





100

Chelsi Morishiga  
6th grade



# Navigators begin Iraq endeavor

**SGT. RICARDO BRANCH**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Soldiers of the 70th Engineer Company bid a fond farewell to their family and friends during a deployment ceremony on Hamilton Field, here, Monday, as they prepare for a deployment in support of Operation Iraqi Freedom.

Approximately 50 Soldiers are departing for Iraq, where they will be divided into smaller teams to provide support and training to multinational forces throughout Iraq.

The 70th Eng. Co. specializes in producing maps and overlays and identifying high-speed avenues of approach to give commanders better situational awareness on the ground.

During the deployment, Soldiers assigned to brigade level or higher commands will provide the knowledge for success of tactical units on the ground.

“The Soldiers standing before you have trained hard and are ready to go,” said Lt. Col. Daniel Kaprowski, rear detachment commander, 130th Engineer Brigade. “For many of them, it’s not their first deployment and they know what’s in store for them. To you veterans I say this, this is your time to lead the Soldiers who are on their first deployment.”

According to Capt. Vashon Ferguson, company commander, 70th Eng. Co., the Soldiers are professionals who’ve trained a great deal for the current tour in Iraq.

“These guys have proven themselves time and time again,” Vashon said. “They are at the highest level of readiness and have honed their tactical, as well as technical abilities for this mission.”

Many of the Soldiers departing on their first tour are anxious to start the travel downrange and begin their work in the combat zone.

“I’m excited,” said Pfc. Luis Padilla, a geospatial engineer with 70th Eng. Co. “This is what I knew I would have to do when I joined the Army. This is something I need to do; the freedom we all share here is because of us doing our part downrange.”

# 130th Eng. Bde. assumes responsibility

Story and Photo by  
**STAFF SGT. MELANIE TROLLINGER**  
165th Mobile Public Affairs Detachment, Multinational Division–North  
CONTINGENCY OPERATING SITE MAREZ, MOSUL, Iraq – The 130th Engineer Brigade uncased its colors, assuming responsibility of Mosul’s reconstruction efforts from the 18th Eng. Bde., during a Transfer of Authority (TOA) ceremony, here, July 15.

The “Sapper” Brigade’s mission focus will be reconstruction projects to aid the city of Mosul and Ninewah Province in providing essential services to the local populations and to manage route clearance operations for the 25th Infantry Division.

“It is an honor and a privilege to help our brother and sister Iraqi’s rebuild their nation,” said Col. Fabian Mendoza Jr., 130th Eng. Bde., commander.

Coalition forces are continuing to remain flexible despite recent troop reductions in urban centers, in accordance with their security agreement with the Government of Iraq. The task ahead seems an appropriately fit for the 130th Engineer Brigade “Sappers” out of Schofield Barracks, Hawaii, who’s engineer motto, “Essayons,” means “Let Us Try.”

Dignitaries attending the TOA ceremony included Maj. Gen Robert Caslen Jr., commanding general, Multinational Division-North (MND-N); Brig. Gen. Robert Brown, deputy commanding general (support), MND-N; Patrick Murphy, Ninewah Provincial Reconstruction Team leader; and Col. Muhammed Jassim, commander, 3rd Iraqi Army Field Engineer Regiment.



Col. Fabian Mendoza Jr. (left), commander, 130th Engineer Brigade, uncases the colors with Command Sgt. Maj. Dale Moran, 130th Eng. Bde., during the Transfer of Authority ceremony at Contingency Operating Station Marez, July 15. The 130th Eng. Bde assumed responsibility for Mosul reconstruction from the 18th Eng. Bde., which will return home to Heidelberg, Germany, after its 15-month deployment.

# 3rd IBCT holds NCO, Soldier of the Year competition

Story and Photos by  
**SPC. JAZZ BURNEY**  
3rd Infantry Brigade Combat Team Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq – Most competitors thrive off encouragement and cheers from a crowd, but when there isn’t a huge crowd to spur a competitor on, that individual has to dig deep and find the determination to press on toward the goal.

Four Soldiers did just this with a minimal crowd as they competed in 3rd Infantry Brigade Combat Team, 25th Infantry Division’s four-day Non-commissioned Officer (NCO) and Soldier of the Year competition, which tested their technical and tactical proficiency in Soldier tasks and drills, July 9-12.

Soldiers had won at their battalion-level NCO or Soldier of Quarter competitions, which allowed them to compete for the brigade NCO and Soldier of the Year.



Staff Sgt. Bruce Siegal (front), squadron battle noncommissioned officer (NCO), Headquarters and Headquarters Troop, 3rd Squadron, 4th Cavalry Regiment, and Sgt. Matthew Girard (background), team leader, C Co., 2nd Bn., 35th Inf. Regt., both of 3rd Infantry Brigade Combat Team, take a written examination on proper intelligence techniques as they compete against each other during the brigade’s four-day Noncommissioned Officer and Soldier of the Year competition.

“We decided to put together a brigade-level competition so the Soldiers would get ... training for that level,” said Sgt. Maj. David Armour,

other aspects of their deployed experience.”

Each day the Soldiers faced different tactical and technical challenges, with a series of grueling physical and mental examinations designed to push the participants to their limits.

“This was a chance not only to improve myself, but also to come out and compete and see how I will stack up against other noncommissioned officers at the battalion, brigade and, hopefully soon, all of northern Iraq,” said Sgt. Matthew Girard, team leader, C Co., 2nd Battalion, 35th Inf. Regt.

The competitors completed an Army physical fitness test, which was immediately followed by a six-mile foot march carrying a 35-pound load.

The Soldiers had to ruck their way to the final phase for that day and ended in a shooter’s stance, firing their assault rifle for marksmanship qualifications.

**SEE COMPETITION, A-4**



# Soldiers earn right to carry ‘Gimlet Stick’ in challenge

2ND STRYKER BRIGADE COMBAT TEAM  
PUBLIC AFFAIRS  
News Release

SCHOFIELD BARRACKS — Soldiers from the 1st Battalion, 21st Infantry Regiment, “Gimlets” started July 16, at 4:45 a.m., stepping out on a road march up to Kolekole Pass and back.

The march began their journey to become members of the “Royal Order of Gimlets.”

“Gimlet Challenge” is the testing for the Soldiers to earn their “Gimlet Stick,” which is a metal tool used to drill into rock and emplace explosives in the clearing of difficult obstacles. The Gimlet Challenge design is to ensure the Soldiers know themselves, their ability to conquer tasks, and to join the Gimlet clan.

“There’s a lot of pride in the regiment and our traditions,” said Staff Sgt. Eugenior Amador, one of the Gimlet Challenge noncommissioned officers. “(If) they want it, they’re going to have to earn it today.”

The numerous tasks the Soldiers needed to accomplish challenged both mind and body. They were put in three- and four-man teams, and their challenges took them across Schofield Barracks. In all, they would march more than 16 miles, execute tasks to prepare them for their Expert Infantryman Badge testing, swim with all their gear in self-made rafts across Richardson Pool, and pull together as a team to conquer the obstacle course with full combat equipment.

Before the march up Kolekole Pass, the Soldiers ensured their rucksacks followed the packing list that included small-arms protective armor plates, and a full Army Combat Uniform and water bladders. Last checks were conducted on outer protective vests, helmets and M-4 carbines, camouflage face paint, and one last check of their rucksacks.

In all, their gear added another 50 pounds they had to strap on their bodies.

Soldiers tackled task after task, pulling together as a team.

Among the more difficult tasks were completing the obstacle course. Teams had to



Photos by Maj. Al Hing | 2nd Stryker Brigade Public Affairs

Sgt. Scott Kenyon of Company B, 1st Battalion, 21st Infantry Regiment, pushes his team’s raft across Richardson Pool in the water crossing task of the “Gimlet Challenge.” More than 200 Soldiers tried to become members of the “Royal Order of Gimlets” in the 16-mile, multi-event challenge.

pull up and over obstacles with gear, pulling team members up walls and across barriers, traversing steep slopes, all the while fighting fatigue and exhaustion. The fine Hawaiian red dirt covered knees and elbows, often creating red streaks down sweaty faces as Soldiers pushed to their next task.

“I knew I was going to make it, but there were times that I had to reach down and give it everything,” said Sgt. Scott Kenyon, B Company, 1-21st Infantry. “My battle buddy, Staff Sgt. (Brandon) Flick and I have been through a lot.”

The team of Kenyon, Flick, and Staff Sgt. Nicholas Duplesis finished first in the 2009 Gimlet Challenge, more than 30 minutes ahead of the next group. It was paid for with their teamwork, physical effort and their mental toughness.

“I’m happy this is done, and I’m going to be sore,” said Flick, “but this is all worth it. We’re now part of the tradition and honor of being a Gimlet.”

Duplesis echoed the thought, “This hurt, but we did it. We’re part of the Gimlets.”



Above — A Soldier in 1st Battalion, 21st Infantry Regiment, 25th Infantry Division, climbs up a steep hill on the obstacle course during he “Gimlet Challenge.”



Left — Staff Sgt. Nicholas Duplesis and Staff Sgt. Brandon Flick of Company B, 1st Battalion, 21st Infantry Regiment, 25th Infantry Division, execute their three-second rushes across Duck Field as part of the “Gimlet Challenge.”

## Competition: Warriors show heart, determination to earn title

CONTINUED FROM A-1

“This event was an opportunity to showcase all participants’ abilities and how hard we have trained,” said Pfc. Stephen Herman, supply specialist, Headquarters and Headquarters Battery, 3rd Bn., 7th Field Artillery Regt. “Not being a field artillery Soldier by trade, but being a supply specialist in my unit, I feel a lot of pride participating here. Also, I have been receiving a lot of respect from the people in my unit, so this is truly rewarding.”

Another participant set aside his competitive spirit during the march to show his leadership style to his Soldier, who was lagging behind.

