

HAWAII ARMY WEEKLY

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INSIDE

Wardle takes charge of Rear Det.

JEREMY S. BUDEMEIER
Managing Editor

This week Lt. Col. Randy Wardle assumed duties as the 25th Infantry Division's Rear Detachment commander.

Wardle comes to the position with a wealth of experience in communications, having served as the division's deputy communications officer, the executive officer for the 125th Signal Battalion, G6 for the division, and as the Secretary of General Staff under the commanding general of the 25th Infantry Division.

So it was no surprise that establishing solid communication between family members and the rear detachment, and between deployed Soldiers and the rear detachment, is a top priority.

The *Hawaii Army Weekly* (HAW) sat down with Wardle recently to discuss his role as rear detachment commander during the upcoming deployment.

HAW: In your view, what is a rear detachment, and why is it important to the Soldiers and families during deployment?

Wardle: We are a conduit between the 25th Infantry Division forward and the families at Schofield Barracks. If families have problems, we take care of them, so the deployed Soldier forward doesn't have to.

If there are financial issues or they have problems with organizations on post, or even external organizations, we can assist them with that.

If their spouse comes home injured, we pick them up, we take care of them. We make sure the system works as it's intended to ensure support for the Soldier and their family members.

HAW: What is your primary concern, focus or priority as the rear detachment commander? What is your vision for the way ahead?

Wardle: My primary concern is taking care of family members that remain here in Hawaii and those family members that choose to go back to

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Being nonlethal

MPs learn to disable without killing

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Car sale lot

The vehicle resale lot behind the Schofield Barracks Commissary has relocated to the parking lot behind the Schofield Barracks Post Office. The service is now free.

See News Briefs, A-5

Fire Prevention Week

As part of Fire Prevention Week, the Federal Fire Department will sponsor displays and activities at Schofield's Porter Community Center, Oct. 6, from 6-8 p.m., and at Aliamanu's Community Center, Oct. 7, 6-8 p.m.

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Rising stars

The Army searches for its top talent at the Tropics

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Welcome wagon. Jackie Edwards, wife of Maj. Jason Edwards, and son Willem await his father's return with balloons and lei during the 8th Human Resources Sustainment Command's redeployment ceremony, Friday.

8th HRSC trades desert for beaches

Story and Photo by
SPC. KYNDAL HERNANDEZ
8th Theater Sustainment Command Public Affairs

WHEELER ARMY AIRFIELD — Soldiers with the 8th Human Resources Sustainment Center (HRSC) traded the sandstorms of Kuwait for the sandy beaches of Hawaii as they returned home, Friday.

At the redeployment ceremony, family members and friends welcomed the more than 80 Soldiers who spent the last 14 months at Camp Arifjan, Kuwait.

"I am so excited that the Soldiers and my husband are finally coming home," said Ana Sena, wife of Lt. Col. John Sena, director of the 8th HRSC. "The unit has been wonderful and the 8th (Theater Sustainment Command) has been phenomenal with their support for the families."

The 8th HRSC is a unique center comprised of five distinct personnel sections, including postal, plans and operations, casualty reporting, personnel accounting, and strength reporting.

It was the first unit of its kind activated in support of the global war on terrorism.

"When I raised my hand for this deployment,



Troops from the 8th Human Resources Sustainment Command march into the multifunctional deployment facility during their redeployment ceremony, Friday.

I knew this team was going to be successful," said 8th HRSC Command Sgt. Maj. Ruben Cavazos. "We consisted of a very seasoned and experienced group of officers and non-commissioned officers that took on every challenge placed in front of them."

"I could not be more proud of them," he added.

The Soldiers of the 8th HRSC played a vital and diverse role, simultaneously providing casualty reporting, reception of troops into theater, redeployment of units, and management of rest and recuperation leave, as well as processing absentee ballots and handling the holiday mail surge.

All PTA law enforcement officers expert marksmen

Story and Photo by
CHICPAUL BECERRA
Pohakuloa Training Area Public Affairs

POHAKULOLOA TRAINING AREA — No matter where you go, society requires the protection of a police force.

This fact is true even in a remote location like Pohakuloa Training Area (PTA), where it takes a force to secure this Army installation, day and night, rain or shine, weekends and holidays.

In their capacity to be proficient with firearms as they protect and serve, officers of the Directorate of Emergency Services (DES), PTA Department of the Army (DA) Police Detachment, recently concluded their semiannual small arms qualification and shotgun familiarization at Range 2 here, Sept. 24.



PTA Police Officer Efen Vicente shoots at his target during weapons familiarization training, Sept. 24.

"Each year, my goal is to have 85 percent of the detachment's police officers qualify as experts,"

said Capt. Allan Kondo, PTA DA Police Det. commander. "All my police officers, after firing at the

pistol range, resulted in 100 percent experts, so I am very proud of my detachment."

The Combat Pistol Qualification Course Scorecard has five tables.

"The scorecard firing tables' objective is to hit the targets in the allotted time," said Sgt. Lance Stevens, supervisory police officer. "This helps us become proficient with our issued weapon."

Each police officer teamed up with another officer to coach and assist with sighting of the target and round location.

"I was fortunate to have Cpl. Kurt Martinson assist me with my firing tables since he is a more experienced law enforcement officer and excellent firing range coach," Stevens added. "With his

SEE PTA, A-4

AAFES explains pricing

STEPHANIE RUSH

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — While the price of crude oil has increased steadily over the last decade, gasoline prices in Hawaii have been decreasing over the past few weeks.

However, patrons filling up their cars on post at Army & Air Force Exchange Service (AAFES) gas stations don't always see their prices decreasing at the same time.

"Our contract for gas is out of the Gulf Coast Region," AAFES General Manager Mark Polczynski explained, "(whereas,) 'local stations may be purchasing through the Asian market.'"

Have questions on AAFES gas policies? Call the general manager at 423-8632.

Despite cost differences due to regional suppliers, AAFES sets its sell price — the price patrons pay per gallon — based on the local competition.

"Prices will be set equal to the lowest surveyed price for each grade of fuel sold," said Rick Fair, retail business manager, AAFES. "Stations selected to survey are based on proximity to military installations. If one of the survey stations is selling below our cost, we will still match the price."

Recently, the cost prices — what AAFES pays for the gas — have increased more than 26 cents a gallon each for regular, midgrade and premium gas.

"(The recent) increase in cost was associated with the closing of the refineries in preparation of Hurricane Ike," Polczynski said. AAFES' contracting offices anticipate "the cost price will be lower for this coming week," allowing AAFES to pass its savings on to the customer.

In an effort to keep costs down for the customer, AAFES gas stations accept Navy Exchange (NEX) discount cards (although AAFES is prohibited from stamping them) and pursue other gas sources, if possible.

"We are looking to see if we can obtain some of our fuel from a local source with the reduced cost price," Polczynski said. "Last time we did this, it was unsuccessful, as they could not support our requirements and often did not deliver on a timely basis."

AAFES determines its gas prices by analyzing the national average within the continental U.S. (CONUS).

"Market-based pricing of gasoline provides the continental United States customer a competitive price no matter where the exchange is located," Fair said. "AAFES prices gasoline by

SEE PRICING, A-4

We want to hear from you...

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

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

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

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

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Nondelivery or distribution problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156.

117 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 10/1/08.

Vehicle care plan prior to deployment crucial

MAJ. SEAN FRENCH

25th Infantry Division Provost Marshal Office

After a long and successful deployment, you finally make it back home to Hawaii. What would be better than a drive out to one of the many beautiful beaches or a trip into Honolulu or Waikiki?

You and your buddies dump your deployment bags in the barracks and hop in the car and ... dude, where is the car?

The parking space where you left it is empty. You automatically think it has been stolen, and someone else is now using it for a beach trip. Though this is a possibility, there is a more probable reason for the mysterious disappearance of your vehicle.

Chances are, a military police patrol on post considered your vehicle abandoned.

Abandoned vehicles on military installations present security risks as well as environmental and safety concerns.

A vehicle may be considered abandoned when two of the following three have expired: the post decal sticker, the vehicle registration sticker on the license plate, or the state safety inspection sticker, which is usually located on the back bumper. If two of the three are expired, military police may place an abandoned vehicle notice on the vehicle and attempt to contact the registered owner.

If the owner has not remedied the situation, or could not be contacted by military police within 72 hours, the abandoned vehicle is subject to be towed to the installation impound lot or to the impound lot at Barber's Point – at owner's expense. The fee

for towing and storage, up to 120 days, is \$120. All abandoned vehicles are subject to be sold after 120 days in the impound lot.

Deploying Soldiers have the option of placing their vehicles in storage, at no cost, to prevent their vehicles from being towed and possibly sold. Storage of one privately owned vehicle (POV) at government expense may be authorized for Soldiers who meet one of the following requirements: a single Soldier deploying in support of OIF/OEF for 30 days or longer; a Soldier who is married to another service member when both are deployed; or a Soldier who is married to another service member who resides at a different permanent duty station.

Exercising this option not only negates the risk of theft and vandalism that might

occur in an on-post parking lot, it guarantees a vehicle will be right where it was parked when a Soldier returns from deployment. Interested Soldiers should inquire through their chain of command about this option.

For Soldiers who do not meet one of the above requirements, unit commanders may opt to provide secure POV storage in unit motor pools that are maintained by rear detachments.

Whichever option, Soldiers should ensure they have a vehicle care plan as they prepare to deploy, because if they plan to leave their car on-post and it's not being taken care of, chances are it will be gone when they get back.

Soldiers should contact their chain of command for more information.

Equipment surveys help PEO Soldier fill needs

DEBI DAWSON

Program Executive Office Soldier Strategic Communications Office

FORT BELVOIR, Va. – The U.S. Army's Program Executive Office (PEO) Soldier has launched an Internet-based survey system to support its mission to aggressively incorporate Soldier feedback into everything it does.

More than 30 surveys, announced on Army Knowledge Online (AKO) and available to Soldiers through a link on the PEO Soldier Web site, are designed to give Soldiers a forum to communicate their thoughts and suggestions up the chain of command.

The surveys cover everything from clothing and individual equipment – gloves, goggles and battering rams – to individual and crew-served weapons such as the M4 carbine and the M110 sniper system.

As the Army continues its efforts to employ the Soldier-as-a-system concept, Soldier feedback is critical. Soldier-as-a-system calls for everything a Soldier wears and carries to be streamlined, integrated and effective.

While the Army's skilled laboratories, research centers, and contractors develop and modernize the next generation of equipment for the battlefield, everything comes down to what the men and women on the ground actually need, use and accept as beneficial. Web-based surveys have already proven to be a direct and effective way to shine a spotlight on that essential point of view.

