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205th's 'Unsung Warriors' return



'Sign me up!'

170 25th ID Soldiers extend their enlistments in war zone

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Carved in stone

The 25th ID Association highlights Tropic Lightning Day by unveiling and dedicating the updated Schofield Memorial, Sept. 29 at 10 a.m.



Head of class

A sergeant first class scores top honors in the transportation arena

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The future generation

It's all about kids during Kids Day with Boys & Girls Clubs on Oahu

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Soldiers from the 205th Military Intelligence Battalion return from an almost yearlong deployment in Iraq, Saturday, at Hickam Air Force Base. Soon after, family members and Soldiers finally met up after the Welcome Home ceremony held at the Fort Shafter Gym.

Story and Photos by
2ND LT. SARA FULKERSON
500th Military Intelligence Brigade Public Affairs

FORT SHAFTER — Excited chatter rose into the warm night air, and eyes glistened as the moment of anticipation finally arrived.

The time was 3 a.m.; yet, hundreds of people who had gathered at Fort Shafter were fully awake. It was not too early to welcome home a hero.

"Anyone who willingly leaves home, friends and family for a year, during this time when our nation is at war, is a hero," said Command Sgt. Maj. Martin W. Glenn of the 500th Military Intelligence (MI) Brigade.

In this case it was the return of not one, but almost 300 Soldiers from the 205th MI Battalion, Saturday, after an almost yearlong deployment in support of Operation Iraqi Freedom.

"To the families and the Soldiers, 'Well done, mission accomplished, aloha and welcome home,'" said Col. Richard Longo, chief of staff, U.S. Army Pacific Com-

SEE 205TH, A-4

Up-armor protects hit by antitank mine

PFC. DURWOOD BLACKMON
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — Soldiers are issued cumbersome protective gear that they have to lug, carry and drag everywhere they go. Likewise, vehicles in the Army are no exception, with their heavy steel doors and blast shields.

For one Soldier of the 25th Combat Aviation Brigade (CAB), 25th Infantry Division, both of these security defenses helped to save his life and the life of his fellow comrades when their Humvee was hit by an antitank mine.

Sgt. Aaron Richardson, petroleum supply noncommissioned officer, Company E, 2nd Battalion, 25th CAB, was the turret gunner when a buried explosive struck his vehicle during a roving patrol outside of Contingency Operating Base Speicher, Sept. 6.

"We were hit by an antitank mine. I remember seeing a flash and hearing a loud noise. Basically, I couldn't hear anything after the noise, and the blast threw me back into the turret," he said.

Richardson received injuries

from the blast impact, but without the proper safety equipment he acknowledges the situation could have been far worse.

"There are blast shields around the turret, and the armor stood up to the blast. The front of the vehicle was gone, but there were really no dings or anything in the armor," he said.

"I think the equipment they issue us, the up armor and personal equipment, should be worn at all times when you're going outside the wire," he continued.

"It may be an irritating task putting it on and lugging it around, but the equipment will save your life — and stop objects and projectiles from damaging your body."

While other passengers received minor injuries and the vehicle's front was destroyed, there were no fatalities.

Army training also played a key role in the aftermath of the attack. Although Richardson couldn't hear, and was at times incoherent, he

SEE ARMORED, A-4



Spc. Guyer | 1st Battalion, 82nd Airborne

A landmine destroyed the front of Sgt. Aaron Richardson's humvee while on patrol. All occupants survived the attack with minimal injuries, largely due to proper safety equipment.

POWs, MIAs remembered at Hickam ceremony

Story and Photos by
CHRISTA B. THOMAS
U.S. Army Garrison, Hawaii Public Affairs

HICKAM AFB — An assembly of service members, retirees, civilians and family members gathered at the Missing Man Formation memorial on Hickam Air Force Base, Sept. 15, to honor Americans who are missing in action or were taken as prisoners of war.

Brig. Gen. Michael C. Flowers, commander of the Joint POW/MIA Accounting Command (JPAC), opened the POW/MIA Recognition Day ceremony by saying how fitting it was to gather at such a haunting symbol of their missing and fallen comrades in arms.

"We owe it to the memory of the young men and women who served their nation... to bring them home," Flowers said. "We owe a tremendous debt of gratitude to



Airmen render a 21-gun salute, piercing the morning calm at the POW/MIA Recognition Day ceremony. This traditional demonstration of peaceful intentions, the highest of honors rendered by the nation, recreates sounds of war that are quite familiar to some veterans in attendance.

those who served as prisoners of war. and unspeakable acts of humanity."

They answered the call of duty, even when it meant unending days of dark cells, starvation,

SEE POW/MIA, A-7

Combined Federal Campaign to premier with cast members from 'Lost'

Story and Photos by
DONNA KLAPAKIS
U.S. Army Garrison, Hawaii Public Affairs

HICKAM AIR FORCE BASE — Campaign workers were treated to lunch with the governor Tuesday as Hawaii's Combined Federal Campaign fund drive began at the Officers Club here.

Maj. Gen. William H. Brandenburg, deputy commanding general of U.S. Army, Pacific, and director for this year's Hawaii CFC, spoke at the event.

"We have over 586 people and 74 charities that are participating in today's campaign 'kick off' event — that is the largest CFC kick off event as far back as we have records for," he said.

"This year, for the first time ever, each service component, the Army, Navy, Air Force and Marines, will hold their own kick off event," said Brandenburg. "One important change from previous years is that these service component campaign kick off events are for the individual donors."

The Army will hold its kickoff at the Schofield Barracks Nehelani from noon to 2 p.m., Monday. All service members and federal employees are invited.

Cast members from ABC's hit television series "Lost"; USARPAC commanding general Lt. Gen. John Brown, who is this year's CFC chairman; Brandenburg; and Col. Timothy Ryan, 25th Infantry Division rear detachment commander, will all speak to the audience.

"Cast members from Lost will be there for the first hour, and we've got over 30

charities who will attend. The first hour is during people's lunch hour, so I hope everyone can make it to the event," said Capt. Robert Dion, CFC project officer for Schofield Barracks.

The theme for this year's campaign is "Your Gift Changes Lives." According to CFC officials, an average of one in four federal employees or their families will benefit from CFC charities this year alone.

SEE CFC, A-6

Commissary rids shelves of spinach

DEFENSE COMMISSARY AGENCY
News Release

FORT LEE, Va. — In response to an alert from the U.S. Food and Drug Administration (FDA), the Defense Commissary Agency (DeCA) has directed its commissaries to remove all fresh spinach and any salad mixes that contain spinach.



DeCA is advising its customers to not eat any bagged fresh spinach. The FDA alert, dated Sept. 14, warns that the bagged spinach "may be a possible cause" of the confirmed outbreak of E. coli.

"The health and safety of our patrons and employees is always a top priority with the Defense Commissary Agency," said DeCA Director Patrick B. Nixon. "We urge everyone to take this alert seriously...and to continue to monitor their local media and the Food Safety area of our Web site [www.commissaries.com] for more information."

E. coli can cause diarrhea and may lead to kidney failure through a condition known as Hemolytic Uremic Syndrome (HUS), which particularly affects young children and the elderly. In more severe cases, HUS can lead to serious kidney damage and possible death.

One death and eight cases of HUS have been linked to the E. coli outbreak. In all, some 50 cases of illness have been reported to the Centers for Disease Control and Prevention.

The FDA has identified the outbreak in Connecticut, Idaho, Indiana, Michigan, New Mexico, Oregon, Utah and Wisconsin.

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 655-4816, 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 captions and bylines.

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Signal Command ‘blessed’ at move to Shafter

SGT. 1ST CLASS JO HOOTS

311th Signal Command (Theater) Public Affairs

FORT SHAFTER — While a light rain showered a “Hawaiian blessing” on the gathered crowd, the Army Reserve’s 311th Signal Command (Theater) was officially established as the newest element in the U.S. Army Pacific Command (USARPAC) during a ceremony held here Friday.

The event, which included the uncasing of the command’s flag, marked the arrival of the unit from Fort Meade, Md., and the beginning of its operational mission of managing communications in the Pacific theater.

“It truly represents a beginning of the United States Army transformation,” said Maj. Gen. William H. Brandenburg, deputy commanding general of USARPAC, and host of the ceremony. “As we become a warfighting headquarters, the enabling capabilities that the 311th Signal Command brings to the United States Army Pacific is unsurpassed,” he said. “The United States Army is at war ... one of the things that was recognized is that this headquarters at Fort Shafter [USARPAC] did need to change, and the 311th is a major part of that change because of what they bring to the fight.”

As a theater signal command, which includes Army Reserve and active component senior leadership, the 311th Signal assumes responsibility for managing the Pacific portion of the Army LandWarNet, the Army’s network enterprise, a global communications grid that includes all Army



Spc. Sergio Villafane | 311th Signal Command Public Affairs

Departing Command Sgt. Maj. H.B. “Chris” Rhatigan (left) of the 311th and Maj. Gen. William H. Brandenburg, deputy commanding general, USARPAC, unfurl the unit colors, Sept. 15, while Maj. Gen. Donna L. Dacier (right), commander of the 311th Signal Command looks on,

networks — from sustaining military bases to forward-deployed forces.

To support this mission, the command’s configuration is unique in the Army Reserve, observed the 311th Signal commander, Maj. Gen. Donna L. Dacier, during her remarks.

“The 311th Signal Command is the first

major subordinate command of the United States Army Reserve to move from strategic reserve, which means a traditional reserve unit with the ‘one weekend a month and two weeks a year’ requirement for unit membership, to a unit that will serve seven days a week, twenty-four hours a day, 365 days



Guarding office information is responsibility of everyone

ED BEEMER

Army News Service

It’s really very simple. If we keep our information and communications secure, lives will be saved.

Operational Security and Information Assurance are not just Army programs. They are a mindset that requires the constant attention of every Army officer, enlisted Soldier, civilian employee, contractor and family member.

It was easier to keep a secret when Soldiers carried muskets and marched onto open fields in tight formation. Leaders deployed patrols to ward off scouts, they armed and escorted messengers, and kept their soldiers out of taverns and away from pretty faces. Today it’s a little more complicated.

Technology has given us great communication capabilities. It has also opened the door to eavesdropping and spying opportunities where the enemy can be half a world away and reading or listening in as if he was seated right next to us.

Technology has also given us great capabilities in securing our information flow. Firewalls, encryption and PKI have taken over the jobs of patrols and armed messengers on the networked Army of today.

There are those who would tell us that technol-

ogy is the ultimate answer to any security challenges the Army might have. The fact is, in an open environment, that’s simply not the case. There is and always will be the human factor.

It’s always easy to fall victim to the pressures of deadlines, pressure from higher ranks and civilian leaders. It’s faster to cut corners and bypass policies and procedures.

It’s easy to justify actions that happened “just once.” But no break in the IA/OPSEC perimeter is justifiable. There’s too much at stake.

If Army personnel ranging from general staff to raw recruits don’t follow IA/OPSEC policies and procedures, we will remain vulnerable. The enemy is smart, technically able and, if given an opportunity, will exploit our mistakes.

Our cyber and communication defenses are being probed every nano-second from a wide variety of sources: state-sponsored intrusions, terrorists and even little Billy next door.

The only true protection is human vigilance, and the only person who can ensure that happens is the one reading — you.

(Editor’s Note: Ed Beemer works for the Army Office of Information Assurance and Compliance.)



a year,” she said. “This ensures that communications are provided in a reliable and robust manner to all the user groups here in the Pacific.”

In the big picture, Signal capabilities permit the USARPAC commander, Lt. Gen. John Brown, to provide support to the Pacific Command in his role as the Army Service Component commander.

With 311th managing signal assets, the warfighter can deploy anywhere in the Pacific, said Dacier, and “take on any mission — whether it’s military support to civil authorities, operational support, or noncombatant operations — and get safe, secure and reliable communications from the foxhole back to the garrison.”

During the coming year, the 311th will work with the U.S. Army Network Enterprise Technology Command (NETCOM), headquartered at Fort Huachuca, Ariz., and the 516th Signal Brigade at the USARPAC in Fort Shafter, Hawaii, to ramp up its role as planner and executor of signal operations in the Pacific Theater.

A rear detachment at Fort Meade, Md., comprised primarily of traditional Reserve Soldiers, will provide administrative and staff support to the unit’s command at Fort Shafter.

The day of celebration also included a change of responsibilities ceremony transferring the highest enlisted position in the command from Command Sgt. Maj. Honora B. Rhatigan to Command Sgt. Maj. Gerald W. Capps.

LIGHTNING SPIRIT

Most leaders ‘cultivate’ under a mighty banyan

CHAPLAIN (LT. COL.)

DONALD W. EUBANK

Fort Shafter Community Chaplain

On a recent visit to Ford Island, my family and I stopped at a giant banyan tree. My children enjoyed swinging from the huge rope that hangs from the branches of this enormous tree.

While they played, I noticed that the ground under this giant tree was completely barren, and I remembered a proverb that says, “Nothing grows under a banyan tree.”

Interestingly, that proverb relates to leadership styles. Have you ever served under a great leader? Chances are your very own leadership style is the best answer to that question.

The banyan is a huge tree that spreads its branches, drops air-roots and develops secondary trunks. Fully grown, a banyan tree can cover more than an acre of land. The adult banyan tree will provide shelter for birds, animals and humans under its spreading branches and shade, but nothing grows under its dense foliage. When the banyan dies, the ground beneath lies barren and scorched.

Some leaders, and you know the style of leaders I’m talking about, are like banyan trees. They wield great influence and accomplish great things. But in accomplishing their mission, they fail to cultivate the next generation of leaders who serve under them. They know how to breed followers, but don’t know how to empower leaders.

Instead of growing into mighty banyans, great leaders are more like banana trees. Six months after a banana tree sprouts, small shoots appear all around it. After 12 months, a second circle of

shoots appears beside the first ones. At 18 months, the main trunk bears bananas that feed birds, animals and humans.

But then the banana tree does something unexpected. It dies.

But by this time, the first offspring of shoots are full grown, and in six months they too will bear fruit and die. The cycles continue unbroken as new sprouts emerge every six months, grow, give birth to more sprouts, bear fruit and die.

Which best characterizes your leadership style? Do you tend to exert your own personal control like a banyan, or do you empower and equip the emerging leaders beneath you?

Jesus once said, “If anyone wants to be first, he must be the very last, and the servant of all” (Mark 9:35).

As each of us leads others, perhaps we should all stop for a moment and ask ourselves, “How can I help others become excellent leaders?” Certainly, one true mark of a great leader is his or her ability to serve people by developing greatness in them.

I encourage you today to see your leadership as an opportunity to serve those you lead by helping them develop their skills and talents. In so doing, your leadership influence will extend years, even decades, long after you have gone on to new assignments.

The unit ministry teams of Schofield Barracks and the Fort Shafter communities are praying for you today, and hoping that God’s love will encourage you to believe that God loves and cares about you and those you serve.

God can help you and me become the best possible leaders as we follow his direction for our lives.

Tropic Lightning!

