HAWAI'I ARMY WEEKLY

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

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Roll on

If it rolls, the 536th Maintenance Company can fix it.

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Curtain call

The American Association of Community Theatres bestows national honor on one of Army-Hawaii's own.

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Credit management

Learn how to improve credit scores and use credit wisely, Sept. 4, 1-2:30 p.m., at Army Community Service (ACS), Fort Shafter, or Sept. 10, 9-1:30 p.m., at ACS, Schofield Barracks.

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High flying

The University of Hawaii Men's Basketball Team gives back to the military community, learns about the Army.

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Sgt. Mike Alberts | 25th Infantry Division Public Affairs

Shocking experience

SCHOFIELD BARRACKS — Sgt. Aaron Knight, personal security detachment, Headquarters Headquarters Company, 25th Infantry Division (ID), "experiences" the latest in nonlethal incapacitating technology as part of division training on the Taser X26E, a device that will be available to select Soldiers downrange.

The Taser X26E overrides a subject's ability to move by causing uncontrollable muscle contractions. As part of the certification and training offered by the Division's Provost Marshal Office, each participant is voluntarily subjected to a simulated exposure at the conclusion of training in order to better understand the technology's capabilities and its effect on noncompliant subjects.

Hawaii school funds depend on survey cards

Parents can impact education system by filling out survey cards

TAMSIN KEONE
U.S. Army Garrison-Hawaii School Liaison Office

SCHOFIELD BARRACKS – Students will bring home a federal survey card for parents to complete Sept. 1; these cards need to be returned to schools Sept. 2.

Schools will receive federal impact aid based on the number of survey cards that are returned.

Why do the survey cards lead to federal impact aid?

The survey cards determine the number of federally connected students in the public school system. Federally connected students are those children whose parents or legal guardians reside or work on federal property. The law recognizes the following as eligible:

- Children whose parents both live and work on federal property;
- Are members of the uniformed services and reside on a military base, including children of foreign military officers;
- Are members of the uniformed services, but who reside off the military base, including children of foreign military officers;
- Are civilian employees of the federal government or who work on federal property;
- Reside on federal property, but who work on taxable land;
- Live on Indian trust or treaty land; and
- Reside in federal low rent housing, not including Section 8 housing.

Based on these criteria, data is collected from the survey cards and is delivered to the Federal Department of Education, which reimburses the Hawaii Department of Education (DoE) in impact aid for educating federally connected students.

What is federal impact aid?

Impact aid is intended to partially compensate the Hawaii DoE for the families of federally connected students that pay less in taxes into the school district than local residents. It partially makes up for local tax losses resulting from tax-free federal installations.

For example, people living on federal property do not pay local property tax. People who work on federal property, in turn, work for companies that do not pay local property tax. Also, people who work for the military have the ability to shop for food and other items at a post exchange that does not charge sales tax. Therefore, Hawaii and its school districts lose not only property tax revenue, but also sales tax and licensing fees.

Why should parents fill out the federal survey card?

Impact aid is used in the areas that the DoE needs it most as determined by the locally elected school board. These funds can be used for teacher salaries, school programs, materials, equipment and supplies.

"Hawaii's public schools rely on federal impact aid as a significant part of the education budget," said Superintendent Patricia Hamamoto. "By filling out and returning the survey cards, parents are helping our schools claim and benefit

SEE SURVEY, A-9

Wheeler school earns JVEF award

SCHOOL LIAISON OFFICE
News Release

WHEELER ARMY AIRFIELD – The 2008 Joint Venture in Education Forum (JVEF) Norbert Commendation Award was bestowed on Wheeler Middle School, the first middle school to earn this honor.

The purpose of the award is to recognize exceptional Hawaii Public Schools for their quality assistance and support of military students.

The award represents a "stamp of excellence" for schools that are "military friendly." More than 95 percent of the students at Wheeler Middle School are military family members. To earn the award, Wheeler Middle had to prepare a one-hour presentation and a tour of the school demonstrating how it had met criteria.

A review committee, consisting of JVEF board members, evaluated the applications submitted by Hawaii's public schools. The Norbert Commendation required schools to meet six benchmarks:

1) Provide transition services that assisted military-connected and other transitioning students and families to experience a smooth transition into the new school.

2) Have a Web site with current information about the school and its programs, and be an active participant of the JVEF and its initiatives.

3) Have military parents who are actively engaged in parent organizations or participate as volunteers in parent activities.

4) Make reasonable accommodations for highly mobile students in curricular requirements, enrollment in special programs, athletics and involvement in other school opportunities that are often closed to mobile students.

5) Be an active participant of the JVEF and its initiatives.

6) Have a record of developing and maintaining a safe environment for all students.

Previous winners of the Norbert Commendation Award are Radford High School, Leilehua High School and Lehua Elementary School.

The administration, faculty, staff, student body and families of Wheeler Middle School were officially congratulated during the 2008 JVEF Annual Meeting, Thursday, at the Hale Koa Hotel in Waikiki.

See next week's *Hawaii Army Weekly* for full coverage of the 2008 JVEF Meeting.

Speaker shares survival story

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

SCHOFIELD BARRACKS – With Nov. 3 just around the corner, when Americans – men and women – will turn out in multitudes to elect the 44th President of the United States, it seems fitting that this year's Women's Equality Day theme was "Celebrating Women's Right to Vote."

Hosted by the 500th Military Intelligence Brigade, the Women's Equality Day event at the Sgt. Smith Theater here drew a crowd of more than 200 Soldiers.

"Women are survivors," said the guest speaker, Chaplain (Maj.) Lucy Der-Garabedian, who knows how significant it is for women to have their voices be heard through voting. "We have come a long way, but we have a long way to go."

Der-Garabedian, who is the chaplain for the 500th MI Bde., shared her experiences as a female raised in Lebanon, her struggle to continue her education in America, and her first experiences as a new chaplain and officer in the U.S. Army.

Born in Beirut, Lebanon, Der-Garabedian said she was raised in a country where rights for women don't exist and where the Women's Rights Movement has yet to be truly developed.

"In other cultures, the only place a female belonged to was in your house taking care of children; yet, all the decisions are for your spouse to make," she explained. "We are blessed to live where we can have a voice."

In Lebanon, Der-Garabedian's educational choices were limited. The only

SEE SURVIVAL, A-9

Army adds closet space, switches to one uniform

Wrinkle-resistant, blue Army Service Uniform made the cut, Aug. 20

C. TODD LOPEZ
Army News Service

WASHINGTON – Out with the old, in with the blue. The Army has made it official, the green service uniform, which has defined the service since the mid-1950s, is on the outs.

In place of the green uniform will be a variation of the blue uniform, something many Soldiers already own. Official word on the new "Army Service Uniform," or ASU, was released Aug. 20 in a message to all Army activities. The message defines the wear policy and the "bridging" strategy for transition to the new uniform.

"It's a culmination of transformation efforts that started in 2004," said Sgt. Maj. of the Army Kenneth Preston of the new ASU. "We had three 'Class A' style uniforms, all the same style jacket, with just a different color – the policies on how we wore accoutrements on them were different. We asked the question – if we

SEE UNIFORM, A-9

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.

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Nondelivery or distribution
problems in Army Hawaii Family Housing areas? If so, call 656-3155 or 656-3156.

82 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 8/27/08.

Voting provides voice for democratic society

Voting Assistance Officers help Soldiers and families exercise their voting rights

LT. COL. MARK C. BOUSSY
Commander, U.S. Army Garrison-Oahu

We are fast approaching the 2008 General Election in November and throughout the Army, leaders are encouraging you to participate and cast your vote. The adjutant general's voting message states, "Voting is the essence of our democracy and one of our most fundamental constitutional rights. Our elected officials have very important jobs; the good news is, you have a voice in who is elected to do them ... if you vote."

The message is clear: do your part and cast a vote. There are few citizens of our nation who may be impacted more by the outcome of our next elections than our Soldiers, family members and civilian government employees.

Boussy

The following is an excerpt from the U.S. Army-Pacific Voting Web site by Sgt. 1st Class Jason Shepherd:

In 1789, George Washington was elected president with 100 percent of the vote.

Then, only white males over the age of 21 who owned property could vote.

Much has changed since then.

During the last election, Republican incumbent George W. Bush defeated Democrat John Kerry, winning 51 percent of the popular vote. The election before, Bush lost the popular vote, but won enough Electoral College votes to defeat Democrat Al Gore. In both elections, the voting was really close, proving that every vote counts.

Now, every citizen over the age of 18 has the right to vote, yet many choose not to exercise that right, including thousands in the military.

Shortly, Americas will elect a new president and vice president, 33 senators, the entire House of Representatives, and thousands of local and state leaders across the country. These elections provide a great opportunity for Soldiers to exercise a right they have fought so hard for.

There are many reasons Soldiers don't exercise the right to vote. Some claim the voting process is too difficult, while others believe their vote doesn't really matter in the grand scheme of things. Even more are not sure of the absentee voting process and how to get started.

Some Soldiers also aren't sure what state they are eligible to vote in. If a Soldier is stationed in Hawaii, where does he or she vote? What about a Soldier's family? Where does it vote?

According to the Federal Voting Assistance Guide Web site, a Soldier's legal voting residence is the state or territory where he or she last resided prior to entering military service or the one claimed as the legal residence.

According to the U.S. Army Voting Web site, Soldiers can vote using one of two methods: By requesting an absentee ballot or by registering to vote in the state where they are stationed.

Staff Sgt. Dave Conklin | 9th Mission Support Command Public Affairs

No TSA required

HICKAM AIR FORCE BASE — Pacific Army Reserve Soldiers from the 100th Battalion, 442nd Infantry Regiment, line up with weapons and rucksacks to board a charter flight to Fort Hood, Texas, here, Saturday.

New gate access keeps posts secure

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 procedure will expedite installation access in the future.

Visitors 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.

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.

FOOTSTEPS in FAITH

Bible covenants based on God's grace and mercy for us

CHAPLAIN (CAPT.) DOUGLAS WEAVER
U.S. Army-Pacific Special Troops Battalion Chaplain

I thank God that Army senior leaders from around Hawaii have signed the Army Family Covenant, pledging to support Army families. This pledge includes an initiative over the next six years to support family programs and a quality of life initiative. I don't think we can do enough to support Army families.

