

# HAWAII ARMY WEEKLY

Vol. 34 No. 39 Serving the U.S. Army community in Hawaii <http://www.25idl.army.mil/haw.asp> September 30, 2005

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## New policy decreases threat of identity theft

Defense Finance and Accounting Service  
 News Release

### ON THE WEB

Get more on "myPay" at <https://mypay.dfas.mil>.

will be brought onto this system as soon as local negotiations are completed.

"myPay" is currently available to all Department of Defense (DoD) military members, DoD civilian employees, and military retirees and annuitants. Although the policy applies to DoD military members and DoD civilians, the benefits of using myPay to eliminate identity theft associated

with postal delivery of these statements also apply to retirees and annuitants for their 1099 tax statements.

For many years, myPay has provided military members and civilian employees with a secure method to view, print and save their LES, W-2 or 1099s electronically. Receipt of electronic documents through myPay



See "Identity," page A-11

## COLA Survey

Today is the last day for all military personnel in the state of Hawaii to complete the military Cost of Living Allowance survey via the Internet.

Participate at [www.perdiem.osd.mil/oscsla/lps/hawaii](http://www.perdiem.osd.mil/oscsla/lps/hawaii) as accuracy in completing the survey is critical to COLA determination.

## Hurricanes

Be sure you are prepared and know where you must evacuate if a hurricane hits Oahu. A-5.



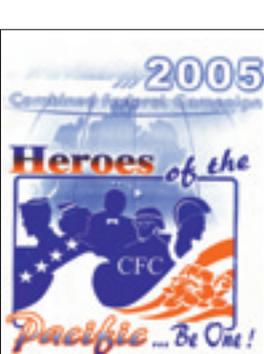
## Living History

The public is invited to the host of events and activities scheduled for Living History Day at the Tropic Lightning Museum. A-7

## Flying "V"

Veterans will be the honored guests during the Flying "V" ceremony Monday at 1 p.m. on Sills Field, Schofield Barracks.

For a complete schedule of Tropic Lightning Week events, see page A-8.



## CFC 2005

Military and civilian employees are encouraged to support the Combined Federal Campaign. A-10



## 10-Miler

Army Hawaii Soldiers hope to triumph at this year's 10-Miler run. B-5

## SWAT TECHNIQUES



Pfc. Nicole R. Montoya

## Bam!

Soldiers of Company B, 2nd Battalion, 11th Field Artillery Regiment, "stack" outside a structure at the Command Sgt. Maj. Walter J. "Sabo" Sabalauski MOUT site at Schofield Barracks, while another simulates kicking in a door using Special Weapons and Tactics techniques. The SWAT training prepares Soldiers for possible missions they may encounter during future deployments. See page A-3 for more.

## Freedom Team recognizes Soldiers, families

Staff Sgt. Manuel Torres-Cortes  
 17th Public Affairs Detachment

Every day Soldiers around the world receive support from their families, whether moral support, advice for personal problems or just an e-mail that says "I miss you."

In appreciation of these support channels, a team from the Department of the Army visited Schofield Barracks, Sept. 16-20, to help Soldiers recognize important family members that have made a difference in their military career.

"I don't need to tell any member of the 25th Infantry Division (Light) that we are at war because you look around at all the combat patches, and it's quite evident. A sense of mission is an understanding that there are sacrifices involved with everything that our Soldiers do," said retired Col. Bruce E. Kramme, director of the FTS. "The Freedom Team Salute is all about recognizing the sacrifices that

our veterans have made for our country, and it also allows them to recognize the sacrifices of their parents, their spouses, and in the case of Army Reserve and National Guardsmen, the sacrifices that the employers have gone through."

The team briefed brigade commanders and battalion representatives and gave Soldiers the opportunity to sign their family members up to receive the Freedom Team Salute commendation package. The package includes an official Army Lapel Pin and Army decal, a Certificate of Appreciation and a letter of thanks

signed by the Chief of Staff and Secretary of the Army.

Since retiring, Kramme has done what he does best: soldiering.

"Once I understood what the program was, I said to myself, I have one more chance to serve," said Kramme. "I feel for this program with my heart. It's important because I do not want to have another Soldier feel like they have been flushed out the back end of a great system without some kind of recognition."

"We visited the Disabled American Veteran's conference, the Veterans of Foreign Wars, the Military Order of the Purple Heart and the National Guard conference in



See "Freedom," page A-8

## Division turns 64

Adam Elia  
 Historian, 25th Infantry  
 Division (Light)

### "Tropic Lightning!"

These are among the first words a new Soldier hears upon arrival at Schofield Barracks.

Once settled in, Soldiers and civilians can't escape seeing or hearing this legendary expression.

The phrase ends the first line of the Division march. The post museum uses it as part of its name. Most meetings end with everyone saluting and saying "Tropic Lightning!" And there's even a sandwich at the Schofield Commissary deli that bears that famous moniker.

We see the phrase everywhere, but not many know the history that goes along with it. And an impressive history it is.

### World War II

The Division that would earn the nickname "Tropic Lightning" was organized on Oct. 1, 1941, at Schofield Barracks. The brand new 25th Infantry Division wouldn't have much of celebration of its birth, for just two months later, Japanese forces attacked Oahu and suddenly the brand new Division was in the middle of a global war.

It was during World War II that the 25th earned its nickname. During the Battle of Guadalcanal in early 1943, when the 25th ID helped drive the Japanese from the island, its lightning speed and fighting spirit were recognized.

The "Lightning Division" earned a tough reputation through hard fighting in the Pacific during World War II. Fighting through the thick jungles of Guadalcanal and the Solomon Islands were only the first battlefields.

In 1945, the 25th ID attacked the Japanese on the island of Luzon, fighting for 165 straight days in tough mountain terrain to open a crucial road. By the time the war ended, the 25th had written its first chapter, and the legend of "Tropic Lightning" was born.

### The Korean War

In 1950, after five years of calling occupied Japan home, the 25th ID was called back into action. This time the enemy was communism, and the place was Korea. The Soldiers of "Tropic Lightning" were thrust into one of the early pivotal battles of the Korean War at a place called the Pusan Perimeter.

North Korea had taken most of the peninsula and was poised to drive U.S. and South Korean forces into the

See "Division," page A-8



PH1 Alan D. Monyelle

**U.S. Army Soldiers conduct a routine security patrol in downtown Tal Afar, Iraq, Sept. 20. With assistance from the 3rd Armored Cavalry Regiment and 82nd Airborne unit, Iraqi army soldiers are providing security for the region of Tal Afar in order to disrupt insurgent safe havens and to clear weapons cache sites.**

# Is Iraq another Vietnam?

Many veterans say things are not as they appear

Tom Clarkson  
Army News Service

BAGHDAD, Iraq — There are a number of professionals in Iraq today who are qualified to answer the question: Is Iraq another Vietnam? They are men who served in Vietnam and are now helping rebuild Iraq.

In just a few weeks, I found more than 60 of these veterans working in a variety of capacities throughout Iraq. From 1964 to 1971 they served in the Army, Air Force, Marines and Navy from the Gulf of Tonkin to the DMZ. Their present ages range from 51 to 70.

The once hard-bodied, young Soldiers are a little paunchy now, a little grayer, a little slower. But they are no less committed to serving their country. In fact, 11 are still in uniform: three colonels, five lieutenant colonels, two master sergeants and one warrant officer five.

The others are federal employees or contractors. Their tours of duty in Iraq range from six months to more than 18. They are today, as they were in Vietnam, a diverse lot.

These veterans say that it was a mistake to do so much for the South Vietnamese, both militarily and in the civil sector. They say we made two major errors. First, we took away their pride and sense of self-sufficiency and gave them the impression that we felt ourselves to be superior, generous entities who would solve their difficulties.

Second, we failed to educate them for when they would have to take care of themselves. We failed to heed the old parable: "Give a man a fish and he eats for one day. Teach him to fish and he eats for the rest of his life."

In 1967, Buddy Algood was a second lieutenant with E Company, 3rd Battalion, 7th Infantry, of the 199th Infantry Brigade near Binh Chan. Following loss of his lower right calf and foot, and recuperation from his injuries, he was the first amputee to graduate from the Airborne School at Fort Benning, Ga.

A month later he returned to Vietnam.

Now, 38 years later, as a civilian, Algood came to Iraq with the Project and Contracting Office. He explains that, in Iraq, part of his early work was "identifying reconstruction projects in 10 strategic cities that would put Iraqis to work and make an immediate improvement in their quality of life."

In the first seven weeks, 358 projects were identified, developed and prioritized with contracts solicited and awarded. Wherever possible, efforts were made to hire Iraqi contractors and workers. At one point, 21,000 Iraqis were employed on these projects.

Algood wonders aloud if "we're not finally doing what was an oft-used phrase in Southeast Asia ... 'winning the hearts and minds' of those we were/are to help."

### What are the similarities?

There are some similarities between Iraq and Vietnam, though. In both countries, things are often not as they appear.

I was a first lieutenant with the 1st Signal Corps in Vietnam 1967-68. Like in 'Nam, the longer I'm here, the more I realize how little I understand.

The complexity of relationships, tribal loyalties, long-time hatreds and vendettas that simmer slightly under the surface cannot be ignored.

### What are the differences?

Yet, there are big differences, too. Iraq has a history 7,500 years old. It is the land that invented paved roads, epic literature, law codes, banking and even joint stock corporations. It is the culture that created cuneiform writing from which record keeping evolved.

Even under Saddam Hussein, it was a modern land of teachers and engineers and industry.

Many excellent Iraqi engineers and subcontracting companies have successfully been part of the reconstruction efforts. About 10 projects are being completed every day. So far, PCO has completed 1,727 projects.

As Vietnam veterans in Iraq emphasize, we are doing this one right!

*(Editor's Note: Tom Clarkson serves with the Gulf Region Division, U.S. Army Corps of Engineers.)*

## Lightning Spirit

# Words have meaning and listening is indeed a virtue

Chaplain (Capt.) Andrew F. Lawrence  
Squadron Chaplain, 3rd Squadron,  
4th U.S. Cavalry

The other day, as I was talking with some Soldiers, an NCO came around the corner swearing up a storm. I presumed he was upset about something.

Upon seeing me he said, "Oh, sorry chaplain. I didn't know you were there."

I responded, "That shouldn't make any difference, now should it?"

As the Soldiers went about their business, I began to think about the language and words we use so often in our daily lives.

Words can be weapons and words can be healing. Words can unite in friendship or sever in enmity.

Words have made slaves and freed slaves; they have declared war and imposed peace.

Words can sentence to death ("You shall be put to death by lethal injection."), and words restore life ("Go, your sins are forgiven you.").

Words can declare a marriage dead, and words can bind a life together in love. Words charm and repel, amuse and anger, reveal and conceal, chill and warm.

Words clarify and words obscure. A word from Washington brought "shock and awe." Words from a little nun from Calcutta India brought dignity to the poor.

Words are charged with power.

In the Old Testament book of Sirach, we read, "The fruit of a tree shows the care it has had; so to does one's speech disclose the bent of one's mind. Praise no one before he speaks, for it is then that people are tested."

To these proverbs we could add the following: "The tongue of the righteous is choice silver; the mind of the wicked of little worth."

"There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing. A gentle tongue is a tree of life, but perverseness in it breaks the spirit."

"Death and life are in the power of the tongue, and those who love it will eat its fruits. A bitter tongue hates its victims, and a flattering mouth works ruin."

The message is clear. We need to watch our tongue, that is, we need to think before we speak. We need to evaluate the kind of tree we are.

If we are going to grow in the holiness that God desires, we need to heed and put into practice that which His inspired and holy word calls us to.

Lest I be impractical, I would like to offer five things that might help us in this task.

1) Say what you mean, and mean what you say; that is, be honest. Don't jerk people around and don't mess with their hearts.

It means if you say you will do something, then follow through and do it. If you don't intend on doing something with someone when they ask, tell them up front.

2) If someone speaks something to you

in confidence keep it confident. This one is pretty simple. If someone tells you something in private that they do not openly discuss or tell people, then as a rule, they expect you to keep it private.

A rule to apply here is this: If someone comes to you in confidence and tells you something as you walk away from the conversation, forget what was said. Lock it away in your brain and throw away the key.

