

INSIDE



Intestinal fortitude

One 3rd IBCT Soldier shows he's not afraid of alternative cuisine

A-4



Spc. Sean Medeiros and Pfc. Ijah Gaspard, analysts with 25th Infantry Division, move "casualty" Pfc. Vanessa Gray into the back of a humvee during IED lanes training in Kuwait. The Soldiers are conducting training before moving into Iraq to support the division's mission there.

Counter-IED tactics assume top priority for 25th in Kuwait

Story and Photos by
SPC. DANIEL BEARL
25th Infantry Division Public Affairs

CAMP BUEHRING, Kuwait – Train as you fight. It's a common phrase heard in the Army, and for Soldiers in Kuwait it's a way of life.

Prior to deploying from Schofield Barracks, 25th Infantry Division Soldiers prepared for Iraq with months of training, training that would prepare and get them acclimated for life and combat in a desert environment.

Along with weapons, security and other training, 25th Infantry Division Soldiers are now training on counter-improvised explosive device (IED) measures to combat one of the most prominent threats they will face during deployment.

Through a combination of classroom and practice lane training, Soldiers are learning about this common enemy tactic and how to prevent or react to it.

"This is outstanding training," said one of the counter-IED trainers in Kuwait. (Names of the course instructors are withheld for security purposes.) "It's what all Soldiers need."



Soldiers from 25th Infantry Division Special Troops Battalion conduct an after-action review after completing a scenario on an IED lane. The Soldiers are conducting training before moving into Iraq to support the division's mission there.

Soldiers who are likely to encounter IEDs, because of frequent convoys or patrol missions, spend more than eight hours in the classroom and in practical exercises. All of their instruction is executed in the hot Kuwaiti sunshine, where temperatures frequently reach

SEE IED, A-11

BOSS drills tiny holes for security

When it comes to quality of life issues, the smallest of things make a big difference

Story and Photo by
SPC. DAVID HOUSE
17th Public Affairs Detachment

Citing safety and quality of life, members of the Better Opportunities for Single Soldiers (BOSS) program, with help from the Department of Public Works, donated their time to install 200 security peep holes into the doors of Building 885 at K Quad, Aug. 17.

"These peep holes will help with security and safety for all Soldiers who live in these barracks," said Spc. Ellison Murray, the 8th Theater Sustainment Company BOSS representative.

"I was surprised by all this," said

Upcoming events

- Surf Lessons at Barbers Point, Sept. 3.

- Movie on the Lawn at Sills Field, Sept. 17.

Get more BOSS details at 655-8169.

Pfc. Luci Steinberg, 45th Special Troops Battalion. "It is a nice thing that they are being installed, and it should help out by knowing who is knocking on your door late at night."

Safety and security is just one way that BOSS members helped out.

"We have always worked to enhance the quality of life for Soldiers in Hawaii by offering events such as barbecues, parties and trips," said Garrison Command Sgt. Maj. Edmond Murrell, the senior enlisted advisor for BOSS. "Adding peep holes will definitely help with their home life here in the barracks."

Starting at 10 a.m., the crew worked all day and completed its assignment of 200 peep holes by 3 p.m., a feat they are trying to repeat at the 2nd Brigade barracks.

"The newer barracks were built

SEE BOSS, A-8



Mo' celebration'

When it turns 62, next week, the USS Missouri will bring its powerful past to present

B-1



Summer splash

Across the island, Army Hawaii Family Housing community centers bring neighbors together

B-3

This issue

Lightning Spirit	A-2
Deployed Forces	A-3
News Briefs	A-10
MWR	B-2
Community	B-3

Soldiers seek pilot missing 62 years

Story and Photos by
KENDRICK WASHINGTON
U.S. Army Garrison Hawaii Public Affairs

For more than 30 years, service members assigned to the Hawaii-based Joint POW/MIA Accounting Command have scoured the world searching for the remains of America's prisoners of war and those missing in action.

JPAC's recovery missions have taken it around the world, but until now the command has never experienced a mission in its own back yard, here on Oahu.

June 15, 1944, Ensign Harry Warnke, a 23-year old Navy reservist, was piloting his F6F-3 Hellcat when he disappeared. Warnke, along with seven other pilots, left what was formerly Barbers Point Naval Air Station to practice dive-bombing technique's near Kaneohe Bay.

Unlike the other six, Warnke never made it back. Authorities assumed that he crashed either at sea or near the Koolau mountain range.

A few days later, a search team identified the sight of his crash, but because of treacherous weather conditions



Due to environmental concerns, tarps keep potentially contaminated soil at the excavation site from mixing with soil at the East Range.

and a lack of technology, a recovery was not possible.

Sixty years later, the jagged slopes of the Koolau mountain range are no less treacherous.

"The terrain is just way too steep," said Sgt. 1st Class Ray Stern, Recovery Team officer in charge. "It's also extremely wet and that has delayed the progress and made it difficult to screen through the dirt for aircraft parts and remains. Because of this, we have had to improvise."

The location of the crash, along

a slope near the H-3 freeway, has required the help of two recovery teams, one in the mountains and another a few miles away on Schofield Barracks.

With the assistance of a Hawaii National Guard Chinook helicopter, dirt is being sling loaded from the excavation sight in the mountains and transported to East Range near Schofield.

After the soil is off-loaded at East Range, it is placed on tarps

SEE PILOT, A-8

University of Hawaii will survey military

Researchers to study public school data

AMANDA A. QUIJANO
University of Hawaii

Researchers from the University of Hawaii have been granted funds from the Department of Education to conduct a survey concerning military children who are students in Hawaii public schools.

About 3,000 military families have been randomly selected to complete a short survey of their experiences with their schools on Oahu. If you are one of those families, you are asked to please complete this survey.

Survey data will be used to gauge the public schools' service to

military families. By quantifying what is most important to families, the data can lead to the best use of available funds, improved practices and services by the schools, and accurate information available to families considering PCS moves to Hawaii.

At least 2,000 of the selected families, including parents of students who completed grades 5-12 last year, must complete the survey in order for the responses to accurately represent military families with public school students.

If you have any questions about the survey, contact Amanda Quijano or Dr. Kathleen Berg at the University of Hawaii's College of Education at 956-4729.

	Sent	Returned	%Returned 8-11
Air Force	571	97	17
Army	1129	202	18
Coast Guard	69	8	12
National Guard	57	8	14
Navy/Marine	1139	173	15

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 captions and bylines.

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

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

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

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Advertiser, of the firms, products or services advertised.

HAWAII ARMY WEEKLY

Commander, U.S. Army Garrison

Col. Howard J. Killian

Public Affairs Officer

Troy Griffin

Command Information Officer

Ed Aber-Song

edward.abersong@schofield.army.mil

Managing Editor

Aiko Rose Brum

editor@hawaiiarmyweekly.com

Assistant Editor

Jeremy S. Buddemeier

news@hawaiiarmyweekly.com

Pau Hana Editor

Christa B. Thomas

community@hawaiiarmyweekly.com

christa@hawaiiarmyweekly.com

Staff Writer

Landy Stewart Miyake

Layout

Leah Mayo

Advertising: 525-7654

Editorial Office: 655-4816/8728

Fax: 655-9290

Address:

Public Affairs Office

Bldg. 580, Stop 215

Schofield Barracks, HI 96857

Web site:

http://www.25idl.army.mil/haw.asp

Justice Web site explains military rights

JIM GARAMONE

American Forces Press Service

WASHINGTON — The Department of Justice has launched a Web site to protect service members' rights, Attorney General Alberto R. Gonzales said last week.

Gonzales, speaking to the Disabled American Veterans annual convention in Chicago, said the Justice Department has made it a priority to enforce civil rights laws for American service members.

"The law recognizes that although we can never thank you enough for your service, we can take away some of the worries that Soldiers might face when they are deployed," he said in prepared remarks.

The government promises that service members' jobs will still be theirs when they come home, and that they cannot be discriminated against by their employers because of their military service. The U.S. vows that service members will be able to vote and that their vote will be counted. And it promises that service members "will have procedural protections in civil actions, like lawsuits or property re-possession, when serving overseas."

The Justice Department Web site, www.servicemembers.gov, outlines the rights service members have under the Uniformed

Services Employment and Reemployment Rights Act, the Uniformed and Overseas Citizens Absentee Voting Act and the Service Members Civil Relief Act.

"These basic civil rights are enforced by the Department of Justice, and I can assure you that the department's staff and prosecutors are deeply committed to these enforcement efforts," Gonzales said. "We feel that it is an honor to serve those in uniform in this way. It is our way of saying thank you for your service."

The attorney general said these are not just "pie in the sky" rights, but issues that directly affect people.

In one case, Justice Department officials filed its first complaint alleging that American Airlines violated rights of employees who also serve as military pilots. The case was brought on behalf of three military pilots employed by American Airlines. It states that the airline reduced the employment benefits of pilots who had taken military leave, while not reducing the same benefits for pilots who had taken similar, nonmilitary leave, Gonzales said.

"In another vivid example of the people for whom we enforce these laws, the department recently won a consent decree

from an employer who terminated employment of a service man named Richard White the very same day that White told his boss he was being called to active duty," the attorney general said. "The consent decree requires the employer to pay back wages to Mr. White."

"What leads an employer to treat a Soldier like an inconvenience is something for a higher power to judge. But here on earth, we have USERRA, and we'll use it for Richard White and for Soldiers like him, as often as is necessary."

Voting is another service member right the Justice Department guards. "Earlier this year, ... [the department] addressed longstanding structural issues affecting uniformed military personnel posted both in this country and overseas who wished to vote in North Carolina, South Carolina and Alabama," Gonzales said.

These states had run-off elections too close to the primary elections to allow these voters to receive and return ballots. With cooperation from state election officials, the department was able to redress each of these violations.

"As the 2006 general election approaches, we will continue vigilant protection of the voting rights of service members, their

families and other overseas citizens," he said.

Gonzales also addressed the Service Members Civil Relief Act.

"Thanks to this law, men and women currently serving in Iraq and Afghanistan have procedural protections in place that will allow them to be less distracted by litigation back home — by someone trying to repossess a leased car, evict their spouse and children, sell their house at an auction or run up penalties on credit cards with 21 percent interest rates," he said. "It's hard to respond to a civil lawsuit while you're focused on improvised explosive devices, and the law protects service members for that reason."

Enforcement of this law is a readiness and morale issue, he said. "Men and women in uniform, like all Americans, have to honor their obligations," he said. "However, Congress long ago decided, wisely I think, to provide protections to them against lawsuits while deployed overseas on active duty."

Gonzales urged any service member with questions to go to the Justice Department Web site. Military lawyers can help service members and their families navigate through the laws.

U.S. Army launches podcasts

J.D. LEIPOLD

Army News Service

ARLINGTON — The Army has launched two new podcasts to its lineup: "Army Today" and "Soldiers' Forum."

"Army Today" is a daily, two-minute audiovisual feature produced by Soldiers Radio and Television. "Soldiers' Forum" is a weekly product through which Sgt. Major of the Army Kenneth Preston addresses issues concerning enlisted Soldiers.

"This is a great way to keep Soldiers in the U.S., and those deployed to some 120 countries, informed on issues affecting them," Preston said. "So far, we've produced spots on motorcycle safety, the BOSS program and the Wounded Warrior Program."

Soldiers unfamiliar with podcasting technology may think of it as Internet broadcasting, or a method of publishing audio and video broadcasts normally seen on television via the Internet.

"Podcasting" combines the words "broadcasting" and "iPod," but users do not need an iPod or portable media player to view podcasts.

Podcasts can be viewed on the user's computer, or downloaded to a portable media player such as an iPod, MP3 or cell phone capable of storing and playing audio/video media (for example, the BlackBerry or Treo). This portability allows users to pick the content they want without all the Web page graphics, then download and view at their convenience.

To download podcasts users must have RSS-recognition (Real Simple Syndication) software on their computers. Free podcasting software includes this:

- iTunes at www.itunes.com.
- Juice at juicereceiver.sourceforge.net.
- Happy Fish at thirstycrow.net/happyfish.

