTINUED FROM A-1

(Soldiers from the 71st) to help protect life, property and infrastructure."

While the new CBRN suits help protect Soldiers from hazardous material, they also present some challenges. The tank inside contains enough oxygen to last one hour, and temperatures inside can reach more than 100 degrees.

Despite its challenges, the benefits of training are exponential.

"This training is really important because it's a real-world scenario," said Staff Sgt. Travis Johnson, NCO in charge of the CBRN team. "With this equipment being new, training on it gives us the confidence to be able to use it if need be."

"This is the first active duty rapid response CBRN team in the Pacific region to be fully manned, equipped and now fully trained," said Sgt. Maj. Lois, Rivera, senior



Spc. Jeremy Sluss (left), and Spc. Bo Baker, members of the ARC Perimeter Monitoring Team (PRT), set up markers between the area they know is safe and the area that is contaminated with hazardous material, known as the "hot zone."

enlisted advisor, USARPAC. "Having this team has enhanced the Pacific's ability to respond to a CBRN incident."

Additionally, the Soldiers of the Active

Response CBRN Team are preparing for an antiterrorism exercise that is scheduled to be conducted with local and federal authorities in August.



Photos courtesy of Honolulu Zoo

Families flock to the Honolulu Zoo for annual Military Appreciation Day

BILL MOSSMAN
Staff Writer

HONOLULU — It wasn't too difficult to coax Spc. Richard Allen out of his lair, Saturday, to join the thousands who flocked to the zoo take advantage of the free food, entertainment and activities during the Military Appreciation Day.

For one thing, Allen, a signal support systems specialist, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, is a big fan of the animal kingdom. The zoo is always a worthwhile destination for him.

But for another and possibly more important reason, the Soldier absolutely loves those occasions when he can rub shoulders with other service members.

"I think this is great," said Allen of the event, while finding relief from the heat of the day under a well-covered static display station. "It's good to see fellow Soldiers out enjoying themselves."

With the support of event sponsor United Service Organizations-Hawaii, the zoo opened its doors early to military personnel. Waiting to greet and thank military families was Honolulu Mayor Mufi Hannemann and a slew of volunteers canvassing the zoo grounds.

"When the doors opened at 9 a.m., people started flooding in," observed Air Force Tech Sgt. Kimberly McCormack, a volunteer who helped hand out 8,000 bars of ice cream at the Meadow Gold tent. "It was amazing. They must have been sitting outside, just waiting and waiting."

Music lovers immediately found a spot on the front lawn, to listen to a lineup that included singer/guitarist Henry Kapono, and the U.S. Air Force Band of the Pacific-Hawaii, 10-piece ensemble, Hana Hou.

"The music's definitely better this year," commented Criztina Jean, who attended last year's event.

Meanwhile, families visited the animal exhibits and enjoyed face painting booths and other activities geared for children.

At the Aliamanu Boys and Girls Club of Hawaii tent, club members assisted guests as they tried their hand at a ring-toss game while outreach director Tricia Lam educated passers-by about the benefits of the youth program.

"One of the great things we do with our youth is to take them out to go surfing, kayaking and jet-skiing, and I think it's so cool because a lot of military kids don't really have a chance to get to the ocean," Lam explained. "This program provides them with a great opportunity for people to teach them."



Photos by Bill Mossman | U.S. Army Garrison-Hawaii Public Affairs

Above — Five-year-old Autumn Edens (right) consults with her parents while attempting to identify the remains of a gharial, a crocodile-like reptile, while volunteer Matthew Musgrave (left) awaits the correct answer. Edens eventually guessed correctly, adding a stamp to her "animal passport" during the Honolulu Zoo Military Appreciation Day, Saturday.

The Army Hawaii Family Housing (AHFH) tent also turned out to be one



Evan Hebert, 9, finds no challengers beside him during a sack race at the Honolulu Zoo Military Appreciation Day, Saturday.

of the more popular destinations for guests. There, representatives from the non-profit organization Operation Homefront-Hawaii (OHH) encouraged visitors to register deployed Soldiers for free Aloha Care packages.

