

INSIDE

Tripler major takes back community

One man's commitment to 'make a difference' unites neighborhood

Story and Photos by
MARK JACKSON

Tripler Army Medical Center Public Affairs

HONOLULU — "At first I was concerned for my own safety and that of my family.

"When I learned that many others were living in fear, I felt it was the right thing to do to help my fellow neighbors," said Tripler Army Medical Center's Maj. Lamont "Monte" Kapec.

Kapec received a letter of commendation from Honolulu Police Department Chief of Police Boisse P. Correa at a ceremony July 12. It was given to him in appreciation for his courage in assisting his community to stop the violent behavior of former Windward resident David R. Domingues.

Domingues bullied and terrorized neighbors for more than 15 years. As a result of Kapec's actions, Domingues was recently sentenced to five years in prison.

When asked if there were any words of wisdom he wanted to share with readers, Kapec thought for a second and responded as follows:

Kapec's Perspective

I think that there is a great deal that other community members can take away from this.

In the beginning I didn't see anything the way I see it now. I was simply protecting my family. All people should feel safe in their home and in their neighborhood.

When this is violated, something has to be done. In situations where there are bullies who cause problems like this, there is strength in numbers. However, it is important that people understand that

they should never take it upon themselves to handle things in their own way.

From the beginning, I chose not to contend with the Domingues' behavior. I didn't say a word to him since I knew it would complicate the legal process.

At first my community was not well-connected. There were neighbors that didn't know each other. This was caused by the bully who did everything he could to keep this community apart for many years.

People simply didn't speak with one another. They stayed to themselves.

Once I brought these people together and encouraged them to work together, things started to work in the right direction. During this time, I held people's hands and demonstrated that I truly cared about their welfare — that it wasn't just me looking out for myself.

Now that Domingues is in jail, you see people walking with baby carriages or walking their dogs as well as children playing in the street. Neighbors are now talking from their front yards. Even the birds appear happier.

In the end, it all paid off. Not only did I protect my family, my efforts contributed to the protection of an entire community, and hopefully, it will make a difference for others dealing with similar situations.

Sometimes it takes a "fresh set of eyes" from an outsider to see how a community is being affected. Kapec has only been a member of his community for year, but what a difference that year has made in the lives of many local residents.



Tripler's Maj. Lamont Kapec walks his neighborhood with ease.

Inset — Honolulu Police Department Chief of Police Boisse P. Correa (center) personally recognizes Maj. Monte Kapec (left) and Detective Steven Scharl in Honolulu.

The chief cited Kapec's "courage in assisting your community to stop the violent behavior of a former resident" and said Kapec's actions spoke highly of his "strength of character and genuine concern for public safety and the welfare of others."

Deployment ready

Combat Aviation Brigade Soldiers stand ready to tackle their next challenge

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Nanakuli facelift

Golden Dragons from B Company pitch in to revamp Nanakuli High School

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Jungle jaunt

The Manoa Falls Trail gives visitors an escape from Honolulu without leaving the city

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Sailing Soldiers shipping out

Waterborne warriors are 'haze gray and underway'

Story and Photos by
CHRISTA B. THOMAS

25th Infantry Division Public Affairs

HICKAM AIR FORCE BASE — As cargo planes descended onto Hickam's airfield with a growl, and the wake from a Navy patrol boat lapped against the haze-gray ship, the sea legs of Soldiers standing in formation were steady against the familiar side-to-side sway.

This scenario of seeming contrasts was part of a deployment ceremony conducted Wednesday aboard the Logistics Support Vessel (LSV) 2, Chief Warrant Officer 3 Harold C. Clinger, for the Soldiers of the 605th Transportation Detachment.

The 32 sailing Soldiers, stationed at Bishop's Point on Hickam Air Force Base, will depart today for the Persian



Col. Stanley Q. Tunstall, commander of 8th Theater Sustainment Command, lauds the Soldiers of the 605th for their commitment and dedication to the Army, and thanks the family members in the audience for their continued support.

Gulf Region in support of the global war on terror. The first element of their mission will be to take over as crew of the LSV 4, Lt. Gen. William B. Bunker, relieving the 163rd Trans.

Det. Col. Stanley Q. Tunstall, commander of 8th Theater Sustainment Command, addressed Soldiers and fam-

SEE SAILING, A-3

2006-2007 school year gets underway

AIKO BRUM
Managing Editor

Hawaii's public schools have reopened for the 2006-2007 season, so 15-25 mph speed limits apply in school zones. Commuters must be watchful for children darting across streets and school buses stopping frequently along their routes.

On Army installations, military police will enforce speed limits and crossing guards will direct children across streets, said Dennis Rocho, deputy provost marshal.

"The Military Police will be out in force during the first few days as our children return to school," he said. "We will be running radar to ensure the speed limits which are posted in school zones are enforced. We will also set up our traffic radar trailer, which will inform drivers of how fast they are going.

"We would also remind parents not to leave their children unattended at bus stops," Rocho added, "not unless they are of the proper age, and please teach your children to always cross the road at proper crosswalks and to obey the crossing guard if one is present."

Methods abound to show support for troops

DEPARTMENT OF DEFENSE
News Release

With the deployment of more than 7,000 Soldiers from Schofield Barracks to Iraq, Hawaiians are again asking what they can do to share their spirit of aloha and support for service members.

The Defense Department's "America Support's You" is a nationwide program and Web site (www.americasupportsyou.mil) to showcase the activities taking place across the nation in support of the troops.

Individual citizens, businesses, schools, veterans groups and others have submitted ideas, registered activities and identified programs of support in their communities.

Many such ideas are clever and inexpensive, such as donating cellular telephones, laptop computers, or frequent flyer miles.

Below are more Web sites for organizations sponsoring programs for mem-

bers of the Armed Forces overseas. While it would be inappropriate for the Army to endorse any specifically do value and appreciate such expressions of support:

Donate a calling card to help keep service members in touch with their families at Operation Uplink at www.operationuplink.org/

Make a donation to Army Emergency Relief at www.aerhq.org/

Donate to "Operation USO Care Package" at www.usometrodc.org/care.html

Support the American Red Cross Armed Forces Emergency Services by visiting www.redcross.org/services/afes/0,10820_321_00.html.

Support families whose loved ones are being treated at military and VA hospitals through a donation to the Fisher House at www.fisherhouse.org.

Reach out to military families in your community, especially those with a loved one overseas.

There are cyber alternatives for people

who want to support the troops. This method lets someone else do the packing.

One such group is www.treats-fortroops.com. Shoppers can select items in the "market store" to make a package or choose to send a "gift-to-go" to a loved one.

Contrary to popular practice, the Department of Defense cannot accept items addressed to "Any Servicemember." Some people have tried to dodge the system by sending numerous packages to an individual Soldier's address, which however well intentioned, clogs the mail, creates security concerns, and causes unnecessary delays.

OperationMilitaryPride.com has an "adopt a Soldier" program where any interested person can request the name of a military person overseas along with his or her wish list.

(Editor's Note: Additional information compiled from the America Supports You program.

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On The WEB Keep up with school matters at <http://doe.k12.hi.us/>.

This school year is already receiving significant attention from military leaders and families in Hawaii. In May, Superintendent of Hawaii Department of Education (DoE) Pat Hamamoto responded to questions about schools in a special town hall meeting on education. Then, two weeks ago, the 25th Infantry Division (ID) and U.S. Army, Hawaii, leadership met with Central Complex principals and superintendents for an open dialogue session.

Maj. Gen. Benjamin R. Mixon, commanding general, 25th ID, asked the administrators, "How have you prepared or planned for our deployment?" He has repeatedly stated to his Soldiers with children in Hawaii's schools that he believes they — as mothers and fathers — must be engaged with their children's schools to impact education.

Indeed, said Youth Education Liaison Officer Tam-

SEE SCHOOL, A-11

We want to hear from you...

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

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

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

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

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Provost Marshal Corner

Motorcycle safety awareness revisited

(Editor's Note: Information in this column is general in nature and a roll up of incidents as they are reported to the Military Police during the time frames stated.)

COL. JACQUELINE CUMBO

Provost Marshal, 25th Infantry Division

Crime data provided is to make Soldiers and family members aware of trends that may be developing in or around their community. The Provost Marshal Office (PMO) uses this data to direct patrol activities designed to apprehend offenders and eliminate these occurrences.

In our joint fight against crime, PMO asks that you use this information and take proactive measures to avoid being a victim. Report suspicious activity to the Military Police (MP) at Fort Shafter, 438-7114; at Schofield Barracks, 655-7114; or dial 911 for emergencies.

Crime statistics June 16 to 30

• At Fort Shafter and South areas

The Fort Shafter PMO reported 12 cases this period. They included one assault case that occurred at Tripler Army Medical Center (TAMC). A U.S. Marine was apprehended after assaulting an MP.

One report of burglary occurred on Ft. Shafter where the subject exited a 7th floor window of a barracks room onto the window ledge then entered an adjacent room after cutting the screen and forcibly prying open the window. The subject then stole a bottle containing Roxicet (prescription) pills. The subject was identified and apprehended.

Five larcenies were reported with two occurring in the Coast Guard Housing (CGH) area, one each from Aliamanu Military Reservation (AMR), Fort Shafter (FS) and Fort DeRussy (FD). Two larcenies from CGH involved the theft of copper rain gutters from housing units. The larceny at FD involved the taking of luggage from an unsecured open Jeep.

The larcenies that occurred at AMR and FS also involved unsecured property.

Two attempted larcenies occurred in the CGH area on separate occasions where an unknown male subject was seen trying to remove copper brackets and copper rain gutters from vacant housing units awaiting demolition. On both occasions, the subject fled the area when the MPs arrived.

Finally, three reports of failure to pay parking fees occurred at FD. One Marine and one Sailor were apprehended after they both drove over the curb to avoid paying the fee at the Saratoga parking lot. A third vehicle operator failed to pay the parking fee and fled the area before DA Police arrived.

On a positive note, there were no reports of domestic violence and no Soldiers were apprehended off post for driving under the influence this reporting period.

• At Schofield Barracks

The Schofield Barracks (SB) PMO reported 32 cases this period. They included one shoplifting case that resulted in the apprehension of three juvenile family members. The juveniles were apprehended after attempting to leave the PX with a bottle of liquor.

Ten larcenies occurred in the SB area. Four of these occurred in housing areas while the remaining six occurred in troop areas. All of the stolen items were unsecured and unattended. The items included wallets, check books, jewelry, a surf board, lawn mower, and a laptop computer. One juvenile male family member was apprehended for the larceny of the lawn mower.

Nine simple assaults at SB resulting in the apprehension of seven Soldiers and one civilian. Twelve domestic assaults occurred resulting in the apprehension of

seven Soldiers and five family members.

Finally, there were four cases of driving under the influence (DUI) of alcohol reported resulting in the apprehension of three Soldiers and one civilian.

Hot Topic of the Week

• Motorcycle Safety Awareness

Many of our Soldiers who own motorcycles know this is the best time of year to drive around the island and enjoy the view. And, a motorcycle is one of the most cost effective means of transportation, especially because of high fuel costs. But along with the pleasure and sense of freedom that comes from riding a motorcycle comes a higher level of risk.

Drivers often change lanes into the path of motorcycles without the cyclist ever being seen. Add unsafe driving practices of some motorcyclists and all the ingredients for disaster are present. Most motorcyclists know they are often "invisible" to automobile drivers, and as a result, usually are more aware of others on the road. Unfortunately, there are drivers who are not as careful or aware of their surroundings while on the road.

Our USARPAC safety campaign memorandum states that "next to combat related fatalities, accidents are the greatest killer of our USARPAC Soldiers. Among the leading causes of traffic fatalities are: (1) reckless driving; driving impaired; under the influence; speeding or racing; (2) noncompliance with established safety laws and standards with emphasis on seatbelts and motorcycle safety equipment."

Our installations are governed by traffic safety rules and regulations that are more comprehensive than those found in the civilian community. As a result, the majority of our Soldiers and civilians are among the most safety conscious drivers in the state. However, we can all be much better drivers and advocates for motorcycle safety. Remember, that your actions affect

the lives of many others, including your own. Safe and considerate driving habits save lives while recklessness often takes lives.