Nothing does more damage to relationships and people's lives than when someone does not know how to keep that which is private, private.

3) If you can preface what you are about to say — either verbally or mentally — like this, "I shouldn't say this, but..." then don't say that thing.

If you are in a conversation and another person prefaces a remark in that way, say, "Then don't!"

If you find this preface floating around in your head before you speak, listen to it. It's the voice of your conscience speaking and telling you to keep your mouth shut.

4) Never say more than is necessary. Abraham Lincoln once said, "A person need not repent for having said too little, but for having said too much."

In our Information Age, with all its words and sound bites, we would all do well to re-learn the ancient art of listening in silence. We need to talk less and listen more. Just think what you might hear if you have the patience to listen.

The scriptures put it best: "Listening is the beginning of wisdom."

Related to this is that we should shun gossip and slander. A Russian proverb puts it like this: "Slander and gossip, like coal, will either dirty your hand or burn it."

5) Avoid cynicism and pessimism at all costs. If the above are the venom of the tongue, then cynicism and pessimism are the cancer.

We most often find cynicism and pessimism hidden under the guise of humor and jest. The problem here, the tragedy, is that while hidden under the guise of humor, there is still a truth being conveyed on behalf of the sender. And this seldom, if ever, serves to build up the community or individual.

The words of cynical humor and pessimism are the most cancerous because they grow and spread to those around them; they leave a harmful and hurtful residue.

If we are honest, we will admit that these things have no place in the Army; they do not build up or edify, and so are not consistent with our values.

I would like to issue a challenge to us all. When we hear or observe these things taking place, with all love, humility, gentleness and charity, we must confront our brother or sister and work with them to correct this error.

Will this be easy? Probably not. Does it need to be done? Absolutely.

I conclude with this prayer from Psalm 141: "Set a guard over my mouth, O' Lord, keep watch at the door of my lips."

# Voices of Lightning: How have you prepared for hurricane season?

(See page A-5 for more about hurricane preparedness.)



"I haven't really prepared, but I have bought some water and canned food."

Jammie Lockhart  
Family Member



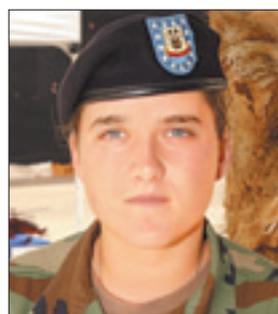
"I bought some canned food, water, batteries, and I have a first aid kit."

CW4 Mark Taylor  
Aviation Brigade  
Tactical Operator



"...Stocking up with canned food, water and food for our pets."

Staff Sgt. Brian McMullen  
Co. C, 25th Aviation Rgt.  
Hydraulic Mechanic



"I really haven't prepared."

PV2. Dawn Coxberry  
225th Forward Support Bn.  
Communication Specialist



"I have bought a lot of water, canned food and batteries"

Spc. Newuell Aceret  
Co. C, 25th Aviation Rgt.  
Aviation Mechanic

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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# HPD SWAT 'tactfully' trains Soldiers

On Aug. 11, 1965, a number of riots occurred in South Central Los Angeles, in the Watts area, leaving 34 people dead and more than 1,000 injured.

Racial tension was the cause of the incident.

After the horrific, six-day event, the Los Angeles Police Department decided that a new tactic was needed in order to prevent an event like the Watts riots from occurring again.

In the 1960s, police departments across America started to train their officers using military strategies and skills. The LAPD was the first to use an actual Special Weapons and Tactics (SWAT) team.

A little over 40 years later, the SWAT team still has a big impact on bringing criminals to justice.

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

The Honolulu Special Weapons and Tactics team is now sharing its knowledge and expertise with the military. SWAT training was recently offered to Soldiers of Company B, 2nd Battalion, 11th Field Artillery Regiment, at the Sgt. Maj. Walter J. "Sabo" Sabalauski MOUT (Military Operations in Urban Terrain) site at Schofield Barracks.

The Honolulu SWAT team covered clearing buildings using teamwork, basic room entry, cover drills within rooms, situational planning and psychological aspects of battle.

Sgt. Tommy Carreiro, SWAT training officer in the Specialized Services Division, demonstrated some of the strategies Honolulu's SWAT team practices.

"Lives are at stake on the battlefield," Carreiro said. "We have the luxury of pretty exacting intelligence, whereas the forces overseas have to battle the sometimes-invisible enemy."

Soldiers viewed different perspectives and ways to accomplish their mission through the eyes of the Honolulu SWAT team.



Sgt. Tommy Carreiro, an HPD SWAT training officer with the Specialized Services Division, talks to Soldiers about alternate techniques for clearing a building.

"Our techniques are rehearsed and trained over and over again," Carreiro added. "And we have acquired the time and opportunity to perfect the movements."

Staff Sgt. Jimmy Cativo, an artilleryman with 2-11th, said the SWAT training was good for Soldiers.

"Our guys used to just run in as a full squad to clear a room," Cativo explained; "the SWAT team is more deliberate in their actions."

"It's faster to clear a room with less people, rather than with a full seven-man squad,"

Cativo continued. "They taught us to clear rooms with two men, three men and four men. What we did was good training."

Carreiro said that most of the Soldiers knew most of what the SWAT team was teaching them. He explained that if they learned anything new, it made him happy knowing he had helped.

"They have an extremely dangerous job. In our job, we can get fired for making a mistake, but they can lose their lives," Carreiro emphasized. "Their skills are very important and can keep them alive on the battlefield."

Carreiro was in awe of how

well Soldiers adapted to the new methods being taught.

"I was impressed by how fast they caught on, and I was extremely impressed with the amount of tactical knowledge they displayed during the training," said Carreiro.

Not only did the Soldiers benefit from training, but it also gave the SWAT team extra time to train.

"Anytime we can help our fighting forces be better prepared and share our ideas and techniques with those who protect us overseas is the least we could do," Carreiro said.



# Reservists give medical care to Mongolians in austere areas

Lack of electricity, running water and anesthesia are typical conditions in remote mountain villages

Story and Photos by  
Spc. Cheryl Ransford  
17th Public Affairs Detachment

ULAANBAATAR, Mongolia — Soldiers from around the United States gathered in the deserts of Western Mongolia to provide basic medical care to the local population.

Though crowds of people were waiting outside the concrete structure that serves as the Deluun Village Hospital, Soldiers provided medical care to as many as they could with various illnesses and injuries — without the help of electricity or running water.

Medical Readiness Training Exercise (MEDRETE) Tendon Mondial III was conducted by U.S. Army Reserve personnel from Alaska, California, North Carolina, Florida and Colorado, and mem-

bers of the Mongolian Armed Forces and Border Protection Services, in the villages of Bulgan and Deluun, from Sept. 7 to 16.

U.S. Ambassador in Mongolia Pamela Slutz chose the two villages because they are the most remote and neglected areas of Mongolia.

"The area is occupied by a minority of close to 100,000 Kazakh Muslims. I chose this area partly because it is very far from the center of the country and the delivery of services is very slow," said Slutz.

"There is a feeling among the Kazakhs that perhaps they are being neglected by the central government," she continued. "So, essentially, there were two missions within the one exercise: One was to provide services to people who probably aren't getting their full share, and the second was to reach out to this minority group —



Dr. (Col.) Jeffery Astroth, U.S. Army Reserve dentist, numbs Rina's gum before pulling a tooth, while Spc. Barbara Lubick shines a flashlight into her mouth so Astroth can see what he is doing.

which is an important minority group — and make them feel included, and most importantly to

show the American flag letting the people know we are out there and we care."

In preparation for the exercise, Col. Dwight Yun-ta Shen, U.S. Army Reserve MEDRETE officer in charge, put together a medical team of military doctors who specialize in internal medicine, dental, surgery, orthopedics, obstetrics, ophthalmology and neurology, as well as several nurses and one medic.

The team of medical personnel was split into two teams of 20, said Air Force Chief Master Sgt. Kyle Bauman, operations officer for the Embassy of the United States of America in Mongolia.

In order to provide proper care to patients, the hospitals of Deluun and Bulgan Villages opened their doors to the American doctors, said Shen.

"During the four days of medical treatment, everyone who came through the door was treated," he said. "Between the two medical teams more than 1,500 patients

See "Medical," page A-4



Mongolian Maj. Enkhtuvshin, ultrasound tech, checks to ensure the proper size and function of organs of patients at the Deluun Village Hospital.

## Medical

From A-3

were treated.”

The hospitals were very sparse, consisting of just a couple rooms, said Dr. (Maj.) Griff Thompson, internal medicine doctor, U.S. Army Reserve. “The hospitals were basically just concrete structures with a bunch of rooms,” he explained. “There was no electricity, so we had to rely on sunlight to light the examination rooms and pharmacy.”

Along with the lack of electricity and running water, the medical team also faced communication challenges.

“Many times we had three people in the room just to communicate with the patients,” said Dr. (Col.) Peter McKeown, cardiovascular surgeon, U.S. Army Reserve. “One person would translate from English to Mongolian, and the other would translate from Mongolian to Kazakh.”

While the doctors were busy deciphering what everyone’s “kidney pain” was being caused by, dentists were busy pulling teeth and teaching people how to improve and maintain the health of their teeth.

For example, dentists in Deluun told a classroom full of first graders a story about “sugar bugs” and showed how to properly brush them from their teeth. Dr. (Col.) Jeffrey Astroth explained that s u g a r bugs make teeth sad, but with proper brushing, twice a day, they would go away and make their teeth happy.

“Between the two dentists, more than 200 teeth were pulled with a record of 13 in one mouth,” said Shen during his out-brief with the U.S. ambassador.

Throughout the mission, Soldiers learned about the medical care Kazakhs regularly receive.

“Since the area is so remote, it is difficult to get supplies into town,” said McKeown. “Because of this, many dental patients have teeth pulled without the use of an anesthetic. Since our dentists brought anesthetic with them, everyone wanted to see the dentists because having their teeth pulled didn’t hurt.”

Medical teams also learned about the local culture.

“It was great to learn about the Mongolian culture,” said Col. Paula Walker, U.S. Army Reserve. “I was able to learn a lot more than I expected.”

## Army showcases successful fuel cell

Latest technology produces energy from waste with low emissions

Keith Yamanaka  
Directorate of Public Works

Hawaii’s first successful fuel cell is buzzing along at the historic Schofield Barracks Fire Station.

Installed by Logan Energy under a U.S. Army Corps of Engineer Construction Engineering Research Laboratory (CERL) demonstration program, U.S. Army Garrison, Hawaii, will be able to experience, firsthand, the benefits of fuel cell technology for one year.

The fuel cell, manufactured by Plug Power, uses a proton exchange membrane to strip hydrogen from high-grade propane from the Gas Company. The hydrogen is combined with oxygen from air to produce electricity, and heat from the reaction is recovered to make hot water. Very low emissions and water are byproducts of the process.

About the size of two refrigerators and just as quiet, the fuel cell makes enough power and hot water for a large family residence. Up to 5 kilowatts of electricity is produced by the fuel cell and fed into the Schofield electrical distribution system.

In the event of a power outage, the fuel cell disconnects from the system and dedicates power to life safety circuits in the fire station. The transfer is



Kent Anderson

Sam Logan of Logan Energy explains fuel cell operations to an unseen audience.

instantaneous and transparent to the fire station.

Dr. Mike Binder from CERL and Sam Logan of Logan Energy recently visited Hawaii to certify fuel cell installations at a housing unit on Marine Corp Base Hawaii, Kaneohe Bay, in a Navy maintenance building and at the Schofield Fire Station. Logan Energy noted, that out of all the applications, the Schofield site fully showcases the benefits of the technology by using 100 percent of the waste heat and providing emergency power to the critical functions of an essential facility.

Logan Energy also noted

that the Army site has been the most trouble free, and Logan is remotely monitoring its operations and logging data to evaluate fuel cell applications and to identify improvements.

With growing concerns about energy security, methods of distributed generation such as the fuel cell are being looked at to keep critical facilities operational in the event of island-wide power outages.

Because generation is on-site and waste heat can be used, the fuel cell offers additional reliability, energy efficiencies and low emissions not possible with central power plants.