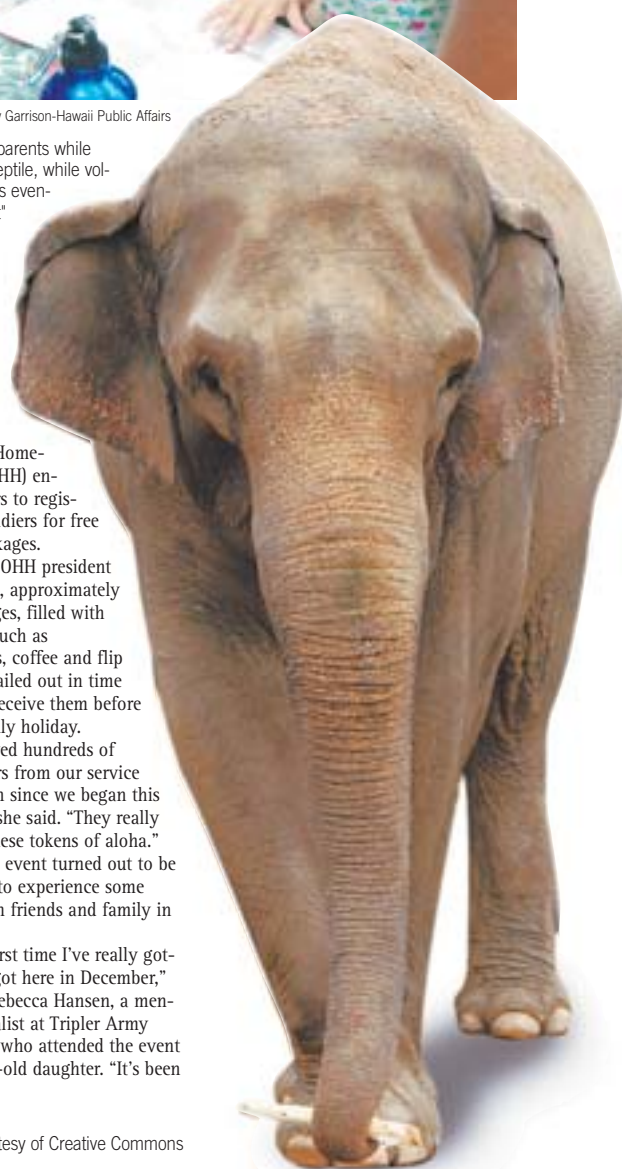
According to OHH president Eva Laird Smith, approximately 500 care packages, filled with island goodies such as macadamia nuts, coffee and flip flops, will be mailed out in time for Soldiers to receive them before the Fourth of July holiday.

"We've received hundreds of thank-you letters from our service men and women since we began this drive in 2007," she said. "They really do appreciate these tokens of aloha."

For some, the event turned out to be an opportunity to experience some leisure time with friends and family in Hawaii.

"This is the first time I've really gotten out since I got here in December," admitted Spc. Rebecca Hansen, a mental health specialist at Tripler Army Medical Center, who attended the event with her 2-year-old daughter. "It's been great."

Photo courtesy of Creative Commons





12 / Today

Waikiki Party Bus – The Army bus rides again, today, 9 p.m.-4 a.m. The bus will pick up riders on Schofield Barracks and Fort Shafter and take them down to party in Waikiki, worry-free.

Free tickets are available at Information, Ticketing and Registration offices, and riders must have a ticket to board the party bus.

The bus is also scheduled to run June 26, and July 17 and 31. Call 655-9971/438-1985.

15 / Monday

Free Workshop Series – The Learning Disabilities Association of Hawaii (LDAH) and the Exceptional Family Member Program (EFMP) invite parents and professionals to attend a workshop series on special education law, the evaluation process and Individualized Educational Program (IEP) development, June 15, 17 and 18, 6-9 p.m., at Army Community Service, Schofield Barracks, or June 22, 24 and 25, 6-9 p.m. Aliamanu Military Reservation Chapel. Call 655-4227.

16 / Tuesday

Ronald McDonald Visit – Ronald McDonald will be performing during the Summer Reading Program, June 16, 3 p.m., at Fort Shafter Library; June 17, 3 p.m. at Sgt. Yano Library, Schofield Barracks; and June 18, 3 p.m., at Aliamanu Military Reservation Library. Call 655-8002.

18 / Thursday

Art in the Park – Join family fun in the month of June and learn about being “green.” Activities include various arts and crafts, gardening and a chance to meet Kelly Bear.

Activities will take place at the following locations: Fort Shafter community center playground, June 18, 2-5 p.m.; and Helemano Military Reservation community center, June 25, 2-5 p.m.

For more information, contact Tripler Army Community Service at 438-4499.

Texas Hold 'Em Tournament – Poker players are invited to test their skills at the next Texas Hold 'Em tournament session, June 18, 6-9:30 p.m., at the Tropics, Schofield Barracks.

All ID card holders 18 years old and older are welcome. Call 655-5698.

19 / Friday

Family Fun Fridays – Family Fun



Aiko Brum | U.S. Army Garrison-Hawaii Public Affairs

Getting krafty

SCHOFIELD BARRACKS — Eight-year-old Jessica Timm examines her artistic creation and seeks comments from art instructor Nikki Mizak during Wednesday's Kids Kraft Camp at the Arts & Crafts Center, here. "I love it," Mizak said, then added, the camp is "just a lot of fun."

General art classes are held every Wednesday from 2-3 p.m. for first through sixth graders. Adult classes are also available. Call 655-4202 for more information.

Friday is back at the Tropics, Schofield Barracks, June 19, 6 p.m., with free Papa John's pizza, games and contests the whole family will enjoy.

Check out Nintendo Wii, PS3 and Xbox 360 games or play a game of pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

Joint Forces Pool Party – Families with special needs individuals are invited to enjoy an afternoon of swimming, June 19, 2:30-5 p.m., at Richardson Pool, Schofield Barracks. One family member must be enrolled in the Exceptional Family Member Program (EFMP).

