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325th BSB

The 325th Brigade Support Battalion's company reorganization ceremony will be held today at 3 p.m. in D Quad, Schofield Barracks.

Flying "V"

During Tropic Lightning Week, a Flying "V" ceremony will be held to honor veterans of the past and present Oct. 3 at 10 a.m., Sills Field, Schofield Barracks.

3-4th Cavalry

The last Cavalry Regiment at Wheeler Army Air Field inactivates. A-4

Katrina Relief

Military and civilian personnel, as well as their family members across the nation, are providing support to victims of Hurricane Katrina. Hotline numbers, health care and commissary contacts are available. See pages A-10 thru A-12.

The DMZ Tour

Division Soldiers who deployed in support of Ulchi Focus Lens 2005, visit North and South Korea's historic Demilitarize Zone. B-1

Military Idol

Finalists will proceed to the next level of competition at the All-Army level in the weeks ahead.. B-3

REMEMBERING VICTIMS

During the 9/11Observance at Fernandez Hall, Schofield Barracks, Sept. 9, Soldiers, family and community members bow their heads in a moment of prayer for those who died on Sept. 11, 2001, and those who lost their lives fighting the Global War on Terrorism.

9/11 remembered

Story and Photos by
Pfc. Nicole R. Montoya
17th Public Affairs Detachment

At 8:46 a.m. on Sept. 11, 2001, American Airlines Flight 11 to Los Angeles from Boston crashed into the north tower of the World Trade center. Many were horrified at the event that had just occurred.

At 9:03, United Airlines Flight 175, also to Los Angeles from Boston, rampaged into the south tower of the World Trade Center. It was clear to all Americans that our beloved, free country was under attack.

Along with the attack at the Pentagon and the crash in Pennsylvania, the demolishment of the World Trade Center marked the beginning of the Global War on Terrorism.

That day, 2,948 victims perished at the hands of our enemies.

A 9/11 remembrance ceremony was held at Fernandez Hall Sept. 9 to honor fallen heroes and fighting Warriors.

The ceremony began with a welcome from Chaplain (Maj.) Steven George, followed by an invocation by Chaplain (Capt.) Roger Rodriquez.

A "Soldier's Reflection" was given by Sgt. 1st Class Kenneth J. Reynolds, Support Operations noncommissioned officer in charge of 225th Forward Support Battalion, 2nd Brigade Stryker Combat Team.

Command Sgt. Maj. Anthony Marrero, battalion sergeant major of 1st Battalion, 14th Infantry Regiment, gave the "Command Sergeant Major Reflection."

Marrero said he dealt with personal demons the day the terrorists threatened America's freedom.

Marrero's father worked for an airline and he believed he was in grave danger. Luckily, his father was safe and out of harm's way.

Marrero said he couldn't even begin to imagine how the passengers of United Flight 93 felt as they began to take over the plane that crashed in Pennsylvania.

After reciting a verse of country singer Darryl Worley's song "Have You Forgotten," Marrero said like a true Soldier, "I am proud to be a part of the most honored profession there is."

The audience cheered and then the ceremony continued.

Col. Stefan Banach, 2nd Brigade Combat Team commander, spoke about the reason why America is fighting the Global

See "Remembered," page A-7

President asks U.S. to pray

President George W. Bush
United States of America

"Hurricane Katrina was one of the worst natural disasters in our Nation's history and has caused unimaginable devastation and heartbreak throughout the Gulf Coast Region.

A vast coastline of towns and communities has been decimated. Many lives have been lost, and hundreds of thousands of our fellow Americans are suffering great hardship.

To honor the memory of those who lost their lives, to provide comfort and strength to the families of the victims, and to help ease the burden of the survivors, I call upon all Americans to pray to Almighty God and to perform acts of service.

As we observe a National Day of Prayer and Remembrance for the Victims of Hurricane Katrina, we pledge our support for those who have been injured and for the communities that are struggling to rebuild. We offer thanks to God for the goodness and generosity of so many Americans who have come together to provide relief and bring hope to fellow citizens in need.

Our Nation is united in compassion for the victims and in resolve to overcome

See "Prayer," page A-10

POWs and MIAs to be recognized

Joint POW/MIA Accounting Command
News Release

HICKAM AIR FORCE BASE — The Joint POW/MIA Accounting Command located here will commemorate National POW/MIA Recognition Day at the National Memorial Cemetery of the Pacific, or Punchbowl, today at 10 a.m.

A Presidential Proclamation designates the third Friday in September each year as National POW/MIA Recognition Day. This year's ceremony will feature a wreath laying ceremony and "Taps" in honor and recognition of the prisoners of war and those still missing in action from previous wars.

JPAC's commanding general, Brig. Gen. Michael Flowers, will lead the ceremony, and retired U.S. Navy Capt. Gerald Coffee, a former Vietnam War POW, will be the keynote speaker. Hawaii Lt. Gov. James R. "Duke" Aiona Jr. will attend.

The ceremony is free and open to the public, and at its conclusion, the audience is invited to tour the cemetery or lay wreaths at the monument.

JPAC's mission is to investigate, recover and identify missing service members as a result of our nation's conflicts.

One American is still missing from the Gulf War, more than 1,800 from the Vietnam War, 120 from the Cold War, more than 8,100 from the Korean War, and more than 78,000 from World War II.

Pacific Region unveils family network

Billie Erwin
Installation Management Agency

HONOLULU — The way family support services for all of the military community are delivered must undergo positive change, said the deputy director of Army Installation Management in the Pacific Region at a training conference in Waikiki.

"As we look forward, the impact of mobilization and deployment — [that is, the] reshaping of the military, transformation, modularity, Joint Visions 2020 — it is certain that the way we deliver family support must … support the new more mobile and integrated military," said Col. Yvette Kelley, deputy director.

In concert with civilian agencies, military officials are developing a Multicomponent Family Support Network, intended to establish a comprehensive multiagency approach for community support and services to meet the diverse needs of active and mobilized Guard and Reserve service members and their families.

In Hawaii and the Pacific area, this program has expanded to include all service branches. It is called the Joint Service Family Support Network (JSFSN).

The conference marked the official kickoff event for the JSFSN pilot program, and included family support staff from all components of the Army, Marine Corps, Navy, Air Force (including Air Guard) and Coast Guard.

Participants included representatives from the mainland, Hawaii, Guam and American Samoa, as well as representatives from TriWest Healthcare Alliance and Military One Source.

See "Pacific," page A-7

Tropic Lightning Week set for next month

Sgt. Sean Kimmons
Editor

Sweat will drop, cheers will roar and esprit de corps will be readily evident as Soldiers of the 25th Infantry Division (Light) and U.S. Army, Hawaii, compete in 15 sporting and skill competitions during this year's Tropic Lightning Week.

The four-day Tropic Lightning Week is scheduled to kick off following a four-mile Division run, Oct. 3. A Flying "V" ceremony at 10 a.m. on Sills Field will also be conducted, to honor veterans of the Division and serve as the opening ceremony for TLW 2005.

Soldiers interested in being named the best among the rest are encouraged to sign up for events through their unit representatives. All events will be conducted at various sites on Schofield Barracks.

Tropic Lightning Week events include the following:

See "Tropic," page A-2

Spc. Cheryl Ransford

Soldiers from HHC, 25th ID (L) struggle in the Tug-O-War event during the 2003 Tropic Lightning Week.

Sgt. Lorie Jewell

The cast of "Spirit of America" presents its show finale in Worchester, Mass., Sept. 11, 2004.

Will America ever forget 9/11?

Gary Sheftick
Army News Service

WASHINGTON — How long does it take to forget a tragedy like Sept. 11, 2001? That question entered my mind as I attended a memorial service in the Pentagon auditorium to observe the fourth anniversary of the terrorist attack there in which 184 service members and civilian employees lost their lives.

It was a service that brought back memories and emotions that I hadn't felt in some time.

I had almost forgotten the confusion of that day and the sorrow that followed for those who didn't make it and the guilt for not being able to help them. When their portraits flashed one-by-one on the screen at the front of the auditorium, though, those feelings returned with a sting.

I remembered the terrible burns of some survivors, the coughing and lung ailments developed by some of the rescue workers who sifted through the smoking rubble.

I couldn't help but remember the memorial service a month after the attack when about 10,000 Pentagon workers and family members attended a ceremony led by President Bush on the parade field in front of the River Entrance.

I remembered the thousands cheering when President Bush pledged action against those who perpetrated the attack, and promised that America "will never forget" those who gave their lives.

And I remembered the first anniversary observance, also led by the President and attended by thousands who sat in a temporary stadium built near the site where the hijacked airliner hit the building.

Then I looked around the Pentagon service during the fourth anniversary and noticed that it was attended by fewer than 100 military members and civilians.

I wondered if four years was long enough for some to forget? I wondered how many who lived through that day at the Pentagon had gone on to other assignments, perhaps in Iraq or Afghanistan? I wondered how many were trying to forget the pain or were just too busy with work in the War on Terror to attend a Monday memorial service?

In fairness, I knew that thousands had attended the "America Supports You Freedom Walk" organized by the Pentagon on Sunday, the actual anniversary of 9-11. Hundreds attended a remembrance service in Kabul, Afghanistan. And no doubt many attended Patriot Day observances all across the nation.

For those who did attend the Pentagon service, it was an emotional experience.

Paul Brady spoke about crawling through the smoke and escaping the Navy Command Center when the plane hit. Only eight of 34 who were in the command center that morning lived, Brady said, and several of the survivors were badly burned and injured.

Brady spoke of the hate and his desire for revenge following Sept. 11. He said those feelings have now softened, with a Christian re-awakening, to prayer for those who perished — both the victims and perpetrators.

Pentagon Chaplain (Col.) Ralph Benson said, "We are a people of hope," when speaking at the service about the enduring American spirit. He added that "when we see tragedy, we remember it and move on."

Hopefully, we will move on, but never forget those who died Sept. 11.

Tropic

From A-1

- Miles competition: Teams of nine Soldiers will maneuver against each other in an effort to set off their opponent's Multiple Integrated Laser Engagement System gear.
- Boxing Smoker: Boxers will be randomly matched up within their respected weight classes. Bouts will consist of preliminary, quarterfinal, semifinal and championship. Boxers must present evidence of a physical from their battalion physician assistant in order to compete.
- Combative Competition: This competition will follow the U.S. Army Combatives School's "preliminary" rules.
- Lightning Challenge: This challenge will test Soldiers on common skills, physical fitness and problem-solving skills.
- 3-Weapon Assembly: Soldiers will be tested on weapons knowledge, teamwork and building cohesion.
- Fireman's Carry
- Basketball
- Litter Relay
- Preventive Maintenance Checks and Services Competition: Soldiers will be tested on knowledge of maintenance procedures and teamwork.
- Volleyball
- Flag Football
- Ultimate Frisbee
- Soccer
- Tug-o-War
- Softball

A commanders and command sergeants major softball game will be played as part of TLW as well.

Lightning Spirit

Prayer matters most

Chaplain (Lt. Col.) Ken Stice
25th Infantry Division (Light)

Wednesdays and Fridays are "Days of Prayer" in the Main Post Chapel. Come and pray in a quiet environment without interruption.

If I have learned anything from my ministry with warriors downrange, it would be this: Prayer matters most.

In the Bible, Romans Chapter 15 provides some excellent advice.

Who is it directed at? Who can hear its message?

It is aimed at those already strong: Verse 1 says, "Now we who are strong…"

In the movie "A Few Good Men," Tom Cruise plays the role of a prosecuting Naval attorney and Jack Nicholson a Marine Corps colonel, the defendant in a court case involving the hazing death of a young Marine. During a heated exchange between these two, Jack Nicholson's character shouts, "You want the truth? You want the truth? You can't handle the truth!"

He then proceeds to explain how serious matters of life, death and leadership are beyond the young attorney's ability to comprehend.

Can you handle the truth today? Everyone can listen, but only those who are strong will be able to apply the lessons from this text.

While it's vital to be physically fit, it doesn't make a difference in the spiritual war that we fight. As with physical strength, spiritual strength may be measured or observed when we are able to lift or bear a great weight.

God teaches us in many places that maturity is made in the crucible of trials, and victory of the soul is what makes a strong person of faith.

Some of the strongest Christians I know are "little old ladies" who on the outside don't appear very threatening. In the spirit world, they are known and feared by principalities as mighty warriors.

In one sense, it was kind of Paul to lay these heavy burdens on the strong and to recognize that without some living and victory with burdens, trials and life that Christians are not automatically prepared or mature to accomplish the heavy stuff of spiritual battle and prayer-warrior business.

This fact in no way exempts all believers, but it underscores a vital aspect of Biblical faith: that there are levels of maturity and positions of leadership when much is required, expected and possible. Victory belongs to all, but it is often won by the battle actions of the few, the brave, the strong and the committed. I hope you are worthy to be counted in that band of warriors today.

Now what does he say to the "strong" among us? Well in Verses 1-7 he gives five basic tasks. These are the marching orders for mature and strong Christians:

1) To bear up the weaker brother and be spiritual litter-bearers — those who carry the wounded and fatigued back to safety, treatment and rest;

2) To serve our neighbors — self-sacrifice is in the toolkit of spiritual warriors;

3) To be united — strong saints are those who agree on the major issues of what bonds us in our faith as forgiven sinners;

4) To glorify God — as a reflection or by-product of that unity; and

5) To accept each other — it demonstrates we are like Christ who accepts us.

"Now, I urge you, brethren, by our Lord Jesus Christ and by the love of the Spirit, to strive together with me, in your prayers to God for me" (Romans 15:30).

Prayer was something that mattered a lot to Paul. It was not an after-thought or something tacked on for good measure. Paul was not confused on what matters most — nor should we be.

Paul invited others to join the team, and even from a distance to put on their battle rattle and get into the same fight.

Like warriors who are launched to the mission objective, Paul understood that they are equipped for battle by the actions of the support team that remains in the "rear," many kilometers from the front lines. It takes a team to win a fight.

Paul spoke of practical things: Targeted prayers are more powerful than blanket prayers. Spiritual warfighting is not to be undertaken with little preparation and haphazard conviction. Likewise, our prayers should be as focused and specific as we can make them.

God delights in the prayers of the saints. No matter where you go, draw away to pray this week.

Voices of Lightning: What has this deployment taught you (29th BCT)?

"Retirement is sure going to look good when this is done."

Sgt. 1st Class Michael Smith
HHC
1st Bn., 184th Inf.

"Be flexible in capturing logistical requirements at all levels."

Sgt. 1st Class
Lemuel Mangayam
HHC
2nd Bn., 299th Inf.

"I learned what it actually takes to deploy a unit."

Sgt. 1st Class Michael Kist
HHC
100th Bn., 442nd Inf.

"It's [deployment] more difficult than it looks."

Staff Sgt.
Junito "JoJo" Gador
HHC
29th Support Bn.

"Time is precious, God is love and I can't live without my wife ... and my kids."

Capt. Shawn Tsuha
HHC
29th BCT

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Engineers clear explosives from Schofield area

Spc. Juan F. Jimenez
Staff Writer

Transformation is more than skin-deep at the future Battle Area Complex on Schofield Barracks, as teams of workers dig deep to remove decades of unexploded ordnance (UXO) and remnants of live-fire training. The remnants are being removed to make room for a new Stryker training area.

