

INSIDE

Pay chief discusses DoD compensation



JIM GARAMONE
American Forces Press Service

WASHINGTON — With the 2.2 percent across-the-board pay raise that is part of the Fiscal 2007 National Defense Authorization Act, the Department of Defense (DoD) will reach its goal to bring military basic pay to the 70th percentile when compared to civilians with comparable education and training, a top DoD compensation official said here Oct. 20.

The goal grew out of the 9th Quadrennial Review of Military

Compensation released in 2002, which concluded that basic pay did not adequately compensate an increasingly educated military force.

Virginia Penrod, DoD's director of military compensation, said the 2.2 percent across-the-board pay raise, which kicks in Jan. 1, matches the employment cost index for the year. ECI measures the growth in private-sector wages. Current law ties any military pay raise to the index.

Also helping DoD reach its goal, she said, is targeted pay raises for service members in grades E-5 to E-7 and

warrant officers that go into effect April 1.

But compensation is more than simply basic pay. While service members have seen a basic pay increase since 2001 of roughly 28 percent, basic allowance for housing has risen over 50 percent, Penrod said.

"As far as compensation [is concerned], we think we have it right," she said in an interview with the Pentagon Channel and American Forces Press Service.

Fiscal 2007 National Defense Authorization Act provides...

- 2.2 percent pay raise for military, Jan. 1, 2007.
- Continues Army end-strength of 512,400.
- Raises Marine Corps end-strength to 180,000.
- Sets Army National Guard end strength at 350,000.
- Expands eligibility for Tricare to all members of Selected Reserve in a non-active duty status and their families.

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Retiree report

Hundreds of retirees voice concerns and receive updates on Army policy at Appreciation Day

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Rules for ghouls

Tuesday's Halloween trick or treat hours are 5:30-7:30 p.m. for all garrison housing areas. (See page B-1 for more details.)



Mahalo, warriors

Handmade quilts and pillows make for a more pleasant stay at Tripler Army Medical Center

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Soldiers of 2-27th Inf. Regt., 31BCT, distribute candy and supplies to children during Operation Helping Hands, a joint Iraqi and coalition force humanitarian mission held Saturday.

Operation helping hands

3rd Brigade aids Iraq's poor during Ramadan

Story and Photos by
CPL. MIKE ALBERTS
3rd BCT, 25th Infantry Division Public Affairs

TUZ, Iraq — A rural town of about 80,000 people, Tuz is a microcosm of many

larger Iraqi cities. Kurds, Turkmen and Arabs compete for political, social and economic gain. Good citizens struggle with the turbulence brought by anti-Iraqi forces. And like most big cities, there is no shortage of poor families.

During Ramadan, 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team Soldiers assisted local gov-

ernment, police and military officials in feeding needy families by overseeing the delivery of food baskets and eggs in Tuz, Iraq, Oct 21.

The mission, termed "Operation Helping Hands," delivered basic food staples to about 300 Kurd, Turkmen and Arab fam-

SEE HELPING, A-7

Engineers recognize six for prudent acts

Photo and Story by
SARAH H. COX
Honolulu Engineer District Public Affairs

FORT SHAFTER — Honolulu District Commander Lt. Col. Charles H. Klinge recognized six Soldiers from the 536th Maintenance Co. and the 540th Quartermaster Co., 8th Special Troops Battalion, Oct.13, for their efforts to prevent fire from spreading through a Whole Barrracks Renewal Construction site at Schofield Barracks, Sept. 20.

According to Klinge, the prompt actions of 1st Lt. Mark B. Dudley, Sgt. James Domingo, Spc. Nan Nauk, Pfc. Chad Jackson, Pvt. Charles Odom, and Pvt. Samuel R. Osterholt prevented thousands of dollars in damages to the occupied barracks, the new barracks under construction, as well as Corps of Engineers' contractor office trailers.

"They put service before themselves when they tried to contain the fire," Klinge said.

Klinge went to Schofield Barracks and personally presented each Soldier with a district commander's coin.

The Soldiers, who were on staff duty near Schofield's K-Quad, observed smoke and large flames coming from a trailer. One Soldier phoned the fire department while the others rushed to the site to control the blaze with fire extinguishers until the firefighters arrived on the scene near Whole Barrracks Renewal projects 2C and 2D.

According to Dudley, shop officer for the 536th Maintenance Company, the Soldiers didn't just avert property damage, they may



Honolulu District Commander Lt. Col. Charles H. Klinge presents command coins to Soldiers of the 536th Maintenance Co. and the 540th Quartermaster Co., Oct. 13, for preventing a fire that would have cost thousands of dollars of damage to the K-quad construction site last month.

have saved lives as well.

"The wooden trailer on fire was only about five feet from Building 884 where several hundred Soldiers live," Dudley said.

Dudley said the flames were spreading quickly to the surrounding area. When they realized the extent of the fire, one Soldier ran to pull the fire alarm to begin the evacuation process. The staff duty began the reporting process that alerted commanders and the In-

stallation Operations Center of the situation.

The U.S. Army Corps of Engineers is responsible for the 10-year, \$865 million, Whole Barrack Renewal Program, which is modernizing and upgrading more than 4,000 single Soldier quarters at Schofield Barracks, Wheeler Army Air Field, and Tripler Army Medical Center.

The cause of the fire is under investigation.

IMCOM becomes active

ARMY NEWS SERVICE
News Release

ARLINGTON, Va. — The Army activated the Installation Management Command Tuesday to consolidate and strengthen installation support services to Soldiers and their families through the full authority of command.

Lt. Gen. Robert Wilson assumed the IMCOM command at a Pentagon ceremony hosted by Lt. Gen. James Campbell, director of the Army Staff. The new command places the former Installation Management Agency, the former Community and Family Support Center and the Former Army Environmental Center under a single command as a direct reporting unit.

"Today we take the next step in the evolution of Army installation management ... in order to create a more efficient, effective and agile organization to ensure the best Army in the world is supported by the best installations in the

SEE IMCOM, A-7

Town hall questions fuel debate

AIKO BRUM
Managing Editor

Without doubt, three issues dominated the town hall meeting at Sgt. Smith Theater, Schofield Barracks, Tuesday evening: parking in housing to the right of Waianae, the Macomb Gate closure, and commissary privileges.

These issues derailed efforts by Lt. Col. Mark Boussy, Oahu Base Support Battalion commander, to squeeze the quarterly meeting into an hour time frame. Resident after resident, egged on by a previous comment, wanted to add in one more voice to some discussions.

A service member first asked the question about when the parking plan off Waianae would go into effect. He said, "We'd like to be involved in the decisions that affect our children and the safety of our community. We want to be involved in the process."

Army Hawaii Family Housing's (AHFH) property management director, Janine Lind, attempted to quell his frustrations, then those of others, by explaining that safety issues call for stripping the streets fronting houses such that parking is prohibited on one side of the

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Soldiers of steel

Four Soldiers take fitness to an excruciating level at the Ironman World Championships in Kailua-Kona

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Town Hall: Gate, commissary, parking issues dominate

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street. She explained actions, however, will be put on hold for 2 1/2 weeks until AHFH holds a community meeting about issues, Thursday, Nov. 2, beginning at 5:30 p.m. at the AHFH Duck Road office.

At the heart of the matter, emergency vehicles cannot safely navigate the alleyways behind these homes, due to the size and width of these streets. Therefore, residents will be required to park their cars in seeded areas of the alleyways — in the backs of their homes — and park on one side of the streets in front of their homes. Emergency vehicles will begin to pass through in front of their homes, instead of through alleyways.

After the meeting, the service member said his concerns are about speeding, parking on the seeded areas, which further detracts from alleyways and beautification, and traffic congestion in this isolated, woody area where many children play.

Even with intervention from Col. Tim Ryan, 25th Infantry Division rear detachment commander, residents frustrated by the potential for changes could not be assuaged.

Lind explained actions by AHFH are not haphazard.

"I know it must seem this issue may have come up suddenly, but this issue has come up in several town hall meetings," she said, referring to sporadic attendance by many residents at town hall meetings who may have not previously heard about the pending parking changes.

Lind hopes residents will get resolution at the community meeting.

Family member Naomi Corpening fully expressed her consternation with the Macomb Gate closure. Ever since late August, when the garrison commander, Col. Howard J. Killian, approved closure of the gate for the duration of the division's deployment, Corpening said Soldiers have been jumping over the gate to exit the post.

Like family member Lina Monfort, Corpening said she wants some answers. Why was the Macomb Gate really closed? Why isn't there better security at Macomb Gate?

According to Lt. Col. Mike Wallace, director of Emergency Services, the gate was closed due to competing priorities and resources. There are just not enough Department of the Army (DA) police available.

Garrison has increased DA police and military patrols in the vicinity of Macomb and McNair gates, particularly around the closing time of a local club and during normal rotation shifts, said Mike Hamilton, deputy provost marshal. He added that as military police discover and identify Soldiers jumping the fence, they will apprehend them and turn them over to their respective units for action.

Wallace said Soldiers have been caught jumping other fences, too, perhaps for convenience's sake or perhaps to avoid coming through gates inebriated. Whichever, action is always taken when



Photos by Jeremy S. Buddemeier | U.S. Army Garrison Hawaii Public Affairs

Above — **Hot topics.** Schofield's Macomb Gate has been closed since 7,000 Soldiers deployed during the summer.

Right — A groundskeeper blows cut grass down narrow Kline Street. The alleyways in this housing area are one of two parking alternatives for local residents.

Far Right — Residents will soon begin parking only on the left sides of roads like Gordon Street in this housing area.

offenses are discovered.

A toss up, but perhaps, the night's most divisive issue concerned the Schofield commissary. Family member Mary Cook fully expressed her angst with presupposed misuse of commissary privileges by many sponsors.

At the crux of this issue, Cook explained that it's obvious to her that many service and family members with military ID card privileges are shopping for and/or purchasing groceries for unauthorized commissary patrons.

Many in the audience agreed. Several spoke out with their own solutions to remedy the problem — to adopt the practice of another commissary in another state or another country.

Schofield store director, Susan Campbell, displayed poise under fire. Calmly, but assertively, she explained why one practice is not necessarily the answer at Schofield Barracks.

Campbell said the Pearl Harbor commissary checks ID cards at the door "because it is not protected by a gate and so directed by the installation commander." Other commissaries on Oahu allow patrons to enter without an ID card check "because a policy letter issued by an under secretary of defense authorizes patrons to bring guests in" without an ID card check upon entrance.

Campbell said the non-ID card entry is a



privilege extended to authorized patrons who may have family members waiting outside the store for them to complete their shopping. ID cards, she emphasized, are still checked, just at the cash register.

Campbell stressed, the courtesy does not in any way allow authorized patrons to extend the open door to their non-authorized families, friends, co-workers or neighbors to shop for groceries at any commissary in the islands and take advantage of Defense Commissary Agency (DeCA) savings.

The wife of a retiree and an authorized commissary patron herself, Campbell said she, like Cook, is concerned that military sponsors take their benefits way too lightly, as if no threat exists to their commissary benefit.

"I want to protect privileges just as much as the next person. If we know that some-



one is abusing the privilege, we will not sell them groceries. That's the DeCA policy," Campbell said.

Still, she added, staff at the Schofield commissary have stocked up some sure-fire indicators to expose patrons abusing their privileges. Cashiers and baggers will immediately report these suspicions to their supervisors. As well, Campbell said, the issues have already been raised to the DeCa headquarters level for further discussion.

Before ending the town hall meeting, Boussy reminded the audience of the next one, Jan. 16, 2007. The North community (Schofield Barracks, Wheeler Army Air Field, and Helemano Military Reservation) is encouraged to come out and listen to presentations by subject matter experts and to voice their concerns before the people who can make needed changes.

Retirees get latest ARNEWS

Story and Photo by
AIKO BRUM
Managing Editor

By sheer numbers, retirees represent a significant population of the military. According to most recent data, they number more than 620,000 in the U.S. Army and more than 5,650 in Hawaii — but 6,319 when including other U.S. Army, Pacific (USARPAC) areas, like Guam and American Samoa.

Annually, they show up in force to receive updates on current issues facing the Army and to provide feedback of their own to key leaders in the islands and on the mainland.

This year, hundreds voiced their comments on the big three: the state of the Army, their commissary and exchange benefits, and health care at Saturday's Retiree Appreciation Day at the Nehelani Banquet and Conference Center, Schofield Barracks.

According to the chairman of the U.S. Army Retiree Council, Hawaii, retired Lt. Gen. Allen K. Ono, these three topics regularly dominate periodic surveys sent to retirees.

"Military medical care is a recurring topic, too, because the cost of care has often exceeded benefits," said Kenneth Ujimori, retirement services officer, Directorate of Human Resources, Schofield Barracks. "Pay and programs like survivors' benefits also matter."

During the event, keynote speakers gave updates on USARPAC; U.S. Army Garrison (USAG), Hawaii; Tripler Army Medical Center (TAMC); the Schofield Barracks Commissary; and the Hawaii Area Army-Air Force Exchange Service (AAFES).

U.S. Army, Pacific. Commanding general of USARPAC, Lt. Gen. John M. Brown III, highlighted four priorities.

"One of my priorities is the war on terror. [However,] we will train with 39 of 43 nations in the Pacific, despite the war," Brown said. He spoke of training in places like India and Mongolia.

