

INSIDE

Hawaii DoE asks military to give survey feedback

KRISTINA NORIEGA-ARTIS
School Liaison, U.S. Army Garrison, Hawaii

The Hawaii Department of Education (DoE) just contracted a military survey project with the University of Hawaii and Johns Hopkins University.

The surveys are designed to assess military families' experiences and perceptions of Hawaii public schools, and the results will be used to improve Hawaii public school education for military family members and all other students.

The survey will be sent home to selected families very soon and will survey fifth through eighth graders, ninth through twelfth graders, and parents.

Accurate data provided when completing the survey will help the Hawaii DoE and U.S. Pacific Command (USPACOM) gauge progress on estab-

SEE SURVEY, A-6

Tripler nets \$7.7 million DoD award for research

CANCER RESEARCH CENTER OF HAWAII,
UNIVERSITY OF HAWAII
News Release

HONOLULU – The Department of Defense (DoD) has awarded \$7.7 million over three years in support of a scientific partnership between the Cancer Research Center of Hawaii and Tripler Army Medical Center.

The partnership will involve both institutions working jointly to conduct basic and clinical research activities that will benefit both civilians and military personnel living in Hawaii.

Senator Daniel K. Inouye was instrumental in securing the DoD's sponsorship of this significant award for a partnership between a state and federal agency.

"I'm pleased that the Department of Defense funds will support this very important alliance between the Cancer Research Center of Hawaii and Tripler Army Medical Center," said Inouye. "The result of this affiliation will be a high quality Cancer Research Center of Hawaii that conducts cutting edge research and makes state-of-the-art cancer care accessible to all the citizens of Hawaii, both

military and civilian, and the Pacific."

The award will directly support a basic laboratory research program that will study cancer cell metastases, focus on discovery and development of new anticancer agents and develop and test Web-based interventions for the study of quality of life issues related to cancer survivorship.

The funds will additionally provide core administrative infrastructure support, research services for basic laboratory investigations, and the conduct of clinical trials, for which the Cancer Center and Tripler already have a long-standing track record of cooperation.

With this new infusion of funding for clinical trials, it is anticipated that there will be a significant increase in the number of civilian and military participants in federally funded national cooperative cancer studies.

The Center Center is located at 1236 Lualaba Street in Honolulu. For general information on the Cancer Research Center of Hawaii, visit www.crch.org.



Inouye

South Beach trauma

8th Forward Surgical Team trains for multiple traumas in Miami

A-4



Letters of Aloha

Farrington High School students show their support for Soldiers the old-fashioned way

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Bling and everything inbetween

Car enthusiasts converge at fourth annual Pearl Harbor auto show

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'The ultimate fighter'

2nd SBCT develops Gracie fighting, submission skills

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

Two Soldiers lock arms and bring each other down to the ground. Both try to gain control of the situation with a series of flips and turns as they wrestle each other.

Before anyone knows what has happened, one has submitted and the fight is over.

Soldiers of the 2nd Stryker Brigade Combat Team are employing the Gracie Jiu-Jitsu techniques taught by Rorion and Rener Gracie to benefit their daily mission.

"During deployment you have more of a chance with these combative skills," said Staff Sgt. Jeremy Brown, 52nd Infantry Anti Tank Company. "With Gracie, the moves and effect are a lot quicker."

During the intensive weeklong class known as Gracie Combatives, Soldiers learned the techniques needed for survival, fighting and submission. They also learned how to teach methods, developed by Rorion Gracie at the Gracie Academy in

California, to their own units upon return.

"It's a train-the-trainer program," said Rorion Gracie. "We're not just teaching them how to fight; by the end of this week, they will be qualified to teach this program to other individuals."

Rorion Gracie has had monumental success as a Jiu-Jitsu fighter and instructor. He started the Ultimate Fighting Championship shown on Spike TV in 1993.

Rorion and his family have more than 80 years of martial arts experience. They

SEE GRACIE, A-5

Surgeon general tours SRP

Story and Photo by
MARK JACKSON

Tripler Army Medical Center Public Affairs Office

HONOLULU – This trip to Hawaii is a special one. It comes at an important time – while Soldiers

are preparing to deploy from the 25th Infantry Division in support of the global war on terror (GWOT), said the Commanding General, Medical Command and U.S. Army Surgeon General, Dr. (Lt. Gen.) Kevin C. Kiley, during his visit to Schofield Barracks, Tuesday.

He said, he was pleased to see hard work and due diligence being done during the Soldier Readiness Processing (SRP) to ensure Soldiers are prepared for deployment. "Support for the Soldiers of the 25th ID is one of Tripler's main priorities," said Maj. Gen. Gale S. Pollock, commanding general, Tripler Army Medical Center. "The combination of health care professionals from the Schofield Barracks Health Clinic and those from Tripler provide the teamwork necessary to ensure all Soldiers' needs are met during the SRP and beyond."

Kiley spent two days on Oahu. His entire first day was spent at Schofield Barracks. In addition to his tour of the SRP site, he met with Maj. Gen. Benjamin R. Mixon, commanding general of the 25th ID.

SEE SURGEON, A-6

U.S. Army celebrates its 231st birthday

ARMY NEWS SERVICE
News Release

Cake-cutting ceremonies, balls, special concerts and Soldier appreciation days all took place throughout the Army and around the world this week in honor of the Army's 231st birthday, Wednesday.

This year's theme was to "Call to Duty – Boots on the Ground."

"To all of our Soldiers around the world, our thoughts are with you and your families on this 231st Army birthday. We are humbled by your sacrifices and awed by your

achievements," said Secretary of the Army Dr. Francis J. Harvey.

Harvey joined the Chief of Staff of the Army, Gen. Peter J. Schoomaker, and Sergeant Major of the Army Kenneth O. Preston in extending birthday remarks:

Birthday message

The United States Army was born out of the desire to defend liberty and proudly celebrates its 231st birthday June 14, 2006.

Since 1775, millions have worn

the uniform and lived the "Warrior Ethos." Soldiers have always understood that the freedoms our nation guarantees are worth fighting for and America's decision to put "boots on the ground" illustrates like no other action its continued commitment to these ideals.

Today, America's Army is engaged in a global war on terrorism and has a presence in 120 countries. Soldiers have long sacrificed their personal comfort

SEE BIRTHDAY, A-2



Sgt. Christophe Paul | Army Multivisual Information Division

Army Chief of Staff Gen. Peter Schoomaker, Secretary of the Army Francis Harvey and Sgt. Maj. of the Army Kenneth O. Preston cut the official birthday cake at the Army Ball in Washington June 9 celebrating the Army's 231st birthday.

We want to hear from you...

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

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

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

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

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CSA cautions Soldiers to guard accounts

GEN. PETER J. SCHOOMAKER
U.S. Army, Chief of Staff

WASHINGTON — Last month, a Department of Veterans Affairs employee took home a computer hard drive, which contained the personal identifying information of millions of current and former service members. The computer hard drive was subsequently stolen.

This (loss) could potentially affect all service members, as well as retirees and veterans. Consequently, we must do two things: (1) strictly adhere to our OPSEC (operational security) procedures to prevent similar losses of sensitive information in our Army, and (2) ensure our Soldiers are properly informed.

The Sergeant Major of the Army and I are sending out the e-mail message below to all of your Knowledge Online (AKO) accounts. Please ensure that all of your Soldiers know its contents and have the opportunity to take advantage of the online protective measures outlined in the message.

All Soldiers to receive AKO e-mail message

WASHINGTON — As you are likely aware, the Department of Veterans Affairs (VA) recently lost a computer drive with the identifying information (names, SSNs and dates of birth) of as many as 20 million veterans.

We now know that many active and reserve service members may be affected. Although there is no evidence that the data has been used illegally, all Soldiers should be extra vigilant with regard to their financial well-being.

You should closely monitor your personal financial affairs while the DoD (Department of Defense, VA and the military services work in earnest to determine the details and impacts of the compromise.

We ask that you carefully monitor your bank ac-



Schoomaker



Preston

counts, credit card accounts and any other financial accounts for suspicious activity.

For more information on how to protect yourself, contact DoD's Military One Source at www.militaryonesource.com or 1-800-342-9647.

The Army will work to keep you informed and ensure that you are aware of the resources available to help deal with this issue.

Peter J. Schoomaker
General, U.S. Army
Chief of Staff

Kenneth O. Preston
Sergeant Major of the Army



U.S. Army Photo

Honolulu — (left to right) Lt. Gen. John M. Brown III, commanding general, U.S. Army, Pacific (USARPAC); Pfc. Robert Allen, one of 25th Infantry Division's youngest Soldiers; Command Sgt. Maj. Inouye, 29th Brigade Combat Team's oldest Soldier; and USARPAC Command Sgt. Maj. Mark L. Farley cut the Army 231st birthday cake at the Hilton Hawaiian Village Coral Ballroom, June 3.

More than 900 Soldiers, spouses and special guests shared in the event, held early to accommodate Soldiers from the 25th ID who are preparing for deployment to Iraq later this summer.

Birthday: Troops, leaders stop to celebrate around the world

CONTINUED FROM A-1

and safety to answer a higher calling.

Despite hardships and dangers to life and limb, Soldiers have always answered the call — and our nation has long relied on your courage, your sacrifice and your selfless service.

To our Soldiers around the world, our thoughts are with you and your families on this 231st Army Birthday. We are proud to serve with you, as you embody the Warrior Ethos.

You have made our Army the most respected institution in the United States and the pre-eminent land power on Earth. We are humbled by your sacrifice and awed by your achievements.

God bless each and every one of you and your families, and God bless America.

Headquarters, Department of the Army

In the nation's capital, celebrations kicked off Saturday with the Army birthday ball in Washington, D.C.'s Hilton. They continued at Arlington National Cemetery, Wednesday, where Army senior leadership paid tribute to the nation's fallen heroes by placing a wreath at the Tomb of the Unknowns.

Soon after, a cake-cutting ceremony took place in the Pentagon courtyard, following a performance by the U.S. Army Chorale. Josh Gracin, country music singer known for being an American Idol finalist, entertained.