Recently, as I pursued a vigorous workout at Martinez Physical Fitness Center, I wiped the sweat from my brow with a towel supplied free of charge. This towel was marked with the words: "Army Family Covenant." I was wondering if a lot of people remember what the word "covenant" represents and how it might impact our lives.

Covenants in the Bible can be agreements between two individuals, between a king or leader and his people, or between God and individuals. The covenants between God and man in the Bible are based solely on our Creator's unmerited favor (grace) and loving-kindness toward his fallen and sinful creatures (mercy).

Although man's expected response to God's grace may be stated differently in one covenant compared to another, God always meets man on the basis of grace. Man's proper response is always to come from the heart, resulting in repentance, cleansing, a renewed spirit and worship.

Weaver

The Ten Commandments as a covenant treaty

It has been suggested by some scholars that the Ten Commandments are best understood by comparing them to some of the covenant treaties written during the same time period. Rather than a list of laws, the commandments are in this view actually a binding agreement between God and his people.

The Covenant with Abraham

The Abrahamic covenant of Genesis, Chapter 15, is essentially important in the Biblical narrative. God promises Abraham land, innumerable descendants, and an ongoing, special relationship between those descendants and God.

The key here is that nothing is asked for in return – neither Abraham nor his descendants "owe" God anything in exchange for the land or the relationship.

The Covenant with David

The Davidic covenant of 2 Samuel, Chapter 7, is one where God promises a permanent dynasty of kings on the throne of Israel from David's lineage. As with the Abrahamic covenant, nothing is asked for in return – unfaithful kings may be punished and criticized, but the Davidic line would not be ended because of this.

The New Covenant

A key factor for early Christians in understanding the New Covenant was the continued truth that nothing was asked for by God to either earn or retain his grace. The New Covenant expectation was that Christians accepted by faith what God was offering through his grace.

This faith was to be further demonstrated through genuine repentance and holy living. The New Covenant fulfills the old covenants made with Moses, Abraham and David: "To show mercy to our fathers and to remember his holy covenant" (Luke 1:72). "He has raised up a horn of salvation for us in the house of his servant David" (Luke 1:69).

Since the beginning of time, God has wanted to have a relationship with us and has provided us with a way of communing with him. Through Moses, Abraham and David, God established his Old Covenant of salvation. Through Christ, he perfected his New Covenant with us and inscribed it on our hearts through his spirit.

Today, I am thankful for my gym towel, I am thankful for the Army Family Covenant and I am eternally grateful for God's everlasting covenant commitment: "I shall be your God and you shall be my people" (Jeremiah 30:2).

Voices of Ohana

What is Labor Day all about?

"A day off to reward you for all of your hard work."

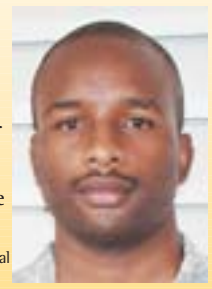
Pvt.2 Marlina Cruz
Aviation Operation Specialist
HHT, 2-6th Cav.

"It marks the end of summer."

Dani Hurst-Garcia
Senior Bank Teller
Hawaiian Tel Federal Credit Union-Wheeler Branch

"It is a welcomed break to be with family and have one final summer picnic."

Jerry R. Lemke
Army program Manager
Coastal International Security


"Labor Day is a day in remembrance of all the people who work hard. It remembers what all the hardworking people have been through."

Spc. Raford Percival
Automated Logistical Specialist
B Co., 209th ASB

"It's a day for you to mentally take a break from work – to put everything aside and take a day off."

Roger Somera
Production Control Supervisor
DPW

8th TSC deploys forward command post at Camp Zama

U.S. ARMY-JAPAN PUBLIC AFFAIRS
News Release

CAMP ZAMA, Japan – The 8th Theater Sustainment Command (TSC) held training exercises here in the state-of-the-art I Corps (Forward)/U.S. Army Japan Command Center, recently, to streamline its responses to crises within the Pacific theater.

It was the first time the 8th TSC, which provides logistical and sustainment support for the entire Pacific region, conducted training at Camp Zama.

Maj. Gen. Raymond Mason, commander, 8th TSC, said the training exercise is an excellent opportunity that will help increase the capabilities of the Army's mission in the Pacific region.

"The main purpose for us in this exercise was to deploy our forward command post. Our command post has several different sizes. We have a light, medium and heavy, and we basically deployed our light side of about 30 people," Mason said.

Mason said the unit was using this opportunity to work through various standard operating procedures and that the exercise was a "great workout" for the command.

"I specifically want to thank Brigadier General Francis Wiercinski, Command Sergeant Major William Franklin, and their staff for their great hospitality and their cooperation. We have put ourselves inside their command center and it's gone seamlessly," Mason said.

Mason

"It really has been a great opportunity to build our relationship because the 8th TSC has a responsibility to support the United States Army-Japan and the United States Forces-Japan for logistics operations and executions in this area," Mason added.

The more than 5,500 Soldiers of the 8th TSC are currently performing a number of critical roles throughout the region.

"We have engineering units and military police units that train with our allies and partners throughout the Pacific Rim. We do exchanges of personnel; they come visit us, we go visit them," Mason said. "We have been involved in synchronizing logistics support to some of the humanitarian operations that have happened in the last couple of years."

Mason said the 10th Support Group in Okinawa, part of the 8th TSC, has a responsibility to provide emergency relief items such as tents, blankets and various medical supplies in the event of a humanitarian crisis. Because of the enormity of the Pacific theater, the 8th TSC has to be ready at a moment's notice to overcome any challenge for any mission or humanitarian crisis that may arise in the region.

"You're dealing with different environments, geography, weather, and you have to be prepared for that," Mason said. "You have so many different nations, languages and cultures that you've got to be attuned to and understand how things operate in different countries around the world.

"We spend a fair amount of time before we deploy training Soldiers and providing them with briefings and videos on the cultural aspects of the nations we are going to train with," he said.

Spc. Jazz Burney | 3rd Infantry Brigade Combat Team Public Affairs

Meeting the man

FORT IRWIN, Calif. — Army Chief of Staff Gen. George W. Casey Jr. greets Maj. Stuart "Sean" Smith, brigade aviation officer, and other Soldiers from Headquarters and Headquarters Company, 3rd Infantry Brigade Combat Team (IBCT), 25th Infantry Division, Aug. 14. Casey visited the Broncos of 3IBCT who are training at the National Training Center here, in preparation for their deployment to Iraq later this year.

Soldiers are proud of their little leaguers

SGT. WHITNEY HOUSTON
2nd Stryker Brigade Combat Team Public Affairs

CAMP TAJI, Iraq – Over the past couple of weeks, two Multinational Division–Baghdad Soldiers, both of whom serve on the same personal security detachment (PSD) team, vicariously went head-to-head through their family members, who competed in the Little League World Series held in Williamsport, Va.

In one corner of this rooting challenge was Sgt. 1st Class William Miller, who serves as the PSD platoon sergeant with Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team (SBCT). Miller cheered for his 12-year-old stepson, Jordan Ulep, who represents Hawaii's Waipio Bulls.

In the other corner was his friendly rival, Spc. Manuel Menendez, a native of Tampa, Fla., who rooted for his cousin, Danoi Lestra. Lestra plays for Citrus Park Little League, representing Florida and the southeastern U.S.

Naturally, trash talk has flowed abundantly over the past few days.

Ultimately, Miller was able to claim top bragging rights when Jordan's Waipio Bulls trounced the team from Matamoros, Mexico, 12-3, to win the Little League World Series championship in South Williamsport, Pa.

536th keeps mission in Iraq moving

OIF

Story and Photo by
SGT. AARON LEBLANC
165th Combat Sustainment Support Battalion

Spc. Travis Kinsey, left, and Spc. Tim Fure finalize the replacement of a support beam on the rear end of an M-1088, or medium tactical vehicle tractor truck, at the 536th Maintenance Company's automotive base.

CAMP TAJI, Iraq – If it rolls, the mechanics of the 536th Maintenance Company can probably fix it.

The unit, from Schofield Barracks, is playing an important role within the 165th Combat Sustainment Support Battalion (CSSB), 1st Sustainment Brigade, and is vital to the overall mission of the Soldiers stationed at Camp Taji.

"I have a good team of professionals here," said Sgt. 1st Class Phillip Foster, noncommissioned officer in charge of the 536th's Automotive Base, a maintenance bay that represents a good chunk of the heavy-lift capacity of the company.

Foster's maintenance bay has completed 204 major jobs thus far, all of which have been labeled as "high priority."

"We handle mainly big-ticket items here, like engine replacement and complete overhauls," explained Foster.

His shop isn't limited to repairing vehicles; however, it's also home to Sgt. Jamie Cadman, armorer with the 536th.

"We can repair any small arms in the Army's arsenal," she said. "And we even repair some weapons for the Iraqi Army on the other side of the base, such as their .50 caliber machine guns."

The 536th as a whole has completed literally thousands of jobs since it arrived in country last year.

"The maintenance shops have averaged about 635 jobs a month since their arrival in December 2007," said Sgt. 1st Class Dennis Calvert, noncommissioned officer in charge of the 536th's shop office. "That's over 4,400 jobs, at least in the last seven months. Some jobs are definitely more time consuming than others, but in the end, every job has to be completed with the least downtime possible."

Calvert went on to explain that the shops of the 536th provide direct support, as well as organizational support to 14 units within the 1st Sustainment Brigade and the 165th CSSB, and 33 external units, from various Military Transition Teams (MiTT) to Special Forces.

He said the unit also provides 24-hour support to the convoy support center for any unit needing maintenance repairs passing through the greater Baghdad area.

In addition to being the most robust maintenance operation on the base, the 536th is also responsible for the operation of the largest warehouse complex in the country, capable of handling all classes of supply.

The 536th recently fielded a gun truck platoon, capable of conducting convoy security for the numerous combat logistics patrols organic to the 165th. Further, it also provides tactical tow trucks to every convoy organic to the 165th, making it the only unit within the battalion to be represented in such a fashion.