After installing RSS software, Soldiers can subscribe to Army podcasts at www.army.mil/rss.

The Army began producing podcasts in March 2006 with "Army Racing," a weekly series that follows the exploits of Army NASCAR driver Joe Nemechek, Army Top Fuel dragster Tony "The Sarge" Shumacher, and pro stock motorcycle speedsters Angelle Sampey and Antron Brown.

The second podcast was "Army Newswatch," a biweekly video program produced by Soldiers Radio and Television.

LIGHTNING SPIRIT

'No need' to live in constant fear

God is still in control of the world, our country, our souls

CHAPLAIN (MAJ.) NORMAN W. JONES

Pastor, Aliamanu Military Reservation Gospel Chapel

Each of us has been a prisoner of fear at one time or another. For some of us, it's the fear of the unknown, rejection, failure, losing someone or things precious to us. It could be fear of the dark, fear of getting a deadly disease, fear of aging or the fear of death.

Since 911, our nation has been gripped with the fear of future terrorist attacks. Our fear grows as we face uncertainties on the global war on terrorism.

Let's face it — fear is an emotion that will always be with us. However, there is healthy fear and unhealthy fear.

The fear to sin is healthy fear. Unfortunately, that is not one of the fears that plague us.

Healthy fear is good because it prevents us from doing harmful, or may I say "stupid," things to ourselves such as walking in

front of a moving car, putting our hands on a hot stove or defying gravity by jumping off a bridge hoping that we will land safely. Healthy fear prompts or motivate us to take precautionary measures against anyone or thing that poses a threat to our existence, our family or possessions.

On the other hand, when fear dominates our thoughts and emotions constantly, that is considered unhealthy fear. Unhealthy fear can lead to physical and psychological problems.

If you can't sleep at nights, perhaps fear has a firm grip on you. If you are constantly bombarded by anxious thoughts, perhaps fear has gotten the upper hand in your life. If you are not able to move forward in life, perhaps fear has taken over and is controlling your life.

If you are experiencing any of these symptoms I've mentioned, fear is regulating your life and holding you hostage in a perpetual state of emotional upheaval.

Shohojya Yokowai spent 28 years of his life in prison. It was not a prison of bars and locks and wardens, but a self-imposed

prison of fear. He was a Japanese soldier on the island of Guam during World War II.

When the American forces landed, he fled into the jungle and found a cave in which he hid for 28 years because he was afraid of being captured by the Americans. He learned that the war was over by reading one of the thousands of pamphlets dropped into the jungle, but he was afraid. For 28 years he continued to live in the cave, coming out only at night to look for roaches and rats and frogs and mangoes on which he survived.

Finally, some natives found Yokowai and convinced him that it would be all right for him to come out of his jungle prison.

We think, "What a waste! Imagine, spending twenty-eight years living as a prisoner of fear." Yet, there are a lot of people who are prisoners of fear.

If you are troubled by anxiety, worry or fear, there are specific things you can do to remove or reduce the fear and its debilitating effects. Thomas Carlyle said, "The first duty for a man is that of subduing fear ... A man's acts are slavish. . . till he have got fear under his feet."

First acknowledge your fear and face it with courage. Declare war on fear and you can win the battle. Eleanor Roosevelt said it well also: "You gain strength, courage, and confidence by every experience in which you look fear in the face." Don't avoid your fears. Don't runaway from them. Instead, stand up and fight them.

Most of the time you will discover that your fears are based on something you cannot change or on something that is not actual or factual. Studies have shown that 90 percent of the things people worry about are beyond their control or based on "what ifs" scenarios, or on things that may never happen.

Another way to conquer fear is to change your way of thinking. Don't magnify the problem. Don't make it bigger than what it is. Don't feed your fears with negative thinking.

Think positive and hope for the best. Things could be better, things could be

SEE SPIRIT, A-8



12 days since last fatal accident

Soldiers, as your daily reminder to be safe, place a "red dot" on your wristwatch. Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.

As of 8/23/06

Voices of Lightning: "What's the best part about being back in school?"



"Learning again."

Brendan Higgins
4th Grade
9 years old



"Having fun."

Colleen Higgins
2nd Grade
6 years old



"Having a new teacher and new classmates."

Kathleen Wozniak
1st Grade
5 years old



"Learning new stuff and meeting new friends."

Katelyn Ramirez
5th Grade
10 years old



"You can learn and you also get a lot of days off."

Olivia Case
2nd Grade
7 years old

Transfer of Authority

45th Sustainment Brigade takes command of Q-West

Story and Photo by
PFC. KYNDAL HERNANDEZ
 45th Sustainment Brigade Public Affairs

FORWARD OPERATING BASE Q-WEST, Iraq — For the first time in Army history, command authority in Iraq was transferred from one sustainment brigade to another during a Transfer of Authority (TOA) ceremony here, Aug. 7.

Fort Campbell's 101st Sustainment Brigade transferred command of Q-West to the 45th Sust. Bde. from Schofield Barracks, Hawaii, with ceremonial casing and uncasing of colors.

The 45th began its transformation in November and was reorganized from what was formerly the Division Support Command, 25th Infantry Division, into its current structure in January, making it the first fully transformed sustainment brigade to deploy and assume command in Iraq.

"We have been blessed in the 45th Sustainment Brigade with an incredible group of Soldiers," said Col. Michael T. McBride, 45th commander, during the ceremony. "They are confident, well trained, and they are ready for the mission."

When the 101st Sust. Bde. arrived in Iraq a year ago, it was faced with a mission to provide command and control, maintenance, field services and combat health support for the 101st Airborne Division (Air Assault) and Multi-National Division North under the operational control of the 3rd Corps Support Command.

"The pages of history will bear testimony to your accomplishments. It has been a long road and a long journey in transformation," said Col. James D. Scudieri, 101st commander.

"I am already impressed with the way the 45th has forged a team," Scudieri added. "I am glad we can depart this FOB [forward operating base] knowing that we have left it in good hands."

Now that their deployment rotation is complete,



(From left to right) — Col. Michael T. McBride and Command Sgt. Maj. Gregory Seals uncasing the 45th Sustainment Brigade colors in a Transfer of Authority ceremony Aug. 7 at Forward Operating Base Q-West, Iraq. Formerly the Division Support Command, the 45th Sust. Bde. completed transformation in January, 2006.

troops with 101st are ready to head home and let the 45th continue the mission, McBride said.

"It is now up to the 45th Sustainment Brigade to carry on the legacy the 101st Sustainment Brigade began, and continue to add to the accomplishments they made in the duration of their tour."

Success for the 45th is really about the Soldiers in the brigade, McBride explained. It's all about "what they do, how they do it, how they are led, and how we resource them. They accomplish anything we ask of them."

McBride highlighted similarities between the

brigade's home base and its new home in Iraq.

"Any sane individual would prefer the white sandy beaches of Waikiki over northern Iraq. Nonetheless, we are proud to be here, to do our part and once again contribute to our nation's call."

Despite Iraq, 84th Engineers maintain balance

CAPT. MICHELLE VARGO

84th Engineer Combat Battalion (Heavy) Construction Officer

LOGISTICS SUPPORT AREA ANACONDA, Iraq — At times, it's hard to be a Soldier, but still, service members must learn and execute their mission on the battlefield. They must sustain the demanding tempo of the Army today, sharpness on the battlefield, endurance to deal with the long fight, all while preserving a sound lifestyle and balance in their personal lives.

Every branch of the military is working as a team to win the war on terrorism here. Leaders and Soldiers alike are developing their skills and finding they are more technically and tactically proficient than ever before.

Coalition forces are currently executing Operation Iraqi Freedom 05-07, which involves many Soldiers who are in Iraq for the second and third time. This time around, though, with the opportunity to gain military knowledge, service members are taking advantage of many resources.

On LSA Anaconda, many opportunities are available to participate in various events. Thesians and performers in the 84th Engineer Combat Battalion (Heavy), for example, took the opportunity to express themselves. Capt. Michelle Vergara, company commander of 50th Engineer Multi-Role Bridge, and her executive of-

ficer, 1st Lt. Anna Campbell, played lead roles in a play titled "Bugs, Brits, Builders, Strange Bed Fellows."

Part of a 25-person team, Vergara and Campbell performed a theatrical production, which lasted 2.5 hours, ran for two days, and drew a 250-person audience on opening night.

Likewise, 1st Lt. Melina Juan, supply officer of Headquarters and Support Company (HSC); Sgt. Lynjoy Carroll, supply sergeant; and Spc. Johnathan Guerrero, a Combat Engineer "Sapper" from B Company, recently found time to celebrate Asian-Pacific Heritage Month.

In recognition of their ethnicity, they performed dances from Hawaii, Samoa and New Zealand. The exhibition included cultural dances from the Asian-Pacific Islands, a luau atmosphere and ethnic food, including an actual pig roast.

Many 84th Soldiers are taking advantage of their time off to continue their formal studies or simply learn something new. For example, Spc. Stefanie Moreno, battalion promotions clerk, spends time every night studying college algebra. The eight-week course is offered through Central Texas College, where Moreno has currently earned 41 college credits towards her General Studies degree with a focus in childhood development.

Similarly, Sgt. 1st Class Thomas Hendon, HSC operations sergeant, completed his as-

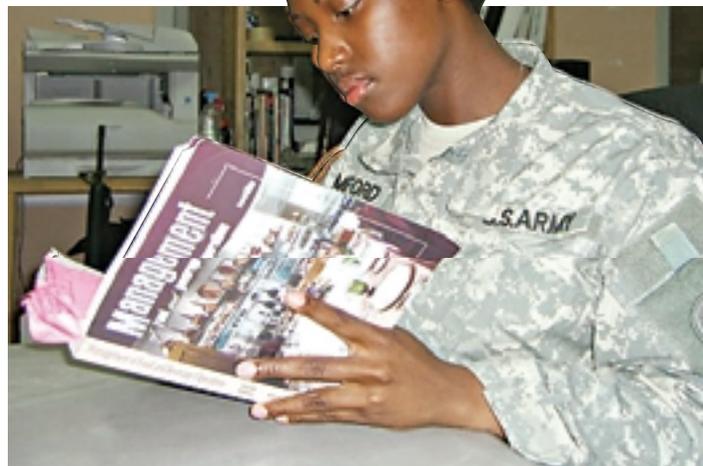
sociate's degree from CTC while deployed. He finished a "Speech" class to earn four of his required 68 credits.

Also, 1st Lt. Christopher Dening, assistant construction officer, spends his free time learning Spanish through the Rosetta Stone Program, available on Army Knowledge Online. Lessons, pictures, questions and tests aid his comprehension. The program is a great resource for any Soldier who wants to learn a language while deployed.

For his part, using correspondence, coupled with excitement surrounding the film release of "The Da Vinci Code," Chaplain (Capt.) Kelly Porter led a group study on the historical accuracy of the book. Six Soldiers participated in his four-week study. Some had read the book, planned to watch the movie on leave, or hoped to catch a showing at LSA Anaconda's movie theater. They said the study helped shed light on the intriguing mystery behind the plot.

In the interest of teaching others, Staff Sgt. Mark Hood, supply sergeant, 50th Multi-Role Bridge Company (MRBC), teaches criminology classes two times per week. His course prepares Soldiers for their College Level Examination Program (CLEP). On average, 30 people attend; they hope to obtain a certificate of completion, which in some cases can be used towards a degree.

While some Soldiers here focus on their



1st Lt. Erika G. Amador | 84th Engineer Combat Battalion (Heavy)

Cpl. Sheila Milford, operations administrative clerk for Headquarters and Support Company, is studying for her final in management. An online course is offered by Grambling State in preparation towards a bachelor's degree.

education, others work on their physical fitness. A majority of 84th Soldiers are taking advantage of the yearlong timeframe — with few distractions — to get fit. Several have participated in biathlons organized by LSA Anaconda's Morale, Welfare and Recreation.