Nothing is more valuable to the Army than its Soldiers, family members, and its civilian workforce. Help us to protect each by following a few simple rules and suggestions.

- Obey the law. It is designed to protect you and your family.
- Don't drive impaired or under the influence of alcohol. Don't allow your buddies to drive impaired.
- Do not race or drive recklessly.
- Wear helmets and reflective gear at all times, and ensure the safety of your passengers by requiring them to wear a helmet, too.

Motorcycle riding in paradise is one of those simple pleasures of life. Following simple safety advice will ensure that you and others will continue to enjoy these pleasures.

Traffic Safety

Traffic safety is a constant concern for everyone. Please be aware that what we do while operating a motor vehicle can result in dire consequences for ourselves and others.

PMO conducts seatbelt, safety inspection, registration, and vehicle insurance checks. Make sure that yours are all current. Help us to increase traffic safety by obeying the law.

Traffic statistics recorded June 16 to 30:

Driving w/o driver's license, 10
Driving w/o insurance, 11
DUI - Alcohol, 2
Expired registration, 7
Expired safety, 24
Parking, 97
Seatbelt violations, 3
Speeding, 47
Stop sign violation, 1

LIGHTNING SPIRIT

'Goodbyes' merely await a future 'Hello'

CHAPLAIN (CAPT.) JAY K. CLARK

45th Sustainment Brigade, Rear-Detachment

Do you ever think about the process of saying goodbye? Lately this topic has been very much on my mind.

In this last week I have had to say goodbye to many Soldiers, both friends and others that I had just met. It was a unique experience to say the least as I prayed with some and simply listened to a few others.

There were so many Soldiers and spouses, and children and friends, that in the midst of my own work I had the opportunity to step back and become a sort of sociologist, of sorts.

My wife would have been proud of me as at one point. During my time there I took a break and began observing and, most importantly, listening to the Soldiers, families and friends that surrounded me.

There were so many people and so many different ways of saying goodbye.

For a few it was a simple handshake and maybe a slap on the back. Some were in tears as they went through their litany of reasons that they would remain faithful in prayer for that particular Soldier's safety. Others, like me, moved innocuously through the crowd, stopping to encourage and sometimes simply acting as a listening ear.

As I said before, it was a unique and enlightening experience to be in the midst of such a display of raw emotion. The experience and process of saying goodbye is a

universal experience to everyone though. All of us have said goodbye at some point. We learn how to perform the act from a very young age.

For those of us with children, we know that one of the simple joys we, as parents, share is the first time our child crooks their little hand up in the air and waves "bye-bye." Many of us think it is so cute that we take videos and pictures of this grandiose event. And then we call the grandparents and tell them about this singularly epic event in the life of their grandchild.

Later on, though, the act of saying goodbye becomes less of an amazing event and more of a desirable action. Now our children are going to school, and we are trying to get them out the door to make their bus so they can make it to school on time.

There are no pictures or video now. We just want them to go - a quick kiss on the forehead and out the door with them.

And so the cycle of goodbyes begins. Each goodbye becoming easier and a less dramatic an event, until something important happens and the goodbye that has been such a "normal" part of life once again becomes emotionally connected to the core of who we are.

Special times like these. Times like deployments.

Saying goodbye, for a deployment, is never easy, but it is necessary. Soldiers need to be able to say goodbye to

their spouses, children, family and friends in a way that releases them to take on a new focus, mainly that of combat operations.

Not to be too preachy (but it comes with the territory), but I am confident that although Holy Scripture does not directly reflect a ceremony of "goodbye," which Jesus performed with his disciples, I believe that they happened. Just the knowledge that I have gleaned about Jesus' character and his personal leadership style makes me believe that Jesus took the time to very intentionally say goodbye to those that he was most closely tied to here on earth.

Farewells are important because through Jesus' recorded actions in Scripture, and those that I believe match up with his character, we glean some important guides for

our own goodbyes.

First of all, we need to be intentional in the days prior to the deployment when preparing our loved ones for our goodbye. We must remind our spouse, children, family and others about our love and care that we have for them - both as the deploying Soldier or as the family member or friend staying in the rear.

It doesn't matter which side of the coin we are on. We must let them know that we love them.

Jesus intentionally took his disciples, his 12 best friends, off at different points prior to his death. He affirmed his love and care for them, and many times affirmed their

SEE SPIRIT, A-8



59 days since last fatal accident

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

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.



As of 7/19/06

Voices of Lightning:

How did you spend your time during block leave?



"I spent a lot of time with family and friends."

Sgt. James Briggs
E Co., 325th BSB
Heavy-Wheeled
Vehicle Driver



"I went skydiving with my mom."

Pvt. 2 Terell Doguel
D Co., 325th BSB
Truck Driver



"Relax[ed] and went to the beach."

Pfc. Jason Ross
B Co., 209th ASB
Mechanic



"I went to Thailand to visit my family."

Spc. Somya Malarsi
E Co., 1/25th AVN
Cook



"Spent as much time as I could with my family."

Pfc. Shane Rossi
B Co., 3/7th FA
Cannon
Crewmember



Soldiers of the 605th Transportation Detachment stand in formation on the deck of the LSV-2, CW3 Harold C. Clinger. The 605th will relieve the 163rd Trans. Det. as crew of the LSV 4, Lt. Gen. William B. Bunker.

Sailing: Army mariners are able-bodied seamen

CONTINUED FROM A-1

family members in the audience, offering recognition and tribute to the Soldiers of the 605th.

"It's been an honor and a privilege to observe your training, serve in your ranks, and to share in your many successes," he said. "Thank you for the sacrifices you have made and will continue to make for our Army."

Lt. Col. Christopher L. Benson, commander of the 29th Engineer Battalion, heaped praise on the mariners for being such remarkable professionals.

"The Soldiers, NCO's and Warrant Officers under the leadership of Chief Warrant Officer 4 [Charles] West and Sgt. First Class [Keith] Woodward, undertake their missions as professional mariners and, more importantly, as a team," Benson said.

Chief Warrant Officer 4 Charles E. West, commander of the 605th, thanked the Soldiers and their families for serving the Army so well during such challenging times.

West assured the families that, although the deploying team is a bit apprehensive, "we have all the necessary training and equipment and they are ready to go."

"I thank the families for their continued support and the chain of command for helping us get out of here with all the training and scheduling and everything else we needed," West said.

As the ship's vessel master, West is the detachment commander and exercises all the rights and duties accorded to a commander when the unit is deployed.

The Army's fleet boasts eight LSV's, the largest of the powered watercraft. LSV's are designed to carry up to 2,000 tons of combat vehicles and sustainment cargo, roughly the equivalent of 86 C-141 aircraft loads.

"On the 274 foot vessel - 60 feet at the widest beam - we have 10,500 square feet of usable deck space," said Staff Sgt. Michael Dubik, a boatswain. "It is capable of shore-to-shore, ship-to-shore, or vessel-to-vessel during off-loading operations. As boatswain, Dubik is responsible for deck operations, loading the vessel, underway watches, and daily vessel preservation, which includes chipping, sanding and painting.

"Before the 25th Infantry Division deployed, we were underway 250 days of the year, back and forth between the Big Island and Oahu," Dubik explained. "We took all the training equipment over to [Pukaloa Training Area] - all the humvees, generators, battle tanks, and the CONEXs (shipping containers).

Waterborne Soldiers, like Dubik, are not only highly trained warriors, but capable seamen who continuously train in these exacting military occupational skills.

Training is constant with vessel drills, including battle stations, fire drills, abandon ship drills, and man over board drills - all of which are accomplished while underway, explained Dubik.

Spc. Bridget Dudenake, who is a seaman, said she has received very comprehensive training and is prepared to deploy. "I am confident that the training I received will get me back in one piece," she said.

"I expect to accomplish every mission safely, without injuries," Dubik said. "We're going over with 32 Soldiers and we want to come back intact."



West



Soldiers of 25th Combat Aviation Brigade (CAB) receive instruction from their CAB commander during their deployment ceremony on Wheeler Army Air Field, July 13.



Above — Col. A. Thomas Ball Jr., commander, 25th Combat Aviation Brigade, presents Staff Sgt. Alina Smith, the CAB Soldier of the Year, a statue and Army Commendation Medal during the deployment ceremony.

Right — Ball addresses his Soldiers.



25th CAB leads charge for Iraq



MP Inactivation — Outgoing commander Lt. Col. Tony Carr (above, left) and Col. Jacqueline Cumbo, Provost Marshal, 25th Infantry Division, salute as the 25th Military Police Battalion changes command and inactivates in preparation for transformation.

Left — Command Sgt. Major John Ewbank permanently cases the colors of the 25th MP Bn.

“quatable”

“We make a living by what we get, but we make a life by what we give.”

— Winston Churchill

Maintenance surge keeps deployed 84th Engineers busy

1ST LT. ERIN KENNEDY

84th Engineer Combat Battalion (Heavy)

LOGISTICS SUPPORT AREA ANACONDA, Iraq — In the world of Army maintenance, the word “deadline” is as common to a mechanic as the words “heart attack” are to a doctor. Unfortunately, deadline has a negative connotation to most units as it means a vehicle is broken to the point that it should not and, most likely, cannot be operated.

Upon receiving equipment from an out-bound unit, B Company, 84th Engineer Combat Battalion (Heavy), immediately began its deployment with an uphill battle with vehicle maintenance. Bravo Company's equipment had most likely been in Iraq for two years, and much of it was at least 20 years old.

Mechanics had very little or no time to repair equipment before they were tasked with missions. In addition, they were forced to play “catch-up” with old and new equipment deadlines and faults each week.

After months of trying to work with equipment that constantly broke and could not be relied on, leadership developed a plan to prioritize maintenance and focus efforts on fixing equipment to mission-capable standards.

Bravo Company leaders agreed to a six-week plan that ensured each platoon's focus and participation. Leaders focused on improving the operational readiness (OR) rate to 80 percent within six weeks and sought to maintain that readiness rate or higher.

Teams of mechanics conducted technical inspections (TIs) on each piece of equipment in the company. The battalion



Sfc. Bonnie D Seats | 84th Engineer Combat Battalion

(Left to right) — Wheeled vehicle mechanics Spc. Lance Wilson, Pfc. Christopher Krough and Sgt. Justin Deal conduct maintenance on a tractor M916A1. Wilson replaces a generator while Krough and Deal troubleshoot wires for electrical problems.

maintenance section performed quality assurance spot checks.

As expected after the first week, the OR rate plummeted to less than 35 percent,

indicating that the company could no longer conduct operations. Once the mechanics completed their TIs, they worked with the clerks to order necessary parts to

fix deadlined equipment.

The next step in the plan provided each platoon or section with one day per week in the motor pool, which was dedicated to

conducting maintenance on specific equipment. On that day, all other missions stopped and maintenance became the platoons' mission.

The company first sergeant held platoons sergeants accountable for their platoon's OR rate, which then placed the maintenance responsibility on the noncommissioned leaders in the platoons.

The motor sergeant posted each platoon's OR rate in the company, so that Soldiers could track their platoon's progress.

To be successful, the leaders and operators had to work with the mechanics to bring their vehicles to fully mission-capable status.

Before long, mechanics and platoon-level operators made tremendous progress. In two weeks, they raised the company OR rate by 40 percentage points and the rate continued to climb to just more than 80 percent.

The maintenance surge proved not only successful, but invaluable for equipment necessary to conduct assigned missions. Leaders and Soldiers discovered that even though they received standard equipment, they had to maintain and use it.

Though the plan to improve the maintenance program initially caused a dramatic drop in the company's OR rate, the end result demonstrated the company's ability to overcome the challenge.

Since the surge, B Co. has changed its perspective on maintenance. Soldiers now focus on preventing deadlines rather than reacting to them, and they ensure that throughout each mission-planning phase maintenance receives top priority.

Wolfhounds connect with their own Medal of Honor recipient

Story and Photos Courtesy of

2ND BATTALION, 27TH INFANTRY REGIMENT

Not too long ago, a select few Wolfhounds were lucky enough to meet an important part of their history face to face.