An earlier version of the online survey system was used to gather comments regarding the new Army Service Uniform. PEO Soldier received more than 80,000 responses to this survey alone. However, converting such extensive feedback into actionable changes is no simple task.

"We had experts from Operational Forces Interface Group (OFIG) do the mathematical and statistical analyses of the responses so that we could categorize the feedback that we received to support good decisions," Brig. Gen. Mark Brown, PEO Soldier, said.

"In meeting battlefield requirements, we find that there is rarely a silver bullet that will take care of all existing uniform or equipment requirements," said Brown. "It is an integrated process, and we manage the Soldier-as-a-system to get there."

As long as technology improves to create more lightweight, efficient, unobtrusive solutions to the challenges every Soldier faces, PEO Soldier will find ways to integrate these products to improve Soldier capabilities, save Soldiers' lives, and improve Soldiers' quality of life.

Soldier surveys are just one of many methods PEO Soldier employs to consistently and innovatively provide the best for the best.

Wacker takes over responsibilities as 9th MSC's command sergeant major

BRIAN MELANEPHY

9th Mission Support Command Public Affairs

FORT SHAFTER FLATS – The Army Reserve's 9th Mission Support Command (MSC) senior enlisted responsibilities changed hands from Command Sgt. Maj. Joven Miranda to Command Sgt. Maj. Forrest Wacker in a ceremony on the 9th MSC Parade Field, here, Sunday.

Miranda steps down after five years of service as the 9th MSC command sergeant major. He is also retiring after 33 years of service.

Before the ceremony, Miranda reflected on his career.

"I think my biggest dream at boot camp was to make sergeant and get out," said Miranda. "Never in my military mind did I think I would make it to this rank."

"There (are) a lot of people in the Army that came into my life in the last 32 to 33 years, but there are few Soldiers that left a footprint in my heart," he added. "I can honestly say if I died today and (was) given a chance to be born again, never any doubt in my military mind, I would join the



Master Sgt. Charles Owens | 305th Mobile PAD
 Command Sgt. Maj. Miranda shares memories, heartaches and jokes during his change of responsibility speech.

Army again."

Miranda, the seventh command sergeant major for the 9th MSC, also shared some

words of advice for Wacker.

"Communication is the best tool in order to be successful in a position like this," he said.

"It feels good to be the new command sergeant major," said Wacker. "I look forward to moving up and participating at the next level."

Wacker assumes his role during a busy time. The Army Reserve is currently undergoing a transformation, and the 9th MSC is leading the way in this transformation.

Wacker believes his skill sets and experience will help him in his new role.

"I understand transformation from concept to implementation, and I can explain it in laymen's terms," he said.

Wacker said he understands change and transformation can be an uneasy time for Soldiers and full-time support staff.

"Letting them know that we care about them is an important part of the process."

The Army Reserve as a whole, under the guidance of the Chief of the Army Reserve Lt. Gen. Jack Stultz, is transforming from a strategic to an operational force.

3 STEPS in FAITH

Peace at home is everyone's responsibility

CHAPLAIN (MAJ.) L. SCOTT FLUEGEL

Family Life Chaplain

Many family issues are discussed during counseling when couples visit a chaplain at the Chaplain Family Life Center. One of the major underlying issues I have witnessed is the lack of peace in the home. There is almost always some kind of underlying tension within the home.

Several years ago I heard the term "shalom bayit." I asked myself, "What does it mean? How does it apply to me as a husband and parent?"

Shalom means "peaceful nature," and bayit means "home." So shalom bayit means peaceful home, and it is the responsibility of every member of the household. It is an ideal that every home should strive to attain.

There are two ways we can begin applying shalom bayit to our homes. First, husbands and wives can submit to one another, and second, husbands can honor their wives.

Submit to your spouse: "Submit to one another out of reverence for each other." (Ephesians 5:22)

Time out for your mate: "I must arise now and go about the city; in the streets and in the squares I must seek him whom my soul loves." (Song of Songs 3:2) and then resolve to come back together in order to re-establish peace in the home.

An important step to building a strong marriage is to consistently set aside time with your mate. I encourage both husbands and wives to spend time together apart from the children and the hustle and bustle of life's daily chores. You can plan a date night.

Honoring your wife:

"And grant her honor as a fellow heir of the grace of life." (1 Peter 3:7)

Husbands can lead the way toward a peaceful home through honoring their wives. I have watched numerous marriages disintegrate because of the simple lack of respect for each other.

The world can lure your husband or your wife with glittery, false promises of fulfillment and true significance. If we fail to honor each other, it's just a matter of time before our spouses will begin to wear down and look elsewhere for worth. On the other hand, I have seen both marriage partners honor each other.

Here are a few techniques to honor your spouse. Learn the art of putting your wife or husband on a pedestal. Capture your wife's or your husband's heart by treating your spouse with respect, tenderness and

highest esteem. Recognize accomplishments. Frequently look into each other's eyes and verbally express your wonder at all the other does. Husbands, remember your wives wear many hats and are amazingly hard workers. Wives, remember that your husbands also work hard. Also encourage each other to have a steady walk with God.

Speak with respect. Without careful attention, your tongue can become caustic, searing and accusing. Work hard to honor one another. You may not always be as successful as you would like to be, but know that honor begins with an attitude. As you respect one another, you will also set the example for your children, and they, too, will learn to respect one another, even their parents.

Honor each other by extending common courtesies. You may think these little amenities were only worthwhile only during courtship, but actually they are great ways to demonstrate respect and distinction over the long haul.

Common courtesy is at the heart of servanthood. It says, "My life for yours." It bows before another her to show esteem and dignity.

Peace in the home is every family member's responsibility. As a husband, a wife, a father, or a mother, you should lead the way by your speech and actions.



Fluegel



Voices of Ohana

How are you making your dollars go further during the economic crisis?



"We live on post, so we walk where we can and combine our trips."

A.J. Arcos
 Family Member



"We've been buying things in bulk and carpooling."

Jennifer Churchman
 Family Member



"Saving and investing."

Master Sgt. Gregory West
 DES
 Operations Sergeant



"Money isn't a problem. I'm single and I buy what I want."

Staff Sgt. Alfredo Requena
 HHC, STB G3
 Personnelman



"I'm minimizing shopping."

Spc. Kimberly Williams
 2-25th Avn. Regt.
 Fuel Supply Specialist

Cyclists tackle Century Ride in Iraqi desert

Deployed Soldiers compete simultaneously with cyclists in Honolulu event

SGT. 1ST CLASS CHRISTINA BHATTI

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — The Honolulu Century Bike Ride rode into Camp Taji, northwest of Baghdad, Sunday.

Thirty-two Soldiers lined their bikes up before dawn to participate in a 25-, 50-, 75- or 100-mile course.

The course was one 12-and-a-half-mile loop. Each 100-mile rider had to complete eight laps.

The ride at Camp Taji was the same day as the ride in Honolulu, only 13 hours earlier, and was a way to stay in touch with the state.

"I wanted to stay connected to the people in Hawaii," said Maj. Chris Hanna, effects coordination officer, 2nd Stryker Brigade Combat Team (SBCT).

Hanna brought the 27-year-old ride, the oldest bike ride in Hawaii, to Iraq



Staff Sgt. Christian Foster | 2nd Stryker Brigade Combat Team

Participants in the Honolulu Century Ride in Iraq enjoy the scenery of Camp Taji, northwest of Baghdad, during their ride, Sunday. The event allowed riders to participate in a 25-, 50-, 75- or 100-mile ride. The event coincided with Honolulu's Century Ride.

for the first time. He participated in the ride in Honolulu last year and said he wanted to bring a piece of home to Iraq.

He did it with some help.

"There was a lot of coordination with the units here and the Hawaii Bicycle

League back in Honolulu," he said.

The coordination paid off.

Not only was there a "great turnout," he said, but many Soldiers volunteered to help make the ride a success.

Approximately 40 volunteers helped in many different capacities. They handed out water and snacks, helped riders repair their bikes when they had issues and ensured accountability of the riders.

"This is exciting and unusual," said Air Force Lt. Col. Sterett Prevost, electronics warfare officer, 2nd SBCT. "We are basically doing the same thing as Honolulu ... and this is an exciting and unique opportunity."

Prevost, who handled base operations, ensured all riders were accounted for and that they had the safest and most enjoyable as possible ride.

Riders lined up at 5:30 a.m. There was a blend of riders of all levels and ages — some serious, with all the best bike gear money can buy, and many recreational riders, who were just there for a good time. As with the participants, their bikes

showcased differences and creative abilities. Some of the bikes had been "homemade" on Camp Taji, pieced together from different bikes to make one.

Spc. Alyxander Reynolds, 1st Sustainment Brigade, built two bikes reminiscent of a chopper motorcycle.

"I just wanted to build a bike that was comfortable and reflects my style," Reynolds said.

Reynolds had signed up to ride 100 miles, but only completed 37.5 miles on his two custom built bikes. In the future, he said, he hopes for sponsorship by Orange County Choppers, Orange County, N.Y., and will ride annually in the Honolulu Century Ride.

Approximately 13 hours after the start, the last rider crossed the finish line, completing the eighth lap and 100 miles.

"Some of it was rough," Hanna said after finishing 100 miles in just over seven hours, "but it was a good experience."

OIF



Sgt. Brad Willeford | 1st Battalion, 27th Infantry Regiment

Eye see you

CAMP TAJI, Iraq — Pfc. Joshua Cole takes a retinal scan of a Sons of Iraq (Sol) member during a process to create an accurate database of all the Sol members in the Rashidyah Nahia, northeast of Baghdad, recently. Cole serves as an infantryman with B Company, 1st Battalion, 27th Infantry Regiment "Wolfhounds."

IA soldiers tackle missions as coalition releases authority

SGT. MICHAEL MOODY

1st Battalion, 14th Infantry Regiment

CAMP TAJI, Iraq — Iraq has seen remarkable gains in security during the last nine months, due in part to the hard work of the Iraqi Army (IA).

Until recently, the IA only dealt with kinetic-type missions such as kicking in doors, serving arrest warrants, and patrolling and defending security sites. However, the continued growth of the IA, both in terms of numbers and operational experience, allows it to take on missions formerly handled exclusively by coalition forces.

Now, due to the increased confidence and experience of IA soldiers and their leaders, the IA is beginning to tackle missions through diplomacy, public relations and engaging local leaders.

One such example is the role the IA is taking in Nassir, northwest of Baghdad.

Up until late spring Nassir was a suspected area of activity for the insurgency. Security there was sporadic.