Since July 2004, Zapata Engineers has provided nine teams (seven sweep teams, one extracting team and a multipurpose team) working on the 820-acre, UXO-littered site and removed more than 517.5 tons of UXO and scrap metal.

"The process of assessing the area where the sweep team is going to work is not hard, but it's time consuming," said Jim Froneberge, project manager. "We have to go the site, grid an area [of] 200 square-feet and then divide it into several lanes."

The sweep team consists of two engineers equipped with a metal detector, a shovel, Kevlar helmets, flak jackets, protective goggles and gas masks.

"They [sweep teams] are the ones who do the actual cleaning process," said Don Neil, senior supervisor.

"The sweep team's main job is to get all big pieces of metals [and] shrapnel out of the surface so when the extracting team comes in, they don't get all that clutter," said Froneberge.

The sweep team's digging range is four inches into the ground. If anything is found below the digging range, the sweep team will clear the ground around it and properly mark the area for the extracting team to come and remove the UXO from the site.

The extracting team's main job is to remove the UXO found on sites marked by the sweep team and to properly dispose of it.

"More than 13,000 pounds of metal, shrapnel and other explosives have been found in just one 200 square-foot grid," said Neil.

The multipurpose team is in charge of collecting, disposing and cleaning any ordnance found partially exploded. This type of ordnance still contains some gunpowder that must be cleaned and sorted into different metal categories.

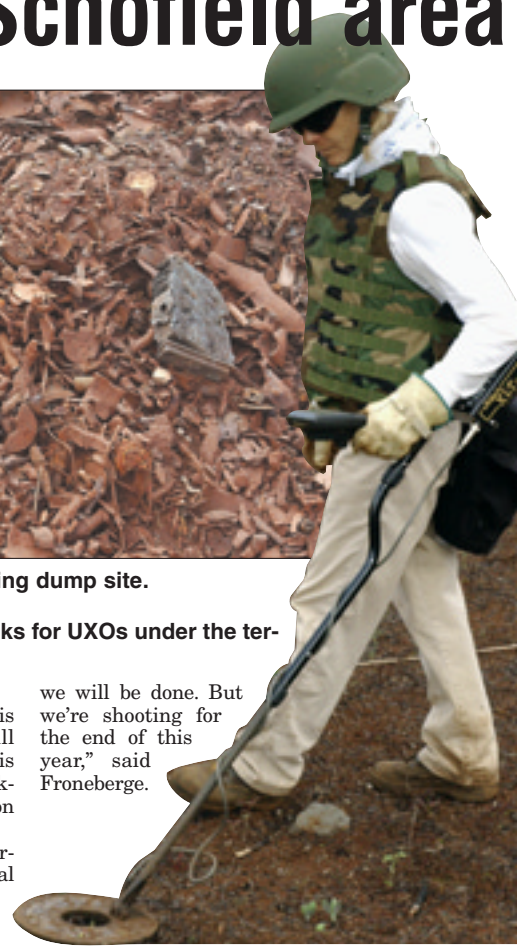
"We go through every piece of metal we find out there to ensure that we dispose of it properly," said Richard Fisher, a member of the multipurpose team.

"We have found many different types of bombs, M203 grenade rounds, 155mm artillery rounds, [and] 60mm mortar rounds that were unexploded. We have found things out here from as far back as World War II," said Neal.

The job for the engineers is far from over, but they will remain working until the land is clear and it's safe for the Stryker vehicles to start training on Schofield Barracks.

"With the condition of the terrain and the amount of metal fragments embedded out here, it's really hard to know when we will be done. But we're shooting for the end of this year," said Froneberge.

Above — Many piles of metal fragments cover the clearing dump site.



Right — Lindy Swanson, a member of a sweep team, looks for UXOs under the terrain on Schofield Barracks, Sept. 2.

Day Zero of air assault commences

Story and Photo by Pfc. Kyndal Brewer
Staff Writer

As rain pelted hard on the formation of Soldiers dressed in BDUs, Day Zero of Air Assault School on East Range, Schofield Barracks, began for 106 warriors of the 25th Infantry Division (Light), Sept.1.

The day began with an inspection of the Soldiers' gear. They displayed identification cards, dog tags, a kevlar helmet, a pair of running shoes and a pair of combat boots.

Following inspection, the Soldiers loaded the light terrain motor vehicles to travel to the obstacle course. Their adrenaline pumped as they anxiously waited to embark on the challenging experience.

Before the Soldiers hit the obstacle course, however, their instructors executed a quick, basic training style "smoking session" to motivate them.

"They don't get smoked; they get disciplined, just to make sure they are in their right mind so they don't injure themselves or anyone else out here," said 1st Sgt. Fidelito Ordonio, the commandant of the Air Assault School.

With blood pumping and morale high, Soldiers were ready to go.

The course consisted of three major obstacles and six minor obstacles.

The major obstacles included a 90-foot ladder called the "Confidence Climb," a rope and platform obstacle called "The Tough One," and the "Weaver," an upside-down "V" structure that required Soldiers to climb over one board and under the next.

The minor obstacles included the belly crawl, the low belly over, the inverted wall, the high step over, the swing stop jump and the six vault.

A Soldier in Day Zero of Air Assault School completes the Confidence Climb obstacle.

Success on the obstacle course is not easy, according to many Soldiers.

If a Soldier fails to complete a major obstacle, he or she has one more chance to complete it successfully. Failure to complete the second attempt on a major obstacle means automatic disqualification from the course. However, if a Soldier fails to complete a minor obstacle, he or she can continue, but a a second chance will not be provided.

After completion of the obstacle courses, when Tropic Lightning warriors thought the day was done, the Soldiers still faced one more mission: to complete a two-mile run in less than 18 minutes.

Failure to pass on the run eliminated Soldiers from the Air Assault School. At the conclusion of Day Zero, three were eliminated.

"Soldiers have to be dedicated and motivated and willing to drive on, to get through this course," said Ordonio.

Even with "Zero Day" behind them, the Soldiers faced 10 more days of taxing training and physically and mentally challenging activities before graduation.

By then, they had completed three phases of training — Pathfinder, Sling Load and rappelling capped by a timed 12-mile road march.

"It's tough! You have to stay motivated," said Pvt. 2 Jason Garland, a helicopter mechanic with 2nd Battalion, 25th Aviation Regiment.

Garland completed Day Zero and will continue on to the rest of the course.

"It is going to take a lot of heart and a lot of dedication to get through this," he said.

School partnerships take JVEF spotlight

Dawn Torres-Gale
Contributing Writer

BELLOWS AIR FORCE STATION — Representatives from each of four "strategy groups" that comprised the 2005 Joint Venture Education Forum (JVEF) annual meeting held here Aug. 30, provided presentations that outline how they will proceed in the coming months.

A division of the Manpower, Personnel and Administration Directorate at the U.S. Pacific Command (USPACOM), JVEF is responsible for the disbursement of approximately $5 million in annual Department of Defense appropriations to Hawaii public schools. Senior military officials from the five armed services, the Hawaii Army National Guard and the Hawaii Air National Guard joined with representatives from the state's Department of Education (DoE) to discuss initiatives.

Information and Communications

Brigadier General Kathleen Berg, Hawaii Air National Guard and DoE representative Debbie Harvey discussed the accomplishments of Strategy Group I, Information and Communications. They noted one of their accomplishments is an improved awareness by military families, of positive information about Hawaii public schools.

Berg and Harvey also described their group's efforts to create a central Web site for military parents looking for information about Hawaii public schools. The creation of the "Aloha Military Families and Students" Web site (http://militaryfamily.k12.hi.us) provides military families transitioning to Hawaii with an opportunity to gain valuable knowledge about Hawaii public schools.

Resources: Textbooks and Technology

Representing Strategy Group IIA, Resources: Textbooks and Technology, were Col. David Tom, U.S. Air Force chief of Force Management and Development, and Ms. Judy Ambrose, administrative services assistant, Moanalua Complex. Group IIA is responsible for the disbursement of $2.5 million to 44 Hawaii public schools for upgraded textbooks and technology.

The 44 schools benefiting from these funds includes schools designated as "good neighbor" schools. Although these type schools do not have a significant military student

See "Partnership," page A-6

Last Wheeler Cavalry unit inactivates

Story and Photo by
Sgt. 1st Class Joseph Messier
Platoon Sergeant, 3rd Squadron, 4th Cavalry

WHEELER ARMY AIR FIELD — On Sept. 9, in a small, quiet ceremony here, the 25th Infantry Division (Light) bid farewell to Apache Troop, 3rd Squadron, 4th Cavalry. The unit was the Army's last remaining Air Cavalry Squadron Ground Troop.

The ceremony marked the end of an era in the Division's history that began in 1986 with the formation of the 5th Squadron, 9th Cavalry Regiment.

The 5-9 Cavalry combined one Light Ground Cavalry Troop with two Air Reconnaissance Troops to form the Division's primary reconnaissance formation, later renamed 3rd Sqdn., 4th Cav. Rgt., in 1997.

Lt. Col. Robert S. Brown, commander of 3rd Sqdn., 4th Cav., presided over the ceremony, which in true Cavalry fashion drew out former squadron members and fellow cavalrymen from across the Division donning their Stetsons and spurs to bid farewell to a unit whose dynamic history spans more than 150 years.

Capt. Scott Virgil, the outgoing Apache Troop commander, thanked his Soldiers for their dedication and professionalism in peacetime and in combat. He thanked the squadron's pilots for their meticulous precision in their work and reminded them that this is not a final goodbye but a new beginning.

"A" Troop will case its colors temporarily but will redesignate as part of the 3rd Brigade Unit of Action's newly formed 3rd Squadron, 4th Cavalry, removing the aviation assets and mixing cavalrymen with infantrymen, and a myriad of other combat arms Soldiers, to form one of the most lethal fighting forces the Division has ever known.

The Air Reconnaissance Troops will reform as the 6th Sqdn., 17th Cav.

During the ceremony, Virgil received the Bronze Star medal for his actions during Afghanistan, and Brown presented him with a pair of replica 1911 Cavalry spurs.

Lt. Col. Robert Brown (far right), watches as Capt. Scott Virgil (holding guidon), and 1st Sgt. Paul Correale case the guidon of Apache Troop, 3rd Squadron, 4th Cavalry.

Division Soldiers live out of tents inside South Korea's capital

Story and Photo by
Sgt. Sean Kimmons
Editor

YONGSAN GARRISON, South Korea — Soldiers from the 25th Infantry Division (Light) recently enjoyed the accommodations of military tents inside Seoul, while participating in Ulchi Focus Lens 2005.

More than 20 Soldiers from various 25th ID (L) units were among 1,000 personnel who resided in a 20-tent area named Camp Coiner.

Since Ulchi Focus Lens — known as the world's largest computer war simulation exercise — brings thousands of troops from U.S. and South Korean military branches to the peninsula, living arrangements become scarce. The last resort for attached personnel is the familiar green tent.

UFL participants residing at Camp Coiner were able to get a "one of these things is not like the others" feeling once they stepped out of their tents. That's because surrounding the "tent city" were 20-story apartment buildings and an overshadowing 1,575-foot Seoul observation tower positioned on a hilltop.

"It doesn't make sense; we are in the middle of a city," said Spc. Charmaine Clayton, an information management officer with Headquarters and Headquarters Company, 125th Signal Battalion.

Clayton, who previously lived in a tent while deployed to Afghanistan, said her old tent city was vastly different from this one. Her old tent was on rocky terrain, not pavement. Plus, there weren't any shuttle buses and taxis rolling past the tents, which was a familiar sight at Camp Coiner.

"It's totally different and a lot more relaxed," Clayton said.

A portion of the relaxation came from Soldiers from Headquarters and Headquarters Detachment, 498th Corps Support Battalion, who ran the Morale, Welfare and Recreation tent for Camp Coiner residents. Within the tent were computers with free Internet access, phone service, a TV room, popcorn and vending machines.

A Soldier gets on a shuttle bus inside Camp Coiner. Shuttle buses and taxis drove troops to and from multiple work places in the Seoul area during Ulchi Focus Lens 2005.

"It's important to support them because they are coming into another country. We're [one of the] first ones they'll meet, so we want to make them feel at home," said Spc. Kevin Patton, a supply clerk with HHD, 498th CSB.

A laundry service was also provided by MWR.

Division Soldiers returned to Hawaii during the first week of September.

25th ID troops support Ulchi Focus Lens '05

Sgt. Sean Kimmons
Editor

SEOUL — Late August and earlier this month, "Land of the Morning Calm" was contrasted by the commotion of thousands of U.S. and South Korean forces participating in a self-defense training exercise across military bases on the South Korean peninsula.

The training event, dubbed Ulchi Focus Lens 2005, brought together U.S. troops stationed from around the world — including more than 20 from the 25th Infantry Division (Light) — to work side by side with their South Korean counterparts.

Conducted annually for 31 years, the purpose of the computer-simulated UFL exercise is to prepare for and to counterattack an invasion.

UFL, a command post exercise, is also intended to train Combined Forces Command personnel and major component, subordinate and augmenting staffs using modern war-gaming computer simulations and support infrastructures.

Known as the world's largest computer-driven war simulation, UFL improved interoperability among U.S. and South Korean forces.

News Briefs

Hispanic Heritage Observance — The Stryker Brigade Combat Team is hosting the 25th Infantry Division (Light) and U.S. Army, Hawaii, Hispanic Heritage Month Observance today at 10 a.m. at Sergeant Smith Theater, Schofield Barracks. Soldiers, civilian employees and family members are invited to come celebrate and learn more about Hispanic cultures.

For more information, contact Master Sgt. Christopher Keesee, Stryker Brigade Equal Opportunity advisor, at 655-6244.

The Bus — Officials want to know if service members and their families at Schofield Barracks have the best bus route available for their needs. Answers are sought to the following questions: 1) Does the present bus route schedule satisfy your needs, if not, please specify? 2) Do the present bus stops satisfy your needs, if not, what locations do you prefer? 3) What are your desired destinations? 4) Any suggestions to improve The Bus service for the Army community?

Provide survey responses to thebussurvey@yahoo.com. For more details, call Bruce Brinn at 656-2391.

Combined Federal Campaign — The 2005 Hawaii-Pacific CFC will run from Sept. 19 through Oct. 28, and this year's theme is "Heroes of the Pacific – Be One!" The 25th ID (L) is the designated Army agency for all Army units participating in Hawaii's campaign, and staffs look forward to coordinating an effective and rewarding campaign.

As the largest workplace charity campaign in the country, and the only campaign authorized to solicit and collect contributions from federal employees in the workplace, the mission of the CFC is to promote and support philanthropy. For more details, contact Capt. Andrew Thompson at 655-3984.

The Wave — This Fort Shafter worship service meets each Sunday at 9 a.m. in the Fort Shafter dining facility. For more details, call Chaplain (Capt.) James Lester at 438-1816.

DPW Engineering Relocation — The Department of Public Works's Engineering Division will be relocating from Building 113 Wheeler Army Air Field to the second floor of Building 108 on WAAF, Monday. Engineering will reopen for business Monday. Call Victor Lee at 656-2914, extension 3068, for more details.

CIF Telephone Change — Reach the accountable officer at the Central Issue Facility at a new number, 655-8120. For more details, call Luis Encarnacion at 655-3975/ 655-8120.