# Shelters, preparedness key to surviving hurricanes

Stefanie Gardin  
Public Affairs Office,  
25th ID (L) and USARHAW

Chances are that if someone asked how to get to the nearest gas station or grocery store, you could direct them. But what about your local emergency shelter? Do you know how to get there? Do you even know where "there" is?

The recent hurricanes on the mainland, Katrina and Rita, are a reminder of Mother Nature's devastating power and the importance of precautionary measures and advance planning.

In the Hawaiian Islands, hurricane season, June 1 through Nov. 30, is more than halfway over. However, it is important to continue to remain alert and ready because of the unexpected nature of weather.

In September 1992, Hurricane Iniki devastated the islands, killing six and causing damages totaling \$2.4 billion — \$31 million on Oahu alone. U.S. Army, Hawaii, installations like Schofield Barracks, Wheeler Army Air Field and Fort Shafter, though mostly in inland locations, suffered damage as well.

With an average of four to five tropical cyclones passing through the Central Pacific each year, according to the Central Pacific Hurricane Center, it is vital that families and individuals take the time now to locate their assigned emergency shelters.

Sometimes an emergency shelter is not necessarily the closest one to your home. Shelters are assigned based on the number of people in each housing area and the

capacity of each shelter. This assigning ensures all occupants can report smoothly and safely to their shelters without overcrowding.

The best defense against a hurricane is preparedness, and the best protection from a hurricane's effects is an emergency shelter.

Shelters will open selectively as the need arises, depending on storm severity. For individuals with special needs, all shelters are handicap accessible. However, shelters are not designed to accommodate pets, unless they are service animals, so make arrangements for Sparky elsewhere.

**Before leaving home for shelter...**

- Assemble family & leave a note for those absent with time, destination, phone #s.
- Wedge sliding doors & secure residence.
- Take emergency ready kits.
- Provide for pets; they can't stay in shelters.
- Shut off electricity and gas.

**Upon returning home, check for...**

- Structural damage.
- Electrical short circuits.
- Gas leaks.
- Broken water lines.
- Contaminated food or water.

Schofield Barracks HACN-TV-2, and local radio and television stations, will broadcast the actions residents need to take, supplies needed and current evacuation instructions. Information will also be available via the Military Police.

Once the call to evacuate is made, you can expect to stay at the shelter for approximately 12 hours or until the all-clear signal is given. Remember to take your emergency readiness kit as you head out. The kit will help you remain independent and self-sustaining while displaced.

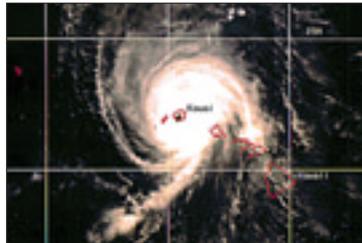
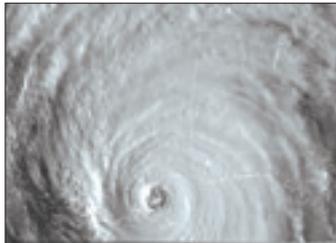
Don't be caught unprepared and unaware!



Courtesy Photos

Above and left — as predicted by forecasters, Hurricane Iniki caused destruction throughout the Hawaiian Islands in 1992.

Far left — Most recently, Hurricane Katrina devastated mainland U.S. states bordering the Gulf region.



## U.S. Army, Hawaii, Shelter Locations (Listed by Township, Shelter and Location)

<p><b>Aliamanu Military Reservation</b> Emergency Relocation Center, Fort Shafter Tunnel, Bldg. 1292</p> <p><b>Tripler Army Medical Center</b> Tripler Gym &amp; Bowling Alley, Bldg. 300</p> <p><b>Fort Shafter</b> Fort Shafter Gym &amp; Bowling Center, Bldgs. 665 &amp; 660</p> <p><b>Kona Village</b> A Quad, Bldg. 130-131, 115th Military Intelligence</p> <p><b>Waianae Uka, General's Loop &amp; Waianae Terrace</b> B Quad, Bldg. 155-158, 45th Corps Support Group</p> <p><b>Hale Nani, Mendonca Park &amp; Akolea Pt.</b> D Quad, Bldg. 450-451, 3rd Brigade)</p>	<p><b>McCornack Park &amp; Hendrickson Hts.</b> Lyman &amp; Sante Fe, E Quad, Bldg. 549-552, Division Support Command</p> <p><b>Constitution Park, Patriot Park &amp; Castner Village</b> I Quad, Bldg. 745, 3/7th Field Artillery)</p> <p><b>Kole Kole Ridge</b> Bldg. 1492, 3 BSTB</p> <p><b>Maile Terrace</b> Bldg. 3004, 25th UEx STB</p> <p><b>McMahon Village</b> Bldg. 2086-2087, 2nd Bde.</p> <p><b>Helemano Village</b> Helemano Military Reservation (HMR), Bldg. 173 Community Center, 25th Military Police Bn.</p> <p><b>Rainbow Village</b> HMR, Bldg. 177, 25th MP Bn.</p>	<p><b>Tradewind Mesa</b> HMR, Bldg. 441, Physical Fitness Center, 25th MP Bn.</p> <p><b>Puali &amp; Wiliwili Circle</b> Wheeler Army Air Field (WAAF), Bldg. 844, Aviation. Co. F, Avn. Bde.</p> <p><b>Banyan Tree Village</b> WAAF, Bldg. 1735, Bowling Center, Avn. Bde.</p> <p><b>Mokulele Village &amp; Camp Stover</b> WAAF, Bldg. 316, Individual Training &amp; Evaluation Branch, Avn. Bde.</p> <p><i>(For South housing areas, call 438-6996 for more details. For North, call 655-0497. For a complete listing of local shelters, call the Oahu Civil Defense Agency at 523-4121.)</i></p>
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# Division reunion sparks conversation, remembrances

Story and Photos by  
Sgt. Sean Kimmons  
Assistant Editor

PITTSBURGH, Pa. — Miniature medals adorned on the hats of 25th Infantry Division (Light) veterans reflected off indoor lights, as if to bring attention to their past accomplishments.

Rightfully so, the brave Soldiers who fought and supported our nation should be noticed.

When the Japanese attacked Pearl Harbor, these Soldiers fought back in the Pacific during World War II.

They helped South Koreans stand up to North Korea and endured freezing cold winters that emerged in the Korean War.

In the Vietnam War, they were the ones who conducted dangerous patrols in thick jungles, to only return home to an unwelcome country.

They were also the ones who stood ready for a possible World War III against the Soviet Union in the Cold War.

Their stories are endless, as well as remarkable. Many could be the screenplay for a panoramic movie or an engrossing book, but some of their heartfelt tales are too personal.

During the 56th Annual 25th Infantry Division (Light) Association Reunion, each veteran shared beloved and not-so-beloved memories with each other, Sept. 23 and 24.

The reunion was the fourth for retired Sgt. 1st Class George Moyer, a former Soldier of the 65th Engineer Battalion.

Moyer served with the Division in 1963 through 1966, which included a deployment to Vietnam. Currently, Moyer is stuck in a wheelchair and suffering from the after-effects of Agent Orange exposure during that deployment.

Despite diabetes mellitus, failing vision and high blood pressure, he still wanted to come to this year's reunion.



Retired Sgt. 1st Class George Moyer, formerly with the 65th Engineer Battalion, points to medals that he earned while in the 25th Infantry Division (Light), at the reunion, Sept. 23.

"Out of all the units that you've been in, the best one is the one you were in combat with," Moyer said.

Ray Medina served with the 65th Eng. Bn. in '67 and '68. When he attended the Washington, D.C., reunion in 2002, he still had nightmares from the Vietnam War.

"I remembered it like it was yesterday," Medina said.

Medina had the chance to visit the Vietnam War Memorial during the reunion. He said both the wall and reunion helped alleviate his bad memories.

"Whatever baggage I was carrying as a result of Vietnam was left at the wall," he said.

Medina met up with his old Vietnam pal, Greg Kanych, at the 2002 reunion as well.

"Thirty-five years later, we get together, and it's like there's no gap in between; we've picked up right where we left off," Medina explained.

Medina and Kanych rummaged through old photos of them taken

during the Vietnam War during the reunion. Laughter belled out of both of them when they came across a photo of their younger selves standing next to each other.

"I looked a whole lot skinnier back then," Kanych said, laughing.

On a sadder note, the reunion gave Division veterans the opportunity to remember those who had died since their last reunion. During a memorial service, the names of the fallen were called off into a silent, mournful audience.

"While we mourn their passing, we celebrate their lives. In their youth they answered their nation's call serving in our 25th Infantry Division," retired Maj. Gen. Andy Anderson, Association president,



Greg Kanych (left) and Ray Medina hold a photograph of themselves taken during the Vietnam War. In '67, they served in the 65th Eng. Bn. They later met each other at the Association reunion in 2002.

said, during the memorial service.

"This year we also mourn the loss of young Soldiers who died in service of our nation serving in the 25th Infantry Division in Afghanistan and Iraq. Their battle buddies will never forget them, and neither will we," Anderson said.

The 25th ID (L) memorial that sits outside Fernandez Hall on Schofield Barracks, Hawaii, is proof that the Association hasn't forgotten those Soldiers who died in the Middle East.

"You are the first generation to come back to a base after a deployment and have a memorial there,"

said Butch Sincock, Association executive director, talking about the Division Soldiers who redeployed this year.

Vietnam War veterans waited 20 years for a memorial, Korean War veterans waited 40 years and World War II veterans waited 60 years, Sincock explained.

"Because of our experience we didn't want that to happen to you," he said.

In June, Association members raised enough funds to emplace the first of four statues: a 25th ID (L) Soldier from the Global War on Terrorism, mourning the loss of a comrade.



# Museum showcases 25th Division

Latest gallery displays history about post sites

Pfc. Kyndal Brewer  
Staff Writer

With almost 50 years of existence, the Tropic Lightning Museum on Schofield Barracks contains years and years of history about the 25th Infantry Division (Light) and the post itself.

Memorabilia, assorted artifacts and other historic treasures are held within the museum's walls, to help explain the history of the Division, Schofield Barracks and Wheeler Army Air Field.

"We have a lot of cool stuff to look at," said Linda W. F. Hee, curator.

The museum was established in August of 1956 when the 25th Infantry Division Association began to gather materials that would tell the story of the commencement of what they describe as a noble Division.

Throughout the years, the museum has been moved to many different locations around post. It finally found its home at Carter Hall, the only lava rock structure on Schofield.

The mission of the Tropic Lightning Museum is to collect, preserve, interpret and exhibit artifacts and related memorabilia that reflect the history of the 25th ID (L) from 1941 to the present, Schofield Barracks from 1909 to the present, and Wheeler Army Air Field.

On Oct. 1, 1991, the



Courtesy Photo



Pfc. Kyndal Brewer

Above — The entire military community, is welcome to browse the Tropic Lightning Museum. Artifacts and other memorabilia from past wars are on exhibit.

Left — The museum is located at Building 361, Waianae Ave. on Schofield Barracks.

## ACTIVITIES

- Try on soldiers' gear and camouflage face paint. Have your picture taken with Co. A, 235th 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 Kuzler, December 7, 1941
  - 11:00- Flo Rivera, Vietnam tunnel rat
  - 11:30- SGT James Rivera, Operation Enduring Freedom
  - 1:00- Steven Fredrick presents actual film footage from December 7, 1941

## ENTERTAINMENT

Dine under the shade of our magnificent monkey pool 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**



## Hosting living history

Tomorrow, the Tropic Lightning Museum will host its annual Living History Day, and this year the museum will focus on the Vietnam War. Plenty of activities are scheduled. Attendees should enter Schofield Barracks through Lyman Gate. The museum is located in Building 361, on Waianae Avenue. From Lyman Road, take the second right onto Flagler Road, and then go past the first stop sign and follow signs for parking on the left. Admission is free.

## We want to hear from you

The Hawaii Army Weekly welcomes letters and commentaries. To submit, call 655-4816 or e-mail editor@hawaiiarmyweekly.com. The editorial deadline for news articles is the Friday prior to the week of publication. Please send all articles in Microsoft Word or text format.