"My Soldiers understand that the armor that they upgrade, the trucks that they repair, and the electronic warfare kits that they install save lives, and they take pride in that," said Foster of his crew at the automotive base. "I can't tell you how many Soldiers have come back to us from off the road and told us about how something we did helped them to come home safe."

25th CAB increases warrior spirit with combatives

STAFF SGT. TYRONE MARSHALL JR.
25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD – Soldiers from the 25th Combat Aviation Brigade (CAB) demonstrated their warrior spirit during a challenging week of training in Modern Army Combatives here, Aug. 18–22.

Combatants from all four of the 25th CAB's battalions, and a Soldier from the 500th Military Intelligence Brigade, descended upon Wheeler Gym to learn level one combatives from Sgt. 1st Class Daniel Wells, a level four certified instructor from Headquarters Support Company, 209th Aviation Support Battalion.

Wells and his team of level two and three certified instructors led the grueling 40 hours of training.

Students practiced simple yet intricate steps for each drill. Their fluid movements belied the strength, endurance and mental toughness required to complete the 40-hour course. Most students cited stamina as their toughest challenge.

"The most challenging part of this training would definitely have to be conditioning," said Staff Sgt. Roberto Diaz-Bogart, from D Co., 2nd Battalion, 25th Aviation Regiment. "You're rolling out there all day on the mats, and you're sweating and always out of breath."

Another challenge for the warriors was the extensive set of moves they were required to master. In their first day of training, Soldiers had to quickly learn to gain dominant position, stand in base, guard mount, rear mount, side control, arm trap and roll, and pass the guard, among other moves.

Sgt. Mike Alberts | 25th Infantry Division Public Affairs

Sgt. 1st Class Daniel Wells, chief combatives instructor, Headquarters Support Company, 209th Aviation Support Battalion, demonstrates proper technique as he prepares his class for the "Achieve the Clinch" drill at Wheeler Gym, Aug. 21. Wells, a level four certified instructor, has spearheaded an initiative to establish a permanent combatives program for the 25th Combat Aviation Brigade.

"The reason why we do it the way we do is ... in 40 hours we're telling these people to go teach Jujitsu moves," said Wells. "Usually, it takes so many years to make a belt in Jujitsu, and you still can't teach until you're a black belt. We're taking the easiest steps at the bottom and teaching them step-by-step by the numbers, so regular Soldiers can take it back to their units and actually get it right."

Students remained unphased by the challenges and saw the benefits of such a program.

"Since we're an elite unit and our mission is constantly changing, I would say that this training will not only make us physically fit, but improve our overall combat readiness in the sense that we already know our jobs," said Sgt. Bruce Wise, avionics technician, D Co., 2-25th Avn. Regt.

Diaz-Bogart stressed instituting combatives.

"This training will definitely help the Soldiers in the CAB by introducing something new to the PT program instead of the same push-ups, sit-ups, run and little variations," he said. "This will get Soldiers interested and they'll actually want to put in that 100 percent and be more motivated."

Wells explained the benefits of learning combatives prior to deploying for combat.

"A lot of people have the misconception that all (aviation Soldiers) do is turn wrenches and that's not true," said Wells. "When I went downrange ... a majority of my Soldiers spent a majority of their time guarding the gate and walking around the perimeter, and I had a few people on the (Quick Reaction Force). They were actually going outside the wire in trucks and had a couple of (improvised explosive devices) go off on them.

"They were chasing people into buildings and stuff, so this training can be beneficial for any Soldier because you never know what you could be doing," Wells added.

Following the training, students' pride in their accomplishments was undeniable.

"I feel confident that I can go back to my unit and train them up and get them physically fit and combat ready," said Wise.

Any Soldier wishing to join these combatives classes should contact their S-3 and the Wheeler Gym staff.

"The only thing we need is mats, space and Soldiers," said Wells. "If we have the mat space, I'll train them."

Deployed civilians aid Soldiers in global war on terror

Department of Army civilians proudly serve alongside Soldiers overseas

MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Lost in the mass of Army Combat Uniform-clothed Soldiers downrange, one can also find Department of Defense (DoD) civilians deployed right alongside those Soldiers.

Carol David, budget analyst for the 25th Infantry Division (ID), is one of those civilians.

First offered a chance to deploy in April 2006, David accepted the invitation to support the 25th ID and spent 14 months in Iraq.

"At first it was nerve-racking, not knowing what to expect," said David. "But once I got there, working side-by-side with the Soldiers and seeing them perform the job they were trained to do, keeping us safe and well protected, it was the greatest experience."

According to the Army's Civilian Deployment/Mobilization Guide, it's Army policy that civilians be used to support military in carrying out its missions. The objective is to ensure that qualified Army civilian employees are available in adequate numbers and with adequate skills to meet worldwide mission requirements during periods of national emergency, mobilization, war, military crisis or other contingencies.

Courtesy Photo

Carol David, budget analyst, 25th Infantry Division, greets Gen. David Petraeus, commander, Multinational Forces-Iraq, during a recent deployment.

Thousands of DoD civilians nationwide provide on-the-spot support to service members deployed around the world. They wear uniforms just as the service members they support, but do not carry weapons.

According to an American Foreign Service Association 2008 survey of foreign service officers, the primary reason civilians choose to deploy is pay and benefits, followed by patriotism.

> "I felt this would be a wonderful opportunity for me to support the Soldiers in the field."
>
> *Carol David*
> *Budget Analyst, 25th ID*

Unlike service members, for civilians, participation in a deployment is voluntary, unless stated in the employee's original job description when he or she is hired.

Whether they are asked by the command to deploy or if they volunteer themselves, the process can be lengthy. To qualify, civilians must pass a pre-deployment physical and receive numerous vaccinations. After completing medical testing, a doctor determines whether participants are physically fit to deploy.

Training is also required, including basic first aid, Soldier field survival skills, prisoner of war coping skills, and standards of conduct, customs and courtesies of the host country.

Depending on the specific position and location of their deployment, civilians may be required to pass sidearm training as well. Civilians must also complete the administrative process, filling out a large quantity of paperwork, including a Record of Emergency Data and preparing a living will.

In addition, civilians must apply for security clearance and necessary passport, visa or country clearance.

Once paperwork is completed and civilians are deemed fit to deploy, they receive travel orders, which are processed through the command.

"Civilians who deploy ... have a passion to give their utmost in support of the troops," said Aileen Chinen, management services specialist for the 25th ID command group. "(They) perform their tasks so the Soldiers can focus on what they're supposed to do."

Many civilians within the installation have deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom.

David is currently preparing for her second deployment in November of this year. She will spend one year in Iraq.

"I know I will be working with a great crew of Soldiers and civilians again," she said.

"When asked, I felt this would be a wonderful opportunity for me to support the Soldiers in the field," said David. "I also knew that the training opportunity and experience on the battlefield would be invaluable."

News Briefs

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

29 / Today

Request for War Stories – Capt. Mike Warren, English professor at the U.S. Military Academy, is seeking to pair Soldiers' stories with cadets enrolled in English 101. Cadets will provide constructive feedback with editorial advice for each story. The goal will be to publish the edited stories.

For more information or to submit a war story, E-mail Michael.Warren@usma.edu.

September

5 / Friday

Combined Federal Campaign Classes - Project Manager classes for the 2008 Combined Federal Campaign will be held Sept. 5, 9-10 a.m., at Schofield Barracks' Sgt. Smith Theater, and Sept. 8, 1-2 p.m., at Fort Shafter's Richardson Theatre.

The class will focus on forms and feature guest speakers from local agencies.

All personnel are welcome to attend the class. Call Master Sgt. Christopher Moreno, 438-0173, or Sgt. 1st Class Donnie Phillips, 438-1322, for more information.

6 / Saturday

Road Closure – Schofield's Trimble Road, between Cadet Sheridan Road and the commissary, will be closed for construction as follows:

•Saturday, Sept. 6, 6 a.m.-3 p.m., the two east-bound lanes will be closed. The bus stop across the Flagview Mall will be temporarily closed.

•Sunday, Sept. 7, 6 a.m.-3 p.m., the two west-bound lanes will be closed. There will be no entry to the Flagview Mall, commissary and Main Exchange parking lots from Trimble Road.

The closure is required for crosswalk improvement work. A map is available online at www.garrison.hawaii.army.mil/sites/traffic/communityimpact.asp. Call Stanley Salangdron at 655-0580.

8 / Monday

Suicide Awareness Training - The Installation Chaplain's office will hold training to assist Soldiers, leaders and family members in the detection and prevention of suicide and substance abuse, Sept. 8-11.

•Sept. 8, 10-11 a.m., Fort Shafter's Religious Activity Center.

•Sept. 8-11, 9:30-11:30 a.m. and 1:30-3:30 p.m., Schofield's Main Post Chapel (MPC).

•Sept. 9 and 11, 6-8 p.m., Schofield's MPC.

•Sept. 10, 10-11 a.m., Aliamanu Military Reservation Chapel.

•Sept. 11, 8-9 a.m., Schofield's Army Community Service.

Additionally, suicide prevention information booths will be set up at the Schofield PX and Commissary, Sept. 8-11, 11 a.m.-2 p.m.

Call 655-8731 for more information.

11 / Thursday

9/11 Memorial Services – The Installation Chaplain's Office will conduct 9/11 memorial services:

•Sept. 11, 11:30 a.m.-12:30 p.m., Memorial Service, Fort Shafter's Religious Activity Center.

•Sept. 11, 11:30 a.m.-noon, Schofield Barracks' Main Post Chapel. Call 655-8731 for more details.

12 / Friday

Leadership Development Program – The Military Child Education Coalition (MCEC) is accepting applications for the Frances Hesselbein Student Leadership Program for students in the student-to-student program.

The program will be held at the U.S. Military Academy, West Point, N.Y. Call Jewel Csiszar at 655-9818 for more information.

18 / Thursday

Ammunition Amnesty Day – Soldiers, do you have ammunition or explosives to turn in? Ammunition Amnesty Day, Sept. 18, is the perfect opportunity.

Bring any ammunition or

SEE NEWS BRIEFS, A-8

Couples strengthen communication skills at retreat

Story and Photo by
STAFF SGT. DAVE CONKLIN
9th Mission Support Command Public Affairs

LAIE – They came from across the 9th Mission Support Command (MSC) prepared to strengthen their marriages and repair strained relationships brought on by the stress and uncertainty of separation and deployment to a war zone.