That all changed in June when approximately 4,000 workers returned to the steelworks factory at Nassir. Securing the area became a priority, said Capt. Gary McCormick, former commander C Company, 1st Battalion, 14th Infantry "Golden Dragons."

McCormick was responsible for Nassir from December 2007 until July 2008. His Soldiers, along with the IA, worked together to ensure the security of the residents and factory workers.

More than 20 percent of the Nassir factory's

4,000 employees are from the surrounding area. The fact they can move freely, without fear of attack, is a testament to the effectiveness of joint coalition and Iraqi Security Forces operations, McCormick said.

To keep the people of the area safe, soldiers of the 3rd IA Battalion conducted an operation in and about the town of Nassir last month. The operation's goal was to introduce IA soldiers to residents and show the residents they cared about safety in the town.

An IA officer with the 3rd IA Bn. spoke with residents about their security concerns and reported insurgency threats in the area.

During the mission, IA soldiers met the town's children and posed for pictures. The citizens of Nassir seemed appreciative and responsive to the efforts of the IA, a military transition team chief said. They showed enthusiasm at the prospect of seeing more of the Iraqi Army in the future.

"The battalion continues to help provide increased security for the area," said Maj. Lance O'Bryan, military transition team chief, Headquarters and Headquarters Company, 1-14th Inf. Regt.

"Not only are they protecting critical infrastructure, but the unit has begun to build a capability that will bring security to the local population," he continued. "This is the first step in the process, and the people here are very excited about the prospect of a very professional and disciplined (Iraqi Army) unit taking the lead in security in their area."

Pricing: Gas prices different between on-, off-post stations

CONTINUED FROM A-1

surveying the local market in CONUS as frequently as necessary to stay competitively priced on this commodity. Currently, AAFES Hawaii is surveying daily to include Saturday and Sunday.”

By matching the local competition, accepting neighboring facilities' coupons and seeking alter-

native and cheaper fuel sources, AAFES strives to continue providing quality merchandise and services to its customers at competitively low prices – all while generating earnings.

Earnings from AAFES operations fund Family and Morale, Welfare and Recreation (FMWR) programs, as well as new and improved exchange stores.

braking may increase fuel economy by as much as 20 percent.

- Ask your employer to consider letting you telecommute one or two days a week. If the majority of your work can be done on a computer, this is an excellent way to stay out of your car.

- Don't let your car idle for long periods of time (over one minute). If you head to a fast food restaurant, consider going in rather than sitting idle in the drive-thru.

- Roof racks, including ski racks, increase a vehicle's aerodynamic drag. You'll increase your mileage if you remove them when they are not in use.

- Avoid carrying heavy loads.

- Use air conditioning sparingly. When the air conditioner is on, it puts an extra load on the engine, using more fuel.

- Keep windows closed. Open windows, especially at highway speeds, increase drag and decrease fuel economy by as much as 10 percent.

- Buy a fuel-efficient car. Small vehicles with manual transmission usually provide great fuel economy.

(Editor's Note: Tips collected from the Oregon Department of Energy Web site, www.oregon.gov/ENERGY/TRANS/SaveGas.shtml.)

Ways to cut back on gas usage

- Use your car only when necessary. Do not make small trips back and forth to the store. Instead, save and combine your trips and map out your route to get the most done with the shortest route.

- Use cruise control. Maintaining a constant speed over long distances often saves gas.

- Consider walking, riding your bicycle or taking public transportation.

- Look into carpooling to work by coordinating schedules with a co-worker. Even one day of carpooling saves you 20 percent of your workweek fuel consumption.

- The maintenance of your car is crucial to fuel efficiency. Having a tune-up, changing the oil and air filters regularly and keeping the tires properly inflated puts less effort on your engine, therefore using less fuel. Dirty air filters, old spark plugs and low fluid levels can worsen fuel economy.

- Obey the speed limit. Every extra mile driven over 55 mph costs about one percent in fuel economy. As speed increases, aerodynamic drag on the car increases exponentially.

- Avoid “jack rabbit” starts and hard braking at stoplights, and don't rev the engine. Anticipating traffic and applying slow steady acceleration and



A police officer is ready to fire with his 9-mm-loaded magazines and hearing protection.

PTA: Police proficient with firearms

CONTINUED FROM A-1

assistance, I was able to achieve my small arms marksmanship goal of expert.”

Conducting this training reassures officers that they are proficient to handle any situation. By firing their 9-mm Beretta pistols, and shotguns for familiarization, officers become confident in using firearms properly when the situation is required.

“I felt good about being proficient in the use of my duty firearms and achieved my goal to maintain my firearms skills,” said Cpl. Manuel Vega, DA police officer.

“We are also grateful to Sgt. Jay Tolentino, our range safety officer, who provided us with clear guidance on range safety, course of fire, and clear instructions from the observation booth,” Vega added.

MPs add nonlethal weapons to arsenal

Phraselators, high-intensity lights among newest batch of nonlethal weapons

Story and Photo by
SGT. COREY STRAND
45th Sustainment Brigade

SCHOFIELD BARRACKS — Soldiers from the 39th Military Police Detachment, 45th Sustainment Brigade, have a new set of nonlethal tools at their disposal.

MPs received training in the newest nonlethal tools from representatives at the U.S. Army Military Police School's Nonlethal Scalable Effects Center at Fort Leonard Wood, Mo, recently.

This training allows Soldiers to better protect themselves and the civilian populations they serve.

"The nonlethal capabilities set (NLCS) provides a neutralizing effect to the Soldiers that allows them to use the force continuum up to lethal force to incapacitate personnel and vehicles," said Eric Niver, a nonlethal systems specialist from the U.S. Army Nonlethal Scalable Effects Center. "Nonlethal capabilities give military police officers the flexibility to apply a measured response in the use-of-force continuum.

"We are very good at fighting and breaking things and teaching other people to do the same," said Gen. Peter Chiarelli, a former commander of the Multinational Corps in Iraq, three years ago. "But nonlethal effects are critical to winning the war in Iraq. So, if we're really serious about fighting an insurgency, we have to change our culture and accept the importance, and sometimes preeminence, of non-lethal effects." Chiarelli is currently the Army's vice chief of staff.

"Over the next three years the NCLS will be fielded to every brigade combat team, military police brigades and maneuver enhancement brigades," said Niver.

The NLCS includes four types of mod-

ules for mission-specific tasks. They include the checkpoint module, crowd control and detainee operations module, convoy module, and dismounted module, which includes various nonlethal items Soldiers can use during dismounted patrols.

"Checkpoint modules are used to establish hasty and deliberate checkpoints," said George Adams, NLCS project officer. "They include tire spikes, known as cal-trops, and portable vehicle-arresting barriers that can stop a 7,500-pound vehicle going up to 40 miles per hour."

The check point module also includes mirrors, lights and traffic signs to assist in vehicle inspections.

From time to time, MPs encounter great numbers of angry citizens or detainees. These large groups can be very dangerous, however, MPs are equipped with special nonlethal gear to assist in the containment of such crowds. The gear includes items such as shields, batons and tazers.

Convoy modules are equipped with some of the newest types of nonlethal products for subduing the enemy. Perhaps the two most high-tech products are high-intensity lights and voice amplification devices. High-intensity lights can easily disorient a person, and voice amplification devices allow for maximum dispersion of a message to benefit MPs and friendly forces.

Dismounted modules can support platoon-sized elements in an urban environment.

"The Soldiers will also have at their disposal phraselators, or translators that translate simple English into Arabic," said Niver. "They will be able to hook this device up to a bullhorn or a loud speaker if need be."

All of these pieces of equipment are designed to provide a great deal of safety and security to the civilian population, as well as military personnel in the area. However, the greatest asset MPs have is their knowledge and skills obtained from intense training and real life experiences.



Soldiers from the 39th Military Police Detachment set up a portable vehicle arresting barrier at Helemano Military Reservation, Friday. The barrier is capable of stopping a 7,500-pound vehicle going up to 40 miles per hour.

News Briefs

Send news announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

3 / Today

Vehicle Resale Lot Relocated

— Effective immediately, the Resale Lot, located behind the Schofield Barracks Commissary, will relocate to the parking lot behind the post office.

There is no longer a cost involved with this service; however, authorized patrons must register with U.S. Army Garrison-Oahu, Building 690, Room 3B. Contact the Oahu North Community Director's Office, 655-0497/1252.

Modified Luggage Policy for Official Travel

— Airlines have amended their luggage policies to allow uniformed and civilian personnel traveling with orders to bring additional luggage at no cost on their trip.

Policies vary with airlines; travelers should review airline policies on their respective Web sites to ensure compliance with weight and size restrictions.

4 / Saturday

Retiree Appreciation Day

The annual Retiree Appreciation Day program will be held Oct. 4, 9 a.m., at the Nehelani, Schofield Barracks. Guests may arrive as early as 8 a.m. to speak with representatives of military associations, federal and state agencies, and obtain medical screenings.

Guest speakers include Brig. Gen. John Seward, deputy commanding general, U.S. Army-Pacific; Dennis Disbrow, Defense, Finance & Accounting Service;

SEE NEWS BRIEFS, A-6

Preventing domestic violence takes center stage

Part one of a series of articles devoted to Domestic Violence Awareness Month 2008

CORA HODGES

Victim Advocate Coordinator

In recognition of Domestic Violence Awareness Month 2008, Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii, signed the Domestic Violence Awareness Month Proclamation, Sept. 22.

Every October, military communities worldwide commemorate this month by focusing on ways to prevent domestic violence.

This year, the Army has built a campaign based on the theme "Soldiers, the Army Family & the Community: The Perfect Combination for Prevention."

Everyone is responsible for keeping families healthy, reporting suspected incidents, and looking out for their battle buddies.

"Domestic violence isn't just hitting, fighting, or an occasional argument," said Cole Weeks, Army Community Service's Family Advocacy Program manager. "It's an abuse of power. The abuser manipulates and controls the victim by calculated threats, intimidation and, at times, physical violence."

Activities across military and civilian communities will provide public awareness and education this month. Our military community here in Hawaii has several events planned that will be advertised in the *Hawaii Army Weekly* throughout October. Activities include food drives, a clothesline display, and a silent witness display.

The clothesline display contains T-shirts made by survivors of domestic violence. Through these shirts, survivors present messages of how the abuse has affected their lives.

The silent witness display represents women on Oahu who have died as a result of domestic violence.

"(Domestic violence) is a crime that ruins families, weakens communities and undermines military readiness," said Dr. David Chu, under secretary of defense for personnel and readiness. "We are calling on our service members, women and their families



If you think your spouse or partner is abusive, or you suspect that someone you know is in an abusive relationship, review the red flags of domestic violence and abuse and report it.

