

HAWAII ARMY WEEKLY

VOL. 37 NO. 34 | AUGUST 22, 2008

Serving the U.S. Army Community in Hawaii ★ www.garrison.hawaii.army.mil/haw.asp

INSIDE



Getting it there

100th Battalion validates its convoy escort skills

A-5

Back to school barbecue

The Aloha Chapter Warrant Officer

Association will host a back to school barbecue at Schofield's Stoneman Field, Saturday, from 10 a.m.-4 p.m., Warrant officers and family members are welcome. Call 366-7458.

See News Briefs, A-7

National Night Out

Army Hawaii Family Housing will host the National Night Out, Saturday, 9 a.m.-noon, at Schofield's Porter Community. For more information, visit www.armyhawaii.familyhousing.com.

See Community Briefs, B-2



A night at the aquarium

Children and parents sleepover with sharks at the Waikiki Aquarium

B-1

This issue

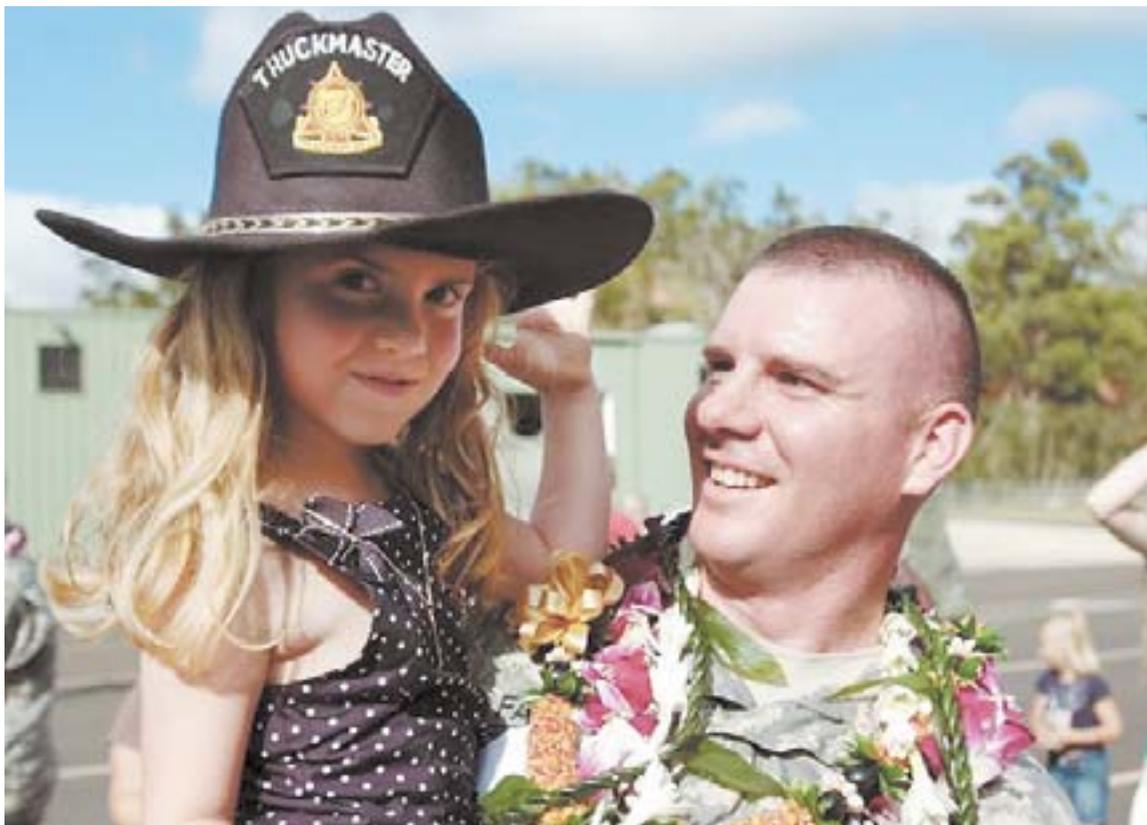
Footsteps in Faith A-2

Deployed Forces A-3

News Briefs A-7

MWR B-2

Sports & Fitness B-4



Sgt. Matthew C. Moeller | 8th Theater Sustainment Command Public Affairs

Jacquelyn Farmer is reunited with her father, Sgt. 1st Class Robert Farmer, 25th Transportation Company, following his unit's welcome home ceremony at Wheeler Army Airfield, Aug. 14.

25th Trans. Co. comes home

SGT. JENNIFER PREMIER
45th Sustainment Brigade Public Affairs

WHEELER ARMY AIRFIELD — Shouts of excitement, cries of joy, and thunderous applause filled the air as friends and family welcomed home the more than 150 members of the 25th Transportation Company (TC), Aug. 14.

Col. Clay Hatcher, commander of the 45th Sustainment Brigade, thanked Soldiers and their families for the hardship they endured

during their 15 month deployment.

Based at Al Asad in the Al Anbar Province of Iraq, the troops fulfilled their mission by driving 750,000 miles in more than 250 missions and transporting 50,000 tons of equipment and supplies, including fresh water and food, to troops stationed at outposts throughout the western region.

"The numbers are astonishing, and I would like to personally thank each and every one of you for a job well done," said Hatcher.

Zandra Kaaihue, wife of Staff Sgt. Diamond Kaaihue, a motor transportation operator with the company, said the deployment was tough on her children, but they created ways to deal with it. "I told my children that daddy's doing his job and will be home soon; we just have to pray," she said.

Her 5-year-old daughter even created her own prayer to bring her "daddy" home safely.

SEE WELCOME, A-7

Sen. Inouye receives Medal of Honor flag

Story and Photo by
PVT.2 JESUS J. ARANDA
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — A rainy morning was quickly ushered out by a welcoming rainbow as Soldiers, guests, and family members of the Tropic Lighting community gathered to recognize the achievements of a Hawaiian hero and political icon.

The 25th Infantry Division honored Medal of Honor recipient and Hawaii Senator Daniel Inouye during a Medal of Honor flag presentation ceremony on Sills Field, Wednesday.

Inouye was presented a congressionally approved Medal of Honor flag by Capt. Terry Zoch, commander, Echo Company, 2nd Squadron, 6th Cavalry Regiment. Zoch and her Soldiers represented men from Inouye's "Go For Broke" 442nd Regimental Combat



Hawaii Senator Daniel Inouye, center, receives a Medal of Honor flag from Capt. Terry Zoch, commander, E Co., 2nd Squadron, 6th Cavalry Regiment, during a ceremony on Sills Field, Wednesday. Inouye is accompanied by Maj. Gen. Robert Caslen Jr., commander, 25th ID (left), and 25th ID Command Sgt. Maj. Frank Leota.

SEE INOUYE, A-7

9th Mission Support Command dedicates pavilion to fallen hero

PFC. PHIL REGINA
305th Mobile Public Affairs Detachment

FORT SHAFTER FLATS — The 9th Mission Support Command (MSC) dedicated a pavilion here, Monday, in honor of a Soldier who was killed in support of Operation Iraqi Freedom (OIF) while deployed to Iraq in 2005.

The newly dedicated pavilion at the 9th MSC Headquarters was named "Parker Pavilion" in honor of Sgt. Evan Parker.

Parker was killed while conducting a counter-improvised explosive device (IED) operation. At the time, he was attached to the 100th Battalion, 442nd Infantry.

"What we're doing here today is honoring the life and sacrifice of an outstanding Soldier," said Col. Colbert Low, the regional emergency preparedness officer for the 9th MSC and former commander



(From left to right) Maj. Gen. Vern Miyagi, mobilization assistant to the commander, U.S. Pacific Command, Caleb Foster, brother, and Anita Foster-Dixon, mother, unveil a plaque for the late Sgt. Evan Parker, during a pavilion dedication ceremony, Monday. Parker was an Army Reserve Soldier with the 9th MSC who was killed while supporting Operation Iraqi Freedom in 2005.

of the 100th Battalion, 442nd Infantry.

Low described the importance

of Parker's mission and how his sacrifice saved the lives of countless others.

"Parker's mission involved reducing the amount of IEDs that threatened the lives of our Soldiers," added Low. "Thanks to Parker and Soldiers like him, by the end of our tour we reduced the amount of IEDs from 21 to three, a success by anyone's standard."

Col. Patrick Slowey, 9th MSC deputy commander of readiness, explained how, though losing a friend may be difficult, the dedication serves as a means of facilitating the healing process.

"There are a rollercoaster of emotions we go through when we lose someone close to us," said Slowey. "The ups and downs can go on for quite sometime and the healing process is difficult. We all grieve differently and have different journeys to healing. Oftentimes there are milestones and steps in the healing process,

and I hope today that this memorial dedication is a milestone for many of you."

Anita Foster-Dixon, Parker's mother, and Caleb Foster, Parker's brother, attended the ceremony to take part in commemorating Parker's sacrifice.

Dixon explained her fallen son's convictions.

"Everything and anything he did, he did with some effort, so much willpower, and so much love. He believed in everything he did and he never backed down from anything," Foster-Dixon said.

She continued by describing the humble nature of her son.

"If Evan was here now, he would be wondering what all the fuss was about. Why he was receiving such special treatment when so many other Soldiers did just what he did," she said.

Combat medicine has doubled war survival

ELIZABETH M. LORGE
Army News Service

WASHINGTON — Recent advances in combat medicine are saving service members' lives at unprecedented rates, the assistant secretary of defense for health affairs told a group of government and medical officials at a "Government Executive" event, Aug. 13.

Dr. S. Ward Casscells said new medicines, equipment, protective gear and better facilities have decreased the military's died-of-wounds rate from 23.9 percent in Vietnam to 10.1 and 12 percent in Iraq and Afghanistan, respectively.

"Overall, the battlefield care is much better than even in Desert Storm one. It's really not what the doctors are doing. It's Soldiers taking care of themselves; Soldiers taking care of each other. The best-trained medics we've ever had. The most courageous medics we've ever had," Casscells said, noting that 170 medics have given their lives in Iraq and many more have been wounded.

"We train ... them to do very quickly what EMTs and even paramedics do in the civilian sector. They learn fast. They're 18-year-old kids and they know they're going to be using those skills, and they're paying attention because they know that they themselves could be one of the patients. Don't

SEE SURVIVAL, A-7

Gym updates its hours

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

FORT SHAFTER — In response to community feedback, the Fort Shafter Physical Fitness Center hours will change beginning Sept. 1.

The center will be open for women only, from 9-10:30 a.m., for a 90-day trial period. The revised hours will allow women of the Fort Shafter community to have commensurate programs to those existing at Schofield Barracks.

In addition, the center's hours will change to Monday-Friday, 5 a.m.-9 p.m.; Saturday, 7 a.m.-5 p.m.; and Sunday and holidays, 8 a.m.-4 p.m. Call 438-1152 for more information.

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 656-3155, 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.

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. Matthew Margotta

Director, Public Affairs

Dennis C. Drake

Chief, Command Information

Aiko Rose Brum, 656-3155

Aiko.Brum@us.army.mil

Managing Editor

Jeremy S. Buddemeier, 656-3156

editor@hawaiiarmyweekly.com

News Editor

Kyle Ford, 656-3150

kyle@hawaiiarmyweekly.com

Web Editor

Stephanie Rush

stephanie@hawaiiarmyweekly.com

Layout

Leah Mayo

Staff Writer

Molly Hayden

Advertising: 525-7439

Classifieds: 521-9111

Editorial Office: 656-3155/3156

Fax: 656-3162

Address:

Public Affairs Office

742 Santos Dumont Ave., WAAF

Building 108, Rm. 304

Schofield Barracks, HI 96857-5000

Web site:

www.garrison.hawaii.army.mil/haw.asp

Nondelivery or distribution

problems in Army Hawaii

Family Housing areas? If so, call

656-3155 or 656-3156.

Residents can help protect personal property

LT. COL. THOMAS DENZLER

Director, Directorate of Emergency Services

Currently, two major safety issues face Army Hawaii residents: one is the threat of wildland fires, and the other deals with being a good neighbor. With that in mind, I've asked two subject matter experts to shed some light on these issues. Deputy Fire Chief Eric Moller lent his authority on wild fires, while Miles Sharrock shared his views on neighborhood awareness.

