

HAWAII ARMY WEEKLY

Going green
Learn about innovative on-post programs and discover ways your family can become more energy efficient in this week's special insert.

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Serving the U.S. Army Community in Hawaii ★ www.garrison.hawaii.army.mil/haw.asp

INSIDE



As easy as ...

Schofield's K-Quad Dining Facility takes top honors in the Connelly Food Service competition.

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The Tropic Lightning Band plays opening music during the 25th Infantry Division's deployment ceremony at Sills Field, Friday. Soldiers from the 25th ID will be deploying in the next few months.

Soldiers bid aloha to families

More than 4,000 Soldiers say final goodbyes during ceremony at Sills Field

Story and Photos by
SGT. BRYANNA POULIN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – Friends, families and loved ones honored the 25th Infantry Division (ID) which will once again serve in a far-off place in support of Operation Iraqi Freedom.

More than 1,000 Soldiers from Headquarters, 25th ID, and approximately 3,500 from 3rd Infantry Brigade Combat Team said their final goodbyes at Sills Field, Friday, as they made preparations to deploy to Iraq.

"The Soldiers standing before you are ready and determined to help our friends in Iraq move away from the tyranny and bloodshed, terrorism and chaos," said Maj. Gen. Robert Caslen Jr., commanding general, 25th ID, during the ceremony.

Many 25th ID Soldiers are already familiar with the job for which they have prepared. In August 2006, the brigade and di-



A 25th Infantry Division Soldier hugs his son after the deployment ceremony at Sills Field, Friday.

vision deployed to Iraq, leading the fight in northern Iraq as Headquarters, Multinational Division-North and Task Force Light-

ning (TFL).

During the previous deployment, TFL fought insurgent forces while training Iraqi Security Forces (ISF) and mentoring local governments.

"During the past 12 months, this division has redeployed from its previous 15-month deployment, reorganized, retrained and re-equipped the force," Caslen said. "Although 12 months is not a lot of time, our Soldiers and families have once again answered the call to duty."

For the warrior that stood proudly in formation, the obstacles that lay ahead are challenging but not impossible.

"The Soldiers standing before you are well trained and ready to fight," said Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific. "These Soldiers have stepped forward, volunteered and responded to the nation's time of need."

"Many have multiple combat tours, and without them, the nation would not be safe and would not be strong," Mixon added.

Even more remarkable, Soldiers supporting the war on terror face a critical time in

SEE DEPLOYMENT, A-3

Commander speaks to Native Hawaiians

KYLE FORD
News Editor

HONOLULU – An Army Hawaii leader shared his knowledge and learned from Native Hawaiian leaders at the 7th Annual Native Hawaiian Convention, Oct. 1, at the Hawaii Convention Center.

Col. Matthew Margotta commander, U.S. Army Garrison-Hawaii (USAG-HI), spoke to a standing room-only crowd at the 2008 Business Leaders Roundtable – Building Partnerships, Sharing Our Stories – following a luncheon.

"It really broadened my knowledge and empathy concerning the experiences of native people," Margotta said, after listening to keynote speaker William Iggiagruk Hensley, chairman, First Alaskans Institute. The luncheon's theme was "Connecting Land Claims to Business and Culture."

Hensley discussed Native Alaskan struggles with land claims and how Native Hawaiians can benefit from the work Alaskan communities started.

"It is important to have Army representation at this event because we need to share experiences and show that we have more in common than not," said Annelle Amaral, Native Hawaiian liaison for the (USAG-HI) garrison commander.

While the intent was to show the value the Army provides the community, Margotta's presence acted as a bridge between Army and native communities.

Margotta's speech focused on the Army's commitment to doing the right thing – for communities in and around Army installations, Soldiers and families, the environment, and the Army at large.

The Army has the largest footprint of all the armed services in Hawaii, according to Margotta.

"While the Army is usually associated with its bases and forts; that doesn't mean we are separate and distinct from the community – we are a vital member of it," he said. "In fact, 60 percent of our Soldiers and families live in your communities."

"This is not your father's Army," Margotta said, as he explained the Army's new emphasis on balancing mission requirements with concern for our communities and the environment. "For a variety of reasons, Soldiers are more involved in our communities and more cognizant and respectful of other cultures. The Army is putting forth considerable effort trying to enhance our relationship with the communities that support us."

He explained the "Partnership of Ohana" program, which reflects the Army's formal commitment

SEE MARGOTTA, A-6

Hope, not hurt

Domestic Abuse is not limited to physical abuse.

The second article in a series addresses signs to look for if you are being emotionally, sexually or financially abused.

In addition, the Victim Advocacy Program will hold food drives, 9 a.m.-3 p.m., Oct. 15, at Fort Shafter's PXtra, and Oct. 16, at Schofield's Commissary.

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Hispanic heritage

Come celebrate Hispanic Heritage Month, Oct. 14, from 10-11 a.m., at Schofield Barracks Sgt. Smith Theater.

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Schlagel battle

Family-style fun and games abound at this year's Oktoberfest.

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Moore welcomed as newest Hawaii CASA

Story and Photo by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Public Affairs

HILO, Hawaii – On behalf of Secretary of the Army Pete Geren, Lt. Gen. Benjamin R. Mixon, commanding general, U.S. Army-Pacific (USARPAC), swore in Hawaii island native William Moore as a Civilian Aide to the Secretary of the Army (CASA).

Moore volunteered to serve, unpaid, to represent the island of Hawaii's communities and the Army's top leaders in the state of Hawaii.

"I'd like to thank our newest CASA for extending his personal service to our nation as he assumes the responsibilities of his position," said Mixon after the ceremony. "I will personally rely on you to provide the insight and clarity as to what is happening in this community."

CASAs are business and community leaders selected by the secretary of the Army based on their special insight in the

SEE CASA, A-5



Lt. Gen. Benjamin Mixon, commander, U.S. Army-Pacific, swears in Hawaii island native William Moore as a Civilian Aide to the Secretary of the Army on behalf of Secretary of the Army Pete Geren.

Pay, ID theft, legislation top agenda at Retiree Appreciation Day

Story and Photos by
AIKO ROSE BRUM
Chief, Command Information

SCHOFIELD BARRACKS – Getting information to more than 8,700 Army retirees and surviving spouses who live in Hawaii is no easy task, especially when many of them don't surf the Internet. That's why the Retirement Services Office regularly canvasses its mailing list and invites those who can to attend its annual Retiree Appreciation Day.

The gathering allows the U.S. Army Retiree Council-Hawaii to pass along the latest updates, among them, this year, the state of the

Army in the Pacific, retiree pay, and a modern-day malady – identity theft.

What's happening to our Army?

U.S. Army-Pacific's (USARPAC) deputy commanding general, Brig. Gen. John Seward, gave the audience of more than 350 retirees the latest news about the region – an area spanning 16 time zones, 50 percent of the earth's surface, and 60 percent of the world's population, he said.

USARPAC's area of responsibility includes seven of the world's 10 largest armies, four of its most populous countries, and 38 percent of all U.S. trade. Such a broad area

presents great opportunities and hefty challenges, according to Seward.

Although USARPAC is now a "warfighting headquarters ... it's also about the business of enabling peace," Seward said, explaining that medical, intelligence, engineering and logistics exchanges, as well as exercises and training, are extremely valuable in the region.

After giving more perspective and US-



Ono

ARPAC's operational tempo in the war on terror, Seward answered questions. Most puzzling for retirees Saturday were issues closer to home – why the change to an Army blue uniform, the meaning of the US-ARPAC shoulder patch, and who gets assigned to privatized family housing in Hawaii.

What's going on with my pay?

Pay is an issue close to the heart, said retired Lt. Gen. Allen Ono, chair of the U.S. Army Retiree Council-Hawaii; therefore, he

SEE RETIREE, A-5

Commander's Corner

Blue Star Card program shows appreciation

LT. COL. MARK C. BOUSSY
Commander, U.S. Army Garrison-Oahu

This month's article highlights one of the many programs available to support spouses and family members of deploying Soldiers.

As thousands of families prepare for the many challenges that these deployments bring, the entire garrison team remains committed to taking care of your family members while you are deployed.

While the benefits of these programs can never make up for the hardship of prolonged absences from loved ones, they do serve as a small token of our appreciation and respect for deploying Soldiers and the families who stay behind.

This month we will highlight the Family and Morale, Welfare and Recreation (FMWR) Blue Star Card program.

The "F" in FMWR

To some who haven't picked up on the change, it is no longer MWR, but across the Army, all garrison programs have been renamed FMWR: Family and Morale, Welfare and Recreation, to call attention to the important role family members play as part of the "Army Strong Team."

Additionally, have you noticed the word family is capitalized just like the word Soldier in all Army correspondence? This, too,

was directed by Army leadership as another way to emphasize the vital role families have in our Army.

FMWR Blue Star Card

The FMWR Blue Star Card is a deployment discount and activity card for Army spouses and families of deployed Soldiers. The program is a joint effort among all FMWR facilities with the primary goal of supporting families and thanking them for their sacrifices.

FMWR realizes the difficulty of deployment and is committed to making deployment in Hawaii as pleasant of an experience as possible.

In an effort to do so, the Blue Star Card program offers many events and activities for families. Events include activities such as monthly countdown parties, preview nights at Army Community Theater, and bus trips to local attractions.

At large FMWR events, cardholders are also provided specials such as reserved seating areas, discounted or free rides, and game tickets.

All Blue Star Card activities not only offer special perks, but more importantly, al-



Boussy

CHECK IT OUT

• See the Oct. 31 edition of the *Hawaii Army Weekly* for a full insert on Army Family Covenant-related programs and benefits.

For more information on the Blue Star Card program, visit bluestarcardhawaii.com or contact Darlene Marshall at Darlene.j.marshall@us.army.mil, or 330-9448.

low for the unique camaraderie and support that is only found with others who truly understand what it means to have a loved one deployed.

Child Care and Additional Benefits

The Blue Star Card program has also expanded as a result of the Army Family Covenant. Child care options now include 16 free hours of care, and additional care is only \$2 per hour.

Children enrolled in full- or part-time Child, Youth and School Services (CYS2) receive a 20-percent discount, and registration fees are waived for two youth team or individual sports and four free SKIES classes for all cardholders' children.

Blue Star Card pet owners also receive

one free day of pet care, per month (maximum 12 days total per cardholder), at the FMWR Pet Kennel.

Additionally, the Army Family Covenant provides \$1 off bowling coupons and \$10 off golf coupons, which can be downloaded from the Blue Star Card Web site, bluestarcardhawaii.com

Other everyday benefits include discounts at Army Bowling, Arts & Crafts, and Auto Skills centers; Hale Ikena, Kolekole Bar & Grill, and Mulligan's restaurants; Nehelani, Outdoor Recreation, the Pet Kennel, Piilaaau Army Recreation Center; monthly pool passes at swimming pools; and Youth Sports registration and towing through the FMWR Auto Skills Center.

Monthly, Piilaaau Army Recreation Center gives away a weekend cabin rental to one Blue Star cardholder. Cardholders are also provided free child care at the Kaala Recreation Short Term Alternative Child Care (STACC) site while parents are working out at the Health & Fitness Center.

Blue Star Cards are issued to any Army spouse or family care plan provider to be used for the duration of a Soldier's deployment.

Cards are issued 30 days prior to deployment and are provided out at both Fort Shafter's and Schofield's Army Community Service locations.

Absentee voting allows everyone to participate

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — The 2008 presidential campaign has entered the home stretch as Election Day quickly approaches. Soldiers and family members eligible to vote are being encouraged by the Army to take part in this political process.

Oct. 11-15 has been designated Absentee Voting Week by the Federal Voting Assistance Program to ensure all Soldiers and family members participate in the upcoming presidential election, Nov. 4, regardless of their current location.

Absentee Voting Week marks the last "safe" week to send in absentee ballots in order for them to arrive on time.

Absentee Voting Week marks

the end of a push, which started in early summer, to invite all Soldiers and Department of Defense (DoD) personnel, locally and overseas, to register to vote and participate in the election process, even while far from home.

For more information, visit www.fvap.gov or call 1-800-438-VOTE.

Information about voter registration deadlines and absentee ballot applications is provided through voting assistance officers at each unit. Several initiatives to promote voter awareness, including posters and fliers, have blanketed the installation the past few months.

Voting assistance activities and

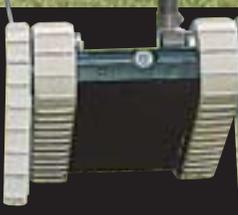
SEE VOTING, A-4



Photo Courtesy of 25th Infantry Division Public Affairs

Science fact

SCHOFIELD BARRACKS — Two "iRobots" demonstrate their versatility in various operations for 25th Infantry Division Soldiers on Silks Field, Oct. 1. The robots come in various platforms and are tailored for specific missions.



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.

124 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 10/8/08.

Running, like life, requires patience, planning and practice

CHAPLAIN (CAPT.) MARK PERKINS
Aiiamanu Military Reservation Community Chaplain

Eric Henry Liddell (Jan. 16, 1902 – Feb. 21, 1945, Chinese name: Li Airui) was a Scottish athlete, a Rugby Union international player, and also the winner of the Men's 400-meters at the Olympic Games of 1924 in Paris. He then served as a Protestant Christian missionary to China.

In the movie "Chariots of Fire," Liddell consoled his fearful sister, Jenny, who was afraid Eric's running would derail his missionary call to China. He said to her, "Jenny, God made me fast, and when I run I can feel his pleasure."

Saturday, Sept. 27, I ran the 25-kilometer race in Kailua. Since I'm not the fastest or the slowest, and since I ran with a friend most of the way, I enjoyed the pace, fellowship and beautiful ocean. The occasion caused me to reflect on interesting parallels.

Life, too, is a journey, much like a marathon, but with obstacles.

One of life's obstacle could be no clear route markers. When mankind fell into sin, he lost his ability to see the route that God had laid out for him.

Hebrews 12:1 says, "Let us lay aside every weight and the sin, which does so easily beset us, and let us run with patience the race that is set before us."

In Kailua, the route was marked with orange cones and arrows. All I had to do was keep my eyes open while running.

Another obstacle to running may be a lack of preparation. To run distance and finish well, you need to be able to run at least 75 percent of the total race.

My running buddy and I had completed two practice runs of more than 10 miles, so we were pretty confident we would finish.

Developing a run plan to increase distances raises endurance and confidence. Failing to plan truly is a plan to fail when it comes to running and in life.

The water stations were the lifesavers for me. The trick here was to slow down, jog in place and drink slowly.

Trying to gulp water down when maintaining your pace is like trying to gas your car while you're still moving. We must slow down to get a drink.

Another obstacle in life is the refusal to slow down, take a knee, and drink. Christ says, "If anyone is thirsty, let him come unto me and drink."



Perkins



Our fast-paced lifestyle is not a sign of progress; it is a sign of a spiritual and emotional disease. It feeds the ego and leads to emptiness.

Why not rather say no to unrealistic demands and focus on the one thing that satisfies your soul? Let's slow down, take a knee, and drink deeply of the goodness of God.

Finishing well means finding a buddy. My running buddy and I committed to running together at least once per week. We learned together the value of stretching before and after the run.

We learned proper foot placement to reduce injury. We learned about "Lava Gel," which are small energy packs to refuel during long runs.

Life takes the living words of God, the Holy Bible. Reading and meditating on the Scripture restores power to our weary minds and spirits.

My running buddy is also my prayer partner, so we also read and pray the Scriptures together. Do you have a buddy to share your life with around God's word? Read and memorize Scripture every day.

Psalms 19:7-11 begins with the law of the Lord and ends with great revering: "The law of the Lord is perfect, converting the soul. The testimony of the Lord is sure, mak-

ing wise the simple. The statutes of the Lord are right, rejoicing the heart.

"The commandment of the Lord is pure, enlightening the eyes. The fear of the Lord is clean, enduring forever. The judgments of the Lord are true and righteous altogether.

"More to be desired are they than gold, yes, than much fine gold ... in keeping them there is great reward," these verses say.

Laying aside the weights that keep us from running the race begins not in the feet and legs, but in the mind.

Most of my battles are fought in my own mind. Can I really run 15 miles without stopping or having a heart attack?

My reward for the race was the fact that I finished and am wearing a new T-shirt. My reward for keeping the law, statutes, commandment, fear and judgments of the Lord is God's pleasure and running life's race to win.

Fortunately, God's pleasure and assurance of winning life's race starts each time I embrace the words of God and obey them.

According to John 14:21, if we do this, it is our proof that we love God, and "he that loves Jesus shall be loved of his Father, and Jesus will love him and will manifest himself to him."

Let us run with patience life's race with God to feel his pleasure.

Voices of Ohana

What are you doing to stay green?



"I walk about everywhere I go."