Twenty couples from the Army Reserve's 9th MSC participated in the "Strong Bonds" Marriage Skills Workshop, Aug. 15-17, at Turtle Bay Resort on the North Shore of Oahu.

Marriage Skills, Single Soldier and workshops for deploying Soldiers on Oahu, Guam, Saipan, American Samoa and Alaska, where 9th MSC Soldiers are based, reached out to more than 600 participants this year.

The 9th MSC Chaplain's Office organized and administered the three-day program.

"When I was deployed to Iraq last year, the primary Soldier counseling issue I had to deal with was difficulties with relationships back home," said 9th MSC Command Chaplain (Col.) Mark Larson, primary instructor coach.

Larson said the Army found Soldiers returning from combat had difficulty reconnecting with their spouses and families when they came home. Chaplains often have to deal with the fallout of redeployment and reintegration for Soldiers.

Chaplains have found that if they can be proactive on the front-end and help Soldiers define aspects of a healthy relationship, they can cut down on the pain of bad relationships and the problems those relationships cause before, during and after deployment.

"The Strong Bonds Program provides the tools to build and maintain strong relationships," Larson said.

Lt. Gen. Jack C. Stultz, chief of the Army Reserve, endorses the program.

"The individual Army Reserve Soldier is not an effective Soldier if he or she has personal or family problems," Stultz said. "In other words, if we want to retain the Soldier, we have to work very hard to retain his or her family as well."

Workshops are patterned after a curriculum called PREP (Prevention and Relationship Enhancement Program), based on years of research at the University of Denver and other leading universities around the world. Each workshop is located and organized as a retreat with all meetings, meals and lodging away from the responsibilities of home and work.

Training includes six sessions as well as time for participants to talk and reflect informally. Sessions include informal instruction followed by discussion, practice and coaching.

Session subjects include communication danger signs, talking without fighting, filters, events and issues, expectations, problem solving, foundations for friendship, ground rules for protecting relationships, commitment, sensuality and sexuality, and core belief systems. The workshop concludes with a brief voluntary marriage vow renewal.

Sgt. Laurie Kurk of the 9th MSC and her husband Tim have been married for seven years and have one child.

"She was here (in Hawaii) a year-and-a-half before I arrived this June, so this was a good way to reconnect," said Tim, an electronics technician.

"Only three days after we were married, Kurt was deployed to Germany," said Cindy Smith, wife of Col. Kurt Smith, 9th MSC plans and security director. "Although we have now been married for 25 years and have two children, we learned much more at the workshop than we expected, including listening techniques and communicating without issues."

The 9th Regional Readiness Command Chaplain (Col.) Mark Larson, right, leads couples in a marriage vow renewal ceremony at the Oahu Strong Bonds Marriage Skills Workshop in Laie, Aug. 17.

Pfc. Lydia Williams of the 302nd Transportation Terminal Battalion has only been in the Army Reserve for four months. Her husband Joshua Stinson is a petty officer in the U.S. Navy at Pearl Harbor. They have been married almost five years but do not get much time together.

Williams said they wanted to attend a couples' retreat where they could spend some quality time together, and she was not disappointed. According to Williams, the workshop has made them better communicators.

In his message to workshop couples, Brig. Gen. Alexander Kozlov, 9th MSC commander, said, "Throughout your military service, you and your spouse have made tremendous sacrifices. The strength of your marriage and the faithfulness of your spouse have in a large way contributed to your success, both professionally and personally.

For more information about the Strong Bonds Program workshops, contact Staff Sgt. Felicia Mungo at 438-1600, ext. 3329.

"I firmly believe that this Marriage Skills Workshop will give you the tools to maintain and improve the quality of your relationship," added Kozlov.

"This program shows how much the Army Reserve is interested in the whole family and one more thing that helps us strengthen our Army Reserve families," Larson added.

All Army Reserve couples are eligible to attend a Strong Bonds workshop. Priority is given to Soldiers who will deploy soon or those who have just returned from deployment.

News Briefs

From A-6

explosives to the Ammunition Supply Point (ASP), Building 1551, Wheeler Army Airfield, between 9 a.m.-3 p.m., no questions asked. Call 655-0718 for more information.

Ongoing

Mass Transportation Benefit Program – Soldiers, Department of the Army civilians and nonappropriated fund employees are eligible to receive free vouchers, which are redeemable for monthly bus passes and/or vouchers for monthly participation in the Hawaii Vanpool Program.

The program was initiated six years ago, and the objective is to ease traffic congestion and air pollution. Call Keith Daszek at 656-8720 to apply.

Pre-Deployment Language Materials and Training – The Defense Language Institute Foreign Language Center (DLIFLC) has activated its new Language Materials Distribution System (LMDS) Web site and made available hundreds of language survival kits and other materials free of charge to deploying service members.

To view the shopping cart, visit https://lmds.dliflc.edu. Also, language materials can be viewed, downloaded and ordered at www.dliflc.edu, under the Products tab.

Contact Maj. Scott Swanson at 1-831-242-5376 or scott.t.swanson@us.army.mil for more information.

Garrison Web Site Survey – Have an idea on how to make the Garrison's Web site better? Let the garrison know your thoughts on the site. A survey is available at www.garrison.hawaii.army.mil. Click "Survey" on the left.

The results from the survey will be used to update content, reorganize the site and make it more useful for end users.

Call 656-3153.

National award recognizes Army-Hawaii's own

STEPHANIE RUSH
U.S. Army Garrison-Hawaii Public Affairs

FORT SHAFTER – Since graduating college and taking her first civil service job in 1967, Vanita Rae Smith has had one goal:

"I wanted to entertain the troops," she said.

And if her resume is any indication, she has done just that.

Smith has produced more than 40 seasons of productions, held positions on countless theater boards and councils, received 58 Army commendations (including the Army Achievement Medal and Commander's Medal), directed more than 124 plays and musicals, presented 82 celebrity concerts (such as the annual Independence Day festivities), and received the prestigious Pierre Bowman Lifetime Achievement Award from the Hawaii State Theatre Council.

Most recently, Smith was awarded the David C. Bryant Outstanding Service Award for 2008 in an awards ceremony in New York City, July 11.

The award recognizes members of the American Association of Community Theatres for significant, valuable and lasting service to community theatre in America.

Working in theater and entertainment for the past 41 years, 38 of them with the Army, Smith is no stranger to winning awards and receiving letters of appreciation for countless holiday celebrations and theater performances she's written, produced and directed.

The David C. Bryant award, however, stands out in Smith's award portfolio.

"It blew my mind," Smith said. "To get a national award that wasn't an Army award ... I was so honored to receive (it). So often when you get an Army award, I think it's because I'm working hard for the Army. This one was for theater – my love.

"Jokingly, I've said the award is for the last man standing," Smith explained. "It's for a body of work. To me, it's the sum of all my parts. Everyone I've known has helped boost me up the ladder and beyond myself."

Jo Pruden | Army Community Theatre

Vanita Rae Smith receives the David C. Bryant Outstanding Service Award from Bill Muchow, American Association of Community Theatres, in a ceremony held July 11, in New York City.

In recent years, Smith has spearheaded several "first" amateur productions at Richardson Theatre. Amateur productions cannot be performed unless the show is off Broadway and not being professionally performed, or not on tour.

In 2005, "Miss Saigon" was performed for the first time in America or at a community theater. Smith has also produced the first amateur production of "Cats" and "Curtains."

Presenting first amateur productions and winning national awards helps bring more publicity and notoriety to Army Community Theatre and the Army.

"Our job is creating something from scratch," Smith said. "It's so important the public sees the Army in a good light."

Smith doesn't think of Army Community Theatre as mere recreation; it's a way for the Army to open its arms and invite the community to share.

"The theater is one way the Army can say 'look at what we give back to you,'" Smith explained.

"Army Community Theatre is a wonderful community relations program," she said. "It allows a place for families to come together and recreate. It becomes something for the whole family."

Smith believes theater has a way of changing people's lives. She's watched Soldiers get onstage and perform when they're scared to death of public speaking.

In 1982, when Smith returned to Hawaii from working on the mainland for a few years, a major came up to her after one of her first shows and said doing plays at Schofield in the 1970s gave him the confidence and security to go to officer training.

"We don't know the lives we're touching," Smith said.

"I used to tell my mom I was in the healing business," explained Smith. "I just healed you for a little while, but it was two hours worth."

With Smith's vast experience, she's had numerous opportunities to take jobs in the public entertainment industry or with other branches of service. With the exception of a three-year hiatus in the late 1970s when Smith founded her own company, she's stayed with the Army.

"My father was killed in World War II," Smith explained. "The Army was in his blood. It's in mine too."

Survey: Education costs $11,531 per child

CONTINUED FROM A-1

from their authorized share of federal support."

How much impact aid has Hawaii received in the past?

During the 2006-2007 school year, the DOE received an average of $1,587 per federally connected student. The cost of educating a child in 2006-2007 was $11,531.

How can parents help?

Parents are encouraged to fill out and return surveys to schools promptly. Nonresponses could result in the loss of millions of dollars in federal funds that benefit both our military and local communities.

Every card that is not returned will result in lost revenues to Hawaii classrooms statewide.

Survival: Women's Equality Day event inspires

CONTINUED FROM A-1

topic of study females were allowed to pursue was Christian education. With the help of missionaries Der-Garabedian knew, she said, she would made the most of her circumstances.

"In Lebanon, I learned to survive," she said. "Through lots of challenges, I was able to get my bachelor's degree."

That survival spirit came in handy when she arrived in the U.S. on a student visa to continue her education at the Presbyterian School of Christian Education, but then soon after learned she had lost her scholarship.

"My personal struggles really started when I came to the U.S.," she said. "Here I was in the States, in the seminary, with no money and I couldn't work."

Through babysitting and taking care of dogs, Der-Garabedian put herself through school, again surviving and beating the odds. Then came an all new challenge, the U.S. Army.

"If someone told me eighteen years ago that I would be a chaplain in the U.S. Army, I would have said I appreciate your imagination," Der-Garabedian said.

