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Ashe bids aloha



Story and Photos by
Sgt. Stephanie L. Carl
17th Public Affairs Detachment

A strong link in the 25th Infantry Division (Light) and U.S. Army Hawaii chain of responsibility received a fond farewell Monday as he prepares to leave the division. Command Sgt. Maj. Franklin G.

Ashe bid adieu to Tropic Lightning Soldiers and leaders during his flying V ceremony at Sills Field. Ashe has worn the tarot leaf patch of the 25th ID (L) for five years, serving as the command sergeant major of 1st Battalion, 27th Infantry Regiment and 2nd Brigade Combat Team. He became the division's top enlisted soldier on Oct. 4, 2002. In

March of 2004, Ashe deployed with the division headquarters to Afghanistan, where he served as the Combined Joint Task Force 76 command sergeant major. Each of these roles left him in a position to set the example for young Soldiers and other leaders alike. "You're leaving behind a superb legacy here that will enable us to

accomplish our next mission, and I know your standards have set the example for me of what I'm going to look for in my next command sergeant major," said Maj. Gen. Benjamin R. Mixon, 25th ID (L) commander. And while Ashe has left behind a

See "Ashe," page A-5

Changes of command

Leadership changed hands at the Pohakuloa Training Area on the Big Island of Hawaii, and at the 125th Finance Battalion, Schofield Barracks. A-4

OPMD briefs

Officers can schedule interviews with the Officer Personnel Management Directorate next week, and noncommissioned officers, as well, can learn the latest from Army Human Resource Command. A-6



Kolekole Pass

After more than a three-year closure, Kolekole Pass has reopened to military ID card holders; however, several restrictions apply when navigating the scenic area. A-10



Tropical Cruise

Military ticket offices are the place to go for discounts and information about recreational activities like the Tropical Ocean Fun Cruise aboard the Starlet vessel. B-1



Basketball

The Schofield Barracks Men's Varsity Basketball Team is going head to head in full-court scrimmages, in preparation for the season tackling local teams and colleges on the island of Oahu. B-5



Spc. Juan Jimenez

Members of the 39th Military Police Special Reaction Team storm into a room to seize and destroy any threat to them or their mission.

Training the Army's S.W.A.T.

SRT takes it 'up a notch'

Sgt. Sean Kimmons
Editor

Members of the 39th Military Police Detachment Special Reaction Team lined one of the walls of a stone building as they prepared to clear enemy forces from each of its rooms at the Military Operations in Urban Terrain site on Schofield Barracks, last week.

Rapidly, the members maneuvered inside the building with weapons aimed and ready to fire. The team then broke up into smaller groups and carefully entered a series of rooms to engage electronic targets with simulation bullets that are similar to paintball rounds. "Room cleared!" and "Enemy down!" were shouted from members of the team, which then

informed other teammates on the status of the mission.

Within a few moments the mission was completed. The SRT team, comprised of Soldiers from the 39th Military Police Detachment, then received an after-action review from a Mobile Training Team instructor.

See "Scenario," page A-3

Hawaii Guardsmen is killed in Iraq

Compiled by Capt. Juanita Chang
Public Affairs Office,
25th ID (L), and USARHAW

Sgt. Deyson Ken Cariaga, 20, a member of the 229th Military Intelligence Company of the 29th Brigade Combat Team, was killed when an improvised explosive device detonated near his vehicle during a patrol near Balad, Iraq. Cariaga, a Honolulu native with the Hawaii Army National Guard, was the driver of a Humvee in a patrol that was returning to Logistics Support Area Anaconda when the incident occurred.

"Deyson was a good Soldier and a wonderful son and brother," his family said in a statement. "We are very proud of him and his service to his country," they said.

Cariaga, who was posthumously promoted to the rank of Sergeant from Specialist, had been a member of the Hawaii Army National Guard for three years. He graduated from Roosevelt High School and was known as "Dice" to his platoon mates. He was "a superb Soldier," said



Cariaga

Capt. Michael Desmond, Cariaga's company commander. "He always excelled in every mission that was asked of him," said Desmond.

"We know that Deyson touched many lives and was contributing to an important mission," the family said in their statement.

Cariaga was well known for his love of surfing, his outgoing personality, and his infectious smile. He is survived by his mother, Theresa F. Inouye, and an older brother, Lance.

Housing soon to erect new community in the AMR area

Ann Wharton
Communications Director,
Army Hawaii Family Housing

ALIAMANU MILITARY RESERVATION — Heavy equipment is being lined up and old walls will be coming down, at Aliamanu Military Reservation (AMR) as Army Hawaii Family Housing (AHFH) ushers in the start of its new communities with the demolition of homes that have outlived their service.

Construction kick-off ceremonies are slated to begin here at 9 a.m. Monday, where service members and their families can join senior Army and civilian leaders as they watch a massive excavator make quick work of one of AMR's 12-plex units.

"We have been looking forward to this event for nearly a year," said Harry Jackson, vice president and asset manager for AHFH. "Our military partners and our partners in Hawaii's business community are proud to be a part of this national initiative to provide quality living communities for our military families."

Two hundred new homes and a 7,500-square foot community center at AMR will be completed by March 2008, and a total of 1,525 new homes will be completed by 2013. Demolition of 24, 12-plex units will be completed by the end of 2005.

Central air-conditioning, fenced yards and storage space are features that will be found in each home. Residents will also enjoy amenities such as tot lots, picnic areas and basketball courts as the project nears completion.

Homes will have no less than three bedrooms and will be no smaller than 1,620-square feet. Home size will be commensurate with family size and rank.

Every new home will be constructed with adequate storage space, a garage, a fenced back yard and central air conditioning, and designed for modern-day living with tech centers and open living areas.

Soldiers and family members were given the opportunity to provide input into the home design and many of the suggestions were incorporated into the final design plans.

AHFH sought feedback from Soldiers and their families on home and community design, and many of their suggestions can be seen in the final plans.

The AMR community project is one of several projects AHFH is developing. Over the next 10 years, more than 7,500 homes will be constructed throughout Army Hawaii. New and renovated community centers will be centrally located in each community to serve the needs of residents.

For more information on this and other AHFH projects, log on to www.armyhawaii-hf.com.

DID YOU KNOW?

Within the first 10 years of the Initial Development Period, Army Hawaii Family Housing will boast 5,388 new homes, 2,120 non-historic renovated homes and 386 historic renovated homes. Nine new community centers and one renovated community center will be constructed within the first 10 years, and every community will enjoy generous amenities.



Maj. Gen. Benjamin R. Mixon

Lightning Six sends

The Tropic Lightning commanding general speaks to the 25th Infantry Division (Light) and U.S. Army, Hawaii, Soldiers and civilians, and the community

Maj. Gen. Benjamin R. Mixon
*Commanding General
 25th Infantry Division (Light), and
 U.S. Army, Hawaii*

To the Soldiers and families of the 25th Infantry Division (Light) and U.S. Army Hawaii, it is my pleasure and honor to serve you as the commander of the Tropic Lightning Division and U.S. Army Hawaii.

This is a tremendous division that is firmly grounded in

history and a rich tradition of proud service to our Nation. We now embark together to continue this legacy.

Over the next several weeks, it is my desire to meet with our unit leaders, installation staff, and local community and state officials. Your input is important to ensure an understanding of the roles and missions each will play in the future.

We have a great community to live in and work in;

therefore, we will continue to build relationships to foster a positive community climate.

The 25th ID (L) and USARHAW is transforming over the next several years. These are exciting and dynamic times in the course of history for our Army as well as our Joint Force partners here in the Pacific. We have the opportunity to set the standard and embrace the challenges that lie ahead.

As we transform, we will continue to ensure that quality of life standards meet the needs of our Soldiers and family members

Thank you for all you have done for the Army and our great country. The warm welcome that my family received has been wonderful. We have experienced the true spirit of ohana.

My wife, Rhonda, joins me to serve you proudly and with distinction.

COLA survey seeks answers from military

U.S. Pacific Command
 News Release

CAMP H.M. SMITH — U.S. Pacific Command (USPACOM) is encouraging all uniformed service members stationed in the state of Hawaii to participate in a Cost of Living Allowance (COLA). Living Pattern Survey to help determine upcoming COLA rates.

The Living Pattern survey, which is conducted once every three years as required by the Department of Defense, is available online from August through September 2005 at <http://www.perdiem.osd.mil/oscola/lps/hawaii>.

COLA is an allowance paid to service members stationed in high-cost

areas overseas. Its purpose is to compensate members for differences in the cost of living between the continental United States (CONUS) and their assigned location outside of CONUS.

The Living Pattern survey seeks information on where service members shop and dine and how much they buy from military exchanges and commissaries.

"The last COLA survey conducted in Hawaii was in 2003; 11,072 uniform service members responded out of the nearly 45,000 eligible personnel stationed here," said Eddie Fowler, a personnel policy officer with USPACOM's Manpower, Personnel and Administration Directorate. "It's in every serv-

ice members' interest to complete the survey to ensure the results accurately reflect the cost of living here in Hawaii."

The Manpower, Personnel, and Administration office of USPACOM is the lead activity for the survey.

Extensive service component, Coast Guard, U.S. Public Health Service and N.O.A.A support is needed to ensure that the survey results are accurate.

"All uniformed service personnel in Hawaii are highly encouraged to participate," said Fowler. "The Living Pattern Survey data will affect military COLA rates one way or the other. The most important thing is that people participate."

War Memorial project slowly inches upward

The 25th Infantry Division Association, a 56-year-old nonprofit veterans organization, is the prime sponsor of the 25th Infantry Division War Memorial, adjacent Fernandez Hall at Schofield Barracks.

To date, the Association has raised more than \$80,000 of \$450,000 toward the cost of the memorial.

Contributions are accepted from the community at large at 25th Infantry Division Association, P.O. Box 7, Flourtown, PA 19031-0007.



HAWAII ARMY REPORT
 COMPPELLING STORIES OF SOLDIERS & FAMILIES
Their accomplishments, sacrifices, and joys

DAILY ON HACN TV2 @ 8AM, NOON, AND 6PM AND THE PENTAGON CHANNEL (CH.120) SAT. @ 4 AM & PM AND SUN. 9:30 AM & PM

Digital Collage by James Esteban

Feature presentation

To stay current on news and events concerning the 25th Infantry Division (Light) and U.S. Army, Hawaii, be sure to tune in to the Hawaii Army Cable Network, TV-2, for the Hawaii Army Report, a biweekly television newscast covering the Army team in Hawaii. The show not only airs on HACN TV-2, but also the national Pentagon Channel and Hawaii's OIelo — public access Channel 54, Saturday at 4 and 5:46 p.m. The HAR is produced by the 25th ID (L) and USARHAW Public Affairs Office and TV-2. See page B-2 for the rest of this week's TV-2 lineup.

Voices of Lightning: Do you think the current COLA rate covers Hawaii expenses?



"It's not enough because they give us COLA and then they take it back with the meal deductions."

Spc. Jesse Porter
 Co. B, 125th MI
 Signal Intel Operator



"For the married Soldier, yes, but for the single Soldier it is not. Hawaii is too expensive."

Staff Sgt. Talofa Mapu
 45th Support Corps Group
 CSSAMO



"Yes, I think it's enough because they give you enough for each dependent."

Shireen Santiago
 Family Member



"Yes COLA is enough; my Soldiers and I haven't had a financial problem."

Sgt. Daniel Sigmon
 HHC, 3rd Bde
 Team Leader



"With all the deductions, at the end, COLA is not enough."

Pfc. Paul Conley
 Charlie Btry., 2-11 FA
 Cannon Crewmember

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Spc. John Paul (left) and Pfc. Kristopher Scott (center) secure the rear of a formation for their team leader as they go through safety checks at the Military Operations in Urban Terrain site on Schofield Barracks, Hawaii.



Spc. Juan Jimenez

Scenario

From A-1

In addition to the 39th MP Det., SRT members from Oahu's Department of the Army Police, as well as Alaska and Japan, participated in the MTT advanced training that concluded today.

"We're giving them more tools for their toolbox," said Sgt. 1st Class Scott Hilgenberg, senior military SRT instructor with the MTT.

"A lot of the MPs who come out of [initial] training get basic MOUT training. We are showing them additional ways to enter and clear rooms, [because] the days of throwing in a frag grenade and spraying and praying are over — it's precision."