Wildland fires and you

Recently, the weather has seemed to have made a dramatic change. The wind is blowing, the heat is increasing, and vegetation seems to be turning brown and yellow. There is no doubt about it, the summer dry months are upon us and the severe potential for wildland fires to include brush fires is once

again here. We all remember how quickly and large last year's Waiialua fire spread, and conditions this year do not seem to be any more favorable.

It is up to all of us to make sure we reduce the risk of fires by being vigilant and reducing fire hazards around our areas. Simple steps like reducing dead vegetation, debris and garbage from around our homes is an easy way to greatly reduce the potential of a brush fire from impacting our homes. A more comprehensive approach to safeguard our homes can be found at www.firewise.org.

"It is the small steps we take now that will determine if your home will survive a wild-

fire if it were to occur," said Directorate of Emergency Services Fire Chief Scotty Freeman. "It is much too late and dangerous to safeguard your home when the flames are approaching. I strongly encourage everyone to have a look at the Firewise Web site and put their recommendations into practice."

With good preplanning and simple preventive measures, you can protect your home and family from the devastating effects of wildland fires. For more information, contact Deputy Chief Eric Moller at 969-2447.

Neighborhood Awareness

Being a responsible and cognizant community member involves watching out for your neighbors' property as well as your own. Recently, some rather large televisions

have been wrongfully removed from Army Hawaii Family Housing residences. Two-thirds of these thefts occurred during the day, and in manner that would have likely drawn concern.

Of course, there will be times when your house and property are unattended and more susceptible to theft or damage. It's always important to secure your property and lock your homes. Having neighbors who watch out for each other's home and property is another effective tool we as a community can use to detect and deter crime.

If something seems suspicious or looks out of the ordinary, contact the Schofield Military Police (MP) Station at 655-7114, or the Fort Shafter MP Station at 438-7114. By doing so, you'll deter future crime and reduce the chance your neighborhood will be targeted again.



Denzler

Routine monitoring sustains healthy post water systems

COL. MATTHEW MARGOTTA

Commander, U.S. Army Garrison-Hawaii

The Schofield water system is routinely monitored for the quality of your drinking water. We are very lucky to enjoy some of the highest quality drinking water on Oahu. In July 2008, normal routine tests were performed for the presence of drinking water contaminants. Thirty-six samples were collected, testing for the presence of coliform bacteria. Of these 36 samples, two showed the presence of total coliform bacteria. The Environmental Protection Agency (EPA) standard, called the "Total Coliform Rule," is that no more than one sample per month may contain coliform bacteria. Because two samples showed the presence of total coliform bacteria, the Schofield Barracks water system exceeded the drinking water standard for total coliform bacteria.

This is not an emergency or something you should be alarmed at, however, as our customers, you have a right to know what happened, what you should do, and what we are doing to correct this situation.

Again, this is not an emergency – your drinking water is safe.

What is coliform bacteria?

Coliform bacteria are generally not harmful themselves. Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, bacteria may be present. Because coliforms were found in more samples than allowed, this served as a warning for us to do further testing.

What are our actions?

Whenever we detect coliform bacteria in any sample, we do follow-up testing to see if other bac-

teria of greater concern are present. Additional testing did not find any other bacteria present in the water. Additionally, repeat samples collected after each coliform positive sample were negative for total coliform bacteria. We have flushed the system and do not anticipate any further positive total coliform bacteria samples.

Do you need to do anything because of this?

You do not need to take any action due to this such as boiling your water or other corrective actions – the water is safe to drink. However, if you have specific health concerns, as always, consult your doctor. People with severely compromised immune systems, infants, and some elderly may be at increased risk. These people should seek advice about drinking water from their health care providers. General guidelines on ways to lessen the risk of infection by microbes are available from EPA's Safe Drinking Water Hotline at 1 (800) 426-4791.

For more information, contact Rhonda Suzuki at 656-5301 or USAG-HI Directorate of Public Works, Environmental Division (IMPC-HI-PWE), 947 Wright Ave., Wheeler Army Airfield, Schofield Barracks, HI 96857-5013.

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.



Margotta

New gate procedures ensure safety

DIRECTORATE OF EMERGENCY SERVICES

News Release

As of Aug. 1, all drivers who do not possess a Department of Defense (DoD), Department of Veterans Affairs (VA), Tripler, RAPIDGate, Army Hawaii, or U.S. Army Garrison-Hawaii (USAG-HI) issued access picture identification (ID) will be issued a temporary access pass valid for only 24 hours from the Lyman, Buckner, and Tripler Gates Visitor Control Centers (VCC). This measure is designed to expedite installation access and enhance force protection.

Upon issuance of the 24-hour pass, individuals who access installations on a regular basis will be directed to apply for and obtain an USAG-HI access picture ID from the Installation Access Control Office at the Leilehua Golf Course. Upon application for this ID, the Installation Access Control Office will issue temporary passes of longer duration if necessary until the ID is approved.

Beginning Sept. 1, access will not be granted to those who routinely access Army installations and housing areas unless they possess an above mentioned access picture ID. Twenty-four hour temporary passes will still be available at the VCCs for occasional visitors.

Those who regularly enter an installation or housing area (one time per week or more), are required to get an access picture ID. Despite any inconvenience of obtaining one, this will expedite installation access in the future.

Access information of note

•Planning is ongoing to open an Access Control Office at Fort Shafter Flats. Monitor the *Hawaii Army Weekly* for updates.

For those living in Army Hawaii Family Housing

•Guests staying 30 days or more require a USAG-HI picture ID.
•Contact the MP Station to obtain a temporary pass for guests staying less than 30 days.

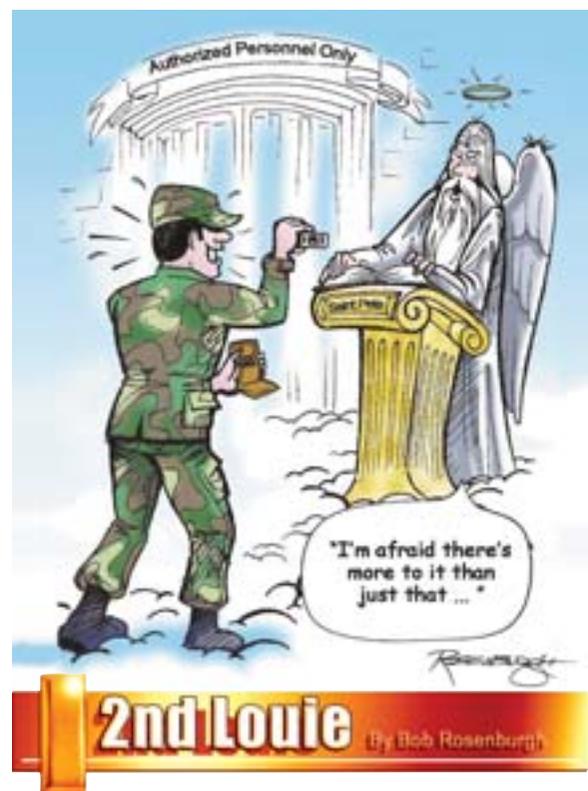
Types of USAG-HI access picture IDs

•Gold: Issued to housing guests, family care plan providers, caregivers, school (students/parents) and agent cardholders.
•Green: Issued to contractors.
•Blue: Issued to "Friends of MWR," visitors and delivery personnel of all types.

People who don't regularly access an installation or housing area can gain access by obtaining a 24-hour visitor pass from a VCC.

Applications for the USAG-HI installation access picture ID are available at the Lyman, Buckner and Tripler Gate VCCs, or electronically by calling the numbers below.

The Directorate of Emergency Services thanks you in advance for your cooperation and support. For more information, contact Fred Makinney at 656-6750 or Master Sgt. Gregory West at 656-6751.



7 STEPS in FAITH

Mankind created out of unselfish love

CHAPLAIN (MAJ.) JON N. HOLLENBECK
516th Signal Brigade

When God had nearly finished with the act of creation, he announced that the only thing left was to create a creature capable of understanding and marveling in the greatness of God. This being, which he called "human," was not only to be of the earth like all other creatures, but also to be created in the image of God with reason, intellect and understanding.

Truth then approached the Almighty, pleading with him not to call into existence a creature who is capable of lying and causing the world to be filled with deception and fraud.

And then Peace came forward with a similar petition, asking God to refrain from bringing into the world those who would disturb the harmony of paradise.

While they were pleading against the creation of humankind, the soft voice of Charity asked to be heard.

"Dear God, I know that any being created in your likeness will have the capacity to perform great and courageous deeds. Filled with your spirit, these human beings will uplift and empower the living, comfort and heal the sick, protect

the innocent, and honor their dead. Such a being cannot but bring glory to you, O Lord."

Though God listened to Truth and Peace, before the final act of creation, it was because of Charity that human beings were created.

The English word "charity" comes from the Latin "caritas," which comes from the Greek word "agape." It means one thing: the unselfish love we are to have for God and one another.

Examples can range from a Soldier falling on a grenade to save his buddies in the carnage of war to a mother risking her life to bring a new life into the world during childbirth. It can be a kind word, a helpful hand or an understanding ear to family, friends and most especially strangers.

The idea of "ohana" is expanded exponentially in the kingdom of God and his creatures. So, in this fellowship, we will be known by our actions made out of love for one another and our zeal to know and be known by our Creator.



Hollenbeck

75 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 8/20/08.

Voices of Ohana

What's your favorite thing about this week's UH basketball camp?



"All the player are very friendly."

Lei-lani Beasley
Age 10



"I like playing the different positions."

Eric Bertrand
Age 12



"Just shooting and having fun."

Victor Cepeda
Age 12.5



"Everything. I like playing defense."

Dejman Cominotto
Age 12



"The competition ... competing with other people."

Brendan Killian
Age 17



Soldiers from 2nd Squadron, 14th Cavalry Regiment "Strykehorse," 2nd Stryker Brigade Combat Team, pose with a flag and a firehouse guidon that was sent to the unit as a gift from Engine 34 and Ladder 21 firefighters in Hell's Kitchen, New York City. The firefighters sent the flags to show the troops their support and appreciation.

NYC firefighters send Strykehorse Soldiers token of appreciation

Story and Photos by
PFC. LYNDESE DRANSFIELD
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — September 11, 2001 will be remembered throughout history. It's a day of remorse, a day of tragedy, and a day the people of the United States remember the heroes who risked their lives to protect our country.

New York City firefighters from Engine 34, Ladder 21, were among the first responders to the World Trade Center that morning, and while they attempted rescue and fire suppression efforts, just minutes away a U.S. flag was flying proudly above their firehouse in Hells Kitchen, New York City.

That flag hung in the firehouse for six years.

Recently though, the firefighters from the Hell's Kitchen station mailed the flag to Soldiers from 2nd Squadron, 14th Cavalry Regiment "Strykehorse," 2nd Stryker Brigade Combat Team, here. The package also included a letter of appreciation, a firehouse patch and the station's guidon.

"This flag is a strong and powerful piece of heritage," Command Sgt. Maj. Charles Cook, senior enlisted advisor for 2-14th Cav. Regt. "For them to send us something so signifi-



cant, makes me feel very honored."

The unit plans to display the guidon in the 2-14th Cav. Regt. headquarters' trophy

case as part of its heraldic items, but is sending the flag back to the firehouse. However, the flag won't be going back unacknowledged. "We are going to respect this flag the same way we would if it was our own piece of history," said Capt. Drew Webb, physician assistant, 2-14th Cav. Regt. "Each platoon (from the unit) will take the flag on a mission with them, and when the mission is complete, we'll have the Soldiers unfold the flag and together, hold it up while a photo is taken."

The goal is to have the hand of every Soldier from the unit here in Iraq touch the flag before it's returned, he said.

"They sent us this flag because they haven't forgotten why we are here," said Cook. "We're sending it back because we want them to know we haven't forgotten what they did for us."

Iraqi leaders stand together against extremists

SGT. WHITNEY HOUSTON

2nd Stryker Brigade Combat Team Public Affairs

BAGHDAD — Sheiks, local government officials and Iraqi security forces from the Tarmiyah area recently banded together to publicly reaffirm their stance against al-Qaeda in Iraq (AQI) at the Bukhari Hall in Tarmiyah, Aug. 14.