"We're part of the Army's transformation for the future. This is massive," Brown continued. "We've replaced divisions with brigade combat teams ... We've got ground

SEE RETIREES, A-11



Lighting the imagination. — (From left to right,) Subutiya Saahir, Gabriela Collinson and Ashley Brown compare incandescent and compact fluorescent lamps by measuring energy at the light box at the Bennett Youth Activity Center, Schofield Barracks, Oct. 5.

Military youth get hands-on with energy

In series finale, DPW sheds some light on energy savings with K-5th grade students

JOE FEIND
Resource Efficiency Manager Tetra Tech,
Directorate of Public Works, Hawaii

More than 100 children participated in the Directorate of Public Works “Show & Tell” program, an energy awareness activity held earlier this month at the Bennett Youth Activity Center, Schofield Barracks.

DPW employees Terry Kalama, Keith Yamanaka and Kent Anderson assisted Joe Feind in giving presentations to kindergarten, first and second graders. They

also hosted an energy cartoon video, distributed energy coloring books, complements of the Hawaiian Electric Company, and provided for a short energy Q&A session.

Students in third, fourth and fifth grades also received a conservation message, all to promote October’s Energy Awareness Month. These elementary students received a presentation on lighting technologies, discussed energy use in the home, and participated in their very own show and tell.

Children asked many questions on lighting and energy, and staff and faculty agreed that DPW’s main conservation message hit home: to turn off items when not being used, including lights and water. Feind also emphasized to

keep the time their refrigerator door is open to a minimum.

A DPW “light box” provided hands-on demonstrations; it allowed children to measure energy levels used by different light bulbs. Many students measured an incandescent bulb and compared it to two compact fluorescent or CFL lamps.

DPW showcased the newest of lighting technologies, too, the cold cathode fluorescent lamp. Feind explained this improved fluorescent lamp features a cathode that is cold instead of hot and that can be dimmed without a special ballast.

After the presentations, school-children filled out a worksheet showing the annual energy used by the different lamps. The

worksheet showed the energy cost and resulting energy savings when using CFL lamps. For instance, compared to a 100-watt incandescent lamp, an equivalent 23-watt CFL saves more than \$29 per year in a residential home in Hawaii.

Children were encouraged to take their worksheets home to their parents and explain what they had learned.

The youth center’s energy awareness program concluded in the outside courtyard with a demonstration of a model solar car. Skies, however, were overcast, so the car gained only minimal power. Still, each child could wave a hand over the solar panel and see the effect it had on the solar car’s electric motor.

Right steps surely expedite concerns in Army housing

ANN WHARTON
Army Hawaii Family Housing

Do you have a leaky faucet? Is your air conditioner on the fritz? Or, is your neighbor parking his car in the wrong space? No problem, that is, if you are a resident of an Army Hawaii Family Housing (AHFH) community.

Through the military’s efforts to provide a better quality of life for its Soldiers and their families, installations throughout the country are privatizing housing. This trend provides residents more services, a faster response time to maintenance requests, and quality homes and workmanship.

Here at U.S. Army Garrison, Hawaii, AHFH is the project company formed by a partnership between the Army and Actus Lend Lease. When it comes to property and maintenance concerns, Actus Lend Lease provides AHFH residents several avenues to resolve issues.

The first step residents need to take is to contact their community manager, who can resolve most issues. If by chance resolution is not received, then contact the AHFH resident relations manager.

Addressing resident concerns in a timely manner is very important, so AHFH retains a full-time resident relations manager to work with military housing residents. However, should this not work out either, then residents may call either the north or south

Follow these steps to address property and maintenance management concerns:

- 1st Point of Contact: Your AHFH community manager
- 2nd: AHFH resident relations manager, ResidentRelations@armyhawaiiifh.com, 275-3706
- 3rd: AHFH North operations director, 275-3701, or AHFH South operations director, 275-3808
- 4th: AHFH director of property management, 275-3136

regional operations director; one is located at Schofield Barracks and another at Fort Shafter. In rare instances when a concern cannot be addressed at any of these levels, residents may contact the AHFH director of property management.

Responding quickly and providing residents with fair and satisfactory resolutions are important to AHFH, so its team of property management professionals is well-prepared to address any concern. Residents are strongly encouraged to follow the steps above to help ensure positive results.

Holmes nets early birthday surprise from AAFES Hawaii

Story and Photo by
JEREMY S. BUDDEMEIER
Assistant Editor

On the eve of his 33rd birthday, Staff Sgt. Robert E. Holmes Jr. received an unexpected surprise from the Schofield Army and Air Force Exchange Service (AAFES), commonly called the post exchange, or PX.

Out of thousands of entries from across the globe in the Mead Back-to-School Laptop Giveaway, Holmes was among three winners who received a Toshiba Notebook computer. He was the sole winner in the Pacific region, which includes Hawaii, Okinawa, Guam, Korea, Alaska and Japan.

“I didn’t think about the contest until [AAFES] called me; then I thought, did I enter?” said Holmes, who filled out an entry form in late July and received the laptop Tuesday morning.

A mortar section leader for C Troop, 5-14th Cavalry Regiment, Holmes entered the contest on a whim while waiting for one of his Soldiers to complete out-processing at the PX.

Holmes plans to use the notebook as an upgrade for his other laptop, which he purchased when he first arrived on the island in 2002. He was excited about the CD burner, wireless capability, and will use the computer to continue his education.

“I’ll take his old [laptop],” said his wife,



Mara Holmes presents her husband, Staff Sgt. Robert E. Holmes Jr., with a kukui nut lei moments before Susan Nonamaker, Schofield Army and Air Force Exchange Service (AAFES) retail store manager, awards him a Toshiba Notebook laptop computer. Holmes was one of three winners worldwide in the Mead Back-to-School Laptop Giveaway.

Mara. Holmes said his wife is usually the one who enters all the sweepstakes and drawings.

“The funny thing is I was thinking about buying [a laptop] for Christmas,” he said.

“I didn’t think about the contest until [AAFES] called me; then I thought, “did I enter?”

*Staff Sgt. Robert E. Holmes Jr.
Mortar Section Leader, 5-14 Cav.*

AAFES awarded the other laptops to a single winner in Europe and another in the continental U.S. Although the exact number of entries is unknown, Mark Polczynski, general manager for AAFES Hawaii, said winners are chosen from “full barrels, sometimes a kid’s pool full” of entries.

Upcoming AAFES giveaways

For the first three days after Thanksgiving, the Schofield AAFES will give \$20 gift certificates to the first 100 customers in the store. In addition, for the first four hours after opening on those days, AAFES will give away \$100 (in the form of four \$25 gift certificates).

“Last year, after Thanksgiving, people were camped out at 3 a.m. waiting to get in,” Polczynski said.

‘First Among Equals’ battalion arrives Kadena Air Base, Japan

Shafter’s 94th AAMDC brings Patriots, military protection to Okinawa

SPC. BROOKS FLETCHER
31st Air Defense Artillery Brigade Public Affairs

OKINAWA, Japan — The first chalk of Soldiers from 1st Battalion, 1st Air Defense Artillery (ADA), 94th Air and Missile Defense Command, formerly part of the 31st ADA Brigade, arrived here, Oct. 1. The unit will be officially stationed at Kadena Air Base, where they will carry out their military duties.

The first ship carrying Patriot equipment arrived, Sept. 30, at Naha Military Port, said Lt. Col. Matthew Michaelson,



Photo Courtesy of 31st Air Defense Artillery Public Affairs

battalion commander, and Soldiers unloaded their equipment and postured it for transport to Kadena.

For the next few days, the battalion continued to unload equipment and conducted land transport operations as people from the Okinawa Peace Movement Center protested against the deployment and arrival of more ships loaded with equipment.

Protesters held up signs that read “No PAC3!” and chanted slogans while Soldiers continued with their mission.

“Although there is moderate protest, so far, it is a smooth and unhindered movement,” said Michaelson.

Left — Soldiers unload equipment from a ship docked at Tengan Navy Pier, Japan.

Housing arrangements require that Soldiers be spread across Okinawa, where they will live in camps throughout the southern part of the island, or in housing on or around Kadena Air Base.

Being stationed overseas provides Soldiers with a new look on life. When in another country, the Soldier must adjust to a different culture, recognize social norms, and enjoy learning about others’ lifestyles.

“Great prep work [was done] by the 31st ADA Bde. and 1-1 ADA, to ensure this movement of equipment went smoothly,” said Brig Gen. John Seward, commanding general, 94th AAMDC, as he thanked the 31st Bde. for setting up 1-1 Bn. for success.

Information Assurance protects from inside

STAFF SGT. TYRONE C. MARSHALL JR.
25th Infantry Division Public Affairs

TIKRIT, Iraq — Three simple keys, when struck in unison, open an entire world of information with a password.

However, the user who has logged on isn't always the only one privileged to this wealth of information. Some outsiders seek to intercept vital information and use it against coalition forces (CF) in the global war on terrorism (GWOT).

Enter information assurance (IA). The ever-changing war of information technology can provide challenges to any organization. Imagine being responsible for the overall safety and security of a network for thousands of Soldiers; the G-6 IA is responsible for just that.

IA, along with operational security (OPSEC) and physical security, protects the Army's critical flow of information from individuals, both internally and externally, that wish to use it to derail CF efforts of achieving the ultimate goal of a safe, terror-free Iraq.

The G-6 IA is sometimes referred to as "watchdogs" because of their vigilant approach to safeguarding Task Force Lightning's information systems.

"It's funny because people automatically think that we are trying to make their life harder," said Capt. Heather Roszkowski, G-6 IA manager for Task Force Lightning. "Our job is to secure the network. ... We are the gate guards for the network."

"The enemy's getting smarter. They're figuring ways to break into our network and get our information," said Roszkowski, a native of Weymouth, Mass.

Soldiers tend to forget that the equipment they work on each day, and sometimes take home, ultimately doesn't belong to them.

"It's understanding that it's a government computer system — not a personally owned computer," said Sgt. 1st Class Catalina Lacuesta, G-6 IA noncommissioned officer in charge (NCOIC) for Task Force Lightning.



Sgt. 1st Class Catalina Lacuesta, G-6 Information Assurance noncommissioned officer in charge, examines a device designed to help locate wireless internet systems at COB Speicher, Iraq, as part of the IA program for Task Force Lightning.

Lacuesta, a native of Albany, N.Y., pointed out that by the time a product gets to the consumer, there are often two or three upgrades already available, and maybe 10 different security upgrades to go along with it.

"That's the biggest thing that keeps me going everyday, just knowing ... that securing the network is savings people's lives ."

*Capt. Heather Roszkowski
Task Force Lightning G-6 IA manager*

"We're always playing the catch up game as far as the security aspect," she said. "The hackers out there are always looking for a better mousetrap."

However, to help thwart the efforts of would-be hackers, G-6 IA uses an approach that proves sometimes simplicity is better.

"IA is searching 24 hours a day. We'll find the anomalies and intruders and shut them down," said Staff Sgt. Henry Freay, G-6 IA staff NCO, and Ft. Lauderdale, Fla., native.

IA monitors systems throughout the task force by receiving "health" reports from each brigade, which are mandated, created and pushed down by the Department of Defense (DoD), Central Command (Centcom) and Multi-National Corps Iraq (MNC-I).

Incorporating these reports into the system can be a daunting task. Lacuesta consolidates reports from all the brigades and battalions and sends them to Multi-National Corps Iraq.

Unfortunately, not all the threats to the security of the Army's information are from external sources.

"Insider threats are ... rebels. They're somewhat computer smart and because they know certain tools ... they try to circumvent the system," she said. "They also open up the system to holes. We can patch all day long ... but we can't patch humans."

"We rely quite a bit on people having discipline and doing the right thing," Roszkowski said.

The G-6 IA will hold an IA Awareness week in November. During that week they will bring guest speakers to discuss IA and computer network security, as well as the Staff Judge Advocate to speak on the consequences of misusing systems.

To further the message, the IA team uses awareness, implements software and hardware tools and an aggressive campaign; ultimately, IA is the individual's responsibility.

"Just like it's every Soldier's responsibility to be a leader, a safety officer and someone that can be responsible for themselves, every Soldier has to be responsible for information assurance," Roszkowski said.

Soldiers can do things as simple as labeling e-mails properly with the correct designations (secret, unclassified, etc.), and label the mediums.

Vigilance is also a way to contribute to IA.

"If something looks funny, question someone," Roszkowski said, and recalled an instance when she forgot to wear her badge and was stopped. "Same idea with the network."

With a task of this magnitude, the small staff is still enthusiastic about the daily challenge of protecting information and Soldiers.

"That's the biggest thing that keeps me going everyday, just knowing that what we do — securing the network — is saving people's lives," said Roszkowski.

"It's not just a job, it's an adventure," said Lacuesta with a smile.

Roszkowski summed up her IA sentiments with a rhetorical question.

"Is there any other way for me to do my mission and still maintain network security? The bottom line is that we're trying to keep Soldiers alive. Everyone has a part in it."

84th construction engineers aid convoy ops in western Iraq

1st Platoon helps develop Al Asad Air Base as major staging and supply point for western Iraq convoys

Story and Photo by
2ND LT. ANNIE HSIEH
84th Engineer Combat Battalion (Heavy)

AL ASAD AIR BASE, Iraq — Soldiers who happen to travel out west from Baghdad towards the Jordanian border, more than likely will come across Al Asad Air Base. Tucked away in a desert canyon, it is the second largest airfield in Iraq and an area of special significance for the future of the U.S. military in Iraq.