Military COLA Survey — All military personnel in the state of Hawaii are encouraged to complete the military Cost of Living Allowance survey sponsored by U.S. Pacific Command, any time before Sept. 30, via the Internet. Participate at www.perdiem.osd.mil/oscola/lps/hawaii.

Accuracy in completing the survey is critical to the COLA determination process. For more information, call Eddie Fowler at 477-1396.

Child Safety Seats — Does your child's car seat move around after you have buckled it in? Is it the right type of safety seat for the size of your child? Do you know if the seat has ever been recalled? Or do you know when is it safe for your child to use just a seat belt, or even what is that little metal clip and when do you need to use it?

Child safety seats can be confusing, and questions are seemingly endless. Help is now available. Come to the free Child Safety Seat Inspection and get your child's safety seat examined for safety. Experts will answer questions and discuss transporting your children as safely as possible.

Sponsored by Tripler Army Medical Center and the Keiki Injury Prevention Coalition, this safety inspection will be held Saturday, Sept. 24, from 9 a.m. to noon at the Schofield Barracks Health Clinic. For more details, call Carol Moreno at 433-6434.

Pre-retirement Orientation — Soldiers with 18 or more years of active service should attend the semiannual preretirement orientation scheduled for Oct. 4 from 8 to 11:30 a.m. at the Schofield Barracks Post Conference Room, Building 584, on Trimble Road, across the street from the Sergeant Smith Theater. Spouses of applicable military personnel are also encouraged to attend.

The orientation will provide information concerning benefits and privileges for military retirees. Representatives from federal, state agencies and military staff offices will be available to answer individual questions.

For more information, call the Schofield Barracks Retirement Services Office at 655-1585/1514.

National Fire Prevention Week — The week of Oct. 9-15 , the Federal Fire

See "News Briefs" page A-6

Pfc. Nicole R. Montoya

Singapore Army visitors

Maj. Gen. Desmond Bak Chye Kuek (center), chief of Army Singapore Armed Forces, poses for a photo with Warrant Officer 1 Kian Lee Ho (left) and Warrant Officer 2 Arylmani Victor while touring the NCO Academy on East Range, Sept. 1. Ho and Victor were two of four Singapore soldiers who completed Day Zero of the U.S. Army Air Assault School.

Partnership

From A-3

population, they have been somehow impacted by their proximity to a military base or installation.

Campbell High School Principal Dr. Gail Awakuni underscored the importance of funding textbooks and technology in Hawaii public schools. Recently designated as the 2005 National Principal of the Year, Awakuni noted that as a result of the improvements in textbooks and technology, the number of Campbell H.S. freshman required to repeat a grade has declined from a high of 350 students several years ago to 55 students last year.

Programs

Discussing the accomplishments of Strategy Group III, Programs, were Navy Capt. David Bigelow, Commander Surface Group Middle Pacific chief of staff, and Dr. Louise Wolcott, complex area superintendent, Windward District. They discussed the existence of school liaison officers for each of the five armed services and support for the annual military culture course provided to Hawaii public school teachers.

Strategy Group III also highlighted one of their new initiatives called "Challenge Day," a day created as a way for Hawaii public schools to try to combat alienation and violence amongst students. Two Kalaheo H.S. students (Breanne Myers and Jonathan Sherman) testified about the impact of Challenge Day, noting that the day's activities helped them to feel more compassionate towards their fellow students.

Hawaii 3R's

Wrapping up the strategy group presentations were Lt. Col. Stephen Moniz, commander Oahu Base Support Battalion, and Ryan Shigetani, DoE project coordinator, Hawaii 3R's, representing Strategy Group IIB, Hawaii 3R's, R&M and Playgrounds. This group administers funds allocated for the upgrade of school facilities and for military-school partnerships.

Each of the five armed services enjoys partnership agreements with various Hawaii public schools. These partnerships provide volunteers from active duty, Reserve and Guard units for use in classrooms and school infrastructure projects. Both schools and military officials view their partnerships as win-win situations. Schools benefit from upgrades and assistance, while the service members raise their profile in the community through their presence in local schools.

In special recognition of the military's volunteer service to Hawaii public schools, USPACOM Acting Deputy Commander Rear Admiral Van Alford and Hawaii Superintendent of Schools Patricia Hamamoto presented a select group of military members from each of the five armed services a certificate commemorating their branch's efforts.

"Volunteering at the local schools has been mutually rewarding for our unit, the community and me. We ... put our skills to work, challenge our minds and give something back to the community, showing how much we appreciate their support," said Cpl. Shawn Ray, Retention NCO, 556th Personnel Support Battalion, regarding involvement at Mililani Mauka Elementary School.

After a short break, the meeting continued with presentations from Dr. Melissa Beers and Dr. Alton Okinaka, researchers from the International Center for Leadership Development. They discussed the annual USPACOM school survey (www.pacom.mil/qol/edusurvey.shmtl), and Hawaii Army National Guard Adjutant General Robert Lee discussed the impact of deployments on Guard families.

Other awards were presented to Charlie Ota for being the Outstanding Civilian Contributor by Hawaii State Representative Ken Ito and to Tom for being the Outstanding Military Contributor by Hawaii State Senator Norman Sakamoto.

The meeting ended with the signing of a formal charter by military and DoE representatives.

JVEF was founded in 1999 and sprung from the efforts of then DoE Superintendent Paul LeMahieu and then USPACOM Commander Adm. Dennis Blair, to actively and tangibly involve the military in support of Hawaii's public schools. JVEF was charged with providing a means of assisting those Hawaii public schools significantly impacted by the military student population.

JVEF is governed by a 25-member board of directors comprised of representatives from military, State and business entities.

Army School Partnerships

25th Infantry Division (Light) and U.S. Army, Hawaii, have provided support to Hawaii public schools through the Military Partners in Education program. Currently, 45 schools are partnered with military units or activities. Partnerships serve as an opportunity for military and Federal government personnel to get involved with Hawaii public schools and ultimately make a difference in a student's life.

Recently, school partnerships reorganized based on community relations responsibilities, in line with the Partnership of Ohana program that aims to build strong community bonds through leadership and caring. Each brigade sponsors a geographic area.

2nd Brigade: Nanaikapono, Nanakuli Elementary, Waianae Elem., Waianae High School, Leihoku, Waianae Intermediate, Kamalie, Makaha, Maile, Nanakuli H.S./Int., Honowai, Iroquois Point, Campbell H.S.

3rd Brigade: Kipapa, Mililani Ike, Mililani H.S., Kaala, Mililani Uka, Mililani Waena, Mililani Middle, Wahiawa Elem., Iliahi, Leilehua H.S., Wahiawa Middle, Solomon

Aviation Brigade: Haleiwa, Waialua Elem., Waialua H.S./Int., Wheeler Elem., Wheeler Middle

25th Sustainment: Kahuku Elem., Kahuku H.S./Int., Sunset Beach Elem.

UEx: Hale Kula Elem.

Military Police Brigade: Shafter Elem., Helemano

516th Signal Brigade: Radford H.S., Webling, Princess Kaiulani Elem.

Tripler Army Medical Center: Moanalua Elem.

Pohakuloa Training Center: Waiakeawaena Elem., Keaau Middle, Waiamea Middle

29th Engineer Battalion: Fern Elem.

556th Personnel Service Battalion: Mililani Mauka

U.S. Army, Hawaii: Leilehua H.S., Mililani H.S., Waialua H.S., Leilehua H.S., Aquatic Teams, Radford H.S.

Spc.Juan Jimenez

New MP commander

Lt. Col. Carter A. Oates (left), outgoing commander, and Brig. Gen. Frank J. Wiercinski (center), assistant division commander (support), join Col. Jacqueline E. Cumbo, incoming commander, in a salute of the National Ensign during the assumption of command ceremony, Sept.14. Get the full story in next week's *Hawaii Army Weekly*.

News Briefs

From A-5

Department will emphasize fire prevention. This year's slogan is "Use Candles With Care, When You Go Out Blow Out." The fire department will host static displays and tours of their fire equipment at the Schofield Commissary from 9 a.m. to 2 p.m., Oct. 12, and the public is invited.

Strong Marriages — Do you want to strengthen your marriage? Take a day off work? Spend some time alone without the kids? Stay overnight at a hotel at no cost to you?

If your answers are yes, see your unit chaplain about the "Building Strong and Ready Families" program, or contact the division chaplain's office at 655-9303.

Newcomers Orientation — Every other Tuesday, the Fort Shafter Army Community Service is hosting its Newcomers Orientation Tour for Soldiers and family members transitioning to the island of Oahu, as well as an island tour to familiarize all newly assigned personnel to the Hawaiian culture, customs, language, surrounding communities, Hale Koa Hotel and various points of interest on the island.

Registration is required and seating is limited. Call ACS Fort Shafter at 438-9285 for registration or questions.

EFMP Workshops — The Army Community Service Exceptional Family Member Program is sponsoring "A Parent's Guide to Special Education in Hawaii Schools," an important workshop series for all parents of special needs children in local schools. Participants can learn how to become an advocate for their special needs children, regardless of where they live. The free, three-day workshop will be presented by the Learning Disabilities Association of Hawaii and will provide an overview of the federal and state requirements for special needs, instruction on understanding the schools' evaluation processes, and information that equips parents with necessary skills to develop an Individualized Education Program, especially for a special needs child.

The series will be held at the Schofield Barracks ACS, Bldg. 2091, on Monday, Tuesday and Thursday from 8 a.m. until noon, and on Sept. 26, 27 and 28 from 6 to 9 p.m.

Captain recalls his Pentagon footsteps

Staff Sgt.
Manuel Torres-Cortes
Staff Writer

One day while driving on a highway on his way to work, Capt. Rob Wolfe, Company C, 2nd Battalion, 35th Infantry commander, was part of a world-changing attack that would shape a memory for him for the rest of his life.

A memory of burning rooms filled with mementoes, pictures still hanging on the walls and lying on the floors. An attack that wasn't an improvised explosive device, rocket propelled grenade or even a mortar round. It wasn't even on the streets of Baghdad, or Afghanistan, but on the soil of his nation at the Pentagon on September 11, 2001.

A week before the attacks, Wolfe was the executive officer for a company of the 3rd United States Infantry Regiment, "The Old Guard." His unit was preparing for an annual celebration called the "Spirit of America." Everything was normal for that week except when he was running late for work one day.

He and some of his Soldiers watched the television as the Twin Towers were attacked. After the second one hit, he knew that there was something going on.

Wolfe

"I was shocked," said Wolfe. Shortly after, on his way to Fort Myers, Wolfe's, reality of the day literally hit home as he witnessed an airplane come over him and strike the Pentagon, putting it into flames. He rallied his platoon, drove back to home base and started drawing their riot gear to secure their area of responsibilities.

During this time Wolfe's platoon was called upon to assist in the Pentagon search and rescue. Three hours after the attacks, his platoon was pulling bodies from the wreckage and looking for survivors.

"Immediately, we were clearing out remains, as that was the focus for the first couple of days," explained Wolfe. "Then, at the same time, we were moving debris and concentrating on working with the FBI and local agencies with the clearing of evidence."

Gerry Gilmore

Military begin clearing wreckage and debris following the Sept. 11, 2001, terrorist act at the Pentagon.

For three weeks Wolfe and his platoon worked 12-hour shifts to focus on the security and recovery.

"It was a long and trying time," said Wolfe. "The platoon knew the importance of the mission, and I was focused, trying to do the job and getting everybody out and ensure that each remain was handled with the dignity and respect that they deserved."

"After the initial push you see the destruction and the gore," said Wolfe while looking down on his desk. "That says a lot for the character of the young Soldiers who got up every day to do that."

Three years later Wolfe remembers the vivid pictures. He reflects when he was overcome by emotion at that time.

"It hit me hardest, when we had to continue on with the funeral details, and you receive the list of the deceased at that time," he said. "You recognize the names on that list and you put it to a person's face that you pulled from the Pentagon.

"There was this major that was in the building laying near the doorway. It seemed as though he was overcome with smoke while trying to help people out. I remembered his name and remember his face … then marching in the cemetery and handing his wife and two daughters the flag after the ceremony."

Since the attacks, countless Soldiers have deployed in support of Operation Iraqi and Enduring Freedom. Wolfe also is no stranger to deployments. As an engineer Soldier in the enlisted ranks, he was part of the first Gulf War, took part in an operation in Haiti, and most recently, was deployed to Afghanistan with 2-35th.

As a leader, you have to train to fight the nation's wars, said Wolfe.

"A leader is a leader, regardless of what level you are; you still have a responsibly to train your Soldiers."

His memories run deep in Afghanistan, on countless missions of rebuilding and restructuring.

"The hardest part was losing a Soldier and having many wounded in different skirmishes."

Training for wars is very important to Wolfe,now more than ever as a new father of an 11-week-old son, Jackson.

"I am very fortunate that my wife comes from a military family," he said. "She is very supportive and understands ... I am professionally obligated, but to me, and more importantly, I am morally obligated to the Soldiers and families."

Remembered

From A-1

War on Terrrorism.

With a quote from President George W. Bush, he said, "America will not tire, will not falter, and will not fail. We will continue to bring our enemies to justice, and we will bring justice to them."

He then added in his own words, "We will keep the flames of liberty burning brightly."

At the close of the colonel's speech, he quoted former President John F. Kennedy: "Let every nation know, we should pay any price to ensure the survival and success of liberty."

All paused for a moment of silence in honor of those who died on 9/11 and those who gave their lives to keep this country free.

The silence was a little overwhelming for some who experienced personal tragedy during the Global War on Terrorism.

Lt. Col. Matt Kelley, 1st Brigaded, 21st Infantry Regiment commander, explained that he attended the ceremony because he felt it was important to remember the events that changed the lives of so many.

"I wanted to honor those who have given their lives for the war," he explained.

Kelley said he was personally affected by the events of 9/11 because people were finally able to see the evil in the world. He believes that America, in a way, lost her innocence that day.

"We have enemies and they struck hard," he said, "and that was a wake-up call. Other countries think that they can bully us around. We're not taking it anymore."

Pacific

From A-1

Officials are developing ways to address the diverse needs of all military families, regardless of whether they reside near or far from military facilities.

The idea is to leverage multiple systems to deliver services to geographically dispersed families. This approach, according to officials, could be especially meaningful for those families living in areas such Guam, American Samoa and neighboring islands.

"We must look for ways to mitigate gaps in services and to be more efficient," said Kelley. "With your help, Hawaii, the Pacific Islands and eventually the entire Department of Defense will be better prepared to meet the challenges of providing family support across the services."

Chief of the Army Reserves Lt. Gen. James R. Helmly said the initiative coincides with Joint operations on the battlefield.

JSFSN is still in the pilot and evaluation stage, but, if approved, it will be implemented January 2006.

Family programs currently offered by all military services would continue to exist, but consistent baseline services would be offered at each site.

CW3 earns Distinguished Flying Cross for heroism

Lt. Col. Frank Tate, commander of 2nd Battalion, 25th Aviation Regiment, pins the Distinguished Flying Cross medal on Chief Warrant Officer 3 Joseph Roland.

Story and Photo by
Pfc. Kyndal Brewer
Staff Writer

WHEELER ARMY AIR FIELD — The Soldiers of 2nd Battalion, 25th Aviation Regiment, stood in formation for the special tribute to Chief Warrant Officer 3 Joseph B. Roland who was being awarded the Distinguished Flying Cross here Friday.

