

## INSIDE

## Schofield remembers fallen

Community, deployed Soldiers pay tribute to fallen 25ID comrades

U.S. ARMY GARRISON, HAWAII,  
PUBLIC AFFAIRS  
News Release

SCHOFIELD BARRACKS — More than 600 Tropic Lightning Soldiers, veterans, family members and government representatives paid their respects in a memorial service, Wednesday, at the Main Post Chapel here, for 10 Soldiers who made the ultimate sacrifice in a tragic helicopter crash last week in Kirkuk, Iraq. The memorial service occurred a day after thousands of Task Force Lightning Soldiers held a tribute ceremony at Forward Operating Base (FOB) Warrior to honor their fallen comrades.

The incident occurred approximately 21 miles west of FOB Warrior. The Soldiers were conducting night operations in the Tamim Province when one of two UH-60 Black Hawk helicopters experienced a mechanical malfunction shortly after extracting the Soldiers from a combat mission. On board were 10 Schofield Barracks Soldiers from the 3rd Infantry Brigade Combat Team (3IBCT), 25th Infantry Division and four Fort Lewis, Wash.-based aircrew members.

Maj. William O'Brien, rear detachment commander, 2nd Battalion, 35th Infantry Regiment, 3IBCT delivered a personal tribute for each fallen Soldier. Chaplain (Lt. Col.) Joel Lytle, Schofield Barracks community chaplain, provided the invocation and benediction.

"Here is the challenge that I give each one of us," Lytle said.



Sgt. Katrina Nichols | 25th Infantry Division Public Affairs

### Solemn tribute

Sgt. James P. Sproul, 25th Infantry Division Band, plays taps, Wednesday, in memory of the 10 Tropic Lightning Soldiers killed in the UH-60 Black Hawk accident, Aug. 22.

"Be still. Stop. Reflect. What is the reality that is going on around me right now? It's love that's able to make something good out of heartbreaking tragedy."

Hawaii Gov. Linda Lingle offered a tribute on behalf of the state. She noted that while the Soldiers represented a wide cross-section of the United States, they were accepted as ohana in Hawaii.

Following the tribute ceremony at FOB Warrior, Tuesday, Soldiers left behind coins, letters and

SEE TRIBUTE, A-11



Spc. Mike Alberts | 3rd IBCT Public Affairs

Soldiers gather at a memorial service for 10 fallen Soldiers at Forward Operating Base Warrior, in Kirkuk, Iraq, Tuesday.

## '101 Critical Days of Summer' wind down

LORI YERDON  
Army News Service

FORT RUCKER, Ala. — Labor Day marks the end of the 101 Critical Days of Summer safety campaign, but the emphasis on safe practices — both on and off duty — will remain.

"Traditionally, Labor Day weekend marks the end of summer," said Command Sgt. Maj. Tod Glidewell of the U.S. Army Combat Readiness Center (USACRC). "There's usually increased exposure to outdoor activities and travel, and Soldiers and their family members should make every effort to ensure that their holiday weekend is safe."

Four Army Soldiers lost their lives to accidents during last year's Labor Day holiday. Three of the accidents occurred in privately owned vehicles (POVs) and one was fire related.

"The loss of even one Soldier is unacceptable," said Glidewell. "If Soldiers take advantage of the programs and tools that the Army offers and apply composite risk management into their daily activities, they may decrease their chance of becoming an accident statistic."

To date, overall POV fatalities are down nine percent from 2006. Army safety officials attribute this feat to a combination of factors including engaged leaders and Army tools, such as the Travel Risk Planning System (TRiPS), Motorcycle Mentorship Program and POV Toolbox.

"TRiPS is an invaluable tool that helps individuals plan for a long holiday weekend or road trip," said Lt. Col. Roy Templin, driving task force chief, USACRC. "This effective tool provides leaders with insights into their Soldiers' travel plans to protect the Army's most valuable asset, its personnel."

One of the Soldiers killed last Labor Day weekend was a passenger in a vehicle operated by another Soldier. The driver lost control of the vehicle while trying to negotiate a turn, and the vehicle rolled. The passenger was not wearing a seat belt and died at the scene. The driver fled the accident scene and was found later, legally intoxicated.

"Drinking and driving is not an option that anyone, civilian or military, should ever consider," said Templin. "The battle-buddy concept should not only apply to the battlefield. Soldiers need to look out for each other off duty as well."

"Even with the commitment our Army takes to educate and train Soldiers on all safety-related issues," he said, "ultimately the decision lies with the individual Soldier to 'never give safety a day off.'"

(Editor's Note: Lori Yerdon works with the U.S. Army Combat Readiness Center.)

## Partners in health

Cacti of the 2-35th Inf. Regt. partner with local medical and government officials to open a health care clinic in Kirkuk, Iraq

A-3

## Post chapel opens

The Schofield Barracks Main Post Chapel will reopen for services Sunday, Sept. 9. Services begin at 9 a.m. (Protestant), 10:30 a.m. (Catholic) and noon (Gospel). Call 655-9307 for more information.

See News Briefs, A-8.

## Town Hall

Let your voice be heard at the bimonthly Oahu South Town Hall meeting, Sept. 5 at 6:30 p.m., at the Aliamanu Military Reservation (AMR) Chapel. For more details, call Rosey Stone, deputy community director, at 438-6147.

See Community Calendar, B-2.



## Extra helpin'

More than 300 hungry family members converge at Schofield Barracks' Sills Field for some five-alarm fun at the Chilifest

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## JVEF reports findings for local schools

Joint Venture Education Forum focuses on future, assists schools with military children

Story and Photos by  
AIKO BRUM  
Chief, Command Information

WAIPAHU — If you want to know what's going on, most times you can simply ask. That's what the Joint Venture Education Forum (JVEF) did, lots of times in the past year, to take the pulse of military parents who have children in Hawaii's public schools.

During the forum's sixth annual meeting, Aug. 23, its four strategy groups reported their findings before a distinguished audience of legislators; military, community and private industry leaders; administrators and educators; and actively involved parents. Repeatedly, group leaders and keynote speakers said data compiled from surveys and partnerships has helped JVEF gauge problems

and achieve objectives.

"One of the most interesting, I think, and challenging — truly challenging — issues that we have to face is the perception of Hawaii schools," said Superintendent of the Hawaii State Department of Education (DoE) Patricia Hamamoto.

She explained that last year's survey asked military parents to respond to questions such as "How do you feel sending your kids to school in Hawaii? What are the issues you see? Does your child feel safe? Do you feel that your needs are being addressed?"

Via video, Adm. Timothy J. Keating, commander, U.S. Pacific Command (PACOM), emphasized, "The focus must be on the future and all that remains to be done."

Similarly, the keynote speaker, retired Adm. Thomas B. Fargo, PACOM commander from May '02-Feb '05, now president of a hi-tech

SEE FORUM, A-8



Command Sgt. Maj. James Murray (left) of Pohakuloa Training Area receives a certificate and coin from Lt. Gen. John M. Brown III, commander, USARPAC, for his command's partnership with schools on the Big Island during JVEF's sixth annual meeting, Aug. 23.

## Equality luncheon recognizes women's impact on history

Story and Photo by  
SGT. 1ST CLASS SHERYL LAWRY  
500th Military Intelligence Brigade

SCHOFIELD BARRACKS — In June 1919, history was in the making. In Europe, the Treaty of Versailles was signed ending World War I. In Canada, daring pilots successfully completed the first nonstop trans-Atlantic flight to Ireland. And in the United States, the women's suffrage article was proposed as the 19th Amendment to the Constitution, giving women the right to vote.

To celebrate this historic achievement, the 500th Military Intelligence Brigade hosted a Women's Equality Day Luncheon, Friday, at the Nehelani Banquet and Conference Center, here.

The impact and legacy left by women from generations before was evident for all who attended the luncheon. The banquet room was nearly split between men and women, mostly in military uniform.

"Today is a day of firsts ... a time when we



World War II era posters encouraging women to join the Women's Army Corps lined the lanai at the Nehelani Club, Friday.

are breaking ground," said Lt. Col. Stephen Zarbo, deputy commander, 500th MI Bde. "The Army of today is not going to look

anything like the Army of the future."

His statement rang as true today as it would have in 1942, when the Women's Army Corps was created, allowing women to join the military just 24 years after the 19th Amendment was ratified.

Women (and men) in the military can give thanks to historical figures like Francis Wright, Ernestine Rose, Susan B. Anthony and Elizabeth Cady Stanton — a few among many who served their country in uniform.

Sgt. Jennifer Singleton-Delany, a signal analyst for the 732nd MI Battalion, 500th MI Bde., recalled her excitement when she cast her first vote.

"I was in college, and we stayed up all night watching the election on TV," she said, referring to the 2000 presidential election.

For Soldiers who have yet to vote, like Sgt. Andrea Denetso, a communication specialist in Headquarters and Headquarters Company, 500th MI Bde., the luncheon provided information on women's suffrage

struggles and successes, and tied these struggles and successes to current events.

"I really want to take everything I learned and show the people there's more than what's just on the reservation," said Denetso, who is a Navajo Indian. "There are opportunities to better themselves."

Now, 87 years after the 19th Amendment was ratified, history's former forerunners for women's rights would be proud to see how far the ball they fostered has rolled. Their greatest ideas have been accomplished and surpassed — with women today holding the titles of astronaut, secretary of state, supreme court justice, fighter pilot, CEO, admiral, general, national security advisor and many more.

