

HAWAII ARMY WEEKLY

Vol. 34 No. 38 Serving the U.S. Army community in Hawaii <http://www.251d1.army.mil/haw.asp> September 23, 2005

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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.

For a complete schedule of events during the Tropic Lightning Week, see page B-6.



MP Changes

Col. Jacqueline E. Cumbo has assumed command of U.S. Army Police Brigade, Hawaii. A-5

Katrina Relief

In the wake of the nation's recovery efforts, a host of scam artists are trying to take advantage of the kindness of ordinary Americans. Get the latest watchword about potential scams and hotline contacts. A-12.



Military Idol

It's final! Sgt. Simeon Porter is named U.S. Army, Hawaii's Military Idol. B-2



TheBus

Passengers can assist TheBus in providing the routes needed to move about. Participate in TheBus' survey. B-3

REUNIONS



Spc. Amanda Richardson

Staff Sgt. Kristian Penefiel, 536th Maintenance Co., receives a touching welcome from his wife and daughter.



Spc. Amanda Richardson

Family members hold signs as they anxiously await the return of their husbands, wives, fathers, mothers, siblings and friends.

536th comes home

Spc. Amanda Richardson
 Contributing Writer

The 536th Maintenance Company (Direct Support) arrived home Monday and Tuesday night amid various signs and greetings, including "We've missed you! Welcome Home! I love you and we're proud of you!"

Thunderous applause filled the Martinez Gymnasium as Soldiers

marched inside for their redeployment ceremony.

Tammy Tabor, wife of Staff Sgt. Michael Tabor, said how excited and anxious she was to see her husband after a year long deployment in support of Operation Iraqi Freedom. Tears welling in her eyes, she said, "I'm just ready to see him again."

Tammy Thorson, wife of Sgt.

Christopher Thorson said, "It just seems so surreal. I mean his home for the last year has been Iraq, and now he's coming [to his actual] home!"

The 536th Maintenance Company deployed to Iraq Sept. 17, 2004, to meet up with 17th Corps Support Battalion, which had deployed two weeks earlier, and

See "536th Comes Home," page A-10

7th Dive Detachment lends a helping hand to UH

Pfc. Kyndal Brewer
 Staff Writer

KANEOHE BAY — As the rays of sun peaked through the partly cloudy sky, glistening off the deep blue waters surrounding Coconut Island, Soldiers with the 7th Engineer Detachment (Dive) put on their diving gear and offered a helping hand to the University of Hawaii's Marine Biology department with a coral relocating project on Sept. 15.

"We're relocating coral that has become a navigational hazard to areas that are non-navigational hazards," said Jim Lakey, a supervisor for the UH Marine Biology Lab here.

This is just the beginning phase of this project. The project will begin again in February, and the goal of this entire assignment is to transplant more than a thousand pounds of coral into a 10,000 square foot area.

The idea of this project is to bring a lifeless reef, which was killed when a military aircraft crashed into it more than 60 years ago, back to life. They plan on doing this by transplanting coral heads from the reefs in the channel that are in danger from the boats traveling through it, to a much safer place.

The process of relocating coral takes time and patience.

First, Soldiers began the project by taking pry-bars underwater and

carefully chipping the coral heads off the reef it was attached to. After the coral heads were chipped off, the divers placed them in an iron metal basket.

The basket was connected to four winches which were hooked to a wooden platform that was sitting on top of a Zodiac or a small boat.

Once the basket was filled, it was cranked up underneath the Zodiac,

See "7th Dive," page A-11

325th Brigade Support Battalion stands up at Schofield

Story and Photos by
 Sgt. Maurice Smith
 Public Affairs Office, 3rd Brigade

Sept. 16 was a day all about reorganizing. It wasn't the usual type that involves Soldiers moving furniture around in barracks rooms, but a reorganization to help transform the Army and improve conditions on the battlefield.

The 325th Brigade Support Battalion gathered at D Quad to proudly redesignate their Headquarters and Alpha Company, and to activate five new companies — Alpha, Delta, Echo, Foxtrot and Golf Company — in a 3 p.m. ceremony.

"Today, we stand up forward support companies and blend direct sup-

port with organizational support," said Lt. Col. James Hess, commander, 325th Brigade Support Battalion, 3rd Brigade, 25th Infantry Division.

Blending different types of support enables quicker response time for Soldiers on the battlefield, according to 1st Sgt. Julio Bensimon, first sergeant, 325th Brigade Support Battalion. "We are transforming in accordance with the Army guidance to better support the infantrymen [and] self-sufficient units to withstand battles longer without needing to be resupplied."

In past situations, if a Soldier's weapon broke on the battlefield, he had to be evacuated along with his



1st Sgt. Julio Bensimon, first sergeant of 325th Brigade Support Battalion, unwraps the new unit guidon as Lt. Col. James Hess, commander, observes.

See "325th BSB," page A-10

Combined Federal Campaign kicks off

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

In a softly lit conference room, more than two dozen company commanders of units belonging to the 25th Infantry Division (Light) attended the Combined Federal Campaign Kick-Off Rally at the Nehelani Banquet and Conference Center at Schofield Barracks, Sept. 16.

CFC is an organization that collects donations to help benefit charities such as Boys and Girls Scouts of America, the Young Men's Christian Association and the Humane Society, just to name a few. CFC's mission is to promote and support charities that make way for improvement for quality of life.

"This is our opportunity to donate to a list of over 1,800 organizations. Each one of us, likely, have been the beneficiary of some of these organizations throughout our lives," said Capt. Andrew Thompson, CFC agency project officer for the 25th ID (L) the first speaker at the podium during the campaign meeting.

"Without our donations," he said, "these organizations would not be able to survive. We all use these charities, so take a minute to give back to all they have done and what they will do for you in the future."

"I've been participating in the Combined Federal Campaign for about twenty some odd years," said Brig. Gen. Francis Wiercinski, assistant division commander support. "I personally have donated all of those years. Each and every one of us, either ourselves, our family members, our friends, or our Soldiers, has needed help."

Wiercinski asked all the company commanders to explain the importance of CFC to their Soldiers. He explained how his goal for donations was to receive 100 percent from the entire installation.

See "CFC," page A-11

'We must remember our own'

Col. Randy Pullen
Army News Service

WASHINGTON — This year's observance of National POW/MIA Recognition Day on Sept. 16 had a special poignancy to those with ties to the remembered.

As Americans, we paused to remember our fellow citizens who were prisoners of war in a World War II POW camp — like the heroes of Bataan and Corregidor held in the Cabanatuan POW camp that was the subject of the current film "The Great Raid" or those who are still missing from the Vietnam War.

It's one thing, though, when the tie to those remembered is limited to the common bond of citizenship, and to those you only know from history books or the movies. It's another thing, entirely, when that fellow American is a member of your family.

A member of our Army family was remembered this National POW/MIA Recognition Day: Sgt. Keith "Matt" Maupin of the U.S. Army Reserve's 724th Transportation Company from Bartonville, Ill.

Maupin goes missing in action

On April 9, 2004, a convoy from the 724th, en route from Balad to Baghdad International Airport, was ambushed in one of the most massive such attacks of the Iraq war. In the ensuing action, the 43 Soldiers in the convoy killed or wounded some 200 insurgents.

Two of their fellow Soldiers, Sgt. Elmer C. Krause and Spc. Gregory Goodrich, were killed, as were six civilians. One civilian contract employee, Thomas Hamill, was captured but escaped 24 days later, and one Soldier, then-Spc. Maupin, was captured. He remains a captive to this day.

Officially, the Army placed him in a "whereabouts unknown" duty status on the day of his capture. A week later, on April 16, 2004, his status was changed to "missing-captured."

"I will never leave a fallen comrade."

— Army Chief of Staff
Gen. Peter J. Schoomaker

Despite claims by the insurgents and an inconclusive video of someone being killed by them, an Army board of inquiry that met April 6, 2005, to review his status decided to maintain Maupin, who was promoted to sergeant on April 1, 2005, in "missing-captured" status.

Neither the Army, the Army Reserve, his fellow Soldiers, nor his family have given up hope of finding Maupin and bringing him home.

Hope does not fade

At a Nov. 10, 2004, Pentagon ceremony unveiling the Warrior Ethos Display, Army Chief of Staff Gen. Peter J. Schoomaker articulated the Army's



U.S. Army Photo

Above — Sgt. Keith "Matt" Maupin of the U.S. Army Reserve's 724th Transportation Company is shown in his vehicle sometime before April 9, 2004, when his convoy was ambushed en route to Baghdad International Airport. Maupin was one of the missing Soldiers remembered on POW/MIA Recognition Day, Sept. 16.



Left — The Department of Defense commemorated POW/MIA Recognition Day, Sept. 16, with observances and poster displays throughout the United States.

in our hearts," Helmly said. "I ask each of us [to] spare a moment for their parents ... so, too, should we keep them in our prayers.

"The Creed states, we will never leave a fallen comrade and for that reason, we stand by the Maupins for their son's return home."

Maupin's unit returned from its tour of duty in Iraq in February. Upon its return, one Soldier in the unit, Spc. Jeremy L. Church, was presented with the Silver Star, the Nation's third-highest combat award, and the first one earned by an Army Reserve Soldier in the Global War on Terror. He received this decoration for his courageous actions during the convoy ambush.

As you'd expect, Church has many, many memories of that day of battle, of coming home and of the excitement surrounding the Silver Star presentation. One memory never far from his mind, however, is about Maupin.

"I can't wait till Maupin gets back," Church said. "It really helps out when people give him [their] prayers. I know his family is going through a really hard time right now, much harder than we are."

Before the unit came home in February, Church re-enlisted for six more years in the Army Reserve. When asked why he chose to re-enlist, Church had this to say:

"I'm not through with the military. He's [Maupin] still over there. Ribbons aren't coming down until we get him back."

See "POW," page A-5

Lightning Spirit

Husbands, let's talk about your marriage

Chaplain (Capt.)
Roger B. Rodriguez
225th Forward Support Battalion

Notice what the Bible says in the Book of Genesis, Chapter 2:21-24 — "And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man.

"And Adam said, 'This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.' Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh."

Let's face it; being married is tough. A good marriage takes good old fashioned work to make it happy. W-O-R-K!

Now, this chaplain is sort of old fashioned when it comes to marriage. I believe it is the husband's responsibility as the man of the house to make his marriage happy. After all, isn't he the one who said, "Will you marry me"? I find here, that it's by the grace of God that she says, "Yes."

I can see now tomatoes coming in my direction. But wait. I am finding out that the more I give to my wife, the more she gives to me.

Now, I can almost here a husband cry out, "Chaplain, you don't know my wife." That may be true about your wife, but I'm wondering what she is saying about you? There are always two sides to a coin.

What does it mean to give? Giving is showing your wife that you love her. It is a self-effort.

Giving to your wife is, in actuality, loving your wife. This love is therefore not passive, but requires action — action that can be seen or demonstrated. For instance, when was the last time you opened the car door for your wife? I bet you did it when you were dating.

How 'bout this one: When was the last time you took your wife out on a date, just the two of you, no kids? We can say, "I love you," but do we back it up?

God gives one commandment to the man concerning marriage. It is found in the Book of Ephesians, Chapter 5:25: "Husbands, love your wives." The verse goes on and tells us how much we should love them: "Even as Christ also loved the church, and gave Himself for it."

Have you heard this one...

A preacher once said in good humor, "When God made the world, he rested; when God made man, he rested; but, when God made woman, neither man nor God rested!"

As Christ gave all, husbands, we are to give all. Give 'till it hurts, unconditionally and sacrificially.