As the Multi-National Corps here continues to turn over military control to the Iraqis, Al Asad Air Base finds itself in need of major growth and development. Therefore, A Company, 84th Engineer Combat Battalion (Heavy), has been making great contributions to increasing the strategic importance of Al Asad Air Base, especially in the bases' capacity to support convoys across Western Iraq.

Most recently, the company completed the construction of a convoy marshalling area, creating the new staging point for all convoys leaving the air base.

"This project was greatly needed, since prior to this, there was no area or facility on Al Asad dedicated to the command and control of convoy missions," said Staff Sgt. Jimmie Hill, 1st squad leader.

The entire marshalling area consists of four access roads, two entrances and two exits, and the project took place in two major phases.

The first required the efforts of A Co.'s Horizontal Construction Platoon in clearing and grading a

90,000 square meter area. In the second phase, 1st Platoon, a vertical construction platoon, constructed a 16-feet by 48-feet rehearsal facility and a 16-feet by 32-feet administrative building. Both buildings provide private office rooms, electrical systems, air conditioning, spacious porches, and two guard shacks for each of two entry points.

Supplies and quality of materials for the projects were particularly challenging for the 1st Platoon. From the beginning, tracking down the bill of materials was difficult since the Corps Support Group at Al Asad, which originally requested the project, had just left theater and been replaced by a new unit.

Being resourceful, 1st Platoon engineers sorted through lumber piles and used the best they could salvage — saving the Department of Defense thousands of dollars in what would have been wasted resources.

"This was the most difficult lumber we have had to work with this

year," said Staff Sgt. Aldegundo Nevarez, project noncommissioned officer in charge, "but we did the best we could with what we had, and still managed to create a quality, functional area for convoys to operate from."

1st Platoon has also supported convoy operations by directly assisting the unit that processes all convoys coming into and leaving from Al Asad — the Convoy Resource and Supply Point (CRSP), part of the 574th Quartermaster's Joint Distribution Center (JDC), popularly known as "the Lakehouse."

The CRSP had burned down in August, but 1st Platoon responded by rebuilding the 512-square feet operations center.

Additionally, the platoon is constructing a concrete-encased vehicle-loading ramp for the CRSP Yard. The ramp will replace the makeshift one that is used heavily by countless shipment convoys with large loads that travel through Al Asad.



Soldiers from 1st Platoon, A Company, 84th Engineer Combat Battalion (Heavy), put some finishing touches on the convoy marshalling area at Al Asad Air Base, Iraq.



"Little ones" who attend the Sadiq Al-Amin Elementary School for Girls stand and watch the excitement during a celebration of the city's model schools program in Kirkuk, Iraq, Oct. 7. Sadiq Al-Amin teaches about 600 students from first through sixth grade.

3rd Brigade 'invests' in Iraq's most valuable resource — its children

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

KIRKUK, Iraq — Good things happens in Kirkuk every day. On one day, 3rd Infantry Brigade Combat Team (3IBCT) Soldiers saw their good work reflected in the smiles and laughter of Iraqi school-children.

Iraqi government officials, U.S. Department of State representatives, 3IBCT Soldiers, and Iraqi children celebrated a collaborative effort to refurbish and re-supply the Musalla Secondary School for Boys and the Sadiq Al-Amin Elementary School for Girls as part of a "model schools program" here, earlier this month.

The model schools program is just one of dozens of social infrastructure assistance programs spearheaded by Iraqi and U.S. government officials in the Kirkuk Province. In essence, four schools were selected to participate in the program based upon a variety of criteria.

Each participating school was then rebuilt and refurbished to a "United Nations" standard with respect to class size and room configuration, according to Maj. Michael Benson, brigade engineer and command emergency response program manager, 3IBCT. "Today, the mission was to finish delivering school supplies and furniture to Musalla and Sadiq Al-Amin," said Benson. "Earlier, we constructed new computer, physics, biology and chemistry classrooms for Musalla, and provided Sadiq Al-Amin with two science classrooms and all necessary equipment. We planned today's event of delivering the remaining supplies to coincide with the first day of school," he said.

Benson was quick to emphasize, however, that the Model Schools Program is an Iraqi program involving Iraqi schools, Iraqi citizens and the Iraqi government.

"The Iraqi constitution guarantees every Iraqi citizen a free education," Benson continued. "Education is vital in Iraq. The next generation must have the technical skills they need to contribute to rebuilding this country. We are trying to underscore the importance of this fact."

Sadiq Al-Amin teaches about 600 students from first through sixth grade. Musalla educates about 360 students between the ages of 12 and 20. A notable alumnus of Musalla who was on-hand for the event was none other than Kirkuk's governor.

"This country is dependent on the rebuilding of essential infrastructure," said Governor Mustafa. "Part of that infrastructure is the children who we must take care of by providing them with equipment and supplies. They are the future of Kirkuk," said Mustafa.

Mustafa then took the opportunity to thank his allies.

"We are grateful to coalition forces for providing the necessary support and supplies through the U.S. Department of State and the provincial reconstruction team [PRT]," he said.

"Today is a very hopeful and positive moment in Kirkuk," said Jay Cosgrave, U.S. Department of State and PRT representative. "I consider teaching young people as one of the most important jobs in Iraq. It truly is not the oil in Kirkuk but the students that are its greatest resource," he said.

Other leaders in attendance shared Cosgrave's optimism and priorities.

"Today is my best day in Iraq," said Col. Patrick T. Stackpole, commander, 3IBCT. "I get to participate in helping young minds that are the future engineers, doctors and lawyers of Iraq."

"I see the future of Iraq in your young faces. We are proud and honored to be a part of this project and to help work together to make Iraq a better place," Stackpole said.

Accountability, environment biggest challenges

OIF

Orderly room keeps track of every HHC Soldier, nearly 500 troops – three times the size of a normal-sized company in battalion

Story and Photo by
SPC. DANIEL BEARL
25th Infantry Division Public Affairs

It goes without saying that deploying a division into a combat zone is no small task.

Amid the flurry of movement of personnel and equipment, one of the most important jobs – and perhaps one of the least known about – is that of maintaining personnel accountability.

It's a tough job, but for 25th Infantry Division Headquarters and Headquarters Company (HHC), the job is even harder.

This is because HHC is much larger than a normal company – three times larger.

"We basically are the battalion," said Cpl. Carol Sewel, a clerk in the HHC Division's orderly room.

Tracking the movement of that many Soldiers into a combat zone presents many challenges and problems for the company's personnel office.

So, what's the most challenging aspect of moving a division headquarters company into a theater?

"Accountabilities," said Spc. Jennifer Holliday, a clerk in the HHC Division's orderly room, "knowing the physical location of the company. It's not like Hawaii; people are spread out over several [forward operating bases]."



Cpl. Carol Sewel and Spc. Jennifer Holliday work to ensure they have accountability for all of the Soldiers in Headquarters and Headquarters Company, 25th Infantry Division. Sewel and Holliday work hard very day to stay on top of the division headquarters company, which is several times larger than a normal company element.

"Transitioning definitely is not easy," Holliday added.

What's the biggest difference between working in Hawaii and here in Iraq?

"Definitely the environment," Sewel said.

"It took us three weeks to get an actual office to work out of to help Soldiers," Holliday said, adding, they still had to process paperwork during the transition.

Though the work environment may be different, Soldiers in the orderly room offer the same services.

"As far as the orderly / training room is concerned, [the services] are the same as in Hawaii," Sewel said. "You can still get all of your actions, promotions, awards."

The biggest operational difference is in the accounting of personnel, Holliday and Sewel explained.

In the rear, personnel reports are filed weekly. In Iraq, though, units must account for all Soldiers daily, and the orderly room has to track those reports. In short, the Soldiers in the orderly room must know where all of HHC's nearly 500 personnel are on a daily basis.

The work is challenging, but it isn't without its rewards.

"Personally, being a young, career Sol-

dier, I think it's a good experience," Holliday said. "I don't know many people who have been deployed to a place like this."

For Sewel, being on deployment is cause for reflection.

"We are in a combat environment," Sewel said. "Yeah, we're comfortable [on Contingency Operating Base Speicher], but some of our comrades are out there in danger, losing their lives. You learn not to take things for granted. You realize that your fellow Soldiers are out there fighting for the comfort we have at home."

Even though their job doesn't give them much chance to go outside the wire, the Soldiers in the orderly room keep a busy schedule. After conducting unit physical training daily, the Soldiers report for work and man their stations until their daily mission is completed.

"We're pretty good at maintaining our composure," Holliday said about the more stressful aspects of their work. "We're still learning where everything falls into place here."

"I think we're over the real stressful part, and now we're just in our battle rhythm where everything is sort of routine," Sewel said.

And their hard work doesn't go unappreciated.

"These people kick [butt] in here," said Staff Sgt. John Fritz, from G-3 Aviation. "We couldn't do our job without them."

Maj. Tommy L. Cardone, commander of HHC Division, felt similarly.

"I'd take them to an infantry battalion in a heartbeat," Cardone said.



Staff Sgt. Lashonda Blair and an Iraqi Soldier sort through a new shipment of medical supplies at a medical clinic at K-1, an Iraqi Army post outside of Kirkuk. Blair and other Soldiers from C Company, 3rd Brigade Support Battalion, 25th Infantry Division are working with Iraqi doctors and Soldiers to develop a self-sustaining supply system.

Clinics become self-sustaining

Story and Photo by
SGT. MICHAEL TUTTLE
5th Mobile Public Affairs Detachment

KIRKUK, Iraq – In their ongoing efforts to help build a stable medical supply system for an Iraqi Army medical clinic, 25th Infantry Division Soldiers met with their counterparts, Oct. 10, to improve their current supply chain.

The goal for the medical clinic at K-1, an Iraqi Army post outside of Kirkuk, is to develop a self-sustaining supply chain, said Capt. Charles Douglas, C Company commander, 3rd Brigade Support Battalion.

"Our primary focus is that they be able to request medical equipment and supplies on their own in the absence of coalition forces being here," Douglas

said.

Developing a formal supply system with the Iraqi health ministry is another step toward Iraqi leadership maintaining all aspects of their health care system on their own.

"The Iraqi doctors are very capable of providing proper medical care. Being able to order what they need and get it in a timely manner will enable them to provide that care day to day," Douglas said.

Division Soldiers also provide regular medical training to Iraqi Soldiers, Douglas said. Every week, a medic conducts Combat Lifesaver training for the Iraqi Army, a course that qualifies Soldiers to act as first responders to casualties on the battlefield, and enables them to train new recruits.

Helping: 2-27 Wolfhounds extend aloha spirit to Iraqi families in need

CONTINUED FROM A-1

ilies in Tuz. Coalition forces purchased the food and provided security for the event, and local civic and military officials coordinated the food delivery, according to Capt. Kite Faulkner, military transition team (MITT) operations officer, 2-27 Inf. Regt.

"Operation Helping Hands is simply about helping the poor people of this community," said Faulkner. "The end of Ramadan is a time of celebration and feasting. Unfortunately, not all Muslims can afford food to have their feast," he said. "Today, the truly poor and hungry showed up, and we had enough to help them out. Anytime you can do that it's well worth [the effort]."

Local leaders involved in the charitable event agreed.

"Today is a very good day for the citizens of Tuz," said Mohammad Rasheed Mohammad, through an interpreter. Mohammad is a Kurd and the mayor of Tuz. "I am grateful that food is being provided for the poor people of the community, and it is good that it comes toward the end of Ramadan. It also shows our citizens that their police and army can protect and provide for them," he said.

"This is how cooperation is supposed to work," said Ali Hashem, through an interpreter. Hashem is a Turkmen and Tuz city council member. "The residents need security so that they can come accept food. This event demonstrates that we can provide security and also



Soldiers of 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team clear a grain factory before Operation Helping Hands, a joint Iraqi and coalition force humanitarian mission to feed the needy during Ramadan, Tuz, Iraq, Oct. 21.

help address the people's needs," he said.

Tuz has been the scene of a recent increase in violence. For that reason, the humanitarian mission reinforced some positive themes.

"We wanted to observe the spirit of Ramadan consistent with one of the Pillars of Islam, charity," said Maj. Dan Wilson, MITT chief, 2-27 Inf. Regt. "It's customary for the Islamic community to give food to the poor during this time of year, and we wanted to be a part of that. We also wanted to show the community that their Iraqi army, police and government

leaders are good Muslims despite what the counter-insurgents are saying."

At the end of the day, he, too, could not have asked for a better outcome.

"Overall, the event went very well," Wilson continued. "In this part of the world, security forces often are seen as a heavy-handed instrument of the state. Events like today demonstrate to the people that their security forces are human, and that they have a role not only in protecting the community, but in caring for it as well."

IMCOM: Command to relocate by 2010

CONTINUED FROM A-1

world," Wilson said.

In keynote remarks, Campbell drew a parallel between the IMCOM and the new Army advertising slogan, "Army Strong." He defined "strong" as the ability to stand up for oneself, while "Army Strong" is the ability to stand up for everyone else.

"(IMCOM has the strength) to ease separation and connect the Soldier on-point with a family at home; the strength to genuinely care for the loved ones back home so that young Soldiers facing life and death can focus on the mission at hand."