# Division

From A-1

sea. For more than two months, the Division fought tooth and nail in mountainous terrain, often bending from the ferocity of North Korean attacks, but it held the line.

An Allied counteroffensive from Pusan and a landing at the town of Inchon threw the North Koreans back across the border. By November the 25th found itself deep in North Korea.

The Chinese had now entered the war and were pushing Allied forces south. Although forced to withdraw, Tropic Lightning still did not break. The Division, along with Allied forces, counterattacked and fought the enemy to a stalemate. By July 1953, an armistice was declared and a shaky peace settled over Korea.

"Tropic Lightning" helped preserve the freedom of

## South Korea. The Vietnam War

After 12 years away from its Hawaiian home, the 25th returned to Hawaii in 1954. However, it would not be home permanently. In late '65, the Division would be called once again to fight. This time, the battlefield would be a former French colony in Southeast Asia called Vietnam.

The division arrived in Vietnam and immediately started setting up bases in the towns of Cu Chi, Tay Ninh and Pleiku. But even before it could establish itself, the Division began fighting Communist forces.

The enemy used tactics of stealth and terrorism, unable to fight American forces in the open. The 25th ID fought in forests and tunnels, through rice paddies and up mountains. Operations focused on aggressively searching for the enemy

and defeating them with overwhelming firepower.

When the enemy chose to come out of hiding, to fight in the open during the Tet Offensive of 1968, the Division was ready to strike. In pitched battles throughout its area of operations, the 25th ID fought the emboldened Communist forces and blunted their attacks.

In 1970, the 25th ID finally received permission to cross and destroy enemy supply areas within the boundaries of Cambodia. Wherever the Division joined in the battle, the enemy lost. The Tropic Lightning struck Communist forces mightily during the Vietnam War.

## The Global War on Terrorism

Today, the 25th ID is in the midst of another war. In 2004, the 25th Infantry Division (Light) was deployed to both Iraq and Afghanistan to



U.S. Army Photo

## Members of the 1st Battalion, 161 Regiment, attack entrenched Japanese on Luzon, March 27, 1945.

combat terrorists bent on bringing destruction and sorrow to not only Americans, but to their fellow countrymen as well.

The 2nd Brigade took the fight to Iraq, fighting insurgents and laying the founda-

tions of freedom and democracy in a land where fear and violence once ruled. In Afghanistan, the 25th ID deployed units to find and destroy forces that planned and supported the terrorist attacks in New York on Sept.

11, 2001.

The Division attacked the enemy not only with weaponry, but also with the ideals of freedom. What followed were the first elections in the history of the Afghanistan people, held in late 2004. The seeds of reconstruction were sown in a land that had only known war for decades.

## The latest chapter

For more than six decades, the 25th Infantry Division has earned its reputation through trial and fire. From its beginnings at the dawn of World War II to Operations Iraqi Freedom and Enduring Freedom, generations of Soldiers have fought under the Division's banner.

"Tropic Lightning" is more than just a nickname. It is a summary of what the 25th Infantry Division has accomplished in the past through the deeds of its Soldiers.

## Schedule of Events

Event (Location)	3 Oct.	4 Oct.	5 Oct.	6 Oct.
Division Run (Sils Field)	0630-UTC			
Flying V Ceremony (Sils Field)	1300-UTC			
Senior Leaders PD (Smith Theater)	1400-UTC			
TUW Golf Scramble (Lalehua Golf Course)		0700-UTC		
Boxing (Conroy Bowl)	0700-1700	0700-1700	0700-1700	0700-1600
Softball (Cimet & Stoneham Field)	0830-1700	0730-1700	0730-1500	0800-1500
Volleyball (Tropics Club)	0830-1700	0730-1400	0730-1400	0800-1500
Soccer (White Field)	0830-1600	0730-1500	0730-1300	0800-1500
Combinatives (Sikdy 881 (K Quad), finals to be held in Conroy Bowl)	0900-1530	0730-1630		0800-1500
Tug-O-War (Cimet Field)		0730-1630	0730-1600	0800-1500
Flag Football (Hamilton Field)	0830-1700	0730-1500	0730-1700	0800-1500
Ultimate Frisbee (White Field)	0830-1700	0730-1400	0730-1400	0800-1500
Bankshot (Martinez Cytb)	0830-1700	0730-1700	0730-1500	0800-1500
Lightning Challenge (Cimet Field & Schofield Barracks)		0600-UTC		0800-1500
Fireman Carry (Stoneham Track)			0730-1700	0800-1500
Litter Carry (Stoneham Stadium Track)		0730-1700		0800-1500
PMCS (Stoneham Field)		0730-1700		0800-1500
3 Weapon Assembly (Stoneham Field)			0730-1700	0800-1500
CDRs/CSMs Softball Game (Cimet Field)			1300-UTC	
MLES (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, Stoneham, Cimet Fields)	0730-1600	0730-1600	0730-1600	0800-1500
Awards Ceremony (Conroy Bowl)				1600-UTC

\* Schedules subject to change due to unit participation.

## Tropic Lightning Week

A host of events and activities will celebrate the 25th Infantry Division (Light) Oct. 3 - 6, including Monday's Division Run at 6:30 a.m., the Flying "V" ceremony at 1 p.m. and boxing smokers beginning at 7 a.m. and lasting throughout Monday and the rest of the week. Commanders and command sergeants major will face off in softball play, Wednesday at 1 p.m., and an awards ceremony will conclude all celebrations Thursday at 4 p.m.

## Freedom

From A-1

Hawaii,"he explained.

One team member, Lori Lyon-Hill, accompanied Kramme throughout the "train the trainer" courses and was very pleased at the turn out.

"We had such a great turn out [that] we ran out of Freedom Team Salute nomination cards and packets," she said.

More than 2,000 nomination cards were passed out in the division, along with packets.

"This program is not only for active service members," explained Lyon-Hill; "active, Reserve and National Guard Soldiers, as well as honorably discharged veterans, may nominate someone for

recognition under this program."

Although maximum participation is suggested, it's up to the Soldier if they want to nominate someone for special recognition.

"It's a great program that doesn't take a lot of time," said Kramme. "It's a voluntary program that Soldiers can participate in if they choose."

If Soldiers didn't get the chance to receive a card for the nomination, they still have an opportunity to do so, through the Internet at <http://freedomteamsalute.army.mil>. The Web site is secure and protects personal information.

For more Freedom Team Salute literature, registrations and nominations, contact FTS directly at [freedomteamsalute@hqda.army.mil](mailto:freedomteamsalute@hqda.army.mil).



## ENTER TO WIN THE "ROCKIN' THE CORPS" DVD & CD!

Enjoy performances by Godsmack, Ted Nugent, Hootie and the Blowfish, KISS and Richie Sambora. Enter to win the "Rockin' the Corps: An American Thank You" DVD and CD, exclusively at [HonoluluAdvertiser.com](http://HonoluluAdvertiser.com).

It's easy to enter! Click on contests at: [HonoluluAdvertiser.com](http://HonoluluAdvertiser.com)  
HAWAII'S NEWSPAPER ONLINE

# Wooldrige fights to stay Army

Stefanie Gardin  
Public Affairs Office,  
25th ID (L) and USARHAW

As the last glimmering rays of sunlight gave way to a blackened sky, a solitary radio transmission disrupted the uneasy calm of the Soldiers on patrol Nov. 13, 2004. "Help!"

The call came from the second patrol group.

Soldiers from Charlie Company, 1st Battalion, 27th Infantry Regiment, had divided into two groups to conduct routine patrols in Iraq's volatile Rashad district, approximately 40 miles southwest of Kirkuk.

The first patrol group had been manning its roadside observation post for several hours when the transmission came, announcing the other group was under fire and calling for backup.

Spc. Brandon Wooldrige, a rifleman with Charlie Company, 1-27th, was in the middle vehicle of a three-Humvee convoy when the convoy started taking heavy fire from the left side of the road. His Humvee collided with the first and was disabled along the left side of the road.

"We were pretty much in the kill zone," said Sgt. Toby Swanger, also with Charlie Company at the time. "The driver and passenger were trapped, and the third vehicle had bypassed us. It was basically just Wooldrige and me in back trying to return as much fire as we could."

During the firefight, Wooldrige was hit. Shrapnel tore open his left leg below the knee and pierced parts of his thigh.

Badly bleeding, he battled on, laying down cover fire so Swanger could free the driver and passenger from the front of the vehicle.

"Even after he went down, he just continued to engage," Swanger said. "I thought

that was really cool."

Unfortunately, the Cold Steel Soldier's injury was far more serious than anyone expected, and doctors had to amputate Wooldrige's left leg from the knee down that night.

## Staying the course

The next big step in Wooldrige's fight to stay infantry comes in November, when he will face a medical evaluation board.

"Ultimately, it's all going to come down to what I can actually do," Wooldrige said.

So what can he do? Just about everything anyone else can, according to Spc. Wayne Karbowski, a friend and fellow Charlie Company Soldier.

Wooldrige participated in the battalion competition this summer and completed the entire nine-mile run.

"He wanted to carry the guidon and be up front because, obviously, a guy with one leg ... if he could do it, everybody else could," Karbowski said. "He's been pretty motivating for everybody."

Of course, things haven't always been easy. When Wooldrige first came back to the unit, he couldn't run three miles, let alone two. Since then, he has been pushing himself to improve.

"I should be able to do what I want to do — with a prosthesis or not," Wooldrige said.

And he has. In addition to the battalion competition, Wooldrige completed a 10-mile road march and executed battle training and drills in the woods of East Range. Sometimes just doing the little things, like PT, brings a smile to his face.

"I was running the other day, and another formation came up next to me. I could hear them yelling at the fallouts in the back, 'Look at

him, if he can do it, what are you doing?'" Wooldrige said. "It gives me a little grin."

When asked about the outlook for his future, Wooldrige answers simply, "It's going to have to be good."

The infantry is all this Soldier has known, and it's where his heart lies. Even the thought of another deployment doesn't daunt his determination to stay infantry.

"I could pick a job where I won't deploy again, but that's not what I want to do," Wooldrige said. "I train to go and fight the fight. That's my job; that's what we do."

Wooldrige added that his experiences in combat could help Soldiers the next time

around.

To Soldiers like Karbowski, Wooldrige is the exactly the kind of Soldier he wants next to him. He is the Soldier always looking out for everyone, whether that means cooking Kraft dinner, telling jokes, or pushing others to stay vigilant on patrol.

Swanger remembers visiting a high-spirited Wooldrige the morning after his leg had been amputated.

"He was cracking jokes. He had a good attitude about it," Swanger said. "I remember him giving me a hug."

"He told me, 'You're my hero. I'm going to put you in for an award.'"

Wooldrige still calls Swanger his hero, and the



Spc. Juan Jimenez

Spc. Brandon Wooldrige, a Soldier with the 1st Battalion 27th Infantry Regiment, crunches some "Iron Mikes" with his platoon on Schofield Barracks. The "Cold Steel" Soldier is continuing his quest to stay infantry. Eager to get back, Wooldrige returned to his unit in April, just five months after his leg was amputated in Iraq.

Combined Federal Campaign

# DISCOM leads from the top

Capt. Teague Ruffo  
Division Support Command

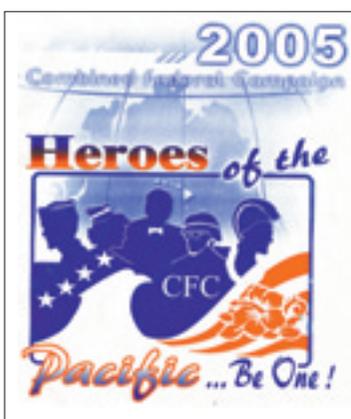
It's that time of year again, the time for Soldiers and Civil Service employees to open their hearts and their wallets.

The Combined Federal Campaign runs every year from Sept. 1 through Dec. 15 here in Army, Hawaii, and across the nation. Established in 1961 by President John F. Kennedy, the campaign is the only form of philanthropy — other than the Army Emergency Relief Fund — that is authorized to use government time and resources.

Each year, an average of \$250 million is raised.

