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## Students get quick payment

News Release

**SEE RETIREES. A-4**

### Staff Writers

The program begins at 8 a.m., when guests, some of whom will be flying in from the neighbor islands, will assemble just outside the Pikake Ballroom to register and receive their tickets for a buffet

Sports & Fitness **B-5**



## We want to hear from you...

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

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

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

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

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HAWAII

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126 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 10/1/09.

# Army fights against domestic violence

LORAN DOANE

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – Soldiers, family members and Army Community Service (ACS) staff met at ACS, here, Wednesday, to sign a Domestic Violence Awareness Month proclamation, pledging their commitment to do everything possible to prevent domestic abuse.

Army leaders plan to work hand in hand with family advocacy specialists to increase awareness of domestic violence, educate military families about the signs of abuse and reinforce the negative effects domestic abuse has on Army family readiness while highlighting prevention and victim programs and services.

“Make the Right Choice! Act to Prevent Domestic Abuse” is the theme chosen by the Army to highlight the importance of personal responsibility in identifying, mitigating and, when necessary, removing oneself from violence that occurs in the home.

According to the U.S. Surgeon General, attacks by male partners are the number one cause of injury to women between the ages of 15 and 44.

“There is no place for domestic violence in the Army,” said Cole Weeks, Family Advocacy Program manager. “(Domestic violence) is against the Army’s philosophy, and it negatively impacts mission readiness. As a community, we all have a responsibility to respond and take action to reduce the prevalence of family violence.”

Some reports indicate that nearly 80 percent of women who have been physically abused in their intimate relationships continue to date their abuser and

Rebecca Ellison | U.S. Army Garrison-Hawaii Public Affairs

Supporters of domestic violence victims look at an Empty Plate/Silent Witness display, Wednesday, at Schofield Barracks. The place settings memorialize victims of domestic violence in the Hawaii Army community. The display was a part of a proclamation signing ceremony that outlines the Army’s commitment to protecting victims of domestic violence.

that domestic abuse equally affects women of all races and economic backgrounds.

“We want those spouses involved in abusive relationships to know that there are options available and that you don’t simply have to live that way,” said Cora Hodges, victim advocate coordinator. “You have choices.”

According to Hodges, domestic abuse can come in several forms and may be the result of a variety of causes. It may come in the form of emotional, physical, sexual or economic abuse, or could even be a combination of them all.

Not just spouses feel the painful effects of abuse in the home. Reportedly, more than 50 percent of female victims of intimate violence live in households with children under age 12.

“Children often do not have the means or ability to simply remove themselves from volatile situations or understand what is happening in the home,” Hodges explained. “That’s why it is so important for us to educate everyone about the tragedy of domestic abuse. Sometimes it takes someone from outside the home to make the right choice by acting to prevent it.”

Domestic Violence Awareness Month Activities

U.S. Army Garrison-Hawaii’s Army Community Service (ACS) Family Advocacy Program (FAP) will sponsor a series of activities and displays throughout October in support of Domestic Violence Awareness Month 2009.

- A domestic abuse visual information display will be located at the Main Post Exchange, Schofield Barracks, during October. Community members can stop by and learn more.
- A food drive and information booth, 9 a.m.-3 p.m., at these locations:
  - Schofield Barracks Commissary Oct. 1 and 16.
  - Fort Shafter Post Exchange/Market Oct. 2 and 15.
- An Empty Plate/Silent Witness display at Tripler Army Medical Center, mountainside entrance, 9 a.m.-3 p.m., on the following days: Oct. 5, 14, 23 and 30.
- Oct 16: A 5K unit run to support Domestic Violence Awareness will be conducted by the Soldiers of the 82nd Engineer Support Company, 65th Engineer Battalion, 130th Engineer Brigade, Oct. 16, 6:30 a.m., Hamilton Field, Schofield Barracks.
- Oct. 28: Join the ACS Family Advocacy Program in the 28th Annual Candlelight Vigil, “Cultivating Seeds of Hope and Strength,” 5-7 p.m., at the McCoy Pavilion, Ala Moana Beach Park. This event is hosted by the Oahu Domestic Violence Awareness Month Committee.

Contact Cora Hodges, the FAP victim advocate coordinator, 655-1638, or cora.l.hodges@us.army.mil.

## First successful HIV vaccine trial sponsored by Army

TIFFANY HOLLOWAY

U.S. Army Medical Research and Materiel Command Public Affairs

The HIV pandemic is an unprecedented global crisis, but Army researchers are proving there’s hope in preventing the infection with a scientific advancement.

In 2003, the U.S. Army Surgeon General sponsored the world’s largest HIV vaccine trial in Thailand, which tested a “prime-boost” vaccine strategy comprised of two investigational vaccines, ALVAC and AIDSVAX B/E. Results of the trial show that the vaccine regime is safe and 31.2 percent effective at preventing HIV infection.

Coordination for the trial was led by the U.S. Military HIV Research Program (MHRP), which is centered at the Division of Retrovirology, Walter Reed Army Institute of Research (WRAIR), a subordinate command of the U.S. Army Medical Research and Materiel Command (MRMC). The trial was conducted by the Thai Ministry of Public Health in collaboration with a team of leading Thai and U.S. researchers.

“This significant achievement was the result of longstanding relationships involving many partners from Thailand, the National Institute of Allergy and Infectious Diseases, the National Institutes of Health, and the Department of Defense, among other private and commercial companies and volunteers,” said Lt. Gen. Eric Schoomaker, Surgeon General, U.S. Army. “This is exciting news.

“Twenty-five years ago,” he continued, “when I was at Walter Reed (Army Medical Center), we didn’t even know that HIV would become an epidemic. To think, we have come this far in our research and to be part of this trial while I was at MRMC is full circle.”

The vaccine combination was based on

HIV strains commonly circulated in Thailand.

“Given its modest level of efficacy, this prime boost regimen is likely unsuitable in its current form for public health purposes. Again, this vaccine was developed for HIV strains commonly circulated in Thailand. Based on the available published data, it is likely that different vaccines may be required for different regions in the world,” said Col. Jerome Kim, MHRP deputy director and HIV vaccines product manager for the Army.

The successful international collaboration involved more than 16,000 Thai volunteers who were HIV-negative. Men and women, ages of 18-30, participated in the study. Half of the participants received the prime-boost vaccine regimen and half received a placebo. Volunteers received vaccinations during the course of six months and were followed for an additional three years. They also received HIV tests every six months for three years following the vaccination, and received counseling on how to prevent becoming infected with HIV.

However, the trial data establishes a new clinical benchmark to guide future vaccine development. This study may result in significant changes in the way researchers choose which vaccines to test, evaluate the immune responses to a vaccine (both in the laboratory and animal models), and design vaccine candidates.

The total cost of the trial was \$105 million which was less than expected.

“The Army will continue to be an aggressive sponsor and is committed to developing a globally effective HIV vaccine to protect U.S. and allied troops from infection and to support the U.S. National Security Strategy by reducing the global impact of the disease,” said Schoomaker.

## Getting it Straight:

The photos accompanying the story “311th Signal Command celebrates Regimental Week” on page A-5, of the Sept. 25 issue of the *Hawaii Army Weekly* were not properly credited. The photo of the Regimental Run was taken by Liana Mayo, 311th Signal Command Public Affairs, and the photo of retired Lt. Gen. Thomas M. Rienze was taken by Marc A. Parroné Jr., Fisher-Cal Industries Inc., Fort Shafter/Schofield Barracks, Department of Army Photo Labs photographer.

5 STEPS in FAITH

Are you going in the right direction?

CHAPLAIN (CAPT.) CHUCK LOWMAN

1st Battalion, 27th Infantry Regiment

I grew up with this great mastiff/labrador mutt that we named “D.” He was almost 6-feet tall standing on his back legs.

He would sit at the end of the dinner table, drooling a stream on the floor, as he looked over each plate of food to see from who he needed to beg.

He was one of those dogs that lived life on his terms, and dragged you along with him.

I remember one day, as a skinny 12 year old, when I thought he and I were going the same direction. I had the bright idea of putting a harness on “D,” who at that time weighed 100 pounds, with a 20-foot rope.

I proceeded to get on my skateboard and let “D” do all the work. It was great fun ... until a neighbor kid rode his bike in the opposite direction.

Being the good guard dog that he was, “D” took off after him. All I remember is going full speed one direction, and then the rope went limp. The next thing I know, I’m laying flat on my back, gasping for air, with a tentative dog licking my face.

Sometimes, we find ourselves going in the wrong direction and need to change our course to go in the same direction as those around us.

It is important for us to remember why we made certain choices in life, why we’re going in the direction we are.

We need to remember why we raised our right hand and took that oath. You need to remember why you say “I love you” to your friends, your kids, your wife. I must take the time to remember why I say “I do.”

If we are not careful, the years and the miles of deployments, separation from friends and family, and PCS (permanent change of station) move after PCS move can leave us with little common ground.

Lowman

Family, friends and Soldiers end up fighting this nagging emptiness deep inside. We see our family and our life crumbling around us, and yet, we feel helpless to do anything about it.

We find ourselves going in one direction and everyone else going in another. The next thing you know, you’re lying flat on your back, wondering what happened.