Interactive displays in the courtyard, a second cake-cutting ceremony at Walter Reed Army Medical Center, a Twilight Tattoo at the Thomas Jefferson Memorial, and a Senate and House cake-cutting ceremony rounded out activities on Wednesday and Thursday, and a Headquarters, Department of Army Birthday Run, today.

U.S. Army, Pacific

Locally, at Fort Shafter, Lt. Gen. John M. Brown III, commanding general, U.S. Army, Pacific, hosted a senior leader run, which culminated at Palm Circle. The run promoted team building and esprit de corps. Leaders also remembered fallen comrades and the history of the Army in an informal celebration of the Army's birthday at the flag pole.

At Schofield Barracks, Maj. Gen. Benjamin R. Mixon, commanding general, 25th Infantry Division and U.S. Army, Hawaii, cut an Army 231st birthday cake alongside the division's youngest Soldier — Pvt.2 Tony M. Calamia, 18, of 2nd Battalion, 11th Field Artillery Regiment — at the Nehelani.

(Editor's Note: Compiled from stories by Katisha Draughn, Army News Service and 25th Infantry Division public affairs office.)



Maj. Tage J. Rainsford | 17th Public Affairs Detachment



Staff Sgt. Carmen L. Burgess | Army Public Affairs

(Above) LONG POND, Pa. — Gen. William Wallace, commanding general, U.S. Army Training and Doctrine Command, is flanked by MB2 Motorsports general manager Jay Frye (left) and U.S. Army NASCAR driver Joe Nemechek in a birthday cake-cutting ceremony prior to Sunday's Pocono 500 NASCAR race.

(Left) SCHOFIELD BARRACKS — As the youngest Soldier in the 25th Infantry Division, Pvt.2 Tony M. Calamia, 18, of 2nd Battalion, 11th Field Artillery Regiment, cuts the Army's 231st birthday cake at the Nehelani, Wednesday.



Spc. Creighton Holub | Combat Aviation Brigade Public Affairs, 4th Infantry

(Right) WASHINGTON — Secretary of the Army Francis Harvey thanks the 2,300 attendees at the 2006 Army birthday ball for service to their country. The event kicked off weeklong celebrations of the 231st Army birthday.

(Left) CAMP TAJI, Iraq — A cake displaying the Army coat of arms sits next to a Combat Aviation Brigade, 4th Infantry Division logo at the brigade's chow hall on the Army's 231st birthday at Camp Taji, Iraq, on June 14.



Sgt. Christopher Paul

Voices of Lightning: What is a vital lesson you learned from your father?



"Nothing comes free. You have to work for what you get."

Sgt. Robert Thomas
Installation Management Agency, Repairer



"To respect people and be a better man, and to have a good work ethic."

Pvt. Thomas Bateman
B Co., 1-27th Inf. Regt.



"Be patient. When you're patient, usually good things come to you."

Pvt.2 Alexandria Harrison
B Co., 45th BSB



"How to be independent."

Sgt. Latausha McDougald
3rd Bde, STB



"Responsibility. ... You find out how important it is as time goes on."

Capt. Scot Hartman
1-69th FAR

Mighty pen, spoken word used to defeat insurgents

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

Some Soldiers don't fight with bullets or bombs. Persuasion and influence are their "weapons" of choice. Yet, the impact these Soldiers have on the success of a mission is no less profound than that of an infantryman.

Psychological operations Soldiers, who showcased their "tools of the trade" last month at the National Training Center, Fort Irwin, Calif., will be attached to the 3rd Infantry Brigade Combat Team (3IBCT) when it deploys to Iraq this summer.

Psychological operations ("Psyops") Soldiers engage in the non-lethal, passive collection of intelligence, according to Staff Sgt. Helion Acosta, Psyops non-commissioned officer-in-charge, Headquarters and Headquarters Company, 3IBCT. "Our goal is to change the hearts and minds of the local people in order to change their behavior," he said.

Acosta is charged with coordinating the brigade's civil affairs and psyops elements. According to Acosta, psyops Soldiers will be attached to 3IBCT when it arrives in Iraq, and will work in conjunction with the unit's civil affairs team throughout deployment. For this reason, the brigade invited Soldiers from the 345th Psyops Company, a tactical psyops detachment stationed in Dallas, Texas, to participate in training at NTC last month.

"Our motto is 'persuade, influence and change,'" said Capt. Keith McBride, company commander, 345th Psyops Co. During training, McBride's 12 Soldiers were organized into four tactical Psyops teams or "TPTs" — one command element team and three field teams. Each field team worked with a



Sgt. Robert Squashic, squad leader, 345th Psyops Co., adjusts a loudspeaker mounted atop his humvee. The loudspeaker is used for broadcasting messages to the local population during training exercises at the National Training Center, Fort Irwin, Calif.

separate battalion during training.

McBride mentioned that in Iraq, Soldiers will face a significant IED (improvised explosive device) problem. "Therefore, our primary effort is developing products to get the civilian population to assist us by

turning in bomb producers and bomb planters," he said.

"In this regard, our IED products are aimed not only at the individual but also families," he explained. According to McBride, Middle Eastern family units are

very strong. As a result, psyops products are often tailored to encourage families to keep other family members from getting involved in making or placing IEDs.

The "products" utilized include loudspeaker messages, leaflet drops, posters and handbills.

"We are the interface between the supported unit and the local populace," said Sgt. Robert Squashic, squad leader, 345th. "The infantry is not trained to interact and communicate our messages, or decipher propaganda," he said.

According to Squashic and his Soldiers, however, one of the biggest challenges is not developing products, but getting the units to appreciate what psyops brings to the fight.

"Most commanders are not familiar with what we do," said Spc. Charles B. Kitowski, 345th. "Our first task is integrating with the unit to provide them with a capability briefing in order to explain exactly how we can help the mission. After that, we familiarize ourselves with the needs of the unit and tailor our messages to those needs," he said.

Kitowski was attached to the 25th Infantry Division's 3rd Squadron, 4th Cavalry for training purposes and participated in a variety of missions that included spearheading communications with local leaders, broadcasting curfew and civilian noninterference messages, and deciphering propaganda.

The success of Kitowski's field work and those of his colleagues were difficult to measure because the results are rarely immediate; changing peoples' mind-set and behavior takes time.

"Commanders are beginning to realize that you cannot win this war with bullets alone; we must change minds and hearts," said Acosta.

'On Time' gets back to artillery business

CAPT. BRADLEY S. RUDDER
2-11 Field Artillery Regiment

POHAKULOA TRAINING AREA, Hawaii — This summer, 2nd Battalion, 11th Field Artillery Regiment (FAR), will become the first field artillery battalion in the U.S. Army equipped with the new M777A1 towed howitzer, a new lightweight 155mm field artillery howitzer equipped with the latest digital fire control equipment to enhance mobility and survivability.

While preparing to receive its new guns as part of the 2nd Brigade Stryker transformation, the 2-11th FAR has sent its M119A2 105mm howitzers to Alaska, Fort Carson and Fort Riley, to build the Army's modular formations. In doing so, the 2-11th found itself short in one crucial area prior to PTA deployment: guns.

Not having guns, however, couldn't stop old "Redlegs" — the traditional name for field artillerymen — from putting rounds downrange; the adaptive

solution to borrow some.

Through a corporative effort between the Hawaiian Army National Guard's 1st Battalion, 487th Field Artillery, called the "Hiki No," 2-11th obtained six National Guard howitzers so it could deploy to PTA to certify the battalion's howitzer sections, ensuring a smooth transition to the M777A1 howitzer.

All the effort to get over to PTA paid off. The booming guns rattled rocks and pushed shock waves; it marked the first time in nearly a year-and-a-half the "On Time" battalion fired rounds downrange.

"I just love hearing that sound," said Capt. Lance O'Bryan, the battalion's assistant operations officer. "It always gets me pumped up."

One of the three live-fire training modules the battalion participated in was the field artillery certification and live-fire training. During the first artillery live-fire exercise, C Battery fired historic rounds.

From the front door of the Tactical Operations Center, the battalion's staff anxiously awaited the thunderous boom from the cannon to echo across the saddle formed between the Big Island's two largest volcanoes, Mauna Kea and Mauna Loa.

After the excitement that surrounded the first rounds, C Battery maintained focus and got down to the business of training. However, no rounds would have been fired if it were not for the other members of Task Force "On Time."

The task force also consisted of the 225 Brigade Support Battalion, which provided ammunition support, Combat Recovery Teams, medical personnel, and the dining facility that pushed chow out to Soldiers in the field.

A platoon from the 556th Signal Company provided communications support.

Two other live-fire training modules focused on nonstandard artillery missions. A team of infantrymen from the 1st Battal-



Spc. Carlos Guzman | 2-11th Field Artillery Regiment

Staff Sgt. Obed Ofosu (left) and Sgt. Mark Figueroa of C Battery, 2-11th Field Artillery Regiment, fire the M119A2 Howitzer during live-fire training at PTA.

ion, 21st Infantry Regiment, led close quarters marksmanship, and close quarters battle (CQM/CQB) training.

Under the watchful eye of the 1-21st, On Time progressed from zeroing and qualifying on the static ranges to qualification on the CQM tables. Soldiers finished with

live-fire inside a shoot house and enter-and-clearing-a-room drills.

First Lt. Kenton Spiegler, C Battery executive officer, said that the exercise was the first step in 2-11th's transformation process that will lead to the successful fielding and certification of the M777A1.

8th FST learns to save lives at Miami trauma center

Story and Photo by
1ST LT. HOLLIE FERRIS
8th Forward Surgical Team

MIAMI — Soldiers from the Schofield Barracks-based 8th Forward Surgical Team (FST) headed off to Miami, Florida, last month, but not to frolic in the South Beach sun. The 20-member surgical team completed an intense 14-day training rotation at the Army Trauma Training Center (ATTC), which prepared them to save Soldiers' lives on the battlefield.

Training for 8th FST, of the 45th Special Troops Battalion, 45th Sustainment Brigade, began with a simulation mass-casualty exercise, which highlighted the team's strengths and weaknesses. With little time and information, the team worked furiously to save the lives of seven "injured" Soldiers. Additional training included daily lectures on the techniques of trauma care, which were given by the ATTC trauma faculty and world-renowned members of the University of Miami School of Medicine faculty.