This year may be the most important year ever for CFC contributions, and the Division Support Command recognizes this fact. Col. Michael McBride, Discom commander, and Command Sgt. Maj. Gregory Seals are leading the charge for DISCOM. The two were the first to fill out their contributions to the campaign.

“When it comes to talking to our Soldiers about donating to CFC, it all boils down to two things: We have to educate the Soldier on how specific organizations could possibly relate to them or a family member, and two,



we have to make 100 percent contact,” said Seals.

The command sergeant major couldn't be more right. The CFC listing of available charities is extensive. Soldiers and civilians are

sure to find a charitable organization that touches them directly, whether they know it or not.

Furthermore, every Soldier in Hawaii has benefited from at least one organization in the CFC. Organizations like the Red Cross, the USO, and the Better Opportunities for Single Soldiers (BOSS) program have touched all Soldiers.

Recent events such as Hurricane Katrina amplify the generosity of the American people, and Soldiers are no different.

The CFC campaign is only as successful as we want it to be. Leaders can help by setting the example.

One thing is for sure, the DISCOM is off to a great start.

The bottom line is, CFC is a safe and easy way to donate and help out a nonprofit organization.



1st Lt. Kellie L. Knight

Col. McBride (left) and Command Sgt. Maj. Seals contribute to the 2005 Combined Federal Campaign.



Pfc. Kyndal Brewer

## Rock 'n Roll!

Andy Foxworthy, bass, and Steve Ebert, guitar, as well as other members of the Army Band at Schofield Barracks, play at Helemano Saturday to help raise money for victims of Hurricane Katrina.



Maj. Jeffrey Church

## Sight alignment

Sgt. 1st Class Arthur Terry and Maj. Les Steele, both of 1st Battalion, 196th Infantry Brigade, pursue short-range marksmanship training Sept. 17 at Schofield Barracks. Short-range training tests skills firing on targets between 25 and 50 meters away.

## Identity

From A-1

eliminates risk associated with hand-delivered mail.

By using myPay to view and print LES and W2 statements, the names, addresses and social security numbers (SSN) of military members, civilian employees, retirees and annuitants are protected. The individual controls when the document is viewed and printed. The individuals' sensitive data is under their control at all times, which is particularly important for W2s and 1099s, where the SSN cannot be masked due to IRS regulations.

In addition to obtaining electronic copies of LES's and tax statements, customers can make adjustments to federal and state tax withholdings and update bank account and electronic transfers by accessing myPay.

Military members, civilian employees, retirees and annuitants can obtain access to myPay by requesting a PIN online at <https://mypay.dfas.mil>, or by calling 1-800-390-2348.

Today, myPay has more than three million users with customized PINs, and it serves all military members, military retirees, annuitants and DoD civilian employees.

The Defense Finance and Accounting Service, which administers myPay, provides responsive, professional finance and accounting services to the men and women who defend America. In Fiscal Year 2004, DFAS paid approximately 5.9 million people, processed more than 12.6 million invoices from defense contractors, disbursed more than \$455 billion and managed more than \$234 billion in military trust funds.

## Here's a Sobering Thought



## myPay gives e-statements

Defense Finance and Accounting Service  
News Release

The Department of the Army is now offering a new way to view civilian Leave and Earnings Statements (LESs) through the Defense Finance and Accounting Service's (DFAS) SmartDocs.

Effective Monday, employees are receiving an e-mail notification that their SmartLES is available, including a hyperlink to the site where they can view their SmartLES, at <https://mypay.dfas.mil>.

The SmartLES is an enhanced LES product that contains two types of embedded links. One provides an explanatory text about information in specific blocks on the LES; the other allows comparison between current data and the previous pay period's data.

Block titles are highlighted in blue. When DoD employees click on titles, text boxes appear, explaining the type of data in that block.

Information in green indicates that data has changed from the prior LES. DoD employees click on green text to compare current data with data from the prior pay period.

The SmartLES even provides details on leave used during the pay period and dynamic links to other applications and Web sites, such as the Office of Personnel Management.

The e-mail DoD employees will receive reads "SmartDocs@dfas.mil" in the "From" box. By clicking on the link within the e-mail, the DoD user establishes a secure socket layer (SSL) connection with an encrypted session, just like logging onto the myPay site.

If preferred, DoD users can copy and paste the link (<https://mypay.dfas.mil>) into their Web browser, or key it in to their Web browser directly. Users may even wish to add the site as a favorite link for 24/7 access.

SmartDocs is a supplemental delivery mechanism and does not replace information currently contained in myPay. No additional user-IDs or passwords are required; however, to receive the e-mails and access SmartLES, the DoD user must have an e-mail address within the myPay system and a customized myPay PIN.

Employees who do not have a PIN must go to the myPay Web page at <https://mypay.dfas.mil> and request a PIN. By logging onto myPay, they can see if their e-mail address is in the system. If it is not, users may enter a personal e-mail address under the "Secure Personal E-mail Address" area to ensure they will receive the e-mail.

Questions about the Army's implementation of the SmartLES method should be addressed to Juan A. De Jesus at (DSN) 791-4442 or [juan.dejesus@hqda.army.mil](mailto:juan.dejesus@hqda.army.mil), or Theresa Kintler at (DSN) 580-6362 or [theresa.kintler@dfas.mil](mailto:theresa.kintler@dfas.mil).

# News Briefs

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

**Preretirement Orientation** — Soldiers with 18 or more years of active service should attend the semiannual preretirement orientation scheduled for Tuesday, Oct. 4, from 8 to 11:30 a.m. at the Schofield Barracks Post Conference Room, Building 584, on Trimble Road, across the street from the Sergeant Smith Theater.

Spouses of applicable military personnel are also encouraged to attend.

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

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

**Military Spouse 101** — Army Family Team Building (AFTB) presents Military Spouse 101, Oct. 4 and 6 (and Nov. 8 and 10) from 9 a.m. to 12:30 p.m. at the Schofield Army Community Service Center.

This two half-day course is designed to introduce spouses to the military lifestyle and serve as a refresher course for spouses who have been around for a while.

Spouses should come on out and meet new people, share experiences and increase their knowledge. Attendees will receive a certificate of completion and a special gift from AFTB.

Register at 655-2400. Free child care is provided with advance notice to the Child Development Center; however, children must be registered with Child and Youth Services. Contact Robin Sherrrod, AFTB program manager, at 655-2744 for more information.

**National Fire Prevention Week** — The week of Oct. 9-15, the Federal Fire Department will emphasize fire prevention. This year's slogan is "Use Candles With Care, When You Go Out Blow Out."

The fire department will host static displays and tours of their fire equipment at the Schofield Commissary from 9 a.m. to 2 p.m., Oct. 12, and the public is invited.

**Vet Clinic** — The Fort Shafter Veterinary Clinic is hosting a Saturday vaccination clinic on Oct. 15 from 8 a.m. to 1 p.m.

Appointments must be scheduled for vaccinations at 433-1975.



**WOA Picnic** — The "Aloha" Chapter of the U.S. Army Warrant Officers Association is hosting a "Family Appreciation Day" picnic, Oct. 15 from 11 a.m. to 5 p.m. at Bowen Park (Lyman Road) on Schofield Barracks.

All are welcome to attend; however, a donation of \$5 is requested for an all-day pass, or \$15 for a family of four. Kids under 3 are free.

This nonprofit event will offer military families and community members the opportunity to enjoy fellowship, camaraderie and good food. Donations will directly support charities that will

give back to Soldiers and the community.

Events include fire prevention displays, a military working dog demonstration, a bouncy house, arts and crafts contests, baking contests and much, much more.

For more details, contact Chief Warrant Officer 3 Woodyard at 561-3059 or Chief Warrant Officer 3 Hood at 655-8856.

**Native American Club** — All who are interested in learning about various Native American cultures or who would like to share their pride in their tribal affiliation with others should contact Sgt. Quicho (an enrolled member of the Oglala Lakota, the Sioux Tribe of the Pine Ridge Reservation in South Dakota) at 656-5698.

Plans are underway to gather people together to create a Native American Cultural Club and share heritage with each other and the military community, as well as establish relationships with the local Intertribal Council of Hawaii.

**\$500 Reward** — The U.S. Army Criminal Investigation Division (CID) is seeking information leading to the identification, apprehension and successful prosecution of the unidentified person(s) responsible for the theft of two interceptor body armors, a Kevlar helmet and various other TA-50 items, which occurred at an on-post Schofield Barracks residence in late August.

Contact Special Agent Daniel Wild at CID, Building 3026, Schofield Barracks, or at 655-0401. Identity of any individual(s) providing any

information will remain confidential.

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

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

**Strong Marriages** — Do you want to strengthen your marriage? Take a day off

work? Spend some time alone without the kids? Stay overnight at a hotel at no cost to you?

If your answers are yes, see your unit chaplain about the "Building Strong and Ready Families" program, or call 655-9303.

**OCS Board** — The next Officer Candidate Selection Board is scheduled to convene the week of Jan. 30. Soldiers who wish to be considered must submit their applications through command channels to the Directorate of Human Resources, DA Boards Section, Building 750, Room 130 (located on Ayers Avenue), Schofield Barracks, no earlier than Monday, Oct. 3, and no later than Oct. 28.

Call Quenita Samuel at 655-4511 for more information.



# Destination MONGOLIA

Hawaii Soldiers explore Mongolian countryside

Story and Photos by  
Spc. Cheryl Ransford  
17th Public Affairs Detachment

ULAANBAATAR, Mongolia — Throughout history, countries have worked together to better the world; however, working together effectively means understanding one another's cultures.

During their 12-day Medical Readiness Training Exercise here, Soldiers from the U.S. Army Reserve learned about Mongolian culture through interaction with the local population in the western region of the country.

The focus of the mission was to learn how to provide medical care in a combined forces environment with the Mongolian Armed Forces and Border Protection Services; however, Soldiers also took advantage of free time in the Mongolian countryside.

"I've done combined medical missions before during my deployment to Afghanistan, so I thought I knew what to expect when I found out I was coming here," said Col. Paula Walker, U.S. Army Reserve nurse. "But once we arrived, I realized I was wrong. This was going to be a very different experience."

And different it was. Soldiers experienced living in a Ger, a round home covered by canvas, complete with a wood burning stove. No electricity or running water was available.

Throughout the four days of providing medical care to the people of Bulgan and Deluun Villages, the Soldiers ventured into the village to see what the local stores and restaurants looked like.

"Many of the stores sell the same things," explained Dr. (Col.) Peter McKeown, U.S. Army Reserve cardi thoracic surgeon. "But the thing that I was surprised by most is their ability to get the goods to this remote area, since Deluun Village is approximately 300 kilometers of rocky, bumpy terrain from the nearest airport."

Another way Soldiers experienced life in the countryside was by visiting a traditional Kazakh home and seeing an eagle hunter.

Using eagles to hunt is one way people who live in the countryside get food for their families. The hunter sends the eagle forward and follows on horseback, in traditional eagle hunter dress, which consists of a thick, long coat and a hat that covers the head to the collar. When the eagle catches its prey, the hunter recaptures the eagle and takes the prey home to his family.

On the third day of providing medical care, the team decided they wanted to see more of what it was like for their

patients on a daily basis, so one of their drivers offered to take them to a home in the countryside.

Upon arriving, Soldiers received a wonderful spread of Mongolian cheese, milk and bread. The villagers were not expecting nearly 20 visitors in seven

Russian Jeeps at their doorstep.

"The amount of hospitality that was shown was amazing," said Dr. (Maj.) Griff Thompson, U.S. Army Reserve internal medicine doctor. "Even though we weren't expected, they welcomed us into their

home, no questions asked."