40 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a “red dot” on your wristwatch.

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.

As of 9/06/06

Voices of Lightning: “What activity would you recommend to someone visiting Oahu?”



“Polynesian Cultural Center. I love that Tahitian (dancing).”

Sgt. Tonya Tucker
A Co., 225 BSB
Issuing NCOIC



“Arizona Memorial.”

Sgt. Juan Diazfuentes
A Co., 225 BSB
Stock Control NCOIC



“Surfing.”

Pfc. Dawn Crawford
A Co., 225 BSB
Heavy Wheeled Operator



“Atlantis Submarine in Waikiki.”

Tina Bianco
Director, Human Resources
Biochemical Control Clerk



“There are too many (activities) on the island to choose just one.”

Spc. Timothy Owens
HHC, 1-14th Inf. Regt.
Communications Specialist

Nearly 180 take re-enlistment oath on historic 9-11

Story and Photo by
PFC. DURWOOD BLACKMON
25th Combat Aviation Brigade Public Affairs

TIKRIT, IRAQ — Lurking behind a formation of eager Soldiers, helicopters shadowed 177 members of Task Force Wings who took their oath of re-enlistment at a ceremony held for them Monday, Sept. 11, at Contingency Operating Base (COB) Speicher.

Soldiers from Task Force Wings, which consists of the 25th Combat Aviation Brigade (CAB), 25th Infantry Division (ID); 1st Battalion, 82nd Attack Reconnaissance Battalion; and 1st Squadron, 17th Calvary Regiment from Fort Bragg, North Carolina — as well as Charlie Company, 1st Battalion, 50th Infantry (Mechanized) Ridge Runners from West Virginia — were present.

As friends and honorary guests took their seats, the 25th Tropic Lightning Band played music and provided a warm welcome for all who attended.

Col. A.T. Ball Jr., commander of the 25th CAB, administered the oath of re-enlistment and expressed his appreciation for those who took the oath on Sept. 11th.

“Exactly five years ago today, we endured the most horrific attack on our nation that anyone can imagine. All of you here today, along with your families back home, know the significant difference you have made in our world,” Ball said. “These are the leaders of our Army for tomorrow; we should be encouraged by their commitment and sacrifice in the face of impending danger and uncertainty.”

Guest speakers at the event also commended the men and women who chose to continue serving their country during a time of conflict.

“When you do a re-enlistment deployed in a combat zone, it really says something about the man or woman. When you do that re-enlistment deployed in a com-



Above — A total of 177 Soldiers of Task Force Wings raise their right hands and take an oath of re-enlistment on Sept. 11, 2006.



Left — Spc. Sharron Hayes, a human resource specialist for 25th Combat Aviation Brigade, proudly displays her Honorable Discharge Certificate on the morning she took her oath to re-enlist at COB Speicher.



Ball

tacks on 9-11.

“That’s exactly the way the flag looked five years ago when fireman hung it on a piece of scrap metal on what used to be the Twin Towers of New York City, said Wiersinski. “I want you to remember that for the rest of your life. That’s not going to happen again in our country because of people like you.”

Although all Soldiers have a deep-seated commitment to duty and service, every Soldier has his or her own personal rea-

sons for choosing to stay in the Army.

“I re-enlisted because I knew that this is something I wanted to do. My family has a big background in the military, so I figured why not me too,” said Spc. Sharron Hayes, human resource specialist, 25th CAB.

For Soldiers who were in the Army during the 9-11 attacks, they said the ceremony tugged at their heartstrings and made them very proud to answer the call to service.

“I was leaving Advanced Individual Training on September 11th, and we all got locked down on the base. I was heart touched to serve my country. That was my prime motivation for re-enlisting, and I am proud,” said Spc. James Dawes, crew chief specialist, Alpha Troop, 2nd Battalion, 6th Calvary Regiment.

Soldiers were also impressed with the planning and organization that went into the event.

“It was a really nice ceremony. It was very encouraging and motivating,” said Hayes. “They had Blackhawk and Chinook helicopters, the U.S. flag and music playing. It was very nice.”

On 9-11, 2006, 177 re-enlisting Soldiers at COB Speicher raised their hands and took the oath to continue to serve their country.

“Those 177 Soldiers represent Americans from all walks of life, and that really reflects on our nation as a whole,” said Command Sgt. Maj. Roger Kingston, Headquarters, 25th CAB. “That wasn’t just 177 Soldiers out there today,” he continued, “that was 177 Americans saying they believed in our country’s purist of democracy and safety ... and especially back home by being here and serving in the global war on terrorism.”

At the close of the event, proud Soldiers, friends and guests congregated to share some cake, handshakes and a few laughs.

3rd Brigade turns on ‘HEAT’ simulator to train for rollovers

Drivers prepare to negotiate bearings in heavier, rollover-prone vehicle

Story and Photo by
SPC. MIKE ALBERTS
3rd Infantry Brigade Combat Team Public Affairs

CAMP BEUHRING, Kuwait — Without a doubt, its’ safer and it’s saving Soldiers’ lives, but it’s also heavier and more prone to rolling over.

It’s the Up-Armored M1114 High Mobility Multi-Purposed Wheeled Vehicle, the “UA Humvee.” Soldiers from 3rd Infantry Brigade Combat Team (3IBCT) will be driving them in Iraq and are training for increased rollover risk.

Dozens of 3IBCT Soldiers experienced the Army’s HMMWV Egress Assistance Trainer, or HEAT, during their transition to Iraq while living at Camp Buehring, Kuwait, Aug. 3-14.

UA Humvee training consists of classroom and hands-on training, according to Sgt. 1st Class Kelly W. Comstock, HEAT noncommissioned officer in charge of 143rd Transportation Command.

Classroom instruction lasts about 45 minutes and introduces Soldiers to unique UA Humvee characteristics,

rollover precaution techniques, rollover drills, and rollover egress on land and in water. At the end of the session, Soldiers take a brief written test.

Soldiers then tackle the hands-on training in the HEAT, essentially a machine composed of an actual UA Humvee (without the wheels) that spins 180 degrees in both directions.

Comstock explained that the HEAT gives each Soldier a chance to experience an actual rollover from each position in the UA Humvee, from driver to gunner, while wearing and carrying the full complement of combat gear.

“HEAT teaches teamwork ... and builds a Soldier’s confidence that the seat belts will hold them safely inside the vehicle while they are rolling and upside down,” he said. “It also provides familiarity with the chaos that occurs when a vehicle rolls over,” Comstock continued. “It’s very disorienting with ammo cans and other gear flying around inside.

“The training gives Soldiers the understanding that, despite all this, they can actually find the combat locks, unlock them and get out of the vehicle safely.”

Camp Buehring’s HEAT instructors have trained more than 5,400 Soldiers. To avoid injuries during training, instructors



Staff Sgt. Daniel Forsgren, HMMWV Egress Assistance Trainer (HEAT) instructor, 377th Theater Support Command, operates the HEAT during up-armored humvee training at Camp Buehring, Kuwait.

create mock foam equipment inside the HEAT to replicate actual equipment such as weapons and ammunition canisters.

The consensus among 3IBCT Soldiers was that HEAT is the most valuable vehicle training they’ve ever received.

“Being upside down is the most challenging part because nothing is located in the same spot as before you rolled,” said Pvt. Raphael J. Dozier, Headquarters and Headquarters Company (HHC), 3IBCT. “All Soldiers should experience this training just to see how you’d react with all the fuel, water and ammo cans and other equipment flying around. All that makes it more difficult to get out,” he said.

“I knew before the training what the general responsibilities [of occupants] were during a rollover. We did rollover drills at the National Training Center at Fort Irwin,” said Sgt. 1st Class Brian K. Burgan, senior topographic analyst, HHC, 3IBCT. “But, here, we’re in full combat gear, and it brought to light how quickly things can fly around if they’re not secured,” he said. “This will definitely help us develop an [standard operating procedure] on tying equipment down,” Burgan said.

For Sgt. Victor Abreu, HHC, 3IBCT, the training revealed just how lucky he was during his prior deployment.

“I spent a year in Iraq as a gunner in a vehicle already,” said Abreu. “Nothing ever happened, but I realize now that I was in a lot more danger than I thought. Now I feel a lot safer,” he said.

2-25th CAB grills up some down time for its leaders, NCOs

Story and Photo by
PFC. DURWOOD BLACKMON
25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — Senior leaders and guests of Task Force Diamondhead, 25th Combat Aviation Brigade (CAB), 25th Infantry Division, grilled food and took some time to relax at their first senior leadership barbecue Sept. 9 at Contingency Operating Base Speicher.

The barbecue was designed to recognize the hard work and efforts of the unit's leadership, as well as build unit cohesion among peers.

"What we are doing here today is the first of what will become our monthly senior leaders' barbecue. The leaders of the task force are constantly out there doing a good job taking care of the Soldiers, working hard and with little time off," said Lt. Col. Frank W. Tate, unit commander of Task Force Diamondhead, 2-25th Aviation. "This event is just a chance to show our senior leaders that we appreciate them ... let them relax a little bit and build that brotherhood-in-arms bond that we all need."

The dinner offered everyone who attended a variety of tasty choices to

pick from.

1st Sgt. Dean A. Walker, Alpha Company, 2-25th CAB, stayed busy most of the evening as he took charge of the grill and cooked steaks.

"We have steak, crab legs, ribs and chicken. This is a great chance to build fellowship, let our hair down and take it easy," said Walker.

A symbol of the unit's history and tradition was also on exhibit at the dinner. The Diamondhead Bell, a representation of the unit's heritage dating back to its Vietnam Era roots was proudly on display for everyone at the event to see.

"This bell has a lot of significance. The name, Task Force Diamondhead, goes back to the Vietnam War," Tate explained. "In Vietnam, they would take the shell casings from the 20mm Cobra gun ships and have them forged into these bells."

Tate continued, "When a pilot and command would survive a tour, they would take one of those bells and engrave the names of all other pilots of the command and send it home with them."

"I managed to come across two of these bells in Afghanistan. I brought them back



1st Sgt. Dean A. Walker of A Company, 2nd Battalion, 25th Combat Aviation Brigade, and 1st Sgt. Zack Hurst of Task Force Diamond Head, D Co., 2nd Bn., 25th CAB, grill up some juicy steaks at their units' first leadership barbecue held at COB Speicher, Sept. 9.

205th: Sunrise welcomes return from deployment

CONTINUED FROM A-1

mand, when addressing troops and family members.

Cheers and applause echoed throughout the gym as each Soldier was presented with a lei. Following the welcome home ceremony, loved ones and Soldiers embraced, celebrating the safe return of their entire battalion.

"It is a testament to the leadership that they are bringing everyone home alive," said Glenn. "It's very dangerous work."

During its deployment, the 205th gathered vital intelligence through teams of Soldiers who were dispersed across the entire Multi-National Corps-Iraq (MNCI) and the Multi-National Forces-Iraq (MNF-I) areas of operations. Teams were spread from Mosul in the north, Baqubah in the east, Al Asad in the west, and even to Kuwait City in the south.

"They are out there, at risk, as much so as infantry men," said Lt. Col. Stephen E. Zarbo, deputy commanding officer of the 500th. "Military intelligence Soldiers are behind any piece of success you've heard about the engagement in Iraq. They are the unsung warriors."

Intelligence products were aggressively collected, analyzed and reported, fulfilling priority intelligence requirements for brigade, division and the MNCI



As if not to let him get away, 4-year-old Kieleigh Bass holds on to her dad (Capt. John Bass, commander, A Company, 205th MI) during the unit's Welcome Home ceremony at Fort Shafter, Saturday.

commanders. As a result of the battalion's in-depth reporting, maneuver commanders executed hundreds of combat operations that disrupted numerous attacks, the delivery of enemy suicide bombers and improvised explosive devices.

"As we spend more and more time [in Iraq], we have to adapt to changes in TTPs [tactics, techniques and procedures]," said Sgt. 1st Class James M. Farina, tactical operations center noncommissioned officer in charge, S-3, 205th Headquarters and Headquarters Detachment. "Our Soldiers were wonderful with adapting. They had to in order to save themselves, to accomplish the mission and to find the bad guys."

Throughout its deployment, the 205th's efforts resulted in a dramatic decrease in friendly deaths and an increase in sustainment operations for MNFI. Interrogations performed by mobile intelligence teams led to the imprisonment of hundreds of insurgents as well as the release of innocent people.

One team of 205th Soldiers provided intelligence that enabled the special inspector general for the Iraqi Reconstruction Office to arrest several members of a black marketing group, thus preventing the distribution of more

than 80,000 rounds of 7.62mm ammunition that could have fallen into enemy hands.

"We don't do our job correctly unless we can see the results of our work," said Staff Sgt. Christopher B. Pitts, operations management team NCOIC, Company C, 205th.

Intelligence reported by the 205th also led to the disarming of multiple illegal checkpoints in central Baghdad. The removal of these illegal checkpoints, manned by prominent terrorist groups, showed the Iraqi people that the newly elected government was working to restore freedom of movement and security within Iraq.

"It's an ecstatic feeling to know that our work actually meant something, that it took a bad guy off the street," said Chief Warrant Officer Sherry L. Hardy, electronic intelligence officer in charge, Company A, 205th.

In addition to conducting military intelligence missions, 205th security teams executed more than 124 convoy operations. The battalion was awarded a meritorious unit citation for its exemplary efforts in Iraq.

Among the many awards issued to individual Soldiers of the 209th were three Purple Hearts, approximately 29 Combat Action Badges, and 38 Bronze Stars.

and we now use this bell to ring new Soldiers into the battalion. When Soldiers leave, they ring it three times.

"It's a link in and ties us to our heritage and brotherhood with our previous warriors from the Vietnam era. It has really taken on a special significance for us," said Tate.

Although the Diamondhead Bell is an important part of Task Force Diamondhead's unit history, the barbecue was primarily focused on the leaders and their crucial role of taking care of Soldiers.

"A great job is what is demanded for our Soldiers everyday. That's what they expect out of their leadership, that's what they deserve from their leadership, and that's what you all give them day in and day out," Tate said.

"I'm real happy with the task force and especially our Soldiers and how they have performed," Tate stressed. "We are flying everything, maintaining everything, improving our area of operation, and taking care of our Soldiers. That all happens because of the leadership that is sitting at this barbecue. This is a chance to let you know we appreciate you."

Armored: Cumbersome gear often saves lives and limbs

CONTINUED FROM A-1

pushed through the setbacks and reverted to his training and direction of others around him in aiding in securing the area.

"After the blast went off, we did buddy checks to see if everybody was alright and make sure we had no injuries. The mission still has to go on, so after that I climbed out of the vehicle," he explained. "We dismounted the 50-caliber, cordoned off the area, and extracted the vehicle for sensitive items. After the area was secure, we waited for a recovery team and medical personnel to show up," he said.

Although Richardson is still recovering from his wounds, his experiences have only intensified his adamancy towards proper safety and training.