Though they initially exhibited lots of apprehension about participating in the

dual event for the first time, all participants finished and vowed to try a biathlon again, back in Hawaii.

(Editor's Note: Capt. Michelle Vargo is currently the battalion civil engineer. She has served three years in the 84th Engineer Combat Battalion (Heavy), and the deployment is her second in support of Operation Iraqi Freedom.)

Paralegal in 3rd Brigade places in 'Fear Factor' finals

Lamb intestines and brains no match for 3IBCT Soldier

Story and Photos by
SPC. MIKE ALBERTS
3rd Brigade Public Affairs

CAMP BEUHRING, Kuwait — He bobbed for brains, ingested intestines and tasted tongue on his way to the "Fear Factor" finals. One might ask, who would willingly engage in such vomit-inducing feats? To everyone in the Headquarters and Headquarters Company (HHC), it was no surprise. It was Napoleon, of course.

Nicknamed "Napoleon" by friends after the lead character in the popular comedy classic "Napoleon Dynamite," Pfc. William T. Cyrus, paralegal, HHC, 3rd Infantry Brigade Combat Team (3IBCT), ate his way into the finals of the "Fear Factor" competition at the Morale, Welfare, and Recreation (MWR) stage here at Camp Beuhring, Kuwait, Aug. 6.

"I have always wanted to be on the television show 'Fear Factor,'" said Cyrus. "I thought this would be good practice, something I could do to see just how crazy I really was," he explained.

The MWR event was developed by Jennifer Vess, MWR recreational lead, and her colleagues, as a way to build morale and get Soldiers out from behind their computers, explained Vess.

"Most of the Soldiers here are transient and on their way up North into Iraq," said Vess. "Our job is to help them forget about the [reality of war] and to let them all have one last silly thing."



Above — Pfc. William T. Cyrus, paralegal, Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team, displays a lamb intestine. Moments later, he consumed the whole thing during the final event at the Fear Factor competition at the MWR stage at Camp Beuhring, Kuwait.

Right — Pfc. William T. Cyrus, paralegal, Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team transfers a total of 11 lamb brains in 60 seconds from one pool to the next during the Fear Factor competition.

Of the more than 60 service members who signed up, only a brave 31 subjected themselves to the gruesome competition.

The competition

The contest was comprised of five



events, including "bobbing for brains" in which competitors transferred lamb brains with their mouths from one pool to an-

other. Contestants drank "Kuwaiti Krud," a concoction of random Arabic foods blended into a creamy brown liquid; hustled to a porta-potty to consume a chunk of "Lebanese" cheese; and manually churned assorted fruits with their feet.

The final event, named "Mystery Mix Madness," required the three remaining Soldiers — among them Cyrus — to tolerate lamb intestines and lamb tongue, among other nasties. To the winner went a new X-Box 360.

"The worst thing was the Kuwaiti Krud," said Cyrus. "It had raw fish in it and something with pits, which kept getting caught in my throat."

Although he didn't win, Cyrus put the experience into perspective.

"It really didn't matter to me whether I won or lost; I like making people laugh and knowing that I did a lot of stuff that a lot of other people wouldn't do," he said.

"Initially, I was a little surprised that he volunteered for the event," said Capt. Duane Kees, supervising attorney and trial counsel at 3IBCT. "But, when I learned what was at stake in the event — an X-Box, the pieces fell into place," said Kees.

"We're proud of Cyrus," Kees continued. "People don't know that he is a real 'go-getter.' Give him a mission and explain what to do, and he'll get it done. 'Fear Factor' was right up his alley and fits his personality."

Tropic Lightning puts on the 'Groove,' kicks back in downtime

Ten-piece band performs to take Soldiers out of desert

Story and Photos by
SPC. MIKE ALBERTS
3rd Brigade Public Affairs

CAMP BEUHRING, Kuwait — For a moment, Soldiers were anywhere but in the desert. There was no wind, sand, heat or war. In their minds, Soldiers were transported by the power of music to more familiar places. For a moment, Soldiers got their "groove" on.

"V.C. Groove," a 76th Army Band ensemble, performed live for Tropic Lightning Soldiers and others at the Morale, Welfare, and Recreation (MWR) stage here at Camp Beuhring, Kuwait, Aug. 3.

"Music heals the soul," said Staff Sgt. Teal Warren, group leader and bass guitarist, V Corp. "When we play, Soldiers are not thinking about what happened yesterday, today, or what might happen tomorrow. They are thinking and feeling the music at that moment. And that's a good thing," said Warren.

According to Warren, V.C. Groove is a 10-piece band comprised of Soldiers from the U.S. Army Band stationed in Mannheim, Germany. The ensemble was put together when portions of "Fifth Corp" deployed to the Middle East in January.



(From left to right) SpC. Edmund Kuryla, SpC. Raiden Rogers and Sgt. David Kuzminski, "VC Groove," V Corp, 76th Army Band, perform for Soldiers at the MWR stage at Camp Beuhring, Kuwait.

The "V" in the band's name derives both from the fact that its members are in the Army's "Fifth" or "V" Corp and that the band is currently stationed at Camp Victory in Iraq.

"We were initially a jazz combo band

that later expanded to a show band," explained Warren. "However, we all got together and decided that we wanted to play for the troops," he said. "[Our mission] now is to put Soldiers' minds on things other than the war."



Staff Sgt. Teal Warren, group leader and bass guitarist, V Corp., 76th Army Band, plays some improvisational jazz with VC Groove, at the MWR stage at Camp Beuhring, Kuwait.

"Many times we get off stage and I can see it in the Soldiers. I can see that they were able to unplug. They were able to remember what it was like on a normal

weekend back home, hanging with friends," said SpC. Raiden Rogers, guitarist, Fifth Corp. "The only reason I am here is because I can have an impact on fellow Soldiers. I wanted to go to a place where I could do what I loved and have an impact in someone's life. We do that with our music," Raiden said.

The value of diversions like V.C. Groove for Soldiers in theater was emphasized by 1st Lt Christina M. Mooney, concert attendee and executive officer, 325 Brigade Support Battalion, Golf Forward Support Company.

"I was sitting there and thinking 'Where am I,'" Mooney said. "This [performance] was something that you would normally do in a totally different place. For Soldiers, events like these are really important," she said.

"Soldiers will create outlets if we don't provide them," continued Mooney. "Soldiers will do things to cope with the environment to make life easier. Events [like VC Groove] are important for keeping morale up and keeping Soldiers more relaxed."

Fifth Corp musicians include Staff Sgt. Teal Warren, Sgt. Ben Foss, Sgt. David Kuzminski, Sgt. James Richmond, SpC. Collister Williams, SpC. David Gibson, SpC. Joseph Van Dine, SpC. Edmund Kuryla and SpC. Raiden Rogers.



Dust storm

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq — (Above) A sand storm blows in Aug. 18 at Contingency Operating Base (COB) Speicher, causing temporary brownouts and damage. The bulk of the storm lasted about 45 minutes and caused minor damage to the 25th Combat Aviation Brigade's dining facility (DFAC), and forced

the facility to close for sanitary and safety reasons that night. A section in the DFAC's ceiling was blown off, and sand and dust filled the building. Local nationals along with Kellogg, Brown and Root employees worked throughout the night to repair the damage and sanitize the equipment and utensils used in the DFAC.



Photos by Sgt. 1st Class Michael Montello | 25th Combat Aviation Brigade Public Affairs

Above — The sand storm looms ever closer to the living support area on Contingency Operating Base Speicher. A massive wall of sand begins to envelop

vehicles and buildings and block the sun. At Inset — After the dust settles, Maj. Adrian Hughley and Chief Warrant Offi-

cer 2 David Garcia of Headquarters and Headquarters Company, 25th Combat Aviation Brigade, enjoy a meal in the DFAC, Aug. 19.



Sammy L. Wallace | Army News Service

(Left to right) Spcs. Katherine D. Gilmore, Tara D. Crowe and Pvt. 1st Class Tina M. Campbell offer saliva samples that will be used to test a component in a new antiplaque gum.

Researchers seek to fend off dental decay

KAREN FLEMING-MICHAEL
Army News Service

GREAT LAKES, Ill. — Army researchers at the Dental and Trauma Research Detachment at Great Lakes, Ill., are working to create a product that will help prevent dental decay during deployments.

The researchers are working with a tasteless peptide that helps break up the film that forms on teeth and kills the bacteria that cause oral disease.

Studies show that dental health deteriorates during deployments. One study, undertaken by Maj. Georgia dela Cruz in 2004, showed that 3rd Infantry Division Soldiers who deployed to Iraq for six months in 2003 returned home with more than two-and-a-half times the number of cavities they had before deploying.

"The amount of tooth decay that occurred in just six months was overwhelming," said dela Cruz, who treated returning Soldiers at Fort Lewis, Wash., before becoming the public health dental staff officer at the U.S. Army Center for Health Promotion and Preventive Medicine.

Sports drinks, soda, candy and stress all contribute to decay during deployments, but lack of brushing plays into the equation as well, said Col. Dennis Runyan, commander of the research detachment.

"If you've gone a day or two without brushing your teeth and run your tongue over your teeth, you can feel that layer of grunge. It's tough to penetrate," Runyan said. "It's hard to get things down into that biofilm that will actually kill the bacteria."

The peptide's name is a string of consonants — KKVVFVKV-FK-NH2 — and is abbreviated KSL. Dr. Kai Leung, has worked with the peptide from the project's inception to determine its killing power and ability to inhibit bacterial growth.

Leung also developed a model that mimics the environment of the mouth, and enlisted the help of lab workers by asking them to donate saliva for his experiments. He's even tested KSL in animal models to make sure that it doesn't affect the

intestinal tract like some antibiotics do.

The dental researchers concluded last year, with the help of Dr. Patrick Deluca at the University of Kentucky, that chewing gum is the best way to deliver KSL.

"Just the act of chewing gum in and of itself helps break up the dental biofilm, so you get a mechanical breakup," Runyan said. "Then we have an added ingredient that actually helps kill and control the oral pathogenic bacteria as you chew the gum."

Because gum is already available in MREs, Runyan said it would be a logical step to include the anti-plaque gum in them.

"We give them the sugar-free gum in the same MRE that we give them Skittles. It's like giving an alcoholic antabuse and having him wash it down with a shot of Jack Daniels," he said.

The Combat Feeding Program officials in Natick, Mass., with whom Runyan has spoken to aren't making any promises about including it in MREs just yet.

"They deal with costs. I would say they're interested but guarded until we can give them a good final cost," the colonel said.

Leung estimates each piece will cost about a dime or less.

In order to claim the peptide can control and kill plaque bacteria, Army researches must go through the Food and Drug Administration's drug approval process.

Runyan said he hopes the gum will be in clinical trials three to four years from now. He stressed that when the gum is eventually fielded, it shouldn't be seen as a replacement for good oral hygiene.

"The purpose of this gum is not to be a substitute for good flossing and brushing," he said. "This will hold Soldiers over in times when they — because of operations tempo or availability — don't have the time or the inclination to brush or floss."

(Editor's Note: Karen Fleming-Michael works for the U.S. Army Medical Research and Materiel Command.)

Chapel's 'Survival Night' targets deployed families

LANDY STEWART MIYAKE
Staff Writer

As family members prepare for deployment, they often experience feelings of sadness, isolation, anger and fear. These emotions can be overwhelming at times, and one might ask, is it normal to feel this way?

Aug. 16, approximately 30 Soldiers and family members gathered at the Schofield Barracks Main Post Chapel to discuss "normal" reactions to deployment and methods for coping.

At the meeting, Jeri L. Couthen, U.S. Coast Guard employee assistance program coordinator and critical incident stress management team coordinator, shared typical reactions in traumatic situations.

According to Couthen, critical incident stress is a normal reaction from a normal person in an abnormal event. During abnormal events, such as deployment, family members may exhibit behavioral symptoms like withdrawal, aggressiveness or sleeplessness.