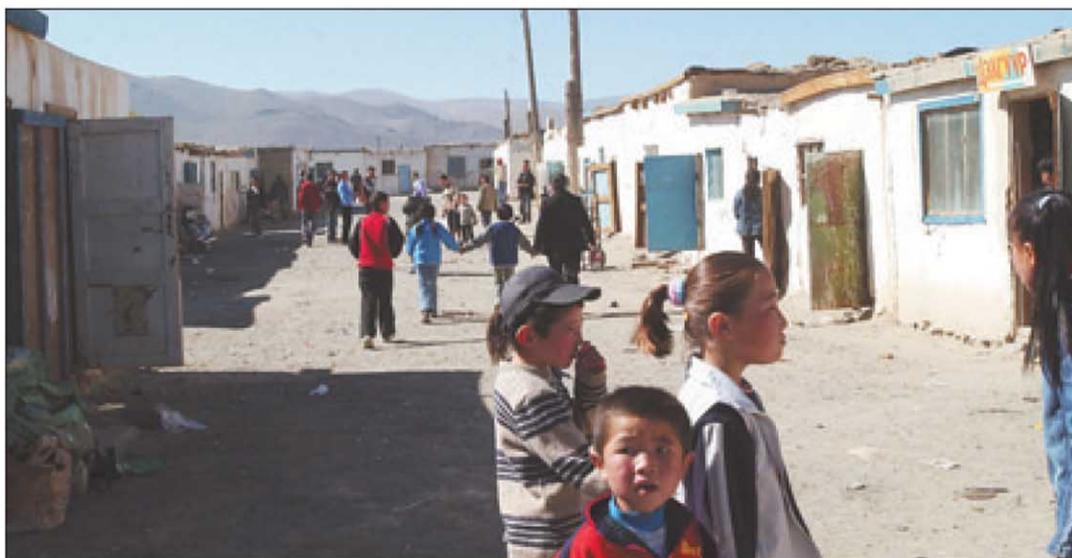
And that is the Mongolian way. According to interpreters, the culture in Mongolia is to provide hospitality to all who come to the home, regardless of when they come.



Dr. (Col.) Peter McKeown, a U.S. Army Reserve cardi thoracic surgeon, pets a hooded hunting eagle that is being held by an eagle hunter in traditional dress. Eagle hunters use the birds of prey to catch food for their families.



Many stores in Deluun Village sell items such as candy, cookies, clothes, shoes and toys, despite the austere living environment.



Behind each door in this view of a street in the village of Deluun is a store or restaurant. The village consists of several streets and many back alleys, all of which carry many items from China, or fresh food such as Khorgat (a meat, noodle and potato meal) and soup.



**MWR Briefs**  
Serving America's Army in Hawaii

**SEPTEMBER**

**30 / Today**

**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 from 11 a.m. to 2 p.m. at the Nehelani on Schofield Barracks. Cost is \$9.95 per person.

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

**OCTOBER**

**1 / Saturday**

**Queen Emma Summer Palace** — Come and join others 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 Nuuanu 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 one 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.

**3 / Monday**

**Mongolian Barbecue** — Select from a large variety of meats and vegetables, and staff will grill them to personal preferences beginning at 5 p.m. today at the Nehelani, Schofield Barracks, with seating at Reggie's.

Cost is 65-cents per ounce, and reservations are recommended. Call 655-0660.

**6 / Thursday**

**Teen Dance** — Calling all teens to the Tropics Teen Dance on Oct. 6 from 7 to 10 p.m. Dance to the latest hip hop, pop, and R & B with old and new friends.

The cost is \$3 with a Child and Youth Services card and \$4 for those without. Call 655-0002 for more info.

**8 / Saturday**

**Yu-Gi-Oh Tournament** — Join

the duel at the Tropics on Oct. 8. Registration for the Yu-Gi-Oh Tournament starts at 1 p.m. and matches will start at 2 p.m.

The cost is \$6 including free Yu-Gi-Oh merchandise. Prizes will be awarded and all ages are welcome. For additional information, call 655-0002.

**10 / Monday**

**Reggie's Closure** — Reggie's on Schofield Barracks will be closed on Oct. 10 in observance of Columbus Day.

**14 / Friday**

**Right Arm Night "Oktoberfest"** — Spend a relaxing evening with friends enjoying pupus, beverages and entertainment while celebrating Oktoberfest at the Nehelani on 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.

**21 / Friday**

**NAF Property Sale** — Need an office chair or a set of dishes? These items and more will be available at the NAF property sale located at the Morale, Welfare and Recreation Supply warehouse, Building 1598, on Fort Shafter Flats Oct. 21 from 9 a.m. to 3 p.m.

Sales will include golf carts, office and home furniture, golf course equipment, restaurant equipment and more. All property will be sold "as is" and only cash or checks will be accepted for payment. There is no preview opportunity for property prior to sale.

As an added incentive to buy, your sales receipt will entitle you to receive \$1 off the cost of a luau lunch at the Hale Ikena on Oct. 28. For more information, call 438-3492.

**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.

Go online at [www.mwrarmy-hawaii.com](http://www.mwrarmy-hawaii.com), prior to the fund-raising event in October, for more details, or call 655-0110 or 655-0112.

**Gopher Golf Contest**

You could win a great gift certificate from MWR when you participate in the Gopher Golf Contest. If you find the hidden golf ball in the *Discovery* magazine, log on to the MWR Web site at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) and submit your answer. Contestant answers must include both the section and page number the golf ball is on. For more information, call 438-7120.

**DOD Employees**

Don't have the time to take your auto in for an oil change, tire rotation or balancing? Give the Auto Craft Shop a call. The craft shop can do these jobs and other services while you are at work. For more details, call 655-2271.

**Sunday Brunch**

Experience a delightful meal featuring brunch favorites along with numerous other choices at Reggie's on Schofield Barracks from 10 a.m. to 2 p.m., or at Fort Shafter's Hale Ikena from 10 a.m. to 1 p.m.

Cost varies by location and children's pricing is available. Call Hale Ikena at 438-1947 or the Nehelani at 655-4466 for reservations or information.

**Pau Hana Friday**

Enjoy cool refreshments and the chef's choice, a \$2 pupu platter every Friday, beginning at 4:30 p.m. at Mulligans and Hale Ikena on Fort Shafter. Call 438-1974 for more information.

**Karaoke at Waianae Beach**

Sing along to popular music at this activity held Mondays through Thursdays from 7 to 11:30 p.m., and

Fridays from 9 p.m. to 1 a.m. Call 696-4778 for more information.

**Tropics and Starbucks** — Visit the Ono Isle at the Tropics and enjoy hot and cold Starbucks specialties such as lattes, cappuccinos, mochas, hot chocolate and much more. The Ono Isle serves delicious pastries, desserts and smoothies.

Visit the Tropics in Building 589 on Schofield Barracks. Call 655-0002 for more information.

**MWR Pet Kennel** — Located at the Halawa Quarantine Station in Halawa Valley, the MWR pet kennel is available for military personnel deploying, awaiting permanent housing or just going on vacation.

The facility is an outdoor boarding facility for cats and dogs only. Fees for dogs are \$14. The second family dog boarding in the same kennel is \$10. Cats are \$10 per day. The second family cat boarding in the same kennel is \$5.

Spaces are limited. For reservations, call 368-3456.

**Mystery Shopper Program**

The Directorate of Community Activities is looking for volunteers to participate in the Mystery Shopper Program. DCA uses this program to evaluate facilities and identify employees providing legendary service.

Mystery shoppers are asked to anonymously shop at various facilities or activities. Three hours may be required for each assignment, and shoppers will be provided any money that is required for their shopping visit.

Shoppers must attend an in- and out-brief to briefly explain their shopping experience. If you are up for the challenge and want to have some fun at the same time, contact Sandy Kawahara at 656-0078.

**"Paint It & Take It"**

The Arts and Crafts Center has a varied selection of ceramic bisqueware, ready for the artist in you to paint and take home.

For more information, call 655-6330 at Schofield Barracks or call 438-1315 at Fort Shafter.

**Youth Sponsorship**

If you are new to Hawaii and between the ages of 5 and 18, Child and Youth Services has a welcome gift for you, plus a youth sponsor who wants to be your friend.

Call 655-2263 for more details.

ages 9 to 17 should submit an essay explaining what they think community pride means.

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

Contact your community center for more details.

**Hale Kula Elementary Fall Festival**

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

The PTA is currently taking booth applications for the festival, and applications will be accepted through Oct. 5. Vendors and interested Family Readiness Groups should contact Kelly at 624-1902 or via e-mail at [halekulafallfest@yahoo.com](mailto:halekulafallfest@yahoo.com).

**Vaccination Clinic**

The Fort Shafter Veterinary Clinic is having a Saturday vaccination clinic on Oct. 15 from 8 a.m. to 1 p.m. Appointments must be scheduled for vaccinations, but walk-ins are welcome for product sales.

Call to schedule an appointment at 433-1975 or 433-2271.

**21 / Friday**

**Leilehua High School Craft Fair** — Leilehua High School is hosting a craft fair in the high school cafeteria Nov. 5. The craft fair will benefit the Class of 2006's graduation party, which is an alcohol and drug-free event held for graduates each year.

Anyone who would like to be a vendor can call or e-mail Moana Agliam, at 330-6143 or [kumuhula1064@yahoo.com](mailto:kumuhula1064@yahoo.com).

See "Community Calendar," page B-4



**HACN TV2 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 9/8/05
- 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



**Community Calendar**

**SEPTEMBER**

**30 / Today**

**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 today and Saturday at the Nehelani, Schofield Barracks.

Keynote speakers will include Brig. Gen. Coral Pietsch and "Any-way: The Paradoxical Commandments" author Dr. Kent Keith.

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

**OCTOBER**

**5 / Wednesday**

**Employment Expo** — The 3rd Annual Employment Expo 2005 is being sponsored by the Honolulu Filipino Junior Chamber of Commerce and the Filipino Chamber of Commerce of Hawaii on Wednesday, Oct. 5, from 1 to 4 p.m. at the Filipino Community Center in Waipahu. Admission is free.

Over 50 local employers from various industries will be recruiting to fill entry-level, technical, and professional positions. Job seekers will have the opportunity to speak with recruiters, apply for positions and be interviewed.

The Filipino Community Center is located at 94-428 Mokuola Street, Waipahu. For more information, go online to [www.EmploymentExpoHawaii.com](http://www.EmploymentExpoHawaii.com).

**7 / Friday**

**Employment Orientation** —

Army Community Service will be holding weekly employment orientation workshops on Fridays during October. Workshops will be held Oct. 7, 14, 21 and 28 from 9 to 10:30 a.m. at Schofield Barracks ACS, Building 2091.

This workshop could be the first step in helping you find the job you want. Learn how to prepare for the job search process, get employment information and see the reference materials, job listings, computers and more that are available for use at the ACS employment resource area.

Call 655-2400 for more information or to register.

**9 / Sunday**

**Bishop Museum** — The Bishop Museum will turn into a prehistoric playground with the opening of its latest traveling exhibit, "Baby Dinosaurs: A Prehistoric Playground" on Oct. 9.

Presented as Family Sunday, the event opens at 9 a.m. with activities from 12 noon to 5 p.m., food booths, great entertainment and, of course, dinosaurs.

The exhibit tells the story of dinosaur development, parenting and "growing up Mesozoic" through several scenarios of robotically animated baby dinosaurs. Watch as a pteranodon feeds her young, and see a baby tyrannosaurus rex stalk its prey. Visitors can also operate the inner robotic workings of a special cut-away dino.

Designed especially for the education and enjoyment of children, the exhibit combines the charm of young dinosaurs with the message that play and parental responsibility are vital for a child's development.

Admission is only \$3 for kamaaina and military, and free for Bishop Museum members and children ages 3 and under. The exhibit will be on display in the Castle Memorial Building from Oct. 8 through Dec. 11. For more information, call 847-3511 or visit [www.bishopmuseum.org](http://www.bishopmuseum.org).

**12 / Wednesday**

**Resumé Workshop** — Learn how to write a masterpiece of a resume at the ACS "Resume Writing Workshop" on Wednesday, Oct. 12, at the Fort Shafter ACS, from 9:30 to 11:30 a.m.

The workshop will provide you with skills to create effective resumes for public and private sector jobs and cover the importance of cover letters and tips on following up with your resume.

To register, call 438-9285.

**13 / Thursday**

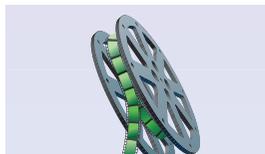
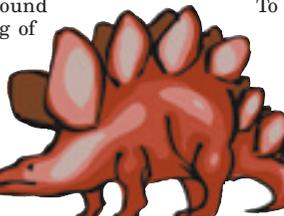
**Identifying Your Skills** — Looking for a new job or re-entering the workforce? Come to an Army Community Service workshop and learn how to identify your skills and the type of positions that would be a good fit for you.