“The most enjoyable and painful experience in this competition was the ruck march,” said Staff Sgt. Bruce Siegal, squadron battle NCO, Headquarters and Headquarters Troop, 3rd Squadron, 4th Cavalry Regt. “When we set off toward the range, I watched as the NCO (Sgt. Girard) took off ahead of



(From front to rear) Sgt. Matthew Girard, team leader, C Company, 2nd Battalion, 35th Infantry Regiment; Staff Sgt. Bruce Siegal, squadron battle noncommissioned officer, Headquarters and Headquarters Troop, 3rd Squadron, 4th U.S. Cavalry Regt.; Pfc. Stephen Herman, supply specialist, Headquarters and Headquarters Battery, 3rd Bn., 7th Field Artillery Regt.; and Spc. Ryan Blunk, HHT, 3-4 Cav. Regt. compete in a six-mile, 35-lb ruck march during the brigade’s four-day Noncommissioned Officer and Soldier of the Year competition.

me; I realized that he would beat me.

“I came to accept that and decided to find my Soldier to ensure that we made it to our destination together, safe and sound ... that was the best part,” said Siegal.

As the competition continued, leaders provided the Soldiers well-rounded, hands-on,

mental-tactical scenarios that ranged from quick maintenance on military vehicles, to rules for escalation of force (EOF), to proper radio use.

The first of the tactical scenarios in the competition gave Soldiers the task of examining a Mine Resistant Ambush Protect-

ed vehicle from the inside and out. Soldiers were then tested on proper EOF procedures, showing how they’d respectfully treat a driver while performing a search of his vehicle. Soldiers then demonstrated their communication proficiency by setting up a radio and portable

antenna.

Brigade leaders said having the competition in a deployed setting provides impact for participating Soldiers.

“This is a first-class show for

our Soldiers. The personnel who put this competition together understood that in order for these Soldiers to go up to division and represent, they would have to be trained and tested on the tasks they would be executing,” said Command Sgt. Maj. Anthony Marrero, brigade command sergeant major.

The competition came to an end as senior leadership from throughout the brigade tested the mettle of the Soldiers in a formal board.

The winners of the competition were Girard and Herman, and the runners-up were Siegal and Spc. Ryan Blunk, 3rd Squadron, 4th Cav. Regt.

The winners will go on to compete at the division level, to match up with other elite Soldiers who have made the same advancements around northern Iraq.

# Japan and U.S. Armies transform into ‘One Team’ at STAFFEX

U.S. ARMY-PACIFIC PUBLIC AFFAIRS  
News Release

FORT SHAFTER — Although they originate from vastly different cultures, Soldiers from the U.S. Army-Pacific (USARPAC) Contingency Command Post (CCP) and from the Japanese Northern Army Ground Self Defense Force became “One Team,” or “Ichi Ban,” by pursuing a common goal — the Yama Sakura (YS) 56 Staff Exercise (STAFFEX).

During the STAFFEX, July 13–17, participants from both armies coordinated and planned for the upcoming annual Yama Sakura exercise in Japan scheduled for December.

“A staff exercise is a vital step in the process to get to a successful exercise,” said Col. Sean Callahan, operations officer for the CCP. “The relationships that we build are largely formed during these planning conferences and staff exercises, so not only do we get the professional development and interaction, we also build the personal relationships that are so vital to building capacity and establishing and maintaining strength.”

The CCP, a new entity to the structure of USARPAC, conducted its first major collective training during the exercise.

“This is the first event that now the full staff of the CCP are able to work together and understand how we do business at the operational level as a Contingency Command Post,” Callahan said.

Japanese counterparts expressed similar sentiments about the importance of the exercise.

“This exercise is an excellent opportunity for our nations to improve C4 — command, control, com-



Spc. Pedro Garcia-Bibian | U.S. Army-Pacific

Members of U.S. and Japanese armies work as one team in planning the upcoming Yama Sakura 56 exercise.

munication and computers,” said Col. Kenzo Tokuda, Northern Army, Japanese Ground Self-Defense Force.

Tokuda’s counterpart for the exercise is Col. Raymond Lamb, deputy chief of staff, CCP, USARPAC .

“Building bilateral relationships in the Pacific is really important,” Lamb said. “Part of our USARPAC mission statement states that ‘we become technologically advanced and culturally astute; and both of those objectives are reinforced in this exercise.”

Callahan spoke highly of the relationship-build-

ing and accomplishments established during the exercise.

“The relationships we have with the Japanese Northern Army are as good as I’ve seen it, and the amount of products and coordination have really been unprecedented for the level of synchronization of governorship that we’ve displayed here,” Callahan said.

Each year, a different part of the Japanese army participates in the exercise.

“Every Yama Sakura we have new units on the task organization, and these planning conferences allow us to meet for the first time and pass the les-

Soldier Support Center, Building 750. To register, visit the ACAP Express Web site at [www.acapexpress.army.mil](http://www.acapexpress.army.mil).

## 11 / Tuesday

**Fire Warden Training** — Every building requires a fire warden. In larger buildings, more than one fire warden may be needed. Fire warden training will be held for building representatives Aug.11, Sept. 8 and Oct. 13 at the Schofield Barracks Education Center above the Sgt. Yano Library.

Classes will be held from 10-11:30 a.m. To reserve your seat, or for more information, contact

Battalion Chief Marter at [albert.marter@navy.mil](mailto:albert.marter@navy.mil).

## 14 / Friday

**Newcomers Brief for Soldiers** — The next monthly newcomers briefing for Soldiers is scheduled Aug. 14, 4-5 p.m., at the Soldier Support Center, Building 750, Schofield Barracks.

## 17 / Monday

**Motorcycle Training** — U.S. Army Garrison-Hawaii and the California Superbike School will host an advanced motorcycle course for military personal, Aug. 17-20, at Wheeler Army Airfield. Each “Train as you Ride” session

is limited to 36 riders, and will be accepted on a first-come basis.

All slots for Aug. 17 are reserved for members of the 25th Combat Aviation Brigade. All slots for Aug. 18 are reserved for members of the 2nd Stryker Brigade Combat Team.

Students must sign up using an online tool at <https://airs.lmi.org>. Select “Pacific,” “Hawaii,” then “Advanced Motorcycle Course.”

## 19 / Wednesday

**SSA Closure** — The Supply Support Activity (SSA) will be

**SEE BRIEFS, A-5**

## News Briefs

Send news announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## 26 / Sunday

**Fort Shafter Road Work** — Motorists should be advised that due to construction, traffic will be re-routed in the vicinity of Funston and Wisser roads, Fort Shafter through July 26. Detours will be set up on weekends only.

## 29 / Wednesday

**Change of Command** — The

Army Hawaii community is invited to attend a change of command ceremony, July 29, 10 a.m.,

The 8th Theater Sustainment Command (TSC); Maj. Gen. Raymond Mason passes command to Brig. Gen. Michael Terry, at Palm Circle, Fort Shafter.

**Green-to-Gold Brief** — The next Green-to-Gold brief is scheduled, July 29, 11:30 a.m., at the Schofield Barracks Army Education Center, Building 560, second floor.

Soldiers interested in the Reserve Officers’ Training Corps (ROTC) scholarship program are invited to attend or call the University of Hawaii’s ROTC office at 956-7766. Call Chrissy Morris at 655-4444.

## August

### 3 / Monday

**TAP Workshops** — The Army Career and Alumni Program (ACAP) offers a 2 1/2 day Transition Assistance program (TAP) employment workshop for Soldiers leaving active duty and entering the civilian workforce. Separating personnel must attend the mandatory pre-separation briefing prior to attending the TAP workshop. Spouses are also eligible to attend.

August workshops are scheduled Aug. 3-5, 10-12, 17-19 and Aug. 31-Sept. 2.

The workshops are held at the ACAP Center, Schofield Barracks,



# Single Soldiers ‘touch up’ history in Ewa

Story and Photo by  
**SPC. ASHLEY ARMSTRONG**  
94th Army Air and Missile Defense Command Public Affairs

EWA BEACH — Single Soldiers of the Better Opportunities for Single Soldiers (BOSS) program at 94th Army Air and Missile Defense Command (AAMDC) used their multitasking abilities to help restore the historic Hawaiian Railway, here, July 15.

“We, as Soldiers, are trained to be able to do any task we are asked to do, which makes us extremely productive in volunteer work,” said Pvt. Crystal Townsend, human resources specialist, 94th AAMDC.

The Soldiers teamed with the Hawaiian Railway Society to help renovate an important part of Hawaii’s history.

“The main significance of operation for the Hawaiian Railway Society is that we work to save, restore and protect as much of the old railroad equipment as possible,” said Thomas G. McCarthy, administrator, Hawaiian Railway Society. “We also are dedicated to keeping this part of Hawaii’s railroading history alive through narrated rides.”

The society was formed in 1970 to save the remains of Hawaii’s railroad history. It is an educational, nonprofit organization that survives with the help of volunteers.

Operating the only active railroad on Oahu, he society has restored approximately 6.5 miles of track and put three vintage diesel locomotives on the tracks.

Soldiers were put to work on the railroad painting, sanding and spraying weed control chemicals.

“Having Soldiers assist us is significant because volunteering is important to patriotism,” said McCarthy. “History belongs to everyone. The volunteers did a fine job, and we appreciated them out here.”

“I decided to volunteer to help out the community because it helps the community have a better outlook and understanding of the military,” Townsend said.

Community service, being the second pillar of the BOSS program, gives single Soldiers the chance to make a difference in the lives of others, in the community, and in themselves.

“It was great to help restore something historic; it gave me an opportunity to help the community and learn something about it,” said Townsend.



Pvt. Crystal Townsend, human resources specialist, 94th Army Air and Missile Defense Command, paints railcar stairs during a Better Opportunities for Single Soldiers volunteer project at the Hawaiian Railway, Ewa Beach, July 15.

# News Briefs

From A-5

closed Aug. 19-26 for inventory. Only high-priority emergency requests will be processed. Normal operations will resume Aug. 27. Call Jared Javinar at 656-2632.