Herein is discovered one of the great problems in troubled marriages — selfishness. Men, if we are honest with ourselves, we get selfish. We want to do what we want to do.

Periodically, we must do a self-check. It requires a constant self-evaluation. In other words, we must remind ourselves on how we are doing. In fact, ask your wife, "Honey, have I spent enough time with you lately?" Or, "Sweetheart, have I been neglecting you lately?" Your wife will undoubtedly give you a straight-up answer.

Men, I challenge you. If you find that your marriage is not where it should be, then make a commitment today and begin to seek to improve it. You will find that occasional flowers, chocolate, a night out, a good movie, a walk on the beach, mall shopping where she wants to go, and plenty of hugs and kisses will make her happy.

Treat her like a queen and she will treat you like a king. Stay tuned. Wives, you're next!

(Editor's Note: Read about the latest Building Strong and Ready Families programs on page A-8.)

Voices of Lightning: How do you handle stress?



"...Praise and worship, play the piano, and read the Bible."

Terri Green
T-Mobile
Sales Representative



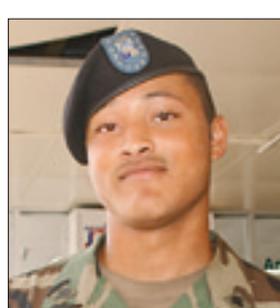
"...Spend time with my kids and do some family activities."

Jo Soto-Juarez
Child Care Provider
Family Member



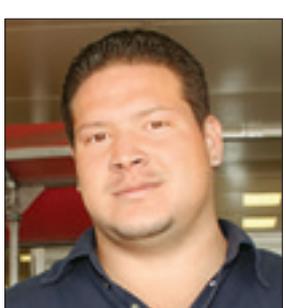
"...Go bowling."

Sgt. Shirvitta Upchurch
Company C, 25th Aviation
Regiment Food Service
Specialist



"...Go to the drag strip races and barbecue."

Spc. Keith Gillard
Company B, 2nd Battalion,
14th Aviation Regiment
Helicopter Mechanic



"...Practice kick boxing and Jujitsu."

Jeremy Bell
T-Mobile
Senior Sales Representative

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

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

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

HAWAII ARMY WEEKLY

under exclusive written agreement with the U.S. Army, Hawaii.

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

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FIRST RESPONDER

Non-medical Soldiers get a handle on giving advanced medical care

Story and Photos by
Spc. Leslie Alberts

Public Affairs Office, 3rd Brigade

Consider this scenario. You're a non-medical Soldier traveling in a convoy near Baghdad, Iraq. An improvised explosive device, or IED, detonates under the lead vehicle, consuming it in flames and flipping your Humvee.

You find yourself near a buddy who has lost a portion of his left leg and has a collapsed lung. Your buddy is depending on you for survival.

Are you confident that you have the medical training necessary to provide advanced trauma life support to save your buddy's life?

For 21 Soldiers with the 3rd Brigade who participated in Schofield Barracks' first iteration of the First Responder's Course,

Sept. 12-16, the answer to this question was a resounding "yes."

"The First Responder's Course is set up to ensure that when there is no medic or medical personnel around, Soldiers available can take care of themselves," said Capt. Charles Douglas, commander, Charlie Company, Forward Support Battalion, 3rd Brigade, and acting medical planner.

According to Douglas, commanders looked back on lessons learned in Iraq and Afghanistan and identified certain critical skills that non-medical Soldiers will need to know to take care of other Soldiers at the point of injury.

"We collected those skills into a training event that would allow them to get used to those skills and apply those skills in a scenario-driven environment," said Douglas.

The course consists of four days of classroom instruction where non-medical Soldiers are taught certain advanced medical skills traditionally within the scope of combat medics.

The classroom instruction is followed by a one-day culminating field event, according to Capt. William "Joe" Meek, division nurse, 3rd Brigade, who is also responsible for

3rd Brigade medical sustainment and serves as the primary course instructor.

"Commanders have observed that Soldiers are getting killed by three very preventable events," said Meek.

These events are bleeding to death, tension-pneumothorax (a build-up of pressure in the chest cavity typically caused by a punctured lung) and airway obstructions, he said.

"This course tries to teach non-medical Soldiers, those that will be down-range, to take care of these three major issues," Meek said.

During the culminating field event, participating Soldiers first train in a "mounted lane convoy scenario" where they drive in a three-vehicle convoy, get hit by an IED and sustain casualties in the impacted vehicle.

The Soldiers, or "first responders," then apply the learned medical techniques to treat the injured. Next, Soldiers train in a "dismounted scenario" as if on foot patrol, and respond to and treat direct-fire injuries.

Lastly, Soldiers train at the Combined Training Field Military Operation in Urban Terrain, or MOUT, course, treating victims in a simulated night environment.

"The idea is to make this field event as close as we can to what we will see in Iraq and Afghanistan," Meek said.



Left — Pvt. Chassen Ramirez, Bravo Company, 2-35th Infantry, prepares a casualty for an I.V.
Right — Spc. Raymond Richards and Pvt. Ramirez, both of the 2-35th, assess injuries during lane training.

India Army teaches Hawaii-based troops counterinsurgency in bilateral training

Sgt. Sean Kimmons
Assistant Editor

More than 50 Soldiers from 2nd Battalion, 27th Infantry Regiment, and the Guam National Guard are currently being taught counterinsurgency and jungle warfare operations in northeast India.

The purpose of the bilateral training is to have the Indian Army present the Soldiers from Schofield Barracks and Fort Shafter with skills needed to defeat insurgents.

Some of the operations include patrolling, ambushes, tracking, search and destroy, convoy protection and military operations in urban terrain.

The training is focused on diverse individual tasks as well team- and squad-level tactics.

Yudh Abhyas is the name of the overall training exercise, part of U.S. Army, Pacific's theater security

cooperation plan. The exercise began Sept. 9 and is projected to end early next month.

"These are the initial steps to bigger cooperation between the two countries and militaries," said Maj. Philip Hughes, the S-3 officer-in-charge for 2-27th.

This exercise is important since the Indian Army is already ahead of the U.S. Army on counterinsurgency and jungle warfare, Hughes explained.

"They've been fighting insurgency for many more years than we have. So, they got a lot of good techniques that we are just now learning in Iraq," he continued. "That's what we're hoping the guys will bring back and be able to put to use in future operations."

As part of the exercise, Soldiers are also improving interoperability capabilities while at the same time fostering military friendships, Hughes added.

News Briefs

Commissary Case Lot Sale — The Schofield Commissary will host its Mega Case Lot Sale tomorrow and Sunday from 9 a.m. to 4 p.m. For more information, contact Alfredo Mendoza at 655-5066.

Military COLA Survey — Time is running out for all military personnel in the state of Hawaii to complete the military Cost of Living Allowance survey sponsored by U.S. Pacific Command before Sept. 30, via the Internet. Participate at www.perdiem.osd.mil/oscolla/lps/hawaii.

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

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 Sept. 26, 27 and 28 from 6 to 9 p.m. All workshops are free, but registration is required. For more information or to register, call ACS at 655-2400 or 655-2303, or LDAH at 536-9684, extension 26.

Spiritual Fitness Brunch — Mark your calendars for this brunch on Saturday, Oct. 29, from 10 a.m. until noon at the Warrior Room of the 2nd Brigade Dining Facility. Cost will be \$4 per person.

The purpose of the kickoff is to introduce officers and their spouses to the various military ministries that work in concert with the Army chaplaincy in Hawaii. Representatives from Officers' Christian Fellowship, Cadence International and other ministries, together with the Chap-

See "News Briefs," page A-4

War Memorial project slowly inches upward toward goal

25th Infantry Division
Association
News Release

The 25th Infantry Division Association, a 56-year-old nonprofit veterans organization, is

the prime sponsor of the 25th Infantry Division War Memorial, adjacent Fernandez Hall at Schofield Barracks.

To date, the Association has received a total of \$95,728, toward the cost of the memorial.

Contributions are accepted from the community at large at the following address:

25th Infantry
Division Association
P.O. Box 7
Flourtown, PA
19031-0007.



Field Artillery receives lightweight, smarter weapon

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

With a slender body and a small, curvy figure; with a brain with more information than you and I will ever know; and with a weight of about 7,000 pounds lighter than the previous one, this beauty will be sure to make any field artilleryman happy.

The brand new M777A1 Howitzer is the latest weapon out in the field. It weighs approximately 9,800 pounds, as opposed to its predecessor the M198 Howitzer that weighed approximately 15,935 pounds.

"The M777A1 was designed to provide direct support artillery fire for the Stryker Brigade Combat Team [SBCT]" said John Yager, Army Requirements Officer at Training and Doctrine Command System Manager-Cannon out of Ft. Sill, Okla.

This version of the Howitzer fires up to 30 kilometers with a 95-pound projectile and, with the Army's new Excalibur precision-guided munition, it can reach out even further.

Mounted in the weapon is a Digital Fire Control System (DFCS) that allows the Howitzer to know where it's at and where it's pointing at all times, said Yager. It then produces digital communication to the Fire Direction Center.

The Marine Corps has already been issued the M777 Howitzer, but that version isn't as advanced as the M777A1 Howitzer. The lucky unit, Army- or Marine-wide, that

gets the first M777A1 Howitzer is 2nd Battalion, 11th Field Artillery, the "On Time" battalion assigned organic fire support for the 2nd Brigade of the 25th Infantry Division (Light). The brigade is the Army's 5th SBCT.

"They are the first unit to get the M777A1 Howitzer because production of the Howitzer coincides with the unit's transformation to a Stryker Brigade Combat Team" Yager explained.

By October of 2006, the On Time Battalion will have fielded 18 M777A1 Howitzers. The unit will go through three months of New Equipment Training (NET) to learn how to maintain, operate and employ the new Lightweight 155mm Howitzer (M777A1).

According to Yager, the Army sees the weapon as a significant improvement over the M198 Howitzer. The M777A1 can be put in firing order within two minutes as opposed to the M198 that took up to 10 minutes.

"After 11 years of testing, the M777A1 does everything the M198 does, but in half the time," said retired Marine Master Sgt. Jeff Altman, equipment specialist of the Joint Program Management Office Lightweight 155 out of Ft. Sill, Okla. "It pretty much does everything on its own."

Marine Staff Sgt. Waco Ashlock, NET Team instructor out of Ft. Sill, Okla., gave a class on how to operate the M777A1. Soldiers and officers alike were intrigued and



Soldiers with the 2nd Battalion, 11th Field Artillery, examine the new M777A1 Howitzer, which is replacing the older M198 version of the Howitzer.

extremely excited by the new weapon systems' increased capabilities.

Ashlock said that after the M777A1 replaces the M198, the battery-powered weapon will eliminate confusion and significantly reduce the time required to deliver steel on target.

"The M777A1 gives the Field Artillery more firepower to provide timely, accurate and lethal fires in support of the infantry," said 1st Sgt. Dwalyne E. Dasher,

Battery A, 2nd Battalion, 11th Field Artillery.

Col. Stefan Banach, 2nd Stryker Brigade Combat Team commander, was equally impressed with the quality of this new weapon.

"It's smaller, so the deployability of it will be much greater, and the ballistic capabilities of the gun will also make it quicker," he said. "This weapon is going to increase lethality on the battlefield."

Army, Marines resolve radio interference problems

Lt. Col. Ruthann Haider
and Cheri Johnson

Communications Electronics Life Cycle
Management Command

Hawaii's military community recently demonstrated its ability to form a joint military team and develop a solution for a radio interference problem. The issue was identified during the testing of a new radio that will be fielded to the 2nd Brigade, 25th Infantry Division (Light), during its transformation to a Stryker Brigade.

