

INSIDE

25th CAB returns home

SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — Hundreds of family members and friends welcomed home approximately 260 Soldiers from the 25th Combat Aviation Brigade (CAB) during a redeployment ceremony at Wheeler Army Air Field, Sept. 12.

Beginning in late July 2006, the 25th CAB deployed approximately 2,400 Soldiers to Iraq to conduct aviation combat, combat support and combat service support missions.

The 25th CAB commanded more than 220

aircraft and supported up to seven infantry, armor and Stryker Brigade Combat Teams, under the command of Multi-National Division North. In addition, the brigade logged more than 190,000 flight hours, including unmanned aerial vehicles.

RELATED STORY

• Read more about the 25th Combat Aviation Brigade's redeployment from Iraq, page A-3.

Overall, approximately 7,000 Soldiers from the 25th Infantry Division (ID) deployed to

Iraq in support of Operation Iraqi Freedom last summer. This redeployment is the first wave of 25th Infantry Division Soldiers who will be coming home over the next couple of months.

Lt. Col. Michael Webb, 25th ID rear detachment chief of staff, was one of those who welcomed the troops home after a job well done.

"(I want to) say how grateful we are to you," he said. "We appreciate the Soldiers out here. Welcome back, CAB. All I can say if he safe, have fun, but be safe."

SEE 25th CAB, A-7

September is Suicide Awareness for Army

COL. WILLARD QUIRK
Chief, Department of Psychiatry
Tripler Army Medical Center

The U.S. Army has designated September 2007 as Suicide Prevention Month. In keeping with this year's theme for World Suicide Prevention Day, celebrated Sept. 10, "Suicide Prevention across the Life Span" emphasizes the fact that suicide occurs in all ages; therefore, suicide prevention and intervention strategies should be adapted to meet the needs of different age groups.

Each year approximately one million people die by suicide, worldwide. In teenagers and young adults aged 15-24, suicide is a leading cause of death in many countries. In adults, suicide is a leading cause of death, accounting for more deaths than all wars and homicides combined.

RELATED STORY

• Tricare resources assist during those tough times; see page B-4.

In most countries, the risk of suicide increases with age. Suicide rates are highest among the very old, aged 85 and older. However, deaths from suicide are only one part of the problem. Attempted suicide is conservatively estimated to be 10-20 times more frequent than suicide, especially in younger women.

While suicide attempts may vary in intent and medical severity, all attempts are indications of severe distress, unhappiness and/or mental illness.

Suicide and suicide attempts have a profound impact on family and friends, and are the source of much distress and suffering. For individuals bereaved by suicide, the emotional impact may last for many years. For families, the consequences may extend for generations.

Fortunately, suicide is not an inevitable burden that must be accepted by society.

Suicide can be prevented in many ways. An easy-to-remember mnemonic helps everyone to remember the warning signs of suicide: "Is path warm?"

SEE SUICIDE, A-7



Back-to-school boost

An 11-year-old family member pools his resources to aid children in Tikrit, Iraq

A-4

Not forgotten

The Joint POW/MIA Accounting Command will commemorate National POW/MIA Recognition Day at the National Memorial Cemetery of the Pacific [Punchbowl] at 10 a.m., today. The ceremony is free and open to the public.

Call 448-1937 for details.

HI-5 Recycling

Post residents may now redeem their recyclable cans, bottles & glass containers at the Schofield Barracks commissary parking lot, Saturdays, from 10 a.m.-4 p.m.

See Community Calendar, B-2.



Taking aim

Veteran and novice hunters take part in the state's Hunter Education Class, which involves more than just gun safety

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Captains eligible for \$35K

Aviation, transportation, infantry and intelligence among specialties eligible for retention bonuses

SGT. 1ST CLASS JASON SHEPHERD
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — A critical skills retention bonus of \$25,000 or more is available to more than 16,000 regular Army captains who agree to remain on active duty beyond their initial active duty service obligations. According to Maj. Edward Austin, chief of Strength Management for U.S. Army, Pacific (USARPAC), approximately 1,000 junior officers in USARPAC are eligible for the bonus.

The bonus is part of a "menu of incentives" targeting officers willing to remain on active duty an additional three years. The other incentives include graduate school, military schooling, branch or functional area transfer, or post of choice.

Capt. Eli Adams, construction officer with USARPAC, is an engineer officer from year group 2002. Under the new bonus system, Adams can receive \$25,000 for staying on active duty three more years.

"I am happy to see the Army put forward the effort to keep badly needed junior officers who may be a little burned out after leading convoys or patrols every other year since the war started," Adams said.

SEE BONUS, A-7



Courtesy Photo

Shake down

TIKRIT, Iraq — An OH-58 Kiowa Warrior helicopter provides security for Soldiers from the 2nd Battalion, 7th Infantry Regiment, as they prepare to clear a building during a training exercise on Contingency Operating Base Speicher, here.

Combinations of Soldiers and helicopters provide Task Force Lightning a powerful option against the enemy. Counter improvised explosive device (IED) emplacement is a major focus of the Lightning Strike Team, though the team trains to accomplish a variety of obstacles it may face while performing missions in Iraq.

DoD earmarks half year's raise for valued performers

For the first time, NSPS will split the annual pay raises; half to adjust base salaries, half into pay pools for distribution based on performance

The Department of Defense (DoD) has announced that the January 2008 government-wide pay increase will be divided equally between base-salary adjustment and performance-based bonuses for the 110,000 National Security Personnel System (NSPS) Spiral 1 employees, including most of Installation Management Command (IMCOM).

This pay increase will be the first time that NSPS organizations will split the annual pay raise, with half going to adjust base salaries for all acceptable performers and half going into pay pools to be apportioned according to performance.

This announcement is a significant step for the department in transitioning to the new pay system, which includes all of IMCOM's non-bargaining unit employees, except those in Korea. Most of IMCOM spiraled in April 15 of this year, and IMCOM is approaching the end of our first performance cycle.

IMCOM doesn't yet know the full impact of the latest decision because the pay raise legislation has not yet passed Congress. IMCOM expects more guidance from DoD about how to allocate the new funding between the three elements of pay pools. So, while IMCOM has the general knowledge of how the annual pay raise will be divided, it is

still awaiting more specific guidance and will share it when received.

As NSPS employees know, NSPS is a pay-for-performance system, meaning employee performance is a key factor in how salary is adjusted every year. Under the NSPS pay pool process, performance rating determines how many "shares" of the overall performance pay pool employees receive, which translates into a pay increase, bonus or a combination of the two. This coming year, IMCOM will have its first performance-based payouts under NSPS; they will be in the form of a salary increase, a bonus or a combination of the two.

Most NSPS employees will receive an increase based on the adjustments to the NSPS pay bands and local market supplements. Last year, these increases were modeled after the former government service (GS) increase. The difference this year is that a portion of the GS increase will go into the performance pay pools, which will be distributed in performance payouts.

The decision about how these increases are allocated rests with the secretary of defense; decisions apply to all NSPS organizations. The secretary of defense is very pleased with how NSPS is progressing, and now that DoD has more than a full year of runtime under the new system, it is comfortable with putting more funding into the pay pools, so that employees can be rewarded and compensated based on performance.

Some employees may be concerned about pay, and perhaps perceive it as "losing ground" with their GS counterparts. The truth is, IMCOM is operating under a different system from GS, with different, and greater, opportunities



NSPS promotes a performance culture in which performance & contributions are recognized and rewarded more accurately and fully based upon SMART objectives.

Specific — describes what's accomplished
Measurable — demonstrates accomplishments
Achievable — are within employee's control
Realistic — are obtainable
Timely — are realistic time frames

for rewards based on performance.

Among the first 11,000 workers who spiraled in, in April 2006, 97 percent received performance-based pay increases, with supervisors making meaningful distinctions in performance.

NSPS will be good for the organization and mission. It provides the opportunity to focus on performance, ensuring that objectives are aligned with mission. IMCOM is already seeing much greater communication between supervisors and employees. Under the NSPS pay for performance system, each employee has greater opportunity for substantial, meaningful rewards.

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 655-4816, or e-mail editor@hawaiiarmyweekly.com.

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

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

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Leaders allot \$100M for support

WILLIAM BRADNER

Family and MWR Command Public Affairs

Secretary of the Army Pete Geren and Army Chief of Staff Gen. George W. Casey Jr. have approved an additional \$100 million to expand and enhance more than 50 existing Family and Morale, Welfare and Recreation Command (FMWRC) programs and services for Soldiers and families affected by the Army's current deployment cycles.

For example, the Family Readiness Support Assistant (FRSA) program will offer relief to family readiness group (FRG) volunteer leaders by providing administrative support in maintaining phone rosters, telephone trees, scheduling activities and classes for FRG meetings, and coordinating services with other garrison agencies. This expansion will reach down to the deployable battalion level, Army wide, and will cover active, National Guard and Army Reserve units.

FRG volunteer leaders are applauding this change because it allows them to focus on providing more direct peer-to-peer support. It also improves communication among family members.

"Commanders had already identified the need for FRSA's at the unit level, and we're responding," said Brig. Gen. Belinda Pinckney, FMWRC commander. "We're not inventing anything new; we're taking something that works well and expanding it, providing a uniform level of support to Soldiers and families Army wide."

Funds are allocated to expand child care programs, reduce child care fees, increase respite care for families, extend child care hours to accommodate working spouses, provide training for school guidance per-



U.S. Army, Pacific, Public Affairs

sonnel to understand and recognize the stresses military students experience, and expand Army-sponsored, off-post child care programs for geographically dispersed families.

Garrison commanders will now have the authority to expand other Soldier and family support services as well, by increasing staffing in their Army Community Service centers, Military Family Life Consultants, and sports, fitness and recreation programs.

"The intent is to signal to everybody that we've heard you and we're listening," Casey said. "We're going to make sure we are re-sourcing family programming at the appropriate level to help our families and our Soldiers, who are under the stress of numerous

deployments."

Casey said more funds will be designated for family and Soldier support programs and services during the next five years. The FMWRC is working with garrison commanders and senior mission commanders to ensure that program enhancements and expansions are tailored to meet the needs of Soldiers and families.

"We're listening carefully to Soldiers, family members and leaders at all levels," Pinckney said. "The Army leadership is proud of the service and sacrifices of both our Soldiers and their families, and the total Army family deserves the best possible support we can deliver."