Bella Abzug, an American political activist and member of the women's movement, summed up the movement:

"Women will not simply be mainstreamed into the polluted stream. Women are changing the stream, making it clean and green and safe for all — every gender, race, creed, sexual orientation, age, and ability."

## We want to hear from you...

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

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

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

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

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## 291 days since last fatal accident

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

A division training holiday will be awarded for the next 100 consecutive days with no accidental fatalities. Current as of 8/29/07.

# USARPAC bids deputy farewell

**SGT. 1ST CLASS CHRISTINA BHATTI**  
U.S. Army, Pacific, Public Affairs

FORT SHAFTER — U.S. Army, Pacific (USARPAC) bid farewell to Maj. Gen. Stephen D. Tom, USARPAC deputy commanding general, U.S. Army Reserve, in a ceremony at Palm Circle here, Friday. Tom has served at USARPAC for the last four years and described his departure as "bittersweet."

"It is bitter because I have to say goodbye to my teammates here," he said, "but it is sweet because today I start an exciting new job up the hill at U.S. Pacific Command."

Tom will transition to U.S. PACOM to serve as chief of staff.

Lt. Gen. John M. Brown III, commanding general, USARPAC, described Tom as the "epitome of the American citizen Soldier."

During his farewell remarks, Tom thanked Brown for his leadership and reflected on his time spent at USARPAC.

"Thank you, sir, for the trust and confidence to have me come aboard as your active duty command in 2005 ... Thank you for your continued faith in me ...," Tom said.

During the ceremony, Brown presented Tom with the Distinguished Service Medal.

"I've never presented an award that was more deserved than the Distinguished Service Medal that I have the honor of presenting ... this morning. I have never been associated with a leader or Soldier that deserved recognition more



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

Lt. Gen. John M. Brown III, commanding general, U.S. Army, Pacific, presents Maj. Gen. Stephen D. Tom, USARPAC deputy commanding general, U.S. Army Reserve, a Distinguished Service Medal during Tom's farewell ceremony at Palm Circle, Friday. At center is Tom's wife, Diane, who was also honored with a Department of the Army Commander's Award for Public Service.

than Steve Tom," said Brown.

During his time at USARPAC, Tom led the command's contribution to Pacific Command's Theater Security Cooperation Program as the exercise director for Balikatan in the Philippines in 2005 and 2007. He also served as the U.S. representative to exercises in Indonesia, Thailand, Singapore, Malaysia and Mongolia. In addition, he spearheaded USARPAC's transition to the National Security Personnel System, a civilian personnel system being adopted throughout

the Department of Defense.

The ceremony concluded with Brown asking for a moment of silence.

"I'm sure everyone in the audience and on the field recognizes the tough week our brothers and sisters and family members at Schofield endured ... pause [with me] in prayer as we remember the 14 Soldiers who gave their lives in Iraq this week, their family members, both here in Hawaii and Fort Lewis, Washington, and all over the United States. ... Thank you, and God bless our heroes."

# UH basketball coach sends mahalos

Hi everyone,

On behalf of the University of Hawaii Men's Basketball team, I want to express our deepest appreciation to the many military personnel at Schofield Barracks and Wheeler Army Air Field.

The unique opportunity for our team to live in their world was an unbelievable experience.

It was funny at times, serious and very educational, but most importantly, it was life changing for all of us.

Your commitment to a mission is what we aspire to for our team. The men and women of the Army reinforced this commitment in everything they did. Nothing was left to chance. This included inspect-

ing vehicles at the motor pool, weaponry, war simulation games, daily PT, safety seminars and the daily training in a controlled environment.

We have a deeper appreciation and understanding of the readiness of our Soldiers.

Hopefully our basketball clinic was a relief for the dependents of the Soldiers from the loneliness and fears of never seeing mom or dad again. Our team felt really good about giving back to the families of those fighting in Iraq.

It's our goal to make this an annual event, if the military and the youth coordinators deem necessary.

Once again, thank you for this rare and wonderful opportunity. Go Army!

Mahalo,  
Bob Nash  
Head Coach, University of Hawaii Men's Basketball Team



Nash

# EO advisor supports the military ohana

## Senior Equal Opportunity advisor excels in her field

**MOLLY HAYDEN**  
Staff Writer

FORT SHAFTER FLATS — Walking into the Equal Opportunity Office on Fort Shafter Flats, Soldiers and their families are often greeted with the warm smile of Master Sgt. Sophia Mendoza. Her peaceful presence is felt around post, and many see her as a driving force within the military ohana.

A native of Santa Monica, Calif., Mendoza has more than 24 years of active duty service in the U.S. Army Reserve. She stepped into the role of senior Equal Opportunity (EO) advisor, 9th Regional Readiness Command (RRC), three and a half years ago.

Mendoza provides support to more than 3,500 Soldiers and family members throughout Hawaii, Guam, Saipan, American Samoa and Alaska. As a trainer and facilitator for the Command EO and Consideration of Others programs, she has taken a leading role for the 9th RRC in promoting dignity and respect for all people.

"My mother said I always wanted to be in the Army," said Mendoza. "Becoming a Soldier was not your ordinary job, and I liked the sound of that."

She also had a strong desire to teach. "In reality, that's exactly what I have been doing for over 20 years," said Mendoza. "I teach and train the best students in the world."

Her primary responsibilities include training other Soldiers to become EO representatives for their units, recommending appropriate remedies to eliminate and prevent unlawful discrimination and sexual harassment, and assisting commanders in assessing, planning, implementing and evaluating the EO program.

Throughout her career, she has served in a variety of positions, from protocol noncommissioned officer (NCO), inspector general NCO, and executive administrative NCO, to command sergeant major, Office of the Chief of Army Reserve.

Prior to her career in the Reserves, Mendoza attended San Diego Job Corps, a program that provides economically disadvantaged youth with academic, vocational and social skills training necessary to become productive members of the community.

Mendoza was also the winner of the 2006 National Image Inc. Meritorious Service Award for the U.S. Army Reserve. This honor is granted to outstanding service members who have distinguished themselves with significant contributions to their service and the nation.

A graduate of the Defense Equal Opportunity Management Institute, she also is currently working on the Sergeants

Major Academy Course (nonresident).

Mendoza feels at home on Oahu and plans to continue to live and teach on one of the Hawaiian Islands after retiring from the military. She has made friends and relationships that will last a lifetime.

"There is definitely the aloha spirit here," said Mendoza. "I felt it when I first arrived, and it has continued to flourish."

She has continued to create relationships here through practicing the values of Nichiren Buddhism.

"It is an honor to call Sophia my friend," said on-air voice personality Sharen Nakashima, Oldies 107.9 FM. "She exemplifies the compassion, courage and humanity that are needed during these very challenging times in modern society."

Mendoza spends free time on the beach with her three sons, James, John-Michael, and Joey, ages 17, 16 and 10, respectively. She also enjoys perusing the many thrift shops around Honolulu, and has spent countless off-duty hours supporting local charities, such as Fisher House and the Institute for Human Services.

Her involvement in organizations as diverse as the Soka Gakkai International-USA Public Relations Committee and the Honolulu Chapter of the NAACP are examples of her broad community involvement and ability to make a difference in others' lives.

"My goal is the leave the Army a better place than when I came in," she said.



Mendoza

## LIGHTNING SPIRIT

# Seek God's kingdom, the rest falls into place

**CHAPLAIN (LT. COL.) JOEL A. LYTLE**  
Schofield Barracks Community Chaplain

"Seek ye first the Kingdom of God, and His righteousness; and all things shall be added unto you" — Matthew 6:33.

Human beings have a way of nearly always getting what they go after. A detour may be involved, and a whole new direction may have to be considered, but basically a man still gets what he goes after. It is not a dream or a memory with which we're concerned; it is positive, deliberate searching. What qualifies us for discovering something so wonderful as the kingdom of God?

We must be seeking. We all want the blessings of the kingdom of God to fall on us, but we are not so eager to work and search for them. We forget that even the rain does not fall accidentally. Certain conditions must be present in the atmosphere before rain descends. Just as surely, there must be proper ingredients present in our expectation of the gifts of the kingdom.

Jesus promised, "Blessed are those who hunger and thirst after righteousness, for they shall be filled" (Matthew 5:6).

If we are complacent and unconcerned as to whether we know the dynamics of the kingdom, we can expect to continue in the dullness of being citizens of only one world. Man, created in the image of God, was intended to be and do better than this, and he denies his highest potential when he refuses to seek the kingdom of God.

We must be prepared.

Joseph Henry, a great American physicist, said, "The seeds of great discoveries are constantly floating around us, but they only take root in minds well prepared to receive them."

The same principle is abundantly displayed in the spiritual world. So many of us would not recognize the kingdom of God if we woke up in it tomorrow morning. In fact, this may be the problem we face in discovering God.

Jesus said, "The kingdom of God is within you" (Luke 17:21).

Some scholars say it should read "among you." Regardless of the translation, the fact is that the beauties and blessings of the kingdom are waiting for our discovery every day, and we are unprepared to find them.

We would not think of going to our next assignment without first learning, time permitting, as much about the new position and the unit to which we will be assigned. If we were to discover the kingdom of God, it would serve us well to learn as much as possible about that kingdom. When we have heard what Jesus and the Scriptures testify concerning the kingdom of God, and when we have intently listened and observed what our contemporaries know of the kingdom, we will find ourselves better equipped to recognize it.