The apostle Paul said this to the church at Philippi: “Make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose” (Philippians 2:2).

As we face struggles in life, it is important for us to remember what and who we are.

Paul asked the church to remember their common faith and experience in Christ. This common ground gave the church the ability to be of the same mind – going in the same direction – in daily life.

Their lives found purpose not in selfishly promoting themselves, but by humbly looking out for the interests of other people, regarding the other as more important than themselves. This “other focus” is the key for dispelling the emptiness that the life as a Soldier can create.

Remember who you are and where you come from. Remember why you chose to say “I do” or why you raised your right hand. Remember your faith.

Go in the same direction as the people around you by humbly looking for ways to love and serve them. Build some common experiences with your friends and family. Look to build your future together with your spouse.

If you can tangibly show your spouse, your friends, your enemies, that they are more important to you than your own needs, then you will find yourself going, once again, in the same direction.

Going in the same direction will create the life of purpose and fulfillment we all desire.

# Voices of Ohana

“I played with my friends.”

Henry Aloisis, Age 6  
Family Member

“I stayed with friends and read a lot of books because it made me feel better.”

Eleanor Aloisis, Age 10  
Family Member

“I would climb trees and would call my Daddy and tell him about my new friends.”

Leaera Clapp, Age 7  
Family Member

“Drew lots of pictures of Daddy and wrote him letters.”

Josh Gerson, Age 6  
Family Member

“I talked with my Daddy on Skype. I also wrote letters, made cards and sent boxes to my Daddy.”

Isabella McArdle, Age 10  
Family Member

What did you do to make you feel better while your parent was deployed to Iraq?



# Cardiac screening provides hope for Iraqi children

3rd IBCT doctors train local physicians, help families get medical aid

Story and Photo by  
**SPC. JAZZ BURNLEY**  
3rd Infantry Brigade Combat Team Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq – There are children in Iraq who suffer from congenital heart diseases that rob them of ever having a normal childhood. But, with the combined efforts of dedicated Iraqi and American physicians, the road to mending the lives of these children is becoming more and more within reach.

The medical professionals of the 3rd Infantry Brigade Combat Team (IBCT), 25th Infantry Division (ID), and 47th Combat Support Hospital, hosted a diagnostic cardiovascular screening session for 12 Iraqi children, Sept. 17.

The screening is the first phase of a Government of Iraq (GoI) and U.S. forces effort to link potential sponsors from various nongovernmental organizations to fund children’s heart surgery.

“I am thankful for the invitation to allow my son to get medical attention. We have knocked on many doors in the past and none of them opened, but this door was opened with a very warm welcome,” said Eissa Sayir, a Sharqat native and father of one of the children being treated. “I am thankful because our children are receiving the help they need and deserve.”

The children selected were previously screened by an Iraqi physician and shown to have poorly oxygenated blood, difficulties running and playing and an inability to keep up with other kids, all due to their heart defects.

“Today we are screening 12 Iraqi children for congenital heart disease.



Col. John Scott (second from left), the only American pediatric cardiologist in Iraq, reviews Dayah’s echocardiogram as the boy’s father and a medic look on at the 47th Combat Support Hospital, Sept. 17. The exam, part of a diagnostic cardiovascular screening session, linked potential sponsors from various nongovernmental organizations to fund heart surgery for Iraqi children.



We are performing several different tests to see what the anatomy of their heart is and what kinds of medical

problems they have in order to potentially correct these defects,” said Lt. Col. Lance Cordoni, 3rd IBCT surgeon.

Left — Families wait for a specialized screening during a pediatric cardiovascular screening session, Sept. 17.

Dr. Outaybah, the Salah ad-Din interim director general of health, spoke to the Tikrit Teaching Hospital and asked staff to send their best cardiologist to participate in the screening and benefit from the additional training.

During the screening, Army physicians and Tikrit cardiologist Dr. Emad reviewed the children’s medical records and ran additional blood pressure tests, EKG scans and the echocardiogram to receive a better understanding of their medical conditions.

“Once we have a clear-cut idea of

what the medical problems are, we will then assess the children to see if they are candidates for surgical repair ... if so, they will be put in (touch) with (nongovernmental organizations [NGOs]) to try and facilitate their surgery,” Cordoni explained.

“I am thankful because our children are receiving the help they need and deserve”

Eissa Sayir  
Sharqat Iraq native

“This is an excellent step to have the patients seen by the American Army doctors ... allowing the children to receive the echocardiogram to see whether the next phase is medication or surgical operation at a different hospital,” Emad said.

Col. John Scott, the only American pediatric cardiologist in Iraq, said the Iraqi professionals have the equipment to provide accurate diagnosis for children with heart diseases, but have difficulty connecting potential patients to outside support from NGOs.

“The Iraqi cardiologist has an echocardiogram, so what we are doing here is showing him how to relay the information found through the tests, so the potential NGOs and hospitals that perform the surgery will take the patients,” said Scott.

Capt. Daniel Sem, the brigade medical planner, explained that by helping these 12 children, the GoI and U.S. forces are working together to set up a system to assist future families in receiving the proper medical attention that may keep their loved ones alive.

# 25th CAB: ‘Wings of Lightning’ focus on current threats

CONTINUED FROM A-1

Kuwait as they prepared for their movement into Iraq.

“For the past 18 months, our Soldiers have executed a deliberate and robust home station training plan to prepare us for our mission in Iraq,” said Lewis. “While here in Kuwait, our Soldiers will conduct mandatory training relevant to the operating environment in Iraq.

“All of our air crews continue to refine their skills and expertise by conducting day and night training flights to familiarize themselves with the unique aspects of flying in the desert environment,” Lewis added. “Soldiers are also adjusting to the new environment by conducting additional ground vehicle driver’s training, counter (improvised explosive device) training, as well as advanced weapons training.”

According to Capt. Mike Louer, training officer in charge, Headquarters, Headquarters Company, 25th CAB, all Soldiers are also required to participate in additional mandatory training dictated by the brigade commander and Coalition Force Land Component Command (CFLCC), before transitioning into Iraq. CFLCC is the primary logistic hub for all units deployed to Iraq.

“The mandatory training includes both administrative briefings and certain tactical training,” explained Louer. “The administrative side includes everything from basic deployment introductions to finance classes.



25th Combat Aviation Brigade Soldiers participate in close quarter, squad movement rifle training during live-fire exercises outside of Camp Buehring, Kuwait, Sept. 18.

“On the tactical side, Soldiers participate in counter-improvised explosive device briefings, vehicle roll-over training in various vehicle simulators, combat logistic patrol training, and close-quarter marksmanship, crew-served weapons and small arms ranges,” Louer added.

The 25th CAB, under the initial direction of Capt. Bonnie Wood, devoted significant effort to streamlining all unit training, focusing on con-

temporary threats currently facing Soldiers in Iraq, according to Louer.

Soldiers who have deployed multiple times appreciated the efficiency.

“Since my last deployment in 2006, quite a bit has changed here with regard to our training,” said Sgt. Jesse Schaefer, electronics technician, 209th Aviation Support Battalion, 25th CAB. “For example, we all zeroed and qualified on our individual weapons back home, so, here, we only needed to do weapon familiarization.

“Last time I was here, we seemed to train on everything that was available, even things totally unrelated to our mission,” Schaefer added. “Because the training is more focused this time, it’s made the transition to Iraq a lot better. It also helps that there are more amenities here than two years ago.”

The 25th CAB will shortly assume responsibility for aviation operations in the northern portion of Iraq known as Multinational Division-North (MND-N).

# Retirees: Tricare premiums, benefits will be addressed

CONTINUED FROM A-1

Health care remains the chief concern among retirees, according to Gajonera. At the forefront of this issue is a proposed hike in premium rates for those with Tricare for Life (TFL) medical coverage.

TFL began in October 2001 as a means of extending health care benefits to military retirees and their families. Previously, retirees' medical coverage would cease at age 65, forcing many to rely solely on Medicare.

"Of course, a lot of them don't like the fact that their premiums may go up," Gajonera explained. "They feel like, 'Hey, when I signed up to serve, they said I would get free medical.' But now, they're paying for it, and they may have to pay even more."

Addressing health matters at this year's RAD will be two speakers from Tripler Army Medical Center (TAMC): Col. Theresa Sullivan, chief of nursing, and Hope Cooper-Oliver, chief of patient education. Sullivan will give updates on the center's services, including its Wounded Warrior program, while Cooper-Oliver will discuss general health issues, including two of the leading killers among the elderly: diabetes and stroke.

As part of the event, TAMC will host a medical screening team, available to provide check-ups, as well as administer seasonal flu shots. Also, representatives from various local agencies and veterans organizations will be on hand to

offer counseling services to retirees and surviving spouses.

Like most people, Gajonera indicated that retirees worry about the state of the economy — more specifically, what the government is doing to help them "get the most bang for their buck."

Helping to shed light on this topic will be another speaker, Susan Sturgeon-Campbell, director of the Schofield Barracks Commissary.

"General Ono wanted this year's RAD to, in part, focus on local retirees," Gajonera said. "For example, when our retirees go to the commissary, they want to know what's in it for them, and what can the military do, through something like coupons, to help them save money."

