

## INSIDE

# Some Tricare data at risk

FRED W. BAKER III  
Army News Service

WASHINGTON — Data for nearly 600,000 households enrolled in Tricare stored on a government contractor's unprotected computer server could have been exposed to hackers, defense officials announced Friday.

"We take this potential data compromise very seriously," said Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "The risk has been identified as low, but as a result of this unfortunate event, the Department of Defense is ensuring that steps are taken to keep affected beneficiaries informed."

Beneficiaries' names, addresses, Social Security numbers, birth dates and some health information was stored on a computer server that was not using a firewall and did not have adequate password protection.

Officials disabled the server in May, and it is no longer used. Forensic analysis of the

server found no evidence that any beneficiary information was compromised, said Leslie Shaffer, assistant privacy officer.

Science Applications International Corp. maintained the data in Shalimar, Fla., and used it to process several military health care contracts, including those for customers in the Army, Navy, Air Force and Coast Guard. The server allowed for File Transfer Protocol transmissions of the data to its contract customers. This is the first time SAIC has violated Defense computer security procedures.



www.tricare.mil/  
tmprivacy/itpr.cfm

The Tricare security breach was discovered after contract customers reported non-secure transmissions of data. SAIC is investigating, and some employees have been placed on administrative leave pending the outcome.

Since May, SAIC has been processing the data, matching it with contact information so the beneficiaries could be notified.

"We're taking precautions to do everything we can ... to ensure that our beneficiaries are notified," Shaffer said. "We have been working closely with SAIC to ensure all our procedures are being followed."

DoD and SAIC are mailing letters this week to beneficiaries whose data was put at risk. An incident response center has been set up to field customers' toll-free calls and information is available online for those who suspect identity theft or want added protections.

Beneficiaries who were put at risk are also being offered a free, one-year subscription to an identity restoration service, Shaffer said.

"Anyone who receives a letter should take the protections ... necessary to ensure their data has not been compromised," she said.

The incident response center can be reached toll free at 1-888 862-2680.

# U.S. Army releases draft EIS for 2SBCT

U.S. ARMY ENVIRONMENTAL  
COMMAND  
News Release

ABERDEEN PROVING GROUND, Md. — The Department of the Army announced Friday the availability of a Draft Environmental Impact Statement (DEIS), which evaluates the potential environmental and socioeconomic effects associated with the permanent stationing of 2nd Stryker Brigade Combat Team (SBCT), 25th Infantry Division.

The 2nd SBCT began its transformation shortly after completion of a 2004 final EIS and a signing of the Record of Decision. The brigade is scheduled to complete training and fielding of its equipment in late 2007.

By November 2007, the Army requires that the unit be ready for deployment to support ongoing missions and operational requirements.

In October 2006, the Federal Court of Appeals for the Ninth Circuit determined that the Army had not fully complied with National Environmental Policy Act for the transformation of the 2nd SBCT when it conducted its 2004 EIS, because it did not adequately analyze alternative stationing locations for the transformation and training of the unit. As a result, the Army has prepared the DEIS, in accordance with the court's guidance, to examine a fuller range of reasonable alternatives for proposed action to permanently station the 2nd SBCT.

The DEIS examines several Army installations capable of supporting the permanent stationing of the 2nd SBCT. It provides Army senior leadership with a hard look at environmental impacts associated with proposed action and better informs the Army's decision-making process for selecting a final stationing location.

Efforts include analysis of all activities — training, facilities construction, and Soldier and family support — required to permanently station the 2nd SBCT.

The DEIS effort will assist the Army in arriving at a decision that can accommodate the brigade's training, operations and quality of life requirements while meeting the strategic defense needs of the nation.

After reviewing the full range of potential Army stationing locations, three alternatives for implementing the proposed action have been identified by the Army as reasonable alternatives capable of meeting the Army's need criteria and screening criteria. The Army provided several alternatives, which include the following:

Permanently stationing the 2nd SBCT at Schofield Barracks Military Reservation (SBMR) while conducting required training at military training sites in Hawaii.

Permanently stationing the 2nd SBCT at Fort Richardson, Alaska, while conducting required training at military training sites in Alaska.

Permanently stationing the 2nd SBCT at Fort Carson, Colo., while conducting required training at military training sites in Colorado.

In addition to these alternatives, a "no action" alternative is described and its environmental impacts fully assessed and considered.

Direct, indirect and cumulative impacts of proposed actions have been considered in the DEIS, which

## Reaching out

3-4th Cavalry's Blackfoot Troop helps Iraqi Security Forces establish rapport with locals during a recent three-day mission

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## Town Hall moved

The Oahu South Town Hall meeting originally scheduled Aug. 1 at the Aliamanu Military Reservation Chapel has been rescheduled for Wednesday, Sept. 5.

## Holding strong

Family members discuss the mental transition from deployment to the home front during a monthly support group, Family Deployment Night

B-3



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

## Building confidence

EAST RANGE — "Let me down from here," said Cadet Sgt. Jenna Young, Punahou, 10th grade, to Cadet Lt. Nolan Black (right), Punahou, 12th grade, during Army JROTC exercises, Monday. Young explained, "Having trust in the rope to pull my weight ... well, it was a skinny rope, and I'm a human body, so I wanted to come down." See next week's Hawaii Army Weekly for more coverage of Punahou High School's Junior Reserve Officer Training Corps Summer Camp.

# Wolfhounds host Japanese orphans to Hawaii

Story and Photo by  
KEVIN DOWNEY  
U.S. Army, Pacific, Public Affairs

Following a tradition older than many who were present at the emotion-filled ceremony July 20, Wolfhounds of the 27th Infantry Regiment enthusiastically welcomed four orphans from Japan's Holy Family Home to Hawaii for their annual visit.

Six Wolfhound families will take turns hosting the orphans for a week, as part of a custom started 50 years ago.

The awestruck children — two girls and two boys ages 10 to 12 — were greeted by an excited crowd of Soldiers, family members and civic leaders upon their arrival at historic D Quad, Schofield Barracks.

Brothers Seiya and Hayato Nishida, and girls Misaki Takenaka and Miho Tanaka, arrived at

their welcoming celebration in two Army High-Mobility Multipurpose Wheeled Vehicles (HMMWVs), before walking down a red carpet through a ceremonial cordon and being draped in lei.

"The purpose of this event is to continue the established traditions of providing love, gentleness, care and compassion to the orphans of the Holy Family Home," said 1st Battalion, 27 Infantry Regiment Commander Lt. Col. Rich "Flip" Wilson, one of the event organizers.

Squad leader Staff Sgt. Jesus Robles and his wife, Yamyra, will be caring for the girls the first two days. They said their main goal is to make the children feel like they're part of a family.

"We have three kids of our own who are really eager to meet the girls," Jesus Robles said. "We're all excited to have these girls as part



Sgt. Mark Davenport helps 10-year-old Hayato Nishida climb out of a Stryker vehicle, July 20, at Schofield Barracks' D Quad after the orphans' welcoming ceremony.

of our household."

"We'll treat them like ... our own, and show them lots of affection," Yamyra added.

As introductions were made, the Robles' son Joshua hugged the

girls after draping them with leis.

To complete the tradition, each December two Wolfhound Soldiers visit the Holy Family Home in

SEE ORPHANS, A-4

# Elite Sgt. Audie Murphy inducts new members

Story and Photos by  
SGT. 1ST CLASS JASON SHEPHERD  
U.S. Army, Pacific, Public Affairs

Sgt. Audie Murphy was bigger than life. Too short for the Marines and too light for the Airborne, he found a home in the 3rd Infantry Division, earning every medal for valor on the way to becoming the most decorated Soldier in American History.

Dr. Mary E. Walker lived life the same way. Hiding the fact that she was a woman, Walker served as a nurse and surgeon throughout the Civil War, often crossing Confederate lines to treat civilians. She is the

only female recipient of the Medal of Honor.

It's with these two great Americans in mind that five Soldiers were inducted into the Sergeant Audie Murphy Club and four individuals received the Dr. Mary E. Walker Award in a ceremony held July 18 in the Neha-

Right — Members of the Sgt. Audie Murphy Club receive a certificate, medal and commander's coin during induction ceremonies.



Iani Conference and Banquet Center, Schofield Barracks.

During the ceremony, Command Sgt. Maj. Phillip G. Rowland, 94th AAMDC, was named an honorary member of the Sergeant Audie Murphy Club.

"I congratulate both the Sergeant Audie Murphy Club inductees and Dr. Mary Walker Award recipients," said Command Sgt. Maj. Freddie Brock, command sergeant major, 8th Military Police Brigade, and the ceremony's guest speaker. "Continue to lead and inspire others, so one day, those others can take your

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## We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 655-4816, or e-mail editor@hawaiiarmyweekly.com.

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

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

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

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## HAWAII ARMY WEEKLY

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## 255 days since last fatal accident

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

A division training holiday will be awarded for the next 100 consecutive days with no accidental fatalities. Current as of 7/25/07.

# Undersecretary meets with Hawaii leaders

## DoD financial management campaign aims "to build wealth and not debt"

GERRY J. GILMORE  
American Forces Press Service

WASHINGTON — The Defense Department is committed to helping service members and their families become good personal finance managers, a senior official said July 18 in Hawaii.

Most young people leave high school without any financial management education, David S.C. Chu, undersecretary of defense for personnel and readiness, said at a National Association of Federal Credit Unions' meeting in Honolulu, July 18.