Spouse survives her first deployment

CATHERINE SOTO

Family Member

The day I started my "duty" as the spouse of a deployed Soldier, I realized that it was not just about me alone. The feelings were sort of a "group experience" for all military spouses, and we would have to "carry-out" for a year as a whole body.

Then I prayed: "With God's rules in my heart, I will walk without hesitation." I decided to take the experience constructively.

My life became a cycle of packing mail and waiting for a phone call. I observed that military spouses can be adept at administration and continuity, showing superb organizational skills. At the same time, we foster a culture of suffering in our pain silently, because we refuse to victimize our children and society.

I learned from my peers the difficult task of standing by my husband even though he is physically far away, and as the time went by, we kept holding on — thanks to the "hooah" spirit driven by the pride and patriotism that we all have in these challenging times.

My lesson to share with readers is my conviction in the hope you find empowering yourself with a goal — any type of goal. My work and persistence to achieve a graduate degree provided me with the best form of therapy. I also believe that I have made my

marriage stronger as a result of the emotional assurance my husband has provided through his daily e-mails and phone calls.

My experiences as a "military spouse" have brought out many concerns regarding our future. Military spouses are important elements of the "Army Strength," and as partners to the Soldiers, we are helping to lift our country's future with remarkable discipline.

Our creed should be, "I take control in order to allow the wheels of liberty to roll freely."

COMMENTARY

The honor to be chosen as the student speaker for my graduate commencement had a special meaning because I took the opportunity to honor my "sisters in duty." I dedicated my achievement to the latest all-for-one and one-for-all team, the supporters of true patriotism and living loyalty, the new century minority group, and the military spouses around the world.

I stated my pride in being a military wife because, despite the challenges, military spouses can achieve great things while dreaming of the future our husbands build every second of their deployment with their own hands and lives.

The TV series "Army Wives" became irrelevant in defining us out of context in a sensationalist approach. I reflected that television series are entertaining, but we need

to be careful of misleading messages. We are responsible for raising a generation of children resplendent in the image of a complete family with their hearts full of pride for the sacrifices their fathers and mothers are making, instead of sowing the seeds of social resentment.

During a time when the Army is becoming increasingly administratively streamlined, the deployment experience has taught me that we need to honestly engage social change by eliminating the unrealistic speeches about our circumstances, which have been gaining public acceptance as their only purpose. Claiming accountability from our community, military officials and political representatives will empower us to pursue a meaningful assessment of our community resources in order to promote respect and dignity.

May God bless our loved ones coming back from deployment, grant comfort to the families of our loved ones lost, and the strength to the "sisters and brothers in duty" who have their upcoming turns to say goodbye.

We are with them because we know what it takes to survive the test and come out on the other side wiser and stronger.

(Editor's Note: The author's husband is currently deployed with C Company, 325th Brigade Support Battalion.)

LIGHTNING SPIRIT

'Booty' battles point to our common need for appreciation

CHAPLAIN (LT. COL.) ROBERT L. POWERS JR.
 Southern Community Chaplain

Over the next few weeks we will celebrate the return of thousands of warriors from hostile lands. However, one of the problems encountered when warriors come home is booty battles. They can happen at home or at work, on duty or off.

Booty, among other things, is described as the rewards of battle. A classic scenario is described in the Bible in 1st Samuel 30:21.

David and his warriors have captured significant booty, and they want to defeat the enemy in detail. David divides the troops and leaves half behind, including the weak and wounded, to secure the area while the others move out to engage the enemy.

After victory is secured, the troops begin arguing over who should get the biggest

portion of the spoils. In the end, everything is divided evenly between those who pursued the enemy and those who remained behind to secure the area.

This division happens at home when husbands and wives argue over who had it hardest during deployment. It can begin with someone innocently looking for a little love and affection.

Perhaps the family member who stayed home will say something like, "You do not know how hard it was while you were gone. The kids and I all got stomach flu at the same time. Every bit of laundry was filthy, and I just could not

get anyone to help."

The service member, needing a little appreciation, will respond with something like, "You think you had it rough. We had to work twelve hours a day, seven days a week for 18 months. We had an hour brief before and an hour brief after, so it was more like fourteen hours a day. It was one hundred forty degrees in the shade, and people were shooting at us."

The discussion can go downhill fast if the family member responds with, "Oh yeah! Well, while you were sitting in an air-conditioned room playing video games and telling lies with your buddies, I was ..."

Negative thoughts, bad vibes, no love, and no affection all result from booty battles. The same type of thing can happen at work; the topics are just different subject matters.

How can we prevent these negative experiences? The answer to victory in booty battles is to give the person starting the battle what they are looking for: love and appreciation, instead of competition.

David settled the issue thousands of years ago when he divided the booty evenly between "the rear with the gear" and "the grunt out front." The fact is, those on the front and those providing stability and support in the rear are all important. They all contribute significantly to the total effort. They all need love and appreciation.

The next time someone starts telling you how bad it was, do not respond with a story of your own that is worse than theirs. Just give the person a handshake or hug, whichever is appropriate. Say, "Thanks, I appreciate everything you did to support us."

312 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a "red dot" on your wristwatch.

A division training holiday will be awarded for the next 100 consecutive days with no accidental fatalities. Current as of 9/19/07.

Voices of Lightning: What are your two favorite reality TV shows?



"Flavor of Love" and "Rock of Love" because they are so funny."

Sgt. Luznery Arias
 TAMC
 Radiology Tech



"CNN because you don't get more reality TV than that."

Larry Bennett
 Family Member



"Survivor" and "Big Brother."

Rechiead King
 Family Member



"Dancing With the Stars" and "Survivor."

Anita Macentire
 Family Member



"Survivor" and "Big Brother."

Spc. Nathan Porter
 USARPAC
 STB
 Combat Camera

25th CAB and 1-82 ARB begin redeployments

SPC. BRYANNA POULIN

25th Combat Aviation Brigade Public Affairs

TIKRIT, Iraq — The first group of 25th Combat Aviation Brigade (CAB) Soldiers have made their way back to Hawaii after being deployed for more than a year.

About 130 Soldiers from the 25th CAB and the 1-82nd Attack Reconnaissance Battalion torch party departed Contingency Operating Base Speicher, Sept. 9, for arrival to Wheeler Army Air Field, and Fort Bragg, N.C., after their 14-month deployment to Operation Iraqi Freedom.

The brigade was initially slated for a 12-month tour in Iraq, which was later extended.

The returning torch party included Soldiers with Headquarters and Headquarters Company, 3rd Bat-

talion, 25th Aviation Regiment; 2nd Battalion, 25th Aviation Regiment; 2nd Squadron, 6th Cavalry Regiment; 209th Aviation Support Battalion; and the 25th Unmanned Aerial Surveillance (UAS), which will prepare for the arrival of the rest of the brigade redeploying in the upcoming weeks.

The 25th CAB and 1-82nd ARB made a significant impact to the overall mission throughout deployment by disrupting unknown enemy activity in Multinational Division-North (MND-N). The units put lethal pressure on enemy sanctuaries with powerful air support for coalition ground forces.

The brigade has also been a significant contributor for air reconnaissance and attack scout weapons teams for insurgent activity throughout MND-N.

Latest Army Combat Shirt debuts

DEBI DAWSON

Army News Service

WASHINGTON — In response to Soldier feedback, Program Executive Officer-Soldier (PEOS) has designed the new Army Combat Shirt (ACS) to be even more breathable. The flame-resistant ACS is in development for use under body armor. It is designed to replace two layers — the Army Combat Uniform (ACU) jacket and moisture-wicking T-shirt — thus reducing bulk and heat stress.

“As providers of the world’s best equipment to the world’s best Soldiers, we collect and rely on Soldiers’ input and ideas to constantly improve all of our products,” said Brig. Gen. R. Mark Brown, PEOS. “All of our clothing and equipment is battle-proven and live-fire tested. Those labels can’t be earned in a laboratory.”

The ACS features a mock-turtleneck, long sleeves in the universal camouflage pattern, flat seams that reduce bulk and chafing, and built-in anti-abrasion elbow pads. The shirt is moisture-wicking, antimicrobial and odor-resistant.

The latest version of the shirt includes upgrades based on Soldier feedback collected since the shirt was first distributed in the spring for limited-user evaluations.

“Even though we developed the Army Combat Shirt to be lighter, more comfortable and breathable, we listened to Soldiers who tested it and said they wanted it to be even more breathable and comfortable,” said Maj. Clay Williamson, assistant product manager for clothing and individual equipment. “The fabric that made up the torso of the ACS was replaced with a fabric that provides breathability that is off the charts.”

However, to retain modesty, the original fabric was maintained in the mid-chest area. Both fabrics have a four-way stretch.



Photo Courtesy of PEO-Soldier

The new Army Combat Shirt is in development for use under body armor. The ACS is designed to be as breathable and comfortable as possible.

Another change that increased breathability was replacing the elastic cuffs designed to keep out sand with adjustable cuffs similar to ACU jacket cuffs. The cuffs can be loosened for ventilation or tightened to keep out sand and other debris. Changes were also made to the neck band.

Although the ACS was designed to be worn under the Interceptor Body Armor, test participants noted the short breaks between patrols made it impractical to change into the ACU jacket. They wanted changes to the ACS that would identify them and their unit. In response, hook and loop tape was added to the right sleeve to accommodate a name tape, rank and infrared flag. The left sleeve also sports hook and loop tape for a unit patch.

The ACS with the most recent improvements will be available in late September for follow-on user evaluations. The shirt is still a developmental garment, and further fielding will be determined by the Department of the Army.

(Editor’s Note: Debi Dawson works for the PEO-Soldier Strategic Communications Office.)



Spc. Phillip Higdon, a radio operator with C Co., 209th Aviation Support Battalion, 25th Combat Aviation Brigade, checks the timing and encryption fill data on the retransmission site’s base radios.

‘Retrans’ team bridges the gap

Story and Photos by

1ST LT. DANIEL SEM

209th Aviation Support Battalion

TIKRIT, Iraq — At a small infantry outpost somewhere near Samarra, Iraq, two Soldiers from the 209th Aviation Support Battalion, 25th Combat Aviation Brigade (CAB), sit with a radio at their retransmission site. They hear the chatter of pilots on mission, sometimes near and clear, sometimes faint.