The Federal Aviation Administration (FAA) raised a concern to Ron Borne, U.S. Army, Hawaii's (USARHAW) transformation director, regarding potential interference with FAA's systems from a new radio called the Enhanced Position Locating and Reporting System (EPLRS).

The EPLRS will be fielded within the 2nd Brigade, 25th ID (L), as a new communications system. Testing was conducted to check for interference.

The EPLRS did not interfere with the FAA systems, but the testing did identify some electromagnetic interference with a Pacific Theater-based First Responder radio system known as the Pacific Mobile Emergency Radio System (PACMERS). The interference was limited to locations where the EPLRS and the PACMERS were collocated on transmission towers on the islands of Oahu and Hawaii.

Based on the results of the test, a joint collaborative team consisting of numerous representatives formed to



Courtesy Photo

A Soldier assists in a test of the Enhanced Position Location and Reporting System, or EPLRS.

tackle the problem. The group collaborated over a two-month period to identify and research possible solution sets for this interference issue.

The team ultimately recommended that both systems, the EPLRS and the PACMERS, should install a filter that would reduce or eliminate the interference. The filters were designed, purchased, installed and retested in July.

Because the 25th ID (L) had not received the EPLRS system in time for the July re-test, Marine Corps

Base Hawaii, Kaneohe Bay's 3rd Marine Regiment, which operates with the latest version of EPLRS, provided support for the July retest.

Marines provided a vehicle-mounted EPLRS and Marines to operate the systems.

They established the EPLRS network and operated the systems in the Kuhuku Training Area while the engineers from the collective group monitored the two radio systems for signs of interference.

With the filters installed on both systems, the interference was elimi-

nated. All tests demonstrated that with filters in place and a minimum distance separation, no interference with the transmissions came from either system. The 25th ID (L) G-6 will take this information and develop tactics, techniques and procedures to maintain the minimum distance separation identified during the testing.

This filter solution is important to the 2nd Brigade and its future transformation to a Stryker Brigade.

The 2nd Brigade will transform into a Stryker Brigade Combat Team (SBCT) over the next 18 to 24 months, and the EPLRS is a key component of the Brigade's communications network.

More than 700 of the EPLRS radios will be fielded to the Brigade. The EPLRS provides the Brigade real-time position location information using Global Positioning System, or GPS, technology to Tactical Command Posts, called TOCs, across the battlefield.

A network of EPLRS is established to provide military units with the location of all friendly and unfriendly troops in a graphical format.

The collaborative effort by the military joint community in Hawaii resulted in a successful solution being tested and validated for the Warriors of the 2nd Brigade.

(Editor's Note: Lt. Col. Ruthann Haider is the 25th ID (L) liaison officer, and Cheri Johnson is the operations officer, both with the Communications Electronics Life Cycle Management Command.)

News Briefs

From A-3

lain's office, will be on hand to explain their programs.

Attendees will also have the opportunity to sign up to join Bible study groups sponsored by these ministries. Seating is limited, so RSVP by Oct. 25 to retired Lt. Col. Spence Kawamoto at 737-7866 or e-mail skkawamoto@earthlink.net.

Preretirement 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 or 655-1514.

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

Cumbo assumes command of MPs

Pfc. Kyndal Brewer
Staff Writer

The Soldiers of the U.S. Army Police Brigade, Hawaii, welcomed their new commander, Col. Jacqueline E. Cumbo, in an assumption of command ceremony Thursday at Sills Field on Schofield Barracks.

Cumbo assumed command from Lt. Col. Carter A. Oats, the executive officer who took command after the sudden, unexpected death, one month ago, of former commander Col. Roderick G. Demps.

"Colonel Roderick Demps was a great dynamic leader," said Brig. Gen. Frank J. Wiercinski. "His personal touch and presence was felt by all, and he will always be remembered and he will be sorely missed."

MP missions continued, without loss of momentum, due to the Soldiers' professionalism, dedication and great leadership, despite the their great loss.

"Colonel Cumbo comes to us from an assignment in the Pentagon, and believe me, she is truly looking forward to this assignment," said Wiercinski.

With 24 years of active commissioned service, Cumbo has served on a variety of assignments, including major combat and humanitarian operations.

Some examples of her previous assignments include Team Chief of the Department of the Army's Inspector General Office, the Disabled Soldier Support System, the Inspections Division, the Human Resources Policy Directorate, the 14th Military Police Brigade, the U.S. Military Police School, and many more.

Cumbo has been deployed many times serving in Operations Joint Guard in Yugoslavia, Operation Desert Shield and Operation Desert Storm in Southwest Asia, and Operation Just Cause in the Republic of Panama.

Her awards and decorations consist of the Legion of Merit, Bronze Star, Meritorious Service Medal with three oak leaf clusters, Army Achievement Medal, National Defense Service Medal, Expeditionary Medal, Southwest Asia Service Medal, Humanitarian Service Medal, Kuwait Liberation Service Medal, Armed Forces Service Medal, and the North Atlantic Treaty Organization Medal.

With many achievements and diverse experience, Cumbo plans on doing great things for the brigade, she said, to continue its great legacy.

"As a nation at war in all that we do, we do it not for self, but for our country," said Cumbo. "Together we will write the next chapter of the history of the Military Police Brigade Hawaii."



Cumbo



U.S. Air Force Staff Sgt. Charity Barrett

Veterans from the Hawaii Chapter of the Military Order of the Purple Heart, Thomas Tanaka and Leonard Kaae, participate in the POW/MIA Recognition Day, Sept. 16, hosted by the Joint POW/MIA Accounting Command, Hickam Air Force Base.

Oahu honors POWs, MIAs

Joint POW/MIA Accounting Command
News Release

HONOLULU — The Joint POW/MIA Accounting Command commemorated National POW/MIA Recognition Day at the National Memorial Cemetery of the Pacific, or Punchbowl, Sept. 16.

This year's ceremony featured a wreath laying and the playing of "Taps" in honor and recognition of the prisoners of war and those American service members still missing in action from previous wars.

JPAC's commanding general, Brig. Gen. Michael Flowers, led the ceremony, and retired U.S. Navy Capt. Gerald Coffee, a former Vietnam War POW, gave the keynote speech.

"The Punchbowl's Hawaiian name, "Puowaina," when translated, means "Hill of Sacrifice." There is no greater sacrifice

than that which was given by our POWs and MIAs in defense of this great nation," said Flowers. "Some of our heroes came



Flowers

home having survived some of the worst conditions anyone could possibly face: starvation, torture and the ever-present fear of death. The suffering they saw and experienced changed them forever."

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.

POW

From A-2

Many are missing

Previous wars have been much more costly in terms of prisoners of war and missing in action. There are still 30,000 MIAs from World War II, more than 8,000 from the Korean War and, as of Aug. 9 there were 1,815 Americans still listed as MIA from the Vietnam War.

Thousands more during these recent wars became POWs with the lucky ones coming home after the war ended; very many others died in captivity, with the only saving grace being that their deaths were confirmed, thus giving their families closure.

To each family of a POW or a MIA, regardless of how many have been captured or are missing in a conflict, the fate of their loved one brings with it worry, anxiety and pain.

Each family prays that their loved one is being treated well if captured and will be released soon to return to a grateful nation and a joyful family.

For those missing, the family hopes the loved one makes his or her way back to friendly forces or has the status changed to one of more certainty, as an acknowledged POW or as an identified killed in action.

Occasions such as POW/MIA Recognition Day remember the courage of our fellow Soldiers and service men and women as they endured captivity.

These occasions also remember the equal courage of their family members as they endure their loved one's captivity or the agonies of not knowing their fate.

Hispanics are colorful threads in American fabric

Master Sgt. C. Cheley
Equal Opportunity Advisor,
25th Infantry Division (Light)

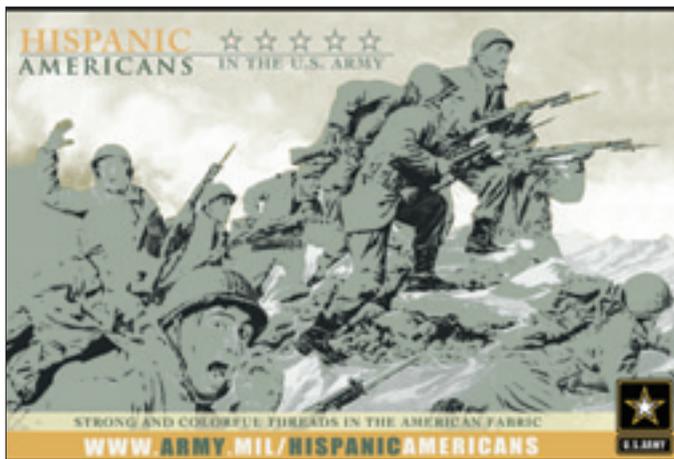
On Sept. 15, 1821, five Latin American countries claimed their independence: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico then declared its independence on Sept. 16, 1810, and two days later on Sept. 18, Chile declared its independence.

Acknowledging these dates, Hispanic Heritage Month begins on Sept. 15, and it's celebrated through Oct. 15. This year's theme is "Hispanic Americans, Strong and Colorful Threads in the American Fabric," a theme embodied by those who have contributed so much to the American history and culture.

The term Hispanic American refers to all persons whose cultural heritage traces to a Spanish-speaking country. However, some Hispanics prefer to be more specific defining themselves by the country they are from to replace Hispanic, for example Mexican-American, Puerto Rican, or Cuban American.

Hispanic Americans have made significant contributions to the defense of our great nation, as far back as the Revolutionary War. Admiral David Farragut was the first admiral in the history of the U.S. Navy and is remembered for his victory at the Battle of Mobile Bay during the Civil War.

Gen. Richard E. Cavazos received a battlefield commission as an Army second lieutenant in 1951. In 1976, he was promoted to the rank of brigadier general and pinned one gleaming star on



his uniform lapel. In doing so, he became the first Hispanic general in the Army and a role model for the thousands of minority recruits who join the military each year.

In 1982, when Cavazos was promoted to general, he wore four stars on his collar. He was a decorated platoon and company commander in the Korean War, served as a battalion commander in the Vietnam War, and in 1991, he was inducted into the Ranger Hall of Fame.

The Medal of Honor has been awarded to 41 Hispanic Americans, three during the Civil War, one in World War I, 13 during World War II, eight for service in the Korean War, and 16 from the Vietnam War.

On Sept. 15, 2000, Secretary of the Navy Richard Danzig announced that the Navy would honor Master Sgt. Roy P. Benavidez, a U.S. Army Soldier awarded the Medal of Honor during the Vietnam War.

The USNS Benavidez (T-AKR 306) honors (then staff

sergeant) Benavidez, born Aug. 5, 1935, in Lindenau, Texas. He distinguished himself in a series of daring and extremely valorous actions while assigned to Detachment B56, 5th Special Forces Group (Airborne), 1st Special Forces, Republic of Vietnam.

Benavidez was first awarded the Distinguished Service Cross from Gen. William Westmoreland for his heroism. When the full story of his daring and extremely valorous actions became known, the medal was upgraded to the Medal of Honor.

Former President Ronald Reagan awarded Benavidez with the Army's highest medal in 1981. The retired master sergeant died Nov. 28, 1998, in San Antonio.

Hispanic Americans have also made their mark in politics, sports, entertainment and business. Lucille Roybal-Allard was the first Hispanic woman to directly follow her father in Congress, from an entirely different district.

Hispanic athletes such as baseball players Jose

Canseco, Juan Marichal, Sammy Sosa and Alex Rodriguez, and boxers like Oscar De La Hoya, Felix "Tito" Trinidad and Julio Cesar Chavez, along with many others, have made their mark in the world of sports.