They could also have cognitive reactions such as difficulty with memory or trouble concentrating.

Still others may experience spiritual reactions — a loss of faith, lapse in spiritual practices or change in worldview.

Each of these behaviors is completely normal and simply a reaction to a stressful situation, Couthen said.

Christie Ross, a mother of three young boys, is no stranger to conflicting feelings. She and her family have been through two yearlong deployments in the past 36 months.

"No matter what you're experiencing, it's natural to feel like you're going nuts," she said. "It doesn't mean you are any less capable or that you're a bad person. A lot of people go through it — it just helps to realize that you're not alone, and it is normal to feel like this."

For others like Jennifer Swendall, the mixed emotions of deployment are new.

"You have these feelings and you think 'this is normal,' but it's nice to have somebody confirming that it's normal," said Swendall.

Resources for family members during deployment

- **Fall Extravaganza** — Tomorrow, Aug. 26, from 10 a.m. to 2 p.m. at the Main Post Chapel (MPC), Schofield Barracks. Free food, fellowship and many children's activities planned. Point of contact (POC) is Tina Aker, 655-6645.

(Note: Activities below offer free child care.)

- **Family Night** — Every Wednesday (except third Wednesday), 5:30 p.m. at MPC, Schofield. Consists of a family meal and all-age discipleship training. POC is Tina Aker, 655-6645.

- **Marriage Enrichment** — Every Wednesday during Family Night at 5:30 p.m. Consists of family meal and class. With next topic, attendees will learn how to improve communication and fight fairly with spouses. POC is Chaplain Kennedy, 653-0703.

- **Deployment Night** — Every third Wednesday at MPC at 5:30 p.m. Consists of catered family meal.

- **Special Program** — Focused training for family members of deployed Soldiers. The intent of this program is to equip family members with the tools to successfully make it through deployments.

- **Marriage 101** — Every third Wednesday at Helemano Military Reservation Chapel at 9 a.m. to 4 p.m. With next topic, attendees will learn how to build a strong and lasting marriage. POC is Chaplain Kennedy, 653-0703.

(For child care, children must be registered with Child and Youth Services prior to registering. For more details, call Danielle Rapoza at 655-8313. See page B-2 for the chapel worship schedule.)



Couthen

Together with knowledge gained from other deployment-related activities, Couthen's lecture helped reinforced information Swendall already knew. Swendall plans to share this information with other spouses in her family readiness group (FRG).

"It's good for the people in our FRG when they come up with the same questions. I can go back to this lecture and help them out," she explained.

As stressful as deployment may be, there is a way to cope. Couthen described three of life's major reset buttons — sleep, food and exercise — and provided tips for coping with deployment.

During hectic times, such as deployment, the body needs a chance to recover and

SEE NORMAL, A-11

2-11 Soldiers welcome back students with a message

Story and Photo by
PFC. MATTHEW C. MOELLER
17th Public Affairs Detachment

WAHIAWA — Leilehua High School students received a special treat during their welcome back assembly when Schofield Barracks Soldiers marched their way down the school's hallways, Aug. 15.

A color guard from A Company, 2nd Battalion (Bn.), 11th Field Artillery Regiment (FAR), 2nd Stryker Brigade Combat Team (BCT), marched its way onto the gymnasium floor to present the nation's colors to an applauding crowd of students and faculty, and to offer its support for those with loved ones deployed overseas.

"With the large military population [here at our school], we wanted to honor the students with deployed family members and highlight the sacrifices that they are making for their country," said Nate Higa, faculty member and organizer of the event.

"It's important to do these things because this is our community too, and naturally you want to see it do well," said Staff Sgt. Quentin Washington, operations sergeant, A Co., 2-11th, and overseer of the events color guard. "I only wish we could do more."

During the assembly, which marked 2-11th's first involvement with Leilehua High School, Capt. Gregory Alexander, battery commander, A Co., 2-11th, spoke to students about what it means to be a Soldier and a military family member.

"[They] must live by more stringent rules than others in our society. They understand that everything they do, or fail to do, affects their fellow Soldier," he said.

Alexander went on to discuss the importance of the "Seven Army Values" in a Soldier's daily life, especially selfless

Army Values

- 1-Loyalty
- 2-Duty
- 3-Respect
- 4-Selfless Service
- 5-Honor
- 6-Integrity
- 7-Personal Courage

service.

"To me, selfless service sums up all the other values. ... The Soldiers who just deployed to Operation Iraqi Freedom, and all the Soldiers who deployed in the past, are the ultimate examples of selfless service," he said. "They need your support and love to help them complete their mission."

Alexander then spoke directly to students who have family members deployed overseas.

"The sacrifice that you have made can only be repaid by knowing that the world is a better place," he said.

The 2-11th FAR is currently working with Leilehua High School on a variety of volunteer projects such as building new benches. Previously, 3rd Bn., 7th FAR, 3rd BCT, sponsored the school. Its deployment in support of Operation Iraqi Freedom necessitated the change.



A color guard from A Company, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, displays the nation's and state's colors during Leilehua High School's Welcome Back Assembly, Aug. 15.

Army wants more foreign area officers

J.D. LEIPOLD
Army News Service

ARLINGTON, Va. — The Army is working to increase its foreign area officer (FAO) corps by 30 percent to improve relationships between U.S. and foreign militaries.

Often described as Soldier-statesman, FAOs spend more than half their careers in foreign embassies serving as attachés, security assistance officers, staff advisors on military affairs and operations, and liaison officers to foreign militaries.

FAOs combine military skills with specific regional expertise, language competency and political-military awareness to represent the Army and advance U.S. interests in one of nine areas: Latin America, Europe, South Asia, Eurasia, China, Middle East and North Africa, Northeast Asia, Southeast Asia and sub-Saharan Africa.

Col. Daniel Fagundes, chief of the FAO proponent said FAO candidates — like Special Forces contenders — must be exceptional Soldiers with strong cultural, linguis-

tic and military intellects.

"You also have to like to interface with people and feel comfortable living and working in different cultures and environments," he said. "It takes almost a chameleon-like personality. You never move away from being an Army officer, but you have to be able to understand and work closely with civilians and military people from other countries."

The FAO training program lasts three to four years and combines language studies, in-country training and graduate studies. Each officer receives six to 18 months of training in a foreign language, followed by a year of immersion training in a country in the officer's area of concentration.

After in-country training, the candidate earns a graduate degree in an area specific to his or her FAO duties. Candidates who already have significant experience or education may be given waivers to decrease training time.

SEE FAO, A-8



Better Opportunities for Single Soldiers (BOSS) member Pfc. David Hamblin, 66th Engineers, drills a hole to install a peep hole in a door of Building 885 at K Quad, Aug. 17.

BOSS: Peep holes give face to who's knocking

CONTINUED FROM A-1

without peep holes on the outside of their doors," said Spc. Danielle M. Colson, installation BOSS president. "Many Soldiers did not feel comfortable answering their doors, not knowing who was on the other side, especially in the evenings and early mornings. We feel that this will help out Sol-

diers living in these barracks."

A better quality of life on post is just one of the goals that members in BOSS seek. With backing from Schofield's Morale, Welfare and Recreation department, under which the BOSS program falls, its Soldier leadership organizes fun and social activities for members, quite often within the local community and outer islands.

Spirit: Fears overcome with faith in Almighty

CONTINUED FROM A-2

worse, thank God it's not worse, pray and hope that all will get better.

One of the greatest antidotes for overcoming fear is faith. Psalm 27:1 says, "The Lord is my light and my salvation — whom shall I fear? The Lord is the strength of my life of whom shall I be afraid?" (King James Version)

Since God is in control, I need not let fear overtake me. He is my light to guide me. He is my salvation to deliver me. He is my strength to uphold me.

No matter what comes, I will use my faith to dispel my fears.

You can overcome fear by putting your trust in the one who holds your future.

He knows and he understands your situation. Trust him, even though nothing is making sense.

Lean and depend on him to guide you and give you peace in the midst of your storm. Believe and stand upon his promises. Whatever God says, you can bank on it.

Psalm 23:4 says, "Even though I walk through the valley of the shadow of death, I will fear no evil for you are with me, your rod and your staff, they comfort me" (New American Standard).

And Isaiah 41:10 says, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (New International Version).

Use your faith to overcome your fears. You don't have to remain a prisoner of fear. You can experience freedom and victory by facing them head-on, changing your negative thinking and using your faith.

Pilot: Recovery heeds environmental law

CONTINUED FROM A-1

where it will sit for as long as three to four days until completely dry. Then, once dry, the soil is gently broken into smaller pieces, so that it can be passed along to screeners who will sift through the soil in search of parts, clothing, bone fragments and any other items that can lead to identification of the pilot and his aircraft.

The fact that the soil is being moved from one location to another brings up environmental concerns. According to Dr. Brad Stern, anthropologist and recovery leader, the Department of the Navy has asked that soil from the mountain recovery location not be mixed with soil on East Range. The wreckage from the plane may have leaked petroleum into the soil at the crash site. In keeping with the National Environmental Policy Act, the contaminated soil is not being placed with noncontaminated soil.

"We've used extra precautions to ensure we are in compliance," said Stern. "We've placed tarps on the ground to place the soil, and we've put boxes underneath the sifting devices to capture the dirt as it goes through the screens ... and then we will recycle the dirt after the mission is over," he explained.

Although remains have not yet been recovered, the team is relatively upbeat and positive about their chances. Several pieces of what is believed to be the F6F-3 Hellcat have been recovered.

Warnke has a sister, 86-year-old Myrtle Tice, who is still alive, and the team hopes to make a recovery and positive identification for her sometime in the near future.

"This is why I love my work," said Stern. "Recovering fallen service men for their families and our country gets to the basis of why I love this job."

"Recovering a service member is really a great feeling," echoed Sgt. Elizabeth Avera, a Vietnamese linguist on the recovery team. "As a mother, sister, daughter and niece, I know that death is very troubling for a family to deal with, but to not know ever after sixty years is hard. Closure is important," Avera emphasized.

The team began the recovery mission Aug. 4 and anticipates another four to six weeks of work.



Staff Sgt. Jamie Trice (foreground) team noncommissioned officer in charge of the JPAC team sifts through dirt searching for clues that could possibly identify Ensign Harry Warnke and his aircraft.



The JPAC team members break dirt into smaller pieces, so that it can be screened more easily.

FAO: Applicants must be well-versed in culture

CONTINUED FROM A-7

Maj. Cainaz Vakharia recently completed in-country training in India. Adaptability and linguistic abilities are absolutes, she said.

"You also have to be someone who is open to other cultures. That can be difficult because we have been born and raised in our own value systems, so the FAO has to be open to other cultures and know what's important to the host country," she said.

"When I went to the Indian Defense Staff



Get more details at www.fao.army.mil.

changed ideas and perspectives on many subjects, like how we do military operations and how they do theirs."

College I was interacting, in their language, with officers from thirty nations and about three hundred fifty Indian officers from their Army, Navy and Air Force," she added. "We ex-

changed ideas and perspectives on many subjects, like how we do military operations and how they do theirs."

According to Fagundes, the FAO is best described as a "pentathlete." "We need officers who can operate across a wide spectrum of operations and challenges," he said. "FAOs must also be well-grounded in operations and in their basic branches, whether that's logistics, military intelligence, Special Forces, infantry, armor ... whatever their branch."

For more information, call Fagundes at (703) 692-7371 or e-mail Daniel.fagundes@hqda.army.mil.

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

August

Signal Corps Ball — Soldiers, civilians and contractors are invited to attend the 2006 Hawaii Signal Corps Regimental Ball Saturday, Sept. 16, at 5 p.m. at the Koolau Golf Club in Kaneohe.

Ticket are \$50 per person. For more information, contact Capt. Angelique Worth at 438-2463.

Hui O` Na Wahine Membership Drive — The all-ranks spouses' club hosts its Super Sign-up Night at the Schofield Barracks Nehelani, Aug. 28 from 5-8 p.m. Members will be on hand to share with prospective members the benefits and fun of becoming part of the group.