They return radio checks to higher headquarters to verify the system is working. They adjust the antenna in the tower and fix the base transmission station when needed. And that’s it.

For months, this is all they do.

“My mission is to make sure our birds can talk to headquarters,” said Spc. Philip Higdon, a radio operator in C Company, positioned at the Forward Operating Base Brassfield-Mora retransmission site.

Radio frequency retransmission is just one of the many enormous missions covered by the tiny C Co. labor pool of more than 40 Soldiers. The only signal company within the 25th CAB, the unit’s mission affects every operation, from sending an e-mail with the next day’s meeting notes attached, to ra-

dioing from an attack helicopter for clearance to engage and kill an enemy.

The company’s commander, Capt. Edward Powell, is quick to point out the importance of retransmission operations.

“If this company doesn’t function, this brigade doesn’t function,” Powell said. “That seems ostentatious, but with all the automation we use, there’s truth to it.”

Powell said that every e-mail, phone call, radio transmission, live aerial video feed and more, all come as a result of the work his Soldiers do every day for the 25th CAB.

“We give [the 25th CAB] the capability to operate on a broader spectrum,” Powell said. “We are the backbone to that.”

Sheer complexity and continual changes on the battlefield have driven C Co. to the edge of innovation, Powell added. His unit performs missions in conditions of which the Army never planned. He said operations his company and other signal companies perform in Iraq will be the basis for Army doctrine for the next 20 years.

SEE 209th ASB, A-4



Spc. Phillip Higdon, a radio operator with C Company, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, waters one of his seedling tomato plants in a hanging pot.

209th ASB: 'Retrans' provides vital service

CONTINUED FROM A-3

Retransmission works like a bridge. Once a signal reaches a site at the end of its transmission range, it is re-sent further on to a new site, all the way back to the 25th CAB tactical operations center. Retransmission sites allow pilots to communicate by secure radio transmission to their headquarters over distances much greater than normally possible, Powell said.

"It allows pilots to go further south and further north on missions than without retrans[mission]," said 1st Sgt. Terry O'Berry, C Co., adding that retransmission Soldiers make a greater difference in the 25th CAB mission than they might think. He recounted one critical mission in support of the summer surge in Baghdad and surrounding regions.

Being in a remote location has its benefits, too, said Spc. Erwin Tolentino, the second Soldier on FOB Brassfield with Higdon.

"I like it because we have freedom from the company," Tolentino said, chuckling.

But the isolation for the signal Soldiers, who live on a base crowded with infantry and armored cavalry Soldiers, was hard to overcome at first.

Higdon said there was not much else to do on the tiny base other than hang out and make sure the retransmission equipment is functioning, so he found other activities to occupy his time, such as going to the gym, playing computer games, calling home, or refining his horticultural skills on a small crop of tomato plants he owns.

"The tomatoes are just something I can do," Higdon said, referring to the three plants he grew from tomato seeds taken out of the dining facility salad bar. "I guess I just want something to take care of."

At times, the two Soldiers have been vulnerable to mortar attacks. Tolentino, who has been at the retransmission site since November, said they used to get mortared almost every day until an infantry raid in June took down the insurgents responsible for the attacks. The mortars were fairly ineffective, though, Tolentino said.

"They are either too much in a hurry to aim," Tolentino said, "or they don't know how to."

Despite the isolation and occasional dangers, Tolentino and Higdon, along with their fellow C Co. retransmission Soldiers spread across northern Iraq, quietly and anonymously supported the hundreds of pilots that relied on them throughout their deployment.

Though their names may never be known to those they've helped, the impact of their routine mission has made a crucial difference in the victory of the 25th CAB in northern Iraq.

Soldier's son sends school supplies to Iraqi children in Tikrit

Story and Photo By
SPC. DANIEL BEARL
Task Force Lightning Public Affairs

TIKRIT, Iraq — Back-to-school sales have become an annual event in the United States and a source of both excitement and anticipation for the new school year to come. But for one 11-year-old boy in Smithsburg, Md., back-to-school sales presented an opportunity to help other children half a world away.

The boy's vision came to life as boxes of school supplies found their way into the eager arms of Iraqi schoolchildren near Tikrit, Sept. 4.

Nathaniel Laye, the son of Sgt. 1st Class Christopher Laye, who is currently deployed to Iraq, seized on the back-to-school spirit by organizing the collection and delivery of more than 100 pounds of school supplies to Iraqi schoolchildren.

"When I heard of the back-to-school sale for supplies, I thought it would be nice to get our church to help buy supplies for the Iraqi children," Nathaniel said in an e-mail interview.

Nathaniel's father, the operations noncommissioned officer with the 25th Infantry Division Provost Marshal Office, is currently serving near Tikrit and provided the connection Nathaniel needed to get his supplies to their destination.

"I call my son every Sunday," Laye said. "He had told my mom that he wanted to send some school supplies over. I said, 'Yeah, send them over, and I'll make sure they get out.'"

To help gather the supplies,

Nathaniel enlisted the aid of the members of his church, Emmanuel Chapel in Smithsburg. Once the supplies were collected, Nathaniel packed them into boxes himself, and, with the help of his grandmother, took them to the post office to be shipped to his father.

Nathaniel wanted to send the school supplies because he knew there were children in Iraq who did not have access to enough school supplies and that his father would be able to distribute the supplies, Nathaniel said.

And while he said carrying the boxes to the post office was hard, he enjoyed packing all the supplies, knowing that the children in Iraq could use them.

Nathaniel's plan blossomed when schoolchildren from a small school outside Tikrit crowded around the back of a small, white pickup truck eagerly taking handfuls of notebooks, crayons and other school supplies from Nathaniel's father.

"It makes you feel proud as a father," Laye said, "because you're over here and your son decides he wants to help out in any way he can. Everything that any child can do helps out. Can you imagine if one thousand kids across the country each put together one hundred pounds of school supplies and had it delivered to Iraqi children?"

As for Nathaniel and his father, they have plans of their own when Laye returns from Iraq.

"When I get back, he and I are planning on going hunting together and probably ride my motorcycle together," Laye said.



Sgt. 1st Class Christopher Laye, Provost Marshal operations noncommissioned officer for Task Force Lightning, hands out school supplies to an Iraqi child at a school near Tikrit, Iraq, Sept. 4. Laye's 11-year-old son, Nathaniel, organized the collection and shipment of more than 100 pounds of supplies for schoolchildren.

OIF

News Briefs

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

26 / Wednesday

SAMC Selection Board – The Sergeant Audie Murphy Club (SAMC) selection board will be held Wednesday, Sept. 26, at 9:30 a.m. in the 84th Engineer Battalion Conference Room, Building 867, Schofield Barracks. Selection boards convene every quarter and test the leadership qualities of nominated noncommissioned officers. For information regarding the SAMC and its mission, call 438-2843 or 655-8658.

27 / Thursday

Change of Command – The 45th Special Troops Battalion will host a change of command ceremony at Schofield Barracks' Sills Field, Thursday, Sept. 27, at 10 a.m.

Hail and Farewell – All current Garrison employees are cordially invited to a Hail and Farewell gathering, Thursday, Sept. 27, 4:30 p.m., at Schofield's Nehelani Club, to

bid aloha to newly arriving and departing employees.

Heavy pupus will be served. Cost is \$15. R.S.V.P by Sept. 21 through the following directorate points of contact:

- Garrison (including OBSB, PTA, 1101st GSU, Chaplain, Safety, DPTM, EEO, IRO, PAO, Trans. Office and CPAC), Ruby Batalona, 656-0616;
- DES, Marilyn Galima, 655-6654;
- DMWR, Cynthia Mercado-Mack, 656-0037;
- DOIM, Helene Chung, 656-9321;
- DOL, Coralie Kobuke, 656-2402;
- DPW, Patricia Amatul-Majeed, 656-1289;
- DRM, Billie Oliveira, 656-5571.

28 / Friday

Prayer Breakfast – Start the day out right at the Prayer Breakfast, Friday, Sept. 28, from 7–8:30 a.m. at the schofield Barracks Nehelani.

The purpose of this prayer breakfast is to thank rear detachment Soldiers for their support to units and warriors downrange throughout deployment.

Rear detachment members may obtain free tickets from their brigade chaplains. Also, following the breakfast, local pastors from the community will host a seminar about common redeployment issues, such as post traumatic stress disorder, brain trauma and family dynamics during reunions. Call Chaplain (Maj.) Dave Shoffner at 655-0739 for more details.

October

2 / Tuesday

Troops to Teachers – Soldiers seeking careers in public education may attend a Troops to Teachers briefing any first Tuesday of the month at the Education Center, Building 560, Room 221, from 11:30 a.m.–1 p.m. Mark your calendar for the following dates, too: Nov. 6 and Dec. 4.

Advisory Meeting – The Schofield Barracks Post Exchange/Commissary/Nehelani Advisory Council will meet Tuesday, Oct. 2, from 10:15-11:15 a.m., at the Small Post Conference Room, Schofield Barracks. The bimonthly forum provides an opportunity for patrons to share their ideas with representatives from these facilities. Call Melvin Wright, 655-0497, for more details.

SAMC – The Sergeant Audie Murphy Club's monthly general membership meeting will convene Oct. 2, at noon, at the Schofield Barracks Tropics.

The meeting is open to the public, and all available members are asked to attend. Call 438-2843 or 655-8658 for more information.

6 / Saturday

Retiree Appreciation Day – The annual Retiree Appreciation Day program will be held Saturday, Oct. 6, at Fort Shafter's Hale Ikena. The program begins at 9 a.m., but guests may arrive as early as 8 a.m. to speak with representatives of military associations, federal and state agencies, and to obtain medical screenings.

An advance payment of \$15 per person is requested for guests ordering lunch. For more information, call the Schofield Barracks Retirement Services Office at 655-1514 or 655-1585.

11 / Thursday

Hispanic Heritage Month – Celebrate Hispanic Heritage Month, Thursday, Oct. 11, from 11:30 a.m.–1 p.m. at the Schofield Barracks Nehelani Banquet and Conference Center. Call Master Sgt. Damian Miller, 655-1603, for details.

13 / Saturday

SSA Closure – The Supply Support Activity will be closed Oct. 13–21 for physical inventory. Normal operations will resume Monday, Oct. 22.