"For them, if they can save 25 cents, 50 cents or even a dollar, that's a big thing," he added.

Other speakers are scheduled:

- Retired Command Sgt. Maj. Donald Devaney, co-chairman, U.S. Army Retiree Council,-Hawaii, who will provide a tribute to deceased retirees;
- Brig. Gen. Michael Terry, commanding general, 8th Theater Sustainment Command, who will offer opening remarks;
- John Jefferis, general manager, Hale Koa Hotel, who will talk about the extensive renovation project at Fort DeRussy; and
- Lt. Col. James Berry, Combat Related Special Compensation (CRSC)/Traumatic Servicemembers' Group Life Insurance (TSGLI) Strategic Communications, who will address CRSC issues.

# Top engineer visits Sappers

**STAFF SGT. MELANIE TROLLINGER**  
130th Engineer Brigade, Multi-National Division-North

CONTINGENCY OPERATING STATION MAREZ, MOSUL, Iraq — Lt. Gen. Robert Van Antwerp, chief of engineers and commanding general, U.S. Army Corps of Engineers (USACE), traveled to Iraq to visit Soldiers with the 130th Engineer Brigade here, Sept. 23.

In his State of the Engineer Regiment address to hundreds of Soldiers at a town hall meeting, Van Antwerp stated, "If I have to say one thing, it's thank you," he said, commending the Soldiers for their exceptional service in Iraq.

Van Antwerp gave the Soldiers background information about USACE and the role he plays as the Army's head engineer. He also addressed concerns about the future of Army engineers.

Van Antwerp discussed the future of the engineer structure in the Army, including brigade engineer battalions (BEB), which will provide "Sapper" and route-clearance capabilities, as well as construction and limited bridge-building capabilities to brigade combat teams.

Van Antwerp discussed deployment cycles for troops. The goal is to make deployments more predictable and give Soldiers more time between deployments.

With a \$40 billion budget, more than double what it was 10 years ago, USACE is heavily involved with missions inside and outside of the U.S.

Van Antwerp explained to the Soldiers that US-

ACE's missions range from projects at home to projects abroad.

USACE manages dams and waterways in the U.S. and is currently working on dredging harbors. The need for harbor work in the U.S. arose from the expansion of the Panama Canal, which is being improved to keep pace with a growing global demand for trade goods and larger ships needed to carry these goods. USACE's upgrades will accommodate these larger ships.

While USACE's role in Iraq is winding down, its mission in Afghanistan is growing. With an expected troop surge in the country, USACE is preparing to meet the increase. Its presence will help commanders on the ground perform more effective counterinsurgency operations in the country.

Van Antwerp, whose distinguished career as an Army engineer includes assignments with the 65th and 84th Engineer Battalions, served different tours as the executive officer for both battalions during the 1980s.

The 65th and 84th Soldiers gave an especially warm welcome to Van Antwerp during his visit.

Van Antwerp told the 130th Eng. Bde.'s headquarters Soldiers, "I'm proud of the 130th. Wherever you go, your reputation precedes you."

Presenting the general with a 130th Eng. Bde. hat and T-shirt, Col. Fabian Mendoza Jr., commander, 130th Eng. Bde., welcomed Van Antwerp into the 130th family.

# News Briefs

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

## 3 / Saturday

**Living History Day** — The Tropic Lightning Museum (Waianae Avenue, Building 361, Schofield Barracks) is hosting a Living History Day, Oct. 3, 10 a.m.-3 p.m., to celebrate the 25th Infantry Division Organization Day.

Activities include a restored vehicle display, re-enactors, food, entertainment and children's activities. This event is free; call 655-0438.

## 5 / 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.

Workshops are scheduled Oct. 5-7, 19-21, 26-28 and are held at the ACAP Center, Schofield Barracks, Soldier Support Center. Visit [www.acapexpress.army.mil](http://www.acapexpress.army.mil).

## 7 / Wednesday

**Schofield Health and Fitness Center Closure** — The Schofield Barracks Health and Fitness Center (HFC), Building 582, will be closed starting Oct. 7, for approximately 90 days, to replace the roof. All classes and services will be relocated to the Martinez Physical Fitness

Center (MPFC), Building 488.

Classes and services will commence at MPFC, Oct. 9. Call Linda Williams, 655-8007/8789, through Oct. 6, and 655-4804, starting Oct. 9.

## Oahu South Community Town Hall

— The next town hall meeting for the Oahu South community is Oct. 7, 6:30 p.m., at the Aliamanu Military Reservation Chapel. The town hall meeting provides information about community events, security, housing updates, and much more. Contact the Oahu South Community Director's Office at 438-6996.

## 16 / Friday

**FBI Recruitment** — Are you interested in a career with the FBI as a special agent (SA) or as a professional support employee? Learn more about the FBI

by attending an FBI career presentation Oct. 16, 10 a.m., at the Soldier Support Center, Building 750, Schofield Barracks. For information contact Special Agent Kal Wong at 566-4488/4300.

## 21 / Wednesday

**Circle Island Tour** — The Tripler office of Army Community Service (ACS) conducts a free all-day circle island tour the third Wednesday of each month for newly assigned Soldiers, civilian employees, and family members who have moved to Hawaii within the last six months. The next tour is Oct. 21. Register by Oct. 16 at 438-4499.

## 29 / Thursday

**Hail and Farewell** — U.S. Army Garrison-Hawaii employees and their spouses are invited to attend the next Hail and Farewell costume/masquerade

gathering, Oct. 29, 3-6:30 p.m., at the Tropics, Schofield Barracks, to bid aloha to newly arriving and departing employees. Prizes will be awarded for the best costumes. Cost is \$17 and includes heavy pupus, beverages and dessert. A no-host bar will be available. R.S.V.P by Oct. 9 through your directorate.

# Ongoing

**CFC 2009** — The 2009 Combined Federal Campaign (CFC) runs now through Nov. 9. The CFC is the world's largest and most successful annual workplace charity campaign, that raises millions of dollars to support non-profit organizations throughout the world. To learn more visit [www.cfc-hawaii.org](http://www.cfc-hawaii.org) or contact your unit representative.



# Global communications equipment moves closer to battle deployment

New waveform system is key to improving communications on the battlefield and around world

Story and Photos by  
**MASTER SGT. DAVID E. GILLESPIE**  
8th Theater Sustainment Command Public Affairs

**WHEELER ARMY AIRFIELD** — A new voice and data battlefield communications system was put through another round of tests, here, by dozens of Army, Navy and Defense Department communications experts and system developers, last week.

The Ultra High Frequency (UHF) Satellite Communications (SATCOM) Integrated Waveform (IW) System — a tactical on-the-move system being developed and tested by the U.S. Joint Task Force-Global Network Operations (JTF-GNO) — is aimed at replacing the military’s demand-as-signed multiple access systems, commonly referred to as “DAMA.”

The round of tests focused on software upgrades and was conducted simultaneously with IW systems stationed in Pearl Harbor, Hawaii; Alaska; Korea; and Japan.

“We started in 2004, having identified significant shortfalls in DAMA,” explained David Russell, who has worked on the program since its infancy at JTF-GNO. “We began working to mitigate that gap through different types of systems. With Integrated Waveform, we’ve been in development and testing since 2006.”

Relying on DAMA to communicate on the move on the battlefield can be frustrating, with lengthy startups and limited bandwidth, Russell



During simultaneous testing at units around the globe, Spc. Emmanuel Locklear, 706th Explosives Ordnance Disposal (EOD) Company, 303rd EOD Battalion, 45th Sustainment Brigade, uses a standard military handset and handheld Key Display Unit to test software changes on the Ultra-Portable Integrated Waveform System at Wheeler Army Airfield, Sept. 23.

said. “With IW, we are trying to be far more efficient with the bandwidth. We can put many more users up as well as improve voice quality.”



After only 10 minutes of instruction, London-based Squadron Leader John Mews sets up an Integrated Waveform System and establishes communications in less than three minutes during testing, Sept. 23.

Troops using the more portable new system will also find it easier to set up.

“From an operator standpoint, you have a lot more to do on the battlefield than push buttons, so our goal with IW was to move as many of the knobs and buttons as we could into the control center. It’s much easier to operate,” Russell said.

Unlike DAMA, the frequency data is retained in the portable units, said Sgt. Edward Ramey, a

tactical communications noncommissioned officer (NCO) from the 8th Theater Sustainment Command, which provided much of the manning at Wheeler Army Airfield (WAAF).

“The user just hits the ground, pulls it out of standby mode, sets antennae elevation and azimuth, and you are done. This means less time configuring and more time sending data,” Ramey said. “That gives you more capabilities and more users. It is clearer, and overall, a much better system. Data, voice, satellite imagery, maps — anything Soldiers need to send — it can go over this system.”

Most importantly, IW goes from current point-to-point communication to having multiple users, Ramey explained, stating, “It’s like going from basic cable to having a full digital package.”

Using the same bandwidth, IW increases from 5 accesses to 14 accesses on a single channel, added United Kingdom (U.K.) Ministry of Defense Squadron Leader John Mews, who got a hands-on demonstration of the system at WAAF.