"As a result, our people tend to possess little experience in making the financial decisions that will impact their financial well-being and their financial future," Chu pointed out, noting that about 46 percent of military members are age 25 or younger.

As part of President Bush's February 2001 call to improve military quality of life, he said, the department developed a social compact designed to focus its commitment in caring for service member and family needs.

"This social compact includes personal finances as an integral part of the quality of life in the military, and seeks to support the families' needs by providing financial awareness, education, skill-building and counseling programs," he said.

Having good money management skills is especially important for young military families, he said, noting that 38 percent of service members age 25 or younger are married. About 21 percent of these couples have children.

"We equate financial readiness with mission readiness," Chu said, pointing to the findings of a 2005 service member survey that rated finances to be more stress inducing than deployments, health concerns, life events and personal relationships. Only work and career concerns, he said, were rated as higher stressors in the survey.

The department established a financial



Sgt. Shawn Halpin | 25th Infantry Division Protocol Office

Dr. David S.C. Chu, undersecretary of defense for personnel and readiness, receives background about the 25th Infantry Division Association's Tropic Lightning Memorial from Col. Timothy Ryan, rear detachment commander, 25th Infantry Division.

readiness campaign in May 2003.

"Our simple goal is to establish a financial culture that instills and promotes good credit, regular savings, including savings for emergencies, retirement savings and participation in the Servicemembers Group Life Insurance program," Chu said.

The department promotes good money management practices through ongoing education programs delivered by the service branches to military members and their families, he said. Each year the Defense Department provides more than 12,000 financial education classes to more than 340,000 service members and their spouses.

To enhance its financial awareness efforts, the department has partnered with more than 25 federal agencies and nonprofit organizations, Chu said. For example, by working with the American Savings Education Council, he said, the department maintains a flow of public service announcements that extol the benefits of sav-

ing for the future through its American Forces Radio and Television Service.

The department also sponsors a series of worldwide financial management seminars for service members and their families as part of the "Moneywise in the Military" campaign, he said.

Last year the department kicked off its "Military Saves" campaign that urges service members and families "to build wealth and not debt," Chu said.

More than 80,000 military families took some type of positive action regarding their personal finances as the result of the first "Military Saves" campaign week that was held February 25 to March 4 last year, he said.

The next Military Saves week will be held February 24 to March 2, 2008.

"We look forward to increasing the numbers of military savers through our continued cooperation with our financial readiness partners, including our defense credit unions," Chu said.

## Quotable



Spec. Mike Alberts | 3rd IBCCT Public Affairs

"To me, spiritual strength is the most important aspect, not only of every person, but of every Soldier."

**Chaplain (Capt.) Martin Cho**  
325th Brigade Support Battalion chaplain, 3rd Infantry Brigade Combat Team. See next week's Hawaii Army Weekly for more on deployed Soldiers and their spiritual growth.

## LIGHTNING SPIRIT

# Showing consideration a practice that should never get old

CHAPLAIN (CAPT.) ED WILLIS

Deputy Community Chaplain, Schofield Barracks

Everywhere I go or look, I am confronted by what seems to be an increasing lack of social civility. Or, maybe I am simply being confronted by my age and I becoming one of those old guys who gripe about everything. I don't know. Let me share some observations and you be the judge.

Let's start with some of things that people put on their automobiles. Personally, a "God Bless America" license plate frame was pushing the envelope for me. But, some people slather their car with images that reflect what they like out of life. That's fine, even great, to a point.

Socially benign decals depicting sports teams or sea turtles (ad infinitum) are harmless images that convey the likes of the vehicle's owner. Some images express the owner's point of view on controversial issues. Some I agree with, others I don't.

Some even make me chuckle whether I agree or not; hence the magic of free speech. But, the images that some people put on their automobiles actually fit the legal definition of being non-free-speech-protected obscene or even pornographic imagery.

My fuddy-duddy opinion notwithstanding, it seems that people shouldn't be sub-

jecting others, especially children, to imagery that is legally defined as obscene or pornographic. Regardless, it seems like I see such imagery on vehicles becoming more and more commonplace.

Also these days, a trip to any retail establishment gets me going. Shopping carts are everywhere! They are in parking spots, planter boxes, sidewalks, crosswalks and even in the middle of travel lanes. It is literally an obstacle course of shopping carts to navigate with your car until you park, then on foot until you get into the store.

I think those empty, fenced-off, corral-looking spaces conveniently placed throughout parking lots are provided so lazy folk don't have to take their carts all the way back to the storefront after their wearisome shopping marathons.

But, since laziness apparently knows no bounds, maybe every other parking spot should now be fenced off and reserved for the returning of shopping carts. Since I am young and virile enough to return my cart to a proper location, I do not require such

an accommodation. But, what I do need is the opportunity to write an article about the issue, since I am too old and cranky to not be judgmental over this apparent lack of consideration toward others. (I think I feel my hair graying as I write this.)

If I was easily offended by foul language, I would most certainly be in the wrong occupation. I might let something objectionable slip through my own lips about a half-a-dozen times a year (I haven't always been a chaplain).

In fact, once or twice a year I might even use a mild expletive on purpose. However, there have been several times at various places on-post when I have had to ask Soldiers to tame down their conversations within the obvious earshot of my small children. They always politely apologize and sheepishly comply, but why is there such an increasing lack of discretion about using such language in public, family-centric gathering places? It wasn't this way when I was a kid!

Litter, second-hand smoke, booming loud music from cars, unspicked-up dog poop, PG-13 movies playing on big screen TVs at the post exchange that subject small children to sexual and violent content deemed inappropriate for children . . . and the list goes on and on. It either all adds up to de-

## Defense leaders to tackle 10 key family issues, including education

AIR FORCE TECH. SGT. CHRIS VADNAIS  
Special to American Forces Press Service

HONOLULU — The Defense Department has identified 10 key issues of importance to military members and their families, including education policies and benefits, accessible support for military families, and spouse employment opportunities.

Navy Adm. Timothy J. Keating, commander of U.S. Pacific Command, met here with David S.C. Chu, undersecretary of defense for personnel and readiness, last week, to discuss such key issues.

"Family issues are crucial to the willingness of our people to continue to serve," Chu said.

Among the most important of the 10 key issues is the interstate compact for educating children of military members. The mobile military lifestyle creates challenges for children, and the Defense Department wants to provide a policy platform to head those off, Chu said.

For example, some school districts will allow children to start kindergarten at age 5, while others require children to be 6 years old to start school. Children who start school in one location might not be able to go back to school at a new location when military families move.

"If the young lad or the young lady has already started school, why can't he or she keep going?" Chu asked. "Many school systems say, 'No, we've got to wait,' and that's a big issue with a military family," he said. "We'd like to get issues like these ironed out at a national level so military families can do the same thing every other American family can do."

Other key issues include policies for members of the reserve components, unemployment compensation for military spouses, and responsive voting programs.

"Those issues affect the well-being of our families," Chu said. "We put a lot of burdens on military personnel; the family has to be well supported if they're going to accept those burdens."

Keating said healthy partnerships like the one between the Defense Department and the state of Hawaii are key to providing the best possible quality of life for military families.

"It is that communion between the community and the military members that will produce long-lasting effects," he said. "It is a powerful tool for us here," he added. "The governor and the mayor have both promised me that they would pay close attention to any initiatives that I brought to their attention, and they have followed through on that."



"A tiger — they are unpredictable."

Pvt.2 Shaun Dorfe  
1-27th Inf. Regt.  
Rifleman



"A panda — they are cute, but deadly."

Pvt. Anthony Nastaj  
84th Eng. Co.  
Engineer



"A cheetah — they are quick and easy going."

Pvt.2 Michael Stoddard  
84th Eng. Co.  
Interior Electrician



"A cactus."

Chief Petty Officer Steve Sumner  
SEAL Delivery Team One  
Chief Sonar Tech.



"A fox."

Lanette Vasquez  
Family Member

# Voices of Lightning: What animal or plant best describes your personality?

# Blackfoot Troop builds relationships with locals

OIF

Story and Photo by

**PFC. BRADLEY J. CLARK**

4th Brigade Combat Team, 1st Cavalry Division Public Affairs

FORWARD OPERATING BASE MAREZ, Iraq — Troops from Multi-National Division-North conducted a series of cordon and knock engagements with the help of Iraqi security forces (ISF) in the area between Bi'aj and Tal 'Afar, recently.

Soldiers from the Blackfoot Troop of 3rd Squadron, 4th Cavalry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, went into five villages during a three-day operation to interact with locals and introduce the ISF to townspeople.

"We do these missions to check on the locals," said Sgt. Matthew Kravulski, intelligence liaison for Blackfoot Troop. "We get the town demographics, what the religious make up is, and what kind of support they need from the ISF."

The 3-4th troops brought along members from the Iraqi Army (IA) and the Iraqi Police (IP) for many reasons that are intended to ultimately benefit the local people in the area.

"People don't really hear about us and



Cavalry scout Sgt. Elliot Edmunds, Blackfoot Troop, 3rd Squadron, 4th Cavalry Regiment, greets some Iraqi villagers with a smile during an operation south of Tal Afar, Iraq, July 13. The Woodlands, Texas, native, joined the Army because he feels this conflict will define his generation.

this area," said Spc. Lonnie Sykes, a cavalry scout from Las Vegas. "This is a really big area, and when it's just us trying to help everyone, that's when problems arise and things don't get accomplished."