As IMCOM commander, Wilson is dual-hatted as the Army's assistant chief of staff for installation management, reporting directly to the Army chief of staff. Brig. Gen. John A. Macdonald, former IMA director, became IMCOM's deputy commander.

The flag casings and uncasings

were a symbolic focal point of the activation ceremony and the three gold and red flags, standing together in a rank, seemed to further underscore the unity of purpose inherent in the new organization.

"The Army has never been in greater need of installations as flagships of readiness than it is now," Wilson said, citing the construction, personnel and equipment realignments required to support Base Realignment and Closure, Army Modular Force, and Global Defense Posture Repositioning. He said BRAC alone accounts for more than 1,200 actions that impact the IMCOM mission.

IMCOM's establishment as a direct reporting unit is part of Army efforts to reorganize its commands and specified headquarters to obtain the most agile command and control structures to support the expeditionary, modular force.

The full authority of command is

vital to effectively direct the vast resources necessary to support troop deployments while meeting the needs of families, Army officials said in announcing the decision to form IMCOM. Consolidating the installation management structure under IMCOM optimizes resources, protects the environment and enhances well-being of the Army community.

The new command, currently headquartered in Virginia and Maryland, will relocate in 2010 to Fort Sam Houston, Texas, in accordance with requirements of the 2005 Base Realignment and Closure round.

The new command also will consolidate the four Installation Management Agency regions within the continental United States into two as required by BRAC. The Western Region will stand up in November at Fort Sam Houston, with consolidation taking place over the next few years. The Eastern Region will locate at Fort Eustis, Va., in 2010.

Pay: Incentives offered to keep selected troops in military longer

CONTINUED FROM A-1

When officials talk about compensation, they include basic allowance for housing, basic allowance for subsistence, basic pay and the tax advantage for not having allowances taxed.

DoD has more than 20 different types of bonuses, and the act enables the department to pay these bonuses through the fiscal year. It also puts some changes into effect for those bonuses.

The act also extends the military pay table to 40 years. This is part of Defense Secretary Donald H. Rumsfeld's military transformation effort.

Senior officers, warrant officers and non-commissioned officers are a valuable trained resource to the department, Penrod said, and this gives selected service members an incentive to remain in the military longer.



The pay table has regular longevity increases from 30 to 40 years of service, and a service member retiring after 40 years of service would receive 100 percent of basic pay.

Penrod said the 10th Quadrennial Review of Military Compensation – meeting now – will look at ways to simplify DoD pays.

"We have over sixty special incentive pays, and it's difficult to keep up with," she said. "We hope to simplify our pays and put them in basically five categories; it would make it easier to manage the pays."

Tripler staff stands steady, despite quite shaky ground

MARK JACKSON

Tripler Army Medical Center Public Affairs

HONOLULU — The earthquake on Oct. 15 was felt throughout the entire state of Hawaii, but it didn't stop Tripler Army Medical Center (TAMC) from providing high quality health care throughout the island-wide power-outage and the day's crisis.

As a result of this event, new relationships were formed, ones that will benefit all of the residents of the state.

"In my time of need, as a rural [Emergency Room] physician without anyone else to turn to, I received incredibly valuable support from Tripler's young orthopedic surgeon on duty the day of the earthquake," said Dr. Josh Green, state representative, District 6, Kona.

Green tended to a young man in his 20s who had a severe hand injury. The young man nearly severed his thumb when he fell on a machete while digging out from the quake.

"I couldn't get anyone else in the state on the phone. Queens [hospital] was on divert because of their power failure, and there was no way to transfer this patient because of the earthquake," Green said.

He contacted the staff at TAMC, which immediately put him in contact with Capt. Justin S. Reid, the orthopedic resident surgeon on duty at the time.

"Doctor Reid talked me through the critical first stage of my young patient's hand repair. This help definitely made it possible for me to save the thumb."

Reid said his goal as a physician is to provide quality care and sound medical



Above Left — Vincent Tenario and Danny Williams discuss a patient's record after the 6.7 earthquake that shook the isles, Sunday, causing an island-wide electrical outage.



Photos by Mindy Anderson | Tripler Army Medical Center Public Affairs

Above Right — Marine Cpl. Andrea Rudenauer, a fiscal budget technician with Marine Aircraft Group 24, Marine Corps Base Hawaii, Kanehoe Bay, visits the Tripler Army Medical Center Emergency Room.

advice to whoever calls on him.

"The earthquake made it possible for me to work with the civilian side, which was very satisfying," Reid said. "However, my greatest satisfaction comes from the privilege of taking care of our Soldiers and their families every day."

Green, taking off his physician hat and

putting on his state representative hat, said the entire experience gave him a lot of respect for what Tripler offers Hawaii in a time of need and clearly shows that we all need to work together during natural disasters in Hawaii.

"All that matters is that the patient has a fighting chance to use his hand normally

in the future. Without the help of Tripler's staff, I am not sure I could say that today," Green said.

Tripler was able to sustain normal operations on emergency power. About 169 emergency room visits and eight babies were born the day of the quake.

"Our ability to implement our emer-

gency preparedness plan was a key factor in Tripler's staff being able to sustain operations, despite the conditions created by the earthquake," said Col. Derick B. Ziegler, chief of staff, TAMC. "We take pride in our ability to serve our beneficiaries during the times when they depend on us most."

Quilts for valor, patriotic pillows now embrace wounded at Tripler

STAFF SGT. MICHAEL WESTERFIELD

Tripler Army Medical Center Public Affairs

HONOLULU — Service members wounded during Operations Iraqi Freedom or Enduring Freedom (in Afghanistan), who are being treated at Tripler Army Medical Center, are now receiving handmade pillows and quilts during their stay.

Pillows were donated by United Airlines and the Chicago Association of Retarded Citizens. Individual citizens and civilian organizations who were interested in supporting the healing heroes made the pillowcases.

Donors download their basic design from a patriotic pillow program Web site and then personalize them with their choice of fabrics and other details. So far, more than 6,000 pillowcases have been donated and more than 4,500 delivered to service members being treated in various military medical centers across the country.

"The pillows are symbols that the civilian community stands behind them," said

Sgt. Maj. Frank J. Simonetti, nursing support services sergeant major. "They care and appreciate the Soldiers' sacrifice in the war on terrorism."

The Quilt of Valor program was started in 2003 at the chaplains office of Walter Reed Army Medical Center, Washington, D.C. The mother of a service member brought the idea to the hospital and it quickly spread. The program is now in 24 military hospitals and several veterans organizations.

"There is a huge outpour of support for us from the staff, civilian organizations and everyday 'Joe Shmoe' Americans," said 2nd Lt. Tin Trung Nguyn, platoon leader, 2nd Bn., 3rd Marine Regiment, after receiving a quilt and the first patriotic pillow presented at TAMC.

Simonetti, who heads up the patriotic pillow program at TAMC, agrees.

"The pillow is a symbol, a reminder that the civilian community stands behind our wounded. They care and appreciate the sacrifices made for this war on terrorism. It's important that they [wounded



Mindy Anderson | Tripler Army Medical Center Public Affairs

Chaplain (Capt.) Bradley Godding, TAMC staff chaplain, presents 2nd Lt. Tin Trung Nguyn, platoon leader, 2nd Bn., 3rd Marine Regiment, with a Quilt of Valor, Oct. 20 at Tripler Army Medical Center. Under his left arm Nguyn holds the Patriot Pillow presented to him earlier the same day.

service members] know how much the civilian population stands behind them."

"Everyday Americans love their fighting forces and want them to know it," said Chaplain (Capt.) Bradley Godding, TAMC staff chaplain. "I've seen the warriors and their families moved to tears that somebody who doesn't even know them cares that much."

Godding has seen several different reactions from the recipients.

"Some say they were just doing their duty and don't deserve it, some immediately give it to their spouse for the sacrifices they made, and some sleep with it every night because it means so much."

Nguyn, who was wounded by a sniper in Hagliniyah, Iraq, keeps his pillow and quilt at his bedside. He is expected to make a full recovery and return to duty.

"People help us in any way they can and that means a lot to know they support us so much," said Nguyn. "I just want to get healed-up, so I can get back with my guys and come back home with them."

Supplemental insurance available for DOD civilians

CIVILIAN PERSONNEL ADVISORY CENTER
News Release

FORT SHAFTER — Civilian employees will be able to elect supplemental dental and vision insurance benefits during the open enrollment period, which is Nov. 13 – Dec. 11. Plan brochures are not yet available, however, information on carriers, premiums, and answers to frequently asked questions is available on the Federal Employees Dental and Vision Insurance Program (FEDVIP) home page, www.opm.gov/insure/dentalvision/.

Federal employees may now visit www.BENEFEDS.com to link to the plan Web sites. Beginning Nov. 13, employees can get program assistance or enroll in a dental and/or vision plan by accessing BENEFEDS by Web or telephone.

Facts about FEDVIP

- Eligibility rules for employees and family members are the same as those for the Federal Employees' Health Benefits (FEHB) program. Employees eligible for FEHB en-

rollment will be eligible for the FEDVIP program.

- This benefit is optional. It is not required that employees have supplemental dental and/or vision benefits. No action is required to opt out.
- Employees may enroll in the FEDVIP even they are not currently enrolled in a FEHB plan, or if FEHB coverage will be canceled next year.
- The dental or vision insurance provider does not have to be the same provider as the FEHB plan. For example, even if the FEHB enrollment is with Aetna, Aetna does not have to be selected as the dental provider.
- Employees can enroll in just the dental plan, just the vision insurance, both plans, or neither plan.



- For the dental and vision benefits, employees can elect to cover just themselves individually, themselves and one eligible family member, or coverage can be selected for themselves and all eligible dependents. Coverage options for dental and vision plans are independent of each other.
- Additionally, the Office of Personnel Management has established a toll-free FEDVIP information line, 866-639-3917, which is available weekdays 8 a.m. to 8 p.m. EST. Employees may use this number to get answers more information on premiums, types of enrollment (self+1, self and family), and life events for changes in coverage.
- However, this information line cannot provide specific benefit information on the various plans.

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

27 / Today

Volunteer Recognition — The Quarterly Volunteer Recognition will be held today from 9:30 to 10 a.m. in the Post Conference Room.

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 through 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.

SEE NEWS BRIEFS, A-10

PTSD education gives families, commanders helpful tools

LANDY STEWART MIYAKE
Staff Writer

Many Soldiers returning from deployment are finding that the war isn't over when they trade their humvee for a Honda, and their weathered combat boots for "rubba slippas."

Service members and spouses convened Oct. 18 for the monthly family deployment night at the Schofield Barracks main post chapel to hear experts address combat stress or post-traumatic stress disorder.

Julia Whealin, Department Director of Education at the National Center for Post-Traumatic Stress Disorder (NCPTSD) and Lori Daniels, consultant for the NCPTSD discussed the readjustment period after deployment, ways in which education and resiliency affect PTSD, and the roles of families and commanders in this process.

After a Soldier's return, there is a period of readjustment. Daniels, Associate Professor of Social Work at Hawaii Pacific University, suggests allowing time for Soldier to get reacquainted with life at home. Although the spouse may have certain expectations of how the reunion will happen, they need remember to keep their expectations grounded in reality.

Spouses need to be flexible in their thinking about what to expect, said

Daniels. Don't be rigid in the fantasy of what things will be like, she added.

"Our job as a community is to help prepare families decrease the amount of stress surrounding the global war on terrorism. Everybody will be affected in one way or another, and we try to assist the families by providing this education," said Chaplain (Lt. Col.) Joel Lytle, 25th Infantry Division chaplain.

Natalie Pedroza, wife of Capt. Jonathan Pedroza, remembered the first time she dealt with this readjustment period two years ago. "When he got home all I wanted to do was hug him and be close to him, but he was much more distant and withdrawn," she said. "I just took it as he just needed time and waited it out."

Co-presenter Whealin discussed how resiliency – the ability to deal with stress

and "bounce back" quickly – can ease this process. She said being married or having constant social support from family and friends can foster resilience.

PTSD symptoms include nightmares, difficulty sleeping, avoidance, substance abuse, anxiety, depression and emotional numbing or isolation. If warriors are gradually removing themselves from normal activities or social interaction, they may be suffering from PTSD.

Whealin said most people will readjust normally and show symptoms for only a couple of months. When these symptoms last longer than a few months, or beyond the point of what seems normal for the individual Soldier, that's when the symptoms can become problematic.

"My husband just needed space and time to readjust to everything. After about a month or so, things returned to normal," said Pedroza.

Families and commanders should monitor these symptoms to ensure warriors are "bouncing back" from their PTSD.

If it seems like the symptoms are not going away, or if the Soldier engages in dangerous or careless behavior such as driving recklessly or making threats, then it's time to seek professional help.

Soldiers and families can work together to overcome PTSD. They should show

25th ID chaplain's office: 655-9303

Soldier and Family Assistance Center (Schofield Barracks): 655-6600

Military OneSource (800) 342-9647

Veteran's Association Health Center 433-0660



mutual respect and caring for one another, listen to the Soldiers and be patient and give them time to open up.

"It's important to let [Soldiers] know that you are open to conversation and to allow them space if they need it," Pedroza said.

For the next deployment, Pedroza will do things differently.

"I think I will just give him more space," she said. "Last time, I kept asking him what was wrong and if he was okay and I really didn't need to. I think I will just be more patient and allow him to come around on his own."