We must be involved. This involvement does not anticipate a future state, but indicates the present. We are not speaking of the "Sweet By and By" but rather the "Nasty Now and Now."

Until we are willing to accept that much of what we inherit in our new assignment is the legacy of our predecessor, we will not begin to crawl out of the pit we did not dig. This will demand a courage to care when those around us seem indifferent. It will demand that we dare to dream. It will demand a willingness to work. These demands can be supplied only by a person with a seeking heart that is not afraid to face obvious earthly battles and human needs.

The lovely afterthought of the discovered kingdom of God is its blessings: "And all these things shall be added unto you" (Matthew 6:33).

These are the material things we discussed earlier. The fascinating paradox of the whole business is that the very things we seek keep us from finding the kingdom. However, when we seek the kingdom first and find it, all the things we need will then be ours.

When will we ever believe God and give him a chance to prove that it works?



Lytle

# Voices of Lightning: "What issues remain unresolved for women's equality?"



"Employment opportunities and pay."

Brenda Andrieu  
Family Member



"There are far fewer women in the corporate spotlight. We are not represented equally."

Keron Gentles-La Luz  
Family Member



"Leadership positions within the Army."

Spc. Carmen Martinez  
HHC, 25th STB  
Logistics Specialist



"Equal pay."

Wendy Oliva  
Family Member



"We don't get the same respect in certain positions. People just assume men are stronger."

Brenda Whitaker  
Family Member

# 'Cacti' partner to provide health clinics in Kirkuk

OIF

Soldiers, local officials create more resources for community

Story and Photos by  
**SGT. MIKE ALBERTS**

3rd Infantry Brigade Combat Team Public Affairs

KIRKUK, Iraq — Local government officials, medical professionals and Soldiers with the 3rd Infantry Brigade Combat Team's 2nd Battalion, 35th Infantry Regiment, cut a ceremonial ribbon to mark the grand opening of the Hai Al Wasity Public Health Care Clinic here, Aug. 23.

The clinic is one of five new public health care clinics here that will provide immediate medical care for local citizens and help reduce patient inflow at Kirkuk General Hospital for minor injuries and ailments, according to Capt. Ryan Nacin, battalion fire support and assistant plans officer, 2-35th Inf. Regt.

The clinic is located in the ethnically mixed southwest portion of the city. It contains 16 medical examination rooms, dental examination capability, an X-ray room, a laboratory and a pharmacy.

"Health care is the backbone of a city. For that reason, it's critical that Kirkuk has sound public health care which includes public health care centers," said Maj. Robert Oh, battalion surgeon, 2-35th Inf. Regt. "Hospitals



Lt. Col. Samuel Whitehurst (right), battalion commander, 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, listens to Dr. Othman Hassan Tofiq (left), public health care clinic director, Kirkuk District, and Dr. Emad Hussein Qader (second from left), clinic director, Hai Al Wasity Public Health care Clinic, in a dental examination room in the Hai Al Wasity PHC, Kirkuk, Iraq, Aug. 23.



The Hai Al Wasity Public Healthcare Clinic contains 16 medical examination rooms, dental examination capability, an x-ray room, a laboratory and a pharmacy. It is one of five new public health care clinics in Kirkuk that offers immediate medical care to the surrounding community.



## Dinner dialogue

Marine Command Sgt. Maj. Jeffrey A. Morin, senior enlisted leader for U.S. Central Command, speaks with service members during dinner at Forward Operating Base Warrior, Kirkuk, Iraq, Aug. 15. Morin fielded questions about extended deployments, dwell time and awards and decorations during his visit.

Spc. Mike Alberts | 3rd Infantry Brigade Combat Team

tals are really for those citizens that are severely injured or ill. Community clinics like this one have the capacity to treat minor injuries and illnesses and things like infections. This particular facility includes an impressive women's and children's care center," he said.

According to Oh, most of the existing medical care in Kirkuk is acute hospital care or private care. For that reason, public health care centers like the one in the Hai Al Wasity area fill a critical health care void.

Oh's battalion commander agreed. "Our mission here is to help establish a secure and stable Kirkuk Province," said Lt. Col. Samuel Whitehurst, battalion commander, 2-35th Inf. Regt. "Security means many things. [Mentoring, training and advising] the Iraqi Army and your local police is a component of security. But security also means improving the lives of all the citizens of Kirkuk. Every time coalition forces, along with your provincial government open a school or a water project or a public health clinic like this one, it marks another victory for the people of Kirkuk," he said.

# EOD's training, expertise saves lives

## SGT. 1ST CLASS JASON SHEPHERD

U.S. Army, Pacific, Public Affairs

FORT SHAFTER — With the motto, "Initial Success or Total Failure," this Army military occupational specialty (MOS) isn't for the faint of heart. It takes a steady eye and even steadier hands to be a part of this elite team.

Responsible for the identification and disposal of hazardous, unexploded conventional munitions; chemical munitions; nuclear weapons; and improvised explosive devices (IEDs), this MOS is the Explosive Ordnance Disposal (EOD) specialist who plays a vital role in the safety of Soldiers and civilians.

According to Sgt. Matthew Slatcher, 706th Ordnance Company (EOD), these Soldiers have wide-ranging missions both for the local population and in support of missions in Iraq and Afghanistan.

"We ... [take] care of real-world missions and deployments, as well as stateside missions, from dealing with military munitions on ranges to local support of the local police departments and civilian authorities with IEDs and other explosive hazards that may exist."

Deciding to become a part of this elite EOD team is one thing, but getting through the training is quite another.

"I was a prior infantry Soldier who got familiar with what EOD was and decided that I wanted to make a career change," Slatcher said. "Maybe a little bit was the thrill of blowing things up. I thought it would be exciting and challenging."

"It's a difficult school to go through," he added. "It takes about 13 months of intense training, learning about military munitions and improvised explosive devices. All four branches of the military service go through the same schooling and training together."

Maj. Stephen Kavanaugh, 8th Theater Sustainment Command explosive ordnance control team

If you come across unexploded ordnance, remember to follow the "Three-R Rule":

- Recognize — you may have seen ammunition.
- Retreat — do not touch it.
- Report — advise the proper authorities.



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

An Army EOD PackBot robot picks up a fake mine during the 706th Ordnance Company (EOD) demonstration at Fort Shafter's Takata Field, Aug. 10.

commander, thinks it takes a very special Soldier to become a part of the EOD team.

"I think they want a challenge in their career," he said. "They want to protect [people], and every piece of ordnance they destroy or every IED they defeat, they are protecting themselves and protecting one of their own."

Here in Hawaii, the 706th supports civil authorities with incidents involving military unexploded ordnance, IEDs, weapons of mass destruction, and transportation accidents involving Department of Defense assets or hazardous explosive items beyond the capability of requesting civil authorities.

"[EOD] is the first responder to deal with any type of [unexploded ordnance] or IED," Kavanaugh said. "Anything that's supposed to function explosively ... we want to prevent it from doing so."

"Some people might think that it's a really high-stress job dealing with explosives," he added. "The Soldiers have such extensive training just to get into EOD, and the training they go through continuously ... is such that we know they are proficient. And stress is a part of the job and it's incorporated in the training."

Of course, people who haven't been trained to deal with unexploded ordnance should follow a few simple rules.

"First off, you should recognize that it might be a piece of ordnance," Kavanaugh said. "You should stop, and back away. Recognize it, report it, and then clear away from it, and let EOD come through and render it safe, or remove it."

Though being a part of EOD can be stressful for some, it's the feeling of mission accomplishment, at the end of a hard day, that makes EOD worth the risk.

"I really felt rewarded most of all when I returned home from my deployment to Iraq," Slatcher said. "I feel like I made it a safer place for my



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

Spc. Nicholas Trueman, 706th Ordnance Company (EOD) team member, repairs a broken track on a PackBot Tactical Robot during a capabilities demonstration at Fort Shafter.

fellow brothers in arms to go ... by taking care of IEDs every day."

"[My Soldiers] are very well disciplined, and very motivated even though most of them have been deployed three or four times," Kavanaugh added. "They know what's expected of them and they know that they could get a call today or tomorrow, and they're willing to do whatever's necessary to accomplish the mission."

# O'Neill assumes command of 'Snake Eyes' Battalion

**MAJ. RICHARD A. STEBBINS**

94th Army Air and Missile Defense Command Public Affairs

KADENA AIR BASE, Japan — Lt. Col. Edward J. O'Neill has assumed command of the 1st Battalion, 1st Air Defense Artillery Regiment (1-1 ADA) here. The August ceremony marked the first change of command since the battalion completed its move from Fort Bliss in October 2006.

"It is truly an honor to join your ranks, and I look forward to serving with you," O'Neill said in his speech. "The Snake Eyes Battalion will continue to provide trained, ready and motivated warriors to support our operational mission at Kadena Air Base and around Okinawa," he continued.

Since arriving in Okinawa, the unit has conducted an aggressive training cycle and met requirements for fully operational capable status — in less than one year.

The 1-1 ADA is responsible for conducting missile defense for the region as part of the U.S. and Japan

bilateral security agreement. It is the only American unit in Japan to have the state-of-the-art Patriot Advanced Capability-3, or PAC-3, a missile system, to protect against air and missile threats.