By day three, the surgical team was integrated into either the trauma resuscitation unit, which is comprised of the five emergency room departments at Jackson Memorial, or the operating room. One of their greatest learning experiences occurred when they worked a two-night, multiple trauma shift; they were hit with 10 traumas Friday night and eight traumas



(Left to right) Spcs. Ivyann Stoll, Carlos Gastelu and Larry Russian of the 8th Forward Surgical Team, unload a patient from the helicopter at the Ryder Trauma Center in Miami, Fla. All three Soldiers are Licensed Practical Nurses (91WM6's) who work in the Intensive Care Unit of the surgical team.

the next night. The multiple traumas tested their skills, teamwork, and workload management.

"Long days, long hours ... all this hard work and training was worth it if we can save one Soldier's life," said Staff Sgt. Corey Lester.

The 8th FST ended their training with a "capstone exercise," where they were chal-

lenged to manage a continuous 24 hours of trauma operations. The team faced numerous types of trauma including: gunshot and stab wounds, vehicle and motor cycle accidents, amputations and burns.

"Our unit will be ready for any mission to save the lives of injured Soldiers anywhere in the world as a result of this training," said Maj. Brian Vickaryous, surgical team commander.

A Forward Surgical Team (FST) consists of four surgeons, two nurse anesthetists and a complete staff of nurses, medics, and operating room technicians. Being such a small unit, teamwork plays a major role in the success of patient care. All team members must know their responsibilities and be familiar with the responsibilities of their team members, as each contributes to saving the patient.

The ATTC, located at Jackson Memorial Hospital, is one of the largest teaching hospital complexes in America. Ryder Trauma Center is one of five stand-alone trauma centers in the United States, and is also one of the busiest trauma centers in the world. The center performed more than 3,600 trauma resuscitations a year, 1,000 of which were major traumas.

At the ATTC, surgical teams are trained to provide resuscitative surgery near the battlefield, and ensure severely injured Soldiers are saved before they are evacuated to a larger, more sophisticated hospital.

25 YEARS AGO

June 18, 1981

- Bonds mature — The U.S. Treasury Department shortened the maturity date for savings bonds from 10 years to eight years and made the interest rate at maturity nine percent. Interim interest rates also were increased so the bond would accrue interest at six percent after the first year.

- Pro-pay incentives — Secretary of Defense Caspar Weinberger approved a plan to award pro-pay of \$90 per month to combat squad and section leaders, \$125 per month to platoon sergeants and \$150 per month to first sergeants. The plan was intended to retain the most qualified noncommissioned officers in combat unit leadership positions.

- Take two — After years of denied requests, a second duffle bag was approved for issue to Soldiers who are required to carry or store organizational clothing or individual equipment.
- M16 tested — After exhaus-

tive testing, the Joint Service Small Arms Program Management Committee concluded that the M16A1 rifle is "equal to or better than any rifle in the world," but could use some improvements. Possible improvements included a heavier barrel, a more rugged hand-guard and a butt stock, and a better sight.

Program officials also would later test the SS109 5.56 mm Belgian bullet, which had recently won the NATO small arms trials. The Belgian bullet offered greater range and penetration than the M193 5.56 mm bullet that had been previously used.

- Rodeo round-up — The Fort Shafter Motor Pool drivers grabbed top honors in a recent "rodeo." The rodeo pitted civilian and armed forces drivers against each other for proficiency in operating vehicles from sedans to truck-tractors with semi-trailers.

(Editor's Note: Information gathered from Hawaii Army Weekly archives.)

News Briefs

Send military news announcements to community@hawaiiarmyweekly.com.

Blood Drive — Tripler Army Medical Center will hold an individual blood drive at Schofield Barracks, Tuesday, June 20. This blood drive will be held from noon to 5 p.m. at the Tropics.

Spouses and family readiness groups are especially encouraged to attend.

Almost all blood taken at the drive will go to Iraq.

Lyman Gate — Schofield Barracks' Lyman Gate will be closed to incoming traffic for the installation of telecommunications' duct lines, June 17 from 5 a.m. to 6 p.m., and June 24 from 5 a.m. to 3 p.m. Vendors may use Foote Gate instead. For more information, contact Rick Lewis at Lucent Technologies, 624-5896.

Commissary Closure — The Schofield Barracks commissary will close at 2 p.m., Monday, June 19 and reopen for regular business Thursday, June 22, at 9 a.m.

Veterinary Service Disruption — All military veterinary clinics on Oahu will be unavailable for veterinary care from June 21-23. However, they will still be

open to dispense products.

Soldier families should make sure they know where the nearest available civilian veterinary clinic is located, in case of emergency.

Borrowed Library Materials — Deploying Soldiers are asked to return all borrowed materials to the Sgt. Yano Library, Schofield Barracks, before departure. For information, call 655-8002.

Deployment Expos — Deployment expos will be held at the Nehelani, Schofield Barracks, to prepare Soldiers and families for deployment. All Soldiers, spouses and significant others are invited to attend this day of training.

- June 26: 3rd Infantry Bde. Combat Team.

The Nehelani will open to Soldiers from 8-9 a.m. Briefings and Army Community Service-led classes will be held from 9-11:30 a.m.

Army Reserve Opportunities — Soldiers, are you are looking to continue an Army career, but your schedule conflicts with attending weekend drills? Are you leaving active duty, but want to continue earning points toward retirement?

If you answered yes, join a local, points-only Army Reserve unit and continue your military career while maintaining commissary, PX and SGLI benefits.

Drills are three evenings a month at Fort Shafter Flats. All ranks and any MOS are eligible. Call 655-6192 or 228-3323.

500th Military Intelligence changes leadership

Story and Photo by
STAFF SGT. TWANA ATKINSON
500th Military Intelligence Public Affairs

The 500th Military Intelligence (MI) Brigade underwent a key change June 7 when Col. James A. Phelps relinquished command to Col. Stephen R. Grove.

On June 3, 2005, the 500th MI Group was combined with the 115th MI Group to form the 500th MI Brigade. That ceremony represented the birth of a new organization that integrated the capabilities and resources of both the 115th and the 500th commands.

The 500th, now in place for more than a year, continues its mission of supporting the Pacific area of responsibility and the global war on terrorism.

The brigade includes four subordinate battalions located in Japan, Hawaii and Arizona, and two detachments.



Left to right — Col. Stephen R. Grove receives the colors from Maj. Gen. John Defreitas III, commanding general of the Intelligence and Security Command, as he accepts command of the 500th Military Intelligence Brigade.

The outgoing commander, Col. James A. Phelps (right), held command of the 500th for two years. During his command, the 500th headquarters moved from Camp Zama, Japan, to Schofield Barracks, Hawaii.

Gracie: Father, son duo teach their art of submission methods

CONTINUED FROM A-1

dominate the Brazilian Jiu-Jitsu style of martial arts, and it has become synonymous with Gracie Jiu-Jitsu.

The Gracie Combatives were specifically designed to protect law enforcement and military in hand-to-hand combat situations. Based on leverage and technique, instead of kicks and punches, it allows a Soldier to subdue an enemy without harming him or her, reducing claims of brutality.

"The problem is that so many martial arts teach you amazing moves, but only if you're flexible, strong, fast, athletic and young," said Renner Gracie, Jiu-Jitsu black-belt, champion and son of Rorion Gracie.

"We have Soldiers, women and men, who are not as strong, and they can't just dominate whoever they want," he explained. "Gracie Jiu-Jitsu, more than any style in existence, gives the individual the element to defend themselves long enough against a bigger person."

Intense and passionate about the Gracie training style, Rorion and his son Renner explain why the family feels



Soldiers learn to take their opponent to the ground during hand-to-hand combat training.

the need to teach to the military.

"First and foremost, it's a good cause, and we are experts in the hand-to-hand combat field," said Rorion. "If we can have the opportunity to contribute to make this [the Army] more prepared for the mission they do, that is absolutely our goal."

All Army Soldiers are introduced to

hand-to-hand combat during basic training.

The problem is, the training lasts for one day, and the moves can become cumbersome. Soldiers tend to forget the moves.

With Gracie Combative, fewer moves must be remembered, and the technique teaches submission rather than domination.

"This training has simpler moves that

are more effective," said Brown.

"This is what we need, more hands-on combative; I hope they [the Army] will allow us to continue teaching this," said 1st Sgt. Dwelyn Dasher of A Battery, 2-11th Field Artillery Regiment.

The Gracies also teach self-defense to women, an instructional course called Rapesafe, which provides realistic scenarios and the Gracie Air Rage Defense, or GARD, program. It was implemented before 9/11 to empower flight attendants to subdue and control unruly passengers.

The elder Gracie's vision is to pass along his knowledge from generation to generation. By working with the military, he and his son hope to make "every top brass within the military" capable of survival in urban warfare.

The week finished with 2nd SBCT's own version of the "Ultimate Fighting Championship."

"It's been a lot more challenging than I thought," said Dasher. "They are outstanding instructors ... all the moves work,"

Beaten and bruised, but enlightened, participating Soldiers said they now feel prepared should a situation arise needing survival techniques

Changes in command announced

The 25th Infantry Division and U.S. Army, Hawaii, community is invited to attend upcoming changes of command ceremonies taking place this summer.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

Local ceremonies will be preceded by an awards ceremony 15 minutes prior to the change of command, and all will be held at Sills Field, Schofield Barracks, unless otherwise noted.

- June 16, 11 a.m., 25th ID Chief of Staff, Col. James Boisselle and incoming Col. Gary S. Patton will be honored in a Flying V Ceremony.

- June 16, 3:30 p.m., 17th Corps Support Bn. Lt. Col. Patricia Matlock will relinquish command to Lt. Col. Rodney Fogg.

- June 20, 10 a.m., 1st Bn., 27th Inf. Regt. Lt. Col. Bryan Rudacille will relinquish command to Lt. Col. Richard "Flipp" Wilson.

(Editor's Note: Information is subject to change due to inclement weather.)



**USE YOUR HEAD
WEAR YOUR HELMET**

Surgeon: Senior Army doctor gets field views

CONTINUED FROM A-1

Kiley spent his second day at Tripler, where he met with key staff members and held interactive question and answer sessions with select groups of all different ranks. His visit to Oahu is his last stop on an extended trip visiting units in Bangkok, Korea and Japan.