"I was over here last year and we got hit twice. I wasn't in the turret, so it's a whole different scenario, but I think everybody needs round-robin training. You never know what your job will be when you get to Iraq," said Richardson.

94th AAMDC zooms in UFL ‘06

In its 32nd year, Ulchi Focus Lens strengthens U.S., Korean forces

STAFF SGT. KIMBERLY A. GREEN
94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — Amid growing concerns about the security of the Asia-Pacific region, military and civilian personnel throughout the peninsula gathered to strengthen the alliance between South Korea and the United States.

Just recently the U.S. Combined Forces Command and the Republic of Korea conducted exercise Ulchi Focus Lens with forces currently stationed in South Korea as well as with a number of U.S. personnel who traveled to Korea to participate in the exercise.

Even though the annual training exercise, commonly known as UFL, is the 32nd iteration of a series that began in 1975, some members participated for the first time and displayed their commitment to the U.S. and Korean alliance.

“Last year we joined UFL as observers along side the 32nd Army Air and Missile Defense Command from Fort Bliss, Texas. This year we have moved out of the passenger seat and we're driving the train,” said Brig. Gen. John E. Seward, commanding general of the 94th Army Air and Missile Defense Command (AAMDC).

“As one of the newest members to the Pacific theater defense shield, we truly live by our motto, “First line of defense. We are totally committed to building cooperation with our coalition partners to protect and defend the peninsula in the event of a crisis,” Seward said.

Ulchi Focus Lens is considered the world's largest computerized command and control exercise. It is designed to provide simulated combined and joint training for U.S. and Korean forces, according to UFL officials.

“These exercises are designed to help teach, coach and mentor younger military personnel while exercising senior leader decision-making capabilities,” said Lt. Gen. Garry R. Trexler, 7th Air Force commander and Air Component Command commander.

“For the past year, we here at the 94th have been gearing up to put to the test our strategic and operational capabilities in a real-world scenario,” said Sgt. 1st Class Steven I. White, noncommissioned officer in charge, 94th AAMDC Plans and Exercises. “We did what we came to do.”

Although this was the 94th AAMDC's first year as active participants they received accolades from top



Maj. Richard A. Stebbins | 94th AAMDC Public Affairs

The 94th AAMDC 's operations cell target simulates inbound ballistic missiles during UFL 2006.

“We’re totally committed to building cooperation.”

*Brig. Gen. John E. Seward
Commanding General, 94th AAMDC*

officials. One top leader in particular seemed to be pleased with the 94th AAMDC's performance.

“I am unbelievably impressed with your entire operation,” said Trexler. “You are all over it; you guys are really doing well.

“Your coordination and collaboration with the other service components is right on target.”

While members of the 94th AAMDC acknowledged the praise for their performance during UFL, they realize their sights are not set solely on protecting and defending the Republic of Korea. Their role is that of a broader missile defense strategy — the entire Asia-Pacific region.

The 94th, located at Fort Shafter, officially joined the U.S. Army Pacific Command in October of 2005. It is a command headquarters element that deploys forces in the Pacific area of responsibility to conduct joint and combined air and missile defense operations.



Staff Sgt. Kimberly A. Green | 94th Army Air and Missile Defense Command Public Affairs

‘Let me see! Let me see!’

HONOLULU — During a recent visit to Linapuni Elementary School, located near Fort Shafter, members of the 94th Army Air and Missile Defense Command empty boxes and bags filled with nearly 150 pairs of slippers and countless items such as toothpaste and toothbrushes onto a table. Almost immediately, students scramble to get a glimpse of the donations its adopt-a-school partner has provided them.

DoD educates employees on U.S. Constitution, Sept. 17

GERRY J. GILMORE
American Forces Press Service

WASHINGTON — All Defense Department civilians pledge to “support and defend the Constitution of the United States against all enemies” when they take the federal oath of office upon joining the department, so defense civilians should seek to learn more about the government that they — like U.S. service members — have vowed to protect, DoD officials believe.

“As Federal civil servants supporting the Department of Defense, we have a special obligation to understand and appreciate the U.S. Constitution and the role we each play in providing ‘for the common defense,’” Patricia S. Bradshaw, deputy undersecretary of defense for civilian personnel policy, said in a statement announcing DoD’s participation in the observance of Constitution Day and Citizenship Day.

Congressional legislation proposed by West Virginia Sen. Robert C. Byrd and enacted by U.S. Public Law 108-447 on Dec. 8, 2004, designated Sept. 17 each year as Constitution Day and Citizenship Day. It requires each federal agency, including DoD, to provide new employees with educational and training materials about the U.S. Constitution as part of orientation materials, a senior official who works in Bradshaw’s office said.

The law also requires federal agencies to provide U.S. Constitution education and training materials to each employee on Sept. 17 of each year. Additionally, each educational institution that receives federal funds is required to hold an educational program on the U.S. Constitution for its students each year on Sept. 17.

DoD civilians can gain more awareness about the U.S. Constitution, how their government is constructed and the origin of Constitution Day and Citizenship Day by taking a short online multimedia course available on a DoD Web site, the official said.

Sept. 17 was selected as the date to observe Constitution Day because delegates to the Constitutional Convention in Philadelphia’s Independence Hall signed the U.S. Constitution on Sept. 17, 1787.

Citizenship Day focuses national attention on the rights and responsibilities of U.S. citizens, both native-born and naturalized.



Photos by Christopher Rodney | U.S. Army Pacific Public Affairs

Maj. Gen. William H. Brandenburg, deputy CG, USARPAC, and director for the 2006 Hawaii CFC, accepts a donation from Frank Ilderton, the operations manager for the Hawaii Navy Exchange.

CFC: Governor, NEX contribute to cause

CONTINUED FROM A-1

“The money people give will literally change the lives of those in need,” Hawaii Governor Linda Lingle, keynote speaker for the event Tuesday, said of the CFC. “When you think about it, taking money that you could well use and giving it to someone you don’t even know and will never meet — that is indeed a selfless act.”

Contributors can either give to the general fund or designate to specific charities they want their donations distributed. CFC is the only group of charities that is allowed to solicit on military bases, and limited to one fund drive a year. Additionally, every charity that is registered must declare what percentage of donations is spent on administrative fees.

The CFC was established in 1961 and has become the largest workplace charity campaign in the country. Last year a record \$268 million was given to CFC worldwide. With only 57,155 federal employees, Hawaii contributed more than \$6



Hawaii Governor Linda Lingle, keynote speaker at the CFC kickoff, speaks with Brandenburg, director of the '06 Pacific campaign.

million, making it third in the nation for individual contributions.

This year the campaign will run from Sept. 19 to Oct. 31. The annual fund drive allows nearly four million federal employees and military personnel to contribute to two thousand-plus local and national

nonprofit organizations.

Each office on post will have a campaign “key person” assigned who will provide federal employees with a list of participating charities and the information necessary to make a contribution. Contributions may be donated by cash, check or payroll deduction.

Service members who are deployed may participate in overseas CFC at their deployed location. There they will have access to the same national and international charities.

Those who wish to donate to local charities may donate to charities at the deployed location or, if married, they may obtain a spousal CFC power of attorney to complete local contribution forms at their home base.

At the event Tuesday, Brandenburg accepted the first \$20,000 of the 2006 campaign from Frank Ilderton, the operations manager for the Hawaii Navy Exchange. The money was contributed by Navy Exchange customers through the “Pennies from Heaven” campaign.

POW/MIA: Accomplished missions provide closure

CONTINUED FROM A-1

Flowers said JPAC, the world’s largest forensic anthropology lab, wouldn’t exist without the continued will of the American people and the commitment to a full accounting of missing service members, “no matter how long it takes.”

Flowers then introduced retired Navy Capt. James M. Hickerson, who spent five years as a prisoner of war in Vietnam until Operation Homecoming in 1973. Hickerson’s plane was shot down Dec. 22, 1967, by a surface-to-air missile in the Iron Triangle region of North Vietnam.

Hickerson addressed the guests with advice, then shared some thought provoking observations he made as a POW. “If you are ever offered a tour of duty as a prisoner of war, don’t volunteer,” he said. “Don’t put your hand up. Take a step back.

“It is not a lot of fun. Mentally and physically, you are going to hurt,” Hickerson declared. “It is not a pleasant time.”

Hickerson said the negatives of being a POW are obvious, but his positives far outweighed the negatives.

“The first [plus] is that the communists in North Vietnam turned out an absolute super patriot when they let me go,” he said. “It all hinges on the word ‘freedom.’ Many of us hear it a lot, but don’t think about it very much.”

Hickerson quoted a fellow POW as saying “it’s a great day any morning that there is a doorknob on the inside of the door.”

“I would hope that you think about that the next time you go out a door,” he said. “Just think about it for a second. A door is a symbol of freedom. What a great plus.”

With sincerity punctuated by humor, Hickerson recalled how he gained an appreciation for simply having a working commode and a pillow.

“Envision sitting on a rusted, 15-gallon bucket for five years. A commode is much more comfortable,” he remarked. “I’ll bet not one of you thought about the genius who invented the commode.

“Try bouncing your gourd off a bed board, or concrete, or a floor for five years. Now think about the pillow that



Above — Members of various veterans organizations, escorted by JPAC Soldiers, lay ceremonial wreaths on the Missing Man Formation monument.

Left — James M. Hickerson, retired Navy captain, stands in front of the POW/MIA flag. Other than “Old Glory,” the POW/MIA flag is the only other flag ever to fly over the White House.

you rest your head on every night. “As a prisoner of war, everything is stripped away. Everything is gone,” he said.

Hickerson’s final positive as a POW was a “sea story.” His tale was of a day in 1973 at the Cotton Bowl in Dallas,

Texas. “Tony Orlando got up and began to sing ‘Tie a Yellow Ribbon.’ I looked over at this lady who was crying a little bit, so I put my arm around her and gave her a big kiss,” he recalled. The woman he kissed was his future

“...the word freedom. Many of us hear it a lot, but don’t think about it very much.”

*Retired Navy Capt. James Hickerson
Former Vietnam POW*

bride, Carole Hanson.

Coincidentally, Hanson was a founder and then-chairperson for the National League of Families, an organization whose primary purpose is obtaining the release of POWs, and the fullest possible accounting for missing Soldiers who served during the Vietnam War.

“In its infancy, that organization needed a letterhead for their stationery,” Hickerson explained. “Carole designed a symbol for their letterhead, which later became part of the design of the POW/MIA flag.”

Carole Hanson Hickerson’s late husband, U.S. Marine Maj. Stephen Hanson, was shot down in Laos in 1967. He was listed as missing in action in 1973. His remains were recovered and repatriated through JPAC, and he was laid to rest in Arlington National Cemetery in 2000.

Flowers and Hickerson, along with the Korean War Veterans Association, the Combat Infantrymen Association, the West Point Society of Hawaii, and the Veterans of Foreign Wars, laid ceremonial wreaths on the monument.

Teams of military and civilian experts are actively excavating sites in Europe, South Korea, Solomon Islands, Alaska and Hawaii, looking for remains to help identify the missing.

The Joint POW/MIA Command is tasked with accounting for as many as 88,000 missing U.S. service members. Among the missing is someone’s sibling, spouse, child or parent who deserves to rest in peace — at home.

Transportation NCO of the Year keeps truckin’ right along

Story and Photo by
JEREMY S. BUDDEMEIER
Assistant Editor

Sgt. 1st Class Robert K. Farmer should not be in the Army. If all had gone according to plan, he would have been a Marine.

The pressure alone associated with having a father, sister, brother-in-law and best friend — all as Marines — seems like enough to make anyone want to become one of “the few, the proud.”

Luckily for Farmer, though, his Marine recruiter was out to lunch, literally.

So Farmer just took a seat in the Army recruiter’s office, and he — and the Army — has never been the same.

“I noticed the Army had a lot more to offer and was more career-oriented,” said Farmer, who had been talking with his Marine recruiter for six months before deciding to switch.

But even after he joined, Farmer didn’t intend to stay in the Army.

“I chose transportation because it had one of the shortest enlistments [three years], and was originally just going to do the minimum [tour],” he said.

Eleven years later and with a chest full of awards, Farmer has done anything but the minimum.

SAMC inductee

Last year, he was inducted into the prestigious Sergeant Audie Murphy Club (SAMC), a nonprofit organization whose namesake is derived from the most decorated Soldier in World War II.

The induction process was grueling. Farmer spent more than five hours being drilled by every sergeant major on post on everything from Sgt. Murphy’s biography to singing the Tropic Lightning song.

According to Sgt. 1st Class Carlton Yarbrough, 25th Infantry Division SAMC president, the local



Sgt. 1st Class Robert K. Farmer tosses a tow chain into the back of a five-ton truck inbetween trials at the 25th Transportation Company's "Truck Rodeo" Aug. 30 and 31 in Mokuleia.

organization inducts four Soldiers “in a good year.”

Transportation NCOIC of Year

Recently, as U.S. Army Pacific’s sole representative, Farmer edged out 20 competitors from around the country to become the Noncommissioned Officer of the Year at the Transportation Corps annual conference at Ft. Eustis, Va.

“To tell you the truth, I was shocked that I was picked,” he said. “Some people I really look up to

didn’t make it. It could have just as easily been them.”

Farmer started his career as a driver at Fort Polk, La., and after bouncing around posts, was chosen for recruiting duty in St. Louis. There he lived, breathed, and sometimes even dreamt recruiting.

Through recruiting, Farmer witnessed the difference he was making in people’s lives.

“[As a recruiter] you were a part of a person’s transition from civilian to military,” he said. “When they come back four to five months later, you see how proud they are wearing their uniform and ... how much the person grew in such a short amount of time.”

In addition to noticing changes in others’ lives, Farmer observed changes within the Army. Having just started recruiting two months before Sept. 11, 2001, he noticed a change from the stagnant Cold War-type training to the current style, which mimics the battlefield in Iraq.

“People are coming back injured and with firsthand experience, which makes training more realistic,” he said. “[Soldiers] have the attitude that ‘we really need to learn this’ because if you don’t, it could be your fault that another Soldier doesn’t make it back.”

During the last deployment, as part of the rear detachment, he trained nearly 500 Soldiers in M2, M16, M249 and MK19 weapons certifications. In addition to preparing Soldiers for battle, this training forced Farmer to brush up on his own training and allowed him to get reacquainted with the tactical side of the Army.

In his current position, Farmer balances responsibilities as a platoon sergeant. He is also transitioning to the “truckmaster” billet for 25th Transportation Company.

Farmer describes his truckmaster position as more managerial, equipment and mission-focused, whereas the former involved nurturing two squads of 37 Soldiers.

Outside the post gate, in addition to spending time with his wife, Nancy, and 3 year-old daughter, Jacquelyn, Farmer is pursuing a degree in human resources at Hawaii Pacific University, a subject in which recruiting sparked his interest.

When pressed, Farmer offered the following advice for younger Soldiers:

“Don’t worry about being promoted, just do the best you can [in everything you do], and the rest will take care of itself,” he said.