SRT teams are the installation commander's final force option that responds to special threat situations, similar to Special Weapons and Tactics (SWAT) teams.

Hilgenberg and his team of MTT instructors traveled from the Law Enforcement Command at Fort Leonard Wood, Mo., to conduct two weeks of in-house training on law enforcement techniques with SRT members from the U.S. Army, Pacific region.

The first week of training covered movement techniques; building entry

and clearing; two-man, three-man entry teams; M9 pistol and M4 rifle marksmanship; how to properly plan for a mission; and how to execute a mission.

As part of the training, SRT teams

“Once upon a time, the SRT was all about knuckle dragging and just busting down doors. It's a thinking man's game now”

— Sgt. 1st Class Scott Hilgenberg

were put into different scenarios, so the MTT instructors could evaluate them on problem solving. One of those scenarios involved a sniper who couldn't speak English.

"Once upon a time, the SRT was all about knuckle dragging and just busting down doors. It's a thinking man's game now," Hilgenberg said.

The second week of training was the marksman observer course. SRT mem-

bers received hands-on training following one day of classroom instruction, and qualified on the M4 rifle and M24 sniper rifle during the course.

"It is one of the toughest courses we have. We average a 50-percent drop-out rate by day three," Hilgenberg said.

Pfc. Kristopher Scott, an MP with 39th MP Det., participated in the training and said it has helped his team become more prepared.

"At any given moment, we can come up on something," Scott said. He also said that the training could be valuable in a war zone.

"A lot of this stuff, Soldiers are doing overseas, so this slot of training can also help on a deployment," he said.

MTT instructors train SRT members from the USARPAC region on a yearly basis, to keep their skills honed. Hilgenberg thinks this training is vital, since almost anything can happen on installations or on the battlefield nowadays.

"With today's world and the actions of terrorists as well as criminals, it's important for us to have a team that's ready and trained to resolve those situations," he said.

"Once a SRT team goes in, the bad guy is coming out. Whether he is walking or being carried is up to him," he added.

Course prepares Soldiers for PLDC

Spc. Juan Jimenez
Staff Writer

A team of noncommissioned officers is making an effort to improve future enlisted leaders of U.S. Army, Hawaii, and the 25th Infantry Division (Light), by targeting basic skills of Soldiering and leadership in a weeklong course called the Junior Leader Preparatory Course.

The main purpose of JLPC is to get future NCOs more experience before attending the 15-day Primary Leadership Development Course. JLPC reinforces skills that leaders may have overlooked or forgotten to emphasize.

"A lot of the times, Soldiers had squad leaders who used to really take the time to teach their Soldiers about the basic skills such as land navigation, map reading, and drill and ceremony. But now they don't," said Staff Sgt. Andre Bess, the lead instructor of JLPC. "So that's why we have taken all these different tasks and started this course," Bess continued. "We want to help any Soldier that wants to get ahead, so PLDC won't be a surprise to them."

JLPC includes a combination of both classroom and outdoor instruction. The first two days consist of drill and ceremonies. This block of instruction refreshes Soldiers' memory on how to march a squad-size formation.

The days following drill and ceremonies, Soldiers brush up on training the force, the NCO creed and

map reading, which are vital tasks Soldiers must perform to get their chevrons. After that, the junior leaders go into the field for land navigation.

Sgt. Shasta Benavente and Sgt. Hector Jasso, both medics with Company C, 725th Main Support Battalion, attended the most recent course. They said that they benefited from the training.

"For me, this course has refreshed my mind in bringing back some skills like drill and ceremonies, and land navigation because as a medic we don't do these tasks every day," Benavente said.

"Everyday is a learning experience, and this course is giving us the tools to better ourselves," Jasso added.

Sgt. Cameron Neal, an instructor of JLPC, has been with the course since the beginning. He believes that the course properly prepares Soldiers before entering the NCO Academy.

"Everything we teach these Soldiers here will cover a lot of the challenges they will have to face at PLDC," Neal said.

Bess and his team of instructors have taught JLPC for seven cycles. The past six cycles produced one distinguished honor graduate, six on the commandant's list, 19 academic excellence awardees and five physical fitness excellence awardees.

To register for JLPC or for more information on the course, contact Staff Sgt. Andre Bess at 655-8238 or 368-5686.

Pohakuloa Training Area gains new commander

Story and Photos by Bob McElroy
Public Affairs Officer,
Pohakuloa Training Area

POHAKULOA TRAINING AREA, Hawaii — Under a brilliant blue sky and with strong winds blowing, Lt. Col. Fred S. Clarke relinquished command of the Pohakuloa Base Support Battalion to Lt. Col. Kimberly A. Rapacz, July 8.

U.S. Army Garrison Hawaii commander Col. Howard J. Killian presided over the ceremony, and Sgt. Maj. Rogelio A. Davidson of the Oahu Base Support Battalion assisted in the passing of the colors. Afterwards, Killian addressed the more than 200 family, friends, veterans and community leaders who attended the ceremony.

Killian praised Clarke for his accomplishments as PTA commander, especially his commitment to providing a top-flight training center for military units preparing for combat. Killian also lauded



Rapacz



Clarke

Clarke's commitment to community relations.

Under Clarke's command, PTA sent Soldiers to support public schools and community events such as the annual Parker Ranch Fourth of July Rodeo, Memorial Day ceremonies and outreach to Big Island veterans groups.

Killian also cited Clarke's support to the PTA Cultural Advisory Committee (CAC) and the Mauna Kea Neighbors group.

The CAC is composed of Big Island community leaders and Kupunas who provide advice and counsel to the PTA commander on Native Hawaiian matters and community concerns. Under Clarke, the

mission of the CAC shifted its focus more to Native Hawaiian concerns at PTA.

The Mauna Kea Neighbors Group is a collection of Big Island community leaders who meet regularly to discuss and address issues related to the Saddle Region that impacts them all. Clarke was instrumental in forming the group during his command.

Clarke assumed command on July 10, 2003, and Killian praised him for doing "a magnificent job as PTA commander."

Killian also lavished praise on Clarke's wife, Veronique, for her dedication to Soldiers and their families. He said she had played an instrumental role in helping people transition here and improved the quality of life for the military.

Clarke's remarks were punctuated with bits of humor and serious moments.

"You don't have to turn off your cell phones," Clarke quipped, "they don't work here."

Explaining that he is a native

Puerto Rican, Clarke assured the crowd that he did not bring the Coqui frog to the Big Island. The quarter-sized frogs are an invasive species that has proliferated here and is noted for the high level of noise it produces.

Turning serious, Clarke said that he felt his most important responsibility as PTA commander was taking care of the environment at PTA while providing the best training opportunities for units using the facility.

"I believe in my heart that we can have the finest force in the world and protect the environment here," Clarke stressed.

During remarks, the strong, steady wind blew several pages of Clarke's speech off of the lectern and his 5-year-old daughter, Savannah, raced around to collect the pages. When she'd recovered them all, she presented them to Killian, and everyone was amused.

Clarke concluded with special praise for the people who work at

PTA. "I'll never forget the PTA staff, he said. You performed your duties with commitment and compassion, he emphasized.

Rapacz provided closing remarks, thanking Killian for the opportunity to command PTA and stating, "It is a great privilege to command here." She emphasized, as well, that PTA has a most important mission, and that she will maintain a commitment to it.

Rapacz said that commanding PTA and living on the Big Island was a sort of homecoming for her: Her mother was born here, and she still has family in the Hilo area.

"I'm glad my kids will be able to play with their cousins," she said. "I look forward to working with the PTA team."

Rapacz' last assignment was with Special Operations Command Pacific at Camp H.M. Smith on Oahu. Clarke's next assignment is as the joint planning officer at U.S. Army Europe in Heidelberg, Germany.

Traditions rule the change of command

Capt. Kevin A. McQueary
HHC, 25th ID(L)

An integral portion of any change of command ceremony is the traditional "passing of the guidon." This action symbolizes the change of command from the outgoing commander to the incoming commander.

In the 18th and 19th centuries, the guidon was a rallying point for Soldiers on the field during the confusion of battle. Today, the guidon represents the tradition, character and esprit de corps of the unit and its Soldiers.

In a battalion ceremony, the command sergeant major, as the senior enlisted Soldier, will take the guidon from the bearer and pass it to the outgoing battalion commander. This action symbolizes the trust and confidence the men of the unit place in their commander.

The outgoing battalion commander passes the guidon to the assistant division commander, symbolically relinquishing his responsibility for the command to the next higher headquarters.

The assistant division commander

passes the guidon to the new battalion commander, charging him with responsibility for the unit and its Soldiers.

The new battalion commander returns the guidon to the command sergeant major, thus accepting responsibility for the battalion, and the trust that the noncommissioned officers and enlisted Soldiers of the unit place in their commander — a significant trust that cannot be broken if the unit is to bear the trials of combat which challenge the greatest of Soldiers.



Photos by Spc. Juan Jimenez

Col. Stanley Q. Tunstall (right), 45th Corps Support Group commander, passes the guidon to Lt. Col. Roosevelt Corpene, incoming 125th Finance Battalion commander, during the change of command ceremony.



Lt. Col. Roosevelt Corpene (left), incoming commander, Maj. Paul J. Bristol (center) and Lt. Col. Domenico Rossi, outgoing commander, inspect the troops at the 125th Finance Battalion change of command, Monday.



Command Sgt. Maj. Jerry L. Taylor (left), acting 25th ID (L) command sergeant major, shares thoughts with Ashe following his Flying V ceremony Monday.

Ashe

From A-1

superb example, he knows it is time to move on.

"There comes a time when every Soldier is no longer seeking more responsibility or new, exciting opportunities," said Ashe. "I've enjoyed my time here, but now I'm looking forward to a different challenge."

This challenge will come in leading a new group of Soldiers as he assumes responsibility of Third Army. But nothing will take away the motivation he has provided to all throughout the division.

"You're a Soldier's Soldier," said Mixon. "Your energy and dynamic way of doing things is infectious and inspires all of us."

Though Ashe has served as an inspiration to many, his own inspiration has come from within the division.

"It's the Tropic Lightning pride, the team attitude and commitment that have inspired me," he said.

His other inspiration



Command Sgt. Maj. Franklin Ashe, salutes the U.S. flag during the playing of honors Monday's Flying V ceremony to farewell Ashe, held at Sills Field, Schofield Barracks.

came from his family, a group of people he said he never forgets to thank.

"You're the center of my universe," he said fondly. "Like all military families, you give so much more than you get back."

Now, Ashe and his wife Sabine, as well as their two children, Darby and Lewis, will move to Fort McPherson, Ga., knowing that he will probably again find himself in the desert sands of the Middle East soon.

Ashe will take with him to Third Army and forward-deployed Soldiers the experience of a professional Soldier that has meant a lot to those who serve with him. He will take with him the lesson that he is leaving with many in the 25th ID (L).

"To be a good leader, you have to have sincerity," he said. "Soldiers pick up on that. If you really care, it shows; and if you don't ... well, that shows too."

News Briefs

Power Outage — Dick Pacific Construction has scheduled a power outage on Saturday, from 7:30 a.m. until 4 p.m. in Schofield Barrack Family Housing units, at the AAFES Shoppette and Gas Station (Building 1167), and at selected military facilities. For more details, contact Roxanne Birch at 624-2003 or Lindy Kunishima at 624-4108.

The power outage is needed to remove overhead electrical lines.

Town Hall Meeting — The Army community is invited to attend the next quarterly Town Hall Meeting at Sergeant Smith Theater, Tuesday from 6:30 to 7:30 p.m. For more information, contact Mrs. Ballie at the Oahu Base Support Battalion at 655-8978.

Newcomers Orientation — Every other Tuesday, the Fort Shafter Army Community Service will host its Newcomers Orientation Tour for Soldiers and family members transitioning to the island of Oahu. Also, an island tour has been designed to familiarize all newly assigned personnel. The tour will orient newcomers to the Hawaiian culture, customs, language, surrounding communities, Hale Koa Hotel and various points of interest on the island. Registration is required and seating is limited. Call ACS Fort Shafter at 438-9285 for registration or questions.