Master Sgt. Jose Aranda
25th STB
S3 NCOIC



"I try to conserve power by turning things off if I'm not using them."

Spc. Kylon Collins
2-6th Cav. Regt.
Ammo Specialist



"Walk to PT instead of driving."

Lene Feagiai
8th TSC
Mechanic



"We recycle a lot."

Maritza Joseph
Family Member



"We went from bottled water to water coolers, and my husband and I carpool to work no matter what."

Sgt. Eveylyn Wilson
225th BSB
Staff Duty NCO

CFC kicks off monthlong charity campaign

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Although attendance was low, interest was high at the Combined Federal Campaign (CFC) kickoff here, Oct. 2. More than 20 Soldiers, family members and nonprofit organizations, including Children's Alliance of Hawaii, Parents and Children Together, and the USS Arizona Memorial Museum, met at the Nehelani to provide information regarding this year's campaign in the Hawaii-Pacific area.

Attendees enjoyed a casual lunch as guest speakers lined the podium and spoke highly of the successful program.

"Philanthropy continues to be the most successful fundraising model in the country," said Col. Tracy McLean, U.S. Army-Pacific (USARPAC). "Those of us who maintain a level of success (have) the responsibility to help those in need ... help others succeed."

The CFC is a charitable organization and annual fundraising drive conducted by federal

employees, in their workplace, each fall. Each year, federal employees and military personnel raise millions of dollars to support thousands of nonprofit charities. The monthlong campaign runs through October.

"We have so many educational programs, especially geared towards children, that require extra funding to accomplish," said Susie Wendland-Gardner, director of education programs for the Honolulu Zoo Society. "With the blend of community support and fundraising, we are able to complete our mission."

For more information, call Master Sgt. Christopher Moreno at 438-0173.

During the past few years, USARPAC has established a solid reputation for supporting local, national and international charities through its CFC contributions.

This year's theme, "Because Someone You Know Needs Your Help," promotes donating to the campaign, which represents more than 4,000 nonprofit organizations that provide health and human service benefits throughout the world.

The 2007 CFC raised approximately \$6 million through the generosity of federal employees in the Hawaii-Pacific area. CFC's 2008 goal is to surpass last year's dollar amount for participating charities with 100 percent participation from federal employees, according to Master Sgt. Christopher Moreno, USARPAC.

"Giving through the CFC is still the best way to ensure you are getting the most service for your charitable dollar," said Moreno. "You join millions of federal employees who want to make a difference in the lives of others."

Moreno explained that, although times are hard economically, Hawaii has one of the highest cost of living allowances (COLA) in the country, and said donating to the CFC was a great way to invest money and shape the way of the future.

"We understand some might not be able to give a lot, but every dollar amount helps," said Moreno.

Donations can be made by filling out a pledge card, which is available through each office's CFC key-person representative. Payroll deductions are also available at any dollar amount.



Maj. Stewart Van Buren, 25th Infantry Division (left), and Col. Tracy McLean, U.S. Army-Pacific, celebrate the start of the 2008 Combined Federal Campaign.



Maj. Gen. Robert Caslen Jr., commander, 25th Infantry Division (left), and 25th ID Command Sgt. Maj. Frank Leota case the Division colors at a deployment ceremony on Sills Field, Friday. More than 4,000 Soldiers from the 25th ID and 3rd Infantry Brigade Combat Team will begin their yearlong deployment to Iraq in support of Operation Iraqi Freedom over the next few months.

Deployment: Soldiers enter Iraq at crossroads of security, democracy

CONTINUED FROM A-1

Iraqi history. Coupled with violence and oppression, Iraq is at the crossroads of sustained security and democratic rule of law. The mission is simple but tough: Defeat Al Qaeda and the other anti-Iraqi forces.

"Both Iraq and our nation can count on us to do our part to ensure Iraq and their citizens are secure and living within the rule of law," Caslen said.

Concluding the ceremony, guest speaker Hawaii

Lt. Governor James "Duke" Aiona Jr. emphasized the 25th ID's importance to the community.

"What's not always recognized is the importance of the sacrifice," Aiona said to the Soldiers in formation. "As role models to our young people, you're a great service to our community, state and country."

"Throughout our nation's history, we have always been able to rely on the character and service of those who serve in our armed forces, for they are the first and last line of defense."

Rear Det. supports families

Get to know your Rear Detachment leadership

8th Theater Sustainment Command



Maj. Gen.
Raymond Mason



Command Sgt. Maj.
George Duncan

25th Infantry Division



Lt. Col. Randy
Wardle



Sgt. Maj. James
Wafe Jr.

2nd Stryker Brigade Combat Team



Maj. A. D.
Godinez



Master Sgt.
Russell Smith

3rd Infantry Brigade Combat Team



Maj. John Sego



Master Sgt.
Morgan Moore

Voting: Simple, 10-minute process ensures voice is heard

CONTINUED FROM A-2

nonpartisan voter registration drives have been taking place. Additionally, absentee voter information can be found through Army Knowledge Online (AKO) and numerous other Web sites.

The Federal Voting Assistance Program, www.fvap.gov, is a simple 10-minute process that ensures success when casting an absentee ballot.

To use the free service, go to the FVAP Web site and follow the simple instructions and prompts to receive a ballot. The self-guided site uses simple prompts to guide both service members and civilians through the process to become a registered voter and cast an absentee ballot for the upcoming election.

Each state's requirements vary. For example, in Hawaii, absentee voters should have registered by Oct. 6, and must request a ballot by Oct. 28.

Voters can check state-by-state instruc-

tions to determine submission deadlines and rules for state absentee ballots.

Additionally, the Federal Voting Assistance Program recently updated its Web site to provide online voter registration specifically for service members and their families.

"We've come a long way from the time only men with land could vote," said Kyle Ford, voting assistance officer, U.S. Army Garrison-Hawaii Public Affairs. "It is your responsibility to honor the men and women who fought for your right to be heard by voting."

Voting is one of the most important decisions Americans can make. Elected officials make decisions that affect the daily lives of all Soldiers, family members and DoD personnel.

From homeland security to social security, the individuals voted into office will make decisions affecting the quality of life for the military ohana. A vote is a voice, and it can make a difference.



Sgt. Mike Alberts | 25th Combat Aviation Brigade Public Affairs

Group huddle

WHEELER ARMY AIRFIELD — Maj. Gen. Jim Myles, commanding general, Aviation and Missile Command, Redstone Arsenal, Ala., praises Soldiers of B Company, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, for their commitment to service.

K-Quad DFAC number 1 in Pacific Region

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

SCHOFIELD BARRACKS — If you ask your father what comes to his mind when you say the phrase "Army chow," he will most likely think about black, tar-like coffee, chipped beef on toast, and other food barely fit for human consumption. However, this ain't your father's Army anymore.

It's now official, the 45th Sustainment Brigade's K-Quad Dining Facility (DFAC) is the best large DFAC in the Pacific Region.

Judges from the Phillip A. Connelly Awards Program for Excellence in Army Food Service presented the award to Col. Clay Hatcher, commander, 45th Sus. Bde., and Soldiers who work at the facility, Sept. 24.

"This facility is truly a consolidated effort," said Hatcher. "The Soldiers who work here are from various units representing the 8th Theater Sustainment Command."

The Phillip A. Connelly Award is a Department of the Army food service program. The International Food Service Executives Association (IFSEA) and the Department of the Army co-sponsor the program, which is administered by the Army Center of Excellence, Subsistence (ACES). The program is intended to encourage improvements in the quality of food service.

The Connelly competition is divided into four categories, three of which pertain to active Army forces. Categories include small dining facilities (serving 300 or less), large dining facilities (serving more than 301), and division field kitchens, for Army National Guard Soldiers.

"Good food is a morale builder," said Brig. Gen. Mark McCarley, deputy commanding general, 8th Theater Sustainment Command (TSC); "it always has been. It says to a Soldier, 'the Army cares about you.' The fact that the cooks, who represent almost every company within the 8th TSC, can put out and deliver great meals, three times a day, keeps Soldiers in the Army. It is a force multiplier."

The K-Quad DFAC is only designed to feed approximately 700 people a day, but it averages almost twice that.



Sgt. Jerome Faraon, a cook at the K-Quad DFAC, gets a plate ready during lunch. The K-Quad DFAC is one of seven finalists for the Department of the Army Large Dining Facility Connelly Award for Excellence.

Part of the reason for its popularity is the variety of foods it serves.

"When I took over (as dining facility manager) I came up with the 14-day menu cycle," said Sgt. 1st Class Tracey Turner, 45th Sus. Bde. "We have different types of ethnic food available and six different variety lines, such as the main line, pizza bar, chicken bar, a stir fry line and a snack bar."

The variety makes the facility a hit with Soldiers around the island. For example, Sgt. Robert Griffin, A Company, 209th Aviation Support Battalion, works on Wheeler Army Airfield, but he comes to the K-Quad for lunch.

"I eat here because of the variety of foods offered here," he said.

"This is the best damned dining facility in Hawaii, period," said the 45th Sus. Bde.'s Command Sgt. Maj. Benjamin Ramos.

However, the facility's popularity can be a mixed blessing for food service workers.

"It is good because we love feeding Soldiers, but it is bad because my troops have to do more work," Turner said, with a smile.

Over the next four months, the DFAC will lose approximately 90 percent of its 67 cooks due to deployments. The facility will compete with six other large DFACs for the title of best in the Army. The winner will be announced in December.

Retiree: Attendees brush up on benefits, services

CONTINUED FROM A-1

ensured that the Defense Finance and Accounting Service (DFAS) was booked to deliver vital information.

Dennis Disbrow, with Legislation and Policy, Retired and Annuity Pay, DFAS, Cleveland, Ohio, said the retiree's best tool is on the Internet at the secure MyPay Web site, <https://mypay.dfas.mil>. Retirees can start, stop or make changes to their pay-related data, such as direct deposit, allotments, tax exemptions, savings bonds, insurance beneficiaries, and account information.

"We receive 87,000 letters and faxes a month," Disbrow said, "so you can see the advantage of using MyPay." He continued, "When you use MyPay, this puts you right into the processing of your account. You can get answers to frequently asked questions and also access the newsletters that we send out," he explained.

During Q&A, retirees and surviving spouses were most concerned about COLA, the cost of living allowance.

"COLA for this (coming) year will be set on October 16th," Disbrow said. "Right now it's at 5.9 percent. It could be higher; it could be lower."

Why is a shredder the first line of defense?

"A paper shredder has become an essential first line of defense against identity theft — a serious, sneaky, silent and awful crime," Ono said, "that can ruin our bank accounts, our reputation, and our confidence in living our lives."

Special Agent Chiko Hoge with the U.S. Secret Service, Honolulu Bureau, presented statistics, defined terms that were new to many in the audience — like shoulder surfing, dumpster diving, skimming, pretexting and phishing — and discussed other need-to-know facts.

She shared several sobering examples of criminal behavior, but emphasized retirees



Retired Army Master Sgt. Herbert T.C. Loo (left), who lives in the Fort Shafter area, collects brochures from Ethel Pennington, Tricare service representative, at the TriWest table. Loo said, "I come to these things to get information and be updated. I'm not afraid to ask questions. It pays to stay involved."

and surviving spouses can minimize their risk.

"Please don't throw anything that has personal information on it in your garbage," she stressed. "Be aware. Check your monthly billing statements and financial documents. One, make sure you are receiving them monthly, regularly, and two, I want you to check them to make sure there's no unusual charges or changes to your account information."

Hoge emphasized safeguarding information like SSNs (Social Security numbers), PINs (personal identification numbers), passwords and Internet connections.

During the 15-minute break after her presentation, victims of ID theft flocked to her table to get additional advice.

Ono assured the crowd that the U.S. government is taking action, too. Next year, military retirees and family mem-

bers will be issued ID cards that do not contain an SSN.

Can I still use Legal Assistance?

"It's not the most pleasant subject," Ono began, "but it's something we've got to hear to take care of our personal responsibilities."

He was speaking of legal matters like wills, taxes and powers of attorney.

Richard Brawley, chief, Legal Assistance Office, Staff Judge Advocate, said Schofield and Fort Shafter offices are open to retirees and surviving spouses. He encouraged them to call or drop by and take advantage of their valuable benefit.

What's going on in Washington that impacts me?

The keynote speaker, retired Maj. Gen. William Matz Jr., president of the Nation-

Get more details

•Call MyPay Customer Support at 1-888-DFAS411 (332-7411); write to DFAS at Defense Finance and Accounting Service, U.S. Military Retired Pay, P.O. Box 7130, London, KY 40742-7130 — but be sure to include your SSN, printed name & signature; or visit <https://mypay.dfas.mil>.

•Request your free annual credit report at www.annualcreditreport.com, call toll-free 1-877-322-8228, or write Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

•Learn more about ID theft at www.ftc.gov/idtheft or call toll-free 1-877-ID-THEFT (438-4338).

•If you become a victim of ID theft, immediately request a free Fraud Alert with any credit bureau:

– TransUnion, 1-800-680-7289, www.transunion.com;

– Equifax, 1-800-525-6285, www.equifax.com; or

– Experian, 1-888- Experian (397-3742), www.experian.com.

By law, notification at one bureau notifies all three.

•Call Fort Shafter's Legal Assistance at 438-6725 or drop by Building 718; call Schofield Barracks at 655-8607 or drop by Building 2037. Call the Tax Center, Building 360, at 655-1040.

al Association for Uniformed Services (NAUS), Springfield, Va., stirred the audience with legislative news — making them forget that he stood between them and lunch.

"Let me assure you," Matz said of the nonprofit, nonpartisan military association, "the promises made to those in uniform, past and present, need to be kept."

NAUS, which comprises 90 chapters in the U.S. and overseas, gives voice to uniformed services issues. The audience gave rousing applause affirming their agreement with several comments Matz made throughout his keynote address, among them proper funding for deployed troops, low Tricare enrollment fees and low prescription drug copays, and prohibitions on desecrating the American flag.

"Only 25 percent of our members of



Matz

Congress ever served in the military, and of that percentage, only 9 percent have ever served in combat," Matz noted, "less than five percent (of staffers) ever served in uniform."

He explained NAUS spends a great deal of time educating Congress about veterans, the military and their families.

"We need to get our Congress to sort out our nation's priorities, to use common sense," Matz said, after listing what he called a host of exorbitant "pet projects" that are put before sacrifices made by America's military.

He closed his presentation discussing how Hawaii legislators voted on various bills, the organization's wins and defeats on Capitol Hill, and the need for veterans to be involved at the grassroots level.

Once the colors had been retired, Ono said, "All and all, we accomplished what we set out to do" at Retiree Appreciation Day.

Next week, he said, my Council will begin making plans for next year.

CASA: Moore joins the Army team, acts as liaison to Big Island community

CONTINUED FROM A-1

communities where they live and serve. They serve as a liaison between the Army and the civilian community by telling the Army story to their peers in the community, while also advising top Army leaders about local community concerns.

"In order to protect our vital and national interests in the Pacific, it will require teamwork from all elements of our command. That's the reason our US-ARPAC motto is 'One Team,'" Mixon explained. "Certainly, our CASAs are part of that team."

"Especially in regards to Army transformation, land utilization, Soldier and family member quality of life, and most

importantly, quality of service to our veterans, CASAs are a vital and valuable link between the Army and the community," Mixon said.

Moore, the second CASA for the island of Hawaii, replaces Paula Helfrich who resigned her position in order to pursue a position in Myanmar.

"Mr. Bill Moore is no stranger to this community; we had a number of excellent candidates for this position, but he stood out most to the secretary of the Army," said Mixon.

More than 100 CASAs currently serve every U.S. state and territory. Moore is one of three CASAs representing various parts of the state of Hawaii. Two Pacific Region emeriti also represent the Pacific overall,

Bill Paty and Christina Kemmer.

Paty, together with Allen Hoe, CASA Oahu-East and islands of Maui, Lanai and Kahoolawe, joined Moore for the ceremony. Also joining Moore were his wife Candace, daughter Hannah, and various representatives from the Hawaii National Guard and local community.

"I am truly honored and humbled by this responsibility. It is truly an honor," Moore said.

Moore is vice president of Kohala Ranch Development Corporation and has long been active in planning

and development issues since first serving as a Hawaii county planner in 1975.

A Hilo High School graduate, Moore is also an honor's graduate of Beloit College in Wisconsin, and York University in the United Kingdom.

Moore is very active in the community. He has served on several boards and committees, including the Saddle Road Task Force, Hilo Boarding School Trust, Hawaii Island United Way Strategic Planning Committee, Hawaii Island United

Way, Hilo High School Girls Soccer Boosters and the Hilo High School Girls Volleyball Boosters.

Recently, Moore was recognized by the Army as one of the nation's top community leaders, and he attended the Army War College National Security Seminar in 2007.