Gloria Estefan, a military family member, was a perennial music chart topper in the 80s; more recently Jennifer Lopez's name has become synonymous with success not only in the music industry, but also in movies and in fragrances.

Other Hispanic Americans that have dominated the entertainment industry include Anthony Quinn, Raquel Welch, Freddie Prinze Jr., Erik Estrada, Paul Rodriguez, Maria Conchita Alonso, Tito Puente, Jose Feliciano, Ricky Martin and Enrique Iglesias. Oscar de la Renta and Adolfo Sardiña have been recognized in the business sector.

Currently, more than 85,000 Hispanic Americans are on active duty, representing approximately 7 percent of all active duty personnel. The U.S. Hispanic population has grown tremendously in the past decade, and demographers predict this trend will continue.

Hispanics represent more than 6.2 percent of the Army, 8.1 percent of the Navy, 11 percent of the Marine Corps and 4.4 percent of the Air Force, numbers as well that will likely continue to increase.



Spc. Juan F. Jimenez

Viva la fiesta

Tropic Lightning Soldiers from 3rd Brigade and the 25th Infantry Division (Light) gathered at Sergeant Smith Theater, Sept. 16, to acknowledge Hispanic Heritage Month. An elaborate, musical show entertained and educated the audience about the Hispanic culture. The observance included language skits, musical presentations from Los Pleneros and modeling from the Los Caporales de Bolivia.

Corps awards Whole Barracks Renewal contracts

Honolulu Engineer District
News Release

HONOLULU — The Honolulu District of the U.S. Army Corps of Engineers has awarded a contract totaling \$43,736,330 million to Nan, Incorporated (under the name of Ocean House Builders of Honolulu) for the construction of Phase 2E of the Whole Barracks Renewal project at Schofield Barracks.

The contract includes Phase 2F1 of the Whole Barracks Renewal program as an option, and the government may exercise the option within 120 days following the date of award-

ing of the contract.

Funding for Phases 2E and 2F1 were allocated under Fiscal Year 2005 and Fiscal Year 2006 government authorizations, respectively. Phases 2E and 2F1 will be jointly constructed starting in FY 06. This portion of the Whole Barracks Renewal project is in the Quad I-J-K area of Schofield Barracks that is currently under construction.

Phase 2E consists of constructing a barracks complex including the barracks, the battalion headquarters with troop aid stations and the brigade headquarters; a central cooling plant building;

paving, walks, curbs and gutters; parking; road improvements; storm drainage; information systems; and site improvements.

Construction package 2F1 consists of the construction of a six story-barracks with company operations facilities as part of a barracks quad complex. Phase 2F1 includes the demolition of two buildings totaling 9,498 square meters and a basketball court within the footprint in Quad I.

Completion of Phases 2E and 2F1 is projected to be in FY08.

The Whole Barracks Renewal program at Schofield Barracks includes

28 individual construction projects valued at \$865 million. The Whole Barracks Renewal Program is an Army-wide effort to build new barracks and renovate existing quarters using new, modern design standards.

The program was initiated in 1992 by the Chief of Staff of the Army with a goal to improve the living standard of unaccompanied enlisted personnel. The design standard separates living areas from unit administration, operations, dining areas and community activities. An increase in living space and privacy provide the single Soldier with a better place to live.



Pat Tom

New barracks construction will impact Quads I, J and K areas at Schofield Barracks.

BSRF aims to enrich marriages

Adriana M. Jimenez
Contributing Writer

The past few years have tallied a dramatic increase in the divorce rate within the Army community.

According to Defense manpower data, between 2002 and 2004, the divorce rate for officers tripled from 1.9 percent in 2002 to 6 percent in 2004. The rate of divorce for enlisted Soldiers decreased from 3.1 percent in 2002 to 2.8 percent in 2003. However, enlisted rates rose again to 3.5 percent in 2004.

Recent and ongoing deployments have made it harder for Soldiers to participate in their relationships, especially their marriages. Therefore, the 25th Infantry Division (Light) is doing all it can to reduce the divorce rate for Soldiers stationed here in Hawaii.

Division unit ministry teams hope to give Soldiers and their spouses the tools they need to maintain open communication channels and strong relationships while serving their country. The Department of the Army provided a \$93,000 grant to the Division Chaplains' Office for the purpose of helping Soldiers build and maintain relationships.

This grant enables Division unit ministry teams to host marriage enrichment seminars and retreats, free of charge, to Soldiers and their spouses.

The seminars are an extension of the Building Strong and Ready Families, or the BSRF, program, which began in 1999 in Hawaii.

Soldiers and their spouses have the opportunity to attend one of five Level I BSRF marriage enrichment seminars and sign up for one of two Level II BSRF marriage enrichment retreats.

About the seminars

In the seminars, married couples are introduced to and provided materials and techniques formulated by the Prevention and Relationship Enhancement Program, or PREP, a program based on

information gathered through university studies on relationships and funded by the National Institute of Mental Health.

"[The] purpose of marriage enrichment seminars is to educate married couples and contribute to the Army Family Team Building by equipping families to work together — not only within themselves but also as part of the larger military community," said Chaplain (Maj.) Lance Sneath, deputy division chaplain.

On Aug. 31, 72 couples attended a full-day BSRF Marriage Enrichment Level I Seminar at the Nehelani Club, Schofield Barracks. Seminar content focused on communication issues, problem solving, and conflict coping and resolution techniques.

"Deployments and combat stress put a strain on [Soldiers'] relationships, and so relationships require more attention and intentionality," said Sneath, "Because we have more stressors to endure, we have to work harder at our relationships."

The main part of working harder at relationships is improving communication to achieve effective communication. Put another way, said Norman Jones, Family Life chaplain at Fort Shafter, "Blood is to the body, as communication is to marriage."

At the seminar, couples viewed video vignettes on communication. The vignettes demonstrated both effective and ineffective methods of communicating.

One effective method was the speaker/listener technique using floor cards. The person holding the card controlled the floor and could speak briefly about what he/she was thinking or feeling. Then, he/she stopped to allow other persons to paraphrase what he/she just said.

Using the method, marriage partners experienced true listening without interruption, "to really listen to each other better," said Amber Merrell, a spouse attending the seminar.

Also facilitators could



Spc. Juan Jimenez

Maj. Lance Sneath, division chaplain talks to married couples about how to communicate effectively in a marriage on a Marriage Enrichment retreat held at the Nehelani Club on Schofield Barracks, Aug. 31.

ensure that couples understood what they were learning.

"Hardships of combat create internal distress that the average person doesn't have to deal with," explained Sneath, addressing the difficulty Soldiers who have just re-deployed from combat experience when trying to communicate openly with their spouse.

"Recovering from being deployed is something you carry with you into your relationships, especially marriage," Sneath added.

Even though seminars and retreats are hosted by Division unit ministry teams, information is imparted without religious bias, so that couples from different religions and backgrounds can still participate and feel comfortable.

The seminars have been conducted at the

3rd BSTB enlightens unit, families with Information Night

Capt. Brennan Cook
Headquarters and
Headquarters Company,
3rd Brigade Special Troops
Battalion

As the 3rd Brigade Special Troops Battalion forms under a new set of colors, change has become natural for the Soldiers of the four companies that now comprise the new battalion.

A Company, 125th Signal Battalion; C Company, 125th Military Intelligence Battalion; Headquarters and Headquarters Company; and C Company, 65th Engineer Battalion, have all come together to form the new organization under the leadership of the former 65th Engineer Battalion. Additionally, a platoon from the recently deactivated 25th Military Police Company has joined the battalion as part of the HHC.

Almost everything about the unit is new, from the modified table of organization and equipment to its tactics, techniques and procedures. As one might imagine, change has brought some initial anxiety for not only Soldiers of the unit, but also families.

In light of the many changes, Lt. Col. Bryan Truesdell, commander of the new battalion, and Mrs. Darlene Truesdell, the battalion's family readiness group (FRG) leader, decided

to conduct a Family Information Night to enlighten Soldiers, spouses and family members on the many changes to the new organization.

Sept. 15, Soldiers and families gathered at the Chapel Annex to discuss the unit, the FRG and build a cohesive team from the new companies' FRGs.

With a standing room only crowd, Truesdell began the brief with a synopsis of the new organization and how it fits into the 3rd Brigade structure. Following the commander, Ms. Roberta Cole, the battalion's Family Readiness Administrative Liaison (FRAL) with Army Community Service, briefed the group on the importance of the FRG in garrison and during deployment.

Cole highlighted the need for family members to maintain close contact with their FRG, as it serves as a conduit for accurate information from the commander to the family. She pointed out that the FRG is not only good for the family, but also good for the unit and the Army as well.

After Cole's brief, company commanders and FRG leaders conducted a breakout session to inform families about upcoming company events.

These times are historic

See "Family Night," page A-9

MORE INFO

For more information, contact the Division Chaplains' Office at 655-9303.

Division level most of the year, but after October, seminars and retreats will be available at the brigade level.

Army captain lives his childhood dream

Pvt. 2 Kyndal Brewer
Staff Writer

Everyone knows what it is like to have dreams, dreams of one day being a doctor or lawyer or even an actor. Having a dream is the easy part. Actually doing what it takes to live a dream is what the real challenge is.

Capt. Rafal H. Stachowski, with the S-1 of the 125th Military Intelligence Battalion, was born and raised in Warsaw, Poland, a communist country much different than the United States. As a child, his dream was to one day be in the military.

"I always wanted to be in the Army ever since I was a kid," said Stachowski.

His military experience began when he was 16 years old. He joined a junior military organization with the Polish Army. That same year, he and his family emigrated to the United States and settled in Chicago, Ill. Stachowski enrolled in school but had a rough time with his studies because he couldn't speak English very well.

One day, some recruiters visited Stachowski's high school to talk to students about the benefits of joining the National Guard.

"I didn't speak a word of English

when I came to the United States," explained Stachowski. "There were some guys in uniform that showed up at my high school, and I saw them and I was like, 'Wow, real Soldiers,'" he said. "The guy came up to me and asked me, 'Do you want to join?' and I was like, 'Sure, sign me up.'"

Stachowski wasn't sure about the difference between the National Guard and the Regular Army.

"I come from a communist background, and when they said National Guard, I thought it was the most elite unit in the United States Army that I'm going for because that is how it was in Poland," Stachowski said. "But as soon as I realized what the National Guard was about, even though it was a good experience, I wanted the real thing, so as soon as I could, I switched over to Regular Army."

Stachowski served two years with the Guard then switched to the Regular Army, assigned to 101st Airborne division.

"When I first enlisted, I only qualified to be in the infantry because I barely passed my ASVAB due to the fact I could barely speak English," Stachowski said. "However, as soon as I brushed up on my English, I went to the Regular Army as an infantryman,



Courtesy photo

Capt. Rafal H. Stachowski takes a moment to embrace a child while deployed overseas.

and then later I took the ASVAB and I became an interrogator," he added.

Stachowski has accomplished a great deal during his 12 years of service. He has completed Ranger, Airborne and Air Assault schools.

In 1997 he won the Department of the Army Linguist of the

Year award. In 2003, he made his rank of captain.

"I always wanted to become an officer," said Stachowski. "I never dreamed that I would be a captain in the U.S. Army," he added. "The military gave me self-confidence, which I was lacking before I joined, and taught me self-discipline."

"I think he is the epitome in everything we want in an officer, and actually just as an Army Soldier," said Lt. Col. Patricia A. Frost, battalion commander of 125th M.I. Bn. "Not only that, he represents all the values of being an American, and he is just a pleasure to see everyday," she added. "Any task we give him, it's never how he can't do it, it's always how he can do it."