This event is free. For more information, call 624-0773.

Protestant Women of the Chapel — Are your bags packed and ready to go? The Protestant Women of the Chapel (PWOC) will present "Unity to Let the World Know," so travel on over to PWOC for its fall kick-off program, Aug. 29.

Members will brief you on God's mission plan during this program in the Schofield Main Post Chapel, Room D-9 at 9 a.m. Free on-site child care will be available by reservation. For more information, call 206-8504.

Pre-Retirement Orientation — A semiannual pre-retirement orientation is scheduled for Aug. 30, 8-11:30 a.m., at the Schofield Barracks Post Conference Room, Building 584, across from the Sgt. Smith Theater.

This orientation is for Soldiers with 18 or more years of active service and their spouses. Information concerning benefits and privileges of military retirement will

be provided, and representatives of federal and state agencies, and military staff offices will be available to answer questions. For more information, call 655-1585 or 655-1514.

SAEDA / OPSEC Community Brief — The Hawaii Resident Office presents the annual, mandatory SAEDA (Subversion and Espionage Directed against the Army) briefing. Army Regulation 381-12 requires all Department of the Army personnel to receive this training annually.

The next briefing is scheduled for Wednesday, Aug. 30, at 9:30 a.m. to 1:30 p.m. at Sgt. Smith Theater, Schofield Barracks. For more information, call 438-1872.

September

Commissary Meat Sale — The Schofield Barracks commissary will host

its first Meat Truckload Sale Sept. 1-3, in meat department display case.

The commissary will be open during normal business hours (9 a.m. to 8 p.m.) for Labor Day, Monday, Sept. 4, and will open for early bird shoppers with 15 items or less at 8 a.m.

In addition, the commissary's meat department will undergo renovation Sept. 5-19. During the renovation, the commissary will process meat at the Hickam commissary and transfer back to Schofield on a daily basis.

Road Closure — Foote Avenue will be closed between Lewis Street and Heard Avenue due to construction work from Sept. 5 through Oct. 31. Road closure and detour signs will be posted through the duration of this road closure. Contact Owen Ogata at 624-7234 regarding concerns.

AAFES Changes Hours — Beginning Sept. 5, numerous AAFES stores will modify their hours. Major changes include the following: The Aliamanu Military Reservation Shoppette will open from 5 a.m. to midnight. The Fort Shafter Barber Shop and Dry Cleaning will close Sundays; Alterations will be closed Saturdays. Visit www.aafes.com for more details.

South Town Hall — The next Oahu Base Support Battalion Town Hall meeting is scheduled for Wednesday, Sept. 6, at 6:30 p.m. in the AMR Chapel. A town hall meeting is a proactive forum designed to assemble directors and agency chiefs to provide information on matters pertaining to the Fort Shafter Community. For more information, contact Rosey Stone at 438-6147.

Prayer Luncheon — The 8th Theater Support Command (TSC) and 25th ID (Rear Detachment) will host a prayer luncheon Sept. 8 from 11:30 a.m.-1 p.m. at the Nehelani, Schofield Barracks.

Chaplains will distribute tickets through the command. Persons with tickets will be guaranteed seats at the event. Walk-ins at the event may be admitted based on seating availability.

The event is free of charge; however, donations may be given to support Soldier and Family Ministries through the Chaplain Tithe and Offering Fund.

Free USPS Packaging — The U.S. Postal Service provides military family members and friends with packaging materials to send packages to service members. Call (toll free) 1-800-610-8734, and ask for the "Military Pack."

Eight boxes, tape, packaging materials and labels will be mailed to military family members who call.

25 YEARS AGO



Green thumbs — (Left to right) Duty Soldiers Pfc. Carl Stem and Sp4 Carol Clifford load palms on a truck destined for WEST-COM Command Group. Duty Soldiers complete basic functions on post such as mowing grass and picking up trash.

August 18-24, 1981

- More than 600 Big Island citizen-Soldiers from the 2nd Battalion, 299th Infantry Regiment, used a new training device called Multiple Integrated Laser Engagement System (MILES) at the Pohakuloa Training Area.

MILES uses lasers to simulate am-

munition in battle scenarios.

- An amendment to provide a 9.1 percent pay increase for lower-grade enlisted personnel was proposed to keep military pay comparable to the private sector. To fund the pay increase, administrators proposed a reduction in pay increases for commissioned and

warrant officers.

- The Army boasted the highest re-enlistment rate of all services this fiscal year. At 69.5 percent, the rate was up 3.4 percent from the previous year. The Air Force was second with 66.8 percent.

(Editor's Note: Information compiled from Hawaii Army Weekly archives.)



Spc. Teirney M. Medeiros | 17th Public Affairs Detachment

Attention to health

Col. Richard A. Jordan assumes command of the Schofield Barracks Health Clinic in a change of command ceremony held Aug. 17. Jordan is a decorated officer who has also served in the U.S. Air Force.

Outgoing commander Lt. Col. Sharon J. Pacchiana will resume her position as chief of staff/deputy commander of administration, where she worked prior to taking command of the clinic.

The Schofield Barracks Health Clinic, including Buildings 678, 680 and 681, were initially built in 1922. Its staff cared for patients from the Dec. 7, 1941, attacks on Oahu. The clinic remains the major health facility for Soldiers in the 25th Infantry Division and U.S. Army Garrison Hawaii.



A convoy of humvees carrying 25th Infantry Division Special Troops Battalion Soldiers rolls through an IED training lane in Kuwait. The Soldiers are conducting training before moving into Iraq to support the division's mission there.

IED: 'Lanes' training tests Soldiers' decision-making speed and abilities

CONTINUED FROM A-1

120-degrees Fahrenheit, or more, during the day.

"This is the best training I've had for anything like this," said Sgt. Johnathan Wallis of 25th ID Special Troops Battalion. "We're actually here in the desert, and the trainers have a lot of knowledge."

The classes and training lanes are operated by Military Professional Resources, Inc., a collection of former officers and noncommissioned officers who specialize in military training. Training lanes includes a variety of scenarios involving intersections, buildings, bridges and other factors to complicate a Sol-

dier's reaction to an IED attack on a convoy.

During the lanes, Soldiers in the training unit rotate through leadership positions so that each has a chance to experience the decision-making process necessary for reacting to an attack.

Lanes training took several weeks to construct, said one of the IED trainers at the site.

"The whole focus is to give the Soldiers an overall view of how to act in these situations," he said, adding that when Soldiers get to Iraq, they will receive additional training. "This is the most realistic and current training these guys are ever going to see."

Normal: Experiences are not at all clear-cut

CONTINUED FROM A-6

rest, she said. Eating is also important because the body needs fuel to function.

Whether they experience a sudden loss of appetite or an increase in appetite, Couthen recommended that family members be mindful of the foods they eat.

She also encouraged family members to remain active and to get some exercise. Physical activity allows the body to relieve stress and helps clear the mind. Exercise does not need to last a long time or be strenuous; a short, brisk walk will work just fine, she said.

Couthen suggested that family members offer assistance and a supportive, listening ear to one another. Even if a person does not ask for help, families should be proactive and help neighbors with simple, everyday tasks such as cleaning, cooking or laundry, she said.

Lastly, family members shouldn't diminish any situation. Circumstances could probably be worse, but expressing such will not make sad feelings go away.

Most importantly, Couthen encouraged people to ask for help when and where they need it.

"There is no shame in reaching out," she said.

HAWAII **ARMY** WEEKLY

PAU HANA

www.25id.army.mil/haw.asp

"When work is finished."

FRIDAY, AUGUST 25, 2006



Standing tall for all to see, the mighty USS Missouri now rests at Ford Island in the center of Pearl Harbor, serving out its new mission as a living museum and memorial. It is open daily 9 a.m. to 5 p.m.

Pfc. Matthew C. Moeller, 17th Public Affairs Detachment



Courtesy of U.S. Navy

Above — Thousands of crewmembers look on as U.S. and Japanese officials end World War II. As the site of the surrender by Japanese forces Sept. 2, 1945, the USS Missouri achieved its greatest claim to fame.

Inset — This spot on the deck of the USS Missouri marks the location where the Japanese signed the surrender treaty, officially ending World War II.



Courtesy of U.S. Navy

Visitors on the "Explorers" tour head down the famous "Broadway," a long passageway that connects the entrances to the four engine rooms and four fire rooms, while touring the USS Missouri, a living museum and memorial. The museum offers discounts to military members and their families.

PFC. MATTHEW C. MOELLER
17th Public Affairs Detachment

PEARL HARBOR — With its massive 16-inch guns casting a shadow over the surrounding harbor, the USS Missouri stands tall, continuing its legacy of peace and security across the world.

Once America's premier flagship, the 58,000-ton battleship Missouri now sits docked at Ford Island in the center of Pearl Harbor. More than 62 years after its construction, it now serves a new mission as a living museum and memorial, and attracts more than 400,000 visitors each year.

"We have been given an incredible educational tool in the battleship Missouri. Nowhere else in the world can students learn about life at sea and the terrible price of freedom in such a powerful setting — Pearl Harbor, where America entered the war, and on the Missouri, where we ended it," said Michael Lilly, board member, USS Missouri Memorial Association.

"It's powerful," said retired Petty Officer Second Class Chester Williams. "I was here in the Pacific during the war (World War II), and to come here and see this ship reminds me of what an honor that was."

During its lifetime the 'Mighty Mo' took part in conflicts from World War II to Operation Desert Storm, until its retirement in 1995. At 887 feet long and 209 feet tall, the Missouri was one of the largest ships of its day.

Noble Birth

Taking nearly three years to complete, the Missouri was christened Jan. 29, 1944, at the New York Navy Yard. One year later it was on way to Hawaii and the war in the Pacific.

The ship took part in the invasions of Iwo Jima and Okinawa, but its most famous role was one of peace. Under the supervision of Gen. Douglas MacArthur, the deck of the Missouri was host to the Japanese Formal Instrument of Surrender, which ended World War II on Sept. 2, 1945 in Tokyo Bay.

Five years later, the Mighty Mo found its guns firing again, this time at the Korean Peninsula. For the duration of the war the ship bombarded targets along the coast of the Korea.

The Missouri was inactive from 1955 to 1984 when it had its equipment and machinery modernized. Two years and \$475 million later, the Missouri returned to active duty, this time with new weapons and other systems, making it a modern war-fighting machine.

On Jan. 17, 1991, the USS Missouri participated in Operation Desert Storm, leading missile strikes deep into Iraq.

Mighty Mo' celebration

The USS Missouri Memorial Association will salute all U.S. veterans at a ceremony commemorating the 61st anniversary of the end of World War II, Saturday, Sept. 2, from 8:45 to 9:45 a.m. onboard the USS Missouri.

The program will coincide with the time of day that representatives from 10 nations signed the formal Instrument of Surrender 61 years ago prior on the USS Missouri, bringing history's most devastating war to a close. The keynote speaker will be Lt. Gen. Daniel P. Leaf, deputy commander, U.S. Pacific Command.

The ceremony is free and open to the public. For more information, call 423-2263 and press 7 immediately following the greeting.

For more information, visit www.usmissouri.com.

After the Gulf War, the Missouri spent four years in the Pacific Reserve Fleet in Bremerton, Wash., before being moved to another pier in Bremerton and opened to the public.

Following an intense competition from four cities to have the Missouri permanently berthed, Pearl Harbor was selected as the final home for the battleship on Aug. 21, 1995. The Missouri was towed by a tugboat at a speed of approximately 6 knots and arrived in Pearl Harbor on June 22, 1998, where it is still berthed today.

"The Missouri continues to be the vibrant, living ship she was always destined to be," said Lilly. "It is a gift that we preserve for them, so that they and future generations remember how her many crews from World War II, to the Korean War, to Operation Desert Storm risked all in defense of our country."