“Even as a complete novice, after only 10 minutes of training, I was able to set up and communicate in less than three minutes — almost as good as the experts,” Mews said. “This is promising because the guys out in the field will have something really easy to use. To think of the operational advantage it brings to both our guys (U.S. and U.K. forces), it is just fantastic.”

Troops who have been deployed say the system would have made things much easier than the DAMA system they used, Russell said.

“From working with these troops in Hawaii, I know that troops are really going to go to this system.”

## Paralegal: SJA members show skills as warriors, legal expertise

CONTINUED FROM A-1

the competitors on their military occupational skills (MOS) and their warrior tasks, but more importantly, gave the paralegal community a chance to show off their skills and talents as Soldiers.

“The reason we do this event here in USARPAC is to showcase our paralegal warriors, so there’s a little more visibility from the command,” said Sgt. Maj. Michael Maestas, USARPAC Command Paralegal NCO. “We want the command to see that our Soldiers aren’t just paper pushers but are in fact warriors as well.”

During the MOS portion of the competition, paralegals were tested on their

knowledge of Article 15s, military correspondence, administrative separations. They completed a 100-question general legal knowledge quiz.

During the tactical portion, they were tested on several warrior tasks, including applying a tourniquet, reading a map and providing aid to a casualty with heat exhaustion.

“I think it’s important for everyone to have a competition,” said last year’s NCO winner, Staff Sgt. Juan Santiago, USARPAC SJA. “It’s important that our skills are sharp because we have to be ready to deploy. This (competition) helps make us better leaders.”

The Regimental Command Sergeant Major of the Judge Advocate Gener-

al’s Corps, Command Sgt. Maj. Troy Tyler, was also on hand to view the competition.

“This competition is great because it gives these Soldiers from the USARPAC a footprint, including Alaska and Japan, a chance to come together and meet their peers and fellow competitors,” Tyler said. “They network. They get the skills and train together. I get to see what the competition means to them and have a chance to talk to them all in one setting.”

According to Maestas, the grueling five-day test gave the competitors a chance to test their mettle against the best of USARPAC.

“The hardest part is the stress in-

volved with all of the tests,” Maestas said. “There are a lot of senior paralegal NCOs out here that are observing the training, and there’s a lot of pressure on these Soldiers.

“The thing that’s the toughest is that they have to endure the stress of taking test, after test, after test,” Maestas added.

Pvt. Thomas Eisiminger, Headquarters Company, 2nd Stryker Brigade Combat Team, came in second place, but he already has plans to come back even more prepared next year.

“As an E-2, I’ve never really been to anything like this before,” Eisiminger said. “But I know that next year, I’m going to prepare more by looking up

the (SJA) regulations because those are the bread and butter of this job.”

At the end of the competition, Command Sgt. Maj. Joseph Zettlemoyer, USARPAC command sergeant major, awarded each of the winners an Army Commendation Medal.

“Sometimes, the job that we do seems like a thankless job,” Maestas said. “We work behind the scenes, taking care of everything that our commanders need.

“We are grateful for the opportunity to show everyone that our Soldiers do much more than type up Article 15s, chapters and courts-martial. They are in fact warriors, first, who just happen to do legal work,” he stressed.

# Reintegration gives Guardsmen info on careers, colleges

PFC. JAMES WILTON

117th Mobile Public Affairs Detachment,  
Hawaii Army National Guard

HONOLULU — The Hawaii Army National Guard (HIANG) Yellow Ribbon event, Sept. 20, at the Hawaii Convention Center, was targeted for Guardmembers of the 29th Infantry Brigade Combat Team (IBCT) who returned home in August from a yearlong mobilization in support of Operation Iraqi Freedom.

The event, however, was open to all Hawaii Army National Guard members and all branches of military reserve personnel and their families.

The Yellow Ribbon Reintegration Program (YRRP), a Department of Defense (DoD) initiative, was implemented in 2008 by all National Guard organizations. It's intended to provide a continuum of preventive, proactive Soldier and family support, and care programs that focus on ongoing health, well-being and the needs of Soldiers and their families over the entire deployment cycle.

The reintegration, or final stage, has three parts at 30-, 60- and 90-day intervals.

The second, and by far the largest, YRRP held in the state of Hawaii, more than 1,800 Soldiers attended, as well as a large support staff and various vendors.

Yellow Ribbon was a success, said Col. Arnold Iaea, J-1 and HIANG program director for YRRP. That success is due to the cooperation between the various units throughout the National Guard, government agencies and the community.

The 30- and 60-day events are focused on providing Soldiers and their families information about available benefits, services and proactive outreach programs. Subject matter experts provided information on veterans association benefits, services, organizations, counseling, Tricare medical benefits for veterans, personal financial management, legal



Photos by Ret. Sgt. 1st Class Wayne T. Iha | Hawaii Army National Guard



readiness and the Employer Support of the Guard and Reserve program (ESGR).

"This Yellow Ribbon event is special because of the career and job fair," said Iaea, "with Hawaii's economy, the way it is, and some of the Guard members and their family members losing their jobs. It shows that the Guard and community sup-

port their veterans in this time of need.

"Anything that can be done will be done to support them during reintegration and throughout their career in the Guard," Iaea added.

The career and college fair was organized and included about 100 employers and representatives from across the island, including the Pearl

(Above) A Hawaii Army National Guard Soldier inquires about a job and another Soldier (left) learns more about Veterans of Foreign Wars at the Yellow Ribbon Reintegration Program at the Hawaii Convention Center, Sept. 20.

Harbor Naval Shipyard; state, federal and other governmental agencies; and local universities, banks and veterans association representatives.

The vendors distributed flyers and spoke with guardsmen about job opportunities, financial services and educational benefits available to veterans and their family members.

"The YRRP was an excellent opportunity for me to pass out information to returning Soldiers and inform them of the services and programs we provide," said Blas Silva, a veterans outreach specialist and job counselor for the Department of Labor and Industrial Relations, Honolulu. "It also gave me a chance to give them a 'heads up' on job availability since they will be rejoining the labor market."

A Citizen Warriors Family

Covenant ceremony was conducted with all attendees just before the luncheon. The covenant was signed by the leadership of the HIANG, representatives of the state's active duty members, elected officials, prominent community members and the Guard members' families.

The covenant reaffirmed the commitment of the community and the National Guard to build a strong partnership that supports the strength and resilience of their mission, to make the community a better place to live.

"A signing of a community covenant is not normally a part of the YRRP but was added as an extra incentive of the YRRP this year," said Iaea. "It was also included in the program as a way for the community to recognize the Hawaii National Guard and its contributions to the community."

"The most rewarding aspect of the event was the ability to integrate the career fair and the community recognition event into the normal operations of the YRRP," he added.

Yellow Ribbon 30-day events will also be held on the Big Island, Maui and Kauai, allowing the residents to receive information on services specific to their island. The following months, 60-day events will be focused on continued updates for the command. The 90-day event is a final medical screening and briefings for just the Soldier, allowing him or her one last check before returning to full drilling status.

"We have a sacred obligation to our warriors who are returning from deployment to support them as they reintegrate back into our workforce and our communities," said Maj. Gen. Robert G. Lee, State of Hawaii Adjutant General. "We must go beyond the return ceremonies and symbolic untying of the yellow ribbons. The event ... helped us fulfill that obligation."





Members of the Punahou High School Junior Reserve Officer Training Corps help clean the beach berm at Fort DeRussy, Waikiki, during National Public Lands Day, Saturday.

## National Public Lands Day

Corps works to preserve and protect the beachfront

Story and Photos by  
**LACEY JUSTINGER**

U.S. Army Corps of Engineers Public Affairs

WAIKIKI – While bands played and the Aloha Festival Floral parade marched down the streets, here, more than 50 volunteers toting blue garbage bags scoured the Fort DeRussy beach, berm and park, picking up trash and performing beautification projects in support of National Public Lands Day, Saturday.

The U.S. Army Corps of Engineers, (USACE) Honolulu District, coordinated the event that was attended by Soldiers from the 7th Engineer Dive Detachment, Junior Reserve Officer Training Corps (JROTC) cadets, students from Punahou High School, Girl Scout Troop 893 from Mililani and USACE employees.

"We try to do our part to help the environment and foster good Army and community relations," said Capt. Thomas Darrow, commander, 7th Eng. Dive Det.

"We're here because of extreme sense of civic duty," added Spc. John Hoover.

The volunteers spent the morning installing tree identification signs throughout the park, labeling storm drains to prevent toxic dumping that flows to the ocean, and picking up abandoned litter throughout the beachfront property.

"We want to educate the public on the importance of preserving and improving our precious natural and cultural treasures," said Angela Jones, Pacific Regional Visitors Center park ranger.

The morning started with more than 20 members of Punahou JROTC scrambling over rocks and climbing



John Mueller, park ranger, U.S. Army Corps of Engineers Pacific Regional Visitors Center, and Kyra Johnson, from Mililani Girl Scout Troop 893, attach tree identification signs for visitors at Fort DeRussy, Waikiki.

into crevices to clean up the beach berm in under an hour.