The 2nd Battalion, 27th Infantry Regiment Wolfhounds are steeped in tradition, having participated in many battles from Siberia to Afghanistan. They stay involved in their unit and exhibit increased pride in its lineage and standards.

Already, at National Training Center (NTC), in California's Mojave Desert, earlier this year, the 2-27th traveled more than 110 miles in its initial 72 hours, fighting the whole way. The regiment conducted more than 19 combat patrols during the training exercise.

Following the battalion's rotation from the NTC, 2-27th's command team (Commanding Officer Lt. Col. Drew Meyerowich and Command Sgt. Maj. David Yates) led 43 Wolfhounds on a three-hour trip to visit retired Col. Lewis L. Millett at his home in Idyllwild, Calif.

Millett is a living legend in the U.S. Army. He holds a special place in the hearts of all Wolfhounds.

During the Korean War, as commander of E Company, 27th Infantry Regiment (now A Company, 2-27th), Millett was awarded the Medal of Honor for his inspirational leadership and heroic actions on a frozen Korean hilltop.

On Feb. 7, 1951, then-Capt. Millett was ordered to lead Easy Company on an attack to seize “Hill 180” in the vicinity of Soam-Ni, Korea. Hill 180 was held by an unknown number of Chinese and North Korean troops.

While advancing on the hill, machinegun and

antitank fire pinned down 1st Platoon. Millett maneuvered on the enemy before his entire company lost momentum; he decided a bayonet assault would be the best course of action.

He ordered his second and third platoons to fix bayonets and, with complete disregard for his own safety, led a fierce bayonet charge straight up the hill. The assault took the Wolfhounds to the crest of the hill.

From the front, Millett yelled, “Cmon you bastards and fight!”

Easy Company killed 47 enemy Soldiers. Reportedly, another 60 were wounded or evacuated off the hill during fighting.

A modern-day 2-27th convoy arrived at Millett's quiet mountain home just before noon. Millett greeted his guests with a wave from his front porch and then a smile and handshake.

“I cannot believe how much Army stuff he has,” Pvt. Percy Moore said as he wandered around Millett's home.

Pistols, bayonets, plaques, pictures and statues, among other things, decorated his home.

Millett's Medal of Honor rested silently on a wall.

“This house is amazing,” 2nd Lt. Jonathan Havens said to Millett.

“You get a lot of crap when you're in the Army for 70 years,” Millett fired back.

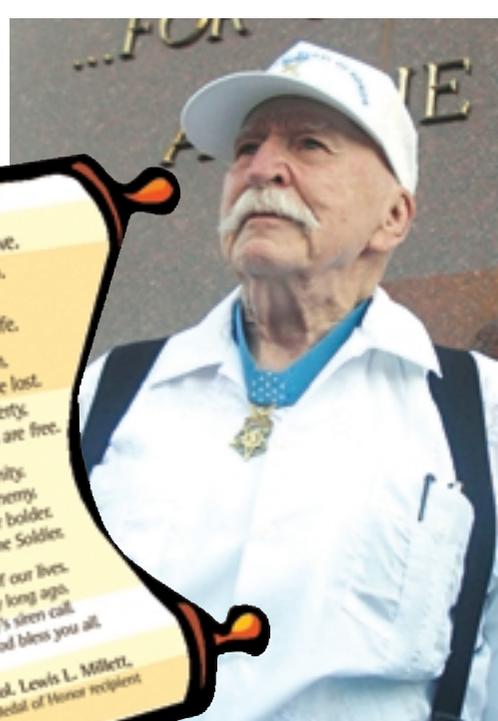
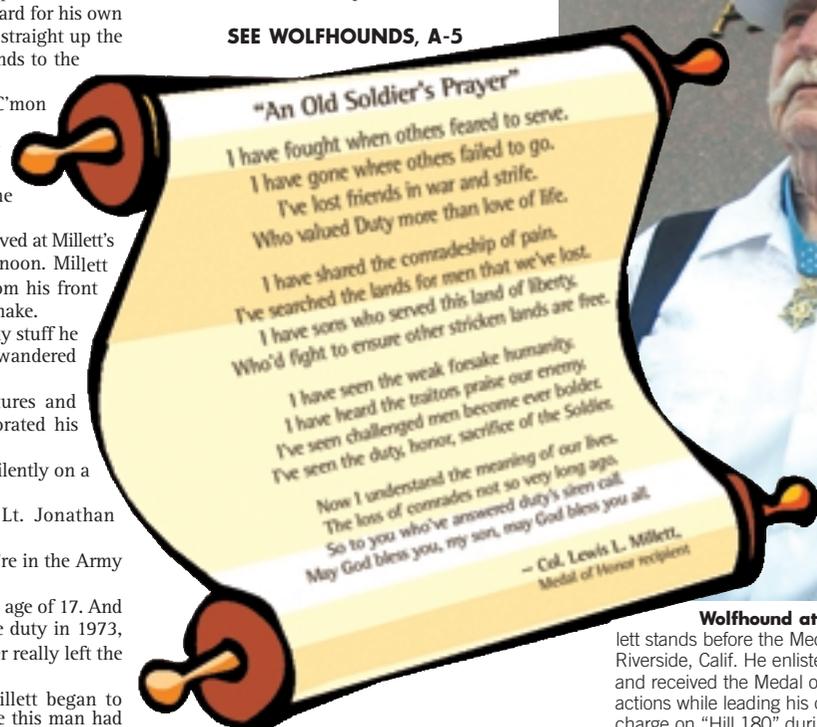
Millett enlisted in the Army at the age of 17. And even though he retired from active duty in 1973, one gets the sense that he has never really left the Army.

Slowly, Wolfhounds visiting Millett began to realize that they were going where this man had

gone; he was their preparation for war.

Millett executed his mission many times and current Wolfhounds look to similar, future successes. He took the Wolfhounds to the Medal of Honor Memorial in nearby Riverside.

SEE WOLFHOUSES, A-5



Wolfhound at heart — Col. Lewis L. Millett stands before the Medal of Honor Memorial in Riverside, Calif. He enlisted in the Army at age 17 and received the Medal of Honor for his heroic actions while leading his company on a bayonet charge on “Hill 180” during the Korean War.

1-14th labors to make a difference in Nanakuli

MEGAN STAHL SMITH
Staff Writer

Nanakuli Elementary School got a recent facelift when Soldiers from B Co., 1st Battalion, 14th Infantry Regiment spent a week during their block leave to beautify the campus and make necessary repairs.

Due to the dryness of the area, the school was facing fines from the state for overgrown brush on the property.

So Soldiers, led by 2nd Lt. Calvin Kline, spent three days mowing the land.

The team put up a new sign, revamped an old sign, and added cheer to the campus with fresh coats of paint. They used close to 35 gallons of paint on the school buildings, steps and sidewalks.

"We thought that we were going to adopt them, but they adopted us," said Lee Loughmiller, school administration services assistant.

Nanakuli Elementary has been part of many partnerships over the years, but Loughmiller puts Bravo Company at the top of her list. "I must say this is the most active and diligent team. Not only does it beautify the campus, but it helps instill pride and respect for the campus."

The company was partnered with the



Above — Pvt.2 Alfred Figueroa and Pfc. Chris Hogan repainted the stairs and woodwork outside of the school rooms at Nanakuli Elementary, getting them ready for the start of school, July 31st.

Inset — Pvt.2 Lucas Parrish digs postholes for a new school sign at Nanakuli Elementary School. The sign had been purchased nearly a year ago, but the school didn't have anyone to install it.

school through the Partnership of Ohana program, offered by the Joint Venture Education Forum. The program currently has partnerships with 158 schools in Hawaii. A \$5000 grant is awarded annually to each school involved. These funds are allotted for maintenance and repairs, technology, and other resources such as textbooks.

Bravo Company was able to accomplish all of their tasks using only \$1400 of the grant; leaving the rest for the school's additional needs.

The staff was thankful to the team and cooked a traditional Hawaiian breakfast for them on their last morning.

Loughmiller looks forward to future support from the Soldiers and hopes for more interaction with students during the school year.

"We'd like to see them get involved with the students," said Loughmiller, confident that they would be positive role models.

The Soldiers have plans to become more active with the students once the school year starts July 31. They look forward to getting to know each student throughout the school year.

Deployed smokers forsake their butts

KAREN FLEMING-MICHAEL
Army News Service

CAMP STRIKER, Iraq — Quitting smoking was the last thing Master Sgt. David Dulen expected to do when he deployed to Iraq last September.

The pack-a-day smoker for more than 20 years had considered quitting many times, but his "smoke 'em if you got 'em" habit endured. Then his wife quit last year.

"I kind of had an incentive then, or maybe it was just a challenge from my wife," he wrote in an e-mail from Camp Striker, near Baghdad. "The opportunity to quit while deployed to Iraq never crossed my mind; in fact, I told my wife that I would have to wait until after the deployment to quit and come online with a smoke-free life."

Long periods of downtime between missions and cigarettes being readily available — and at times even cheaper than in the United States — pose an obstacle to anyone wanting to quit while deployed, said Capt. Amy Jackson, a physician assistant at Camp Striker.

However, a few Soldiers in the camp of 4,500 troops paved the way for Dulen's road to being smoke-free when they approached Jackson to ask if a smoking-cessation program was available. There wasn't, so she started one.

"These guys were asking for something that I'm supposed to offer them as a provider," she said. "I thought it was awesome that they asked."

In designing the four-week program, Jackson used every possible tactic to help quitters quit. Soldiers can receive nicotine patches, gum and prescription drugs to help them stave off the symptoms of nicotine withdrawal. They attend classes on the health

benefits of quitting, stress management and relaxation. They also have Jackson and her medics to turn to for suggestions on how to cope when the cravings come.

"I encourage them to drink more water, play games on their smoke break, take a walk around their work area, exercise, read their smoking-aid handbook, put a toothpick in their mouth after chow instead of lighting up or take up a new hobby — anything to take their mind off their addiction," she said.

Word of the program quickly spread. So far 53 smokers have joined the program. Sixteen smokers who used tobacco for a total of 203 years quit for good; eight of them had smoked for more than 10 years.

Dulen quit Dec. 6. He expected to have withdrawal symptoms — and he did, so he sucked on hard candy and chewed a lot of gum. He also used the prescription aids.

"I used the patches and the pills religiously, though I don't think that I needed them for the entire timeline that Captain Jackson had us on them, but I wanted to stay with whatever the program said to do," he said.

Twenty-six Soldiers didn't stick with the program, often bailing at the two- or three-month mark. Jackson thinks they'll quit eventually.

"When I started the program, many of my peers recommended that I not be discouraged if I didn't see any success given our environment, mission and stress level," she said. "I am very pleased with the outcome and am still hopeful for those who attended the course, knowing that the seed has been



planted and they may always try again to quit."

Relapses are to be expected, and Dulen's had just two cigarettes since quitting six months ago.

"I didn't even smoke the whole thing," he said. "I didn't like the way it tasted or the affect it was having on my chest."

Jackson plans to follow up with her quitters after they return to the United States to see how they're managing during a time when they may be tempted to smoke.

"Getting back into the 'old routine' may include smoking in the car that they used to smoke in before they deployed. There will be some nights out on the town, and alcohol and tobacco go hand in hand," she said. "If their spouse smokes, it will be difficult to avoid the temptation, but a support system may get them past the adjustment period to avoid slipping into old habits."

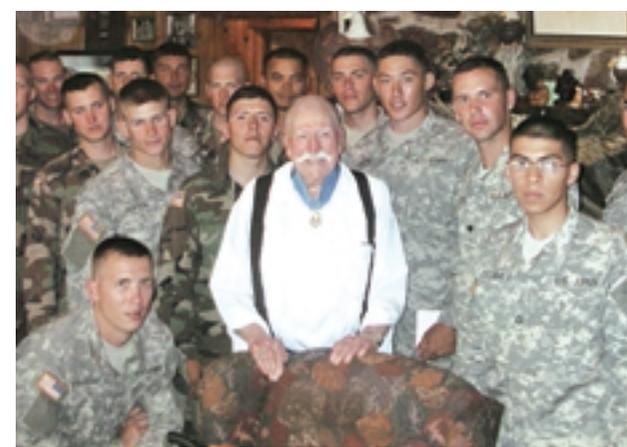
Jackson's work has made a real difference, said Maj. Edward McDaniel, a doctor at Camp Striker.