The event is free, but sign up is required. Call 655-1551/4791.

20 / Saturday

Daddy Boot Camp – New dads are welcome to basic training to understand newborn basics and how to be effective, confident fathers, June 20, 9 a.m.-noon, Army Community Service, Schofield Barracks. Call 655-0596.

22 / Monday

Breast Feeding Basics – Breast feeding should be one of the most natural things in the world. But for many moms, especially new moms, breast feeding can

be confusing.

Learn how to get started, overcome challenges and the importance of breast-feeding for your baby, June 22, 9-11 a.m., Sgt. Yano Library, Schofield Barracks, and June 23, 9-11a.m. Aliamanu Military Reservation community center. Call 655-4227.

23 / Tuesday

Bubble Show – Learn how to make large bubbles at the Summer Reading Program, June 23, 3 p.m., at the Fort Shafter Library; June 24, 3 p.m., at Sgt. Yano Library, Schofield Barracks; and June 25, 3 p.m., at Aliamanu Military Reservation Library. Call 655-8002.

24 / Wednesday

NPSP Resource Workshop – The New Parent Support Program (NPSP) is hosting a resource workshop, June 24, 2-4 p.m., at Aliamanu Military Reservation community center, and June 25, 9-11 a.m., at Sgt. Yano Library, Schofield Barracks.

Parents can learn more about the Nurturing Parent curriculum, shaken baby syndrome and the community resources that are available for basic newborn care. Call 655-4227.

26 / Friday

Friday Night Scrappers – Enjoy an evening of scrapbooking fun and friends at the next session of Friday Night Scrappers, June 26, 4-9 p.m., at the Schofield Barracks Arts and Crafts Center. Bring in a scrapbooking project, and come make friends. Cost is just \$5; supplies are available for an extra fee.

Call 655-4202.

July

4 / Saturday

Fourth of July Spectacular – The 38th Annual Fourth of July Spectacular will take place July 4, 9 a.m.-9 p.m., at Sills Field, Schofield Barracks.

Enjoy entertainment by the classic rock band Kansas and the 43rd Army Band.

Don't miss the largest celebration of the year featuring a free car giveaway, music and entertainment, a family fun 5k run, contests, food, games, a crafts and new products bazaar, fireworks, a chance to win \$5,000 and an after party. Visit www.mwrmilitaryhawaii.com for more information. Call 655-0111/2.

Ongoing

Fourth of July Picnic Reservations – The Recreation Activities office, Schofield Barracks, is accepting picnic site reservations for the annual Fourth of July Spectacular. Cost is \$75 for a 25-foot by 25-foot space. Picnic sites go fast. Call 655-0111/2.



Send announcements to community@hawaiiarmyweekly.com.

12 / Today

Vacation Bible School – Registration is now open for this summer's Vacation Bible School (VBS), entitled “Crocodile Dock.” VBS will run June 15-19, 9 a.m.-noon, at the Main Post Chapel, and July 13-17, 9-11:45 a.m., at Aliamanu Military Reservation (AMR) Chapel.

VBS is open to children ages 4 (by June 1) to sixth grade. The program features Bible stories, drama, crafts, songs and recreation.

Volunteer positions are still available for parents and college or high school students.

Call Schofield Barracks (655-6645) or AMR Chapel (833-8175) Religious Education departments.

13 / Saturday

School/Sports Physicals – Tripler Army Medical Center's (TAMC) Pediatrics (newborn-11 years) and Adolescent (12-21 years) clinics have set aside June 13 and July 11, 9 a.m.-2 p.m., for school entrance and sports participation physicals for patients enrolled at either TAMC clinic. Children will be seen on a first-come, first-served basis; no appointments will be taken. Please bring immunization records. The clinic will provide physical exam forms accepted by most Hawaii public schools. Please check with your school, to find out if your child requires a special form, and bring forms to the clinic on the day of the exam.

For more information, contact the Pediatrics Clinic (433-9728) or the Adolescent Clinic (433-4165).

School physicals at the Family Practice Clinic at the Schofield Barracks Health Clinic (SBHC) are now conducted during

normal business hours. The SBHC Family Practice Clinic will dedicate its normal Saturday hours in July to school physicals.

Please schedule school physical appointments through the clinic's appointment system line at 433-9226 between 8 a.m.-4 p.m.

Army Fife and Drum Corps Performs – The Army Old Guard Fife and Drum Corps is making a rare visit to Oahu and is scheduled to perform, June 12, 10-11:15 a.m., during a noncommissioned officer induction ceremony at the Tripler Army Medical Center flagpole.

The group will also perform at the Army Birthday Ball, June 13, 6-10 p.m., at the Hilton Hawaiian Village (tickets required).

The Army Old Guard Fife and Drum Corps evokes the “Spirit of 76” with Soldier/musicians parading in uniforms inspired by those worn by musicians of our Continental Army.

For more information, contact U.S. Army-Pacific Public Affairs at 438-9761.