Human Resource Command Visit — HRC is sending a team of representatives to Schofield Barracks

to conduct both officer and noncommissioned officer professional development sessions, Wednesday and Thursday. Individual sessions are on a first-come, first-served basis, and will be scheduled in 15-minute blocks per interviewee. See the chart on page A-6 for more details.

McNair Gate — McNair Gate, Schofield Barracks, will be closed from July 28 to 30 from 9 a.m. until 3:30 p.m. in order to revise the traffic pattern in the McNair Gate area.

Military COLA Survey — All military personnel in the state of Hawaii are encouraged to complete a military Cost of Living Allowance (COLA) survey sponsored by U.S. Pacific Command during the months of August and September 2005 via the Internet. Accuracy in completing the survey is critical to the COLA determination process.

Participate at <http://www.perdiem.osd.mil/oscola/lps/hawaii>. Call Eddie Fowler at 477-1396 for more information.

Annual Antiterrorism Exercise — U.S. Army Garrison, Hawaii, and the 25th ID (L) will conduct annual antiterrorism exercises from Aug. 8 through 19. The Antiterrorism Office and USARHAW are endeavoring to create an exercise that will have minimal impact on local communities. Address concerns or questions with Robert Marsh at 655-5212.

"Women's Equality Day" — This year, the 500th Military Intelligence Brigade is hosting Schofield Barracks' Women's

Equality Day Celebration on Aug. 27 at 7 a.m. at Stoneman Field. Learn more about women's suffrage by running, walking, visiting information vendors or listening to the guest speaker. For more information, call Sgt 1st Class Karen Vickers, the 500th MI Brigade equal opportunity adviser, at 263-5151.

Kolekole Road — The Kolekole Pass Road is open from 5:30 a.m. to 5:30 p.m., seven days a week, to active duty and retired military regardless of branch of service, and military family members, DoD civilians and contract employees possessing a valid common access card.

Personal vehicles and motorcycles will be allowed admittance in a nonofficial capacity and must be under the two-ton limit.

No bicycles, mopeds, scooters, joggers or pedestrians will be allowed. Violators will be cited.

Operation Tribute to Freedom — The Operation Tribute to Freedom (OTF) Web site is a Department of the Army program designed to honor Soldiers, especially those returning from Operations Iraqi Freedom, Operation Enduring Freedom and Operation Noble Eagle.

OTF identifies opportunities that give the American public a chance to salute the individual Soldier and to better understand his or her military experience.

The Web site provides a weekly listing of feature story and recognition opportunities for Soldiers and members of the Army family. To be added to the distribution list, send e-mail with "Subscribe" in the subject line to <http://www.army.mil/otf>.

HRC addresses issues next week

1st Lt. Lindsey Dane
Contributing Writer

Officers and noncommissioned officers should attend briefings with branch representatives from the Army Human Resource Command (HRC), Wednesday and Thursday of next week.

HRC is sending a team of representatives to Schofield Barracks to conduct both officer and NCO professional development sessions. These briefings are the perfect opportunity for officers and NCOs — as well as some military occupational specialty

series of warrant officers — to meet with specific branch representatives. There will also be branch-specific briefings at various locations. In addition to the Officer Personnel Management Directorate (OPMD) session, officers will have the opportunity to schedule interview sessions.

Individual sessions will be conducted on a first-come, first-served basis. Each interview must be coordinated through the branch's coordinating officer (listed in the accompanying chart).

Key sessions include:

July 20

- 9 to 10:30 a.m., OPMD officer professional development briefing in Sgt. Smith Theater
- 11 a.m. to noon, branch-specific briefings
- 1 to 6 p.m., officer individual interviews in 15-minute blocks

July 21

- 9 to 10:30 a.m., NCO professional development briefing at Sgt. Smith Theater
- 9 a.m. to 6 p.m., officer individual interviews in 15-minute blocks

Branch	Coordination Officer	Unit	Phone #	Interview Loc.	Branch Brief Loc.
AVN	CPT Tim McGrew	AVN BDE	656-1114	BDE HQ Bldg 100 2nd FL	WAAF Chapel
AR	CPT Tim McGrew	AVN BDE	656-1114	3-4 CAV Conf Rm, Bldg 190	Same
MR, CM	CPT Eric Choy (CM)	DIV CHEM	655-5320	Bldg T2027 Div Chem	Bldg T2027 Div Chem
IN, SF	1LT Tyler Duncan (MP)	25MP BDE	655-5513	BDE Conf Rm	Bldg 2004 Rm201
IN, SF	CPT Evers Easterling	3IBCT	655-9715	Bldg 549 Conf Rm	SSG Smith Theater
IN, SF	MAJ Ardelle Evans	5SBCT	655-8134	Bldg 500 Conf Rm	SSG Smith Theater
SC	1LT Michelle McCarthy	125 SIG BN	226-8892	125 Sig BN Day Rm	HMR Chapel
MI	MAJ Bob Peters	125 MI BN	655-8858	Bldg 580, 3rd Fl, Rm G2	Small Post Conf Rm
FA, ADA	CPT Adrian Hughley	25 DIVARTY	655-2728	I Quad, Bldg 845	DIVARTY Theater
EN	CPT Brian Yanoski	65 EN BN	655-2885	65th Eng Conf Rm	65th EnG Conf Rm
OD	CPT Reginald Eubanks	45th CSG	655-8564	17th CSB Class Rm, K Quad	Same
TC	CPT Reginald Eubanks	45th CSG	655-8564	17th CSB Class Rm, K Quad	Same
QM	1LT Richard Viola	DISCOM	655-9041	DISCOM 3 FI Conf Rm	17th CSB Cl Rm, KQUAD
MS	1LT Kellie Knight	DISCOM	655-0322	DMOC Cl Rm, Bldg 839	F QD Rm 201
AG, FI	1LT Lindsey Dane	G1	655-8836	Bldg 580 Rm 303	PSB Conf Rm, Trailer 7
153DWO's	CPT Tim McGrew	AVN BDE	656-1114	BDE HQ Bldg 100, 2nd Fl	WAAF Chapel
152DWO's	CPT Tim McGrew	AVN BDE	656-1114	BDE HQ Bldg 100, 2nd Fl	WAAF Chapel
25/42 WO's	1LT Lindsey Dane (42s)	G1	655-8836	125 SIG BN Day Rm	
	1LT Michelle McCarthy	125 SIG BN	226-8892	125 SIG BN Day Rm	
FA	CPT Adrian Hughley	25 DIVARTY	655-2728	Bldg 682 CDR's Office	DIVARTY Theater

E-Learning promotes transformation

Army News Service
News Release

Working eight hours a day, five days a week, would be a luxury for most Department of the Army employees. For example, Fort Gordon's Staff Sgt. Jasonica Crawford attests to the long hours worked by Army personnel.

"My day starts at 4 a.m., I'm at work by 4:45 a.m. and I don't get off sometimes until 6 p.m.," she explained.

The Army workforce's workload is demanding; yet, the branch needs its personnel to demonstrate the dedication shown by Crawford in order to successfully accomplish mission.

Dedication alone, however, won't prepare the Army for the future. Training and education play a critical role in arming Army personnel with the professional and personal knowledge to succeed in the wars of today and tomorrow, as well as in their careers and personal life.

Until recently, the question that Army commanders and personnel faced was not whether training was important, but rather, "when can we fit it in?"

What's Army e-Learning?

In order to answer the question, the Army created Army e-Learning, the latest component of the Distributed Learning System. Army e-Learning offers every active duty Soldier, Army Reservist, ROTC cadet and Department of Army civilian employee free access to more than 2,000 commercial Web-based information technology, business, leadership and personal development courses from anywhere with an Internet connection.

The Army wants to invest in continuing its employees' professional development, and by providing online courses, Army personnel can continue their education and training from their current location within their existing schedule.

Crawford lives the Army cliché: "We do more before 9 a.m. than most people do all day." As an instructor at the Army's Basic Non-Commissioned Officers Academy in Fort Gordon, Ga., ironically,

while she's responsible for helping extend training to students, her demanding schedule made personal education difficult.

Army e-Learning changed that.

"Army e-Learning is helping me reach my professional and personal goals," she explained. "When I have time, I sit down and take a course through Army e-Learning; it's very easy.

"Some courses are voice synchronous and walk you through the lessons, others you read at your own pace. I've learned a lot from Army e-Learning on topics as diverse as business, information technology, human resources and information assurance."

The Army is actively promoting Army e-Learning for personal and professional use. In fact, just more than a year ago, the Army's CIO/G6 sent a directive instructing all Army organizations and major commands to use Army e-Learning to satisfy workforce information technology (IT) requirements.

"To date, more than 213,000 users have accessed Army e-Learning, and the numbers continue to rise at a rate of 300 to 500 new users each week," said Stan Davis, project officer for Army e-Learning. "Army e-Learning provides one stop shopping for IT training using the most up-to-date commercial applications industry has to offer."

Davis added, "An Army Audit Agency report dated 25 February 2005 determined that over the last three fiscal years, the Army has saved approximately \$86 million.

"In FY 04, Army soldiers and civilians completed over 159,000 courses, resulting in an estimated savings of \$47.6 million dollars. Assuming a constant rate of savings over the next three years, the Army would save an additional \$142 million."

The Army's aggressive approach to training its workforce is unprecedented. Army e-Learning benefits include enlisted personnel earning promotion points; access to training and personal mentoring for more than 40 certification preparation programs such as MCSE, A+, CISSP, Cisco, Oracle and others; con-



Sgt. Sean Kimmons

The Digital Training Facility, which offers a variety of electronic education programs for Soldiers and Department of the Army civilians, is located inside Building 316 on Wheeler Army Air Field.

tinuous learning points for civilian acquisition workforce; and college accreditation for a number of courses.

Providing opportunities through education

Army personnel turn to Army e-Learning for different reasons. Among the many reasons, some need to satisfy an immediate training requirement, others want to increase their likelihood of advancement, and quite frequently, many find their job description fundamentally changing, thereby necessitating training.

That's how Crawford was introduced to Army e-Learning. After hearing her service as a telecommunications operator maintainer would be ending in 2007, meaning she would have to reclassify to another specialty, she faced a choice.

"I could either go through a five-month course that included 17 weeks of formal schooling at Fort Gordon, five days a week in a class all day, or I could go through the lessons on Army e-Learning," she said. "Army e-Learning allows me to set my own pace while achieving the same objective. I preferred the Army e-Learning option. It's much less disruptive."

In addition to being less disruptive, Army e-Learning

provides two critical benefits. First, it helps expedite getting a college degree, and second, it allows the Army workforce to diversify in careers.

While creating Army e-Learning, the Army was careful to ensure that its courses could be accredited by the American Council on

Education. People who take classes through Army e-Learning have been pleasantly surprised to find that many of their courses easily transfer into college credit, helping speed receiving a college degree.

"Before I enrolled in Franklin University, I

informed my college advisor that I was enrolled in Smart Force [now Army e-Learning] and allowed him to review my transcript," Crawford explained. "He told me that many of the classes I'd taken through Army e-Learning would transfer into college credit."