For emergency services during this period, call Alfred Chugen, 656-0744, or Sam Sapatu, 656-2277.

Specialist vies for top honors

Maui Soldier is one of 26 Army finalists in "Best Warrior" competition at Fort Lee

OFFICE OF THE CHIEF OF PUBLIC AFFAIRS

News Release

FORT LEE, Va – The Army Medical Command (MEDCOM) named Spc. Steven Rovelstad a its "Soldier of the Year," qualifying the 21-year-old for the Army's annual Best Warrior Competition.

Thirteen U.S. Army commands will be represented at the weeklong, Army-wide competition, Oct. 1–5 here, which names the Army's Soldier and NCO of the

Year. Only 13 Soldiers, ranked specialist and below, and 13 noncommissioned officers, ranked sergeant and above, will get the chance to compete.

Contenders for the highly coveted title will face intense interview panels, weapons proficiency tests, and scenarios that simulate actual situations on the ground in Iraq and Afghanistan.

"To be the Best Warrior means representing the Army with pride and maintaining my proficiency in any task," Rovelstad said. "Representing my command means a lot, and I am doing this [competing] for all those who cannot be here due to deployment, injury or hardships."



Rovelstad

25th CAB: Families reunite after 14 months apart

CONTINUED FROM A-1

With that statement, Soldiers and loved ones rushed throughout the hangar, showering each other with kisses, hugs and tears.

"I feel so relieved to finally be home," said Spc. Corey Truett, a Black Hawk helicopter repairer with E Company, 2nd Battalion, 25th Aviation Regiment. "The stress is finally gone. It was great to come home and play with my baby and hang out with my wife."

For Truett's wife, Lorien, the stress of being home with their daughter without her husband was equally as hard.

"(Being away from him) was indescribable," she said. "It was the worst trial of my life, and I'm only twenty-three. But watching him play with our daughter is the best thing now that he's back."

Command Sgt. Maj. Joseph P. Zettlemoyer, U.S. Army Pacific command sergeant major, believes it's an important part of his mission to personally greet as many returning Soldiers as he can.

"The Soldiers expect to be welcomed home by their local unit, families and rear detachment," he said, "but it's important for them to know that at every level of our leadership, we are very proud of what they do. The president said recently that our Soldiers are performing brilliantly, and so it seems the least I could do is just go out and say welcome back."

The deployment was the 25th CAB's second rotation in support of the global war on terrorism. In 2004, the brigade's Soldiers deployed for a year to Iraq and Afghanistan.



Spc. Nathan Porter | U.S. Army, Pacific, Public Affairs

Spc. Corey Truett, E Company, 2-25th Aviation Regt., greets his wife Lorien and daughter Reese, 1, during a redeployment ceremony at Wheeler Army Air Field, Sept. 12. The 25th Combat Aviation Brigade deployed approximately 2,400 Soldiers to Iraq to conduct aviation combat, combat support and combat service support missions.

Bonus: Incentives retain experienced, company-grade officers

CONTINUED FROM A-1

"The incentives are aimed at retaining the incredible experience resident in the Army's company-grade officers," said Col. Paul Aswell, officer division chief in the Directorate of Military Personnel Management, Army G-1. "This program recognizes how important their skills are as the Army strives to fill increased requirements in key grades and branches."

Requirements for captains and majors have increased by nearly 6,000 since 2004, but the officer shortage is not the result of higher attrition, according to Aswell.

In fact, company-grade officer retention now is at virtually the same level it was before Sept. 11, 2001. He explained that the Army is growing to increase capabilities and reduce long-term stress, and needs more mid-grade officers.

"It takes the Army ten years to 'grow' a major," Aswell said. "To 'grow' the active officer force, we must keep officers who in the past have left active service."

An earlier version of the plan, unveiled in May, was reviewed by senior leaders. The final plan increases the

number of officers eligible for the bonus (up from 7,000), and includes a higher basic bonus (up from \$20,000) and

"It takes the Army ten years to 'grow' a major ... we must keep officers who in the past have left active service."

Col. Paul Aswell

Directorate of Military Personnel Management

targeted higher amounts for officers in critical branches.

The bonus is available to captains with dates of rank of April 1, 2002, or later, based on the original accession branches listed below:

- The basic \$25,000 bonus is available to officers who were originally commissioned in air defense, engineer, finance, signal, quartermaster, nurse corps and select medical service medical functional areas.

- Officers commissioned in adjutant general, armor, chemical, military police and ordnance are eligible for a \$30,000 critical skills-retention bonus.

- Officers commissioned in aviation, transportation, infantry, field artillery, and military intelligence are eligible for a \$35,000 Critical Skills Retention Bonus.

Aswell said he is confident that the new incentives will increase active duty, company-grade officer-retention rates to historic levels.

"We've done a number of studies, including a very specific study on the value of a bonus to active duty officers," he said. "We're confident that the incentives we're offering will make a difference to those junior officers we really want to keep on active duty."

"Many of us have helped enlisted Soldiers sign up for enormous bonuses to re-enlist and have also seen friends enter the civilian sector for even higher 'sign-on' bonuses," Adams added, "so the program resolves at least some equity issues and is a nice award for those who have decided to continue their service."

(Editor's Note: Information gathered from Army News Service.)

Suicide: Help is just a call away

CONTINUED FROM A-1

'Is Path Warm' Mnemonic

- Ideation – thoughts about committing suicide
- Substance abuse – increased alcohol or drug use
- Purpose – lacking a sense of purpose in life
- Anxiety – feeling agitated, being unable to sleep, or sleeping all the time
- Trapped – feeling like there's no way out
- Hopelessness
- Withdrawing from friends, family and society
- Anger – experiencing major anger or seeking revenge
- Reckless – engaging in risky activities, seemingly without thinking
- Mood – if mood changes are observed, seek help as soon as possible by contacting a mental health professional

If you recognize these warning signs:

1) Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly, for example: Are you thinking of killing yourself?

2) Care for your buddy

- Remove any means that could be used for self-injury.
- Calmly control the situation; do not use force.
- Actively listen to produce relief.

3) Escort your buddy

- Never leave your buddy alone.
- Escort him or her to a member of the chain of command, a chaplain or a behavioral health professional.

Course teaches hunters safety, ethics

Story and Photos by
MOLLY HAYDEN
Staff Writer

HONOLULU — Hawaii is not necessarily known to many as a popular hunting destination, but its comfortable climate and lush, mountainous habitats are a hunter's delight.

Recently, more than 40 aspiring hunters gathered at the Hunter Education office, here, to obtain information from a free lecture and training.

Offered by the Hawaii Department of Land & Natural Resources, the Hunter Education Course equips newly minted and veteran hunters with information on wildlife identification and conservation, firearms and archery safety, survival, first aid, and game care.

All hunting in Hawaii, including hunting on private and military property, requires a license. Hunters may obtain a license by attending the Hunter Education Course or by showing a letter of exemption, which applies to those with out-of-state hunter education cards or those who received their Hawaii hunting license before the course became mandatory.

Origins

In the interest of curbing hunting-related accidents, hunter safety classes were developed in the late 1940s on the mainland. New York became the first state to pass a law requiring hunter safety training. Other states developed similar programs — some voluntary, others mandatory.

During the 1970s, the scope of hunter safety was broadened to include a variety of aspects besides safety, such as hunter ethics and responsibility.

Hawaii's program began in 1978 as a voluntary course. July 1, 1990, the Hunter Education Course became mandatory for individuals born after Dec. 31, 1971, or those born before that date without proof of having hunted in Hawaii.

"Our goal is to create conservation-minded users of the outdoors," said Orlando Oxiles, conservation director program specialist, about the need to educate the public.

The Course

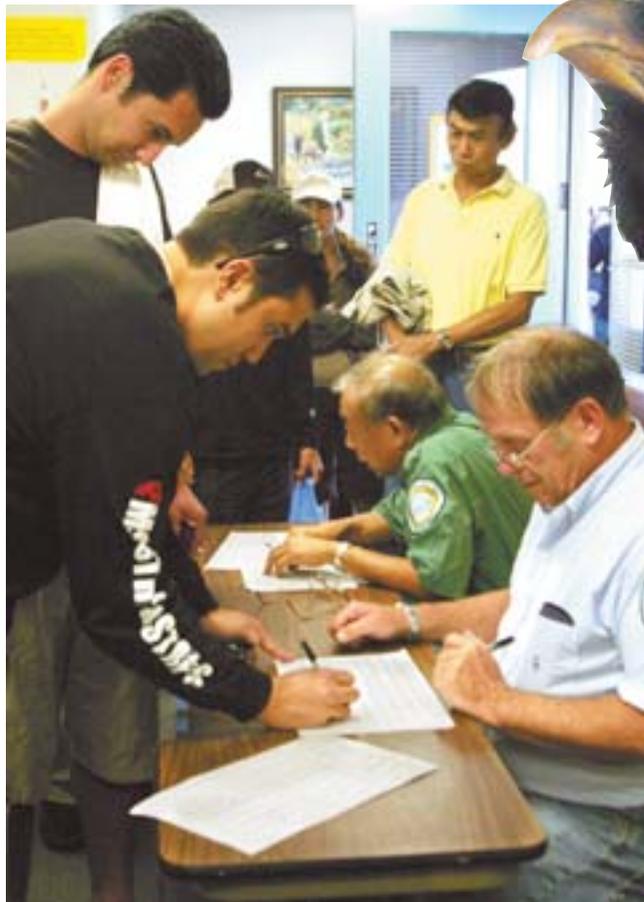
The basic course is a minimum of 12 hours. It is open to anyone 10 years and older, and students must attend all course segments before taking the 100-question exam.

A passing score of 75 percent will net the hunter a certificate, wallet card, window decal and patch.

Master instructor and volunteer Gil Frank, who has instructed hunters in Hawaii for more than 30 years, facilitated a recent class.

"I do this to give back," said Frank. "I want to instill the knowledge of the land that was taught to me years ago."

Frank's class begins with an introductory film on the debate of hunting.



Master instructor Gil Frank, right, and senior instructor Phil Kam register aspiring hunters for the Hunters Education Course. The course touched on safety, conservation and lawful means of hunting in Hawaii.

The informative film shows the advantages and disadvantages of hunting and touches on the subject of morality.