MPs direct traffic at the intersection of Cadet Sheridan and Trimble for PT. The HPD also trains MPs on how to properly give a breathalyzer to check sobriety. The HPD and the MPs work together to keep the civilians and Soldiers on Oahu safe.

HPD works with post MPs to maintain order

Military and civilian law enforcement officers follow specific rules of jurisdiction

Story and Photo by
PVT.2 NICOLE R. GOODRICH
17th Public Affairs Detachment

Working to help protect and serve the Soldiers and civilians of the 25th Infantry Division can be a tough job, seeing how the division is spread throughout the island of Oahu. That's why, in some cases, the military police (MP) call for the aid of the Honolulu Police Department (HPD).

"We try to help each other out as much as possible," said Capt. Ed Nishi, captain of the Wahiawa police station. "We respect each other's boundaries and try to work

vigilantly with the military."

The HPD and the MPs have a saying, "posse comitatus," which means the civilian police and the military police have their own jurisdictional duties and abide by them.

"The HPD isn't allowed to enforce military or state law on post," said Michael P. Hamilton, deputy provost marshal and operations officer on Schofield Barracks. "The MPs have the same restriction off post."

"We usually help during special events such as the Fourth of July event on Schofield," Nishi said. "Our police officers helped guide traffic and helped clear out the post smoothly and without any complications."

"Without their help," Hamilton said, "we would not have been able to successfully exit traffic from post."

Aside from us helping off post, we really don't interfere with the jobs of the military police, and they give us the same respect, said Sgt. Henry Holcombe, desk sergeant at the Wahiawa police station.

"Both branches try their best to help the other if help is needed," Holcombe said. "But, if no help is needed, we basically stick to our jurisdictions."

"The only way an MP has any jurisdiction off post is if they see a Soldier violating the Uniformed Code of Military Justice (UCMJ)," said Hamilton. "Other than that, we leave all the off-post issues up to the HPD."

If a Soldier is caught committing a crime by an HPD officer off post, depending on how severe the crime is, the Soldier is detained in an HPD police station until either charged or handed over to the proper mil-

itary officials, said Nishi. Because the crime is committed off post, he added, HPD has every right to prosecute the criminal whether he or she is a service member or not.

Aside from respecting each other's jurisdictions, military police also ask for help from the HPD for special training purposes.

"The MPs attend a bicycle riding course with the Honolulu Police Department," said Hamilton. "The HPD also trains our MPs how to properly use a breathalyzer to check the sobriety of Soldiers and civilians alike."

The interaction between the two law enforcement agencies strengthens bonds and respect.

"I honestly cannot ask for a better relationship between the HPD and the military police on Schofield Barracks," said Nishi.

IO research wanted for CAC writing competition

ARMY NEWS SERVICE

News Release

WASHINGTON — The Combined Arms Center at Fort Leavenworth, Kan., is accepting original research papers for its inaugural Information Operations (IO) Writing Competition through Oct. 30.

Eligibility is open to anyone conducting research on issues related to information operations.

Winners will be announced the first week of December, and awards range from \$250 to \$1,000 with publication in *Military Review* magazine.



https://www.lstiocmd.army.mil/io_portal/Public/Pages/Public_Main.cfm

Papers should not exceed 5,000 words, though well-developed manuscripts exceeding this limit will be considered.

Previously published papers, papers pending publication consideration, and papers submitted to other competitions still pending announced decisions are ineligible. However, IO-related articles published in *Military Review* by Oct. 30 will automatically be entered in the competition.

U.S. Army Command and General Staff College students who have submitted papers to the Gen. Douglas MacArthur Military Leadership Writing Competition may submit the same papers.

For more on the competition, go to IO on the Web, or contact Paul Tiberi of IO Proponent Leader Development, Education and Training Division at (913) 684-4475, DSN 552-4475, or paul.tiberi@us.army.mil (e-mail).

Spicy fiesta kicks off Hispanic Heritage month

Story and Photo by
SPC. AMANDA FLEMETT
2nd Brigade Public Affairs

Lively, colorful salsa music filtered out the doors of the Sgt. Smith Theater and onto surrounding streets, Sept. 15, beckoning Schofield Soldiers and family members to help kick off the annual Hispanic Heritage month celebration.

Originally lasting only a week, the celebration was expanded to a month in 1982. It was first endorsed by Congress in September 1968 to acknowledge the contributions of the Hispanic community to America.

With spirited dances from Mexico and Panama, music from local favorites, including the Son Caribe Band, the kickoff for the celebration thrilled and entertained guests. The underlying theme of the event was to emphasize the richness and diversity of Hispanic ethnic groups.

Mexican dancers from Los Amigos performed “La Negra.” Schofield family member Debbie Ramos, member of Los Amigos,

performed a beautiful and spirited rendition of “El Tiengo Lingo” leaving the crowd stunned.

Dressed in traditional ethnic attire, Sgt. Mirella Canete of Tripler, her daughters and son, performed two customary Panamanian dances for the assembly.

Addressing the audience members, Col. Timothy Ryan, 25th Infantry Division rear detachment commander said, “People are killing each other over ethnic and religious intolerance in Iraq, the Balkins, the Philippines and Afghanistan, and look at [America] — we don’t just tolerate the diversity within our nation, we embrace it.”

Ryan reminded guests that these rich differences in diversity are what make our country what it is.

“It takes each one of us to contribute to this fabric that we call America,” said Ryan.

Hispanic Americans have participated in every war since the American Revolution, earning 41 Medals of Honor. Their contributions to sports, science, history

and culture in our society are significant and undeniable, greatly enriching the great American melting pot.

“We don’t just tolerate the diversity within our nation, we embrace it.”

*Col. Timothy Ryan
Division Rear Detachment Commander*

“There are differences in the Hispanic community. There are 15 countries in South and Central America alone, and they include differences in customs, food and languages,” said Schofield Barracks deputy installation chaplain Lt. Col. Jose Rodriguez. “Not all Hispanics eat tortillas, and Jose is not the first word of the National Anthem.

“Our ability to achieve success shows the strength of the promise of our culture,” added Rodriguez.



Debbie Ramos prepares to perform El Tiengo Lingo, dressed in period garments from Vera Cruz.

Rodriguez recalled the frustration of coming up through the ranks, and not always being recognized as a commissioned officer. It was rare to have officers of Hispanic origin, he said.

“For the longest time, Hispanics were convinced they were to be the underdogs,” he told the audience. “It is with constant struggle that Hispanics continue to achieve.”

Considering themes of unity in diversity, many Hispanics want other ethnic communities to realize there are differences between Puerto Rican, Cuban, Venezuelan, Panamanian and Mexican Hispanics.

“I’ve heard and seen people make an effort to use the terms Hispanic or Latinos...instead of always being called Mexicans,” said Staff Sgt. Ronny Martinez of B Company, 1st Battalion, 27th Infantry Regiment. “More people are beginning to realize that there is a difference in us.”

‘Breakthrough’ vaccine available at Walter Reed for women, teens

Medicine treats some viruses leading to cervical cancer

MICHAEL E. DUKES

Walter Reed Army Medical Center Public Affairs

WASHINGTON — Women patients at Walter Reed Army Medical Center can now get vaccinated against certain subtypes of the virus that can lead to cervical cancer – a deadly cancer in women.

Walter Reed is one of the first military hospitals to begin using a Food and Drug Administration-approved “breakthrough” vaccine that can be administered to women ages 11-26 to protect them against human papilloma virus types 6, 11, 16 and 18.

Types 16 and 18 account for approximately 70 percent of all cancers of the cervix, and types 6 and 11 account for about 90 percent of all HPV-related vulvar condyloma, also known as genital warts.

“It’s a significant breakthrough in medicine with respect to vaccinating one against the human papilloma virus,” said Lt. Col. G. Scott Rose, chief of gynecologic oncology at Walter Reed.

“While Walter Reed did not invent this vaccine, there’s no doubt that we’re on the forefront of technology and administration of medical care to our beneficiaries,” Rose said. “Offering the vaccine is only an example of that commitment to our patients. This is an important vaccine. It will become a nationwide, if not worldwide, vaccination effort someday. It has the potential for that, and certainly, Walter Reed would like to be at the forefront of that effort.”

Studies suggest that three out of four people will get an HPV infection during their lifetime, according to the American College of Obstetrics and Gynecologists. Women who have had three sexual partners in one year’s time are likely to currently have or have had at one time during that year an HPV infection.

“HPV is a very common sexually-transmitted disease, much more common than syphilis, gonorrhea and chlamydia,” Rose said.

The HPV vaccine is only effective for patients

who don’t have an active ongoing HPV infection in one of the effected strains, Rose said. “However it’s not likely that if you’re infected with one, you’re infected with all four, so it’s still effective against three of the four even if you have one of the strains.

“Although there are over 100 subtypes of HPV that have been identified to date, the ones most commonly associated with cervical cancer and genital warts are covered by this vaccine. So, it’s an important vaccine,” he added.

“It’s basically 100 percent effective vaccine against a disease naive patient – a patient who doesn’t have type 6, 11, 16 or 18 – it’s 100 percent effective against preventing that infection,” Rose said.

“The real question is, ‘Is it cost effective?’ In other words, if you know it’s not effective in a patient who has already been exposed or currently has an active infection, is it cost effective to give it to everybody? We are currently doing a cost analysis study in the Army to answer this question,” he said.

“I think it will be, but what you have to take into consideration is the percentage of patients who are active duty, who have an active infection,” Rose added.

Also, HPV infection is not necessarily an indication that an infected woman will get cervical cancer. “Once you get the virus, it’s very common that it will regress on its own within 6 to 12 months.” Rose explained. “If it does go away you can then get vaccinated against it. But even if you have HPV and you get vaccinated, you’re still protected against the other three of the four strains.

“Unfortunately, there is no cost effective way to identify if a patient is infected with a specific strain. Current, HPV testing can only identify if a patient is infected with any one of a panel of the HPV.”

It’s the HPV infections that don’t go away, those which are persistent, that cause doctors to be particularly concerned. “Persistence can lead to what is called cervical dysplasia, or abnormal cells on the cervix which can lead to pre-invasive cervical cancer and invasive cervical cancer,” Rose said.

Regular gynecological exams are important for early detection and potential treatment of cervical cancer. Women who have regular Pap tests are least likely to get cervical cancer, according to the American Cancer Society.

Rose said it is very common for parents with teenage daughters to become defensive when the vaccination option is offered for teenage girls. They insist their daughters aren’t having sex. But the denial is pointless, because the vaccine can protect them whether they are sexually active now or in the years to follow.

“The bottom line is, we really don’t know if our children are having intercourse or not,” Rose said. “Eighty-five percent of all college-aged students and high school seniors have been or are currently sexually active. That’s an astounding number.”

“Vaccination is an important method to help prevent cervical cancer and genital warts,” Rose said. “The cost of not being vaccinated and late detection can be costly.”

“Cervical cancer can result in loss of fertility, because it requires either the removal of the uterus or treatment with chemo radiation,” he said. “And genital warts are a physically and socially debilitating disease in the sense that when somebody gets tagged with the moniker of having warts, not only are they visible, but it’s psychologically impairing to the patient.

“If you have a vaccine that can prevent 90 percent of all vulvar warts – that’s a significant vaccine,” Rose said.

Vaccinating against HPV types 6, 11, 16 and 18 is a three-step process given during a six-month period.

The actual human papilloma virus is not used for vaccination. It uses viral-like particles that mimic HPV, making it easier for the immune system to react and eliminate the virus if it enters the body.

Women and parents of girls should discuss HPV and vaccination options with their gynecologists. At Walter Reed, vaccinations are given to women ages 11-26 in the medical center’s Allergy and Immunology Clinic. Pediatric patients get the vaccination in the Pediatric Clinic.

Tricare takes guesswork out of second opinions

MARK JECKER,

TriWest Healthcare Alliance

It’s an iffy question. Under what circumstances should patients seek second opinions? But, at last there are some definite guidelines for that sometimes difficult question.

In a new brochure, the U. S. Department of Health and Human Services’ Agency for Healthcare Research and Quality (AHRQ) encourages patients facing nonemergency surgery to do their homework about the procedure, facility and surgical team, and to get a second opinion.

The brochure, “Having Surgery? What You Need to Know,” emphasizes the importance of patients and their families asking questions about recommended nonemergency surgery, so they can understand what will be done and why.

Recommended questions include the following:

- Why do I need an operation?
- Would you explain the operation you are recommending?
- Are there any alternatives to surgery?



- What are the benefits/risks of having this surgery?
- What are the hazards of not having this surgery?
- How long will it take me to recover?
- Where can I get a second opinion?

TRICARE beneficiaries, except active duty service members, are entitled to request a second opinion from another specialist.

An active duty member must make a second opinion request through his or her command.

Unlike Standard beneficiaries, Prime beneficiaries must first obtain a referral from their primary care manager (PCM) and an authorization from TriWest.

Obtaining a specialist’s services without the proper referral and authorization makes a Prime beneficiary responsible for higher, out-of-pocket costs under the point of



Courtesy Photo

Military family members should feel comfortable about asking for a second opinion when it comes to health matters. However, specific guidelines apply to service members and Tricare beneficiaries.

service option.

“The Having Surgery? What You Need to Know” brochure is available on the AHRQ Web site: www.ahrq.gov/consumer/surgery/surgery.htm, or by calling 1-

800-621-4111.

Information about TRICARE benefits, referrals and authorizations is available at www.tricare.osd.mil, or by calling 1-888-TRIWEST (1-888-874-9378).

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

September

23 / Saturday

Road Closure — Lyman Road, from Carpenter to Maili Street will be closed Sept. 23, from 8 a.m. to 5 p.m. to connect a new sewer line to an existing line.

For more information, contact Mr. Lindy Kunishima at 624-1124.

24 / Sunday

World War II Veterans Memorial Service — A joint memorial service, among Japanese-American World War II veterans of the 100th Infantry Battalion, the 442nd Regimental Combat Team, the 1399th Engineer Construction Battalion, and the Military Intelligence Service will be held Sept. 24, beginning at 9 a.m. at the National Memorial Cemetery of the Pacific at Punch-bowl.

The service is being held by surviving World War II veterans in honor of their deceased brothers-in-arms.

28 / Thursday

Photo Lab Relocation — The Fort Shafter Photo Lab will move to Building 220, across from the Military Police station, effective Sept. 28.

The new telephone number for appointments will change to 438-7532, effective Oct. 2. For more information, call 295-0205.

29 / Friday

Schofield Memorial Dedication — The 25th Infantry Division (ID) Association will be dedicating the Schofield Memorial Monument, Sept. 29, outside the division headquarters, Building 580.

The association is offering supporters the opportunity to become a permanent part of the monument by purchasing engraved brick pavers, available in 4x8 inches (up to three lines of type for \$100) or 8x8 inches (up to six lines of type for \$250). To download an order form, visit www.25thida.com.

October

1 / Sunday

Employee Climate Survey — U.S. Army Garrison, Hawaii, employees are encouraged to complete the 2006 Employee Climate Survey that will provide pertinent feedback to garrison leadership. The survey will be available online starting Oct. 1 – Oct. 30.