Recognizing the warning signs and symptoms of spousal abuse is the first step to breaking free.

If you're afraid for your immediate safety, call 911.

For help and advice on escaping an abusive relationship, call 624-SAFE (7233).

to take a stand against domestic violence."

Soldiers and family members can take a stand against domestic violence by learning the red flags of domestic violence and reporting suspicious actions to the proper authorities.

"As a community, we need to take a stand against violence in all forms to provide a safe and secure environment for all," Weeks said.

News Briefs

From A-5

Edward Kubo Jr., U.S. Attorney, District of Hawaii; Richard Brawley, chief, Staff Judge Advocate; and Maj. Gen. William Matz Jr., president, National Association for Uniformed Services.

Advance payment of \$15 per person is requested for guests ordering lunch. Call the Schofield Barracks Retirement Services Office at 655-1514/1585.

6 / Monday

Spouse Information Meeting – The next Spouse Information Meeting (SIM) is scheduled for Oct. 6, 9 a.m., in the Post Conference Room.

Schofield Advisory Council Meeting – The next Schofield Barracks Post Exchange/Commissary/Nehelani Advisory Council will be Oct. 6, 10:15-11:15 a.m., at the Small Post Conference Room.

This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Contact Melvin Wright, 655-0497.

7 / Tuesday

Finance Class – The 125th Financial Management Company's Finance Operations Team will teach its next quarterly Personnel Actions Clerk (PAC) Finance Class, Oct. 7-8, at the Education Center, Schofield Barracks.

The course is designed to introduce the unit PAC or S-1 personnel (military or civilian) to Army finance issues and local operational policies and procedures. Topics include the monthly finance newsletter, military pay and entitlements, leave

processing, the Unit Commander's Finance Report (USFR), debt management, disbursing and absence status.

Sign up for the class by e-mailing Staff Sgt. Singley at Danielle.singley@us.army.mil or Sgt. Jacobs at Victoria.jacobs@us.army.mil.

11 / Saturday

Absentee Voting – As the November 2008 General Election draws near, Soldiers and eligible family members should return ballots to their state of legal residence to ensure they are received in time to be counted.

Absentee voters who have not received their regular state absentee ballot by Oct. 11 should complete the Federal Write-In Absentee Ballot (FWAB) Standard Form 186 and mail it to their local election official.

The FWAB is also available online at <https://www.fvap.gov/pubs/forms/html>.

Voting is a great privilege that we enjoy as American citizens.

16 / Thursday

Retirement Ceremony – The next 25th Infantry Division retirement ceremony will be at the Nehelani, Schofield Barracks, Oct. 16, 2 p.m.

21 / Tuesday

Oahu North Community Town Hall – The next town hall meeting for the Oahu North community will be held at the Sgt. Smith Theater, Schofield Barracks, Oct. 21, at 6:30 p.m.

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

Call Melvin Wright at 655-0497.

Fisher House provides home away from home

Founder's Day celebration honors special place in life of military community

Story and Photos by
MOLLY HAYDEN
Staff Writer

HONOLULU – The Pacific Ocean created a breathtaking backdrop for the annual Founder's Day at the Fisher House here, Friday.

Junior Reserve Officers' Training Corps (JROTC) cadets from Punahou High School kicked off the day with the presentation of colors as the National Anthem rang softly in the background. Chaplain (Capt.) Tim Wilson, Tripler Army Medical Center (TAMC), then led the crowd in prayer.

"This is a special place in the life of the military community," said Wilson. "It is so much more than lodging; it is a home to many."

In celebration of founder Zachary Fisher's birthday, the first day of the celebration honored the community and sought to raise awareness about programs and amenities available at the two Fisher houses at Tripler.

The celebration included Polynesian dancers, music, face painting, a blood drive and various information booths. Free hairstyles were provided to anyone who donated a 10-inch ponytail to "Locks of Love."

The Fisher House provides "a home away from home" that enables family members to be close to a loved one at the most stressful time – during hospitalization for an illness, disease or injury. While loved ones are recovering at TAMC, family members take residence in the private and public-funded homes.

Current Fisher House resident Dale Barnes was a long way from his home in



Family member April Moss receives a free hairstyle from Joanne Gozum, Royal Salon, after donating a 10-inch ponytail to "Locks of Love."

Wisconsin, but being close to his son currently recovering at TAMC was a priority.

"I couldn't have done it without the community here," said Barnes. "Everyone residing at the Fisher House comes from a different background and situation, but we all pull together and support each other and the cause."

The residents' dedication was evident as they volunteered throughout the day, cooking, decorating and handing out Fisher House pamphlets.



Polynesian dancers entertain the crowd at Founder's Day. The event celebrated founder Zachary Fisher's dedication to the armed forces in providing comfort homes for families of hospitalized military personnel.

"It has been a great experience," said Barnes, "both living here and being able to be here for my son."

The Fisher House program is a unique private-public partnership that supports America's military members in their time of need. The program recognizes the special sacrifices of men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs.

There is at least one Fisher House at every major military medical center to assist families in need and to ensure that

they are provided with the comforts of home in a supportive environment.

Annually, the Fisher House program serves more than 10,000 families, and has made available nearly 2.5 million days of lodging to family members since the program originated.

By law, there is no charge for any family to stay at a Fisher House operated by the Department of Veterans Affairs.

The Fisher House Foundation uses donations to reimburse the

individual Fisher Houses operated by the Army, Navy and Air Force.

"We are a community," said Theresa Johnson, Fisher House manager. "We could not function on a daily basis without support."

Johnson explained the Fisher House brings out the best in people and creates a safe family environment to those visiting loved ones.

For more information on the Fisher House, call 433-1291, ext. 28, or visit the Web site www.triplerfisherhouse.com.

"I love my job and the dedicated people that live and work here," said Johnson. "It takes a community to raise a Fisher House."

Fisher House founder Zachary Fisher passed away in 1999 and was well known for his generosity that went beyond simple philanthropy.

He began the Fisher House program in 1990, dedicating more than \$20 million to the construction of comfort homes for families of hospitalized military personnel.

Twenty-nine Fisher Houses now operate at 17 military bases and at five Department of Veterans Affairs medical centers throughout the nation.

Rear D: Commander's concern is taking care of families

CONTINUED FROM A-1

the (mainland) as their spouse is deployed. Our second concern is support of our commanders and Soldiers forward. And third, is to assist in all casualty requirements that may arise.

HAW: What do you see as your biggest challenge?

Wardle: I think our biggest challenges will come when we begin Reset of the 2nd Stryker Brigade and all operational requirements of the 25th CAB. When 2nd Stryker Brigade redeploys back home this next year, we will begin fixing and upgrading all of their equipment.

This will be an extensive project, but with the 8th TSC's assistance, the Stryker Brigade Reset and the 25th CAB's operational requirements, we will be successful.

Also, we'll focus on keeping all family members informed of the outstanding activities and services available to them. Here at Schofield, we have the best services available to assist everyone's needs.

HAW: What's the most important aspect for Soldiers and family members?

Wardle: Communication. I want to ensure that we keep constant communication between family members and this com-

mand, to let them know they're our focus.

Through the use of our outstanding FRGs and rear detachment commanders, we will always be able to assist.

HAW: How does the family member keep informed with the rear detachment? Who is the liaison with family members?

Wardle: We have e-mail and phone contact with family members. Spouses should understand that they are also authorized to have an AKO (Army Knowledge Online) e-mail account that gives them e-mail and chat capability to their spouse at all times.

We want to make sure that everybody has these e-mail accounts, even family members who move off island.

Constant e-mail blasts help keep people informed with what's going on. The families' liaison to the rear detachment will always be their unit FRGs, FRSA (family readiness support assistants) and the battalion rear detachments.

HAW: That's the primary means; is there any other way?

Wardle: They can always contact the unit rear detachment leadership. Our rear detachment leadership will ensure that every family member has the phone numbers to unit staff duties.

If they have questions that cannot be resolved through the FRG and FRSA, then they can contact their unit for assistance.

HAW: How are you reaching out to the family member who does not regularly participate in the FRG or town halls?

Wardle: I will be meeting with my rear detachment commanders and will emphasize that they verify contact information for all their personnel and their spouses, (including) phone numbers, e-mail accounts and cell phone numbers. Through these lines of communications we can keep everyone informed.

I would also encourage Soldiers and family members to use their chains of command for information.

HAW: How can the spouses help you stay in contact, to make things run more smoothly?

Wardle: First, you always have to watch and assist your neighbor. Assist where you can then contact your FRG, FRSA or unit rear detachment leadership. Second, make sure you've got your unit contact information and attend your FRG meetings each month. FRG meetings are really a clearinghouse for information.

Family readiness support assistants (FR-

SAs), senior wives, sergeant majors wives attend SIMs meetings each month to gain information from MWR, Tricare, etcetera. This information is truly valuable during deployment. They gain all types of information that will help you through this deployment.

Battalion FRSA's will be putting out this information to all the unit spouses each month. That's what FRSA's get paid to do.

HAW: What is the command structure when the 25th ID is deployed? When or where does the 8th Theater Sustainment Command (TSC) come into play?

Wardle: The 8th TSC, commanded by Maj. Gen. Raymond Mason, is our higher (command), and they will assist us as we need it.

We have already drawn up a memorandum of agreement (which details the tasks that will be performed by the 8th TSC and the 25th ID rear detachment).

I have a very small, but extremely experienced, staff to handle any issues or concerns that may arise.

Without the assistance of the 8th TSC commander and his staff, we wouldn't be able to put the max amount of Soldiers on the battlefield.

In addition, I will still be discussing

weekly with the commanding general, Maj. Gen. Robert Caslen Jr., commander to commander, on all issues from individual readiness training, Soldiers deploying into theater from Schofield, and any family readiness issues that may need is attention.

HAW: Were there lessons learned from the last deployment that will be improved upon during your tenure as rear detachment commander?

Wardle: The big lesson was keeping the families connected and informed, weekly. So, every week, we will send out e-mail blasts (via FRSA's) of events on-post and around town. We want to make sure our family members are up-to-date on everything that is going on.

We are here to smash any rumors also. As we found out last (deployment), the rumors can run ramped and cause a lot of emotion. When this happens, contact your unit FRG, FRSA's, or rear detachment leadership to get the correct information.

HAW: Anything you'd like to add?

Wardle: My job is to ensure that the warfighter is able to stay focused on the fight. I take care of the business back here so they can take care of business over there.

HAWAII **ARMY** WEEKLY

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www.garrison.hawaii.army.mil/haw.asp

"When work is finished!"