"Many Soldiers have come to me saying that she has given them a new start on life," he said. "These Soldiers want to return home to their families happier and healthier. No doubt, this is a huge challenge, but many are up to the task."

Dulen said he's through with cigarettes.

"I no longer have the desire to smoke," he said. "I have my days when I think I am a little stressed and say, 'Boy, I could use a cigarette.' But I don't smoke, so I believe that I will be smoke-free the remainder of my life."

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



After addressing more than 40 fellow Wolfhounds at the Medal of Honor Memorial in Riverside, Calif., Millett, posed for a remembrance photograph with the 2nd Battalion, 27th Infantry Regiment Soldiers.

Wolfhounds: 2-27th strolls past with Millett

CONTINUED FROM A-1

It was a solemn experience.

The convoy pulled up to a wide walkway lined by American flags and decorated with the seals of the different branches of service. The walkway led to marble columns encircling a small waterfall. The names of Medal of Honor recipients were etched on the marble columns.

The Wolfhounds roamed around, looking at the names and admiring the site. Whether they showed it or not, the memorial affected them all.

It was constructed so that others could remember the great sacrifices many before had made, above and beyond the call of duty.

Before the Wolfhounds departed, Millett left them with the poem titled "An Old Soldier's Prayer." He had written the poem after his son died while serving of his country.

The poem touched not only the Soldiers who listened to it, but also the man who spoke the words.

Millett shed a few tears as he read. The Wolfhounds became even more aware of the ideals for which they would be fighting.

SMA gives his perspective about deployment

Sergeant Major of the Army fields questions from Iraq troops

MASTER SGT. ERIC LOBSINGER

Army News Service

CAMP LIBERTY, Iraq — Sgt. Maj. of the Army Kenneth O. Preston kicked off a four-day tour of Iraq when he visited the Soldiers of Multi-National Division — Baghdad, recently.

The goal of his trip, he said, was to talk with Soldiers and hear their concerns.

"I am very proud of what our Soldiers are doing each and every day, and I want them to be proud of what they've done during their deployment," Preston said. "Everybody over here has a key role that they play in the success of the units here on the ground and the success of America's Army in the global war on terror."

Preston visited Soldiers at remote sites where visitors normally don't get a chance to go, such as Camp Taji and Forward Operating Bases Mahmudiyah, Kalsu and Iskandariyah.

Perhaps foremost on Soldiers' minds was how much longer they'd be in Iraq, and when they could expect to see more stability in their lives. Oft-repeated questions were: "How long are we going to be in Iraq?" and "Will the length of the deployment decrease?"

"I have a little crystal ball on my desk about the size of a marble. So far it hasn't lit up and told me anything yet," Preston joked. Turning serious, he told Soldiers that the mission itself will dictate how much longer they'll be needed in Iraq.

Approximately 502,000 Soldiers are on active duty today, and an additional 98,000 reserve-component Soldiers are currently mobilized, bringing the current active-duty strength to about 600,000 Soldiers. Of those, Preston said, approximately 237,000 Soldiers are deployed to 120 countries.

While the Army now has 38 fully equipped and



Cpl. Michael Molinaro | 2nd Brigade Combat Team, 4th Infantry Division

Sergeant Major of the Army Kenneth O. Preston talks to 2nd BCT, 4th ID, troops at Forward Operating Base (FOB) Kalsu, Iraq. He also stopped at FOB Iskandariyah and fielded questions regarding various issues.

manned brigade combat teams, the service is still short on its greatest commodity: people.

"It's people; it's equipment; it's time. Right now, if you look at the BCTs [brigade combat teams] we're building, we're putting in additional infantry, additional reconnaissance and more military intelligence assets, and embedding all those battlefield operating systems within each of those brigades," Preston said. "It is an increase in a lot of those low-density, high-demand career fields."

National Guard units are also converting to modularity. This total restructuring, Preston said, will benefit Soldiers in the long run by providing more

predictability and time at home.

"We're asking Soldiers here to do some pretty tough things," he said. "This is the first time we've fought a long-term fight with an all-volunteer Army. I firmly believe the Soldiers coming out of basic training today are far better than those from even just a couple of years ago. All of you represent the cream of our society."

Preston told Soldiers he'd like to see deployments reduced to nine months, and eventually six or seven months. But that could possibly decrease Soldiers' time at home with their families. "With the number of Soldiers we have, we cannot reduce the

length of the deployment right now," he said.

As the Army continues to transform, Preston said Soldiers must focus on being the best they can be.

"Concentrate as an individual because as an individual you want to be the best Soldier you can. Whatever your career field, you want to be a subject-matter expert in that field. If you're an infantry Soldier, an armor Soldier or a scout, you want to be the best scout, armor or infantry Soldier you can be. Be an expert in your profession."

Once Soldiers reach the rank of sergeant, Preston said it's time to think beyond being a strong individual and time to start leading those under their charge.

"You take that little piece of the Army and make it as good as you possibly can make it," he said. "You do that at each level of command as you move up. That's the difference as you make that transition from being a Soldier to being a noncommissioned officer. You make a shift from being focused on you, as an individual, to being focused on your unit."

MND-B Soldiers said they appreciated the sergeant major of the Army's visit, and the fact he was so forthcoming.

"He listened to all the Soldiers' concerns so the Army can improve on the topics we feel are very important," said Sgt. Charles Schreck, a military policeman with Battle Team Battalion, 2nd Brigade Combat Team, 101st Airborne Division. "He's taking consideration to topics that everybody is thinking about. It shows us that higher-ups are actually considering those topics."

The visit was motivating, said Sgt. Frank Aldaco, a truck driver with Company F, 204th Support Battalion, 2nd Brigade Combat Team, 4th Inf. Div.

"The Soldiers have a lot on their minds, and they just wanted to ask somebody who knows," he said. "I know a lot of guys who had a lot on their minds got the answers they were looking for."

(Editor's Note: Master Sgt. Eric Lobsinger writes for the 4th Infantry Division Public Affairs Office.)

Quality of Army recruits remains high, goals met last 13 months

ARMY NEWS SERVICE

News Release

WASHINGTON — The Army has filled its ranks without sacrificing quality, DoD's top personnel official told reporters, July 11.

Active duty and reserve components met recruiting goals in June for the thirteenth month in a row, said David S. C. Chu, undersecretary of defense for personnel and readiness.

The Army reached 102 percent of its recruiting goal, enlisting more than 8,700 Soldiers. The National Guard recruited more than 5,800 Soldiers, 101 percent of its goal. The Army Reserve also exceeded its goal by 21 percent, recruiting more than 5,600 members.

Chu called the fact that the military can fill the ranks of its volunteer force a testament to young peoples' desire to serve.

"I think it's an antidote to those who question the willingness of young Americans to put someone else before themselves, to put some larger cause first," he said.

More than 60 percent of the recruits came from the top half of mental-aptitude categories. More than 90

percent have a high-school diploma, which "is the best predictor, we've found over many years of experience, that recruits will stay through their first enlistment," Chu said.

Chu said he is not disturbed by the increase in "Category 4" personnel joining the Army. These recruits score in the lowest category of the Armed Services Vocational Aptitude Battery tests.

The Army recruits no more than 4 percent of its force from this category, meeting the DoD benchmark, explained Doug Smith, public affairs officer for U.S. Army Recruiting Command. For many years, the Army had a self-imposed 2-percent limit, he said, but raised it to 4 percent in 2005.

This stands in sharp contrast to the late 1970s, when as many as 45 percent of Army recruits could be drawn from Category 4. Congress imposed a cap of 25 percent of new recruits in that category in fiscal 1981, then lowered the ceiling to 20 percent in fiscal 1983, according to Bob Clark, DoD's assistant director for accessions policy.

Chu said no one is looking to change the recruiting standards that have served the military so well. "The standards have not changed. They are not go-

ing to change," he said. "We aim for the department as a whole to have 90 percent of our new recruits ... be high school diploma graduates. We aim to have 60 percent score in the upper half of the mental distribution." And the department will insist on high moral standards, he said.

"Quality pays off" in varied ways, Chu said. "Quality pays off in ability to deal with difficult situations. Quality pays off in ingenuity in solving problems. Quality pays off in figuring out ... 'what did the lieutenant mean by those orders anyway?'"

The task now is to continue progress in the months ahead, he said.

"Obviously, recruiting is a bit like watching a high-wire performer," Chu said. "It's wonderful that we have done well so far, but there's always the challenge of tomorrow."

As of June 30, the Army had exceeded its year-to-date active-duty recruiting goal by 4 percent. The National Guard exceeded its goal by 3 percent, and the Army Reserve exceeded its goal by 1 percent.

(Editor's Note: Compiled from reports by the American Forces Press Service.)

Part two of a two-part series on water in the Schofield-Wheeler community

From sink to stream, wastewater isn't wasted

Wastewater follows an elaborate path as it is processed and recycled back into the environment

Story and Photo by
JEREMY S. BUDDEMEIER
Assistant Editor

WHEELER ARMY AIR FIELD — When water runs down the drain, most people don't give a second thought to what happens to it. However, as a staff member at the Wheeler wastewater treatment plant said, "After you flush, it's just the beginning."

Water from toilets and drains throughout the Schofield Barracks-Wheeler community flows to the Wheeler wastewater treatment plant where approximately 2.2 million gallons are processed daily.

In general, wastewater treatment allows the communities to reduce the environmental impact of human waste and reuse the processed quantities for fertilizer and forms of irrigation. However, before that process begins, pretreatment occurs.

A two-person crew maintains sewer lines and removes sediment that might otherwise hamper water flowing to the treatment plant. The crew uses a truck with a large, hose-like attachment to blast high-pressure water through upstream pipes. As water flows back down through the pipes, a strainer collects sediment.

The collected sediment is eventually mixed with green waste at Barber's Point.

Dave Swanson, a collections foreman for Aqua Engineers, Inc., said it takes nearly a year to systematically maintain 14 pump stations and more than 80 miles of sewer pipes in the Schofield-Wheeler community.

Aqua Engineers, Inc., a contractor, has been managing the treatment plant since early 2004. Before then, the Army had been processing its own wastewater since the 1930s.

In addition to maintaining pipes, grease is collected at dining facilities, and oily-water separators skim oil at motor pools to prevent these substances from entering the wastewater system.

According to Richard Stelter, wastewater manager, Directorate of Public



Above — Construction workers modify two of the four aeration tanks as part of the R1 upgrade at the Wheeler wastewater treatment plant last month. The upgrade, which is scheduled to be completed by the end of the year, will allow the plant to process wastewater to a higher purity level and reduce the amount of fresh water used for watering lawns and golf courses.

Right — Richard Stelter, wastewater manager, Directorate of Public Works, discusses features of the aeration tanks and proposed upgrades at the Wheeler wastewater treatment plant. According to Wayne White, operations superintendent, Aqua Engineers, Inc., the upgrades will increase the plant's capacity by approximately 30 percent.

Works, pretreatment is very important.

"Bacteria can't eat grease," he said. And the system, which is designed to separate solids from liquids, relies on a host of bacteria to complete the bulk of the wastewater processing.

The Process

Waste moves through two enormous tanks, a grid chamber and an equalization basin, where large solids such as small toys or other objects are removed and the waste is aerated.

From there, waste moves through a "primary clarifier," more aeration tanks and a final clarifier. Clarifiers are circular, 500,000-gallon tanks where two 20-foot arms collect solids by slowly inching around the top and bottom of the tank, like the hands of a clock. Next, the water moves into a maze-like structure called a contact chamber, where a thorough dose of chlorine neutralizes remaining bacteria.

Throughout the process solid particles ("sludge") are separated and heated to remove more water and eventually mixed with green waste for use as fertilizer.