The reaffirmation was a reaction to an attack by AQI forces in the area that killed five people, to include women, children and a Multinational Division-Baghdad Soldier.

"Al Qaeda has tried to terrorize the population and make them cower with these attacks invoking their grip of fear on them," said Lt. Col. Thomas Boccardi, commander, 1st Battalion, 14th Infantry Regiment "Golden Dragons," 2nd Stryker Brigade Combat Team.

"Tragedy results in two types of responses: it either galvanizes people, or it makes them cower. This attack had a galvanizing effect."

The terrorists' goal apparently was to enact the cowering effect. However, the attack failed to invoke fear as hoped and instead created a very strong resentment against the terrorists, and furthered the determination of the local residents to rid Tarmiyah of these elements.

"The people of Tarmiyah, after four years of torture, kidnappings and public slaughters, just really want to live out their lives in peace," said Otu, an Arabic interpreter serving with the Golden Dragons. "They can't tolerate terrorist activity any more and face the risk of publicly condemning al-Qaeda."

Those attending said the public denunciation of the cowardly terrorist attacks would send a clear message that Tarmiyah and other regions throughout the nation are fed up with the killing of their

loved ones.

"This oath will show the media savvy al-Qaeda operatives a crystal clear picture that there is no terrorist sanctuary in Tarmiyah, and the people will not bend to terrorists any longer," said Boccardi.

"The significance of this event was the reaffirmation of the locals to stand up against terrorism," he continued. "Senior leaders of tribes, local governments and Iraqi Security Forces all stood up and said: 'We will not fear, and we'll stand up against al-Qaeda.'"

A recent AQI attack against coalition forces was so significant in unifying local nationals with coalition forces, said Boccardi, that those killed were honored as martyrs in "the good fight." Among those so honored for their sacrifices was the Golden Dragons' Sgt. Kenneth Gibson.

The local populace's desire to stand against AQI didn't just occur over night. Initially, Tarmiyah residents were extremely reluctant to accept the coalition forces' presence in the area. They viewed the MND-B Soldiers as an "occupying force" with intent to "westernize" their country. As a result, they were more apt to support the insurgency and terrorists.

"It took some time to remove the stigma of our presence," said Boccardi.

"We had to (win) the hearts and minds of the people and help them understand that their "muqawama" (the good fight, or resistance) was fighting against terrorism, as opposed to fighting coalition forces."

The Tarmiyah leaders' message is a lasting one because it was broadcast nationwide so their fellow country men could bear witness to their stand against terrorist forces.

Youth program makes positive impact in Iraq

SGT. WHITNEY HOUSTON

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Youth from Taji teamed up as part of a summer youth hire program to clean up the Taji Market, northwest of Baghdad, Aug. 11.

The embedded Provincial Reconstruction Team (ePRT), 2nd Stryker Brigade Combat Team (SBCT), kicked off the youth program to encourage adolescents to appreciate their community and engage them in a good cause rather than leave them to outside influences.

The summer youth program began Aug. 1 and employs male youth for two months during their summer holiday from school, said Capt. Timothy Cho, a member of the 2nd SBCT ePRT.

In the recent months, reports indicated al-Qaeda in Iraq has been trying to recruit children. By giving them a meaningful endeavor, adolescents are taught the importance of neighborhood cleanliness and, at the same time, are kept safe from negative influence, Cho said.

"This program was implemented as a means to keep these kids busy and out of trouble, as well as give them a sense of citizenship and teach them about the importance of why they need to keep their environment clean," he said.

The children work from 7 a.m. to 1 p.m. sweeping roads, gathering garbage, participating in team-building workshops, tree planting, painting and other renovation projects. They are paid \$300 monthly, which helps families in need.

"The kids normally wouldn't do anything over the summer," said Rudy Lirato, who serves as a cultural advisor with the 2nd SBCT ePRT. "This program keeps them busy and makes them some money."

Parents also seemed excited for their children to be involved in these community-oriented tasks, which help children work together and leave differences behind, making the program an instant success.

Cho also explained that the program is not exclusive to Taji, but also extends to Tarmiyah, northwest of Baghdad, and Abu Ghuraib, west of Baghdad. The program targets youth ranging from ages 14-19.

"I would like to see this as a success story and implemented throughout Iraq in future years to come," Cho said.

'Sgt. Smoke' inspires Soldiers

Artillery chief dedicated to his Soldiers' growth, exemplifies NCO Creed

Story and Photo by

PFC. LYNDSY R. DRANSFIELD

2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq — Wearing the rank of a noncommissioned officer gives a Soldier a title as well as the power to accomplish certain tasks and objectives; however the rank alone doesn't always make the leader.

Leadership differs in that those who follow are inspired and want to achieve higher goals; something emphasized throughout the Noncommissioned Officer's Creed, but which takes years of experience, unfailing dedication and wisdom to apply.

According to the Soldiers from 1st Platoon, A Battery, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, Sgt. 1st Class Robert Lowers, platoon chief and a member of the Sgt. Audie Murphy Club, is a true leader.

The Soldiers call him "Sergeant Smoke," a title commonly given to artillery chiefs. He currently supervises the fire base at Camp Taji, where he is responsible for all artillery fires.

"There is nothing more exciting than putting a 100-pound projectile downrange knowing that you've done everything you can to make sure it hits its target," Lowers said. "I think the battalion commander says it best, 'It's not a sexy job,' however we are in a support role and it's good to know that we do our part to support the infantry Soldiers with their mission. I'd like to think our part is as important as the next guys."

Lowers came to the U.S. from Jamaica when he was 19 years old and enlisted in the Army five months later.

"I wanted to go to college but my parents didn't have the funds to support me and I knew that the Army had a lot of opportunities," he said.

After serving four years as a finance specialist, he said he wanted to pursue a long-term career in the Army, so he spoke with his leaders about a job switch.

"I enjoyed finance, but I was young and wanted to do something more ex-



Sgt. 1st Class Robert Lowers, platoon chief, 1st Platoon, A Battery, 2nd Battalion, 11th Field Artillery Regiment, inspects a projectile round for the M777 Howitzer at Camp Taji, recently.

pecting. Going from finance to artillery is like night and day," he said.

Lowers is not just a Soldier in the

Army, he is a Soldier who fully believes in the Army.

"I can attribute everything I have

and everything I've become to the Army. It has provided for me and my family and given us everything we need," he said. "I've met so many people from all walks of life that are pursuing the same dreams as me. I've had the opportunity to learn from them, as well as about life itself."

Dedication is only on part of the values Lowers displays. His Soldiers have developed great admiration for his ability to react under pressure and to always take care of their needs.

Spc. Justin Ren, cannon crew member with Headquarters Platoon, A Battery, 2-11th FA, broke his leg in April while at the fire base.

"Sergeant Smoke didn't hesitate. He immediately got the first aid kit, splinted my leg, and made sure I stayed calm and collected," Ren said. "He got me to the hospital and stayed with me for moral support while they performed X-rays. He always seems to know what to do and when to do it. If it's for the Soldiers' needs, he never hesitates."

Spc. Timothy Blair, an assistant gunner with 1st Platoon, A Battery, 2-11th FA, agreed.

"He shows us the right way to handle any situation and always comes out on top," said Blair.

Blair has been in the Army for two years is currently awaiting promotion to become a sergeant. Recently, he was nominated for Soldier of the Month.

"He has developed me in everything I have done. He is one of the main reasons why I am where I am in my career," Blair said. "He puts the opportunity upfront and allows us to take initiative to achieve it."

Lowers said he feels it is his responsibility to be the best leader possible.

"This is my job," Lowers said. "Once I pinned on the sergeant stripes, it became my responsibility to teach, mentor and develop my Soldiers," he said.

"I have Soldiers that come to me straight out of basic training and are not sure what the Army's about," he continued. "My job is to instill that knowledge in them and break it down to a level they can understand. I've seen Soldiers transition from a private all the way to sergeant first class. Watching Soldiers go through that transition is my inspiration."

OIF

'Go For Broke' 100th Battalion tunes up convoy skills

Story and Photo by

STAFF SGT. DAVE CONKLIN

9th Mission Support Command Public Affairs

FORT HUNTER LIGGETT, Calif. — It was 9:57 a.m. when Bulldog Company's 1st Sgt. Logotala Letuligasenoa from American Samoa hollered, "Move out!" to his next convoy team on the live-fire course.

The temperature was already 87 degrees and would soon reach 97 degrees Fahrenheit in the shade of a 200-year-old live oak along Main Supply Route (MSR) Oak, where the next team was reloading ammunition.

The four "gun trucks" moved promptly onto this recently completed live-fire course to validate their Convoy Escort skills.

The exercise was the culmination of a five-step process they had been working on for 29 days here in the center of this 165,000-acre combat training area 80 miles south of Monterey, Calif.

The first humvee contained patrol leader Sgt. 1st Class Uluiva Simanu, driver Spc. Josefa Maulupe, and M2 .50 caliber machine-gunner Spc. Jonathan Laupapa.

Laupapa had never used a machine gun before Bulldog Company arrived in California, but he was "locked and loaded" and ready for the live-fire course. As Laupapa's humvee approached a plywood



The rear guard element of Cobra Company, 100th Battalion, 442nd Infantry, provides security for a simulated mechanical breakdown during the convoy situational training exercise at Fort Hunter Liggett, south of Monterey, Calif., prior to the unit's second deployment to Operation Iraqi Freedom.

building shell with a car body nearby, Simanu yelled "Go," and a steel rain of empty cartridges and belt links began falling onto the roof of the humvee as Laupapa placed rounds on target.

Convoy live-fire ranges require patience and practice. First, all team members learn to assemble, disassemble, clean,

clear stoppages, and qualify on both day-and night-fire courses with the M240, M249 and M2 machine gun. These fundamentals, coupled with 17 other required warrior tasks must be completed during Soldiers' time here.

According to 100th Battalion Operations Sgt. Maj. Dean Shackles, the typical

daily "battle rhythm" for his Soldiers begins with a 5 a.m. wake-up, followed by breakfast, a full day of training, meals on the go, and night-fire training.

Qualifying on the machine gun range is no simple task.

"First a single shot is fired to zero the weapon, and then three rounds are fired into a number of paper silhouettes with a minimum score of 35 hits to qualify," explained Spc. Yu Gu, a gunner with Dragon Company. "Then we fire at pop up targets at ranges from 150 up to 500 yards, followed by night firing with night-vision goggles."

In between weapon qualifications and other warrior tasks, platoon convoy operations include briefings, interpreting fragmentary orders, setting up checkpoints, dealing with mechanical breakdowns, simulated mortar attacks, village visits and reporting weapons caches.

"Since this was my first convoy experience, it was good to ride along with four combat veterans who had experience and had deployed before," said Spc. Reupena Sheck, a driver with Dragon Company.

The difficulty then increases with the Convoy Situational Training Exercise (STX).

"We go with a five-man squad (in each vehicle) including a driver, leader, commander, assistant gunner, and rifleman,"

said Sgt. Ray Yumul, a gunner with Eagle Company.

Once the convoy is underway, trainers set up a series of events such as mechanical breakdowns, Improvised Explosive Device (IED) encounters, and ambushes for each convoy to react to and learn how to defend against.

At the end of each session, Soldiers conduct an on-the-spot critique or after-action review (AAR), they critique themselves and discuss lessons learned.

"I'm happy we planned on how to recover a disabled vehicle," said Sgt. Joseph Ramos with Cobra Company.

However, Soldiers said their most rewarding event was the Convoy Live-Fire Course. Even here, though, safety is paramount. Trainers and Soldiers put safety and learning first by doing a walk-through, and firing with blanks before their third and final trip through the course with live ammunition. According to Spc. Darnall Fuiava, a gunner with Bulldog Company, his most vivid memory of the 100th Battalion's entire mobilization exercise was the convoy live fire.

Sgt. Ruben Delacerna, a chaplain's assistant with the 100th Battalion, who returned from his first deployment to Iraq last September summed up the training.