"Taking command is the pinnacle of achievement, and Lieutenant Colonel O'Neill has what it takes to successfully lead the men and women of this great battalion," said the ceremony's reviewing officer, Brig. Gen. Roger F. Mathews, commanding general, 94th Army Air and Missile Defense Command (AAMDC), the parent unit for 1-1 ADA.

O'Neill previously served as deputy chief of plans for the 94th AAMDC at Fort Shafter.

Lt. Col. Edward J. O'Neill, left, passes the battalion colors to Command Sgt. Maj. Michael Koppers as Brig. Gen. Roger F. Mathews, reviewing officer, observes.



Photo courtesy of 1-1st Air Defense Artillery Regiment

# News Briefs

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

## 31/Today

**CIF Closure** — As of Sept. 1, all personnel will be required to make an appointment for all initial issues and turn-ins. Partial turn-ins and direct exchanges can be conducted during normal turn-in hours, from 7–10:30 a.m., daily, except for Thursdays from 7–11 a.m., when the CIF is closed. Partial issues, additional issues and direct exchanges can be conducted during normal issue hours, from noon–3:30 p.m.

To make an appointment, call 655-9876 or e-mail joypilani.omalza@us.army.mil, john.wells6@us.army.mil and melanie.k.clarose@us.army.mil.

## September

### 4/Tuesday

**Troops to Teachers** — Soldiers seeking careers in public education may attend a Troops to Teachers briefing any first Tuesday of the month at the Education Center, Building 560, Room 221, from 11:30 a.m.–1 p.m.

Mark your calendar for the following dates, too: Oct. 2, Nov. 6 and Dec. 4.

**SIMS** — The next Senior Spouse Information Meeting (SIMS) will occur Sept. 4 at 9 a.m. in the Post Conference Room. Brigade and battalion command representatives, rear detachment spouses, and community agencies are invited.

### 6/Thursday

**Wives of the Warriors** — The Military Council of Catholic Women (MCCW) at Aliamanu Military Reservation (AMR) Chapel meets each Thursday at 9:15 a.m. in the chapel for its fall Bible study, "Wives of the Warriors." The focus of this Bible study is learning to live confidently in Christ as a military spouse.

On-site child care will be provided for STACC-registered children at least 9 months old. Nursing babies are welcome; however, RSVP for child care. Call 836-4599 or e-mail MCCWHawaii@yahoo.com.

Sessions will be held in the Main Post Chapel on Schofield from 9–11:30 a.m. Free on-site child care is available by reservation. For more information, call 206-8504.

### 8/Saturday

**Financial Counseling** — Catch the next courses, Sept. 8 & 15, 9 a.m., at 9th Regional Readiness Command, Fort Shafter Flats, Building 1557, Room 112. For more information, contact Angela Brown at 438-2243 or e-mail angela.brown@9rrc.army.mil to reserve a seat.

### 9/Sunday

**Main Post Chapel Opens** — The Schofield Barracks Main Post Chapel will re-open for services Sunday, Sept. 9. Services begin at

9 a.m. Call 655-9307.

### 11/Tuesday

**SSA Closure** — The Supply Support Activity (SSA) will be closed Sept. 11–21 for a physical inventory. Normal operations will resume Sept. 24. For emergency services during this period or information, call Alfred Chugen, 656-0744, or Sam Sapatu, 656-2277.

**Transition Assistance** — ACAP hosts Transition Assistance Program (TAP) and Department of Labor TAP workshops, which cover job search skills, including networking, resume writing, cover letter writing, interviewing, salary negotiation and career planning.

The next TAP class is Sept. 11–13. For appointments or additional information, call 655-1028; however, walk-ins are welcome if seating is available.

### 14/Friday

**Signal Ball** — All interested personnel are invited to attend the 2007 Signal Corps Regimental Ball Friday, Sept. 14 at the Ko'olau Golf Course, Kaneohe. Maj. Gen. Donna L. Dacier, commanding general, 311th Signal Command (Theater) will be the guest speaker. The evening will include traditional military ceremonies, a three-course dinner, entertainment, dancing, and a ceremonial cake. Cost is \$50 per person.

For information, call Master Sgt. Quentin Whitehurst, 656-1367, or Bill McPherson, 438-8264.

# Forum: JVEF recognizes volunteer contributions

CONTINUED FROM A-1

company, echoed, "There's more good work to be done.

"I now have an interest on both sides of this partnership," Fargo said, as a veteran and an employer. "What I'm really interested in is enhancing the understanding between the military and the community." The Chamber of Commerce of Hawaii, its Military Affairs Council, and JVEF, have played vital roles toward this end, he noted.

Fargo lambasted the notion that military children in Hawaii ought to attend on-post Department of Defense schools.

"I believe ... very strongly that DoD schools would be a mistake in Hawaii. It's the last thing we really need. We don't need military enclaves to separate the military from the community, the community which it is mandated to protect."

Fargo emphasized that mutual understanding and collaboration is built by "living together, going to school together, and competing on the athletic field together, all in order to build a unified community."

He praised the forum for its progress in preparing children for the future and a different world.

JVEF was initiated in 1998, through "a cooperative effort to assist schools and military dependent students in Hawaii public schools" during a time of adversity and some mistrust, said retired Col. David Tom, emcee. Its initial 17

Find out more about JVEF and survey results at [www.pacom.mil/jvef](http://www.pacom.mil/jvef) (click link at bottom of page) and at <http://militaryfamily.k12.hi.us>.



JVEF recognizes men and women of the armed forces in Hawaii who represent 167 military-school partnerships across the state during its annual meeting, Aug. 23, at the Hawaii Okinawan Center in Waipahu.

members were charged to develop partnerships in pursuit of quality education for all children in Hawaii. Sen. Daniel K. Inouye, in partnership with PACOM and DoE, initiated cooperative efforts.

Now with more than 140 members, Tom added, JVEF receives an annual appropriation of \$5.5 million to positively impact information and communications; resources such as textbooks, technology, partnerships, and school repair and maintenance; and programs including the strategy groups of curriculum, citizenship and transition.

Additionally, all military branches in Hawaii participate in the Military Partners in Education Program, affectionately dubbed "adopt a school." Currently, more than 167 school partnerships are active statewide, said Tom.

JVEF, together with Lt. Gen. John M. Brown III, commander, U.S. Army, Pacific; Superintendent Hamamoto; and others, recognized

service members for their volunteerism.

"The Soldiers really love interacting with the students," said Sgt. 1st Class Russell Stacy of 1st Battalion, 27th Infantry Regiment. His Soldiers partner with Waianae Intermediate School, and like the other military partnerships, they regularly donate their time, talents and hearts to mentor, tutor or read to students; to maintain, beautify or repair school playgrounds; and to sponsor special events.

Stacy said his Soldiers find participating just as rewarding as the kids do. The 1-27th Inf. Regt. looks forward to more activities.

Before the annual meeting adjourned, JVEF strategy groups reported their findings. Other presenters included Project Assist, a special needs collaboration; the Military Impacted Principals Council; and the Transition Program at Hale Kula Elementary School. Schofield Barracks, which was cited as an exemplary program.

# Tribute: Brothers-in-arms share memories of 10 fallen 25th ID Soldiers

CONTINUED FROM A-1

words of remembrance for their fallen comrades. Here are some of the words they wrote:



**Cpl. Jeremy P. Bouffard**  
 "He was a great young Soldier with a lot of heart. Every time I saw him, he was smiling. His dedication to his men was evident every day."

"Whether a bunch of us were playing cards or just passing each other outside ... he was a good person who tried to make your day a little better."



**Cpl. Phillip J. Brodnick**  
 "Cpl. Brodnick always struck me as a Soldier with unlimited potential."

"Cpl. Brodnick was an extremely honest leader with integrity. He could be trusted no matter what the circumstances were. He always excelled at his job and never let his Soldiers down."

**Capt. Derek A. Dobogai**  
 "Capt. Dobogai was a great man. He was

just easy to talk to, whatever subject, be it working out [his favorite] or just some random off-the-wall topic.

"Capt. Dobogai was always more than willing to help Soldiers, and no matter what the situation, he could always lighten your mood."

"Capt. Dobogai was a man of character. I will never forget this outstanding leader, role model, friend and brother in arms."

"[He] ... lived each day to its fullest. Nothing he ever did was half hearted because he always put all of himself into everything he did, even when he said he didn't."

**Cpl. Joshua S. Harmon**

"Cpl. Harmon was full of life and always willing to learn more about his job."

"I know he was an outstanding medic and took his job very seriously. He cared a lot about his fellow Soldiers."

"Cpl. Harmon was a great Soldier in every aspect. He was respected by every person that knew him."



**Cpl. Nathan C. Hubbard**

"Cpl. Hubbard was one of the most motivated Soldiers I've had the honor of knowing. Where you found Nathan you could always find his brother Jason. The two of them always pushed each other to only be that much better."

"Cpl. Hubbard was very loyal to his family and to his unit. He always strived for excellence."

"Cpl. Hubbard was an extremely brave Soldier who went through loss and still decided to fight. His character is unmatched."



**Sgt. Garrett I. McLead**

"On the day of a 'mock board' he went out of his way to help me with a subject I was struggling with, even though he was going to the same board and it took away from his studying time. He was just an overall great person."