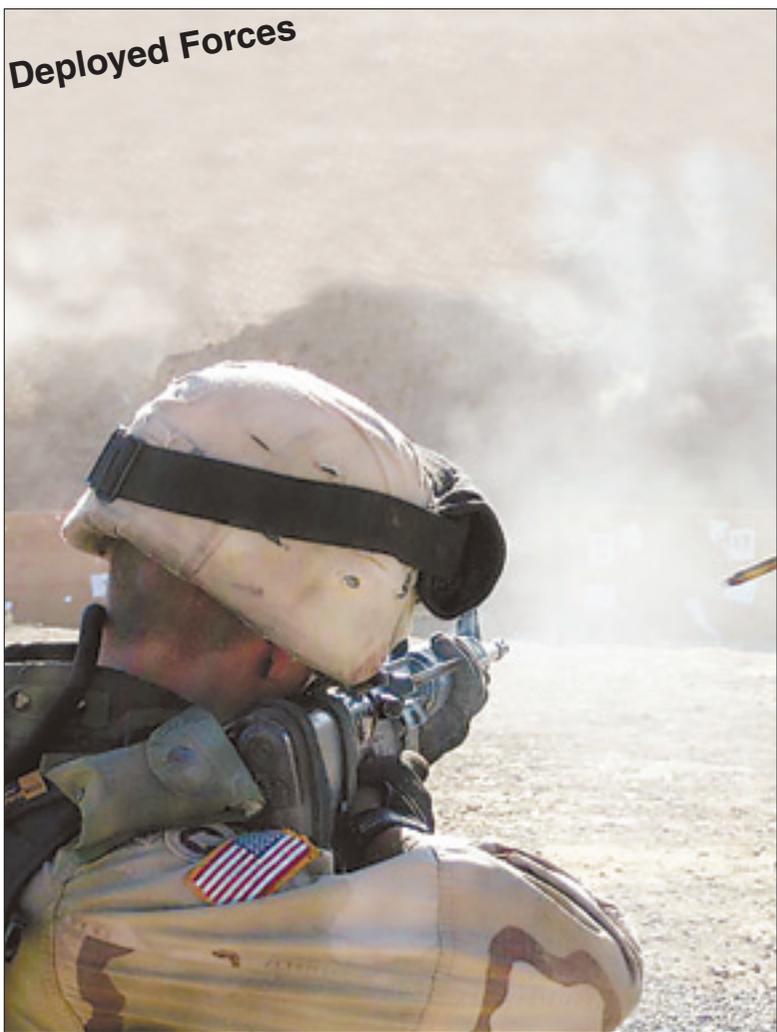
Army e-Learning also provides the opportunity to diversify within a person's career. Before Army e-Learning, Army employees had little opportunity to pursue a different career field or attend courses that weren't currently part of their duty position.

Quotas were usually prioritized based on the individual's current job series and employees weren't given the opportunity to attend training simply to learn something new or for their own personal development.

"Now, thanks to Army e-Learning, individuals can become more knowledgeable in other skill areas by completing training at home or anywhere there's an Internet connection," emphasized Leslie York, IT specialist, Army e-Learning Program.

See "E-Learning," page A-10

Deployed Forces



Courtesy Photo

On target

Spc. Brandon Anderson, a Soldier with the 536th Maintenance Company, 17th Corps Support Battalion, aims and fires his M-16 in the standing position at a range in Iraq.

Schofield Barracks clinic treats stresses of combat

Public Affairs Office
Tripler Army Medical Center

HONOLULU — Most Schofield Barracks Soldiers have returned from Operation Enduring Freedom, Operation Iraqi Freedom and block leave and are now settling back into their regular duties.

Even though being home is something they eagerly anticipated, garrison life can be a difficult adjustment, with a variety of changes compared to the deployment environment.

If you find yourself having difficulty with sleep, having nightmares or flashbacks, being easily startled or bothered by certain noises or smells, having trouble concentrating, being easily angered, always on alert and/or not interested in activities you once enjoyed, or find yourself distant from your loved ones — or any other behavior that you think is out of the ordinary for you — know that you are not alone.

These examples and others can be very normal responses after exposure to high stress situations that overwhelmed your normal coping strategies.

The Soldier Assistance Center (SAC), located in Building 687, the Schofield Barracks Health Clinic, is here to help you learn more effective ways of coping so you can feel better. As well, you can feel free to call and make an appoint-



Margaret Tippy

Sgt. Joyce Miller, noncommissioned officer in charge of the Schofield Barracks Health Clinic Soldier Assistance Center, listens during a counseling session with a Soldier.

ment or get more information at the Soldier and Family Assistance Center's (SAFAC) triage line: 655-6600.

SAFAC is the umbrella

organization for many services available to assist Soldiers and their families.

Staff is ready and available to assist.

Army awards AKO contract

Army News Service
News Release

FORT BELVOIR, Va. — A contract valued at more than \$152 million has been awarded to Lockheed Martin Corporation to manage Army Knowledge Online (AKO), the Army's enterprise Web portal.

Under the agreement, Computer Sciences Corporation and Science Applications International Corporation, or SAIC, are major subcontractors with Lockheed Martin to help manage the AKO portal, logged onto more than a half million times daily by Soldiers, civilians and others with sponsored accounts, G-6 statistics indicate.

This past year, the Army's Chief Information Officer/G-6, Lt. Gen. Steven Boutelle, directed two fundamental business process improvements for AKO.

As of June 1, responsibility for system development and oversight, and day-to-day management of AKO operations, were moved from Network Enterprise Technology Command/9th Army Signal Command to Program Executive Office Enterprise Infor-

mation Systems (PEO EIS). Officials said this move provides a better alignment of personnel and core competencies against missions.

Benefits

A universally secure, single point of entry for official Army business, available 24/7 worldwide, AKO uses the power of single-sign on and authentication capability to connect with systems and services.

For the first time in the Army, AKO brings people, communities, systems and applications together into one place, said Kevin Carroll, program executive officer for PEO EIS.

Second, the new contract gives the Army a single synergistic industry team to work with to optimally evolve and sustain AKO, PEO EIS officials said, adding that procurement also gives the Army a chance to have industry provide ideas on how to best evolve AKO with new capabilities.

Lockheed Martin will provide systems operations and maintenance; network communications, hardware and software integration and 24/7

help desk support for both the unclassified and secure Army networks.

The award is for a base year with six option years and is a performance-based, fixed price, time and materials contract established by the Army Contracting Agency's Information Technology and Electronic Commerce Commercial Contracting Center, known as ITEC4.

Bryon Young, director of ITEC4, said he believes the AKO-ES competition and the resulting award "is an excellent example of the benefits that can be achieved through a performance-based acquisition strategy."

"Combining the great things that AKO has done in the past with the net-centric future that Army modularity will provide, this is a great opportunity for the Army," said Carroll when the contract announcement was made.

Gary Winkler, the Army's AKO user representative in the CIO/G6, said, "We should be very effective and efficient at quickly infusing new capabilities for all Army users, building upon AKO's successes to date."

Reserve award is honoring returning warriors, families

Story and Photo by
Cheryl Boujnida
Army News Service

WASHINGTON — The Army Reserve has taken a new approach to recognition within its ranks by developing the Welcome Home Warrior-Citizen Award, which not only honors Soldiers, but family members and employers too.

Lt. Gen. James R. Helmly, commanding general of the Army Reserve, presented the first awards to 15 Soldiers and their families at the Pentagon's Hall of Heroes July 7. Retired Lt. Col. Orfeo "Chuck" Trombetta Jr., Army Reserve ambassador for Maryland, presented Soldiers with a commemorative coin too.

"This publicly acknowledges those who serve and those who support them," Helmly said. "I salute you. The award provides an appropriate, timely and enduring memento to Soldiers and families while conveying our nation's gratitude for selfless service and sacrifice."

"These Soldiers are the best America has to offer, and they deserve recognition for harkening to that call to duty to our nation," Helmly added.

To be eligible to receive the award, approved by Congress and President George W. Bush in 2004, Soldiers must have served in the Global War on Terror in Operation Iraqi Freedom or Operation Enduring Freedom for 180 days or more.

"Even the president acknowledges the rightness of this award. It is the right thing to do because it reminds Soldiers and families of the call to duty," Helmly said.

Col. Jerry Jorgensen, former deputy director of Army Reserve Communications, said that the award fits into the "call to duty" theme of sustaining public support.

"Whether you're a Soldier, family member or employer, we are all part of the team," Jorgensen said.

Helmly explained the award is not limited to Army Reserve or National Guard Soldiers, and active duty components may opt to award its Soldiers the Welcome Home Warrior-Citizen award in the near future.

Approximately 3,600 Soldiers have been presented the awards since



Lt. Gen. James R. Helmly, commanding general of the Army Reserve, addresses Welcome Home Warrior-Citizen Award ceremony attendees, before presenting the new award to 15 Soldiers and families. Command Sgt. Maj. Michele Jones of the Army Reserve assisted with the presentation.

February. By the end of September, the Army Reserve expects to honor 70,000 Soldiers with the award, which includes an encased American flag; a specially designed commemorative coin; a lapel pin set for the Soldier, spouse and employer; and a Welcome Home Warrior Citizen flag.

"This award represents something deeper than a Soldiers' rank or pay. Soldiering is more than a job, it's a commitment," Helmly emphasized.

"As a Soldier, I am honored to receive this award, and I'm really excited for my family because I know they deserve it," said Sgt. 1st Class Judith Quiroz who received the award. "I chose to be a Soldier, and I love what I do, but they are my family and in a way they serve too."

Quiroz, who spent eight years in the Army, and has five years as an active Reserve Soldier under the Army Guard Reserve Program, relies on her husband.

"I'm thankful everyday for all that he does for our two children Juan Jr. and Josephine, and I know I could not be a Soldier without him," she said. "I need my family's support and I know the value of it."

Next Defense Review to match strategy and mission capability

Jim Garamone
American Forces
Press Service

WASHINGTON — The Quadrennial Defense Review, due to Congress in February, is a long-term look to ensure DoD has the tools needed to do the missions of the future, a senior DoD policy official said.

Douglas Feith, undersecretary of defense for policy, said the review will take its cues from the National Defense Strategy released in March.

"The Defense Strategy stresses the importance of strategic uncertainty," Feith said in an interview. "It tells everyone in the department, 'Don't pretend that you can predict the future.'"

When he entered office more than four years ago, the hottest topic was ballistic missile defense. No one could have predicted the threat that turned into the attacks of Sept. 11, 2001.

"We have to understand that the world is going to present us with challenges that we're not going to precisely identify in advance," he said. "That doesn't mean that you can't plan. You have to plan to be surprised."

Given an uncertain future, the United States must build a force that is flexible, fast and can counter many different threats, he said.

A spectrum of challenges faces America and its allies,



Feith

Feith said. Some are conventional challenges from n a t i o n states; others focus on the terrorist threats. Still others deal

with responses to catastrophic challenges and others with disruptive challenges.

"There are some people who think that since 9/11 we are focused only on irregular threats, and we've forgotten other types of problems," Feith said. "That's just not the case."

Another large part of the review deals with other countries.

Obviously, Feith said, the United States needs the cooperation of other countries to defeat terrorists. The United States does not have the freedom of action to go after terrorist cells wherever they are located.

"There are great difficulties [in] having to fight an enemy who is present in numerous countries with whom we are not at war," he said.

Part of the National Defense Strategy is to "encourage and enable" other countries to go after terrorists, Feith said. The QDR will look at ways the military can build what he called "partnership capacity."

"How do we work with

other countries to build up their capabilities to act in our common interests?" he asked.

The undersecretary said there are probably changes in law, in institutions, in activities, and in resources that would allow DoD to do this more effectively.

Feith also expanded on the idea of "jointness." He said the traditional usage of the term is military services working together. But, he said, he sees "expanding rings" of jointness, first encompassing the military working with other federal agencies and then as a country working with international partners.

"This is a war that clearly cannot be won by military means alone, and it cannot be won by the United States alone," he said.

One example is the global peace operations initiative that strives to build the capabilities of other countries.

"We have the thought of working with Congress to change some of the "stovepiped" arrangements for training and equipping other countries' security forces," he said.

DoD needs to work more closely with the State and Justice departments and others to facilitate the training, he said.

Feith said officials will use information gleaned from the QDR to inform the decisions for the 2007 defense budget request.

Have a great photo?

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HAWAII ARMY WEEKLY

for consideration for publication

Photo must have Army content.
Email your photo, a brief description, name and phone number to

editor@hawaiiarmyweekly.com

E-Learning From A-6

"It's helping Army professionals to become more competitive in the job market."

From active duty to civilian

Army e-Learning plays a significant role in preparing active duty Soldiers for the transition to the civilian workforce too. As an example, consider Carl Herbert, a retired Air Force E-7 who is now a telecommunications specialist for the West Point Military Academy.

"Army e-Learning provided me with the background and courses I needed to prepare for and better understand the position I decided to take at West Point," he said. "Army e-Learning is a great tool; I've chosen courses to enhance my skills because, in today's world, those who rely on old technology will be passed by. With access to Army e-Learning, that won't happen to me."

Herbert's use of Army e-Learning hasn't been for the sole purpose of professional development. He uses the system for business and personal development too.

"I design and build amateur radio equipment, write my own software programs using HTML and XML and design Web sites. I'm also a published writer," he explained. "This is all possible because of the free classes I'm taking through Army e-Learning. It's definitely a tremendous perk for all Army employees, and I'd encourage everyone to take advantage of it."