FRIDAY, OCTOBER 3, 2008

Emcee and Crater 97 disc jockey Wayne Maria (right) presents the finalists (from left to right), Dominique Booker, Michelle Mathis-Carmical, Charity Walls and Tracey Coffey of "Operation Rising Star." Each finalist entertained the crowd with her song of choice in hopes of winning the local competition.



Military ohana showcases star power

Story and Photos by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — The reality show craze is in full effect, and people nationwide are yearning for their 15 minutes of fame.

Soon after the popular TV reality show "American Idol" ended its seventh season, similarly Army Hawaii's "Operation Rising Star" held its final event to determine the installation's best vocalist.

The Directorate of Family and Morale, Welfare and Recreation (DFMWR)-sponsored competition discovers the Army's top talent at 47 installations, camps and operating bases across the globe, including the recently expanded deployed sites in Iraq, Kosovo and Honduras.

"Operation Rising Star is a great opportunity for those attempting to break through in the music industry and to showcase their talent," said Aubrey Kiemnec, DFMWR recreation program coordinator.

The weeklong local competition kicked off Sept. 17 as 15 Soldiers and family members performed a song of choice in front of a three-judge panel. All active duty, National Guard and Reserve members, along with family members 18 years or older, were eligible to participate.

An "a capella" round narrowed the talent down to seven semifinalists. From the seven, four were selected to compete in the finals with a chance to win \$500 and then advance to the Armywide finals to become an "idol" among fellow military members.

More than 100 fans gathered at the Tropics for the final round and to vote for their favorite military star. Crater 97 disc jockey Wayne Maria emceed the event.

Family readiness groups (FRGs) showed up



Charity Walls entices the crowd with a beautiful rendition of "You Will Never Walk Away" by Point of Grace.

in force, too. They held signs and shouted personal cheers throughout the night to entice judges to choose their FRG as the most spirited.

Dressed in larger-than-life sunglasses and tentacle headbands, the 2nd Battalion, 11th Field Artillery Regiment FRG cheered the loudest after each performance, earning it the \$300 spirit award.

The judges — Command Sgt. Maj. Robert Williamson, U.S. Army Garrison-Hawaii; University of Hawaii music professor Peter Rucci;

and University of Hawaii music major Rebecca Ramos listened attentively as four finalists took the stage and performed music best fitting their personal range, pitch and musical taste.

Each judge took notes and spoke candidly to contestants following their performances.

"That is a tough song to sing, but your range was great," said Rucci to contestant Dominique Booker after her rendition of Mariah Carey's "Hero."

Hitting the high notes paid off for Booker as she took home the second place prize of \$250.

Michelle Mathis-Carmical took the stage next, showcasing her love for country music and wide range of vocal talent. She sang "Any-way" by Martina McBride.

"It started off slow but you brought it home," said Williamson. "Along with stage presence, it's the perfect package."

Chaplain (Lt. Col.) Tim Walls of the Main Post Chapel sat proudly in the audience as his daughter Charity, an Air Force JROTC cadet, took the stage singing the sultry tune "You Will Never Walk Away" by Point of Grace.

Charity's even pitch and beautiful voice was a crowd and judge pleaser, earning her third place and a \$100 prize.

Saving the best for last, Tracey Coffey sang her way into the hearts of the judges and audience by portraying her theatrical talents with a show tune.

In costume, donning a convincing black eye and arm cast, Coffey performed "Somewhere That's Green" from the hit musical "Little Shop of Horrors."

"We look for the total performer when choosing a winner," said Ramos, "someone with both vocal talent and stage presence."

With 50 percent of the voting based on the judges' scores and the remaining 50 percent

through audience judging, Coffey came out on top.

Coffey graciously accepted her award and thanked all in attendance for their support.

"Starting out I would have never guessed (I'd) get this far, let alone win," said Coffey.

Her performance from the final round was sent to DFMWR Command's Army Entertainment Division for review and a chance to participate in the Armywide finals. If she is chosen from the 47 finalists nationwide, Coffey will compete along with 11 other military members for a chance at the ultimate music recording experience.

The grand prize for this year's top performer includes an all-expense-paid trip to Los Angeles to record a three-song demo compact disc. The experience also includes professional studio time and one-on-one time with music executives who will coach the winner in music arrangement, vocals, mixing and mastering.

The top 12 vocalists from the online competition will perform at the live finals Nov. 12-15.

Second and third place prizes at the televised finals are \$1,000 and \$500 dollars, respectively.

"Singing and performing is something I've always loved to do," said Coffey. "There was so much talent shown throughout this competition, and it is an honor to win."

Just as "American Idol" still reigns as one of the most popular television reality shows with millions tuning in each week to catch the next big star to sweep the charts, Operation Rising Star is following the trend and packing in crowds on post.

Whether it's the talent of the contestants or the judges' antics, both shows are proving slightly irresistible.

25th ID celebrates Living History Day

Free event showcases military memorabilia

U.S. ARMY GARRISON-HAWAII
PUBLIC AFFAIRS
News Release

SCHOFIELD BARRACKS — The Tropic Lightning Museum will bring history to life at its Living History Day, Oct. 4, 9 a.m.-3 p.m., to celebrate the 25th Infantry Division's organization day. This free event is open to the public

Scheduled Events

9:30 a.m. — Farrington JROTC Color Guard presentation.

10:30 a.m. — Celtic Pipes and Drums of Hawaii performance.

1:30 p.m. — Military dog training demonstration.

For more information, call 655-0438.

and offers a fun-filled and educational day for all ages. Living History Day events will include

exhibits of military memorabilia, restored military vehicles, hands-on displays of military artifacts and re-enactors in period uniforms, ranging from the Revolutionary War to modern full-battle dress.

The USS Arizona, Missouri, Bowfin and Pacific Aviation museums will all have educational history booths on-site.

For children, family-friendly games, activities and prizes will be available — food for everyone.

The Tropic Lightning Museum, Building 361, is located on Waianae Avenue.



Six-year-old Bear Nevada gets down and dirty to explore the Keiki Rat Tunnel at a previous Living History Day event. The tunnel replica was fashioned from wire, tarps, and camouflage nets, then filled with toy snakes and spiders.



3/Today

Oktoberfest – Family and Morale, Welfare and Recreation will host Oktoberfest, today, 4-10 p.m., at Sills Field, Schofield Barracks.

Enjoy great German feasts, alcoholic and monalcoholic beverages, Hougen's Oom Pah Pah Band, contests, awards and much more.

Presale tickets are available now at Recreation Activities, second floor, Building 572, Schofield Barracks, and at Information, Ticketing and Registration locations on Schofield Barracks and Fort Shafter.

The cost is \$15 for presale tickets for both admission and food. Tickets at the door will cost \$20 for admission and food, while available, and \$5 for admission only. Call 655-0111/0112.

Outdoor Recreation Renovations – The Outdoor Recreation Equipment Check-out Center facility, Building 556, Schofield Barracks, will be undergoing facility renovations over the next several weeks.

During the renovation, equipment check-out, programs and all other services will continue to be available, operating out of Building 556 and out of temporary facilities in the parking lot.

There are no plans to close the facility during this time, but construction may cause closures or adjusted hours on a case-by-case basis. Hours of operations will continue to be Monday-Saturday, 8:30 a.m.-5:30 p.m. and Sundays, noon-4 p.m. Call 655-0143.

4/Saturday

Living History Day – The Tropic Lightening Museum is celebrating the 25th Infantry Division's annual organization day, Oct. 4, 9 a.m.-3 p.m., with Living History Day.

Enjoy history with your family as the museum hosts special children's activities, war re-enactors and more. Call 655-0438.

6/Monday

Home Alone Safety Training – Children, ages 9-11, are welcome to learn the safety skills needed for staying home alone, Oct. 6, 9 a.m.-2:30 p.m., at the Kalakaua Community Center, Schofield Barracks, or Oct. 8, 9 a.m.-2:30 p.m., at Aliamanu Military Reservation's Community Center.

Representatives from Drug Abuse Resistance Education (DARE), the Federal Fire Department and Community Health Nursing will be there. Call Army Community Service at 655-4ACS (4227).

Babysitter Course – Youths, 12-18



ARMY FAMILY COVENANT: WHAT IT MEANS TO YOU AT U.S. Army Garrison - Hawaii

Recreation and Quality of Life
DFMWR: Bringing the Army Family Covenant to Our Soldiers and Family Members

- Discounted Bowling** – Members of Discounted Soldiers and recently relocated Soldiers and Families can enjoy \$1 off at Army Bowling Centers, up to 2 guests. Participants just need to download the discount coupon off the FPMR Website. www.mwrarmyhawaii.com and present the coupon at time of purchase.
- Discounted Golf** – Families of Discounted Soldiers and recently relocated Soldiers and Families can enjoy up to \$12 off green fees at Army Golf Courses. Participants just need to download the discount coupon off the FPMR Website. www.mwrarmyhawaii.com and present the coupon at time of purchase.
- Extended Open Hours** – Activities and Fort Shafter Physical Fitness Center are open additional hours on weekends and holidays and the Schofield Barracks Health and Fitness Center is open extended hours on Saturdays.
- Extended Office Hours** – The Fort Shafter and Schofield Barracks TR Offices are now open Monday through Friday, 10 a.m. to 4 p.m.
- Extended Library Hours** – The Aliamanu Library is open extended hours Wednesday through Friday and new hours of operation on Wednesdays and Thursdays, 10 a.m. to 4 p.m. and Fridays, 10 a.m. to 4 p.m.
- Extended Outdoor Recreation Hours** – Outdoor Recreation is now open Saturdays from 10 a.m. to 4 p.m. and Sundays from 8:30 a.m. to 3:30 p.m.
- Free Classes** – Many classes at the Schofield Barracks Health and Fitness Center are FREE for all Soldiers and Family Members courtesy of the Army Family Covenant.
- Sign Tennis Provided** – The Army Family Covenant provides loans at each FPMR Site and Fitness Center for patrons to use while working out.
- New Fitness Equipment** – New Fitness Equipment has been placed in Physical Fitness Centers courtesy of the Army Family Covenant.
- New Outdoor Recreation Programming** – New Programs in Outdoor Recreation have launched, including Wake Surfing, Deep Sea Fishing, Snorkel, and Island Tours.

ARMY STRONG. www.mwrarmyhawaii.com

years, who are enrolled in Child, Youth & School Services or SKIES Unlimited, are welcome to attend the Babysitting Course, Oct. 6, 8:30 a.m.-12:30 p.m., at Building 1781, Aliamanu Military Reservation.

The course is required for anyone babysitting on post according to the "Child Supervision Policy." Call 655-9818/8628.