In the past, Soldiers have seen problems arise when areas get neglected by ISF, but now they are starting to see solutions working.

"The Iraqi people don't yet have complete confidence in areas like their security and health care," said Sgt. Paul Loos, squadron senior line medic. "But those areas are moving towards improvement. The IP are trying, and our presence has changed the IA. They are doing a lot more now, so when we go out, we find less and less."

With ISF advancing in its training, it will soon be able to step up to the challenge and be the glue that helps keep Iraq together.

"We have seen less crime and better living conditions in cities like Sinjar, Tal Afar, and Bi'aj," said Sykes.

Kravulski agreed with Sykes, adding, "There have been a lot of improvements, but there are still many things that need

improvement, like better security, so when we do fix up places, they stay in good condition instead of being destroyed days later."

The results of the three-day operation show evidence that the level of security has improved. In the five towns involved in the operation, only two people were detained for questioning. Those two were only detained because of a search revealing an excess number of weapons found in their possession.

"We do these village engagements pretty often," said Loos. "And this one wasn't bad at all. We can see the civilians are helping out a lot."

Edmunds agreed with his fellow sergeant and added, if patrols don't find a lot of insurgents or weapons, it means Iraqis are doing their part to keep their communities safe.

The operation gave Coalition Forces an opportunity to see that the ISF can establish good working relationships with the occupants of different villages and tribes. It also gave them a chance to see the Iraqis' abilities to identify things the villagers need for a better quality of life.

## Conversations, laughter & high morale fuel Blackfoot vehicle

Story and Photo by

**PFC. BRADLEY J. CLARK**

4th Brigade Combat Team, 1st Cavalry Division Public Affairs

FORWARD OPERATING BASE MAREZ, Iraq — It's about 8 feet tall, 15 feet long, and 7 feet wide, and weighs more than 10,000 pounds. When people see its family members on the battlefield, normally they are scared.

Unlike its relatives, this humvee transports a unique group of Soldiers who have an ability to make even the worst of situations into something that can bring smiles to the faces of everyone around.

It's not hard for the occupants of the Blackfoot 6, Blackfoot Troop, 3rd Squadron, 4th Cavalry Regiment, commander's vehicle, to turn every experience outside the wire into an enjoyable one.

"Our truck has the highest morale out of any other," said Sgt. Paul "Doc" Loos, squadron senior line medic.

One of the reasons the occupants of the commander's humvee have the highest morale is because of Loos.

"Just being around Doc calms you down,"

said Sgt. Elliot Edmunds, cavalry scout and driver for Blackfoot 6. "You can't faze Doc; he will deal with any situation and move on."

While Loos plays his part in the vehicle, Edmunds takes the lead when it comes to the morale boosting.

"He hits that line of being professional and joking around, but he never crosses it," said Loos. "Everybody loves him. No matter where we go, people just come to him because he has this ability to make everyone happy."

Just because two people in the humvee are fun doesn't mean it will always be fun, sometimes a third person is needed to step it up. That third Soldier is Spc. Lonnie Sykes, cavalry scout and gunner for the commander's vehicle.

"If I'm feeling down, and Doc is feeling down, then Sykes is right there to pick us back up," said Edmunds. "We're in this together."

Loos also believes that the mind state of the team has a lot to do with Capt. Christopher Almaguer, commander Blackfoot Troop.

Almaguer said, "We have fun; we have everyday conversations about life, sports, music, movies and pop culture."

The commander went on to add that because of the great relationship he shares with his troops, they know when they have to take over the situation.

"My guys bring a physical and mental toughness and fearless leadership to the vehicle," said Almaguer. "If I'm tired or down, they pick up the slack, stay on the radio, and steer the unit."

An example of the team's ability to brighten days was when one of its convoys came to a four-hour stop because of a vehicle malfunction. The Soldiers went from Soldier to Soldier offering cold drinks and jokes to lighten the mood.

"You have to make the best of a bad situation," said Edmunds. "Sometimes you have to laugh to keep from crying. Then I always remember, the more it sucks now, the funnier it's going to be when we look back on it."

The Soldiers in Blackfoot 6 have three more months left of brightening days for fellow troops before they head back to Hawaii and begin to look back and laugh at those moments during their tour in Iraq.



Squadron senior line medic Sgt. Paul "Doc" Loos, 3rd Squadron, 4th Cavalry Regiment, applies a bandage to an Iraqi as 1st Sgt. James Taylor, B Troop, 3-4 Cav. Regt., looks on during an operation south of Tal Afar, Iraq, July 14. Loos is on his second tour of duty in Iraq.

# DEIS: Army solicits input

CONTINUED FROM A-1

identifies significant impacts at each of the three alternative locations that would occur as a result of implementing proposed action: Impacts at alternative sites would result from construction and training activities. Significant impacts to resources would be direct, long-term. The no action alternative provides the baseline conditions for comparison to the proposed alternative.

Additional concerns or impacts may be identified as a result of comments received to the DEIS.

The Army invites full public participation to promote open communication and better decision making. In addition, the Army in-

vites the general public, local governments, other federal agencies and state agencies to submit written comments or suggestions concerning the analysis and alternatives addressed in the DEIS.

Written comments will be accepted for 45 days following publication of the U.S. Environmental Protection Agency's Notice of Availability for the DEIS in the "Federal Register." The comment period will last from July 20-Sept. 4, 2007. Assistance will be provided upon request to anyone having difficulty understanding how to participate.

Public meetings will be held from Aug. 13-31 in Hawaii, Alaska and Colorado. The locations, times and dates of public hearings

will be announced in advance through notices and media news releases.

The DEIS is available at <http://aec.army.mil/usaec/> or [www.sbcet-seis.org/](http://www.sbcet-seis.org/).

Send all written comments and suggestions concerning the DEIS to Public Affairs Office, U.S. Army Environmental Command; Building E4460, 5179 Hoadley Rd.; ATTN: IMAE-PA; Aberdeen Proving Ground, MD 21010-5401.

Call (410) 436-2556, fax (410) 436-1693, or e-mail comments to <mailto:PublicComments@aec.apgea.army.mil>.

For further information, contact the Public Affairs Office at (410) 436-2556 during normal business hours, Monday-Friday.

# SAMC: Five Soldiers, four spouses are latest members of exclusive clubs

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place and continue to keep the Army strong."

Col. Darryl Daugherty, chief of staff for the 8th Theater Sustainment Command, gave the Sergeant Audie Murphy Club medallion to each of the recipients. Sybil Brandenburg, wife of Maj. Gen. William Brandenburg, deputy commanding general, U.S. Army, Pacific, handed out the Dr. Mary E. Walker Awards.

"I'm honored to be selected by such wonderful noncommissioned officers into such a distinguished club," Emrick said. "To be selected was not a challenge to be taken lightly. It really gives me a sense of accomplishment to be selected."

Even after being a family readiness group leader for two years, including one while the unit was deployed to Iraq, working with Partners of Education, and starting reading programs at numerous schools, Angie O'Bryan still couldn't believe she was a Dr. Mary E. Walker Award recipient.

"It's really such an honor to receive this award," she said. "I don't feel worthy of it. I didn't know I was in this league."

But of course, Brock disagreed with O'Bryan, and during his speech, he addressed all the Dr. Mary E. Walker Award recipients.

"Though you are not leading troops in combat, your accomplishments back here on the home front allow those Soldiers to concentrate on the mission at hand," he said. "Not only are you taking care of your own families, but you extend your love and commitment to your extended Army family. You indeed make the Army a better place."

Both Sgt. Audie Murphy and Dr. Mary E. Walker accomplished extraordinary deeds with their lives. Whether killing the enemy or saving the injured, both lived by guiding principles.



Col. Darryl Daugherty, chief of staff, 8th TSC, presents Sgt. 1st Class Robert Lowers with the Sgt. Audie Murphy Club medallion, July 18.

The official Sergeant Audie Murphy Club motto is "You lead from the front." With everything these honorees have achieved, it's safe to say they live by that motto as well.

**Sgt. Audie Murphy Club Inductees:**  
Sgt. 1st Class Anna R. Cortes, 205th Military Intelligence Battalion  
Sgt. 1st Class Robert M. Lowers, 2nd Battalion, 11th Field Artillery (FA) Regiment  
Staff Sgt. Kamalpreet S. Bal, 2-11th FA  
Staff Sgt. Jeremy L. Emrick, 94th Army Air and Missile Defense Command  
**Dr. Mary E. Walker Award Recipients:**  
Armida Bonds  
Angie O'Bryan  
Heather Ullman  
Louise Webb

# Orphans: Legacy lives on

CONTINUED FROM A-1

Japan to act as "Father Christmas," delivering gifts from the regiment for the children.

Though this year's visit marked the tradition's 50th anniversary, the relationship between Soldiers of the 27th Inf. Regt.'s 1st and 2nd Battalions and the orphanage extends to when then-Sgt. Hugh F.X. O'Reilly first visited the once-dilapidated home during occupation duty in Japan after World War II.

O'Reilly witnessed the poor conditions in which the orphans lived during a Christmas party visit in 1949 and started a collection for the home among his fellow Wolfhounds. The home operated with minimal funds while trying to accommodate the many children in Osaka who lost parents during the war.

The generosity of O'Reilly and his fellow Wolfhounds was depicted in a 1955 movie, "Three Stripes in the Sun."

The Wolfhounds' collections continued after the unit deployed to Korea during the war there in the 1950s. Soldiers crawled around foxholes in a combat zone to raise money for the orphans, according to Charles



Misaki Takenaka (left) and Miho Tanaka are covered in flower and candy lei at their welcoming ceremony.