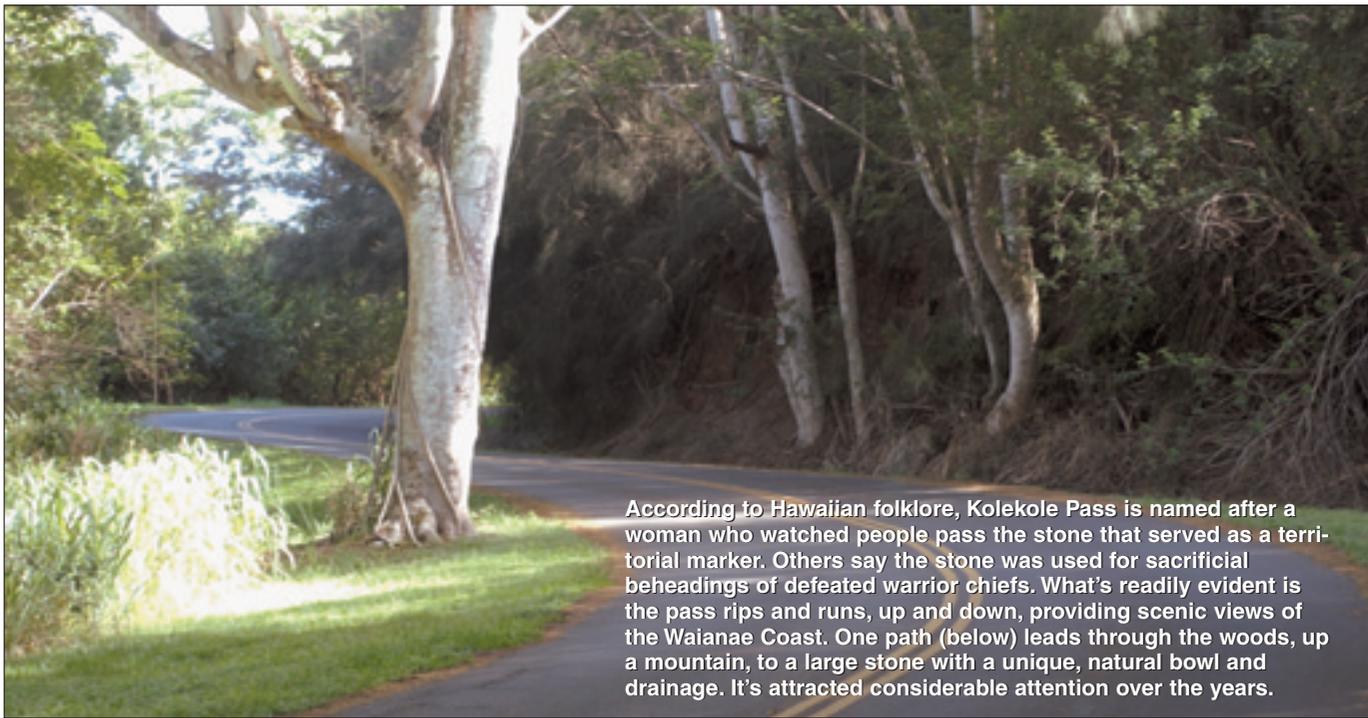
Managing finances, life and time

Army e-Learning doesn't stop at the boundaries of professional development. It goes a step further: offering courses that assist employees with managing personal finances, balancing life, time management and more. While most organizations prioritize their training dollars based on job-specific training, the Army is covering the full spectrum.

Davis strongly believes that Army e-Learning can play a positive role in the lives of each and every Army employee. In his opinion, "The Army asks its people to dedicate their heart and souls to their jobs, and they do. In return," he continued, "we have a deep responsibility to them."

The Army is transforming the way it does business and an important factor is educating its workforce.

For additional information on how to access Army e-Learning, log onto <http://www.us.army.mil>; My Education; Army e-Learning portal page. Also access Army e-Learning at <http://usarmy.skillport.com>; however, you must have an AKO account to access the system.



According to Hawaiian folklore, Kolekole Pass is named after a woman who watched people pass the stone that served as a territorial marker. Others say the stone was used for sacrificial beheadings of defeated warrior chiefs. What's readily evident is the pass rips and runs, up and down, providing scenic views of the Waianae Coast. One path (below) leads through the woods, up a mountain, to a large stone with a unique, natural bowl and drainage. It's attracted considerable attention over the years.

Kolekole Pass reopens to military with ID

Story and Photos by
Spc. Cheryl Ransford
17th Public Affairs Detachment

Since the Sept. 11, 2001, attacks, one road with a magnificent panoramic view of the island has not only been closed to the public, but also to military personnel, even though it transverses military property.

Due to threat levels at military installations on Oahu, the road through Kolekole Pass was closed for more than three and a half years.

Throughout those years, some residents have requested that the road be reopened as an alternative to Farrington Highway. For those residents who are in the military, their request has been granted.

Kolekole Pass has reopened to all military ID card holders, but restrictions limit use of the road. The pass is open seven days a week; however, traffic is only permitted from 5:30 a.m. to 5:30 p.m., as stated in the Naval Regional Security Hawaii General Order published March 2.

From 1937, up until September 2001, military and civilian motorists used the Kolekole Pass, a road constructed by 3rd U.S. Volunteer Engineers, as a shortcut through the Waianae Mountains.

With the road reopened, entry



requirements are enforced.

One new procedure is the posting of guards at both gates to ensure all motorists have current registration, safety inspections, insurance, and military ID and decals, according to the general order signed by Navy Capt. Dennis Murphy, former commander, Navy Region Hawaii.

Naval Magazine Pearl Harbor Instruction 5530.2B states that only privately owned vehicles and motorcycles are allowed on Kolekole Pass. Additionally, rental vehicles are authorized as long as all paperwork including rental agreement, registration, safety inspection, insurance, and valid

military identification are available for the guard to review.

Bicycles, mopeds, scooters, joggers and pedestrians are not allowed on the road at any time.

Further, drivers are not permitted to stop unless they are at Kolekole Lookout or in an emergency situation.

No photography is allowed on the road except at the lookout, and when taking photographs, visitors are limited to 15 minutes to take pictures.

Along with no photography or stopping on the road, there is no smoking and no cell phone or lighter use due to the types of materials in the area.

While there is no stopping after passing through the gates onto the road, motorists can stop to gain access to a few historical sites in the area.

Navy Region Hawaii Security and/or U.S. Army Schofield Barracks Security reserve the right to close or suspend access to the pass at any time for security-related incidents taking place on the pass that could be inherently dangerous to accessing motorists.

For more information about use or restrictions on Kolekole Pass call Naval Magazine Pearl Harbor at 474-4339, or the Schofield Barracks Provost Marshals Office at 655-2175.

Restrictions

- Only military with ID cards.
- Open from 5:30 a.m. to 5:30 p.m., seven days a week.
- Only POVs, rental & motorcycles allowed.
- Bicycles, mopeds, scooters, joggers and pedestrians are prohibited.
- Limited stops and photography are allowed.
- No smoking or cell phones are allowed.

Hot weather calls for food safety tips

Kay Blakley
 Consumer Advocate,
 Defense Commissary Agency Europe

No matter where you're stationed, it's a pretty good bet your weather is about as hot as a firecracker by now. It's the time of year for lazy days at the beach or pool, complete with a picnic basket of goodies, or backyard cookouts with friends and family.

If you'd rather not be remembered as the host who had to serve alka-seltzer cocktails a couple of hours after the hamburgers and hot dogs, then it's also the right time to review a few food safety basics.

Knowing how to prepare, handle and store food properly is important all year long, but soaring summer temperatures kick spoilage actions into high gear. Under normal circumstances, for example, the rule of thumb for safely allowing foods to remain at room temperature while the meal is being served and consumed is two hours. At temperatures above 90 degrees Fahrenheit, it's only one hour. That's why it's important to know summer food safety rules and apply them properly.

Keep it clean.

Wash hands with soap and water often while you're handling food, and do the same for any surfaces the food will come into contact with. On a picnic, take along paper towels and hand sanitizer or a spray bottle filled with soapy water to accomplish the task. Don't forget to

give fresh fruits and vegetables a bath, too. Do it just before you're ready to use them, and don't use soap. Just rinse them good under cold, running water, scrubbing briskly with your hands or a soft brush, then dry well with paper towels.

Even produce such as cantaloupe and watermelon — with a rind that you don't intend to eat — need this same washing routine to prevent any harmful organisms from contaminating the fruit's flesh when sliced open with a knife.

Separate so you don't contaminate.

This caution starts in the cart at the commissary and carries through to refrigerator storage, to packing a cooler, to cooking and serving. Always keep raw meat, poultry and seafood — and any of their leaking juices — away from already cooked, ready-to-eat foods and fresh produce.

Before handling other foods, use soap and water to wash hands, utensils and cutting boards that have come into contact with raw meat, poultry and seafood. Never put cooked meats back on the same plate that held them raw.

Always use a clean plate. If raw meats, poultry or seafood must share space in the same cooler as other foods, carefully pack each of them in sealed, leak-proof containers.

Chill perishable foods promptly and thaw foods properly.

Nothing provides a better environment for the quick growth of nasty, illness-causing

germs than the thawing of foods on the kitchen counter at room temperature. Don't do it!

Thaw foods in the refrigerator, allowing 24 hours for each five pounds of frozen food to be thawed. For quick thawing, submerge foods wrapped in airtight packaging in cold water, changing the water every 30 minutes. Thaw foods in the microwave only if you'll be cooking them immediately.

Refrigerate perishable foods immediately upon returning home from the commissary, placing raw meat, poultry and seafood on the bottom shelf to eliminate the possibility of accidental drips that can contaminate other foods.

Cook it safe: test the temperature.

If you're not in the habit of using a meat thermometer to verify that everyday items like hamburgers, pork chops or chicken breasts have reached a safe internal temperature, do yourself and your family a favor by changing that bad habit.

Even though the accepted advice used to be "Cook ground beef patties until the center is no longer pink," judging when food is done based on color alone has proven to be unreliable.

A recent U.S. Department of Agriculture study found that one out of every four hamburgers turns brown in the center before it reaches a safe internal temperature. If you're a fan of rare hamburgers, be aware that you are taking a calculated risk every time you eat one.

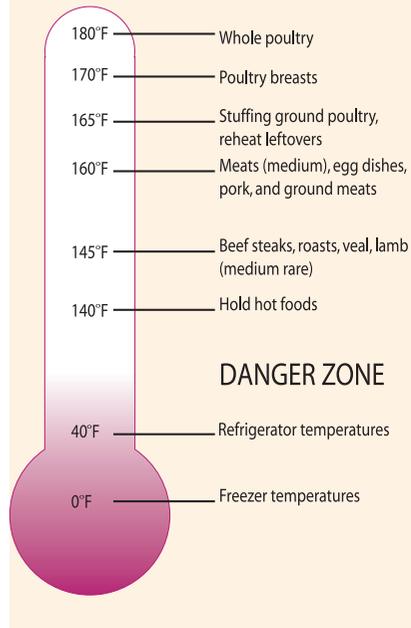
Why is it okay to eat a medium rare steak, but not a medium rare hamburger? Harmful bacteria typically reside on the surface of a whole piece of meat like a steak. The high temperature and amount of time required to brown the steak's exterior will kill the surface bacteria and sufficiently warm the center to a safe level. With ground meats, surface bacteria get dispersed throughout the product in grinding.

Check the accompanying chart for the safe internal temperature for steaks, roasts, poultry, ground meats and egg dishes. Then break out that meat thermometer and make temperature-taking a regular habit.

Playing it safe with food

Know how to prepare, handle and store food safely to keep you and your family safe:

- Clean hands, food-contact surfaces, fruits and vegetables.
- To avoid spreading bacteria to other foods, meat and poultry should not be washed or rinsed.
- Separate raw, cooked and ready-to-eat foods while shopping, preparing or storing.
- Cook meat, poultry and fish to safe internal temperatures to kill microorganisms.
- Chill perishable foods promptly and thaw foods properly.