You will also learn what employers want from job seekers. The training will be held on Oct. 13 from 9:30 to 11:30 a.m. at ACS, Building 2091, Schofield Barracks. To register, call 655-2400.

**15 / Saturday**

**Army Hawaii Family Housing** — AHFH presents "Take Pride in Your Community," a community-pride contest aimed at its youngest residents.

During the month of September, children ages 4 to 17 are invited to participate in a drawing or essay contest. Children, ages 4 to 8, are asked to draw a picture of what community pride means to them, while youth,



**This Week at the MOVIES**  
**Sgt. Smith Theater**

- Today  
Four Brothers  
7 p.m. (R)
- Saturday  
Valiant  
2 p.m. (G)
- Saturday  
Four Brothers  
7 p.m. (R)
- Sunday  
Valiant  
7 p.m. (G)
- Wednesday  
Four Brothers  
7 p.m. (R)
- Thursday  
Valiant  
7 p.m. (G)

The theater is closed Monday & Tuesday

# New Children's Waiting Room benefits families

## Clinics hope child care service helps patients keep appointments

Story and Photos by Joy Boisselle  
Staff Writer

Few things require more patience than dragging a healthy child to a doctor's appointment intended for yourself or another family member. However, that scenario may soon become a thing of the past, thanks to the efforts of U.S. Army, Hawaii, leaders and the Armed Forces YMCA (AFYMCA).

Now, military families with medical appointments have an alternative child care option as a new children's waiting room opened Sept. 16 with a ribbon and cake cutting ceremony at the Schofield Barracks Pediatric Clinic.

David Gomez, AFYMCA Honolulu executive director, said of his organization's involvement, "We try to fill the gaps between community services and medical clinics where they might lack the resources or manpower to support all the families, and this [the waiting room] is one way to do it."

Staffed by trained AFYMCA volunteers, the clinic is currently open two days a week, Tuesdays and Thursdays from 8 a.m. to noon. Family members can reserve a child care slot or use drop-in service if space is available. While the long-term vision is to increase the waiting room hours and number of children seen, spaces at the waiting

room are presently limited to 10 children at a time.

Declaring the waiting room initiative a win-win for all, Lt. Col. Patricia Wilhelm, director of Tripler Army Medical Center's pediatric nursing, said, "The benefits are numerous ... patients can have their exams or wait for the medications in the pharmacy without their toddlers present. Doctors can devote more time to their patients, and the patients can focus more on what the doctor is telling them.

"And, there is a health benefit, too; healthy children in the waiting room have less exposure to sick people, and the waiting room environment is appealing to kids," she added.

Furthermore, citing the success of TAMC's waiting room and hoping for similar results at Schofield Barracks, Gomez explained, "Cancelled appointments at Tripler decreased overall because child care was no longer an issue."

Of the new facility, Bill Paul, AFYMCA chairman of the board, said, "We are very excited to have something like this, particularly for our younger Soldiers. It [the room] is like stepping into a new car; it's beautiful."

No detail has been overlooked. The renovated facility boasts an inviting underwater motif decorat-

### ON THE WEB

The Children's Waiting Room is located in the Schofield Barracks Pediatrics Clinic, Building 680. Call 624-5645 for details.

ed in soothing blues and greens to attract even the shyest of visitors. Toys, books and games as well as involved staffers combine to make a 100-percent kid-friendly atmosphere.

According to Dela LaFleur, AFYMC branch director, families wanting to use the facility must follow a few simple, but necessary, rules. Children must be healthy, over 6 weeks of age, and a copy of current immunization records must be presented for all appointments.

The service is free and children can be left up to two-and-a-

half hours, plenty of time to complete an appointment and a pharmacy visit, if needed.

LaFleur stated that volunteers are needed to maintain the facility.

"We will train volunteers, and the time commitment is only one, two-hour shift per month," she explained.

Summing up the importance of the waiting room to military families, Chaplain (Maj.) Joel Lytle, said, "It is critical because it shows that the Army

does care for its families ... it isn't just words."



Getting right down to business, Michael David, age 2, checks out the toys at the new children's waiting room at the Schofield Barracks Pediatric Clinic. The waiting room, which opened on Sept. 16, provides free care for healthy children while their parents tend to medical appointments.

# 6th-9th graders wanted for virtual mission

U.S. Army Research, Development & Engineering Command  
News Release

**ON THE WEB**

For more details, contact the U.S. Army Research Development and Engineering Command at (410) 436-4345.

**ABERDEEN PROVING GROUND, Md.** — Recognizing the importance of science, math and technology for America's youth, the Army launched the eCYBERMISSION competition in 2002, a free Web-based competition for students in sixth through ninth grade that provides opportunities for students to be creative and get involved in their community.

In its first year, 903 teams with more than 3,200 students registered to compete in the national competition. Participation numbers almost doubled in the 2003-2004 competition year, with 1,624 teams registered representing 5,854 students.

Last year the competition again surpassed expectations registering 1,901 complete teams and over 7,900 students.

The Army is committed to raising interest in science, math and technology among students in all communities across our nation and in the Department of Defense Education Activity Schools worldwide.

In this fourth year of competition, underway now, eCYBERMISSION is looking for volunteers to help spread the word and encourage students of diverse backgrounds and proficiency levels to get involved in the competition.

During the past three years, eCYBERMISSION volunteers have included hundreds of active duty and reserve military personnel and DoD civilians with an active security clearance serving as ambassadors and cyber-guides.

Ambassadors promote the competition to their local schools and

community groups and must be willing to contribute 15-20 hours a month between August and November.

Cyber-guides serve as online mentors and should have a science, math or technology background with the ability to spend approximately four hours per week interacting with students online to provide guidance and support.

Volunteers represent the "Face of the Army" to their local educational community. Many have expressed how much they enjoy serving as an eCYBERMISSION volunteer because it allows them to give back to America's communities and the nation.

Students in sixth through ninth grade who are interested in working with the community to support our nation's and Army's commitment to education and the achievement of excellence in science, math and technology should visit [www.ecybermission.com](http://www.ecybermission.com) to register as a volunteer today.

## Oahu, Kauai students score in Army Web contest

U.S. Army Research, Development & Engineering Command  
News Release

Representatives from the U.S. Army-sponsored eCYBERMISSION competition presented awards and savings bonds to students at Wheeler Middle School and Moanalua High School, on Oahu, and at Kamakahahei Middle School, on Kauai, to recog-

structed a water filter for drains in their community to reduce the amount of waste that runs into the ocean.

In a separate ceremony the same day, each member of "Road 2 Fame," ninth graders (Chelsea Acob, Jessica Dela Cruz, Chelsey Nabor and Sharlene Whang), was recognized as the \$3,000 Regional Finalist from the Southwest/Pacific Region. Concerned with the detrimental impact of saltwater flooding in their community, the students developed a gate for storm drains to prevent seawater from flooding their streets.

Additionally, the "Ice Cream" team, also ninth graders (Michelle Arakaki, Sierra Borge and Gabrielle Herrera-Davenport) at Moanalua H.S., each received the \$2,000 "Benefit to the Community" award for

landfills.

Lastly, U.S. Senator Daniel Inouye met six middle school students that won various awards in Lihue, Hawaii. Two student teams from Chiefess Kamakahahei Middle School took honors, Aug. 12.

"Flame Ignitions Ruin Everything (F.I.R.E.)," one of 16 National Finalist teams (Kelan Adachi, Kelsey Gaetjens and Daniel Victor), each received a total of \$6,500 in savings bonds (regional and national awards) for developing a Web site to educate the community on fire prevention and preparedness at home.

"Hurricanes HI" team members (Christopher Flynn, Davis Kashima, Tyler Navarro ) each received the \$2,000 "Benefit to the Community" award for their Web site on preparedness for hurricanes and other natural disasters.

In all, 14 Hawaii teams participated in the 2004-2005 competition, a 75 percent increase from the number of teams that participated the previous year, from eight teams. The state received a total of \$47,000 in regional monies.

Since the competition began, Hawaii has received an overall total of \$83,000 in regional monies and \$24,500 in national monies (only national awards in Year 1 and Year 2).

Registration for the 2005-2006 eCYBERMISSION competition opened Sept. 1 and runs through Dec. 12. For more details, visit [www.ecybermission.com](http://www.ecybermission.com).



nize their regional and national accomplishments in science, math and technology.

"The Dumpsters," seventh grade students (Keairsten Sego, Jonathan Reynolds and Vanessa Boehm), each received the \$2,000 award for Innovation, Originality and Creativity, Aug. 15. The team con-

developing a recycling program in their school in an effort to lessen the amount of household hazardous waste that end up in

Part Five of Five

## Barbecues demand some food-sense

Warrant Officer 1  
Budd Dodge  
Central Pacific District,  
Veterinary Command

Cooking outdoors was once only a summer activity shared with family and friends, but here in Hawaii, it is a year round activity.

It's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing food borne illness. Use these simple guidelines for grilling food safely.

### Defrost safely

Completely defrost meat and poultry before grilling, so they cook more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave defrost if the food will be placed immediately on the grill.

### Marinate appropriately

Meat and poultry can be marinated for several hours or days to tenderize or add flavor. Marinate food in the refrigerator, not on the counter.

If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

### Transport with care

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill or transported to another location.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in, and pack beverages in one cooler and perishables in a separate cooler.

When carrying food to another location, keep it

cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40 degrees or below. Keep the cooler in the coolest part of the car.

### Keep everything clean

Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry.

Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning, or pack clean cloths and wet towelettes for cleaning surfaces and hands.

### Cook thoroughly

Precooking food partially in the microwave, oven or stove is a good way of reducing grilling time. Just make sure that food goes immediately on the preheated grill to complete cooking.

Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside; therefore, use a food thermometer to be sure the food has reached a safe internal temperature.

Whole poultry should reach 180 degrees, breasts 170 degrees. Hamburgers made of ground beef should reach 160 degrees, ground poultry 165 degrees. Beef, veal and lamb steaks, and roasts and chops can be cooked to 145 degrees. All cuts of pork should reach 160 degrees.

Never partially grill meat or poultry and finish cooking later. Also, when reheating fully cooked meats like hot dogs, grill to 165 degrees or until steaming hot.

After cooking meat and poultry on the grill, keep meat hot until served, at 140 degrees or warmer. Keep cooked meats hot by setting them to the side of the grill

rack, not directly over the coals where they could overcook.

At home, the cooked meat can be kept hot in a warm oven (approximately 200 degrees), in a chafing dish, in a slow cooker or on a warming tray.

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

In hot weather (above 90 degrees), food should never sit out for more than one hour. Refrigerate any leftovers promptly in shallow containers.

Discard any food left out more than two hours (one hour if temperatures are above 90 degrees).

### Smoke or roast foods properly

Smoking is cooking food indirectly in the presence of a fire, for example, in a covered grill if a pan of water is placed beneath the meat on the grill. Meats can be smoked in a "smoker," which is an outdoor cooker especially designed for smoking foods.

Smoking is slower than grilling, so less tender meats benefit from this method, and a natural smoke flavoring permeates the meat.

The temperature in the smoker should be maintained at 250 to 300 degrees for safety. Use a food thermometer to be sure the food has reached a safe internal temperature.

Pit roasting is cooking meat in a large, level hole dug in the earth. A hardwood fire is built in the pit, requiring wood equal to about two-and-one-half times the volume of the pit.

The hardwood is allowed to burn until the wood reduces, and the pit is half filled with burning coals. This method can require four to six hours burning time. Cooking may require 10 to 12 hours or more and is difficult to estimate.

## Community Calendar

From B-2

Deadline for sign-up is Oct. 21 and interested vendors should contact her as soon as possible, as indoor spaces will be given out first.

**22 / Thursday**  
**Make A Difference Day**  
— The 25th Infantry Division (Light) and U.S. Army, Hawaii, will participate in the 7th Annual Make a Difference Day on Saturday, Oct. 22.

Last year, community members participated in 35

volunteer projects throughout the island. This year, more than 80 projects will be available for community agencies and units.