Aresto, one of the original Wolfhounds involved in starting the collections.

That dedication continues to this day because of the compassion and pride shared by generations of the regiment's Soldiers throughout the years, he said.

"There are all kinds of regiments in the United States Army with tremendous combat records," the retired first sergeant said, squaring his line of vision. "But how many can say they've saved an orphanage?"

"Only one," he answered.



Bonds



O'Bryan



Webb



Ball

# Leadership changes at Pacific Missile Defense Command

Story and Photo by  
**MAJ. RICHARD A. STEBBINS**

94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER – The Army command responsible for first-line defense against air and missile attacks in the Asia-Pacific Theater has a new commander.

Brig. Gen. Roger F. Mathews officially assumed command of the 94th Army Air and Missile Defense Command (AAMDC), July 18, in a ceremony here at historic Palm Circle.

The new commander takes over from Brig. Gen. John E. Seward, who commanded the unit since its activation in October 2005.

Mathews last served as deputy commanding general for operations, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command at Peterson Air Force Base, Colorado Springs, Colo.

“I look forward to the challenges of command and pledge to you my total dedication as we continue to strive to make this command the best it can be,” said Mathews.

The 94th AAMDC provides command and control for all theater-based air and missile defense assets, including those from other services. The command is the third of its kind in the Department of Defense, with two in the active component and one in the reserve component. However, the 94th is the sole command assigned to a specific theater.

The establishment of this type of unit, dedicated to the Pacific region, emphasizes the importance of ballistic missile defense to national security.

Lt. Gen. John M. Brown III, U.S. Army, Pacific, commanding general and reviewing officer for the ceremony, praised Seward for all the hard work in establishing the command and its great reputation.

“Brigadier General John Seward is a true visionary,” said Brown. “He has met our nation’s evolving security requirements and has orchestrated tactics and procedures to improve air defense from a regional and global perspective. General Seward’s outstanding achievements leave a legacy that will serve the Army and the Pacific theater for years to come.”

Since its activation, the unit has many major accomplishments to its



Brig. Gen. Roger F. Mathews, right, accepts the 94th Army Air Missile Defense Command colors from U.S. Army, Pacific Commanding General Lt. Gen. John M. Brown III, marking his assumption of command in a ceremony at Palm Circle, July 18.

credit. In just the first year, the 94th AAMDC far exceeded Army expectations by meeting all requirements to achieve fully operational capable status, Seward said in his speech.

During the last two years, the unit has operated at a break-neck pace participating in more than 25 major exercises, thereby building close relationships with both U.S. and foreign military partners.

Working with other services and Asia-Pacific countries such as Japan, South Korea and Australia has helped to not only bolster national missile defense but also to increase positive relations with collaborating nations, said Seward.

Additionally, the unit expanded its footprint by establishing the first-ever Forward Based X-Band Transportable (FBX-T) radar system in Northern Japan and re-stationing the 1st Battalion, 1st Air Defense

Artillery (ADA) Regiment from Fort Bliss, Texas, to Okinawa.

The powerful FBX-T radar provides precise tracking information of potential ballistic missile threats against the U.S. mainland, deployed forces or allied countries. The 1-1 ADA, with its state-of-the-art Patriot Advanced Capability-3, or PAC-3, missiles provides a reliable defense asset and deterrent to the region.

“This organization has accomplished a great number of things that you can be proud of in such a short period of time,” said Seward. “The standard you have set has become the envy of all other organizations.”

In a previous ceremony, Seward was awarded the Distinguished Service Medal as recognition for the demanding task of standing up a unit from scratch. Seward’s next assignment is tentatively slated for Colorado.

## Remaining changes of command

The 25th Infantry Division and U.S. Army Garrison, Hawaii, community is invited to upcoming change of command ceremonies, a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another. The change of command will be preceded by an awards ceremony, 30 minutes prior.

• July 31, 10 a.m., 45th Sustainment Brigade. Col. Michael T. McBride passes command to Col. Clay B. Hatcher at Sills Field, Schofield Barracks. Point of contact (POC) is Sgt. Maj. Robert Pittman, 655-0283.

• Aug. 2, 10 a.m., 599th Transportation Group. Col. Kathi L. Kreklow passes command to Col. Susan A. Davidson on board the USS Missouri Memorial. POC is Donna Klapakis, 656-6420.

# 65th Engineer Bn. reactivates under 8th Theater Sustainment Command

65TH ENGINEER BATTALION PUBLIC AFFAIRS  
News Release

FORT SHAFTER – The process of transformation across the Army has had a profound effect on organizations, units, Soldiers and their families, and for the past two years, U.S. Army, Pacific, has seen numerous changes and their effects on the Oahu community.

This summer, another significant transformational change took place.

The 29th Engineer Battalion conducted a change of command ceremony, July 10, which included the inactivation of a battalion, and in its place, the reactivation of the 65th Engineer Bn.

To understand the significance of this unit reflagging, one must first understand the significance of the units themselves.

## Background

In the advanced guard of Gen. John Pershing’s Allied Expeditionary Forces was a small group of engineers destined to become Company B, 29th Engineer Regiment, which was officially activated Oct. 20, 1917, making it the oldest topographic unit in the Army.

During the next 90 years, elements of the 29th Engineers would contribute to every major U.S. conflict and to other smaller-scale contingencies.

The battalion provided topographic support across the Pacific Theater for most of its existence, operating for extended periods in the Philippines, Japan, Thailand and Cambodia before finally settling on Oahu in 1960.

A leader in technological innovation, the 29th mapped major portions of the Pacific and introduced new topographic processes and equipment to the field. However, from the mid-1990s to now, the battalion has been a unit in conversion.

Benson, battalion commander, said, “To have called the 29th a Topographic Battalion after the mid-nineties is somewhat inaccurate ... you see the arrival

of the 7th [Engineering] Detachment-Heavy Dive. ...We started to become multi-functional.”

The Army’s plan called for the 29th to continue to change, resulting in the emergence of a combat effects battalion, instead of a topographic battalion.

During planning for the 29th’s upcoming redesignation, Benson, wanted to celebrate the lineage and history of the battalion with a reunion event. The 29th has an extended alumni network.

Together with alumni, the battalion hosted a reunion, which included a “meet and greet” in early

**SEE 65th, A-6**

# Water, motorcycle accidents exceed 2006 fatalities

101 Days of Summer campaign urges to “think before you act”

LORI YERDON

U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — Midway through this year’s 101 Critical Days of Summer safety campaign, the Army’s number of off-duty fatalities are down by one compared to last year’s midway point.

Beginning May 28, the Army’s safety campaign has focused on increasing awareness and safety precautions on activities popular during the summer months.

“It is not that these activities such as hiking, swimming and grilling are more dangerous during these one hundred one days of summer,” said Command Sgt. Maj. Tod Glidewell, U.S. Army Combat Readiness Center (USACRC) command sergeant major, “but there is a greater exposure to participate in these activities due to the great weather and limited opportunities between missions and training. Greater ex-

posure and more participation can result in accident or injury if you don’t think before you act.”

Although the number of total fatalities in accidents this summer has decreased — 20 versus 21 — motorcycle and water-related accidental fatalities have increased compared to the same time frame last year, between May 28 and July 10.

In the first half of this campaign, we have already lost seven Soldiers to water-related accidents and nine Soldiers to motorcycle accidents, said Col. John Campbell, USACRC command surgeon.

“This is five more water-related fatalities and one more motorcycle fatality than last year for the same timeframe,” he continued. “This doesn’t mean we shift all of our focus to water-related activities and motorcycles, neglecting other risky activities. We need to continually apply Composite Risk Management to all on-and off-duty activities to prevent all accidental losses.”

In June, a Soldier was killed while boating on a lake with another Soldier. When the Soldier stood up in

## RELATED STORY

• Are you a grilling guru? Check out some tips for keeping your family safe this summer. See page B-4.

a boat, a gust of wind blew his hat into the water, knocked him off balance, and caused him to fall overboard.

A second Soldier dove into the water to retrieve the hat and noticed that the first Soldier was having difficulty swimming back to the boat. The first Soldier submerged as the second Soldier tried to assist him.

Although personal floatation devices were available, neither Soldier was wearing them. Alcohol was also reported as a factor in the accident.

Another Soldier was killed June 12 while operating a borrowed Kawasaki Ninja ZX-6. While attempting to negotiate a turn, this Soldier lost control of the motorcycle, went into a ditch and struck a fence. He was not wearing a helmet or other personal

protective equipment. He was driving on a DUI-restricted license, which limited him to driving to and from work. Speed was also a contributing factor.

“The majority of accidents are the result of bad decisions,” said Glidewell, “but great leaders who take the time and know their Soldiers can engage and impact these decisions, correcting them. As an Army, we have already seen that engaged leadership can decrease losses.”

As the 101 Critical Days of Summer safety campaign continues through Labor Day, the Army will continue to highlight those activities that historically have affected formations by claiming lives. The USACRC remains committed to providing information and tools enabling commanders, Soldiers and leaders to engage at all echelons.

“Leaders can help identify risk and help make the difference between enjoying the activities and becoming a statistic and loss to our formation,” said Glidewell.

## News Briefs

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

### 27/Today

#### Quarterly Volunteer Ceremony

— The 25th Infantry Division’s rear detachment will recognize outstanding volunteers in the community at its Quarterly Volunteer Ceremony, July 27, 2 p.m., in the Schofield Barracks Command Conference Room.