The Missouri is open daily 9 a.m. to 5 p.m. except on Thanksgiving Day, Christmas Day, and New Year's Day. Tickets may be purchased from Moral Welfare and Recreation Memorial ticket window next to the USS Arizona Memorial Visitor's Center.

Normal admission is \$16 for adults and \$8 for children 12 and younger, but for military members the fee is \$10 for adults and \$5 for children 12 and younger. The ticket window closes at 4 p.m.



August

25 / Today

Hawaiian Luau Lunch Buffet — Taste a traditional Hawaiian style feast today from 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at the Nehelani on Schofield Barracks. Cost is \$9.95 per person.
Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or information.

Steak Night — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls and vegetables at Kolekole Bar and Grill. Dinner will be served from 5 to 8 p.m.
Cost is only \$11.95 for top sirloin steak, and children's pricing is available.
For additional information, call 655-4466.

26 / Saturday

Parents Night Out — Leave your kids with CYS at the Peterson Center on Parents Night Out, and then enjoy a nice night out on the town.
Children enrolled in Parents Night Out must be registered with the CYS Registration Office no later than noon Aug. 25. Reservations are first-come, first-served. For more information, call 655-8313.

28 / Monday

Tropics Closure — Tropics Community Activities Center will close Monday, Aug. 28 at 7 p.m. Tropics will resume normal business hours on Aug. 29. For more information, call 655-5697.

30 / Wednesday

Military Idol — Who is going to be the next Hawaii Military Idol? Don't miss your opportunity to find out. Come cheer on the contestants, vote for your favorite idol and win door prizes.
The competition continues Aug. 30 at the Tropics, from 6:30 to 9:30 p.m. For more information, call 655-8522.

1 / September

Fall Teen Camp — Registration begins today for fall teen camp at Schofield Barracks. Camp will be held Oct. 2 through Oct. 10, Mon. to Fri., 10 a.m. to 5 p.m. This year's theme will be Brains vs. Buff. A waiver form is required to participate.
For more information, call 655-0451.

Teen Social — Join friends for an evening of fun at the Schofield Barracks Teen Center for the Black and White Party, 7-9:30 p.m. Admission is \$3 for members and \$4 for nonmembers, and an ID card is required.
For more information call 655-0451.

6 / Wednesday

Blue Star Card Preview Night — Blue



Bob McElroy | Pohakuloa Training Area Public Affairs

Star Card holders are invited to a special preview of the Army Community Theater production "Sweeney Todd." Enjoy an evening out, which includes light refreshments, transportation and child care. For more information or to register, call 655-0112.

7 / Thursday

Sweeney Todd — Get your tickets today for the Army Community Theater musical thriller "Sweeney Todd." Performances will be held at Richardson Theatre, Fort Shafter, Sept. 7-9, 15, 16, 22 and 23. Tickets are available at the box office, Monday through Friday, 10 a.m. to 2 p.m., or online at www.squareone.org/ACT/tickets.html.
This performance is not recommended for children. For more information, call 438-4480

Ongoing

Leilehua High School Students — Are you looking for an air-conditioned ride from the high school? The Schofield Teen Center offers all registered teens a free ride from the high school to the teen center each school day. Limited seats are available and a waiver form must be signed. For more information, call 655-0451.

Pacific Teen Panel — The Aliamanu Teen Center is recruiting for two high school teens to serve on the Pacific Teen Panel for the Aliamanu and Fort Shafter area. Interested teens need to be registered, participating in Keystone Club, and volunteering eight hours at the teen center.
Teens will also participate in a monthly video teleconference with other Army Pacific Region teens. For more information, call 833-0920.

Kolekole Bar and Grill — Cool off with a cool drink at the Kolekole Bar and Grill. Enjoy darts, pool, games, karaoke and more. While you are there, don't forget to try the Tropic Lightning fries.
Come during August and you will be en-

tered to win an iPod Nano with every visit. For more information, call 655-0664.

SKIES Registration — Children and youth who register for instructional classes and off post discounts through SKIES Unlimited only need to enroll in SKIES and do not need to enroll with CYS. Parents now need to complete a one-page application, and show proof of your child/youth's age. There is a one-time enrollment fee of \$18.00. To enroll in SKIES, visit the CYS Registration Office at Schofield Barracks, Building 556 (655-8380) or at AMR, Building 1782 (833-5393).
To register for Sports, CDC, SAS, Summer Fun, FCC, PNO, STACC or MST, children and youth need to be a registered member of CYS. SKIES Unlimited enrollment does not cover CYS membership.

Hawaii MusicWorks Studio Classes — SKIES Unlimited is partnering with Hawaii MusicWorks Studio to offer a military discount program for music and voice lessons. Hawaii MusicWorks offers both classical study and pop study.
Classes include "Intro to Piano and Composition," "Intro to Guitar and Ukulele," "Intro to Voice," "Intro to Percussion" and "Rock School." Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-9818.

Storage Shed Rentals — Many 8-foot by 6-foot sheds are available for rental at \$40 per month at Schofield Barracks or Fort Shafter. For more information, call 655-9368 (Schofield Auto Craft Center) or 438-9402 (Fort Shafter Auto Craft Center).

Outdoor Recreation Rentals — Outdoor recreation can supply all your party needs to include tables, chairs, canopies, inflatables and even a dunk tank for the kids. Not having a party, going camping instead? Outdoor Recreation can supply you with all the gear, from tents and coolers to stoves. The office is open everyday, except Tuesday. Call 655-0143 for more information.

the Hawaii Foodbank. For more information, visit www.canstruction.com.

26 / Saturday

Cavalcade of Stars — The Lions Club of Honolulu Foundation presents its annual Cavalcade of Stars variety show Saturday, Aug. 26, at the McKinley High School Auditorium, 1039 S. King Street. Identical shows begin at 11 a.m. & 1 p.m. Entertainers include comedian Frank De Lima, the Hypersquad dance group, magic by Michael Ching, piano by Chris Cerna, and singing by Jon Osorio. Kim Gennaula, KGMB TV news anchor, emcees.
The show is an annual gift to the community from the Lions Club of Honolulu. Seating is first-come-first-served. Free parking is available on the McKinley school grounds. Enter from Pensacola Street. For further information, contact Jack Schweigert at 533-7491.

Oahu Arts Center — The Oahu Arts Center announces its third annual "A Night of the Arts," an evening of food, live entertainment, art activities, and a silent auction to raise funds to build a community arts education center and performing venue. This event will take place Saturday, Aug. 26, from 6-10 p.m. at the Mililani Golf Course.
Costs are \$50 per person and \$25 for children 12 and under. Call 848-7632 for more information or visit www.oahuarts-center.org.

Historic Surf Exhibit Rides into Waikiki — Join author DeSoto Brown, archivist and collections manager at Bishop Museum, for a presentation and book signing, Saturday, Aug. 26. DeSoto will autograph copies of the new book, which includes over 200 amazing nostalgic images that will transport readers back to a time when surfing was king in Hawai'i.
Signings will occur at the Outrigger Waikiki from 2-4 p.m., and at the Great Hawaiian Lu'au as part of Duke's OceanFest at the Waikiki Aquarium from 6-8 p.m.

It's all Greek this week — The 26th

Catch!

POHAKULOA TRAINING AREA, Hawaii — Students at Keauu Middle School on the Big Island reach for a pocket dictionary that Sgt. 1st Class Terry Allen has just tossed to them.

Allen joined PTA commander Lt. Col. Kimberly A. Rapacz, Command Sgt. Maj. James A. Murray, and several other Soldiers at the school Aug. 17 to hand out various school supplies.

PTA's Soldiers have been partners and supporters of Keauu Middle School for the last several years. Adopt-a-school projects have included handing out certificates of achievement to outstanding students and, most significantly, building a concrete basketball court for student and staff recreation.

Tropics and Starbucks — Visit the Ono Isle at the Tropics and enjoy hot and cold Starbucks specialties such as lattes, cappuccinos, mochas, hot chocolate and much more. The Ono Isle serves delicious pastries, desserts and smoothies.
Visit the Tropics at Schofield Barracks, Building 589. Call 655-0002 for more information.

Waianae Beach Live Entertainment — Unwind over the weekend at Waianae Beach with live entertainment, every Saturday from 9 p.m. to 1 a.m., and Sunday from 6-10 p.m. Call 696-4778 for more information.

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

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

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

Programs affected include physical fitness centers; swimming pools; craft shops; recreation centers; outdoor recreation equipment checkout; Information, Ticketing, and Registration; and access theater productions.
For more information, call 656-0086

MWR Happenings — To find out more information about MWR activities, programs and facilities, pick-up a copy of the "Discovery" magazine available at the Schofield Barracks commissary, Fort Shafter post exchange, Aliamanu shoppette, Tripler mauka entrance, any MWR facility, or visit the MWR Web site at www.mwrrmy-hawaii.com.

Job Search — Visit, browse and apply for federal jobs that are available in Hawaii at www.nafjobs.com.

• 12:50-1:15, kindergarten story time

September

1 / Friday

Employment Orientation — At this event, learn how to prepare for your job search process; get employment information on federal, state, private sector and staffing agencies; see reference materials, job listings, computers and more that are available for use at the Army Community Service (ACS) employment resource area.
A company representative may also be attending and speaking with spouses about job vacancies. Workshops will be held on Fridays in September (1, 8, 15, 22 and 29) from 9 to 10:30 a.m. at ACS Building 2091. Call 655-4227 to register.

2 / Saturday

Mighty Mo' celebration — The USS Missouri Memorial Association will salute all U.S.

veterans at a ceremony commemorating the 61st anniversary of the end of World War II, Saturday, Sept. 2, from 8:45 to 9:45 a.m. onboard the USS Missouri.

The program will coincide with the time of day that representatives from 10 nations signed the formal Instrument of Surrender 61 years ago prior on the USS Missouri, bringing history's most devastating war to a close. The keynote speaker will be Lt. Gen. Daniel P. Leaf, deputy commander, U.S. Pacific Command.

The ceremony is free and open to the public. For more information, please call 423-2263 and press 7 immediately following the greeting.

Audition Workshop — To prepare for "Annie" auditions, Broadway veteran Richard Vida from "Les Miserables" and local musical director Don Conover will conduct special workshops for youngsters on Saturday, September 2, at 10 a.m. at Ballet

SEE COMMUNITY CALENDAR, B-6



Aliamanu (AMR) Chapel

- 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 the beach
- Protestant Sunday, 9 a.m. – Worship service

Fort Shafter Chapel 836-4599

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

Helemano (HMR) Chapel

- Contemporary Protestant Sunday, 10 a.m. – Worship service and children's church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship service Sunday, 10:30 a.m. – Sunday school
- Gospel Sunday, 10:30 a.m. – Sunday school Sunday, 12:30 a.m. – Worship service

MPC Annex, building 791

- Chalice circle Tuesday, 7 p.m.
- Islamic prayers and study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday – Saturday, 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
- Collective Protestant Sunday, 10:30 a.m. – Worship service and children's church



You, Me and Dupree

(PG-13)
Friday, 7 p.m.
Sunday, 7 p.m.
Thursday, 7 p.m.



Little Man

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

The theater is closed Monday & Tuesday.



Send calendar announcements to community@hawaiiarmyweekly.com.

August

25 / Today

Miss 2007 — Keiki pageant contestants are sought for Hawaii's Miss 2007. Applications are open to young ladies from 12 months to 16 years old, and no pageant or modeling experience is necessary.
Cost to enter is \$100 and includes lessons in poise, walking, speech (if applicable) and etiquette. The application deadline is Sept. 10, and the pageant will be held Sunday, Sept. 24, from 3 to 5 p.m. at the Aloha Tower Marketplace Center Atrium. Admission is free; for more details call 384-7659.