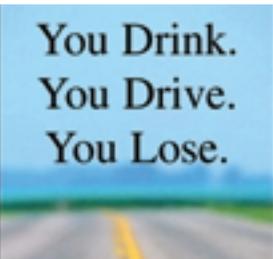
“The surgeon general is leaving Hawaii with a lot of great information and feedback,” said Pollock. “It is always important for leaders to see what is happening with their own eyes, and it is just as important for Soldiers to see their leaders being actively involved in the process.”



Jeremy S. Buddemeier | 25th Infantry Division Public Affairs

‘Yard sale’

Soldiers from Headquarters and Headquarters Company, 1st Battalion, 27th Infantry Regiment collect camouflage nets and tent equipment during a periodic inventory Wednesday. The inventory was conducted in preparation for the regiment's change of command June 29.



Survey: DoE wants accurate local data

CONTINUED FROM A-1

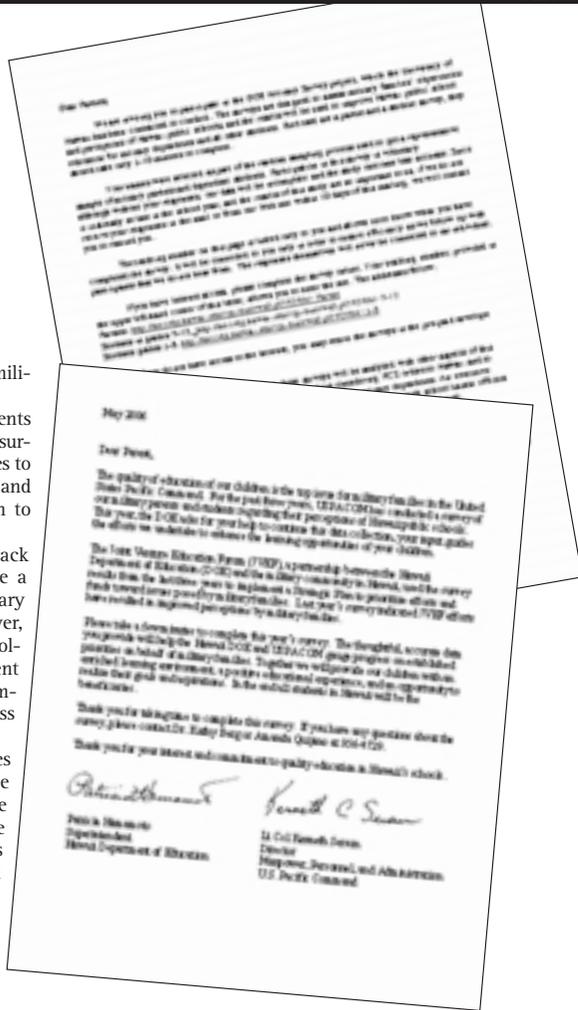
lished priorities on behalf of military families.

Military families and students will be randomly selected. The survey will only take 5-10 minutes to complete. In addition, families and students will have the option to complete the survey online.

The combination of feedback methods should help provide a representative sample of military parents and students. However, participation in this survey is voluntary. Still, without sufficient responses, data will be incomplete and the study outcome less than accurate.

If you are one of the families selected for this survey, please complete the questionnaire promptly. Your valuable time and effort in completing this survey is very important and worthwhile.

By participating in this DoE and USPACOM effort, you are helping to make a difference in our pursuit of quality education.



Dear Parent,
We are inviting you to participate in the 2006 National Survey project, which is part of the National Assessment of Education Progress (NAEP). The survey will help us to better understand the educational needs of our nation's students and to improve the quality of our schools. Your participation is very important to us.

Dear Parent,
The quality of education of our children is the top priority for military families in the United States. For the past few years, the Department of Education (DoE) and the U.S. Pacific Command (USPACOM) have conducted a survey of military parents and students regarding their perceptions of education. This year, the DoE will be conducting a survey of military parents and students. Your participation is very important to us. It will help us to better understand the educational needs of our nation's students and to improve the quality of our schools.

Thank you for your interest and commitment to quality education in Hawaii's schools.
Patricia A. ...
11 Civil Service Center
Director
Department of Education
U.S. Pacific Command

Students send 'love' to 3rd Brigade

Story and Photos by
SGT. MAURICE SMITH
3rd Brigade Public Affairs

When it comes showing love by staying in touch, family members aren't the only ones deployed Soldiers can count on to help boost their morale; local high school students have joined the effort as well.

For the past month, students from Farrington High School designed and wrote over 500 letters to support troops deployed in Iraq. In a ceremony that was broadcast live June 9 on KHON Channel 2 News, students presented the letters to Maj. Derrick Cheng, who will deploy this summer in support of Operation Iraqi Freedom.

Cheng, the public affairs officer for the 3rd Infantry Brigade Combat Team, will distribute the letters to deployed Soldiers when he arrives in theater.

"...It was an outstanding program that the kids set up, and it was really a great showing of community and the school's support for the Army," he said.

The program, called "The Farrington Cares Campaign," is an ongoing effort by the students to immerse themselves in the community. Each month students help out with a new project in which they participate every Friday. For the month of May, they chose to write to Soldiers. The theme was "Do You Feel The Love."



Michelle Rellesiva, 17, a Farrington High School JROTC student, presents more than 500 letters written by her classmates to Maj. Derrick Cheng, public affairs officer, 3rd Infantry Brigade Combat Team, live on KHON Channel 2 News, May 26.

According to Ruth Dunham, campaign advisor and photography teacher, writing these letters for deployed Soldiers was a way to connect the students to the troops, especially since many of the students choose a similar career field.

"Our kids have big hearts and you will see this demonstrated to the troops," said Dunham. "A lot of our students end up in

the military, so it was a really good way to connect them to the troops," she said.

Some of the students already live a military lifestyle as a result of having parents in the military or enrolling in the Junior Reserve Officers Training Corps (JROTC).

JROTC is a military-based school

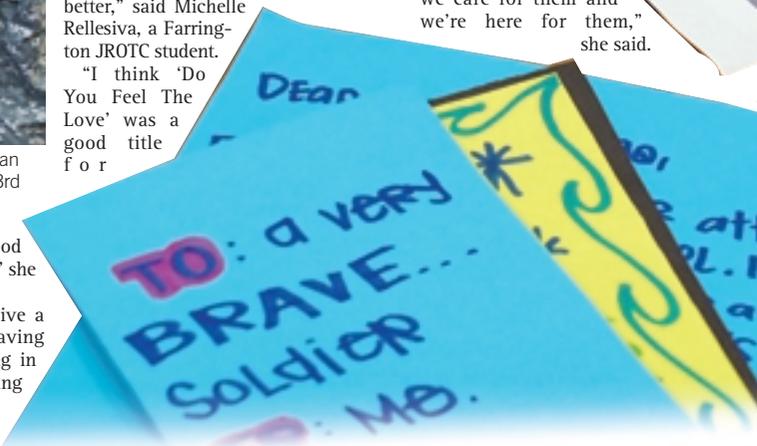
elective that teaches discipline, drill and ceremony, and gives students credit both in school and in the military.

For these JROTC students, reaching out to troops wasn't just a school project; it was their duty to do so because of their mutual appreciation for the military.

"We thought we should write to the Soldiers. We have a better view of what they go through. We just understand them better," said Michelle Rellesiva, a Farrington JROTC student.

"I think 'Do You Feel The Love' was a good title for

this project because we share our love to the people in Iraq by telling them we care for them and we're here for them," she said.



New Internal Revenue Service code gives combat troops some tax help

SGT. SARA WOOD, USA
American Forces Press Service

WASHINGTON — An act signed into law last month by President George W. Bush solves a conflict in the tax code by allowing service members who serve in a combat zone to still contribute to their individual retirement accounts, a Defense Department official said here recently.

The Heroes Earned Retirement Opportunities Act amends the Internal Revenue Code to allow service members to include tax-exempt combat zone pay in

determining the allowable income tax deduction for contributions to retirement savings plans, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

The tax code requires a certain amount of taxable income for someone to be qualified to deduct contributions to retirement plans, Fenton said. Service members who received tax-exempt pay in combat zones were running into trouble because their taxable income wasn't high enough, so they were either



prevented from contributing to their retirement accounts, or they were facing tax penalties for doing so, she said.

The "Heroes Act," as it's been dubbed, makes an exception to the rules about retirement accounts for service members in combat zones, Fenton said.

"It's just a specific act to help our military members in the combat zone who are using individual retirement accounts," Fenton said.

The Heroes Act is retroactive for two years, so

anyone who has served in a combat zone in the past two years can fix tax problems or make contributions they may have missed due to this problem, she said.

These service members have three years to fix problems from the past, she said.

"They don't need to panic or do anything right away; they have a large window of time," Fenton said.

The Internal Revenue Service will soon be issuing more guidance for service members who qualify under the Heroes Act, Fenton said. In the meantime, questions can be directed to military legal offices, she said.

Military seeks partnerships to promote sustainability goals in Hawaii

**INSTALLATION MANAGEMENT AGENCY,
PACIFIC REGION**
News Release

FORT SHAFTER — The Army reaffirmed its commitment to protect residents and preserve the environment by hosting a workshop to promote sustainability initiatives throughout Hawaii. The Pacific Region of the U.S. Army Installation Management Agency (PARO IMA) hosted the Department of Defense (DoD) Sustainability Partnerships and Planning Workshop, June 6 and 7.

The workshop brought together, for the first time, a broad range of stakeholders and experts, including more than 80 representatives from all branches of the military, federal and state leaders, local and internationally recognized sustainability experts and conservation groups. Presenters and panelists discussed enhancing relationships and shared ideas on ways to balance growth, protect the environment and ensure the military's mission while maintaining quality of life for residents and visitors now and in the future.

"It is these kinds of cooperative efforts that will make not only our military installations, but our surrounding communities sustainable into the future," said Stanley E. Sokoloski, director of the Pacific Region IMA, whose agency facilitated the workshop and manages all Army installations in Hawaii, Alaska and Japan.