15 / Monday

Technology Exposition – U.S. Army Garrison-Hawaii (USAG-HI), Directorate of Information Management (DOIM), is hosting a free Technology Exposition, June 15, 10 a.m.-2 p.m., at the Hale Ikena, Fort Shafter, and June 19, 10 a.m.-2 p.m., at the Nehelani, Schofield Barracks. All military, civilian, and contractor personnel are invited to attend and discover solutions for every mission. Exhibitors will demonstrate the latest in networking products and services, secure data storage, video networks, transport solutions, secure communication technologies, engineering and IT products, distance learning, integration services, enterprise systems management, data management and storage, audio and visual equipment, and more.

Contact Jennifer Presswood at Presswood@ncsi.com.

Visit www.FederalEvents.com, click on “Fort Shafter,” and choose the Government/Military link.

18 / Thursday

Waikiki Aquarium Summer Concerts – The Waikiki Aquarium will host five oceanside summer concerts featuring some of the islands' top performers. The summer series line-up starts with “The Brothers Cazimero,” June 18.

Aquarium doors open at 5:30 p.m. and concerts begin on the lawn at 7 p.m. Concert-goers may bring low-lying beach chairs. Tickets cost \$25 (adults) and \$10 (children) per concert.

Additional dates and performances are July 2, Hoku Zuttermeister; July 16, Kaimakiawa Kanakaole; July 30, Maunaloa; and Aug. 13, Willie K. For tickets, call the Honolulu Box Office at 550-8457 or visit www.honoluluboxoffice.com.

19 / Friday

MCBH Job Fair – Marine Corps Base Hawaii (MCBH) will host a job fair, June 19, 9 a.m.-noon, at the Kahuna's Community Ballroom, MCBH.

The fair will feature vacancies within Marine Corps Community Services (MCCS), openings at MCBH and approximately 40 other companies and government agencies.

Interested applicants will be able to speak with recruiters, apply for vacant positions, and participate in on-site interviews. Attendees should bring copies of their resume.

Children are not permitted into the venue. The fair is open to Department of Defense (DoD) ID cardholders and any legal U.S. citizen age 18 and over. Contact MCCS Marine and Family Services at 257-7787/7790.

Giant Insect Safari – See gargantuan robotic insects (up to 600 times life-size) and other hands-on, fun-filled free activities on display at the Pearlridge Center, June 20-Aug. 2.

At Uptown Center Court youngsters can go on a jungle insect adventure amidst oversized flora, creepy fauna and huge boulders on the Pearlridge Safari Train (nominal fee).

The Giant Insect Safari exhibit will be open during regular center hours at Up-

town and Downtown Center Courts.

Ongoing

Celebrate Centennial – Audio podcasts highlighting the significance of 25 historical sites on Schofield Barracks are available to download at the U.S. Army Garrison-Hawaii Web site.

Explore the history of Schofield Barracks and celebrate its centennial. A variety of different formats are available to augment a walking or driving tour, such as WMV, MP3, M4V and AIFF.

A tour brochure can be found at the Tropic Lightning Museum.

Visit the podcast page at www.garrison.hawaii.army.mil/sites/podcasts/TropicLightningCentennial.asp.

MyCAA Financial Assistance

– The Military Spouse Career Advancement Accounts (MyCAA) program is providing \$6,000 for education and training in any University of Maryland University College (UMUC) program, including business and management, education, financial services, health services, homeland security, human resources, information technology and more.

Most programs are offered online. Some programs may only be offered at certain UMUC campuses. Spouses of active duty or activated Guard or Reserve service members are eligible. Visit www.umuc.edu/mycaa/.

Mental Illness Support Program

– Family members, friends and caregivers for individuals dealing with mental illness, including post-traumatic stress disorder and traumatic brain injury, are invited to join a 12-week family support program at the Spark Matsunaga VA Medical Center, third floor, Room 3-A17.

This course is a free, 12-week activity, co-facilitated by VA staff and family members. The program covers many aspects of mental health, including coping skills and the power of advocacy.

For more information, contact Andrew Dahlburg, local recovery coordinator, at 433-0332.



Aliamanu (AMR) Chapel
836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- Gospel Sunday, 11 a.m. – Sunday School (Sept.-June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel
836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel
836-4599

- Contemporary Protestant Sunday, 9 a.m.-“The Wave” Worship

Helemano (HMR) Chapel
653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service
- Children's Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School Sunday, noon – Worship Service

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 9:30 a.m.-Worship

Tripler AMC Chapel
433-5727

- Catholic Sunday, 11 a.m. – Mass Monday-Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship Service

Wheeler Chapel 656-4481

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School



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



Ghosts of Girlfriends Past

(PG-13)
Friday, 7 p.m.
Thursday, 7 p.m.

Earth

(PG)
Saturday, 4 p.m.
Sunday, 2 p.m.
Wednesday, 4 p.m.



Obsessed

(R)
Saturday, 7 p.m.
Wednesday, 7 p.m.

No shows on Mondays or Tuesdays.