"Our school is an environmentally-committed school. This is a natural follow-up to make students aware of the practical applications," said Bob Takas, senior Army instructor for Punahou and a retired service member. "We do a lot of service throughout the year, but this is our most popular event. The students really believe in making a difference."

To open the National Public Lands Day event, Lt. Col. Jon Chytka, commander, USACE, Honolulu District, read a signed proclamation from President Barack Obama.

"National Public Lands Day is an opportunity for all Americans, young

and old, to celebrate the majesty of our open spaces and devote our collective efforts to conserving our Nation's unique landscapes," he read. "Committed individuals, including participants from schools and universities, private businesses, nonprofit organizations and government agencies are continuing the American tradition of stewardship through their service," the proclamation stated.

Pacific Regional Visitors Center park rangers also scheduled a corresponding educational presenter to speak to volunteers and visitors.

Suzanne Frazer, from the Beach Environmental Awareness Campaign-Hawaii, spoke about marine debris and prevention techniques to a



Teams comprised of the 7th Engineer Dive Detachment Soldiers and family members stencil storm water drains on sidewalks around Fort DeRussy to help prevent the illegal dumping of materials. The stencil reads, "Dump No Waste, Protect our Waters. For Life."

standing-room-only crowd at the center. Her prediction that cigarette butts and bottle caps would be the most prevalent non-biodegradable, plastic-based litter collected, proved to be true during the morning's labor.

Throughout the U.S., thousands of volunteers at more than 90 USACE project sites participated in this year's

16th Annual National Public Lands Day. Last year, National Public Lands Day involved 120,000 volunteers at 1,800 sites nationwide.

USACE partnered with the City and County of Honolulu, the Department of Land and Natural Resources, the Botanical Gardens, and Hale Koa Hotel for this event.

## Volunteers care for the 'aina' in Makua Valley forest gulch

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS

News Release

KAHANAHAIKI – Volunteers and Army staff became one with nature, in the Waianae Mountains, in support of National Public Lands Day, Saturday.

Oahu Army Natural Resources Program (OANRP) staff and community volunteers came together, here, to set up the first phase of a field nursery designed to support the growth of Aca-cia Koa seedlings, in a forested gulch along the northwestern ridge of Makua Valley.

Koa trees are important, not only because they are native to the Kahanahaiki forest, but also because the Koa provides a home to many native Hawaiian forest birds and insect species.

Koa is also an important food source for the Kamehameha and the Koa butterflies, Hawaii's only native butterflies.

This project is a key part of a broader plan to re-populate one of the last areas of native mesic forest on Oahu. Field nurseries established on



Kim Welch | Oahu Army Natural Resources Program

Eagle Scouts from the North Shore area help carry supplies to build fence step-over structures, trail steps, and a water catchment at Kahanahaiki, a sub-gulch of Makua Valley.

the outskirts of existing forest or adjacent to restoration sites can provide favorable conditions for the growth and spread of native plants.

"Currently, the ecosystem is dominated by introduced species of plants and trees," said Kapua Kawelo, OANRP biologist, U.S. Army Garrison-

Hawaii Directorate of Public Works. "In order to make it a viable habitat for native plants and animals, we need to take an active role in restoring the native species to the area. The field nursery is a big step toward tipping the balance in favor of native species."

The benefits of a field nursery are plentiful: Nursery plants are exposed to the same climate and insects as the restoration site, where they will eventually be replanted; the travel cost of relocating plants is limited or eliminated all together; and there is far less risk of bringing in new insect pests or pathogens to restoration areas.

The overall forest restoration project will help extend the valuable forest habitat of Kahanahaiki, which is currently home to at least seven endangered plant species and an endangered tree snail.

Kahanahaiki is also a historically known habitat of the Oahu elepaio, a native fly catcher and one of Hawaii's endangered birds.





## 2 / Today

**Banned Books Week** — Exercise your freedom to read at the Hawaii Army libraries during banned books weeks now through Oct. 10. Come see displays of frequently challenged or banned books, borrow a banned book, and get an “I read banned books” button. Enter for a chance to win an “I read banned books” cloth book bag. Call 655-8002.

**Family Fun Friday** — Family Fun Friday is back at the Tropics, Schofield Barracks, today, 6 p.m., with free Papa John’s pizza, games and contests the whole family will enjoy. Check out the HDTV 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. The next Family Fun Friday is Oct.16.

**Waikiki Express** — The Waikiki Express rides again, today, 9 p.m.-4 a.m. Let the Family and Morale, Welfare and Recreation Waikiki Express be your own personal chauffeur for traveling to Waikiki on Fridays.

The bus is free, but tickets are required and available at the Information, Ticketing and Registration (ITR) offices. All riders must have a ticket to board the bus. Pick-ups are available at both Schofield Barracks and Fort Shafter. To reserve a seat, call 655-9971 or 438-1985. The bus rides again Oct. 16 and 31.

## 6 / Tuesday

**Hale Koa Beach Trip** — Blue Star Card members and their families are invited to a day of fun in the sun at the Hale Koa pool and beach, Oct. 6, 8:30 a.m.-2 p.m. Transportation will be provided and will depart from the Schofield Barracks Bowling Center at 8:30 a.m.

Pack a picnic lunch or dine at one of the Hale Koa snack bars or restaurants. Don’t forget to bring your military ID, a towel and sunscreen. For more information or to register, call 656-3327 or e-mail sarah.chadwick@us.army.mil.

Deadline to register is today, 3:30 p.m.

## 9 / Friday

**Rocktoberfest** — Enjoy entertainment, food, fun and German beverages at Rocktoberfest, Oct. 9, 4-10 p.m., at the Nehelani, Schofield Barracks. Tickets are on sale now at the Nehelani, at Information, Ticketing and Registration (ITR) offices and at the post exchange (PX).



## 2 / Today

**Operation Purple Family Retreats** — Applications are being accepted now for Operation Purple Family retreats, Dec. 18-21, at Camp Erdman. The free four-day getaway gives families time to renew relationships and reconnect after deployment.

The retreats are open to service members and their families who have experienced deployment within the last 15 months and have been home at least three months prior to the retreat. Families will receive a stipend to cover travel costs.

The retreats are provided free through the Sierra Club and the Sierra Club Foundation. Families can apply at www.militaryfamily.org/retreats.

**Case Lot Sales** — Commissary case lot sales are scheduled to take place at Schofield Barracks, this weekend, starting today. Visit www.commissaries.com.

**Father/Daughter Ball** — Tickets are on sale now for the annual Armed Services YMCA Father/Daughter Ball, Nov. 1, 5:30 p.m., at the Nehelani, Schofield Barracks. Tickets cost \$40 per father/daughter pair and include dinner. Tickets must be purchased in advance and are available only through the ASYMCA. Call 624-5645.

**Fort DeRussy Beach Update** — Effective Oct. 1, lifeguards will no longer be on duty at Fort DeRussy Beach, Waikiki. Swimmers are advised to exercise caution regarding open ocean hazards. Swimming with a partner is suggested, and children should be under adult supervision.

Lifeguard services will remain at the main pool of the Hale Koa Hotel, located adjacent to the state beach. Pool access is available to Department of Defense ID



Sgt. Maj. Terry Anderson | 8th Theater Sustainment Command Public Affairs

# Leading the way

SCHOFIELD BARRACKS — Officers and warrant officers of 8th Theater Sustainment Command (TSC) run along Trimble Road during the Commanding General’s “Officers Run,” Sept. 23. Brig. Gen. Michael Terry, commanding general, 8th TSC, gathered his leaders on Sills Field for a 3-mile run, followed by a question and answer session to build cohesion within the 8th’s officer corps.

Tickets cost \$10 in advance and \$12 at the door. Call 655-4466/0660. *(See related story on page B-3 for details.)*

**Hawaiian Luau at PARC** — Experience old Hawaii at the Pililaau Army Recreation Center (PARC) luau, Oct. 9, 6 p.m., on the Sunset Café lanai. Parties of four or more should call to reserve seating at 696-4778. Blue Star Card holders receive a 10-percent discount on the luau.

Mark your calendars for the next luau scheduled to take place Oct. 30, Nov. 13 and 27, and Dec. 11. PARC is open to all active and retired military, members of the Reserve and National Guard, and active and retired Department of Defense civilian employees, including Coast Guard, family members and sponsored guests.

## 14 / Wednesday

**Stress Relief Class** — Got stress? Family and Morale, Welfare and Recreation (FMWR) is offering a new series of classes designed to help reduce the stress of today’s busy lifestyles.

Chi Gung classes meet Mondays and Wednesdays, 6-7 p.m., and Tai Chi from 7-8 p.m. at the Martinez Physical Fitness Center starting Oct. 14. Mindfulness classes meet 6-7 p.m. at the Sgt. Yano Library, Schofield Barracks.

Classes are free for active duty and family members. For the full schedule, visit www.mwramyhawaii.com. Call 655-4804.

## 15 / Thursday

**Poker Tournament** — The next Texas Hold ‘Em tournament takes place, Oct.

15, 6:30-9:30 p.m., at the Tropics, Schofield Barracks. Card players can test their skills against the best-of-the-best poker players on post. All ID cardholders 18 and older are welcome. Call 655-5698.