#### Civilian Education Briefing

— Learn more about the Civilian Education System, a program to enhance leadership and educational opportunities for Army civilians throughout their careers, during two separate sessions at the Sgt. Smith Theater, today. The identical briefings run from 10–11 a.m. and 2–3 p.m.

Also, a signer for the hearing impaired will be available for the 10 a.m. session only. All Army civilians are encouraged to attend one of the sessions.

**Vehicle Resale Lot** — The vehicle resale lot has moved to the Schofield Barracks’ commissary parking lot. When facing front of the commissary, the lot is on the left hand side of the building, away from Trimble Road.

The lot is now operated by Morale Welfare and Recreation and the Schofield Barracks Automotive Crafts Center. Vehicles can be placed in the resale lot for as little as \$7 for seven days. Call 655-9368 for a list of items you’ll need before placing your vehicle in the lot. Also, the Auto Skills Center is now offering auto detailing. Stop by Building 910 on Duck Road, or call 655-9368 for an appointment.

### 31/Tuesday

#### FBI Recruitment

— Are you interested in a career with the FBI as a special agent or as a professional support employee? Learn more about opportunities at the next monthly FBI career presentation, Tuesday, July 31 at the Prince Kuhio Federal Building, Room 5-208, from 10–11 a.m., and Thursday, Aug. 2 at Schofield Barracks, Building 690 (the Aloha Center), 3rd floor conference room, from 10–11 a.m.

At Schofield, call 655-1028 for

more details. Contact Special Agent Kal Wong, 566-4488, for more about Honolulu presentations.

Entry-level salary for special agents is \$50,383 (GS-10) during academy training and \$60,666–\$68,632 upon graduation.

## August

### 6/Monday

#### Advisory Meeting

— The Schofield Barracks Post Exchange/Commissary/Nehelani Advisory Council will meet Aug. 6 in the Main Post Conference Room, Schofield Barracks, from 10:15–11:15 a.m.

The bimonthly forum provides an opportunity for patrons to share their ideas with representatives from these facilities. Call Melvin Wright, 655-0497, for more details.

### 7/Tuesday

#### Troops to Teachers

— Soldiers seeking careers in public education may attend a Troops to Teachers briefing, held the first Tuesday of every month at the Education Center, Building 560, Room 221, from 11:30 a.m.–1 p.m.

## 65th: Battalion falls under 8th MPs

CONTINUED FROM A-5

July, a reunion dinner and the change of command ceremony.

All and all, 17 former members of the battalion attended, including a World War II veteran, retired Maj. Frank Pfersch, who served with the battalion from 1936–1939.

The reunion dinner showcased the debut of a new battalion documentary, “Praevalemus, Charting 90 Years of History of the 29th Engineer Battalion.” The production was completed in house by one of the battalion’s own officers, 2nd Lt. Miguel Lima, who portrayed the battalion’s 90-year-old history. (Copies are available upon request.)

The dual change of command and inactivation-reactivation ceremony were the hallmark events of the reunion. Lt. Col. Chris Benson assumed command from Lt. Col. Scott Petersen. Afterwards, the battalion was redesignated from the 29th to the 65th Engineer Battalion.

The Army re-established the 65th’s colors — which had been inactivated during transformations in October 2005 — a fact not lost on the veterans of the 25th Infantry Division (ID).

Initially constituted Oct. 18, 1927, in the Regular Army, the 65th remained inactive until assigned to the 25th ID and activated as a combat engineer battalion at Schofield Barracks, Territory of Hawaii, Oct. 1, 1941.

One of the most highly decorated engineer battal-



Capt. Ashan McNealy | 65th Engineer Battalion

Lt. Col. Christopher Benson, left, thanks 65th Engineer Battalion Soldiers for their hard work, July 10.

ions in the Army, the 65th has earned distinctions during World War II, the Korean and Vietnam wars, and more recently, during Operations Enduring and Iraqi Freedom.

The 65th Engineers are now assigned to the 8th Theater Sustainment Command, under the 8th Military Police Brigade.

“It was touching to see how proudly each veteran carried the colors onto and off the field,” said Staff Sgt. Matthew Hayden at the July 10 reactivation. “It really made the ceremony very special.”

The 65th Engineer Battalion is now headquartered at Schofield Barracks, Building 745, I Quad.

# PAU HANA

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

"When work is finished."

FRIDAY, JULY 27, 2007

# Farmers' Market

*provides locally grown produce to residents*

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

HONOLULU — Pat Moore pushed her daughter's stroller through the aisles of organic treats at the Kapiolani Community College (KCC) Farmers Market, here. Moore attends every available Saturday to provide her family with healthy, locally grown food.

"You can get breakfast or lunch and take home a healthy dinner," said Moore. "It's a great way to spend a Saturday."

The weekly KCC Farmers' Market has been bringing local farmers and conscience-minded shoppers together for the past four years. Hundreds of shoppers find themselves nestled at the base of Diamond Head every Saturday to peruse more than two dozen vendors that provide local goods, including: produce, fresh meat, breads, jams, Kona coffee and island flora.

"With all of the contamination scares, it makes me feel more comfortable knowing the food I'm purchasing is fresh and toxin-free," added Moore.

Musical accompaniment moved shoppers along as they sampled many products and filled up on tasty treats, including fresh ginger coolers and homemade salsa.

Juanita Kawamoto, Army family member and owner of Fresh from the Farm, has been participating in the market since its inception. Her company works as a catalyst between consumers and farmers on the neighbor islands.

"Anyone who is an organic farmer knows it is a seven day a week job. The process of growing organic produce is much more labor intensive," Kawamoto said. "The Farmers' Market helps the dying art of

farming continue to prosper, while providing the community with fresh produce."

For a product to be considered organic, fruits, nuts, seeds or other ingredients must be grown without using pesticides, synthetic fertilizers, genetically modified organisms, sewage sludge, or ionizing radiation.

For meat, poultry, or eggs to be considered organic, the animals must not have been fed antibiotics or growth hormones. More than 80 percent of the food Fresh from the Farm provides is organic.

The smell of fresh flowers overpowered the cooked treats near the Growing Creations booth. Owner of the Waianae shop, Ed Miyashita, displayed locally grown plants, flowers and herbs. Miyashita enjoys being a part of the Farmers' Market and uses it as a tool to get to know the customers that frequent his booth.

"Having an environment like this is more personable," he said. "It allows us to speak to customers and explain the uses and care of each item we have."

Miyashita also enjoys the relaxed environment and watching people enjoy the market.

"People hang out here," said Miyashita. "It's not the typical in and out store."

Shoppers should arrive early, as vendors tend to sell out of the most popular items. Ample parking is available in the KCC parking lot.

The KCC Farmers' Market operates under The Hawaii Farm Bureau Federation, a non-profit organization supporting the economic viability of Hawaii's farmers and ranchers.

Herve Montague, left, and Mahchid Mottale look for the freshest tomatoes at the KCC Farmers' Market. Residents and tourists alike flock to the market in search of organic and locally grown produce.



## Farmers' markets located around the island provide fresh, organic produce.

For more, visit: [honolulu.gov/parks/programs/pom/index1.htm](http://honolulu.gov/parks/programs/pom/index1.htm).

KCC Farmers' Market  
Kapiolani Community College  
4303 Diamond Head Road  
Saturdays, 7:30 - 11 a.m.

Kailua Farmers' Market  
Kailua Town Center Parking  
Garage  
609 Kailua Road  
Thursdays, 5 -7 p.m.

Mililani Farmers' Market  
Mililani High School Gym Parking  
Lot  
95-1200 Meheula Parkway  
Sundays, 8 a.m. - noon.

Above — Hundreds of residents and tourists alike flock to the KCC Farmers' Market every Saturday. The Market is a catalyst between local farmers and ranchers and supporters of locally grown goods.

Right — Juanita Kawamoto talks to customers about the produce at her booth, Fresh from the Farm. The KCC Farmers' Market provides a personable environment between shoppers and vendors.





# July

28 / Saturday

**Cooking with Titus Chan** — Tour Chinatown, dine on a gourmet lunch, then enjoy a show with famous Master Chef Titus Chan, 9 a.m.–1 p.m. Chan, well-known for his cooking shows on PBS and Warner Brothers, will share top-of-the-line Chinese cooking techniques.

Also, patrons can enjoy a two-hour walking tour of Chinatown, a one-hour cooking show, take-home recipes, and a one-hour lunch at an upscale Chinese Restaurant.

Cost is \$63 for all activities, including tour, lunch and transportation. Call the Leisure Activities Office to register at 655-0112.

3 / Friday

**"Hearts Toward Home"** — This upcoming deployment reintegration workshop will help prepare families for impending homecomings and provide an interactive approach specifically designed to assist with understanding the anatomy of trauma, stress and other challenges facing healthy reintegration with spouses and fathers.

Topics will address the following issues: How will it be different? What can I do to prepare? How do I identify the signs and symptoms of post-traumatic stress disorder (PTSD)? How do I prepare my children? What are some techniques for self-care.

Workshop dates are Aug. 3, 10, 11, 17, 24, 25 and 31 from 9 a.m.–12 p.m. and 1–4 p.m. Call Army Community Service at 655-4227 for more details.