South community shares concerns, stays informed at town hall

Story and Photo by
BILL MOSSMAN
Staff Writer

ALIAMANU MILITARY RESERVATION — Nearly 100 people packed into the chapel, here, June 3, for the latest Oahu South Town Hall meeting, eager to share their concerns and listen to the advice of agency representatives from various directorates.

Col. Mark Boussy, commander, U.S. Army Garrison-Oahu, conducted the meeting and asked those in attendance to follow his standard rules of engagement. The meeting would begin with community briefings from agency reps, he explained, and conclude with a question-and-answer period.

“We’ve got about a 50-50 split between residents and support staff here tonight,” Boussy said. “I ask that you be respectful.”

Hosted by U.S. Army Garrison-Hawaii (USAG-HI), town hall meetings are held three times a year for Soldiers and their families in the North and South Oahu communities. The meetings are intended to keep residents up to date on the latest happenings in their neighborhoods, as well as allow them an opportunity to voice any concerns before USAG-HI senior leadership and agency representatives.

Directorate of Emergency Services (DES)

Antonio Williams, deputy provost marshal with DES, notified residents that 69 property crimes, 14 crimes against persons and 22 larcenies of private property were reported within Oahu South communities between Jan. 26 and May 9.

Despite those numbers, Williams said, there is evidence that police are making significant progress in enforcement, deterrence and service to the community.



Col. Mark Boussy, commander, U.S. Army Garrison-Oahu, answers questions from the audience during the recent Oahu South town hall meeting at the Aliamanu Military Reservation Chapel, June 3.

Col. Matthew Margotta, commander, USAG-HI, added that there was no indication that “outside parties” were responsible for the reported incidents.

In other DES-related matters, resident Robin Moon questioned the rationale behind the posting of 10 mph speed limit signs on portions of Aliamanu and Bougainville drives, areas she claimed did not lend themselves “to driving at that speed.”

Williams explained the changes were made for safety reasons.

“Statistically, speeding citations have dropped tremendously,” he noted. “It’s been a deterrent.”

Resident Mellissa Jackson told Williams she witnessed several youth

vandalize a neighborhood home and reported the incident to military police at Fort Shafter.

Boussy thanked Jackson for her efforts and asked DES to look further into the matter. At previous town halls, director, DES, Lt. Col. Thomas Denzler, has said that juveniles who are military family members are responsible for several criminal acts on the installation.

“I do appreciate the fact that you took down the names of the youth,” Boussy said. “This gives (the DES) something to latch onto.”

Army Hawaii Family Housing (AHFH)

South Region operations director Vickie Domingo encouraged residents to continue feeding positive suggestions

to the Resident Advisory Board.

Aside from communicating directly with their community managers, residents should also submit neighborhood-improvement ideas to their respective board representatives.

“We’re looking for partners in communication,” Domingo said. “Within a half-month, e-mail service will be available. When that happens, you can have communication with these people directly.”

Domingo also provided construction updates: Construction turnover for Rim Loop residents and new AHFH homes for Plumeria residents begin July 1.

Directorate of Family and Morale, Welfare and Recreation (FMWR)

FMWR representative Kelly Andrews

South Region Resident Advisory Board Members

Residents can submit neighborhood-improvement ideas to their respective board representatives listed below.

- Aliamanu:** 275-3850, Yvette Simoneaux, Sharita Hall and Chrisy Singleton.
- AMR Rim:** 275-3860, Lakisha Toussaint.
- Red Hill:** 275-3860, Bonnie McCarthy.
- Fort Shafter:** 275-3820, Beverlee Stevenson.
- Tripler:** 275-3820, Tamara Ochoa

reminded service members about the availability of the Waikiki Party Bus, a free service that’s provided every other Friday.

The bus leaves at 9 p.m. from the Schofield Information, Ticketing and Reservations office, and at 9:30 p.m. from the Richardson Theatre, Fort Shafter. Drop off is at the Royal Hawaiian Shopping Center, with a return trip offered at 3 a.m. from Fort DeRussy’s Hale Koa Hotel, in Waikiki.

Residents were also asked to mark their calendars for a couple events:

- The upcoming Fourth of July Spectacular event, which will be held at Sills Field, Schofield Barracks, from 9 a.m.-9 p.m.
- The Sunset Concert in the Park, slated for July 18, from 4-6 p.m., at Favreau Field, Fort Shafter.

“It’s our one southside event,” said Andrews of the Fort Shafter-staged concert, which will feature music from the 312th Army Band.

The next Oahu South town hall meeting is scheduled for Oct. 7 at 6:30 p.m.

Oahu North summer shuttle making rounds, rider supervision required

COL. MATTHEW MARGOTTA
Commander, U.S. Army Garrison-Hawaii

In order to provide increased access to our facilities for youth and Soldiers who may not have transportation from outlying communities or within our installations, U.S. Army Garrison-Hawaii has initiated a summer bus shuttle service in the Oahu North communities.

This initiative was based on feedback provided by the community during the Army Family Action Plan (AFAP) conference.

