FORT DERUSSY — To recognize the Hawaiian native whose 30-year Army career saw him rise through the ranks from the battlefields of Vietnam, more than a decade in Europe, and tours in numerous other operations in between to the rank of four-star general and becoming the first Asian-American chief of staff of the Army, the U.S. Army, the Army of Hawaii opened a new gallery in his honor, said Maj. Gen. Sean Byrne, director of Army Military Personnel Management.

“Army Soldiers, dedicated to Medal of Honor recipients, received a series of photos from retired Gen. Eric K. Shinseki’s academy days is one of many displays in the Shinseki gallery at the U.S. Army Museum of Hawaii. The gallery was such a success that we decided to make it permanent,” said retired Maj. Gen. Herbert E. Wolff, president of the Hawaiian Army Museum Society, “The only other permanent gallery is the Gallery of Heroes, dedicated to Medal of Honor recipients.”

Some Soldiers eligible for MGIB benefits transfer

WASHINGTON — The Army announced July 16 the implementation of a pilot program allowing Soldiers in critical skills who re-enlist the ability to transfer Montgomery GI Bill benefits to their spouse.

Enlisted Soldiers who have completed at least six years of service, re-enlist for a minimum of four years, qualify for a Selective Re-enlistment Bonus (SRB), and are entitled to a Zone B or Zone C bonus will have the option to transfer up to 18 months of their MGIB retirement benefits. Soldiers can choose between a full SRB or a slightly reduced SRB plus the ability to transfer more than $18,000 in benefits.

The fiscal 2006 basic MGIB monthly benefit for full-time training is currently $710.43. This benefit is also available but not portable for part-time enrollment.

Soldiers who elected the Army College Fund (ACF) as an incentive to get education will benefit from the $400 MGIB Additional Opportunity can include their expanded benefits (MGIB-SP and MGIB Additional Opportunity) in the transferrable program.

The Army will study the results of the program with the possibility of making it a permanent part of the Army’s re-enlistment policies.

“Army continues to focus on and provide support to Soldiers and families because it is the right thing to do, and because we know that we recruit Soldiers, but retain families,” said Maj. Gen. Sean Byrne, director of Army Military Personnel Management.

Education benefits are a key component of the incentive package used by the Army to attract and retain quality Soldiers. At the foundation of these benefits is the MGIB. The transferability of MGIB benefits is an additional lever being used to retain Soldiers with critical skills. A continued interest in participating in the program will show their Army retention career counselor for information.

Free credit monitoring for veterans comes to abrupt halt

WASHINGTON — The White House withdrew its funding request July 18 for free credit monitoring services for the 3.5 mil- lion veterans and family members whose personal information was thought to be impacted by the May 1 theft of a Department of Veter- ans Affairs computer. The VA has also hired a special advisor to cyber security and privacy awareness training.

The Fair Credit Reporting Act requires VA to provide one free credit report per year to each citizen, per the individual’s request. As FBI’s “high degree of confidence” investigation of the theft is under way, there will be no diminution in the quality of health care and other services provided to veterans as a result of this ex- penditure.

Since the theft, numerous personnel changes have taken place in the VA’s acquisition office, according to VA spokesperson Matt Burns.

“On the basis of the FBI’s analysis, the ad- minister has concluded that credit moni- toring services and the associated funding will no longer be necessary,” Burns added. Despite good news that the database was unharmed, VA continues soliciting bids from companies that provide data breach analysis to ensure information is kept secure in the future, according to Burns. Some listers have not 100 percent assurance that veterans’ personal information is safe, Army officials recommend Soldiers continue monitoring their credit reports.

The Fair Credit Reporting Act requires each of the nation’s consumer reporting companies — Equifax, Experian and TransUnion — to provide one free credit report per year to each citizen, per the individual’s request.
I wish I could have been at those reunions or get-togethers, but I had been sent by God to take care of my friends over there. I had to fulfill my responsibility to both the Army and my community.

Yet, during those many times away from home, I was never alone. Yes, I had the company of those in a similar situation. And yes, we were able to be of support and comfort to each other because of missing our families.