"He always led by example by taking the hard right instead of the easy wrong."

"McLead was a hard working Soldier who cared deeply about his men. He was

mind to something and makes sure it is accomplished."

"Whenever I saw Spc. Hook he always was in a good mood with a smile on his face. His personality and presence was contagious to everyone around him."

"Spc. Hook was very disciplined and strived to excel every day."

**Cpl. Nathan C. Hubbard**

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**Staff Sgt. Jason L. Paton**

"Staff Sgt. Paton was one hilarious individual and always knew how to make you laugh. He was serious when he needed to be and extremely dependable. He constantly mentored his Soldiers and they looked up to him as an older brother."

"Staff Sgt. Paton was a proven combat leader with great compassion for his men. I spoke to him almost daily, and every time we spoke, he lifted me up with motivation. I will always have the utmost respect for this professional NCO."



**Cpl. Jessie G. Pollard**

"Cpl. Pollard was a man of faith and always took his Bible studies to heart. You could always tell Pollard was in the Tactical Operations Center because he

respected by each and every member of his platoon."

"Staff Sgt. Paton was one hilarious individual and always knew how to make you laugh. He was serious when he needed to be and extremely dependable. He constantly mentored his Soldiers and they looked up to him as an older brother."

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**Spc. Tyler R. Seideman**

"Spc. Seideman was always looking to better himself."

"He was a fine example for any Soldier to look up to and strive to be like."

"He was always looking for a ways to excel at his job. He never let his Soldiers down. He always led by example by taking the hard right instead of the easy wrong."

"Spc. Seideman was highly motivated to accomplish any mission. He was looked up to by his peers and subordinates alike."

*(Editor's Note: Multi-National Division-North Public Affairs contributed reporting.)*

had a loud and bright voice that matched his personality."

"Cpl. Pollard had to have been the most excitable person I have ever met. Whenever there was something going, no matter how drab or boring, he just made the situation interesting."

"Cpl. Pollard was exceptionally motivated to be the best at everything he set his mind to. I remember talking to him about Ranger School on numerous occasions. His dream was to be a member of the U.S. Army Special Forces."



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# PAU HANA

## FRGs heat up Schofield Barracks at CHILIFEST

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

**SCHOFIELD BARRACKS** – The sky opened up and the sun came out in the nick of time for the kick-off of the Chilifest at Sills Field here, Saturday.

The 25th Infantry Division, Special Troops Battalion, Morale, Welfare and Recreation (MWR), and the Chaplain's Program presented the event to raise money for Family Readiness Groups (FRGs) and to promote community involvement. FRGs from units across the post put their cooking talents on display to produce unique versions of the classic food favorite, chili.

"We always appreciate events where the community supports the local FRG groups," said FRG leader Kerry Autry. "It's a fun time for the families and will help us raise money for the big homecoming."

Chilies ranging from mild to extra spicy filled the stomachs of more than 300 participants.

"Our chili is the perfect combination of spicy and bland," said FRG leader Erin Joslyn, 2nd Battalion, 27th Infantry Regiment. "We are confident of our recipe and our group."

Their confidence paid off, earning them the People's Choice award for best overall chili and for best spirit.

Entertainment lined the stage, including singer and songwriter Scotty Bryan, a musical performance by the Living World Ministries, line dancing by Country Dancers of Hawaii, and a karaoke contest. Bikes lined the grounds for the motorcycle show as enthusiasts talked shop and revved their engines.

As the day continued, rain drizzled down but did not stop hundreds of families from enjoying their time and supporting a cause close their hearts.

"This event is a way for the groups to show off their cooking talents as well as bring everyone together to have a good time," said Elizabeth Thunstedt, recreation specialist, MWR. "Military families are coming together for a common purpose, and that's what these events are all about."

The five judges: Col. Timothy Ryan, commander, 25th Infantry Division rear detachment; Lt. Col. Michael Webb, chief of staff, and Command Sgt. Major Billy Thompson, both 25th ID rear det.; Col. Matthew Margotta, commander, U.S. Army Garrison, Hawaii, and radio personality Scotty B., from Star 101.9, sampled and studied 15 different chili recipes from 14 units looking for the best overall chili, as well as the hottest recipe and the most spirit.

The 25th Special Troops Battalion took home first place for the hottest recipe and the most original, as well as 3rd place for best overall chili. The 13th Military Police Detachment followed close behind, sweeping second place for overall best chili and hottest recipe.

"We always try to put on events that promote community involvement. It's great seeing everyone come together," said Webb. "I tasted all 15 recipes and was quite impressed with each."

"I even wore a few of them," he added, laughing as he looked down at his chili-stained shirt.

Winners received hand-carved wooden pineapple trophies and chili spoons detailing each honor.

Cutter Ford, KHCM Country Radio Station 690AM, and Live Internet Weddings sponsored the event.



Family readiness group member Tonya Krupp stirs a pot of chili to prepare samples for the crowd. Numerous chili enthusiasts gathered at Schofield's Sills Field, Saturday, to sample 15 unique recipes.



Above – Chili samples lined 15 booths for participants to enjoy. More than 300 chili enthusiasts searched for their favorite recipe.



Right – Motorcycles lined Sills Field as Soldiers showed off their two-wheeled transportation. The motorcycle show, as well as musical entertainment, children activities and the chili cook-off, brought a full day of community involvement.



FRG and family members of the HHC, 2-27th Inf. Regt. run and cheer to collect their award for People's Choice, Best Overall Chili. Judges and the public voted for their favorite chili at the Chilifest.



Fifteen chili recipes were served hot and fresh at the Chilifest. FRG members served the public in hopes of taking home the honor of Best Overall Chili.

## Vendors vie for commissary shelves

Story and Photos by  
**JEREMY S. BUDDEMEIER**  
Editor

**WAIKIKI** – For the past eight months Mike Conway has been planning to break into the commissary. However, rather than taking from the store, Conway wants to put items on the shelves.

As part of the 10th annual American Logistics Association (ALA) Hawaii Food Show, more than 70 vendors courted Defense Commissary Agency (DeCA) buyers at the Hilton Hawaiian Village Beach Resort and Spa here, for a chance to sell their products in the commissary.

From sauces and spices to sweets and meats, local vendors like Conway, with his Waialua pineapple coffee, tickled taste buds and pitched products to buyers.

"I'm the spicy lady," said Kaiulani Cowell of Kaiulani Spices, "and I'm going to feed you."

Cowell's spices, which include a Kona coffee spice, curry and a Chinese five-spice, have adorned commissary shelves for the past three years. This year, buyers chose her new four-pack of spices for commissary customers.

Cowell also mentioned a desire to introduce her spices into the dining facilities.

"They're always talking about improving morale, one way is through the stomach," she said.

Around the corner from Cowell's booth in the Hilton's Coral Ballroom sat Richard and Arleen Gates of Exotic Food Distributors. A retired Green Beret who served in the Vietnam and Korean wars with the 24th Infantry Division and the 5th Regimental Combat Team, Richard knows a thing or two about morale.

The self-styled "inseparable" Gates duo began sell-



Paul Cardaropoli, merchandizer for Oils of Aloha, recommends one of four macadamia nut oils to a visitor during the 10th annual American Logistics Association Hawaii Food Show at the Hilton Hawaiian Village Beach Resort and Spa, Friday.

ing boiled peanuts at the Aloha Stadium swap meet and University of Hawaii football games as a hobby. "We were doing very well ... he had to come out of retirement," Arleen said.

Although the Gates already have 30 products in the commissary and additional contracts with Longs Drug and other stores, they continue to attend the show to expand their business.

"The ALA was the jumping point. We'd like to get to Germany," Arleen said.

The ALA is a nonprofit organization of manufacturers, distributors and brokers that sells and provides services to entities such as commissaries, military exchanges, and Morale, Welfare and Recreation programs. The organization streamlines the application process for members who wish to sell to those entities.

"The beauty of this show," Patrick Nixon, DeCA senior executive service director and chief executive officer, told vendors after he, Senator Daniel K. Akaka and Congressman Neil Abercrombie officially opened the show, "is that you can start locally and end up with an international business."

According to Nixon, contracts can vary in size, from small to the \$6.8 million contract Armstrong Produce holds.

When choosing, DeCA buyers mostly search for unique products, but also must consider space constraints on the shelves, Nixon said.

Still, sometimes taste trumps shelf real estate.

Last year, much to the delight and surprise of Frances Stone, sales manager for Wong's Meat Market, buyers chose three of her Hawaii's Best Kine meat products.

Stone said everyone told her that her products didn't differ enough from May's Meats, whose flagship white box of frozen burgers is a staple at many a cookout; everyone that is, except the buyers. Now



**Spice of life.** Kaiulani Spices was one of 168 products chosen to be sold in commissaries.

May's is asking her for recipes.

"It's a secret," Stone said.

This year Stone was invited back specifically to display for commissary buyers from Japan and Guam.

While many vendors sold their products in other stores such as Longs Drugs and Don Quijote, a few, like Jesus Puerto of Soul de Cuba Cafe, marketed foods and sauces straight off their restaurant menus.

"Bring the flavor home," Product Manager James Rawlins said as he handed a bottle of Soul de Cuba's "Mojo Marinade" to a guest at the show.

After reading an article about Debra Hopkins' (of Deb's Ribs and Soul Food) successful transition from a restaurant in Kailua to the commissary shelves, Puerto said he dove into the food show's application process at the last minute.