Since Tuesday, the shuttle has been running daily (Monday-Friday, 8 a.m.-5 p.m.) between Helemano Military Reservation, Mendonca Park, Schofield Barracks, Wheeler Army Airfield and Camp Stover.

The shuttle makes stops at many of USAG-HI’s major recreation areas – the skateboard park, the

Soldier Support Center, the Teen Center, Richardson Pool, the paintball park, post exchange, Burger King, the bowling alley, and other locations.

Of note, this initiative is designed to provide greater “mobility” for our youth; however, I ask leaders to emphasize to their Soldiers and families that this service is a privilege and proper behavior and supervision is required.

No child younger than 12 may ride the bus unaccompanied by an adult. An adult is defined as someone more than 18 years of age.

Also, even if you are old enough to get on the bus unaccompanied, you may not be old enough to access some of the facilities unaccompanied.



Margotta

For example, you must be 16 years old to enter a gym unaccompanied and 13 years old to access the pool unaccompanied. Applicable rules associated with these facilities also still apply.

Our biggest concern with the program are youth using the service without parental approval or knowledge. We ask leaders to please convey that parental control over their children is paramount to alleviate this.

Note that the times of the runs are estimates. Passengers should not expect to see the bus exactly at the time listed; please give the bus a 10-minute cushion either way.

We will attempt to stay as close to the timeline as possible.

I ask your help in publicizing this new program to your Soldiers and families. The service will continue until the start of the new school year. For more information call 656-8720.

Summer Shuttle Rules

- All DOD members and family eligible (ID required).
- Frequent stops along the route; (wave for driver to stop).
- The shuttle will not pick up or discharge off installations.
- Youth riders must be 12 or older to ride alone; under 12 must be accompanied by an adult.
- Shuttle is not handicap accessible.
- No pets.
- No open beverages/food.

The Oahu North summer shuttle route schedule can be downloaded at www.garrison.hawaii.army.mil; CLICK “Post Updates,” then “Post Information.”

Put the brakes on recurrent headaches by identifying the source

DR. KELLY L. FORYS
U.S. Army Center for Health Promotion and Preventive Medicine

Aching, pulsing, throbbing, stabbing ... headaches can really be a pain. Headaches are extremely common. They can range from being a minor nuisance to a debilitating pain. One in 20 people experience a headache on any given day. Even though headaches are common, they can sometimes be a sign that something is wrong. Many different types of headaches abound, and they occur for a variety of reasons. It is important to identify the type of headache you have so that you

can get the proper treatment. The most common types of recurrent headaches are tension, migraine, sinus and allergy:

- Tension Headaches.** These headaches often produce mild to moderate pain over the entire head, with pain concentrating at the back of the neck or base of the skull. Tension headaches can seem to occur without an identifiable cause, but they frequently happen during times of stress and tension. Treatment for this type of headache often includes over-the-counter pain relievers; however, a doctor can determine if a more powerful remedy is required.

- Migraine Headaches.** In addition to pain in the head, migraine headaches are often accompanied by nausea, sensitivity to light and sound, and numbness and/or tingling. These headaches are more complex and most always require a physician's assistance.
- Sinus/Allergy Headaches.** Allergy and sinus headaches often co-occur with an infection in the sinuses, a fever, and pain or throbbing behind the eyes and at the temples. Over-the-counter medications can help in some cases. If the headache is the result of an infection, then a physician would need to assess the condition. Headaches can occur during the ad-

justment to a new environment, such as when you are deployed or when you return from a deployment. The change in air temperature, humidity and stress can produce headaches. Headaches can also occur after staring at the computer screen for long periods of time or from holding your posture in an unusual way. Headaches happen more frequently during times of stress when your muscles become tense and your breathing is rapid and shallow. Sudden onset headaches may occur for reasons such as thirst, hunger or caffeine withdrawal, or can result as a side effect from taking prescription medications.

Prevention is the best medicine. Here are some tips for preventing headaches:

- Stay well-hydrated.
- Eat meals at regular intervals to maintain steady blood sugar.
- Get adequate rest.
- Take breaks throughout the day to relax your body.
- Take a few deep breaths when you feel tense and stressed.

Because there are so many types of headaches, identifying which type you have is essential to getting the proper treatment. Seek the advice of a physician to help you put the brakes on headache pain.



12 / Today

Summer Family Camp – Spend the weekend camping with Outdoor Recreation, today-June 14. Campers can spend some quality time fishing, kayaking, surfing and paddle-boarding all while camping on the beach. This weekend will truly be one to remember. Cost is \$150 per person. Call 655-0143.

13 / Saturday

Discover Scuba – Find out if scuba diving is the right sport for you at a free introductory class, June 13, 6-8 p.m., at Richardson Pool, Schofield Barracks. This program will teach you what to

expect before you pay for a full scuba diving instruction class. For more information call 853-4673.