It was not just as a chaplain who could uplift and speak with others. I could also receive from someone else, both chaplains and non-chaplains — someone to vent to and be heard by.

I had been alone by the very nature of the bag, just me with a rifle. I tried to spend as much time with family as possible during these times, but the Army forbade me from being with my family, as I was spending the division trainin

As of 7/25/06

As an organization of professionals, each member of TRADOC is responsible for producing and fielding the highest quality of Soldiers that we possibly can,” said Maj. Gen. Benjamin R. Mixon, the Army’s commanding general. “Our soldiers are the Army’s best, well-modulated and carefully thought-through spokesmen. They represent what we’re all about in the Army of today.

We want to coordinate with the managing editor on stories you’d like to write, and the community, and letters and commentaries we receive from you...

The outcome was more on the positive side in Afghanistan, with 47 percent rating their interaction with the mass media as somewhat low or very low. Thirty-nine percent gave the command lower marks than others.

In terms of the important factors of the purchaser, user or patron.

The results are called a readership survey and published in printed editions of Stars and Stripes delivered to troops in Afghanistan and other locations on single and multiple bases, overseas en route to or from deployment, in cells and bylines.

The Army Weekly is an authorized newspaper and is the Army community in Hawaii.

We hear from you...

In all, 74 percent of Stripes readers in Iraq said the definition of their mission is clear, responses also reflect some concerns about morale.

Sgt. Jerry Pimentel

I have a bit of a heart for those in a similar situation. And as for me, I was never alone. Yes, I had the company of those in a similar situation. And yes, we were able to be of support and comfort to each other because of missing our families.

The outcome was more on the positive side in Afghanistan, with 47 percent rating their interaction with the mass media as somewhat low or very low. Thirty-nine percent gave the command lower marks than others.

Hearty meal."

The survey responded to questions of morale and bylines.

The military must be food with complete information, to digital, high resolution photos must be digital, high resolution photos with this and captions and bylines.

One of the other findings of the survey is that 49 percent of respondents in Iraq said their unit’s morale was somewhere low to very low, 82 percent of the commissioned officers responded that said their unit’s morale was high or very high. The percentage of these officers that their unit’s morale as somewhat low or very low was 21 percent and 15 percent. Seventy-four percent of readers with ranks from E-7 to E-9 plus warrant officers rated their unit’s morale as high or very high.

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**5/14th Cavalry takes flight with unmanned aircraft**

**Paradise Valley Community College**

The 5-14th Strykehorse Battalion received its first UAV in June. Ever since, it’s been conducting new equipment training and running official test flights.

“I truly believe we are in the business of saving lives,” said Sgt. Kevin Cross, a UAV instructor from Ft. Huachuca, Arizona. “If these UAVs are used correctly, they will support the mission,” he said.

“When we first went into Iraq and there were a lot of raids, Cross continued, “We would fly them a couple of nights prior to going into a city.”

“The UAV has logged more than 10,000 flight hours in Iraq. In addition to reconnaissance, the Army uses the UAV during humanitarian missions.

**1-21st donation enables Waianae Elem. School to beat the heat**

Schoolfield’s school partnership program aids creature comforts

**Paradise Valley Community College**

Kalaaola said he takes pride in the community, and they say, “Man, I wish I could do that.”

**WHEELER ARMY AIRFIELD**

It looks like a remote-controlled airplane that a radio-control model aviation enthusiast would fly, but this plane is no model. It is an unmanned aerial vehicle (UAV), cutting-edge technology destined to help lower troop fatalities.

Already, the UAV is transforming the 2nd Stryker Brigade Combat Team. Recently, the 5th Squadron, 14th Cavalry Regiment, set up equipment to conduct first flights on Wheeler Army Air Field.

"Our unit has been activated for a year now, all this time studying in classrooms and doing simulations," said Lt. Joshua Hina, a UAV platform leader. “Now that we have the UAVs, we can do the training we were meant to do.”