7/Tuesday

CPR Course – Child, Youth & School Services requires all youth 13 and older who baby-sit be CPR-certified. This free class is offered Oct. 7, 8:30 a.m.-4:30 p.m. Students must be members of Child, Youth and School Services or enrolled in SKIES. Call 655-9818/8628.

Autism Support Group – The Aliamanu Military Reservation (AMR) support group meets on the first Tuesday of the month, Oct. 7, at the AMR chapel, 6-10 p.m. The Schofield Barracks support group

meets on the second Wednesday of each month, Oct. 8, at the Main Post Chapel, 6-10 p.m. Call Army Community Service (ACS) at 655-4227/1551 for information or child care reservations.

Army Family Team-Building Class – Level 1 class will be held Oct. 7 and 8, 9 a.m.-12:30 p.m., at Army Community Service, Building 2091, Schofield Barracks. Call 655-4ACS (4227) to register.

9/Thursday

Anger Awareness – Are you angry? Do you feel like you are out of control? This workshop provides information about the basic mechanisms of anger and provides the tools to resolve anger in a healthy way, Oct. 9, 3-4:30 p.m., at Army Community Service, Schofield Barracks. Call 655-4227.

12/Sunday

Teen Read Week – This year's theme for Teen Read Week, Oct. 12-18, is "Take a Bite @ the Library." Check out vampire

fiction for young adults at all Army libraries.

Programs scheduled throughout the week include: a book swap and button making, Oct. 14, 3:30 p.m.; an Intro to Web Comics presentation, Oct. 15, 5 p.m.; and a Crocheting Creepy Cute Critters Craft, Oct. 16, 3:30 p.m.

The week will culminate with a screening of the classic "Dracula" (1931), Oct. 17, 6 p.m. All programs are free and take place at the Sgt. Yano Library, Schofield Barracks. Call 655-0145.

15/Wednesday

Food Drive – In honor of Domestic Violence Awareness Month (DVAM), the Victim Advocacy Program (VAP) will hold a food drive, Oct. 15, 9 a.m.-3 p.m. at Fort Shafter's PXtra; and Oct. 16, 9 a.m.-3 p.m. at Schofield Barrack's Commissary.

All non-perishable food items collected will be donated to the Armed Services YMCA food pantry program.

To promote awareness of domestic violence, displays and an information booth will be set up.

Call ACS at 655-4227.

16/Thursday

Texas Hold 'em – The next monthly poker tournament will be held Oct. 16, 6-9:30 p.m. at the Tropics, Schofield Barracks.

This free tournament tests the skills of the best players on post. All ID-card holders 18 and older are welcome. Call 655-0002.

22/Wednesday

Breaking the Financial Bonds – This class will provide information issues related to divorce: retirement, investing, home/rental property and taxes.

It will be held Oct. 22, 9 a.m., Army Community Service, Building 2091, Schofield Barracks. Call 655-4ACS (4227) to register.

Ongoing

FMWR Chili Cook-Off – The winning recipes from the recent Chili Cook-Off are coming back. The Judge's Choice Best Chili, "Sizzle Ya Buds Chili," by Headquarters & Headquarters Company, 325th Brigade Support Battalion and People's Choice Best Chili, "Paul's Kickin' Chili," by A Company, 25th Special Troop Battalion, will both be available for purchase throughout October at the Tropics Recreation Center snack bar and Kolekole Bar & Grill, Schofield Barracks. Call 655-0113.

New Dinner Service – Mulligan's Restaurant, Fort Shafter, has a new dinner service. Dinner will be served Monday-Friday, 5-8 p.m.

The new menu will offer a delicious assortment of six appetizers, four salad choices, seven entrees and three desserts.

Mulligan's is located next to Hale Ikena and Nagorski Golf Course. Call 438-1974.

Community Calendar

Send announcements to community@hawaiiarmyweekly.com.

3/Today

Fundraising for Local Schools – By saving receipts from qualifying purchases throughout the entire month of October, participating schools will earn five percent of the total of all receipts collected from Dole Plantation, Wahiawa.

Qualifying purchases include admission to on-site attractions like the Pineapple Garden Maze, Pineapple Express Train and Plantation Garden Tour. Food, beverage and retail purchases also qualify. Call 621-8408 for more information.

Free Museum Admission – In honor of its 20th anniversary, the Contemporary Museum will offer free admission to all patrons during the month of October.

A birthday celebration, complete with cake, will be held Oct. 22, during museum hours.

All yearlong, Oct. 1, 2008-Sept. 30, 2009, 20-somethings get in free with ID. Visit www.tcmhi.org.

Mental Health Seminar – Mental Health of American will host a seminar on Mental Health Challenges of Hawaii's Soldiers and their families, Oct. 3, 11:30 a.m.-1:30 p.m., at Catholic Charities in Makiki. Register by e-mailing susan@mental-health-hi.org. The seminar is free, but a \$10 donation is encouraged.

4/Saturday

Keiki Festival – Hawaii's Plantation Village, Waipahu, will hold the 3rd Annual Keiki Festival: Re-live the Plantation Days, Oct. 4, 10 a.m.-2 p.m.

Throughout the day, adults and children can wander the village, enjoying ethnic foods, balloon artists, hula performances, activities and more. Admission and parking are free. Call 677-0110.

Ko Olina Taste at Kapolei Goes Green – The Rotary Club of Kapolei will host its 9th Annual Ko Olina Taste at Kapolei, Oct. 4, 5:30-9 p.m., at Ulua, the fourth lagoon of the Ko Olina Resort and Marina.

The oceanfront event is a benefit for Leeward Oahu community groups.

This year's theme is Ko Olina Taste at Kapolei Goes Green and all serving ware (plates, spoons, cups, and more) will be made of recyclable and biodegradable materials.

Tickets are \$75 for adults, \$35 for children ages seven-12. A portion of the ticket price is tax-deductible.

Tickets can be purchased at www.hawaiibesttickets.com or by calling 545-2772.

Blood Drive – The Blood Bank of Hawaii will host a blood drive, Oct. 4, 7:30 a.m.-1 p.m., at the Pearlridge Shopping Center's Uptown parking lot in front of Tilt. Call 488-0981.

6/Monday

Prevent Home Fires – The Federal Fire Department will host Fire Prevention Week open houses Oct. 6, 6-8 p.m. at Schofield's Porter Community Center, and Oct. 7, 6-8 p.m. at Aliamanu Military Reservation's Community Center.

The open house will feature Sparky the Fire Dog with his friend Freddie, the Fire Truck, a House of Hazards display, fire extinguisher training, keiki ID cards, face painting, a bounce house and live music. Call 471-3303.

7/Tuesday

Honolulu Ghost Tour – Historian Steve Frederick will host tours throughout haunted sites and mystical places in downtown Honolulu and Chinatown, every Tuesday, Thursday and Saturday evening, 7:30 p.m., throughout October.

Paranormal activities are known to occur at several of the sites visited throughout the course of the one and a half hour walking tour. The tour is recommended for adults only. Cost is \$25, but Hawaii Army Weekly readers will receive a \$5 discount if they bring this announcement with them. Participants are encouraged to wear comfort-

able walking shoes. Reservations are required.

Call 395-0674, e-mail filmguy54@hotmail.com, or visit www.stevestour-sandfilms.vpweb.com.

Chess Lessons – Chess lessons are offered every Tuesday, 6-8 p.m., at Pearlridge Shopping Center's Uptown Center Court. Call 488-0981.

Volunteers Needed – Oahu's Army Natural Resource Program (OANRP) is looking for volunteers to help with their next project, Oct. 7, 8:30 a.m.-4:30 p.m. at Kaala on the Waianae Range.

Volunteers will help dig out an incipient weed known as "soft rush" or *Juncus effusus*.

Interested volunteers should call OANRP Outreach Specialists at 656-7641 to reserve a seat.

8/Wednesday

Military Spouse of the Year – Military Spouse Magazine will accept nominations through Oct. 8 for 2009 Military Spouse of the Year.

The honoree will represent the millions of military spouses who are the unsung heroes maintaining the home front, giving back selflessly to their communities and providing support to our nation's troops.

Individuals can submit a nomination for either themselves or an eligible nominee of their choice. Visit www.msoy.milspouse.com.

9/Thursday

Neighborhood Watch Meeting – The Directorate of Emergency Services will conduct a Neighborhood Watch Meeting, Oct. 9, 6:30 p.m., at the Aliamanu Military Reservation (AMR) Community Center.

The purpose is to introduce the community relations officer, discuss the benefits of the community relations program, hand out crime-prevention material and solicit ideas to make the U.S. Army Garrison-Oahu south communities safer. Call 438-6484.

Environmental Film Series – The Beach Environmental Awareness Campaign

Hawaii (BEACH) will sponsor a film series to raise awareness of the impact of marine debris on marine life throughout October.

•Oct. 9, "Sea Birds as Indicators of Plastic Pollution in the Marine Environment"

•Oct. 16, "Marine Debris"

•Oct. 23, "Synthetic Polymers Entering the Marine Food Web"

•Oct. 30, "Our Ocean Dumping Grounds: Consequences and Repercussions for Sea Turtles"

All films begin at 6:30 p.m. at Hanauma Bay. Visit www.b-e-a-c-h.org.

10/Friday

Women's World Festival – Women of Our World will host a Women's World Festival, Oct. 10-11, 9 a.m., at the Hawaii Convention Center, Honolulu.

The festival offers a wide range of workshops on topics including martial arts and self-defense techniques, public speaking, drawing, music recording and copyrighting, cosmetics, self-publishing, cooking and voice techniques.

Tickets are available at all Ticketmaster outlets and through the Women of Our World office by calling 341-8614.

Tickets are \$12 for a two-day pass and \$45 for a two-day pass including the fashion show. The festival is free for students under the age of 21 with a paying chaperone.

Women of Our World are encouraging attendees to come in their cultural outfits, modern or classic. Visit www.womenofourworld.com.

14/Tuesday

Hispanic Heritage Month – U.S. Army Garrison-Hawaii and Team Equal Opportunity, Hawaii, will observe Hispanic Heritage Month, Oct. 14, 10-11 a.m. at the Sgt. Smith Theater, Schofield Barracks. There will be five guest speakers and a dance performance. Call 438-5111.

17/Friday

Deployment Expo – There will be a deployment expo held, Oct. 17, 8 a.m.-noon, at the Nehelani, Schofield Barracks. The expo is for the 84th Engineer Battalion. Call 655-4358.

Worship Services

Aliamanu (AMR) Chapel 836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- 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
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel 836-4599

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

Helemanu (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service & Children's Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School Sunday, noon – Worship Service

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 9:30 a.m. – Worship

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 656-4481

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School

This Week at the MOVIES Sgt. Smith Theater

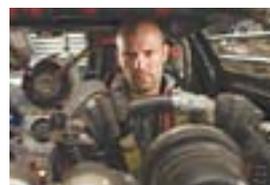
Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.