"I'm excited about going with the 100th Battalion because they are so motivated in everything they do," he said.

Dental vans save teeth, time for deploying Pacific Army Reserve Soldiers

STAFF SGT. DAVE CONKLIN

9th Mission Support Command Public Affairs

FORT HUNTER LIGGETT, Calif. — A new pilot program by the U.S. Army Reserve Command is bringing a fresh new meaning to the time-honored motto "Mission first, Soldiers always."

Known as the Ready Response Reserve Unit or "R3U" Dental Vans, this test program provides dental exams, Soldier Readiness Processing and follow-on treatment, in the field.

The Army Reserve 7222nd Medical Support Unit's Dental Section provided dental exams, fillings, treatment, and extractions, if necessary, for nearly 500 Soldiers of the Pacific Army Reserve's 100th

Battalion, 442nd Infantry, during their 29-day Mobilization Readiness Field Exercises at Fort Hunter Liggett. The unit will mobilize and deploy later this month in support of Operation Iraqi Freedom (OIF).

The idea is to save teeth, save time, and take care of Soldiers who would have been potentially not deployable due to dental reasons.

"Soldiers are losing time on the platform due to dental issues," said Lt. Col. Murray Kramer, commander, 7222nd Medical Support Unit. "It is important that Soldiers and their families know that the Army is taking care of them and fixing their problem."

The majority of 100th Battalion Soldiers are ethnic Polynesians with different languages and educational institutions. They

are spread across many islands, seven time zones, two states, several territories and one commonwealth; the shortest distance between units is greater than the distance from Tampa to Seattle. These demographics can often limit access to dental care.

At the same time, the Army Reserve Command was developing a new concept to use its dental assets and capabilities where they were needed most — in the field — rather than in garrison one weekend a month.

"We took this target of opportunity with the 100th Battalion training at Fort Hunter Liggett to test the concept and look at all the possibilities," said Col. Les Carroll, U.S. Army Reserve Command

deputy chief of staff for operations.

So, two mobile dental vans were rented and driven out to the 100th Battalion's field camp with 7222nd Medical Support Unit dental professionals from all over the country providing the staffing as part of their annual training. Initially, R3U was supposed to identify only dental issues, but with the available staff and facilities it was soon expanded to treatment as well.

"We are providing real world training with hands-on training here, plus we are meeting the taskers that the Army wants," said Kramer.

The dental vans were open every evening when the Soldiers returned from training and all exams and treatments

were scheduled after training was completed for the day. If follow-up treatment was recommended, it was completed within a few days at the most.

"I went to sick call three days ago because my upper wisdom teeth were biting into my cheek and I got them pulled the same day," said Spc. Israel Prieto of Dragon Company.

To date, of the 500 Pacific Army Reserve Soldiers examined, 50 dental issues were treated and each Soldier's online medical records were updated on site. These professionals performed an estimated \$105,000 worth of procedures here, which does not include the value of returning a Soldier to deployable status or the training time saved for the 100th Battalion.

'Prime Power' assesses Alaska District area facilities

Story and Photo by
CURT BIBERDORF

U.S. Army Corps of Engineers-Alaska District

ANCHORAGE, Alaska — Electrical outages caused by a natural disaster may require backup power assistance from the federal government, and to prepare for that event, six members of the 249th Engineer Battalion (Prime Power) came to the Alaska District recently to assess generator requirements.

The 249th Eng. Bn. is a power generation battalion assigned to the U.S. Army Corps of Engineers that provides commercial-level power to military units and federal relief organizations during full-spectrum operations.

Emergency planners in Alaska requested the battalion's assistance after discussing how to react to a widespread power loss at the Alaska Cold Weather Workshop at Fort Richardson earlier in the year, said Dave Spence, chief of Emergency Management for the Alaska District.

The workshop was designed to re-evaluate lessons learned from past cold weather exercises. The disaster scenario involved a magnitude 7.5 shallow, crustal earthquake, which caused significant structural damage during a period of extreme cold weather in the Anchorage area.

"After debris removal and search and rescue, everyone needs power," said Chief Warrant Officer 2 Donald Bond, officer-in-charge of 4th Platoon, A Company,



Sgt. Nick Fuentes, electrician (left), and Staff Sgt. Reid Elders, senior power plant operator, both with A Company, 249th Engineer Battalion (Prime Power), conduct a generator assessment at Begich Middle School in Anchorage, recently.

249th Eng. Bn., which is stationed at Schofield Barracks, Hawaii. "We need it for heat, cooking, water and communications. Typically, you want to restore power as soon as possible."

Two two-Soldier teams, led by Bond and Master Sgt. Gary McAdams, non-commissioned officer-in-charge who provided command and control, had a three-part mission to train local technicians, perform as many generator preinstalla-

tion inspections as possible, and gather information on what protective measures and gear are necessary for deploying Soldiers.

Only some of the previous 130 locations inspected in the 2004 assessment were reviewed, depending on changes at those sites. The teams assessed 59 sites at Fort Richardson, Matanuska-Susitna Borough and Municipality of Anchorage this time, according to McAdams.

He said the assessments, which cover critical facilities such as fire stations, churches, airports and communications towers, are used to collect information for the Federal Emergency Management Agency so that the contractors the agency hires know what size generator is needed, where to connect it, what tools to bring and how to install it.

"It would be a guessing game as to what to bring," McAdams said. "Then

the Corps would be charged for the extra labor (in making that determination) and slow down the response time. It could mean the difference between getting power back in a few days or a week or more."

Since Hurricane Katrina in 2005, area assessments have been part of the readiness initiative in the Corps to stay updated on energy-related preparedness, McAdams said. "There's been a lot of upgrades and improvements at facilities in the past few years. The planning is making a difference."

More facilities have emergency power generators, but they still need an assessment because, depending on damage or other factors, they may not be operational, Bond said. When FEMA generators arrive, they are going to work because they've been checked and tested.

Technician training was a new effort by the 249th Eng. Bn. to enable local and state technicians to perform their own assessments. Bond said the training was ineffective because of low turnout. However, he intends to remedy this by holding a class for emergency managers to help recruit technicians, who would then attend a second class on performing the assessments.

The team will compile the information gathered from the assessment and give it to the battalion to assist those who will deploy to Alaska during an emergency.

Coastal Windows Inc. receives 2008 Employer Support Freedom Award

STAFF SGT. DAVE CONKLIN

9th Mission Support Command Public Affairs

HONOLULU — The U.S. Department of Defense has named Coastal Windows, Inc. as recipient of its 2008 Secretary of Defense Employer Support Freedom Award.

The Freedom Award is the highest recognition given by the U.S. Government to employers for their outstanding support of their employees who serve in the National Guard and Reserve. Coastal Windows is the only employer from Hawaii to receive the award since its inception in 1996.

"We are pleased and excited to announce Coastal Windows as a recipient of the 2008 Secretary of Defense employer Support Freedom Award," said Dr. Gordon Sumner, executive director, Employer Support of the Guard and Reserve. "The tremendous support Coastal Windows provides for Guard and Reserve employees and their families is exemplary and helps our citizen warriors protect our nation without concern for their jobs," Sumner said.

Selected from a record 2,199 nominations from National Guard and Reserve members or their family members from

across the nation, Coastal Windows was nominated by Sgt. Mike Echiverri of the 100th Battalion, 442nd Infantry, Pacific Army Reserve. Echiverri has been employed with Coastal Windows since 1999 and is currently training for his third deployment to Iraq.

Robert Barrett, vice president of Coastal Windows Inc. in Waipahu, also received the Pro Patria State Award at the Employer Support Banquet, Aug. 9, at Hickam Air Force Base Enlisted Club. P. Pasha Baker, Hawaii Army Reserve ambassador, and Col. Jon Lee, chief of staff, 9th Mission Support Command,

were on hand to congratulate him.

"We are honored to receive this award and proud to support our employees who are willing to serve our country and defend our freedom," said Barrett.

Barrett said Coastal Windows was one of the few small businesses and one of only 15 employers of all sizes throughout the nation who received the Freedom Award this year for their support of National Guard and Reserve employees. Coastal Windows keeps in touch with Echiverri when he is deployed and also makes sure his family is always included in employee information as well as

picnics and outings, according to Barrett. Coastal Windows also has a policy of continuing health insurance for families of deployed employees and making up any difference in pay if necessary, he added.

The award will be presented at ceremonies at the Ronald Reagan building and International Trade Center in Washington, D.C., Sept. 18. In addition, President George W. Bush and Secretary of Defense Robert Gates will likely meet privately with award recipients as they have done in the past.

News Briefs

Send news announcements for Soldiers and civilian employees to community@hawaiiarmy-weekly.com.

22/Today

Ketchup Recall – The Defense Commissary Agency (DeCA) has recalled all sizes of Del Monte ketchup to investigate customer complaints of bottle swelling and white and yellow particles found inside the bottle. There have been no reported illnesses associated with this product.

The recall is for all lots and codes of the following Del Monte Ketchup products: 64 ounce, UPC 002400000898; 36 ounce, UPC 002400000643; and 24 ounce, UPC 002400000641.

Commissary customers who have purchased this product are advised not to consume it. Customers can return the product to the place of purchase for a refund.

Visit www.commissaries.com and click on the "Food Safety" section for more information.

Recovered Personal Property

– The Provost Marshal's Office has recovered personal property items recently lost. Call the Directorate of Emergency Services Evidence Custodian at 655-9656.

Office Change

– The Aloha Center, Building S330, Fort Shafter, closed last month. The Fort Shafter Composite Team (FSCT), Military Personnel Division, Directorate of Human Resources has relocated to the Soldiers Support Center, Building 750, Schofield Barracks.

All actions formerly processed by the FSCT, including Record of Emergency Data updates, Service Members Group Life Insurance updates, Enlisted and Officer Records Brief reviews and updates are now processed at the Soldiers Support Center.

The Soldiers Support Center is open Monday-Friday, 7:30 a.m.-4 p.m. Call 655-9411/9104.

Welcome: Families together after separation

CONTINUED FROM A-1

"We have family on the island and we're from here, which made everything a little easier," said Kaaihue, "but it's still a relief to have him back."

Other families traveled from across the ocean to welcome their Soldiers home. Sgt. Aaron Wallace, also a motor transportation operator, received a special visit from his parents, sister and grandmother, who came from Seattle for the occasion.

"We wouldn't have missed this," said Bruce Wallace, Aaron's father, who was previously stationed on the island during his enlistment in the Army. "I am proud of (Aaron) for all he has accomplished."

Aaron, who is returning from his second deployment, said he is looking forward to spending time with his family and enjoying the simple things life has to offer.

"I'm looking forward to eating some good food," he said.

In addition to their responsibilities in Operation Iraqi Freedom, Soldiers of the 25th TC continued to excel in other areas.

During the deployment, two noncommissioned officers were inducted into the prestigious Sergeant Audie Murphy Club, three roadmasters were awarded the St. Christopher's medallion, and one Soldier was awarded the Order of Samuel Sharpe for his excellence in the ordnance field.



Sgt. Matthew C. Moeller | 8th Theater Sustainment Command Public Affairs

Soldiers from the 8th Theater Sustainment Command and Hawaii-based Marines at Hickam Air Force Base greet members of the 25th Transportation Company, Aug. 14., following a 15-month deployment to western Iraq.

Inouye: Leader embodies 'Warrior Ethos'

CONTINUED FROM A-1

Team (RCT).

According to Zoch, the senator specifically requested a commander from Echo Company present him with the flag at a Schofield Barracks ceremony to honor his men from the 442nd RCT.

"It was a great honor to present the senator with the flag," said Zoch.

Having served as a lieutenant and platoon leader for the 442nd RCT, Inouye was granted the Distinguished Service Cross for displaying exceptionally heroic actions in combat during World War II. His award was upgraded to the Medal of Honor in June of 2000.

"Obviously, I was honored and proud to receive the Medal of Honor, but I was deeply certain that there were hundreds

of others who were much more deserving than any one of us," said Inouye. "I received my medal in Washington on behalf of the troops. But I am deeply honored by you, and I am certain the men of the 442nd are also deeply honored," he added.