COMMUNITY & SPORTS

Friday

B-1

July 15, 2005

Tropical Ocean Fun[®] CRUISE

Sgt. Sean Kimmons
Editor

HONOLULU – Oahu’s long list of ocean cruises are not all similar. Not all of them provide fine cuisine surrounded by luxury. Not all of them pressure guests to dress to impress.

Some ocean cruises can just be downright fun without the glitz and glamour.

Not to take anything away from traditional dinner cruises, but if you’re in the mood for something different, try the Starlet’s Tropical Ocean Fun Cruise.

This ocean cruise transports its guests from Pier 8 at the Aloha Tower to about a half mile out from Waikiki’s beach coast, where the fun begins.

Once the Starlet vessel is anchored, its guests are free to enjoy the cruise’s many water activities, including its waterslide, a giant water trampoline, kayaks, guided snorkel tours, fishing and for the daring – a 12-foot diving platform on the side of the vessel that guests can jump from into the blue ocean water.

Unlike sunset dinner cruises on Oahu, the Tropical Fun Cruise operates daily in the morning and

(depending on which day) in the early afternoon. Each cruise lasts about three-and-a-half hours and gives ample time to experience each water activity and eat from the vessel’s barbecue buffet.

If the vessel’s activities don’t spark your interest, its spacious sun deck is a good place to relax and bask in the atmosphere away from the hustle and bustle of city life.

To partake in a Starlet Tropical Ocean Fun Cruise, be sure to purchase your tickets through the MWR Information, Ticketing and Reservations office on Army installations.

The military rates for the fun cruise are \$47.96 for adults and \$28.80 for children ages 3 to 11.

For more information on the fun cruise, go to www.paradisecruises.com.

The MWR ITR offices also gives discounted tickets to other cruise companies such as the Star of Honolulu, Navatek I, Alii Kai Catamaran and Dream Cruises.

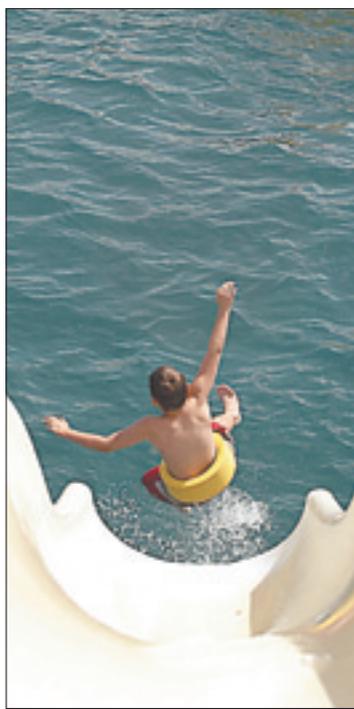


Starlet Photo



The Starlet’s Tropical Ocean Fun Cruise offers a variety of water activities for people of all ages.

Whether enjoying the recreational offerings on their water slide (above and bottom center), their giant water trampoline (left), the 12-foot diving platform (far left), or plentiful snorkel equipment (bottom) — the staff on the Starlet vessel has every guest well-covered.



MWR Briefs
 Serving America's Army in Hawaii

JULY

15 / Today

Middle School Dance — Aliamanu Military Reservation Youth Center hosts a middle school dance for sixth through eighth grade tonight from 7 – 9:30 p.m. Cost is \$3 if registered with Child and Youth Services and \$4 for non-CYS members. Call 833-0920 for more information.

16 / Saturday

Tropics Latin Night — Relax and dance the night away to the rhythm of Latin music at the Tropics. Event begins at 8 p.m. Call 655-8522 for more details.

17 / Sunday

Framing and Matting — The Schofield Barracks Arts and Crafts Center offers framing and matting techniques in this weekly class. Participants cut and assemble 8 by 10-inch frames with double mats.

Classes are held every Sunday from 9 a.m. to noon. Cost is \$45 per session and includes artwork used for the course project. Call 655-4202 for more information or to register.

21 / Thursday

Yo-Yo Workshop — Learn the latest yo-yo techniques from top experts in Hawaii. This workshop is from 9:30 to 11:30 a.m. at the Tropics.

Cost is \$5.50 and includes a yo-yo to keep and take home. Preregistration is recommended. Call 655-8522 for more details.

22 / Friday

Fondue and Wine — Savor a diverse fondue menu with friends from 5 to 8 p.m. at Reggie's. The selection includes a variety of fruits,



Ruben Moreno

Proud winner

Not too shy about winning, 1st Sgt. Christopher Rumell of Battery C, 2nd Battalion, 11th Field Artillery Regiment, accepted a Mazda B2300 truck on behalf of his wife Elfrieda Rumell during the "4th of July Spectacular" at Schofield Barracks. JN Mazda contributed the vehicle to the festivities, and a random drawing determined the lucky recipient.

bread, cheeses and chocolate. Orders are accompanied by wine. Cost is \$19.95 for a party of four, and each additional person is \$5. Call 655-4466 for more information.

Military Idol — This contest is open to active duty service members looking to become a star. Applications are available at the Tropics and are due July 22.

The multi-week singing competition combines aspects of the TV show "American Idol" with the talents of military members. The individual selected to be the top "Idol" here will advance to the national Army-wide competition.

Performances begin on Aug. 12. Call 655-8522 for more details.

25 / Monday

Seafood Bucket for Two — Seafood lovers can dig into a variety of seafood including shrimp, crab, clams and mussels, complete with selected side dishes and a pitcher of beverage at Reggie's.

Stop by between 5 and 8 p.m. to enjoy this delicious dinner for two for only \$19.95.

29 / Friday

Hawaiian Luau Lunch Buffet — Taste a traditional Hawaiian style feast from 11 a.m. to 1 p.m. at Hale Ikena on Fort Shafter, or at 11 a.m. to 2 p.m. at the Nehelani on Schofield Barracks.

Cost is \$9.95 per person. Call the Hale Ikena at 438-1947 or the Nehelani at 655-4466 for reservations.

30 / Saturday

National Kids Day — Parents and children, come spend a day of meaningful time together at our "Floats and Flicks" event. A wide selection of exciting activities are planned and include water activities, games and crafts, bouncers, singing contests, face painting, balloon sculpting and the showing of the PG-rated movie "The Incredibles."

This event runs from 1 to 5 p.m. at the Aliamanu Military Reservation Community

Activity Center. Call 655-8628 for more details.

ONGOING

Information, Ticketing and Registration (ITR) — Effective immediately, the Schofield Barracks ITR will be open every Thursday at noon instead of 9 a.m. For more information, call 655-9971.

Pau Hana Friday — Enjoy cool refreshments and the chef's choice, a \$2 pupu platter, every Friday beginning at 4:30 p.m. at Mulligans and Hale Ikena, on Fort Shafter. Call 438-1974 for more information.

Better Opportunities for Single Soldiers — Want to get involved in the community and don't know how? Join BOSS on one of its many volunteer outings.

BOSS works with many groups within the community such as Big Brothers/Big Sisters of Honolulu, Bowl Games of Hawaii, and the PGA.

Volunteers are always needed and welcome; call 655-8169 for more information.

Karaoke at Waianae Beach Club — Sing along to popular music at this event held Monday through Thursday from 7 to 11:30 p.m., and Fridays from 9 p.m. to 1 a.m. Call 696-4778 for more information.

Tropic Lightning — Enjoy a fast and hot lunch buffet, Monday through Friday, from 11 a.m. to 2 p.m. at Reggie's. Cost is \$8.95 per person. Call 655-4466 for more details.

Tropics and Starbucks — Visit the Ono Isle at the Tropics and enjoy hot and cold Starbucks specialties such as lattes, cappuccinos, mochas, hot chocolate and much more. The Ono Isle continues to serve delicious pastries, desserts and smoothies.

Visit the Tropics in Building 589 on Schofield Barracks. Call 655-0002 for more information.

Wraps at the Tropics — Enjoy one of the many varieties of sandwich wraps offered via Macgregor's Market at the Tropics. Selections include a blackened chicken, spicy chicken, crispy chicken and tender chicken wrap.

Each item comes with a side dish, and prices range from \$4.95 to \$5.95. Call 655-0002 for more information.

Dollar Days at Wheeler Bowl — Play for \$1 a game and \$1 shoe rental at Dollar Days. Bowl at reduced rates Monday through Friday from 10 a.m. to 4:30 p.m. at the Wheeler Army Air Field bowling alley. For more information, call 656-1745.

Vehicle Safety Inspections — Bring your car to the MWR Auto Craft Center from the first of the month to the fifteenth and receive \$2 off the normal price of a vehicle inspection. Call 438-9402 or 655-9368 for more details.

Community Calendar

JULY

15 / Today

McKinley Book Sale — The 58th annual Friends of the Library of Hawaii Book Sale final days are today and Saturday at McKinley High School. More than 100,000 books are for sale in every category and age group. A large selection of CDs, videos, DVDs, records and books are available too.

This sale is the oldest and biggest book sale in the country. Event proceeds benefit Hawaii libraries. Shop the book sale today from 10 a.m. to 9 p.m., and Saturday from 9 a.m. to 2 p.m. at the McKinley High School Cafeteria. To volunteer, call 536-4174.

Kumu Kahua Theatre — Kumu Kahua Theatre reprises its season hit "Half Dozen Long Stem," by Lee Cataluna at the downtown Honolulu theater on 46 Merchant St., through July 31. Kumu Kahua Theater is an air-conditioned, intimate 100-seat performance space.

Purchase tickets with a credit card by calling 536-4441, or by visiting the theater box office between 11 a.m. and 3 p.m., Monday through Friday. Ticket prices range from \$16 to \$5 and are on sale now.

18 / Monday

AMR Chapel Vacation Bible School — The Aliamanu Military Reservation Chapel is now accepting applications for its Serengeti Trek Vacation

Bible School, which will get underway next week, Monday through Friday.

VBS will run from 9 a.m. to 12:15 p.m. Children who are 4 years old by July 1 through students who have just completed sixth grade can attend. For more information, call 833-8175 or 839-4319.

18 / Monday

Hale Kula Elementary School — Hale Kula Elementary School will post class lists on Monday, July 18 at 4 p.m. in front of the cafeteria. Also, the Parent Teacher Association will host its annual Ice Cream Social with free ice cream for parents and kids. Other activities are PTA sign-up, Girl Scout and Cub Scout registration, and Hale Kula t-shirts on sale. Contact the school for information.

21 / Thursday

Job Fair — The Fort Shafter Army Community Service will host a mini Job Fair, Thursday from 3 to 6 p.m. at the Fort Shafter ACS. Participants will include the Naval Exchange Human Resources, CTA Staffing, Altruss Staffing, and Child and Youth Services.

These organizations will be taking applications and interviewing for current positions, so dress accordingly and bring your resume. For more information, call 438-9285 or 655-2400.

Wheeler Middle School — Students and parents are invited to the Wheeler Middle School Open House on Thursday from 5 until 6:40 p.m. Simply report to students' first period classrooms and then go through a condensed school day (10

minutes per class).

This Open House is a great opportunity to meet teachers, as parents should have picked up their children's schedules this week.

Call the school at 622-6525 to pick up your children's schedules up, if you don't have one, before the Open House. Contact Mary Rice at 622-6525, extension 233, for more information.

Bodog Salute — Snoop Dogg headlines the Bodog celebrity "Thank You to the Troops" charity event July 22-23 at the world-famous Waikiki Shell. The event will feature a celebrity poker tournament and a concert and comedy show with Snoop Dogg, Bif Naked, Wanda Sykes, Colin Quinn, and Paul Rodriguez.

Hawaii Bodog.net sponsors this charity event for the men and women of the U.S. military stationed in Hawaii, July 21-24. Entitled "Bodog Salutes Our Troops: A Tribute to American Heroes."

Additional celebrity appearances by: Rob Mariano and Amber Brkich ("Survivor," "The Amazing Race 7"); Jorge Garcia ("Lost"); Dulè Hill ("The West Wing"); Ben Roethlisberger (Pittsburgh Steelers); Estella Warren ("The Cooler," "Planet of the Apes"); Joshua Malina ("The West Wing"); Shannon Elizabeth ("American Pie"); Matt Savage (Poker Tournament Director); Josh Arieh (Professional Poker Player); David Williams (Professional Poker Player) and many more.

All proceeds will benefit the military charity, Fisher House Foundation.