"Construction" — Earlier this month at Pearlridge Center, for six hours, 17 teams of local architects, their staffs and building industry colleagues "canstruced" giant structures made entirely out of canned foods in the islands' inaugural "Canstruction" competition. Then, at an awards ceremony, the event chair announced the outstanding creations in the following categories: Jurors' Favorite, Structural Integrity, Best Use of Labels, Best Meal and Honorable Mention.
Award winners will compete at the national level in those same categories, but you must vote who's your favorite between now and Aug. 27, via food donations. The structure that receives the most votes from members of the public (one can equaling one vote) will be named People's Choice Award winner.

Join the fun, Aug. 27, when structures will be "de-canstruced" and food delivered to

Community centers help create close-knit neighborhoods

COMPILED BY AIKO BRUM
Managing Editor

Military families will discover many perks when they take the time to become involved in their neighborhoods. Each of U.S. Army Garrison Hawaii's on-post family housing areas has a viable community center assigned to it, complete with staff to listen to residents' concerns and plan activities military families can enjoy.

The Army Hawaii Family Housing (AHFH) Web site reads, "We are creating vibrant master-planned communities for today's military families. Homes are designed with the active lives of our residents in mind ... situated within environmentally friendly communities, highlighting walkable neighborhoods, lively community centers, attractive open spaces and active hiking and biking trails, which allow for resident interaction."

Community centers, according to AHFH, serve "as the town center for individual villages." Their staffs are conveniently located within neighborhoods so families can easily access "a range of services, from home leasing information and maintenance support to exciting activities and programs."

Like planned communities in civilian neighborhoods, the centers also provide a meeting place to celebrate special occasions or host community luaus. However, recreational activities top their offerings.

Centers boast swimming pools, basketball courts and some skateboard/BMX bike parks. Staffs regularly schedule toddler playgroups and periodic pizza and movie nights, to name a few activities, to encourage families to get out and about, and kick back and relax.

Eye on safety

Safety within post communities is a high priority. Therefore, AHFH periodically hosts events, such as the recent National Night Out (at both Canby Field and Army Military Reservation West Community Center), to promote safety issues.

Generally, at these events, interactive displays are set up featuring fingerprinting, face painting and learning — via tips from Police Eyes and Ears Program (PEEP) participants (who safeguard military homes and serve as watchdogs for neighborhood crime), and from fire fighters who give parents and children simple, but effective fire-prevention tips.

"The safety of our families, especially children, is important," said Janine Lind, AHFH property management director. "Our program brings together military police, the fire department, AHFH safety officers and others to educate families on all facets of safety."

The "New Resident Safety Orientation" program is a recent addition to AHFH's services. When new families invest just a couple of hours toward the program, they can learn ways to make their new home a safer place for all its occupants, courtesy of the Federal Fire Department, the Military Police, and Army Community Service, as well as AHFH.

On the horizon

Staff at neighborhood community centers can

Community Centers

North Region

- Serves Schofield Barracks, Wheeler Army Air Field & Helemano Military Reservation (HMR); located at Aloha Center, Building 690, Schofield Barracks; All centers open Monday-Friday from 8 a.m.-5 p.m. Saturdays by appointment; Call Regional Office at 275-3700.

- Canby Center, 275-3760, M-F, 8a-5p
- Hamilton Center, 275-3720
- Helemano Military Reservation Center, 275-3780
- Leader Field Center, 275-3740
- Solomon Center, 275-3750
- Wheeler Army Air Field Center, 275-3790

South Region

- Serves Fort Shafter, Tripler Army Medical Center, Red Hill & Aliamanu Military Reservation (AMR); located at Montgomery Drive, Building 344, Fort Shafter; All centers open Monday-Friday from 8 a.m.-5 p.m. Saturdays by appointment; Call Regional Office at 275-3800.

- AMR East/West Center, 275-3840
- AMR Rim Center, 275-3860
- Fort Shafter Center, 275-3820
- Lyman Center, 275-3770
- Hamilton/Patriot Center, 275-3720
- Red Hill Center, 275-3830
- Santa Fe Center, 275-3730
- Tripler AMC Community Center, 275-3870

provide details about several other new offerings, among them "AHFH Socials" and "SYNERGY." Beginning Sept. 26, AHFH will be hosting resident socials, explained Lind at Schofield's August town hall meeting. These socials are designed with new spouses and spouses affected by deployment in mind. The initial gatherings will be held at Nehelani and future sites on and off post will be secured.

As for SYNERGY, which stands for Saving Your Nation's Energy, Lind said this program "fuses grassroots activism within each community with incentive-based programs and community education. With SYNERGY, residents can participate in year-round community events and receive items such as coloring books to help turn energy conservation into a family event."

AHFH will host its first two SYNERGY Fairs in November.

Ongoing

Community center staff can provide additional information about AHFH's Deployment Care Package and Resident Referral programs, as well as free child care — all services created to support families of deployed Soldiers. The Deployment Care Package will continue for the duration of the 25th Infantry Division's deployment to Iraq. It offers five hours of free child care, complimentary lawn care service, and maintenance support.



Photos Courtesy of Army Hawaii Family Housing

Cooling off with style — A Fort Shafter family member displays rare form as he takes off on one of several water slides at his community's second annual Summer Splash event in July. Water slides, water balloons and shave ice cooled residents off on the hot summer day.



Scrapbooking workshops are a popular activity for kids and adults in Army Hawaii. Pictured above, children show off their colorful scrapbook creations during a recent workshop held at the Red Hill Community Center.

Since the child care program began in March of this year, AHFH has paid over \$1,000 in child care for families affected by deployment. Child care is offered on the third Saturday of each month at the Peterson Child Development Center, Schofield Barracks. AHFH may expand the program, depending upon need. All in all, whether families want to zero-in on

safety or enjoy activities with their neighbors, their local community center is one of their best assets. Neighborly assistance is just a stroll away or as close as your fingertips at www.armyhawaiifamilyhousingfh.com.
(Editor's Note: Megan Stahl Smith, a part-time photojournalist, contributed to this article.)

Community Sports

Send community announcements to community@hawaiiarmyweekly.com.

August

25 / Today

Hunter Education — The Hawaii Department of Land and Natural Resources offers classes on various subjects, such as archery safety, survival and first aid, wildlife identification and conservation, and more, every month at the Nimitz Center, 2nd Floor, 1130 North Nimitz Hwy., Classroom A-212A. The next class is Aug. 25 from 5:45 to 10 p.m. and Aug. 26 from 7:45 a.m. to 4 p.m.

Classes are open to anyone 10 years and older who enjoys the outdoors, and attendance at both sessions is required for certification. All students must provide a picture ID at the door. Call 587-0200 to pre-register.

26 / Saturday

Annual Ocean Mile Swim — Duke's Canoe Club hosts the 2006 OceanFest to benefit the Outrigger Duke Kahanamoku Foundation. The ocean mile swim will begin at 9 a.m. on the beachfront of Duke's Waikiki.

Plaques and certificates will be presented to the top three finishers in each category. All participants will receive a 2006 Duke's Ocean Mile Swim T-shirt.

A \$25 entry fee applies, and if space allows, late entries will be accepted for a \$30 registration fee. For entry forms or more information, call Diane at 955-3534 or visit www.dukefoundation.org.

Waihee Valley — Take a three-mile, novice stroll along the road to the Board of Water Supply's water tunnel, then continue uphill on the road to lovely Hamama Falls. The mountain peaks surround your route and panoramic valley views abound.

If you're interested in attending, call coordinator Dayle Turner at 384-4821. The hike starts at 8 a.m. A \$2 donation is requested from nonmembers older than 18, and children under 18 must be accompanied by an adult.

Hikers should bring lunch and water, wear sturdy shoes and clothing, and give extra caution on some trails. Firearms, pets, radios and other audio devices are prohibited.

Paws on the Path — Want to be part of a hiking club for people and their dogs? Join the club Saturday, Aug. 26 for a hike through Likeke Trail, Kaneohe. This trail leads to a waterfall and a lovely place to rest.

The trailhead is located off Kamehameha Hwy. in Kaneohe. Turn left on Kionaole, which is the road to Koolau Golf Course. Pass the golf course to the end of the road and park.

Bring towels and a snack and water for people and dogs. Hikers and dogs should arrive at 8:30 a.m. to begin the hike at 9 a.m.

The hike is fairly level and takes about an hour and a half. Bring a snack and water for people and dogs. For more information, contact Liza Souza at

356-2217 or go online to <http://calendar.gohawaii.com/>.

September

3 / Sunday

Honouliuli Preserve Hike — The Nature Conservancy of Hawaii will conduct an interpretive hike along the Palikea Trail (Waianae Mountains) Sunday, Sept. 3 from 8:30 a.m. to 2:30 p.m. Cost is \$10 per person and reservations are required. For more information, call 587-6220.

8 / Friday

Meals on Wheels Golf — Kimo Kahoano, honorary chair for the 11th Annual Lanakila Golf Tournament at the Hawaii Prince Golf Course, personally invites and encourages golfers of all skill levels to come out and enjoy a round of golf, Friday, Sept. 8. Check in and lunch will run from 10:30 to 11:30 a.m., the shotgun start at 11:30 a.m.

Cost is \$180 per person, \$540 per team of three; sponsorships are available. All entries include closest to the pin contests, golf carts, lunch and on-course refreshments, golfer gift packages and an awards banquet. Prizes include interisland trips, golf certificates, restaurant certificates, merchandise and more.

Proceeds will benefit the Lanakila Meals on Wheels program, which serves more than 1,600 meals a day to seniors island-wide. Need for meals is rapidly increasing, and without the program, thousands of Oahu homebound seniors and people with disabilities would be hungry and alone. For more details or to register, call Marlena Willette at 356-8533.

GiRLFeST Surfing — Girls of all ages are invited to join the fun at the GiRLFeST surfing workshops, Sept. 8 & 9 and Sept. 15 & 16 at White Plains Beach, near Barbers Point.

Surfing is a great way for young ladies to gain confidence and independence, and these workshops will teach the ins and outs of surfing, etiquette, ocean safety and proper technique.

Register by visiting www.girlswhosurf.com/register/girlfest. Cost is \$30 for participants ages 17 and under, and \$40 for ages 18 and over. For more information, call 221-7316.

Ongoing

Honolulu Cricket Club — The Honolulu Cricket Club invites players of all experience levels to enjoy the game of Cricket at Kapiolani Park. For more information contact Nevin at 256-8236 or visit <http://home.hawaii.rr.com/cricket/hcc.htm>

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

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.

Delicious meals are included.

For more information or to schedule your adventure, call 734-4214, toll free 1-877-682-7433, or go online at www.bikehawaii.com.



Spc. Teirney M. Medeiros | 17th Public Affairs Detachment

7 a.m. stretch

Heather Crawford, a personal trainer for more than 20 years, uses stretching techniques as part of her "Muscle Moves" classes on Wednesday mornings at the Schofield Barracks Health and Fitness Center. The center offers classes, exercise equipment and trainers to help patrons reach their fitness goals.



August

25 / Today

Intramural Flag- Football — Applications for Army Hawaii Men's Intramural Flag- Football League are due today. The company-level intramural season runs from Sept. 7 through Dec. 1. For more information, call 655-0856 or 655-0101.

29 / Tuesday

Golf for Food and Fun — Don't miss your last chance to "Golf for Food and Fun" at Nagorski Golf Course, Fort Shafter. Tee times are from 2:30 to 5 p.m., and cost is \$22 per person for riding and \$17 per person for walking (which includes 9-hole green fees, par 3 prizes, pupus for four people, a pitcher of beverages, a door prize entry, and the golf question of the week contest).

A minimum of three people is required per team. For more information, call 438-9587.

2 / Saturday

Ladies Golf Clinic — Ladies, do you want to brush up on your golfing skills? A free, hourlong golf clinic will be held Sept. 2 at the Leilehua Golf Course at 2:30 p.m. All required equipment will be provided and advance reservations are recommended. For more details or to reserve your space, call 655-4653.

3 / Sunday

Bowling Tournament — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, Sept. 3. Check-in is at 1 p.m., and the cost is \$20. Call 655-0573 for more information.