The Upgrade

Since May, the Army has been working with Aqua Engineers, Inc. to reconfigure the treatment plant and process its water to an "R1-grade." According to Wayne White, operational superintendent, Aqua Engineers, Inc., the "R" stands for "recycled water" and the number designation corresponds to the level of purification; number one signifies the highest level of processing.

The upgrade involves adding a series of vacuum-chambered membranes to the second aeration stage, bypassing the need for the second clarifier and chlorination. After water is pulled through the membranes, it passes under an ultraviolet light, which kills the remaining bacteria.

The resulting R1-grade water can be used to water lawns, plants and golf courses. According to Kent Anderson, water systems engineer at DPW, golf courses contribute to 10 percent of the Schofield-Wheeler community's total water usage.

In theory, this upgrade has the potential to save nearly 400,000 gallons of fresh water each day.



Phase two of civilian personnel system begins in fall

DONNA MILES

American Forces Press Service

WASHINGTON — The Defense Department announced plans today to transfer more than 66,000 additional DoD civilian employees into the new National Security Personnel System beginning in October.

The plan, delivered to Congress last week, ushers in the second phase in implementing the new pay-for-performance personnel system and affects organizations throughout DoD.

The first 11,000 DoD civilian employees were converted to the new system under "Spiral 1.1" of the phase-in on April 30. Defense officials are taking cues from this group to help smooth the way for the Spiral 1.2 transition.

Mary Lacey, NSPS program executive officer, recently met with senior leaders from the Spiral 1.1 transition to identify what worked well and what improvements are needed.

"We are already assessing implementation for the first group of employees," she said.

The transition for the first group ran smoothly. Officials reported a 99.9 percent accuracy rate in completing affected employees' personnel actions and no glitches in processing their pay through the Defense Finance and Accounting Service.

"We are pleased with what we are seeing thus far, at least with the technical aspects of the conversion," Lacey said.

The Spiral 1.2 roll-in will take place over a four-month period, through Janu-

ary 2007, and will include civilian employees from organizations through DoD, including some overseas.

Affected components will have the discretion to convert their workforce any time between October 2006 and January 2007 to ensure enough time to train their employees, according to Mary Lacey, NSPS program executive officer.

"Training is critical to the successful transition to NSPS," Lacey said. "We want to give organizations sufficient time to train employees, do it right and implement when they are ready."



Ultimately, the system will apply to more than 650,000 DoD civilian employees.

Employees being converted to the new system will receive new performance plans that are clearly linked to their organization's mission and strategic goals. They also will be converted to pay bands that replace the grade ratings under the General Schedule.

Officials emphasized that no employee will lose pay during the conversion to NSPS. Most will receive an initial pay bump to account for time already earned toward their next within-grade increase. A



Courtesy photo

Office conversion — Beginning in October, more than 66,000 civilian employees will be transferred into the new National Security Personnel System, which seeks to link performance plans and the organization's mission.

conversion tool in the NSPS 101 Course, posted on the NSPS Web site, helps employees estimate of the value of their within-grade-increase, as well as their career group and pay band under the new system.

The performance appraisal cycle for Spiral 1.2 employees will begin on the actual day of their conversion to NSPS and continue through Sept. 30, 2007. These employees will receive their first per-

formance pay increased in January 2008.

The ongoing NSPS conversion includes only the human resources parts of the system, which include job classification, compensation, performance management, staffing and workforce-shaping elements. It does not include elements of the new system involving labor relations, collective bargaining, independent third-party review, adverse actions and the National Security Labor Relations Board.

DoD and the Office of Personnel Management have appealed a late February court decision blocking implementation of these provisions. U.S. District Judge Emmet G. Sullivan ruled that they would fail to protect civilian employees' ability to bargain collectively. The decision was based on a lawsuit filed by the American Federation of Government Employees and 12 other labor unions.

Defense officials hope for a decision on the appeal by the year's end as they continue implementing parts of the new personnel system not caught up in litigation.

NSPS is one of Defense Secretary Donald H. Rumsfeld's key initiatives designed to transform DoD operations to better meet 21st-century needs. It is replacing what officials call an outdated, 50-year-old civilian personnel management system that rewards employees for length of service rather than performance. The new program, in development since 2003, replaces the current general-schedule personnel system with broad pay bands.

"NSPS is critical to the department's transformation to a results-oriented, mission-focused culture," said Michael Dominguez, principal deputy assistant secretary of defense for personnel and readiness. "The performance-based system will create an environment where our employees will be focused on outcomes that support our national security mission, and they will be rewarded for the results."

Army establishes a Civilian Corps

ANDRICKA HAMMONDS

Army News Service

WASHINGTON — Top Army leaders announced the establishment of the Army Civilian Corps last month.

"The Army Civilian Corps is meant to unify the Army civilian service and embody the commitment of civilians who serve as an integral part of our Army team," said Army Secretary Francis J. Harvey and Army Chief of Staff Gen. Peter J. Schoomaker in a joint memorandum to Army personnel.

Army civilians work side by side with

Soldiers deployed around the world. They have played many roles in America's fight against terror, from assisting in reconstruction projects in Iraq and Afghanistan to training Soldiers for deployment.

"The Corps provides identity for the civilian force comparable to their military counterparts — the officer, enlisted and NCO Corps," said Melinda McMillon Darby, assistant G-1 for civilian personnel.

The Army Civilian Corps Creed and the memorandum establishing the Corps are available at the civilian personnel Web site at www.cpol.army.mil under "Top Army Initiatives."

Establishment of the Corps is a result of a study conducted by the Army Training and Leadership Development Panel from August 2001 to February 2003. Through written and online surveys with civilians, focus-group sessions and personal interviews, an executive panel comprised of senior civilian and military subject-matter-experts concluded the needs and concerns of Army civilians.

The study also resulted in the November 2004 establishment of the Civilian Advisory Board, which serves as an advocate for civilian matters raised to the Army chief of staff.

Spirit: Send offs are crucial

CONTINUED FROM A-2

own specific calling or mission ... which brings me to the second piece of guidance, affirming the call.

When we say goodbye, each individual needs to know what he or she is supposed to do, and those tasks need to be affirmed by the other partner, parent, whomever. Soldiers need to know that they are doing what they have been called to do, so their attention is not easily swayed by lingering thoughts about whether they are doing the "right" thing or not.

At the same time, we must let our family members and friends know that Soldiers are right in doing what they are "called" to do, and that life does not stop with deployment.

Spouses will take care of the house, children will make it through another year of school, and friends will continue to go to work. The cycle of life will continue.

Toward the end of Jesus' life, he specifically called a few of his followers aside and told them things like you will build my church, you will take care of my earthly family, you will pray for the faithful believers, and you will take the gospel message out to the people. Each individual was affirmed in a tasking.

And finally, I believe that Jesus



teaches us to depart with hope. Jesus himself modeled such by telling his disciples about their futures. He told them about mansions being built and streets of gold, though we may be a little less grandiose.

Take the time, especially with children, to talk about the adventures and experiences you will have when your Soldier returns. Spouses, talk to your Soldier about the wonderful love you will share once you are reunited.

Plan a trip, share a dream, build a memory, however you want to proceed, but take the time to remind your family, friends and Soldiers that there is something special awaiting them on that special day when the "goodbye" becomes a "hello."

25 YEARS AGO

1981

•**July 16**, Along with Oahu residents, the Honolulu Board of Water Supply asked service members and their families to cut back on the use of water by 10 percent. It asked for an additional cut of 50 percent on watering lawns, during the prevailing hot and rainless season.

The board advised residents to water gardens and lawns early in the morning or evening, every other day, in the interests of conservation.

•**July 16**, Signs like "Shelter Area No. 3, Bldg. 520 EM Barracks" pointed the way to safety at Fort Shafter, in case of tsunami or hurricane. Headquarters Company said it could provide some protection for Shafer residents in the event of a natural disaster.

med Services YMCA Hotel at 250 S. Hotel St. ran an Army special that featured single rooms at \$4.50 per night.

•**July 17**, By proclamation of President Ronald Reagan, that Friday was set aside as National POW/MIA Recognition Day. A special ceremony at the Palm Circle flag pole, Fort Shafter, honored all American prisoners of war and those still missing in action.

•**July 21**, The 1981 Hawaiian Armed Services Athletic Council Golf Tourney continued at the Leilehua Golf Course. Winners in three division and two brackets from the WEST-COM tournament vied for top honors.

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



Jeremy S. Buddemeier | 25th Infantry Division Public Affairs

Heads up — Tyler Goodier, 8, makes his way down the slide at the Schofield Barracks' Burger King playground. As part of the AAFES 111th birthday celebration on Tuesday, Burger King and Popeyes will hold a drawing to give away two gas barbecue grills and 10 \$20 gift cards for each restaurant.

AAFES responds to 'new urbanism' vision of military development

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — The War Department issued General Order number 46 directing post commanders to establish an exchange at every post where practicable, July 25, 1895.

As the Army & Air Force Exchange Service (AAFES) marks its 111th birthday this Tuesday, the military command's mission remains basically the same: provide quality goods and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation programs.

Today, AAFES relies on more than 3,100 facilities in 49 states and more than 35 countries to extend the exchange benefit to Soldiers and airmen serving in almost every corner of the globe.

In fact, more than 450 AAFES associates are deployed to Operations Enduring and Iraqi Freedom, actively delivering a slice of Americana to troops through 52 retail stores, 69 phone centers and more than 170 fast food restaurants scattered throughout the region. Just like the merchants who supplied provisions to America's troops in the late 1800s, these associates live and work alongside the troops they serve.

Despite a changing world environment, the focus of AAFES and its associates has not changed since its inception. Whether troops are deployed to Iraq, rebuilding after a hurricane or stationed in Korea, AAFES is there.

At war and in peacetime, military families have come to depend on AAFES to deliver the service and merchandise they need to make their lives more comfortable while enhancing their quality of life through Morale, Welfare and Recreation contributions.

With a rich history comes a promising future of an even stronger exchange benefit. As the largest and most senior exchange service of the uniformed serv-

ices, AAFES continues to seek efficiencies and initiatives that will improve the customer's shopping experience.

"As the 'new urbanism' vision of military community development becomes reality, we want to act as the integrator of all types of retail shops to serve the community," said AAFES' Commander Maj. Gen. Bill Essex. "AAFES is no longer just a main store, a shoppette and a gas station. AAFES is now an integrator and provider of goods and services across a broad spectrum of military life."

Since its establishment in 1895, AAFES has been involved in 14 major contingencies (to include the Spanish-American War, World War I, World War II, Korea, Vietnam, Grenada, Panama, the Balkans and Operations Enduring and Iraqi Freedom) and several dozen humanitarian and disaster relief contingencies.

"The scope and intensity of AAFES global operations demonstrates that wherever our troops serve, AAFES is dedicated to providing them uniformly low prices on the services and merchandise they need ... and want ... in order to enhance their quality of life," said Essex.

Local Post Exchange Activities

Schofield Barracks — On Tuesday, AAEFES will be giving away two barbecue grills at the Burger King & Popeyes restaurant. In addition, from 2 – 4 p.m. a drawing will be held to give away 10 \$20 gift cards for each restaurant.

Aliamanu Burger King — In addition to having a "Whopper hopper," kids' prizes will be given away throughout the day.

Tripler Army Medical Center — At the food court, customers can get a 16-ounce Starbucks coffee for \$1.11 or take \$1.11 off a chicken bacon wrap combo at the Robin Hood sandwich shop.

News Briefs

CVS Training Deadline — Per a Homeland Security directive, key personnel from Army organizations with contract employees must receive Contractor Verification System training no later than July 31.

Without CVS training, they will not be able to add contractors into the Defense Enrollment Eligibility Reporting System (DEERS). Contractors must be entered in the CVS by July 31 to receive or renew their common access cards (CAC). For more information, contact James Euell at 438-3095 or james.euell@us.army.mil.

TAP Class — The Army Career and Alumni Program Center is offering a two-day Transition Assistance Program workshop July 25 and 26, 8:30 a.m.– 4:30 p.m. for Soldiers leaving active duty and entering the civilian workforce.

Separating personnel must attend the mandatory pre-separation briefing before attending the TAP workshop. Spouses are welcome. The workshop will be held at the ACAP Center, Schofield Barracks, building 690, Room 3G. For more information, call 655-1028 or visit www.acap.army.mil.