Following his career in the military, Inouye became the first congressman of Hawaii in 1959 and later a senator of the state of Hawaii. His term in the senate is the third longest to date.

"Lieutenant Inouye embodied the 'Warrior Ethos' that makes our Soldiers the best and brightest in the world," said Maj. Gen. Robert Caslen Jr., commanding general, 25th ID. "He demonstrated the importance of leadership, service and commitment at every level, and he continues to serve all of us to-

day," said Caslen.

The Medal of Honor flag was created in 2002 for display by living Medal of Honor recipients and primary next of kin of Medal of Honor recipients. With his closing remarks, Caslen requested his Soldiers continue to follow in the tradition of great American heroes like Inouye.

"As we honor Senator Inouye today, as well as all of our distinguished Soldiers of the past, we can only ask ourselves, with a debt of gratitude, 'Sir, have we earned what you have done for us?'" Caslen asked the senator rhetorically. "As this division prepares for deployment back to Iraq, I am confident that our Soldiers will carry on the great traditions and legacies, sir, that you have set before us," said Caslen.

Survival: New gear, training saves lives

CONTINUED FROM A-1

underestimate what an 18-year-old kid who decided to defer college to serve his or her country can learn. They can learn a hell of a lot," he continued.

One of them is Staff Sgt. Matt Sims, who was wounded three times during his second deployment to Iraq. He credits both new equipment and the medical training of other Soldiers – every new Soldier must be certified as a combat lifesaver and many others have some medical training – with saving his life.

Now, in addition to the tourniquets each Soldier carries and some that are built into uniforms, the same bandage can be converted to a pressure bandage and also a tourniquet. Each bandage is easy to open and has all the parts it needs. Some bandages have charcoal or a material to stop bleeding.

PAU HANA



Brightly colored fish tanks lite up the Waikiki Aquarium during the “Overnight with the Sharks.” Children and parents alike enjoyed the scenery of the aquarium before they drifted off to sleep at the educational sleepover.

Knowledge - hungry kids sleep with the *fishes*

Aquarium overnighter gives keiki unique aqua experience

Story and Photos by
MOLLY HAYDEN
Staff Writer

HONOLULU — The Waikiki Aquarium was unusually filled with chatter after hours here, Aug. 14, for the “Overnight with the Sharks” program. Approximately 30 children, parents and grandparents piled in, sleeping bags in hand, for an informative evening surrounding the underwater creatures.

The program began in a small classroom as Mark Heckman, director of education for the aquarium, explained the differences between sharks and boney fish, and discussed adaptations that allow sharks to exist in water. A slideshow displaying various sharks that congregate around Hawaii provided an additional visual experience for audience members.

Children listened attentively and answered questions candidly. Each child drew dorsal fins, gill slits and teeth on a paper diagram to aid in understanding a shark’s anatomy.

As the night continued, participants designed and built their own shark models using Styrofoam, plastic and cardboard. Some donned eyeballs and sharp teeth, while others wore brightly colored flowers and polka dots. Clever names such as “Swimy,” “Chops” and “Bob, Ruler of the Sea,” added individuality to shark models as participants prepared them for the “Shark Olympics” the following morning.

The nearly full moon shone brightly in the sky as parents and children spread their sleeping bags under various fish tanks in the gallery.

Children walked around with flashlights, shining the dim red lights into various tanks to view the peerless display aqua life.

“Being here at night gives you a unique experience,” said Heckman. “Many of the animals’ behaviors changes at this time. We make a lot of discoveries at night.”

Heckman began storytime with the tale of a shark that brings a little girl to safety. Children held stuffed animals tightly as they laughed at the fictional story.

Then, lights on each fish tank dimmed

one-by-one, sending a message for participants to rest. However, giggles from children continued to ring throughout the gallery for more than an hour.

“It’s cool I actually get to sleep in front of the sharks after learning about them,” said Army family member Wynne Gallogly as she snuggled in her sleeping bag directly across from the shark tank. “I hope I don’t get scared when I wake up.”

In the early morning light children wiggled their toes and rubbed sleepy eyes. Then, they packed up sleeping bags and pillows and ate breakfast.

Later, participants sat on the lawn and one-by-one ran their sharks in the competition.

Children and parents placed model sharks in a small tank filled with water for a display swim. Each shark was judged on swim style, speed and accuracy. Judges held scorecards and each child received a certi-

For more information on the Waikiki Aquarium, visit www.waquarium.org or call 923-9741.

cate of completion.

“This has been a wonderful and bonding family experience for us,” said Lt. Col. Erin Gallogly, 500th Military Intelligence Brigade. “The kids are having fun and we are all learning.”

The Waikiki Aquarium offers numerous educational opportunities for the whole family, including spending an afternoon investigating hermit crabs; discovering the amazing undersea world for children ages 1 to 3; and “Aquarium After Dark,” which allows families to discover if fish sleep, sea snails snooze or weedy sea dragons doze during this flashlight tour of the aquarium.

“Our programs are constantly changing,” said Heckman. “But they are always guaranteed to be both fun and educational.”

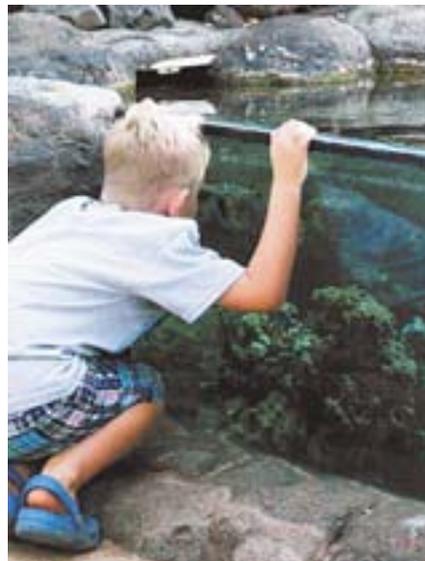
Above — A participant’s model shark prepares for the “Shark Olympics” at the Waikiki Aquarium. Judges scored sharks on swim style, speed and accuracy.



Kira Hunkele, left, and Skye Heckman color and decorate their model sharks. Participants of the “Overnight with the Sharks” built a model version of a shark to better understand a shark’s anatomy and how it moves in the water.



Lt. Col. Erin Gallogly (left), and son Peter build a model shark at the Waikiki Aquarium. Participants designed and built their own model sharks to race in the “Shark Olympics” the following morning.



Scott Parrish closely inspects a Hawaiian Puffer fish at the Waikiki Aquarium. With 3,000 marine specimens found at the aquarium, children and parents alike have much to learn about the unique aquatic life in Hawaii and the Pacific.





22 / Today

Theatre Program — SKIES is accepting families who are interested in the new theatre program, which is scheduled to start in October. Call 655-9818.

Library Contest — Go for the gold at the library; it's so easy. Check out any library material, pick the winning sports card (limit one per day) and then enter to win cool prizes. The program runs through Aug. 25. Winners will be contacted on Aug. 26.

Sports cards are located at all Family and Morale, Welfare and Recreation libraries: Fort Shafter (438-9521), Aliamanu (833-4851) and Schofield Barracks (655-8002).

Wheeler Bowling Center — Rent the entire eight-lane bowling center for a party or special occasion on Saturday or Sunday for \$120 per hour. There is a three-hour minimum. Shoe rentals are \$1.75 per person. Call 656-1745.

Piilaa Army Recreation Center — Located at Pokai Bay in Waianae, 18 miles from Schofield Barracks and 22 miles from Pearl Harbor, the rec center has 39 beachfront cabins, an equipment rental center, club facility and a Cove Pavilion area for group outings. Accommodations range from studios, two-bedroom and three-bedroom cabins with kitchens. For reservations, call 696-4158.

Waianae Beach Club Restaurant — Overlooking the emerald waters of Pokai Bay with breathtaking sunsets, the Beach Club's lanai is an unforgettable Hawaiian setting for your special occasion. The Beach Club at Piilaa Army Recreation Center is also a great spot for retreats or lunch. Call 696-4778.

Mulligan's Food Specials — Check out these specials at Mulligan's at Fort Shafter: •Burrito Grills, chicken or steak, \$6.95. Combo price includes choice of small salad with dressing or small fries and a beverage.

•Quarter-pound hot dog combo, \$2.95, includes soft drink. Buy six hot dogs and get one free.

•Pau hana Fridays start at 4:30 p.m. Enjoy refreshments and chef's choice of pupus after a round of golf or work. The \$2 pupu platter is so filling, you may not eat dinner.

•Start your day off right; breakfast is served Thursday-Sunday.

Hale Ikena Food Specials — Check out these specials at the Hale Ikena at Fort Shafter:



Kyle Ford | U.S. Army Garrison-Hawaii Public Affairs

6 foot 3 versus 3 foot 6

SCHOFIELD BARRACKS — Kareem Nitoto, a point guard with University of Hawaii Men's Basketball Team, coaches Preston Jenkins in the "triple threat" position at the Martinez Gym, Monday. The team spent four days teaching military children basketball fundamentals and learning about the Army. See the full story in next week's *Hawaii Army Weekly*.

•Lunch is served seven days a week and a buffet is available Monday-Friday, 11 a.m.-2 p.m.

•Sunday brunch is offered weekly, 10a.m.-1 p.m. The specialty is roasted prime rib along with dishes infused with Pacific Rim, Asian and Hawaiian Nouveau flavors. Groups and large parties are welcomed. Reservations are recommended.

•A Hawaiian luau lunch buffet is offered the last Friday of the month, 11a.m.-1 p.m.

•Start your pau hana Friday local style and enjoy a selection of Hawaiian favorites.

•Catering is the perfect choice for all your special events. Call Catering Services at 438-1974.

23 / Saturday

Tile Mosaic Class — The Arts & Crafts Center, Schofield Barracks, will hold a tile mosaic class, Aug. 23, 10 a.m.-2 p.m. for Blue Star Cardholders to create their own tile mosaic masterpiece. All materials will be provided. Call 655-4202.

25 / Monday

Wheel of Fortune Night — Come out and let the good times roll at the Nehelani, Aug. 28, 6-8 p.m., at the Big R Countdown to Redeployment Blue Star Card Wheel of Fortune Night. Spin the Blue Star Card Wheel to earn points and try to solve the

puzzle with your friends while enjoying free child care and light pupus!

To reserve child care or a spot for the event, call 438-0376 or e-mail Darlene.j.marshall@us.army.mil by Aug. 25.

First Term Financial Training — Learn basic financial skills, develop self-reliance and personal responsibility, encourage financial planning, improve money management skills, and enhance personal financial literacy. This is a mandatory eight-hour program of instruction, Aug. 25, 8:30 a.m.-4 p.m., at ACS, Building 2091, Schofield Barracks.

Baby Massage — Babies are intuitive, and their sense of touch highly developed. Therefore, in addition to many health benefits, time spent massaging your baby greatly increases your communication and helps you understand your baby's moods, needs, desires and expressions. Call 655-4227 to register. (This is a four-part consecutive series limited to 10 parents with their babies. Babies should be between 4 and 8 months old.)

The class meets Aug. 25, 9-11 a.m., at Sgt. Yano Library, Building 560, Schofield Barracks.

27 / Wednesday

Fine Art Classes — Schofield Barracks Arts & Crafts Center is now offering a weekly class teaching fine arts in a variety of media for children in grades 2-6. Cost is \$50 per month. Call 655-4202 to register.

Home Buying — Learn the benefits of owning a home, tax benefits and the difference between owning and renting, Aug. 27, 9-10:30 a.m., at ACS, Building 2091, Schofield Barracks.

Money Management — Learn basic tools for financial success, develop a spending plan, reduce expenses and make your paycheck work for you, Aug. 27, 10:30 a.m.-noon, at the Army Community Center (ACS), Building 2091, Schofield Barracks.

28 / Thursday

Stress Solutions — Are you stressed out? Can you use some creative ways to manage your anger? Learn basic information for designing a personalized stress program, Aug. 28, 3-4:30 p.m., at ACS, Schofield Barracks. Call 655-4227 to register. Domestic Violence and Sexual Assault Awareness classes are available upon request. Call 655-4779 to request a class.

dren. Kamaaina and military admission is \$10 for adults and \$5 for children. Admission is free to museum members and military in uniform.