Commanders play an important role in

this process as well. They should talk with returnees about changes and allow them time to get reacquainted with coworkers and the workplace.

Whealin and Daniels both agreed that it may take a while for Soldiers to acclimate to the workplace and some may feel fatigued, distracted, or irritated. On the other hand, some may have increased confidence, worldliness, and a greater appreciation for life.

Soldiers may be hesitant to seek help for their PTSD for fear of stigma or loss of credibility. Commanders can alleviate this fear by supporting Soldiers and showing them that it is okay to ask for help.

If commanders recognize that Soldiers are having difficulty readjusting, they should be supportive.

Commanders should share their knowledge and experience – not make judgmental statements – and accept their limitations in dealing with the situation.

"Understanding PTSD will help commanders help each individual Soldier and empathize with them so the Soldiers aren't stigmatized but are given proper resources to solve the problem," said Capt. Jonathan Pedroza, Rear Detachment commander for 325 Brigade Support Battalion.

News Briefs

From A-9

30 / Monday

Special Needs Information Meeting — Parent of special needs children are invited to attend a briefing from 6:30 – 8 p.m. at the Schofield Army Community Services Office (ACS), Building 2091.

Department of Education personnel will brief parents on local public schools with a concentration on its special education programs. To register, call 655-4777.

November

7 / Tuesday

Troops to Teachers — The federally-funded Troops to Teachers program supports military members choosing teaching as their next career.

The program can provide hiring support

and allows up to a \$10,000 bonus for teaching in high-need schools.

Find out what it takes to become a teacher and how the TTT can benefit you. The program coordinator is available from 11:30 a.m. to 1 p.m. at the Schofield Barracks Education Center the first Tuesday of each month. Contact Mr. Miller at 587-5580, Extension 409 or e-mail hawaiiittt@notes.k12.hi.us.

TAP Workshop — The Army Career and Alumni Program (ACAP) will be offering a two-day Transition Assistance Program (TAP) workshop, Nov. 7 and 8, for Soldiers leaving active duty and entering the civilian workforce. Spouses are also welcome to attend.

Separating personnel must attend the pre-separation briefing before attending the TAP workshop. The pre-separation briefings are held each Friday, 8:30 – 11 a.m. in the ACAP Center. Pre-registration is not required.

The TAP workshops are held at the ACA Center at Schofield Barracks Aloha Cen-

ter, Building 690, room 3G. To register, call 655-8945.

8 / Wednesday

Money Management — ACS will host its monthly Money Management class Nov. 8 on Schofield Barracks and Nov. 9 on Fort Shafter.

Topics include developing spending plans, reducing expenses, and stretching the paycheck.

The Schofield class is held from 10:30 a.m. to noon the first Wednesday of each month in Building 2091. The Fort Shafter class is held from 1 to 2 p.m. the first Thursday of each month in the ACS, Building 330. To register, call 655-4ACS.

29 / Wednesday

SAEDA / OPSEC Community Brief — The Hawaii Resident Office presents the annual, mandatory SAEDA (Subversion and Espionage Directed against the Army) briefing. Army regulation 381-12 requires all Department of the Army personnel receive this training annually.

The briefings are scheduled for Nov. 29, 2 p.m. at Richardson Theater, Fort Shafter and Nov. 30, 9:30 a.m. and 1:30 p.m. at Sgt. Smith Theater, Schofield Barracks. Call 438-1872.

Ongoing

Army Reserve Opportunities — Are you an active, Guard, or Reserve Soldier who wants to continue your Army career but job/school/schedule conflicts keep you from attending weekend drill? Or are you leaving active duty and want to continue earning points towards retirement?

Consider joining a points-only reserve unit to continue your military career while maintaining your benefits. Drills are three evenings a month at Fort Shafter Flats. All ranks are eligible. Contact Maj. Pepper 438-6242 or Sgt. Maj. James Kahalehoe 228-3323.

Voting Assistance Materials — All unit voting assistance officers are re-

minded that voting awareness materials are available at the Records Holding Area, Building 6042, East Range.

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

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 of family members should contact the Directorate of Emergency Services office at 655-9519 for more information or to claim missing items.

ACS Volunteers — Free child care at an hourly rate is provided for up to 20 hours per week for ACS volunteers. Volunteering offers job experience and flexible hours. Call 655-4227.

Retirees: USARPAC general among key speakers

CONTINUED FROM A-1

to air defense handled 24 hours per day by the 94th [Army Air Missile Defense Command].” Brown said improving the quality of life of Soldiers is another priority.

“I believe the most important aspect of the Army sustaining its all-volunteer force is a quality of service and life that’s just as good as that of the Americans [that Soldiers] protect. Part of that is our housing partnership, with housing just as good as our civilian counterparts.”

The general announced that Fort Shafter is off the Base Realignment and Closure (BRAC) list. He said Shafter will start to modernize, and then showed a rousing promotional of the “Army Strong” campaign, which sent chill bumps throughout the patriotic crowd with its message: “The strength to do good today ... a strong Army.”

The new information campaign targets 17 to 24 year olds for enlistment.

Brown then received questions and answers from retirees. Chief among them were questions about financial support provided to widows and families of Soldiers who die in the war on terror, local legal battles over training and equipment, and the Army’s readiness.

“The U.S. Army sends the best prepared forces in the war today. I will certify that with blood,” Brown said, “but war puts tremendous strain on us.”

Pacific Regional Medical Command (PRMC) & TAMC. Deputy commander and chief of staff of TAMC, Col. Derick B. Ziegler, explained the huge area of operations that comprises the PRMC. Tripler serves more than 442,000 eligible beneficiaries, of which Hawaii veterans total 120,000, he said – the Army’s second busiest hospital behind Walter Reed.

Ziegler discussed access to care, stressing that central appointments and online access is preferable to misuse of emergency room care, and he thanked retirees for their patience throughout the pharmacy’s renovation.

Our goal is to dispense prescriptions in less than 30 minutes, 90 percent of the time, he said. The pharmacy renovation will be complete with state-of-the-art pill dispensing technology just installed, he explained, but mail and online prescription services are also viable alternatives to waiting at Tripler for refills.

Influenza shots were another hot topic. Ziegler announced that “intranasal and injectable” shots will be available starting in November. A joint service effort will allow medical personnel to give flu shots at post exchanges, in addition to immunization clinics. Details are forthcoming, he said.



Lt. Gen. John M. Brown III, commander, U.S. Army, Pacific, took one-on-one questions from retirees after his presentation. Above, Daniel G. Carvalho seeks answers on a few concerns.

“Patient safety is absolutely our number one priority, bottom line,” Ziegler emphasized. Regarding the recent Ninth Circuit Court ruling awarding \$16.5 million in compensation to the Peterson family for a mistake, Ziegler said, “When you walk into Tripler, you are going to get the highest quality care.

“Do medical errors happen at every single hospital?” he asked. “Absolutely. Yes. But most important is what is being done to take and make immediate corrective actions.”

Schofield Commissary. Store manager Eyvinne I. Umemoto briefly highlighted that the commissary saves patrons 30 percent on average, compared to off-post supermarkets. Hawaii savings are slightly higher than the national average, he said.

The Schofield commissary is promoting awareness and readiness for natural disasters like the recent earthquake, said Umemoto. Also, combinations of case lot and sidewalk sales, early bird shopping hours, and “re-setting” of stores to align with aisle displays in local grocery stores, are all initiatives to benefit the commissary patron.

AAFES. General manager for the Hawaii Area AAFES, Mark A. Polczynski, provided an update on construction of the new exchange at Schofield Barracks. Patrons realize savings of 22.9 percent, compared to off-post retailers, he said, but most importantly, profits benefit Morale, Welfare and Recreation (MWR) funds.

Polczynski said 33 percent of profits go

back to building funds; 67 percent of profits go to MWR.

In other hot news, he announced a Starbucks coffee shop is coming in 2007 to the Schofield post exchange (PX).

Susan Nonamaker, retail store manager for the Schofield PX, wrapped the AAFES presentation explaining the new PX is 70 percent complete. It will open in Spring 2007, but the official grand opening will be delayed until redeployment of the 25th Infantry Division.

U.S. Army Garrison, Hawaii. Commander of USAG, Hawaii, Col. Howard J. Killian, wrapped up retiree presentations. He explained that he would be brief because the whiffs of lunch had filled the air and were now standing between him and retirees.

Killian gave updates on garrison structure, improvements and construction. He explained that the Installation Management Command, headed by a three-star general, Lt. Gen. Robert Wilson, has now replaced the Installation Management Agency.

Of special interest to many retirees who attend worship services on post, Killian announced that Fort Shafter will get its own chapel and the main post chapel at Schofield Barracks will install air conditioning in the next two years.

Additionally, Killian said, a new community center will open at Schofield, Nov. 21, and C-Quad will get its new barracks by Christmas.

Medical privacy laws could lock patients out

MARK JECKER

TriWest Healthcare Alliance

When the doctor’s bill came, the wife of a deployed service member didn’t know what any of the charges were for – and nobody could tell her, even though she was paying the bill.

It’s the law.

The law is the 1996 Health Insurance Portability and Accountability Act, called HIPAA. HIPAA’s privacy rule is designed to safeguard patients’ protected health information (PHI) while giving health care providers the access they need to furnish high-quality care.

The wife couldn’t get the needed information because she did not have her deployed husband’s written consent to share his medical information with her. It was a simple oversight, but it’s an oversight that can cause problems.

The wife needs to file an Authorization to Disclose form with TriWest. This form needs to be signed by her husband or be accompanied by her husband’s power of attorney authorizing her to act on his behalf. The Authorization to Disclose form is available under “Find a Form” at www.triwest.com.

“Without a written consent, we cannot release the patient’s medical information,” said Brendan Alsup, Director of Internal Audit and Corp Compliance for TriWest Healthcare Alliance, the Department of Defense contractor administering the military’s health care plan in 21 western states. “Depending upon the circumstance, we may also need supporting documents, such as birth or death certificates, adoption or custody papers, or divorce agreements.

“However,” he said, “a patient’s protected health information may be disclosed in emergency situations, without authorization, to allow for prompt emergency care.”

Disclosure without authorization includes, for example, allowing a primary care physician to release a patient’s information to other doc-

tors, specialists, pharmacists, or laboratory technicians, who need it to carry out activities and job requirements in the interest of the patient.



Alsup said anyone who has visited a health care provider’s office since the HIPAA privacy rule took effect should have received a Notice of Privacy Practices, which informs patients of their right to:

- access, review and obtain a copy of their PHI;
- request an accounting of any inadvertent or unauthorized disclosures of their PHI;
- amend inaccurate or incomplete PHI;
- request that communication about their PHI take place by alternative means or in an alternative location;
- restrict the use and disclosure of their PHI.

As an additional resource, privacy officers are located at every military treatment facility, serving as beneficiary advocates and responding to inquiries. They help ensure that PHI remains accessible to beneficiaries and their providers but remains protected from unauthorized access.

Once the service member’s wife gained authorization to see her husband’s medical records, she was able to keep better track of her family’s medical expenses and records by calling 1-888-triwest (1-888-874-9378), registering at www.triwest.com to check her family claims online, or by visiting the local Tricare Service Center.

For more information, beneficiaries can consult a copy of the MHS Notice of Privacy Practices, which is available at www.tricare.osd.mil/hipaa.

HAWAII WEEKLY PAU HANA

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

“When work is finished.”

FRIDAY, OCTOBER 27, 2006

CHRISTA B. THOMAS
Pau Hana Editor

In the next few days, when pint-sized fairies, clowns, Spiderman wanna-bes, ghosts and goblins knock on your door, they will actually be carrying on a tradition that goes back to the Celtic tribes of fifth century northern Europe.

Their night will celebrate mystery, panic, chaos and disorder, a time between summer and winter, a time between life and death.

The word “Halloween” comes from the Catholic Church and is a contracted slang of “All Hallow’s Eve.” The Catholic Church observes “All Saints Day,” on Nov. 1 to honor Christian saints.

The Celts celebrated their new year on Nov. 1. The night before, they observed Samhain

(pronounced “sow-een”), a time when the thin line between the worlds of the living and the dead would disappear and the ghosts of dead folk would return to earth to search for living bodies to possess the coming year, and to cause trouble and damage crops.

Naturally, the living didn’t want to be possessed, so they would darken their homes, disguise themselves as ghostly beings, and cavort about making mischief, so the true spirits would recognize them as one of their own.

Trick or Treating

Leap ahead to the ninth century. One story has it that European custom was to go “souling.” On Nov. 2, “All Soul’s Day,” the good Christian folk would walk from village to village begging for “soul cakes.”

The more soul cakes beggars received, the more prayers they would promise to say on behalf of dead relatives of donors.

According to custom, kids would schlep house to house with the howl of “trick or treat,” suggesting that some sort of prank would befall the wary

homeowner who didn’t offer up the goods.

Pumpkin Carving

Cindy Sicard, of “Main Street Moms” magazine, writes that pumpkin carving originated from an Irish myth that tells the tale of “Stingy Jack.”

Jack, a disreputable drunk and prankster, tricked Satan into climbing a tree to pick some fruit. Jack

then carved a cross into the tree, trapping the devil up the tree. In order to get down, Satan vowed to leave Jack’s soul alone when he died.

When Jack died, he was rejected from heaven for his wicked ways and “devil-dealing.”