"Joe Roland is being presented with this award for his tremendous heroic work, tremendous airmanship and tremendous flying," said Lt. Col. Frank W. Tate, battalion commander of the 2nd Bn., 25th Avn. Rgt.

The Distinguished Flying Cross

The Distinguished Flying Cross is a medal that is awarded to any service member in the U.S. Armed Forces who distinguishes his or herself in combat in support of operations by heroism, or by an astounding achievement while participating in aerial flight.

The performance of the act of heroism must be a voluntary action beyond the call of duty. The achievement must result in an accomplishment so exceptional and outstanding as to obviously set the service member apart from his or her comrades, or from other fellow service members in similar situations.

The Distinguished Flying Cross was authorized by an act of Congress that was amended by Executive Order on July 2, 1926. The first person to be recognized to receive this award was Capt. Charles Lindbergh of the U.S. Army Corps Reserve, for his solo flight of 3,600 miles across the Atlantic Ocean in 1927.

Chief Warrant Officer Roland

On May 30, 2004, Roland was serving as a pilot during Operation Eagle Fire in support of Operation Enduring Freedom. While in command of a UH-60 helicopter, Roland distinguished himself through his demonstration of his courage, professionalism and dedication to duty while reacting to enemy contact.

"Joe Rowland is getting this award for his heroic actions in combat in Afghanistan," said Tate. "Those actions involved him flying a damaged aircraft in a combat zone to save a friendly sniper team that was on the ground who was facing sure destruction," he continued. "The enemy position was destroyed by the door gunners on this aircraft, and they were able to extract that team and get them out of there."

Roland's actions reflected great credit upon himself, Task Force Diamond Head, Joint Task Force Wings, the Combined Task Force 76, the United States Central Command, and the U.S. Army, the award read.

"It was a proud day for me," said Roland. "The crew chiefs that day … I can't say enough about," he continued. "This is what it's all about for me; it isn't what I did that day, but it's the brotherhood of all of the Soldiers," he explained. "I would have done the same thing for everyone of them."

Other crew members on the helicopter were Lt. Col. Steven K. Brown, pilot; Pfc. Israel Pachecho Jr., crew chief; and Spc. Joel A. Morales, crew chief.

"We all wonder when the day comes, will we have the stuff? Will we be able to do it? Will we live up to the Army values, to the Warrior Ethos that we all want to live up to?" said Tate. "But you never really know until you've been there, and Joe has been there.

"Joe Rowland exemplifies what all of us as aviators want to be, another great aviator, another great hero."

'Gimlets' hold Regimental Day

Capt. Chris Ortiona
1st Battalion, 21st Infantry Regiment

Competitive and grueling combat focused, teambuilding activities filled the annual 21st Infantry Regimental Day, Aug. 31.

Teams tested their mettle during the combat medical proficiency evaluation, a forced foot march, ultimate football, basketball and tug-o-war, among other contests. Individuals competed in "no-rest" Army Physical Fitness Training, pugil stick bouts, strength speed lanes, forced foot marches and a rifle marksmanship stress shoot.

Company C Commander Capt. Jamie Garcia said the best thing about having this year's Regimental Day was the focus on teamwork.

A long tradition, Regimental Day provides an opportunity for small unit team building that bolsters the battalion's espirit de corps, and, of course, bragging rights for the coveted Steel Gimlet. Soldiers get to show off their tactical proficiency and athleticism.

The Gimlet name was formed from a group of 20 athletes led by Pfc. Eugene Riley here at Schofield Barracks in 1921. The men organized a club known as the "Royal Gimlet Clan," supported by regimental athletic teams that completely dominated the service teams in major sports.

Webster describes a gimlet as a small device with grooved shank and screw point used to bore holes in rock; the sports teams of the 21st Infantry were said to resemble this as they bored through opponents. Their motto, "Bore Brother Bore," exemplifies their strong will to win.

"Regimental Day allows us an opportunity to honor our heritage and recognize excellence in combat focused competition and athletic events." said Lt. Col. Matthew Kelley, 1-21st commander.

All Soldiers were noted for their fighting spirit. However, a dynasty was ended. The Steel Gimlet was passed on from Headquarters and Headquarters Company to Charlie Company C at day's end.

Tug-o-war was one of many events held during Regimental Day.

2nd Brigade Soldiers feel Hurricane Katrina's wrath

Sgt. Sean Kimmons
Editor

The most devastating natural disaster to hit this country occurred when Hurricane Katrina made landfall more than two weeks ago.

Everyone in the nation has endured Katrina's fury. Cities and lives are in ruins, gas prices are at their highest ever, and families who have not made contact with loved ones are still scrambling to find those who suffered the natural disaster.

For two 2nd Brigade Combat Team Soldiers on Schofield Barracks, Hurricane Katrina hit close to home — literally.

Cpl. Thomas Hamilton has family and friends located in Baton Rouge, La., and Brookhaven, Miss., which is 135 miles north of New Orleans.

And close family members of Maj. Jason Williams are stretched out from Gulfport, Miss., to Hattisburg, Miss.

Hamilton, an S-1 clerk for Headquarters and Headquarters Company, 2nd Bde., was able to make contact with his immediate family members in Brookhaven three days following the hurricane.

When he spoke to his mother last week, she told him that they were still without power and living off of a generator.

"It's kind of like camping conditions," he said.

Debris-littered streets, no plumbing and no power can be some tough camping conditions though.

The worst damage of anybody that Hamilton knew was his father-in-law who had the roof of his martial arts school ripped off by the hurricane's violent winds.

Although the extent of damages that Hamilton's family suffered were not quite to scale as farther down south, the storm was still a force to be reckoned with farther inland.

U.S. Coast Guard Petty Officer 2nd Class Kyle Niemi

NEW ORLEANS — The Coast Guard surveys damage caused by Hurricane Katrina during overflights, Aug. 29.

"There was still some damage to the areas and everybody was still affected," Hamilton said.

Many people who fled New Orleans ended up in his old hometown.

"Brookhaven is about 12,000 [people] but probably 20,000 now," Hamilton said.

It took almost a week for Williams, a transformation officer with the brigade, to make contact with his family in Hattiesburg.

"It was frustrating [and] it was a concern to me," Williams said.

He said he spoke to his parents on numerous occasions before the hurricane hit and even while it was bearing down on them approximately 70 miles inland.

"They've done everything to prepare and were ready to ride it out," Williams said.

When the hurricane began ripping through their neighborhood, "They said it was getting pretty scary," Williams said about his parents.

The next morning Williams tried to make a phone call to them, but the lines were dead.

Luckily, Williams's parents and other family members lived to tell the story of Katrina. His uncle had the most luck of them all.

He couldn't evacuate his pets, so he decided to wait the storm out from his house that was only five miles inland, Williams said.

"When the storm surge came up it literally rushed the house [and] blew out the windows. By the time he was able to react, he grabbed the dog, and it was already waist deep. [When] he got to the door, it was neck deep and he blacked out at that point," Williams said about his uncle.

"A neighbor found him floating on a mattress unconscious about four blocks away. He has since been evacuated [and] he is fine now," Williams added.

Trailer homes of another uncle and cousin were severely damaged by the hurricane.

The main thing that Williams is concerned about right now is his grandfather in Hattiesburg.

He's in his late 70s and has no business being outside doing the heavy labor he has been doing," he said.

The home of his grandparents became covered with fallen trees and debris because of the hurricane. Since then, his grandfather has been helping clear the house in the 95-degree heat and 100 percent humidity.

Just like the rest of the world, Williams and Hamilton were surprised about the overall destruction that Hurricane Katrina generated.

"I don't think anybody could have ever imagined the amount of damage it was going to do," Hamilton said.

Before entering the Army, Hamilton worked at Lake Pontchartrain and would often cross the 24-mile long Causeway Boulevard Bridge to New Orleans.

"I think that is the most surrealistic thing for me to look at … seeing this bridge that I used to take two to three times a week, and now there's whole sections of it gone," Hamilton said.

Seeing the devastation that Katrina left on New Orleans, Hamilton believes there's no way that the city will be its old self.

"New Orleans will never be the same, even when they rebuild it. All of these people have to get on with their lives — they can't wait for New Orleans to be ready for them," Hamilton said.

For New Orleans and other areas that Katrina rampaged through, relief is in desperate need and will be for quite some time.

"Everybody has been affected by this," Hamilton said. "The loss of New Orleans is a loss to the world. And the loss of life is beyond measure of human emotion right now."

Hamilton continued by saying, "People who have been displaced from their homes need the entire world to band together and help them out as if it was them there."

U.S. Coast Guard Petty Officer 2nd Class Kyle Niemi

NEW ORLEANS — Flooded neigborhoods are photographed as the Coast Guard conducts initial Hurricane Katrina damage assessment Aug. 29.

Forum links evacuees with host homes

LaDonna S Davis
Army News Service

WASHINGTON — More than 100 Army Knowledge Online members from all over the country have offered their homes, support and care for families left homeless due to the destruction of Hurricane Katrina.

The "Need Shelter, Have Shelter" forum reads like a classified ad section with AKO members who are eager to help out victims of Katrina posting their contact information, the space they have available, the number of people they are willing to take in, and any other type of information they feel would persuade a Soldier or displaced military family to come stay with them.

The forum was started by Staff Sgt. Joel E. Fix who says that he wanted to create a consolidated place where all Army personnel who were willing to offer their homes to those families in need could post.

"I didn't expect for it to get as big as it has," said Fix about the overwhelming response to his forum."I just wanted to help. If I could help one individual, one Soldier, one family, then I feel like I'm doing my part."

So far, 10 military families have been matched up with AKO members who have offered their homes. But Fix hopes that with time, that number will grow.

"We want to help out military families first. We want to take care of our own," said Fix.

But helping doesn't always come easy. One of the biggest obstacles Fix has been faced with is getting the word out.

Because Hurricane Katrina left many without phone or Internet access, Fix has to find other ways to match up people in need with host families who have posted on AKO.

"It's an exhaustive liaison effort with federal, civilian and cross-level personnel to get word out," said Fix.

By contacting services like the Red Cross, United Way, National Guard and Army Reserve, Fix has been able to get lists of military families who now find themselves homeless by this devastating storm.

"It's a process," said Fix. "But what we are trying to do is find a long-term solution for these families in need."

Though many people have praised him for his efforts, Fix says that he's just doing his job.

"As a National Guard Soldier, this is what I've been trained to do. I'm compelled by the Army values," Fix said.

How to help

To access the "Need Shelter, Have Shelter" forum, you need to have an AKO account and log on.

Once inside AKO, click on the banner that says, "Click here to visit the AKO Katrina Information Center." When you enter the Katrina Info. Center, scroll down till you see a box titled "Discussion Forums." Under the "Name" column look for the forum called "Need Shelter, Have Shelter." Click on it, and the forum will open.

DoD provides pharmacy aid to displaced military of Hurricane Katrina

TRICARE Management Activity
News Release

Military evacuees displaced by Hurricane Katrina may request that their prescription records at military treatment facilities in the Gulf Region be transferred to other military or retail pharmacies nationwide, according to TRICARE, the Department of Defense agency that administers the health plan for the uniformed services.

With this policy, displaced beneficiaries with available refills are not required to see a primary care manager to have their prescriptions rewritten. Additionally, for the Sept. 1-14 time frame, TRICARE has waived the pharmacy co-pay for those beneficiaries affected by Hurricane Katrina who are unable to pay it.

TRICARE is working closely with retail pharmacies to ensure that military evacuees maintain access to their pharmacy benefits. For example, victims sheltered in and around Houston are now able to fill their prescriptions at a CVS pharmacy recently set up at the Astrodome. This newly established facility is now one of many retail pharmacies in the national TRICARE pharmacy network.

Displaced beneficiaries previously using the mail order pharmacy may request their prescriptions from retail pharmacies if they are unable to receive them by mail. For those relocating to areas where postal service is still available, Express Scripts International (ESI), TRICARE's pharmacy contractor, is updating patient information to include temporary mailing addresses, so prescriptions will reach the beneficiaries at their new location.

For assistance, hurricane victims may call TRICARE at 1-866-275-4732. They may also contact ESI at the following phone numbers for questions about the TRICARE mail order and retail pharmacy programs:

•Mail order pharmacy program, 1-866-363-8667 (1-866-DOD-TMOP)

•Retail pharmacy program, 1-866-363-8779 (1-866-DOD-TRRX)

Displaced beneficiaries should call 1-800-444-5445 for more information. Beneficiaries may also contact beneficiary counseling and assistance coordinators, debt collection assistance officers, TRICARE service centers and family support representatives at local military installations. Other resources available to active duty military personnel and their families include Military One Source at 1-800-342-9647 or www.militaryonesource.com.

ON THE WEB

The TRICARE Web site, www.tricare.osd.mil, provides important information for displaced or affected beneficiaries.

Prayer

From A-1

the tremendous loss that has come to America. We will strive together in this effort, and we will prevail through perseverance and prayer.

Americans are reaching out to those who suffer by opening their hearts, homes and communities. Their actions demonstrate the greatest compassion one person may show to another: to love your neighbor as yourself.

Across our Nation, so many selfless deeds reflect the promise of the Scripture: "For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in."

I encourage all Americans to respond with acts of kindness in the days ahead. By contributing time, money or needed goods to a relief organization and by praying for the survivors and those in recovery efforts, we can make a tremendous difference in the lives of those in need.

Hurricane Katrina and its aftermath resulted in a considerable loss of life. We pray that God will bless the souls of the lost, and that He will comfort their families and friends and all lives touched by this disaster.

As the American people unite to help those who are hurting, we share a determination to stand by those affected by Hurricane Katrina in the months and years ahead as they rebuild their lives and reclaim their future. We are determined that the Gulf Coast region will rise again.

The tasks before us are enormous, and so is the heart of America. We will continue to comfort and care for the survivors. We will once again show the world that the worst adversities bring out the best in the American people.

Now, therefore, I George W. Bush, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim Friday, September 16, 2005, as a National Day of Prayer and Remembrance for the Victims of Hurricane Katrina.

I ask that the people of the United States and places of worship mark this National Day of Prayer and Remembrance with memorial services and other appropriate observances. I also encourage all Americans to remember those who have suffered in the disaster by offering prayers and giving their hearts and homes for those who now, more than ever, need our compassion and our support.

In Witness Whereof, I have hereunto set my hand this eighth day of September, in the year of our Lord two thousand five, and of the Independence of the United States of America the two hundred and thirtieth."

(Editor's Note: The preceding is transcribed from a proclamation issued by President George W. Bush concerning today.)

Post Red Cross takes funds

Staff Sgt. Manuel Torres-Cortes
Staff Writer

Since Hurricane Katrina hit, many Soldiers and family members have contacted local Red Cross offices to see what they can do to help Hurricane Katrina victims. The Schofield Service Center is assisting with national relief efforts.

The Red Cross role has been important in fund-raising, according to Beth Weber, station coordinator for the Schofield Service Center. Overwhelming support has been offered by volunteers, including money, food and even household goods.

"We have been getting volunteers trained, in the main chapter in Diamond Head Center, and our chief executive officer is currently in Baton Rouge, Louisiana," said Weber. "Volunteers who wish to go over to the disaster area or help answer phones can contact any Red Cross Center, but the volunteers must be aware that there is a wait list for training of volunteers."