Senior instructor and volunteer Phil Kam continues with a discussion on the ethics of hunting.

"Hunting is a privilege," said Kam. "Hunters are responsible for much of the conservation of the land."

Instructors then provide information on conservation and wildlife identification.

The following day, instructors demonstrate archery and firearm safety, along with first aid, survival methods and game care.

Veteran hunter Stephen Wright accompanied his 13-year-old nephew Ryan Anson to a recent class.

"I want him to understand the ethics of hunting," said Wright. "This is information he may not get elsewhere."

For Anson, this class is one step closer for him to learn a sport that has been in his family for many years.

"I want to get out in the field and hunt to bring home food for my family," Anson said, "just like my ancestors did."

The Department of Land & Natural Resources will host the 35th annual National Hunting & Fishing Day, Sept. 22-23, from 10 a.m.-5 p.m., at the Kokohead public shooting range.



Interested parties obtained a plethora of information and packets at the Hunter Education Course. All would-be hunters must obtain a license by taking this course or showing a letter of exemption to hunt in the state of Hawaii.

The Japanese Green Pheasant is a popular bird to hunt in Hawaii. The pheasant was introduced to the islands in the early 1900s.



What: Hunter Education Course

Who: Anyone 10 years & older, with picture ID.

When: Fridays, 5:45-10 p.m., & Saturdays, 7:45 a.m.-4 p.m. Next courses are Oct. 12-13 and Oct. 19-20.

When: Visit www.state.hi.us/dlnr/IdxHunting.htm for upcoming dates.

For more information, call 587-0200.

Get down and dirty for Hawaii's aina

MOLLY HAYDEN
Staff Writer

HONOLULU — The Corps of Engineers invites everybody to participate in 14th annual National Public Lands Day, Saturday, Sept. 29, the nation's largest hands-on volunteer effort to improve and enhance the public lands many Americans enjoy every day.

On Oahu, volunteers are needed to assist with clean ups at federal land management agencies, state parks and playgrounds in local neighborhoods.

"This is an opportunity to participate in giving our public land a fresh look," said Park Ranger Garland Ireland, U.S. Army Corps of Engineers.

According to the U.S. Department of Agriculture, one third of America's land is in public hands, and may be used for everything from recreation and relaxing to logging and mining for natural resources. Each year, National Public Lands Day is a chance for Americans to take ownership of these lands, which are constantly threatened by human causes, such as pollutants, and natural causes, like disasters and erosion.

In 2006, about 100,000 nationwide volunteers built trails and bridges, planted trees, and removed trash and invasive plants.

"This land belongs to the people," said Park Ranger Michael T. Carroll, U.S. Army Corps of Engineers. "National Public Lands Day is a way for everyone in the community to give back and help preserve recreational areas they use every day."

The Pacific Regional Visitor Center, located at the historic Fort DeRussy Armed Forces Recreation Center, will conduct a berm clean up of Battery Randolph, including the removal of weeds and invasive plants. The group will also clean up trash along Waikiki's beaches.

Coordinators will provide gloves, trash bags and water to volunteers; validated parking will be available at the

Hale Koa parking lot.

Throughout the day, park rangers will be on duty for tours of the Pacific Regional Visitor Center. They will explain steps that the U.S. Army Corps of Engineers is taking to protect and improve public lands in the Pacific.

"It is important for volunteers to help preserve our lands," said Carroll, "not only for today, but also so future generations can enjoy."



What: National Public Lands Day

When: Saturday, Sept. 29, 8-10 a.m.

Where: Pacific Regional Visitor Center, Fort DeRussy Armed Forces Recreation Center

For more information, contact Park Ranger Garland Ireland at 438-2815, or visit www.publiclandsday.org.



Parker Ranger Michael T. Carroll removes trash from Fort DeRussy Armed Forces Recreation Center with the help of a volunteer last year. National Public Lands Day is a yearly chance for Americans to take ownership of public land and help preserve recreational areas.

Courtesy Photo



24 / Monday

8th Birthday Celebration – Hale Ikena, Mulligan's and the Walter J. Nagorski Golf Course are celebrating their eighth birthdays and welcome the community to participate in festivities all week. Call 438-1974 for more details.

Pick up free tickets (in advance) for these events at the Fort Shafter Hale Ikena:

- Sept. 24-27, feast at the \$5 lunch buffet. (Regular price is \$8.95.)
- Sept. 27, 5-7 p.m., enjoy heavy pupus, live entertainment and give-a-ways.
- Sept. 28, 11 a.m.-1 p.m., enjoy the cuisine of the islands at the Hawaiian lunch buffet. Cost is \$9.95 and large groups are welcome.

25 / Tuesday

Pre-School Story Times – Parents may bring their keiki to enjoy adventures Tuesdays, at 10 a.m., at the Fort Shafter library, and Wednesdays, 10 a.m., at Schofield Barracks' Sgt. Yano library. Call 655-8002.

27 / Thursday

Idol Singing Contest – The Tropics at Schofield Barracks is hosting the annual idol singing contest. Auditions are scheduled Sept. 27 and Oct. 4 & 11, 6-10 p.m.

The first place winner will receive \$500; second place, \$250; and third place, \$100. Plus, the contest winner's unit will receive \$500 in unit funds.

The audience will have an opportunity to win cool prizes, too. Applications are available at the Tropics. Call 655-5698.

28 / Friday

No Kidding Hearts Towards Home Workshop – This workshop, scheduled for 1-4 p.m. at Army Community Service, Schofield Barracks, will help prepare families for upcoming homecomings. For adults only, the event will be followed by a social hour at KoleKole Bar & Grill, Schofield Barracks.

Topics will include identifying the signs and symptoms of post-traumatic stress disorder, preparing your children, and providing self-care. Call 655-0111 or e-mail nicole.meares@us.army.mil for more details.

30 / Sunday

Joy Luck Club – Richardson Theatre, Fort Shafter, presents this performance at 4

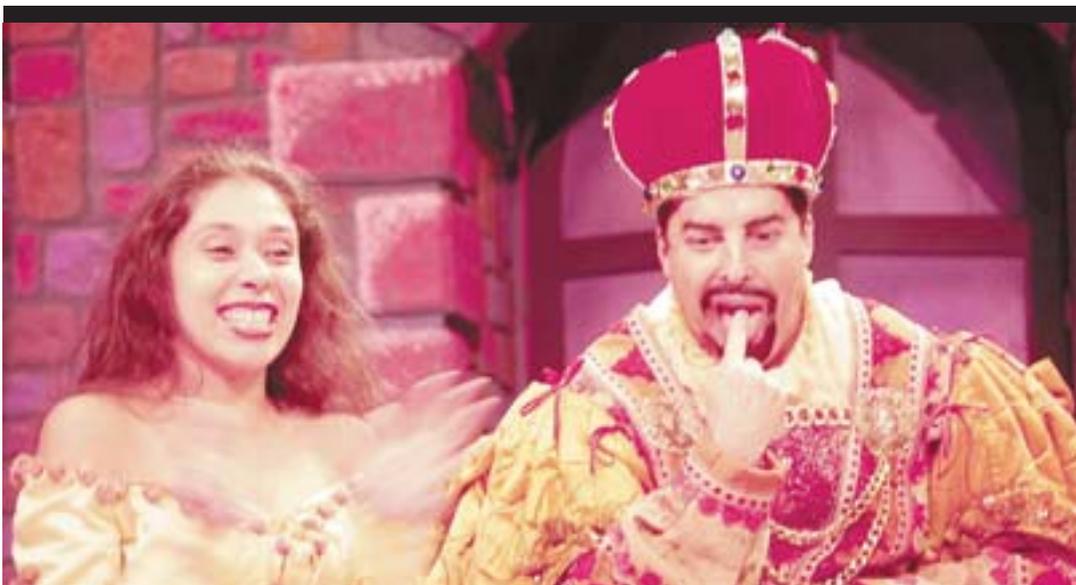


Photo by Tina Wary

Two of a kind

"Once Upon A Mattress," a musical retelling of "The Princess and the Pea," plays at Richardson Theatre, Fort Shafter, today and Saturday at 7:30 p.m. Above, Renee Garcia Hartenstein performs as Princess Winifred opposite Lenny Klompus as King Sextimus.

p.m., which will take the audience on a journey from pre-World War II China to modern-day United States through the lives of four mothers and their Western daughters.

A question and answer session will follow. Call the box office at 438-4480 or visit www.mwrarmyhawaii.com to reserve your seat.

Participants may also register for one day of their choice, at a cost of \$20.

Registration is limited to 300 attendees. Register online at www.jschawaii.com or pick up registration forms at all military exchanges, commissaries, family support centers, thrift shops, fitness centers and chapels. Call 843-0674 for more details.

11 have the opportunity to learn leadership and public speaking while representing Fort Shafter, Tripler and Aliamanu Military Reservation in monthly teleconference and video teleconference (VTC) calls with other teen panels in the Pacific, such as Japan, Alaska and Kwajalein.

Teens are encouraged to volunteer at least eight hours to the program, prepare and conduct briefings, and maintain good grades in school.

Teens must be registered at CYS. Call 833-0920.

October

6 / Saturday

13th Annual Joint Spouses' Conference – The deadline to register for this conference, which provides a forum for spouses of active duty, reserve and retired military members to uplift, motivate, educate and strengthen spouses in their challenging roles as parents, professionals and community leaders through a variety of workshops, is Oct. 6.

The conference is scheduled Oct. 19 & 20 at the Officers' Club, Hickam Air Force Base. It will offer more than 50 workshops, featuring diverse topics such as resumes, paddling, hula, entertaining, home decor and much more.

The cost of this two-day conference is \$30, which includes breakfast and lunch, a conference tote bag of goodies and more.

Ongoing

Fort Shafter Teen Center – The Teen Center has something for everyone. It's where teens can meet new friends, participate in club activities and learn about employment programs and leadership opportunities.

Teens can also access the Internet; play video games, ping pong and foosball; listen to music; watch television; or enjoy snacks.

The Teen Center is open Monday-Friday, 2-6 p.m., and Wednesdays, 1-6 p.m. Some Friday nights and weekends, extended hours apply for special events.

The Fort Shafter Teen Center is located across the street from the Richardson Theatre parking lot, Building 505, Bonney Loop. Call the manager at 438-6470.