Call 441-1000 or visit www.PacificAviationMuseum.org.

25 / Monday

Open House — Schofield Barracks' Hui O Na Wahine, an all-ranks spouse club, will hold its annual membership and activities sign up, "Spirit of Paradise," Aug. 25, 6-9 p.m., at the Nehelani, Schofield Barracks.

The open house will feature a live band, Hawaiian dancing and shopping.

Call 389-2202 or e-mail blondhawaii@yahoo.com.

26 / Tuesday

Hawaii Wartime Historical Tour — Historian Steven Frederick will host a four-hour walking tour to sights of Hawaii's wartime history, three times a week through September, at 1 p.m.

Tours will be conducted on Tuesdays, Thursdays and Saturdays. The next tour will be held Tuesday, Aug. 26.

The tour will include locations in downtown Honolulu and Chinatown. Comfortable shoes are recommended.

For reservations, contact Steven Frederick, 395-0674 or filmguy54@hotmail.com. Tickets are \$20.

29 / Friday

Marriage Retreat — The 25th Infantry Division Chaplain's Office will sponsor a Marriage Retreat, Aug. 29 - 31 at the Turtle Bay Resort on Oahu's North Shore.

The retreat is free for 30 couples with a service member assigned to the 2nd Stryker Brigade Combat Team (SBCT), on a first-come, first-serve basis. Transportation and child care is not provided. The event is fully funded by the Department of Army's Strong Bonds program.

To register, call Chaplain (Maj.) Vic Richardson, 2nd SBCT Rear Detachment, at 655-9355.

Employment Orientation — Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector

and staffing agencies. Reference materials, job listings, computers, Web tour and more will be available for use.

The orientation will be held at Schofield Barracks, ACS, Aug. 29, 9-10:30 a.m.

Call ACS at 655-4227 or register online at www.acsclasses.com.

Child care vouchers are available if children are registered and space is reserved by a parent.

September

4 / Thursday

Ukulele Contest — The deadline to enter the Aloha Tower Marketplace's 3rd Annual Ukulele Contest is Sept. 4.

The contest, which takes place Sept. 14, wraps up a weekend of Aloha Festivals and activities in and around Honolulu. There are no entry fees and participants can enter at the Hawaiian Ukulele Company, located on the first floor of the Aloha Tower Marketplace.

Call 566-2337 or visit www.AlohaTower.com.

12 / Friday

Weekend Family Camp — The Armed Services YMCA is accepting applications for a Weekend Family Camp, scheduled Sept. 12-14 at Camp Erdman. Preference will be given to families with Soldiers who have or are deploying in 2008, but all are invited to apply.

Applications are available at the Armed Services YMCA on Wheeler or by e-mailing asymcawhlr@aol.com. Call 624-5645.

Aquarium After Dark — Discover if fish sleep, sea snails snooze or weedy seadragons doze on an after-dark flashlight tour of the Waikiki Aquarium, Sept. 12, 7-9 p.m.

Discoveries must be a minimum of 5 years and accompanied by an adult. Pre-registration is required.

Cost is \$10 for adults and \$7 for children (\$8/\$6 if Friends of the Waikiki Aquarium member).

For more information about the Waikiki Aquarium, including membership, call 923-9741 or visit www.waquarium.org.

22 / Monday

Home for a Hermit Crab — Spend an afternoon investigating hermit crabs and their housemates through storytelling, art and up-close encounters with these crusty creatures, Sept. 22, 3:30-5 p.m. at the Waikiki Aquarium.

Parents and their 4-6 year olds will meet left-handed, elegant and anemone hermit crabs and then create a crab of their own design.

Cost is \$16 for each adult and child team (\$12 for Friends of Waikiki Aquarium members).

For more information about the Waikiki Aquarium, including membership, call 923-9741 or visit www.waquarium.org for more information.

Ongoing

Docent Training — Applications are now being accepted for docent training at the Contemporary Museum (TCM), scheduled to be in November.

Docents are a valuable and vital part of TCM's education and outreach efforts. Docent-guided tours help visitors gain insight into contemporary art.

The training course includes grounding in 20th and 21st century art history, as well as art media and processes, behind the scenes museum operations, tour techniques, and more.

There is no tuition fee, however, there is a modest cost for training materials and docents must become members of the museum.

Contact Quala-Lynn Young at 237-5217 or e-mail qyoung@tcmhi.org. Online applications are available at www.tcmhi.org.

Leeward Moms — A support group for stay-at-home moms from Kapolei, Makakilo, Eva Beach and the Leeward Coast areas meet every first Friday, 10 a.m., at the Asing Recreation Center, Ewa Beach.

Get together for mom/kid friendly activities during the day. Call 674-0187.

SEE COMMUNITY CALENDAR, B-3



Aliamanu (AMR) Chapel 836-4599

- Catholic Sunday, 8:30 a.m. — Mass Sunday, 9:45 a.m. — Religious Edu.
- 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 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
- Buddhist 1st Sunday, 1 p.m.

Fort Shafter Chapel 836-4599

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

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. — Bible Study Sunday, 10 a.m. — Worship Service & 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 Sunday, 10:30 a.m. — Sunday School Sunday, noon — 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, noon — Adoration
- Liturgical Sunday, 9:30 a.m.— Worship

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 656-4481

- Catholic Saturday, 5 p.m. — Mass
- Collective Protestant Sunday, 9 a.m. — Worship Sunday, 9 a.m. — Sunday School



Send announcements to community@hawaiiarmyweekly.com.

23 / Saturday

National Night Out — Army Hawaii Family Housing (AHFH) will host a variety of programs and events centered around safety in the home as part of National Night Out, Aug. 23, 9 a.m.-noon, at the Porter Community Center, Schofield Barracks.

AHFH families are invited to explore a fire engine and police car, meet McGruff and Sparky, and make keiki ID cards. Children are encouraged to bring their bicycles and receive bike safety training from the DES Bike Patrol.

Live entertainment includes a demonstration by a military K-9 unit, a performance by Magician Mark Mauricio of OC-16 TV's Magic Island TV, and a fire knife dance by two-time world champion Mikaele Oloa. Local comedians Da Braddahs will host main stage activities.

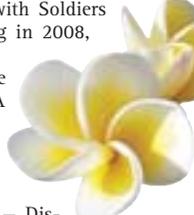
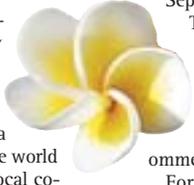
Visit www.armyhawaiiifamilyhousing.com.

Model Airplane Display and Demonstration — The Pacific Aviation Museum and Battleship Row Chapter of the International Plastic Modelers Society (IPMS) will hold a display and demonstration of modeling skills Aug. 23, 9 a.m.-5 p.m., in the museum's lobby.

Dozens of fighter aircraft of World War II replicated in miniature will be on display. Modelers will be on hand to explain the research and skills needed to craft the tiny planes with painstaking attention to detail and accuracy.

IPMS will hold a general meeting after the event at 5 p.m. The general public is welcome to stay for the meeting provided that they call ahead to gain base access prior to the event.

Admission is \$14 for adults, \$7 for chil-



Hancock

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

Wall-e

(PG)
Saturday, 4 p.m.
Sunday, 2 p.m.



Wanted

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

No shows on Mondays or Tuesdays.

Community Calendar

From B-2

Video Messenger – Reading stories to children is important and Sgt. Yano Library, Schofield Barracks, provides a video messenger service so deploying Soldiers can tape DVD or VHS video recordings for their children before their unit deploys.

Interested in this service? Call 655-8002 for more details.

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

Containers must be empty and clean, and state law prohibits milk or dairy product containers.

Volunteers Needed – Help bring separated foster siblings together by becoming a Project Visitation volunteer, six to eight hours a month. Volunteers must receive training and have no criminal convictions, a clean drivers' record, and be at least 18 years of age.

Contact Project Visitation at 521-9531, ext. 228, or e-mail vabramo@ffphawaii.org.

Waimea Valley Tours – Visit historic Waimea Valley at the North Shore, a 1,875-acre valley that offers an authentic cultural window into the lifestyles and customs of the Hawaiian people through daily programs and activities. The valley is open daily (except Christmas and New Year's Day), 9 a.m.-5 p.m.

Guests can participate in native plant, history, wildlife and other interpretive walking tours. Valley visitors experience Hawaiian culture by participating in lei making, kapa demonstrations, hula lessons and Hawaiian games.

Admission is \$10 for adults, \$5 for children. Kamaaina and mili-

tary discounts are available.

Call 638-7766 for additional information.

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, follow prompts, then ask for the "Military Pack."

Eight boxes, tape, packaging materials and labels will be mailed to those who call. The postal service will also provide an ID number to reorder supplies. Allow four to 10 days to receive materials.

Community Calendar Briefs

Do you have announcements of upcoming events, sports or activities that you would like to post in the Hawaii Army Weekly?

If so, e-mail your information to community@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.

Civil Air Patrol – Civil Air Patrol's Wheeler Composite Squadron will meet every Tuesday, 5:30-8:30 p.m., Wheeler Army Air Field. The squadron regularly accepts new members, ages 12-18, who are interested in aerospace education, leadership training, physical fitness, and character development.

Youth can participate in a number of activities, including building model rockets and receiving power/glider flight training. The squadron is also involved with community service projects and participates in training for disaster response and search and rescue.

For more information, call or e-mail 386-1374, or tony4atmos@aol.com.

Borders Reading Groups

Borders Waikele hosts three monthly reading groups: Best-sellers, second Wednesday, 7 p.m.; Romance Readers Anonymous, second Thursday, 6:30 p.m.; and International Women's Writing Guide, first and third Wednesday, 7 p.m.

Call 676-6699 for more information.



Staff Sgt. Lorenzo Dukes, left, of the 2nd Squadron, 6th Cavalry Regiment, reads aloud to a class at the Petersen Child Development Center. Numerous volunteers like Dukes dedicated time and energy to promote reading to children during the Scholastic Book Fair, Aug. 12-15.

CDC makes reading fun for keiki

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Before TV, computers and video games, families around the world read as a primary leisure activity. People would spend hours reading books and travel to far away lands solely in their minds.

The staff at the Petersen Child Development Center (CDC) brought back this educational pastime during the Scholastic Book Fair, Aug. 12-15.

Excited children creatively colored large dog-ears and sat still as educators painted black noses and whiskers on their faces in preparation for the book fair finale here, Aug. 15.

In honor of the hard work and dedication in promoting reading and raising money for the CDC, Clifford the Big Red Dog, famed star of children's books, visited each classroom.

"He'll be happy to see us," said 4-year-old Ava Sugg. "We made ears and now we look like him."

Parents joined their children in the classrooms for the celebration. As they waited for Clifford, parents enjoyed homemade pudding children prepared earlier that morning.

The four-day book fair gave parents and educators a chance to enhance their book collections, as well as benefit children and parents of the CDC.

The fair sought to raise \$1,800 for the center, and with the help of the military ohana, exceeded that goal by close to \$1,200.

"We were able to reach well beyond our goal with the support of parents and staff," said Parent/Staff Advisory Group (PSAG) Vice President Mary Bayer. "This will allow us to bring more books to the center."

As the six-foot tall Clifford entered each classroom, children screeched with delight and hugged him.

As the celebration continued, volunteers, including Staff Sgt. Lorenzo Dukes, 2nd Squadron, 6th Cavalry Regiment, read aloud from various books. Children sat on carpet patches and listened attentively.

"This is an important program," said Dukes, "and I enjoy the interaction with the children."

Many volunteers, including Sgt. Brett Oldenburger, 1st Battalion, 21st Infantry Regiment, who is currently deployed to Iraq, donated time and energy in promoting and preparing for the book fair. While home, Oldenburger spent much of his rest and recuperation time setting up the book display.

"We could not have done any of this without the volunteers," said Bayer. "It was great to see the willingness of Soldiers and family members to help with this project."

"Reading is an important part of learning," she added. "We do this for the children."

Insect bites need not spoil summer

U.S. ARMY GARRISON-HAWAII
SAFETY OFFICE
News Release

SCHOFIELD BARRACKS — According to the Center for Disease Control (CDC), more than a million reported cases of bites or stings occurred in 2006, and bites and stings were sixth cause of unintentional injury to all age groups.