When asked of their chances of making the cut, most vendors replied, "100 percent" or "Guaranteed." Puerto was a bit more modest: "I have no clue ... but based on the research we've done, it looks good."

Soul de Cuba made the cut, proving its research was every bit as good as its "mojo."



**31 / Today**

**Teen Social** – Join your friends at the Teen Social, today, 7-11 p.m. at the Aliamanu Military Reservation (AMR) Teen Center for some fun, karaoke, dance, pool and foosball.

Door prizes and refreshments will be available. Cost is \$3 for Child and Youth Service (CYS) members and \$4 for non-CYS members. Military ID or CYS membership ID is required. Call 833-0920.

**September**

**6 / Thursday**

**Once Upon A Mattress** – Richardson Theatre at Fort Shafter begins its 65th Season with this musical starring Tina Shelton. Enjoy comedy, romance and music. Performances run Sept. 6-8, 14-15, and 21-22. Call the box office at 438-4480.

**15 / Saturday**

**Free Babysitting Classes** – Youths 11-and-a-half years old and older are invited to attend a free babysitting class at Kaala Community Center, Schofield Barracks, Sept. 15, 8:30 a.m.-5 p.m. Youths 13-and-a-half and older are invited to learn CPR/standard first aid at AMR Youth Center, Sept. 22, 9 a.m.-4:30 p.m.

Youth must be members of CYS or be enrolled in Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited to participate. Call AMR (833-5393) or Kaala Community Center (655-8380).

**Ongoing**

**Fort Shafter Teen Center** – The Teen Center has something for everyone. It's where teens can meet new friends, participate in club activities, and learn about employment programs and leadership opportunities. Teens can also access the Internet; play video games, ping pong and foosball; listen to music; watch television; or simply enjoy snacks.

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



Photo by Erin Bartelt

**'Can't we discuss this?'**

Mike Viti, team captain and fullback from Berwick, Pa., fends off a tackler during West Point's game against Kent State last year. The Army Athletic Association will kick off the football season with Military Appreciation Day during West Point's Sept. 8 contest against Rhode Island at historic Michie Stadium.

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

**Pacific Teen Panel** – Teens in grades 9-11 have the opportunity to learn leadership and public speaking while representing Fort Shafter, Tripler and AMR in monthly video teleconference (VTC) calls with other teen panels in the Pacific, such as Japan, Alaska and Kwajalein.

Teens are encouraged to volunteer at least eight hours to the program, to prepare and conduct briefings, and to maintain good grades in school. Teens must be registered at CYS. Call 833-0920.

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

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

**Little Ninja Classes** – Parents or

guardians, bring your 3-5-year-olds to CYS so they can learn basic Tae Kwon Do skills. At these classes, children will improve their motor and communication skills, learn to focus, and build confidence and socialization skills.

Children must be enrolled in SKIES or be a current member of CYS. Register at the CYS Office, 556 Heard St. Call SKIES at 655-9818 or CYS at 655-380.

**Gymboree** – SKIESUnlimited, in partnership with Army Hawaii Family Housing, is offering Gymboree to children 6 months-5 years old. These classes will help children build strong motor skills, social skills and self-esteem – all the ingredients they need to grow into confident, happy, successful people.

Classes are held the first four Wednesdays of each month. Call CYS at 655-9818.

**Auto Detailing** – The Schofield Barracks Auto Skills Center is offering a new auto detailing service for a limited time. To make an appointment or to find out more information, call 655-9368.

**Hawaiian Luau Lunch Buffet** – Enjoy the "ono" taste of a traditional Hawaiian-style feast, 11 a.m.-1 p.m. at the Hale Ike-

na, Fort Shafter, or 11 a.m.-2 p.m. at the Schofield Barracks Nehelani. Cost is \$9.95 per person.

Call the Hale Ikena (438-1974) or the Nehelani (655-4466) for lunch buffet reservations or more information.

**SKIES Driver Education** – Learn to drive with SKIES at Valentine's Driving School, Schofield Barracks. The session is taught by qualified instructors and includes 32 hours of classroom instruction and six hours of behind-the-wheel instruction.

The fee is \$295 and must be paid at the time of registration. Call 655-9818.

**"Paint It & Take It"** – Ceramic parties offer a unique way to celebrate get-togethers, coffees, children's birthday parties, showers or any occasion. Your arts and crafts center provides a varied selection of ceramic bisqueware to paint and take home.

Call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

**Kolekole Lunch Buffet** – Enjoy a fast and hot lunch buffet, Monday-Friday, from 11 a.m.-2 p.m. at Kolekole Bar & Grill, next to the Schofield Barracks Nehelani Club. Cost is \$8.95 per person. Call 655-4466.

**Worship Services**

**Aliamanu (AMR) Chapel, 836-4599**

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

**Fort DeRussy Chapel, 836-4599**

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

**Fort Shafter Chapel, 836-4599**

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

**Helemano (HMR) Chapel**

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

**\*Main Post Chapel, 655-9307**

- \* (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)
- Catholic Sunday, 9 a.m. – CCD & RCIA Collective Protestant Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School

**MPC Annex, Building 791**

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

**Soldiers Chapel**

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

**Tripler AMC Chapel, 433-5727**

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

**Wheeler Chapel**

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

will take place at noon. Admission and parking are free. For more information, call 677-0110 or visit [www.hawaiiplantationvillage.org](http://www.hawaiiplantationvillage.org).

**"Shred 'Em & Forget 'Em Day"** – In its efforts to help protect businesses and consumers against identity theft, the Better Business Bureau of Hawaii (BBB) will partner with "Shred 'Em & Forget 'Em" Day, Sept. 1, 8 a.m.-noon at the ShredEx office, 98-736A Moanalua Loop, in Aiea.

Businesses and residents are invited to bring up to four boxes of confidential documents for free shredding. Visit the BBB Web site at [www.hawaii.bbb.org](http://www.hawaii.bbb.org) or call the Senior Scam Hot line at 536-8609.

**2 / Sunday**

**"Mighty Mo"** – To commemorate the 62nd anniversary of the end of history's most destructive war, veteran Edwin Ogonowski, a past crew member of the USS Battleship Missouri and a retired Chicago police officer, will join keynote speaker Adm. Timothy J. Keating, commander, U.S. Pacific Command, during ceremonies at the Battleship Missouri Memorial, Sept. 2, 8:45-9:45 a.m. on the Missouri's fantail.

The ceremony, which coincides with the time of day that representatives from 10 nations signed the formal Instrument of Surrender onboard the USS Missouri in Tokyo Bay after World War II, is free and open to the public. It features patriotic music, a color guard and a traditional military rifle volley salute to those veterans who paid the ultimate sacrifice in defense of freedom.

Free shuttle service will be available between 7:45-8:30 a.m. at the Missouri's shuttle boarding station near the USS Bowfin Submarine Museum and Park. Free return shuttle will remain available through 5 p.m. Call 423-2263 and press 7 immediately following the greeting for more details.

**Iolani Palace** – Military members and their families are encouraged to learn more about Native Hawaiian history and culture, during a free tour at Iolani Palace, Sunday, Sept. 2, 10 a.m.-4 p.m. In celebration of Queen Lili'uokalani's birthday, palace staff will host educational information and displays, all-day entertainment, and a special multi-denominational Sunday service from noon-1 p.m., representing

various churches from around the island. This event is free to the public, and participants may bring food and beverages (no alcohol allowed); food booths will also sell lunch, snacks and drinks throughout the day, including Hawaiian food. Call 224-8068, or visit [www.huiohawaiiiponoi.org](http://www.huiohawaiiiponoi.org) for more details.

**3 / Monday**

**Free Movie Night** – The congregations of Schofield Barracks' Main Post Chapel are sponsoring a free movie, "One Night with the King" at Sgt. Smith Theater, Monday, Sept. 3 from 5-7 p.m. The concession stand will be open. For additional information, contact Chris Lytle at 206-9945.

**Aloha Tower** – Mark your calendar for these events at the Aloha Tower Marketplace in September. Admission to all events is free:

- Porsche Club Car Show, Sept. 3, 9 a.m.-noon
- Aloha Festivals Ukulele Contest, Sept. 16, 10 a.m., Center Atrium
- Hawaii's Miss Beauty Pageant, Sept. 23, 2-5 p.m., Center Atrium. For young ladies of all ages; no pageant or modeling experience is necessary. Every contestant goes home a winner, and participants will receive lessons in poise, walking, speech and etiquette. Call 384-7659 for more details.

**5 / Wednesday**

**South Town Hall** – Let your voice be heard at the bimonthly Oahu South Town Hall meeting, Sept. 5 at 6:30 p.m., at the Aliamanu Military Reservation (AMR) Chapel. Call Rosey Stone, deputy community director, 438-6147, for more details.

**7 / Friday**

**Peace Day** – Entry deadline is Sept. 7 to join Hawaii as the first state in the nation to celebrate Peace Day, Sept. 21. In honor of the United Nations International Day of Peace, people of all ages in Hawaii are invited to submit an artistic expression of what "peace" means to them. The artwork will be displayed at the State Capitol; award winners will be announced at a special ceremony on the 21st.