Ongoing

101 Days of Summer — Students, kindergarten through twelfth grade, are invited to the Fort Shafter and Schofield bowling centers through Sept. 4 to bowl their way through the "101 Days of Summer."

Each day of summer, participating students can receive one free game of bowling for each paid game, each day of summer. Free games can be played any day from opening until 5 p.m.

Grand prizes include a trip for four to an "Aly & AJ" concert and a private movie screening of "How to Eat Fried Worms" for one lucky winner and 100 guests. Other prizes include a portable DVD player, iPod shuffle, video games and prizes from the Schofield and Fort Shafter bowling centers.

For more information, call 655-0573 (Schofield) or 438-6733 (Fort Shafter).

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

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

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

For many, Tricare is a secondary health care plan

MARK JECKER

TriWest Healthcare Alliance

Many of those in the military are covered by health care plans other than the military's Tricare program because their husbands or wives have coverage through civilian employers. But that doesn't mean both plans will pay all the bills.

Tricare pays second to this "Other Health Insurance" (OHI), in most cases, except for Medicaid, Tricare supplements, the Indian Health Service, or other programs or plans identified by the Tricare Management Activity.

Take a look at the nuances.

Medical bills for all health care services provided outside of a military treatment facility (MTF) must be submitted to the OHI company first, before Tricare benefits can be applied. A beneficiary who is not sure if his or her OHI is primary to Tricare should call 1-888-TriWest (1-888-874-9378).

Tricare beneficiaries with OHI must complete a "Tricare Other Health Insurance (OHI) Form" and submit it to TriWest. A beneficiary who cancels OHI must also submit the same OHI form to inform TriWest of the cancellation. Forms are available at www.triwest.com ("Find a Form") or by calling 1-888-TriWest (1-888-874-9378).

Beneficiaries must follow the OHI company's rules, including referral and authorization requirements, when receiving



Photo Courtesy of TriWest Healthcare Alliance

Long before an emergency, it's a good idea to know which health care plan will be paying the bills associated with accidents.

services outside of the MTF. Failure to do so could result in their Tricare coverage being restricted or denied.

Once OHI has covered its portion of the claim, the beneficiary or provider may submit a Tricare claim, which TriWest will review. If the OHI company's rules are followed, the beneficiary

does not need a Tricare preauthorization, except for adjunctive dental care, organ transplants or behavioral health care services.

If the OHI doesn't pay your entire bill, or doesn't pay at all, the beneficiary should send the bill and a copy of the OHI's explanation of benefits to West Region

Claims, P.O. Box 77028, Madison, WI 53707-7028.

If Tricare determines that it paid the beneficiary as the primary payer, when the OHI should have paid the claim, Tricare will then seek to recover that payment from the beneficiary.

Tricare does not guarantee to pay the

Think twice before canceling OHI coverage

Tricare beneficiaries who also have other health insurance (OHI) should think carefully before canceling their OHI coverage because ...

- They may not be able to re-enroll until a future open-enrollment period.

- They may not be able to re-enroll because of a pre-existing medical condition.

- They may lose other benefits associated with the OHI such as long-term disability insurance, group life insurance, dental and vision benefits.

Beneficiaries should call 1-888-TriWest or consult with a Tricare service representative at their local Tricare Service Center before deciding to cancel coverage.

entire remaining bill. The total payment cannot be more than Tricare allows.

Following Tricare's OHI rules will help beneficiaries avoid claims difficulties.

Are your children properly immunized for the school year? Are you?

DAVID N. TORNBURG, MD, MPH

Deputy Assistant Secretary of Defense for Clinical and Program Policy

Summer has drawn to a close and children are heading back to school. It's time to get them immunized too. August is the perfect time for you and your family to catch up on your vaccinations – just add it to the back-to-school checklist.

Vaccines eliminated smallpox and wild poliovirus in the United States, while reducing measles, diphtheria, rubella, pertussis, influenza cases and other preventable diseases. However, despite immunization efforts, more than 10,000 people in the U.S. still die from vaccine-preventable diseases each year.

For instance, a 2006 mumps outbreak in the Midwest affected more than 1,000 people. "This is the largest outbreak of mumps we have seen in this coun-



www.partnersforimmunization.org

try in more than 20 years," said Dr. Julie Gerberding of the Centers for Disease Control and Prevention (CDC), during a press briefing earlier this year. Also, a measles outbreak in Indiana during May 2005 affected nearly 34 people, the largest measles outbreak in Indiana since 1990 and the largest in the U.S. since 1996, according to the CDC.

Why are immunizations important for children?

Children are particularly vulnerable to infection. Tricare knows immunizations are important to prevent diseases and provides age-appropriate immunization services. Your children should be immunized by age 6 with booster immunizations.

For children and adolescents in the U.S., the following immunizations are considered routine. However, not every vaccine listed below is recommended for everyone.

- Diphtheria, tetanus and pertussis (given together as DTaP or Tdap)
- Haemophilus influenza (Hib, not the same as viral flu)
- Hepatitis A (HepA)
- Hepatitis B (HepB)
- Inactivated poliovirus (IPV)
- Influenza
- Measles, mumps and rubella (given together as MMR)
- Pneumococcal conjugate (PCV)
- Varicella (chicken pox)
- Meningococcal (MCV4)

Tip of the Month

Make sure to add a vision screening or an eye exam for your child to your back-to-school planning checklist. All children, even those with no signs of vision problems, should have their eyes checked regularly. Good vision can help your children in the classroom.

The CDC's Advisory Committee on Immunizations recommends age-appropriate vaccines. You can download the current routine childhood and adolescent immunization schedule from www.cdc.gov/nip/recs/child-schedule-color-print.pdf and find the current routine adult immunization schedule at www.cdc.gov/nip/recs/adult-schedule-2page.pdf.

Beneficiaries save money with generics

FDA only approves drugs that meet clinical results of brand-name medicines

CHRISTELLE MICHAEL
TRICARE Management Activity

Many people have heard about the "little purple pill" for treating acid reflux and have seen the flying butterfly associated with treating insomnia, but few know that there are generic medications available that provide the same benefits as these heavily marketed brand-name drugs.

Nationally, generic medications save consumers an estimated \$8 to \$10 billion a year at retail pharmacies, according to the Congressional Budget Office. Tricare beneficiaries may also take advantage of cost savings when using generic medications — savings of up to 66 percent annually.

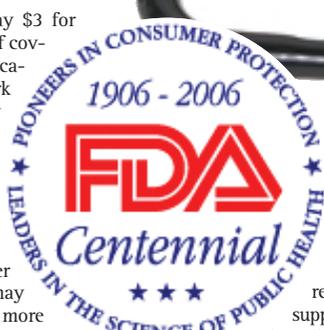
"The co-pay for generic drugs is one-third that of brand name drugs," said U.S. Public Health Service Capt. Thomas McGinnis, chief, Tricare Pharmaceutical Operations. "When our beneficiaries are prescribed new medications, we encourage them to ask their doctor if there is a generic equivalent available."

Generic medications are as safe and effective as brand-name drugs. The Food and Drug Administration (FDA) will only approve generic med-

icines that have the same active ingredients and produce the same clinical results as their brand-name counterparts.

The Department of Defense's pharmacy benefits regulation requires pharmacies to fill prescriptions with generic medications whenever possible. A brand-name drug may be substituted for a generic medication if a doctor establishes medical necessity.

Beneficiaries pay \$3 for a 30-day supply of covered generic medications in a network retail pharmacy compared to \$9 for a brand-name drug. When beneficiaries order generic medications through the Tricare Mail Order Pharmacy, they may take advantage of more cost savings because they receive up to a 90-day supply of their medications for \$3. Congress is currently looking into



eliminating the co-payment for generic medications that are ordered through the Tricare's Mail Order Pharmacy. This would allow eligible beneficiaries to receive up to a 90-day supply of generic medication with no co-payment.

"If Congress approves this proposal, our beneficiaries may save even more money on their prescription med-

ications while helping DoD maintain an outstanding pharmacy benefit," said McGinnis.

Beneficiaries may search for generic medications that are alternatives to brand-name drugs by using the Formulary Search Tool on the Tricare Web site at www.tricareformularysearch.org/dod/medicationcenter/default.aspx.

For more information on the safety and effectiveness of generic medications, visit the FDA Web site at www.fda.gov/cder/ogd/.

Mail order saves dollars on meds for 'maintenance'

CHRISTELLE MICHAEL
Tricare Management Activity

The Tricare Mail Order Pharmacy offers beneficiaries a way to save money and time by having medications delivered to their home. This is especially convenient for maintenance medications.

It is a win-win situation for the beneficiary and the Department of Defense (DoD). Beneficiaries save up to 66 percent using the mail-order pharmacy, and the savings help DoD provide a strong and affordable health care benefit.



Enroll for a mail order at
www.tricare.osd.mil/pharmacy/tmop_order.cfm.

Mail-order pharmacy is recommended for maintenance medications for such conditions as high blood pressure, asthma and diabetes. Beneficiaries may also use the mail-order service for prescriptions they routinely use like allergy medications.

For prescriptions such as antibiotics or pain medications, beneficiaries may choose to fill the prescription at military treatment facilities or local retail pharmacies.

Beneficiaries may enroll in the mail-order pharmacy by mail or online. New prescriptions and refills may be filled by telephone, mail or online.

Beneficiaries may call Express Scripts at 1-866-363-8667 if they have questions about which prescriptions to fill locally or by mail order.

Community Calendar

From B-2

Hawaii's studios in the Dole Cannery. Registration is \$25, with individual coaching sessions available after the group class for an additional \$25. For information and registration, call 732-7733.

3 / Sunday

Line Dancing — The Oahu Line Dancers invite you to learn a few steps with them at their next monthly performance of country, Latin and contemporary style of line dancing. Stepping goes from 2-4 p.m.

at the Center Atrium of Aloha Tower Marketplace.

Richardson Theatre — The Army Community Theater opens its new season Sept. 7 with "Sweeney Todd," the hottest Broadway revival of 2006, with University of Hawaii music professor Larry Paxton in the title role. This show will run Sept. 7-23 at 7:30 p.m. at Richardson Theatre, Fort Shafter, with performances opening night and subsequent Fridays and Saturdays.

Tickets (including for "Annie," "Joseph and the Amazing Technicolor Dreamcoat" and "Grease") are on sale at the Army Community Theater box office for the entire season.

Individual show tickets for "Sweeney

Todd" are \$15-20 for adults and \$12-15 for children. Call 438-4480 or visit www.squareone.org/ACT.

11 / Monday

Theater Auditions — Army Community Theatre will hold auditions September 11, 12 and 13 for "Annie," the popular family musical known for such songs as "Tomorrow." For more information, call the ACT Box Office at 438-4480.

12 / Tuesday

Sunshine Performers — "Sunshine Generation" of Mililani-Wahiawa will be starting this Sept. 12 at the Wheeler Army Air Field YMCA. Open to all participants, not just military family members, the most attractive characteristics of this program

are wholesome values coupled with the music that today's generation knows and loves to sing.

Parents will be amazed at the hidden talents that their children develop, so come to the open house Sept. 12 from 5-6 p.m. and see if your child or teen wants to take his or her first step out into the spotlight.

For more information, call Angela Harris at 422-6019 or visit www.geocities.com/sunshine.generation.

14 / Thursday

Mock Interviews — Come dressed for an interview. Learn to answer mock interview questions from experienced recruiters. Receive a critique and advice to ace the interview.

This workshop will be held Thursday, Sept. 14, 9:30-11:30 a.m., at ACS Schofield Barracks. To register, call 655-4227.

15 / Friday

Hawaii Woodshow — The 14th Annual Statewide juried furniture and woodworking show of the Hawaii Forest Industry Association will display wood pieces from the finest woodworkers around the state. This event is designed to impart public appreciation for participating artists and materials.

Catch the woodworking show Monday through Saturday, 12-9 p.m., or Sunday, 12-5 p.m., at the second floor Mauka Lanai of Aloha Tower Marketplace, from Sept. 15-24.