Exploring the Reef by Day — Spend a morning

discovering sea slugs, collector crabs, spaghetti worms and other animals the low tide may reveal, Thursday from 8 to 10:30 a.m. Also, explore shoreline, reef flats and tide pool habitats with Waikiki Aquarium naturalists.

Minimum age is 5 years, and youngsters must be accompanied by an adult. Preregistration is required; adults cost \$10, children, \$8.

23 / Friday

Haleiwa Arts Festival — Mark your calendars for the eighth Annual Summer Artfest at historic Haleiwa Town next weekend, July 23-24. This North Shore arts event will showcase professional, amateur and student visual artists; artistic and cultural displays; and sales and demonstrations in traditional, ethnic and contemporary arts, all in support of arts education programs in North Shore schools.

26 / Tuesday

Fort Shafter Newcomers Orientation Tour — The Fort Shafter Army Community Service presents a Newcomers Orientation Tour every other Tuesday, beginning Tuesday, July 26.

This Oahu tour will help familiarize new Soldiers and family members with many aspects of Hawaiian culture, customs, language, surrounding communities, the Hale Koa Hotel, and various points of interest on the island.

Registration is required and seating is limited. Tour time is 7:30 a.m. – 4 pm. Lunch is not provided, but you can bring your lunch or purchase it at the Hale Koa. Call the Fort Shafter ACS at 438-9285 to register.



29 / Friday

Waikiki Shell — KCCN FM100 celebrates its 15-year birthday bash with two nights of music at the Waikiki Shell, July 29 and 30. Tickets are on sale now.

The line-up includes Fiji, Ho'aikane, C&K and many other musicians.

Doors open at 4:30 p.m. on Friday and 4 p.m. on Saturday. Tickets are available at the Neal Blaisdell Box Office and all Ticketmaster locations including Times Supermarkets. Charge by phone at 1-877-750-4400 or online at <http://www.ticketmaster.com>. For concert information and updates, call 296-1003.

30 / Saturday

Bishop Museum — Curl up with your favorite cold-blooded reptiles at the Bishop Museum reptile family-fun sleepovers. These sleepovers, scheduled July 30 and Aug. 20, focus on the museum's exciting, interactive summer exhibit, "Reptiles: Real and Robotic."

Families can sleep next to a giant Nile crocodile or curl up with a diamondback rattlesnake during the sleepover. Also, the exciting night includes a planetarium show, hands-on reptile activities, explorations and storytelling in Hawaiian Hall.

Sleepovers go from 6:30 p.m. to 8 a.m. the next day. Admission is \$20 per person, and a continental breakfast will be served.

HACN TV2 Schedule

Morning

- 6:00 Sign On
- 6:30 Welcome Home Redeployment Montage 6
- 6:35 Coqui Frog Invasion in Hawaii
- 6:55 Welcome Home Redeployment Montage 3
- 7:00 Bulletin Board
- 7:30 What's Down the Drain
- 7:38 White Face
- 7:53 Welcome Home Redeployment Montage 3
- 8:00 Hawaii Army Report
- 8:36 Army News Watch
- 9:00 Pentagon Channel
- 10:00 White Face
- 10:20 Welcome Home Redeployment Montage 6
- 10:26 Bulletin Board
- 11:00 Coqui Frog Invasion in Hawaii
- 11:21 Jake Shimabukuro
- 11:34 Maui
- 12:00 Hawaii Army Report
- 12:33 Pentagon Channel

Afternoon

- 2:00 After the Storm
- 2:23 Bulletin Board
- 2:53 Welcome Home Redeployment Montage 6
- 3:00 Shamu: The Sea Turtle Story
- 3:33 Coqui Frog Invasion in Hawaii
- 3:57 Welcome Home Redeployment Montage 2
- 4:00 Pentagon Channel

Evening

- Hawaii Army Report
- 6:30 What's Down the Drain
- 6:38 Community Focus
- 6:53 Welcome Home Redeployment Montage 6
- 7:00 NFL: Turf Talk
- 7:53 Welcome Home Redeployment Montage 6
- 8:00 What's Down the Drain
- 8:09 Welcome Home Redeployment Montage 4
- 8:14 Welcome Home Redeployment Montage 5
- 8:24 Coqui Frog Invasion in Hawaii
- 8:50 Welcome Home Redeployment Montage 6
- 8:56 Welcome Home Redeployment Montage 1
- 9:03 White Face
- 9:32 Bulletin Board
- 10:03 Welcome Home Redeployment Montage 5
- 10:11 NFL: Throwbacks
- 11:01 Welcome Home Redeployment Montage 6
- 11:06 White Face
- 11:20 Welcome Home Redeployment Montage 5
- 11:27 Welcome Home Redeployment Montage 4
- 11:32 Coqui Frog Invasion in Hawaii
- 11:52 Welcome Home Redeployment Montage 3

Overnight

- Pentagon Channel

This Week at the MOVIES

Sgt. Smith Theater

Today
 The Longest Yard
 7 p.m. (PG-13)

Saturday
 Kicking and Screaming
 7 p.m. (PG)

Saturday
 Crash
 7 p.m. (R)

Wednesday
 Kicking and Screaming
 7 p.m. (PG)

Thursday
 The Longest Yard
 7 p.m. (PG-13)

The theater is closed Monday & Tuesday.



Adrienne Eckstein



Joy Boisselle



Joy Boisselle

Welcoming the division first lady

More than 100 spouses, civilians and Soldiers joined the Hui O' Na Wahine spouses club for a reception welcoming Rhonda Mixon (left — wife of 25th Infantry Division [Light] and

U.S. Army, Hawaii, Commanding General Maj. Gen. Benjamin R. Mixon) into the Army ohana, Monday, at the Nehelani Banquet and Conference Center, Schofield Barracks. Well-

wishers included (left) Holly Bednarek (wife of Assistant Division Commander [Operations] Brig. Gen. John "Mick" Bednarek) and Elaine Brown (right — wife of Commanding

General of U.S. Army Pacific Lt. Gen. John M. Brown III). Rhonda Mixon (center at podium) gave enthusiastic thanks during remarks.

ACS provides more aid now than ever

Spc. Dijon Rolle
17th Public Affairs Detachment

Never has the Army's Community Service motto — "Helping Families Help Themselves" — been so relevant to Soldiers serving in today's Army.

With the Army actively engaged in ongoing combat operations in Iraq and Afghanistan, the issue of family readiness is extremely important. Lengthy and frequent combat deployments are affecting families throughout the military, whether the family consists of a dependent spouse and children, or a single Soldier with family back on the mainland.

Army Community Service is offering family readiness classes to help reduce some of the stress and uncertainty that can occupy major deployments and eventual redeployments.

ACS originally started the classes in May. The monthly sessions are taught by specially trained family readiness administrative liaisons, or FRALS, and topics range from stress and time management to enhancing reunions with redeployed loved ones.

"People come in with different needs," said Amanda Purdom, family readiness administrative liaison. "Our job is to give them the tools and resources they need to be self-suffi-

ON THE WEB

View upcoming classes or request a presentation from ACS at www.mwrarmyhawaii.com.

cient and knowledgeable, particularly about the workings of the military.

"You can't be a successful Army spouse," she continued, "if you don't understand the mission. The military is not a 9 to 5, and I think that we're giving them the tools to understand the mission and in turn better support their spouse."

Purdom, a military spouse herself, teaches several of the classes. She and a team of four other FRALS work directly with individual battalions and units on Schofield Barracks and Fort Shafter.

The family readiness classes also feature classes specially created for family readiness groups, or FRGs. Topics include "FRG in a Nutshell," "Fund-Raising" and "Creating Newsletters and Web Sites."

"Sometimes it's hard for military spouses and families to learn things or to find out exactly what resources are available to us," said Angie Weaver, military spouse and FRG member.

Weaver's husband is an MP with the 39th Military Police Detachment at Fort Shafter.

"The FRALS helped out a lot,



Spc. Cheryl Ransford

Outside of Army Community Service, which is located at Bldg. 2091 on Schofield Barracks across from the swimming pool.

especially since they came directly to us with the classes. We know that there's always someone there to answer questions or point us in the right direction."

Unfortunately, many single Soldiers think the family readiness classes do not apply to them. But, said Robin Sherrod, community and family support program specialist,

there's something for everyone.

"The single Soldier is a part of the Army family, and we encourage them to come out and take advantage of these classes and all of the resources that we offer here at ACS."

Family readiness classes are taught at the Schofield Barracks ACS center, and instructors also provide the classes to individual groups

or units upon request.

"Family readiness is a critical element," said Sherrod. "Because, to me, when families are taken care of, then Soldiers are taken care of. In turn, that translates into individual units and, ultimately, the mission also being taken care of."

"We enlist Soldiers but we retain families," Sherrod emphasized.

Group helps educators reach 'suddenly military' children

Story and Photos by Rudi Williams
American Forces Press Service

WASHINGTON — Because of the high number of National Guardsmen and Reservists fighting the Global War on Terrorism, the Military Child Education Coalition has created a program to teach educators and others how to help "suddenly military" students of deployed citizen-soldiers.

The coalition established a workshop called Supporting Children and Families of Guard and Reserve Institute. The institute is a professional development program to help school teachers, counselors, administrators and members of the Guard and Reserve and their families to reach out to the children of Guard and Reserve members.

"What we talk about in this course are issues and insights to the kinds of things that children will deal with when a parent deploys," said Joan Barrett, chair of MCEC's Guard and Reserve initiative.

The coalition ran a session of the workshop before its recent conference in Atlanta.

"What moms and counselors are going to find, hopefully, are clues to resilience — how to deal with their child as they experience the loss of the other parent to deployment and give them some tools on how to come back and be a stronger, more resilient child

as a result of this," Barrett said.

Most workshop participants are volunteers or employees of Guard and Reserve family programs all throughout the United States, Barrett said. Other attendees are school counselors who are "cognizant of the need to support the kids whose parents have been deployed," she explained.

"I think this is a phenomenal opportunity for school personnel to become aware of what the issues and identifiers are for their children whose parents are deployed," Barrett added.

The purpose of the institute is to identify key folks within each state's department of education, she continued.

"We try to focus on one state at a time and identify key educators, administrators and student-service personnel," she said. "Workshop participants will take back information and concepts to the personnel in their districts."

Guard and Reserve personnel are typically not clustered around military installations, Barrett said.

"So, therefore, they don't have the same support services as active-duty personnel," she said. "They may not even be aware of what's available to their kids."

The workshop helps participants understand what children's reactions to a parent's deployment might be.

"Focus is the child," Barrett said, adding that, "there's an essential con-

nection between what happens to that child and the parent that's left behind, or the caregiver that's not the parent: the aunt, uncle, grandma."

Walter Yourstone, the MCEC project director, pointed out that the nature of Guard and Reserve duty has fundamentally changed with the Global War on Terrorism.

"We've gone from a mindset where Guard and Reserve duty meant one weekend a month, two weeks a year, to a dynamic where many guardsmen and reservists have been mobilized in the U.S., or deployed overseas to combat duty," said Yourstone, a retired Navy submarine captain from Kings Bay, Ga. "We're also seeing the cycle repeating itself where some service members are on their second, possibly third, deployment in support of the Global War on Terrorism," Yourstone said.

The workshop also discusses the types of challenges families and children face through the process of deployment and the emotional cycle of deployment. This includes preparation for return and the homecoming itself.

Organizers ask participants to identify folks who can sponsor support networks for these "suddenly military families."

Since all states are impacted by the Global War on Terrorism, Yourstone said, MCEC is trying to get as many states as possible involved.



Tracey Thompson-Johnson, a Guard youth-group coordinator in the Virgin Islands, gives an animated presentation during the Military Child Education Coalition's Supporting the Children and Families of Guard and Reserve's Institute workshop in Atlanta recently.

Here's A Sobering Thought

Here's a Sobering Thought

Scribble this!

DJ Skribble, of MTV fame, spins some tracks during a performance at the Tropics on Schofield Barracks, Sunday. Fans paid a \$10 cover at the door to listen to hours of DJ Skribble's mixes.

Sgt. Sean Kimmons

Varsity B-ball gets underway

Story and Photos by
Spc. Dijon Rolle
17th Public Affairs Detachment

"Defense wins basketball games," said Darnell Johnson, known as Coach Johnson by the players on the Schofield Barracks Men's Varsity Basketball Team.