The Army has used the UAV, also known as the “Shadow,” for about six years. It has a 12.75-foot wingspan, weighs roughly 215 pounds, and soars areas of specific interest — during daylight and darkness — before troop movement. It allows commanders optimal coverage.

“The Shadow’s primary function for the UAV will be route reconnaissance, flying ahead of a convoy, or moving into an area where we don’t have positive identification of the number of enemy or layout of the terrain,” Hina explained.

Kalaaola, carry one of four heavy air conditioners into Waianae Elementary School. The air conditioners were donated by 1-21st Inf. Regt. in May. During the school’s donations partnership program, Schofield provides equipment and parts to schoolchildren and teachers.

Regarding the school partnership, Kalaaola said it’s beneficial for the school and the children. “They help that interaction will continue to grow between the Soldiers of 1-21st Regt. and schoolchildren. More importantly, he added, “They want to see the children get the monitors they need. It’s good for the kids to see the military come around and they can be role models for them. They [the kids] see them out in the community, and they say, ‘Man, I wish I could do that.’”

Schofield’s school partnership program aids creature comforts

**Paradise Valley Community College**

**A`alii plant on the embankment of the new Saddle Road here.** Rapacz, Faucette and PTA’s Cultural CAC are comprised of members of the Native Hawaiian community and provides advice, insight and assistance to the PTA CAC to coordinate the construction of the new highway project will eventually replace the aging, dangerous route that crosses the Big Island.

"The donation is from the heart of the Soldiers of 1-21st Regt. and schoolchildren. More importantly, he added, “They want to see the children get the monitors they need. It’s good for the kids to see the military come around and they can be role models for them. They [the kids] see them out in the community, and they say, ‘Man, I wish I could do that.”

**HAWAII ARMY WEEKLY**

**Fort Huachuca, Arizona**

**Bob McElroy**

**UAV Instructor**

**5th Squadron, 14th Cavalry Regiment**

"I truly believe we are in the business of saving lives.“

"I think it’s a very grateful thing to be a pilot and provide a perfect way to give to the community," said Kalaaola. "I remember when I was in high school, I told everyone I was going to be a pilot and here around kids and giving back [to the community]."

Kalaaola said he is proud in his occupation and is determined to give the school’s children safer grounds, appliances that work, and positive role models to whom they can relate. "The donation is from the heart and that’s for the school, that’s for the kids... number one thing is always for the kids," he said.

"Man, I wish I could do that."
Corps of Engineers welcomes Klinge as 65th commander

HONOLULU DISTRICT PUBLIC AFFAIRS

FORT SHAFTER — Lt. Col. Charles H. Klinge became the 65th commander of the U.S. Army Corps of Engineers Honolulu District during a ceremony on the Palm Circle parade field.

Brig. Gen. John W. Peabody, Pacific Ocean Division commander, hosted the ceremony during which outgoing commander Lt. Col. David E. Anderson and Lt. Col. Klinge passed the ceremonial colors symbolizing the official change of command. Klinge and his family were presented with fresh flower lei, a Hawaiian symbol of welcome; and the Anderson family received lei presented with fresh flower lei, a Hawaiian symbol of command. Klinge and his family were presented with fresh flower lei, a Hawaiian symbol of command.

Klinge, 25th Infantry Division commander, lamented her service to Schofield Baracks community and praised Lt. Col. Anderson’s exemplary leadership in guiding the Corps’ outstanding support of Army transformation.


CAPT. RICHARD DECKER

Signal Officer, 84th Engineer Combat Battalion (Heavy)

UR, Iraq — Nestled in the southern region of Iraq near the current city of Tallil, stands the ancient city of Ur, built more than 4,000 years ago and was the birthplace of Father Abraham from the Bible. Soldiers a little ‘read-ahead’ of what [they] were going to see.”

Soldiers who experienced the diocese wonder said they were truly amazed.

Sgt. Fannie Castro, a logistics non-commissioned officer, piped in her first impression: “It was really old. I was truly amazed.