Chaplain (Maj.) Lucy Der-Garabedian, 500th Military Intelligence Brigade, plays the piano during this year's Women's Equality Day celebration, Aug. 21, at Sgt. Smith Theater. In addition to speaking, Der-Garabedian played three original pieces.

Yet, that was exactly where she found herself. She also found herself in a world that was again different and challenging to be a woman. Learning to overcome personality and moral differences with the same sense of spirit that drove her to earn her degrees in Lebanon and America – the spirit of survival, Der-Garabedian encourages females and males to lift up their challenges and see the light at the end of the tunnel.

During Der-Garabedian's inspirational message, she paused three times to reflect at the piano where she played three original pieces she composed. The time gave audience members time to reflect on her message as well.

"She is a very good role model, and her experiences and education inspire me," said Sgt. Andrea Denetso, a member of the 500th MI Bde., Headquarters and Headquarters Company. "I don't have to work as much as the women before me. I feel like they did all the work, and we are just continuing the movement."

"That was exceptional," said Lt. Col. Stephen Zarbo, 500th MI Bde. deputy commander, about the presentation. "This was first rate ... You make me proud."

Uniform: ASU authorizes new badges, insignia

CONTINUED FROM A-1

wear one only, which would it be? And the blue uniform was the most popular of the three."

The new ASU coat, similar to the existing blue coat, will be made of a wrinkle-resistant material and will have a more "athletic" cut.

Other changes to the uniform include authorization of a combat service identification badge to recognize combat service; overseas service bars authorized on the jacket sleeve for both enlisted Soldiers and officers; the wear of distinctive unit insignia on the shoulder loops of the blue coat for enlisted Soldiers; authorizing paratroopers to wear the black jump boots with the blue ASU; and the decision to transition to a new short sleeve and long sleeve white shirt with shoulder loops.

It is also permissible for enlisted Soldiers to wear both overseas service bars and service stripes on the new blue ASU coat. Officers and Soldiers in the grade of corporal and above will additionally wear a gold braid on their slacks to indicate leadership roles.

"That is kind of a right of passage as you transition from being a (junior) enlisted Soldier to a noncommissioned officer," Preston said of the gold braid.

New items for the ASU will be available in military clothing sales after July 2009.

Soldiers will be expected to possess the entire uniform by July 2014.

The two key components of the uniform, the coat and slacks, are expected to cost around $140, with modifications bringing the total cost to $200. Enlisted Soldiers will receive an increase in their annual uniform allowance to help offset the cost of the uniform.

Right — The new Army Service Uniform is based on the Army's current dress blue uniform and will replace the white, blue and green service uniforms. Paratroopers are authorized to wear the black combat boots with the new ASU.

HAWAI'I ARMY WEEKLY

PAU HANA

www.garrison.hawaii.army.mil/haw.asp "When work is finished." FRIDAY, AUGUST 29, 2008

Kareem Nitoto, point guard, encourages a youth to jump for an ultra-high five.

Rainbow jumpers

Youth hone basketball skills at UH-sponsored clinic

Story and Photos by
KYLE FORD
News Editor

SCHOFIELD BARRACKS – Hundreds of sneakers squeaked across the polished hardwood floor at Martinez Gym as children learned fundamentals from members of the University of Hawaii Men's Basketball Team, Aug. 18-21.

Teammates and coaches experienced a taste of Army life during the day and shared their basketball knowledge at the gym in the afternoon.

"Are you ready to have fun?" Jackson Wheeler, U.H. assistant head coach, asked the group of children before releasing them to various stations.

"Yeah!" they screamed.

Chattering children and bouncing balls filled the gym as participants practiced passing, dribbling, shooting and defensive drills.

Children and parents appreciated the clinics.

"It was good," said Devin Chandler, age 6, after the clinic. "I liked the defensive drills."

"All the players are very friendly, and they make sure you understand how to do the exercises, " said Lei-Lani Beasley, 10. "And they make sure you can do it. I really look up to these guys."

"It's awesome, I only regret that it's only two days," Navy Lt. Cmdr. Quentin Chandler, flight safety officer, VR51 Kaneohe Bay. "It's great to have these guys come out here and give a camp for free. There aren't that many places in the mainland that offer free clinics."

"Our child was very excited to meet actual basketball players, and we talked about how, if he practiced, he could play in college himself," said Warrant Officer Carolyn Fontaine.

Family members of deployed Soldiers were especially grateful for the positive influence players provided.

"I think it's awesome for the players to take their time out to give back to the community and volunteer their time," said Sgt. Janice Wilson, noncommissioned officer in charge, 25th Transportation Company. "I just wish my son's father, who is at NTC (National Training Center) was here to see him out there."

"Both our husbands are at NTC, and the fact that they take the time out to be a positive male influence to children whose fathers are gone overseas is great," said Tracy Beegen, family member. "I'm sure there are other things these guys could be doing before going back to class."

Players and coaches alike said they were happy to volunteer their time.

"Being surrounded by service members and knowing what they give to our community and the nation, we wanted to figure out a way to give back to them," said Bob Nash, U.H. Men's Basketball Team head coach. "Since our specialty is basketball, we came up with the idea of a clinic for the family members."

"I just want to give back to the kids," said Gary Satterwhite, point guard. "My dad is in the Air Force, so I know what it's like to have your dad deploy ... I was just like these kids in the gym playing pick-up games."

"I like giving back to the community and seeing the kids smile," said Beau Albrechtson, guard for U.H.

It wasn't all just basketball for the volunteers; they also got a taste of Army training and Army life.

"I think the players are learning a little bit as well ... What we do as Soldiers in our Army every day," Wilson added.

"It's great having these guys here," said Sgt. 1st Class Patrick Leavy, Unit Logistical Support Team, U.S. Army Garrison-Hawaii. "As much as these guys give to the community, we wanted to give them a view of a side of the Army they may not see."

The Soldiers' view included PT (physical training) with units, a Stryker simulator, water survival training, meals at the dining facilities, and tours of the Wheeler Army Airfield flightline and Tropic Lightning Museum.

"Seeing someone six-foot-ten crawling out of the top of a humvee after it 'rolled over' four times is priceless," added Leavy.

This year's clinic marked the second time the team brought its basketball expertise to the families of Soldiers. Nash said the team would like to make the event a regular occurrence.

"It's a matter of making sure we can fit it in our schedule," Nash said. "This is strictly volunteer for the players. They give up their time to come out here."

1st Lt. Jonathan Reed, A Company, 3-25th Aviation Regiment, talks to Gary Satterwhite, point guard, Aug. 20, about the UH-60 Black Hawk.

Nicholas Furusho gets ready to run in the dribbling race at the clinic.

Above — Kareem Nitoto, point guard, shares some fancy dribbling moves with his group at the U.H. Men's Basketball Team Clinic.

MWR Briefs

Serving America's Army in Hawaii

September

2 / Tuesday

Autism Support Group – The Aliamanu Military Reservation (AMR) support group meets on the first Tuesday of the month, Sept. 2, at the AMR chapel, 6-10 p.m. The Schofield Barracks support group meets on the second Wednesday of each month, Sept. 10, at the Main Post Chapel, 6-10 p.m. Call Army Community Service (ACS) at 655-4777/1551 for information or child care reservations.

3 / Wednesday

Money Management – Learn the basic tools for financial success, develop a spending plan, reduce expenses and make your paycheck work for you, Sept. 3, 17, and 24, 10:30 a.m.-noon, at Army Community Service (ACS), Schofield Barracks, or Sept. 4, 2:30-4 p.m. ACS, Fort Shafter. Call 655-4ACS (4227) or visit www.MWRarmyhawaii.com.

Checkbook Maintenance – Discuss opening and maintaining a checking account, Sept. 3, 9-10:30 a.m., at Army Community Service (ACS), Schofield Barracks. Call 655-4ACS (4227) or visit www.MWRarmyhawaii.com.

4 / Thursday

Credit Management – Learn how to use your credit wisely and how to improve your credit score, Sept. 4, 1-2:30 p.m., Army Community Service (ACS), Fort Shafter, or Sept. 10, 9-10:30 a.m., ACS, Schofield Barracks. Call 655-4ACS (4227) or visit www.MWRarmyhawaii.com.

5 / Friday

Active Parenting Class – ACS New Parent Support Program will offer a one day parenting class for parents of children ages 1-4, Sept. 5, 9-11 a.m., Army Community Service (ACS), Schofield Barracks. The class will teach parenting skills to enrich the parenting experience, teach parents how to recognize developmental milestones and respond to difficult behavior in children. Call 655-4ACS (4227) or visit www.MWRarmyhawaii.com.

8 / Monday

New Dinner Service at Mulligan's – Mulligan's Restaurant, Fort Shafter, has a new dinner service beginning Sept. 8. Dinner will be served Monday–Friday, 5-8 p.m.

The new menu will offer a delicious assortment of six appetizers, four salad choices, seven entrees and three desserts.

Kimberly Lehano | Army Hawaii Family Housing

Twisted sister

ALIAMANU MILITARY RESERVATION — Participants ride "The Twister" at the National Night Out here, Aug. 16. The day's festivities included meeting firefighters and military police; touring rides, bounce houses and an "extreme slide;" and entertainment, cultural demonstrations, free food and prizes for the entire family.

Mulligan's is located next to Hale Ikena and Nagorski Golf Course. Call 438-1974.

12 / Friday

Bringing Waikiki to You — Here's a once-in-a-lifetime opportunity, for one night only, Waikiki comes to the Tropics – Friday, Sept. 12, 9 p.m.-3 a.m. Now you can get your groove on and enjoy a classic Waikiki club night without the drive and all the lost gas money.

And if that weren't enough, Better Opportunities for Single Soldiers (BOSS) will be providing a shuttle service, so there's no reason you can't cut loose and have some fun. A fully stocked bar and refreshments will be available, $5 at the door. Call 655-0002.

15 / Monday

Operation Rising Star – Don't miss this fantastic chance to win $500 and a chance to compete nationally for a professionally-recorded demo in Los Angeles.

The deadline to sign up is Sept. 15 at the Recreation Activities office. The competition is scheduled for Sept. 17, 24 and 26, 6 p.m. at the Tropics Recreation Center, Schofield Barracks.