Not only is the Red Cross giving money, it is giving hope to people who are in distress.

"One organization has contacted one of the dependents whose husband was killed in Afghanistan in March and lives in New Orleans," said Weber. "The Red Cross used some money to bring her back here to live for thirty days."

The Red Cross also serves as a contact point for service members or their families who have relatives that live in and were affected by the hurricane. They can use this service to locate or find the status of a loved one.

Those who want to donate can go through local service centers on all installations.

"They can donate to centers in Schofield, Pearl Harbor, Hickam Air Force Base and Tripler," said Weber. "The people have to designate that this money is going for the Hurricane Katrina relief."

There are many other avenues of contributing money according to Weber. You can call 1-800-HELP NOW or go to www.redcross.org.

Groups can also help raise money for the Red Cross by contacting a center to set up a contract.

"This is a great way for people at the local level to raise money through events like car washes, fund-raising booths, sports organizations and kids' fund-raisers," she added. "The Red Cross in Hawaii is not accepting blankets, food or other types of goods because of logistics and the cost to send it. The best way is for individuals or groups to contact the Red Cross to help raise and donate money."

Master Sgt. Scott Reed

'Bundles away!'

Sgt. Eduardo Villarreal, 149th Aviation Support Battalion, Texas Army National Guard, guides the pilot of a UH-60 into position to drop a sling-load, Saturday. The 149th airlifted and dropped bundles of rock and sand at the break in the 17th Street Canal, which collapsed when Hurricane Katrina hit New Orleans, La.

Red Cross reminds all to prep for the unexpected

American Red Cross
News Release

September not only signifies the official back-to-school season, it's also National Preparedness Month. The Hawaii Red Cross is reminding Hawaii residents that this is a good time to make reviewing the "basics" — the basics of preparedness — a family affair by ensuring each member knows the family emergency plan.

Working to make preparedness a priority for every household, workplace and community, the American Red Cross and the U.S. Department of Homeland Security are cosponsoring the second annual National Preparedness Month, a nationwide coordinated effort that encourages Americans to take steps to be better prepared for disasters and other emergencies where they live, learn, and work.

"There are simple things each of us can do to be prepared: (1) Make a family emergency plan, (2) Build an emergency preparedness kit, (3) Get trained and volunteer," said Red Cross disaster director Maria Lutz. "If we all were to take those proactive steps, it'll be a healthy move toward making Hawaii safer and minimizing the impact disasters and emergencies have on our lives."

Making a plan is the first and perhaps most important part of a family's emergency preparedness. As a family, determine what disasters may occur in your community and how you may be impacted. Use that information to plan how you would contact each other if at home, work or school.

Gather supplies necessary for sustenance and comfort; this will help you both follow the plan and stay safe during and after a disaster or other emergency. Identify two places, right outside the home and outside the neighborhood, in case you cannot return home to meet after a disaster.

After determining places to meet, an off-island relative or friend should be identified to be the "family contact."

"After a disaster, local telephone lines may be busy and overloaded so it's often easier to call out of the affected area," said Lutz. "The role of the family contact is to collect and communicate individual locations and status, and then when conditions allow, help everyone connect."

Consequently, everyone, including children, should know the family contact. Naturally, your family should keep contact information handy, and the Hawaii Red Cross has specially designed, age-appropriate materials to help families develop a thorough communication plan.

"This is a not-so-fun issue and yet an important one, so we aimed to lighten it up a bit with tools geared to kids and encouraging parents to let them lead the effort."

Throughout National Preparedness Month, nearly 900 Red Cross field units will participate, support and host a variety of events geared toward bringing the preparedness message home to the communities they serve.

For more information, visit www.hawaiiredcross.org or www.redcross.org, or contact the Hawaii Red Cross at 734-2101.

All Red Cross assistance to disaster victims is free. The Red Cross is not a government agency; it depends on public contributions to help others. To help the Red Cross help victims of any disaster, send a contribution to the following address: American Red Cross; Hawaii State Chapter; 4155 Diamond Head Rd.; Honolulu, HI 96816.

ON THE WEB

To make a secure online donation for disaster victims, visit www.hawaiiredcross.org, or call 739-8105.

Emergency Contact Numbers

Army Information Line: 1-800-833-6622.
Army National Guard Helpline: 1-888-777-7731
Army Reserves Family Hotline, 8 a.m. to 6 p.m., 1-866-345-8248
Military One Source: 1-800-342-9647
Camp Shelby's Family Program Staff, 24 hours, 1-601-558-2284
Keesler Air Force Base Helpline: 1-800-435-9941
Navy Helpline: 1-877-414-5358

E-mail Sites

For the latest information about relief efforts of the Army and across the Department of Defense visit the Katrina Hurricane Relief page on www.army.mil. The site is updated as soon as new information becomes available.

- American Red Cross, http://www.redcross.org
- U.S. Army, http://www.army.mil/katrina
- Army Emergency Relief, http://www.aerhq.org
- U.S. Army Corps of Engineers, Mississippi Valley Division, Hurricane Response, http://www.mvd.usace.army.mil/hurricane/chr.php
- Army Families Online, Hurricane Katrina, www.aflo.org/skins/WBLO/display.asp
- Federal Emergency Management Agency, http://www.fema.gov
- FEMA Disaster Assistance Process, http://www.fema.gov/about/process
- FEMA-listed charities, http://www.fema.gov/news/newsrelease.fema
- Evacuees and Disaster Victims, http://www.fema.gov/press/2005/katrinavictims.shtm •Charity Navigator, http://www.charitynavigator.org
- White House Hurricane Relief Information, http://www.whitehouse.gov/infocus/hurricane/index.html
- Disaster Help, https://disasterhelp.gov/portal/jhtml/index.jhtml
- First Government, http://firstgov.gov/Citizen/Topics/PublicSafety/Hurricane_Katrina_Recovery.shtml
- USA Freedom Corps, http://www.usafreedomcorps.gov
- National Hurricane Center, http://www.nhc.noaa.gov
- The Salvation Army, http://www1.salvationarmy.org

Efforts underway to restore commissary operations

Rick Brink
Defense Commissary Agency

Efforts to recover commissary operations at Hurricane Katrina-ravaged locations in Mississippi and Louisiana were progressing this week as officials raced to set up some sort of commissary services at the Naval Construction Battalion Center, Gulfport, Miss., DeCA officials said.

"This Herculean effort is being done with the cooperation and help of DeCA workers on-site, the Navy and Air Force, as well as other public service organizations in the area," said Patrick B. Nixon, DeCA's chief executive officer and acting director. "We're all working toward establishing some sort of commissary operations as quickly as possible, which will greatly help the entire disaster relief effort."

Hurricane Katrina entirely disrupted commissary operations at Gulfport, Keesler Air Force Base, Miss., and Naval Support Activities, New Orleans, affecting the families of the more than 170 employees of those stores. The commissaries remained closed this week, and by today DeCA still had a few employees of the New Orleans store who haven't been in contact with the agency since the storm.

A top priority of the agency is to contact all employees affected by the hurricane, Nixon said. The DeCA Help Lines are (210) 925-1109 or toll free (877)-925-6655, and the e-mail Help Address is Katrina.Help@deca.mil.

At Gulfport, officials will use an adjacent site for a temporary store that can house a 5,000-square-foot sales area, while repairs are being made to the existing commissary. The site may be operational within a few days, Nixon said.

At Keesler, the store sustained major flood damage, and among the three closed stores, it is the store that was hardest hit. Cleanup operations have begun and reconstruction plans are being coordinated with the installation. An operational date has not been determined.

At New Orleans, the commissary sustained very minimal damage. The primary mission there is to support recovery operations. The commissary will remain closed until the installation commander notifies DeCA to reopen. The parking lot is being used for a helicopter pad and troop feeding in support of the Army's 1st Cavalry and 82nd Airborne divisions.

HAWAII ARMY WEEKLY

COMMUNITY & SPORTS

Friday B-1 September 16, 2005

Korea Divided

A USO tour educates Soldiers and visitors at Korea's Demilitarized Zone

Story and Photos By
Sgt. Sean Kimmons
Editor

PANMUNJEOM (JOINT SECURITY AREA) – Inside this "neutral" area, North and South Korean guards stand at attention or in a martial art fighting stance, guarding an imaginary line that divides two countries with a deadly past.

The line is called the Demarcation Line (DML) and is accompanied by an intimidating presence of guards that watch every little move visitors take near it here. Even more than 50 years after the Korean War both sides still stay vigilant within this heavily secured area.

During a tour of the Demilitarized Zone (DMZ) held by the United Services Organization (USO) on Aug. 30, visitors along with Soldiers participating in Ulchi Focus Lens 2005 observed the DML.

As part of the tour, visitors were allowed to enter the historic Military Armistice Commission (MAC) building here, where significant meetings between North Korean and United Nation Command (UNC) leaders have been held.

Half of the MAC building lays on the South Korean side, while the other half is in North Korea. A highlight for many of the visitors was the opportunity to cross the other side and have the right to say that they've been to communist North Korea.

Visitors were also able to get their picture taken with a Republic of Korea (ROK) soldier guarding the inside of the MAC building.

Wearing dark aviator sunglasses, a combat helmet and a pistol attached to his belt, a ROK soldier here embodied a hardcore appearance while poised in a martial art fighting stance with clinched fists.

The next sight visitors traveled to was an observation point named Checkpoint 3. Three sides of this checkpoint are surrounded by North Korea and is a good vantage point to look out into communist land.

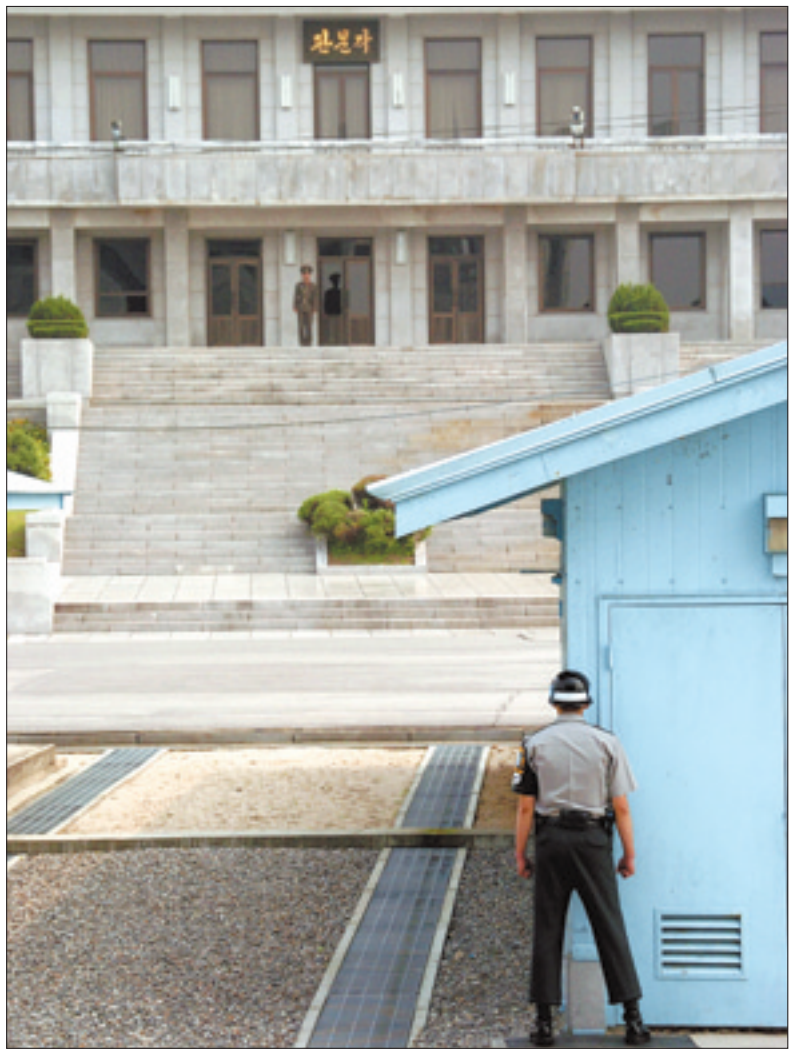
From Checkpoint 3, visitors can view a small building one half mile into North Korea. Inside this building, representatives from the UNC, Korean People's Army and Chinese People's Volunteers signed a Military Armistice Agreement that halted the Korean War on July 27, 1953.

The three-year conflict took about 150,000 lives from the ROK armed forces and 40,000 casualties from the UNC.

From another side of Checkpoint 3 is the North Korean Propaganda Village. A 525-foot tower boasting a 600-pound North Korean flag dominates the town. The flag did not wave for this day's tour since it probably needs hurricane-force winds to get it moving.

The Bridge of No Return was also part of the tour here. Prisoners of war released by North Korea in 1953 crossed this same bridge once – hence its name – to become freed.

Today, a rusted yellow sign reading "Military Demarcation Line" sits crooked at the entrance of the bridge, weeds grow through the cracked cement and brush has overrun the unkempt bridge. It seems as if the bridge has not been touched since the last POWs crossed it.



A Republic of Korea soldier (foreground) keeps a watchful eye on a North Korean guard standing outside a building across the Demarcation Line inside the Joint Security Area. Half of the MP's body is hidden in case there is a sniper attack.

It was about 11:30 a.m. and time for a traditional Korean lunch at Unification Village. About 90 passengers from the USO tour gathered into a Korea restaurant and were served "bibimbap" (egg, vegetables and rice mixed with pepper sauce) or "bulgogi" (beef, onions and peppers).

Dora observatory was the next stop on the tour. Here, visitors received a DMZ brief from a ROK soldier and were welcomed to look down onto the DMZ. Photography was prohibited at this part of the tour.

Although the sky was hazy this day, the DMZ – with its intense fortification – stood out among the surrounding green trees. More than 150 miles of barbed-wire fences, anti-tank walls and land mine fields separate North and South Korea from coast to coast.

The final stop along the tour was the 3rd Tunnel, a North Korean-made tunnel that stretches about a mile under the North-South DML.

The purpose of the tunnel was to have 30,000 North Korean troops infiltrate the south each hour. South Korea eventually discovered the 240-foot deep tunnel in 1978.

Visitors are required to wear a hardhat in order to enter the 3rd Tunnel that runs through bedrock. The tour begins with a 1,260-foot descent.

The steep trip down brings vistors through the six-by-six-foot wide and high 3rd Tunnel to a point about 500 feet away from the DML.

This tour is a must see for Soldiers deployed to South Korea, even if only here for a training event. For only $20, U.S. service members can partake in the USO DMZ tour.

The DMZ is the most fortified border in the world and is erected upon land where thousands of Americans fought and lost their lives protecting the South Koreans.

Above — Spc. Ryan Huskey, a military police officer at the Joint Security Area, points out a North Korean observation post during the tour.

Right — USO tour participants enter the Dora observatory.

"The DMZ is the most fortified border in the world."

A rusted yellow sign reading "Military Demarcation Line" (left) sits at the entrance of the Bridge of No Return. Prisoners of war released by North Korea crossed this bridge in 1953.