"Our partnership begins today," Mixon said to Moore. "I welcome you to the U.S. Army-Pacific, and the Army team. We are absolutely proud and thrilled that you have taken on these responsibilities."

Health system seeks feedback from Soldiers, families

U.S. ARMY MEDICAL COMMAND
News Release

WASHINGTON — The Military Health System (MHS) invites wounded, ill or injured service members and their families to respond to a new pair of questionnaires designed to help MHS leaders better understand the needs and expectations of warriors in their care.

The questionnaires — one for wounded, ill or injured service members and one for their family members — are available on the MHS Web site beginning Oct. 1, and they will remain open for completion until Oct. 15.

Both questionnaires ask for feedback concerning a service member's experience and satisfaction with the care he or she has received since becoming wounded, ill or injured.

To encourage honest and specific answers that will lead to positive changes in how the MHS handles care for wounded, ill or injured service members, all questionnaire responses are anonymous.

Questionnaire results and analysis should be available in November at www.health.mil.

For more information regarding this questionnaire, contact (703) 681-1750.

These questionnaires are part of Defense Secretary Robert Gates' commitment to supporting wounded, ill and injured service members — ensuring that their care is the Department of Defense's (DoD) top priority. This care is continually improving, but MHS leaders recog-



nize that there is still more to be done.

By listening to the opinions of wounded, ill or injured service members and

their families, MHS will be in a better position to meet service members' and their families' needs and expectations.



Take the questionnaire online at
www.health.mil/Pages/Page.aspx?ID=18.

America's MHS is a unique partnership of medical educators, medical researchers and health care providers and their support personnel worldwide.

This DoD enterprise consists of the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard and Joint Chiefs of Staff; the Combatant Command surgeons; and Tricare providers, including private sector health care providers, hospitals and pharmacies.

Margotta: Army plays an active role in the community

CONTINUED FROM A-1

to communities.

Because the Army is not the Army of the past, it must make a commitment to Soldiers and families to keep this all-volunteer force ready and trained.

"I want to give you a little insight on what life is like for our Soldiers and their families," said Margotta. "Many of our troops are on their second and third deployments. Each one of these deployments means up to 15 months away from home, then they return home and the cycle repeats itself. They get about six months to be with their families before they have to start training to deploy again."

Margotta said the Army is getting considerably better at taking care of families because it realizes to keep quality people serving and defending the country, it must value and respect families.

He discussed Army Hawaii's massive effort to provide quality housing for its Soldiers and families.

"The best part of our housing project is that we are not just building houses; we're building communities," the colonel said.

On top of providing adequate housing to Soldiers and their families, Army Hawaii is at the forefront of the sustainability movement. Margotta expressed the garrison's and his personal commitment to the environment, saying he could drive any vehicle he wanted, but he drives a small Ford Hybrid car.

The Army is in the process of purchasing

electric cars for the garrison and is looking at various ways to improve energy efficiency. All of the new homes are built with photovoltaic electric generation systems and solar panels, producing more electricity than they consume.

"The Army is part of the community and committed to doing the right thing," Margotta said.

Much of doing the right thing translates into opportunities for local businesses. In the next few years, the Army will spend several billion dollars on military construction projects. According to Margotta, more than 60 percent of the dollars spent in USAG-HI goes directly to local businesses.

"My job is to help business people find their place at the table," said Christopher Dawson, president, Native Hawaiian Organizations Association. "Colonel Margotta did his job by saying here it is; it's coming. Our job is to figure out how to provide value to the Army."

"I wanted to show people that the Army is not just a nameless, faceless organization, but it is made up of people who are a contributing members of the Hawaiian community," Margotta said. "Our Soldiers and families become an integral part of the community while stationed in Hawaii.

"They possess the same values, beliefs, and over time, gain the same respect for the Hawaiian culture and land that the native people do."

News Briefs

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

10 / Today

Crime Tips — Community members can now submit anonymous crime tips to the military police via cell phone text messaging or online.

To submit a text message tip through your personal cell phone, send "TIP730" along with your tip information to the number "Crimes" (274637).

To submit a tip online, visit www.militarycrime.com.

Installation Access Office — U.S. Army-Hawaii personnel, local community members and business people who meet access control requirements can now obtain installation access picture IDs at Fort Shafter Flats.

The office, located at Building 1599, Room 110 (adjacent to Vehicle Registration), will be open Tuesdays and Thursdays, 9 a.m.-3:30 p.m., closing for lunch from 11:30 a.m.-noon.

The Directorate of Emergency Services anticipates expanding the service to Monday-Friday within the next 90 days. The Leilehua Golf Course Installation Access Control Office's hours of operation remain unchanged, Monday-Friday, 9 a.m.-3:30 p.m.

Athletic Field Closure — The following athletic fields will be closed due to an irrigation system being installed:

- Stoneman softball field, Oct. 6-13;

- Stoneman stadium infield, Oct. 14-26;

- Gimlet softball field, Oct. 27-Nov. 7.

- Patriot Park, Nov. 10-23

- Watts Field, Nov. 24-Dec. 14

- Wheeler Army Airfield's baseball fields, Dec. 15-31
Call 655-9915/9654.

Vehicle Resale Lot Relocated — The Resale Lot, located behind the Schofield Barracks Commissary, has relocated to the parking lot behind the post office.

The service is now free; however, authorized patrons must register U.S. Army Garrison-Oahu. 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.

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 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.

SEE NEWS BRIEFS, A-7

Domestic abuse includes emotional, financial control

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



CORA HODGES

Victim Advocate Coordinator

Domestic abuse occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Abusers don't "play fair." They use fear, guilt, shame and intimidation to wear you down and gain complete power over you. They may threaten you, hurt you or hurt those around you.

Domestic abuse that includes physical violence is called domestic violence.

Victims of domestic abuse or domestic violence may be men or women, although women are more commonly victimized. Except for the gender difference, domestic abuse doesn't discriminate. It happens within all age ranges, ethnic backgrounds and financial levels. The abuse may occur during a relationship, while the couple is breaking up or after the relationship has ended.

Despite what many people believe, domestic violence is not due to the abuser's loss of control over his or her behavior. In fact, violence is a deliberate choice made by the abuser in order to take control over their spouse or partner.

Types of domestic violence and abuse

Types of domestic abuse include emotional, physical, sexual and economic. Many abusers behave in ways that include more than one type of domestic abuse, and the boundaries between some

Hope hangs on Clothesline Project

CORA HODGES

Victim Advocate Coordinator

SCHOFIELD BARRACKS — In commemoration of Domestic Violence Awareness Month, the Clothesline Project for U.S. Army Garrison-Hawaii kicked off at the Main Post Exchange, Oct. 1.

The project consists of a display of T-shirts designed by survivors of domestic violence. The concept was simple: Let each person tell his or her story in their own unique way, using words or artwork to decorate a shirt. Once finished, the person hangs the shirt on the clothesline.

The process acts as an educational tool for those who come to view the clothesline, and it becomes a healing tool for those who made a shirt.

By hanging a shirt on the line, survivors, friends and family can literally turn their back on some of the pain of their

experience and walk away. Also, the clothesline allows those still suffering in silence to understand they are not alone.

"The display is a very powerful message of healing the wounds of domestic violence," said Bernadette Wong, family advocacy education specialist. "The clothesline is here to make others aware that domestic violence is here and happening."

Visual artist Rachel Carey-Harper was moved by the power of the AIDS quilt and presented the concept of using shirts on a clothesline as the vehicle for raising awareness about domestic violence.

The idea of using a clothesline is natural. Doing laundry has always been considered women's work, and in the days of close-knit neighborhoods, women were often exchanging information over backyard fences while hanging clothes out to dry.

of these behaviors may overlap.

Emotional or psychological abuse. Emotional or psychological abuse can be verbal or nonverbal. Its aim is to chip away at your feelings of self-worth and independence. If you're the victim of emotional abuse, you may feel that there is no way out of the relationship or that without your abusive partner you have nothing.

Emotional abuse includes verbal abuse such as yelling, name-calling, blaming and shaming. Isolation, intimidation and controlling behavior also fall under emotional abuse. Additionally, abusers who

use emotional or psychological abuse often throw in threats of physical violence.

You may think that physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with scars. But, the scars of emotional abuse are very real, and they run deep.

In fact, emotional abuse can be just as damaging as physical abuse — sometimes even more so. Furthermore, emotional abuse usually worsens over time, often escalating to physical battery.

Physical abuse. When people talk

about domestic violence, they are often referring to the physical abuse of a spouse or partner. Physical abuse is the use of physical force against someone in a way that injures or endangers that person.

A broad range of behaviors come under the heading of physical abuse, including hitting, grabbing, choking, throwing things and assault with a weapon.

Physical assault or battering is a crime, whether it occurs inside or outside of the family. Police have the power and authority to protect you from physical attack.

Sexual abuse. Sexual abuse is common in abusive relationships. Any situation in which you are forced to participate in degrading sexual activity is sexual abuse.

Forced sex, even by a spouse or intimate partner with whom you also have consensual sex, is an act of aggression and violence.

Furthermore, women whose partners abuse them physically and sexually are at a higher risk of being seriously injured or killed.

Economic or financial abuse. Remember, an abuser's goal is to control you, and he or she will frequently hurt you to do that. In addition to hurting you emotionally and physically, an abusive partner may also hurt you in the pocketbook.

Economic or financial abuse includes the following:

- Controlling the finances,
- Withholding money or credit cards,
- Giving you an allowance,
- Making you account for every penny you spend,
- Stealing from you or taking your money,
- Exploiting your assets for personal gain,
- Withholding basic necessities (food, clothes, medications or shelter),
- Preventing you from working or choosing your own career, and/or
- Sabotaging your job (making you miss work or calling constantly).

News Briefs

From A-6

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.

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.

22 / Wednesday

Post Exchange Meeting — The next Fort Shafter Post Exchange/Market meeting for the Oahu South community will be held Oct. 22, 10-11 a.m., at the U.S. Army Garrison-Oahu Conference Room, Building 344, 263 Montgomery Drive.

All Fort Shafter community members are invited to attend and provide input. Call Rosey Stone at 438-6147 for more details.

23 / Thursday

Volunteer Ceremony — The next 25th

Infantry Division Quarterly Volunteer Ceremony will be held at Schofield's Post Conference Room, Oct. 23, 10 a.m.

Retirement Ceremony — The next 8th Theater Sustainment Command and 25th Infantry Division retirement ceremony will be held at the Nehelani, Schofield Barracks, Oct. 23, at 2 p.m.

28 / Tuesday

No Walk In Hours — The Schofield Barracks Veterinary Treatment Facility will not hold walk-in hours Oct. 28. Over-the-counter sales will still be available.

For pet-related emergencies, use off-post veterinary facilities. Call 433-8544.

Ongoing

Abandoned Vehicles — With upcoming deployments, Soldiers and their family members are reminded of the importance of having a vehicle care plan set in place before they leave Hawaii.

Vehicles are considered abandoned when two of the three have expired: the post decal sticker, the vehicle registration sticker or the state inspection sticker.

On post, military police will place a notice on cars that are considered abandoned. After 72 hours, abandoned vehicles are subject to being towed at the owner's

expense.

For more information on setting up a vehicle care plan and what options are available for deploying Soldiers, contact your chain of command.

Mass Transportation Benefit Program — Soldiers, Department of the Army civilians and nonappropriated fund employees are eligible to receive free vouchers, redeemable for monthly bus passes and/or vouchers for monthly participation in the Hawaii Vanpool Program.

The program was initiated six years ago, and the objective is to ease traffic congestion and air pollution.

Call Keith Daszek at 656-8720 to apply.

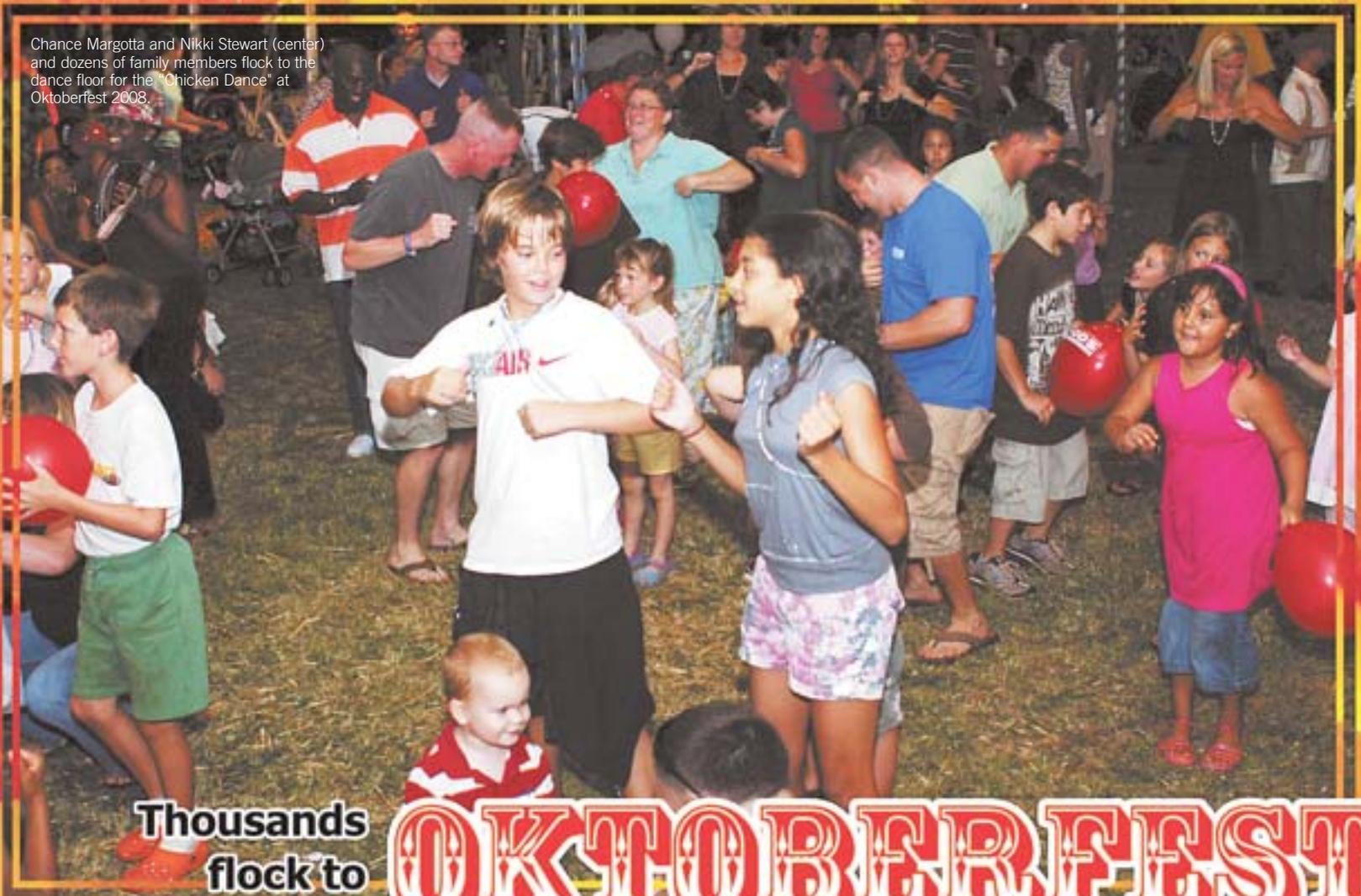
PAU HANA

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

"When work is finished!"

FRIDAY, OCTOBER 10, 2008

Chance Margotta and Nikki Stewart (center) and dozens of family members flock to the dance floor for the "Chicken Dance" at Oktoberfest 2008.



Thousands flock to Schofield for

OKTOBERFEST 2008

Story and Photos by
KYLE FORD
News Editor

SCHOFIELD BARRACKS — Soldiers and family members broke out their lederhosen, feathered hats and appetites for Oktoberfest 2008, at Sills Field, here, Friday.

More than 3,000 people enjoyed the German feast of bratwurst, spatzle and sauerkraut, in addition to traditional music and games.

"This Oktoberfest is dedicated to the 25th Infantry Division and the 3rd Infantry Brigade Combat Team and all the troops preparing to deploy from Hawaii," said Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii. He also recognized redeploying Soldiers.

Several teams competed for Hale Koa gift certificates and other prizes in games such as the Beer Bat Relay, Schlagel (Stick) Pull, Beer Jug Relay, Fastest Beer Chugging Contest, Queen Stein Carrying Contest and a dance competition.

The Village Musicians from Maui provided authentic polkas, waltzes, marches and schottisches collected in Germany and Switzerland, and of course, the "Chicken Dance."

Soldiers and families took advantage of the opportunity to relax and have fun before deployment.