Pacific Teen Panel – Teens in grades 9-

4H & Boys and Girls Clubs – The AMR Teen Center has a variety of social and leisure recreation activities through local Boys & Girls Clubs and 4H (Health, Head, Hands, Heart) Clubs, including cooking, digital festivals, fine arts exhibits and photography contests.

The Teen Center also offers Torch (Middle School Teen Council) and Keystone Clubs (High School Teen Council). Call 833-0920.

Little Ninja Classes – Parents or guardians, bring your 3-5-year-olds to Child and Youth Services so they can learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence. Call SKIES at 655-9818.

must be empty and clean, and milk or dairy product containers are prohibited by law.

"Lost" Symphony – Experience the epic musical score of the hit ABC television series "Lost" as an award-winning American composer brings this original music to the Honolulu Symphony, Sept. 22, 7:30 p.m., at the Waikiki Shell.

Tickets start from \$36; 20-percent discounts are available for military, seniors and students with ID. Call the Box Office at 792-2000 or visit www.honolulusymphony.com.

Pearlridge Center – The mall showcases the 2007 Aloha Festivals theme, "Ke Kahua Lani o Hawaii – Hawaii's Beloved Royal Playgrounds" in its 4th Annual Keiki Hoolaulea Saturday, Sept. 22, 10 a.m.-3 p.m. in the Uptown and Downtown Center Courts. This family event will feature island musical entertainment, hands-on activities, games, and many special guests.

Families can participate in the Keiki Hoolaulea for free with an Aloha Festivals ribbon or a keiki button, available for purchase during the event. The ribbon/button entitles holders to receive discounts from participating merchants. For more details, call 349-8221.

23 / Sunday

Aloha Tower Marketplace – Hawaii's Miss Beauty Pageant will take place at Center Atrium, Sept. 23, 2-5 p.m., for young ladies of all ages. No pageant or modeling experience is necessary, and every contestant goes home a winner.

Participants will receive lessons in poise, walking, speech and etiquette. Call 384-7659 for more details.

25 / Tuesday

Women's Leadership Conference – Gov. Linda Lingle will host the 4th annual conference, "Inspiring Today for Tomorrow," Sept. 25 at the Sheraton Waikiki. Online registration for conference attendees and sponsors is now available at www.iwlchi.org.

This year's conference will feature celebrated women leaders from Indonesia, Afghanistan and the U.S. who are unparalleled in their achievements in various fields. The public is encouraged to attend. Costs are \$150 for government or military

employees, \$195 per person and \$99 for students. The fee includes continental breakfast and lunch.

29 / Saturday

Pearlridge Center – The Hawaiian Electric Live Energy Lite Fair is scheduled Sept. 29, 10 a.m.-3 p.m., Uptown Center Court. Enjoy musical entertainment, interactive exhibits, games and prizes for the entire family while learning energy conservation and environmental awareness.

30 / Sunday

VA Loan Seminar – All active duty, reserve, prior service and retired military personnel are invited to attend a free VA loan seminar at the Mililani YMCA, Sept. 30, 2-4:30 p.m. Participants will learn about VA loans and how to build wealth through real estate.

Register at valoanshawaii.com or call Tony Dias, residential loan officer with Colorado Federal Savings Bank-Kapolei, at 306-9117.

October

1 / Monday

Ala Moana Centerstage – Entertainment abounds at the mall in October, including "The Spectaculars," Oct. 1 at noon; "Sunshine Generation," Oct. 6 at 4 p.m.; Keiki Hula, Oct. 7, 14, 21 & 28 at 10 a.m.; and "Trick or Treat," Oct. 31 5-7 p.m. Visit www.alamoanacenter.com/centerentertainment.htm for more details.

2 / Tuesday

Advisory Meeting – The next Schofield Barracks PX/Commissary/Nehelani Advisory Council Meeting is scheduled Tuesday, Oct. 2 from 10:15-11:15 a.m. at the Small Post Conference Room, Schofield Barracks. This bimonthly forum of representatives allows the council and patrons to exchange ideas and information. Call Melvin Wright, deputy community director, Oahu North Office, at 655-0497 for more details.

3 / Wednesday

Mah Jong Introduction – Sgt. Yano Library, Schofield Barracks, presents an introduction to mah jong, Oct. 3 at 5:30 p.m. Mah jong is a game played with tiles resembling dominoes that bear various designs that are drawn and discarded until one

player wins with a hand of four combinations. Seating is limited. For more information or to register, call 655-8002.

5 / Friday

Cooking Demonstration – Sgt. Yano Library, Schofield Barracks, presents a Chinese cooking demonstration Oct. 11 at 5:30 p.m. Seating is limited; call 655-8002 to register.

6 / Saturday

Retiree Appreciation Day – U.S. Army Garrison, Hawaii's annual Retiree Appreciation Day is scheduled for Saturday, Oct. 6, at the Hale Ikena, Building 711, Morton Drive, Fort Shafter (next to the Nagorski Golf Course). The program begins at 9 a.m., but guests may arrive at 8 a.m. to speak with representatives of military associations, federal and state agencies, and obtain medical screenings. The formal program ends at 11:45 a.m., lunch at 1 p.m.

All retired Soldiers and spouses or widow(er)s of retirees should make plans to attend, as the event, conducted by the U.S. Army Retiree Council, Hawaii, keeps retirees informed about their benefits and privileges, and provides them an update about new programs. Representatives from Tripler Army Medical Center; the Directorate of Morale, Welfare and Recreation; and the National Cemetery of the Pacific-Punchbowl, among others, will provide presentations.

The buffet luncheon will follow the program; cost is \$15 through Sept. 27. Registration is required. Call 655-1514 or 655-1585.

Ongoing

Marriage Enrichment Seminar – Bring your significant other to a Marriage Enrichment Seminar and learn the keys to building a strong, satisfying and lasting marriage.

This seminar runs every third Wednesday of the month, 9 a.m.-4 p.m., at the Wheeler Army Air Field Chapel. It's designed for engaged couples, but all couples are invited to enhance their communication, manage conflict and learn secrets to a more satisfying relationship. Call 656-4481.

A free lunch will be provided and child care is available. Call Staff Sgt. Parker at 656-4481, or e-mail latonia.parker@us.army.mil, for more details.



Aliamanu (AMR) Chapel, 836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Education (Sept.-May only)
- Gospel Sunday, 11 a.m. – Sunday School (Sept.-June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel, 836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service

Fort Shafter Chapel, 836-4599

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

Helemano (HMR) Chapel

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

Main Post Chapel, 655-9307

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

MPC Annex, Building 791

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

Soldiers Chapel

- Catholic Friday-Saturday, 12 p.m. – Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. – Worship Service

Tripler AMC Chapel, 433-5727

- Catholic Sunday, 11 a.m. – Mass Monday – Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship Service

Wheeler Chapel

- Catholic Saturday, 5 p.m. – Mass Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Service
- Gospel Sunday, 12 p.m. – Worship Service

Community Calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

21 / Today

Richardson Theatre – Army Community Theatre at Fort Shafter presents the following in September:

- Sept. 21 & 22, 7:30 p.m., "Once Upon A Mattress," a musical retelling of "The Princess and the Pea." Tickets are \$12-20 with discounts for children at the ACT Box Office, 438-4480 or www.armytheatre.com.
- Sept. 23, 2 p.m., Readers Theatre with "The Three Sisters" by Chekov. Admission is free.

Aloha Festivals – This statewide festival opens today and features a parade and hoolaulea (block party) on each island. On Oahu, activities run through Sept. 28. For the most current schedule of events, visit www.alohafestivals.com.

To purchase an Aloha Festivals ribbon (\$5) and receive the official 2007 program guide, call 589-1771.

Waikiki Hoolaulea – Celebrate Aloha Week at Waikiki's 55th annual hoolaulea on Kalakaua Avenue, Friday, Sept. 21, 7-10:30 p.m. Get more details at www.alohafestivals.com or call 589-1771.

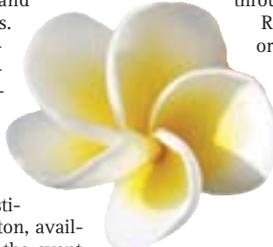
Dolphin Tours – September is the month to view new dolphin families in the wild as they travel together in abundance and celebrate the calm oceans and warm tropical fall air. Get prime viewing at the Waianae Boat Harbor, Slip A11, through Sept. 30, daily from 7-11 a.m.

Cost is \$95, with 15 percent discounts for kamaaina and military, weekends, and 50 percent savings for one child admission with one paying adult at regular price.

This package includes continental breakfast, snacks and drinks. Visit www.sail-hawaii.com for more details.

22 / Saturday

HI-5 Recycling – Residents may redeem their recyclable aluminum/metal cans, plastic, and glass containers any Saturday from 10 a.m.-4 p.m. (or any Tuesday from 9 a.m.-1 p.m.) at the parking lot of the Schofield Barracks commissary. Containers



This Week at the MOVIES Sgt. Smith Theater



Daddy Day Camp

(PG)
Friday, 7 p.m.
Sunday, 2 p.m.



Bratz

(PG-13)
Saturday, 2 p.m.
Thursday, 7 p.m.



The Simpsons Movie

(PG-13)
Saturday, 7 p.m.
Wednesday, 7 p.m.

Books, families and fun reign at Hale Kula's Book Fair

Story and Photo by
MICHELLE COLTE
Hale Kula Elementary School Librarian

SCHOFIELD BARRACKS – Families and students beat the September heat with some “cool” books during the Scholastic Book Fair Blizzard, Sept.7-14 at Hale Kula Elementary School here.

Families shopped for books for their home libraries and for their children’s classrooms. Hale Kula families generously purchased and donated more than 204 books to the classroom libraries through the Classroom Wish List program.

Clifford the Big Red Dog came to school, Sept.11, to eat breakfast with and pose for photos with families. Two days later, families enjoyed an afternoon of activities: making ice cream in a bag with the Hale Kula Parent-Teacher Association, throwing snowballs, doing science experiments, making instant snow, and creating a pipe cleaner penguin. Both events drew more than 450 people.



Kindergartners Alexandria DeCosta and Clay Gilman display their winning snowmen and the "Blizzard Bucks" they won to spend at the Book Fair held at Hale Kula Elementary School, Schofield Barracks, Sept. 13.