## 16 / Friday

**Anime Showcase and Manga Swap** — Do you love anime and manga? The Sgt. Yano Library, Schofield Barracks, will feature episodes of hit anime Oct. 16, 6-8 p.m. Fans are invited to bring old manga and comic books to trade with others for new reads. This program also celebrates Teen Read Week; all ages are welcome. Call 655-8002.

## 18 / Sunday

**Teen Read Week** — “Read Beyond Reality” is the theme of this year’s Teen Read Week, Oct. 18-24. Teens are invited to check out any fantasy, science fiction, or Teens’ Top Ten nominated book from the library during Teen Read Week for a special prize.

Ask your librarian for a list of this year’s Top Ten nominees and then vote online at www.ala.org/teenstopten. Call 655-8002.

# Ongoing

**Wishing Tree** — When a loved one is deployed, those left behind are full of wishes: that he’ll be safe, that she’ll be home soon, that the children will adjust to the separation.

The staff at the Sgt. Yano Library has created a “wishing tree” as a place to collect wishes, hopes and prayers from

•Return and Reunion Workshop for Spouses, Oct. 19, 6 p.m. Call Shannon at 544-0436.

•Making Marriage Work after Deployments, Oct. 28, 6 p.m. Child care is available. Call Gery at 655-0626.

For classes offering child care, space is limited and children must be registered with Child, Youth and School Services to use this service. To reserve child care call 655-8628.

## 6 / Tuesday

**Ask The Commander** — The next “Ask the Commander” community television taping session is scheduled, Oct. 6, 3-4 p.m., at the Helemano Military Reservation community center.

U.S. Army Hawaii community members are encouraged to ask their questions on camera during an open one-hour session.

Questions will be answered by Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii (or his staff), and shared with the community through the installation TV2 channel, the *Hawaii Army Weekly* newspaper, and the garrison Web site.

Questions for the commander can be submitted via e-mail, at any time, to askthecommander.usaghi@us.army.mil or online at the “Ask the Commander” mailbox link at www.garrison.hawaii.army.mil.

## 7 / Wednesday

**Schofield Health and Fitness Center Closure** — The Schofield Barracks Health and Fitness Center (HFC), Building 582, will be closed starting Oct. 7, for approximately 90 days to replace the roof. All classes and services will be relocated to the Martinez Physical Fitness Center (MPFC), Building 488.

Classes and services will commence at MPFC, Oct. 9. Call Linda Williams, 655-8007/8789 until Oct. 6, or at 655-4804, starting Oct. 9.

**Oahu South Town Hall** — The next town hall meeting for the Oahu South community is Oct. 7, 6:30 p.m., at the Aliamanu Military Reservation Chapel.

The town hall meeting provides information about community events, security, housing updates, and much more.

friends and family of deployed Soldiers.

Everyone is welcome to make a wish on a paper leaf or heart, which will be displayed on the tree. Call 655-8002.

**BSC Facebook Page** — Stay current on all upcoming Blue Star Card (BSC) events and activities at the BSC Facebook page. RSVP online to attend events, see photos and tag your friends with special BSC stickers. Find BSC at www.facebook.com; search “Blue Star Card.”

**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.

**AFAP 2010** — All Aboard! “Ride the Train of Change” at Army Family Action Plan 2010. Get on-board today with your quality of life issues by submitting AFAP issues for the 2010 Installation Conference today.

2010 AFAP conference dates are Jan. 26-28, 2010, at the Nehelani, Schofield Barracks. Issues can be submitted online at www.mwramyhawaii.com or via fax, 655-1654, at the Schofield Barracks Army Community Service (ACS), and at the Tripler Army Medical Center ACS Satellite Center.

Contact Michael Briglin, AFAP manager, at 655-1696 or e-mail michael.briglin@us.army.mil.

Contact the Oahu South Community Director’s Office at 438-6996.

## 14 / Wednesday

**Fort Shafter PX Market Meeting** — The next Fort Shafter Post Exchange/Market meeting for the Oahu South Community is scheduled Oct. 14, 10-11 a.m., at Building 1599, Conference Room 115, Fort Shafter Flats. All Oahu South community members are invited to attend and provide input. Call 438-6996.

## 15 / Thursday

**Hawaii International Film Festival** — The Hawaii International Film Festival (HIFF) is scheduled, Oct. 15-25 at the Dole Cannery Regal 18 Theaters (735 Iwilei Rd.) HIFF is the largest “East Meets West” festival in the U.S., screening hundreds of films every year from countries across the globe. For tickets and a film schedule visit www.hiff.org.

## 17 / Saturday

**Retiree Appreciation Day** — U.S. Army Retiree Council-Hawaii is conducting its annual Retiree Appreciation Day program, Oct. 17, 8 a.m.-1 p.m., at the Hale Ikena, Fort Shafter. Representatives from local agencies will be on hand to provide updates on issues effecting retirees. Retirees can take advantage of free counseling services, checkups and screenings from Tripler Army Medical Center. Reservations are required for both the free program and the optional luncheon, which costs \$16 per person. Lunch orders must be paid in advance.

To register, contact Rick Gajonera at 655-1585 or e-mail rick.gajonera@hawaii.army.mil. *(See related story on page A-1 for details.)*

## 21 / Wednesday

**Circle Island Tour** — The Tripler office of Army Community Service (ACS) conducts a free all-day circle island tour the third Wednesday of each month for newly assigned Soldiers, civilian employees and family members who have moved to Hawaii within the last six months.

The next tour is Oct. 21. For more information or to register call, 438-4499 by Oct. 16.



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu).

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
FS: Fort Shafter Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

### Buddhist Services

•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

### Catholic Masses

•Friday, 9 a.m. at AMR  
•Saturday, 5 p.m. at FD, TAMC and WAAF chapels  
•Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)  
•Sunday services:  
-7:30 a.m. at WAAF  
-8 a.m. at AMR  
-10:30 a.m. at MPC Annex  
-11 a.m. at TAMC  
•Monday, Wednesday and Friday, 11:45 a.m. at MPC  
•Monday-Friday noon at TAMC

### Gospel Worship

•Sunday, noon at MPC  
•Sunday, 12:30 p.m. at AMR

### Islamic Prayers and Study

•Friday, 1 p.m.  
•Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

### Jewish Shabbat (Sabbath)

•Monday, 6 p.m. at PH (Bible Study)  
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

### Orthodox Divine Liturgy

•Sunday, 9 a.m. at TAMC

### Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex

### Protestant Worship

•Sunday Services  
-9 a.m. at FD, FS, MPC, TAMC and WAAF chapels  
-10 a.m. at AMR and HMR



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



### District 9

(R)  
Fri., Oct. 2, 7 p.m.  
Sat., Oct. 3, 7 p.m.  
Wed., Oct 7, 7 p.m.

### Shorts

(PG)  
Sat., Oct. 3, 4 p.m.



### Aliens in the Attic

(R)  
Sun., Oct 4, 2 p.m.

### G.I. Joe: Rise of Cobra

(PG-13)  
Thurs., Oct. 8, 7 p.m.

No shows on Mondays or Tuesdays.



# Residents receive good housing news at town hall meeting

Story and Photo by  
**BILL MOSSMAN**  
Staff Writer

SCHOFIELD BARRACKS – Crime continued to be a hot topic of conversation at the Oahu North Town Hall, here, at the Main Post Conference Room, Sept. 22.

During the latest gathering between garrison senior leaders, agency representatives and residents, a Directorate of Emergency Services (DES) official discussed the latest crime trends occurring at Schofield Barracks, Wheeler Army Airfield (WAAF), Helemano Military Reservation (HMR) and Mendonca Park.

“Sixty percent of our crimes are of unsecured items, so it’s our responsibility to protect ourselves and do a better job at securing our property,” stated Chris Graves, DES deputy director, who added that property crimes continue to make up the lion’s share of all crimes reported.

Soldiers and spouses were advised to take the time and jot down credit card numbers, as well as serial numbers of their personal belongings.

“We track those things. If you have serial numbers and we get those, it gives us a greater chance at recovering your items,” Graves explained. “There have been times when those things will pop up at a pawnshop.”

Overall, crimes were actually down at all posts during the second quarter, except for at Schofield Barracks and HMR. The populace at Schofield saw a minor rise of three crimes, while HMR residents experienced 17 more crimes than in the first quarter.

The latter statistic will likely change, Graves noted, now that HMR has around-the-clock guard coverage at the front gate.

Finally, motorists on the various posts were advised to slow down and observe the rules of traffic. “Speeding continues to be a problem,” Graves said. “I can tell you that we issue hundreds of tickets each month.”

## Army Hawaii Family Housing (AHFH)

Residents received good news regarding the construction of new homes in the North and updates on several painting, paving and roofing projects, which were recently completed.

According to Vickie Domingo, operations director, AHFH’s South region, the construction of 104 home units “will be coming on line” at Moyer (Porter community) before the end of the year.

Also, Wili Wili residents at WAAF can expect 14 new homes in December and additional units each month through September 2010, when the last of the planned 241 new homes should be completed.

Domingo also reported that Santa Fe residents had six of their streets paved and 27 of their buildings and carports painted in June.