7 / Tuesday

**Family Fun Night at the Library** — Have fun and a chance to win great prizes playing Bingo Tuesday, Aug. 7, at the Fort Shafter Library and Wednesday, Aug. 8, at Sgt Yano Library, both dates from 5–6:30 p.m.

The grand prize will be a free Sunday Brunch for four (2 adults/2 children). Call 438-9521 (Fort Shafter) or 655-8002 (Sgt. Yano Library).

**Preschool Story Times** — The Fort Shafter Library will host Story time at 10 a.m. Tuesday, Aug 7; the Sgt. Yano Library presents Story time every Wednesday.



Cory Lum | Hawaii Opera Theatre

## Summer love

HONOLULU — Michelle Jennings, played by Navy Ensign Nellie Forbush, and Curt Olds, played by Luther Billis, perform in the Rodgers and Hammerstein production of "South Pacific," a musical featuring a dynamic cast of local and international artists, playing at the Blaisdell Concert Hall, July 27–28 and Aug. 3–5.

Service members and their families are invited to the special "Military Night" performance, tomorrow at 7:30 p.m. Courtesy of the Hawaii Opera Theatre, every seat in the house will be \$25 for military with ID. (Regular prices range from \$25 to \$75.)

For more details, call the Hawaii Theatre Box Office at 596-7858 or visit [www.hawaiiopera.org](http://www.hawaiiopera.org).

Call 438-9521 (Fort Shafter) or 655-8002 (Stg Yano Library).

## Ongoing

**Little Ninja Classes** — Parents or guardians, bring your 3–5-year-olds to Child and Youth Services (CYS) so they can learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) or be a current member of CYS. Register at CYS, 556 Heard St. Call

SKIES at 655-9818.

**Gymboree** — SKIESUnlimited, in partnership with Army Hawaii Family Housing, is offering Gymboree to children 6 months–5 years old. These classes will help children build strong motor skills, social skills and self-esteem — all the ingredients they need to grow into confident, happy, successful people.

Classes are held the first four Wednesdays of each month. For more information, call CYS at 655-9818.

**Auto Detailing** — The Schofield Barracks Auto Skills Center is offering a new auto detailing service for a limited time. To make an appointment or to find out more information, call 655-9368.

Two locations provide activities:  
 • Catlin Community Center at 3144 Nimitz Rd., Tuesdays from 6–7 p.m. or Saturdays from 9–10 a.m.  
 • Mililani Waena Elementary School Cafeteria at 95-502 Kipapa Dr., Mondays from 6–7 p.m. or Saturdays from 11 a.m.–noon.  
 Sunshine Generation is open to all boys and girls, ages 3–16. The program costs \$35 per month. Call 489-1998 or visit [www.SunshineHawaii.net](http://www.SunshineHawaii.net) for more details.

**Commissary Nursery** — The Schofield Barracks Commissary has a new nursery room for nursing mothers and parents with small children to use while they shop for groceries. The nursery is located behind Register 1. Call Susan Sturgeon-Campbell at 655-6886 for more information.

**Food For Families** — The Armed Services YMCA accepts donations of nonperishable items to replenish its food pantry. Its emergency food locker is available to families experiencing financial difficulty that could use extra assistance. Supplies of canned goods, frozen food, dry goods and personal care items are accepted and usually available. Call 624-5645.

**Volunteer Opportunities** — Give back to the community by volunteering; it is a great way to meet new people, receive valuable job experience, and support the Army Hawaii family. Opportunities are available on and off post. Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) or call 655-4227.

**Oklahoma Degrees** — The University of Oklahoma (OU) is accepting applications and registration for its summer term. OU is proud to offer a Master of Arts in Managerial Economics on Hickam Air Force Base. Its non-thesis program can be completed in about 18 months.

Contact OU at 449-6364, at [aphickam@ou.edu](mailto:aphickam@ou.edu), or visit [www.gouou.ou.edu](http://www.gouou.ou.edu).

**Career Training Scholarships** — The non-profit Hire A Hero program is accepting applications to award 122 academic scholarships to the military community. These scholarships are available to active and transitioning military personnel, veterans, National Guard Members, Reservists and their spouses.

**Hawaiian Luau Lunch Buffet** — Enjoy the "ono" taste of a traditional Hawaiian-style feast, 11 a.m.–1 p.m. at the Hale Ikena, Fort Shafter, or 11 a.m.–2 p.m. at the Schofield Barracks Nehelani. Cost is \$9.95 per person. Call the Hale Ikena (438-1974) or the Nehelani (655-4466) for lunch buffet reservations or more information.

**New MWR Calendar Feature** — Visit the Morale, Welfare and Recreation (MWR) Web site, [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com), and check out the new calendar feature, which allows users to view the calendar by day, week or month, in a list or tabular format.

Other features allow users to search for events, receive event reminders or notifications of event changes by e-mail or text message, as well as download event info, e-mail event information to friends, and import events to a calendar.

**SKIES Driver Education** — Learn to drive with 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. 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. Also, your arts and crafts center provides a varied selection of ceramic bisqueware to paint and take home.

Call 655-6330 at Schofield Barracks or 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. Call 655-9368 (Schofield Barracks) or 438-9402 (Fort Shafter).

**Tropic Lightning** — Enjoy a fast and hot lunch buffet, Monday–Friday, from 11 a.m.–2 p.m. at KoleKole Bar & Grill, Schofield Barracks. 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 (FCC) Program. Benefits include free training, additional income and flexible hours. Call the Aliamanu Military Reservation (AMR) FCC office at 837-0236, or the Schofield Barracks FCC at 655-8373.

Degree and diploma programs will be available in automotive technology, health sciences, skilled trades, business, information technology and hospitality services.

Three types of scholarships are available to those who qualify.

Register at the Hire A Hero Web site, [www.hireahero.com](http://www.hireahero.com), and upload a written essay or short video. All applications are due on or before Aug. 17.

**Fort Shafter Thrift Shop** — Patrons, the thrift shop will remain open all summer. Hours are Tuesdays and Fridays, 9 a.m.–1 p.m., and consignment hours, 9–10:30 a.m.

Families who are making a permanent change of station move should make an appointment to consign their household goods. Donations of gently used items are welcomed.

The Thrift Shop is always looking for volunteers, so if you have a military ID and are able to commit four hours per week, drop by Building 342, Pierce Street, or call 842-1074.

**Playmorning** — Parents and caregivers looking for some fun, social interaction for their children should join Playmorning. This family interactive playgroup, hosted by the Armed Services YMCA, is designed for children up to age 5 and their parents or caregivers.

Playmorning features a variety of age-appropriate activities, crafts, stories, songs and more from 9–10:30 a.m. No preregistration is required.

- Mondays at Wheeler ASYMCA
  - Tuesdays at Helemano Community Center & Iroquois Elementary School
  - Wednesdays at Wheeler & Iroquois
  - Thursdays at Helemano & Iroquois
  - Fridays at Wheeler & Iroquois
- Call 624-5645.

**Waiting Children** — The Children's Waiting Room, sponsored by the Armed Services YMCA, provides on-site child care for healthy children while their parents or siblings have medical appointments in any of the Schofield Clinics or at the Tripler Medical Center.

The operating hours of the Schofield Children's Waiting Room are Monday–Friday, 8 a.m.–noon. The service is located inside the Pediatrics Clinic in Building 680, Schofield Barracks. Call 624-5645 for appointments.



**Aliamanu (AMR) Chapel, 836-4599**

- 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 Beach
- Protestant Sunday, 9 a.m. — Worship Service

**Fort Shafter Chapel, 836-4599**

- Contemporary Protestant Sunday, 9 a.m. — "The Wave" Worship

**Helemano (HMR) Chapel**

- Contemporary Protestant Sunday, 10 a.m. — Worship Service & Children's Church

**\*Main Post Chapel, 655-9307**

- \* (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)
- Catholic Sunday, 9 a.m. — CCD & RCIA Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

**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 Sunday, 10:30 a.m. — Mass
- Collective Protestant Sunday, 9 a.m. — Worship Service
- Gospel Sunday, 12 p.m. — Worship Service



**Knocked Up**

(R)  
 Friday, 7 p.m.  
 Sunday, 7 p.m.  
 Thursday, 7 p.m.



**Ocean's Thirteen**

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



**Surf's Up**

(PG)  
 Saturday, 2 p.m.

No shows on Mondays or Tuesdays.



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

27 / Today

**Army Community Service** — ACS will throw its big 42nd birthday celebration today, and you can join in on the fun from 10 a.m.–2 p.m. at either the Fort Shafter or Schofield Barracks location.

Games, activities and free refreshments — plus a chance to win a new bike and other exciting prizes — will be on hand for the entire family. Call ACS Schofield (655-4227) or Fort Shafter (438-9285) for more details.

**State Farm Fair** — The Hawaii State Farm Fair runs today through Sunday at the Kapolei fairgrounds at the corner of Fort Barrette Road and Farrington Highway. Fair-goers can enjoy a country market, orchid and plant sales, agricultural exhibits and demonstrations, a petting zoo and children's fair, live entertainment, E.K. Fernandez rides and games, and more.

Admission is \$3, noon–6 p.m., and \$5, 6 p.m.–midnight. Children under 40 inches are free.

Hours are 6–midnight, today, and noon–midnight, Saturday and Sunday. Visit [www.hfbf.org](http://www.hfbf.org) for more details.