Spc. Rachel Brennan, with Headquarters and Support Company, said, “It was in better condition after the battle, but until you are there, it’s hard to believe in God.”

Pfc. Michael Keuhne, the 84th’s chaplain’s assistant, said his favorite part of the trip was when he actually climbed the stairs of the Ziggurat, “being able to see how high it was and see everything from that height and distance.”

Another amazing aspect of the trip was the “cuneiform” or ancient writing that is still visible on the bricks of buildings.

Soldiers returned from their trip with some much-needed positive memories of Iraq and a glimpse of the civilization that pre-dates the Bible.

“You can see a picture of the Ziggurat, but until you are there, it doesn’t become real,” said Keuhne, summing up his experience.

Mixon, 25th Infantry Division commander, lamented her service to Schofield Baracks community and praised Lt. Col. Anderson’s exemplary leadership in guiding the Corps’ outstanding support of Army transformation.

Mixon said Anderson’s proactive efforts in coordinating construction of Army transformation projects for the 25th ID and Pacific Army units are paying giant dividends now and will continue to do so in the future effectiveness of the 25th ID Combat Soldier.

Mixon said the Corps’ recent completion of the Battle Simulation Complex at Schofield Baracks is already making a difference in the way 25th ID Soldiers train for combat.

In his third tour with the Corps of Engineers, Klinge will command an organization of about 750 engineers, scientists and support staff located in Hawaii, Palau, Guam, American Samoa, the Commonwealth of the Northern Mariana Islands and Kwajalein. Honolulu District is responsible for major military projects for the 25th ID Soldiers to experience Ur. When asked how many Soldiers knew of Ur when they were selected for the trip, Porter said not too many. He said that “he tried to explain to the Soldiers what it was like to stand on a floor with a few pictures of the area...how far we flew down there...I gave the 84th Engineers experience cultural wonders of Iraq

Seven Soldiers from the 84th Engineer Combat Battalion (Heavy) take time off to visit the historic and religious city of Ur. Ur was built more than 4,000 years ago and was the birthplace of Father Abraham from the Bible.

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**Library Closing** — Montana Public Library, Schofield Barracks, will be closed July 31 for carpet cleaning. Library hours are Monday through Thursday, 11 a.m. to 8 p.m., Friday through Sunday, 10 a.m. to 6 p.m.; and closed on holidays. For more information, call 655-8002.

**CVS Training Deadline** — Per a Homeland security directive, key personnel from Army organizations with contact employers must receive Contractor Verification System training no later than July 31. Without CVS training, key personnel will not be able to add contractors into the Defense Enrollment Eligibility Reporting System (DEERS). Contractors must be enrolled in the CVS by July 31 to receive or renew their common access cards (CAC). For more information, contact James Euell at 438-3095.

**Sexual Harassment Training** — U.S. Army Garrison, Hawaii Equal Employment Opportunity Office will conduct mandatory Pre-Employment Training for civilian employees and supervisors and military supervisors of civilian employees. Training session lasts one hour.

At Richardson Theater, Fort Shafter
Aug. 8: 1 p.m. for supervisors and 2:30 p.m. for employees
Aug. 9: 1 p.m. for employees and 2:30 p.m. for supervisors
At Sg’t Smith Theatre, Schofield Barracks
Aug. 10: 9 a.m. for employees and 10:30 a.m. for supervisors
Aug. 11: 9 a.m. for supervisors and 10:30 a.m. for employees
Aug. 11: 11 a.m. for supervisors and 1:30 p.m. for employees.

(*Sign language interpreters will be available for this session.)

For more details or to coordinate submission of attendance rosters or if special accommodations are required, call Sherry Imamura-Ryan at 438-1132.

**GPC Training** — Training is scheduled for the Government Purchase Card program Aug. 8, 6:10 a.m. to 2 p.m. at the Post Conference Room, Building 504. To register, email Deborah Makanafahuolu at makanaholu.sh@army.mil with the following information: full name; rank; office name; stop number; phone number; and class date. The next class date is Sept. 12. For more information, call Concinn Tan at 438-6535, extension 145.