Cash prizes will also be awarded for second and third place. As a special bonus, the most enthusiastic family readiness group to come out and support their singers wins $300. Call 655-0111/0112.

19 / Friday

Chili Cook-Off – Gather your family readiness group and prove you've got the best chili recipe on post, Sept. 19, 5-8 p.m. at the Tropics Recreation Center, Schofield Barracks.

Don't feel like cooking? Just come to taste others' creations. Pick up your passport to chili at the Recreation Activities office. Cost is $5 in advance, $7 at the door.

Enjoy karaoke, eating and other contests for chances to win prizes. Call 655-0111.

20 / Saturday

Boys and Girls Club Day for Kids – This year's annual event is Sept. 20, 1-4 p.m., at the Bennett Youth Center, Schofield Barracks. Free for everyone, there will be cooking demonstrations, food sampling and healthy snacks, USDA-approved, served.

Bouncers, face painting and other fun activities for keiki will be available. Prizes will be awarded every half hour. Call 655-5314/1230.

Ongoing

Theater Program – SKIES is accepting families who are interested in a new theater program, scheduled to start in October. Upcoming classes include Broadway Basics, Broadway Stars, High School Movie Musicals, Prince and Princess Sing-a-long, Theatre Play and creative drama classes for older youth.

Children can receive four months of one class free with a valid Blue Star Card. Call 655-9818.

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.

Waianae Beach Club Restaurant – The Beach Club at Pililaau Army Recreation Center overlooks the emerald waters of Pokai Bay and is a great spot for retreats or lunch. Call 696-4778.

Worship Services

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, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel
836-4599

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

Community Calendar

Send announcements to community@hawaiiarmyweekly.com.

September

29 / Today

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, today, 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.

30 / Saturday

Special for Teachers – The Pacific Aviation Museum, Pearl Harbor, is offering free admission and take-home materials for Hawaii Teachers, Aug. 30-Sept. 1.

Hawaii teachers are invited to visit the newest of the Pearl Harbor Historic Site and Pacific Aviation Museum. Teachers will receive free education program packets for use in their classrooms.

For tickets, teachers should present their current school ID. Call 441-1000 or visit www.PacificAviationMuseum.org.

31 / Sunday

Sunset on the Beach – In celebration of the International Year of the Reef, Malama Hawaii will host Sunset on the Beach, Aug. 31, beginning at 5:30 p.m. at Waikiki Beach.

All are invited to come out and enjoy a free evening of music, movies and hands-on family activities, all while learning how to protect Hawaii's living coral reefs.

Visit www.malamahawaii.org for more information.

1 / Monday

Military Discount – Ruth's Chris steakhouse restaurant, Restaurant Row, Honolulu, will offer a 25 percent discount to service members (active duty, reservists or retired) with a military ID. The discount runs Sept. 1-30. Call 599-3860.

2 / Tuesday

Office Hours Change – Effective Sept. 2, the General Services Administration (GSA) Global Supply Store will change its hours of operation. The new hours will be 9 a.m.-3 p.m., Monday-Friday. Call 655-0280.

Docents Needed – The Waikiki Aquarium's Education Department is seeking ocean and marine life enthusiasts to volunteer as docents. Free training courses will be held beginning Sept. 2. Call the volunteer coordinator at 440-9020.

World War II Ceremony – The Battleship Missouri will celebrate the 63rd anniversary of the end of World War II, Sept. 2, 8:45-9:45 a.m., with a ceremony featuring Senator Daniel Akaka and Navy Capt. Gregory Thomas, commander, Pearl Harbor Naval Shipyard.

Titled "The End of the War in the Pacific," the annual ceremony will be held on the Missouri's fantail at the memorial in Pearl Harbor. The ceremony is free and open to the public. Visit www.ussmissouri.org or call 423-2263.

3 / Wednesday

Junior Reserve Officers' Training Corps – High school students interested in Junior Reserve Officers' Training Corps (JROTC) can enroll for free in a magnet JROTC program. The first meeting will be held Sept. 3, 3-6 p.m. at the Punahou School's JROTC classroom.

JROTC curriculums include courses in leadership, health and fitness, character education, geography, financial planning, government and history. Students participate in numerous community service and service learning activities. Additional activities like drill teams, color guard, honor guard, air rifle team and Ranger Club are also available.

Contact Bob Takao at 944-5723 or rtakao@punahou.edu.

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.Aloha Tower.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 provided to families of 2008 deploying or deployed Soldiers, 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.

Discoverers must be a minimum of 5 years and accompanied by an adult. Preregistration is required.

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

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

14 / Sunday

Soldier Appreciation Breakfast – The Knights of Columbus Council 6302 and Schofield Barracks/Wheeler Army Airfield Catholic parishes will sponsor a free breakfast in appreciation for Soldiers preparing to deploy, Sept. 14, following the 10:30 a.m. mass in the Main Post Chapel annex, Room 212.

Soldiers and their families are welcome. Call Matt Momiyama, 626-7870, for more information.

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.

24 / Wednesday

International Women's Leadership Conference – The Fifth Annual International Women's Leadership Conference is scheduled for Sept. 24, 8:30 a.m.-6 p.m. at the Sheraton Waikiki Hotel and Resort.

The conference will feature celebrated women leaders from eight different nations who are unparalleled in their achievements. More than 1,200 women and men are expected to register for this year's conference.

Registration fees range from $99-195 and include conference materials, coffee break, continental breakfast, lunch, and reception. Register online at hawaii.gov/gov/iwlc/2008.

26 / Friday

25th ID Band Performance – The 25th Infantry Division Band will hold its last performance before deploying, Sept. 26, 6 p.m. at the Hale Koa Luau Gardens.

The concert, open and free to the public, will feature Ms. Riya Davis, from the group "Eight-O-Eight."

Seating for the general public will be on a first-come, first-served basis. Call 655-9759.

This Week at the Movies
Sgt. Smith Theater

Hellboy II: The Golden Army

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

Journey to the Center of the Earth

(PG)
Saturday, 2 p.m.

Wall-e

(G)
Sunday, 2 p.m.

Hancock

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

No shows on Mondays or Tuesdays.

Military spouses sign up to join the Hui O Na Wahine spouses' club during the open house at the Nehelani, Monday. The evening was filled with entertainment, pupus and shopping as spouses gathered information on the benefits of the organization.

Super sign-up a success for spouses

Story and Photo by
MOLLY HAYDEN
Staff Writer

SCHOFIELD BARRACKS – Entertainment lined the stage at the Nehelani here, as military spouses chatted, dined on pupus and gathered information about the Hui O Na Wahine spouses' club, Monday.

The open house and membership drive provided spouses of Soldiers an opportunity to join the club and sign up for activities throughout the year, including luncheons and women's wellness events.

Existing members renewed memberships, and new faces joined the club to support the organization and get involved in the community.

"I sign up every year," said Toni Ruiz. "It's a great cause, and I enjoy the events and meeting other spouses."

Upon entering, the more than 250 spouses received a lei and gift bag filled with scented candles and other goodies. Special guests included honorary president Shelly Caslen and honorary advisor Debbie Nixon.

"A lot of people are in transition right now," said Hui O Na Wahine President Abbie Dyches. "New people are coming in, and this gives them a chance to see what our organization does while enjoying a relaxing evening."

Dyches said the event was a way to welcome new spouses, say aloha to outgoing spouses, and raise money and support for the organization.

More than 20 vendors offered the women "pampering" products, including an array of beauty products, scented candles and bath oils, and jewelry.

Organizations, including Girl Scouts of America, the installation thrift store, and the Schofield Arts and Crafts Center provided useful information for the crowd.

"It's great being a part of this organization and showcasing all of our resources to military spouses," said Yvette Odom, sales associate of the Schofield Arts and Crafts Center. "The center is constantly improving, and we want to show the community what we have to offer."

Keeping with the "Spirit of Paradise," hula groups from Hale Kula Elementary School and Iwalani School of Dance performed traditional Hawaiian hula dances as those in attendance clapped to the beat. Music by Low Down ended the party as military spouses kept their toes tapping into the night.

The Hui O Na Wahine spouses' club donates time, energy and financial support to the military ohana through fellowship and fundraising efforts. In 2007, the club collected and awarded more than $28,000 to deserving students. The club is open to spouses of civilian employees and Soldiers of all ranks.

"We are more than a social organization," said Dyches. "We are an organization with a mission."

Local flavors spice up the commissary

Story and Photo by
MOLLY HAYDEN
Staff Writer

WAIKIKI – The smell of fresh 100-percent Kona coffee permeated the Mauna Kea Ballroom at the Hawaii Prince Hotel here, Aug. 21, for the 11th Annual American Logistics Association Hawaii Food Show.

Skipping the usual eggs and toast breakfast, more than 20 Defense Commissary Agency (DeCA) buyers dined on samples of pulled pork, steak with pesto seasoning, burgers and sushi in the early morning hours.

Buyers juggled plates and free samples from more than 80 companies wishing to sell their products in Oahu's commissaries, many of whom are small and family-owned businesses of Hawaii. Buyers evaluated numerous food and grocery-related products, choosing the best items to suit the needs of military families in Hawaii.

The show also gave DeCA buyers the opportunity to interact one-on-one with business owners before selecting new products that will be placed on the shelves of the five military commissaries on Oahu.

"These products embody the people of Hawaii," said Scott Simpson, director for DeCA West. "Our customers travel all over the world and enjoy local flavor of many cultures. They want products that are outstanding and unique to Hawaii."

The American Logistics Association Hawaii Food Show has grown in success in more than 10 years of operation, climbing from 12 vendors in its first year to 81 in 2008.

This year DeCA selected a total of 251 new products for commissary shelves, representing 17 of the 41 new companies showcased, according to Richard Page, chief operating officer for DeCA.

Many companies already lining the shelves of the commissaries displayed new products and seasonal items, while half of the vendors at the show attempted to do business with DeCA for the first time. Included in the first time businesses was locally owned and operated Hawaiian Kine Dressing.

"We're the new kids on the block," said owner Hope Lee, "but we believe in our product. We make practical products that taste gourmet."

"She comes up with all of the recipes," said Lee's husband, Greg.

"I do all of her advertising right here," he added, grabbing his love handles.