The Schofield community also helped make the Book Fair Blizzard a success. Burger King donated ice for a science experiment at the Blizzard family event.

Maj. Kaci Cole, Special Troops Battalion rear detachment commander, his Soldiers, and 2nd Battalion, 11th Field Artillery Soldiers, volunteered at Breakfast with Clifford.

The commissary loaned three giant polar bears and more than 40 penguins to Hale Kula as decorations. These stuffed animals frolicked on a waterfall, greeted families as they entered the fair and served as polar mascots.

Snowflakes glistened from the ceiling and snowmen of various shapes and sizes, created by Hale Kula students, peered out from bookshelves and tables.

More than 80 students built snowmen for the “Build a Snowman” contest. Students enlisted help from family members and used common household materials to create their snowmen. Soldiers from the 25th Infantry Division, under the leadership of Capt. David Clark, Headquarters and Headquarters Com-

pany rear detachment commander, judged snowmen on the use of materials, creative construction, background research and overall quality.

Judges expressed surprise at the clever ideas and unique snowmen students submitted.

Second grader Talley Sugg created an astronaut snowman who sat atop a moon rock, a lava rock from her yard. First grader Will Jeans stuck an ABC store bag in the hand of his sun-burnt “Hawaiian tourist snowman.”

The military inspired snowmen were the most popular with the Soldiers. Third grader Andrew McCaffrey’s snowman sported desert fatigues and stood guard in a tent (on loan from G.I. Joe).

All students who entered the contest received a free book from the fair, and first place winners in each grade level also received a gift certificate to spend at the book fair.

Although the Book Fair Blizzard has blown past, parents and children should start revving their engines. February’s fair will be a Reading Road Trip.

AAFES delivers generous savings to retirees who ‘still serve’

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS – Retirement has its benefits for former Soldiers and airmen who shop their exchange during the Army & Air Force Exchange Service’s (AAFES) annual “Still Serving” weekend, Sept. 28-30. This year, AAFES is inviting more than 1.5 million retirees to visit base and post exchanges (BXs and PXs) for special savings, prizes and events.

Invitations, in the form of a 24-page mailer, are already hitting military retirees’ mailboxes. Overflowing with select offers and coupons, as well as an op-

portunity to win one of more than a dozen prizes, the 2007 “Still Serving” mailer is twice the size of last year’s 12-page edition. Inside, military retirees will find exclusive savings on gas, coffee, jewelry, electronics, footwear, eyewear, flowers, hardware, clothing and even a new set of tires.

Still Serving savings aren’t limited to local “brick and mortar” exchanges. In fact, the exchange online store and catalog offers have been incorporated into nearly half of the 2007 Still Serving booklet.

While AAFES offers year-round savings for retirees, PXs and BXs throughout the continental U.S., Alas-

ka, Hawaii, Puerto Rico and Guam, as well as participating European and Pacific locations, will host special Still Serving celebrations for one weekend only as main stores host free refreshments, product samples, health clinics, cooking demonstrations and more.

At 36 percent, retirees represent the largest portion of the exchanges’ authorized households. Still Serving is an annual effort to attract and retain loyal shoppers who continue to directly impact active duty families’ day-to-day lives.

“Retiree patronage directly affects AAFES’ ability

to fulfill its dual mission to provide quality goods and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation programs,” said AAFES’ Chief Marketing Officer Richard Sheff. “Whether or not authorized patrons choose to shop the exchange goes beyond dollars and cents. It is a quality of life issue for the entire military community. Without retiree support, AAFES wouldn’t have been able to return an average [fiscal year] ’06 per capita dividend of \$229 for every Soldier and airman, in addition to the shared earnings paid to the Navy, Coast Guard and Marine Corps.”

Deadline looms for Reserve, Guard to 'switch'

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — National Guard and Reserve members currently in the Tricare Reserve Select (TRS) health care plan must sign up for the restructured TRS by Sept. 30, 2007, in order to continue their coverage. Effective Sept. 30, the "old" TRS ceases to exist. A restructured TRS begins Oct. 1, 2007.

"Don't forget to make the switch" should be the motto of the day as current TRS participants are automatically disenrolled Sept. 30, 2007. Continued coverage under TRS is not automatic. By law, enrollees must attest that they are not eligible for, or

currently covered under, the Federal Employees Health Benefits Program (FEHBP) when they submit a new TRS request form.

In August, Reserve Affairs sent a letter to reserve component members currently covered by TRS. The letter explained the program changes and how to continue coverage. However, as of early September, only 15 percent of the approximately 11,000 current members had completed the new TRS request forms and sent them in to their regional managed care contractor.

To continue TRS coverage, all current members must follow the instructions at <https://www.dmdc.osd.mil/appj/trs/> to print

out, sign and return a new TRS request form to their regional contractor by Sept. 30. If payment is usually made by check, the first month's payment must also be included. Those members who are paying electronically do not need to include a payment if they meet the Sept. 30 deadline in submitting a new TRS request form.

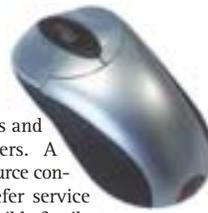
Under the restructured TRS starting Oct. 1, there are only two qualifications. First, the member must be a Selected Reserve member of the Ready Reserve. Second, the member must not be eligible for the Federal Employee Health Benefits program or currently covered under FEHB (either under his or her own eligibility or

through a family member). He or she must attest to this on the new TRS request form.

National Guard and Reserve members can find out more about the restructured TRS through the "My Benefits" portal at www.tricare.mil. Monthly premiums are \$81 for the service member and \$253 for member and family coverage. TRS offers coverage comparable to Tricare Standard and Extra.

National Guard and Reserve members can reach their reserve component points of contact at www.defenselink.mil/ra/html/tricare.html for additional information about eligibility and TRS.

Choosing life is only one mouse click away



Suicide should never be an option during tough times

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — For service members, life's challenges are often compounded by the warrior "tough it out" mentality making it difficult for some to seek help. Yet, getting help is not a sign of weakness; in fact, it is a first step on the road to recovery.

The burdens and crises that lead some to consider suicide do not follow simple patterns. Regardless, when suicidal behaviors are detected early, lives can be saved.

This month's emphasis on suicide prevention acknowledges the efforts of all who are working to prevent suicide and raises awareness about suicide and suicidal behaviors.

What are known risk factors?

Someone considering suicide may exhibit reduced work performance, neglect duties or responsibilities, begin to have poor work attendance or experience feelings of hopelessness. He or she may lose interest in personal appearance or increase alcohol or drug use.

If you notice someone start to give away his or her possessions or make unusual purchases such as guns, ropes or pills, be aware that this person may be at risk. Someone at risk may even share intentions by saying things like, "I wish I were dead," "I'm not the person I used to be," or "You won't be seeing me around anymore."

What do you do if you suspect someone is at risk?

Social support is important. Those who enjoy close relationships cope better with various stresses. Reach out and talk to

people who seem distressed. Offer to listen and don't be judgmental or minimize the pain felt. Places and people are available to provide assistance.

The Department of Defense offers free online and telephone mental health self-assessments. Voluntary and completely anonymous, the Mental Health Self-Assessment Program is a mental health and alcohol self-assessment for service members and their families. It's offered online at www.militarymentalhealth.org and via telephone 24 hours per day, seven days per week at 1-877-877-3647, as well as through local in-person events.

Once completed, the self-assessment gives information on where users may go for a full evaluation.

Another valuable resource is Military OneSource, a 24-hour, seven-days-per-week, toll-free information and referral service for active duty service members, National Guard and Reserve members, de-

ployed civilians and family members. A Military OneSource consultant may refer service members or eligible family members to licensed professional counselors in the local community for six sessions per problem, at no cost to the service member or their family member in the continental U.S., Alaska, Hawaii and Puerto Rico.

Military OneSource face-to-face counseling confidentially addresses short-term issues, such as dealing with relationships, grief and loss, adjustment to deployment, stress management and parenting.

Tricare offers behavioral health care coverage for medically necessary services. To save money, beneficiaries should seek behavioral health care from a military treatment facility, when available, or from a Tricare network provider.

Visit www.militaryonesource.com, or call 1-800-342-9647.

HealthBeat gives timely, useful news

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — Tricare has unveiled HealthBeat, its new electronic beneficiary newsletter, in conjunction with the redesigned Tricare Web site. Up-to-date benefit information combines sleek graphics to create an e-newsletter, making it easier for beneficiaries to find Tricare news and information when they need it.

The site is Tricare's first online beneficiary newsletter. HealthBeat links beneficiaries directly to Tricare's most important benefit information. Among its many features, beneficiaries will find the latest Tricare benefit updates, links to pertinent news releases about Tricare and the military health system, and the "Doctor Is In" column.

HealthBeat will reside on the "My Benefits" portal of the redesigned Tricare Web site. Beneficiaries do not have to be a subscriber to get HealthBeat and can sign up on the HealthBeat Web page.

Tricare will send a monthly e-mail to subscribers informing them that the latest e-newsletter has been uploaded to the My Benefits portal of the Tricare Web site. The e-mail will include an overview of that issue's content with a link to the full e-newsletter on the Web site. Additionally, Tricare will periodically send HealthBeat news flashes on benefit issues.

To view or subscribe to HealthBeat, beneficiaries may visit www.tricare.mil/HealthBeat/, and may opt out of receiving the e-newsletter at any time.

Tricare Prime coverage should top new families' lists

CICI MOORE

TriWest Healthcare Alliance

New parents covered under Tricare Prime have a lot of priorities competing for their attention, but Tricare enrollment should be near the top of their checklist. Parents have 60 days from a child's birth or adoption to enroll their new bundle of joy in Tricare Prime. Otherwise, on the 61st day, the child will be covered by Tricare Standard.

Tricare beneficiaries should follow these two simple steps for Prime enrollment:

Step 1: Enroll the child in DEERS.

To register a new child in DEERS (Defense Enrollment Eligibility Reporting System), obtain a copy of:

- The child's birth certificate,
- Adoption papers and
- Complete a DD Form 1172 (Application for Uniformed Services Identification Card and DEERS Enrollment).

This form should be notarized if the new enrollee does not live with the sponsor. File these forms with the base personnel office. If the sponsor is deployed or on temporary duty, the other parent or guardian should be prepared to show power of attorney to register the child.