MWR Briefs

Serving America's Army in Hawaii

SEPTEMBER

16 / Today

Army Community Theater — ACT presents "Guys and Dolls," an oddball romantic comedy, starring Shari Lynn and Tina Shelton on Sept. 16 at Richardson Theatre, Fort. Shafter at 7:30 p.m. Tickets are $20 and $15 for adults and $15 and $12 for children under 12 years of age. Other performances will be on Sept. 17, 23, and 24.

Box office hours are 10 a.m. to 2 p.m, or tickets can be ordered on-line at http://www.squareone.org/ACT/tickets.html. For more information, call 438-4480.

19 / Monday

Steak Night — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls, and vegetables. Dinner is served from 5 to 8 p.m. Cost is only $11.95 for adults and children's pricing is available. Call 655-4466 for more information.

21 / Wednesday

Making Ukuleles — The Schofield Barracks and Fort Shafter woodshops will host a 10-session class where individuals will learn how to build their own tenor 'ukulele.

Classes will begin Sept. 21 at Schofield Barracks and will be held every Wednesday from 5:30 to 8:30 p.m.

At Fort Shafter, classes will begin Sept. 22 and will be held every Thursday from 5:30 to 8:30 p.m.

The class fee is $350 and includes all materials and parts. To register, call 655-4202.

22 / Thursday

Military Idol Awards Party — Come to the Tropics for the "Military Idol" final and awards party to be held Thursday at 6 p.m. The first place winner will be announced, as well as, unit winners, and second and third place finishers. Additionally, a dinner special, which includes spaghetti, garlic bread, salad and a fountain drink, will be available for only $6.50. There will also be door prizes and music entertainment. Call 655-5698 for more information.

26 / Monday

6th Birthday Celebration — Hale Ikena, Mulligan's, and the Walter J. Nagorski Golf Course Pro Shop on Fort Shafter are celebrating their 6th Birthday with a weeklong celebration beginning today. There will be a $6 lunch buffet (regular price $8.95) offered at the Hale Ikena from Sept. 26 to Sept. 29 daily from 11 a.m. to 1 p.m. Tickets are required and can be purchased in advance at the facility.

The Walter J. Nagorski Golf Course Pro Shop will be hosting a putting contest on Sept.29 that offers $10,000 to the individual making consecutive putts from 10', 25' and 50'. Call 438-9587 to learn more or stop by the pro shop to register.

Also, the weeklong celebration will culminate with a birthday party on Sept. 29 from 5 to 7 p.m. at Hale Ikena. Individuals attending can enjoy heavy pupus, visit action stations and see live entertainment. Tickets are free and required for entry. Stop by the Hale Ikena to pick up a ticket or call 438-1974 for details.

28 / Wednesday

Homeschool Support Group — Homeschool families interested in participating in a "Fun with Food" event on Sept. 28 at the Kaala Recreation Center, Classroom 101 on Schofield Barracks, should call 655-2263 to reserve a space or obtain more information. The event will be held from 10 to 11 a.m.

Wine and Dine — Enjoy a gourmet four-course dinner including soup and salad, appetizer, entrée and dessert. The evening's theme will be "Sausage Fest." Each course will be served with a selected wine.

This event is on Sept. 28 with reservations accepted from Sept. 5 to 23. Adult pricing is $29. For more information or to reserve your space, call 655-0660.

30 / Friday

Hawaiian Luau — Taste a traditional Hawaii style feast today from 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at the Nehelani on Schofield Barracks. Cost is $9.95 per person.

Call Hale Ikena at 438-1947 or the Nehelani at 655-4466 for lunch buffet reservations or information.

OCTOBER

1 / Saturday

Queen Emma Summer Palace — Come and join us for a fun-filled "Hawaiian Style" day of great entertainment, local foods, artists, and crafts-people on the grounds of Queen Emma's mountain retreat in beautiful Nu'uanu Valley. Visitors can stroll through the palace, which will be specially decorated with lavish floral arrangements, as well as, enjoy the great Hawaiian entertainment and "Ono food" on the palace grounds.

Transportation will be provided from Schofield and Fort Shafter. Cost is $6 for adults, $4 for children, ages 5 to 17, and $2 for children 4 years old and younger. Pre-registration is required and seating is limited, so sign up early to experience this day of old Hawaii. Call the Leisure Activities Office at 655-0111 or 655-0112 to register.

Broadcast news

Service members and their families can tune in for the Hawaii Army Report on three separate networks.

18 / Tuesday

CYS Fund-raising— Child and Youth Services presents "Lights On After School" and CYS Open Houses on Oct. 18 at the Fort Shafter Youth Center, Building 505, from 3 to 5:30 p.m.; Oct. 19 at the Bennett Youth Center, Building 9090, Schofield Barracks, 3 to 5:30 p.m.; Oct. 20 at the Aliamanu Youth Center, Building 1781, from 3 to 6 p.m.; and Oct. 21 at the Helemano Youth Center, Building 25B, from 3 to 5:30 p.m.

Come enjoy door prizes, games, displays, bouncer fun, events, entertainment and CYS and community information. Help celebrate after-school programs and learn about services for kids and Child and Youth programs and services within your community.

Family Readiness Groups are encouraged to hold fund-raising events. To participate in FRG fund-raising, contact Sylvia Scully at 438-2871/1151 before Sept. 15; spaces are limited. For general event information, contact Sandy Salisbury at 655-5525.

ONGOING

Family Child Care — Individuals interested in caring for children in their home should inquire with the Child and Youth Services, Family Child Care Program. Benefits include free training, additional income, and flexible hours.

For more information, call the Aliamanu Military Reservation Family Child Care office at 837-0236, or the Schofield Barracks Family Child Care office at 655-8373.

RecTrac Registration — The Department of the Army has instituted a tracking system for Morale, Welfare and Recreation to better serve its customers, monitor usage and assist in obtaining funding to support programs.

To participate in MWR programs, you are required to complete a simple registration process. No fees are charged, and the process takes less than five minutes.

In lieu of using sign-in sheets, customers only need to scan their ID cards each time they visit a facility or program. Scanners are designed to read bar codes located on the back of the ID card of eligible patrons.

Programs affected include physical fitness centers; swimming pools; craft shops; recreation centers; outdoor recreation equipment check-out; Information, Ticketing and Registration; and access theater productions.

HACN TV2 Schedule

Morning

6:00 Sign On
6:25 Coqui Frog Invasion in Hawaii
6:46 Welcome Home Redeployment: Guam
7:00 Bulletin Board
7:30 What's Down the Drain
7:41 White Face
7:55 Water Safety
8:00 Hawaii Army Report
8:30 Army News Watch
9:00 Pentagon Channel
10:00 White Face
10:15 Change of Command Ceremony 25ID (L) & USARHAW
10:20 Bulletin Board
10:50 Welcome Home Redeployment: Guam
11:04 Coqui Frog Invasion in Hawaii
11:26 VATV #1
11:52 Inside Afghanistan 8/15/05
12:00 Hawaii Army Report
12:35 Pentagon Channel

Afternoon

2:00 Inside Afghanistan 8/22/05
2:12 Bulletin Board
2:42 Welcome Home Redeployment: Guam
2:55 Shamu-The Rhino Story
3:30 Coqui Frog Invasion in Hawaii
3:50 Hurricane Safety
4:00 Pentagon Channel

Evening

6:00 Hawaii Army Report
6:30 Community Focus
6:46 What's Down the Drain
6:55 Change of Com mand Ceremony 25ID (L) & USARHAW
7:00 NFL-15 Greatest Comebacks
8:00 Bulletin Board
8:30 Inside Afghanistan 8/15/05
8:42 What's Down the Drain
8:50 White Face
9:06 Volunteers
9:21 Welcome Home Redeployment: Guam
9:34 Inside Afghanistan 8/22/05
9:45 Safety Video
9:49 Coqui Frog Invasion in Hawaii
10:10 NFL-Greatest Games: 77 Afc
11:22 Bulletin Board

Overnight

Pentagon Channel

Community Calendar

SEPTEMBER

16 / Today

Dog Wash and Vaccination Clinic — The Fort Shafter Veterinary clinic will be holding a pet vaccination clinic and dog wash today from 8 a.m. to 1 p.m. Walk-ins are welcome for the dog wash and donations would be greatly appreciated. For vaccinations, an appointment must be made with the clinic and payment is due upon receipt of services. For more details, or to schedule an appointment, call 433-1975 or 433-2271

New Children's Waiting Room — The new Children's Waiting Room at Schofield Barracks, Pediatrics Clinic, Building 680, will be opened with a ceremonial ribbon cutting and blessing today at 12:15 p.m.

The Children's Waiting Room will provide free childcare for healthy children while their parents or siblings have medical appointments. It is run by Armed Services YMCA staff and volunteers. For more information, call 624-5645.

20 / Tuesday

Girl Scouts — Interested in joining Girl Scouts? The Kolekole Service Unit is sponsoring "Girl Scout Game Night" at Wahiawa Public Library on Tuesday, Sept. 20. Stop by from 6 to 8 p.m. to play games, chat with other Girl Scouts and have fun. Refreshments and door prizes will be provided.

The Kolekole Service Unit serves girls in Helemano, Whitmore Village, NCTAMS, Wahiawa, Schofield Barracks, Wheeler AAF and Camp Stover. We are forming troops now and need leaders and co-leaders for all age levels. For more information, contact Becky Murphy at 627-9419, or visit us on the web at www.geocities.com/kolekole_girl_scouts or email us at kolekole_girl_scouts@yahoo.com.

21 / Wednesday

The North and South Community Children's Councils (CCC) — The North and South CCC focus on special needs children from military families in Hawaii's public schools and issues related to their special education needs. Join the North CCC on Wednesday, Sept. 21 at 6 p.m. at Leilehua High School, or the South CCC on Tuesday Sept. 27 at Moanalua High School, Room M106 at 6 p.m. Families will receive a stipend to offset the cost of babysitting and/or transportation. For more information, call 586-5363.

24 / Saturday

Child Safety Seat Inspections — Does your child's car seat move around after you have buckled it in? Is it the right type of safety seat for the size of your child? Do you know if the seat ever been recalled? Or do you know when is it safe for your child to use just a seat belt, or even what is that little metal clip and when do you need to use it?

Child safety seats can be confusing, and questions are seemingly endless. Help is now available. Come to the free Child Safety Seat Inspection and get your child's safety seat examined for safety. Experts will answer questions and discuss transporting your children as safely as possible.

Sponsored by Tripler Army Medical Center and the Keiki Injury Prevention Coalition, this safety inspection will be held Saturday, Sept. 24, from 9 a.m. to noon at the Schofield Barracks Health Clinic. For more details, call Carol Moreno at 433-6434.

Volunteer Need — Volunteers are needed for the free Child Safety Seat Inspection to be held Sept. 24 at the Schofield Barracks Health Clinic. Volunteers will help with setup, starting at 8 a.m., registration, traffic control, assisting with forms and tear down. The event will run from 9 a.m. to noon and at least 10 to 12 volunteers will be needed. Volunteers do not have to work the entire time and adults as well as teenagers are welcome. The Tripler Chaplains will provide lunch for the volunteers.

Volunteers should call Carol Moreno 433-6434 for more information.

26 / Monday

ACS Volunteer Advisory Council — The Volunteer Advisory Council meeting will be held on Monday at 1 p.m. at Army Community Service, Building 2091. The VAC council is made up of representatives from all of the agencies served by volunteers.

Senior command group spouses, agency reps, unit reps, active duty or spouses from the battalion level are encouraged to attend. Planning our volunteer recognition ceremony for next April will be a topic for discussion. Contact Cathie Henderson at 655-2398 for more information.

ACS Exceptional Family Member Program (EFMP) — The Army Community Service EFMP is sponsoring "A Parent's Guide to Special Education in Hawaii Schools," an important workshop series for all parents of special needs children in our local schools. Learn how to become an advocate for your special needs child, regardless of where you live.

The Learning Disabilities Association of Hawaii (LDAH) will present a free three-day workshop at the Schofield Barracks ACS, Building 2091, on Sept. 26, 27, and 28 from 6 to 9 p.m. Refreshments will be served.

Registration is required. Call Army Community Service at 655-2400 or 655-2303, or LDAH at 536-9684, ext. 26 to register.

30 / Friday

Joint Spouses Conference Registration — The 11th Annual Joint Spouses' Conference, a forum for military spouses from the Army, Navy, Air Force, Marine Corps and Coast Guard, be held Friday, Sept. 30, and Saturday, Oct. 1, at the Nehelani, Schofield Barracks.

Registrants may choose from more than 65 workshops with an array of interests including cultural arts, cooking, health and fitness, parenting, career enhancement, military benefits and more.

Keynote speakers include Brig. Gen. Coral Pietsch and "Anyway: The Paradoxical Commandments" author Dr. Kent Keith. The cost is $25 for both days or $15 Friday or Saturday only, and the fee includes workshops, two continental breakfasts, two lunches and a conference tote bag.

See "Community Calendar," page B-4

This Week at the MOVIES

Sgt. Smith Theater

Today
Deuce Bigalow: European Gigolo
7 p.m. (R)

Saturday
Must Love Dogs
7 p.m. (PG-13)

Sunday
Deuce Bigalow: European Gigolo
7 p.m. (R)

Wednesday
Must Love Dogs
7 p.m. (PG-13)

Thursday
Deuce Bigalow: European Gigolo
7 p.m. (R)

The theater is closed Monday & Tuesday.

Hawaii's Military Idol contestants sing on

Story and Photos by
Spc. Kevin Link
Public Affairs Office,
25th ID (L) and USARHAW

In the first stage of the Military Idol competition, contestants were weeded out with scoring strictly from the judges. Now, for the second and third weeks, scoring is split 50/50 between judges and the audience.

The second week's show started with another big difference. The contestants were able to sing along with backing music. Once again, competition was fierce, as the performers learned valuable lessons from the first week.

Military Idol judge Holly Zahn has been watching the contestants since the beginning and says she's impressed.

"I'm really excited for the military to have this kind of competition that will go on to a national level," Zahn said. "It really gives a lot of these performers a venue they normally wouldn't have, in or outside of the military."

Capt. Demetria Glover set herself apart in a big way by writing and performing her own song, with music recorded by a local musician.

"Someone I love very dearly was deployed to Iraq, and during that time, I was so restless," said Glover. "So, the song was born out of just being separated from loved ones, which I'm sure a lot of service members can relate to."

Week Three began with the announcement of who had made it past the tallied votes from the previous week. Once again, a difference could be seen, as well as heard, in the performers' technique and stage presence.

"Most importantly, you are having fun, and therefore, we are having fun, and that is fifty percent of any performance," said Zahn, in a critique to one of the contestants, further explaining how having fun translates into being more comfortable on stage, something an audience certainly responds to.

Staff Sgt. Angelo Johnson sees the difference a bit of experience makes.

"Nervousness does take place, but once I begin to sing, then I can get into the part more. So, I try and bring a little more to the table each week," he said.

And does Johnson think he'll be the one to represent the 25th stateside?

"I would like to. I can only just leave that decision in the audience's hands," he said.

Johnson and the rest of the Military Idol participants competed for the last time Thursday evening. The final round determined who would represent Hawaii, at Ft. Gordon, Ga., nationals.

Staff Sgt. Angelo Johnson, with the 25t Infantry Division (Light) NCO Academy, sings "I'll Make Love to You," by Boys II Men.