"Not one day has he gotten a task and not gotten it done with quality work," she emphasized.

"I just think that if anyone gets a chance to meet him, he will brighten your day and he just shows you what it means to be an American," Frost said. "He just makes you think about what it is to live in this country and how fortunate we are."

"[Despite being] someone who grew up behind an iron wall, he has made the American dream, and he is going to go far."

Family Night

From A-8

for the 25th Infantry Division (Light) and many subordinate units. Storied battalions such as the 65th Engineer Battalion, 125th Signal Battalion and the 125th Military Intelligence Battalion have folded their colors in order to form this multifunctional battalion in support of the 3rd Brigade Combat Team.

The new battalion brings numerous capabilities not previously at the brigade commander's disposal. The new battalion gives capabilities to the brigade that once only belonged to the commander during field training or combat operations.

Now, these units are organic to the 3rd Brigade Combat Team, so the brigade commander and his staff have uninhibited access to the unit's capabilities.

The new motto of the Brigade Special Troops Battalion is "By Courage and Arms," and the motto will be the cornerstone of the new unit as it prepares to support the 3rd Brigade Combat Team in future garrison and combat operations.

SMA emphasizes transformation to single Soldiers

Tim Hipps
Army News Service

LANDSDOWNE, Va. — Sgt. Maj. of the Army Kenneth O. Preston is continually stressing the importance of Soldiers understanding the transformation of today's Army.

During the Better Opportunities for Single Soldiers annual forum Sept. 13 at the National Conference Center

here, Preston shared three core components with about 200 BOSS representatives, Morale and Welfare and Recreation advisors and senior military advisors attending the conference: recreation and leisure, com-



Preston

munity service and well-being through interaction and information sharing.

Preston also stressed three factors that help keep Soldiers in the Army: job satisfaction, being totally satisfied with doing what you do each and every day; command, the leadership that drives Soldiers; and quality of life.

"I just think it's important right now for Soldiers, partic-

ularly the ones who have been deployed and are now facing another deployment or have already gone on a second deployment, to know and understand that the senior leadership of the Army understands what it's like to be deployed for a year at a time and understands the impact of short dwell times before going back again for a back-to-back deployment."

Preston said the BOSS

program helps bridge gaps.

"It's really tied to [Soldiers'] quality of life," he said of the program provided primarily for single Soldiers between 18 and 25, unaccompanied troops overseas and single parents.

BOSS focuses on providing recreational and community service opportunities for single Soldiers who provide peers with a direct link to their chain of command,

while improving the quality of life on installations worldwide.

"All that is tied to getting single Soldiers out of the barracks," Preston said. "Being part of a larger family like that is one of the good incentives that keep Soldiers staying around to re-enlist."

(Editor's Note: Tim Hipps writes for the Army Community and Family Support Center Public Affairs Office.)

536th Comes Home

From A-1

540th Quartermaster that had deployed in January. During 536th's deployment, the company was in direct support of 1st

Corps Support Command and Task Force Freedom 3rd Amour Calvary Regiment and 1st Bn. 25th Stryker Brigade Combat Team. The mission consisted of several tasks, including conveying more than 300,000 miles and completing over 4,000 of their direct support maintenance jobs, conducting approximately 60 maintenance support missions. The 536th Maintenance Co. also helped to escort more

than 32,000 civilian supply trucks.

"You've waited a long time," said Brigadier General Francis J. Wiercinski, assistant division commander (support) of 25th Infantry Division (Light), "and just as importantly, these people behind me right here, they've waited a long time too."

Wiercinski went on to describe the company's accomplishments, including the convoys and jobs completed. After dismissing the 536th, Soldiers reunited with their families.

Lisa Davis, wife of Sgt. Kevin Davis, perhaps summed up feelings expressed by many spouses: "I feel like my ruck sack just got fifty pounds lighter."

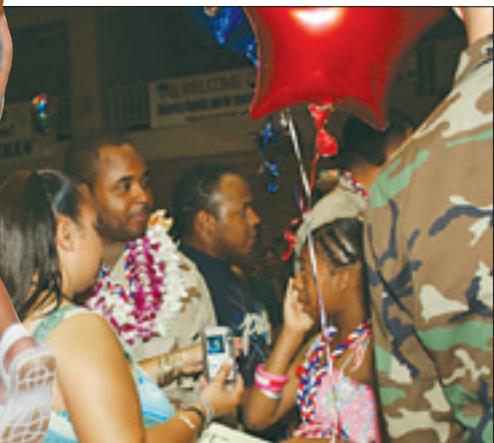


Photo By Pfc. Kyndal Brewer

Family members of the Soldiers with 536th Maintenance shared smiles of joy and shed tears of happiness, thankful to be reunited safely at home.



Spc. Amanda Richardson

Chief Warrant Officer 2 Ron Jupiter gives a thumbs up as he and the Soldiers of 536th Maintenance get off the bus that brought them back to post.



Lt. Col. James Hess, commander of 325th BSB, hands over the unit guidon to Capt. Adam Kuhn, commander, Delta Co., after activating the company.

325th BSB

From A-1

weapon

"Now, with the new BSB, the forward support companies will have the capability of direct support. If an infantry Soldier's weapon breaks, we're there with him to fix it. We don't have to evacuate him and his equipment," Bensimon added.

To highlight the activation of the new companies, Bensimon and Hess unveiled the guidons for each company before Hess made his speech to the audience.

Hess felt that the most important thing about the ceremony wasn't the event itself, but the mission and tasks that remain ahead.

"We remain responsible for providing logistic capabilities — to move them, to fix their stuff, to provide any supplies they may require to preserve their health and in short, to ensure this bronco machine can run, survive and accomplish its missions, Hess Explained.

"In a large measure, we enable victory. And if cut short, we are the first to feel

failure's effects. That's what's so special about forward support," Hess continued. "One of my favorite sayings illustrates us and what we do. ...When it comes down to the wire and the enemy is upon you, and you reach into your holster, draw your pistol and level it at your adversary, the difference between a click and a bang is logistics," he said.

The reorganization of the battalion wasn't the only change for the 325th. It also received a new command sergeant major just a few days before the ceremony, who expressed his excitement in being a part of the new change.

"This is the beginning of a new future for the 325th Infantry Division," said Command Sgt. Maj. Randy Varner, 325th Brigade Support Battalion. "I'm real excited. Coming here as the command sergeant major and taking over the battalion here, it can't get any better than that."

"I'm looking forward to working with the Soldiers, helping the young Soldiers excel, taking the division to combat and bringing everybody back home alive, doing great things for the Division and the country," he emphasized.

USE YOUR HEAD



WEAR A HELMET

7th Dive

From A-1

making sure that the coral stayed under the water.

As soon as the basket was safely secured to the platform and the divers were sure the coral was not going to come above water, they took it over to the other reef where they put the coral heads in their place, out of harm's way.

After 11 days of chipping and moving coral, the 7th Engineer Det. divers already moved more than 20,000 pounds of coral.

"We're protecting the environment by putting the coral in a new location and giving it a new place to grow" said Capt. George A. Mitroka, commander of the 7th Engineer Detachment (Dive). "Its just a win-win situation for everybody."



U.S. Army Photo

A diver replants coral outside the channel. Army divers give new life to a dead reef by replanting coral.



Stefanie Gardin

Divers with the 7th Engineer Detachment, Sgt. Michael Randall, left, and Spc. Nathan Haney, right, help transport coral near Coconut Island.



Stefanie Gardin

Soldiers prepare to move a coral cage into position for divers. Once filled, the cage is transported to a site outside the channel, where divers will replant the coral. Each cage holds approximately 200 lbs. of coral.

CFC

From A-1

ON THE WEB

Get pledge cards and see charitable organizations at <http://www.opm.gov/cfc/>.

American Red Cross spokesperson Cassandra Isidro addressed the audience as well. She told attendees they don't necessarily have to donate to the Red Cross, just as long as they donate. She explained that monetary donations are the most unrestricted way to donate, but the Red Cross also accepts material items such as clothing or food.

After other comments from speakers, an actual recipient of CFC donations took the podium. Joy Muranaka lost her sight more than 20 years ago; therefore, Maryann, her yellow Labrador, serves as her seeing-eye dog.

A spokesperson for Eye of the Pacific Guide Dogs & Mobility Services, Inc., Muranaka explained how CFC has touched her. "With Maryann, I don't have to worry about getting hurt because she is really careful with me," said Muranaka, explaining that Maryann helps her to be independent and self-reliant.

CFC lists, accepts relief contributions

The director of the Department of Defense's Voluntary Campaign Management Office advises that the best means to provide immediate assistance to victims of the devastation caused by Hurricane Katrina is to make cash contributions to the Combined Federal Campaign. Contributions can be made directly to relief organizations that are working in affected areas.

In a recent statement, President George W. Bush identified two national organizations, the American Red Cross and the Salvation Army, which both care for those in need. Both are participating charities in CFC this year, and their respective Web sites have more information on how to assist those in need.

The Federal Emergency Management Agency has developed a listing of organizations providing disaster relief. Many of the organizations are national

CFC participating charities.

Currently, CFC brochures are being distributed within workplaces to allow DoD employees the opportunity to give through the CFC to national charitable organizations that provide disaster relief.

Downloadable CFC pledge cards are also available through the Office of Personnel Management's (OPM) CFC Web site. A list of CFC participating charities identified by FEMA as involved in disaster relief efforts is provided, in addition to a complete listing of national CFC participating charities.

Employees are advised that donations to charities providing disaster relief through the CFC may not be earmarked specifically towards relief efforts. However, contributions to designated charities may still be used for disaster relief or to replenish the particular charitable organization's funds at the organization's discretion.

Army helps with nation's largest reconstruction

Compiled by Gary Sheftick
Army News Service

WASHINGTON — President Bush promised "one of the largest reconstruction efforts the world has ever seen" in his speech to the nation Sept. 15, and just a few hours earlier, the Army Corps of Engineers awarded contracts totaling up to \$4 billion for debris removal in areas hit by Hurricane Katrina.

One contract was to clean up the state of Mississippi and another three were for Louisiana. Each of the four contracts has a value of up to \$500 million, officials said, with the option to add an additional \$500 million each.

The Corps of Engineers and National Guard actually began debris removal in some of the areas two weeks ago, upon request of the Federal Emergency Management Agency.

In his speech to the nation, Bush said the military is best equipped to quickly provide the level of logistics needed in a major disaster.

So far, the military has assisted



Photo by Chuck Prichard

with the following logistics in the three states most affected by Hurricane Katrina:

- In Louisiana, more than 41,200 tons of ice and 27 million liters of drinking water have been delivered. More than 80 genera-

tors have been put in place, restoring power to 95 sites. More than 194,500 cubic yards of debris have been removed, including 53,000 in the last 24 hours. More than 530 roofs have been repaired.

- In Mississippi, more than

43,600 tons of ice and 16.2 million liters of drinking water have been delivered. More than 481,000 cubic yards of debris have been removed, including 132,000 in the last 24 hours. More than 830 roofs have been installed.

Members of a FEMA search and rescue team prepare to board a CH-47 Chinook helicopter from the Army Reserve's B Co., 5th Battalion, 159th Aviation Regiment, near Empire, La.

- In Alabama, more than 20,400 tons of ice has been distributed. More than 111,000 cubic yards of debris have been removed, including 29,600 in the last 24 hours. More than 180 travel trailers have arrived at Summerdale for housing, and 200 more have been ordered. So far 22 trailers have been installed.

(Editor's note: Information was compiled from news releases by the Army's Corps of Engineers and the Army Reserve's 159th Aviation Regiment.)