Volunteer Recognition — The Quarterly Volunteer Recognition is scheduled for July 28, 2 – 2:30 p.m. in the Schofield Barracks Command Conference Room.

Road Closures — Wright-Smith Avenue between Benjamin Franklin Court and Nathan Hale Court, Schofield Barracks, will be closed through July 28. A new road intersection will be constructed for the Menoher Road extension. For more information, call 624-8201.

Temporary lane closures of Airdrome and Sterling Roads on Wheeler Army Airfield are planned. Traffic may be limited to one lane now through Aug. 11; from 8 a.m. – 3:30 p.m. Steel plates will cover trenches after work hours.

GPC Training — Training is scheduled for the Government Purchase Card program Aug. 8, 8:30 a.m. to 3 p.m. at the Schofield Barracks Post Conference Room, building 584.

To register, email Deborah Makahanaloa at makahanaloaD@schofield.army.mil with the following information: full name; rank; command name; unit or office name; stop number; phone number; and class date.

The next class date is Sept. 12. For more information, call Connie Ton at 438-6535, extension 145.

RIMPAC 2006 — The Biennial Rim of the Pacific Exercise 2006 concludes July 27. Bellows Beach, normally open to the public Friday afternoon through Sunday evening will be closed to public access July 21–26 for amphibious operations. No camping permits will be issued.

Motorcycle Rodeo — The Installation Fire and Safety Office

hosts an all-military motorcycle rodeo July 28 at Wheeler Army Airfield to underscore the importance of motorcycle safety.

The all-day event starts at 9 a.m. and will feature vendor displays, categorized competitions, slalom course, team safety ride and a 60-mile scavenger hunt. The rodeo is open to ID card holders of all branches of service. Contact Bill Maxwell at 656-4150 for more information.

Ongoing

Financial Health — Want to be money-fit? Contact Army Community Services, located on Schofield Barracks, Building 2091. Classes include checkbook maintenance, money management, credit management, the Thrift Savings Plan, car buying, mutual fund investing, college funding, and AER/Command referral.

Instructors also assist with zero-percent interest Army Emergency relieve loans.

To attend a class or schedule a one-on-one appointment with a financial counselor, call 655-44ACS(4227). All services are free.

Military Channel Documentary — The Military Channel is calling on viewers to share personal war diaries. If you've served in a combat zone, the Military Channel wants engaging footage of Soldiers and comrades. Selected videos will be featured in a new television series, "My War Diary" or posted online at www.dsc.discovery.com. For information, visit the www.discovery.com.



Aiko Brum | 25th Infantry Division Public Affairs

'Walk this way...'

Traffic monitor Mary Konkler guides children enroute to an elementary school across a busy intersection. An employee of the Honolulu Police Department, who received several hours of specialized training in traffic safety, Konkler says some crossing guards are volunteers and positions are also open for retirees who want to give back to their communities.

School: Military parents urged to remain engaged in children's education

CONTINUED FROM A-1

sin Keone of Schofield Barracks' Child and Youth Services (CYS), many paths lead to the schoolhouse. Depending on interest, she said, a parent can become active in the classroom, the community at large, with school events and/or fund-raising.

At the basic level, however, parents must demonstrate active interest in their child's schoolwork, his or her classroom and any extracurricular activities. Keone said classroom teachers typically welcome parent volunteers to provide additional resources for a host of activities.

"The PCNC [parent community networking coordinator] is the person to contact at every school because they know all the ways that parents can volunteer," Keone explained. "Some parents come out and assist with school programs; others are volunteer tutors or serve as chaperones ... all kinds of things."

Parent-community networking centers (PCNCs), school community councils, and parent teacher associations (PTAs) – similar to parent teacher organizations or parent teacher student organizations, provide additional opportunities for parents to get involved.

For its part, the military's School Liaison Office at Schofield Barracks keeps a watchful eye and listening ears about education concerns. A staff of

Central Complex Area Schools		
<i>*(Only schools in Central Complex with students who are predominantly from Army military family members are listed.)</i>		
<i>*School, Start Date</i>	<i>Principal, Phone</i>	<i>PCNC, Phone</i>
Leilehua Complex		
Hale Kula Elementary, 7/31	Jan Iwase, 622-6380	Ellen Petry, 622-6380, ext. 237
Helemano Elementary, 7/28	Dennis Kato, 622-6336	Marcie Shima or Celeste Cabanit, 622-6336
Leilehua High, 8/1	Norman Minehira, 622-6550	Cindy Sumbad, 622-6550
Solomon Elementary, 7/31	Linda Yoshikami, 624-9500	Sharon Stafford, 624-9500
Wheeler Elementary, 7/28	Joe Lee, 622-6400	Rema Eltringham, 622-6400
Wheeler Middle, 7/31	Brenda Vierra-Chun, 622-6525	Mary Rice, 622-6525
Moanalua Complex		
Shafter Elementary, 7/28	Sam Ko, 832-3560	Victoria Walker, 832-3564, ext. 106

three, including Keone, supports schools with their Transition Support Centers, regularly collaborates with K-12 school administrators and the DoE, hosts a periodic Military Culture Course for teachers and guidance counselors, and oversees the School Partnership Program between the Army and 46 elementary, middle and high schools.

"We help with transition ... helping families to adjust to Hawaii, to get their children registered and become familiar with all the requirements to register in schools," said Keone. "[In addition,] we provide monies and Army volunteers to schools to improve

their campuses through the School Partnership Program."

The military's School Liaison Office also represents Army families at school community councils and at U.S. Pacific Command's Joint Venture Education Forum, or JVEF.

Beginning next week, the School Liaison Office will host a new Hawaii Army Weekly column, each month, that will help keep busy parents informed of school matters in the Central Area Complex, which includes Schofield Barracks, Wheeler Army Air Field, Helemano Military Reservation, Fort Shafter, and Aliamanu Military Reservation.

Each article will spotlight a special topic for that month, and the column will wrap up with pertinent announcements of events, issues or concerns from principals in the Central Area Complex, said Keone.

Additional resources

The Army Community Service (ACS) provides supplemental support to schools and military families through several programs, notably through Soldier-Family Life consultants and Family Advocacy specialists, who both provide counseling on diverse topics.

"We're in the business of anything that reduces family violence," said Floyd Davison, manager, Family Advocacy Program.

Family Advocacy gives periodic talks in schools about topics such as bullying, conflict resolution, anger management and deployment stress. It seeks resolution of special needs issues, gives on-call support to parent groups, certifies children who will be home alone after school, and provides crisis intervention. Its Kelly Bear child safety program is also a favorite school resource.

Lastly, the ASACS Counseling Service provides adolescent prevention and treatment training, counseling and deployment support programs, which can further support schools. The free service is voluntary and confidential (655-9944). ASACS is located in Building 556 on Heard Street (co-located at CYS).



Manoa Falls Trail

Step into the green

Hundreds of 30-foot bamboo stalks extend toward the sky in one of the drier portions of the Manoa Falls Trail. Though small bamboo trees can be seen throughout the trail, the largest concentration exists approximately halfway into the .8 mile trail.

Inset — Heading back from the falls, steps made of recycled plastic line the path to the entrance of the bamboo forest section the trail.

Story and Photos by

JEREMY S. BUDDEMEIER

Assistant Editor

MANOA — Five miles from Waikiki there's a place where sidewalks crumble into winding, root-strewn paths and the closest thing to a high rise is a cluster of 70-foot trees that huddles over the valley and softens the sun's heat; this place is the Manoa Falls Trail.

Though the trail is technically still a part of the city of Honolulu, it's more than a world apart; the only bustle in this "city" is the symphony of water trickling over rocks and the intermittent chorus of various chattering birds.

Even the name, Manoa Falls Trail, is a bit deceiving. Yes, the trail ends at the base of Manoa Falls. However, for a good portion of the year the "falls" are more like a small creek drizzling down a steep 100-foot rock face. This sometimes less-than-impressive waterfall hasn't discouraged hikers from making the trek though. In fact, it's second only to Diamondhead in the number of annual visitors.

So why is it so popular? Ask any hiker who has been on the trail — it's all about the green.

As hikers leave the comforts of their cars, they are met with an unmistakable feeling: they're entering a rainforest. Vines and leafy plants ensnare Albizia trees that stretch to form a 70-foot canopy over the road. Cool breezes course down from the back of the valley and the songs of numerous birds fill the air. The only thing missing from this jungle setting would be the occasional punctuated screech of a monkey.

The 1.6-mile (roundtrip) trail begins as a wide, gravel-lined path and slowly tapers, winding past overgrown, entangling shrubs, banana trees, person-sized taro plants ("elephant ears") and even a few redwoods. Fragrant white ginger flowers beg passers-by to breathe them in. Hikers cross the Manoa stream twice in the first few minutes. Even though the stream is seen sporadically, its light, trickling sound provides background music throughout the trek.

As the trail continues, the gravel is slowly replaced by a network of roots that extend across the trail like gnarled fingers before digging back into the slick muddy ground. Six-foot ferns hover and cast a bright green shadow over the trail as sunlight floods a hole in the canopy.

Near the halfway point, the trail gains slightly in elevation and in addition to roots, soccerball-sized rocks litter the path. As the trail continues to climb, hikers meander through a bamboo forest with an army of four-inch diameter trees — all standing rigidly at attention. Sunlight streams down between multiple shades of lime green stalks.

The final portion of the trail narrows to a single lane and becomes more slippery as larger rocks vie for real estate. A single bench near the waterfall's small pool greets sweaty travelers as cool winds race back down the path.

Caveats and Miscellany

A large sign reminds hikers of the rockslide that occurred in 2002 and cautions them to remain behind the knee-high chain that encircles the pool. The presence of Leptospirosis bacteria in the water is another reason to resist the temptation to take a dip.

The return trip, though it follows the same path, can be more slippery as hikers proceed down rocks, roots and slopes. Hikers should wear sturdy shoes and use caution when negotiating the trail.

The trail begins approximately an eighth of a mile past the parking lot, adjacent to the entrance of the Lyon Arboretum at the end of Manoa Road. The privately-owned lot is managed by an attendant who charges \$5 for parking, sells bottled water for \$1, and doles out insect repellent for hikers. Alternatively, hikers can park for free on street in the neighborhood at the foot of the valley, which only adds another quarter mile to the hike.

Facts and info if you go:

Length: 1.6 miles roundtrip. Allow approximately 1.5 – 2 hours to complete the hike.

Difficulty level: Low; suitable for kids and older adults in good physical condition

Bring water, insect repellent, a light rain jacket and wear sturdy hiking shoes that you don't mind getting muddy.

Directions: Take H1 East to Exit #23 (Punahou Street). Turn left onto Punahou Street and head mauka (towards the mountains). Veer left as Punahou Street becomes Manoa Road. Follow Manoa Road to the back of the valley and park in the lot adjacent to the Tree Top restaurant (\$5) or for free in the neighborhood below the parking lot.

The trailhead is 1/8th of a mile past the parking lot.





July Today

Seafood Bucket for Two — Seafood lovers can dig into a variety of seafood, including shrimp, crab, clams and mussels at Nehelani, tonight from 5 to 8 p.m. Cost is \$24.95 for two and includes a pitcher of your favorite beverage. For reservations or more information, call 655-4466.

Teen Center Social — Come to the Aliamanu Military Reservation teen center for a Summer Blowout Dance. Admission is \$3 for members and \$4 for nonmembers. Call 833-0920 for more information.

24 / Monday

Teen Center Lock-in — Teens are invited to the Ultra Zone lock-in at the Aliamanu Military Reservation teen center, July 24 to 25. Call 833-0920 for more information.

27 / Thursday

Texas Hold 'em Tournament — Show off your skills at the Texas Hold 'em tournament, July 27 at Tropics. For more information on the tournament, call 655-8522.

28 / Friday

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

Military Idol — Active duty Soldiers, come show off your singing talent in the 2006 Military Idol competition. Applications are being accepted through tonight at Tropics. Military Idol performances will begin August 9. Look for more information to come and call 655-8522 for additional details.