Elsewhere, residents in the Patriot and Hamilton communities benefited from the re-roofing of 13 of their buildings in August.

“(The upgrades) have made a wonderful difference in the overall look of these communities,” said Domingo.

Finally, Domingo informed residents that 22 playgrounds will undergo repairs beginning in November. Twelve other playgrounds, she added, will be removed for duplication purposes.

“Basically, that’s when we have two playgrounds situated too close to each other,” she explained.

## Schofield Barracks Health Clinic (SBHC)

Col. Mike Brumage, commander, SBHC, announced that the Soldier and Family Assistance Center (SAFAC) has been renamed to the Soldier As-



Command Sgt. Maj. Darryl Jannone, USAG-Oahu, answers an audience member’s question during the North Town Hall meeting, at the Main Post Conference Room, Schofield Barracks, Sept. 22.

sistance Center (SAC) and Children and Family Assistance Center (CFAC). The change, which officially took place in September, was done for more than just cosmetic reasons.

“By doing the name change,” Brumage explained, “we’ll be getting more resources for our children and family services.”

Brumage also advised residents to get their seasonal flu shots as soon as possible, and he encouraged them to stay up to date on the latest news at SBHC by visiting the Web site,

All USAG-HI community members are invited to attend the next open forums scheduled in the North and South regions.

## North

•The next Oahu North Town Hall is Jan. 26, 2010, 6:30 p.m., at the Main Post Conference Room, Schofield Barracks.

•The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting is Dec. 7, 10:15-11:15 a.m., at the Nehelani.

## South

•The next Oahu South Town Hall is Oct. 7, 6:30 p.m., at the Aliamanu Military Reservation Chapel.

•The next Fort Shafter Post Exchange/Market meeting is Oct. 14, 10-11 a.m., at Building 1599, Conference Room 115, Fort Shafter Flats.

<http://familystrong hawaii.com>.  
At the end of the meeting, Lt. Col. Richard Gledhill, commander, U.S. Army Garrison-Oahu, expressed his appreciation for those in attendance and promised his team would do everything within its power to resolve residents’ concerns regarding issues that impact their communities.

“We want to make sure we provide you with the customer service you deserve,” Gledhill said.

Hosted by U.S. Army Garrison-Hawaii (USAG-HI), this was the third and final meeting of the year for North Oahu community residents. Annually, three meetings are held in the North and South, where residents are provided with the latest happenings in their neighborhoods and allowed a forum to voice any concerns.

**BILL MOSSMAN**  
Staff Writer

SCHOFIELD BARRACKS – The best of Bavarian culture is returning to post this year under a new name, but with the same degree of revelry that accompanies the finest in German food, beverages and music.

Rocktoberfest 2009, previously known as Oktoberfest, rolls into the Nehelani, here, Oct. 9, 4-10 p.m., with a menu and activity lineup fit for service members, spouses and children.

For adults, the event will be the perfect excuse to down immense glasses of their beverage of choice, feast on savory dishes such as pork sausage and spit-roasted chicken, and pass the night away with oompah music while singing, “Eins ... zwei ... g’suffa! Prost!”

But while Oktoberfest-type drinks and dishes are a given for the occasion, the

Tickets for Rocktoberfest are on sale now at Schofield Barracks’ Information, Ticketing and Reservations (ITR) office and the Nehelani.

Cost is \$10 for adults/\$5 children. Same day tickets purchased at the door, cost \$12 for adults/\$7 children.

For more information call, Katy Kluck at 656-3326.

fete will also include homegrown food as well, explained Katy Kluck, marketing assistant with event sponsor, the Directorate of the Family and Morale, Welfare and Recreation (FMWR).

“The German dishes will be prepared at the Nehelani, and will be mingled with some regular American dishes,” she said, adding that serving lines will be open between 4:30 and 8:30 p.m.

Last year, more than 3,000 people

converged on Sills Field to honor soon-to-be deployed as well as returning Soldiers through traditional music and dance, games and, of course, an authentic German-style feast. This year’s event doesn’t figure to draw those kinds of numbers, but FMWR organizers still anticipate a large crowd.

Kluck adds that guests are more than welcome to attend the festivities in full German flair: women dressed in dirndls; men donning lederhosen, hosentragers, tuchs and gurtels.

In order to let the good times roll, FMWR plans on featuring local cover band Büsekrüs from 6-9 p.m. as the event headliner. The band (a three-man outfit whose influences are a blend of rock, indie and punk pop) figures to be a hit among the predominantly rock and roll-loving crowd.

In fact, getting a rock genre-type band



for the event was imperative before FMWR officials could sign off on the name change to Rocktoberfest, Kluck explained. And by adding a rock twist, she added, the event “will hopefully be more appealing to our Soldiers.”

While the adults are sure to be having

their fill of fun, so will children.

Among the activities planned for keiki are a bounce house and a face-painting booth. Even the new FMWR mascot, Eddie the Eagle, will be there to help entertain the littlest guests while leading the customary Chicken Dance.

Following the event, Soldiers and their spouses can head over to the Kolekole Bar & Grill for a little after-party music.

“We plan on having a deejay at the Kolekole,” said Kluck, adding that the post-festival get-together is a great way to kick off the long holiday weekend.

Each year, cities around the globe host Oktoberfest festivals. Those celebrations are modeled after the world’s largest festival – held in Munich, Germany during a 16-day period and attended by millions of people.



# What’s next, after your breast cancer diagnosis?

**TYLER PATTERSON**  
TriWest Healthcare Alliance

“You have breast cancer.”

A diagnosis of breast cancer can be one of the most terrifying experiences of a person’s life. Even if you’re expecting it, you’re braced for it and you’re simply waiting for the confirmation, not much else in the world can change your life as completely as those four words.

In such a trying time, it’s good to have the support of your family and your friends – and your Tricare benefit. Tricare Prime, Standard and Extra beneficiaries are entitled to a preventive breast cancer examination every year beginning at age 40.

Beneficiaries identified as being at high risk for breast cancer (due to family history, etc.) are covered for annual exams beginning at age 35. These exams offer your best chance at detecting breast cancer early, when it is most easily and effectively treated.

In fact, when detected early, the five-year survival rate for breast cancer is 98 percent.

Following your diagnosis, your doctor will likely present you with several choices for treatment. Tricare covers most options, including mastectomy (the surgical removal of the breast), radiation therapy and chemotherapy.

Each of these procedures has its



own unique risks and benefits; be sure to discuss your options in detail with your doctor.

Tricare is also there to help with your post-procedure recovery. If your treatment option results in hair loss, Tricare will cover the cost of a wig. If you elect to have a mastectomy, Tricare covers reconstructive breast surgery, as well as two initial mastectomy bras and two replacement bras per calendar year.

# Red Cross sends aid, helps families connect

**AMERICAN RED CROSS**  
News Release

Following Tuesday’s 8.0 magnitude earthquake and resulting tsunami, a significant portion of American Samoa is without power or water amid widespread damage.

The American Red Cross has dozens of volunteers already providing food and supplies in affected areas. A leadership team of 50 volunteers have been sent to the island to supplement the local Red Cross workforce.

Red Cross priorities include providing food, water and supplies, and providing communication.

If you have been in contact with loved ones on American Samoa, the best way to share information about their well-being is to register them at the “Safe and Well” Web site at [www.redcross.org](http://www.redcross.org). (Note: Safe and Well only works on American Samoa. It does not work on Western Samoa.)

Register loved ones at the American Red Cross “Safe and Well” Web site at [www.redcross.org](http://www.redcross.org) or call 1-800-RED-CROSS (1-800-733-2767).

For those who do not have Internet access, call 1-800-RED-CROSS (1-800-733-2767) to register your loved ones. Follow the prompts for disaster information.

The information you post on the Safe and Well Web site will let other



Tech. Sgt. Jerome Tayborn | U.S. Air Force

Airmen from the 204th Airlift Wing, Hawaii Air National Guard, load a vehicle onto a C-17 Globemaster III, Wednesday, at Hickam Air Force Base in preparation for departure for Operation Pacific Wave, a humanitarian mission in American Samoa. The island nation was devastated by an earthquake and tsunami, Tuesday.

loved ones know about the well-being of those on the island. Concerned family members who know the person’s phone number (home, cell or work) or a complete home address can search for messages posted about their loved ones.

As of Wednesday morning Eastern Daylight Time, officials in Samoa estimate that 60 villages and 15,000 people have been affected by this disaster. Tremors continue to shake the country, and tsunami alarms are still sounding.

Initial reports from the Samoa Red Cross say the situation is very bad, and many homes have been destroyed.

About 135 Samoa Red Cross volunteers are assisting with the relief efforts, including distributing relief supplies, to affected families, and managing three camps for displaced people.

Initial needs are clothing, blankets, water, shelter and food.

You can donate by calling 1-800-REDCROSS or 1-800-257-7575 (in Spanish), or by visiting [redcross.org](http://redcross.org).

**Tips to reach family members:**

- Call at off-peak hours.
- Send a text message, as they often go through when phone calls do not.
- Consider calling that person’s neighbors, employer, co-worker, school, or place of worship.
- Send the sought person an e-mail, or check their Facebook, Twitter or MySpace page.
- If your loved ones have any pre-existing health or mental condition that affects mobility you may reach the Red Cross Response Center to open an Emergency Welfare Information Request by calling 1-866-438-4636.