**Troops to Teachers** — Troops to Teachers is a federally-funded program that provides resource support for military members choosing teaching as their next career.

For more information on how the TTF program can benefit you, visit the Education Center, Schofield Barracks, room 209 the first Tuesday of each month, from 11 a.m. - 1 p.m.; call Bryan Miller at 487-5604; or email hawaii.ttt@notes.k12.hi.us.

**Create a Winning Resume** — Learn the art of writing a job-winning resume. Army Community Services (ACS) will sponsor Resume Writing Workshops. The workshops are Aug. 9, at ACS, Fort Shafter, and Aug. 20 at ACS, Schofield Baracks; both are 9:30 to 11:30 a.m.

These workshops are designed to provide the writer with skills to create effective resumes for public and private sector jobs. The importance of cover letters and tips on following up with your resume will also be discussed. To register, call Fort Shafter, 438-1053; or Schofield Barracks, 655-4277.

**SAIDA / OPSEC Community Brief** — The Hawaii Resident Office presents the annual, mandatory SAIDA (Subversion and En-"
Hawaii public schools strive to meet federal and state mandates; parents play significant role in children's education

**Table 1. Hawaii NCLB School Performance Targets, 2003-2014**

<table>
<thead>
<tr>
<th>Year</th>
<th>Reading Proficient</th>
<th>Mathematics Proficient</th>
<th>Elementary Retention</th>
<th>Middle/Intermediate Retention</th>
<th>Graduation Rate</th>
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<td>64%</td>
<td>2%</td>
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<tr>
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<td>100%</td>
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<td>5%</td>
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**Hawaii No Child Left Behind School Report**

- **Reading Performance**
  - Hale Kula - 47
  - Solomon - 49
  - Shafter - 52
  - Wheeler Elementary - 58
  - Wheeler Middle - 56

- **Math Performance**
  - Hale Kula - 47
  - Solomon - 49
  - Shafter - 52
  - Wheeler Elementary - 58
  - Wheeler Middle - 56

**Assessments**

Last spring, 95,000 public school students in grades 3 through 8 and grade 10 took the Hawaii State Assessment test that has been recognized as one of the five or six in the nation with the toughest standards.

Scores recently released by the Department of Education show that 66 percent of schools have failed to meet state goals or achieve AYP. On a positive note, Hawaii Superintendent Patricia Hamamoto confirmed that the assessments are only one measure of the learning that occurs in schools and that the proficiency levels at schools have grown since the state first began the testing in 2002.

The results showing how individual schools have performed will be released in August, and parents will receive individualized assessments of their children's strengths and challenges with suggestions of how they can help.

**The parent's role**

Parents also have a special job to do, and they play a crucial role in the education of their children. There are school organizations and groups that offer a means for volunteering and getting involved.

**Schools would love to have more parent volunteers, but they also know that volunteering is not always possible for busy parents. They do encourage parents to get involved at home, and there are many things parents can do, including the following:**

SEE SCHOOLS, A-9
The safety of families living in Army Hawaii Family Housing (AHFH) communities is a top priority, and AHFH reemphasizes its commitment to families with its latest initiative, the “New Resident Safety Orientation.”

The safety of our families, especially children new to Hawaii, is the USAG-HI’s top concern. Presentations will be held the second and third Wednesday of each month, and they are open to all Army housing residents.

Residents will receive information at interactive booths that will give them knowledge of how to keep their families and communities safe.

Children will learn about safety through fun activities and lively presentations, including a fire truck demonstration, fingerprinting by Drug Abuse Resistance Education (DARE), interaction with representatives from the Police Eyes & Ears Program (PEEPS), prize drawings and face paintings.