In true “sour grapes” form, Jack figured the dark realm would be more fun anyway, so he tried to move way down South.

However, staying true to his word, the devil rejected Jack, too, but he forced him to carry around his own little bit of hell — a burning ember in a hollowed-out turnip to light his way as he wandered through purgatory.

Jack’s turnip is the origin of the contemporary Jack-o-lantern.

The Halloween Market

Because kids and adults enjoy the revelry of the day and the event involves decorations, candy, costumes and parties, this centuries-old tradition has grown into America’s second largest commercial holiday, falling only behind Christmas in holiday spending, according to the National Retail Federation (NRF).

Further, the NRF reports that Halloween has joined New Year’s Eve and Super Bowl Sunday as one of the most popular party days for adults.

“Slasher” movies light up mar-quees, haunted houses for neighborhood fun pop up and cereal companies offer screaming boxes of cereal.

Many malls and churches offer their “safe” Halloween alternatives.

Essentially, today’s Halloween ritual is more about kids and the kids-at-heart having a good time. It has evolved from a New Year celebration, to a European prayer ritual, to what it is today.

Besides a spattering of the obligatory gruesome costumes, it is less and less about ghosts, pranks and witchcraft. It’s not about devil worship, adulation for the undead, or a celebration of evil.

Halloween is about community. It’s about parties and entertainment. It’s about fine-tuning your age-old horror story to give it just the right flavor. It’s the rush of scary thrills, sugar highs, and a kid’s delight with his or her bag of treats.

Halloween is about unadulterated fun.

(Editor’s Note: Historical facts provided by History Channel.com and “Random Violence” by Joel Best).

Sugar in Halloween candy’s not really that scary

Everyday nutrition and bad oral health habits are more likely to cause damage to teeth

DELTA DENTAL
News Release

You think Halloween candy is scary when it comes to keeping teeth healthy? After learning how much sugar there is in some common food items, you might want to think about what your children are eating the rest of the year.

Oral health experts long ago identified sugar as the monster behind tooth decay and cavities. If not removed by brushing or some other means, naturally occurring bacteria in the human mouth form a colorless, sticky film called plaque. Cavity-causing or-

ganisms within plaque feed on sugar and turn it into acid. This acid attacks tooth enamel and causes tooth decay.

But many common foods contain amounts of sugar at or above the amount in Halloween candy. These culprits can include breakfast items, snacks and drinks.

“To help keep teeth healthy, we need to be aware of what we eat and take care of them all year long, and not just worry about candy and Halloween,” said Dr. Max Anderson, a national oral health advisor for Delta Dental Plans Association.

Popular Halloween treats include bite-sized chocolate-peanut-caramel bars, individually wrapped peanut butter cups, and single servings of gummy bears. According to the nutrition facts printed on their packaging, the amount of sugar in these confections is 8.5 grams, 10 grams and 24 grams, respec-

tively.

When compared with the sugar content of common meals and snacks, these sugar levels might not be such a big departure from what your children are eating on an occasional or regular basis.

According to nutritional information published by their manufacturers, a breakfast of two frozen waffles topped with syrup, and a glass of orange juice serves up approximately 65 grams of sugar.

A packet of two frosted strawberry toaster pastries has 34 grams of sugar, while a fruit punch flavored juice box contains 24 grams of sugar. Suddenly Halloween candy doesn’t look so scary. Besides, Halloween only occurs once a year. The sugars in everyday foods get a chance to feed the cavity-causing bacteria far more often.

Regardless of the source of sugar, the consistency

of foods can also play a role in tooth decay. Sticky caramels and lollipops that children and adults have in their mouths for a long time expose teeth to sugars for longer than quickly eaten candy bars or breakfast items.

“Practicing good oral hygiene on a daily basis is far more important to preventing tooth decay than avoiding Halloween candy. Flossing once and brushing at least twice daily, along with regular visits to the dentist and smart choices about nutrition, are the best methods for protecting teeth and gums,” Dr. Anderson said.



Haunted hoopla, creepy commotion occurs on Oahu

COMPILED BY CHRISTA B. THOMAS
Pau Hana Editor

Planning for fright night? Eerie exhibits, haunted hayrides and spooky spectacles are all part of the haunted happenings around the island.

Halloween Trick or Treat Hours for all garrison housing areas are Tuesday, Oct. 31, from 5:30 to 7:30 p.m.

27 / Today

SB Costume Dance — Teens, wear your favorite costume and join friends for an evening of fun at the Schofield Barracks Teen Center social, 7 to 9:30 p.m. Admission is \$3 for Child and Youth Service (CYS) members and \$4 for nonmembers. An ID card is required for all guests. Call 655-0451.

AMR Monster Mash — Join the Aliamanu Military Reservation (AMR) Teen Center for a monster-sized Halloween bash at

the Costume Dance, Oct. 27, 7 to 9:30 p.m.

Have fun with friends and enter the costume contest for a chance to win great prizes. Cost is \$3 for CYS members and \$4 for non-members. Anyone in costume will receive \$1 off admission. Costumes must be in good taste. Call 833-0920.

Haunted Gardens — Enjoy fiendish, free, family fun in the deepest, darkest corners of Foster Botanical Gardens. Jeff Gere, master storyteller, will spin a scary yarn from his “Haunted Hawaii” CD, Oct. 27 and 28, starting at 7:30 p.m. Both nights, storytellers, authors, musicians and magicians will be on hand to add to the “hex-citement.”

Foster Botanical Gardens is located at 50 N. Vineyard Blvd., across from Zippy’s Restaurant.

28 / Saturday

The Great Pumpkin Patch Festival — Aloun Farms will open its patches for public pumpkin picking, Oct. 28 and 29, from 9 a.m. to 5 p.m.

Guests may also enjoy hayrides, bounce houses and great food. Parking is \$3 and pumpkin prices vary from \$1 to \$5, based on weight. Aloun Farms is located in

Kapolei at 91-1440 Farrington Hwy. Call 677-9516 or e-mail info@alounfarms.org.

K9 Costume Contest — Bring your dog to Bark Avenue’s annual Tricks-for-Treats costume party. Registration begins at 1 p.m. and judging begins at 2 p.m.

Prizes will be awarded to the scariest, funniest and most original costumes. Extra points will be given for doggy tricks. All participants will receive a bag of Barkaroo Bakery treats.

Free refreshments will be provided for pets and their owners. Bark Avenue is located at 7192 Kalaniana’ole Hwy. in the KoKo Marina Center. Call 394-2343.

31 / Tuesday

Trick or Treat — Visit The Tropics 3:30 to 6:30 p.m. on Halloween. Dress up in a costume and receive a treat bag. For more information, call 655-5697.

Wendy’s Wicked Treats — Wendy’s Old Fashioned Hamburgers on Oahu will furnish a kid’s meal to all ghosts and goblins, age 10 and under, who darken their doorstep in costume between 3 and 6 p.m. One free meal will be provided in conjunction with the purchase of regular adult meals. For complete details, call 396-8862.

CAB Haunted Barracks — The 25th Combat Aviation Brigade has spook-tacular fun planned Oct. 31 for the Schofield Barracks and Wheeler Army Air Field communities.

The CAB will be opening its Haunted

Barracks on the second floor of Building 841, from 5:30-8 p.m. A donation of \$1 is suggested for this event. For complete details, call 656-2012.

Bishop Museum’s 19th Annual Treat Street — Boys and ghouls, imagine exploring Bishop Museum’s Great Lawn for Halloween goodies with all the fiendish family members in tow. The museum is once again transforming its grounds into Treat Street, Oct. 31 from 5:30 to 8 p.m., so kids and kids at heart can safely trick-or-treat to their hearts’ content.

Kids will delight in the spookiest and most original costume competition, eating contests, coloring, great food and the hilarious Creepy Crawly Roach Race.

Treat Street, a custom-designed neighborhood of colorful house fronts built by students of the University of Hawaii’s School of Architecture, is the center of the evening’s activities. Children under 12 are invited to gather Halloween goodies along Treat Street.

Admission to Treat Street is free; however, donations are welcome to help support the museum’s education and outreach programs. For the bare bones, call 847-3511 or visit ww.bishopmuseum.org.

Keiki Carnival — The Kailua Church of Christ hosts its 7th annual Keiki Carnival, Oct. 31, 5 to 9 p.m. Offered as a safe alternative to the traditional Halloween haunt, the carnival will boast free food, games, prizes and rides. The church is located at 400 Maluniu Ave. Call 262-5227 or e-mail info@churchofchristkailua.org.

No real tricks with Halloween safeguards

DIRECTORATE OF
EMERGENCY SERVICES
News Release

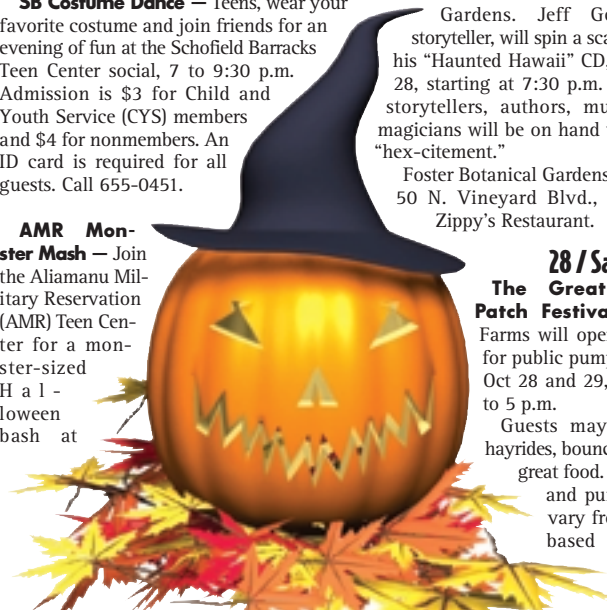
Halloween is a fun and exciting time for kids. They look forward to the spook-tacular frights that are staged to make them laugh, cry and scream at the same time; however, the thrill of the holiday may make some children forget to be careful.

Halloween can be a treat for all by following simple, common sense safety tips. So, before sending the pirates and ballerinas into the night, Emergency Services reminds parents of the following:

- Children under age 10 are required to have an escort. Know the route your older kids will be taking if you aren’t going with them, and set a time that they must be home.

- Insist your children not succumb to peer pressure to harm other kids, animals or resort to vandalism — all of which are punish-

SEE SAFETY, B-4





27 / Friday
Hawaiian Luau Lunch Buffet — 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.

Oktoberfest at Oktoberfest — Celebrate Oktoberfest at the Schofield Nehelani with a Hawaiian twist. Don't miss “Oktoberfest at Oktoberfest,” featuring Hawaiian comedic legend Andy Bumatai Oct. 27, beginning at 4 p.m.
Enjoy pupus, great prizes and live entertainment by Andy Bumatai and band Positive Energy. Cost is \$5 in advance and \$7 the day of the event. Civilians, spouses and all military ranks are welcome. Guests must be age 18 or older. Call 655-4466.

Fondue Night — Fondue Night returns to the KoleKole Bar & Grill. Enjoy threecourses of fondue, complete with cheese, vegetables, bread, hot oil, meats, chocolate, fruits and cakes.
The cost is \$39.95 for two people and two additional guests may be added for \$14.95 per person. After enjoying fondue, join the “Oktoberfest at Oktoberfest” celebration outside of the Nehelani at no additional cost. To make the required reservations, call 655-4466.

31 / Tuesday
Tricks and Treats — Visit Tropics on Schofield Barracks between 3:30 and 6:30 p.m. on Halloween for a howling good time.
Dress up in a costume and receive a treat bag. For more information, call 655-5697.

November

3 / Friday
Mongolian Barbecue — Come to KoleKole Bar & Grill for stir “fry-day.”
Select your favorites from a large variety of meats and vegetables, and the staff will grill them to your liking.
The Mongolian barbecue will be cooked outside in front of the Nehelani from 5 to 8 p.m., with seating inside the air-conditioned KoleKole Bar & Grill.
Cost is 65 cents per ounce, and reservations are recommended. To make reservations, call 655-4466.



Send calendar announcements to community@hawaiiarmyweekly.com.

27 / Today
Running Start Scholarship — Juniors and seniors in Hawaii public high schools have until 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.

HIFF Returns — The 26th Louis Vuitton Hawaii International Film Festival (HIFF) continues through Sunday, Oct. 29. The festival is dedicated to advancing understanding and cultural exchange through film among the people of Asia, the Pacific, and North America.
Discounted tickets are available for military patrons. Tickets are available by phone by calling 550-8475 (TIKS), or faxing 536-8192, or visiting www.hiff.org. To see the scheduled line-up of films, visit the HIFF Web site.

CAB Family Night — The Combat Aviation Brigade family readiness group will host Family Night in the barracks courtyard between Buildings 840 and 841 for CAB Soldiers and family members at 6 p.m.
Guests may visit the Yellow Ribbon Room



Staff Sgt. Kimberly Green | 94th Army Air Missile Defense Command

All fun and games

Soldiers with the 94th Army Air and Missile Defense Command joined their partner school Linapuni Elementary for a day of campus beautification, fun and celebration, Oct. 19.
As part of the fun, a Soldier shows these Internet-era first graders the finer points of the popular board game, “Chutes and Ladders.”
October is Children and Youth Month in Hawaii and marks the first anniversary of the 94th AAMDC's activation.