## 26 / Wednesday

**Army Financial Roadshow** — The U.S. Army Garrison-Hawaii community is hosting three Money Strong! Financial Roadshow events, Aug. 26 and 27. Conference sessions will cover a variety of topics and feature presentations from financial experts, educational clinics, workshops, information booths and displays.

Separate sessions are offered for Soldiers, couples and teens. In addition to the scheduled events, free, private, one-on-one financial counseling sessions will be available on both days, but prior registration is required. STACC site child care will be available.

The following sessions will take place, Aug. 26, at Aliamanu Community Center:

- A Monkey Kit workshop for child and parent with a visit from Sammy the Rabbit is scheduled, 4-4:45 p.m.
- Separate sessions for couples and teens, 5-7:30 p.m.

The following sessions will take place, Aug. 27, at the Nehelani, Schofield Barracks:

- Financial sessions for Soldiers, 7:30 a.m.-12:15 p.m.
- Financial sessions for Department of Army (DA) civilians, 12:15-2:15 p.m.

- A Monkey Kit workshop for child and parent with a visit from Sammy the Rabbit is scheduled, 4-4:45 p.m.
- Separate sessions for couples and teens, 5-7:30 p.m.

Contact Robin Sherrod, Army Community Service, financial readiness program manager, at 655-1717.

# Ongoing

**Electronic Device Rules** — Motorists are reminded that as of July 1, a new City and County of Honolulu law prohibits the use of mobile electronic equipment while driving, unless a hands-free device is used. The law also prohibits texting and making phone calls while stopped in traffic. There is a \$67 fine for the first offense.

# Singing attorney steals show, performs throughout Oahu

Story and Photo by  
**SPC ASHLEY ARMSTRONG**  
94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — “Music is a basic need of human survival. Music is one of the ways we make sense of our lives, one of the ways in which we express feelings when we have no words, a way for us to understand things with our hearts when we cannot with our minds,” said Karl Paulnack, Music Department head at Boston Conservatory.

These words hold a deep reality in the heart of Capt. Theo Voudouris, staff judge advocate, 94th Army Air and Missile Defense Command (AAMDC), who has devoted much of his life to musical art and performance.

“I have always enjoyed singing, and performing on stage always came naturally to me,” said Voudouris. “Having the ability to be around creative people in the performing arts can be extremely liberating.”

His interest in music was sparked while listening to his mother sing in St. Sophia’s Greek Orthodox Church in Syracuse, N.Y., while he was young.

“I was surrounded by the wonderful music of her Greek choir from an early age,” said



Capt. Theo Voudouris, staff judge advocate, 94th Army Air and Missile Defense Command, sings “All About the Green” while performing as Glen Gulia in the onstage musical presentation of the “Wedding Singer” at Diamond Head Theatre, July 6.

Voudouris of his mother’s influence in his musical aspirations. “My first musical performance was in ‘The Wizard of OZ’ at St. Sophia’s, and I’ve

been hooked ever since”.

He continued performing and was accepted into the Westminster Choir College Summer Music Program in Princeton, N.J., and was later awarded a scholarship to attend full-time as an undergraduate. Instead, he declined the scholarship and attended St. Bonaventure University, N.Y., to focus on pre-law, but he still fueled his passion for the arts perusing a minor in music.

Shortly after he started his studies, he was awarded a Voice Scholarship from St. Bonaventure’s Concert Choir and was selected to sing in the Chamber Choir. He has been singing for 22 years.

Voudouris is currently a member of the Honolulu Symphony Chorus and the Hawaii Vocal Arts Ensemble and performs in musicals at Richardson Army Community Theatre, here.

He has been involved in 10 performances on Oahu since his arrival in 2008, including his current performance as Glen Gulia in Diamond Head Theatre’s presentation of The “Wedding Singer.”

“My first performance in Hawaii was in ‘Aida’ with Army Community Theatre at Fort Shafter. I had just returned from Iraq and decided to get back into singing,” said Voudouris.

He has performed at various military functions, including retirement ceremonies and volunteer recognition ceremonies. He’s been known to occasionally entertain his co-workers.

“I worked with him for three months, and he always played music, and often I got to hear him sing,” said Julia Reinburg, family readiness support assistant, 94th AAMDC. “He has a really nice voice, and you can tell he has experience. I enjoyed listening to him sing; it made work entertaining.”

Voudouris recalled his most memorable performance, when he was in the St. Bonaventure choir. They were invited by the Vatican to sing at the four major Catholic Basilicas in Rome.

“The performances were amazing, and I was able to attend a private audience with Pope John Paul II. It was even more special because my mother was able to accompany me and experience a once-in-a-lifetime opportunity,” he said.

Voudouris’ future musical goals are to audition for a Broadway show or sing with the Metropolitan Opera after he retires from the military. And he plans to continue singing at every opportunity to accomplish his goals and show his passion for the performing arts and his appreciation for music.



(From left) Volunteers Shelly Caslen, Sarah Boyd, Sarah Bryant, Emily Harrison, Michelle Pena, Holly Pressell, Amy Schardt, Pricilla Armendariz, Lisa Sugg, Christine Clark, Kristen Resca and Joan Johnson pose with Maj. Greg Bunn, rear detachment commander, 25th Infantry Division, following a recognition ceremony.

# 25th ID recognizes 18 volunteers

Story and Photo by  
**DON ROBBINS**  
Staff Writer

WHEELER ARMY AIRFIELD — The 25th Infantry Division (ID) hosted its quarterly volunteer awards and recognition ceremony in the 25th Combat Aviation Brigade classroom, here, Tuesday.

The ceremony recognized volunteers who “Make the Difference.” They inspire the people they help, as well as inspire others to service.

Each awardee received a certificate of appreciation signed by Maj. Gen. Robert Caslen Jr., commanding general, 25th ID, and a 25th ID pin.

Volunteers were recognized with three awards: the Military Spouse Tropic Lightning Alii Award, which is presented to volunteers who primarily serve Family Readiness Groups (FRG); the Volunteer Ambassador “Lokahi” Award for service in FRG and community service agency; and the Yellow Ribbon Award for extraordinary service and dedication to Soldiers and family members during deployment and extended training exercises.

“Your volunteer service sets an example of excellence for all to follow and significantly contributes to the Army’s ability to accomplish its mission,” Caslen stated on the certificates.

“One of the things that has always made our nation great is our volunteerism,” said Maj. Greg Bunn, rear detachment commander, 25th ID, while congratulating the recipients.

Only 28 percent of the population in the United States give back to their communities in the form of volunteering, according to Bunn. The number one reason people say they cannot help their communities is the claim that the person doesn’t have enough time.

“Our awardees are evidence of the fact that there is time out there to get out and do some volunteer work,” Bunn said.

The awardees had their own reasons for volunteering; one family member wants to show her appreciation for Soldiers’ sacrifice.

“It’s just my little part to help families while their loved ones are deployed, because they’re the ones that really need to be thanked,” said award recipient Kristen Resca, who G Forward

Support Company and 3rd Battalion, 7th Field Artillery (FA) Regiment, during the Operation Iraqi Freedom 09-11 deployment.

Others volunteer out a sense of duty.

“I feel like I’m doing what anybody would do, to help people and provide support,” said awardee Lisa Sugg, C Company, 2nd Battalion, 27th Infantry Regiment. “It’s a commitment to our families, husbands and fellow spouses.”

In total, 18 volunteers were recognized during the ceremony.

## Volunteer Awardees

### The Military Spouse Tropic Lightning “Alii Award”

- Pricilla Armendariz, A Company, 2nd Battalion, 27th Infantry Regiment
- Sarah Bryant, 2nd Bn., 25th Aviation Regt.
- Jennifer Fichter, Headquarters Support Co., 25th Special Troops Battalion (STB)
- Elvy Hinojosa, 25th STB
- Holly Pressell, A Co., 1-14th Inf. Regt.
- Amy Schardt, B Co., 1-14th Inf. Regt.

### Volunteer Ambassador “Lokahi” Award

- Sarah Boyd, C Co., 66th Engineer Co.
- Jessica Erwin, A Co., 1-14th Inf. Regt.
- Emily Harrison, 2nd Squadron, 14th Cavalry Regt.
- Kristine Ives, A Co., 1-14th Inf. Regt.
- Kristen Resca, G Forward Support Company and 3rd Bn., 7th Field Artillery (FA) Regt. during the Operation Iraqi Freedom 09-11 deployment

### Yellow Ribbon Award

- Junedel Castro, Headquarters and Headquarters Co., 25th STB
- Christine Clark, A Co., 2-35th Inf. Regt.
- Joan Johnson, B Battery, 3rd Bn., 7th FA Regt.
- Sherry Major, 2-25th Avn. Regt.
- Eliza Paulino, 25th STB
- Michelle Pena, A Co., 25th STB
- Lisa Sugg, C Co., 2-27th Inf. Regt.

# Tripler graces halls with Hawaii

Story and Photo by  
**LES OZAWA**

Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER — Change can be small, incremental, or as large as the horizon. Or both, which is how the Kastner brothers like it.

Kastner Design is now finishing up a project to mount large photos of Hawaii landscapes in several hallways near the mountainside entrance to Tripler Army Medical Center (TAMC).

“The thing that I like about bringing in local pictures is that these are such beautiful islands. Most folks don’t know that they can go to some of these places,” Steve Kastner said, while he and his brother Jim Kastner mounted a 40-inch by 85-inch photo in a corridor connecting the two north-south hallways near the mountainside pharmacy.

“This one here is right above Aina Haina and Niu valleys. You go up this hiking trail, and at the top of this ridge, you can see Waimanalo on one side and Hawaii Kai on the other,” Steve said.

“It’s pretty steep in some areas ... but we were up and down in about three hours,” added Jim. “This one was a sleeper for me. It was the first time ever to go up this ridge. I really like how the clouds dance on the top like this.”

The infrequent visitor to TAMC may not notice the change. As part of the medical facility’s ongoing structural upgrades, the corridor walls near the mountainside entrance were repaired, and the damaged veneer was removed.