The event was sponsored by the National Defense Center for Environmental Excellence (NDCEE) through the office of the deputy assistant Secretary of the Army for Environment, Safety, and Occupational Health.

Topics included land management strategies, energy and infrastructure, and procurement and transportation. The keynote speaker was Alex Beehler, assistant deputy under secretary of defense for Environment, Safety and Occupational Health. Other speakers included Maj. Gen. Robert Lee, the adjutant general, State of Hawaii Department of Defense; Lt. Gen. John M. Brown III, commander, U.S. Army, Pacific; Dr. Brian Natrass, an internationally acclaimed author, speaker, lawyer, and senior corporate advisor on the strategy and execution of sustainability initiatives; Ramsay Taum and Dr. Karl Kim representing the University of Hawaii; and Hawaii State Senator Russell Kokubun, chairman of the Hawaii 2050 Sustainability Task Force.

The state task force is charged with developing a sustainability plan that will guide state planning to the year 2050 and future long-term development in the areas of environment, education, employment, health, housing, human services, agriculture, conservation lands, energy, historic and cultural preservation, natural resources, recreation, tourism and transportation.

"I am pleased with the growing momentum that the concept of sustainability is gaining throughout the community and the enthusiasm demonstrated by the military and particularly the Army," Kokubun said after the workshop. He hopes to include a military representative on the 2050 Sustainability Task Force during the next legislative session.

In recent years DoD has adopted an ethic of continuous improvement, moving beyond cleanup and compliance toward true sustainability of the environment.

"Each of the military services is implementing programs to make our installations sustainable into the 21st century, and meetings like this one are becoming commonplace at our bases," said Beehler. "Today we have active programs in place in many areas to protect our military mission while working with our surrounding

communities to mutually support the greater community mission."

Recently Beehler's office brought representatives of national environmental groups to Hawaii to show them the natural resources that the military is protecting.

"They were amazed by the work being done, not only in Hawaii, but throughout the military," Beehler said. "Many of our installations now participate in ongoing conservation forums that work to preserve open space near our training areas. This gives the community a better environment by protecting cultural, recreation and open space areas, and relieves the effects of our training on nearby neighbors."

Beehler said one of the most successful programs is in Hawaii, the Oahu Conservation Partnership Forum initiated in 2004 by the U.S. Army Garrison Hawaii. The partnership is co-chaired by

the Trust for Public Land and the Office of Hawaiian Affairs, and at least 15 other partners.

"The partnership has achieved amazing results" Beehler said. "All are working together to protect the natural areas that nurture Oahu by purchasing easements on property to maintain permanent open space."

During the conference Beehler told workshop participants, "That is why we are here, to start work on building the right programs, in the right places, with the right partners to build the capacity to sustain all of our missions into the future."

Department of Defense officials praise the Oahu Conservation Partnership Forum, initiated by U.S. Army Garrison, Hawaii, as one of the most successful programs to preserve open space near military training areas such as Makua Valley (pictured), while protecting cultural and environmental resources.



U.S. Army Photo



Of the 2,253 pedestrian fatalities in alcohol-related crashes, 79 percent involved pedestrians who had consumed alcohol.

— National Highway Traffic Safety Administration

PAU HANA

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

"When work is finished."

FRIDAY, JUNE 16, 2006



Story and Photos by
CHRISTA B. THOMAS
25th Infantry Division Public Affairs

PEARL HARBOR – Thousands of spectators witnessed what happens when artist meets auto at the fourth annual Pearl Harbor Auto Show in the Navy Exchange parking lot, June 11.

The event featured rows of custom cars, trucks and motorcycles, food, a rock-climbing wall, bounce castles, prizes and live entertainment throughout the day.

In the years since its inception, the auto show has exploded from a small gesture of appreciation to service members into a head-ringing, eye-popping exhibition.

"Over 330 cars were registered to participate this year, which is 100 more than last year," said Jeffrey Harris, marketing director for the Community Support Programs, Navy Region Hawaii. "We had to turn 60 cars away because we simply had no more space available."

Automotive artists from all over the island, some as part of an auto club, some as individuals, showcased their pride and joy to an audience of thousands in this daylong extravaganza.

Sgt. Arthur Velling, military police with 25th Provost Marshall Office, represented his car club, "Turnin' Point" with his 2005 Acura TSX.

Unlike many car clubs on island, "Turnin' Point" has no allegiance to any make of car. The vehicles in the club are an eclectic mix of modest, straight off-the-assembly line sedans, to this year's exotic Asian import winner, and everything in between.

Velling, known in the club as "A-Wall," has an unpretentious, no-frills approach to automotive artistry. His primary extravagance is the 12" speakers boosted by a Rockford Fosgate P4004 four-channel amplifier.

"I've only been with this club for two months. But the members are very welcoming and mostly military so there's a lot of love for each other," Velling said. "We are mostly military, so we understand everyone's work commitments."

What a ride!

Vehicles were judged in several categories of competition, including vintage, street rod, low-rider, American muscle, American sports, custom trucks, retro, European import and Asian import.

"This was a great opportunity to see how much work is put



This fully-restored 1967 Pro Street Camaro SS earned "Best in Show" bragging rights. This ground-pounding American muscle classic is owned by Gino and Melanie Milns. The "Pro Street" classification is typically a street-legal race car with an enhanced drivetrain.

into these cars," said Staff Sgt. Whitner Edmonds, a mechanic with 45th Sustainment Brigade. "I'm especially impressed with what has been done with these 'old school' rides."

Nostalgia was rampant at the car show. The automotive eye candy included a pack of wild horses – the dressed up Ford Mustangs, a mob of 1960s and early-'70s hot rods and American muscle cars, and the ever-endearing Model T's.

Foreign power was represented by a mixed plate of Toyota's, Acura's, Nissan's, and MG's. Volkswagen's rounded out the assortment of metal-flecked and iridescent rarities.

The pimp-licious lowriders, in all their crushed-velvet glory, nearly stole the show during the hydraulic hop competition.

Because it was such a sunny day, the layers of custom-blended, deep-reflective paint and mirror-finished rims of the trucks, cars and SUVs blinged so brightly that it was almost blinding.

"These trucks and SUVs make a great canvas for these people

to do whatever they want with them," said Doreen Camden, an Army family member who recently relocated to Hawaii from Fort Sam Houston, Texas. "I guess you can call them the 'sport not-so-utility vehicle', because I can't imagine doing any long-hauling in these trucks."

While the cars, trucks and motorcycles were the main focus of the event, there were many local on-stage acts and other family entertainment.

Dennis Parsons, service manager for the NEX Autoport said it was entertainment for every facet of the family – "from the kids all the way up to the adults."

The show has grown in popularity and event coordinators hope to make it even bigger next year.

"This event has outgrown our space, said Harris, one of the event coordinators. "We're going to have to expand for next year's event."



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1. The 2004 Scion XB won this year's Best Asian import. 2. A 1979 Chevrolet Monte Carlo lowrider is all humps and bumps. 3. This wild pony, a 1966 Red Mustang GT 350, competes in the American sports

car class. 4. Spectators loved this bug - the 1959 Volkswagen rag top street rod. 5. This crazy Caddy is a 1994 Fleetwood lowrider. 6. This vintage 1926 Ford coupe is not the typical no thrill, no frill Model T.

7. A very James Bond-ish European import, the 1954 MG TF-1500 Roadster. 8. This 'real' heavy Chevy service truck was used to haul the portable lua.



June 16 / Today

July 4th Picnic Sites — Picnic sites for the "4th of July Spectacular" can be reserved for \$60 at the Leisure Activities office, Kaala Community Activities Center. The 20 by 25-foot sites will be located on the perimeter of Sills Field.

These areas are the only areas authorized for cooking on grills. Only a few spots are left, so reserve yours today.

Individuals may only sign up for a maximum of two spots. For more information, call 655-0111 or 655-0112.

3D Fireworks — Kaala Recreation Center is selling eye-opening, 3D Fireworks glasses to enhance your fireworks viewing pleasure. Glasses cost \$1 and quantities are limited, so make your purchase early. For more information, call 655-0111.

Teen Social — Join friends for an evening of fun at the AMR Teen Center from 7 to 9:30 p.m. Listen to music and dance, play games or participate in contests. Admission is \$3 for members and \$4 for non-members.

17 / Saturday

Field Trip — The Aliamanu Military Reservation (AMR) teen center invites teenagers to come to the 50th State Fair, June 17. Cost is \$3 plus money for snacks and rides. The bus will depart from the teen center at 1 p.m. and return at 5 p.m. For more information, call 833-0290.

18 / Sunday

Father's Day Brunch — Join us for Father's Day Brunch, June 18 from 8 a.m. to 1 p.m. at the Hale Ikena, Fort Shafter. Enjoy a wonderful selection of breakfast and lunch favorites including an omelet station, prime rib, lamb with rosemary, and maple-glazed turkey.

Cost is \$23.95 for adults, \$18 for children 6-10, and \$12 for children ages 3-5. Reser-



Donna Klapakis | 25th Infantry Division Public Affairs

vations are recommended. Call 438-1974 for more information.

Father's Day Barbecue — Kick back and relax with dad this Father's Day at the Nehelani, Schofield Barracks, June 18 from 11 a.m. to 3 p.m. Come enjoy a delicious barbecue with all of your favorites, including barbecue riblets, chicken, beef, potato salad, corn on the cob, pies, and more!

Cost is \$18.95 and children's pricing is available. Reservations are recommended. Call 655-4466 for more information.

Reggie's regular Sunday brunch will also be held from 10 a.m. to 2 p.m. on Father's Day.

22 / Thursday

SKIES — The Schools of Knowledge, Inspiration, Exploration and Skills program will offer the following classes beginning June 22:

- Leadership Skills Level I & II
- Listening Skills
- College Applications & Scholarships
- Basic Problem Solving
- Building a Cohesive Team
- How to Apply for Teenage Jobs.

High school-level students who are home schooled are also welcome to attend any class. Also, community and Army volunteer work is available for teens. This work will give teens experience for employment and college applications and scholarships.

In addition, teens in the program will help plan and work with the annual Hawaii Army Family Action Conference,

which is another great way for teens to gain valuable experience and leadership skills.