"It's an opportunity to get out of uniform and forget about work for a little while," said Staff Sgt. Jose Cardenas, A Company, 2nd Battalion, 35th Infantry Regiment.

"Oktoberfest here is especially good because my wife is German," said Staff Sgt. Blake Gibson, B Company, 2nd Battalion, 27th Infantry Regiment.

Mandy Gibson agreed, saying it was the best Oktoberfest she'd been to since she's been in the U.S.

In addition to providing free tickets to deploying Soldiers and their families for the festival, Family and Morale, Welfare and Recreation (FMWR) arranged for a designated driver program. Several vans were available to take guests home throughout the Oahu Army community.

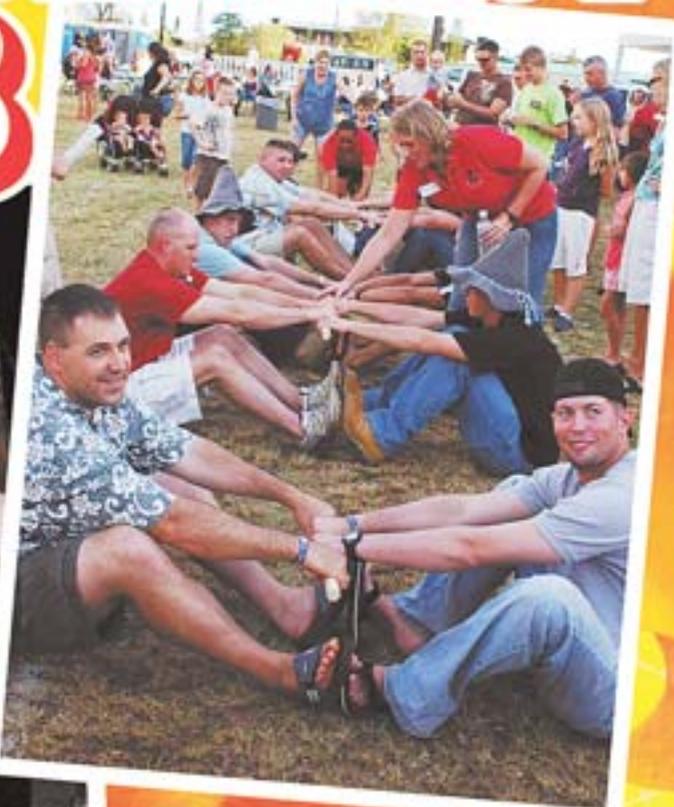
"We were happy to get free tickets and have the chance to attend this friendly family event," Cardenas said.

"Safety is our priority," said Jack Weirs, marketing director, FMWR.

The original "Oktoberfest" began in Munich, Oct. 12, 1810, to commemorate the marriage of Crown Prince Ludwig of Bavaria (later King Ludwig I) and Princess Therese of Saxe-Hildburghausen.



Staff Sgt. Blake Gibson, B Company, 2nd Battalion 27th Infantry Regiment, and spouse Mandy, put their best Bavarian feet forward, Friday.



Contestants prepare for battle during the Schlagel (Stick) Pull.



Pfc. Chris Rivera, 3rd Squadron, 4th Cavalry Regiment, navigates the cones after spinning around a bat during the Beer Bat Relay, Friday.



10 / Today

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 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.

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.

13 / Monday

Individualized Education Plan Workshop – The Exceptional Family Member Program (EFMP), Army Community Service (ACS), will host a three-session Individualized Education Plan (IEP) workshop, Oct. 13, 15 and 16, 6-9 p.m., at ACS, Schofield Barracks.

This workshop will equip parents with the tools to understand Hawaii's Special Education laws, evaluations and the development of the IEP. Registration is required. Call EFMP at 655-4ACS (4227).

14 / Tuesday

English as a Second Language – This adult education course will address the fundamentals of the English language and is appropriate for beginners and those who desire to improve their written and verbal communication skills.

The class runs Tuesdays and Thursdays, Oct. 14-Dec. 16, 8:30-11 a.m. Registration is required, and the course costs \$20.

Call Army Community Service at 655-4ACS (4227) for more information.



Jeremy S. Buddemeier | U.S. Army Garrison-Hawaii Public Affairs

Will work for backscratches

SCHOFIELD BARRACKS — Sgt. Patricia McMurphy, 13th Military Police Detachment, and "Mandy" her 5-year-old German Shepherd military working dog, befriended (from right to left) Sorenya Jean, 6; Thorin Jean, 8 (obscured); and Kylee Barnes, 6, at the Tropic Lightning Museum's Living History Day, Saturday.

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 the Schofield Barracks Commissary.

All nonperishable 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,

9:30 p.m., at the Tropics, Schofield Barracks.

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

Volunteers Needed – The 2009 U.S. Army Garrison-Hawaii Installation Army Family Action Plan (AFAP) is right around the corner. The first meeting is Oct. 16, 5:30-6:30 p.m.

Planners are recruiting volunteers to participate as facilitators, recorders, transcribers, issue/conference support and observers.

Send your applications to Tracey Clark at Army Community Service via e-mail – tracey.clark@us.army.mil – or fax 655-1654.

Resource Workshop – The New Parent Support Program (NPSP) will hold a Resource Group Workshop, Oct. 16, 9-11 a.m., at Army Community Service (ACS) at Schofield Barracks and Fort Shafter.

The workshop provides important information on the Nurturing Parent curriculum, resources available in the community and short videos on preventing shaken baby syndrome and basic newborn care. Call 655-4ACS (4227).

Active Communication – Learn new communication skills Oct. 16, 3-4:30 p.m., at Army Community Service, Schofield Barracks, in this workshop.

Effective communication skills can help improve relationships and break down barriers to quality communication in all your relationships. Call 655-4ACS (4227).

17 / Friday

Newborn Care – How come they don't come with instruction manuals? Taking care of a newborn for the first time can be scary.

From holding to diapering to bathing, come learn the basics of newborn care in Newborn Care Classes I and II. Classes meet Oct. 17 and 24, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. Call 655-4ACS (4227).

20 / Monday

Active Parenting Class – The New Parent Support Program (NPSP) will offer a one-day parenting class for parents of children ages 1-4 years, Oct. 20, 9-11 a.m., at Army Community Service (ACS), Schofield Barracks.

The class will teach parenting skills to enrich the parenting experience, teach parents how to recognize developmental milestones and teach them how to respond to difficult behavior in children. Call 655-4ACS (4227) to register.

22 / Wednesday

Breast Feeding Basics – Though it's one of the most natural things in the world, for many moms, breastfeeding can be confusing. Learn about getting started, overcoming challenges and the importance of breastfeeding for your baby.

Class meets Oct. 22, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. Call Army Community Service at 655-4227.

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.

23 / Thursday

Stress Solutions Class – Are you stressed out? Can you use some creative ways to manage your anger? Learn basic information for designing a personalized stress program, Oct. 23, 3-4:30 p.m., at Army Community Service, Building 2091, Schofield Barracks.

22 / Wednesday

Post Exchange Meeting – The next Fort Shafter Post Exchange/Market meeting for the Oahu South community will be held Oct. 22, 10-11 a.m., at the U.S. Army Garrison-Oahu Conference Room, Building 344, 263 Montgomery Drive.

All Fort Shafter community members are invited to attend and provide input. Call Rosey Stone at 438-6147 for more details.

24 / Friday

Orchestra Performance – The Oahu Civic Orchestra will perform pieces from "West Side Story," "Swan Lake" and other musicals, Oct. 24, 7-8:30 p.m., at Pearlridge Shopping Center's Uptown Center Court. Call 488-0981.

25 / Saturday

Holiday Faire – The Children's Center Inc. Preschool's 24th Annual Holiday Faire will be held Oct. 25, 8:30 a.m.-2:30 p.m., at the Nuuanu Congregational Church.

The faire will feature family-style fun and food, keiki games/activities, crafts, baked goods, a country store, plants, silent auction, white elephant, raffle and entertainment.

Children ages 2-6 can sign up for the free Halloween parade, to be held 10-11 a.m. Admission and parking are free. Call 595-6341.

Blues Festival – Coming to the Beyond the Blues Festival, featuring home style blues and rich, smooth jazz, Oct. 25, 10 a.m.-3 p.m., at Pearlridge Shopping Center's Uptown Center Court. Call 488-0981.

26 / Sunday

Poker Run & Motorcycle Show – A poker run and motorcycle show will be held Oct. 26 across four military installations, beginning and ending at Sand Island. Instructors from the Motorcycle Safety Foundation will be on hand to pass out materials and talk about safety classes. Cost is \$15 for the poker run and \$5 to enter your motorcycle in the show. Call Jimmy Martin at 843-3895.



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

Helemano (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



Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



The Rocker

(PG 13) Friday, 7 p.m.

The Long Shots

(PG) Saturday, 2 p.m.

Mirrors

(R) Saturday, 7 p.m.



Star Wars: The Clone Wars

(PG) Sunday, 2 p.m.

No shows on Mondays or Tuesdays.



Send announcements to community@hawaiiarmyweekly.com.

10 / Today

Interviewing Skills & Dress For Success Workshop – This workshop will prepare attendees for the interview process. The workshop will be held today, 9-11 a.m., at Army Community Service (ACS), Schofield Barracks.

Call ACS at 655-4227 or register online at www.acsclasses.com.

Preview Polar Plunge – Special Olympics Hawaii, will host a fundraiser, today, 6 a.m. through Oct. 11, 6 a.m., at Sam Choy's in Honolulu.

Participants who each raise at least \$1,000 for Special Olympics will "plunge" once an hour, every hour for 24 hours in a bath of icy water.

Call 943-8808, ext. 33, for more info.

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

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 copy-righting, 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 is encouraging attendees to come in their cultural outfits, modern or classic.

Visit www.womenofourworld.com.

14 / 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 comfortable walking shoes. Reservations are required.

E-mail filmguy54@hotmail.com, visit www.stevestoursandfilms.vpweb.com or call 395-0674.

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. Five guest speakers and a dance performance are scheduled. Call 438-5111.

16 / Wednesday

Tour of Wahiawa – Registration is due Oct. 16 for the free bus tour of Wahiawa, Oct. 18, 10 a.m.

The 45-minute tour will begin and end at Center Street and is offered by the Wahiawa Community and Business Association's Community Strengthening Program.

Seating is limited and reservations are required. Call 621-6531.

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. 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.

17 / Friday

Employment Orientation – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers, Web tour and more will be available for use.

Orientations will be held at Schofield Barracks, ACS, Oct. 17 and 24, 9-10:30 a.m. Call ACS at 655-4227 or register online at www.acsclasses.com.

Child care vouchers are available if children are registered and space is reserved by a parent.

Deployment Expo – The 84th Engineer Battalion will host its deployment expo, Oct. 17, 8 a.m.-noon, at the Nehelani, Schofield Barracks. Call 655-4358 for more details.

18 / Saturday

Fall Festival – Wahiawa's shopping and town centers will host a Fall Festival, Oct. 18, 11 a.m.-1 p.m., in the shopping center parking lot on California Avenue, by Longs Drugstore.

Highlights include a make-and-take mini-pumpkin decorating station, a Ferris wheel, a turbo tubs ride, bounce playhouse and free fall-themed photos. Call 262-0687.

21 / Tuesday

Free Online Job Training Classes – Attend job search training from your home or office. All you need is a phone and a computer. Attend Oct. 21, 10-11 a.m., for a class on Strategies for Private Sector Resume Writing.

Register at www.acshiemployment.com and click on the TeleSeminar link under the Virtual Classes header. Call 655-4227 for more information.



Quilts warm, comfort the hearts of families with deployed troops

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Quilting is a skill I have yet to master, but not because my mother didn't try to teach me.

As a child, I watched her diligently work at a long table, numerous fabric patterns spread to each side. As she patiently explained the process, I watched her needle-battered fingers tell a story as well.

It never stuck, but the memories stitched within the quilts she made will live on forever.

Every quilt tells a story — some of patriotism, keeping Soldiers warm at night during the Civil War — while others, with fabric from a baby blanket, allowing adults to warm themselves in the nostalgia of their childhood.

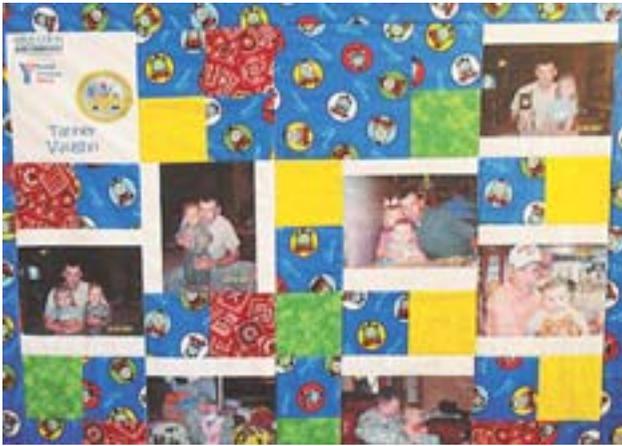
Through Operation Kid Comfort, volunteers from around the country are putting their quilting skills to work, warming the hearts of many military families of deployed Soldiers.

In an effort to provide a treasured gift to military families who endure long separations from loved ones, photo-transfer quilts are gifted to young children depicting images of their deployed parent.

"The spouses and children of deployed men and women need to know their service to this country has not gone unnoticed," said volunteer and quilting artist Ellen Huntley. "I love quilting, and this is a little thing I can do from my corner of the world."

"It means so much to the families," added Huntley.

The Armed Services YMCA's (ASYMCA) program was created in 2004 at Fort Bragg and Pope Air Force Base in Fayetteville, N.C., to address the emotional stress that children of military personnel suffer dur-



Courtesy Photo

Photo-transfer quilts like the one pictured above are gifted to young children of deployed Soldiers through Operation Kid Comfort. To date, military family members nationwide have received more than 5,000 quilts depicting images of a deployed parent to ease the anxiety of long deployments.

To receive a quilt or learn more about supporting military families through volunteer opportunities and donations, e-mail operationkidcomfort@gmail.com or call the Hawaii ASYMCA at 473-0200.

ing a parent's absence.

The program provides free quilts for children ages 6 and under and pillows for children ages 7 and up.

Volunteers collect photographs from military families to make the photo-transfer quilts. With the help of local quilting artists, volunteers learn the basic steps of quilt making, how to crop and scan pictures, and how to prepare the fabric and use the equipment.

"My children are too young to fully understand why their father is gone for so long," said family member Marie Grimsley. "This is the per-

fect way to have daddy with them at all times."

To date, more than 5,000 quilts have been given out nationwide.

"The response to the program has been overwhelming, and it's really amazing how word of the program spread," said Susan Simms, manager of Branch and Corporate Relations, ASYMCA. "I had one quilter say it was like 'adopting grandchildren for a day or so' ... it's infectious."

Volunteers, as well as quilting supplies, are always in demand.

"When the children see these quilts, the look on their face is amazing," said Kathy Kinneman, community relations and fund development, ASYMCA.

Kinneman recalled a time when a 3-year-old pulled out her quilt and yelled, "It's daddy!"

"There was not a dry eye in the place," Kinneman said. "It was a precious moment for everyone involved."

Gift cards deliver downrange

**ARMY & AIR FORCE
EXCHANGE SERVICE**
News Release

DALLAS — The Army & Air Force Exchange Service (AAFES) is now making gift cards available to the general public.

This action means any American can now leverage the exchange benefit on behalf of military families across the globe by simply logging on to www.aafes.com or calling a toll-free number.

"We're not even charging to ship these cards," said Chief Master Sgt. Jeffrey Helm, senior enlisted advisor, AAFES. "Whether the AAFES gift card is sent down the street or overseas, shipping is free."

"This might be the only troop support program available where every single dollar dedicated to supporting the

On The WEB
For more, visit www.aafes.com
or call 877-770-4438.

military actually makes it to the Soldier, Airman, Sailor or Marine who needs it," he continued.

AAFES gift cards can be redeemed at post and base exchanges around the world by active duty troops and their families, as well as military retirees.

"With the economy the way it is, now is not the time to haphazardly guess what someone needs to brighten their day or pay extra money for shipping," said Helm. "AAFES gift cards not only eliminate all shipping costs, but also put the power of choice in the hands of the spouse waiting for the re-

turn of a loved one, retiree trying to make the best of a turbulent economy, or service member far from home."

Shipping costs are mitigated through an AAFES gift card because exchange facilities are already stocked with magazines, snacks and electronics troops want, as AAFES' mission is to provide quality merchandise and services at competitively low prices.

"The products are already there and on the ground," said Helm. "All that needs to be sent is a lightweight plastic card that can be redeemed for a movie, phone call home, or even gasoline for a much-deserved weekend getaway."

In addition to exchange gift cards, any American can also send a gift certificate that can be redeemed through the exchange's mail order catalogs or Web site.