Many of TAMC’s mountainside (4G) hallways were decorat-



Steve (left) and Jim Kastner mount a frame of a print from their extensive collection of Hawaii photographs in a hallway near Tripler’s mountainside pharmacy.

ed with framed posters announcing cultural events of the 1980s.

According to Tina Watanabe, a Tripler interior design coordinator with Bowers and Kubota Consulting, the center has been undergoing interior upgrades since March 2007 as part of its interior design master plan.

The new interior design scheme includes changing the wall color to a soft, neutral gray and replacing the art posters to photographs of Hawaii landscapes.

“The new scheme for the hospital is to try to have mountain images on the mountainside and leading to ocean images on the Oceanside, so visually you’ll have

an idea of where you are (in the building), as well,” Steve said.

The Kastners have completed other projects at TAMC, including the large mural of a mountain stream in the pharmacy waiting room, installed about four years ago.

“Some of the big pictures like the one in pharmacy, that that is one of their meditation spots,” said Jim, commenting on how even the Tripler staff appreciate the photos.

“When they get stressed, they go and sit in front of that picture. Can you imagine going to the waiting room in the pharmacy to get some peace? I was impressed,” Steve said, with a chuckle.



# Strike: US, Malaysian Soldiers forge working relationship

CONTINUED FROM A-1

Maj. Gen. Patrick Wilson, deputy commanding general for National Guard affairs, U.S. Army-Pacific, were the presiding officers.

The commander of troops marched forward, saluted and informed his commander the troops were ready. All orders from the commander of troops were belted out in Malaysian. The cue for the U. S. Soldiers was a single drumbeat at the end of every verbal command.

Zulkiple stood before the formation and shared his thoughts about the exercise and thanked the U.S. contingent for their continued participation. Zulkiple focused on the sharing of tactics, techniques and procedures, and the importance of developing personal and professional relationships.

Before training began, the Soldiers from the combined armies had the opportunity to meet and talk with Wilson.

"This exercise is yet another opportunity to build on and enhance our relationships between our militaries, enhance our mutual trust between each other and better understand each other's tactics, techniques and procedures in how we will accomplish the mission," said Wilson. "We need to emphasize the things we have in common and build on our abilities to work side-by-side,

shoulder-to-shoulder to accomplish a mission, both here in the exercise, but more importantly, somewhere in the world, should the circumstances require our combined presence. The people of our respective countries rely on us to keep their hopes, dreams and aspirations alive."

The two-week exercise concludes Today. During the exercise, Soldiers participated in academic training, a mini-exercise and the command post exercise. In addition, Soldiers from both armies played a friendly soccer match and participated in two official social events.

All Soldiers were encouraged to go out after the end of the duty day and see the sights with Malaysian soldiers. U.S. Soldiers visited the Malaysian Military Museum at Port Dickson and the historic city of Malla-ca.

Many of the Soldiers have participated in Keris Strike multiple times.

"Malaysia is a beautiful country with warm, friendly and gracious people," said Sgt. 1st Class Ryan Matsumoto, exercise support noncommissioned officer in charge, 9th MSC, who is here for the second time. "I hope to keep my personal and professional relationships going."

Exercise Keris Strike is one of two exercises planned and executed from start-to-finish by the 9th MSC.



Spc. Leigh Campbell 369th Sustainment Brigade Public Affairs

Maj. Gen. Dato Zulkiple, division commander, 4th Malaysian Infantry, and Maj. Gen. Patrick Wilson, deputy commanding general for National Guard affairs, U.S. Army-Pacific, pray, during the Malaysian led invocation at the Exercise Keris Strike opening ceremony, July 13.

# Water: Award-winning plant increases water treatment capacity

CONTINUED FROM A-1

Engineers, a local water/wastewater management company, to construct a Schofield Barracks Wastewater Treatment Plant reuse system.

Additionally, DPW developed an R-1 reuse program — one that enables the Army to redirect an estimated 4.2 million gallons of water per day.

Helping to reduce freshwater consumption is a key goal of Federal Executive Order 13423, which requires federal facilities to reduce water consumption by 2 percent annually through 2015.

The local reuse project is being carried out under a 50-year privatization agreement the Army entered into with Aqua Engineers, which owns, operates and upgrades the wastewater treatment plant.

With the success of the government/private partnership, Aqua Engineers is currently designing and constructing an R-1 distribution system to further recycle water usage for irrigation and base operations, such as equipment washing.

The eventual objective is to reuse the entire daily plant flow of up to 1.5 billion gallons of water, annually — ultimately preserving potable water that would otherwise be used for irrigation and base operations.

Membrane bioreactor (MBR) technology from GE Water & Process Technologies, a unit of the General Electric Company, was installed to accomplish reuse and distribution goals. The plant eliminates excessive concentrations of organic materials in the discharge water.

## Award-winning facility

For its work at Schofield Barracks, Aqua Engineers recently won the Secretary of the Army Sustainability Team Award, presented to U.S. Army Garrison-Hawaii (USAG-HI). The award comes on the heels of two GE "ecomagination" awards presented to the partnership in 2007 and 2008.

Ecomagination awards honor organizations engaged in finding the boldest, most innovative, most successful and most economic solutions to pressing environmental problems. Fewer than 1 percent of GE's customers worldwide have earned the honor.

"Our previous wastewater treatment plant was often cantankerous, had a limited capacity insufficient for future base expansions, and couldn't provide recycled discharge water with high-enough quality for Army reuse," said Alan Goo, DPW deputy director. "Since the upgraded plant was commissioned, our sustainability readiness has improved.



Courtesy Photo

Schofield Barracks' water treatment plants have been retrofitted with GE Zeeweed membrane bioreactor systems that separate solids from water and wastewater.

"The privatization agreement has taken care of the operational issues, while the MBR system not only gives us copi-

ous quantities of clean, recycled water, it has nearly doubled the plant's capacity without increasing its physical footprint," Goo added. "The plant also can be expanded further to handle potential future growth needs."

## Treating wastewater

Wastewater treatment generally involves three stages: First, solids are separated from the wastewater stream; second, dissolved biological matter is progressively converted into a solid mass by using water-borne micro-organisms; and third, the biological solids are neutralized and disposed of and the water is then disinfected and discharged. If the water is clean enough, it's reused as the Schofield Barracks MBR system provides.

The base's existing, conventional-activated sludge wastewater treatment plant was retrofitted with a GE Zeeweed membrane bioreactor — a modular, expandable system that can be installed in almost any environment for reuse of drinking water or wastewater. It combines the biological treatment of wastewater contaminants in aeration basins, with the physical separation of solids from water via hollow-fiber, ultrafiltration membranes that are immersed in the wastewater.

The hollow-fiber membranes have a pore size about 1/20th the width of a human hair. Therefore, solid matter can't get through the pores and thus is separated from the water.

## Capacity increased

Water-treatment capacity was increased from 3.2 million gallons/day to 4.2 million gallons/day. The plant now supplies some 100,000 gallons/day of premium recycled water — used in part to irrigate lawns, golf courses, parks and other sites on the base — improving readiness and enhancing the lives of base personnel and their families.

Capacity gains are a great example of the progress that can be achieved under the Army's "Triple Bottom Line-Plus" concept of sustainability, which integrates mission accomplishment with the additional goals of maintaining a

healthy environment and a stable community, with achieving associated economic benefits.

Because only four of the six existing aeration basins were used, when future expansion is required, the remaining two can be used to provide an additional 50-percent capacity increase within the existing space to a total 6.3 million gallons/day.

"Budgets are always an issue in today's military. The privatization approach we took with our wastewater treatment plant, and the technology it employs, allows us here at Schofield Barracks to provide a high level of service economically ... as well as to free up personnel badly needed for other assignments," said Goo.



# HAWAII ARMY WEEKLY PAU HANA

[www.garrison.hawaii.army.mil/haw.asp](http://www.garrison.hawaii.army.mil/haw.asp)

"When work is finished!"

FRIDAY, JULY 24, 2009



Native Hawaiian teachers, Hiilani Shibata, at left, and Joe McGinn lead the class in a song on the ukulele during a Hawaiian culture workshop at Army Community Service.

## Native Hawaiian culture 101

Voyage into Hawaiian traditions, music and history at new cultural workshop

Story and Photos By  
**DON ROBBINS**  
Staff Writer

SCHOFIELD BARRACKS — Playfully strumming ukulele, singing and beaming with joy, a group of Army family members celebrated an evening of Hawaiian culture during a new U.S. Army Garrison-Hawaii (USAG-HI), Army Community Service (ACS) workshop, here, July 15.

The workshop, called "Umeke Kaao," or "vessel of knowledge," gave Soldiers and their families a chance to learn Hawaiian culture while living in Oahu.

"I am a newcomer to Hawaii," said Charlotte Partee-Deitch, whose husband, Col. Alexander Deitch, is an endodontist at the Schofield Barracks dental clinic.

"I'm here to learn more about the culture and the people. I am a person who loves being involved with people who are different than I am. I just love the diversity and being in

Hawaii," she said.

Leading the sessions are Native Hawaiian teachers, Hiilani Shibata and Joe McGinn.

"Every class is unique," Shibata said.

However, at the beginning of each class, teachers provide a review of the previous week's lessons, so new participants are always welcome to join in.

Shibata and McGinn teach Hawaiian word pronunciations, introductions and greetings like "O wai kou inoa?" or "What is your name?"

Students discover traditional Hawaiian philosophy, such as the "kumulipo," a genealogical chant from



Students learn about Polynesian voyaging canoes during the second week of Hawaiian culture class at Army Community Service, July 22.



Family members Edith Vega, at left, and Wanda Pimentel learn to play a few songs on the ukulele, July 22.

the deep past to the unknown future.

And they learn stories about fire goddess Pele, the goddess of the volcano.

One of the more popular demonstrations focuses on the Polynesians' voyaging canoes. Participants learn that a canoe is called a "waa" and that a single hulled canoe is a "kaukahi." They found that some of the items the Polynesians intentionally carried with them on voyages included pigs, chickens and dogs, although rats also snuck on as stowaways.