20 / Saturday

Ahi Fishing Tournament – Outdoor Recreation, Schofield Barracks is offering a day-trip to a local ahi fishing tournament, June 20, 7 a.m.-2 p.m. Fishing fans can check out all the local angling action and soak in the ambiance at the event. Call 655-0143.

21 / Sunday

Adventure Bike – Enjoy a moderate-effort bike ride with Outdoor Recreation through picturesque parts of the island of Oahu, June 21, 7 a.m.-2 p.m. Cost is \$15 plus an additional \$5 for bike rental, if needed. Round-trip transportation from Schofield Barracks is included. Call 655-0143.


25 / Thursday

Fourth of July Fun Runs – Registration is now open for the Fourth of

July 5K and children's 1-mile fun runs. Entries for the 5K cost \$10 per person with a T-Shirt, or \$5 without. The children's run is free; however, all children must be registered. The fun run will take place at Schofield Barracks, July 4, during the 38th Annual Fourth of July Spectacular event. All entries must be postmarked by June 25. Entry forms are available at www.mwrarmyhawaii.com or any Family and Morale, Welfare and Recreation physical fitness center. For more information call 655-9650.

27 / Saturday

Adventure Hiking – Enjoy a day hike with Outdoor Recreation to various locations around the island, June 27, 7 a.m. This level two program provides a moderate level of difficulty. Round-trip transportation from Schofield Barracks is provided. Registration is required, and costs \$10. For more information call 655-0143.



Send sports announcements to community@hawaiiarmyweekly.com.

20 / Saturday

Waimea Valley Hiking Series – Join a series of hikes in the Waimea Valley throughout the month of June. Children must be at least 7 years old and accompanied by an adult, unless otherwise noted.

- June 20, 2-mile ridge/valley hike, Kala-hee trail.
- June 27, 6-mile Kamanui stream hike. (Youth must be at least 12 years old.) Groups meet at Waimea Valley (59-864 Kamehameha Hwy., across from Waimea Bay), 9 a.m. Hikes cost \$5 per person, plus Waimea Valley admission fee. For

reservations, call 638-7766. Visit www.waimeavalley.net.

Honolulu Olympic Day 5K and Celebration

– The city of Honolulu will be participating in nationwide Olympic Day celebrations, June 15-23, to show support for the U.S. bid for the 2016 Olympics in Chicago. The Olympic Day celebrations will feature a Healthy Honolulu 5K Fun Run/Walk, June 20, 5:30 p.m. The run will start and end at the Les Murakami Stadium, at the University of Hawaii. Participants are asked to wear, red, white or blue shirts. A "Sunset on the Field" gala celebration will follow the run and will feature a movie, entertainment and appearances by mainland Olympians. Event participation is free. Preregistration forms and route maps are available at www.honoluluolympicday.com. Same day registration is available at the field.

Tricare vision care benefits can vary by individual plan and age

KRISTEN WARD

TriWest Healthcare Alliance

Can you read this?

How about now?

Better?

If you have trouble reading any of the words above, you may want to have your eyes checked. Fortunately, vision care is a Tricare-covered benefit.

Benefits, however, vary by plan and age.

Active Duty. Active duty service members and family members (ADFM) enrolled in Tricare Prime are allowed one comprehensive eye exam every year with no co-pay.

Tricare Standard and Extra ADFM beneficiaries older than 6 years have coverage for one routine eye exam yearly.

After the deductible is met, cost-shares will apply for those using Tricare Standard and Extra plans.

Retirees. Tricare Prime retirees and family members are eligible for one comprehensive eye exam every two years with a network optometrist or ophthalmologist. They may have a \$12 co-pay if seen outside the base clinic.

Retired beneficiaries with Tricare Stan-

dard only have vision benefits when diagnosed with a medical condition, such as glaucoma, cataracts or diabetes. Normal deductible and cost shares apply.

Children. All Tricare-eligible children, regardless of plan, are covered for eye and vision screenings at birth and for a routine exam at 6 months old by their primary or pediatric provider.

All family members between the ages of 3 and 6 years are authorized to receive two comprehensive eye exams, including screening for developmental disorders, annually. After age 6, family members can receive one exam per year by an ophthalmologist or optometrist, depending on their Tricare plan.

Comprehensive Exams. Eye doctors use a wide variety of tests and procedures to examine your eyes during a comprehensive exam. These tests range from simple ones, like reading an eye chart, to more complex tests.

Beneficiaries should receive comprehensive exams through an optometrist or ophthalmologist and do not usually need a referral.

Tricare Prime beneficiaries will need a referral for routine eye exams received outside the provider network. Active duty service members must get a referral through their primary care manager

(PCM).

In addition to preventive exams, Tricare covers most medically necessary eye exams. Diabetic beneficiaries are covered for an eye exam each year with no co-payment, regardless of their sponsor's military status, although they may pay cost shares. Tricare Prime beneficiaries need referrals for medically necessary visits if they are outside of a military treatment facility (MTF).