31 / Tuesday

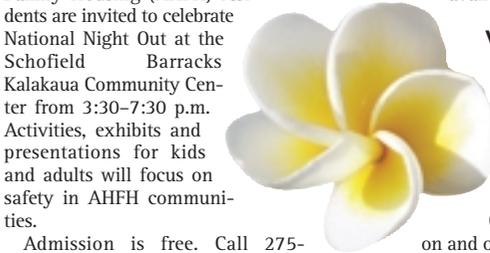
**PWOC Summer Program** — The Protestant Women of the Chapel wraps up its summer program Tuesday morning (July 31) at the Schofield Barracks Main Post Chapel, Room 212, from 9–11:30 a.m.

PWOC offers a school-aged children's program and child care for Child Development Center (CDC)-registered children under 4 years old. Call 206-8504.

## August

4 / Saturday

**Sunshine Generation Hawaii** — Register your child for the next class of singing, dancing, showmanship and confidence offered by Sunshine Generation Hawaii, Aug. 4. Bonus workshops are also available for hula, acting, music theory and more.



## Ongoing

**Earn Your Stripes** — Through Sept. 5, Kellogg's is sponsoring a worldwide, three-month program to get military kids up "off the couch" and physically more active. Children of U.S. military members (2–14 years old) may go to [www.frostedflakes.com/](http://www.frostedflakes.com/) active and complete the online entry registration to become a member, then see a list of qualifying exercise activities for the contest.

The special Web site allows military kids and their community to report and track progress. Kids, communities and the commissary can earn points towards the grand prize of \$20,000, to be awarded to Morale, Welfare and Recreation (MWR) in the community with the most points. Four runners-up will win \$5,000.

**Car-buying Classes** — Learn how to get the most vehicle for your money. Car buy-

# Families prep for Soldiers' return

Story and Photo by  
**MOLLY HAYDEN**  
Staff Writer

As Soldiers return from deployment, they often feel edgy and continue to relate to "battle zone" mentality upon their reintegration into society. These emotions can be overwhelming for both Soldiers and family members.

More than 40 families gathered at the Schofield Barracks Main Post Chapel, July 18, for Family Deployment Night to discuss ways to prepare for Soldiers' return and possible emotions they may face.

The event is a monthly support group for families of deployed Soldiers that touches on deployment topics and features subject matter experts. The group meets the third Wednesday of every month.

Chaplains (Maj.) Scott Kennedy and (Capt.) Kelly Porter facilitated the meeting, which focused on "Battlemind Training - Transitioning from Combat to Home." Military and Family Life Consultants also filled the crowd to offer support and ideas.

"Having gone through a deployment myself, I can share my perspective on reunion and reintegration," said Porter. "Sharing things that have personally worked for me and my Soldiers can help many of the family members understand what to expect and possible ways of dealing with it."

Jennifer Fichter, wife of Sgt. 1st Class Seth Fichter, Headquarters and Headquarters Company, Special Troops Battalion, is experiencing her first deployment. The couple is expecting their first child.

"A lot has changed," she said holding her swollen belly. "I want to know all I can in order to get through this."

Fichter hopes the information provided will ease the transition of her husband returning home.

"I am here to learn," she said.

Col. Carl Castro, Ph.D., research psychologist, created an outline to aid in the discussion. The outline touched on



Sarah Horrigan (right), deployment program coordinator, Army Morale, Welfare, and Recreation, talks to family members about the assistance provided to families of deployed Soldiers during a recent Family Deployment Night.

the possible scenarios Soldiers and families may face, including the desire for Soldiers to return to combat, believing they have "unfinished business" to attend to in the combat zone.

Kennedy briefed family members on situations that have happened to both him and Soldiers in his unit.

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"I want to know all I can in order to get through this."

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*Jennifer Fichter  
Family Member*

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"No one understands what a Soldier goes through more than his buddies," said Kennedy. "It may be hard for some of them to talk about it to someone who wasn't there."

Kennedy explained that approaching the situation with humility and understanding would help re-establish the bond of marriage and family.

"You may never fully understand what they went through," said Kennedy. "But you can understand why they feel and act the way they do after the fact."

Wives who had experienced two or more deployments shared ideas that

had helped them in the past, as first-time deployed family members listened attentively and humbly asked for help.

Family Readiness Group Leader Nichole DeKok, wife of Spc. Dar Dekok, 2nd Battalion, 27th Infantry Regiment, is experiencing her fifth deployment.

"I am definitely more prepared this time because of all this information," said Dekok. "It is important for us as wives to be a part of the community."

Dekok explained that volunteering has helped her maintain a connection to both her husband and other military spouses. Counseling has also been a major factor in the coping process. Dekok suggested others take advantage of the counseling program provided by Tricare and Military One Source.

"They are there to help you," said Dekok. "We can't do this on our own."

As the meeting ended, Porter thanked everyone for coming.

"Being here means you are putting forth an effort to make your marriage and family great," he said. "For that, I applaud you."

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For more information on Family Deployment Night, call 656-1384.

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# Battalions to get paid family readiness support positions

**ARMY NEWS SERVICE**  
News Release

WASHINGTON — The Army's Family and Morale, Welfare and Recreation Command (FMWRC), at the request of senior Army leadership, is expanding the Family Readiness Support Assistant (FRSA) program to reach all the way to the battalion level, Army-wide, to support deployed Soldiers and their families.

Currently, there are slightly less than 400 FRSAs Army-wide, including Guard and Reserve units. They are primarily contract, term or temporary over-hire positions, funded by war on terror supplemental funding or unit funds, and managed by their respective Army commands.

Under the new program, recently approved by Army Chief of Staff Gen. George Casey Jr., the positions will be added to unit manning documents, centrally funded, and FMWRC will provide program oversight.

"Commanders had already identified the need and we're responding," said Brig. Gen. Belinda Pinckney, FMWRC commander. "We're not inventing anything new here. We're taking something that works well and expanding it, providing a uniform level of support to Soldiers and families Army-wide."

The plan calls for an end-state of as many as 1,100 FRSAs throughout the Army, placing a support assistant in each deployable battalion, brigade, division and corps headquarters. The FRASAs will hold Department of the Army civilian positions at the GS-6 level.

The need for FRASAs was initially identified through the Army Family Action Plan. The FRASAs will remain a component of the unit commander's family readiness program, and will be supervised by the commander or his designee. Their primary duties will be to provide administrative assistance in support of the unit's family readiness programs and activities.

Some examples of duties include assisting with the preparation of pre-deployment and redeployment activities; scheduling and co-

ordinating family readiness or unit-sponsored training; assisting in developing and distributing unit newsletters; coordinating video teleconferences for families and deployed Soldiers; and serving as a link between garrison community agencies and the unit.

Army Community Service professionals and Reserve component family program staff will provide training for FRASAs.

Forces Command has had FRASAs in place for almost two years at the brigade level. FORSCOM spokesman Kim Waldren said the growing number of Soldiers serving multiple deployments drove FRG volunteers into overtime that became impossible to sustain.

By adding a full-time, paid employee to the brigade commander's staff, FRG leaders and family members were given an easily accessible contact, and the commander was given someone he could hold accountable to ensure families receive the support needed.

While the bulk of the work an FRSA does is administrative, they also improve connections with other Army support agencies and programs available for Soldiers and family members.

The position remains in place even when the unit is not deployed, providing continuity in a world climate that requires units to participate in multiple deployments.

"This is such a difficult time for our Soldiers and families," said Delores Johnson, director of Family Programs at FMWRC, the lead agency in overseeing the expansion of the FRSA program. "We know FRASAs have had an incredible impact at the brigade level, and are thrilled at the opportunity to provide that level of support and assistance to the battalions."

"Anything we can do to make it easier on the families back home has a direct impact on the morale of the deployed Soldier, as well," she continued. "This is just a win-win situation all around."

*(Editor's Note: Bill Bradner works for the Family and Morale, Welfare and Recreation Command Public Affairs.)*

# Simple outdoor grilling can get out of hand, too

**LORI YERDON**

U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — With 81 percent of all U.S. households owning a charcoal, electric or gas grill, practicing a little common sense and adhering to safe barbecuing practices will reduce the chance of serious injury while grilling.

According to the Hearth, Patio & Barbecue Association (HPBA), 60 percent of grill owners use their grills year-round, with 47 percent grilling at least 1-2 times per week during peak summer months.

The most popular grilling occasions are the Fourth of July, Memorial Day and Labor Day, but an increasing number of grillers report using their grills during the winter, too.

“Being responsible with grills, especially around children, is important,” said Deidra Darsa, public & media relations manager for HPBA. “Always read the owners manual before using your grill, and follow specific usage, assembly and safety procedures.”

Everyone must realize that when people are grilling, they’re working with fire and there’s always a chance of getting burned, said Darsa.

In May, while trying to light a grill, a Soldier was burned on his face and arms. He used an excessive amount of lighter fluid on some charcoal and then closed the grill cover. When the Soldier attempted to light the grill a few moments later, it exploded resulting in first and second degree burns.

“Grilling-related accidents send numerous individuals to emergency rooms each year,” said Col. John Campbell, command surgeon for the U.S. Army Combat Readiness Center. “By understanding safe

techniques and precautions, the number can be drastically reduced.”

The HPBA offers the following safety tips to help keep grilling a safe and enjoyable experience:

- Using barbecue grills outdoors, only. Never barbecue in a trailer, tent, house, garage or any enclosed area because carbon monoxide may accumulate and cause a fatal injury.

- Ensure that grills are in an open area that is away from buildings, overhead combustible surfaces, dry leaves or brush.