To submit your expression, send two-dimensional art (such as paintings, drawings, prints or posters) or a literary submission of 500 words or less (stories, essays and poetry) to Dr. Jeannie Lum; Matsunaga Institute for Peace; University of Hawaii at Manoa; Saunders Hall #723; 2424 Maile Way; Honolulu, Hawaii 96822. Drop off pieces in person to State Capitol, Room 427, Honolulu.

For each submission, include your name, age, mailing address and telephone number. If desired, you may also include a brief bio and explanation of the piece submitted.

**8 / Saturday**

**Free Car Wash, Maintenance Check-up** – Spouses of deployed Soldiers are invited to a free car wash and maintenance checkup sponsored by the congregations of Schofield Barracks' Main Post Chapel. The free services will be offered at the car wash rack by Foote Gate, for one day only, Saturday, Sept. 8, from 9 a.m. – 1 p.m.

For additional information, contact Ben Cady at 630-2333.

**Pearlridge Center** – A lot is happening at Pearlridge during September, including these exciting events:

- Meadow Gold Healthy Baby Contest, Sept. 8, 10 a.m.-2 p.m., Uptown Center Court. The contest promotes good health and nutritious diets amongst youngsters and their families. Prizes include a \$2,500 U.S. savings bond for the first-place winner.

**11 / Tuesday**

**Big Red Breakfast** – Bring your appetite and children to the Hale Kula Elementary School Cafeteria for "Breakfast with Clifford the Big Red Dog," Sept. 11, from 7-8 a.m. The cost for the breakfast is \$1.50. Call 622-6380 ext. 232, for more information or to reserve a spot.

**7 Habits**

**Covey Seminars** – John Covey will teach a one-day course, "The 7 Habits of Highly Effective Army Families," Sept. 10-13 at Schofield Barracks.

This workshop is specific to Army families and will focus on ways to improve participants' abilities in family decision making, goal setting, managing stress, and increasing deployment and reintegration readiness.

For more information, call Cole Weeks at ACS, 655-4227.

**Community Calendar**

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**31 / Today**

**Employment Orientation** – Looking for a job in Hawaii? Attend an ACS employment orientation and get employment information on federal, state, private sector and staffing agencies. Reference materials, job listings, computers and more will be available for use.

The next workshop is today, 9-10:30 a.m., ACS Schofield Barracks.

Call ACS Schofield at 655-4227 or the Fort Shafter Outreach Center at 438-9285. Register online at [www.mwrarmy-hawaii.com](http://www.mwrarmy-hawaii.com), or call 438-9285.

Free child care vouchers are available; however, children must be registered and space reserved by parents. Call 655-5314 (Schofield) or 833-5393 (AMR).

**September**

**1 / Saturday**

**HI-5 Recycling** – R&R Recycle has agreed to increase its services to the Schofield Barracks community on Saturdays. The new Saturday service will run for a 90-day trial period. Depending on community support, a decision will be made to continue or cancel the service after the trial period. Recycling hours will be 10 a.m.-4 p.m. The current weekly Tuesday recycling hours of 9 a.m.-1 p.m. will continue as usual.

**Hawaii's Plantation Village** – HPV commemorates 15 years with "Relive the Plantation Days," Sept. 1, 10 a.m.-3 p.m., an event that will highlight Hawaii's multi-ethnic heritage and children. Visitors and keiki can wander through the village, taste a variety of ono ethnic food samples and enjoy a line-up of family entertainment punctuated by a special performance from Frank DeLima, one of Hawaii's funniest and favorite comedians. Balloon-artists, storytelling, plantation-era games and activities, such as milk caps (pogs), marbles, and more, will abound. The special 'happy birthday' sing-along

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



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



**I Now Pronounce You Chuck And Larry**  
(PG-13)  
Saturday, 7 p.m.  
Thursday, 7 p.m.



**I Know Who Killed Me**  
(R)  
Wednesday, 7 p.m.

# Nine-year-old runs her way to nationals

Family member dominates track and field meets in Hawaii, takes her game up a notch at National Junior Olympics Championship

**MOLLY HAYDEN**  
Staff Writer

WHEELER ARMY AIR FIELD — Ty Horne loves to run. The energetic 9-year-old runs every chance she gets.

Whether participating in a sporting event or playing tag with her friends, Horne is running.

Her enthusiasm for this activity has paid off in only one year on the Schofield Barracks Stallions Track and Field team.



Molly Hayden | Pacific Media Pub.

Ty Horne proudly displays her sixth-place ribbon from the National Junior Olympic Championship in Walnut, Calif.

"I am very blessed to have coached an outstanding team like the Stallions," said Verlon Farris. "Having Ty on the team was like a piece of the puzzle that was needed to lock everything in place."

To date, Horne is undefeated in the state of Hawaii in the 100-meter, 200-meter and 400-meter dashes, as well as the long jump in the Bantam category.

This impressive record enabled Horne to compete in the National Junior Olympics in Walnut, Calif., last month. The competition enabled Horne to test her skills against children her age and display her track and field talents.

"Ty Horne was not just representing the Schofield Barracks Stallions wearing a 25th Infantry Division patch on her uniform, but all the military kids throughout the nation," said Farris.

Ty placed sixth in the nation in the long jump category, and was able to meet other children who share the



Photo by Verlon Farris

**Ahead of the pack.** Ty Horne, right, leads the competition in the 400-meter dash. Horne represented the state of Hawaii and the military ohana in the National Junior Olympics in Walnut, Calif., in July.

same enthusiasm for the sport.

"I think my child's accomplishment is a great experience for all children," said Horne's mom, Cassandra. "I feel she really represented the military kids and the state of Hawaii well."

Ty also met Olympic gold medalist and fellow runner, Carl Lewis.

"He sat down with us and talked about running and other sports," said Ty. "I got his autograph."

Lewis also spoke to the kids about education and getting involved in sporting activities as a way to maintain health and a positive outlook. Lewis stressed the importance of studying and using skills learned on the track field in the classroom. This information has helped Horne stay focused in her schoolwork.

Now back at Wheeler Army Air Field attending fourth grade at Wheeler Elementary School, Horne is gearing up for track pretraining. Throughout the year she participates in T-ball, basketball, soccer and track and field.

"It's hard to keep up with her," said Cassandra. "She wants to participate in everything."

Ty believes her talents come from her dad and biggest fan, Staff Sgt. Johnnie Horne III, 1st Battalion, 21st Infantry Regiment. He also works to instill a positive attitude in his daughter.

"Ty knows that no matter how tough something is to never give up," said Johnnie. "I always tell her if you never give up, you can't be disappointed in yourself."

The junior "Gimlet" has learned well from her father. "I always give it everything I've got," said Ty.



Send community announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## August

31 / Today

**Pearl Harbor Softball** — The 2007 Fall RBI Baseball & Fast Pitch Softball League will start in September at Pearl Harbor for all military-affiliated youth. Registration will be ongoing throughout today at the Morale, Welfare and Recreation (MWR) Youth Sports Office, 620 Main St., Building 3456, Pearl Harbor.

Boys ages 13–18 can register for baseball; girls up to 18 can sign up for fast-pitch softball. Cost is \$30 per player, and players will receive a jersey, hat and trophy for participating.

A birth certificate and current physical examination card is needed when registering. Also, anyone who is interested in coaching can sign up at the MWR Youth Sports Office. Call 471-3501.

## September

2 / Sunday

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

-Sept. 2, 12-miler, Waiau, advanced hikers. The views along the way are great, but pay attention to the turn around time. Adequate water, sunscreen and rain gear are musts. Call coordinator Justin Ohara, 778-8629.

-Sept. 8, 2-miler, Kaukonahua Wade, intermediate hikers. Trek an interesting

**SEE COMM. CALENDAR, B-5**

# Walking a step in the right direction for better health

LISA YOUNG

Health Educator

U.S. Army Center for Health Promotion & Preventive Medicine

ABERDEEN PROVING GROUND, Md. — Walking is one of the safest ways to be physically active. It is a low-impact exercise for people of all ages. It is inexpensive and can be done almost anywhere, at any time. According to Hippocrates, "Walking is man's best medicine."

Walking can do the following: Increase energy; tone muscles, easing back pain; reduce stress, helping you relax and sleep better; and manage body weight by burning more calories and controlling appetite. Walking also reduces risk of heart attack and type 2 diabetes, manages high blood pressure and diabetes, and slows osteoporosis bone loss.

Before you start a walking program, consult a health care provider to be sure there is no health problem or physical reason that would limit your plans. Keep the following points in mind for a safe and effective walking program: Choose safe places to walk with several different walking routes for variety; schedule time in your daily routine that will be the most consistent; find a partner or group of people to walk with you; and wear walking shoes that will cushion your feet and absorb shock. Additionally, wear clothes that will keep you dry and comfortable; wear a hat — a warm knit cap in the winter and a baseball cap or visor in the summer; begin with a warm-up, walking slowly for three to five minutes; and then gradually increase your speed to a moderate pace for the main routine.

Cool down by ending with a slow walk for five minutes, and do light stretching afterwards for the calf, front and back of the thigh, hip and lower back. Also, walk at least three to five times per week; increase your effort by walking faster, going farther or walking longer.

To prevent injury, do not increase your intensity and your distance or time in the same week. If you walk less frequently, progress more slowly. Drink water before, during and after your walk. Do not wear headphones, and stay aware of your surroundings. Plus, wear bright col-



ors or reflective tape after dark so that motorists can see you.