High School Bash — Ninth through 12th grade students are invited to join friends for an evening of fun at the High School Bash at the Schofield Barracks teen center.
The bash is 7 to 9:30 p.m. and costs \$3 for members and \$4 for nonmembers. For more information, call 655-0451.

4 / Saturday
Parents Night Out — Leave your kids with CYS at the Peterson and Aliamanu Center on Parents Night Out, and then enjoy a nice night out on the town.
Children enrolled in Parents Night Out must be registered with CYS no later than noon, Nov. 3. Reservations are first-come, first-served. For more information, call 655-8313.

6 / Monday
Waimea Valley Walking Trip — Walkers are invited to explore Waimea Valley Audubon Center, Nov. 6, from 10 a.m. to 12:30 p.m. Come and enjoy the plants, wildlife, and history of Hawaii, while getting some exercise outdoors.
Entry fee is \$5 and parking is \$2 per car. Limited transportation is available from Schofield Barracks. To register for transportation, call 655-0112.

open house or enjoy the Halloween party, which will feature games, crafts, a costume parade for children and the Haunted Barracks. For information, call 656-2012.

28 / Saturday
PV Volunteers Needed — Project Visitation needs volunteers to help foster siblings who are placed in separate homes have a chance to visit each other.
Volunteer training will be held Oct. 28, from 9 to 10:30 a.m. at Windward Community College Student Center.
Being a Project Visitation volunteer takes about eight hours a month and includes scheduling, picking up and dropping off children and visitation time.
For more information, call 528-7050 or e-mail projectvisitation@vlsh.org.

31 / Tuesday
Halloween Vein Drain — Schofield Barracks Tropics Club will sponsor a blood drive from 10 a.m. to 3 p.m. This drive is being held to boost Tripler's critically low blood supply levels. For more information, call 433-6699.

November

4 / Saturday
Fall Arts and Craft Fair — The Hickam Air Force Base Arts & Crafts Center is hosting the 31st annual Fall Craft Fair & Family Fun Day Nov. 4. This event will be held 9 a.m. to 3 p.m. Visitors may enjoy the many tables of handcrafted Americana and Hawaiian gifts and décor; great food and entertainment; youth activities; prize drawings; craft demonstrations, with make-n-takes; and much more.
This highly-anticipated event will also feature photography, woodwork, jewelry, clothing, quilting, stained glass, pottery, basketry, engraved glass, and many other art forms. Visit www.hickamservices.com for more information.

This program is for Blue Star Card holders and for anyone wanting to support Blue Star Card holders.

16 / Thursday
A Lot of Bull — Come meet the best bull riders in the PBR (Professional Bull Riders) at the Schofield Tropics Nov. 16, noon to 1:30 p.m.
The PBR is on the island for The Cheeseburger Island Style PBR Hawaii All-Star Challenge Nov. 17 & 18 at the Neal S. Blaisdell Center. This event will showcase the top 15 riders on the “Built Ford Tough Series” plus five PBR riders who will be determined by the fans.
Cast a vote for PBR bull riding favorites at www.pbrnow.com/vote. Voting will end Oct. 30 at 10 p.m. local time. Call 655-5697.

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.

Makahiki Festival — Relive the Plantation Days, the family event, which takes place the first Saturday of each month at Hawaii's Plantation Village (HPV), celebrates Makahiki Nov. 4 from 10 a.m. to 2 p.m.
At the Makahiki festival, visitors will have opportunities to taste popular “ono grinds,” such as chicken long rice, pickled onions, taro, kim chee and adobo.
This festival will include live musical entertainment and ancient Hawaiian games.
Cost is \$4 for military and \$7 for general admission. This event is free for ages 12 and under.
HPV is at 94-695 Waipahu St. in Waipahu. Call 677-0110 or visit www.hawaiiplantationvillage.org.

Walk for the Cure — The Juvenile Diabetes Research Foundation hosts its annual fundraiser to find a cure for Type 1 diabetes, the 13th Annual Walk to Cure Diabetes.
This 2-mile event will be held Nov. 4, starting at the Kapiolani Bandstand in Waikiki. Registration begins at 7 a.m.
After the event, walkers can enjoy free mini-massages and refreshments. Keiki will have fun with face-painting, balloons and special treats.
To register in advance, or for more information, call 988-1000.

6 / Tuesday
American Indian Heritage — November is Native American Indian Heritage Month. As part of these observances, the Tropics will show movies, which feature Native Americans Nov. 6 – 10, from 11:30 a.m. to 1 p.m.
Native American Heritage Month is held to increase awareness,

SKIES Driver Education — Learn to drive with Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) at Valentine's Driving School, Schofield Barracks.
The session is taught by qualified instructors and includes 32 hours of classroom instruction and six hours of behind-the-wheel instruction.
The fee 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 Centers provide a varied selection of ceramic bisque-ware 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 auto that is for sale. 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.

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.

Information, Ticketing and Registration — Looking for tickets to area attractions? We've got your tickets to paradise!
Visit the Information, Ticketing and Registration (ITR) offices located on Schofield Barracks and Fort Shafter for a variety of tickets to luaus, cruises, whale watching adventures, Hawaiian Water Park, Sea Life Park, movie tickets, interisland packages and much more.
For additional information, call the Schofield Barracks ITR at 655-9971, the Fort Shafter ITR at 438-1985, or log onto www.mwrarmyhawaii.com. Click on ITR Ticketing and Registration for a full list of discounts at the various attractions.

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

mutual respect, and understanding, while recognizing their continuous achievements to American culture. For more information, call the division Equal Opportunity Office at 655-0053.

8 / Wednesday
Oahu South Community Town Hall Meeting — The next Oahu South Town Hall meeting is scheduled for Wednesday, Nov. 6 at 6:30 p.m. in AMR Chapel.

The town hall meeting provides information to residents about community events, security, housing, deployment and more. For more information, call 438-6147.

10 / Friday
War Diaries — The Military Channel's new series “MY WAR DIARY” returns Nov. 10 at 9 p.m.
“Diary” goes behind the lines with personal videos and exclusive interviews with Soldiers to offer a glimpse at military life in Iraq and Afghanistan.
Video submissions are being accepted at www.mywardiary.com or by calling 888-751-8088.

16 / Thursday
Army Community Theatre — Army Community Theatre' presents “Annie,” featuring Channing Weir in the title role, at the Richardson Theatre, Fort Shafter.
The show opens Nov. 16 and will run subsequent Fridays and Saturdays, 7:30 p.m. through December.
Tickets are \$15 and \$20 for adults and \$12 and \$15 for children at the ACT Box Office. Season tickets are priced at \$60 and \$75 for adults and \$45 and \$50 for children for a four-show musical series.
The season will run through May 2007. Call 438-4480 or view details at www.squareone.org/ACT.

SEE COMMUNITY CALENDAR, B-5



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.

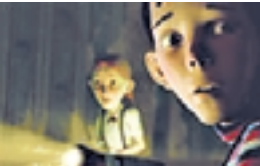
Soldiers Chapel
• Catholic
Friday – Saturday, 12 p.m. – Adoration (24 hours)
• Protestant
Sunday, 9:30 a.m. – Worship service

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

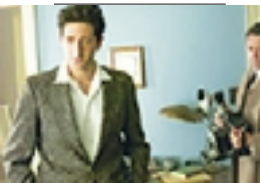
Wheeler Chapel
• Catholic
Saturday, 5 p.m. – Mass
• Collective Protestant
Sunday, 10:30 a.m. – Worship service and children's church



Crank
(R)
Wednesday, 7 p.m.
Friday, 7 p.m.



Monster House
(PG)
Saturday, 2 p.m.
Sunday, 2 p.m.



Hollywoodland
(R)
Thursday, 7 p.m.
Saturday, 7 p.m.



The Last Kiss
(R)
Sunday, 7 p.m.

The theater is closed Monday & Tuesday.

Students analyze muck in streams for watershed day

Students learn clean water lessons at Makiki, Ala Wai streams on Monitoring Day

U.S. ARMY CORPS OF ENGINEERS
Honolulu Engineer District Public Affairs Release

HONOLULU– Sixty Honolulu-area middle school students make a splash at the Makiki stream Oct. 20 for a fun and safe sampling and assessment of the Makiki watershed.

The U.S. Army Corps of Engineers (COE), Hawaii Department of Health - Clean Water Branch, City and County of Honolulu Department of Environmental Services and the Hawaii Nature Center teamed to host the event in support of World Water Monitoring Day (WWMD) along with science teacher Debbie Jensen from Washington Middle School.

The Washington Middle School students also learned about the Ahupuaa concept, ecosystem restoration, aquatic species and water quality monitoring at three locations in Honolulu.

The Ahupuaa is an ancient Hawaiian land division system in which strips of land extended from the mountain to the sea. The Ahupuaa supported a self-contained community working with a spirit of cooperation, revering the land to meet the needs of all.

The day began at the Hawaii Nature Center and included water sampling at Makiki stream and observation of the Ala Wai Canal phytoremediation project.



Garland Ireland | Park Ranger

Above and Right — Students from Honolulu’s Washington Middle School who are partnered with the Army Corps of Engineers, Honolulu Engineer District, collect water samples from the Ala Wai Canal as part of World Water Monitoring Day. The following day, students finished this project by cleaning up the Makiki stream.

Phytoremediation is a technology that uses the natural properties of plants in engineered systems to remediate pollution.

At Makiki stream, students conducted a hands-on field investigation by collecting and measuring water samples using both field instruments and educational monitoring kits to determine how the parameters of pH, dissolved oxygen, temperature, turbidity, nitrate, phosphate and conductivity relate to each other.

Data collected by the students was then uploaded into the usable global databases at www.worldwatermonitoringday.org and will become part of the analysis of

the world’s water supply.

Michael Wong, a hydraulic engineer with the COE, said the event increases the public’s awareness of the environment.

“The message we are trying to give them is to be good stewards of their environment,” Wong said.

WWMD was initiated in 2002 by America’s Clean Water Foundation to help people understand how the actions of individuals in a watershed can affect others.

According to WEF, in 2005 more than 4,917 WWMD sites with more than 44,000 participants were registered across the world in 47 countries.



First Aloha Pumehana kicks off with luncheon

Story and Photo by
BONNIE M. GRIFFITH

Army Hawaii Family Housing successfully launched Aloha Pumehana Tuesday, Oct. 24 at the Nehelani Banquet and Conference Center, Schofield Barracks.

Mind, Body and Spirit was the theme of the expo-styled luncheon that featured local independent consultants from various beauty and health companies and representatives from MWR programs.

Aloha Pumehana was conceived during focus groups held by the Ward Research Company for Army Hawaii Family Housing (AHFH) residents.

Among other things, these focus groups revealed a feeling of isolation by family members new to Hawaii and those dealing with the current deployment situation.

Mind Body & Spirit was chosen to launch the program because

it focused on inexpensive ways to take care of oneself.

The expo also provided information on enjoyable distractions that may alleviate the stress military families face when dealing with changes that may affect their lifestyle.

Independent sales consultants from popular network marketing businesses were invited to participate and share information about income-generating opportunities for spouses who may be unable to work outside the home.

More than 50 guests took advantage of what the program had to offer and enjoyed a free lunch and great prizes.

Future Aloha Pumehana events will include trips to local parks and festivals and off-post excursions to local island attractions.

For more information on Aloha Pumehana or other AHFH services, call 275-3178.



Carole Reynolds, right, a military family member and an independent sales consultant for Warm Spirit, shares a sample of pampering products with a guest. Warm Spirit was one of several home-based businesses at the event that often attract many stay-at-home family members.



Amanda Fiemett

Costumed revelers compare their sugary loot as they beat the streets of Schofield Barracks in search of treats.

Safety: Residents urged, watch for haunting kids

CONTINUED FROM B-1

able by law.

- Discourage on-the-go munching by feeding trick-or-treaters a meal or snack before they go out on their rounds.
- Make sure children's costumes are made of reflective, flame-retardant materials, and that they are short enough to prevent trips, falls and other bumps in the night.
- Consider organizing a Halloween party at home, or attend one of the many "safe trick-or-treat" activities conducted by local organizations, churches and businesses.
- If using jack-o-lanterns with candles on your porch, make sure they are far enough out of the way, so that kids' costumes don't catch on fire.
- Use makeup instead of masks. Masks can be uncomfortable and may obstruct vision.

An ounce of prevention is better than

dragging pounds of candy to the local hospital emergency room to be X-rayed. Accordingly, Emergency Services also advises kids of the following:

- Don't eat any treats until you get home and have them examined by an adult.
- Discard any homemade treats and anything else not in its original, sealed wrapper.
- Don't visit homes where the porch light isn't turned on.
- Don't set foot inside anyone's door or car.
- Don't move from your parents' line of sight for a second. If you're not with your parents, stay with a group.
- Don't run. You might trip over your costume.
- Walk on well-lit sidewalks, not in the streets. If there is no sidewalk, walk on the left side of the roadway, facing traffic.

- Carry a flashlight or a glow stick.
- Remember, even fake knives, swords, guns and other costume accessories can hurt people.
- Use crosswalks. Wait for proper traffic signals. Look both ways before crossing the street, and watch out for cars turning at intersections and entering or leaving driveways.

For pranksters and parents who want to err on the side of caution, Tripler Army Medical Center's Radiology department, located on 3-G, will X-ray candy, Oct. 31, from 8 to 10 p.m., and Nov. 1 from 1 to 6 p.m. Children must have an adult escort.