- Use barbecue utensils with long handles, forks, tongs and the like to avoid burns and splatters.

- Wear clothing that does not have hanging shirt tails, frills or apron strings that can catch fire, and use flame-retardant mitts when adjusting hot vents.

- Use baking soda to control a grease fire and have a fire extinguisher handy.

- Never leave a grill unattended once lit.

- Use grill pads or splatter mats, which are naturally heat resistant, usually made of lightweight composite cement or plastic, and that will protect decks or patios from any grease that misses the drip pan.

- Don’t allow anyone to conduct activity near the grill when in use or immediately following its use. A grill body remains hot up to an hour after being used.

- Never attempt to move a hot grill. It’s easy to stumble or drop it.

“Soldiers, their family members and friends should always exercise caution when grilling,” said Campbell. “Don’t let your safety guard down ... enjoy, but stay safe.”

Visit [www.hpba.org](http://www.hpba.org) and [www.fsis.usda.gov](http://www.fsis.usda.gov) for a more information on grilling safety.



Photos by Aiko Brum | U.S. Army Garrison, Hawaii, Public Affairs

## Schofield PX officially opens

**ARMY & AIR FORCE EXCHANGE SERVICE**

News Release

Celebrating 112 years of service to the military community, the Army and Air Force Exchanges Service (AAFES) held the grand opening ceremony for its \$32 million shopping complex, Wednesday, on AAFES’ anniversary.

The new state-of-the-art exchange more than doubles the old facility in size. Its 174,767 square feet features clothing, electronics, outdoor living, sporting goods, jewelry, toys, housewares, books, souvenirs, giftware and much more.

The mall now hosts six food concepts, including Starbucks, Manchu Wok, Subway, Baskin Robbins, Anthony’s Pizza and Charlie’s Grilled Subs. Also, Burger King and Planet Smoothie will be added soon.

The food court also has an indoor children’s

“The exchange has grown 100,000 square feet over our previous building, doubled customer parking, brought much-needed food concepts and the first Starbucks on a military installation in Hawaii.”

— SUSAN NONAMAKER,  
RETAIL STORE MANAGER, SCHOFIELD BARRACKS



playground adjoining the dining area.

The mall includes 20 concessions ranging from haircuts to car rental and everything in between.

One-stop shopping at the post exchange should make life easier for service members and their families in Oahu. It gives another exciting reason for visiting Schofield Barracks.

Flanked by employees of the Army & Air Force Exchange Service, Schofield Barracks, Col. Matthew T. Margotta, commander, U.S. Army Garrison, Hawaii, congratulates all who helped make the grand opening possible.

“AAFES and the Army enjoy a very special and long-standing relationship,” said Margotta. “One thing we can always count on is that no matter where we plant our boots, AAFES will be there. ... We now have a facility that rivals any other in Hawaii.”

### Grand Entertainment

*Friday*

- 10 a.m.–3 p.m., Bill Bigelow book signing
- 11:30 a.m.–2 p.m., Jeffery Smith jazz (through the weekend)
- 3 p.m., Bill Romerhaus book signing
- 4–6 p.m., jazz

*Saturday*

- 9–10 a.m., Na Papa Hula O Noelani hula
- 10–10:30 a.m., lion dancers
- 10:30 a.m., Japanese Cultural Club dancers
- 11 a.m.–1 p.m., Kim Taylor Reese
- 11:30 a.m.–2 p.m., jazz
- 2:30–3:30 p.m., fashion show
- 4–6 p.m., jazz



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

## July

### 28 / Saturday

**Hike Oahu** – Come join the Hawaiian Trail & Mountain Club on its next hiking adventure, beginning at 8 a.m.

–Saturday, July 28, 6-miler in Likeke, intermediate hikers. This pleasant loop hike hugs the base of Nuuanu and Kalihi cliffs, and you'll have to watch out for pigs on the return hike through Hoomaluhia Botanical Garden. Coordinator is Stuart Ball, 247-5380.

–Sunday, Aug. 5, 9-miler at Schofield Trail, advanced hikers. Lots of ups and downs through beautiful native forest to a lunch spot with breathtaking views of Kahana Valley and the famed Waikane Trail await the adventurous. Coordinator is Doug Klein, 263-8330.

A \$2 donation is requested of non-members 18 and older. Children under 18 must be accompanied by a responsible adult.

Hikers meet at the Iolani Palace, unless otherwise noted. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://html-club.org> for more details.

**Keiki Rodeo** – The Hawaii Women's Rodeo Association (HWRA) will host a Jackpot Rodeo, July 28, at the DK Ranch Arena in Waimanalo, and another at the Diamond J Ranch Arena in Waiānae, Aug. 18.

For both events, rodeo action begins at 10 a.m. with open, 3D and keiki barrel racing followed by pole-bending. Admission and parking are free.

Call HWRA President Lu Faborito at 696-5055 or Sandy Van, vice-president, 526-1708, for more details. Visit HWRA online at [www.rodeoohu.com](http://www.rodeoohu.com).



Spc. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

## Heads up!

KIRKUK, Iraq — Soldiers, airmen and civilians enjoy a friendly game of soccer at Forward Operating Base Warrior, here, July 19.

ify Region 188). E-mail questions to [reg@aysoregion188.org](mailto:reg@aysoregion188.org).

## August

### 4 / Saturday

**Fall Youth Soccer** – The American Youth Soccer Organization (AYSO), Region 188 Hickam AFB/Pearl Harbor, will be accepting registration applications in front of the Hickam BX-tra, Aug. 4 from 10 a.m.–2 p.m. Players 4–18 (born between Aug. 1, 2002–July 31, 1988) need to show proof of age.

The season will run from August–November. The early-bird registration fee is \$55 per player. Preregistration is also available online at [www.ayso.org](http://www.ayso.org) (spec-

## Ongoing

**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.

Meals are included. To schedule your adventure, call 734-4214, 877-682-7433, or go online at [www.bikehawaii.com](http://www.bikehawaii.com).



### 27 / Today

**Flag Football & Cheerleading Registration** – Youth Sports flag football & cheerleading registration runs now through July 31. It's open to youth born between 1993–2002.

Cost is \$50 per person for flag football, \$60 per for cheerleading. Practices begin Sept. 24, and the season will run Oct. 20–Dec. 15. Call 655-5314 or 833-5393 for more information.

### 4 / Saturday

**Free Ladies Golf Clinic** – Ladies, looking to improve your golf game? Come to the free ladies golf clinic the first Saturday of every month at 2:20 p.m. at Leilehua Golf course driving range, Building 6505, Leilehua Road.

This clinic is taught by Lou Merkle, a Professional Golfers' Association professional. Call 655-4643 to sign up.

### 6 / Monday

**Tripler Swimming Pool** – The Tripler pool will be closed to install a vinyl liner from Aug. 6–Sept. 29. During this period, operational hours for Aliamanu Military Reservation (AMR) swimming pools will be revised to incorporate adult lap swim and Soldier physical training, Monday–Thursday, 6–8 a.m. and open swim hours Mondays, 10 a.m.–2 p.m.

Call the Tripler pool at 433-5257, or the AMR pool at 833-0255.

### 11 / Saturday

**Championship Wrestling** – Come join the fun at the Tropics for a great night of wrestling 7–10 p.m. Doors will open at 6 p.m.; the events will start at 7 p.m.

Cost is \$5 for 12 years old and over, \$3 for 6–11, and free for 5 and under. Call 655-5697.

### 13 / Monday

**Invitational Volleyball Tournament** – The 2007 volleyball tournament will be held Aug. 24 and 25 at the Martinez Physical Fitness Center, Schofield Barracks. All

active duty Soldiers, reservists, National Guard, retirees, military members of other active services working on Army installations in Hawaii, family members, and Department of Defense civilians on Army installations may enter a team.

Entries must be submitted to the U.S. Army Garrison, Hawaii (USAG-HI), Sports Office, Kaala Community Activities Center, Building 556, Room 100, Schofield Barracks, by close of business Aug. 13. Call 655-0856 or 655-0101.

### 24 / Friday

**Company-Level Flag Football** – Application deadline for company-level flag football is Aug. 24. All entries must be submitted to the USAG-HI Sports Office. Call 655-0856/0101.

### 31 / Friday

**Women's Ultimate Frisbee** – The application deadline for battalion-level women's ultimate frisbee is Aug. 31. All entries must be submitted to USAG-HI Sports Office.

## Ongoing

**Teen Fit** – Certified personal trainer Kristy Osborn teaches Teen Fit classes once a week for teens 12–17 years old. These small group classes teach the basics of proper strength training, cardio and stretching in a fun setting.

Cost is \$35 per teen. Contact Osborn at 381-5944, or sign up at the Health and Fitness Center.

**Well-Being T-Shirts** – Earn a Lifetime Sports & Recreation (LS&R) "Targeting Your Well-Being" T-shirt and hat, when you earn LS&R points by participating in award-winning activities and special events. Pick up an LS&R brochure at any Community Recreation Division (CRD) facility and start earning 1–5 points per activity.

Your first 20 points earns you a limited edition long-sleeve or standard T-shirt, and your second 20 points an LS&R cap.

Completed cards can be turned in at the Schofield Barracks or Fort Shafter Health & Fitness Centers. Call 655-0110. Quantities are limited.

**Brazilian Capoeira** – Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are held Tuesdays from 5:30–7 p.m. at the Fort Shafter Physical Fitness Center. Call Mestre Kinha at 247-7890.