AAFES earns an 'A' with its 'You Made the Grade' rewards program

**ARMY & AIR FORCE
EXCHANGE SERVICES**
News Release

DALLAS — The Army & Air Force Exchange Service (AAFES) is moving military students who excel in the classroom to the head of the class with its "You Made the Grade" program.

Now in its eighth year, the education rewards initiative recognizes students who maintain a "B" average or better with a booklet chockfull of complimentary prizes for every qualifying report card.

AAFES' "You Made the Grade" booklet includes coupons for a variety of free offers such as admission for two to a Reel Time Theater, a Burger King hamburger kid's meal, a slice of Anthony's pizza and medium drink, and even a magazine of the student's choice.

Each booklet also contains an entry form for a quarterly drawing in which three win-

ners are randomly awarded savings bonds in \$2,000, \$3,000 or \$5,000 denominations.

"You Made the Grade" is a great vehicle for recognizing military students who excel, oftentimes through adversities that the average student does not face, such as a deployed parent or frequent moves," said Maj. Edwina Walton, public affairs officer, AAFES.

To receive the AAFES "You Made the Grade" booklet, students must present a valid military ID card and proof of an overall "B" or better average to their local base or post exchange.

Students may receive one coupon package for every qualifying report card, but they may enter the savings bond drawing only once per calendar year.



10/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 Reservation, 836-1923; Schofield Barracks, 655-6465; or Helemano Military Reservation, 655-0883.

Visit mwrarmyhawaii.com.

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.

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. 11, 2-4 p.m., at Richardson Pool, Schofield Barracks. Call 655-0143 to register or learn more.

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.

14/Tuesday

Ladies Fitness Classes – Cardio Step & Circuit and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center during 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.

Mini Basketball – Registration ends Oct. 14 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



Elsie Jackson | Fort Benning Public Affairs

Ruff match

FORT BENNING, Ga. — Staff Sgt. Andrew Ruff (left), Tripler Army Medical Center, grapples with Master Sgt. John Long, Fort Bragg, N.C., during the U.S. Army Combatives Invitational Tournament, held Oct. 4-5. Ruff took second place in the light heavyweight category.

p.m. The \$15 fee includes a youth T-shirt and a sports ball. Call AMR, 836-1923, or Schofield Barracks, 655-6465/0883.

15/Wednesday

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. 22, 8:30-11 a.m. Classes will be held every Wednesday. Each session costs \$10. Call 655-0143 for more information.

17/Friday

Halloween Dodge Ball Tournament – The deadline to apply for the Family and



Send sports announcements to community@hawaiiarmyweekly.com.

11/Saturday

Hockey Clinic – Professional ice and in-line hockey player Doug Jones will host a free hockey clinic, Oct. 11-12, at the hockey rink just inside the main gate of Marine Corps Base Hawaii, Kaneohe Bay.

This event is geared toward youth hockey players, everyone is welcome, beginners and experienced players alike.

Attendees are required to RSVP to either Laurie Apiki (247-7628 or 285-3985) or Leo Castillo (263-3244 or 351-0369).

Visit www.oihl.org.

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a hike through Kaimuki Ridge. Take a walk on the wild side of the mountains in the heart of the city at the top of Maunalani Heights.

The beginning of the trail is a bit hot and dry with a rocky descent, but soon passes through a cool, forested area where the hiker is rewarded with windswept views at the summit.

This intermediate hike is 7 miles. Call Doug Klein at 263-8330.

Save the date for these upcoming hikes:

- Oct. 19, an 8-mile intermediate hike through Waianae Ramble.
- Oct. 25, a 4-mile intermediate hike through the Nuuanu Valley hillside.

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.

18/Saturday

Hawaii Streetball Association – The next Hawaii Streetball 3-on-3x3 Tournament will be held Oct. 18, 10 a.m., at Ilima Intermediate School, Ewa Beach.

The Hawaii Streetball Association is looking for teams to join and represent all communities on Oahu, including all branches of the military.

E-mail hsba@hiteamsports.com or call 218-4060.

24/Friday

Lacrosse Tournament – The 18th Annual Hawaii Lacrosse Invitational Tournament is Oct. 24-26 at Kapiolani Park, Diamond Head side in Waikiki.

Since 1991, the Hawaii Lacrosse Invitational has welcomed men and women

lacrosse players from across the globe as well as kamaaina for a weekend of world-class lacrosse, live entertainment, free clinics and more.

Visit www.hawaiilacrosse.com.

Ongoing

Hawaii Youth Triathlon Club – Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sports club run by athletes.

Membership is \$50 and includes an annual membership with USA Triathlon, insurance during training, a swim cap and club certificate, review clinics and newsletter.

Visit www.hawaiouthtri.com.

TOPS – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, dis-

Morale, Welfare and Recreation (FMWR) dodge ball tournament, Oct. 27-31, is Oct. 17.

Teams may be co-ed and must have at least six people. All teams are highly encouraged to participate with costumes.

Call the Fort Shafter Fitness Center at 438-1152.

Swimming Day – The Exceptional Family Member Program (EFMP) will hold swimming days Oct. 17, 2:30-5 p.m., at the Richardson Pool, Schofield Barracks, and Oct. 24, 2:30-5 p.m., at Tripler Army Medical Center's pool.

Swimming provides families with special needs an opportunity to meet other families with unique challenges and to schedule some fun.

Children and their families can feel free to enjoy togetherness and fun in a stress-free environment.

Registration is required, call EFMP at 655-4ACS (4227).

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.

cuss concerns and provide encouragement to each other.

Call Cheryl at 696-4423 for more information.

Escrima Classes – Pedoy's School of Escrima, the Filipino art of self-defense, holds classes every Tuesday, Thursday and Sunday at its training center in Waipio. Sessions cover hand-to-hand fighting, weapons, grappling, boxing and kicking. Call 678-2438 or 216-3211.

Escrima classes for men, women and children of all ages are also held at Mililani Elementary School. Develop character and self-confidence during a Wednesday class, 6:30-7:30 p.m., or Saturday class, 9:30-10:30 a.m.

Call 398-0119 for details.

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

'Broncos' gear up for deployment

3RD INFANTRY BRIGADE COMBAT TEAM
News Release

SCHOFIELD BARRACKS – After running three miles during the Brigade Run, Oct. 1, 3rd Infantry Brigade Combat Team (IBCT) Soldiers' families joined in for the final leg, from the Tropic Lighting Museum to F Quad.

Following the team-building event, Maj. Gen. Robert Caslen Jr., commanding general, 25th Infantry

Division, spoke to Soldiers and family members about their upcoming deployment and the mission in Iraq.

The unit, which will deploy to Iraq over the next several weeks, completed training at Pohakuloa Training Area on the Big Island in June and at the National Training Center at Fort Irwin, Calif., in August.

The deployment ceremony was held Friday.



Staff Sgt. Michael Nash, a military policeman assigned to Headquarters and Headquarters Company, 3rd Brigade Special Troops Battalion, runs with his son Ryan, 4, during the 3rd Infantry Brigade Combat Team's (IBCT) Brigade Run, at Schofield Barracks, Oct. 1.

Photos by Staff Sgt. Tim Meyer
3rd Infantry Brigade Combat Team Public Affairs



Leading the pack during the 3rd Infantry Brigade Combat Team's Brigade Run are (from left to right) Maj. Gen. Robert Caslen Jr., commanding general, 25th Infantry Division; Col. Walter Piatt, commander, 3IBCT; and Lt. Col. David Snodgrass, deputy commanding officer, 3IBCT.



Soldiers from units in the 3IBCT do pushups to decide the order of march for the Brigade Run. The 3IBCT is preparing for its deployment to Iraq later this month.

October 10, 2005

Going **Green**

Sustainability at U.S. Army Garrison-Hawaii



Confessions of an
energy monitor

C-4

Vouchers for using
public transportation

C-6

AHFH LEEDS
sustainable design

C-8

Sustainable fun for
keiki

C-14

Sustainability is vision of present, future needs

COL. MATTHEW MARGOTTA

Commander, U.S. Army Garrison-Hawaii

Sustainability. It is a word that keeps popping up in modern culture; yet, many are still struggling over its meaning.

The classic definition of sustainability comes from the United Nations Brundtland Commission of 1987, which gave us a *vision* of resource utilization. That vision stated, "We must meet the needs of the present without compromising the ability of future generations to meet their own needs."

The business world has adapted this definition of sustainability into a "triple bottom line" – simultaneously caring for *people*, the *planet*, while at the same time, making a *profit*.

In Army terms

We defined sustainability as providing the means to accomplish today's missions while still accounting for and allowing us the *financial, personal, natural and environmental resources* required to accomplish future missions.

In line with our business counterparts, the Army created its own triple bottom line, focusing on *mission, community and the environment*, while also being fully cognizant of cost.

On environmental awareness

In the growing culture of environmental awareness, our military and our Army face many challenges. Threatened and endangered species, unexploded ordnance, demands for land and air space, encroachment, urban growth, air quality and noise are all hurdles that impact the military's ability to train and operate effectively.

Through sustainability efforts – like environmental compliance and conservation, environmentally friendly products and services, and partnering with communities to plan and avoid encroachment – we're beginning to eliminate some of these challenges and sustain readiness.

At the Garrison

U.S. Army Garrison-Hawaii (USAG-HI) has started embracing sustainability in many areas, but work still needs to be done on documenting our successes and establishing realistic goals and objectives to move ourselves forward toward a sustainable future.

As a part of this effort, in 2007 and 2008, USAG-HI documented its past, current and future sustainability initiatives in the garrison's strategic plan. USAG-HI is also in the process of document-

ing its current baseline and creating a future sustainability vision that ensures a *garrison-wide* culture of sustainability awareness and practices – involving everyone from Soldiers, civilians, tenant units, contractors and all those who partner with the Army.



Margotta

Garrison sustainability

USAG-HI's sustainability baseline is *robust*, with aggressive sustainability initiatives that span the entire U.S. Army Hawaii.

The garrison is an ardent steward of natural and cultural resources here in Hawaii. Its environmental staff oversees more than 100 threatened and endangered species on Army lands in Hawaii, and notably, they have played a vital role in saving two native species, the Hawaiian mint and the Hawaiian bellflower, from extinction.

Between 1985 and 2005, U.S. Army Hawaii's relative energy consumption was well below the Army's overall energy consumption. However, due to our

growth, which included more Soldiers and families, new and renovated facilities, and more, our energy use has increased significantly.

In an effort to keep energy consumption levels down, the USAG-HI energy program has adopted the five Army energy imperatives:

- 1) Eliminating waste in existing facilities,
- 2) Increasing energy efficiency in new facilities and projects,
- 3) Reducing dependence on fossil fuel,
- 4) Conserving water resources, and
- 5) Improving energy security.

Energy conservation

Energy conservation and focus on environmentally friendly building processes are two other large sustainability initiatives.

When completed, the Army Hawaii Family Housing (AHFH) Residential Communities Initiative (RCI) will be one of the largest solar-powered communities in the world.

Photovoltaic panels (PV) will provide approximately 30 percent of our housing community's electrical needs – in the long run, saving us millions of dollars – money that can be put back into enhancing the quality of our communities.

While using solar power to produce clean energy, AHFH is also incorporating sustainable design to reduce consumption with things like solar hot water heaters, insulated walls and attic spaces, ridge vents on roofs, and high-efficiency air conditioners.

Additionally, the AHFH Recycling and Green Design program has recycled more than 80,000 tons of material from our demolished homes at Schofield Barracks.

Our future

Ideas for future sustainability initiatives abound. There are several ideas in the works to decrease fossil fuel dependence, using renewable fuel sources, instead.

We are partnering with the Hawaiian Electric Company (HECO) on plans for a Kahuku Wind Farm, as well as a distributed generation biodiesel electric plant that will provide "independent" power capability to our northern Oahu communities.

We are also working on solar and photovoltaic projects at Pohakuloa Training Area (PTA) and partnering with the National Park Service on a hydrogen fuel plant at Kilauea Military Camp (KMC) recreation center, enabling us to

SEE MARGOTTA, C-15

Energy conservation works at home, office

ROBIN HIBLER

Energy Conservation Manager,
Directorate of Public Works

Energy conservation. Most of us do it at home – turning off lights when we leave a room, setting the thermostat a few degrees higher or turning the air conditioner (AC) off completely when we leave the house for the day.

These are simple actions that most people do without much thought at home, because we pay for the electricity. As we all know, electricity is not cheap and continues to increase in cost, rapidly in Hawaii.

Those who live in military housing will soon be affected by electricity costs, as well. I am sure most, if not all, are aware that their homes will start being metered for their electricity use, leading to billing in the future.

The incentive to conserve is

obvious; it saves money. Besides that, many people conserve to help reduce the use of limited resources, these being water, electricity and dollars.

Notice a recurring theme here? Money is the largest single driver behind the bulk of conservation.

We take simple actions to conserve at home, why not at work? Do you know the main reason why the largest driver behind most conservation is removed? It's because the electricity and water is free at work. Or, is it?

Well, not really, but we don't pay the bill, right?



Hibler

Wrong, again. We pay taxes don't we? Then we pay for those resources at work, as well.

Our current U.S. Army Garrison-Hawaii (USAG-HI) electricity bill for fiscal year 2008 is about \$68 million – \$15 million of that amount is over budget.

The other impact of escalating energy expenditures is that the more money we spend on wasted electricity and water in our work areas, the less money we have to spend on needed equipment and services that directly or indirectly support our mission.

In addition to the previously mentioned simple actions we can take to conserve, here are some more:

Shutting down the energy monsters. Are you aware that you are required to turn off your personal computer when you leave work for the day?

You are no longer supposed to

log off and leave the machine running so that updates can be downloaded at night. You are required to completely shut down the machine.

If there are updates, they will download automatically the next time the computer is turned on.

If you are asked by the information technology (IT) folks to leave your computer on for a couple nights, that is acceptable as they have some work to complete that requires this.

Shutting down your computer is a simple action that does not save a lot of money for each machine – it's about \$50. But, because of the sheer number of computers that we have, it will save us at least \$500,000 per year.

Limiting cold air. Using fans and turning down (or off) the air conditioner saves a lot, too. Air

SEE OFFICE, C-15



Inside

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Power struggles in the office are one BEM's story

STEFANIE GARDIN

U.S. Army Garrison-Hawaii Public Affairs

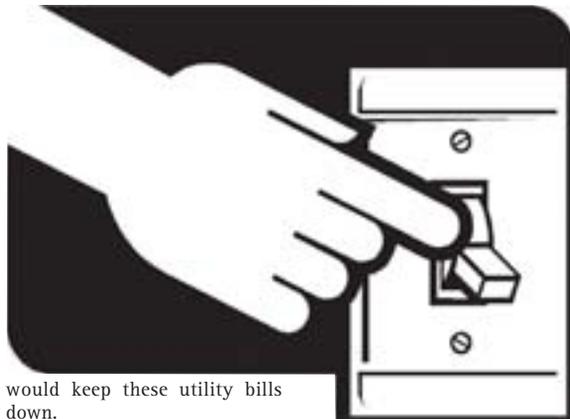
Gordon Ramsay has his "Kitchen Nightmares," Tabatha Coffey has her "Salon Takeover," and U.S. Army Hawaii (US-ARHAW) has its energy watchdogs.

In Ramsey's and Coffey's popular television shows, the stars visit local businesses that are in desperate need of an overhaul — new menus, new appearances, new staff management. The understanding is that if the businesses do not change their ways, an out-of-business sign is a sure bet for their future.

Each show spotlights a different business, but all of the businesses tend to have the same attitude: a reluctance to change.

When it comes to energy, US-ARHAW is facing that same dangerous attitude. Okay, realistically, the Army won't go out of business if it doesn't cut back on energy usage, but at the same time (contrary to wishful thinking), money doesn't grow on trees.

In order to pay increasing utility bills, the Army will have to take money from somewhere else, which seems kind of silly considering a simple flick of a switch



would keep these utility bills down.

What most people don't realize is that the simple things make a big difference. For example, changing a thermostat one degree Fahrenheit can result in a savings of 3 to 5 percent.

In 2008, USARHAW spent \$68 million on electricity, \$15 million more than the amount budgeted. If everyone on Army installations here raised their air conditioning by one degree, we might have saved more than \$2 million, just with that one little action.

USARHAW is combating this energy waste with energy watchdogs. In 2006, U.S. Army

Garrison-Hawaii (USAG-HI) implemented its Building Energy Monitor (BEM) program, designed to decrease utility consumption through increased accountability.

The BEM program applies to all USAG-HI directorates; tenant commands, activities and units; and even contractors, on Army installations in Hawaii.