The deadline to adopt a project is Oct. 3, and projects available include everything from painting homes, assisting the elderly and building a gazebo at Fisher House, to cleaning up streams and beaches.

Something will be available for everyone, so if you would like to adopt a project or get more information about this very worthy community effort, contact Cathie Henderson at 655-2398 or e-mail hender-

## Community Sports

### SEPTEMBER

#### 30 / Today

**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.

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.

#### Ladies Golf Clinic

Ladies, do you want to brush up on your golfing skills? A free golf clinic will be held on Oct. 2 at the Leilehua Golf Course located right outside the gate of Wheeler Army Air Field.

The clinic will last for one hour and will begin promptly at 3:30 p.m. All required equipment will be provided to participants and advance reservations are recommended. For more details or to reserve your space, call 655-4653.

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

### ONGOING

#### 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 Farewell gatherings, and other special occasions. Call 656-1745 for more information.

# Hawaii Soldiers get set for Sunday's Army Ten-Miler



**Jaime Jarrell, a Soldier with the 500th Military Intelligence Brigade, knocks out a 10-mile run in preparation for the Army Ten-Miler race in Washington, D.C., on Sunday.**

Story and Photo by  
Sgt. Sean Kimmons  
Assistant Editor

It was 45 minutes before Soldiers would begin their physical training; yet, the U.S. Army, Hawaii, Ten-Miler team was already stretching in the Schofield Commissary parking lot in preparation for a 10-mile run.

Following five minutes of stretching and a small discussion, the team split up into groups and started to run into the early morning darkness.

On Sunday, this team will compete in America's largest 10-mile road race for the chance to bring some hardware back to Oahu. But first, the 27-member team is training up for the stiff competition.

More than 20,000 runners, both military and civilian, participated in last year's Army Ten-Miler in Washington, D.C. This year, the USARHAW team will represent the Army back here in four different categories: Men's Open, Women's Open, Command Sergeant Major/Sergeant Major, and Men's Masters.

This year will be the third Ten-Miler race for Raymond Arnold, the project manager for the USARHAW team. Arnold, who will compete on the Command Sergeant Major/Sergeant Major team, said he wants to represent

USARHAW in the Ten-Miler for two reasons.

"It's both personal and professional. It's personal because I'm an avid runner and I enjoy competition and races," he explained. "From a professional perspective, I think it proves a point to the junior NCOs [noncommissioned officers] and enlisted Soldiers, [that] a 45-year-old guy is out there putting in more than 50 miles a week and [competing] at this level."

For Paul Sullivan, an infantryman with Company A, 1st Battalion, 21st Infantry Regiment, the 2005 Ten-Miler will be his first.

"It's kind of an honor being with these other people who've been there. They've been teaching me a lot about it," Sullivan said about the team's Ten-Miler experience.

At 20 years old, Sullivan is the youngest on the team and has been running about 15 miles a day in order to improve his endurance. The miles are even building up his strength for ruck marches his unit conducts. The two-mile run time on Sullivan's physical training test keeps dropping as well.

Compared to other races that Arnold has participated in, the Army Ten-Miler ranks above them all, he said.

"You run across friends, guys you grew up with, guys

you first came in the Army with, [and] people you served with," Arnold said.

Despite the camaraderie, the Ten-Miler is definitely a competition.

"We go out there and try to win our respective categories. This year we're really aiming on bringing back the first place trophy in the sergeant major category," Arnold said.

In the five existing years of the Command Sergeant Major/Sergeant Major category, the winner has always been the Sergeant Major Academy team. The USARHAW team placed second in last year's category.

When asked if he was looking for some revenge at the 2005 Army Ten-Miler, Arnold simply responded "Definitely!"

Arnold continued to lay down the smack talk by saying that the Fort Bliss, Texas, Academy has "600 sergeants major to pick from."

"I think we're going to dethrone them this year," he said. "That has been a goal of ours since October 24 of last year."

Arnold also believes that the men and women teams will perform faster.

"I think the results will be better than last year because you have to take in consideration that about 95 percent of the 25th Infantry Division was deployed last year," Arnold explained.

**TLW BOXING SMOKER**  
06 OCTOBER 2005

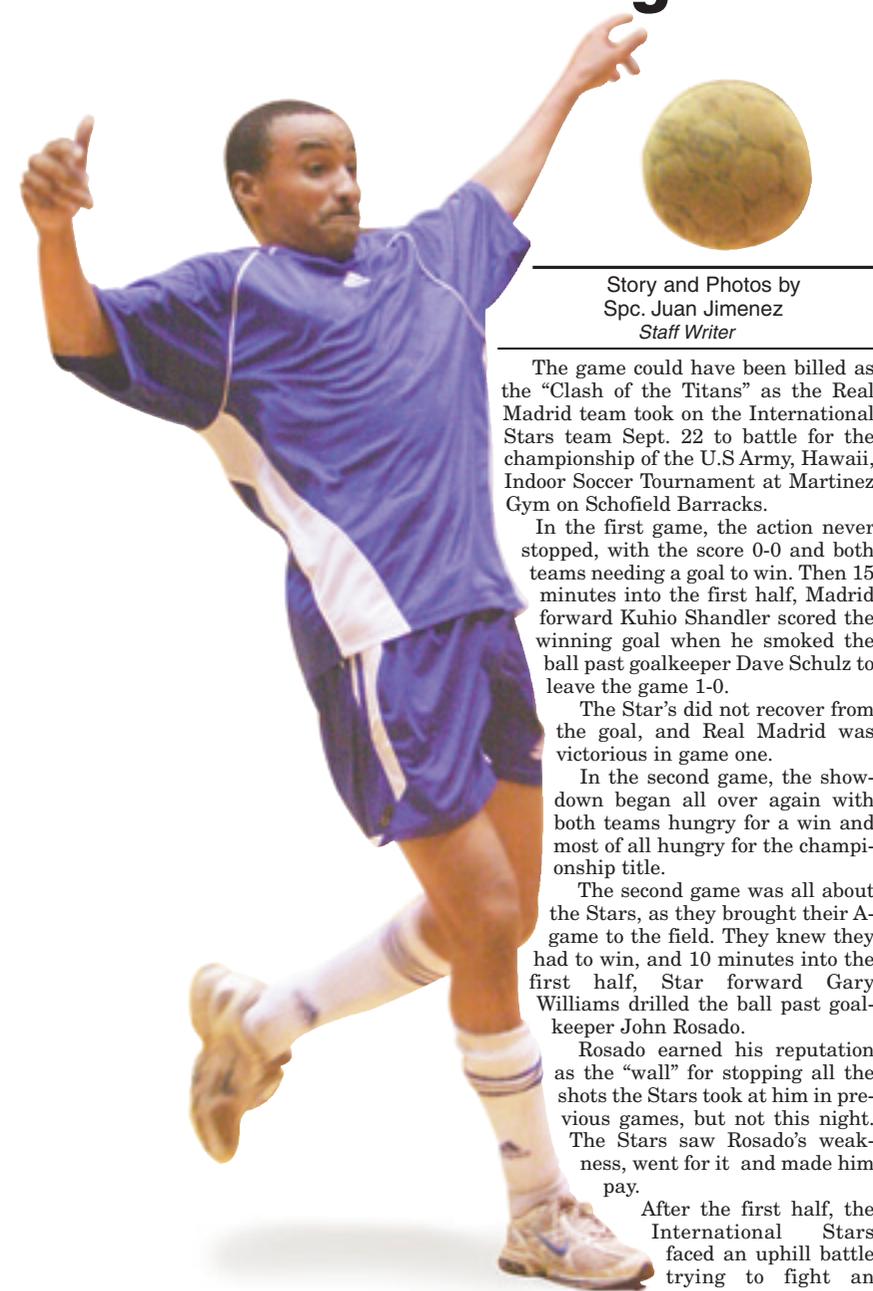
LIGHTNING BOWLING

TLW 05

0900 HRS - CONROY BOWL

HOSTED BY  
1-21 INFANTRY "GIMLETS"  
POC: SGM SNYDER  
655-6255

# USARHAW title goes to International Stars



Story and Photos by  
Spc. Juan Jimenez  
Staff Writer

The game could have been billed as the "Clash of the Titans" as the Real Madrid team took on the International Stars team Sept. 22 to battle for the championship of the U.S. Army, Hawaii, Indoor Soccer Tournament at Martinez Gym on Schofield Barracks.

In the first game, the action never stopped, with the score 0-0 and both teams needing a goal to win. Then 15 minutes into the first half, Madrid forward Kuhio Shandler scored the winning goal when he smoked the ball past goalkeeper Dave Schulz to leave the game 1-0.

The Stars did not recover from the goal, and Real Madrid was victorious in game one.

In the second game, the showdown began all over again with both teams hungry for a win and most of all hungry for the championship title.

The second game was all about the Stars, as they brought their A-game to the field. They knew they had to win, and 10 minutes into the first half, Star forward Gary Williams drilled the ball past goalkeeper John Rosado.

Rosado earned his reputation as the "wall" for stopping all the shots the Stars took at him in previous games, but not this night. The Stars saw Rosado's weakness, went for it and made him pay.

After the first half, the International Stars faced an uphill battle trying to fight an accusation made by Real Madrid. Allegedly,



The International Stars celebrate their win as the 2005 indoor soccer champions after defeating Real Madrid, 2-0, at Martinez Gym on Schofield Barracks, Sept. 22. The tournament was the second to be won by the Stars.

some of the International Stars players weren't on the original roster.

This dispute caused confusion and frustration for both teams, with five Stars players being disqualified for not being on the original roster. The officials went to the rule book to solve the dispute.

"That was uncalled for," said Ben Merrell, midfielder with the Stars. "We played all the first game, and now they want to say our name wasn't on the roster that's just nonsense," he said.

However, losing a few players didn't seem to stop the Stars. They played even harder as their key players — Zabad Ruiz, Hector Castrillon and Gafari Mahmond — attacked the net the rest of the night.

As time ticked away, the Stars were getting closer to becoming champs, and Real

Madrid desperately needed a goal.

The Stars fell back into a defense formation and team captain Zabad Ruiz brought Williams in the game, to see if he could finish Real Madrid off with another goal.

Ruiz, Mahmond, Castrillon and Williams attacked the net. They all played one touch pass from one to another, and with less than five minutes remaining, Williams scored his second and deciding goal, leading the International Stars to the U.S. Army, Hawaii, Indoor Soccer Tournament title.

"What a great night for us," Williams said. "We wanted this so much and we got it. We trained hard and played hard, and that's what you need to become a winner."

"We gave it all we had," said Jose Medina, team captain of Real Madrid. "They just played better than we did."

## MWR Sports

### SEPTEMBER

#### 30 / Today

**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.

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**Salsa Aerobics** — In honor of National Hispanic Week, the Schofield Barracks Health and Fitness Center will sponsor salsa aerobics on Oct. 1 at 9 a.m. For more details, call 655-8007.

#### 2 / Sunday

**"5 Game, No Tap" Tournament** — Individuals are invited to participate in the "5 Game, No Tap" Tourna-

ment at the Schofield Bowling Center. Check-in is at 1 p.m. and the cost is \$20. Call 655-0573 for more information.

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Look for more great wrestling entertainment on Oct. 29. Call 655-8522 for more information.

#### 11 / Sunday

**Professional Basketball** — Win two tickets to see the Los Angeles Lakers square off against the Golden State Warriors in a preseason battle on Oct. 11 at 7 p.m. at the Stan Sheriff Center. Entry forms will be available at the Tropic Lightning Week command tent on Stoneman Field Oct. 3 through 5. Only military ID cardholders are eligible, and there is only one entry per person.

Drawings will be held during the Tropic Lightning Week boxing finals on Thursday, Oct. 6, at Conroy Bowl. Call 655-0111 or 655-0112 for more information.

## 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.

#### Fantasy Football

— Play free Fantasy Football at Reggie's and win cool stuff. Stop by to draft your team for Monday Night Football and then join the gang again to watch the game every Monday at 5 p.m.

Reggie's will be offering food and beverage specials all night long. When the game ends, you will find out if you are a winner.

Draft picks for Monday Night Football must be submitted by closing every Saturday.

#### 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 Farewell 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.

#### 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.