Charlyn Sales, Relocation Readiness program manager, said, this is the first time the workshop is being offered. She said she wanted to provide this opportunity to the community, especially newcomers, so they could better understand Hawaiian culture and bridge each other's cultures.

"Through these classes, there's a lot of sharing," Sales said.

"I thought it was very informative," Partee-Deitch said.

Gladys "Marge" Graves grew up in Indianapolis and moved to Schofield Barracks with her son, a Soldier with the 84th Engineer Battalion.

"I've found my niche," Graves said.

"I love this place and I want to learn as much as I can about different cultures. Over the last two weeks, I've learned quite a bit. I'm teaching my 5-year-old grandson."

The free workshop started July 8 and meets each Wednesday from 6 to 8 p.m. through Sept. 9.

Children ages 6 years and older may attend, but must be accompanied by a parent.

Registration is required. For more information call ACS at 655-4227.

## Blue Star Card program now offers more discounts and benefits

**DON ROBBINS**  
Staff Writer

SCHOFIELD BARRACKS — Discounts, special events and group activities are just some of the benefits offered by a unique program that provides support to U.S. Army Garrison-Hawaii (USAG-HI) spouses and families during deployment.

The Blue Star Card program helps make deployments less stressful for families who have Soldiers downrange.

"At (Family and Morale, Welfare and Recreation) we know that deployment is a stressful time for the whole family, and the Blue Star Card (BSC) program is our way of thanking our Soldiers for their service, as well as providing support to their families during this time," said Sarah Chadwick, BSC program coordinator.

Started in Hawaii in 2004 by the Directorate of Family and Morale, Welfare and Recreation (DFMWR), the program was the first of its kind. Today the program is still the most extensive in the Army, adding new benefits whenever possible.

Some recent additions to the list of benefits include the following:

- Priority family readiness group (FRG) classes for BSC holders from Army Community Service (ACS).

- A discount of 10 percent on admission to the Sunset Café's Hawaiian luau at the Piliilau Army Recreation Center (PARC). The next luau is scheduled, July 31, 6 p.m.

- A discount of 10 percent at dining and entertaining establishments at the Hale Koa including, Koko Café, Bibas,

the Hale Koa Room Restaurant, Sunday brunch, and tickets for weekly shows booked through the Hale Koa activities desk (955-0555, extension 546).

- Discount coupons for Papa John's Pizza and Army golf courses (\$5 off) are available at the BSC Web site, [www.bluestarcardhawaii.com](http://www.bluestarcardhawaii.com).

The most popular and widely used discount is for child care services.

"We provide 16 free hours per month,

per child, as well as a 20-percent discount on full- and part-time care and several other discounts listed in our benefits flier," Chadwick said.

BSC members also have the opportunity to participate in special events and activities planned especially for the group.

"We try to provide a variety of activities for our spouses and families to give them the chance to get out of the house and, in some cases, get off post and see

the island," said Chadwick, whose husband is also currently deployed.

One event called the "Big R" serves as a monthly countdown to redeployment. "Big R" events are held at the end of the month and celebrate the days that have passed, providing renewed strength for the next 30 days.

Chadwick plans all BSC events, and she attends them all, too.

"It has definitely made the months go by a lot faster," she said.



Photo Courtesy of Family and Morale, Welfare and Recreation

Blue Star Card (BSC) holders make it to the top of the Makapuu Lighthouse Trail during the "Walk off the Wait" hike in April. The next hike is scheduled, Aug. 18, along the Hauula Trail.

Aubrey Kiemnec, recreation activities, organizes the "Walk Off the Wait" program, which takes BSC holders on different hikes around the island.

"We're looking to offer healthy recreational opportunities," Kiemnec said.

She invites all members to join their next hike Aug. 18, along the Hauula Trail.

BSC applicants must be a spouse (or designated family care plan provider) of an Army combat-deployed active duty, Reserve or National Guard Soldier or Department of the Army civilian employee stationed in Hawaii.

The Soldier must be deployed for at least six months and receive hazardous duty pay, although spouses of Soldiers deployed to a hazardous duty location for less than six months may also apply (to confirm eligibility, call 656-3325).

North and South residents must bring a copy of their Soldier's deployment orders to the ACS, Schofield Barracks, and fill out the application either at ACS or online.

Spouses receive the Blue Star Card 30 days prior to the date listed on their Soldier's deployment orders.



Download the "Star Guide" BSC benefits brochure, coupons and application forms at [www.bluestarcardhawaii.com](http://www.bluestarcardhawaii.com).

BSC is now on Facebook. Find BSC and be a friend today at [www.facebook.com](http://www.facebook.com); search "Blue Star Card."





## 27 / Monday

**First-Term Financial Training** – Learn basic financial skills, develop self-reliance and personal responsibility, encourage financial planning, improve money management skills, and enhance personal financial literacy, July 27, 8:30 a.m.-4 p.m., at Army Community Service, Schofield Barracks.

This program is a mandatory eight-hour class of instruction for first-term Soldiers. Certificates will be awarded to participants who complete the full course of instruction. Call 655-4227.

## 28 / Tuesday

**Breast Feeding Basics** – It should be one of the most natural things in the world, but for many moms, especially new moms, breastfeeding can be confusing. Learn how to get started with breastfeeding, overcome challenges and the importance of breastfeeding for your baby, July 28, 9-11 a.m., Aliamanu Military Reservation community center. Call 655-4227.

## 29 / Wednesday

**Hawaiian Workshop** – The Army Community Service (ACS) Relocation Readiness Program is offering a Hawaiian culture workshop for Soldiers and families. The 10-week workshop, “Umeke Kaeo,” or vessel of knowledge, meets each Wednesday, 6-8 p.m., at the ACS, Schofield Barracks. The next class is scheduled to meet, July 29.

Children 6 years and older are welcome to participate; child care is not provided. To register, call 655-4227.

## 31 / Friday

**Dog Days of Summer** – The Recreation Activities office is hosting its first-ever dog-friendly event, the Dog Days of Summer, July 31, 2-6 p.m., Sills Field, Schofield Barracks.

During the event, pet owners and their four-legged friends are invited to enjoy an afternoon of furry fun. Compete in four-legged and two-legged contests such as dog/owner lookalike, costume and cutest dog, obstacle course, most patriotic pooch, most talented dog, and more.

For all the paw-ticulars, visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) to register your dog to compete, or for the full listing of events.

All dogs must be on a leash, in a carrier or stroller, at all times. Only sociable dogs allowed. No dogs in heat.

Family readiness groups interested in participating in the chili cook-off should



## 24 / Today

**Makiki Festival** – Friends of the Makiki Community Learning Center and the City and County of Honolulu invite everyone to rediscover Makiki during a two-day “Sunset in the Park” festival, July 24-25, at Makiki District Park (1527 Keeaumoku St.)

Activities will include local entertainment, rides for the keiki, a three-person basketball tournament, interactive activities and tours of the Makiki Community Library. Local crafts, clothing, jewelry and other products will be for sale at the Makiki Marketplace.

The weekend’s activities will culminate each night with movies in the park. Contact [daubelatti@hawaii.rr.com](mailto:daubelatti@hawaii.rr.com) or call 393-0594.

## 28 / Tuesday

**Protestant Women of the Chapel** – The Protestant Women of the Chapel Summer session meets every Tuesday in July, 9-11:30 a.m., at the Schofield Barracks Chapel, Annex Room 212. The next meeting is July 28. Stop by for food, fun and fellowship. Free limited child care is available with reservations.

For more information, contact Valerie at 753-3584 or [valeriepwoc@me.com](mailto:valeriepwoc@me.com).

## 29 / Wednesday

**Youth Choir Classes** – Youth show choir classes are being offered each Wednesday starting Aug. 5 at the Camp Stover Community Center, Wheeler Army Airfield. Youth in grades K-6 are invited to develop their talents in singing, dancing, music and showmanship. Students learn the skills needed to perform in front of an audience. No auditions are required. Grades K-2 meet 2:30-3:15 p.m.;



Sgt. Ricardo Branch | 8th Theater Sustainment Command Public Affairs

# Putting the distance

FORT SHAFTER — Capt. Ben Widlanski, Headquarters and Headquarters Company, 8th Theater Sustainment Command (TSC), glides the ball across the green during the 8th TSC commanding general golf scramble at the Nagorski Golf Club, Tuesday.

contact the Recreation Activities office to sign up. Call 655-0111/2.

**Employment Orientation** – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies. The next orientation is scheduled, July 31, 9-10:30 a.m., at ACS, Schofield Barracks. Call 655-4227 or register online at [www.acsclasses.com](http://www.acsclasses.com).

**Waikiki Wiki Wiki Bus** – The Army bus rides again, July 31, 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. The return pick-up is at the Hale Koa at 3 a.m.

Free tickets are available at Information, Ticketing and Registration offices, and riders must have a ticket to board. Call 655-9971/438-1985.

# August

## 4 / Tuesday

**Recreation Round-Up Expo** – Take a

walk on the western side and learn about all the fun activities and programs the Family and Morale, Welfare and Recreation (FMWR) directorate offers by heading down to the FMWR Recreation Round-Up Expo, Aug. 7, 4-7 p.m., at the Tropics, Schofield Barracks.

Enjoy free snacks, games and prize giveaways. Call 656-3324.

**Family Fun Friday** – Family Fun Friday is back, at the Tropics, Schofield Barracks, Aug. 7, and starting one hour later, at 7 p.m.

Enjoy a special SKIES performance, along with free Papa John’s pizza, fun and 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.

## 11 / Tuesday

**Teddy Bear Picnic** – Children and youth are invited to share an afternoon of fun with their favorite stuffed teddy bear or any stuffed animal, Aug. 11, 3 p.m., at the Fort Shafter Library. This event is suitable for all ages. Call 438-9521.

size) and other hands-on, fun-filled free activities on display at the Pearlridge Center, now through 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 (with a nominal fee).

The Giant Insect Safari exhibit will be open during regular center hours at Uptown and Downtown Center Courts.