Streak Night — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls and vegetables at the Nehelani. Dinner will be served from 5 to 8 p.m. Cost is \$11.95 for top sirloin steak and \$14.95 for Porterhouse steak. Children's pricing is available. For additional information, call 655-4466.

Teen Center Trip — The Aliamanu Military Reservation teen center is hosting a trip to the Ice Palace for all teens. Meet at AMR at 6 p.m. For more information, call 833-0920.

29 / Saturday

Parents Night Out — Leave your kids with Child and Youth Services (CYS) at the Peterson or Aliamanu Child Development Centers on Parents Night Out, and then enjoy a nice night out on the town. Children enrolled in Parents Night Out must be registered with the Child and Youth Services Registration Office no later than noon July 28. Reservations are first-come, first-served. For more information, call 655-8313.



Spc. David House | 17th Public Affairs Detachment

'He ain't heavy'

Kids help each other upon a float ride in Richardson Pool during the 'Floats and Flicks' event held July 15. The event, sponsored by MWR and AAFES, featured swimming, canoe rides, kayak races, food and drinks, and many door prizes.

Ongoing

SKIES Payment Plan — SKIES Unlimited is offering a new payment program for families enrolling their children in the Schools of Knowledge, Inspiration, Exploration and Skills classes. Families can now enroll their children for a full semester and pay month by month. For more information, call 655-8380 or 833-5393.

New Facility — SKIES Unlimited has opened a new facility at Schofield Barracks, building 1283, Hewitt Street, dedicated to instructional classes for children and youth. Upcoming classes include preschool through 6th grade science classes; Gym-boree for kids through age 4; and Tae Kwon Do. We also offer music, dance, driver education, martial arts, babysitting classes with CPR and first aid; sign language; and off-post discounts for classes available in the community. For more information, call Sandy at 655-9818 or sandy.salisbury@hawaii.army.mil.

Hawaii MusicWorks Studio Classes — SKIES Unlimited is partnering with Hawaii MusicWorks Studio to offer a military dis-

count program for music and voice lessons. Hawaii MusicWorks offers both classical and pop study. Classes include "Intro to Piano and Composition" "Intro to Guitar and Ukulele" "Intro to Voice" "Intro to Percussion" and "Rock School." Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-5525.

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

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

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

RecTrac Registration — The Department of the Army has instituted a tracking system for Morale, Welfare and Recreation to better serve its customers, monitor usage and assist in obtaining funding support programs. To participate in MWR programs patrons must complete a simple registration process. There is no fee and the process takes less than five minutes. Programs affected include physical fitness centers; swimming pools; craft shops; recreation centers; outdoor recreation equipment checkout; Information, Ticketing and Registration; and access to theater productions. For more information, call 656-0086.

Paperback Book Kits — The Sgt. Yano library, Schofield Barracks, will issue paperback book kits to deploying units. For more information, call 655-9143.

Family Child Care — FCC provides in-home child care by an adult family member living in government quarters or housing, complete with flexible hours and a comfortable family-like setting.

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SEE MWR BRIEFS, B-5

rytellers; art demonstrations; and children's art activities. The free event is July 22, 10 a.m. to 6 p.m.; July 23, 10 a.m. to 5 p.m. in Hale'iwa Town on North Shore.

Sunset on the Beach — The free, weekly entertainment and movie event will be held on Waikiki Beach, July 22 and 23 at Queen's surf, starting at 4 p.m., across the street from the Honolulu Zoo. Starting at 5:30 p.m., featured entertainment includes artists from the Hawaii International Jazz Festival. Movies scheduled for this weekend: • July 22 — "Mission Impossible 3," rated PG-13 • July 23 — "Failure to Launch," rated PG-13 For a complete event schedule and map, visit www.sunsetonthebeach.net.

24 / Monday

Operation: KeikiKare — Child and Youth Services (CYS) will host a workshop for families of deployed Army citizen Soldiers. Topics will include reducing childcare costs; working with children through deployments; available support services for "suddenly military" children; youth programs; and the many opportunities which exist for children of Army Reserve parents. The workshop is on Fort Shafter Flats, July 24 at 6 p.m., building 1557. Chad Sheldon, Army Reserve CYS regional coordinator; Sylvia Scully, outreach director with CYS; and Claire Nakatsuka of Operation Military Kids are the scheduled speakers. For more information, contact

Janice Crawley at 438-2243.

Kailua School of Music — The Kailua School of Music presents the second annual "Curtain Up" program for students 8-14 years old to study with three of Oahu's top teachers. The program will be held Monday through Friday, July 24 — Aug. 4, from 9 a.m. to 1 p.m. Enrollment is limited, and cost is \$350 per student. Call 261-6142 for more information and to sign up.

26 / Wednesday

Class Listing Posted — Hale Kula Elementary class listings will be posted at 4 p.m. July 26. The Parent Teacher Association (PTA) will be giving free Popsicles to the kids and selling memberships (\$10) for the upcoming school year. School tee shirts will be sold for \$10 each. For more information, send an email to halekulapta@yahoo.com.

Moonlight Mele on the Lawn — Ukulele virtuoso Jake Shimabukuro takes center stage at this concert at Bishop Museum, Wednesday, July 26. Doors open at 6 p.m. Tickets for the concert series are \$15 general admission; \$10 for museum members and Bank of Hawaii customers; and \$5 for kids ages 4 to 12. Call 847-8290 for tickets and more information.

Aloha Wednesday Concert Series — Aloha Airlines presents the city's first Aloha Wednesday Concert Series at the Mission Memorial Auditorium, July 26, 5:30 to 8 p.m.

The event emcee is Danny Akaka, Jr., and scheduled musical entertainment includes Maunalua, and Nina Keali'iwahamana accompanied by Mahi Beamer. The event is free, with first-come, first-served seating. For more information, call 523-4674.

27 / Thursday

Open House — Helemano Elementary School hosts its annual Open House, July 27, from 3 — 6 p.m. Parents and students are invited to meet the teachers, bring supplies, and receive important information for the start of the year. The first day of school for students is July 28 at 7:55 a.m.

August

Sunset Serenade Summer Concert — The Hawaii Kai Towne Center free concert series continues at the waterfront stage. Amy Hanaial'i Gilliom performs at 5:30 p.m., Saturday, Aug. 5. Gilliom is a multi-Na Hoku Hanohano Award winner, including Song of Year, Female Vocalist of the Year, Hawaiian Album of the Year and Group of the Year and has won the hearts of many with the resurrection of ha'i (female falsetto singing). For more information, call Robyn Fuqua at 941-0440.

Construction Competition — The Honolulu chapter of the American Institute of Architects presents the community's best design work

SEE COMMUNITY CALENDAR, B-3



Aliamanu (AMR) Chapel

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

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. — Mass in chapel (May — Aug.) Saturday, 6 p.m. — Mass on the beach
- Protestant Sunday, 9 a.m. — Worship service

Fort Shafter Chapel 836-4599

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

Helemano (HMR) Chapel

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

Main Post Chapel 655-9307

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

MPC Annex, building 791

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

Soldiers Chapel

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

Tripler AMC Chapel 433-5727

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

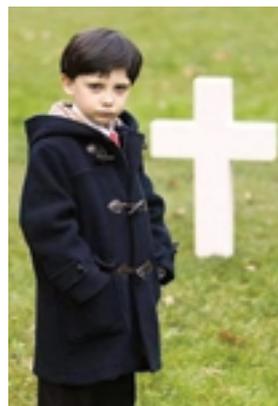
Wheeler Chapel

- Catholic Saturday, 5 p.m. — Mass
- Collective Protestant Sunday, 10:30 a.m. — Worship service and children's church



The Break Up

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



Omen

(R) Saturday, 2 p.m. Wednesday, 7 p.m.

The theater is closed Monday & Tuesday.



Send calendar announcements to community@hawaiiarmyweekly.com.

July

22 / Saturday

Damon Wayans in Concert — Comedian Damon Wayans is scheduled to perform at the Waikiki Shell July 22, 7:30 p.m. Purchase tickets at the Blaisdell box office, Ticketmaster outlets, charge-by-phone at 877-750-4400, or visit www.ticketmaster.com.

Shooting Fair — The Hawaii Rifle Association presents the Shooting Sports Fair, July 22 and 23, 9 a.m. to 4 p.m. at the Kokohead Shooting Complex. There will be events for all ages and food available for purchase. The free event will showcase the activities available at the complex. Exhibits include archery, Civil War black powder rifles, antique and modern military, and cowboy action.

The complex is on Kalaniano'le Highway, between Hanauma Bay and Sandy Beach. For more information, call 271-8117.

Art Festival — The Haleiwa Arts Festival Ninth Annual Summer ArtFest will feature 127 visual artists; live entertainment; sto-

America Supports You

'Salute Our Services' gives grants to kids of deployed military

AMERICAN FORCES PRESS SERVICE
News Release

WASHINGTON — More than 115,000 kids have at least one parent deployed in the war on terrorism, and that doesn't include those children affected by routine deployments, according to an organization that supports military children.

"War takes its toll on the service members who fight in the field and on the families who wait and worry at home," according to a news release from "Salute Our Services."

"In the course of their parents' service to our nation, these children also make many sacrifices," Missed birthdays, holidays and special events top that list of sacrifices, the release said.

Fear, worry and loneliness also affect children whose parents are deployed.

Salute Our Services supports service members in every branch of service and their families with financial grants.

The goal of the grants is to keep children of deployed service members engaged in the activities they

enjoy, according to the release.

"We received a grant check in the mail today," military spouse Michelle West said in a thank-you note to the group. "My children are very excited and are planning to start their extracurricular activities next week."

Salute Our Services also hosts event around the country for the kids as well as sending them letters of thanks.

The organization has offered its services to the children of deployed service members for the past five years, the release noted.

On The WEB
Get more details at http://www.defenselink.mil/news/Jul2006/20060714_5660.html

"We have assisted families in 45 states around the nation asking for help with their children, while they face new challenges, especially those related to the deployment of one or both parents," the release stated.



Pfc. Bryanna Poulin | 25th Infantry Division Public Affairs

'Keep on truckin'...'

Children from various grades at Solomon Elementary School ham it up on the playground there. For the past five years, Salute Our Services has supported service members of all branches by providing families with financial grants to engage deployed members' children in extracurricular activities.

ASYMCA gives service members free country music CDs

RUDI WILLIAMS
American Forces Press Service

WASHINGTON — The Armed Services YMCA is sending service members free CDs with new and old popular country music hits that express pride in America.

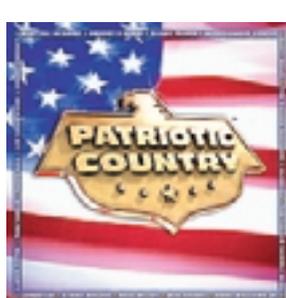
Under the "Send a CD to a Soldier" program, the Armed Services YMCA is sending the CDs to units supporting the global war on terrorism.

"Since we can't send them to 'any Soldier,' we send the CDs to units that were identified by the different branches of the services. The unit distributes the CDs to service members," said retired Navy Rear

Adm. S. Frank Gallo, national executive director of the ASYMCA.

Gallo said the ASYMCA launched the "Send a CD to a Soldier" in collaboration with "Music for a Cause," of Orlando, Fla., a year ago to let men and women in uniform know their service to the country is appreciated.

"[Music for a Cause ended up making a deal with Sony Music USA and rounded up these performers for clearance to use their



music," Gallo explained. "They put together this disc, and it's a good one."

He said country music star Aaron Tippin has been supporting the program. Tippin's hit "You've Got to Stand for Something" is among the 17 songs on the CD. Other hits include "Down Home," by Alabama; "America the Beautiful,"

by Elvis Presley; and "If the World Had a Front Porch," by Tracy Lawrence.

Gallo said service members who want a

copy of the CD should contact the ASYMCA.

Gallo pointed out that little things matter the most to service members when they're deployed — letters from loved ones, phone calls home, and distractions such as books, magazines and music to take their minds off the distance that separates them from home.

Individuals wishing to support the program can purchase copies of the CDs to be sent to troops at www.sendacdtoasoldier.com.