In brief, the program mandates that every unit commander and directorate must have an overall Unit Energy Conservation Officer (UECO) for their organization and

BEM for each area of buildings he or she has a footprint in, according to Robin Hibler, BEM program manager, Directorate of Public Works.

These appointed individuals are USARHAW's energy watchdogs. They conduct routine checks of their areas and remind co-workers about the importance of energy conservation and existing energy standards, like turning off computers at the end of the day or not setting air conditioners lower than 74 degrees.

Confessions of a BEM

It just so happens that I am the BEM for our garrison Public Affairs Office, although sometimes our staff lovingly refers to me as the energy dictator, the conservation czar ... you get the picture.

Being the office BEM is not a hard job, but it does take a great deal of repetition.

Experts claim that an individual doesn't pick something up until he or she has heard it three to five times. While that may be true, knowing what you're supposed to do and actually doing it are two very different things.

Case in point, I've been the office BEM for several years now,

and while everyone in our office can dutifully recite the energy rules of the PAO kingdom (1. No air conditioners below 74 degrees, 2. Monitors and equipment turned off when not in use, 3. Computers turned off at the end of the day, 4. Lights off in unoccupied workspaces, and 5. Cell phone chargers unplugged when not in use), that doesn't mean they always adhere to the rules.

There are days when we're on the go, and we forget to turn off our monitors on the way to a meeting, or we've had a rough day and a quick escape from the office trumps staying an extra minute to make sure everything is off.

One morning I came into the office, and the first thing I noticed was that the air conditioner was set to 68 degrees. I asked who lowered the AC, and it wasn't a split second before my co-workers dimmed out the new employee.

That employee learned two valuable lessons his first day: One, energy conservation is a priority in our office; and two, it's every man for himself.

SEE STRUGGLES, C-12

Sustainable is new frugal, so consume responsibly

JEREMY S. BUDDEMEIER

Managing Editor

I'm not trying to brag or anything, but I've been sustainable since before it was cool.

In fact, I can't recall a time when I wasn't reducing, reusing and recycling.

Even at a young age, I was concerned about my children's and even their children's future. In no uncertain terms, I told my mom to forgo buying new toys; no ma'am, pots and pans would suffice.

The same was true for clothing. As the youngest of four, I didn't even know there were such things as clothes my brothers hadn't worn. And when I finally did get new clothes, they were never as comfortable. For me, there was an upside to hand-me-downs.

Even when I had a choice in the matter though, I was a model of sustainability.

When I had an allowance for lunch, I'd buy the cheapest thing on the menu — every single day.

With the money I saved, I bought my first skateboard, which is now considered an alternative form of transportation. How's that for visionary.

When I was finally old enough to drive, I never used the air conditioning; I rolled down the windows for nature's AC.

Back then, though, people like me weren't sustainable, we were just frugal.

My dad used to tell me I was cheap, just like my grandfather. But I took it as a compliment. I knew he really meant, "That's my boy; you're so sustainable."

The stereotypical curmudgeon, my grandpa would sweat in the Florida heat, watching TV on his porch, complaining about people "air conditioning the neighborhood" when they opened the door. He bought all his shirts at the flea market.

While I don't get my shirts from the Aloha Stadium Swap Meet (they're kind of expensive, yeah?), I'd say more than 80 percent of

my shirts are from Goodwill. And I've gotten so used to fans that most of the time AC seems too cold.

Again though, I'm not bragging, it's just how I grew up. Similarly, this thrifty mentality wasn't the cool or hip thing to do for people like my grandpa who lived through the Great Depression. Back then it wasn't about sustainability, it was about survival.

They stretched every bit of food, every resource, just a little bit further, and made do or did without — plain and simple.

Although the economic environment has changed dramatically, having that sustainable mindset has never been more crucial. In many cases, we are more wealthy as a society, but that doesn't mean we should consume more or let more go to waste.

As a planet, we're beginning to consume resources at a rate faster than they are produced. The U.S., which constitutes 5 percent of the world's population, consumes 25



can't afford to consume like we have in the past, we can't afford to ignore the consequences of our actions. We have to be more conscious in the choices we make.

Some call that conscious effort of consumption "preycling" — considering the consequences before you buy. It's like taking sustainability to the next level.

By preycling, instead of opting for the 100-percent recycled item, we ask ourselves if we could do without; not out of dire necessity like during the Depression, but out of a sort of global, neighborly consideration.

Who knows, perhaps in a few years, preycling will be the norm.

People will balk at others who consume without regard to others in their environment. Television ads will caution consumers to think about the consequences of their actions before they buy.

Or, perhaps that's too much of a stretch.

Either way, until that time, I'll be content being called frugal.

percent of its energy resources.

Think about that.

Again, because we have the means or the money doesn't mean we have the right to consume irresponsibly. We are interconnected with people we'll never meet through a web of limited resources.

And in the same way that we

'You Have the Power' campaign kicks off

STEPHANIE RUSH

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Over the next several months, Soldiers, U.S. Army Garrison-Hawaii (USAG-HI) employees and family members will begin seeing an increase in energy conservation messages, information on initiatives, and documentation about office compliance with garrison energy policies.

The Public Affairs Office, working closely with the Directorate of Public Works and the Plans, Analysis and Integration Office, is administering an internal communications plan aimed at educating the garrison on energy and utility conservation.

The campaign features posters and signs displayed around the garrison, articles printed regularly in the *Hawaii Army Weekly* and information broadcast on TV2, the garrison's command access channel.

Col. Matthew Margotta, USAG-HI commander, expects the message of the importance of con-



Visit www1.eere.energy.gov/femp/services/yhttp/ for more information on the "You Have the Power" campaign.

serving energy and cutting back on unnecessary utility usage will inform service members, garrison employees and family members of all the ways they can help save money and the environment.

"Energy prices have skyrocketed over the past year," Margotta said, in an earlier interview. "This has had a significant impact on USAG-HI, as this year we will spend \$68 million on electricity alone."

That yearly figure is more than \$15 million over what was budgeted.

To keep the plan consistent, the Garrison is partnering with the U.S. Department of Energy's "You Have the Power" campaign, which helps government agencies raise



awareness about energy efficiency to reach energy-saving goals.

According to the program's Web site, the government has the opportunity to "play a unique role in facilitating and encouraging wise energy use, while simultaneously protecting the environment and conserving natural resources."

The "You Have the Power" federal campaign was created in 1997 in response to the National Energy Policy Conservation Policy Act.

Locally, Robin Hibler, utilities conservation manager, Directorate of Public Works, is spearheading compliance with garrison energy policies across garrison units and organizations.

"To most people, the utilities at work are 'free,' since they do not

directly pay the bill," Hibler said. "We are working hard to change that mindset and get people to turn lights, air conditioning and office equipment off when not in use."

Some of the new policies being implemented on the garrison, which will be highlighted in the information campaign, include a computer shut down policy, the Building Energy Monitor (BEM) program and lighting retrofits.

A modified computer shutdown policy was implemented July 1. All computers are to be shut down at night, instead of being left in a logged-off status. The Directorate of Information Management now pushes critical updates when users log on to the computer systems, versus at night.

The BEM program helps get

people to think about energy conservation and how their unit or office can cut back on utility usage every day.

Some best practices encouraged include adhering to the 74-degree air conditioner policy, reporting water leaks as early as possible, and running sprinkler systems at night to minimize evaporation.

Unique to the program is assigning a monitor in each office who is accountable for the office's employees adhering to policies.

Employees are encouraged to minimize the lighting they use daily by installing light sensors and turning off lights in unoccupied rooms or areas without people working in them. Office employees are also urged to update to newer lighting technologies that use less energy and are more efficient.

"It is the little things that really matter. Simple conservation measures can make a huge difference," Margotta said.

Military seeks alternative ways to go green

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — With the continuous rise in gas prices, alternative forms of transportation are becoming more desirable for the military ohana.

The state of Hawaii has seen an increased impact with its gas prices among the highest in the country, ranking second behind the state of Alaska, according to AAA's oil price information service.

Initiatives installation-wide are currently underway to aid Soldier and family members, as well as the civilian workforce, to go green while saving some green.

The Department of the Army (DA) Mass Transit Benefit Program (MTBP) is one of the easiest and most beneficial programs the Army has to offer. The MTBP offers fringe benefits for Soldiers and federal employees to lessen traffic congestion and air pollution, and to expand their commuting alternatives.

The fare subsidy is offered to eligible Army employees, including active military service members, DA federal civilian employees, and DA nonappropriated fund (NAF) personnel, who use public transportation, transit or vanpools for their work commute.

The subsidy is a nontaxable personnel benefit, funded from the same appropriation that funds the participant's salary.

As of Jan. 1, 2008, the monthly maximum amount for the MTBP has been set at \$115 per month. VERIFY TIME PERIOD!

Currently, 300 personnel are par-



File Photo

TheBus, Number 72, enters MaComb Gate at Schofield Barracks on its way to downtown Wahiawa. Soldiers and federal employees can take advantage of subsidies for public transportation and carpools.

participating in the island program, according to Keith Daszek, director of Logistics, Transportation Division, U.S. Army Garrison-Hawaii (USAG-HI).

"Our program has increased greatly within the past few months," said Daszek. "More people are trying to save money on their commute and public transportation ... the reward program does just that."

Applications can be found on the MTBP Web site. Locally, the applications are faxed to Daszek at 656-8723 and sent to the Department of Transportation in Washington, D.C.

Vouchers for bus passes and carpools are received on a quarterly basis and must be picked up from Daszek at East Range, Schofield Barracks.

Using a carpool or vanpool pres-

ents a calmer and more economical solution for commuting to work, and these installation programs have increased as well.

On Oahu, riders pay an average of \$55 a month and share the cost of fuel and parking, according to Vanpool Hawaii. The transit company pays for gas, insurance and maintenance on the van while participants relax and ride.

"We live in a highly congested area," said Lt. Col. Ann von Recum, director, Directorate of Logistics. "If commuters would choose other forms of transportation or carpools, it would help traffic levels decrease greatly ... not to mention the positive effects on the environment," she added.

A person can save more than \$8,000 per year by taking public transportation instead of driving, based on today's gas prices, ac-

For more information on the Army Mass Transit Benefit Program, or to fill out an application, visit: www.asafm.army.mil.

The Army Mass Transit Benefit can be faxed to Keith Daszek at 656-8723.

For more information on ride shares, visit www.vanpoolhawaii.com.

According to the American Public Transportation Association (APTA). The savings are more than the average household pays for food in a year.

Since the short-lived lunchtime shuttle is now defunct — it had provided a shuttle service on Schofield Barracks and Fort Shafter — von Recum and her Goal 4 team are currently creating other initiatives to better serve the Army community.

Initiatives include developing a bus service from Helemano Military Reservation (HMR) to Schofield Barracks, beginning the summer of 2009, to connect the HMR youth population and the activities available on Schofield Barracks.

Another initiative is a "five-minute limit" requiring bus drivers to shut off their engines if their vehicles idle more than five minutes — to produce less emissions and savings on fuel.

"We have a lot of ideas and are constantly trying to initiate programs that will save Soldiers and civilians energy and money," said

von Recum. "I think a lot of these programs would take off if everyone took advantage of them."

Although there is no set timeline on most of the initiatives, von Recum stated Logistics will attempt to implement many of the initiatives during the next fiscal year.

She also stated the desire to expand usage of carpools and mass transit services for military communities by pushing forward information on the public transportation services being provided by the state of Hawaii to the military populace.

"The opportunities are there," said von Recum. It might seem like an inconvenience at first, she said, "but everyone and everything wins in the end."

Additionally, the secretary of the Army initiated a pilot program designed to reduce emissions and usage of fossil-fuel by having GSA purchase and then lease to the Army 4,000 Neighborhood Electric Vehicles (NEVs), 40 of which will be offered to the U.S. Pacific Command, according to von Recum.

The initial 800 NEVs are anticipated to be delivered by spring of next year.

The common thread for alternative modes of transportation is the reduction of a community's vehicle miles traveled as well as reduction in emissions attributed to transportation.

"Each person can make a difference," said Chantal Leonard, DPW-Environmental Division, USAG-HI. "One small positive act multiplied millions of times produces immense benefits."

More power to you, get enlightenment with energy terms

MAJ. ANITA ROBERTS
Contributing Writer

Reducing energy consumption is different for all of us. There is no cookie-cutter approach to saving energy.

You can't save energy from tips in a book or Web site alone. For each of us, our energy consumption habits are different.

Each of us drives a different vehicle, has different driving patterns and habits. We live in different homes with different styles of living. Even the food we tend to eat makes our energy consumption different from others.

Individuals need to know what they can do personally. People

would likely conserve more if they knew what to do.

Green Power

In short, not all sources of power generation have the same environmental benefits and costs.

Green power is a subset of renewable energy and represents those renewable energy resources and technologies that provide the highest environmental benefit.

The Environmental Protection Agency, or EPA, defines green power as electricity produced from solar, wind, geothermal, biogas, biomass, and low-impact small hydroelectric sources.

Customers often buy green

power for avoided environmental impacts and its greenhouse gas reduction benefits.

According to the National Renewable Energy Laboratory, green power products are available in Hawaii through Hawaiian Electric and the Kauai Island Utility Cooperative.

Green Primer

All of us can be more energy savvy. Here are some terms you should know about energy conservation.

• **Alternative Energy.** It's energy from sources that do not produce harmful emissions, for example, unconventional power from the

sun, wind or running water.

• **Biodegradable.** The ability of a material to be broken down or to decompose by natural processes.

• **Biodiesel.** A clean burning alternative fuel produced from domestic renewable resources, such as soybean oil. It can be used in diesel engines with little to no modification.

• **Biodiversity.** A large variety of different species represented in a certain area.

• **Biofuel.** Fuel that is produced from renewable sources.

• **Biomass.** Most commonly, plant matter grown for use as a biofuel.

• **Ecosystem.** The interconnectedness of organisms (plants, animals, microbes) with each other and their environment.

• **Emission Controls.** Any measure that limits and reduces the release of emissions.

• **Emissions.** The release of any gas, liquid or solid.

• **Environmental footprint.** The environmental impact of a company or person, measured by the raw materials and nonrenewable resources or products that entity wastes.

• **Environmental impact.** Any change to the environment,

PTA training ranges benefit from solar energy

POHAKULOA TRAINING AREA PUBLIC AFFAIRS

News Release

POHAKULOA TRAINING AREA, Hawaii – If you haven't noticed, alternative energy resources to gas and oil-based energy are surging forward.

One of the benefits here in Hawaii is the constant exposure to the sun and the use of its energy through solar panels.

Pohakuloa Training Area (PTA) currently uses solar panels to operate its 16 weapons ranges.

"More than 450 solar panels are installed at various small arms ranges and powers the range towers and pop-up targets," said Gerit Pasco, PTA range maintenance supervisor.

"All our ranges are solar-equipped, and we use generators only as a back-up," he added. "Generators are used at night if the usage continues all day for a week and if there is insufficient sun time to recharge the batteries."

Range maintenance personnel see the benefits of solar panels.

"Before solar panels, we used



Chicpaul Becerra | Pohakuloa Training Area Public Affairs

Training ranges, such as the Multimachine Gun Range at Pohakuloa Training Area, use electrical power from solar energy panels at the base of the tower.

Inset — The solar panels charge the batteries beneath them, which provide enough energy to operate the range tower building beside it and the range pop-up targets.

to replace batteries, sometimes three times a day, and run generators for 24 hours to operate the ranges," Pasco said. "Solar panels have made an impact on the oper-

ation of PTA ranges greatly.

"With solar energy, ranges are more dependable as we spend less hours for maintenance," he said, "and there is tremendous cost sav-

ings on gasoline to run the generators."

In two ways, solar panels work to provide efficient operation of the ranges.

Solar panels charge-up batteries (DC battery power), which is converted to AC power by an inverter, and used to power-up the range tower computer and lights, Pasco said. The panels also provide power to operate the pop-up targets.

"Solar panels are maintenance-free, but problems may occur in the battery storage area as it may not have the capacity to run the system on a 24-hour basis," Pasco explained. In addition, solar panels last longer, and have manufacturer warranties ranging from 10 to 25 years.

With zero-emission and zero-electrical costs, solar energy provides efficient and effective military training operations at PTA ranges, thanks to the sun and solar panels.

"It's the way to go with the amount of sun exposure that we get here all year-round," Pasco said. "The next step is to capture the wind that flows through PTA."

"These natural resources are free and accessible, so why not use it to our benefit," he added.



AHFH green housing



Post homes take energy efficiency up a notch

ANN WHARTON
Army Hawaii Family Housing

SCHOFIELD BARRACKS – Reducing energy consumption is a priority for the Army, and renewable energy will aid in this effort. All new homes feature solar hot water heaters, and photovoltaic (PV) systems are installed on new homes with detached garages. Unlike solar hot water heaters, energy produced by PVs benefit the entire AHFH community, eventually providing 15-30 percent of the community's needs or up to 6-megawatts of power.