Hurricane leaves waves of scams in its wake

Elaine Wilson
Army News Service

FORT SAM HOUSTON, Texas — The nation watched in horror as Hurricane Katrina ripped through the Gulf Coast region, and then countless heart-wrenching stories stirred people to open their homes, wallets and hearts to the evacuees.

But, as the disaster grew in proportion, so did the wave of Internet, e-mail and phone scams designed to rip off generous people.

Rather than let a few criminals deter a nation's generosity, the best way to counter the latest rash of crime is through education, said Timothy Haight, a legal assistance attorney with the Office of the Staff Judge Advocate here.

"If you are intent on giving money, stay with the known charities," Haight said. "Be leery of small, newly created organizations. Some of them may be scams, and others may not be nonprofit organizations. A large percentage of your money may end up paying a portion of someone's

salary."

The Internet has been a growing source of fake charity scams in recent years, Haight said. Web sites seeking credit card or other personal information became increasingly prevalent after the tsunami and are still a source of trouble when natural disasters strike. In fact, there are now about four times as many scams as with the tsunami disaster, according to Scambusters.org.

"There are plenty of Web sites that claim to be charitable organizations but are far from it," Haight said. "One of the most important things to look for in the wake of Hurricane Katrina is if the Web site is recognized through the Red Cross or an authorized sponsor."

Another scam is "phishing." In this scam, spam or e-mail messages asking for contributions link to a false Web site that looks similar to a legitimate one. Never respond to an e-mail request for a donation or open an e-mail attachment. They are almost sure to be a scam, according to Scambusters.org. People could end up with an empty wallet and a com-

puter virus, the site said.

When donating, people should be wary when giving out checks or credit card information, Haight said.

"Checks have your bank information and home address. If you're not careful, the danger then becomes identity theft."

People also should avoid placing their social security number on checks, Haight added.

Although it may be tempting to give a quick, no-fuss donation, Haight also discourages people from handing over money to street solicitors who frequent busy traffic intersections and shopping center parking lots.

"You need to know if someone is authorized to take donations first," he said. "If you believe someone's intentions are not honest, you can file a complaint with the state attorney general's office or contact local law enforcement."

The Better Business Bureau's Wise Giving Alliance offers a few other charitable giving tips:

- Do not give cash; always make contributions by check and make

checks payable to the charity, not the individual collecting the donation.

- Keep records of donations (receipts, cancelled checks and bank statements) so charitable giving can be documented at tax time. However, "the Internal Revenue Service only recognizes certain charities as tax deductible," Haight said. A list of accepted organizations is on the IRS Web site at www.irs.gov.

- Don't be fooled by names that look impressive or closely resemble the name of a well-known organization.

- Check out the organization with the state attorney general's office and with the Better Business Bureau.

For more information on giving wisely, people can visit the Wise Giving Alliance Web site at <http://give.org> or Scambusters at <http://scambusters.org>.

(Editor's Note: Elaine Wilson serves with the Fort Sam Houston Public Information Office.)

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>



In the heart of Honolulu, the Waikiki Beachcomber Hotel houses a state-of-the-art showroom where the Magic of Polynesia comes to life.

Of all the many attractions and entertainment shows Hawaii has to offer, the Magic of Polynesia is unique in its class.

The show combines Polynesian dancing and humor with the art of illusion to give its viewers insight into the implausible and unexpected.

"This is a one-of-a-kind, Vegas-style magic show," said Bob Omura, a returning guest. "You wouldn't see any-

thing better if you went to Vegas itself."

The host and star of the show, John Hirokawa, is an international, award-winning illusionist who has been performing illusion tricks for 36 years.

"Magic has interested me for as long as I can remember," explained Hirokawa. "About 20 years ago I began performing professionally at the Hale Koa Hotel where I loved working because military guests are a very fun audience."

The best of the Polynesian world meets the best of the illusion world when Hirokawa works his magic by vanishing Polynesian dancers, escaping the claws of death and materializing a full-sized helicopter out of thin air.

The extraordinary portrayal of

Hawaii's ancestral music and dance is intensified by the fantasy illusion brings.

"Polynesian dancing shows have been around for a long while, and many people have seen them many times, so we got the idea of mixing a Polynesian show with illusion to bring something new to the public," said Hirokawa. "This show can't be seen anywhere else."

"One reason why I love performing magic so much is because it is universal," Hirokawa continued. "Everyone understands it, no matter what country they are visiting from."

Story and Photos By
Adriana Jimenez and Spc. Juan Jimenez

Ticket Options

Deluxe Dinner Show:

Adults \$133.33; children 4 to 11, \$91.67
Includes a shrimp, lobster, champagne, side dishes

Dinner Show:

Adults \$75, children \$54.17
Includes roasted top sirloin, side dishes

Magic of Polynesia Show:

Adults \$43.75, children \$33.33

Dinner seating time is 7 p.m.
Show seating time is 8:20 p.m.



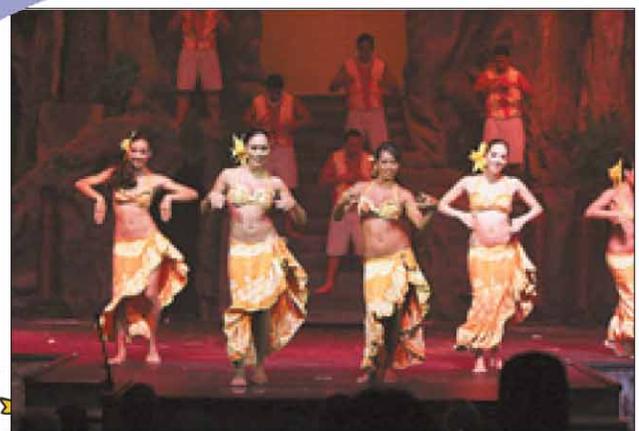
Photos by Spc. Juan Jimenez



Top Left & Right — The show combines Polynesian dancing and humor with the art of illusion to give its viewers insight into the implausible and unexpected.

Bottom Left — Dancers show the crowd how they do it in Samoa.

Bottom Right — Hawaiian dancers keep the audience guessing what will happen next.





MWR Briefs
Serving America's Army in Hawaii

SEPTEMBER

26 / Monday

Birthday Celebration — Hale Ikena, Mulligan's and the Walter J. Nagorski Golf Course Pro Shop on Fort Shafter are celebrating their sixth birthday with a week long celebration beginning today. Enjoy the \$6 lunch buffet (regular price \$8.95) offered at the Hale Ikena from Monday through Thursday from 11 a.m. to 1 p.m. Tickets are required and can be purchased in advance at the facility.

Also, the pro shop will be hosting a putting contest Thursday that offers \$10,000 to the individual making consecutive putts from 10, 25 and 50 feet. Call 438-9587 to learn more or stop by the pro shop to register.

The weeklong celebration will culminate with a birthday party Thursday 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.

Schofield Fall Camp — Registration continues for the Schofield Fall Youth Camp. Middle school students and teens interested in meeting new people and going on field trips are encouraged to sign up for this activity running Monday to Oct. 7.

Cost is only \$25 per week, and registration will be held at the Resource and Referral Office at Schofield Barracks. Parents must sign a waiver for their child to participate. Call 655-0451 for more information.

28 / Wednesday

Homeschool Support Group — Homeschool families interested in

participating in a "Fun with Food" event Wednesday 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 at Reggie's "Wine and Dine" Wednesday. The evening's theme will be "Sausage Fest," and each course will be served with a selected wine.

Reservations will be accepted through today. Adult pricing is \$29. For more information or to reserve your space, call 655-0660.

30 / Friday

Hawaiian Luau — Taste a traditional Hawaiian-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

Living History Day — Try on Soldier's gear and camouflage face paint and chat with re-enactors about their period uniforms, weapons and equipment Oct. 1, 10 a.m. to 3 p.m., at the Tropic Lightning Museum on Schofield Barracks.

See current and restored Army vehicles and learn about insignia and memorabilia from the early days at Schofield Barracks. Civilians and military are welcome, and the event is free. Call 655-0438 for more information.

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 Nuanu 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 no



Sp. Kevin Link

Your Military Idol

Contestant Sgt. Simeon Porter, with the 39th Military Police Detachment at Fort Shafter, took first-place honors and \$500 at the Schofield Barracks Military Idol competition, held Sept. 15. MWR officials announced her win, complete with much fanfare, at a celebration last night at the Tropics. Porter's unit will also receive \$500 for her win.

Porter moves on to the final round of the Army-wide competition in Fort Gordon, Ga., Oct. 17-22. Rounding out the local competition was Staff Sgt. Angelo Johnson of the 25th Infantry Division NCO Academy, who took second place, and Sgt. First Class John Duval of the 125th Finance Battalion, who took third. Duval's unit also won a unit pizza party as the unit that supported the contest with the most participation.

food on the palace grounds.

Transportation will be provided from Schofield Barracks and Fort Shafter. Cost is \$6 for adults; \$4 for children, ages 5 to 17; and \$2 for children 4 years old and younger.

Preregistration 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.

14 / Friday

Right Arm Night "Oktoberfest" — Spend a relaxing evening with friends enjoying pupus, beverages and entertainment while celebrating Oktoberfest at the Nehelani, Oct. 14. The festivities will begin at 4 p.m. and continue until closing.

Tickets will be available for only \$5 anytime before Oct. 14, and they will be \$7 at the door. Right Arm Night is for adults only; no children will be admitted. For additional information, call 655-0660.

18 / Tuesday

CYS Open House — Child and Youth Services presents "Lights On After School" and CYS Open Houses on the following dates:

- 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 Helemanu 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 within your community. For general event information, contact Sandy Salisbury at 655-5525.

ONGOING

Tropic Lightning Week — Organizations interested in operating a food booth during Tropic Lightning Week, Oct. 3 through 7, must designate a point of contact to complete the 25th Infantry Division (Light) Family Readiness Group Food Service Sanitation Training, online at www.mwrarmyhawaii.com, prior to the fund-raising event in October. For more information on participation, call 655-0110 or 655-0112.

28 / Wednesday

Hale Koa "Oktoberfest" — Experience the best Oktoberfest this side of the Rhine River at the Hale Kao Hotel's Banyan Tree Brauhaus from Sept. 28 through Oct. 2. Practice your chicken dance and polka with traditional music provided by Neil Gow and the Five Knights, and then enjoy authentic German cuisine prepared by German-born executive chef, Rolf Walter.



Specialties will include bratwurst, sauerbraten, apfel strudel and Black Forest cake. Tickets for this most popular event are on sale now. Call 955-0555, extension 546, to reserve your spot at this annual sell-out event.

30 / Friday

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

Keynote speakers will 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.

For more information, contact Army liaison Beverly Tate at 778-8696.

See "Community Calendar" page B-4

adults as well as teenagers are welcome.

Tripler Army Medical Center chaplains will provide lunch for volunteers. Interested individuals should call Carol Moreno 433-6434 for more information.

Hawaii's Plantation Village — The Harvest-Moon Celebration, a mini festival of food demonstrations, displays and entertainment, will take place from 10 a.m. to 2 p.m. tomorrow at Hawaii's Plantation Village. Representatives from different cultures wearing ethnic dress will share how their community celebrated the end of the harvest season and the autumn full moon.

There will be no charge for parking, and the Village will remain open for business, with the last guided tour starting at 2 p.m., immediately following the last Harvest Moon presentation.

Admission is free, but seating is limited. Advance reservations are recommended by calling HPV at 677-0110.

25 / Sunday

Ikebana International Chapter 56 — Calling all flower lovers, Ikebana International Chapter 56, a society that promotes "Flowers through Friendship," will be holding its annual membership luncheon, Sunday from 10 a.m. to 1 p.m. at the Waioli Tea Room in Manoa.