# Callers advised, menu options changed on Tripler’s appointment phone line

**TRIPLER ARMY MEDICAL CENTER PUBLIC AFFAIRS**  
News Release

HONOLULU – “Listen carefully, as our telephone system has recently changed.”

Callers are often impatient when they find their calls being answered by a recorded voice that repeats this admonition. But, callers to the 433-2778 appointment line should stay tuned and listen carefully, as the menu options have changed as of Sept. 24.

Many times, callers simply dial the two or three number sequence they’ve memorized to reach the clinic of their choice. The clinic is asking callers to be patient and listen to the new menu before pressing their phone pad.

The first two menu options are now to make a primary care appointment (press “1”) and to cancel an appointment (press “2”), according to Maj. Aristotle Vaseliades, chief of Tripler’s clinical support division. This change is part of an Army Medical Department initiative to standardize how incoming calls are handled at all Army clinics and hospitals.

“For example, the caller must press ‘4,’ instead of ‘2,’ to get the call routed to the surgery department appointment number,” said Vaseliades. “The other major change is that an option has been established for Schofield Barracks Health Clinic in the opening menu.”

Callers now have 10 initial menu choices, instead of the previous seven. Adding more menu choices

**On The WEB**

Appointments can also be made at [www.tricareonline.com](http://www.tricareonline.com).

allows more callers to get to their desired clinic or office. Additionally, callers will only have to remember one number for any appointment need.

“We need to free up some phone lines for use by other clinics and support staff,” said Vaseliades. “The need for phones has increased, as our health care staff has increased, to support the increase in the Soldiers and families being assigned to Hawaii.

“We also now have more specialty care programs, like for traumatic brain injury and concus-

sion, physical therapy, post-traumatic stress disorder, and stress and pain management,” Vaseliades added. “They all need phones.”

For health care consumers, however, phones are not the only way to contact their providers.

“Everyone who seeks or receives health care from Tripler or the Schofield Barracks clinics do have another way to schedule or cancel primary care appointments,” said Col. Suzie Martin, chief of Tripler’s managed care division. “Tricare online has vastly improved from when it first became available, and they are continuing to make it more user-friendly.

“People who haven’t used it in awhile may be surprised at how easy it is to use and how quickly you can schedule or cancel such appointments,” she said.



# Tropic Lightning team goes the distance at century ride


Story and Photo by  
**MAJ. AL RAMIREZ**  
Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team  
HONOLULU — A six-man team of cyclists from the 2nd Stryker Brigade Combat Team (SBCT), 25th Infantry Division (ID), went the distance during the 28th Annual Honolulu Century Ride, here, Sunday.  
Donning yellow riding jerseys emblazoned with a red 25th ID patch, the group stood out amongst the sea of cyclists making its way from the start at Kapiolani Park to Kaaawa and back.  
During the ride this year, the Soldiers competed in the “Iron Okole” competition with all six riders completing 100 miles each, giving the team a perfect 600-mile ride.  
“People would yell ‘Tropic Lightning!’ and we’d pedal that much harder,” recalled rider Maj. Chris



Six Soldiers from the 2nd Stryker Brigade Combat Team stop for a team photo at Swanzy Beach Park in Kaaawa, which served as the 50-mile turnaround during the 28th Annual Honolulu Century Ride, Sunday. Pictured left to right are Capt. Eric Harrison, Maj. Chris Corizzo, 2nd Lt. Tristan Obluck, Capt. Ryan Collins, Maj. Chris Hanna, and Chief Warrant Officer Michael Burn.

Hanna.  
The 2nd SBCT group included Chief Warrant Officer Michael Burns, Capt. Ryan Collins, Maj. Chris Corizzo, Capt. Eric Harrison, Maj. Chris Hanna and 2nd Lt. Tristan Obluck.  
The group’s ride marked the second time a team

from the 2nd SBCT has participated in the annual event organized by the Hawaii Bicycling League (HBL).  
“It was a fulfillment of a goal many of us had when we were in Iraq last year, to ride in this year’s (Honolulu Century Ride) back here in Hawaii,” said Hanna.  
During the brigade’s deployment in 2007, Hanna contacted the HBL to organize a satellite century ride for 40 brigade Soldiers in Taji, Iraq. To show appreciation for the HBL’s support, the Soldiers sent a flag to the organization that had accompanied the unit on combat patrols and was present for the start of their ride in Iraq.  
Despite some mechanical problems and over eight hours in the saddle, the team was committed to finishing the ride together and exemplifying the Warrior Ethos, to never leave a man behind.



**3 / Saturday**  
**Surfing Lessons** — Learn to surf like a professional, or at least look the part, with Outdoor Recreation, Schofield Barracks Oct. 3, 7-10 a.m. Lessons are \$35 each and include equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

**7 / Wednesday**  
**Fishing 101** — Learn the basics of fishing in Hawaii and how to make your own materials, Oct. 7, 5:30-7:30 p.m., at Outdoor Recreation, Schofield Barracks. This program is free and will connect you with others who share your passion. Call 655-0143.

**Schofield Health and Fitness Center Closure** — The Schofield Barracks Health and Fitness Center (HFC), Building 582, will be closed starting Oct. 7, for

approximately 90 days, to replace the roof.  
All classes and services will be relocated to the Martinez Physical Fitness Center (MPFC), Building 488. Classes and services will commence at MPFC, Oct. 9. Call Linda Williams, 655-8007/8789, through Oct. 6, and at 655-4804, starting Oct. 9.

**9 / Friday**  
**Shoreline Fishing** — Spend the day bait dunking Hawaiian style at a popular shore fishing area with Outdoor Recreation, Schofield Barracks, Oct. 9, 9 a.m.-10 p.m. Cost is \$25 per person and includes round-trip transportation from Schofield Barracks. Call 655-0143.


**10 / Saturday**  
**Adventure Hike** — Enjoy a day hike to one of several picturesque locations around the island of Oahu with Outdoor Recreation, Oct. 10, 8 a.m. Registration is required, and costs \$10. Round-trip transportation from Schofield Barracks is provided. Call 655-0143.

**11 / Sunday**  
**Adventure Kayaking** — Enjoy a

half-day of adventurous kayaking from various beaches around the island of Oahu, Oct. 11, 7 a.m.-2 p.m. Cost is \$35 per person and includes equipment and round-trip transportation from Schofield Barracks. Call 655-0143.

**15 / Thursday**  
**Evening Surf Patrol** — Advanced surfers are invited to join the evening surf patrol, Oct. 15, 4:30 p.m.-dusk. This activity is a unique way to eliminate the stress of the day. The program costs \$35 per person and includes equipment and round-trip transportation from Schofield Barracks. For more information call 655-0143.

**17 / Saturday**  
**Summer Ocean Splash** — Don't miss an opportunity to learn up to four water sports all in one day, Oct. 17, 8 a.m.-2 p.m., with Outdoor Recreation, Schofield Barracks. Summer Ocean Splash participants will enjoy lessons in stand-up paddleboarding, surfing, kayaking and outrigger canoeing.  
The class costs \$60 per person. Registration is required. Call 655-0143.



*Send sports announcements to  
community@hawaiiarmyweekly.com.*

**4 / Sunday**  
**Ocean Safety Day** — The members of the Hawaii Military Surfing Organization (HMSO) will host an ocean safety class, Oct. 4, 9 a.m.-noon, at the Pihilaau Army Recreation Center (PARC) at Pokai Bay. Learn how to read the surf spot, “right of way” and local etiquette from renowned Hawaiian ocean safety expert Brian Keaulana.  
The event will be followed by the chance to try stand-up paddle surfing with a team of instructors from C4 Waterman. All paddling equipment will be provided free of charge, with a valid driver's license or military ID. For more information or to register, e-mail Dan Wilson at dwilson27@hawaii.rr.com.

**17 / Saturday**  
**North Shore Yoga Festival** —

Come explore the ancient practices of yoga under the guidance of some of Hawaii’s most trusted and experienced teachers at the North Shore Yoga Festival, Oct. 17, at Turtle Bay Resort.  
This festival offers a diverse array of workshops and classes for any level. Workshops take place 8 a.m.-6:30 p.m. with music and entertainment until 9 p.m.  
Registration for a full-day pass or single workshops is available at [www.trueunion.org](http://www.trueunion.org).

**Splash and Dash Biathlon** — Hit the surf and the turf at the 6th Annual “HSL-37 Splash and Dash” Marine Corps Base Hawaii (MCBH) biathlon, Oct. 17, 7 a.m., at Hanger 103. The race begins with a 500-meter open water swim and ends with a 5K race around the flight line.  
Individual entry fee is \$20, two-person teams are \$36. T-shirts are included with entry fees. Register by Oct. 9, 4 p.m. A \$10 late fee will be assessed for registrations received after deadline.  
Register online at [www.mccs.hawaii.com/cgfit.htm](http://www.mccs.hawaii.com/cgfit.htm). Contact Tina Lui at 254-7590.