## 6 / Thursday

**Blood Drive** – The 732nd Military Intelligence Battalion will be sponsoring a blood drive to benefit the Tripler Army Medical Center Armed Services Blood Program, Aug. 6, 10 a.m.-2 p.m., at the 732nd MI Bn. classroom, Building 131, A Quad, Schofield Barracks. The community is invited to donate blood.

For more information, call the donor center at 433-6148, or visit [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

## 14 / Friday

**BayFest Tickets** – Marine Corps Base Hawaii’s BayFest is scheduled Aug. 14-16 and will feature the band Filter, Aug. 14, 8:30 p.m., and the Black Eyed Peas, Aug. 15, 8:30 p.m., on the main stage.

Exclusive military rate tickets are available at all Information, Tickets & Tours (I.T.T.) offices, and they are expected to sell out.

Advance tickets at I.T.T. for Filter are \$20 each, and for Black Eyed Peas, \$25 each. Tickets at the gate will cost \$45 and \$55 per concert. General grounds admission is an additional \$5.

Children 5 years and younger can attend the events for free. Gates open at 5 p.m., Aug. 14, and noon, Aug. 15-16. For more information call the BayFest hotline at 254-7679. Visit [www.bayfsthawaii.com](http://www.bayfsthawaii.com).

## 15 / Saturday

**“Canstruction” Competition** – The American Institute of Architects-Honolulu presents the 4th Annual “Canstruction” competition, Aug.15, 8 a.m.-2 p.m., at Pearlridge Center.

## 15 / Saturday

**Flux Capacitor** – Rock out with the band “Flux Capacitor,” Aug. 15, 7 p.m., at the Tropics, Schofield Barracks. The local band is back by popular demand after performing last at the Fourth of July Spectacular after party. Call 655-5698.

## 19 / Wednesday

**USA Express** – See the band “USA Express,” Aug. 19, 7 p.m., at the Tropics, Schofield Barracks. The all-Soldier band plays hits from a range of musical genres including rock, country, R&B, pop and Latin styles. Call 655-5698.

**Create-a-Card** – Family members of deployed Soldiers are invited to create a summer aloha card or other special card to send to their deployed Soldier at a create-a-card session, Aug. 19, 3-4 p.m., at Sgt. Yano Library, Schofield Barracks. All family members are welcome to participate. For more information on library programs, call 655-8002.

For more information on the Blue Star Card programs, call 656-3327.

# Ongoing

**Confidential Counseling** – Military and Family Life Consultants (MFLC) are available to assist Soldiers and family members by providing short-term, situational, problem-solving counseling services, which are private and can be arranged by calling 222-7088.

If your issue is financial-based, call an MFLC personal financial counselor at 265-8136.

**BSC Facebook Page** – Stay current on all upcoming Blue Star Card (BSC) special events and activities at the BSC Facebook page. RSVP online to attend events, view event photos and tag your friends with special BSC stickers.

Find BSC and be a friend today at [www.facebook.com](http://www.facebook.com); search “Blue Star Card.”

**Community Needs Assessment Survey** – Soldiers and families in the Army Hawaii community are invited to share their opinion on programs and services provided by the Army Community Service Family Advocacy Program.

Community members have a chance to win a \$100 AAFES gift certificate by participating in the Community Needs Assessment survey, which is being conducted during the next six months.

For more information, call Regina Peirce at 655-0596.

**EFMP Support Groups** – The monthly Autism Support Group and SHARE Support Group, organized through the Exceptional Family Member Program, will not meet during the month of July. The group meetings will resume in August and observe the regular schedule. Call 655-4227.

## 21 / Friday

**Made in Hawaii Festival** – Mark your calendars for the 14th Annual Made in Hawaii Festival, Aug. 21-23 at the Neal S. Blaisdell Exhibition Hall and Arena.

The festival will include more than 400 booths featuring food, items and entertainment that can all proudly say they are “Made in Hawaii.”

Festival hours are Aug. 21-22, 10 a.m.-9 p.m., and Aug. 23, 10 a.m.-5 p.m. Admission costs \$3 per person, children 6 and under are free. Call 533-1292 or visit [www.madeinhawaiifestival.com](http://www.madeinhawaiifestival.com).

## 23 / Sunday

**Duke’s OceanFest** – The 8th Annual Duke’s OceanFest is scheduled Aug. 23-29 in Waikiki and offers a variety of ocean sport competitions and special events, including surfing, swimming, stand-up paddle boarding and beach volleyball, held in tribute to the legendary Duke Kahanamoku and the lifetime of recognition he earned as an Olympic swimming champion, “the Father of International Surfing,” and Hawaii’s “Ambassador of Aloha.”

•Aug. 23 – The fest opens with a Hoomana Ceremony in the Duke Kahanamoku Lagoon at the Hilton Hawaiian Village Beach Resort & Spa.

•Aug. 24 – Celebrate Duke Kahanamoku’s 119th birthday at a traditional Hawaiian sunrise blessing at his statue on the beach in Waikiki.

•Aug. 26 – Enjoy four days of ocean



**Allamanu (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 [aafes.com](http://aafes.com) under reeltime movie listing.



**The Taking of Pelham 123**  
(R)  
Friday, 7 p.m.  
Wednesday, 7 p.m.

**Terminator Salvation: The Future Begins**  
(PG-13)  
Saturday, 4 p.m.



**Up**  
(PG)  
Saturday, 7 p.m.

**Year One**  
(PG-13)  
Sunday, 2 p.m.  
Thursday, 7 p.m.



# USAG-HI schools gear up for the first day of school

Back to school time is always a busy time for parents and students. As you gear up for the first day, make note of important calendar dates, school hours and information.

## Hale Kula Elementary School

- July 28: Class list posting is available, 4 p.m., outside cafeteria. Keiki kit orders available for pick up at P-14, 4-5 p.m.
- Aug. 3: First day of school.

## General information

Web site: [www.halekula.k12.hi.us/](http://www.halekula.k12.hi.us/)  
Principal: Jan Iwase  
Phone: 622-6380  
School hours: 7:55 a.m.-2:10 p.m. (Mon., Tue., Thur., Fri.) and 7:55 a.m.-12:30 p.m. (Wed.)  
Lunch passes: Applications for free/reduced lunch are available at the front office. Parents may deposit money into students' meal accounts beginning on or about July 27.

## Shafter Elementary School

- Aug. 3: First day of school.

## General information

Web site: [www.k12.hi.us/~shafter/shafter.html](http://www.k12.hi.us/~shafter/shafter.html)  
Principal: Robin Martin  
Phone: 832-3560  
School hours: 7:55 a.m.-2:05 p.m. (Mon., Tue., Thur., Fri.) and 7:55 a.m.-1:15 p.m. (Wed.)  
Lunch passes: The front office is now accepting deposits for student meal accounts.

## Solomon Elementary School

- Today: Classroom information is available, 11:30 a.m.-2 p.m., in cafeteria.
- July 31: First day of school.

## General information

Web site: [www.solomon.k12.hi.us](http://www.solomon.k12.hi.us)  
Principal: Linda Yoshikami  
Phone: 624-9500  
School hours: 7:55 a.m.-2:05 p.m. (Mon., Tue., Thur., Fri.) and 7:55 a.m.-12:45 p.m. (Wed.)  
Lunch Passes: The front office is now accepting deposits (\$10) for student meal accounts. Applications for free/reduced lunch are available at the front office. Solomon Elementary requires a local telephone number for all parents.

## Wheeler Elementary School

- July 29: Class list postings are available, 9 a.m., at A Building bulletin board.
- July 3: Lunch presale and bus application payments taken, 7 a.m.-4 p.m., in front office; open house, 2-4 p.m.; student uniforms for sale, 3-6 p.m., in cafeteria.
- Aug. 3: First day of school for 1st-5th graders.

## General information

Web site: [www.wheeler.k12.hi.us/](http://www.wheeler.k12.hi.us/)  
Principal: Joe Lee  
Phone: 622-6400  
School hours: 7:55 a.m.-2:05 p.m. (Mon., Tue., Thur., Fri.) and 7:55 a.m.-1:15 p.m. (Wed.)  
Lunch Passes: Prepay lunch program applications for new students and for free/reduced lunch will be sent home on the first day of school.  
The front office is accepting payments for returning students' meal accounts. New students

need to pay for their meals in the front office in the morning or at recess during the first week of school, or until they receive their ID/meal cards.

## Wheeler Middle School

- July 30: Open house, 5-7 p.m.
- July 31: First day of school for new students
- Aug. 3: First day of school.
- Aug. 10-11: Yearbook portraits

## General information

Web site: [www.wheelm.k12.hi.us/](http://www.wheelm.k12.hi.us/)  
Principal: Brenda Vierra-Chun  
Phone: 622-6525  
School hours: 7:40 a.m.-2:30 p.m. (Mon., Tue., Thur., Fri.) and 7:40 a.m.-12:15 p.m. (Wed.)  
Lunch Pass Info: The front office is now accepting payments for student meal accounts.

## Leilehua High School

- July 30: New parent orientation, 6-8 p.m., in cafeteria.
- July 31: Freshman orientation, schedule pick-up and fee payment, 8:30 a.m.-12:30 p.m., in cafeteria.
- July 31: Schedule pick up and fee payment for all other students, 1:15-2:15 p.m., in gymnasium.
- Aug. 3: First day of school for all students.

## General information

Web site: [www2.leilehua.k12.hi.us](http://www2.leilehua.k12.hi.us)  
Principal: Aloha Coleman  
Phone: 622-6550  
School hours: 8:30 a.m.-2:30 p.m. (Mon., Tue., Thur., Fri.) and 8:30 a.m.-12:30 p.m. (Wed.)  
Lunch Passes: The front office is accepting payments for student meal accounts.

For parents who would like to apply for free/reduced lunch, the most recent leave and earning (LES) statement is required. Deposits into student meal accounts should be made with cash or check only.

## School supplies

School supply lists can be picked up at school front offices, at some retailers stores including; AAFES Main Exchange, Navy Exchange and some Longs, Walmart and Kmart locations, and online at school Web sites.