For employees without Internet access, hard copies of the survey will be distributed through the various chains of command. For more information about this survey, contact Gayle Yanagida, 656-4681.

9 / Monday

Military Personnel Survey — The 2006 Sample Survey of Military Personnel (SSMP) will be distributed to all 25th ID units

starting Oct. 9 – Oct 13. Army policymakers use these survey results to assess Soldier and family well-being and to develop plans, assess policies, and evaluate program operations and outcomes.

Completed survey booklets must be received by the Department of the Army Boards in the Soldier Support Center, Building 750, Room 130, no later than Nov. 10.

For more information, contact Laura Liebold at 655-4511.

17 / Tuesday

Schofield Town Hall — The next Oahu North Town Hall meeting is scheduled Tuesday, Oct. 17, at 6:30 p.m. in Sgt. Smith Theater, Schofield Barracks.

23 / Monday

Ammunition Supply — The Wheeler Army Air Field Ammunition Supply Point will be closed Oct. 23 – 27 for Division Ready Force reconfiguration. Normal operations will resume Oct. 30.

During this period, any emergency requests will be processed if approved by G-3 Training. For more information, contact Staff Sgt. Littlejohn at 655-8993 or John Madarang at 656-1649.

Ongoing

Voting Assistance Materials

— All unit voting assistance officers are reminded that voting awareness materials are available at the Records Holding Area, Building 6042, East Range.

Pick-up hours are 8 a.m. – to 1 p.m., Monday through Friday. For procedural information, contact Capt. Thomas Brownlow at 655-4215 or Tony Caldera at 656-0334.

Road Closure — Due to construction work, Foote Avenue will

be closed between Lewis Street and Heard Avenue now through Oct. 31. Road closure and detour signs will be posted through the duration of this road closure. Contact Owen Ogata at 624-7234 regarding concerns.

In addition, the Macomb Gate will be closed for the duration of the 25th ID’s deployment.

Volunteer Opportunities —

Tired of sitting at home? Do you want to give back to the community? Get out of the house and help others by volunteering.

Volunteering is a great way to meet new people, receive valuable job experience and support the Army Family. Several volunteer opportunities are available on and off post.

If interested in volunteering, visit www.mwrarmyhawaii.com, click on the following links: ACS, Download Center, and Volunteer Job Opportunities. Spread Aloha by volunteering.

MP Found Property — Many

“Found Personal Property” items are being stored at the Schofield Barracks Military Police found property locker. Items include bicycles, sporting goods, cellular phones, keys, jewelry, wallets, fun replicas and more.

Soldiers or family members can contact the Provost Marshal office at 655-9519 for more information or to claim missing items.

HAWAII **ARMY** WEEKLY PAU HANA

www.25id.army.mil/haw.asp

"When work is finished."

FRIDAY, SEPTEMBER 22, 2006

Day for Kids

Gala celebrates local children

Story and Photos By
LANDY STEWART MIYAKE
Staff Writer

On a warm, drizzly day, parents and children of all ages attended the annual Boys & Girls Clubs Day for Kids at the Bennett Youth Center on Schofield Barracks, Sept. 16.

This event was created and sponsored by the BGC in an effort to celebrate and reinforce its commitment to America's youth. Schofield Barracks Child and Youth Services (CYS) worked in partnership with the local BGC to coordinate this event.

"It is a way to celebrate and honor the children of the community," said Sylvia Scully, director of Outreach Services at CYS.

In the past, the BGC Day for Kids event included only children six to 12 years old. This year, the event included the Child Development and Teen Centers, bringing together children of all ages to share in this exceptional event.

When asked about the purpose of the Day for Kids, Mark Maddox, CYS youth coordinator replied, "This is an opportunity for parents and kids to participate in fun events and activities that are free of charge. We want to bring all the military kids together for one day to meet and see other kids who are in the same situation."

This event is not only beneficial for the children, but it also helps the parents as well.

"If we provide an opportunity for the spouses who are left behind a chance to bond with their children, it gives them an opportunity to get out of the house and to have a good time," said Scully.

Nationally, BGC sets aside the third Saturday in September each year to celebrate and honor America's children by spending meaningful time with them. It's about celebrating kids — children, grandchildren or any child in need of mentoring.

More than 2,000 Day for Kids events were scheduled across the nation, including Aliamanu Military Reservation and other military facilities around the island.

The event consisted of numerous activities that included planting a garden, face painting, an "Iron Chef" kids competition, bounce houses, inflatable games, a baby crawling contest, and a cupcake eating contest.

Other activities included make and take crafts, karaoke, a canine demonstration, and a special visit from "the Bird Guy," who allowed his birds to perch on the children's arms, heads and hands. Some kids were offered a chance to hold

For information on CYS programs, visit
www.mwrarmyhawaii.com
or call 655-1230.

the parrots.

Children could also create and personalize luggage tags, and were given to opportunity to win door prizes.

The turn out this year was the largest in the history of the event at Schofield Barracks. Maddox was pleased and said, "Anytime we provide something that is out of the ordinary, it gives the whole community the opportunity to come together. They can see what CYS has to offer and the kids have the chance to be with their parents and have some fun at a minimal cost."

Scully believes it is important for the community to celebrate its youth. She said, "The youth are our future. We have to create a nurturing environment for them, especially during the deployment. If we celebrate and try to make it easier for them, at least they can see we are a military family."

"The most important thing we can do for the children is to give them the gift of time," Scully emphasized. "Often, they don't care what they are doing; sometimes they just want their parents to be there."



Alexia Williams, 6, is winging it with her new exotic feathered friends.



Above — Guests had a chance to prepare the foundation of a great garden in the seed planting activity.

Left — Cameron Ross displays his creativity in the "Iron Chef" kids competition. Participants were given Tootsie Rolls, Twinkies, Life Savers and cereal to create a culinary masterpiece.

Preparations now underway for Make a Difference Day '06 in October

Oct. 2 is deadline for project coordinators; meeting scheduled for Oct. 5

TIFFANY LAWSON

Coordinator, Make a Difference Day

A celebration of neighbor helping neighbor, Make a Difference Day (MADD) is the nation's most encompassing day of community service.

The Army places special emphasis on developing strong relationships with its civilian community. Interactions and cooperation between communities are key elements in strengthening important partnerships. Hence, MADD is a time to reinforce efforts and to address the needs of both the civilian and military communities in Hawaii.

This year's MADD is Saturday, Oct. 28. This annual event, created by USA Weekend magazine, mobilizes millions of people each year. In 2005, the 25th Infantry Division rallied more than 1,492 individuals from Hawaii's Army community to spend their day volunteering in 100-plus projects throughout the island.

Soldiers and civilians participated in an assortment of projects, from sorting donations of clothing to serving hot lunches at the Institute for Human Services.

Some took bulk items to dumpsites; some constructed a donation box at the Schofield Barracks Thrift Shop to handle all of its donations. The Aliamanu Military Reservation Library received a needed lift by having its windows, books and shelves



Staff Sgt. Manuel Torres-Cortes

Dakota Oligario, 9 year-old member of the Cub Scout Pack 166, throws muddy grass into the van for disposal during the Division's Make a Difference Day Oct. 22. Not only are Soldiers participating in project but spouses and the Cub Scouts are also joining in on the fun to help out their communities. Their efforts also save the city thousands of dollars in clean up, repairs and maintenance fees.

cleaned. Also, volunteers reshelved library books.

The Army in Hawaii has many Soldiers and family members who are actively involved in various community projects. MADD is another opportunity to

expand on these important relationships that form when communities work together.

Unit sponsorship of volunteer projects is the main effort of MADD. Organizations and units may adopt

To read more about Make a Difference Day, visit www.usaweekend.com. To volunteer, call 655-1701.

a project on their own, or they may also request a project through the MADD coordinator.

This year, MADD seeks volunteers for 35 projects, which have been selected from various resources throughout the state. When groups or individuals "adopt" a listed project, a coordinator should be assigned. Units or organizations must report the projects they will sponsor to the MADD project coordinator to get credit with USA Weekend magazine.

Any person interested in being a project coordinator should contact the MADD coordinator at 655-1701 as soon as they have decided to adopt a project — but no later than Oct. 2.

Additionally, the project coordinator will contact organizations and coordinate details such as what services to provide, supplies that are needed, minimum/maximum numbers of volunteers required, transportation and more, including signing in volunteers and verifying if children can participate.

A project coordinator meeting will be held Oct. 5 at 10 a.m. at the Schofield Army Community Services, Building 2091. Units and organizations are encouraged to support Make a Difference Day, where all can meet some new friends and make a difference.



22 / Today

Seafood Bucket for Two — It's back! Seafood lovers can dig into a variety of seafood, including shrimp, crab, clams and mussels at KoleKole Bar & Grill, Schofield Barracks, from 5 to 8 p.m.
Cost is \$24.95 for two and includes the seafood bucket and a pitcher of your favorite beverage.
For reservations or more information, call 655-0664.

Sweeney Todd — Get your tickets today for the Army Community Theater musical thriller "Sweeney Todd."
Performances will be held at Richardson Theatre, Fort Shafter, tonight and Saturday, Sept. 23.
Tickets are available at the theater box office, Monday through Friday, 10 a.m. to 2 p.m., or online at www.squareone.org/ACT/tickets.html.
This adult-themed performance is not recommended for children. For more information, call 438-4480.

Teen Social — Join friends for an evening of fun at the Schofield Barracks Teen Center for the Viva Las Vegas social, 7 to 9:30 p.m.
Admission is \$3 for members and \$4 for nonmembers, and an ID card is required. For more information, call 655-0451.

23 / Saturday

Parents Night Out — Leave your kids with Child and Youth Service (CYS) at the Peterson Center on Parents Night Out, and then enjoy a nice night out on the town.
Children enrolled in Parents Night Out must register with CYS no later than noon, Sept. 22.
Reservations are first-come, first-served. For more information, call 655-8313.

25 / Monday

Hale Ikena Birthday — Come join the fun as the Walter J. Nagorski Golf Course, Mulligan's and Hale Ikena celebrate their 7th birthday at Fort Shafter.
Weeklong festivities will include a special \$5 lunch buffet, Sept. 25 through 28; a luau lunch buffet, Sept. 29; and the free birthday bash, Sept. 28.
The birthday celebration will begin at 4:30 p.m. with heavy pupus, action stations and live entertainment. For tickets or more information, call 438-1974.

28 / Thursday

Ante Up! — Put on your best poker face and participate in a free Texas Hold'em tournament at the Tropics, Schofield Barracks, Sept. 28 at 6 p.m. All ID card holders are welcome to play, but should get there early because room is only available for 120 people to play.
For more information, call 655-5697.



Send calendar announcements to community@hawaiiarmyweekly.com.

September

23 / Saturday

All Soaped Up — Catch television's hottest soap stars in Waikiki, Sept. 28 and 29.
Soap Talk, SOAPnet's first original talk show which features soap star hosts, will be filming two episodes on the beach behind the Hilton Hawaiian Village, beginning at 8:15 a.m. Tickets are free for each taping.
Scheduled to appear are Susan Lucci, Jack Wagner, Ty Treadway, Rebecca Buddig and more. To request free tickets, or to see complete event details, visit www.jampackedtvshows.com.
Taste at Kapolei — Come out to taste the fun Saturday, Sept. 23, from 5:30 to 9 p.m. at Ko Olina Resort & Marina, fourth lagoon. This event features an all-star line-up of Hawaii's favorite restaurants.
A benefit for Leeward Oahu students, the event will also feature beer and wine stations, live entertainment, a country market and a fireworks display.
Tickets are \$70 per person and \$30 for children 7-12. Price includes unlimited food, beverages and entertainment. For more information, call 808-674-2500.

Family Team Building Seminar — Army Family Team Building (AFTB) is an educational program for Soldiers and family members who wish to learn more about Army life. The Ninth Regional Readiness Command Family Programs will present



Photo Courtesy Carol Anne Robinette | Troop 24

Broad stripes and bright stars

Phillip Ulmen (left) and Zachary Robinette of Troop 24, Schofield Barracks, hoist an American flag over the U.S.S. Arizona Memorial in Pearl Harbor, Sept. 11. Scouts raised more than 250 flags throughout the nation.

Library Fall Fair — Celebrate the beginning of autumn at the Aliamanu Military Reservation (AMR) Library's first Fall Fair, Sept. 28 from 3 to 5 p.m.
Enjoy games, prizes, crafts and more. For more information, call 833-4851.

29 / Friday

Hawaiian Luau — Enjoy the "ono" taste of a traditional Hawaiian style feast, 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at the Schofield Nehelani.
Cost is \$9.95 per person.
Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or more information.
Steak Night — Enjoy a sizzling grilled steak with garlic mashed potatoes, rolls and vegetables at the Kolekole Bar & Grill. Dinner will be served from 5 to 8 p.m.

Cost is only \$11.95 for top sirloin steak, and children's pricing is available. For additional information, call 655-4466.

Fitness Center Closes — The Schofield Barracks Health & Fitness Center, Building 582, will be closed from 2 p.m. Sept. 29 through noon, Sept. 30 for electrical breaker repair.
The fitness center will reopen Oct. 2 at 6:30 a.m. For more information, call 655-8789 or 655-8007.

30 / Saturday

Living History Day — Come to the Tropic Lightning Museum, Schofield Barracks, Sept. 30, 9 a.m. to 3 p.m. for Living History Day.
See restored Army vehicles, try on Soldier's gear and camouflage face paint, talk with the re-enactors and current Soldiers.

Guest speakers will add flavor to this event, along with food and great prizes. For more information, call 655-0438.

Halloween Rubber Stamping — Make "spook-tacular" Halloween cards and goodie bags using rubber stamp techniques at Schofield's Sgt. Yano Library, 2 to 3:30 p.m.
This activity is free for adults and all supplies are provided. Registration is limited. For more information or to register, call 655-8002.

6 / Friday

Mongolian Barbecue — It's stir "fry-day!" Select your favorites from a large variety of meats and vegetables, and KoleKole Bar & Grill's staff will grill them to your liking. Come Oct. 6 from 5 to 8 p.m. for Mongolian barbecue, cooked outside in front of

SEE MWR BRIEFS, B-4

part one of level one, Sept. 23 in the Aloha Center at Fort Shafter Army Community Service (ACS) Building S330, from 9 a.m. to 12:30 p.m.
This class will cover the chain of command, benefits and entitlements, military acronyms, and an introduction to military customs. All Soldiers, family members, retirees and civilians are invited to attend. Toregister,e-mail Janice.Crawley@9rrc.army.mil or phone 438-2243.

24 / Sunday

Library Closure — The Sgt. Yano Library, Schofield Barracks, will be closed for carpet cleaning. Regular library hours will resume Monday, Sept. 25.
Normal hours of operation are Monday through Thursday, 11 a.m. to 8 p.m.; Friday through Sunday, 10 a.m. to 6 p.m.; and closed on holidays. For more information, call 655-8002.