The Send a CD to a Soldier program "lets Soldiers know they're not forgotten," Gallo said.

Community Calendar

From B-2

— in cans — to raise inventory for the Hawaii Foodbank.

Seventeen teams will "construct" giant structures made only from canned foods, Aug. 12, 7:30 a.m. to 1:30 p.m. at Pearlridge Mall Up-town.

The public will select the winner. The structures will be on display throughout the mall for two weeks. On Aug. 27, all cans used in the competition will be delivered to the Hawaii Foodbank. More information, including photos of national winners, is available at www.canstruction.com.

26 / Saturday

Oahu Arts Center — The Oahu Arts Center announces its third annual "A Night of the Arts," an evening of food, live entertainment, art activities, and a silent auction to raise funds to build a community arts education center and performing venue. This event takes place Saturday, Aug. 26, from 6 to 10 p.m. at the Mililani Golf Course.

Costs are \$50 per person and \$25 for children 12 and under. Call 848-7632 for more information or visit www.oahuartscenter.org.

Ongoing

Grossology Exhibit — Did you know that you produce a quart of saliva each day or that there are more than 250,000 sweat pores on the soles of your feet? These are just a few of the intriguing (and slightly disgusting) factoids taught at Bishop Museum's latest national traveling exhibit, Grossology: The (Impolite) Science of the Human Body. Discover why your body produces the mushy, oozy, crusty, scaly and stinky things it does.

Grossology will be on display in the Castle Memorial Building through Aug. 27.

Master's Degree — The University of Oklahoma is offering a Master of Arts in Managerial Economics. The non-thesis program can be completed in about 18 months. The one-week classes are TDY/TAD friendly. Contact OU at 449-6364, or aphickam@ou.edu, or visit the Web site at www.gouou.edu.



Christa B. Thomas | 25th Infantry Division Public Affairs

Harlem Globetrotters

Three team members (left to right) Eugene Edgersen, Shane Christensen, and Anthony Blakes, from the world renowned Harlem Globetrotters provided an educational and memorable week of basketball and instruction during their Summer Youth Basketball Camps in Bloch Arena on Pearl Harbor.



Heat injuries easily prevented

J.T. COLEMAN

Army News Service

FORT RUCKER, Ala. — Taking a drink of water when thirsty may be too little, too late in some cases.

“You may already be 1-2 percent dehydrated at this stage, which could result in impaired performance, coordination and concentration,” said Dr. John Campbell, U.S. Army Combat Readiness Center Command Surgeon. “Coffee, tea, juice and sodas are not substitutes for water. In fact, some of these are diuretics and can cause you to lose more body fluids.”

More than 1,700 heat injuries occurred Army-wide in FY05 according to Brig. Gen. Michael B. Cates, commander of the U.S. Army Center for Health Promotion and Preventive Medicine. Of those injuries, 258 people suffered from heat stroke and 1,467 suffered from heat exhaustion.

“Steps could have been taken

to reduce these injuries,” said Campbell.

Staying hydrated is critical because it helps maintain proper blood volume, which allows the body to perspire and regulate heat, according to the U.S. Army Center for Health Promotion and Preventive Medicine Web site.

According to Army Technical Bulletin MED507, titled Heat Stress Control and Heat Casualty Management, people performing routine activities should drink six to eight quarts of water a day. People in hot environments, or who perform strenuous activities, should increase to between nine to 12 quarts.

“Heat injuries can be preventable,” said Campbell. “Leaders, supervisors and Soldiers must keep an eye on each other and look for the early warning signs.”

Early warning signs of heat stress include dizziness, headache, nausea, unsteady walk, weakness

or fatigue, and muscle cramps.

USACHPPM cautions that over-hydration, or water intoxication, can also be harmful. Some of the symptoms include confusion, weakness and vomiting. Individuals who exhibit these symptoms but are still eating, drinking and urinating should seek emergency treatment.

Heat injury prevention is a command, leadership and personal responsibility. Proper use of Composite Risk Management will help reduce the likelihood of heat injuries.

“Heat injuries and illness pose a serious threat to our Army’s force – and a loss of one of our Army team is always deeply felt,” Campbell said. “Soldiers and civilians are deployed in some of the hottest areas in the world. We want everyone to stay in the fight and continue to Own the Edge.”

(Editor’s Note: J.T. Coleman writes for the U.S. Army Combat Readiness Center.)

DoD proclaims July eye injury prevention month

Story and Photo by
MEGAN STAHL SMITH
Staff Writer

Each year, more than one million people in the United States experience an eye injury. In an effort to inform and educate people on how to care for and protect their eyes from potential harm, July has been named Eye Injury Prevention Month.

Military personnel are subject to eye injuries, but the Army's optical team is dedicated to protecting the vision of U.S. Soldiers. The Schofield Barracks Vision Clinic, a satellite office of Tripler Army Medical Center, offers Soldiers care while in garrison, as well as during deployments.

"Everything they can get here, they can get while over in Iraq," explained Staff Sgt. Brown, Medical Company C.

The 45th Sustainment Brigade currently has optometrists and optical lab technicians in Iraq preparing for the arrival of the troops.

The team offers Soldiers annual vision screenings, solutions for poor vision and ways to protect their eyes from injury. Staying on top of optical health is the best way to prevent future injuries or problems.

Sand goggles are issued to each Soldier



Maj. John Lorey, a doctor of optometry, Schofield Barracks Health Clinic, cares for the vision of Soldiers like Spc. James P. Lewis of 125th Finance Battalion. The clinic's team of optometrists and staff serve Soldiers in garrison, as well as during deployments.

to protect his or her eyes while in a field setting. The wrap-around design keeps out harmful particles, keeping vision clear. Soldiers are also issued sunglasses, such as Wiley X and Oakley. For those in need of prescription sunglasses, the UVEX is available. They are designed to hold prescription lenses, transforming them into a customized pair.

In addition to Soldiers protecting their eyes, there are many steps family members can take to protect their own vision. Tri-care recently put out the following tips:

- Wear a brimmed hat
- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays
- Wear goggles or sunglasses that wrap around your temples for better protection if you spend time in the water
- Protect your eyes when UV light is most intense, usually from 10 a.m. to 2 p.m.
- Protect your eyes whenever you're outside for a prolonged period—even when it's gray and overcast
- Don't forget the kids, protect their eyes with hats and sunglasses, too.

The Schofield Health Clinic will remain fully staffed during the deployment to care for the military personnel and family members remaining on post.

MWR Briefs

From B-2

In Hawaii, certified FCC homes are available on Schofield Barracks, Wheeler Army Air Field (WAAF), HMR, AMR and Fort Shafter.

If you are interested in placing your child in FCC, or want information on becoming a provider, call 655-8373 (Schofield Barracks) or 837-0236 (AMR).

Auto Crafts Car Care — The Fort Shafter and Schofield Barracks Auto Craft Shops offer oil change, tire repair patch, tire demount/mount, tire rotations, transmission service and wheel balance services by appointment only on Wednesdays and Thursdays.

The staff will provide services while the customer supplies the parts and fluids (oils) for the vehicle. Prices vary by service needed.

For more information, call 655-9368 (Schofield Barracks) or 438-9402 (Fort Shafter).

Youth Sponsorship — If you are new to Hawaii and between the ages of 5 and 18, CYS has a welcome gift for you, and a youth sponsor who wants to be your friend. Call 655-2263 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, as well as organizations exclusive to the Army family like the Exceptional Family Member Program and Army Community Service.

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

Tropic Lightning Museum — Come visit the Tropic Lightning Museum, Schofield Barracks, to learn about the rich history of the 25th Infantry Division and Wheel-

er Army Airfield. Public and private tours, and sergeant's time training programs are available. Every Saturday at 1 p.m. a free war movie or documentary is shown. For more information call 655-8301.

MWR Happenings — To find out more information about MWR activities, programs and facilities, pick-up a copy of the "Discovery" magazine available at the Schofield Barracks Commissary, Fort Shafter Post Exchange,

Aliamanu Shoppette, Tripler mauka entrance, any MWR facility, or visit the MWR Web at www.mwrarmyhawaii.com.

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

Visit Tropics in building 589 on Schofield. Call 655-0002 for more information.



July

25 / Tuesday

Flag Football and Cheerleading — Registration begins today for Youth Sports flag football and cheerleading. The program is open to youth born between 1990 and 2001. Cost is \$45 for flag football and \$60 for cheerleading (\$20 if you already have a uniform).

For more information, call 836-1923 (AMR) 438-9336 (Fort Shafter) 655-0883 (Wheeler) or 655-6454 (Schofield).

Golf for Food and Fun — The "Golf for Food and Fun" event will be held every Tuesday at Nagorski Golf Course, Fort Shafter. Tee times are 2:30 to 5 p.m., and cost is \$22 per person riding, and \$17 per person walking. Fees also include nine-hole green fees, par three prizes, pupus for four people, a pitcher of beverages, a door prize entry and the golf question of the week contest. A minimum of three people is required per team. For more information, call 438-9587.

29 / Saturday

Hawaii Championship Wrestling — Come watch Hawaii Championship Wrestling at Tropics. Doors open at 6 p.m. and matches start at 7 p.m.

The cost is \$5 for ages 12 and up, \$3 for ages 11 and under, and free for children ages 5 and under. Call 655-5697 for more information.

August

5 / Saturday

Ladies Golf Clinic — Ladies, do you want to brush up on your golfing skills? A free, hourlong

golf clinic will be held August 5 at the Leilehua Golf Course at 2:30 p.m. All required equipment will be provided and advance reservations are recommended. For more details or to reserve your space, call 655-4653.

6 / Sunday

Bowling Tournament — A "5 Game, No Tap" tournament will be held at the Schofield Bowling Center, July 2. Check-in is at 1 p.m., and the cost is \$20. Call 655-0573 for more information.

Ongoing

101 Days of Summer — Students, kindergarten through twelfth grade, are invited to the Fort Shafter and Schofield bowling centers through Sept. 4 to bowl their way through the "101 Days of Summer." Each day of summer, participating students can receive one free game of bowling for each paid game. Free games can be played any day from opening until 5 p.m.

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

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

Volunteer Coaches — Volunteer soccer coaches are needed for Youth Sports soccer. For more information, or to volunteer, call 836-1923 (Aliamanu Military Reservation Youth Sports) or 438-9336 (Fort Shafter Youth Sports).

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



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

'Punch it!'

Cardio kickboxing instructor Madelene Aponte uppercuts her way to a healthy lifestyle, during an intense cardio kickboxing class held every week. at the Health and Fitness Center. For more information contact the Health and Fitness Center at 655-8007.



Send community announcements to community@hawaiiarmyweekly.com.

July

23 / Sunday

10K Volksmarch — The Menelune Marchers are sponsoring a 10K Volksmarch (walk) July 23 at Hoomaluhia Botanical Garden. The walk is free and walkers may start anytime between 8 a.m. and noon. Award and volksmarch credit, if desired, is available for a nominal fee. For more information, call Maria at 261-3583 or visit the Website at www.ava.org/clubs/menelunemarchers/.

29 / July

Valve Cover Racing — The Aloha Stadium Swap Meet is hosting a Valve Cover Racing Series during its regular Swap Meet lineup. The series consists of monthly trial races on July 29, and Aug. 19, with a championship race slated for Sept. 3. The cars are built in the style of the old Pine Wood Derby racers and raced down a 60-foot drag racing track. Contact the Aloha Stadium Swap Meet at 486-6704.

Paws on the Path — Want to be part of a hiking club for people and their dogs? Join the club Saturday, July 29 for a hike through Maunawili Trail. Hikers and dogs should arrive at 8:30 a.m. to begin the hike at 9 a.m. To get to the trail, go to Waimanalo, turn mauka at Kumuhau Street, two blocks from Town & Country stables. Turn right on Waikupunaha Street. The trailhead is on the right hand side after Mahiku Place.

The hike is fairly level and takes about an hour and a half. Bring a snack and water for people and dogs. There may be horses on the trail so be cautious. For more information, contact Liza Souza at 356-2217 or go online to <http://calendar.gohawaii.com/>.