For more information, call Sandy at 655-9818 or e-mail sandy.salisbury@hawaii.army.mil.

Summer Craft Sale — Come to the Fort Shafter Arts and Crafts Center, June 22 and 23 from 11 a.m. to 7 p.m., and June 24 from 9 a.m. to 4 p.m., for the summer craft sale. Enjoy a great selection of quilts, woodcrafts, pottery, jewelry, stained glass, ceramics, and more.

For more information, call 438-1071 or 438-1315.

23 / Friday

Field Trip — The AMR teen center invites teenagers to come to the Castle High School Taro Patch, June 23 at 8 a.m. For more information, call 833-0290.

29 / Thursday

Summer Family Club Night — Families are invited to the Tropics for music and dancing, games, karaoke, contests, and prizes, June 29 at 6 p.m. Cost for this evening is \$6, which includes two slices of pizza and a fountain drink.

For reservations or more information, call 655-8522.

Ongoing

Kolekole Bar and Grill — Get ready for the newest addition to the Nehelani, the Kolekole Bar and Grill. The Bar and Grill will feature a fresh new menu with compli-

The Hui & Hannemann

HONOLULU — After presenting the City and County of Honolulu Award of Merit to the board of directors, Hui O' Na Wahine, Schofield Barracks (a spouses club) at Honolulu Hale, June 9, Mayor Mufi Hannemann joins in for a remembrance photo.

The award recognizes the Hui's volunteering efforts. The Hui raised and recently distributed \$42,000 in scholarship funds.

mentary pupus from 4 to 7 p.m., Monday-Friday.

Enjoy darts, games, karaoke and more. Look for more details and special offers to follow. The new menu launches the week of June 20. For more information, call 655-4466.

Pool Hours — Due to Learn to Swim classes, the Helemano Military Reservation (HMR) pool's open swim hours will be from 12:30 to 5 p.m., Wednesday, Thursday and Friday through Aug. 31.

Paperback Book Kits — The Sgt. Yano library, Schofield Barracks, will issue paperback book kits to deploying units. For more information, call 655-9143.

Family Child Care — FCC provides in-home child care by an adult family member living in government quarters or housing, complete with flexible hours and a comfortable family-like setting.

In Hawaii, certified FCC homes are available on Schofield Barracks, Wheeler Army Air Field (WAAF), HMR, AMR and Fort Shafter.

If you are interested in placing your child in FCC, or want information on becoming a provider, call 655-8373 (Schofield Barracks) or 837-0236 (AMR).

Youth Sponsorship — If you are new to Hawaii and between the ages of 5 and 18, CYS has a welcome gift for you, and a youth sponsor who wants to be your friend. Call 655-2263 for more information.



Send calendar announcements to community@hawaiiarmyweekly.com.

16 / Today

Kokua Needed — Fisher House at Tripler Army Medical Center needs the following products: paper plates, plastic spoons and forks, styrofoam cups, paper napkins, paper towels, toilet paper, and HE (high efficiency) liquid laundry detergent.

If you are able to help, call Ave Porter at 433-1292 or 561-7423.

Hawaii 50th State Fair — will continue at Aloha Stadium from 6 p.m. to midnight.

17 / Saturday

Pearlridge Mall — The Royal Hawaiian Band will perform at the Uptown Center Court Saturday, June 17, from 11 a.m. to noon. Hawaii Music Works will follow from 1 to 2 p.m.

Celebrity Appearance — Jaclyn Smith will make two personal appearances at the Pearl Harbor Navy Exchange (NEX), Saturday, June 17, to introduce the Jaclyn Smith Home Collection.

Her first appearance will be from 10 a.m. to noon at the NEX main exchange and from 2 to 4 p.m. at the NEX Home Gallery.

30 / Friday

CRT Meeting — The Crisis Response Team will meet at 3 p.m., June 30, at Sgt. Smith Theater, Schofield Barracks. Topics varying from the role of CRT members, how chaplains support CRT, and providing basic assistance will be covered. For more information, call Capt. Brownlow at 655-4125.

Patriots Celebration Dinner — The Hawaii Foodbank's 11th annual Patriots Celebration dinner, honoring the 25th Infantry Division is Friday, June 30, at the Hilton Hawaiian Village. Cocktails will be served from 6 p.m., with dinner beginning at 7:30 p.m. Keynote remarks will be given by Maj. Gen. Benjamin R. Mixon.

Live entertainment will include patriotic and 1940s-era tunes. For information on the dinner, contact Lara Grimm at 836-3600, ext. 223, or by email lara@hawaiifoodbank.org. Soldiers or spouses interested in attending the dinner for free should contact Bill Roome at 655-0760.

Photo Contest — The Hawaii Visitors and Convention Bureau (HVCB) is inviting Hawaii residents to submit photographs of island life for display in its online "My Hawaii Photo Gallery." HVCB's My Hawaii photo contest runs through June 30, after which photos will be judged and the top three winners, along with other selected images, displayed online at HVCB's popular GoHawaii.com travel Web site.

Prizes include roundtrip tickets for two to any mainland U.S. city served by Hawaiian airlines (Las Vegas, Los Angeles, San Francisco, San Diego, Sacramento, San Jose, Seattle, Portland and Phoenix), roundtrip tickets for two between any interisland city served by Hawaiian (Lihue, Honolulu, Kahului, Kona and Hilo), and a one-year membership in Hawaiian's Premier Club program.

A complete set of contest rules and information is available online at GoHawaii.com/photocontest. Call 924-0259 for more information.

Ongoing

Community Calendar Briefs — Do you have announcements of upcoming events, sports or activities you'd like to post in the Hawaii Army Weekly? If so, e-mail your information to editor@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.

Military Channel Documentary — The Military Channel is calling on viewers to share their personal war diaries. If you've served in a combat zone, the Military Channel wants engaging footage of Soldiers and comrades.

Selected videos will be featured in a new television series, "My War Diary," or posted online at www.dsc.discovery.com.

For more information, visit www.discovery.com.

Boy Scout Troop 24 — Incoming Boy Scouts or interested boys who have completed the 5th grade are invited to join Troop 24. Meetings are Mondays, 6:30 p.m. at the Scout Hut on Schofield Barracks.

Upcoming events include hiking Kolekole Pass, touring a guided missile destroyer and camping on Maui. For more information, call 683-0463 or e-mail scouterm@hotm.com

Kindergarten Registration — Wheeler Elementary School is accepting kindergarten registration for the

2006-2007 school year. Children who are 5 years old by Dec. 31 are eligible.

Parents may pick up a registration packet at the school office. For more information, call 622-6400.

Catholic Women of the Chapel — Join the CWOC for fellowship and sharing of the Catholic faith. CWOC meet on Fridays at the Main Post Chapel from 9:30 to 11:30 a.m. in Room D-9. On-site child care is available by reservation.

For child care reservations, call 624-6025. For further information, call 206-8367.

Protestant Women of the Chapel — A place to find laughter, hope and friends, join the summer session of PWOC on Tuesdays, July 11 — Aug. 15 at the Main Post Chapel, Schofield Barracks, from 9:30 to 11:30 a.m. in Room D-9.

Free on-site child care is available by reservation. For further information, call 206-8504.

ACS Volunteers — Free child care at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. What's more, volunteering offers job experience and flexible hours. For more information, call 655-4227.

Work and Careers Web Site — Need help with your job search process? Explore the Web sites www.myarmylifetoo.com and www.militaryspousejobsearch.org to learn about the Army spouse employment partnership.

The site includes job search techniques and resume writing tips.

For additional help, contact your ACS employment readiness program manager at 655-4227.

Financial Health — Want to find the road to healthy finances? Contact ACS, located in Building 2091, across the street from the Richardson swimming pool, Schofield Barracks. Classes include checkbook maintenance, money management, credit management, the Thrift Savings Plan, car buying, mutual fund investing, college funding, and AER/Command Referral. Instructors also assist with zero percent interest Army Emergency Relief loans.

To attend a class or schedule a one-on-one appointment with a financial counselor, call 655-4ACS (4227).

All services are free and help is only a phone call away.

Fort Shafter Newcomers Orientation Tour — The Fort Shafter ACS presents a newcomers' orientation tour every other Tuesday.

The tour helps familiarize new Soldiers and family members with many aspects of Hawaiian culture, customs, language, surrounding communities, the Hale Koa Hotel and various points of interest on the island.

Registration is required and seating is limited. Tour time is 7:30 a.m. to 4 p.m. Lunch is not provided, but you can bring your lunch or purchase it at the Hale Koa.

Call the Fort Shafter Army Community Service at 438-9285 for registration or questions.

Schofield Barracks Newcomers Orientation Tour — ACS will conduct a newcomer's orientation tour every Friday for new Soldiers and family members.

The tour will include Schofield Barracks, Tripler Army Medical Center, surrounding civilian communities, the Hale Koa Hotel, the Bishop Museum and other points of interest on the island.

The tour departs at 7:30 a.m. and returns at 4:30 p.m., and registration is required. Lunch is not provided, but participants may bring a cooler with drinks, snacks and lunch.

For more information or to register, call ACS at 655-2400.

Army Community Theatre — Army Community Theatre's 2006-2007 season tickets are on sale now.

Shows include "Sweeney Todd," "Annie," "Joseph and the Amazing Technicolor Dreamcoat," and "Grease." Season tickets are \$60 and \$75 for adults and \$45 and \$50 for children for the four-show musical series.

The season is September 2006 through May 2007 at Richardson Theatre, Fort Shafter. Call 438-4480 or view details at www.squareone.org/ACT.

Hawaii Theatre — Docent-led tours of the historic theater include a demonstration on the 1922 Robert Morton Theatre Organ Tuesdays at 11 a.m. Costs is \$5. Call 528-0506 for tour availability.

Youth Sponsorship — If you are new to Hawaii and between the ages of 5 and 18, CYS has a welcome gift for you, and a youth sponsor who wants to be your friend. Call 655-2263 for more information.