## Public school bus passes

For those students attending Hawaii Public Schools, avoid the back-to-school rush and purchase bus passes for the 2009-2010 school year now. Students eligible for free bus passes must also complete an application form at <http://iportal.k12.hi.us/SBT> or contact the school for more information.

The form and payment should be submitted to the child's school. Rate schedules and eligibility requirements for school bus services are also available at the Web site.

The school bus fare is 35 cents per trip. Fares are purchased by academic quarter or for the full year. Individual school calendars are posted at <http://doe.k12.hi.us/calendars0910>.

For more information, contact your child's school or the Department of Education Student Transportation Services Branch at 586-0170.



Amy L. Bugala, U.S. Army Garrison-Hawaii Public Affairs

Justin Parker and Matthew Howard, the 2009 Scholarships for Military Children award recipients for U.S. Army Garrison-Hawaii stand for a picture with administrators, representatives and sponsors of the program at the commissary, July 14. Pictured from left to right are Susan Sturgeon-Campbell, store director, Schofield Barracks Commissary; Nancy Parker, with her son and scholarship recipient, Justin Parker; Theresa Johnson, of the Fisher House Foundation; scholarship recipient, Matthew Howard with his mother Sherry; and Nel Delp, sales representative for sponsor, Hawaiian Isles Kona Coffee Company.

# DeCA scholarships awarded to two local high school students

## DON ROBBINS

Staff Writer

SCHOFIELD BARRACKS — Two young men will find their college education a little more affordable, thanks to the Defense Commissary Agency's (DeCA) Scholarships for Military Children program.

Matthew Howard of Mililani High School and Justin Parker of Leilehua High, both 18, received \$1,500 scholarships presented by Susan Sturgeon-Campbell, Schofield Barracks commissary store director, July 14.

"Community involvement is what the Schofield commissary is all about, and the Scholarships for Military Children is one way to show we care," Sturgeon-Campbell said.

Along with a minimum 3.0 grade point average and demonstration of community involvement, this year's applicants also submitted an essay answering the question "What would you place in a time capsule to help people opening the capsule in the next century understand military life today?"

Howard said he would place items that symbolize the sacrifice Soldiers and families are making during repeated military deployments.

In his time capsule, Howard would place a Web cam, to show how Soldiers stay in touch with their families while deployed; a yellow ribbon decal, symbolizing support and the anxious wait; and newspaper clippings to describe a Soldier's return.

Howard said the scholarship will help him as he begins his studies in electrical engineering at North Carolina State University this fall.

He plans to follow in his father and grandfather's footsteps and pursue a career in the mili-

tary as an Air Force space and missile officer.

His father is a retired Naval officer and his grandfather is a retired Army lieutenant colonel. Howard is the son of Norman and Sherry Howard.

Parker said he would also place newspaper clippings in his time capsule — from Sept. 11, 2001, to describe the "turning point" in America's history. He would also place an identification card, symbolizing the need for responsibility in both the civilian and military worlds and a folded U.S. flag, symbolizing the ultimate sacrifice some families face due to war.

Parker plans to attend Leeward Community College in the fall and will study to become a nurse anesthetist.

He is the son of Nancy and Maj. Jeff Parker, a public affairs officer deployed to Iraq.

This year 615 students worldwide will receive a scholarship. Howard and Parker were chosen from 21 applicants at the Schofield Barracks commissary.

"They're very bright young men. I believe that our future, put in these young men's hands, will be better," Sturgeon-Campbell said.

Each year the scholarships are open to qualified children of U.S. military ID cardholders. Graduating high school seniors, as well as students currently enrolled in a four-year program, are eligible to apply.

The program is administered by Fisher House Foundation and was sponsored by Hawaiian Isles Kona Coffee Company.

Applications for the 2010 Scholarships for Military Children will be accepted starting Nov. 1. Visit [www.militaryscholar.org](http://www.militaryscholar.org).

# ACS celebrates 44 years of outstanding service to military families

Story and Photo By

## DON ROBBINS

Staff Writer

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii (USAG-HI) community members and senior leaders payed tribute to the birth of the Army Community Service (ACS) organization, Friday, at the ACS building, here.

The organization and its volunteers have been providing help to the community for the last 44 years.

ACS was developed in the 1960s out of a growing awareness within the Army structure that commanders were spending more time assisting members of their units with personal and family issues.

Lt. Col. Emma Marie Baird developed a plan for the creation of an Armywide social service program.

ACS now supports families in a multitude of ways with their work and careers, home and family life, and money matters, as well as with managing deployment and relocating to or from Hawaii.

"In the past, I came to ACS for their lending closet," said Junedel Castro, wife of Capt. Jerrold Castro, Special Troops Battalion, 25th Infantry Division (ID). "They're good about reaching out to family members."

The lending closet provides basic household items loaned out on a temporary basis.

"ACS has helped me straighten out my credit, has educated me on



Army Community Service (ACS) volunteer, Mya Legros, 9, (middle), prepares to cut the birthday cake with assistance from Lt. Col. Richard Gledhill, commander, U.S. Army Garrison-Oahu (left), and ACS advisor Kathy Duttweiler (right). ACS celebrated 44 years of outstanding service to the community, Friday.

my financial situation and how to best use my finances and assist me in buying a car," said Pfc. Matthew McClintock, 2nd Bn., 11th Field Artillery Regiment, 25th ID.

A popular booth at the open house was the New Parent Support Program (NPSP), led by a professional team of nurses and social workers who provide infant care support and education.

Cole Weeks, acting chief and family advocacy program manager, said programs evolve to fill needs, including the recent creation of Survivor Outreach, the Warrior Assistance Center, and Mobilization and Deployment.

"ACS is a continually evolving and changing, dynamic organization that will continue to adapt to the unique needs of the Army community," Weeks said. "Our overall goal is to support Soldiers and families and to build resilient communities."

Although there have been many changes over the decades, there has been a consistent emphasis on volunteer support.

"Our Army Community Service volunteers mean the world to us," said Tracey Clark, volunteer corps coordinator.

Volunteers received certificates and gifts thanking them for their service.

"ACS continues to evolve, but the mission remains the same: to assist commanders and maintain the readiness of individuals, families and communities within America's Army by delivering services, which promote self-reliance, resiliency, and stability during war and peace," said Lt. Col. Richard Gledhill, commander, USAG-Oahu.

For more information, call 655-4ACS (4227), or visit [www.mwramyhawaii.com](http://www.mwramyhawaii.com).



FROM, B-3

sport competitions in Waikiki

- Aug. 29 – Duke’s OceanFest concludes with a sidewalk surf-board parade and draping of Duke Kahanamoku’s Statue with the beautiful flower lei of Hawaii.

Visit [www.dukefoundation.org](http://www.dukefoundation.org).

## Ongoing

**AAFES Photo Contest-Hawaii** – Now through the end of July, Army Air Force Exchange Service (AAFES) customers are invited to submit photos online of their favorite BX/PX, along with a 50-word-or-less description. AAFES will award a \$50 gift card to two winners each week.

Photos no larger than 1 MB can be sent to PatriotFamily@aafes.com with the words “Where in the World is your Exchange” in the subject line.

Visit [www.aafes.com](http://www.aafes.com) for contest details.

**DeCa Certifichecks** – Commissary patrons who were deployed or away on temporary duty, March 6-July 31, 2009, now have until July 31, 2010, to redeem gift certificates in a military commissary.

Units, organizations and other customers who did not deploy or travel on official duty during the period noted must redeem their commissary gift certificates by July 31, 2009.

Visit [www.commissaries.com](http://www.commissaries.com).

**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.

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/](http://www.umuc.edu/mycaa/).

# Tricare has you covered for back-to-school



**DIANE MAYER**  
TriWest Healthcare Alliance

Are your children up-to-date on their immunizations?

Get ahead of the game and schedule your child’s immunizations now. You’ll have one less thing on your back-to-school “to do” list, and even better, you won’t have to stand in that long line of parents seeking last-minute shots for their children.

The Centers for Disease Control and Prevention (CDC) recommends that most children be vaccinated against tetanus, diphtheria, hepatitis B, human papillomavirus (HPV), measles, mumps and rubella. All of these diseases can cause serious health problems if your children’s shots aren’t up-to-date.

Tricare covers all age and gender-appropriate doses of vaccines as recommended by the CDC.

You can view the CDC’s guidelines at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines). Visit [www.triwest.com/healthyliving](http://www.triwest.com/healthyliving) for additional information.

Did you know that human papillomavirus (HPV) has been found to be the number one cause of cervical cancer? The HPV vaccine can be given at the same time as other vaccines. The CDC recommends the vaccine be administered to females ages 11 through 26, although girls as young as 9 may receive it.

If you are getting ready to move, be sure to keep immunization and health records handy.

And, by the way, have you had a tetanus shot in the past 10 years? Check with your doctor to determine if you need a diphtheria or pertussis vaccination.

**School/Sports Physical Day at Schofield, Saturday, July 25**

Parents can take advantage of the Schofield Barracks Health Clinic mass school and sports physicals day, July 25. The Family Practice Clinic and the Pediatrics Clinic will see children, even if they are not enrolled at Schofield Barracks Health Clinic.

Tricare enrollment forms will be available and families will be able to enroll newcomers in Tricare. Appointments can be made by calling 433-8155.

**Tips to take the sting out of getting shots**

- Tricare covers all age-appropriate CDC-recommended vaccines.
- Tell younger kids that it’s OK to cry.
- Try to be calm yourself.
- Offer praise after the injection is over.
- Plan something fun to do afterward.

# What kind of primary care manager do you have?

**SHARI LOPATIN**  
TriWest Healthcare Alliance

Most military families have a primary care manager, but not everyone knows who qualifies as one.

Tricare defines a primary care manager – frequently referred to as a PCM – as “a civilian network provider or military treatment facility provider who provides primary care services to Tricare beneficiaries.”