The small business made a big impact at the show with its Marinade and Ono Pineapple Drizzle, currently set to sell in the commissaries.

Also selected was Hawaiian Vanilla Company, which piqued buyers' interest with its line of all-natural products, including vanilla beans and vanilla extract. The family business, run by Big Island resident Jim Reddekopp along with his wife and three children, will introduce their products to military families this year.

"We are the first commercial 'Vanilla-ery' in the country," said Reddekopp. "I think we have something great to offer with our organic and natural products."

"This is a great product and very unique to Hawaii," said Susan Campbell, store director for the Schofield Barracks Commissary.

Oils of Aloha, first supplying commissaries in Hawaii in 2007, moved into a larger market and will begin selling its products in commissaries in Alaska, Guam, Korea and Japan, this year.

Sol de Cuba brought back the mojo again this year – honey style – adding a honey marinade and mango salsa to the existing mojo marinates that hit commissary shelves last year.

In continued efforts to "go green," DeCA buyers will stock selves with reusable mesh shopping bags from Bags and Wraps, and biodegradable cutlery and plates made from sugar cane and corn starch from Styrophobia, which is distributed by Diamond Head Distributors.

SEE DECA, B-5

Eliichi Hirayama dishes out tofu Jell-O to accent sushi samples. DeCA buyers tasted an array of treats for possible sale in Oahu's commissaries.

The following companies won contracts to sell products in Oahu's commissaries:

Affinities • Aikane Plantation Coffee Co. • Body Mint • Auntie Ono's Gourmet Cookies • Classic Sales • Corner Store Dairy • Diamond Head Distributors • Five-O Marketing • Hawaiian Kine LLC • Hawaiian Vanilla Co. • Jade Food Products • Johnson Brothers of Hawaii • Land of Organica • Madden Corp • Noni Connection • Paradise Beverage • Sun Tropics.

September case lot sales promise bulk sizes for less

KEVIN L. ROBINSON
Defense Commissary Agency

FORT LEE, Va. – For many folks, September means the return of school bells for students and football for sports fans. For commissary customers, September means a worldwide case lot sale in their community.

This year, the Defense Commissary Agency's (DeCA) September worldwide case lot sale promises to continue a trend of record numbers of customers taking advantage of savings up to 50 percent or more on bulk-sized products. These items range from canned goods, beverages, toilet paper, paper towels, produce, fresh meat, seafood, pet supplies, laundry products and more.

"As far as our military members and their families are concerned, these sales events help them extend their commissary benefit even further," said Philip E. Sakowitz Jr, DeCA's director and chief executive officer. "The crowds we see during case lot weekends in either May or September tell us that saving big bucks isn't lost on our customers."

Pearl Harbor: Sept. 5-6, 10 a.m.-5 p.m.
Hickam: Sept. 12-13, 9 a.m.-5 p.m.
Schofield: Sept. 19-20, 9 a.m.-5 p.m.
Barber's Point (Kalaeloa): Sept. 19-20, 10 a.m.-4 p.m.
Kaneohe Bay: Sept. 26-27, 10 a.m.-5 p.m.

Generally, products are seen stretched out in a section of a commissary parking lot or inside a store warehouse. Some 50-60 percent of the items are sold in "club pack" product assortments similar to the oversized or multiple products sold at commercial warehouse club outlets.

Last year's sale set an all-time record for the event, eclipsing the September 2006 sale by 10 percent. Nearly 2 million cases were sold with sales of about $13.8 million.

"Case lot sales have truly become events for our customers," said Charlie Dowlen, DeCA promotions manager. "With the children going back to school, families are looking for an opportunity to save money. This event offers that and then some."

Dowlen expects the larger commissaries stateside will offer about 100 more items compared to the May case lot sale. Although some stores, such as smaller commissaries in the U.S. and commissaries on installations outside of the continental U.S., will carry a more limited selection, all stores will offer customers the massive savings associated with these events, he added.

Most commissaries hold case lot sales but schedule them on different weekends throughout September.

Staying sun safe, as easy as A-B-C-D

COL. JOHN CAMPBELL
U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. – The old threat to Soldiers was that you could get an Article 15 for damaging or destroying "government property" if you got a sunburn. These days, we know that the quest for the "perfect tan" can result in significant health problems when it comes to skin disease and skin cancer.

Exposure to sunlight is important for overall health and well being, and for vitamin D stimulation. However, controlling the amount of sun exposure you receive and taking steps to protect your skin from overexposure are important health precautions.

WebMD.com has information and tips on skin protection to help you stay sun safe.

Skin disease and skin cancer are predominately caused by overexposure to the sun, but some skin cancers can develop in nonexposed areas. The more your skin is exposed to the sun, or experiences a sunburn, the greater the chance for an abnormal change to occur, such as skin cancer.

Individuals at an increased risk for skin cancer and disease are fair-skinned individuals, and those who have had severe sunburn at an early age. Any time you are outdoors, the skin should be protected with light, loose clothing, sunscreen and a wide-brimmed hat.

A recent *Los Angeles Times* article stated that melanoma (a very serious form of skin cancer) rates have risen 50 percent among young women in the U.S. since 1980. This alarming trend stems from two main factors: the increase in "sun worshiping" and the increased use of tanning salons.

Although no way exists to make tanning healthy, you can take steps to reduce the damaging effects of the sun. Avoiding unnecessary sun exposure, applying sunscreen properly and using a product providing the correct sun protective factor (at least SPF 15, or higher) will minimize your risk of skin problems.

To be effective, sunscreen needs to be applied to all exposed areas and be reapplied often, especially when swimming or participating in water activities.

If you have any skin lesions that are new or suspicious you should immediately be seen by your primary health care provider. He or she will help you determine the next level of diagnosis and treatment. A simple test in analyzing a skin lesion is as easy as A, B, C and D.

•Asymmetry: Is the lesion nice and round or is it irregular shaped and looks funny?

•Borders: Are the edges (borders) smooth or are they irregular and scalloped?

•Color: Has the color changed, darkened, turned brown to dark blue or black?

•Diameter: Is the diameter bigger than 6 mm (the size of a #2 pencil eraser)?

These four easy steps can help you determine skin issues so you can get to a dermatologist, get treated and prevent a skin lesion from getting worse or cancerous. Prevention and routine skin checks are key to minimizing skin disease and skin cancer.

Stay healthy, avoid overexposure to the sun, and stay well hydrated in the remaining days of the 101 Critical Days of Summer.

Heat illness a top threat to Soldier health at work, play

MARY KATHERINE MURPHY
U.S. Army Center for Health Promotion and Preventive Medicine

Heat related illnesses are one of the biggest problems Soldiers face during training. In 2007, there were 329 cases of heat stroke and 1,853 cases of heat exhaustion among active duty, nondeployed service members, according to the Armed Forces Health Surveillance Center.

Soldiers and leaders must take appropriate precautions and be on the lookout for warnings. The key to preventing heat illness is to be well informed and observant of others when in hot and humid environments.

"Despite the fact that heat injuries can develop into life-threatening conditions, with appropriate training and vigilance on the part of the leadership and individual Soldiers, heat injuries can be prevented," said Col. David Mukai, an occupational medicine physician at the U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM).

Heat-related conditions

Heat rash is a skin irritation caused by excessive sweating. It contributes to decreased evaporative cooling. It can be avoided by keeping skin clean/dry and wearing loose fitting clothing.

Heat cramps are muscle pains or spasms that happen especially during heavy exercise. They can be avoided by staying hydrated, eating properly to keep electrolytes balanced, and being acclimated to the environment.

Heat exhaustion is a potentially serious illness that is caused by working too hard in hot weather. Symptoms include heavy sweating, rapid breathing, mild confusion, uncoordination, and fast or weak pulse. It can be avoided by using appropriate work/rest cycles, keeping hydrated, and being acclimated to the environment. Treatment for heat exhaustion includes removing the affected Soldier from training and allowing him or her to rest in shade. The Soldier should loosen clothing and take sips of water or a sports drink. Heat exhaustion can become a heat stroke.

Heatstroke is a life-threatening illness caused by overexertion in hot weather. The body temperature may rise above 106° F in minutes. Symptoms look like heat exhaustion and include hot skin with or without sweating; rapid, strong pulse; and dizziness. Symptoms may progress to seizures or severe delirium. Heatstroke can be avoided by using work/rest cycles and staying hydrated (drinking water before feeling thirsty). Treatment for heatstroke includes all treatments for heat exhaustion along with cooling the person's body down as quickly as possible. This is done by using ice sheets (cloth dipped or kept in ice water) placed directly on the skin.

"While heat exhaustion is the more common heat illness and is not associated with injury to the internal organs, heat stroke is a genuine medical emergency and can produce catastrophic multiorgan damage," Mukai said.

Emergency personnel should be called immediately if symptoms occur. Other symptoms to look for include confusion or loss of consciousness, frequent vomiting, shortness of breath or trouble breathing.

What Soldiers should know

Prior heat injuries increase the likelihood of heat illness in the future. Drinking alcohol causes dehydration and makes Soldiers susceptible to heat illness. Any kind of skin problem, such as heat rash, sunburn or poison ivy, causes sweat glands not to work properly, which can contribute to heat illness by hindering evaporative cooling. Soldiers over the age of 40 carry a higher risk.

On The WEB

For additional information, review "Heat Stress Control and Heat Casualty Management," at http://chppm-www.apgea.army.mil/documents/TBMEDS/tbmed507.pdf.

As well, certain medications can disrupt the body's heat regulation mechanism. Medications such as antihistamines, decongestants, blood pressure medications, diuretics, beta blockers and supplements made with ephedra may predispose Soldiers to heat injuries.

Soldiers should drink water frequently, but not exceed 1.5 quarts per hour or 12 quarts per day. Overhydration, also life-threatening condition, can occur by drinking too much water and not eating enough to replace salts. Symptoms of overhydration mimic those of heatstroke. Another sign of overhydration can occur if a Soldier has been drinking consistently and vomits after drinking water. Enforce battle-buddy checks; be aware of each other's eating, drinking and frequency of urination.

"Urine color can indicate if you need to drink more water," said Shawn Bowman, chief of CHPPM's health information operations division. "Urine color should be between light yellow and clear."