Tropic Thunder
(R)
Friday, 7 p.m.
Wednesday, 7 p.m.

Star Wars: The Clone Wars
(PG)
Saturday, 2 p.m.

Space Chimps
(G)
Sunday, 2 p.m.



Death Race
(R)
Saturday, 7 p.m.
Thursday, 7 p.m.

No shows on Mondays or Tuesdays.



Photo Courtesy of Army Hawaii Family Housing

AH FH Leasing Specialist Danii Sedillo (left) shares information with new resident Mily Washington and son Javon at AHFH's New Spouse Briefing held last month. The bimonthly briefing provides valuable information to those new to the islands.

AH FH offers new spouse briefing

ARMY HAWAII FAMILY HOUSING
News Release

SCHOFIELD BARRACKS – Service members new to Hawaii are benefiting greatly by attending several briefings; however, their spouses normally don't attend, even though much of the information at these talks pertains to the entire family.

In response to this trend, Army Hawaii Family Housing (AHFH) recently launched a briefing specifically for spouses new to the islands. The Spouse Briefing is held the second and fourth Wednesday of each month and is free to service members, spouses and other family members, regardless of whether they live in an AHFH community.

"What makes this briefing different is, we go beyond passing along basic information," said Lisa Reese, director of property management, AHFH. "We give spouses detailed information about the areas they live and work in, and try to cover everything from where schools and a veterinarian can be found to great eateries and

To find out about Spouse Briefing dates and locations, visit www.armyhawaiiifamilyhousing.com, and click on the Community Calendar logo.

shopping off-post.

"The briefing also includes an overview of culture and traditions in Hawaii, and several (Directorate of Family and Morale, Welfare and Recreation) divisions also participate," she explained.

"I was at (the AHFH) spouse's meeting a few weeks ago, and I have been to a few other meetings since then," said spouse Melanie Ross. "I got more useful information at (AHFH's) meeting than I have at any other."

Ross said she enjoyed talking to AHFH staff and other participants about what the island is really like. She found out where to go for specific services.

"Everybody can benefit from it, especially those new to the island or new to the military," said Reese.

Baby massage stimulates bonding

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Babies are intuitive. They have a highly developed sense of touch and can often communicate their needs to parents without words.

Eight moms listened carefully to the coos and giggles of their babies as they prepared to administer a massage at the Sgt. Yano Library here, during Army Community Service's (ACS) baby massage course.

"Your (babies) will tell you what they like," explained Heather Keeler, home visitor, New Parent Support Program (NPSP). "Communicate with one another."

Mothers began by rubbing oil on their hands and waving it in front of each child. Making eye contact, babies pulled their hands closer, indicating they were ready for their massage.

Most babies smiled and cooed as their mothers began the massage, while a few slowly pushed their mother's hands away, indicating their displeasure.

"They will let you know their threshold," said Keeler, a certified infant massage instructor.

She explained that hiccups and sneezing, along with normal fussing, are indications that a baby is over-stimulated. If coos and contentment continue, so should the massage, she explained.

Infant massage has many benefits for both mom and baby. It incorporates all the elements of parent-child bonding; it stimulates the



Mom and babies line up for baby massage, offered through ACS. The program offers a chance for parents to bond with their child while stimulating growth and neurological development in baby.

little ones' senses through skin and eye contact and familiar smell. As well, hearing the parent's voice and experiencing a focused response stimulates the little ones.

The sensory experience of massage has

proven to stimulate growth and enhance neurological development, Keeler said. As parents massage their child, they stimulate the development of connections between nerve cells in the baby's brain, which will form a foundation for thinking, feeling and learning, she said. Massage can also help a fussy baby sleep better and can reduce illness, including colic.

For more information or to sign up for baby massage, call ACS at 655-4ACS (4227). The next class starts Oct. 10.

Infant massage is also a wonderful way for dads to bond with breast-fed babies and for all parents to facilitate a deeper bond with their babies.

"Time spent massaging (your) baby greatly increases your communication," said Keeler. "It helps you understand your baby's moods, needs, desires and expressions."

Moms attending the NPSP class rubbed their baby's legs, feet, chest, arms, head and back, focusing on each body part individually.

"This is great bonding time between he and I," Raquel Limtiaco said of her 4-month-old son, Paul. "With three kids at home, it's good for both of us to have this alone time together."

Baby massage is part of the infant care services provided by ACS. The class is open for parents and their babies ages 3 to 8 months. A new class is offered once a month and runs for four sessions.

Education Front

Educators, families discuss deployment impact

SCHOOL LIAISON OFFICE
News Release

HONOLULU – More than 140 educators and family members gathered at two separate deployment briefings, Sept. 17 and 24, to learn firsthand how deployments affect children and teens in military families. In addition, attendees discovered ways to better support and communicate with those military children, and collected information on available resources should problems arise.

The Operation: Military Kids (OMK) Program in Hawaii sponsored the briefings for adults who have children or work with children who are affected by deployment. Following the briefings, a panel of parents shared experiences about how deployments affected their children and families.

Hawaii is one of 42 states that participates in OMK, which strives to accomplish the following:

- 1) To collaborate with groups across the country to provide sustainable local support services to military youth before, during and after their family members are deployed;
- 2) To create networks of support for military children and to connect them with other military and nonmilitary youth through a variety of recreational, social and educational programs;
- 3) To raise community awareness and fos-

On The WEB
Check out www.operationmilitarykids.org or www.ctahr.hawaii.edu/4h/OMK.

To request a briefing for your group or organization, contact the Army School Liaison Office at 655-9818.

ter understanding about the impact of the deployment cycle on the military member, family, child and larger community; and

4) To act as resources for military children and families with opportunities like summer camps, after-school programs, youth councils, educational briefings and more.

The Hawaii OMK Program offers six program components in its outreach effort:

- Babysitting workshops are provided for older teens to supplement child care options for military families.
- Speak Out for Military Kids is a youth-led, adult-supported activity that uses assorted marketing strategies to educate others about what it is like to be a military child.
- The Mobile Technology Lab contains video and digital cameras, laptops, scanners and printers for military children to use and

communicate with deployed family members.

•Youth Focused Programs offer a variety of events for military families to interact and have fun as they support each other during deployments.

•Hero Packs are backpacks filled with small gifts to thank military children for the sacrifice their family makes when a loved one is deployed.

•Ready, Set, Go! is a training program designed to offer insight into military culture and the deployment cycle and to suggest ways to understand and meet the needs of military children.

This learning opportunity stimulates and increases the local support to these children and their families by providing participants an opportunity to network and bring community resources together.

Attendees at the two briefings included representatives from the Hawaii Department of Education, private schools, military support groups, after-school youth programs and families.

Presenters included Sara Hill, Adolescent Substance Abuse Counseling Service (ASACS); Victor Voth, Marriage and Family Counseling Therapy; and Cora Hodges, Army Community Service Family Advocacy Program.

Breast cancer prevention begins with knowledge

TYLER PATTERSON
Tricare Management Activity

October is Breast Cancer Awareness Month, and it's dedicated to one of the most powerful tools in your anti-cancer arsenal: knowledge.

The American Cancer Society estimates that more than 180,000 new cases of breast cancer will be diagnosed in 2008, making



To learn more about self-examination options and breast cancer, visit www.cancer.gov and www.breastcancer.org.

breast cancer the second most common form of cancer in American women.

Proper prevention and detection are easily handled by simply making a few smart lifestyle choices and scheduling regular screenings.

What causes breast cancer?

While no one knows exactly what causes breast cancer to develop in some people and not in others, science has identified many high risk factors that increase an individual's chances of developing it. You can avoid many of these risk factors simply by making some healthy choices.

- Exercise. In addition to its many other benefits, studies suggest people who exercise have a decreased chance of de-

veloping any cancer, not just breast cancer.

For more information about your Tricare entitlement, visit www.tricarewest.com. You may also contact TriWest directly at 1-888-TRIWEST (874-9378).

- Quit smoking. Not only will your heart, lungs and mouth thank you, but after a few years, your added risk of developing any cancer will drop substantially.

- Maintain a healthy body weight. The Centers for Disease Control and Prevention lists being overweight as a cancer risk factor. Even if exercise "isn't for

you," you can still keep trim without breaking a sweat. Walk for ten minutes a night, and see a nutritionist to get off to a great start.

- Limit your alcohol consumption. Having more than one drink a day is considered a high risk factor.

Tricare has you covered

Tricare provides a robust benefit to help you screen for and identify this potentially life-threatening,

but curable problem, including physical examinations for women 40 and older.

Annual mammograms for women 39 and older, or 35 and older for those at high risk of developing breast cancer, are also covered.

An ounce of detection

Even if you engage in no high- or moderate-risk behavior, it is still possible to develop breast cancer, which is why scheduling regular examinations is so important.

The best approach to early detection incorporates both monthly self-examinations and annual mammography.



Eating on the run can be healthy, delicious

MAJ. KAREN E. FAUBER
Defense Commissary Agency

FORT LEE, Va. — Eating out is part of our daily routine as we commute to work, drop off the kids at sports and rush to the many activities that fill our lives.

We often find ourselves eating at least one meal a day at a restaurant or fast-food establishment. Yet, meals eaten away from home are higher in total calories, fat and saturated fat, and lower in calcium, fiber and iron.

On average, we consume about 300 calories more a day when we eat out than when eating meals at home. Therefore, it just makes sense to try eating more meals at home.

The Dietary Guidelines recommend making smart food choices and watching portion sizes wherever you are — at the grocery store, at work, in your favorite restaurant or running errands.

If you do eat out, try the following tips:

- When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat or fat-free milk, water or other drinks without added sugars.
- In a restaurant, opt for steamed, grilled or broiled dishes instead of those that are fried or sautéed.
- On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks or a handful of unsalted nuts to help you avoid impulsive and less-healthy snack choices.
- Many restaurant portions are large. Take home half of the main course for another meal.
- Order the regular or kid-size portion.
- Drink milk occasionally to increase calcium.



For more information, visit www.commissaries.com, go to "Ask the Dietitian" and post your questions on the DeCA Dietitian Forum. Also, be sure to look for other useful information in the Dietitian's Voice archive.