For practice, Johnson requires the players to focus on their defensive skills. He eyes them all as they race up and down the basketball court in Martinez Gymnasium, their sneakers gliding over the large 25th Infantry Division (Light) emblem painted at center of the court.

The team of active duty Soldiers is hard at work perfecting their basketball skills. The 15-man roster boasts a healthy array of talent and skill levels, and the majority of members have played some form of basketball — high school, college or semi-professional — for most of their lives.

The men's varsity team is considered to be an advanced version of the post intramural league. But unlike intramurals, the varsity team plays year-round, and players must try out for a position on the team.

Another major difference is that the varsity team is not supported by Morale, Welfare and Recreation, and participants must pay for the majority of their expenses out of pocket. Tournament fees and uniform costs can add up, but for all who are involved, it's well worth it.

"We do everything on our own," said Johnson "I enjoy being here and these guys are always willing to work."

For the players, participating in the league offers far greater benefits than just a good workout.

"I'm new to the island, and being a part of the team gives me a chance to meet other Soldiers," said Veranardo Harris who has been with the team for a little more than a month. "We come out and do our thing and just have fun; everyone gets along and it keeps you out of trouble."

"I love the game," said Patrick Dickens, who has been with the team here for almost two years. "I've been playing bas-



Men's Varsity Basketball Team players go head to head during a scrimmage match on Schofield Barracks.

ketball ever since I can remember, and I love coming out here playing with these guys. "I think with us having a mix of older guys and younger guys playing together, it helps to balance the team out. They [the older guys] teach us things both on and off the court."

The team roster includes Soldiers ranking from specialists to captains.

"I think the younger members do look up to us, in a sense, and we try to be a positive influence for them, [to] teach them how to play smart and work together," said Hardy Wafford. "Most of all, we're just out here having a good time."

The team routinely participates in local basketball tournaments such as the Aloha Classic and the Wahiawa Invitational, which they won last year, in addition to competing against the other branches of service. The team is also looking forward to scrimmaging against Hawaii Pacific University and the American Basketball Association in a series of televised games later this year.

However, frequent practices and tour-

naments can be time-consuming for everyone involved. Johnson said that he and the players try to schedule cookouts and other activities to involve the families. They also encourage spouses like Leslie Rodriguez to come out to team practices.

"I think it's good for him," said Leslie Rodriguez as she and her two young sons cheered for her husband, Javier Rodriguez. "It gives him a good workout, and he has a lot of friends on the team."

"He's played basketball pretty much all his life, and my boys like coming out here too, to watch him. They've got a great team."

As practice winds down, Johnson motions for all of the players to come in for a final team huddle. The brief session plays out almost like a military after-action report with players firing off their observations of what was done well and what could be done better. Afterwards, with everyone's hands placed on the team ball, the group yells a loud "Team" and with that ... the night's practice is over.



Members of the Schofield Barracks Men's Varsity Basketball Team participate in a full-court scrimmage during a team practice, June 28.

MWR Sports

JULY

15 / Today

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

16 / Saturday

Scuba Classes — Scuba class provides individuals with an opportunity to earn their PADI certification during two weekends for \$175. Instruction is held on Saturday and Sunday at various locations depending on class content and skills being taught. Call 655-0143 for more information.

17 / Monday

Step Classes — A variety of step classes are offered at the Schofield Barracks Health and Fitness Center,

including the dynamic Multistep Class held Mondays at 8:30 a.m., the Step and Ab Class held Mondays, Tuesdays and Thursdays at 8:30 a.m. and 5 p.m. and the Step and Pump Class held Thursdays at 11:30 a.m. and Fridays at 8:30 a.m.

Classes are available to fit any individual's exercise regimen and goals, and they are held from Monday through Saturday. Call 655-8007 for more information.

19 / Tuesday

Cosmic Bowling — Experience bowling with a twist. Lights are dimmed, upbeat music is turned on, and the room becomes illuminated in glowing lights.

This program is every Wednesday at Wheeler Bowl. Cost is \$1.50 per game and \$1 for shoe rental. Call 656-1745 for more information.

Cardio Kickboxing — Classes are on Tuesday and Thursday from 4:30–5:30 p.m. at the Fort Shafter Gym. Cost is \$2 per class or \$11 for a 12-class punch card. Call 438-1152 for more information.

20 / Wednesday

Hatha Yoga — This traditional approach to yoga aids in relaxation and strengthening and lengthening muscles. Techniques can be modified

based upon an individual's skill level.

Sessions will be held Wednesday at 5 p.m. and July 23 at 8 a.m. at the Schofield Barracks Health and Fitness Center. Call 655-8007 for more details.

21 / Thursday

Group Cycling — Participants use stationary bikes and drills to workout during group cycling. With tension and resistance, individuals can simulate up and downhill climbs to provide challenging experiences.

Classes are every Thursday, as well as Tuesday and Wednesday at various times. Call the Schofield Barracks Health and Fitness Center at 655-8007 for more details.

AUGUST

5 / Friday

Na Koa Aina Golf Benefit — This tournament will strive to make a difference in the lives of young Soldiers and their families. Interested participants must form a team of three, and submit an application by Aug. 5.

The tournament is Aug. 12 with check-in starting at 9 a.m. Cost ranges from \$115 to \$135. Call 655-2400 for more information.

9 / Tuesday

Flag Football Clinic — Registration for the flag football clinic continues through Aug. 9. Beginners can learn about the sport, and skilled players can work on their techniques.

Instruction includes blocking, stance, receiving, flag grabbing and more. Clinic dates are Aug. 24 at the Aliamanu Military Reservation Field and Aug. 26 at the Bennett Youth Center Field located on Schofield Barracks.

Cost is \$12 and includes a T-shirt. Contact your local Army Youth Sports Office for more information.

Cheerleading and Flag Football — The cheerleading and flag football programs are open to youth born between 1989 and 2000. The season will run from Sept. 24 to Nov. 12, and registration ends August. 9. Cost for cheerleading is \$60 per person or \$20 if you already have a uniform. Flag football is \$45 per person. Call your nearest Youth Sports Office for more details.

ONGOING

Personal Trainers — Personal trainers are available to help individuals develop a specialized program to improve their fitness level. These experts can assist with building mus-

cle, losing body fat, and increasing flexibility and nutrition.

Cost is \$30 per hour. Call 655-8007 for more information.

Golf for Food and Fun — Get a team together any Tuesday from 2:30–4:30 p.m. at the Nagorski Golf Course on Fort Shafter, and play golf for only \$15 per person.

Cost includes a nine-hole green fee, a foursome platter of pupus, a pitcher of beverage, a lucky door prize entry and a chance to win other prizes. Call 438-9587 for more information.

Mizuno Club Fitting — Make an appointment with PGA Professional Lou Merkle to schedule custom fitting of golf clubs or individual lessons to improve your game.

Call 438-9587 to make an appointment or obtain more information.

Run/Walk/Swim Club — Record each mile you run, walk or swim and win incentive prizes in the 100-mile run/walk and 50-mile swim clubs. Runners receive a pair of Thorlo running socks, and swimmers receive goggles.

Stop by any Army Physical Fitness Center or swimming pool to pick up a log sheet.

Local Sports

JULY

18 / Monday

AYSO — The American Youth Soccer Organization for Hickam/Pearl Harbor Region 188 will sponsor a summer soccer camp beginning Monday on Hickam Air Force Base. Boys and Girls ages 4 to 18 are welcome to attend; no experience is necessary.

For more information and online registration, visit the AYSO Web site at www.aysoregion188.org, e-mail Camps@aysoregion188.org, or call 834-6629.

22 / Friday

Hunter Education — The Hawaii Department of Land and Natural Resources offers free outdoor recreation classes each month. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, rules and regulations, game care, and outdoor responsibility.

Attendance at all sessions is required for certification, and classes are held at the Nimitz Center and open to anyone 10 years of age and older.

Catch the next class on July 22 from 5:45 to 10 p.m. and on July 23 from 7:45 a.m. to 4 p.m. Picture identification is required to attend classes. Contact the Hunter Education Office by calling 587-0200 to preregister.

AUGUST

4 / Thursday

Basketball Camp — Intermediate or advanced basketball players in grades

seven through 12 are invited to participate in the second Annual Inter-City Programs and 94 Feet of Game Basketball Camp, at the Manoa Valley Recreation Center.

The Guard Clinic is scheduled Aug. 4 from 1 to 4:30 p.m.; the Post Clinic on Aug. 5 from 1 to 4:30 p.m.; and the Basketball Camp from Aug. 8-11 from 8:30 a.m. to 1 p.m.

The camp and clinics are not for beginners.

The weeklong clinics/camp package includes a reversible jersey, shorts, T-shirt and top-level instruction, plus awards and prizes.

University of Hawaii men and women basketball players and other popular sports athletes will make surprise guest appearances.

Cost for the Guard Clinic is \$65; the Post Clinic, \$65; and the Camp, \$150.

For more information, contact founder and former University of Hawaii and NBA basketball star Phil Handy at (916) 419-3136, or e-mail ninety4ftofgame@aol.com.

12 / Friday

Hunter Education — Classes continue at the Nimitz Center on Aug. 12 from 5:45 to 10 p.m. and on Aug. 13 from 7:45 a.m. to 4 p.m. For more information, call the Hunter Education Office at 587-0200.

20 / Saturday

Schofield Junior Bowling League — The fall season begins Aug. 20 at the Schofield Bowling Center. The league lasts 30 weeks and costs \$7 each session.

This league is open to bowlers under 22 years of age. Costs include coaching for all levels, trophies and Young American Bowling Alliance membership. Contact Phil Weyl at 623-3009 for registration information.

Intramural Softball Standings

Unit	Wins	Losses	Pct.	Unit	Wins	Losses	Pct.
East Division				Fort Shafter Division			
407th MI	7	0	1.000	TAMC A	9	0	1.000
HHC, 25th ID (L)	5	2	0.714	HHD 30TH SIG	7	1	0.875
JAG	3	3	0.500	39TH MP	9	2	0.818
40th QM	3	4	0.429	29TH ENG	4	3	0.333
58th MP	2	4	0.333	196 INF	4	6	0.400
HHC, 2nd Bde.	0	7	0.000	9RRC.	2	7	0.222
West Division				USRPAC	2	7	0.222
Co. B, 65th Eng.	5	1	0.833	205TH MI	0	10	0.000
Co. C, 725th MSB	5	1	0.833	<i>(Standings are current as of July 8.)</i>			
Co. B, 225th FSB	4	2	0.667				
HQ & A, 725th MSB	2	4	0.333				
556th PSB	2	4	0.333				
HHC, 84th Eng.	0	6	0.000				
North Division							
HHC, 1st Bn., 14th Inf.	8	0	1.000				
Co. B, 1st Bn., 27th Inf.	5	3	0.625				
Co. A, 1st Bn., 27th Inf.	4	3	0.571				
Btry. B, 3rd Bn., 7th FA.	3	5	0.375				
Co. C, 1st Bn., 27th Inf.	3	6	0.333				
Co. A, 1st Bn., 14th Inf.	1	7	0.125				
South Division							
Co. A, 125th Sig.	5	1	0.833				
Co. C, 25th Avn.	5	1	0.833				
Trp. A, 3rd Sqdn., 4th CAV	4	2	0.667				
Co. D, 1st Bn., 25th Avn.	2	4	0.333				
Btry. C, 2nd Bn., 11th FA	2	4	0.333				
HHC, 125th Sig.	0	5	0.000				
Women's Division							
58th MP	5	0	1.000				
TAMC	3	2	0.600				
3rd Bn., 7th FA	2	2	0.500				
71st Chem.	2	3	0.400				
225th FSB	1	6	0.143				
205th MI	1	7	0.125				



Spc. Juan Jimenez

Safe!

Moses Rojas (center), a centerfielder with Headquarters and Headquarters Company, 1st Battalion, 14th Infantry Regiment, slides safely into second base as the catcher from Company A, 1st Bn., 27th Inf. Rgt., overthrows the ball at Gimlet Field on Schofield Barracks, July 6. The players from HHC, 1st Bn., 14th Inf. Rgt., won the game, 12-5.