Since dozens of insects' bites or stings cause problems, they can be separated into two categories: venomous (wasps, hornets, yellow jackets, bees, fire ants, centipedes); and nonvenomous (chiggers, fleas, lice, scabies, bed bugs, ticks and mosquitoes).

Bites versus stings. The differences between bites and stings are mainly due to the nature of the bite or sting. Venomous insects attack as a defense mechanism, injecting painful, toxic venom through their stingers to protect themselves.

Nonvenomous insects bite and usually inject anticoagulant saliva to feed on another insect's or person's blood. Although local irritation and "allergic" reactions do occur from nonvenomous bites, severe reactions such as anaphylactic shock only happen from venomous stings.

When honey bees sting, they leave the stinger and venom sack attached. Venom continues to pump into the victim through the stinger until the sack is empty or the stinger is removed. The only good part about being stung is honey bees die after they sting. Wasps, hornets and yellow jackets don't leave their stingers, so they can sting repeatedly.

Local versus systemic reactions. Venomous stings are always very painful, red and may swell up to 12 inches around the sting site; this is called a local reaction. In sensitive individuals, a systemic or "whole body" reaction occurs, with redness, hives and swelling further away from the sting site. These systemic reactions can progress to involve the airways and circulation and may be life-threatening. Obviously, it's important to know the difference between local and systemic reactions.

Biting insects generally aren't dangerous because allergic reactions are extremely rare. They do spread diseases like Lyme disease, Rocky Mountain Spotted Fever, encephalitis and malaria, but for most, their bites just cause terrible itching.

Any systemic reaction should be seen by a doctor immediately. This includes hives, wherever they may occur, swelling in the face, shortness of breath or wheezing, difficulty swallowing, and lightheadedness or fainting. These symptoms usually occur within minutes to an hour after the sting.

Treatment. Itching is the main symptom to control with insect bites. Topical antihistamines and anesthetics are for quick temporary relief; hydrocortisone cream has slower onset, but a longer effect.

For stings, first remove the stinger. Pain, swelling, and itching are the main complaints. Home remedies include baking soda or meat tenderizer compresses to "draw out" or destroy protein-based venom. Scientific data is lacking with these techniques, but they do make logical sense.

Ticks threaten health, readiness

Though seemingly innocuous, ticks can pack quite a punch

MARY KATHERINE MURPHY
Health Information Operations

Tick-borne illnesses present a serious health threat that also can jeopardize operational readiness. In the U.S., the threat is especially strong in late spring and summer.

"Ticks are ranked second among arthropods at causing life-threatening and debilitating human disease," according to Ellen Stromdahl, an entomologist at the Army Center for Health Promotion and Preventive Medicine (CHPPM), Aberdeen Proving Ground, Md. (Arthropods include insects, spiders and centipedes, as well as some other segmented creatures.)

Studies and surveys of Soldiers involved in deployment or training repeatedly indicate that ticks impede performance due to discomfort, distraction, bites or sickness, Stromdahl said. She added that Soldiers may leave their posts, change routes or locations, or abandon their cover, all because ticks are present.

"Soldiers think of everything but ticks when they are going into battle or training," she said. "At those times, they have more important situations to deal with."

However, Soldiers ignore potential tick bites at their peril.

"Different tick species transmit different pathogens (disease-causing agents)," Stromdahl said. The Department of Defense (DoD) Human Test Kit Program, which she leads, has analyzed ticks taken from Soldiers' bodies and found tick species that cause Lyme disease, babesiosis (an infection resembling malaria), ehrlichiosis (which can cause fever, kidney failure, seizures and other medical conditions), Rocky Mountain spotted fever and other potentially serious diseases. The effects of tick bites are usually treatable; however, long-term effects to joints, the heart and the nervous system can occur. Left untreated, some tick-borne diseases can be fatal.

Initial symptoms of tick bites include

Proper tick removal

Remove attached ticks immediately using the following precautions:

- Grasp the tick's mouthparts as close to the skin as possible with fine-tipped tweezers; pull back slowly and steadily with firm force until the barbed mouthparts can be eased out of the skin. Be patient.
- Do not squeeze the body of the tick or apply any substance, including petroleum jelly, nail polish, nail polish remover, repellents, pesticides or a lighted match to the tick while it is attached. These materials or methods are either ineffective or, worse, might force more infective fluid into your body.
- After removal, wash the bite site and apply an antiseptic.
- Contact your military medical care provider for instructions on submitting the tick for identification and testing to the DoD Human Tick Test Kit Program.
- If you develop flu-like symptoms or rashes, or otherwise feel sick after the tick bite, seek medical attention immediately. Take the tick with you to the clinic.
- Prompt diagnosis and treatment will likely speed your recovery and prevent lingering symptoms.

headache, fatigue, rash, nausea and fever.

All ticks love humid areas with lots of brush, frequently found on military installations where Soldiers train and work. Many military installations also have large, undeveloped areas populated with deer and other animals that serve as hosts for ticks, Stromdahl said.

Deer make the perfect hosts for adult deer ticks, which cause Lyme disease, to feed and mate. This makes any site with a large deer population a high risk area for ticks and the spread of Lyme disease. CHPPM entomologists have found that about 20 percent of the deer ticks they have tested were infected with Lyme



For more information about ticks, visit the CHPPM Entomological Sciences Program on the Web at <http://chppm-www.apgea.army.mil/ento/>.

disease.

Soldiers can take simple precautions while training or working in a tick-infested area to decrease their risk of being infected, Stromdahl said. Precautions include wearing a permethrin-treated uniform, putting DEET on all exposed skin, sleeping under a permethrin-treated bed net, and wearing their uniform with sleeves down and pants tucked into boots to act as a physical barrier. (Civilians and family members should take similar precautions, and wear light-colored, tucked-in clothing.)

If despite these protective measures Soldiers find a tick attached to them, the DoD Human Tick Test Kit Program can help. Stromdahl and the staff of CHPPM's Entomological Sciences Program can test and identify

whether a tick is infected

with any of eight different diseases at no cost to the Soldier. Soldiers may contact the program through

their military medical care provider. The Tick Test Kit Program

averages

2,000-

3,000 ticks from all over

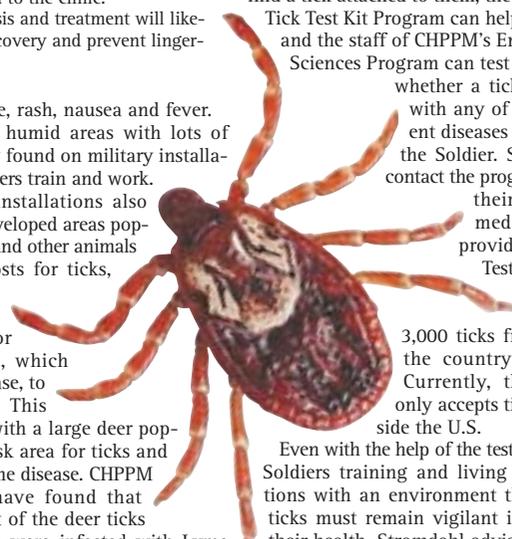
the country each year.

Currently, the program

only accepts ticks from in-

side the U.S.

Even with the help of the testing program, Soldiers training and living on installations with an environment that supports ticks must remain vigilant in protecting their health, Stromdahl advised.



Eye protection important on and off the battlefield

LT. COL. NANCY A. DUDASH AND
DR. JAMES W. STOUT

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

"I haven't been hurt yet."
"I'm very experienced and I know what I am doing."

These comments are a small sampling of the excuses optometrist Dr. James W. Stout hears from Soldiers who are not wearing personal eye protective equipment.

Stout, a vision expert in the Army Center for Health Promotion and Preventive Medicine's Tri-Service Vision Conservation and Readiness Program, isn't buying them.

The Army has included Military Combat Eye Protection (MCEP) in Soldiers' uniform issue during basic training and in all deployment training. Soldiers are required to maintain the MCEP for readiness checks. And increasingly, commanders have noted MCEP's value and are enforcing its use.

In garrison, about 3 to 4 percent of the workforce (active duty military and civilian) have reported eye injuries. In 60 to 70 percent of eye injuries, workers were not wearing safety glasses or goggles. In the military, the highest incidence of eye injury is in grades E-1 through E-4. In vehicle maintenance, welding or mechanics, eye injuries may be prevented if the same enforcement for MCEPs is applied to the work environment.

Home activities are just as risky as work for eye injuries according to the U.S. Eye Injury Registry, which tracks eye injuries. Our homes, yards and garages contain many of the same hazards as our work en-



Molly Hayden | Pacific Media Publishing

Racquetball is a prime example of a sport where something as seemingly small as proper eye protection can make a big difference.

vironments. We are at risk for eye injuries when performing vehicle maintenance, using lawnmowers and string weed trimmers, and handling chemicals. Oven and drain cleaners containing alkali, the most dangerous chemical to the eye, require special handling and eye protection. The big difference between work and home is that we "think" home is safer; therefore, we are less likely to wear eye protection.

The same industrial safety glasses and

goggles worn at work, or the MCEP, can provide protection at home. If purchasing non-MCEP safety eyewear for home, check the package for ANSI Z87.1 specifications for adequate safety performance standards.

There is one more important reason to wear eye protection. Sports and recreational activities are responsible for more than 600,000 eye injuries each year, according to an article published in "American Family Physician." Every 13 min-

utes an emergency room in the U.S. treats a sports eye injury that could have been prevented. Awareness of eye injuries and proper eye protection are the first steps in changing these statistics.

Guidlines for eye protection

Use the right eye protection for the right activity.

When you buy protection, make sure the manufacturer's package indicates the device meets the standard for the activi-

ty you are performing.

Different agencies have created standards that govern the safety requirements for specific activities. ANSI (the American Society of Testing and Materials) creates performance standard for safety eyewear, including standards for sports eye protection.

Combat eye protection standards are mandated by the Program Executive Office-Soldier, which maintains the Authorized Protective Eyewear List (APEL).

Remember, if an eye injury occurs, consult an eye-care professional right away. If assisting an injured person, keep him still and calm to avoid worsening the injury. Never rub an eye with a speck or other foreign material in it. If the injury is due to a chemical splash, rinse the eye continuously with water for 15 minutes, then transport the injured to a doctor.

Eye injuries are a leading cause of visual impairment and rank second only to eye disease as the most common cause of blindness. Eye safety looks good these days. So no excuses: wear it.

New Tricare Web site offers behavioral health self-help for veterans

TRICARE MANAGEMENT AGENCY

News Release

FALLS CHURCH, Va. — The U.S. Army, with oversight by Tricare Management Activity (TMA), has created an interactive Web site that allows service members and their families to explore behavioral health information. The site launched Aug. 5.

"Afterdeployment.org serves as an interactive, self-help solution to assist with behavioral health needs following de-

ployment," said Army Maj. Gen. Elder Granger, deputy director, TMA.

Authorized by legislation, the site is a pilot project to help service members deal with Post Traumatic Stress Disorder and other behavioral health conditions.

Visitors to afterdeployment.org will notice the user-friendly environment. By clicking on a video link play button, users can watch veterans, spouses and other family members tell real-life stories about how war changed their lives and how

they dealt with the demands of readjusting after combat deployment.

In addition to these first-person accounts, a toolbar on the left side of the Web site links beneficiaries to educational topics including: Getting Help, Check How You're Doing, Staying Healthy Where You Live, Stories from Home and Far Away, and Links, Books, Blogs & Pods. In each of these areas, additional links offer detailed information on chosen subjects.



Visit www.afterdeployment.org to use Tricare's interactive tools and resources.

A user-friendly environment is not all that matters to service members. Privacy is of paramount concern, and users don't

have to register to access the site. Afterdeployment.org provides confidential education on sensitive issues such as stress and triggers, conflict at work, reconnecting with family and friends, moods, anger, sleep, substance abuse, stress management, kids and deployment, spiritual guidance, living with physical injuries and health and wellness.

Afterdeployment.org launched with limited content, Aug. 5, but development continues.