Leaders have the ability to prevent heat illness before it happens by keeping a close watch on Soldiers. At no time should milder heat illnesses become heatstroke. This can be insured by leaders who anticipate problems and plan for active and rapid care.

Leaders must familiarize themselves with policies and the signs of heat causalities. They can find helpful information on the CHPPM Web site at http://chppm-www.apgea.army.mil/heat/.

MWR Sports

29 / 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, for more information.

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.

September

1 / Monday

Gym Hours – Beginning Sept. 1, new hours of operation will be in place at Schofield Barracks' Martinez Physical Fitness Center and Health and Fitness Center and at Fort Shafter's Physical Fitness Center.

Martinez will be open 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. The Friday Late Nights at Martinez program is no longer running.

The Health and Fitness Center will be open Monday-Friday, 6 a.m.-7:30 p.m.; Saturday, 7 a.m.-noon; and closed Sunday and holidays.

The Fort Shafter Physical Fitness Center will be open 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. The gym will be open 9:30 -11 a.m. for females only for a 90-day trial period.

Call 655-8007/0900 (Schofield Barracks) or 438-1152 (Fort Shafter) for more information.

ADventure Tours with Outdoor Recreation – Want to inject a little adrenaline into your life? For September, activities include bike riding, hiking, kayaking, fishing and much more.

Each session is designed to provide challenging yet fun experiences you're sure to enjoy, at beginner, moderate and advanced skill levels. Sessions are scheduled on weekends throughout the month.

Call or e-mail Outdoor Recreation at 655-0143, conor.joyce@us.army.mil or visit the Web site at www.MWRarmyhawaii.com for the full schedule.

3 / Wednesday

Workout Without Walls – Trying to get in shape but the same old routine has you unmotivated? Outdoor Recreation's program gives the chance to try a different workout in a new location every week.

The next class is Sept. 10, 8:30-11 a.m.; classes will be held every Wednesday. Each session costs $10.

Call 655-0143 for more information.

6 / Saturday

Ladies Golf Clinic – Ladies, are you looking to improve your golf game? Come to a free ladies golf clinic the first Saturday of every month, 2:20 p.m., at the Leilehua Golf Course driving range.

Call 655-4653 for more information.

Community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

30 / Saturday

Patriot Golf Day – Ko Olina Golf Club will host Patriot Golf Day, in association with the PGA of America and the USGA, Aug. 30.

A special golf clinic will be held 10-11 a.m., featuring golf professionals offering instruction. The clinic is free and open to the public with special seating for active duty personnel, their families and junior golfers. Clinic attendees will have the chance to win door prizes.

Patriot Golf Day is hosted across the U.S. over Labor Day Weekend to support Fold of Honor, a legacy foundation designed to provide education scholarships for family members and spouses of service members who were killed or disabled in action. Golfers are asked to donate $1, Aug. 30.

Call 676-5300 or visit www.koolinagolf.com.

31 / Sunday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a hike through Koloa Gulch and Laie Valley.

While your boots will stay dry for the initial ridge portion, once you reach Koloa stream, it's wet feet time. You'll lose count the number of times the trail crosses the stream. Upstream travel ends at a nice waterfall for lunch.

This intermediate hike is 7 miles. Call Darrell Teruya at 227-4572.

Save the date for these upcoming hikes, too:

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

•Sept. 13, a 6-mile intermediate hike through Wahiawa's contours.

September

1 / Monday

Basketball Tournament – The Hawaii Streetball Association (HAS) will host a 3-on-3 basketball tournament, kicking off Sept. 1 at the Enchanted Lakes Park, Kailua.

For more info contact HSA at 218-4060 or visit hsba@hiteamsports.com.

Dried fruit, exercise can trigger asthma

TYLER PATTERSON
TriWest Healthcare Alliance

Your breathing becomes difficult. Your chest tightens. You begin to wheeze when you breathe or cough.

An estimated 20 million Americans live with asthma, and you are one of them. You recognize these symptoms as typical of your condition and have learned ways to manage and control your reactions to them. But, how can you prevent the symptoms from surfacing in the first place?

A variety of environmental and behavioral factors can bring on your asthma symptoms and ultimately lead to a full-blown asthma attack. Surprisingly, some of these foods or activities may otherwise be good for you.

On The WEB

For more, visit the Condition Management section of the Healthy Living portal at www.triwest.com; the National Institutes of Health, www.nih.gov; and the Center for Disease Control, www.cdc.gov.

The Centers for Disease Control and Prevention (CDC) indicate that commonly reported asthma triggers can include dried fruits, certain medications and exercise. Other factors that can trigger asthma include the following:

•Allergens, including animal dander, dust mites, cockroaches, pollen and mold;

•Irritants, including cigarette smoke, air pollution, carbon dioxide, sudden weather changes, and particular scents and odors;

•Seemingly unrelated medical issues, such as gastroesophageal reflux disease (GERD), infections or influenza; and

•Intense emotional responses like "belly laughs," uncontrollable crying, and severe stress, shock or fear.

This list is by no means a complete listing of triggers. You are encouraged to meet with your doctor to help identify your unique asthma triggers and to discuss ways to avoid or control them.

Another resource available to eligible Tricare West Region beneficiaries is the TriWest Condition (Disease) Management program, designed to help you learn to better manage your asthma.

The Condition Management program is completely free and does not affect other Tricare benefits in any way.

Immunizations provide 'body armor' for Soldiers

MARY KATHERINE MURPHY
U.S. Army Center for Health Promotion and Preventive Medicine

Wouldn't you rather get a shot than be sick for a week or more and risk compromising a mission? Soldiers should ask themselves this question when facing vaccinations before deployment.

Thanks to vaccinations, humans have the amazing ability to develop immunity to diseases without having to physically experience the disease. Scientists have been able to develop vaccinations to protect individuals from diseases that used to be commonly experienced in the past.

"Vaccinations are excellent tools in preventing serious illness in our Soldiers," said Lt. Col. Rodney Coldren, a physician and disease epidemiology program manager at the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM).

How vaccinations work

Vaccinations work by trying to simulate infection by either bacteria or a virus. If a Soldier has immunity against a certain disease, he or she may not develop that disease if exposed to it, or may get less sick because of the immunity the vaccination helped form.

However, there are known adverse reactions to some immunizations. The most common reactions are minor, temporary pain at the injection sight, swelling, fever and flu-like symptoms.

Soldiers may experience minor reactions to immunizations because the immune system is stimulated and releases chemicals into the body, "as it would during an actual infection," said Coldren.

He said this chemical release is what causes the Soldier's body to have minor symptoms (such as a fever) similar to those that would be experienced with the actual disease. More severe reactions are rare, but do occur.

•Visit the Military Vaccine Agency at www.vaccines.mil/Default.aspx for more details on immunizations.
•Visit the U.S. Food and Drug Administration at www.fda.gov/CBER/products/hpvmer060806qa.htm for more information about the HPV vaccination Gardasil.

"There are very rare, serious complications to any vaccination, and different vaccinations have higher complications rates than others," said Coldren.

More rare complications can include neurological reactions and allergic reactions, which can range in severity. Soldiers should know the signs of negative reactions (trouble breathing, hives, rash, fever, muscle weakness) so they can report them to their health care provider immediately and receive treatment, Coldren said.

Coldren considers vaccinatons to be a better route than experiencing the actual diseases they protect against.

"Any disease for which a vaccine is being given poses a far greater threat to a Soldier's health than the very small risk associated with a vaccination," he said. With rare exceptions, vaccines given to Soldiers are approved by the U.S. Food and Drug Administration.

Vaccinations for adult protection

Vaccinations are given to Soldiers based on the diseases they are at risk of acquiring. Soldiers are given the same vaccinations as any member of the population that might be living in close quarters, such as college students, according to Coldren.

The vaccinations include tetanus-diphtheria-pertussis, measles, mumps, rubella meningococcal, pneumococcal, polio, influenza (flu shot), Hepatitis A and B, varicella (chicken pox), and the HPV (human papillomavirus virus) vaccination, which is offered to all women under 26 years.

Soldier medical records are reviewed before basic training. Soldiers who cannot provide evidence of previous immunizations needed for adult protection are administered the appropriate vaccinations at the start of basic training unless a Soldier shows any potential for negative reactions.

Other vaccinations such as anthrax, Japanese encephalitis, typhoid and yellow fever are given based on deployment location and potential risk due to mission requirements.

The newest immunization available is the HPV vaccination. HPV is one of the most common sexually transmitted infections and can cause cervical cancer.

"Our young female Soldiers are at the age that is being targeted nationally with this vaccination," Coldren pointed out. The vaccination, which is optional, protects against HPV 6, 11, 16 and 18. HPV 16 and 18 have been found to cause 70 percent of cervical cancer, and HPV 6 and 11 cause 90 percent of genital warts.

"Developing a vaccine for one of the most common sexually transmitted infections is a real breakthrough," according to Col. Michael Custer, a public health nurse who heads CHPPM's Directorate of Health Promotion and Wellness. Custer said the vaccine can greatly reduce the risk of female Soldiers developing cervical cancer and other reproductive disorders throughout their lives.

"The Department of Defense and Army continually strive to do everything we can to protect our military from diseases at home and abroad," Coldren added.

Soldiers and civilians should do the same by keeping their vaccinations and boosters up to date. Immunizations protect more than Soldiers; they help protect our way of life and mission readiness, which makes vaccines one of the most cost-effective and successful public health strategies for the Army.

DeCA: 17 make the cut

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"I find these items to be an outstanding choice as we are all looking at ways to protect our planet," said Campbell.

The revolutionary and sought after product Body Mint, distributed by Pet Mint, will soon be available at commissaries as well.

Body Mint pills are made from an all-natural ingredients with a unique formula to remedy body odors from multiple sources, including bad breath, underarm, perspiration. The product was first introduced to Soldiers overseas and the demand was overwhelming, according to sales representative Rona Yim.

"Soldiers are always in close quarters and on the go," said Yim. "This product works from the inside out and can help reduce some of the stress of worrying about personal hygiene."

Other items from new companies included pure noni juice from Noni Connection; Jade Food's crack seed snacks; Kona-flavored coffee from Classic Sales; and coffee- and chocolate-covered coffee beans from Aikane Plantation Coffee Co.