Old and new members will enjoy a delicious lunch and learn about chigiri-e, a unique Japanese art form in

which pictures are created from hand-torn pieces of colorful wash paper.

Reservations are required and the luncheon cost is \$20 per person. For more information, call 396-0632 or e-mail surate@gte.net.

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, and active duty or spouses from the battalion level are encouraged to attend. Planning the 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 Monday through Wednesday 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, extension 26, to register.



Celebrate
Hale Ikena's 6th Birthday!

\$6.00 Lunch Buffet
September 26 - 29
11 a.m. - 1 p.m.

Birthday Celebration
September 29
5 - 7 p.m.

For Reservations Call: **438-1974**

Tickets must be purchased in advance to receive the special pricing listed above. Those purchasing tickets on the same day will pay the regular price of \$8.95.

Community Calendar

SEPTEMBER

24 / Saturday

Child Safety Seat Inspections — Does your child's car seat wear 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. 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 from 9 a.m. to noon at the Schofield Barracks Health Clinic. For more details, call Carol Moreno at 433-6434.

Volunteers — Volunteers are needed for the free Child Safety Seat Inspection to be held Saturday at the Schofield Barracks Health Clinic. Help is needed with setup, starting at 8 a.m., registration, traffic control, assisting with forms and tear down.

HACN TV Schedule

Morning

6:00	Sign On
6:26	Coqui Frog Invasion in Hawaii
6:47	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 #2
11:52	Inside Afghanistan 8/31/05
12:00	Hawaii Army Report
12:35	Pentagon Channel

Afternoon

2:00	Inside Afghanistan 9/08/05
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
6:47	What's Down the Drain
6:56	Change of Command Ceremony 25ID (L) & USARHAW
7:00	NFL: Football Follies
8:00	Bulletin Board
8:30	Inside Afghanistan 8/31/05
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: Ice Bowl
11:25	Bulletin Board

Overnight

Pentagon Channel

This Week at the MOVIES

Sgt. Smith Theater

Today	Dukes of Hazzard 7 p.m. (PG-13)
Saturday	Dukes of Hazzard 7 p.m. (PG-13)
Sunday	The Great Raid 7 p.m. (R)
Wednesday	The Great Raid 7 p.m. (R)
Thursday	Supercross 7 p.m. (PG-13)

The theater is closed Monday & Tuesday.

Oahu's 'TheBus' offers transportation options

Story and Photos by Joy Boisselle
Staff Writer

Soldiers and military families may need to consider their transportation options. Driving personal vehicles is quickly becoming a luxury as gas prices across Oahu and neighboring islands are now more than \$3 a gallon and expected to climb even higher.

Furthermore, consider these U.S. Department of Transportation 2004 statistics: More than 800,000 motorists are licensed in Hawaii and nearly 1 million vehicles. Add in the average 3 million tourists that visit here annually and drive rental cars, and anyone can see that Hawaii's roads are crowded.

An alternative exists. Oahu's "TheBus" could be the answer many are searching for. Oahu's public bus transportation system has a fleet of 500-plus buses serving approximately 90 routes and more than 4,000 bus stops.

James Burke, acting chief of Public Transit, himself a bus rider, said, "I ride the bus so I don't have to drive. And, the busses are air-conditioned, comfortable and pretty cheap."

Burke explained further, "If you compare the \$2 price of a bus ticket with the gas you use when driving and add the cost of parking to that, the bus will save you money. Plus, you have peace of mind, no worries, and you get to meet interesting people."

Obviously a fan, Burke pointed out that bus routes take passengers throughout Oahu. Included in the routes are downtown Waikiki hot spots, the Honolulu Airport, beaches, museums, local attractions like the Honolulu Zoo, memorials like Pearl Harbor, and popular shopping venues such as the Ala Moana Center.

So how can Soldiers and military families take advantage of Oahu's public transportation system?

At Schofield Barracks, one bus route, Bus 72, actually enters the post with several bus stops avail-

ON THE WEB

Route information is available online at www.thebus.org.

able. This route is a feeder route into downtown Wahiawa, where a transfer to another bus is necessary to travel on to whatever destination is desired. Tripler Army Medical Center also has an on-post bus route.

Fort Shafter and Aliamanu Military Reservation currently do not have on-post routes available, but several bus stops are within walking distance from the main entrances.

If bus travel sounds intimidating, it's not. The first stop for any first-time rider before boarding a bus should be TheBus Web site at www.thebus.org. Here, riders can easily find bus numbers and route details for any location they need.

For those who can't figure out the Web site, help is just a phone call away. TheBus information specialists are available from 5:30 a.m. to 10 p.m., daily. They are knowledgeable, friendly and provide information about routes, schedules and trip planning.

Riders must be able to provide the location they are departing from, where they want to go, when they want to travel, and what time they need to arrive. Information specialists can be reached by calling 848-5555.

One key to a successful bus trip, according to Burke, is planning the trip from start to finish. He



TheBus, Number 72, enters Macomb Gate at Schofield Barracks on its way to downtown Wahiawa.

recommends that new riders pick up bus maps, which are available at Army Community Service, Department of Motor Vehicles satellite offices, local libraries and other locations.

Also, riders should be familiar with the do's and don'ts associated with public transportation. The Web site contains an extensive list of general information and tips for having a positive bus experience.

Finally, military community leaders want to know how to make bus transportation better for Soldiers and military families, and they want to hear from you. A survey is available for military residents to provide feedback to the command. Suggestions could include additional stops, routes on all military facilities and routes that are more frequent.

So, make your next trip stress-free; join more than 68 million annual riders, and try "TheBus."

DOL needs your input to adjust routes

The U.S. Army Garrison-Hawaii DOL Transportation Division requests your input regarding TheBus route on Schofield Barracks. Presently, TheBus route enters through Macomb Gate, continues on Macomb Road, and turns right onto Waianae Avenue to the terminus on the far side of Gorgas Road.

From the terminus, TheBus continues on Waianae Avenue, left on Ayres Avenue, left on Cadet Sheridan Road, left on Trimble Road, right on Foote Avenue, left on Meigs Avenue, left on Waianae Avenue, right on Macomb Road exiting Macomb Gate to Wahiawa-Whitmore Village.

Current bus stop locations:
Waianae Ave. + Baldwin Rd.
Waianae Ave. + Morris Rd.
Waianae Ave. + Gorgas Rd.
Ayres Ave. + Bragg St.
Ayres Ave. + Cadet Sheridan Rd.
Trimble Rd. + Cadet Sheridan Rd.
Trimble Rd. + Foote Ave.
Foote Ave. + Kolekole Ave.

Answer the following questions to assist in determining community needs:

- 1) Does the present bus route schedule satisfy your needs? If not, please specify why?
- 2) What locations or stops do you prefer?
- 3) What are your desired destinations?
- 4) Give any suggestions to improve TheBus service for the Army community.

Responses may be sent to the following e-mail address: thebussurvey@yahoo.com. For more information, call Bruce Brinn at 656-2391.

Waiting for dad

Getting right down to business, Ciana Henry, 22 months, checks out the toys at the new Children's Waiting Room at the Schofield Barracks Pediatrics Clinic, Building 680. The waiting room, which opened Sept. 16, provides free care for healthy children while their parents tend to medical appointments. The clinic is currently open two days a week, Tuesdays and Thursdays, from 8 a.m. to noon. For more information or to schedule an appointment, call the Armed Forces YMCA office at 624-5645. See next week's Hawaii Army Weekly for the full story.



Joy Boisselle

Contractors build facility for scouts

Story and Photo by Ann Wharton
Army Hawaii Family Housing

With their existing scout facility scheduled for demolition to make way for much-needed homes for Army families, local contractors and vendors came to the rescue of the Cub Scout, Boy Scout, and Girl Scout troops based at Schofield Barracks.

U.S. Army Garrison, Hawaii, donated an empty warehouse, and the Army's Residential Communities Initiative partner, Actus Lend Lease, LLC, called upon its subcontractors and suppliers to assist.

More than a dozen local businesses answered by donating more than \$200,000 in building materials and skilled labor, equipping the new 5,000-square foot Scout Center with a full kitchen, boys and girls bathrooms and an outdoor amphitheatre.

"We've got the best team; these folks are the greatest," said Lee Cranmer, senior construction manager for Actus Lend Lease. "The local businesses who team with Actus to routinely build the best military housing in the nation also have the biggest hearts. Their support of Army youth goes beyond patriotic duty and exemplifies what the Aloha Spirit is all about."

USAG HI Commander Col. Howard Killian also extended his thanks.

"The U.S. Army and our families living at Schofield Barracks appreciate the tremendous amount of work contributed by our community," Killian said. "This building is an example of what the Cub, Boy and Girl Scout troops stand for — community service."

Businesses and organizations who made the community effort possible include USAG HI,



(From left, back row) Harry Jackson, vice president and asset manager for Army Hawaii Family Housing; Col. Howard Killian, commander, U.S. Army Garrison, Hawaii; Steve Grimes, senior development manager at Actus Lend Lease; Gordon Takeshita, housing director with Hawaii, Residential Communities Initiative; and Bryson Jhung, deputy Garrison commander, Hawaii, join scout troops for a remembrance photo at the blessing of their new facility.

Akahi Services, Alii Glass, Alluvion, Country Painting, David's Fencing, Delta Construction, Dietrich Residential, Electrical Contractors Hawaii, The Floor Store, K&R Plumbing, GW

Killebrew, Leeward Landscaping, Oahu Cabinets, One-Stop Cleaning, Protech Roofing, Road Builders, Sunny Construction and Superior Concrete, which all received multiple Mahalos.

Part Four of Five

Smart grocery shoppers remember food safety

Warrant Officer 1 Budd A. Dodge
Central Pacific District Veterinary Command

FORT SHAFTER — Being stationed in Hawaii, we all know the temperature stays fairly warm throughout the year. However, with these warm temperatures come numerous complaints from shoppers about the food they purchase.

"My milk soured five days before the expiration date."

"My steak looks and smells bad."

"My ice cream is crystallized or gummy."

All of these complaints and many others can be avoided by becoming a smart grocery shopper, that is, by using simple planning and good common sense.



Pvt. Kyndal Brewer

Pvt. 2 T.J. Scott, a food service specialist with the Central Pacific District Veterinary Command checks peaches to make sure they are not spoiled.

Consider traffic

First, we know traffic can be unpredictable here in Hawaii. Whether it is a weekend or early morning, Hawaii traffic finds a way to be backed up.

When grocery shopping, always plan for the worst. Bring a cooler, buy a bag of ice or bring your own ice packs. Using the cooler will help prevent those chilled and frozen (temperature sensitive) items from getting too warm on the trip home.

Do you realize that when the temperature outside is 90 degrees Fahrenheit, the temperature in your car trunk can reach

145 degrees? At 145 degrees, it can take less than 30 minutes for your milk to reach a temperature that can cause spoiling, which could explain why your milk soured five days early or your steak looks and smells bad.

If you forget or find yourself with no cooler, put the temperature-sensitive items in the passenger part of the car, out of the sun, and crank up the air conditioning on the drive home.

Schedule grocery shopping

How many times have you put groceries in your car and then gone to the ice cream shop, then to the video store, or a quick stop at the bookstore? Then if you stop at the dry cleaners and finally get home two hours later, it takes another 20 minutes to unload the car and get your groceries into the refrigerator. No wonder milk sours five days early.

Does this not apply to you? Next time you shop, set a timer and watch how long it takes you to get home. So, second on my simple planning list is to make grocery shopping the last thing on your "To Do" list.