USAMU shotgun shooter Hancock wins Olympic gold

Story and Photo by
TIM HIPPS

U.S. Army Family and Morale, Welfare and
Recreation Command Public Affairs

BEIJING — U.S. Army Marksmanship Unit (USAMU) shotgun shooter Pfc. Vincent Hancock set two Olympic records and prevailed in a four-target shoot-off against Norway's Tore Brovold to win the gold medal in men's skeet on the Beijing Shooting Range, Saturday.

"Hooah," Hancock said after receiving several congratulatory hugs from coaches and teammates. "This is the best feeling in the world. It's awesome."

Hancock, 19, of Eatonton, Ga., shot an Olympic record 121 of a possible 125 targets in five qualification rounds and took a one-target lead into the final.

During the final, Hancock missed his 20th shot and finished regulation tied at 145 with Brovold, who shot a perfect round to force the shoot-off.

"It made me more determined," Hancock said of missing the low target flying out of the sixth station.

Brovold drew from a hat to determine who would shoot first in the extra session and aligned the stars for Hancock.

"I actually like going last," said Hancock, who got his wish. "I like shooting



U.S. Army Marksmanship Unit shotgun shooter Pfc. Vincent Hancock, 19, of Eatonton, Ga., sets two Olympic records and prevails in a four-shot shoot-off with Norway's Tore Brovold to win the men's skeet competition at the Beijing Shooting Range, Aug. 16.

second just so I can have the pressure on myself and not have to put the pressure on anybody else.

Both of the co-world record-holders hit their first two targets in the extra session, but Brovold missed one of his next

pair.

Hancock then stepped up and knocked down two targets to clinch the gold with a final score of 145 (+4). Brovold finished at 145 (+3) to win the silver medal.

"I wasn't expecting him to miss that

soon," Hancock said. "It just panned out for me. I saw the targets really well those two pairs, and I crushed them."

"I couldn't ask to shoot against a better shooter," Hancock said. "He's right there among the best in the world. It was just which one of us had the better day today, and it turned out to be me."

Likewise, Brovold tipped his cap to Hancock.

"It was a very close final," Brovold said. "Vincent is a great shooter and a great friend, but I don't see the silver as a failure. I won the silver."

In skeet, shooters move through a semi-circular range featuring eight shooting stations. At each station, targets are thrown at least 65 meters from the high (10 feet) or low (3 feet) house on either side of the range at 55 miles per hour. Competitors hold their 12-gauge shotguns at hip level until the target appears and can fire only one shot per target.

Hancock was born in Port Charlotte, Fla., and began shooting at age 8. Before his 11th birthday, he was shooting competitively. At age 16, he began rewriting the skeet record books.

Before graduating in 2006 from Gatewood High School in Georgia, Hancock joined the Army and completed Basic

Training at Fort Sill, Okla.

Hancock, who was assigned to the USAMU in November of 2007, established the skeet world record with a perfect score of 150 at a World Cup event in Lonato, Italy, on June 14, 2007.

"I couldn't have done it without the Army Marksmanship Unit," Hancock said. "They help me define my abilities and my training methods by allowing me to train with the best in the United States. I couldn't ask for anything better. They provide me with everything I need: shells, targets and time. They've really let me move along in my game."

USAMU Soldiers conduct train-the-trainer events at Fort Benning, Ga., where they train sergeants and noncommissioned officers to better prepare their units for deployments.

"We're helping save American lives by teaching the Soldiers what to do in situations that they may need experience with," said Hancock, who has no intention of resting on his Olympic laurels.

"I'll just go back home and start training again," he said. "I've got a few more matches left this year. I'll try to come out on top of those and hit it back hard training for next season. It's not over. I want more medals."



Send sports announcements
to community@hawaiiarmyweekly.com.

23 / Saturday

Hike Oahu — Join the Hawaiian Trail & Mountain Club on a hike through Pearl City's valley and ridge.

This pleasant family loop hike with only modest ups and downs provides spectacular views of the Waianae and Koolau crests from upper Waimano Valley. There are many trail intersections, so you should plan to stay with the group.

This intermediate hike is 6 miles. Call John Hall at 377-5442.

Save the date for these upcoming hikes, too:

- Aug. 31, a 7-mile intermediate hike through Laie Valley

- Sept. 7, a 14-mile advanced hike through Halawa Ridge

Hikes begin at 8 a.m., and a \$2 donation is requested of nonmembers. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit www.htmclub.org.

Duke's Ocean Fest — Duke's Waikiki will sponsor an Ocean Mile Swim, Aug. 23, 9 a.m., at Duke's Canoe Club on Waikiki Beach.

The triangular course will involve swimming out to the channel, around two inside buoys and returning to the beach.

The swim is open to the first 250 entrants. Cost is \$25 per swimmer if received by Aug. 15. If received after Aug. 15, cost is \$30.

Visit www.dukefoundation.org.

Leilehua 2-miler — The Leilehua Cross Country Team will host a 2-mile run Saturday, Aug. 23, at Leilehua High School Campus off California Avenue in Wahiawa. The race for high school aged runners will begin at 8 a.m., and an open race for all ages will start at 8:30 a.m. Cost is \$20 (\$10 for ages 12 and below) and T-shirts are included in the entry fee.

A free breakfast will be provided following the race, along with awards for the top finishers. Same day registration starts at 6:45 a.m. on race day. Contact Coach Shawn Nakata at 256-7159 or leilehuaCC@yahoo.com.

SEE COMMUNITY SPORTS, B-7



22 / Today

Personal Training Summer Special — Receive one free personal training session when you purchase a 10-pack of sessions during the month of August. Call Kristy Osborn, 381-5944, or the Health & Fitness Center, Schofield Barracks, 655-8007.

Little Ninja & Me — Sign up today for this pre-Tae Kwon Do class for 3- to 5-year-olds. The class begins in September at Aliamanu Military Reservation. Call SKIES Unlimited at 833-5393.

23 / Saturday

Deep Sea Fishing — Don't miss your chance to catch the big one, Aug. 23. Transportation, cooler and ice will be provided. Space is available for groups up to six. Cost is \$130 for a half-day session. Call 655-0143.

26 / Tuesday

2008 Intramural Flag Football Deadline — The deadline to register for the 2008 intramural season for flag football is Aug. 26, 4 p.m.

Games take place Sept. 8-Dec. 2 at Schofield, Wheeler, Tripler Army Medical Center and Fort Shafter. All active duty, National Guard and Army Reserve Soldiers in Hawaii are eligible to join teams.

Entries can be sent to the Sports Office, Stop 112, Building 556, Kaala Community Activity Center, Schofield Barracks, or faxed to 655-8012 or 438-2470. Call 655-0856 or 438-9572.



Staff Sgt. Sua Iakopo, cadre, 94th Army Air Missile Defense Command, sneaks the ball past Sgt. Gary Ang, emergency actions watch noncommissioned officer, U.S. Army-Pacific, during the Tropics CAC Sand Volleyball Open at the Tropics volleyball courts, Sunday.

Players become royalty on the courts

Volleyball enthusiasts vie for King of the Beach title during Tropics Sand Volleyball Open

Story and Photos by
KYLE FORD
News Editor

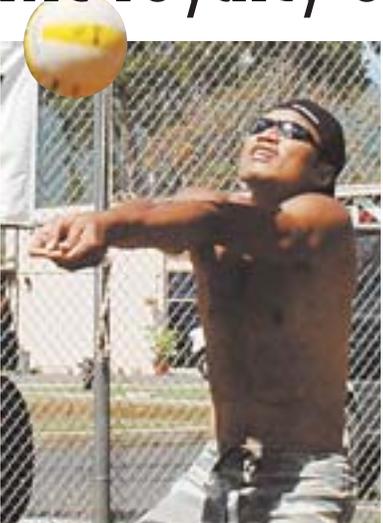
SCHOFIELD BARRACKS – Several dozen hard-core sand volleyball athletes competed for more than \$500 in prizes at the Tropics CAC (Community Activity Center) Sand Volleyball Open, Saturday and Sunday.

The “King of the Beach” style competition attracted players from all over the island to the sand courts behind the Tropics.

“My intention was to introduce Soldiers to the local volleyball players in the community,” said Michael Smyrychaynski, Fort Shafter recreational assistant and tournament organizer. “I wanted to help get them involved with the great beach volleyball players off post.”

Competition was fierce as seasoned players served, blocked, spiked and volleyed for the title of “King of Tropics Sand Volleyball.”

“There is definitely a high level of play out here,” said Sgt. Gary Ang, emergency ac-



Watt Throngtrakal bumps the ball during the Tropics CAC Sand Volleyball Open at the Tropics volleyball courts, Sunday.

tions watch noncommissioned officer (NCO), U.S. Army-Pacific. “But we need more people out here to make it a bigger competition.”

“The tournament is fun, but it would have

been nice to see more military get involved,” agreed Jan Resuello.

All the athletes agreed that playing volleyball is the best way to spend a weekend.

“This is a great idea to get people out here and have fun,” said Kanai Fo, Navy chief petty officer, USS Port Royal.

“It’s better than staying indoors,” Ang added. “It’s a great way to hang out with a good group of people and get exercise while you’re at it.”

The facility at the Tropics provides excellent potential for future tournaments, according to Fo.

“The combination of this facility and volleyball is great,” added Smyrychaynski. “The worst thing you can have in the tournament is down time. Here, there’s food, drinks, video games and televisions to keep players occupied while they are waiting to play.”

In fact, players got the opportunity to watch the women’s Olympic volleyball teams square off between sets on the Tropic’s courts.

Prizes were donated by Cutter Ford.

The sand volleyball courts offer regulation nets and pits, and also has lights for night games. For more information on beach volleyball call Michael Smyrychaynski at 438-1152.

Community Sports

From B-6

Money raised will support the Leilehua CC Team and also help to pay some daunting medical bills for a recent LHS graduate who was injured.

September 6 / Saturday

Square Dancing Class – The Paradise Shufflers of Pearl City will host a square dancing class, Sept. 6, 6:30 p.m., at Manana Community Park’s Community Center, Pearl City.

The first two classes are free and cost \$2 a class thereafter.

Contact Dave Jenkins at 624-9490 or djenkinssd@gmail.com.

Overnight Bike Ride – Aloha Single Speeders will hold the 7th Annual 24 Hours of Hell in Paradise bike ride, Sept. 6-7, at Kualoa Ranch.

Cost is \$55 and bicyclists can enter online at www.active.com/page/Event_Details.htm?event_id=1568142.

Visit www.alohasinglespeeders.blogspot.com.

Ongoing

Bike Hawaii – Join Bike Hawaii’s professional nature guides and explore Oahu from the rainforest to the reef. Packages include downhill biking, sailing off Waikiki and more. Meals are included.

To schedule adventures, call 734-4214, or toll free 1-877-682-7433. Visit www.bikehawaii.com.

Volunteers Needed – Volunteers are needed for the Honolulu Century Ride, Hawaii’s oldest and largest cycling event, scheduled for Sept. 28.

Volunteers are needed in a variety of areas including as aid station captains, food and beverage servers, greeters and event setup.

To sign up, call 735-5756 or e-mail john@hbl.org. Visit the Web

site at www.hbl.org.

Football League – The Hawaii Athletic League of Scholars (HALOS) is signing up youth players for its upcoming spring football season. HALOS, a no-weight limit tackle football league for ages 9-14, is a nonprofit group that aspires to provide a high-quality experience for kids.

Visit www.myhalos.com, or call 620-8523.

Wrestlers Wanted – Hawaiian Championship Wrestling seeks new members. Applicants should be at least 6-feet tall, weigh 250 pounds or have an above average muscular build.

Sports background is preferred. Call 676-8107 for more information.

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.

Tea time is usually before 8 a.m.

Jazzercise – Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

Hawaii Youth Triathlon Club – Children, ages 7-19, are invited to join the Hawaii Youth Triathlon Club, an organized sport club run by athletes.

Membership is \$50 and includes an annual membership with USA Triathlon, insurance during training, swim cap and club certificate, review clinics and newsletter. Visit www.hawaiiyouthtri.com.

TOPS – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other.

Call Cheryl at 696-4423 for more information.