Most families with Tricare Prime or Prime Remote have a PCM. This is the person to run to for all nonemergency services.


Either the beneficiary will choose or the military installation clinic will appoint a family its PCM.

So, who to pick? A favorite gynecologist? A favorite pediatrician?

Actually, a PCM may be a certified medical professional who practices within the state’s rules and regulations and has signed a contract to be a Tricare PCM. That could be anyone from a pediatrician to a nurse practitioner. Either way, the medical professional must be within the beneficiary’s prime service area.

**Primary care managers**

- Certified nurse midwife
- Family practitioner
- General practitioner
- Gynecologist
- Internal medicine physician
- Nurse practitioner
- Obstetrician
- Pediatrician
- Physician assistant



For more information about primary care managers, visit the Tricare Provider Directory at [www.triwest.com](http://www.triwest.com) or call 1-888-TRIWEST (874-9378).



# Children and adolescents can get active in a variety of ways

**LT. COL. KAREN E. HAWKINS**  
*Defense Commissary Agency*

Bike riding, walking, jumping rope and playing ball are all great ways to be active according to the Physical Activity Guidelines for Children and Adolescents.

Children need one hour or more of physical activity daily, just one of the new 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services.

The guidelines are designed to provide information and guidance on the types and amounts of physical activity for Americans ages 6 and older. The main idea behind the guidelines is that regular physical activity over months and years can produce long-term health benefits, which are important for children and adolescents.

Many opportunities are available to help your children get and stay active. Check out the local Family and Morale, Welfare and Recreation facility or gymnasium for equipment, sport teams and events that children and adolescents can participate in.

Developing healthy lifestyle habits begins at an early age, so try going outside and playing with your children as it is good for the whole family.

Be your child's advocate and talk with school administrators and teachers about the Physical Activity Guidelines and how they might be included during the school day. Lots of ways exist for children and adolescents to be active.

**Guidelines for children and adolescents**  
Children and adolescents should do 60 min-

utes or more of physical activity daily.

**Get aerobic.**  
Most of the 60 or more minutes a day should be either moderate- or vigorous-aerobic physical activity, and should include vigorous-intensity physical activity at least three days a week.

**Include muscle strengthening.**  
As part of their 60 or more minutes of daily physical activity, children and adolescents should include a muscle strengthening activity at least three days of the week.

**Include bone strengthening.**  
As part of their 60 or more minutes of daily physical activity, children and adolescents should include a bone-strengthening activity at least three days of the week.

Encourage children and adolescents to participate in physical activities that are appropriate for their age, that are enjoyable and that offer variety. To help you decide what is best for your children, a list of suggested physical activities is at right.

*(Editor's Note: Lt. Col. Karen E. Hawkins is a dietitian at the Defense Commissary Agency.)*



Visit "Ask the Dietitian" at [www.commissaries.com](http://www.commissaries.com) and post your questions on the DeCA Dietitian Forum.

Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today.

Type of activity	Children	Adolescents
<b>Vigorous intensity</b>	•Active games involving running and chasing, such as tag •Bicycle riding •Jumping rope •Martial arts, such as karate •Running •Sports such as soccer, field hockey, basketball, swimming, tennis •Cross-country skiing	•Active games involving running and chasing, such as flag football •Bicycle riding •Jumping rope •Martial arts, such as karate •Running •Sports such as soccer, field hockey, basketball, swimming, tennis •Vigorous dancing •Cross-country skiing
<b>Muscle Strengthening</b>	•Games such as tug-of-war •Modified push-ups (with knees on the floor) •Resistance exercises using body weight or resistance bands •Rope or tree climbing •Sit-ups (curl-ups or crunches) •Swinging on playground equipment/bars	•Games such as tug-of-war •Push-ups and pull-ups •Resistance exercises with exercise bands, weight machines, hand-held weights •Climbing wall •Sit-ups (curl-ups or crunches)
<b>Bone Strengthening</b>	•Games such as hopscotch •Hopping, skipping, jumping •Jumping rope •Running •Sports such as gymnastics, basketball, volleyball, tennis	•Hopping, skipping, jumping •Jumping rope •Running •Sports such as gymnastics, basketball, volleyball, tennis



**25 / Saturday**  
**Mixed Martial Arts** – Tickets are on sale now for the "Scuffle at Schofield," July 25, 7 p.m., at the Tropics, Schofield Barracks. Spectators will enjoy a series of live mixed martial arts fights.

Tickets are on sale at the Tropics, at Fight Stop in the Main Post Exchange, and at other select locations. Call 655-5698 or visit [www.mwrmhawaii.com](http://www.mwrmhawaii.com).

**Tropics Sand Volleyball Series** – Bump, set and spike your way to success during a beach volleyball tournament, July 25, at the Tropics, Schofield Barracks. Enjoy food and drink specials, giveaways and awards for top players.

The all-day tournament will continue until a winner is crowned. Players must be 18 or older. Cost is \$10 per team to enter, but active duty military can play for free. Call 438-1152.

**August 1 / Saturday**  
**Surfing Lessons** – Learn to surf like a professional, or at least look the part, with Outdoor Recreation, Aug. 1, 7-10 a.m. Lessons are \$35 and include equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

**2 / Sunday**  
**Adventure Hiking** – Enjoy a day hike to various locations around the island with Outdoor recreation, Aug. 2, 7 a.m.-2 p.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. Participants are asked to bring water. Call 655-0143.

**8 / Saturday**  
**Adventure Kayaking** – Come along on a half-day of adventure kayaking from various beaches around the island of Oahu, Aug. 8, 5-11 a.m. Enjoy fantastic views of the island from a truly unique perspective. This level two activity requires moderate skills.

Cost is \$25 per person and includes equipment and round-trip transportation from Schofield

Barracks. Call 655-0143.

**9 / Sunday**  
**Mountain Biking** – Take a bike trip with Outdoor Recreation through the Waianae mountain range, Aug. 9, 7 a.m.-2 p.m. This program will include both beginner and intermediate paces. Cost is \$15 plus an additional \$5 for bike rental, if needed. Round-trip transportation from Schofield Barracks is provided. Call 655-0143.

**Military Long Drive Contest** – The Directorate of Family and Morale, Welfare and Recreation is hosting the 2009 Military Long Drive Championships at the Leilehua Golf Course, Aug. 9. The contest is open to all active duty Soldiers and their family members 18 years and older, reservists, National Guardsman and retirees. To register, call 655-4653. Visit [www.armymwr.com](http://www.armymwr.com).

**15 / Sunday**  
**Summer Ocean Splash** – Don't miss an opportunity to learn up to four water sports all in one day, Aug. 15, 7 a.m.-2 p.m., with Outdoor Recreation, Schofield Barracks. Summer Ocean Splash participants will enjoy lessons in stand-up paddle boarding, surfing, kayaking and outrigger canoeing.

The course costs \$60 per person. Registration is required and is now accepted by phone. Call 655-0143.

**18 / Tuesday**  
**Walk Off the Wait** – Blue Star Card holders are invited to join the latest hike along the Haula Trail, Aug. 18, 8 a.m.-1 p.m. The hike is a 2.5 star rating (5 star scale) and will take approximately two hours and is not stroller accessible.

Bring extra money for a stop in Haleiwa for shave ice or lunch afterwards. Call 655-0111/2 for more information or to reserve a space.

**Ongoing**  
**100-Mile Run/Walk & 50-Mile Swim Clubs** – Record each mile you run, walk or swim and win incentive prizes. Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914.

**Golf 'Til You Drop** – Catch this all-you-can-golf special every Thursday at Nagorski Golf Course, Fort Shafter. Pay one fee and play as many holes as you want. Call 438-9587.



Send sports announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com)

**25 / Saturday**  
**Hike Oahu** – Join the Hawaiian Trail & Mountain Club for a 3-mile intermediate ridge hike, July 25.

The group starts in the pleasant Friendship Gardens in residential Kaneohe with an easy hillside stroll, but the route quickly moves beyond the "novice" category.

Call Dayle Turner, 384-4821 or e-mail [turner@hawaii.edu](mailto:turner@hawaii.edu).

Upcoming hikes include:

•Aug. 2, a 6-mile intermediate hike in the Kahana Valley. Call Grant Oka, 674-1459.

A \$2 donation is requested of nonmembers. An adult must accompany children under 18.

For more information and a calendar of future hikes, visit [www.htmclub.org](http://www.htmclub.org).

**Hike Waimea Valley** – Join a 6-mile hike in the Waimea Valley, July 25, 9 a.m. Participants hike off the beaten path to see a wide variety of native and introduced plants, archaeological sites and spectacular views of the valley. (Youth must be at least 12 years old).

Hikes costs \$10, plus Waimea Valley admission fee. For reservations, call 638-7766. Visit [www.waimeavalley.net](http://www.waimeavalley.net).

**August 9 / Sunday**  
**Mango Days 5K** – The 7th Annual Mango Days 5K is scheduled, Aug. 9, 6:30 a.m., at Ala Moana Beach Park. The registration fee is \$35 to run/walk.

This race is stroller-friendly. Participants can register for an optional breakfast buffet following the run for \$11.

Register online at [www.active.com](http://www.active.com); registration closes, Aug. 3, noon. Call the Leukemia & Lymphoma Society for more information at 534-1222.

**XTERRA Mountain Man Triathlon** – The 11th Annual Mountain Man Triathlon is scheduled, Aug. 9, 7:30 a.m., at

Kualoa Ranch. The 750-meter ocean swim takes place off Chinaman's Hat, followed by a 20K bike and 6K run course into Kualoa Ranch.

The Mountain Man triathlon is for experienced athletes or adventurous and fit novices.

Entry fee is \$90 for individuals and \$110 for relay teams (plus a \$10 USA Triathlon [USAT] one-day license for non-members.) Registration is available online at [www.active.com](http://www.active.com); it closes Aug. 7, at 11:59 p.m. Visit [www.bocahawaii.com](http://www.bocahawaii.com).

**Golfers Wanted** – Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course can call 347-8038 or 375-3322. Tee time is usually before 8 a.m.