Step 2: Enroll the child in Tricare Prime.

Once the child is enrolled in DEERS, he or she can be enrolled in Prime. Parents should complete a DD

Form 2876 (Tricare Prime Enrollment Application and PCM Change Form) for the new child.

Select the first and second preference for a primary care manager (PCM). Final PCM assignment is dependent upon provider availability and local military treatment facility (MTF) policy.

Active duty family members who would like to receive medical care from an MTF PCM should contact the managed care office at their MTF or Tricare Service Center (TSC) before submitting the enrollment application. MTF provider assignments are coordinated by the managed care office at the MTF or through the local TSC. MTF providers are not listed in the online provider directory.

Sign and date the form in either blue or black

ink. Forms that are not signed and dated are considered incomplete and will be returned, delaying the enrollment process.

Beneficiaries who have questions or need more information on Prime enrollment should visit the beneficiary services section of www.triwest.com or call 1-888-TRIWEST (874-9378).

Mail completed forms to:
 TriWest Healthcare Alliance
 P.O. Box 41520
 Phoenix, Arizona 85080-1520.

Retirees must choose wisely between Tricare & VA health care

JENNA HOLTZ

TriWest Healthcare Alliance

Retired service members may be eligible to use either Tricare or the Department of Veteran's Affairs (VA) benefits for health care services. Veterans choosing between the two programs should compare the co-payments and other financial responsibilities to make the right decision for each individual's situation.

Tricare and VA benefits and coverage may differ depending on the treatment sought and the facility where the services will be performed. Although many

VA facilities participate in the Tricare network, it is recommended that VA coverage be used for service-connected conditions treated at a VA medical facility.

For a condition that is not service-connected, Tricare benefits may cover treatment at a VA medical facility in the Tricare network.

"A very high percentage of VA facilities are in the Tricare network," explained Kenneth Cox, director of the Department of Defense/VA program coordination office under the office of the assistant secretary of defense (health affairs), "but like any other provider, if the VA facility is not in the Tricare network, Tricare

coverage is not automatic. Patients should find out the VA facility's status in advance."

For additional questions about Tricare and VA benefits, contact TriWest at 1-888-TRIWEST or Veterans Affairs at 1-877-222-VETS.

All Tricare program rules must be followed to ensure claims are processed correctly. Tricare coverage information on specific services can be found at the

Department of Defense's Tricare Web site (www.tricare.mil).

To learn if a certain VA facility is part of the Tricare network, visit TriWest's convenient online provider directory at www.triwest.com, which is searchable by location, name, group name, facility or specialty. Also, call 1-888-Triwest (874-9378) for assistance.

Tricare beneficiaries seeking care at a non-VA facility, such as a military treatment facility (MTF) or a civilian provider in the Tricare network, may use Tricare benefits regardless of a service-connected condition.



Molly Hayden | Pacific Media Publishing

Cosmic connection

Five-year-old Benjamin Paul excitedly watches his ball roll down the lane at the Fort Shafter Bowling Center. Schofield and Fort Shafter offer cosmic bowling Friday and Saturday nights. Call 655-0573 (Schofield) or 438-6733 (Fort Shafter) for details.



22 / Saturday

Spouse's Self Defense Seminar – Increase your physical awareness and have fun at a free self-defense seminar at the Health and Fitness Center, Schofield Barracks, from noon–2 p.m. Martial arts instructors from the Relson Gracie Academy will be on-hand to conduct defense demonstrations and teach simple techniques to make everyday situations safer.

Appropriate attire is required, and wear athletic pants and T-shirts. No shorts or tank tops will be allowed. Children cannot attend; however, child care will be provided for Blue Star Card holders.

Spaces are limited. Call 656-0135 or e-mail Darlene.j.marshall@us.army.mil to register.

25 / Tuesday

Army Mini Sports Basketball – Youth Sports and Fitness at

Child and Youth Services (CYS) presents an opportunity for children born between 2002–2003 to gain basic skills and understanding of basketball. Cost is \$10 and includes a child T-shirt.

The program will run from Oct. 23–Dec. 13. Registration is from Sept. 25–Oct. 16. Parents are encouraged to participate.

Call the Bennett Youth Center Field, Schofield Barracks, at 655-0883, or Aliamanu Military Reservation (AMR) at 836-1923.

Ongoing

Health & Fitness Center – There is no longer a membership fee to use the Schofield Barracks Health & Fitness Center (HFC), Building 582, which offers cardio and weight machines, speed bags, stability balls, a tread wall, and stretch stations.

Bring your own earphones and enjoy more than 75 channels of cable TV while you work out on the cardio theater. Aerobic classes, dance classes, massage therapy and personal trainers are also available Monday–Saturday for a nominal fee.

Bring in your Blue Star Card and receive a discount on an un-

limited monthly class pass. Call 655-8007.

Cosmic Bowling – Schofield Bowling Center offers Cosmic Bowling, Friday & Saturday, 10 p.m.–1 a.m. and Sunday, 6–10 p.m. Plan a birthday party or enjoy bowling specials.

Birthday packages cost \$5 per child for two hours of unlimited bowling; add a food package for \$8 per child. Also, Monday–Friday enjoy lunch specials and discounted bowling rates. Call 655-0573.

Brazilian Capoeira – Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are held Tuesdays from 5:30–7 p.m. at the Fort Shafter Physical Fitness Center. Call Mestre Kinha at 247-7890.

Water Aerobics – Come join this exciting workout at Richardson Pool. Classes are held Mondays, Wednesdays & Fridays from 11:30 a.m.–12:30 p.m., and Tuesdays & Thursdays from 5 p.m.–6 p.m.

Classes are \$2 each, or a punch card is available for \$15. For more information on water aerobics, call 655-1128.

community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

22 / Saturday

Hike Oahu — Come join the Hawaiian Trail & Mountain Club on its next hiking adventure, beginning at 8 a.m.

•Sept. 22, 6-miler, Halapepe Nui, intermediates. This trek is a fairly easy, rambling loop hike, not much up and down, with spectacular views of Pearl Harbor and the upper Waimanalo watershed. Plan to stay with the group. Call coordinator Wil Kawano, 373-1492.

•Sept. 30, 12-miler, Manana, advanced hikers. If you don't keep up a good pace on this one, you will come out manana, tomorrow. Register with coordinator Larry Lee, 263-4690.

A \$2 donation is requested of nonmembers 18 and older. Children under 18 must be accompanied by a responsible adult.

Hikers meet at the Iolani Palace, unless otherwise noted. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://htmclub.org> for more details.

USO Hawaii Race Series — The 8th Annual USO of Hawaii Base Race is Saturday, Sept. 22 at Ford Island Naval Station. This family-friendly fitness event features a 10K race at 7 a.m. and a 5K race at 8 a.m. All finishers will be eligible to win one of many door prizes, including a neighbor island getaway for two.

Cost for individuals and team members is \$15 per runner and \$10 for children under 14. Team competition (5-10 runners) is limited to the 10K race in one of six categories: military, police/fire, corporate, male, female, or mixed team.

Cost for military members running in formation is \$10 per runner.

Individual and team awards will be presented. To register, visit www.usohawaii.org, call 836-3351 or e-mail usohawaii@uso.org.

Hunting & Fishing Day — Hunters and anglers can come out and help celebrate the 36th annual National Hunting & Fishing Day, Sept. 22-23, 10 a.m.-4 p.m., at the Kokohead Shooting Range, the first left past Hanauma Bay, going towards Waimanalo, off Kalaniana'ole Highway.

Bring canned food or cash donations, because for each canned good or \$1 donation, you will receive a free activity coupon, good for trap shooting, archery, airgun, fish casting and more. Contributions benefit the Hawaii Food Bank. For details, call 587-0200.

October

6 / Saturday

Volksmarch — Join the 5K and 10K volksmarches (or walks) Oct. 6 in Moiliili. Starting point will be at the Ala Wai Community Park, 2015 Kapiolani Blvd. Participants can start anytime between 8 a.m. & noon. Call Marsha at 395-9724 for more details.

12 / Friday

Hunter Education Courses — The Hawaii Department of Land & Natural Resources offers monthly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, survival and first aid, game care and more.

The free, two-day classes are held Fridays and Saturdays. Classes run from 5:45-10 p.m., Friday, and from 7:45 a.m.-4 p.m., Saturday. Classes are family-friendly and open to anyone age 10 years and older. All students are required to provide a picture ID.

Upcoming classes (that are not already filled) are Oct. 12 & 13 and 19 & 20 at the Nimitz Center, 1130 N. Nimitz Highway, Room A-212. Call 587-0200 or visit www.state.hi.us/dlnr/ldxHunting.htm.

Ongoing

Take Off Pounds Sensibly — The T.O.P.S support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other. Call Cheryl at 696-4423.

Golfers Wanted — Are you looking for a golf group? Military or civilian golfers interested in playing golf Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

Fleet Feet — Faerber's Flyers women's running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field. The club meets Wednesdays from 5:15-7 p.m. Cost is \$50 per year. For more information, call 277-3609.

Bike Hawaii — Join Bike Hawaii's professional nature guides and explore Oahu from the rainforest to the reef. Packages can include downhill biking, waterfall hiking, and sailing off Waikiki with exclusive access to a remote Hawaiian rainforest.

For more information, call 734-4214, 877-682-7433, or go online www.bikehawaii.com.



Courtesy Photo

Reaching for the sky

HONOLULU — Members of the Hawaiian Island Twisters Gymnastics Team (HITs) put their best feet and smiles forward following some recent award-winning performances. Team and Army family member Kiana Palin (top right), a 5th grader at Salt Lake Elementary, was among one of three HITs female gymnasts who qualified for the 2007 USA Gymnastics National Talent Opportunity Program (TOP), a competition designed to find the nation's top young gymnasts.

Additionally, military family members Madison Benzor (bottom left) and Moira Lyons (middle left) earned the "Diamond Level" achievement, the highest level possible for competitors younger than 9 years old.

The TOP competition will take place Oct. 5-7 in Houston at the Women's National Team Training Center.

Pictured from left to right are (bottom row) Benzor and Nicole Lauro; (middle row) Lyons, Lauren Lauro, and Kylie Northrop; and (top row) Cierra Lauro and Palin. For more about the USA Gymnastics TOPs program, visit www.usa-gymnastics.org/women/tops.html.

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