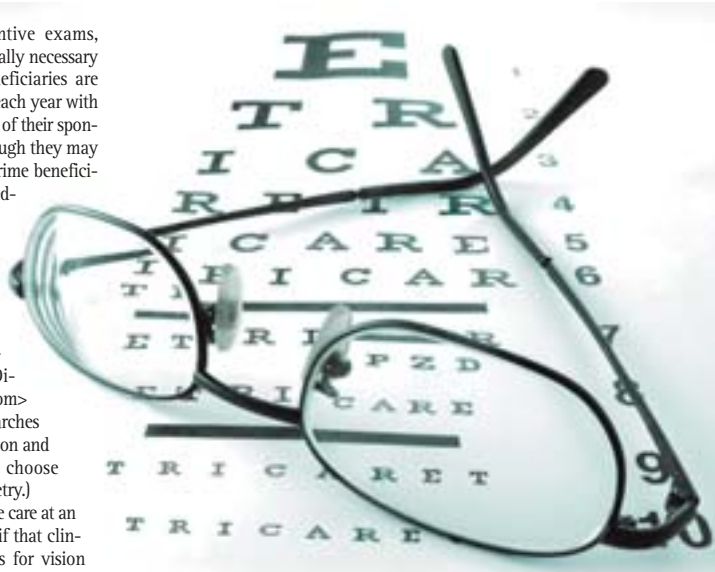
Beneficiaries can find a list of Tricare network vision care providers in Tri-West's online Provider Directory at www.triwest.com> Beneficiary>Provider. Searches can be conducted by location and specialty. (For eye care, choose ophthalmology or optometry.)

Beneficiaries who receive care at an MTF should check to see if that clinic offers special programs for vision care.

Glasses and contacts. For active duty service members, eyeglasses are available at MTFs for free. All other Tricare beneficiaries have coverage for contact lens or eyeglasses only if they are diagnosed with these:

-Infantile glaucoma,
-Keratoconus,
-Dry eyes,
-Irregularities in the eye's shape, or
-Loss of human lens function from eye surgery or congenital absence.

Replacement lenses or adjustments, and cleaning and repairs of eyeglasses are not covered. Contact screenings and fittings are also not a Tricare-covered benefit unless you have one of the medical conditions listed above.



Physical fitness training for pregnant, postpartum Soldiers now mandatory

LISA YOUNG

U.S. Army Center for Health Promotion and Preventive Medicine

Many names represent offerings in the Army's fitness program for pregnant and postpartum Soldiers: "Moms on the Move," "Soldiers Training Ability Readiness Spirit," "Healthy Beginnings," "Mother Wellness Soldier Fitness" and "Pregnant Soldier Wellness," to name some.

The Army Pregnancy Postpartum Physical Training (PPPT) Program is a specialized Army PT and education program developed with Soldier-moms in mind.

The PPPT is designed in accordance with guidelines from the American College of Obstetricians and Gynecologists, and it safely addresses the specific fitness needs of Soldiers during pregnancy and postpartum.

Once clearance has been provided by a health care provider, enrollment and participation in the PPPT is mandatory for eligible Soldiers required to go to unit PT.



A Train-the-Trainer Leader Course schedule is posted on the CHPPM Web site. For details visit, <http://chppm-www.apgea.army.mil/>

A daily exercise session focuses on the components of fitness using a variety of activities that can be adjusted to the fitness level appropriate for the individual Soldier.

Consistent participation in PPPT helps pregnant Soldiers make the transition from a combined 15-month pregnancy/postpartum profile to successful reintegration into unit PT, achieving physical fitness and weight standards and remaining in the Army.

Without a standardized installation PPPT program, pregnant Soldiers have no exercise guidance and are left to train on their own,

which impacts unit and individual readiness issues.

In July 2008, the Army's deputy chief of staff for operations (G-3) issued an Army-wide message assigning responsibilities for the PPPT program, a significant step in Army-wide program implementation.

Local program execution is a partnership between senior mission commanders as the functional proponents, the medical treatment facility for medical oversight and education, and the garrison for adequate facilities and equipment.

U.S. Army Medical Command is responsible for policy and doctrine, and the U.S. Army Center for Health Promotion and Preventive Medicine provides a train-the-trainer leader course and a training technical guide.

Good news stories abound from PPPT participants. After the birth of her third child, Sgt. Delores Gordon, said it took her three attempts to pass her Army Physical Fitness Test (APFT), with 30 days between each test.

For more information about the Hawaii PPPT Program, contact Carolyn Floyd-Johnson, RN, Schofield Barracks Health Clinic, Building 673, 2nd Floor, 433-8675.

Gordon had her first two children while enrolled in PPPT at Fort Hood, Texas, and she said that the transition back to unit PT was much easier because it kept her in shape.

"I learned how to modify the push-up and ways to work your abs (while pregnant)," Gordon said.

The program isn't just about PT and keeping in shape; it's also about helping expectant mothers prepare for the new child. Weekly educational classes led by subject matter experts cover a wide range of topics, including nutrition, basic child care, day care choices, infant dental care and postpartum birth control.

The release of an Armywide message about the program is expected to bring about an influx of participants to local PPPT classes.