Walking is a great exercise because it's so simple. However, if your posture is poor or your movements are exaggerated, you increase your risk of injury. To avoid injury, use a walking technique that will keep your chin up, shoulders slightly back, heels touching the ground first with toes pointed forward and weight rolling forward, and arms swing-

ing at your sides. As you speed up, you may find it more efficient and comfortable to bend your elbows up to 90 degrees.

A successful lifetime walking program takes commitment. As motivation, keep a record of how many steps you take, the distance you walk, or how long it takes. Using a pedometer makes it easy and fun. Pedometers attach to your waistband, detect body motion, count your foot-steps, and display calories burned, distance walked and time elapsed.

Sometimes interruptions may occur to your walking program. Don't let a few days off sabotage your plan for fitness and improved health. Keep from getting discouraged by setting realistic goals such as 15 minutes, three times a week, gradually progressing to 30 minutes, five days a week.

Include simple lifestyle changes that will increase your daily walking time, like taking the stairs, parking at the end of the parking lot, or walking the dog twice a day. Even though the first steps of any new habit can be difficult, keep your goals in mind. Once you take that first step, you're on the way to a worthwhile and beneficial journey to better health.

For more information on walking, visit these Web sites: <http://win.niddk.nih.gov/publications/walking.htm>, [www.hooah4health.com/body/fitness/startwalkin.htm](http://www.hooah4health.com/body/fitness/startwalkin.htm), and [www.mayoclinic.com/health/walking/HQ01612](http://www.mayoclinic.com/health/walking/HQ01612).

*(Editor's Note: The U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) is the Army's public health organization. It supports Soldiers around the world with health education information and deploys its expert medical and scientific staff to deliver occupational and environmental health surveillance everywhere Soldiers go. On U.S. military installations, CHPPM provides environmental, engineering and health hazard assessments as well as injury and disease prevention programs.)*



31 / Today

**Army Mini Sports Flag Football** — Youth Sports and Fitness at Child and Youth Services (CYS) presents an opportunity for children born between 2002-2003 to gain basic skills and understanding of flag football. Cost is \$10 and includes a child T-shirt.

Sign up today; the program runs through Sept. 14. Parents are encouraged to participate. Call the Bennett Youth Center Field, Schofield Barracks, at 655-0883, or Aliamanu Military Reservation (AMR) football field, 836-1923.

**Women's Ultimate Frisbee** — The application deadline for battalion-level women's ultimate frisbee is today. All entries must be submitted to USAG-HI Sports Office.

September

15 / Saturday

**Hawaii Championship Wrestling** — Wrestling returns to the Tropics at Schofield Barracks from 7-10 p.m. Doors will open at 6 p.m. Cost is \$5 for ages 12 and over, \$3 for 11 and under, and free for 5 and under. Call 655-5697.

Ongoing

**Health & Fitness Center** — There is no

longer a membership fee to use the Schofield Barracks Health & Fitness Center (HFC), Building 582, which offers cardio and weight machines, speed bags, stability balls, a tread wall and stretch stations.

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

Bring in your Blue Star Card and receive a discount on an unlimited monthly class pass. Call 655-8007.

**Cosmic Bowling** — Schofield Bowling Center offers Cosmic Bowling Friday and Saturday, 10 p.m.-1 a.m., and Sunday, 6-10 p.m. Plan a birthday party or enjoy bowling specials. Birthday packages cost \$5 per child for two hours of unlimited bowling; add a food package for \$8 per child.

Also, Monday-Friday enjoy lunch specials and discounted bowling rates. Call 655-0573.

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

**Leilehua Golf Course Driving Range** — The golf driving range at the Leilehua Golf Course is open weekdays until 9:30 p.m. Call 655-4653.

**Water Aerobics** — Come join this exciting workout at Richardson Pool. Classes are held Mondays, Wednesdays and Fridays from 11:30 a.m.-12:30 p.m., and Tuesdays and Thursdays from 5 p.m.-6 p.m. Classes are \$2 each, or a punch card is available for \$15.

Water aerobics provides a safe and effective exercise alternative that improves fitness levels with little stress on the joints. Call 655-1128.

**What's Up Gymnastics** — Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited is partnering with What's Up Gymnastics to offer a military discount program for all upcoming classes. The program provides several classes to choose from, including recreational and competitive classes, and it offers the only indoor climbing wall on Oahu.

Classes are available for all ages, even as early as age 1. Discount cards can be picked up at CYS registration offices. Call 655-9818.

**Volunteer Coaches** — Interested in volunteering to be a Youth Sports coach? Call 836-1923, AMR; 438-9336, Fort Shafter; 655-6465, Schofield; or 655-0883, Helemano Military Reservation.



Children learn the correct procedure for punching during Tae Kwon Do class. Instructors teach the proper stances and techniques of the martial art, including basic self-defense procedures.



Beverly Hunsaker perfects her stance during Tae Kwon Do practice. Children ages 5-18 polish techniques and learn skills while practicing the ancient Korean martial art.

# Tae Kwon Do builds kids' confidence

Story and Photos by  
**MOLLY HAYDEN**  
Staff Writer

SCHOFIELD BARRACKS — Little bodies stretching and preparing for the informational Tae Kwon Do class lined the wooden floor of the Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) gymnasium here, recently. Once a week, children ages 5 to 18 gather to learn the physical and mental importance of the traditional Korean practice.

"We teach the physical aspects of Tae Kwon Do hoping the children never have to use it, and the mental aspects hoping they use it every day of their lives," said Grand Master Ik Kung who, along with two black belt instructors, facilitates the program.

The children have taken note.

"There is a good balance of mental and physical activity in this sport," said 17-year-old Jennifer Sims. "I feel stronger and more confident than before."

Sims and her two younger siblings, Jason and Tamara, joined the program five months ago.

"I can defend myself more," said the youngest, Tamara, "from him," she added, smiling and glancing at her big brother.

For Jason, the program has taught him respect and appreciation for the knowledge instructors have bestowed on him.

"They know a lot about Tae Kwon Do and how to teach it so we all understand," said Jason.



Instructor Jordan Oerrien guides Jason McDonald through the proper punching procedure. Children learn punching and kicking while building strength and self-esteem.

"I am constantly learning."

The art of Tae Kwon Do is a dynamic form of unarmed self-defense, employing a variety of kicks, hand strikes and blocks. Martial artists creatively express themselves through prescribed drills, choreographed forms and free sparring. Children learn the fundamentals and finer points of physical and mental fitness through a regimen

of exercises that promotes a positive attitude, good character, strength, flexibility, stamina, speed, agility and coordination.

As they grow within the program, students apply techniques and enhance mental awareness that enable them to safely defend themselves on the streets and compete in tournaments to display their skills.

According to Sandy Salisbury, SKIES administrator, Child and Youth Services (CYS), parents have reported an improvement in both grades and concentration at school once their students enrolled in the Tae Kwon Do program.

Army family member Kristen Huff said the program has given her 5-year-old son, Chrystian, more self control.

"He has learned more about respect by doing this," said Huff. "He is more apt to be a leader than a follower now."

For Kung, who has been teaching Tae Kwon Do for more than 40 years, the art form is about instilling the "can do" attitude in each child.

"They need to know they should never give up," said Kung. "If you never give up, you won't fail."

All youth must be registered with CYS or enrolled in the SKIES Unlimited Program to participate in the Tae Kwon Do class. Classes cost \$35 per month. For more information, call SKIES at 655-9818.

## Community Sports

From B-3

stream on this exploration, but be prepared to negotiate slippery rocks. Call coordinator Steve Brown, 247-8845.

-Sept. 16, 6-miler, Makiki Tantalizer, intermediate hikers. At numerous junctions on this maze-like trail, carefully follow instructions from coordinator Sandra Klein, 263-8330. Expect an aerobic workout!

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

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

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

### 8 / Saturday

**All-Girls Rodeo** — Don't miss the 15th annual Zip Memorial All-Girls Rodeo, Sept. 8, at Kualoa Ranch. This popular and fast-paced rodeo commemorates one of Hawaii's great quarter horse stallions, "AKA Diamond Jim (Zip)," who died unexpectedly earlier this year.

Rodeo action begins at 9 a.m. and will include breakaway and team roping, goat-tying, barrel racing, pole-bending, steer un-decorating, and a special exhibition event of "mixed barrels" that will have the state's top men and women barrel racers competing against each other in teams.

Tickets are \$7 in advance, \$9 at the gate. Call Lu Faborito at 668-9006 or visit [www.rodeoohu.com](http://www.rodeoohu.com) for more details.

### 10 / Monday

**Niketown 5K Run** — The deadline to register for this year's Niketown 5K is Sept. 10. The race will take place Sep. 23, beginning at 7 a.m.; a one-mile Fun Run will begin an hour later. Both runs will start at Niketown, 2080 Kalakaua Ave., Waikiki, to benefit physical education in Oahu schools. Both events are open to runners and walkers of all ability levels. Parents are encouraged to participate in the same event as their children. Cost is \$20 (includes \$15 registration fee and \$5 T-shirt fee). All registration fees are donated to Oahu schools, and runners can designate their entry fee to the school of their choice. Free shuttle transportation will be provided to and from Kapiolani Park, and parking will be available at the Royal Hawaiian Shopping Center and Hale Koa Hotel (limited) for \$3. To register, visit [niketown5k.com](http://niketown5k.com).

### 14 / Friday

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

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