25 / Monday

Family Day — Throughout September, the Defense Commissary Agency, along with the Department of Defense Education Activity, is supporting the national event "Family Day – A Day to Have Dinner with Your Children."
The commissary Web site will have links for families to make a symbolic pledge to dine as a family on Sept. 25, to get more information about "Family Day," and to link to family meal ideas.
A contest will be held offering a chance for a military family to win a trip to New York for a "healthy" dinner prepared by renowned Food Channel Chef Sandra Lee. The contest will be conducted online Sept. 1-30 and can be accessed through a link at www.commissaries.com
Customers will also find contest information at product displays in the Schofield commissary.

27 / Thursday

NSPS Town Hall Meeting — All Department of the Army civilians and

their military supervisors are encouraged to attend an update session to learn the latest development on the National Security Personnel system (NSPS), which will go into effect soon.
•Sept. 27, 1:30 – 3:30 p.m., in the Sgt. Smith Theater, Schofield Barracks.
•Sept. 28, 9–11 a.m., in the Keyser Auditorium, Tripler Army Medical Center (AMC).
•Oct. 18, 1 – 3 p.m., in the Richardson Theater, Fort Shafter.
For more information, contact Mr. McPherson at 438-8264.

29 / Friday

Domestic Violence — Army Community Service (ACS) is sponsoring a family fun run/walk Sept. 29 in support of October's Domestic Violence Awareness Month. This event is free and begins at 7:30 a.m. at Bowen Park on Schofield Barracks.
The route will be 1.06 miles. Joggers, walkers and strollers are welcome, and bottled water will be provided.
In addition, the Armed Services YMCA will be accepting donations of nonperishable food items and cell phones with chargers for the Military Safe Shelter at the Schofield Barracks commissary, Sept. 30 from 9 a.m. to 1 p.m.
For more information, call ACS at 655-1551 or 655-4227.

Hispanic Heritage Month Observation — The Fort Shafter Equal Opportunity Community is sponsoring a Hispanic Heritage Month event, Sept. 29 from 11:30 a.m. to 1 p.m. at the 9th Regional Readiness Command Assembly Hall, Building 1554.
Guest speaker will be Col. Judith Ruiz, Army Nurse Corps, Tripler AMC.
For more information, call Master Sgt. Sophia Mendoza, 438-1600, extension 3218.
Bargains Galore — One man's trash might be your treasure. Come see what's in store at the Schofield and Fort Shafter Thrift Shops.
• The Fort Shafter shop is having a "Bag

Sale," Friday, Sept. 29 from 9 a.m. to 1 p.m. Grab a bag of goodies for \$5, and E-4 and below can get one bag free!
Operating hours at Fort Shafter are Tuesdays and Fridays, 9 a.m. to 1 p.m., in Building 342 on Pierce St.
• Operating hours at the Schofield Barracks Thrift Shop are 9 a.m. to 1 p.m., every Tuesday and Thursday and the first Saturday of each month. The shop is closed the third Thursday of each month; however, it will reopen the following Friday.
The Schofield Thrift Shop is located on Cadet Sheridan Road behind the ACS. Consignment hours are 9 a.m. to noon each shop day. Only cash transactions are accepted, and all profits go toward the Hui O' Na Wahine Welfare and Scholarship Fund.
For more information, call 624-3254.

Running Start Scholarship — Juniors and seniors in Hawaii public high schools have today through Oct. 30 to apply for the Running Start Scholarship for the Spring 2007 semester. This program allows students to attend college classes while earning both high school and college credits.
Each year GEAR UP funds \$75,000 in Running Start Scholarships to low-income students statewide. The scholarship can be used to waive tuition and fees for three or four credits and a one-time bookstore allowance of \$100.
To apply for the scholarship, visit www.hawaii.edu/runningstart.

Joint Spouses' Conference — Limited registration is currently underway for the 12th Annual Joint Spouses' Conference to be held Oct. 20 and 21 at the Officer's Club on Marine Corps Base Hawaii. The conference is a forum to empower, enlighten, motivate and educate military spouses.
Registration will run through Oct. 6 and is open to spouses of active duty, reserve and retired military members of all ranks, from



Aliamanu (AMR) Chapel

- Catholic
Sunday, 8:30 a.m. – Mass
Sunday, 9:45 a.m. – Religious education (Sept. – May only)
- 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 the beach
- Protestant
Sunday, 9 a.m. – Worship service

Fort Shafter Chapel
836-4599

- Contemporary Protestant
Sunday, 9 a.m. – "The Wave" worship service

Helemano (HMR) Chapel

- Contemporary Protestant
Sunday, 10 a.m. – Worship service and 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 service
Sunday, 10:30 a.m. – Sunday school
- Gospel
Sunday, 10:30 a.m. – Sunday school
Sunday, 12 p.m. – 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, 12 p.m. – Adoration (24 hours)
- Protestant
Sunday, 9:30 a.m. – Worship service

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

- Catholic
Saturday, 5 p.m. – Mass
- Collective Protestant
Sunday, 10:30 a.m. – Worship service and children's church



Barn Yard

(PG)
Friday, 7 p.m.
Saturday, 2 p.m.



Talladega Nights:
The Ballad of Ricky Bobby

(PG-13)
Saturday, 7 p.m.
Wednesday, 7 p.m.



Zoom

(PG)
Sunday, 2 p.m.
Thursday, 7 p.m.

The theater is closed Monday & Tuesday.

SEE COMMUNITY CALENDAR, B-8

PEEP now takes on area crime

PMO’s Police Eyes and Ears Program is latest in arsenal to combat crime in military housing

Story and Photo by
LANDY STEWART MIYAKE
Staff Writer

Crime can happen in any neighborhood, at any time, including neighborhoods on military installations. The Police Eyes and Ears Program (PEEP) works with Army Hawaii Family Housing and the Provost Marshal office (PMO) to teach families simple ways to prevent crime in their neighborhoods. Established in 1995, PEEP was derived from the neighborhood watch program. The program was designed specifically for families who live on military installations and involves taking steps to increase the security of an individual’s home, as well as becoming aware of what is happening around the neighborhood.

Army crime analyst, Dwight George, teaches a class for those who are interested in making their neighborhoods safer.

George, an expert on crime patterns,



Megan Stahl-Smith | U.S. Army Garrison Hawaii Public Affairs

Safe neighborhoods. The Suttons enjoy the comfort of crime-free neighborhoods, courtesy of neighborhood watch programs like PEEP. Above, tot Katelyn Sutton takes advantage of afternoon to play in her yard with dad, Spc. Matt Sutton of A Company, 2nd Battalion, 35th Infantry Regiment.

has developed a training program to teach families how to protect themselves and their homes. Families may enroll in the course by registering at the PMO and children are welcome to attend.

During the class, George walks community members through step-by-step instructions for safeguarding their homes. His class is offered upon request and he encourages families to sign up for the training before they become victims.

“Our part is to raise awareness [of potentially unsafe situations] and give them alternatives of how to take care of it,” George explained.

One of Gordon’s suggestions for community members was to greet new people in the neighborhood. Doing so can either make new families feel welcome, or make predators feel uncomfortable.

He also suggested turning to the children for input.

“Go ask the kids about what’s going on in the neighborhood,” George

said. “They are much more aware than adults are.”

George teaches participants simple ways to prevent thieves from breaking into their homes. These tips include: reinforcing sliding-glass doors; putting safety clips on windows to prevent panes from being easily opened and removed; changing locks whenever a key is lost; and using a timer for lights while away from the home.

Although the program is in the early phase at Schofield Barracks, George hopes to continue making house visits to those who request it.

During his house visits, he conducts a physical check of the home and makes suggestions on how to increase security. Currently, George only conducts house visits for Helemano Military Reservation, Wheeler Army Air Field and Schofield Barracks.

By setting aside a few hours to learn crime prevention techniques, community members can be proactive in preventing crimes in their neighborhoods. The process takes less than two hours and the payoff for keeping a family and a home safe is priceless.

For more information on home visits and the PEEP, contact Dwight George at 655-9656.

Kids compete for top honors in AHFH safety essay contest

ALIAMANU MILITARY RESERVATION – The essay by 13-year-old Lindsey Rettke here took first place in the Army Hawaii Family Housing (AHFH) Safety Essay Contest.

Col. Howard J. Killian, commander, U.S. Army Garrison, Hawaii, along with several AHFH property managers, presented a \$500 check to Rettke, Sept. 14.

“AHFH is proud to have a winner from one of its communities,” said AHFH Director of Property Management Janine Lind. “We were impressed by the insight Lindsey shared about safety, and her ability to express in her essay the roles individuals, families and neighbors can play in creating a safe community was remarkable.”

"Home Safe Home"
An essay by
Lindsey Rettke

What does safety mean to me? There are many different ways that safety influences my life. Safety could be looking both ways before you cross the street, or it could be living in America under the protection of our military.

Safety surrounds me in my everyday life. As a child growing up as a dependent in the military, the place I feel safest is in my home.

The safety of my home and neighborhood allows me to feel the comfort and love of my family. With a comfortable home and a developed neighborhood, families can feel safe in a united community.

A safe environment to live is very important to me.

Safety begins in the home and under the supervision of parents and adults.

It means more than words can describe for a family to call a house a home, not just a place to live for a period of time.

It is essential for families and children to feel safe in their home.

Some ways to ensure safety in a home are to make sure all fire detectors are working, that the wiring in the house is secure, and that the house is child proof. You can also have a safe home by teaching children about strangers, having a plan in case of an emergency, and monitoring what kids watch on television

and computers.

A home is a place where families and friends can come together and feel safe with one another. The safety within a neighborhood affects all who live there.

There are many ways people can make their neighborhood safe. For example, speed limits can be enforced to ensure the safety of small children and their families.

By getting to know the people who live around you, together you can work as a team to help each other.

Family and friends can join together for neigh-



Lindsey Rettke
1st Place, AHFH Safety Essay Contest

“A community is a place to feel safe and secure.”

borhood watches, to solve car troubles, or even baby-sit each other’s children.

When safety is emphasized within the neighborhood, it helps to develop a strong sense of community.

Beyond homes and neighborhoods is the community as a whole, where safety in numbers is also important.

When neighbors are like family, it is easy to make the community safe. It is important to have safe places to meet and play such as parks and community centers. When friends and family share common recreational areas and activities, they help to strengthen a community’s unity.

Some other ways to ensure the safety of the residents is to provide a gated, secured neighborhood and well-lit streets. When people work together for a common goal or purpose, they take pride and responsibility within their community.

A home is a place for families to make memories and a place for dreams to come true. A neighborhood is a place where laughter can be heard and love can be shared. A community is a place to feel safe and secure.

Whether it’s in my home, neighborhood, or community, safety is one of the most important things to me and helps me live a better life.

Tropic Lightning past to come alive during Living History Day, Sept. 30

SCOTT DAUBERT
25th Infantry Division Tropic Lightning Museum

Saturday, Sept. 30, the Tropic Lightning Museum will be hosting its annual Living History Day.

This year, the museum brings to life the differences and similarities between conflicts, with reenactors and discussion panels. Also, knowledgeable enthusiasts will be on hand to show participants their period equipment, weapons and restored military vehicles.

Veterans will also be available to relate their combat experiences, and the museum will host many exciting activities for children, including camouflage face painting and a re-enactment tunnel where children are invited to crawl through like veterans during the Vietnam War.

- Living History Day
- Saturday, Sept. 30 from 9 a.m. till 3 p.m.
 - Tropic Lightning Museum, Building 361, Waianae Ave., Schofield Barracks
 - No admission cost!

Guests may sign in on a welcoming banner, too, to send a personal message of encouragement to 25th Infantry Division Soldiers deployed to Operation Iraqi Freedom.

The Celtic Pipes and Drums of Hawaii will perform from 11:30 a.m. to noon. A special feature of this band is its symbolic attire. Members wear the “Black Watch Tartan,” the dress of the 42nd Royal Highland Regiment.

To attend Living History Day, Soldiers, their families and civilian



Pvt.2 Nicole R. Goodrich | 17th Public Affairs Detachment

Andrew Oxtoby became a tunnel rat after crawling through the Vietnam tunnel during the Living History Day at the Tropic Lightning Museum in 2005.

visitors should enter through Lyman Gate. Visitors without a Department of Defense decal will be asked to show a photo ID, current car registration and proof of insurance.

To arrive at Schofield via the H-2 freeway, from H-2/Wilikina,

turn left on Kunia Road and then turn right at Lyman Gate, the second traffic light.

From Lyman Road, take the second right onto Flagler Road, and then go past the first stop sign and notice signs for parking on the left.

‘Military Buzz’ debuts on Web to aid services, families with diverse issues

DEBBIE GREGORY
Special to American Forces Press Service

MilitaryConnection.com has launched a new area of its Web site called “Military Buzz,” dedicated to the military community. The site has been live barely six months and has had more than 10 million hits, said Debbie Gregory, president of Military Connection.

This new area of MilitaryConnection.com features up-to-date news from the Department of Defense’s (DoD) Armed Forces Information Services. It provides numerous columns of interest from featured writers such as General George W. Casey Jr., commanding general Multi-National Force – Iraq, and 16-year-old Matthew Cook, founder of the Mile Long Yellow Ribbon Project, to name a few.

MilitaryConnection.com offers one of the most comprehensive online directories of military resources and information featuring more than 1,500 pages with 12,000-plus valuable links, Gregory said. It supports military families and encourages their clients to make direct donations to many worthy military nonprofits through a charity connection, she said.

“We have put forth significant effort, energy and resources towards making MilitaryConnection.com the

number one destination for active military, military members in transition, retirees, veterans and their families,” Gregory said.

There is no charge for military members to use any of the services offered on the site, she added. And MilitaryConnection.com also connects top corporations with outstanding candidates who have fulfilled their military service and are seeking civilian or government employment. The Web site features in excess of 7,500 corporations in its Directory of Employers.

“We are also dedicated to educating clients of the untapped and excellent talent pool of military spouses,” Gregory said.

Military Connection is a strong supporter of DoD’s “America Supports You” and the groups that are part of the program, she added. Military Buzz offers complimentary space for press releases, public service announcements, special events and newsletters for these groups to get the word out about their worthy deeds and events.

“We have always strived to be a good corporate citizen and encourage other companies, large and small, to do the same,” Gregory continued. “This company will continue to make significant efforts to support our service men and women and our nation.”

MWR Briefs

From B-2

the Nehelani with seating in the air-conditioned KoleKole Bar & Grill.

Cost is 65 cents per ounce, and reservations are recommended. For more information, call 655-4466.

Job Fair — Looking for a new job? Come to the job fair sponsored by Army Community Service and Army Career and Alumni Program, Oct. 6, 9 a.m. to noon, at the Schofield Nehelani.

Attendees will be able to meet company representatives, talk to recruiters about job openings, pick up applications, and submit resumes. For more information, call 655-4227.

Ongoing

“Fan-tastic” Football — Come to Tropics on Schofield Barracks for Fantastic Football on Sundays, Mondays and game-day Thursdays.