Left — Simeon Porter, with the 39th Military Police Detatchment, sings "Killing Me Softly", by The Fugees.

Right — Johnny Castillo, withHeadquarters and Headquarters Company, 25th ID (L), sings a medley of songs.

Along with Johnson and Porter, Samuel Heish, Johns Duval and Shemeeka Lee Moore advanced to last night's finals. See next week's Hawaii Army Weekly for full coverage on your Hawaii Military Idol.

Fall programs offer something for all

Compiled by Joy Boisselle
Staff Writer

Chapels throughout U.S. Army, Hawaii, are set to begin their fall programs this month.

Chapel communities are separated into two geographical areas: the Schofield Barracks area, which includes Helemano Military Reservation and Wheeler Army Air Field, and the Fort Shafter Area, which includes Aliamanu Military Reservation, Tripler Army Medical Center and Fort DeRussy.

Many programs offer convenient day and night program opportunities for interested participants and free prearranged child care. For more information at Schofield Barracks, contact Main Post Chapel staff at 655-6645 or 655-4461. For Fort Shafter area programs, contact Kathy Whalen, director of religious education, at 833-8175 or 839-4319.

Schofield Barracks Programs

The following programs are offered for communities surrounding Schofield Barracks:

- Catholic CCD and Protestant Sunday School registration is ongoing through Sunday at the Main Post Chapel (MPC).
- Protestant Women of the Chapel (PWOC) is held on Tuesdays at 9 a.m. at the MPC.
- Women's Evening Bible Study is held Thursdays at 6:30 p.m., MPC.
- Gospel Youth Group, Wednesdays at 7 p.m., (MPC)
- Gospel Women's group is second Saturday of each month at 9 a.m., MPC.
- Gospel Men's Group is third Saturday of the each month at 9 a.m., MPC.
- The "40 days of purpose" class begins tomorrow; call 655-9307 for more information.

- Building Strong and Ready Families (BSRF), an ongoing initiative and Level II marriage conference at the Sheraton Waikiki, will be held next week, Sept. 20-21. For more information, call 655-9303.

Fort Shafter Programs

The following programs are offered for communities surrounding Fort Shafter:

- The Military Council of Catholic Women meets every Thursday at 9 a.m. at the AMR Chapel.
- PWOC is held Tuesdays at 9 a.m., AMR Chapel.
- Family Night, which offers a variety of classes and a potluck dinner, is held Tuesdays at 5:30 p.m., AMR Chapel.
- Catholic CCD is held every Sunday at 9:45 a.m. and began yesterday at AMR Chapel.
- Protestant Sunday School runs every Sunday at 11:15 a.m.
- Academy of Discipleship, a new program, is offered Sundays and Tuesdays. Adult-level classes include spiritual leadership, marriage tune-up, design for discipleship and much more at AMR Chapel.

Contest planned to challenge kids

Ann Wharton
Army Hawaii
Family Housing

Army Hawaii Family Housing (AHFH) is taking the lead from Maj. Gen. Benjamin R. Mixon, commanding general of 25th Infantry Division (Light) and U.S. Army, Hawaii. AHFH is sponsoring a drawing and essay contest for youth to showcase the CG's good neighbor objectives and to spark kids' pride in their community.

Children 4 to 8 years of age are asked to draw a picture of what they think community pride means to them. Preteens 9 to 12 years of age, and teenagers 13 to 17, are encouraged to write an essay about what they think community pride means to them.

Drawings should be submitted on paper not exceeding a 9-by-12 inch legal size, and essays should not exceed two pages. Entries must be turned in to any AHFH Community Center, and all submissions must be received by Oct. 15.

First, second and third place winners in each of the three age categories – Children, Preteens and Teenagers — will receive awards. For more information, contact Bonnie Griffith at 275-3178.

Part Three of Five

Foods too often suffer temperature stress

Story and Photo by Sgt. Derek Martin
Veterinary Services, Schofield Branch

The summer months are known for warmer temperatures throughout the day, compared to other months throughout the year. When the mercury starts rising, the shelf life of your just-purchased refrigerated products starts declining if you don't take the necessary precautions when transporting your foods home.

Products have the highest risk of being temperature stressed on the car ride home. If you are driving more than a half hour to do your shopping, bring an insulated cooler to store all your refrigerated products on ice.

Most people are not aware that the temperature in the trunk of your vehicle can reach 140-degrees or higher. Here on the islands, distance isn't too big a factor when transporting groceries home — not unless you will spend some time in freeway traffic — but keep in mind, on the mainland, distance can always be a factor.

Schedule your visit to your local commissary or grocery store as the last task to complete on your list of errands for the day. A trip to your Post Exchange after shopping at the commissary obviously adds time to the temperature stress factor of your groceries, which adversely affects all refrigerated and frozen products.

A Soldier from the Central Pacific District Veterinary Command inspects boxes of green peppers at the Schofield Barracks commissary.

Thermostat settings

The ideal temperature for your refrigerator thermostat is ideally around 30–45 degrees Fahrenheit. Within this range, you can get the most shelf life out of your products.

Items such as poultry, pork and fish have a tendency to spoil rapidly, due to naturally occurring spoilage organisms that are inherent in these products. To control these spoilage organisms, temperature is the big factor.

If you keep food temperature cool enough, these organisms will remain dormant. Once you get into the temperature danger zone of 45– 135 degrees, these organisms will awaken and start multiplying — in turn excreting waste products that start the spoilage process.

The most common of these organisms associated with poultry and dairy products is salmonella. Though this organism can be killed with proper preparation and cooking, the possibility of a food-borne illness is greatly multiplied when the product is temperature stressed.

Thawing foods

Using proper thawing or slacking methods, prior to preparation of foods, will also cut down on the risk of a food-borne illness from ever happening. Instead of placing your meat products on the counter to thaw overnight, place them in the refrigerator to thaw, or use your microwave defrosting levels. Either method allows the meat product to thaw without its exterior getting into the temperature danger zone before its core or center is completely thawed.

The refrigerator method is the preferred method of slacking, or thawing foods.

Proper transportation and storage of refrigerated and frozen foods not only ensures good keeping quality, but also wholesome flavors and quality meals are prepared, thus limiting the possibility of contracting a food-borne illness or feeling poorly for several days.

(Editor's Note: Warrant Officer Budd A. Dodge is chief of Food Safety and Quality Assurance at the Central Pacific District Veterinary Command. In Part Four of his series, next week, learn how to be a smarter shopper.)

Some brown bag lunches need more forethought

Warrant Officer
Budd A. Dodge
Central Pacific
District Veterinary Command

Whether it's off to school or work we go, millions of Americans carry "bag lunches." Food brought from home, however, must be kept safe with proper handling, cooking and storage.

Perishable foods must be kept cold, whether commuting via bus, bicycle, foot, car or subway. Then, after arriving at school or work, perishable food must be kept cold until lunchtime.

Why keep food cold? Harmful bacteria multiply rapidly in the "danger zone," which are the temperatures between 40 and 140 degrees Fahrenheit. Perishable food transported without an ice source will not stay safe long.

Here are safe handling recommendations to prevent food-borne illness in your bag lunches.

Begin with safe food

Perishable food such as raw or cooked meat and poultry must be kept cold or frozen. Therefore, consumers must transport perishable food as fast as possible when no ice source is available, and then when they get to their destination, food must be kept cold.

Food should not be left out at room temperature for more than two hours, or one hour if the temperature is above 90 degrees.

Prepackaged combinations that contain luncheon meats, along with crackers, cheese and condiments, must also be kept refrigerated. This mandate includes luncheon meats and smoked hams that are cured or contain preservatives.

Keep Everything Clean

Do you know that more than 75 percent of men and 50 percent of woman either do not wash their hands or do not wash them properly? These numbers are based on adults statistics, so we can only imagine how poorly children's statistics could be.

Whether working in the food service industry, eating out on the town, or dining at home, proper hand washing is everyone's responsibility. Wash your hands before you prepare or eat food, after preparing each food item, and then again before you go on to

See "Brown Bag," page B-5

Community Calendar

From B-2

Seating is limited to 400, so get your registration forms in early. All forms must be postmarked by today. Children are not permitted to attend and childcare is not available.

Again, registration ends today. Register online or download the registration form at www.jointspousesconference.com. Forms may also be picked up at military exchanges, commissaries, support centers, thrift shops and chapels. For more details, contact Army liaison Beverly Tate at 778-8696.

OCTOBER

1 / Saturday

Tropic Lightning Museum —The Tropic Lightning Museum is hosting its annual Living History Day on Saturday from 10 a.m. to 3 p.m. Join all in celebrating the thrilling history of the 25th Infantry Division and its distinguished history dating back to 1941.

Learn about the division's role in World War II, Korea, Vietnam, and present-day Iraq and Afghanistan. Real-war heroes will relate their combat experiences, and current and restored Army vehicles will be on hand.

Children can enjoy camouflage face painting, school presentations of various projects and crawling though reenactment tunnels like the ones used in Vietnam. The Tropic Lightning Jazz Ensemble will also provide entertainment.

The museum is located at Building 361, Waianae Ave, Schofield Barracks; admission is free. For more information, contact Linda Hee at 655-0438.

15 / Saturday

Hale Kula Elementary Fall Festival — Hale Kula Elementary School's Parent Teacher Association will hold a fall festival on Saturday, Oct. 15 from 1 to 5 p.m., rain or shine. Come join us for games, crafts, food, entertainment, prizes and static displays.

The PTA is currently taking booth applications for the festival and applications will be accepted through Oct. 5. Vendors and interested Family Readiness Groups should contact Kelly at 624-1902 or via email at halekulafallfest@yahoo.com.

22 / Thursday

Make A Difference Day — The 25th ID (L) and U.S. Army, Hawaii, will participate in the 7th Annual Make a Difference Day on Saturday, Oct. 22. Last year, community members participated in 35 volunteer projects throughout the island. This year, more than 80 projects will be available for community agencies and units. Deadline to adopt a project is Oct. 3.

Projects available include everything from painting homes, assisting the elderly and building a gazebo at Fisher House, to cleaning up streams and beaches. Something will be available for everyone.

If you would like to adopt a project or get more information about this very worthy community effort, contact Cathie Henderson at 655-2398 or hendersonca@schofield.army.mil.

ONGOING

Army Hawaii Family Housing — AHFH presents "Take pride in your community," a community-pride contest aimed at their youngest residents. During the month of September, children ages 4 to 17 are invited to participate in a drawing or essay contest. Children, ages 4 to 8, are asked to draw a picture of what community pride means to them, while youth, ages 9 to 17 should submit an essay explaining what they think community pride means.

Entries should be submitted no later than Oct. 15. The entries will be judged according to age groups, 4 to 8, 9 to 12, and 13 to 17, and the first, second and third place winners will receive a special gift.

Contact your community center for more details.

Refrigerator Home Storage

(Storage of Processed Products Sealed at the Plant)

Store at 40 degrees or below for fresh or uncooked products. When a product has a use-by date, follow that date. If product has a sell-by date, or no date at all, cook or freeze the product by the times on the following chart.

Processed Product	Unopened After Purchase	After Opening
Cooked Poultry	3 to 4 days	3 to 4 days
Cooked Sausage	3 to 4 days	3 to 4 days
Sausage, Hard/Dry, shelf-stable	6 weeks/pantry	3 weeks
Corned Beef, uncooked, in pouch with pickling juices	5 to 7 days	3 to 4 days
Vacuum-packed Dinners, Commercial Brand with USDA sea	2 weeks	3 to 4 days
Bacon	2 weeks	7 days
Hot dogs	2 weeks	1 week
Luncheon meat	2 weeks	3 to 5 days

Brown Bag

From B-4

the next item.

Wash cutting boards, dishes, utensils and countertops with hot, soapy water. A solution of 1 teaspoon of bleach in 1 quart of water may be used to sanitize surfaces and utensils. Further, keep family pets away from kitchen counters.

Do not cross-contaminate

Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils and countertops. Always use a clean cutting board.

When using a cutting board for food that will not be cooked such as bread, lettuce and tomatoes, be sure to wash the board after using it to cut raw meat and poultry.

Better still, use one cutting board for fresh produce and a separate one for meat and poultry.

At lunchtime, discard all used food packaging and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

Packing lunches

Pack just the amount of perishable food that can be eaten at lunch. That way, there won't be a problem about the storage or safety of leftovers.

It's fine to prepare food the night before, and then store the packed lunch in the refrigerator.

Freezing sandwiches helps them stay cold. However, for best quality, don't freeze sandwiches containing mayonnaise, lettuce or tomatoes. Add these later.

Insulated, soft-sided lunch boxes or bags are best for keeping food cold, but metal or plastic lunchboxes and paper bags can also be used.

If using paper lunch bags, create layers by double bagging to help insulate the food. An ice source should be packed with perishable food in any type of lunch bag or box.

Keeping cold lunches cold

Prepare cooked food such as turkey, ham, chicken, and vegetable or pasta salads ahead of time to allow for thorough chilling in the refrigerator. Divide large amounts of food into shallow containers for fast chilling and easier use. Keep cooked food refrigerated until time to leave home.

To keep lunches cold away from home include a small frozen gel pack or frozen juice box. Of course, if there's a refrigerator available at the destination, immediately store perishable items there upon arrival.

Some food is safe without a cold source. Items that don't require refrigeration include fruits, vegetables, hard cheeses, canned meat and fish, chips, breads, crackers, peanut butter, jelly, mustard and pickles.

Keeping hot lunches hot

Use an insulated container to keep food like soup, chili and stew hot. Fill the container with boiling water, let stand for a few minutes, empty and then put in piping hot food. Keep the insulated container closed until lunchtime to keep the food hot, at 140 degrees or above.

Microwave cooking and reheating

When using the microwave oven to reheat lunches, cover food to hold in moisture and promote safe, even heating. Reheat leftovers to at least 165 degrees. Food should be steaming hot. Cook frozen convenience meals according to package instructions.

Questions

Visit the U.S. Department of Agriculture Web site, www.fsis.usda.gov, for more information about safe food practices.

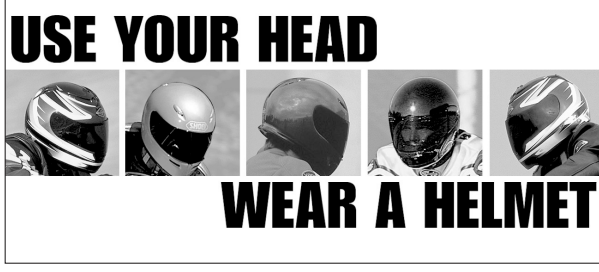
Locally, call Warrant Officer 1 Dodge at 433-2273 or e-mail BuddDod ge@LN.amedd.army.mil, for more details.

Organization Day Hours of Operation

Today, Garrison activities celebrate Organization Day at Bowen Park starting at 8 a.m. Activities include a unit picnic, sports competitions, karaoke, field events and bingo.