Currently, 4,736 kilowatt hours, on average, are already being produced each year. At end state, families will be part of one the largest solar-powered communities in the world. Other benefits of renewable energy include the following:

- Zero emissions on-site, that is, no air pollution, no hazardous waste, no noise.
- Reduced dependence on imported/foreign energy, which saves approximately 15,500 barrels of oil each year.
- Reduced need for power plant construction/expansion.

Still other features that address energy efficiency are illustrated in the rendering on the right. In addition to design, materials and technologies that are available on the development market, AHFH is also participating in two pilot programs that may very well set new standards in green building. Both are part of the U.S. Green Building Council's LEED (Leadership in Energy and Environmental Design) program. In July, AHFH completed the military's first-ever LEED Gold certified homes. "With these homes, we wanted to show that building a house that met rigorous LEED gold cer-

Net Zero Homes
Imagine a home that uses only the energy it produces. This is called a Zero Energy Home (ZEH). From photovoltaic (PVs) to special exterior paint, two homes located in the Aliamanu Military Reservation community have been designed to do just this. The pilot is in its early stages and families have recently moved in, so look forward to more information about this exciting initiative in the near future.

tification standards could be done for an average family home," said Claire Ridding-Johnston, AHFH project director. Many special features highlight the LEED Gold certified homes:

- Dual flush, high-efficiency toilets,
- High-efficiency faucet and shower fixtures,
- High-efficiency drip irrigation for lawns.
- A bio-swale, which slows down rainwater and helps it to absorb into the soil, and
- An extra parking pad made of permeable concrete, which allows water to soak through,
- Tile floors made from an all-natural linoleum material, and
- Fiber cement siding containing recycled material that can be completely recycled.

The next LEED initiative is LEED for Neighborhood Design, which is in Fort Shafter's Simpson-Wisser neighborhood, currently under construction. The purpose of this national pilot is to help set national standards for sustainable neighborhood design, for which none currently exists. The first homes in the LEED for Neighborhood Design are expected to be completed in the fall of 2009.



Radiant Barrier
Radiant Barriers repel heat from the sun's rays to dramatically lower the temperatures inside the home



Urban-Heat Island Effect
By keeping many of the existing trees and planting an abundance of new trees we will effectively reduce the effect of heat-islands, lowering energy consumption



Metering
Electronic telemetering of house electric and water meters will help control waste and assist in reducing consumption



Existing Landscape Saving old growthtrees
Saving old growth trees will reduce the Urban Heat Island Effect, retaining native landscaping will provide shading for the new homes



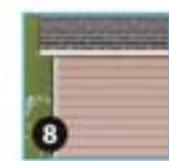
Window Shading
Deep overhangs provide window shading which reduces the heat gain load



Noise Buffer
Additional tree buffering will assist in reducing unwanted noise



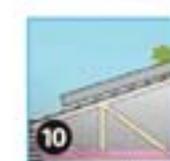
Existing Building Pads & Roads
Existing road patterns and infrastructure patterns are maintained to save trees and minimize dust and noise



Siding
The siding material will be made of cementitious materials instead of vinyl which is non-recyclable



Solar Power
Photovoltaic cells will reduce our electrical consumption from fossil fuel sources and provide approximately 30% of the communities' electrical needs



Solar Hot Water
Sun utilized to provide hot water reducing energy consumption



Dual Pane Windows
Reducing the amount of heat let in from the outside... perfect for the warmer climates like Hawaii



Energy Star Appliances
Kitchen appliances, with the Energy Star logo, use 20%-30% less energy

Army Hawaii Family Housing leads the world in sustainable home design

ANN WHARTON
Army Hawaii Family Housing

SCHOFIELD BARRACKS – U.S. Army Garrison-Hawaii is leading the nation – correction, the world – in sustainable military residential development.

Never before has our garrison received so much attention from na-

tional and international media outlets and organizations fascinated by our new homes and communities. From National Geographic to BBC News, there's a lot of curiosity about what's taking place at Army Hawaii Family Housing (AHFH). "We're replacing more than half of our homes and creating new com-

munities, which gives us a tremendous opportunity to build a foundation and do what's right for our environment and our families," said Col. Matthew T. Margotta, commander, U.S. Army Garrison-Hawaii (USAG-HI). "I'm excited to be part of this initiative and hope our Soldiers and

families share in my pride that the Army and its partner, Actus Lend Lease, are models for sustainable development," he added. Nearly 1,500 new homes and two new communities are complete, and both feature innovative, sustainable design and technologies from literal-

ly the ground up. For example, the community's urban design addresses the placement of streets, sidewalks, walking paths and homes, which can impact the flow of water during heavy rains. The plan helps manage water runoff and, in turn, protects the natural environment from potential damage caused by flooding.

It also addresses social sustainability. Green open spaces, walking paths and front porches are meant to encourage interaction between neighbors. Of course, the most celebrated feature is the homes. "At AHFH, a sustainable home is a house built to last, is energy-effi-

cient, environmentally friendly – inside and out – and most of all, meets the needs and lifestyle of a family," said Claire Ridding-Johnston, AHFH project director. "The beauty of the AHFH partnership is we know our resident and can create a home and community specific to their needs."

Recycling habits heavily affect bottom line

KYLE FORD
News Editor

WHEELER ARMY AIRFIELD — In 2007, the Hawaii Army Garrison produced and disposed of 20 million pounds of industrial trash.

If materials are recycled rather than thrown away, disposal costs go down, according to Rhonda Suzuki, chief, Environmental Compliance Branch.

“Recycling is good,” said Spc. Victor Diaz, 2nd Battalion 25th Aviation Regiment. “There is a lot of trash around the world. I think of our future; if we don’t recycle, where are we going to put all the trash in the future?”

“It’s important to get the idea of recycling in the mainstream,” Shore added. “People are lazy and don’t want to make the extra effort unless it means something to them.”

Recycling should mean a lot to Soldiers stationed in Hawaii because on-post recycling profits are put toward Army projects designed to help installations and Soldiers. Some of the money can be used for Family and Morale, Welfare and Recreation projects and other pol-

Need a pick up?

To schedule a pick up, do any one of the following:

- Call the Recycling Center at 655-0011, between 7:30 a.m.–4 p.m.

- Submit a request via the Intranet at <http://schou01c2dpwpri/pickup>.

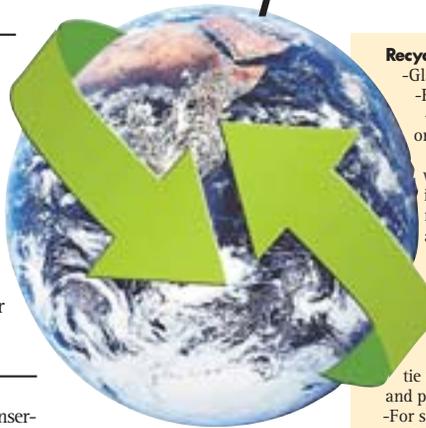
- Go to the Recycling Center at Building 1087B on Schofield Barracks.

lution prevention or energy conservation projects.

“Less trash going to the landfill and more going to recycling means less money paying for disposal and more money for Soldier programs,” said Suzuki.

Improper recycling habits affect the bottom line, according to Rufus Guillory, pollution prevention/solid waste/recycling program manager.

If the garbage collector sees more than 15 percent recyclable material in the bins, they can refuse to



take it or charge the post.

“We would like to encourage people to just reduce their waste generation by not using or purchasing more than they need and to reuse what they can,” said Suzuki. “It is all about ‘Reduce, Reuse, Recycle.’”

Not only does recycling help Soldiers, but it’s also post policy. The garrison commander has stated that all cardboard and green solid waste must be recycled

Recyclable materials

- Glass
- Paper
- Office paper (white paper only)
- Newspaper (black and white only). Remove color inserts and coupons. No magazines or comics will be accepted.
- Cardboard

Recycling guidelines

- No wet cardboard and no foam packing.
- Flatten boxes, stack and tie or consolidate into one box and place on curbside for pickup.
- For small quantities in industrial areas, flatten boxes, bundle or put in one box and place in recycling area.
- For large quantities in industrial areas, flatten boxes and stack up to 3 feet high onto pallet. Transport loaded pallets to Army Recycling Center or call for pickup.
- Toner cartridges, place cartridge in box.

Green waste

Shrub, hedge and tree limbs and branches must be bound, not more than 48 inches long and less than 50 pounds. Place in bags and bundles on curbside for pickup.

Automobiles

-Automobile lead batteries, turn in the old battery when buying a new one.
-Tires, turn them in to retailer for disposal fee (about \$3).

Military family housing

Recycling in family housing should be left on the curb on the following days:

- Aliamanu Military Reservation, Thursday and Friday
- Fort Shafter, Thursday
- Helemano Military Reservation, Monday
- Mendoca Park Housing Area, Friday
- Schofield Barracks, Monday and Tuesday
- Tripler Army Medical Center, Thursday
- Wheeler Army Airfield, Friday

to preserve landfill space.

Cardboard boxes should be broken down and stacked beside the dumpster or recycle location. Once enough cardboard is collected, the

Army Recycling Center will pick it up.

Recycling is the right thing to do as part of being a good neighbor, Suzuki added.

Secretary, CSA launch initiatives

KRIS OSBORN
Defense News

The U.S. Army will launch a wide-ranging, energy-efficiency initiative that will, for example, try to reduce vehicles' fuel use and put related issues squarely in sights of Army acquisition officials, Army Secretary Pete Geren said.

"We want to think about energy efficiency when thinking about acquisition," Geren said Sept. 29, at the Center for Strategic and International Studies, a Washington, D.C.-based think tank.

"How do you look at the life cycle cost of a weapons system? What is the challenge of delivering fuel to some remote area of Afghanistan? That is one of the issues that is driving requirements for FCS," or Future Combat Systems," he said.

SEE LAUNCH, C-15

Energy strategy exists for installations

DEPARTMENT OF THE ARMY
News Release

WASHINGTON – Secretary of the Army Pete Geren and Chief of Staff of the Army Gen. George Casey submitted a statement on the posture of the Army to pertinent committees and subcommittees of the Senate and House of the 110th Congress, Feb. 26, 2008.

The posture statement outlined strategies for energy conservation through the year 2030.

What is it?

The Army Energy Strategy for Installations was approved by Geren and Casey, July 8, 2005, as the long-range vision for the Army's Energy Program for Installations.

The strategy establishes the framework for the Army's activities in achieving its mission and objectives while meeting the challenges posed by rising energy prices, potential energy shortages, aging infrastructure, and a changing global environment.

The strategy sets broad goals for the Army to manage energy and water resources through 2030, and it is founded on five initiatives:

- 1) Eliminate energy waste in existing facilities,
- 2) Increase energy efficiency in renovation and new construction,
- 3) Reduce dependency on fossil fuels,
- 4) Conserve water resources, and
- 5) Improve energy security.



Review the "Campaign Plan" at the Army Energy Program Web site: <http://army-energy.hqda.pentagon.mil>.

What has the Army done?

The Army Energy Strategy for Installations was developed by the Office of the Assistant Secretary for the Army for Installations and Environment in coordination with Army staff offices, major Army commands and subordinate commands.

In order to implement the strategy in an orderly progression of policies, programs and projects, the Army subsequently developed the Army Energy and Water Campaign Plan for Installations.

This plan establishes the way ahead for leveraging resources to meet Army energy and water management goals and to achieve the energy conservation mandates established in the Energy Policy Act of 2005.

The Campaign Plan identifies detailed plans, metrics, milestones and lead agents for executing strategies.

What continued efforts are planned?

The Army is currently performing a bienni-

al update for the plan, which will incorporate new policy and directives and reflect analysis of the programs and policies supporting the initiatives as well as assess the need for changes.

Why is this important?

The Army Energy Strategy for Installations and Army Energy and Water Campaign Plan for Installations are critical for managing the Army's growing demand for energy and water resources, reducing expenses for purchasing energy and operating utility systems, ensuring compliance with recent legislation regarding federally established conservation objectives, and reducing reliance on fossil fuels.

Investing in energy efficiency, reliability and security will enhance the effectiveness of installations and ensure ability to meet Army mission requirements.



DeCA reaches several '1 million milestones'

LYNDA VALENTINE
Defense Commissary Agency

FORT LEE, Va. — The Defense Commissary Agency has reached its goal to sell one million compact fluorescent bulbs to commissary customers worldwide in 2008 — two months ahead of its Sept. 30 target.

Lighting accounts for roughly 20 percent of the average home's energy bill, according to the U.S. Department of Energy Web site. CFL bulbs, the swirl-shaped bulbs found in the household goods aisle at commissaries, use up to 75 percent less energy than traditional light bulbs.

Although CFLs cost more than a traditional bulb, they last up to 10 times longer, produce 75 percent less heat, and save consumers

On The WEB
For more information on "green" initiatives at your local commissary, visit www.commissaries.com.

as much as \$30 over the life of each bulb.

Selling one million CFL bulbs is just one of many "go green" initiatives taking place at commissaries throughout the world. Other initiatives include everything from selling "green clean" products, to reducing waste and energy use at stores, and partnering with the freight industry to ensure products are shipped to commissaries in the most environmentally friendly way possible.

The agency's "green" efforts resulted in another "million milestone" earlier this year when customers purchased more than one million of the reusable, recyclable shopping bags, introduced into commissaries in October 2007.

The popular green bags, which are made of sturdy mesh and hold up to 30 pounds of groceries, are reducing the use of paper and plastic bags at commissaries worldwide.

"We are committed to being an environmental leader in the food marketing industry," said DeCA Director and Chief Executive Officer Philip Sakowitz Jr. "Everyone benefits: customers, our installation partners, the agency, and most importantly, the environment."



Molly Hayden | Pacific Media Publishing

Tabatha Rose inspects the CFL bulbs available at the Main Post Exchange. Many family members are instituting new policies within their home to conserve energy and aid in preserving the environment.

Struggles: Excuses not acceptable in conservation

CONTINUED FROM C-4

when facing the wrath of the conservation czar.

Unfortunately, the scare tactic doesn't work on everyone, and it can be hard to make co-workers adhere to the rules if there are no serious repercussions.

Hibler takes photographs and records statistics on energy waste, which he shows to USARHAW senior leadership, but there are no hard penalties, like community service or fines. My recommendation to frustrated BEMS and UECOs is guilt.

As a child, when I got into trouble, sometimes I would get sent to my room or have privileges taken away, but the worst was when my parents would tell me how disappointed they were with me.

To know that the people who love you the most in the world, who gave a part of themselves to create you, are disappointed in you — that's quite a guilt trip. It's also an excellent repercussion tactic.

The U.S. Department of Energy has picked up on that tactic with the "What's your excuse?" campaign. Brilliant.

All of the reasons I mentioned earlier about not turning off

equipment are not good reasons — they're excuses — and there's just something about the term "excuse" that has the ability to make a person feel guilty.

I know I'd much rather hear someone ask me, "Why didn't you get that article done?" instead of "What's your excuse for not finishing the article?" Words have power, and "excuse" is one of those words.

"Energy conservation is a priority in our office ... it's every man for himself when facing the wrath of the conservation czar."

The other part of the power equation is opening up people's minds to the ability to shape our present and the need to shape our future.

When you don't pay the electric bill, it's easy to leave a light or a computer monitor on, but that doesn't make it the right choice.

Faced with an uncertain future of climate change, decreased natural resources, and increased financial costs, we simply cannot afford to make the wrong choices. We're better than that.

Power: Green lingo explained

CONTINUED FROM C-6

whether it is harmful or helpful.

- **Environmentally preferable purchasing (EPP).** A federal government program that helps government agencies purchase environmentally friendly products and services and stimulates other companies to "buy green."

- **Fossil fuel.** Any fuel that was created by decomposed plants and animals. Burning fossil fuels creates carbon dioxide, a large contributor to pollution.

- **Geothermal energy.** Obtaining energy from the heat of the earth. Though it is considered renewable, heat can eventually be depleted after a certain point, and therefore, it is not entirely renewable.

- **Gray water.** Any dish, shower, sink or laundry water that has been used in the home is called gray water. It may be reused for other purposes, especially landscape irrigation.

- **Green design.** Incorporates environmental principles such as durability, efficiency and renewability into constructing a building or designing a product.

- **Green tags.** Tradable commodities, which represent that a certain amount of energy (1-megawatt hour) was generated



from a renewable energy resource.

- **Green.** A movement incorporating environmental awareness, social responsibility, bioregionalism and nonviolence.

- **Hydroelectric.** Energy obtained from water, usually by damming a river or by using tidal power.

- **Nonrenewable resource.** A natural resource that can't be replenished because the rate of formation is slower than the rate of consumption. Fossil fuels, metals, minerals and groundwater are nonrenewable.