Show your team spirit while you cheer on your favorite NFL team. Enjoy some “fan-tastic” specials and perhaps win some prizes. For more information, call 655-5697.

SKIES Driver Education — Learn to drive with SKIES at Valentine’s Driving School, Schofield Barracks. The session includes 32 hours of classroom instruction and six hours of behind-the-wheel time, taught by qualified instructors.

The total fee for all instruction is \$295 and must be paid at the time of registration. For more information, call 655-9818.

“Paint It & Take It” — Ceramic parties offer a unique way to celebrate get-togethers, coffees, children’s birthday parties, showers or any occasion. The Arts and Crafts Center provides a varied selection of ceramic bisqueware, ready for the artist in you to paint and take home.

For more information, call 655-6330 at Schofield Barracks, or call 438-1315 at Fort Shafter.

Salvage Yard Auto Sales — Fort Shafter and Schofield Barracks Salvage Yards will be sponsoring sealed bid auto sales twice a month. Bidding will end on the first and third Saturdays of each month, and the highest bidder will be notified the following day.

A minimum bid will be marked on each for sale auto. For more information, call 655-9368 at Schofield Barracks or 438-9402 at Fort Shafter.

Tropic Lightning — Enjoy a fast and hot lunch buffet, Monday through Friday, from 11 a.m. to 2 p.m. at KoleKole Bar & Grill. Cost is \$8.95 per person. Call 655-4466 for more information.

Family Child Care — Individuals interested in caring for children in their home should inquire with the CYS, Family Child Care Program. Benefits include free training, additional income and flexible hours.

For more information, call the AMR Family Child Care office at 837-0236, or the Schofield Barracks Family Child Care office at 655-8373.

MWR Happenings — To find out more information about MWR, pick-up a copy of the “Discovery” magazine available at the Schofield Barracks commissary, Fort Shafter post exchange, Aliamanu shopette, Tripler mauka entrance, any MWR facility, or visit the MWR Web site at www.mwrarmyhawaii.com.

ASEP aids job search

Enlisted spouses benefit from pooling of corporate employers

BARBARA PURVIS
Army News Service

The phrase “I’ve got orders,” is one uttered by service members around the world, but for Army spouses, those words can evoke a host of emotions associated with the uncertainties of moving.

Besides packing and preparing to leave, working military spouses face financial and employment uncertainty at the new duty location.

Enter the Army Spouses Employment Partnership (ASEP), a program designed to support military spouses by helping them establish and maintain careers wherever the Army sends them. The partnership is an agreement between the Army and 21 Fortune 500 companies that offer a spectrum of career opportunities for Army spouses.

Renee Bosco, an Army spouse whose husband transferred to Fort Jackson from Fort Riley, Kan., included ASEP assistance in her job search.

“As a military spouse I had to be realistic,” Bosco said. “I can find a job anywhere. But, I wanted something I could keep long term and hopefully make more money and get a little higher in the organization.”

Bosco investigated ASEP positions, which includes federal jobs.

“My husband is a [Fort Jackson] drill sergeant, and I wanted to find a federal position so my job could move with him,” she said.

When she arrived in South Carolina, Bosco intended to complete certification for a degree in education, but plans changed when she realized her husband might be transferred before the end of the three-year program in which she hoped to enroll.

Instead of school, she opted for a job. After a three-month search, she found a position as a human resources assistant at the Fort Jackson Directorate of Human Resources, where she processes orders.

“Over 14,000 spouses have been hired through the ASEP program between October 2003, when the program began, and the most current figures available in 2005,” said Barbara Martin, Fort Jackson Army Community Service Employment Readiness Program manager. “Not all of the companies provide jobs here in South Carolina, but most offer employment opportunities nationally, as well as internationally.”

“ASEP is a great program because it allows us to work closely with military spouses to provide opportunities for employment,” said Brett Wadford, a staffing specialist with Manpower Incorporated.

Corporate America is embracing military spouses because they add varied backgrounds and skill sets to the workforce.

“Adecco is a company that values diversity,” said Theresa Williams, a representative from Adecco Staffing Company. “We get a lot of good applicants

Family Employment Readiness services in the Army Community Service offices provide public and private sector job listings, staffing services employment brochures and information on upcoming job fairs.

Monthly training workshops, including interviewing techniques, effective job-hunting sills, resume writing, and many more, are designed to assist in your transition into the workplace.

Call the Schofield Barracks ACS at 655-4227, or call the Fort Shafter ACS at 438-9285 to schedule an appointment or register for the workshops.

through job fairs and the ASEP program.”

“A lot of what spouses bring with them to the job is their previous work experience, having worked around the world or in other parts of the United States,” Wadford said. “Add to that the fact that they have a higher level of commitment, especially when it comes to finding a position that fits their interests and staying with the assignment.”

Positions available through ASEP range from beginner to advanced levels, Martin said.

“Even if the military spouse has limited skills, ASEP is still a good starting point for them,” Martin said. “Some of them can come in at the entry level, while others can start as managers.”

ASEP was established in 2003, and was driven by an initiative begun by Gen. Eric Shinseki, then chief of staff of the Army, when a statement of support was signed between the Army and 13 corporations. Since then, the ASEP partnership has increased to 21 companies.

Military spouses can apply for jobs online through the Army Spouse Employment Partnership at www.myarmylifetoo.com or www.militaryspousejobsearch.org.

(Editor’s Note: Barbara Purvis writes for the Fort Jackson Leader.)

CISM reviews importance of sports in the military

TIM HIPPS
Army News Service

SPRINGFIELD, Va. (Army News Service, Sept. 20, 2006) – Military representatives from 26 countries reviewed the importance of sports in the military at the Conseil International du Sport Militaire's fourth symposium Sept. 11-14 at the Springfield Hilton.

CISM can best be described as an international Olympic committee for the military. The organization played host this year to world championships for troops around the world in 24 sports, including parachuting and aeronautic, military and naval pentathlons.

"This is a special year for us because CISM at the end of 2006 will have organized 24 military world championships and many regional and continental events," said CISM President Brig. Gen. Gianni Gola

of Italy. "We are considered the unique international sports organization. Thousands and thousands of military athletes and coaches and team captains and chiefs of mission are traveling around the world to attend our events."

In 1951, the United States joined CISM, which today boasts 127 nations dedicated to "friendship through sports to get to peace," said Army Lt. Gen. James Lovelace Jr., the U.S. CISM chief of delegation.

"The real seeds of this organization started after World War I with General [John] Pershing, but the real development of the organization as we know it today occurred after World War II," Lovelace said. "It was embraced by Belgium, Denmark, France, Luxembourg and the Netherlands as they started this event Feb. 18, 1948."

Despite approaching its 59th anniversary, CISM is not world renowned.

"We are aware of the fact that in our countries many military authorities don't know CISM," said Gola, who sought a solution in Springfield during the symposium themed "Value and Impact of Sports in the Military." "Sport cannot be visual only to the military athletes. Sport is a common value for all of the military personnel."

CISM officials seek a balance between keeping Soldiers fit and competition-ready.

"We have to dedicate an important part of our activity to physical education reform, but at the same time, we have to promote the competitions," Gola said. "If we don't have the competitions we are not able to bring people together. I understand that some are saying we need to give priority to physical education and not to the competition. It's not the problem of priority, we need both, but we cannot forget that if we don't have competition, we lose our op-

portunity. Only competition obliges people to travel.

"If we promote physical education, all the Soldiers can practice physical education at home. There is no need to go to participate for championships. That's why we are insisting, as we do every year, to organize important events to give the athletes an opportunity to compete. Physical education is the base of this, but then we have to compete."

After all, international sports competition is what CISM is all about. Or is it?

"Our goal to promote universal peace may be too ambitious," Gola said. "But this is the final goal. Through sport and competition, CISM works to promote values, tolerance, friendship and peace."

(Editor's Note: Tim Hipps writes for U.S. Army Community and Family Support Center Public Affairs.)



Landy Stewart-Miyake | U.S. Army Garrison, Hawaii Public Affairs

Spinnin' her wheels

An artist demonstrates "throwing" raku pottery on a spinning wheel at the Taste of MWR Expo, Sept. 20 in the Nehelani. Pottery classes are available at the Arts & Crafts Centers on Schofield Barracks and Fort Shafter. The expo offered a chance for guests to see demonstrations from various facilities and programs available through MWR. See next week's Hawaii Army Weekly for the full story.

MOAA launches benefits advice column

MILITARY OFFICERS ASSOCIATION OF AMERICA
News Release

SANTA ANA, Calif. – The Military Officers Association of America (MOAA) and CinCHouse.com announced they would launch a new advice column for young military families addressing questions about pay and benefits.

A team of professional experts at MOAA will take questions from e-mails and a designated discussion forum on CinCHouse.com and answer them in detail in a dedicated column.

"This is a terrific opportunity for our visitors, who represent the youngest and newest members of the military community, to get solid advice from a trusted source," said Meredith Leyva, founder of CinCHouse.com. "MOAA shares our vision and wants to lend a helping hand for our rank-and-file."

"Every member of the military family is an important part of the MOAA family as well," said retired Vice Adm. Norb Ryan Jr., president of MOAA. "It's all about making our service



Post questions at www.cinchouse.com/askmoaa.htm
or
e-mail askmoaa@cinchouse.com.

members and their spouses understand how valuable they are to our country.

"If MOAA can help by providing information to our military spouses, then we welcome the opportunity. MOAA proudly supports those who serve," he said.

About the MOAA

MOAA is the nation's largest and most influential association of military officers. An in-

dependent, politically nonpartisan nonprofit, it boasts nearly 370,000 members from every branch of service, and every component – including active duty, retired, National Guard, Reserve and former officers and their families and survivors.

The MOAA prides itself as a powerful force speaking for a strong national defense and representing the interests of military officers at every stage of their careers. For more details, visit www.moaa.org.

About CinCHouse.com

Operation Homefront, a nonprofit organization that provides assistance to military families while service members are deployed, operates CinCHouse.com, the largest online community of military wives and women in uniform.

Operation Homefront boasts 26 chapters nationwide, and supports the nation's troops by allowing military personnel to focus on the demands of their duties abroad. For more information, visit www.operationhomefront.net.



Army Vice Chief of Staff Gen. Richard Cody congratulates defensive tackle Marvin Austin on his selection as the first team member of the Army All-American Bowl East team for 2007.

Army announces first All-Am Bowl

Story and Photo by
DENNIS RYAN
Army News Service

WASHINGTON – The first student-athlete named to the 2007 Army All-American Bowl East team was announced at Ballou High School in Washington, D.C., yesterday.

Vice Chief of Staff of the Army Gen. Richard Cody welcomed to the team Marvin Austin, a 6-foot-3-inch, 300-pound defensive tackle.

The youngster donned an Army All-American Bowl jersey and addressed the crowd at the packed Ballou Gym.

"Not only am I proud to be a part of the Army game, I'm proud to be a part of this country," Austin said.

The Army All-American Bowl will be played Jan. 6 at the Alamodome in San Antonio, Texas. More than just a football game featuring the best high school players in the country, the All-American Bowl is a recruiting tool.

Col. Thomas Nickerson, director of Strategic Outreach for the U.S. Army Accessions Command, said the game enables recruiters to interact with principals, teach-

ers and coaches who might influence students' career choices.

"The Army All-American Bowl is all about celebrating excellence and leadership on and off the field," said Nickerson.

Cody lauded Austin for being an excellent athlete and student.

"He's a tremendous role model," Cody said of the young tackle.

"The All-American Bowl is a showcase for discipline and team spirit. You see it in every one of the 80 athletes.

"When he plays in January he will be playing against guys he will be seeing in college and, unless I miss my bet, in the NFL."

Many college and professional standouts have played in the game since its inception in 2002. Reggie Bush, Vince Young, Brady Quinn and Adrian Peterson all made their national television debuts as Army All-Americans.

Shortly after the announcement of Austin's selection, bowl officials traveled to Oaks Christian High School, in Westlake, Calif., to announce additional selections of quarterback Jimmy Clausen and running back Marc Tyler.

(Editor's Note: Dennis Ryan writes for the Fort Myer Pentagon.)

Do you religiously sanitize your cooking surfaces?

National Food Safety Month stresses 'Don't Compromise, Clean and Sanitize' when preparing food for consumption

Food preparers must not compromise with health

CAPT. (DR.) EMILY C. GOCKE-SMITH, DVM
Schofield Barracks Branch Veterinary Services

Cooking at home can be economical and enjoyable, as well as a helpful way to reduce your family's chance of food-borne illness. However, when you purchase food from reputable stores, you must ensure items are stored at the correct temperature and use them before their expiration date.

During food preparation, it is easy to accidentally cross-contaminate your food. That's why this year's theme for September's 2006 National Food Safety Education Month is "Don't Compromise – Clean and Sanitize." It stresses the importance of cleaning and sanitizing food contact surfaces in your own home, to prevent cross-contamination and the spread of food-borne disease. Understanding the proper way to clean and sanitize all food contact surfaces can help reduce risk.

Cleaning and sanitizing. These are two different processes. Cleaning is the process of removing food and other types of soil from a food contact surface such as a

plate or cutting board. Sanitizing is the process of reducing the number of microorganisms (viruses and bacteria) on that surface to safe levels.

To be effective, cleaning and sanitizing must be a two-part process: surfaces are first cleaned, and then sanitized. This two-step process should be used on all food contact surfaces after each use, that is, any time you start working with another type of food – especially raw meat and eggs – or any time you are interrupted and tools become contaminated.

Most people already perform proper cleaning. They use commercial detergents in their sinks and dishwashers to remove food particles and organic debris from the surface. Products should be used in accordance with the manufacturer's instructions.

Sanitizing, however, is the step that many people miss. After dishes are clean, sanitizing can be done with either heat or chemicals. For example, most dishwashers use heat as their sanitizing step. It is important to ensure that the dishwashing temperature reach at least 165 degrees Fahrenheit.

Items washed by hand can be immersed



Courtesy Photo

Sanitized surfaces are essential when preparing meals at any time of the day.

in hot water, or they can be sanitized with a chemical sanitizer. Although there are many different types of chemical sanitizers, the easiest and least expensive type is to use a chlorine-based product (such as diluted Clorox bleach).

This application will kill a wide range of

organisms, leaving no film on surfaces. It is effective in hard water.

Drawbacks are that soil inactivates the chlorine solution, so dishes must be cleaned properly before sanitizing. Also, chlorine solutions can be corrosive to some metals when used improperly.

Get more food safety details at 433-8540 or 433-8542.

To make a diluted chlorine sanitizer, an easy recipe is one tablespoon of Clorox bleach with one gallon of water. You can purchase sanitizer test strips that check the concentration of the chlorine at restaurant supply stores. The ideal concentration is 100-200 parts per million (ppm).

After you mix the sanitizer in its proper concentration and after your dishes are properly cleaned, immerse them completely in the diluted sanitizer for two minutes. Afterwards, remove the dishes, drain and air dry.