X-rays cannot detect if other potentially harmful substances such as fine glass, drugs, harmful fluids, poisons or other materials have been added to treats. Parents are strongly encouraged to visually inspect all candies prior to consumption.

Army triathletes conquer tough Ironman course

Resolute Soldiers hold their own in grueling race against world's ironmen

BOB MCELROY
Pohakuloa Training Area PAO

KAILUA-KONA, Hawaii — Four Army athletes took on perhaps the most demanding athletic event in the world and emerged victorious Oct. 21, finishing the Ford Ironman World Championship here as the top military team.

The athletes Heidi Grimm, Mike Hagen, Matt Lorenz and Art Mathisen began the event with the 2.4-mile swim in Kailua Bay followed by the 112-mile bicycle course and concluding with a 26.2-mile run.

Lorenz, a major assigned to Fort Huachuca, Ariz. was competing in his eighth Ironman event overall and second in Kona. Following the event he said he felt tired but happy to have completed it.

“My legs are sore but I feel good, I expect to feel how I do,” Lorenz said in a telephone interview.

Lorenz finished the Ironman in 9:44:49 — (nine hours, 44 minutes and 49 seconds), the second-fastest time among the military entrants according to race results posted on the Ironman website.

Grimm, a lieutenant colonel recently assigned to Fort Carson, Colo., was competing in her fifth Ironman World Championship in Kona. She finished first among the five military women competing with a time of 10:36:56.

For Grimm, the Ironman provides not just a physical challenge but a mental one.

“I like the physical challenge, but what people don’t realize is the mental challenge,” Grimm said. “I know the physical part will be tough but in every race there’s a challenge I’ll have to face, something bad will happen. How will you handle it and over come it?”

Grimm’s challenge came almost as soon as the event started.

“About 50 meters into the swim I got kicked in the goggles so hard they broke,” Grimm said.

Grimm said that at first she thought she’d lost the seal around the lenses but soon realized the damage was more severe. She tried to tread water to fix them but every time she did she “got trampled” by

other swimmers.

With one lens filled with seawater and the other fogged up, Grimm had to stop at every marker buoy to get her bearings and stay on course. Not only that, but she and the other swimmers had to contend with an unexpectedly-rough current in Kailua Bay.

Grimm’s moment of truth had come. “I went through stages when I was angry and wanted to quit; then I said to myself, ‘Get over it and stop whining! Get through it!’”

Grimm said she was also frustrated because she’d put in extra work to improve her swim time.

As she was struggling to overcome her challenges inspiration and a perspective shift came.

“I passed a guy with one arm and said that it wasn’t so bad,” Grimm said. “It’s okay to get mad, just cycle through it. This (the swim) is only one event. Relax, do what you trained to do. That’s what makes you a good athlete.”

For Lorenz, the challenge came on the bike course where he had not one, but two flat tires.

You know before the race that something bad is going to happen, you just deal with it, he said.

Despite the flat tires, Lorenz said he only lost about 15 minutes on his course time.

Lorenz, like Grimm, began competing in the Ironman because he liked the physical and mental challenge it presented.

“It’s not easy, that’s why I do it, that’s why it’s the Ironman,” Lorenz said. “Everyone can do it they just have to want to.”

Lorenz noted that even with his passion for the event, he still has to conquer the physical and mental challenges it presents.

“The bike is my strongest event, the run is suffering the whole time,” he joked.

Lorenz said that when he’s running the 26.2-mile course he tries to “go to a happy place and get through it. I try to think of nothing.”

Grimm uses a different technique to compete and endure the day-long event.

“You can’t digest the whole race in one piece, you have to break it up,” she said. “I socialize with the other athletes and think of things to help the time go by. I’m always

thinking ‘How do I feel, what do I need to eat?’ If I feel bad mentally it’s a sign



Bob McElroy | Pohakuloa Training Area Public Affairs

Army Triathlete Maj. Matt Lorenz heads for the final turn in the bicycle portion of Saturday’s Ironman World Championship in Kailua-Kona on the Big Island. Lorenz and three other Army athletes on the Army Triathlon Team captured top honors in the Military Category of the Ironman.

“It’s a personal challenge that’s pretty darn fulfilling when you finish.”

*U.S. Army Maj. Matt Lorenz
Ironman Triathlete*

that my nutrition is off.”

Grimm said that she’s never bored during the event because she’s always thinking about something or doing a “systems check” on her physical and mental state.

“Everyone has a story, what keeps them motivated,” Grimm said. “You have to have a strategy to keep your mind engaged because there’s definitely pain out there.”

Following Saturday’s Ironman, Grimm said that she felt great and was still eager to compete.

“I feel really strong. Sometimes I’m mentally exhausted but not now,” Grimm said. “After some races I don’t even want



to look at my bike for two months but I’m already unpacking it and am going to clean it up.”

After they both recover Grimm and Lorenz will continue to compete in the Ironman.

Grimm said she’s looking toward Ironman races in the Southern Hemisphere where the season is just beginning.

Lorenz will compete next in the Ironman Louisville. That event will be special for him because his wife will participate in the race and his parents, who live close by in southern Indiana, will be able to see him compete in the Ironman for the first time.

So why do Grimm, Lorenz and their peers continue to train, compete and punish their bodies in the Ironman?

For Lorenz it’s all about the personal challenge and control.

“It’s one of the few things in your life that you can control, you know what it takes to prepare, to eat right, Lorenz said. “It’s a personal challenge that’s pretty darn fulfilling when you finish.”

And for Grimm, training and competing in the Ironman is all about maintaining a healthy lifestyle and staying in good shape. She also feels the race provides her a way to deal with the challenges of Soldiering—facing and overcoming adversity especially.

Grimm also believes it’s important for the Army to continue to support Soldiers who want to compete in the Ironman.

“It was started by military folks, I think the recognition the Army gets in the sport is good. It’s good for the Army,” she said.

Community Calendar

From B-2

17 / Friday

Cultural Observances — In honor of Native American Indian Heritage Month, the local community is invited to an event that celebrates the history and culture of Native Americans. This free event will be held Nov. 17, at 10 a.m. in the Sgt. Smith Theater, Schofield Barracks.

Featured guests include Leeta Wolfback, a Native American author; Troy De Roche, flautist and craftsman of Native American flutes; and his wife, Liz De Roche, an internationally known storyteller and beadwork artist. Call 655-0386.

18 / Saturday

Pearlridge Express — All aboard the Pearlridge Express! Hawaii’s only scale-model, fully-functioning train will pull into the Uptown Center Court “station” Nov. 18 at 10 a.m.

The custom-built locomotive can take 15 kids at one time on a journey through a yuletide fantasy of sugary creations. Running daily through Jan. 1, the Pearlridge Express will be a sure memory-maker for the whole family.

Ongoing

Protestant Women of the Chapel — A place to find laughter, hope and friends. Join our Fall session every Tuesday through Dec. 15 at the Main Post Chapel from 9 to 11:30 a.m. Free on-site childcare is available by reservation. For further details, call 206-8504.

Employment Readiness — Family Employment Readiness services at the Army Community Service office will host monthly training workshops, including interviewing techniques, effective job-hunting skills, resume writing, dressing for success, and many more, to ease transitions into the workplace.

Upcoming employment workshops are scheduled at Fort Shafter (FS) and Schofield Barracks (SB):

•Employment Orientation – Wednesday, Nov. 1, from 9 to 10:30 (FS);

Friday, Nov. 3, 17 and 24, 9 - 10:30 a.m. (SB)

•Creating a Winning Resume – Thursday, Nov. 9, 9:30 - 11:30 a.m. (SB)

•Mock Interviews – Nov. 15, 9:30 - 11:30 a.m. (FS)

•Starting a Small Business – Thursday, Nov. 9, 9:30 - 11:30 a.m. (FS)

Fort Shafter workshops will be held in the Outreach Center, Building S330, and Schofield Barracks workshops at ACS offices, Building 291.



community
Sports

Send community announcements to
community@hawaiiarmyweekly.com.

28 / Saturday

Paws on the Path — Join the Paws on the Path hiking club Oct. 28 for its monthly hike. This hike is along Waimano Ridge.
Meet at the trailhead at 8:30 a.m. This hike starts promptly at 9 a.m. Bring snacks and enough water for people and pets.
The trailhead is at the top of Waimano Home Road in Pearl City. Parking is available on the left just after the Waimano Training School. For more details, e-mail hhs@hawaiianhumane.org.

November

3 / Friday

A Kick for Kids — Boys and girls ages 5 to 10 are invited to join the Hawaii Rush Soccer Club's School of Excellence.
The east Oahu division will meet every Friday, from 6:30 to 7:45 p.m. beginning Nov. 3 at Manoa Valley District Park. The central/west Oahu division will meet each Wednesday, from 5 to 6:15 p.m. starting Nov. 8 at 16 Acres Park in Mililani.
Cost is \$95 per child with discounts for early registration and returning players. For more information, call 440-4611 or visit www.hawaiirushsoccer.com.

5 / Sunday

Volksmarching — The Menehune Marchers will be sponsoring a 10k volksmarch (walk) Nov. 5 in Nuuanu. Participants may start anytime between 8 a.m. and noon from the grassy area just outside the gate to the Foster Botanical Garden at 180 N. Vineyard Blvd.
This event is free. International Volkssport Verband (IVV) credit can be earned for this event and costs \$3. Register the day of the event. Call Bob, 941-0218, or Carol, 626-3575 for more information.

25 / Saturday

Paws on the Path — Join the Paws on the Path hiking club Nov. 25 for its monthly hike. This hike will cover Maunawili Ditch Trail in Waimanalo.
The detailed map to the trailhead can be found at www.hawaiianhumane.org/news. Hikers will meet between 8:30 and 8:45 a.m. This hike starts promptly at 9 a.m. Bring snacks and enough water for people and pets.
For more details, e-mail hhs@hawaiianhumane.org.

December

10 / Thursday

Honolulu Marathon 2006 — The 34th annual Honolulu Marathon and Race Day Walk will be held Dec. 10 and is expected to attract more than 33,000 participants.



MWR
Sports

28 / Saturday

BMX Racing — Come to the BMX track at Wheeler Army Air Field 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.mwrmilitaryhawaii.com, www.armybmj.org or call 656-1601.

31 / Tuesday

Youth Sports Basketball and Cheerleading — Registration begins Oct. 31 for youth basketball and cheerleading. The program is open to youth born between 1988 to 2001.
Cost is \$60 per person for basketball and cheerleading, and \$20 for cheerleaders who have a uniform from the previous season. The season will run Feb. 3 through March 24, 2007.
For more information, call 836-1923 (Aliamanu), 438-9336 (Fort Shafter), 655-0883 (Wheeler and Helemano) or 655-6464 (Schofield).

4 / Saturday

Ladies Golf Clinic — Ladies, sharpen those golfing skills at a free golf clinic. The clinic will be held Nov. 4 at the Leilehua Golf Course located outside the Wheeler Army Air Field front gate.
This clinic will last for one hour and will begin promptly at 2:30 p.m. All required equipment will be provided to participants and advance reservations are recommended. For more details or to reserve a space, call 655-4653.

The race starts at Ala Moana Beach Park and finishes at Kapiolani Park near the bandstand.
Registered runners are required to pick up race packets at the Honolulu Marathon Expo, which will be held at the Hawaii Convention Center, 1801 Kalakaua Ave., Waikiki, Dec 6 – 8.
Packets will include race number, timing chip and final instructions and will be available Dec. 6, from noon to 5 p.m.; and Dec. 7 – 9, from 9 a.m. – 6 p.m.
For expo details, visit www.roadraceventures.com. For race route, statistics and registration information, visit www.honolulumarathon.org

21 / Thursday

Batter Up! — The University of Hawaii baseball program will be hosting a winter baseball camp, led by UH head baseball Coach Mike Trapasso, Dec. 21-23 and Dec. 28 – 30. The camp is available for children ages 7 – 18. Pitcher/catcher camp is 9 a.m. – noon and hitting camp is 1 – 4 p.m. Cost per camp is \$120 or \$200 for both camps. For more information, call 956-6247.

Ongoing

Fleet Feet — Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15 to 7 p.m. Cost is \$50 per year. For complete details, call 277-3609.
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.

Bike Hawaii — Join Bike Hawaii's professional nature guides, and explore Oahu from the rainforest 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 877-682-7433, or go online at www.bikehawaii.com.

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. For more information, call 655-4692.

5 / Sunday

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

11 / Saturday

Witness the Smackdown — Come watch Hawaii Championship Wrestling at the Schofield Tropics. 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.

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 (SKIIES) 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.



Photo Courtesy of Andy Watson

That's a lot of bull

Professional Bull Riders (PBR) will stir up some dust at the Cheeseburger Island Style PBR Hawaii All-Star Challenge, presented by Amp'd Mobile, Nov. 17 and 18 at the Neal Blaisdell Center. The event will pit the world's greatest bull riders against the rankest bucking bulls in the industry.
Pictured is Chris Shivers taming the Page & Teague bull, Super Duty for 90.8 points at the 2006 Charleston, Built Ford Tough Event.
Competing are the top 15 riders on the series as of Sunday, Oct. 29, plus five PBR riders who will be determined by fans' voting.
Log on to www.pbrnow.com/vote to cast votes for your favorite PBR bull riders. Voting will end Oct. 30 at midnight, Pacific Time.