Get refrigerator items last

Third, did you know that the average person spends at least one hour grocery shopping? Therefore, while shopping, place the items that require no refrigeration in your cart first. The last items you want to place in your cart before heading to the checkout are the temperature-sensitive items.

Although many people think produce should be the last item placed in the cart, this is not always true. It is more important to place produce in an area that prevents items from getting damaged.

Place produce in the small basket near the handles of your cart to help prevent them from becoming smashed and bruised. When you reach the cash register, place all those temperature-sensitive items on the conveyor belt together, so they get bagged together. This practice will help to protect your temperature-sensitive items.

It does not take a rocket scientist to be a smart grocery shopper. However, it does take some simple planning and good common sense. Many of us just do not realize the length of time we spend shopping.

The commissary has the responsibility of providing you with good, wholesome and safe foods. You, the shopper, are responsible for ensuring the foods you purchase stay that way until you use them at home.

(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 Five of his series, next week, Dodge examines outdoor recreation and food safety.)

Living History Day

ACTIVITIES

- Try on soldiers' gear and camouflage face paint. Have your picture taken with Co. A, 2/35th Inf's rifle squad.
- What was it like to be a tunnel rat? Climb through our version of a tunnel and earn your 25thID Patch.
- Chat with re-enactors about their period uniforms, weapons, and equipment.
- See current and restored army vehicles.
- Learn about insignia and memorabilia from the early days at Schofield Barracks.
- Talk with present day soldiers about their duties and experiences.

PROGRAM

The Way It Was: real heroes relate their combat Experiences!

- 10:30- Bob Kinzler, December 7, 1941
- 11:00- Flo Rivera, Vietnam tunnel rat
- 11:30- SGT James Rivers - Operation Enduring Freedom
- 1:00- Steven Fredrick presents actual film footage from December 7, 1941

ENTERTAINMENT

Dine under the shade of our magnificent monkey pod trees while enjoying live music. Browse through our student art show!

Saturday, October 1, 2005
10:00 a.m. - 3:00 p.m.

At the Tropic Lightning Museum
Schofield Barracks
Civilians and Military welcome
Call 655-0438 for more information



Community Calendar

From B-2

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 present-day Iraq and Afghanistan. Real-war heroes will relate their combat experiences, and current and restored Army vehicles will be on display.

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

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

6 / Thursday

The Military Channel

—The Military Channel will launch a world premier entitled "First Command." The program will show viewers how a quintessential command experience can have a profound and lasting impact on a future leader's career and how a great commander's character can be molded by an early combat decision.

The program will air Thursday, Oct. 6, from 8 to 11 p.m., and at 8 p.m., combat leaders, Gen. George S. Patton Jr., Gen. Lewis Chesty Puller and Gen. Fred Franks will be featured.

At 9 p.m., viewers will learn about the great battles and brilliant strategies of Field Marshal Bernard Law Montgomery, Gen. John J. Pershing and Gen. George Armstrong Custer.

At 10 p.m., viewers will find out how Gen. Arthur MacArthur, Gen. George Marshall and Gen. Colin Powell each exemplified courage and leadership during wartime.

Hikers must step off on the right foot

Sammy C. Houseberg
Installation Fire and Safety
Office

Not too long ago, two 25th Infantry Division (Light) and U.S. Army, Hawaii, Soldiers were lost while hiking Kolekole Pass. Both Soldiers were rescued the following day, treated for slight dehydration, and then transported to the Acute Care Clinic at Schofield Barracks for a routine check-up.

However, all hikers can help prevent this type of incident from happening to them by taking the time to conduct a thorough risk assessment and by properly planning their trips. Several safety tips should be at the front of their minds:

Stay on the Trail

Most accidents happen when hikers leave the established trail and disregard warning signs. Staying on the trail greatly reduces your chances of having a serious fall or getting lost.

Hawaiian forests are not like mainland forests. Growth is very dense, and it is easy to become disoriented.

Stay Together

Hikers separated from their partners are more apt to make a wrong turn or lose the established trail. Keep track of each other, and regroup periodically, especially near junctions or when the trail gets obscure.

Monitor everyone's condition. Dehydration, sunstroke, hypothermia and fatigue can hit even experienced hikers.

Avoid Undue Risks

Climbing waterfalls and following narrow ridgelines or gulches off the trail can place you in danger. Rock climbing is extremely dangerous due to the crumbly and porous nature of volcanic rock.

Monitor the Weather

Keep an eye on the sky. When hiking into valleys or crossing streams, be mindful of rain conditions along mountaintops or ridges that can suddenly raise the water level in the stream.

Use extreme caution if attempting to cross a swollen stream. It is better to find an alternate route, or wait until the water subsides.

Watch the Time

Hawaii does not have daylight savings time, and night falls quickly in the tropics. Getting a late start increases the possibility of getting caught in the dark.

Know and adhere to your turn around time to allow enough time to return. If you're caught by darkness, stay put unless you are very familiar with the trail and have a flashlight.

Inform Others of Your Plans

Let someone know which trail — its name and location — you plan to hike, and when you expect to return. If something should go wrong, rescuers will have accurate information on where to start searching.



Hikers walk up the newly renovated Kolekole Pass, enjoying the scenery and getting a good work out.



Photos by Spc. Juan Jimenez

The view from the end of Kolekole Pass makes enduring the challenging hike to the top rewarding and worth every minute.

Community Sports

demonstrations will be the order of the day. For more information, 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, and packet pick-up is Monday 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 of your event or activity.

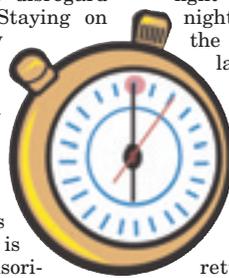
24 / Saturday
Ewa Beach Little League Parade — The world champion Little League team from West Oahu will be honored with a heroes' parade in Ewa Beach, Saturday beginning at 3 p.m.

The parade will proceed down Fort Weaver Road, starting at the Child and Family Service building and ending at the Hale Pono Ewa Beach Clubhouse of the Boy's and Girl's Club. A family-style party at the Boy's and Girl's Club will follow the parade 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, extension 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. This event will be held Saturday and Sunday from 10 a.m. to 4 p.m.

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 muzzle-loader, skeet, .22 cal rifle/handgun, archery, air-gun or fish-casting contest. Food, fun, prizes, and





SEPTEMBER

26 / Monday

Fantasy Football — Put your gridiron knowledge to the test during Fantasy Football at Reggie's every Monday at 5 p.m. Stop by any time to draft your team for that week's Monday Night Football game and then, come by to cheer your team on.

Food and beverage specials will be offered all night long, and when the game ends, you will find out if you are a winner. Draft picks for Monday Night Football must be submitted by the Saturday prior to that week's game. For more information, call 655-0660.



ONGOING

Sports Night at Reggie's — Join the excitement every Monday with a special sports bar menu served from 4 to 8 p.m. The lounge closes at 9 p.m., but until then, patrons can enjoy big screen TV satellite sports, ESPN, and more. Call 655-0660 for more information.

Wheeler Lanes Parties — Score a strike with your friends by planning a party at Wheeler Lanes. Rent the entire six-lane bowling center on Saturdays or Sundays for birthday parties, reunions, Hail and Farewells gatherings, and other special occasions. Call 656-1745 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 Multi-step 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 Health 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.

Scuba Club — Join the Scuba Club for only \$7 a month and get free air fills and a 10 percent discount on all your scuba equipment rentals. Tank rentals come with "unlimited air" during the rental period. For more information, call 655-0143.

Aerobic Classes — Tripler Army Medical Center and Fort Shafter Gyms are offering \$1 per class per person aerobic classes.

At TAMC, classes offered are step aerobics and beginning to intermediate cardio-kickboxing. Classes will be held Monday, Wednesday, and Friday at 4:30 p.m. At Fort Shafter, cardio-kickboxing will be offered on Tuesday and Thursday from 4:30 to 5:30 p.m. For more information, call 433-2031.

Tropic Lightning Week

Event Location	3 Oct.	4 Oct.	5 Oct.	6 Oct.
Division Run (Sills Field)	0630			
Flying V Ceremony (Sills Field)	1300			
Senior Leaders PD (Smith Theater)	1400			
TLW Golf Scramble (Leilehua Golf Course)		0700		
Boxing (Conroy Bowl)	0700-1700	0700-1700	0700-1700	0700-1600
Softball (Gimlet and Stoneman Field)	0830-1700	0730-1700	0730-1500	0800-1500
Volleyball (Tropics Club)	0830-1700	0730-1400	0730-1400	0800-1500
Soccer (Watts Field)	830-1600	0730-1600	0730-1300	0800-1500
Combatives (Stoneman Stadium)	0900-1530	0730-1630		0800-1500
Tug-O-War (Gimlet Field)		0730-1630	0730-1600	0800-1500
Flag Football (Hamilton Field)	0830-1700	0730-1500	0730-1700	0800-1500
Ultimate Frisbee (Watts Field)	0830-1700	0730-1400	0730-1400	0800-1500
Basketball (Martinez Gym)	0830-1700	0730-1700	0730-1500	0900-1500
Lightning Challenge (Gimlet Field & Sch. Bks.)		0600-UTC		0800-1500
Fireman carry (Stoneman Track)			0730-1500	0800-1500
Litter Carry (Stoneman Stadium Track)		0730-1700		0800-1500
PMCS (Stoneman Field)		0730-1700		0800-1500
3 Weapon Assembly (Stoneman Field)		0730-1700		0800-1500
CDRs/CSMs Softball game (Gimlet Field)			1300-UTC	
Miles (Duck Field)	0700-1630	0700-1630	0700-1630	0700-1500
Military Vehicle Rides (Canby Field)	0730-1600	0730-1600	0730-1600	0800-1500
Static Displays (Canby, Stoneman, Gimlet Fields)	0730-1600	0730-1600	0730-1600	0800-1500
Awards ceremony (Conroy Bowl)				1600-UTC

'You're going down!'

Flag Football is back. Come out and support your unit team. Games are held everyday either at Stoneman, Wheeler or Fort Shafter Field. Tropic Lightning Soldier runs the ball for a touchdown before he gets tackled on a game held at Fort Shafter Sept. 19.



Sgt. Sean Kimmons

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 / Saturday

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.

8 / Saturday

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. 29. Call 655-8522 for more information.

Cosmic Bowling

— Experience bowling with a twist. Lights are dimmed, upbeat music is turned on, and the room becomes illuminated in glowing lights. Cosmic Bowling runs every Wednesday at Wheeler Bowl.

Cost is \$1.50 per game and \$1 for shoe rental. Call 656-1745 for more information.

Golf for Food and Fun

— Get a team together any Tuesday from 2:30 to 4:30 p.m. at the Nagorski Golf Course on Fort Shafter, and play golf for only \$15 per person.

Cost includes a nine-hole green fee, a foursome platter of pupus, a pitcher of beverage, a lucky door prize entry and a chance to win other prizes. Call 438-9587 for more information.

Mizuno Club Fitting

— Make an appointment with PGA professional Lou Merkle to schedule custom fitting of golf clubs or individual lessons to improve your game. Call 438-9587 to make an appointment or obtain more information.

Run/Walk/Swim Club

— Record each mile you run, walk or swim and win incentive prizes in the 100-mile run/walk and 50-mile swim clubs. Runners receive a pair of Thorlo running socks, and swimmers receive goggles.

Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet. Call 655-9914 for more information.

Youth Sports Coaches

— Youth Sports is looking for volunteer coaches to help make the program a success. If you would like to give back to the youth what you received as a child, see your local Youth Sports Director or call these numbers for more details: Aliamanu Military Reservation at 836-1923, Fort Shafter at 438-9336, or Schofield Barracks at 655-6465.