- Substitute a side salad for French fries.
- Split your order. Share fries or an extra large sandwich with a friend.
- Choose a baked potato for the fiber and fewer calories than fries. Skip the sour cream and butter and try salsa.
- When ordering a sub, choose lean beef, ham, turkey or chicken on whole-grain bread.
- For a small meal, order an appetizer for your entree.
- At the salad bar, pile on the dark, leafy greens, carrots, peppers and other fresh vegetables. Go easy on mayonnaise-based salads and high-fat toppings.
- Order salad with dressing on the side so you can use only the amount you want.
- Eat your lower-calorie food first. Soup or salad is a good choice.
- Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.
- To make your own on-the-go meal, choose lean, low-sodium meats and cheeses, and mustard, along with whole-grain bread.
- Grab a bag of salad or cut-up veggies and some juice to make a delicious meal on-the-go with fewer calories than eating out. Your waistline and your wallet will appreciate it.



Lactose intolerance doesn't preclude dairy

AJ. KAREN E. FAUBER
Defense Commissary Agency

FORT LEE, Va. — Does thinking about drinking milk make your stomach hurt?

If you avoid milk or other dairy foods because they don't agree with your digestive system, you might be lactose intolerant.

Lactose intolerance occurs when someone can't digest the sugar in milk or other dairy foods. Some ethnic groups such as African Americans, American Indians, and Asian Americans are especially susceptible.

A study from Cornell University found that people who have ancestors that lived in Europe where dairy cows were raised are more likely to be able to digest lactose. Those with ancestors from very hot or cold climates that did not raise dairy cows are less likely to be able to digest dairy foods.

So, if you don't drink milk because it upsets your stomach, family genetics may be involved.

Intestinal diseases, stomach surgery or certain medications also cause lactose intolerance. Some people find that as they get older they are less able to tolerate many of the lactose-rich foods they once enjoyed.

However, lactose intolerance can be managed with a little assistance, so that you can continue to indulge in delicious dairy foods.

Lactose intolerance

Lactase is the enzyme that breaks down

Check out these tasty dairy treats

- Banana split**
Serve 1 cup low-fat vanilla ice cream, sliced banana, 1/4 cup granola, with chopped strawberries and pineapple sprinkled on top.
- Yogurt parfait**
Layer 1 cup yogurt, 1/2 cup low-fat granola, and fresh or frozen blueberries and strawberries.
- Juicy yogurt popsicle**
Mix 1 cup yogurt and 1/2 cup juice in a plastic cup with a popsicle stick. Freeze and enjoy.



Visit www.commissaries.com for more information.

lactose, a milk sugar, into simpler sugars so it can be digested.

When you don't have enough lactase in your small intestine, you can't digest the lactose in dairy foods very well, if at all.

Common symptoms of lactose intolerance include nausea, cramps, gas, bloating, and diarrhea, which occur up to two hours after eating or drinking dairy foods.

Find the sugar

Along with dairy items, many prepared foods contain lactose. Bread, baking mixes, candy, cookies, hot dogs, drink mixes, sauces,

frozen pizza, salad dressings, sugar substitutes and energy bars are just some of the foods that contain lactose.

To uncover the hidden lactose, check the labels for the following: milk, dry milk solids, buttermilk, lactose, sour or sweet cream, whey, whey protein concentrate, or cheese.

Tips for lactose intolerance

If you are lactose intolerant, you can take steps to enjoy milk and other dairy products along with all their nutrients.

- Add lactase enzyme, available in tablets or drops, to milk before drinking it. The milk may have a sweet flavor due to the lactose being broken down before you drink it.

- Try soy milk that is fortified with calcium and vitamin D.

Soy milk can help provide many of the same nutrients that cow's milk does, without the lactose.

- Try lactose-treated milk. Lactose-reduced milk has 70 percent less lactose than regular milk, and lactose-free milk has practically no lactose at all.

- Lactase supplements can be chewed before eating foods containing lactose. When you take these, they allow you to easily eat many of the dairy products and other foods containing lactose.

In addition, lactase supplements allow you to enjoy all those delicious desserts and tempting treats without fear of a rumbling stomach later.



3 / Today

Youth Sports Registrations – Youth born between 1992-2003 can sign up for youth basketball or cheerleading through Oct. 28. The cost is \$60 for basketball or cheerleading. If using the same uniform as last year, cheerleading is \$20

Practice begins approximately Jan. 6, for the Jan. 31-March 21 season.

Call the sports director at Aliamanu Military Recreation, 836-1923; Schofield Barracks, 655-6465; or Helemano Military Reservation, 655-0883.

Visit mwrarmyhawaii.com.

Mini Basketball – Registration is now open for the upcoming Mini Basketball season, Oct. 21-Dec. 11.

Children born in 2003 or 2004 will learn and practice basic basketball skills, once a week, either at Aliamanu Military Reservation (AMR)'s Youth Center or the Bennett Youth Center, Schofield Barracks, in this parent-participation program.

For youth born in 2004, practices are held Tuesdays, 5-6 p.m. For youth born in 2003, practices are held Thursdays, 5-6 p.m. The \$15 fee includes a youth T-shirt



Photo Courtesy of Wheeler Saddle Club

Giddy up!

WHEELER ARMY AIRFIELD — Saddle Club member Stacey Nielson takes a break after leading a group of riders during the Wheeler Stables Autumn Trail Ride here, Sept. 20. Thirty-five riders from the stables and all over Oahu gathered for the first equestrian event at Wheeler Stables since 1998.

and a sports ball. Call AMR, 836-1923, or Schofield Barracks, 655-6465/0883.

7 / Tuesday

Ladies Fitness Classes – Cardio Step & Circuit and Vinyasa Power Yoga classes are now available at the Fort Shafter Physical Fitness Center during the female-only hours.

Beginner through advanced level yoga classes are Tuesdays, 9-10 a.m. and cardio classes are Thursdays, 9-10 a.m. Call 438-1152.

8 / Wednesday

Blue Star Card Water Adventure – The Blue Star Card Program will provide free transportation to Hawaiian Water

Adventures Park, Oct. 8.

Tickets to the park must be purchased ahead of time at the Information, Ticketing and Registration (ITR) office. Adult admission is \$21 and children's, 3-11, is \$18.

To reserve transportation, call 438-0376 or e-mail darlene.j.marshall@us.army.mil.

Workout Without Walls – Trying to get in shape but the same old routine has you unmotivated? Outdoor Recreation gives you the chance to try a different workout in a new location every week.

The next class is Oct. 15, 8:30-11 a.m. Classes will be held every Wednesday. Each session costs \$10. Call 655-0143 for more information.

Discover Scuba – Ever been curious about what's involved in scuba diving, but didn't want to spend the money for the full class?

Discover Scuba, a program designed to give newbies a free introduction will be held Oct. 8, 6-8 p.m., and Oct. 11, 2-4 p.m., at Richardson Pool, Schofield Barracks. Call 655-0143 to register or learn more.

11 / Saturday

Adventure Bike Tour – Want to get out of the house and explore more of Hawaii's island paradise? Try a moderate-effort bike tour through some of the island's most picturesque locations, Oct. 11, 7 a.m.-2 p.m.

The cost is \$15 with your own bike, or

\$20 with bike check out. Call 655-0143.

12 / Sunday

Adventure Hike – Want to get out and explore the hidden side of Hawaii? Try the beginner level adventure hike, Oct. 12, 7 a.m.-2 p.m. with Outdoor Recreation. Bring along a camera; there are sure to be some great photo opportunities you won't want to miss. Cost is \$10. Call 655-0143.

18 / Saturday

Stampede Trail Run – Wheeler Stables will hold a trail run, Oct. 18, 9 a.m.

The run will follow a 2.5 mile trail through Wheeler Army Airfield, beginning and ending at the stables.

Preregistration is available at Outdoor Recreation, Building 556, Schofield Barracks. Late registrations will be available the day of the event at 8 a.m.

Top winners in both male and female categories will win \$250 gift cards. Call 655-0143.

Ongoing

Student Bowling Special – The Bowling Center, Schofield Barracks, invites all students ages 18 and younger to take part in their After-School Special. Games are \$1.75 with free shoe rental, Mondays-Fridays, 2-5 p.m.

Students earn a free game for every "A" on their original report card. Call 655-0573.



Send sports announcements to community@hawaiiarmyweekly.com.

5 / Sunday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a hike through Waiau Ridge. Enjoy a graded trail first, before the terrain becomes more and more strenuous and overgrown.

Only strong and determined hikers can expect to summit and still get out before dark. This advanced hike is 12 miles. Call Grant or Joyce Oka at 674-1459.

Save the date for these upcoming hikes, too:

•Oct. 11, a 7-mile intermediate hike

through Kaimuki Ridge, and

•Oct. 19, an 8-mile intermediate hike through Waianae Ramble.

Hikes begin at 8 a.m., and a \$2 donation is requested of nonmembers. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect.

Visit www.htmclub.org.

Haleiwa Triathlon – The Haleiwa Triathlon is scheduled for Oct. 5, 6 a.m., at Haleiwa Beach Park. Events will include a 400-yard swim, 12-mile bike ride, and 3-mile run.

Entry fees are \$90 for individuals and \$125 for teams.

Call Chris Gardner, 372-8885, or visit www.hawaiiswim.com.

Ongoing

Football League – The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality experience for kids. Visit www.myhalos.com, or call 620-8523.

Wrestlers Wanted – Hawaiian Championship Wrestling seeks new members. Applicants should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build. Sports background is preferred.

Call 676-8107 for more information.

Shafter Bowling – Unit PT (physical training) bowling is held Monday-Friday, 6-8 a.m. Cost is \$1 per Soldier and in-

cludes all games and free shoe rental. Reservations and a minimum of 20 bowlers is required.

Call 438-6733 for more information.

Fleet Feet – Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field.

The club meets Wednesdays from 5:15-7 p.m. Cost is \$50 per year. Call 277-3609.

Outdoor Excursions for Veterans – Outward Bound, an international nonprofit outdoor education program, will offer fully funded outdoor adventure excursions to all Operation Iraqi Freedom and Operation Enduring Freedom (OIF/OEF) veterans.

Anyone who has deployed in support of OIF/OEF combat operations is eligible to apply.

The five-day excursions offer adventure

activities in Maine, Texas, Colorado, California and Minnesota. All expedition costs for lodging, equipment, food and instruction are completely funded by a multimillion dollar Sierra Club grant, including the participants' round-trip transportation between home and the wilderness site.

To sign up for a prescheduled course, call Doug Hayward at 1-866-669-2362, ext. 8387.

Visit obvets@outwardbound.org.

Waialele Wrestlers – The Waialele Athletic Club holds wrestling classes for children and adults. Cost is \$45 per student. Call 671-7169.

Wahine Sailors – The Wahine Sailors seeks new members. Call for more information, including the meeting place and times at 235-8392.

Cost is \$35 per year or \$5 per sail. All levels are welcome.