This chlorine sanitizer solution can also be used for food contact surfaces such as tables and countertops. Additionally, pre-made sanitizer in the form of wipes and sprays can be effective.

Make proper cleaning and sanitizing part of your daily routine, and soon they will become second nature. You will greatly reduce or eliminate the presence of viruses and bacteria that cause food-borne disease and boast a healthier home setting.



Courtesy of Jackie Edwards

Leilehua cross-country champs

High school sophomore athlete and Army family member Bryce Jenkins (#352) leads the Leilehua High School Mules to a top finish at the first major high school cross country race of the 2006 season, earlier this month.

The Central Oahu race, which hosted all 28 public high schools on Oahu, was the first opportunity for high school competitors to race collectively before the regional and state championship races scheduled in late October.

Initially, after training on Schofield Barracks for most of the summer, Jenkins suffered a set-

back. He broke his foot during a training run and was forced to stop running for seven weeks — severely threatening his ability to remain competitive for the 2006 cross-country season.

Dr. Dennis Foote, a Schofield Barracks podiatrist, assessed Jenkins' injury and prescribed professionally made orthotics and a non-running training regimen.

Still, after training for four only days, Jenkins ran away from a field of 140 runners and settled into a grueling pace with Kaiser H.S. upperclassman at the invitational. He placed

second in the difficult three-mile course, setting a blazing time of 17 minutes, 12 seconds.

Leilehua Mules are the defending Oahu Interscholastic Association (OIA) champions, anchored by Army teens living on Schofield Barracks and Wheeler Army Air Field.

The Mules hope to repeat their OIA championship title in October and then capture the state crown in November.

(Submitted by Staff Sgt. David Schible, 25th Special Troops Battalion.)

Adding weights to workouts lends variety

Weight training burns calories faster and improves cardiovascular conditioning

LISA J. YOUNG, MS
Certified Health Education Specialist hooah4health.com

Daily activities such as carrying groceries or picking up a child require muscle strength and endurance.

Although aerobic activities are effective for developing cardio-respiratory fitness, most aerobic activities have little influence on muscular strength.

The American College of Sports Medicine (ACSM) recently recommended that adult fitness programs include moderate-to-high intensity resistance training.

Resistance training increases lean muscle mass, develops muscular strength, improves the strength of connective tissue, and increases bone mass.

Other health benefits include reduction in body fat, modest reductions in blood pressure, improved lipid profiles, and increased injury prevention.

The key to successful resistance training at any level of fitness or age is appropriate program design. Supervision by a qualified professional is essential to prevent injury and to maximize health and performance benefits.

Exercise instruction should include proper tech-

nique, breathing and use of equipment, along with goal setting and progress evaluation.

The primary goal of the program should be to develop total body strength, endurance and mobility in a relatively time-efficient manner.

Strength can be maintained in only one session per week, and gains can be made with as little as two sessions per week.

Each session need not be long. In fact, programs lasting longer than one hour per session are associated with increased injury.

The ACSM recommends that resistance training be done two to three days per week. The program should include one to three sets of 8 to 12 repetitions.

Exercises should focus on the major muscle groups of the upper and lower body, including the following:

- The trunk (or core) for stabilization and maintaining good posture.
- Hips and legs for lifting and climbing.
- Shoulders for overhead pressing movements.
- Chest for pushing activities.



- Arms for lifting and carrying.

The main types of resistance training are free weights and machines. Both types have advantages that should be considered in determining the resistance training program.

Whether training using free weights or machines, resistance training should be included as a very important part of any exercise program.

Adding weights to a workout helps improve strength, endurance and overall health, and provides variety to any training program.



Send community announcements to community@hawaiiarmyweekly.com.

September

23 / Saturday

Rodeo Finale — Giddy up and don't miss the Hawaii Women's Rodeo Association's grand finale rodeo event, 9 a.m. to 6 p.m. at New Town & Country Stables in Waimanalo. This event will feature the state's top riders in Hawaii.

Barrel racing, pole-bending, breakaway roping, calf-mugging, goat-tying and, for the first time, mixed barrels will pit men against women.

Tickets are \$5 in advance. Call 224-9875 to arrange purchase, or pay \$6 at the gate. Parking is \$2 per vehicle.

29 / Friday

Hunter Education Courses — The Hawaii De-

partment of Land & Natural Resources is offering Hunter Education classes. Subjects to be covered include wildlife identification and conservation, firearms and archery safety, survival, game care and more.

The free classes are today, from 5:45 to 10 p.m., and Sept. 30, 7:45 a.m. to 4 p.m. Attendance at both classes, which are family-friendly and open to anyone age 10 years and older, is required.

Register by calling 587-0200.

30 / Saturday

Surfing Contest — The Girls Who Surf Amateur Wahine Surf Contest will be held at 7 a.m. at Kewalo Basin, near Ala Moana Beach, to recognize surf talent and develop community between female surfers.

Short board, long board, and body board divisions will be open to girls, in three age divisions: 8-18; 19-29, and 30 and over, with awards given to the top three finishers of each.

For more information on this free event, call Ly-mari at 282-8535 or 371-8917, or visit www.girlswhosurf.com.

October

1 / Sunday

Niketown Race — Open to anyone, this year's race will be held Oct. 1 at 7:30 a.m. Participants can choose between a 5K or one-mile distance. The race begins at Niketown, 2080 Kalakaua Ave. in Waikiki. Cost is \$20 to enter, and includes a T-shirt. All pro-

ceeds will be donated to the school of your choice. Register at www.niketown5k.com.

Ongoing

Prenatal Exercise Program — Exercise during pregnancy has been shown to positively impact fitness during labor and childbirth. Learn and practice safe exercising during pregnancy. Classes are each Monday, Wednesday, and Friday at the offices of Pacific Health & Fitness Consultants, through Dec. 30.

A physician's referral is required. For more information, call 599-5918.

Masters Swim Program — Team Move hosts a master's swimming program Wednesdays, from 7:30 to 8:30 a.m., and Saturdays from 7 to 8:15 a.m., in the Pearl City district park swimming pool.

The innovative group workouts are designed for beginning and advanced swimmers. Expert coaching will be provided to improve upon form and technique.

All ages are welcome. Cost is \$15 per month for Team Move members and \$25 per month for non-members. The pool is located at 785 Hoomaemae St., Pearl City.

Cricket in the Park — The Honolulu Cricket Club invites players of all levels of experience to get into the game. Join the club at Kapiolani Park,



23 / Today

Hawaii Championship Wrestling — Come watch Hawaii Championship Wrestling at the Schofield Tropics, Sept. 23. Doors open at 6 p.m. and matches start at 7 p.m.

The cost is \$5 for guests age 12 and up, \$3 for ages 11 and under, and free for children age 5 and under.

Call 655-5697 for more information.

26 / Tuesday

Mini Sports Basketball — Registration begins today for the Youth Sports Mini Basketball program. This parent participation program allows children ages 4 and 5 to gain the basic skills of basketball.

Cost is \$10 and includes a T-shirt. For more information, call 836-1923 (Aliamanu), 438-9336 (Fort Shafter), 655-0883 (Wheeler and Heleman) or 655-6464 (Schofield).

30 / Saturday

Punt, Pass, and Kick Competition — Youth ages 8 to 15 are invited to participate in the Pepsi NFL Punt, Pass, and Kick Competition, Sept. 30, from 10 a.m. to 12 p.m. at the Aliamanu Sports Complex.

This competition is free and sign-ups will be on-site. Proof of age is required, and parents must sign a waiver for their child to participate. For more information, call 438-1159.

BMX Racing — Come to the BMX track at Wheeler Army Air Field, Sept. 30, for BMX racing. First, second and third place ribbons will be awarded, along with participation ribbons.

Registration will be held from 4 to 5 p.m., and cost is \$4 per rider. BMX races will begin at 5 p.m., and refreshments will be provided.

In the future, races will be held every second and fourth Saturdays. Volunteers are needed to help make this event a success. For more information, visit www.mwrrmyhawaii.com, www.armybm.org or call 656-1601.

1 / Sunday

Bowling Tournament — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, Oct. 1. Check-in is at 1 p.m., and the cost is \$20 per bowler. Call 655-0573 for more information.

Ongoing

Hatha Yoga — Relish the traditional approach to yoga that aids relaxation, and strengthening and lengthening muscles. Techniques can be modified based on individual skill level.

Sessions will be held Wednesdays at 5 p.m. and Saturdays at 8 a.m. at the Schofield Barracks Health and Fitness Center. Call 655-8007 for more details.

Hawaii Academy Trampoline and Gymnastics Classes — The Schools of Knowledge, Inspiration, Exploration & Skills (SKIES) Unlimited is partnering with Hawaii Academy to offer a military discount program for trampoline and gymnastics programs.

Hawaii Academy offers a variety of programs including parent-tot and preschool classes; an essential skills program; flexibility, fitness and gymnastics programs; special education programs; and trampoline and power tumbling programs.

Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-9818.

Cosmic Bowling — Experience bowling with a twist. Lights are dimmed, upbeat music is turned on and the room becomes illuminated in glowing lights.

Cosmic Bowling is held every Wednesday at Wheeler Bowl. Cost is \$1.50 per game and \$1 for shoe rental. Call 656-1745 for more information.

Scuba Club — Join the Scuba Club for only \$7 a month and get free air fills, and a 10 percent discount on all your scuba equipment rentals.

Tank rentals come with "unlimited air" during the rental period. For more information, call 655-0143.

at the base of Diamond Head, for exciting rounds of cricket.

For more information, call Nevin at 256-8236 for match dates or visit <http://home.hawaii.rr.com/cricket/hcc.htm>.

Bike Hawaii — Join Bike Hawaii's professional nature guides, and explore Oahu from the rain-forest to the reef. Packages can include downhill biking, waterfall hiking and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

Delicious meals are included. For more information or to schedule your adventure, call 734-4214, toll free 1-877-682-7433, or go online at www.bikehawaii.com.

Golfers Wanted — Are you looking for a golf group? Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

Honolulu Marathon Clinic — Looking to get in shape and run a marathon? Join the free Honolulu Marathon Clinic, led by Dr. Jack Scaff and his trained staff. The clinic meets Sundays at 7:30 a.m. at Kapiolani Park at 3833 Paki Ave.

This clinic stresses slow, recreational running, for beginners and walkers. Its focus is training to finish the Honolulu Marathon in December. For more information, call 655-4692.

Community Calendar

From B-2

all military branches.

During the two-day conference, attendees may select five, one-hour workshops, choosing from more than 50 workshops on such topics as Hawaiian culture and history, health and wellness, communication and parenting skills, and entertaining tips.

Register online or download a registration form at: www.JSCHAWAII.com.

The cost is \$35 for both days or \$20 for one day. The fee includes workshops, a continental breakfast and lunch, and a conference tote bag filled with donations from local businesses.

Child care is not available for this event, and children will not be allowed to attend. Log on to the Web site or call Katie Lynch, Marine Corps liaison, at 489-7886, for more information.

Hale Kula Fall Festival — The Hale Kula Parent-Teacher Association has applications available for crafters, groups and organizations that are interested in setting up at this year’s Fall Festival, Oct. 14.

The price for setting up a booth is \$15 for PTA members and \$20 for nonmembers.

Applications can be picked up from any committee member or electronically by e-mailing your request to halekulapta@yahoo.com. Any questions, contact LeAnn Harris at 664-4825.

30 / Saturday

YMCA Donation Station — In honor of Domestic Violence Awareness month, the Armed Services YMCA will be accepting donations at the Schofield commissary from 9 a.m. to 1 p.m.

Nonperishable food items and working cellular telephones with chargers will be graciously accepted. For more information, call 655-4227.

October

1 / Sunday

Children and Youth Day — Families are invited to “Children and Youth Day” from 10 a.m. to 3 p.m. on the grounds of the State Capitol, Iolani Palace, Washington Place, the Hawaii State Art Museum and Honolulu Hale.

The day will be packed with more than 100 free and fun activities for the whole family, including bounce houses, trampolines, a carousel, and train rides. Visitors may also go on a tour of the Governor’s ceremony room, the Iolani Palace gallery, Washington Place and the state art museum.

Parking is free at all neighboring public parking lots. For a listing of the entertainment lineup, visit www.kipchawaii.org or call 586-6130.

Filipino Centennial Celebration — The Bishop Museum will celebrate the Filipino Centennial, Oct.

1 from 9 a.m. to 5 p.m. in the Castle Memorial building on the museum campus.

The event will feature demonstrations of Filipino culture and cuisine, lively entertainment throughout the day, including performances by Broadway Babies, Hawaii Ballroom Association, Larawan Youth Ensemble, Salsa Hawaii, Silangan Singers, and other talented performers.

Two new exhibits will be on display: “Sentenaryo: 100 Years of Filipinos in Hawaii and Beyond” commemorates the contributions of Filipinos to the cultural, social and economic growth of Hawaii over the last century.

“Singgalot (Ties That Bind) — Filipinos in America: From Colonial Subjects to Citizens” will also be featured. This exhibit explores the challenges that confronted Filipinos in America. The exhibit was most recently on display at the Smithsonian Institute in Washington, D.C.

Entry fee is \$3 for local residents and military, and free for museum members and children under age 3. For more information, call 847-3511 or visit www.bishopmuseum.org.

7 / Saturday

Plantation Days Keiki Festival — The Plantation Village celebrates Hawaii’s children by hosting a special keiki festival Oct. 7 from 10 a.m. to 2 p.m. at its facility, 94-095 Waipahu St.

Food, games and entertainment for children will be the order of the day. As an added incentive to come join the fun, admission is free.

Come enjoy a magic show, a professional storyteller and puppeteer, a hip-hop street dance revue, and hula performances. For more information, call the Village at 677-0110, or visit www.hawaiiplantationvillage.org

6 / Friday

Catholic Women’s Retreat — Enhance your faith as you receive more knowledge on the blessings of the rosary at the Catholic Women’s retreat to the Benedictine Monastery in Waialua. The retreat is Oct. 14 from 9:30 a.m. to 2:30 p.m. Lunch and child care will be provided.

Pick up registration forms at the Schofield Main Post Chapel and Aliamanu Military Reservation (AMR) chapel. The last day to register is Oct 2. For more information, call 839-4319 or e-mail MC-CWHawaii@yahoo.com.

7 / Saturday

Portuguese Heritage — The Hawaii Council on Portuguese Heritage (HCPH) presents “Festa,” a celebration of Portuguese heritage, Oct. 7 and 8, from 10 a.m. to 5 p.m. at McCoy Pavilion, Ala Moana Beach Park (1201 Ala Moana Blvd.). Admission is \$3 and free for children 10 and younger.

Festa, pronounced fesh-tah, meaning festival, will offer Portuguese foods , such as malassadas, Portuguese bean soup, sausage (linguica) hot dogs, sweet bread (pao doce) and more.

The festival will also feature Portuguese craftwork, artists and vendors, cooking demonstrations, and entertainment. For more information, call 845-1616.