HACN TV2 Schedule

5:00	Army Emergency Relief
5:01	What's down the drain
5:09	Safety message CG Brown
5:13	Hurricane safety storm alert
5:33	Coqui frog invasion
6:00	Sign on
6:25	Army Emergency Relief
6:26	Bulletin Board
6:56	After the storm
7:17	Safety message CG Brown
7:22	What's down the drain
7:30	Lighting Rumble 4
7:34	Deployment message CG Mixon
7:40	Hurricane safety storm alert
7:58	Hurricane awareness
8:00	Hawaii Army Report
8:30	Safety message CG Brown
8:36	I give my heart to you
8:42	Bulletin Board
9:12	Community Focus
9:20	Pentagon Channel
10:00	Army Emergency Relief
10:01	Hurricane safety storm alert
10:20	Hurricane awareness
10:26	Pentagon Channel
11:00	Safety message CG Brown
11:04	Army Emergency Relief
11:05	Deployment message CG Mixon
11:10	Hurricane awareness
11:14	Hawaii hidden beauty & danger
11:33	Pentagon Channel
11:55	Safety message CG Brown
12:00	Hawaii Army Report
12:28	Community Focus
12:35	Army Emergency Relief
12:36	Bulletin Board
1:06	Deployment Message CG Mixon
1:11	After the storm
1:34	Coqui frog invasion
1:54	Lighting Rumble 4
1:59	Safety message CG Brown
2:04	What's down the drain
2:12	Pentagon Channel
3:00	Safety message CG Brown
3:05	Lightning Rumble 4
3:10	Hurricane awareness
3:13	What's down the drain
3:21	Maui the magic isle
3:43	I give my heart to you
3:49	Deployment message CG Mixon
3:53	Pentagon Channel
5:00	Safety message CG Brown
5:04	Army Emergency Relief
5:06	Hurricane awareness
5:10	Pentagon Channel
5:55	Safety message CG Brown
6:00	Hawaii Army Report
6:29	Community Focus
6:35	I give my heart to you
6:40	After the storm
7:02	Hurricane awareness
7:06	Deployment message CG Mixon
7:10	Bulletin Board
7:40	Army Emergency Relief
7:41	Lightning Rumble 4
7:45	Coqui frog invasion
8:05	Safety message CG Brown
8:10	Hurricane Safety Storm Alert
8:30	What's down the Drain
8:38	Lightning Rumble 4
8:42	White Face
8:57	Safety Message CG Brown
9:01	Bulletin Board
9:32	Army emergency relief
9:33	Lightning Rumble 4
9:37	Deployment message CG Mixon
9:42	After the Storm
10:04	Deployment message CG Mixon
10:08	I Give My Heart To You
10:14	Hurricane Awareness
10:18	Bulletin Board
10:48	Coqui frog Invasion in HI
11:08	Safety message CG Brown
11:13	Army emergency relief
11:14	I Give My Heart To You
11:20	After the Storm
12:00	Safety message CG Brown
12:04	I Give My Heart To You
12:10	Deployment message CG Mixon
12:15	Bulletin Board
12:45	Lightning Rumble 4
12:49	Coqui frog Invasion in Hawaii

Overnight

Pentagon Channel

Because of hardware failure Tv2 Programming maybe interrupted during daily scheduled programming. HACN/Tv2 your Command Channel

This Week at the MOVIES Sgt. Smith Theater



Silent Hill

(R)

Friday, 7 p.m.
Sunday, 7 p.m.
Thursday, 7 p.m.



Akeelah And The Bee

(PG)

Saturday, 2 p.m.
Wednesday, 7 p.m.

Successful PCS moves require advance preparation

JOINT PERSONNEL PROPERTY SHIPPING OFFICE, HAWAII
News Release

Service members who are coming to and going from Oahu Army installations can ensure a successful permanent change of station move this summer with a little preparation.

Departing from Oahu

- Start sorting through household goods now, and set aside items you have decided to put up for sale or donation. Remember, service members must keep all shipments within their weight allowance or pay to ship excess weights.

- When scheduling pickup or delivery, select alternate dates in addition to your preferred dates. During busy times, the Joint Personnel Property Shipping Office (JPPSO), Hawaii, may not be able to schedule pickup on the first date you request. By establishing alternate dates that work for you, inconvenient pickups and deliveries can be avoided.

- Do not schedule a pickup for the day you are to close on the sale or purchase of a home, or on the day you must vacate a rental. You must allow time for unforeseen problems and last-minute changes.

- After the pickup date has been confirmed, only request changes in the event of an emergency. Date changes can lead to delays and additional costs borne by the service member.

- Moves always go smoother when you are easy to contact. Provide your home, of-



vice and cell phone numbers, and your e-mail address to the personal property offices at the origin and destination of your shipment. Include in-transit contact information, as well.

- As soon as you get your orders, schedule your move counseling and application. Visit <http://ebiz.pearl.fisc.navy.mil/jppso/owa/pp.menu> and click on "General Information" to obtain contact information for your responsible transportation office.

Moving from housing

The best-laid plans may go awry, so service members and their families must stay flexible throughout the moving process. Soon after receipt of PCS orders and making your appointment to complete your household goods applications, get going with the following:

- Consider consolidating household

goods and unaccompanied baggage into one shipment and requesting a partial delivery at destination.

- Provide accurate weight estimates using past PCS documentation. For inbound weights, visit <http://ebiz.pearl.fisc.navy.mil/jppso/owa/pp.menu> and click on "Inbound Property"; for outbound information visit <http://ebiz.pearl.fisc.navy.mil/jppso/owa/pp.menu> and click on "Outbound Property" to find out who your mover is.

- Be prepared. You or your agent must be at home when the movers arrive.

Have your belongings organized by shipment. Segregate any professional items and ensure they are noted as such on your inventory.

Remember not to pack important personal and privately owned vehicle (POV) documents with your household goods.

- Plan ahead to be without your POV on one end or the other. When filling out

your paperwork for shipping your POV, be sure to give an actual postal address and a valid e-mail address.

Notification cards cannot get to you if you just give a unit name. Give a family member or sponsor's address instead if you don't have an address at your next location.

- If you have pets, plan ahead. You can only ship pets if the tarmac at the origin and destination airport is less than 85 degrees on the day you travel. If it is hotter, your pets won't be allowed to travel.

Consider overnight flights to alleviate this temperature problem, but book flights early. Planes only leave a specific amount of cargo space.

- Ensure your spouse is informed of what is going on with your PCS move.

Receiving inbound personal property

As soon as possible upon your arrival in Hawaii (or at your destination elsewhere), contact the JPPSO to provide contact phone numbers. Promptly doing so will enable JPPSO to contact you as soon as your shipment is made available for delivery.

Contact JPPSO in several ways:

- 1) Visit <http://ebiz.pearl.fisc.navy.mil/jppso/owa/pp.menu> to accomplish the following:

- Enter/update your contact phone numbers and address.

- Get current shipment information.

- Request delivery of your shipment once it arrives.

- Retrieve delivery confirmation (mover's phone number, claims phone number, responsibilities at delivery, and the like).

- Send e-mail to us (even without a personal e-mail account).

- 2) Call 473-7760 to reach the automated Voice Response System (VRS) that provides household goods and unaccompanied baggage shipment status 24 hours a day, seven days a week. Through the VRS you can accomplish the following:

- Enter/update your contact phone numbers.

- Get current shipment status.

- Request delivery of your shipment once it arrives.

- Get delivery information (mover's phone number, claims phone number, and the like).

- 3) Fax 473-4912 with your name, SSN, contact phone number and address. If you want to schedule delivery, include which shipment you want delivered and your requested delivery date. JPPSO will call you to confirm delivery.

- 4) Visit JPPSO in Building 487, Fleet and Industrial Supply Center, Pearl Harbor. Hours of operation are Monday through Thursday from 7:45 a.m. to 3:45 p.m., and Friday from 8:45 a.m. to 3:45 p.m.

After your delivery is scheduled, you can call the VRS and or visit the Web site to confirm the name and phone number of your delivery moving company. You can also get quality assurance information and phone numbers, general claims information and phone numbers, and information on delivery entitlements and responsibilities.

Book by Army spouse helps families enjoy moving

FONDA R. BOCK
Army News Service

WASHINGTON — It can leave a person overwhelmed with stress and anxiety, but military families must endure it over and over — moving.

One Army spouse claims she has developed techniques that relieve some of the stress and make moving enjoyable.

"It's time to take a different look at PCSing," said Sandee Payne, a freelance organizer and decorator who has relocated seven times in 10 years to follow her husband's military career. "From now on, think of it as your 'positive change of surroundings.'"

Payne has compiled her hard-earned knowledge into "That Military House: Move it, Organize it & Decorate It."

The how-to guide contains decorating tips and techniques for dealing with the specific challenges military families face when moving. It's these ideas that helped Payne look forward to moving rather than dreading it, she said, adding that she hopes the

book will do the same for readers.

Among the obstacles Payne addresses is the lack of storage space families often find in their new homes. She suggests using closets, cabinets and furniture to hold items frequently used so they're quickly accessible when needed.

Decorative pieces, such as baskets, placed throughout the house can double up as storage space, and articles put away in additional storage areas should be in labeled containers, she added.

Payne also recommends purchasing furniture and decorative accessories that are modular and can fit in a variety of spaces, and that are also neutral and traditional.

"Character and style can be easily introduced to a home's décor through the use of accents like pillows, vases and artwork," says Payne. "When the desire for a new look or trend arises, a rather small element can be purchased to achieve it."

For window treatments, Payne suggests curtains that work in a variety of rooms. She also offers instructions for creating tiebacks, making longer

curtains shorter and shorter curtains longer.

"I like to approach every move as a blank canvas, to experiment with other decorating techniques that I may want to use in my retirement home someday. These moves are a good opportunity to be refreshed, to regroup and begin again in a new community," she said.

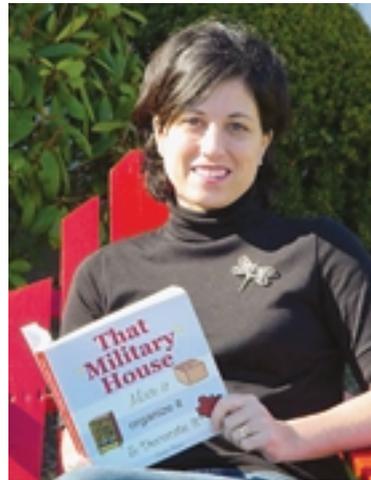
Payne said making moving more efficient and less stressful comes down to four simple concepts: being prepared, organized, clutter-free and open-minded.