Several facilities will be affected by the participation of Garrison Soldiers and civilian staff. The Directorate of Community Activities has posted the following facilities affected by the day's events:

Organization	Regular Hours	Revised Hours
Schofield Barracks HFC	0630-1930	Open as scheduled
Martinez PFC	0500-2100	0500-0900
HMR PFC	0600-2100	0600-0900
AMR PFC	Closed	Closed
Fort Shafter PFC	0530-2100	0530-0900
TAMC PFC	0500-1930	0500-0900
Richardson Pool	0600-1800	0600-0800
HMR Pool	1000-1700	Closed
AMR Pool	Closed	Closed
TAMC Pool	0600-1800	0600-0800
Tropic Lightning Museum	1000-1600	Closed
Fort DeRussy Museum	1000-1615	Closed
SGT Yano Library	1000-1800	1400-1800
AMR Library	1100-1600	Open as scheduled
Fort Shafter Library	1000-1500	Open as scheduled
TAMC Library	0900-1700	Open as scheduled
Outdoor Recreation	0830-1730	Open as scheduled
SB Arts and Crafts	0900-1600	Closed
Fort Shafter Auto	0930-1730	Closed
SB Auto	1130-1900	Closed
Tropics	0800-2200	Closed
FS ITR	0900-1700	Open as scheduled
SB ITR	0900-1700	Open as scheduled
MWR Kennel	0900-1600	Open as scheduled
Music and Entertainment	0830-1700	Open as scheduled
Sports Office	0730-1600	Closed
FS Arts and Crafts	1700-2100	Open as scheduled



Community Sports

SEPTEMBER

24 / Saturday

Ewa Beach Little League Parade — The world champion little league team from West Oahu will be honored with a heroes' parade in Ewa Beach, Sept. 24 beginning at 3 p.m.

The parade will proceed down Fort Weaver Road, starting at the Child and Family Service Building and end at the Hale Pono Ewa Beach Clubhouse of the Boys and Girls Club. The parade will be followed by a family-style party at the Boy's and Girl's Club and will feature entertainment and special presentations for the town heroes.

For more information or to participate in Ewa Beach's "Heroes' Homecoming," contact Sharene Saito Tam at 689-7772 ext. 237 or Sharla Montvel-Cohen at 533-4165.

National Hunting and Fishing Day — The Hawaii Hunter Education Program presents the 34th National Hunting and Fishing Day at the Koko Head Shooting Range near Hanamau Bay. Attendees can bring a canned food or cash donation for the Hawaii Food Bank, and they will receive an activity coupon to participate in a muzzleloader, skeet, .22 cal rifle/handgun, archery, airgun, or a fish-casting contest.

Lots of fun and demonstrations, and food and prizes, will be the order of the day. This event will be held Saturday and Sunday from 10 a.m. to 4 p.m. For more details, call 587-0200.

25 / Sunday

Mid-Pacific Road Runners Club — Mid-Pacific Road Runners Club presents the Schofield Barracks 25K, Sunday, at 5:30 a.m. at Stoneman Field. This race is the third in the "Marathon Readiness Series 2005," designed to help you prepare for the 2005 Honolulu Marathon.

The 25K course will start on Ayers Avenue, in front of Hale Kula School above Stoneman Field, and the course will repeat, circling the Schofield Barracks perimeter. Awards will be presented in elite and five-year age group categories.

Entry forms are available at all Army Fitness Centers, and in the September/October issue of AthletesHI running magazine. The fee is $17, postmarked before Sept. 19. Packet pick-up is Saturday, Sept. 24 from 10 a.m. to 5 p.m. at the Running Room, 819 Kapahulu Ave., Honolulu, and late registration is available there for $25.

On race morning, the late registration fee is $30. T-shirts are not guaranteed for late registrants. For more information, contact Ron Pate at 589-2646.

ONGOING

Local Sports Calendar Briefs — Do you have sports announcements of upcoming events or activities you'd like to post in the Hawaii Army Weekly?

If so, e-mail your information to editor@hawaiiarmyweekly.com at least two weeks in advance.

MWR Sports

SEPTEMBER

18 / Sunday

"5 Game, No Tap" Tournament — Individuals are invited to participate in the "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is $20. Call 655-0573 for more information.

19 / Monday

NFL Football — Visit Reggie's today to watch NFL Monday Night Football and cheer your favorite team on. Individuals participating in the continuing Fantasy Football promotion have an opportunity to receive a prize if their team wins. Stop by to enjoy the food specials beginning at 5 p.m. Call 655-0660 for more details.

20 / Tuesday

Youth Mini-Sports Basketball — Youth can learn about basketball and basic skills in the Youth Mini-Sports Basketball program. All youth born in 2000 to 2001 are invited to participate in the program, which runs from Sept. 20 to Nov. 10.

Registration runs through Sept. 13. Cost is $10 and includes a T-shirt for the participant. For more details, call your nearest Army Youth Sports Center.

30 / Friday

Basketball Shootout — Parents and children can team up in this unique basketball shootout event. The event format positions parents as rebounding and then passing the basketball to children. The shootout is open to children ages 5 to 14 and will be held at both the Fort Shafter Youth Gym and the Schofield Barracks Bennett Youth Center Gym.

The shootout for youth, ages 9 to 14, will go Friday, Sept. 30, while youth ages 5 to 8 will shoot it out on Friday, Oct. 7.

Registration continues through Sept. 21. Cost is $10 and includes a T-shirt for the youth participant. For more information, call 438-9336.

OCTOBER

1 / Friday

Hawaii Championship Wrestling — Come watch Hawaii Championship Wrestling at the Tropics today. Doors open at 6 p.m. and matches start at 7 p.m. The cost is $5 for ages 12 and up, $3 for ages 11 and under, and the event is free for children age 5 and under. Look for more great wrestling entertainment on Oct. 8 and 29. Call 655-8522 for more information.

2 / Sunday

"5 Game, No Tap" Tournament — Individuals are invited to participate in the "5 Game, No Tap" Tournament at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is $20. Call 655-0573 for more information.

3 / Monday

Ladies Golf Clinic — Ladies, want to brush up on your golfing skills? A free golf clinic will be held today at the Leilehua Golf Course located right outside the gate of Wheeler Army Air Field. The clinic will last for one hour and will begin promptly at 3:30 p.m. All required equipment will be provided to participants and advance reservations are recommended. For more details or to reserve your space, call 655-4653.

Beginning in November, the clinic will move to the first Saturday of each month from 3 to 4 p.m.

ONGOING

Pick-Up Sports — Army youth, ages 10 to 18, can be active in sports without league rules or practices. Various activities such as volleyball, basketball, badminton and kickball will be conducted weekly at both the Bennett Youth Center on Schofield Barracks and at Aliamanu Military Reservation Youth Center every Wednesday from 3 to 6 p.m.

This program is free and no registration is required. For more information, contact your local area Youth Sports director.

Personal Trainers — Personal trainers are available to help individuals develop a specialized program to improve their fitness level. These experts can assist with building muscle, losing body fat, and increasing flexibility and nutrition.

Cost is $30 per hour. Call 655-8007 for more information.

Muscle Moves — Tone your muscles using a variety of equipment, including bands, dumbbells, exercise balls and more. Classes are offered every Friday at the Schofield Barracks Health and Fitness Center at 11:45 a.m. Call 655-8007 for more details.

Step Classes — A variety of step classes are offered at the Schofield Barracks Health and Fitness Center, including the dynamic Multistep Class held Mondays at 8:30 a.m., the Step and Ab Class held Mondays at 5 p.m., and the Step and Pump Class held Thursdays at 5 p.m. and Fridays at.8:30 a.m.

Classes are available to fit any individual's exercise regimen and goals, and they are held from Monday through Saturday. Call 655-8007 for more information.

Hatha Yoga — Relish the traditional approach to yoga that aids relaxation, and strengthening and lengthening muscles. Techniques can be modified based upon an individual's skill level.

Sessions will be held Wednesday at 5 p.m. and Saturdays at 8 a.m. at the Schofield Barracks Heath and Fitness Center. Call 655-8007 for more details.

Group Cycling — Participants can use stationary bikes and drills to work out during group cycling. With tension and resistance, individuals can simulate up and downhill climbs to provide challenging experiences.

Classes are every Thursday, as well as Tuesday and Wednesday at various times. Call the Schofield Barracks Health and Fitness Center at 655-8007 for more details.

Scuba Classes — Scuba class provides individuals with an opportunity to earn their PADI certification during two weekends for $175.

Instruction is held on

Saturday and Sunday at various locations depending on class content and skills being taught. Call 655-0143 for more information.

Simple steps help prevent heat injuries

Hooah4health.com
News Release

High temperatures, overexposure to the sun, inadequate water consumption and overexertion may result in any of the following.

Dehydration

The human body is highly dependent on water to cool itself in a hot environment. A safe and adequate supply of water must be available at all times to every Soldier.

Soldiers must only drink water from approved sources.. Fresh water may be contaminated by minerals through which the water flows, or contain bacteria or parasites.

Countermeasures to problems with water consumption or dehydration:

* Ensure all Soldiers drink adequate quantities of (preferably cool) water.

* Drink water regularly even when not thirsty. Thirst is not an accurate indication of the body's need for water. Drink about one quart each hour (or more depending on extreme conditions and workload) or enough to maintain urine the color of weak lemonade. Dark urine indicates the body's need for water.

* Ensure water supplies have been processed by Reverse Osmosis Water Purification Units (ROWPU) and properly chlorinated to 2.0 ppm. The chlorine residual for ROWPU treated water must be maintained at 1.0 ppm in the unit area unless otherwise designated by the medical authority.

If non-approved fresh water from lakes, rivers, streams must be used in a life or death situation, disinfect the water using one of the following methods:

* Calcium hypochlorite at 5.0 ppm for 30 minutes.

* Clor-FlocTM or iodine tablets per label instructions.

* Boil water at a rolling boil for five to 10 minutes.

* Add two to four drops of ordinary chlorine bleach per quart of water and wait 30 minutes.

* Avoid storing bottled water in direct sunlight due to possible bacterial growth.

* Soldiers in armored vehicles, MOPP and body armor need to increase water intake.

* Monitor local weather conditions closely.

Sunburn

Caused by overexposure of the skin to ultraviolet (UV) radiation of the sun. Occurs rapidly in the desert.

Sand, rocks, and other desert surfaces reflect sunlight from the ground, and may result in sunburn to the nostrils or chin. Severe sunburns are disabling and may make Soldiers more susceptible to other types of heat injuries.

Countermeasures:

* Use unscented sun block for skin, applying to all exposed face, skin, and neck. Apply lip balm with SPF 15 or higher, and sunglasses to protect skin and eyes from UV radiation.

* Wear uniforms properly.

* While on guard duty, avoid standing in direct sunlight; regularly rotate Soldiers with duties requiring exposure to extreme temperatures for long periods (i.e., guard mount, observation posts and maintenance personnel).

Heat Cramps

Heat cramps are characterized by painful cramps of the muscles, usually the legs and abdomen, caused by an imbalance of electrolytes in the body as a result of excessive sweating.

Soldiers suffering from heat cramps may complain of muscle cramps, heavy sweating, and extreme thirst.

Countermeasures:

* Seek immediate medical attention for all heat injuries.

* Move the Soldier to a cool, shady area or air conditioned building or vehicle and loosen clothing.

* Slowly give large amounts of water (cool water if available).

* Watch the Soldier and continue to provide water if the Soldier accepts it.

Heat Exhaustion

Heat exhaustion is a preventable condition caused by the loss of water through sweating without adequate fluid replacement.

Soldiers suffering from heat exhaustion may experience heavy sweating with pale, moist, cool skin; headache, weakness, dizziness; and/or loss of appetite.

Countermeasures:

* Seek immediate medical attention for all heat injuries.

* Move the Soldier to a cool, shady area or air conditioned vehicle or building and loosen clothing.

* Pour water on the Soldier and fan to permit cooling effect. Apply ice or ice packs if available.

* Have the Soldier slowly drink at least one full canteen of water.

* Elevate Soldier's legs.

* If possible, Soldier should not participate in strenuous activity for the remainder of the day.

Heat stroke

Heat stroke is a medical emergency that may result in death if treatment is delayed.

Soldiers suffering from heatstroke should be evacuated immediately to a medical facility.

Soldiers who have worked in a very hot, humid environment for a prolonged time, and have not consumed an adequate amount of water are susceptible to heatstroke that is caused by failure of the body's cooling systems.

Soldiers suffering from heatstroke may experience sweating (flushed, red, hot, dry skin), weakness, dizziness, confusion, headaches, seizures, nausea, rapid respiration, and weak pulse.

Sweating is not an indication of a less serious heat injury. Soldiers who are sweating may still be experiencing heatstroke.

Irritable, combative or irrational behavior sometimes precedes heatstroke. Unconsciousness and collapse may occur suddenly.

Countermeasure to prevent heatstroke:

* Heatstroke is a medical emergency. Seek immediate medical attention.

* Move the Soldier to a shady area or air conditioned vehicle or building and loosen clothing (remove outer and/or protective clothing if the situation permits).

* Start cooling the Soldier immediately; immerse in cool water or pour water on the Soldier.

* Fan to cool.

* Massage extremities and skin to increase blood flow to body areas, aiding the cooling processes.

* Elevate Soldier's legs.

* If conscious, have the Soldier slowly drink one full canteen of water.

* Monitor Soldier for development of conditions that may require performance of necessary basic lifesaving measures such as clearing the airway, mouth-to-mouth resuscitation, and/or treatment for shock.

* Evacuate as soon as possible to a medical facility continuing emergency procedures during transport.

Acclimatization

Acclimatization to heat is necessary to permit the body to reach and maintain maximum efficiency in its cooling process.

Ideally, a period of about two weeks should be allowed for acclimatization, with progressive degrees of heat exposure and physical exertion.

Soldiers and unit leaders should note that although acclimatization strengthens heat resistance, there is no such thing as total protection against the effect of heat.

Pre-acclimatization may be achieved by gradually increasing physical activity in a hot environment.

Unit leaders, commanders, and Soldiers should note these very basic guidelines for preventing heat injuries:

* Consider water a tactical weapon.

* Drink water frequently even if not thirsty. Drinking should be required and monitored by command.

* Use unscented sunscreen and lip balm (SPF 15 or higher), and sunglasses.

* Place something between soldiers and the hot ground.

* Limit movements.

* Wear uniform properly: wear T-shirt; roll sleeves down; cover head; and protect the neck with a scarf or similar item to protect the body from hot, blowing winds and sunlight.

* Resting in the shade, quietly, fully clothed, not talking, keeping mouth closed, and breathing through the nose will decrease the body's water requirement.

* Perform heavy work in the cooler hours of the day, such as early morning or late evening, if possible. If working or travelling during these periods, watch for increased activity of wildlife (i.e., snakes and insects) during cooler hours and in the evenings.

* Identify Soldiers with previous heat injuries.

* If in an emergency situation and water is scarce, do not eat. Find water by looking for animal trails that may lead to water holes, flocks of circling birds, or look (or dig) for water in areas supporting plants or grasses.

Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work	Moderate Work	Hard Work
• Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms	• Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction	• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	½	40/20 min	½
2 (GREEN)	82° - 84.9°	NL	½	50/10 min	½	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
- **NL** = no limit to work time per hr.
- **Rest** = minimal physical activity (sitting or standing) accomplished in shade if possible.
- ***CAUTION: Hourly fluid intake should not exceed 1½ qts.***

  Daily fluid intake should not exceed 12 qts.
- If wearing body armor, add **5°F** to WBGT index in humid climates.
- If doing Easy Work and wearing NBC (MOPP 4) clothing, add **10°F** to WBGT index.
- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add **20°F** to WBGT index.

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