- **Nuclear energy.** Energy from the nucleus, the core, of an atom.

- **Ozone depletion.** A steady decline (4 percent per decade) in the total amount of ozone in the earth's stratosphere.

- **Renewable energy.** Energy

we get from a source that can't run out. The biggest source of renewable energy is solar radiation, our sunlight. Other terms are "green power" or "clean energy."

- **Socially responsible investing.** Investing money in companies that abide by sustainability guidelines.

- **Solar power.** Technology we use to obtain energy from sunlight.

- **Sustainability.** A characteristic of a process that can be maintained indefinitely.

- **Sustainable development.** Meeting the needs of the present while planning and growing without compromise to the future environmental state.

- **Tidal power.** The power obtained by catching the energy of moving water masses from tides.

- **Total environmental impact.** The total change on the environment from humans, industry and natural disasters.

- **Volatile organic compound (VOC).** Organic chemical compounds that vaporize under normal conditions, such as methane. They can damage soil and groundwater, and contribute to air pollution.

- **Wind power.** Converting wind into energy through wind turbines.

AAFES takes steps to make shopping green

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS — Living eco-friendly, commonly referred to as “green,” is more than a philosophical approach to life; it is becoming a necessity.

As more and more lifeforms all over the planet are threatened due to human activity over the years, the need for a greener lifestyle is apparent.

The Army & Air Force Exchange Service (AAFES) has continued to take steps as a steward of the environment, most recently introducing reusable bags to military shoppers.

Made of nonwoven polypropylene mesh, the bags are currently available at Schofield’s Main Post Exchange (PX) for shoppers to reuse during every shopping excursion. The recycled, reusable bag can be purchased for a little more than a dollar and can hold up to 35 pounds.

Compact fluorescent light (CFL) bulbs also line the shelves at the PX as military family members team up to conserve energy.

According to the Department of Energy, if every American home replaced one light bulb with a CFL-qualified bulb, enough energy to light more than 3 million homes, for a year, as well as more than \$600 million in annual energy costs, would be saved. Further, greenhouse gases, equivalent to the emissions of more than 800,000 cars, would be eliminated.

AAFES is implementing other green initiatives at exchange facil-



A shopper uses a reusable insulated bag during a shopping excursion at the Main Post Exchange. In continuing efforts to go green, AAFES is now offering the eco-conscious bags at a low cost to the military ohana.

ities across the installations to include energy-saving vending machines. Although these vending machines no longer light up when the consumer chooses a product, the machines are fully functional and energy efficient.

Real estate efforts that focus on

energy and water reduction, including lowering the thermostat within the building, are currently underway, too. The incorporation of earth-friendly materials into future building designs is also making an impact.

“We do what we can within the

store, like recycling all of our cardboard and plastic bags, and using more energy-efficient lighting,” said Michael Friedman, store manager, Schofield Barracks PX. “But our main objective is to provide our customers with the best possible products that are both energy-

and cost-efficient.”

While the government regulates and enforces laws regarding environmental protection, individuals also have a responsibility to help preserve the world in which they live. The key to green living is to minimize one’s footprints on the ecological scale.

With the implementation of green efforts at AAFES stores across the installations, military members can easily follow in their exchanges’ footsteps by instituting their own version of green.

One of the simplest forms of green living is recycling. By recycling household rubbish rather than throwing it out, everyone can effectively reduce trash on the installations and in the island’s landfills.

Recycling also helps reduce the amount of carbon released into the environment.

As gas prices continue to increase, finding alternative modes of transportation, including public transportation, bicycles and car-pools, is environmentally sound and cost efficient to the military ohana.

If daily actions are creating a major negative impact on the environment, the solution is to look for ways to change those actions.

“I think it’s our job to be more open-minded about the earth,” said family member Tabatha Rose. “It doesn’t take much to do these little things like shutting off a light when you leave a room.

“If we all contribute, we are essentially helping each other,” she added.

New PX site helps save planet, puts green in troops’ pockets

**ARMY & AIR FORCE
EXCHANGE SERVICE**

News Release

DALLAS — From environmentally friendly shopping bags to an increased selection of Energy Star appliances, military exchanges are continuing to find new and creative ways to make the communities they serve better places to live, work and shop.

Your post exchange, or PX, is riding the “green wave” to more efficient and environmentally friendly operations. Green has also made its way to the World Wide Web as MilitaryRecycling.com is now online through the Exchange Online Mall at www.aafes.com



(as well as at other service exchanges).

“With MilitaryRecycling.com’s simple three-step process, authorized exchange shoppers can now get paid to safely recycle old electronics, cell phones and computers in an environmentally friendly way,” said Don Walker, Army & Air Force Exchange Service merchandise manager. “They just log on and get rewarded for their stuff.”

Authorized shoppers simply tell the site what type of electronic

device they want to recycle, and then MilitaryRecycling.com provides a cash offer, in the form of a Visa Prepaid Card.

A recent search using a working cell phone produced an offer of \$28 while a broken name-brand laptop was worth \$10.

After agreeing to the amount offered, shoppers just box up the product, in a provided packing slip and prepaid shipping label, and drop it in the mail. Depending on the condition and model of the item being recycled, it will



Authorized customers can log onto their Exchange Online Store at www.aafes.com.

either be reused or broken down into raw materials, which are then repurposed.

“MilitaryRecycling.com takes care of everything,” said Walker. “Added bonuses for eco-conscious military shoppers that use the Exchange Online Mall to recycle their old electronics include free shipping and offers worth up to 10 percent more than those found

through other recycling services.”

The Exchange Online Mall is a concession mall offering online services and merchandise to military members around the world. Today, 83 third-party sites, including Direct TV, eChapter One and The Leisure Boutique, strengthen the exchange benefit through their active support of the exchangeonlinemall.com.

Military post and base exchanges have the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Family and Morale, Welfare and Recreation programs.

Did you know?

Some facts about American energy consumption

The average person produces approximately 4.5 pounds of trash each day – an amount doubled from 30 years ago.

The energy saved from recycling one glass bottle will light a 100-watt light bulb for four hours.

The U.S. counts as 5 percent of the world's population and consumes about 25 percent of the world's energy resources.

The average American consumes six times more energy than the world average.

If every American home replaced one light bulb with a CFL qualified bulb, enough energy to light more than 3 million homes for a year, as well as more than \$600 million in annual energy costs, would be saved. In addition, greenhouse gases equivalent to the emissions of more than 800,000 cars would be eliminated.

Americans use 50 million tons of paper annually, consuming more than 850 million trees.

Recycling one ton of paper saves 17 trees, two barrels of oil (enough to run the average car for 1,260 miles), 4,100 kilowatts of energy (enough power for the average home for 6 months), 3.2 cubic yards of landfill space, and 60 pounds of air pollution.

In a typical home, more than 9,000 gallons of water is wasted annually while running the faucet waiting for hot water.

Walking or riding a bike can reduce emissions by 20 pounds for every gallon of gasoline used.

If just 10 percent of U.S. families used 10 fewer plastic bags a month, we would save over 1 billion bags a year.

By turning up a central air thermostat 1 degree, fuel consumption is cut by as much as 10 percent.

When electronics, including cell phones and DVD players, are plugged in, they continue to draw power, even when they're off or not charging anything. In the U.S., these products emit about 12 million tons of carbon into the atmosphere a year.

Line drying your clothes can save 5-10 percent on your energy bills. Washing clothes in cold water can save an additional 4 percent.



Avoiding 10 miles of driving every week would eliminate about 500 pounds of carbon dioxide emissions a year.

Americans buy 28 billion single-serving plastic water bottles every year, and 80 percent of those end up in landfills.

North Americans throw away 2.5 million plastic bottles every hour.

Using direct and online payment for bills can save energy as well as money, approximately \$150 annually in stamp, check costs and late fees per person.

Every year millions of trees and billions of gallons of water are used to create junk mail, most of which never gets recycled. Visit www.greendimes.com and sign up to stop junk mail delivery to your home.

Each time a toilet is flushed, it uses 5-7 gallons of water.

Many grocery stores, both locally and nationwide, give discounts to those who bring in reusable shopping bags.

If every household in the U.S. replaced just one roll of 180-sheet virgin-fiber paper towels with 100-percent recycled paper towels, we could save: 1.4 million trees, 3.7 million cubic feet of landfill space, and 526 million gallons of water, and prevent 89,400 pounds of pollution.

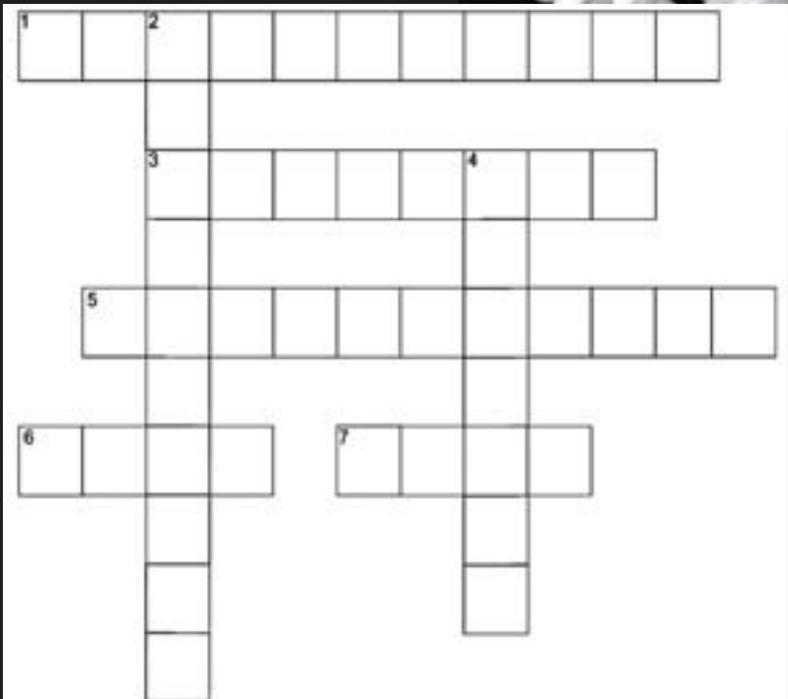
It takes one 15- to 20-year-old tree to make enough paper for only 700 grocery bags.

Americans generate an extra million tons of trash each week from Thanksgiving to New Year's.

Every Sunday, more than 500,000 trees are used to produce the 88 percent of newspapers that are never recycled.

Brain Buster

Energy Word Puzzle



ACROSS

- This powers our light bulbs.
- A form of transportation that burns fuel to move. (Hint: It flies.)
- Propane turns into a liquid after this has been done to it.

6. A black rock full of energy.

7. In the U.S., ethanol is made from what plant?

DOWN

- When a drop of water becomes invisible, it does this.
- The color black does this to solar energy.

Electricity Find-A-Word

- | | |
|-----------|-------------|
| Alternate | Peakload |
| Baseload | Powerline |
| Capacity | Regulated |
| Condenser | Retail |
| Current | Switch |
| Direct | Transformer |
| Electric | Turbine |
| Generator | Utilities |
| Grid | Voltage |
| Magnetic | Wholesale |
| Megawatt | |



2 down - evaporates
4 down - absorbs
6 across - coal
7 across - corn

5 across - compression
3 across - airplane

Crossword Answers
1 across - electricity
2 down - evaporates

Office: DPW shares tips for killing energy monsters

CONTINUED FROM C-3

conditioners are big energy users, generally the largest in your house or office building. Any opportunity you have to turn this energy monster down or off saves money.

At the office, make sure you are following Army and U.S. Army Garrison-Hawaii (USAG-HI) policy and setting your office thermostat no lower than 74 degrees.

Make sure the last person leaving the office turns the AC off, if possible. The thermostat setting should be set back to 80 degrees, at a minimum, outside office hours.

Turning off one average-sized window unit AC for 12 hours a day will save over \$1,000 per year. Did you know that?

Flipping the switch. Lighting is generally the second largest electricity user in an office. Turning those things off *every* time you leave the office for more than a few minutes saves money.

The old myth of leaving the lights on being cheaper than turning them off and back on is not true. There is no appreciable surge when you turn a light on, so the moment you turn a light off it is saving electricity and money.

I am sure we are all familiar with Compact Fluorescent Lightbulbs or CFLs, those twisty, ice cream cone looking bulbs. If you haven't changed your bulbs to



these yet, do so right away. They really do save electricity.

A general rule is to get a CFL with a wattage that is 25 percent of the incandescent it is replacing, so a 25-watt CFL replaces a 100-

watt old-fashioned incandescent bulb.

At eight hours per day, one of these bulbs saves about \$39 per year. On top of that, they produce considerably less heat, so

there is a slightly lessened heat load on the AC, which saves more.

Monitoring unseen usage. Ghost loads is the electricity many electronic devices use, even when turned off. The only way to combat this electricity drain is to plug devices into a power strip and switching them off when those items are not in use. This action applies to nearly every electronic device we use, even cell phones, iPods and similar chargers.

Be careful not to plug into power strips items like your cable box, fax machine, telephone or other items with programming, which may be needed even when no one is there. Ghost loads can account for 6-8 percent of a home's total electricity use.

In the office your computers, speakers, copiers, printers and other devices should be plugged into these power strips and save even more electricity.

Sprinkling with conscience. Water is definitely a limited resource in Hawaii. Rain is the sole source of renewing our island's supplies, and it takes years for today's rain to filter through to the aquifer.

Currently, we are using water at about the same rate as it is being replaced, but this a balance that could very easily be upset.

One of the largest water uses is watering our landscaping; it accounts for roughly 20 percent of the average home water use.

USAG-HI policy states that no

landscape watering is to happen from 9 a.m. to 5 p.m. However, some watering systems run during this time because they are not automated; the Directorate of Public Works is working to correct this.

Most people overwater their landscape. To prevent this, make sure your sprinklers are not putting too much water down at one time. Make sure water is not puddling or running off, which are clear indications of overwatering.

Also, the landscape does not need water every day; every other day is completely adequate and will make the plants more healthy.

Making sure your watering system does not run when there has been enough rain or actually when it is raining is another must do.

Reporting problems. Watch the areas around your work and report problems to the Directorate of Public Works Service Request Desk, 656-1275, so they can be fixed.

Taking all these simple actions will have a profound effect on our water use, which is currently about four million gallons a day for just the Army on Oahu.

You do it at home, so do it at work. Though dollars may be a prime incentive for conserving, the dollars we spend within USAG-HI are substantial. We need to work together to conserve these resources.

Margotta: Small steps are pathway to greater sustainability highway

CONTINUED FROM C-3

switch to hydrogen-powered buses that support the camp and National Park.

All these initiatives are small steps, but they show our commitment to looking for fossil fuel alternatives.

Future sustainability initiatives also include the Sustainable Range Program, which bridges the gap between stewardship and readiness, and the Leadership in Energy and Environment Design (LEED) system, which establishes standards for designing, constructing and certifying the world's greenest and most energy efficient buildings.

A way of life

Sustainability is not just "doing better" in the way we manage installations; rather, it is a completely different approach to the way we live our lives and conduct our business.

In fact, it requires radical changes in almost all of the core business processes the garrison performs today. Additionally, it requires a commitment from each and every one of us to do what little things we can to conserve, protect and foster awareness about our precious resources.

If you are asking, "What can I do," I say do the little things: turn off the lights when you are

not using them; turn off your computers at night; recycle your cans, bottles and cardboard; slow down while driving; stay in approved training areas when conducting tactical training; and teach your children and our Soldiers about *conservation* and *sustainability*.

After all, they are the ones who will inherit and have to live with our actions today.

For the garrison and our nation to be sustainable, we must take care of today's needs while also making the right investments in the future. This process starts with and can only be accomplished with all of us doing our part.

Launch: Stovepipes reduced

CONTINUED FROM C-11

"Last Friday, I signed a charter to create a senior energy executive in the Army and to build a team that will work across the Army and try to break down the stovepipes," the secretary said.

Details are still being finalized, but one aim is to reduce the logistical and financial burden associated with transporting fuel across the battlefield.

Geren also expressed concern that funds for Army modernization, reset, personnel and continuing conflict could be reduced in years to come.

"If you look back over our nation's history, we tend, at the end of every conflict, to draw down our defense budget and spend our money elsewhere. I

think that is a real challenge for some of these long-term programs.

"It's a challenge for FCS, a challenge for tactical vehicles and a challenge for these helicopter modernization programs as well," Geren continued. "As an Army, we have to be very concerned about this."

The Army transformation, which has taken place over the last seven years of war, needs to continue, Geren added.

"We need to modernize and reset. We are going to have to learn to do things more cost effectively and more efficiently," he continued. "We have to look at the next eight or nine years as involving considerable risk. We need to make sure we don't end up with bunch of half-done systems."