"An open mind helps movers get creative when using house-hold and decorative items for something other than their intended purpose," she said. "For example, cloth napkins can be neatly folded over a curtain rod as a decorative valance."

Being clutter-free also helps.

"If you've gone through, organized and purged down to the things you really need, then you're not going to be overwhelmed with piles and piles of things and no where to put them," she said.

The book is available at <http://www.thatmilitaryhouse.com/>.



Courtesy Photo

Sandee Payne, an Army spouse, has written "That Military House: Move it, Organize it & Decorate It" to help other Army spouses enjoy the process of moving.

Tricare follows university-bound students to school

LANCE CPL. JUAN D. ALFONSO

Marine Corps Base Camp Butler Public Affairs

CAMP LESTER, Okinawa — When a teenager turns 18 or 19, there is usually a series of events that occur that set them apart from the child they once were.

Some graduate high school and join the military or head off to college. Even though they have separated from the family in most senses, they still might not be ready to handle everything that adult life has in store for them.

One of these hurdles might be health care, but with Tricare, they can hold off on worrying about paying for the care they need right away.

Tricare covers family members up to the age of 23, as long as they update their identification cards, their status in the Defense Enrollment Eligibility Reporting System (DEERS), are full-time college students and haven't married.

A family member is considered a full-time college student, if he or she takes at least 12 credit hours per semester.

Tricare is the regionally managed health care program for active duty and retired members of the armed forces, their families and survivors. It is the military counterpart to employer-provided civilian health insurance.

"Now is the time of year most people begin filling out applications to enroll their kids in college," said Sandra M. Parker, the Tricare-Pacific marketing representative. "Before a child heads off to the continental United States, one decision they will have to make is determining which Tricare option will work best for their child."

Three types of Tricare coverage are available: Tricare Standard, Tricare Extra and Tricare Prime. Each differs in price and

amount of coverage received.

Although students and their family may be enrolled in Tricare Prime, this choice may not be the best for the college-bound.

If a student's college or university is located in an area where Tricare Prime is offered, he or she can transfer Prime enrollment.

"It isn't necessary to have all family members enrolled in the same region," Parker said.

If Prime is not available in the new location, service members can cancel their child's enrollment from Tricare Prime, and Tricare Standard will cover their child.

Tricare Standard carries a 20 percent copayment — 25 percent for retirees, after the annual deductible of \$150 to \$300 is paid. The maximum service members will pay out-of-pocket is \$1,000 per year — \$3,000 for retirees.



For more details, review the college fact sheet at <http://www.tricare.osd.mil/collegestudents/index.cfm>.

If the family member's college provides its own health plan, Tricare Standard becomes the second payer on the claim.

A student will also need dental insurance coverage, Parker added.

Medical and dental plans are two separate programs. If not already enrolled in the Tricare Dental Plan, service members should go online or visit their local Tricare service center to enroll their college-bound children, at least two months prior to their beginning college in order to maintain continuous coverage.

(Editor's Note: Release provided courtesy of Tricare Management Activity.)



Grilling fruits, veggies aids health

MAJ. ELIZABETH STORY

Nutrition Care Division, Tripler Army Medical Center

HONOLULU — After you've picked out that great gift for dad and invited the family and friends over for a day of grilling and fun, don't stop there! Be sure to prepare great tasting and healthy foods for everyone on your invitation list.

We get to enjoy the great outdoors and fresh air of Hawaii most of the year. It's usually summertime and "grilling time" any day, and the added benefit is, there's nutritional benefit to outdoor barbecues.

Unfortunately, meat takes up most of an American's plate space, and side items take up a smaller percentage, according to the American Institute for Cancer Research (AICR) at www.aicr.org.

The AICR recommends cutting back on meat portions, to 3 ounces. Its "New American Plate" is composed of two-thirds or more of vegetables, fruits, whole grains and beans. The remaining one third or less of the plate, the AICR says, should be items such as fish, poultry, meat and low-fat dairy products.

Outdoor barbecues. Grilling meat can be a lower-fat cooking method as grilling allows extra fat to drain during the cooking process. Families can also make healthier choices by starting out with a leaner cut of meat such as a 3-ounce portion of a top round steak, chicken or fish.

Once you have selected the entrée for your meal, give more thought to the side dishes you are going to have. Instead of traditional fare like macaroni or potato salad, or creamy coleslaw — that all can be loaded with fat from mayonnaise — try a modified recipe using reduced calorie mayonnaise, or better yet, mustard, which has no fat.

Interested in more information about nutrition education topics? Attend a class at Tripler Army Medical Center's Nutrition Intervention and Wellness Clinic. Topics include diabetes, cardiovascular health and weight management.

A limited number of individual and group appointments are available with a registered dietitian at Tripler and the Nutrition Clinic, Schofield Barracks. Call 433-4950 for details.

A tossed salad will work well, too, but beware of hidden fats in croutons and salad dressings.

Fresh alternatives. A barbecue twist is to boost the flavor of your meals by grilling fruits and vegetables. Hawaii has an abundant variety available at local farmers' markets and commissaries.

Baste firm vegetables like peppers, corn, eggplant or onions; use healthier oils such as olive or canola; season with herbs; and place foods on the hot grill until tender.

Also, fruit kabobs with a mixture of pineapple, strawberries, papaya or any type of fruit that you enjoy cooked on low heat may be a special treat.

The U.S. Department of Agriculture's "MyPyramid" food chart recommends a daily intake of two cups of fruits and two cups of vegetables as part of the meal plan, each day, for a person requiring 2,000 calories.

Finally, don't forget to drink water and low-calorie beverages to keep you hydrated throughout the day.

Playtime. Once everyone has enjoyed a wonderful, healthy meal, don't forget activity. MyPyramid emphasizes that a healthy lifestyle is not only eating healthy, but also being physically active, which can mean many things.

Physical activity includes taking a brisk walk on the beach, throwing a Frisbee, playing golf with Dad or a friendly softball game with neighbors. It could include surfing, biking or just about anything you enjoy that gets you moving.

(Editor's Note: Major Elizabeth Story is Tripler's chief of Nutrition Intervention and Wellness Branch, Nutrition Care Division, and a registered, licensed dietitian.)



Send community announcements to community@hawaiiarmy-weekly.com.

June

17 / Saturday

Action Sports Park — Catch the action at the BMX Bike and Skateboard Demo, today from 1 to 2 p.m., at the Aliamanu Military Reservation's Action Sports Park. Some of Hawaii's top BMX bikers and skateboarders will execute cool stunts.



June

18 / Sunday

Bowling Tournament — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, June 18. Check-in will be at 1 p.m., and the cost is \$20. Call

Waimea Valley Audubon Center — A sanctioned 5K and 10K volksmarch (walk) will be held June 17 at the Waimea Valley Audubon Center. Walkers can start anytime between 9 a.m. and noon. A nominal entrance and vehicle-parking fee will apply. Call 626-3575 for more information.

July

1 / Saturday

Laie 5k Fun Run — Make a run for charity. Start time is 7 a.m., July 1, and begins at the flag circle on the BYU-Hawaii campus. All proceeds go to the Leukemia and Lymphoma Society.

Fees are \$18 and \$40 for families. For more information, visit www.laiedays5k.com.

655-0573 for more information.

20 / Tuesday

Golf and Fun — Back by popular demand, the "Golf for Food and Fun" event will be held every Tuesday at Nagorski Golf Course, Fort Shafter. Tee times will go from 2:30 to 5 p.m., and cost will be \$22 per person for riding and \$17 per person for walking, which includes 9-hole green fees, par 3 prizes, pupus for four people, a pitcher of beverages, a door prize entry, and the golf question of the week contest.

A minimum of three people are required per team. For more

8 / Saturday

AYSO Region 188 — Walk-in registration will be available July 8, 14 and 22, and Aug. 5 for the fall 2006 soccer season at Hickam Air Force Base and Pearl Harbor. Children born between Aug. 1, 1987 and July 31, 2002, may sign up.

Practice begins in August, and the season will run from September through November. Cost is \$55.

Coaches, assistant coaches, referees and board members are also needed. Call the registrar at 834-5439 for more details, or visit www.aysoregion188.org.

10 / Monday

AYSO Summer Camp — Youth ages 4-14 may participate in the AYSO Summer Camp, July 10-14. Costs are \$45, \$65 and

information, call 438-9587.

Ongoing

101 Days of Summer — Students, kindergarten through twelve grade, are invited to the Fort Shafter and Schofield bowling centers through Sept. 4 to bowl their way through the "101 Days of Summer." Participating students can receive one free game of bowling for each paid game each day of summer. Free games can be played any day of the week from opening until 5 p.m.

Grand prizes include a trip for

\$99, and host families are needed to house visiting coaches. For more information, call the registrar at 834-5439, or visit www.aysoregion188.org.

2006 Relay for Life — "Relay For Life" is a team event that increases cancer awareness in the community. Families, schools, companies, hospitals and other community groups will create teams of 8 to 15 people who will take turns walking around a track all night to raise money to find a cure.

The next Relay for Life will be held at the athletic field, Kapolei High School, July 10 from 7 p.m. to 7 a.m.

Relays are ongoing throughout the month at various locations. For more information, contact Burgandie Onekea at 486-8420.

four to an "Aly & AJ" concert and a private movie screening of "How to Eat Fried Worms" for one lucky winner and 100 guests. Other prizes include a portable DVD player, iPod shuffle, video games and prizes from the Schofield and Fort Shafter bowling centers.

For more information, call 655-0573 (Schofield) or 438-6733 (Fort Shafter).

Leilehua Golf Course Driving Range — The golf driving range is open until 9:30 p.m. on weekdays, Monday through Friday, at the Leilehua Golf Course. Call 655-4653 for more information.



Spc. Stephen Proctor | 17th Public Affairs Detachment

Cool running

Senior leaders from the United States Army, Pacific, take the hill during the Luna-Holo run in celebration of the Army's 231st birthday, June 14 at Fort Shafter.