Fire Safety

Prevention is the best way to practice fire safety. Always be aware of potential hazards in your home. Remember the following tips:

- Check all electrical appliances, cords, and outlets for disrepair. Ensure they are in good condition, without loose or frayed cords or plugs.
- Be careful in the kitchen. According to the National Fire Prevention Association (NFPA), cooking is the leading cause of home fires. Practice safe cooking habits such as turning pot handles in toward the stovetop, so they cannot be knocked over. Always supervise children while cooking.
- Beware of cigarettes. The NFPA states that cigarettes are the leading cause of fire deaths. Most are started when ashes or butts fall into couches or chairs, so be careful where you smoke in your home.
- Use candles safely. Keep them out of the reach of children, away from curtains and furniture, and extinguish them before you leave the room. Do not let children use candles unsupervised in their rooms.
- Be aware of holiday dangers. If you use a live Christmas tree, be sure to keep it watered daily, and inspect all lights annually.

Fire Prevention

Did you know an overwhelming number of fires occur in the home? There are time-tested ways to prevent and survive a fire. It's not a question of luck—it's a matter of planning ahead: Make Your Home Fire Safe.

- Install smoke alarms on every level of your home.
- Test smoke alarm’s monthly and replace their batteries at least once a year.
- Vacuum away combustibles and dust from smoke alarms regularly.
- Replace all smoke alarms every ten years.
- Have at least one working fire extinguisher in your home.

Plan Your Escape Route

- Determine at least two ways to escape from every room.
- Caution everyone to stay low to the floor while escaping and never open doors that are hot.
- Select a safe location outside your home where everyone should meet.
- Practice your escape plan at least twice a year so everyone knows it well.

Scholfield Barracks homes model latest in ‘green’ technology

The panels have a low-light production rating, which is among the highest in the industry. In addition, a special coating reduces the amount of dust that adheres to the panels. The technology of the panels allows them to produce electricity on cloudy days, or if the cells become shaded or dust covered.

“We are excited to bring this technology to Army Hawaii,” said AHFH project director Steven Grimes. “Our investment in alternative energy resources will allow the USAG-HI to put more money back into maintaining quality homes and communities.”

Electricity prices are volatile, especially in Hawaii, where most electricity is generated by burning imported oil. Renewable energy helps reduce this dependence on foreign energy and may even prevent the construction or expansion of another power plant. It also has limited production risks and boasts zero emissions on site, resulting in no air pollution, hazardous waste, or noise.

Another effort to bring safety to the forefront is AHFH’s National Night Out event, scheduled Aug. 4 from 4-7 p.m. at Canby Field in the north, and at Aliamanu Military Reservation’s West Community Center for south Army installation locations.

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For more information on the New Resident Safety Orientation Program or National Night Out, contact Bonnie Griffith at bgrif- fith@armyhawaii.ah or call 275-3178.
Recruiters now receive training as ‘career counselors’

FORT JACKSON, S.C. — Recruiters have shed the sales approach in attracting new Soldiers in favor of sounding more like career counselors.

The way the Army conducts recruiting has undergone a massive transformation during the past two years. The evolution was developed and implemented at the Army Recruiting and Retention School at Fort Jackson.

“The way we used to do business is nothing like we do now,” said Master Sgt. Ivan Santana, Recruiting Division chief. “We were known as sales reps, now we are in the counseling business. We show people the different routes in life, not just the Army. The word “sales” is not allowed to be used here. It’s like a curse word.”

Part of the change stemmed from an Army survey that found the target age population of 17 to 24, also known as the Millennial Generation, was more receptive to the counseling approach.

“The Millennial Generation has been sold to all their lives. The evolution was developed and implemented for them to be able to communicate back and forth,” said Sgt. 1st Class Michael Toomey, instructor, said the new approach to recruiting is working well.

“You look at the public today, and what do they fear most? Telemarketers and salesmen,” Toomey said. “They just need some guidance about how to accomplish their goals.”

The biggest challenge in implementing the doctrine has been to retain established recruiters in the new counseling philosophy.

“It’s difficult to teach old dogs new tricks,” Santana said. “But we have found the successful recruiters had been doing this all along.”

The course includes six weeks of training and a week of evaluation. Much of the coursework involves hands-on training and role-playing exercises where students conduct interviews with other students acting as potential applicants.

Students go to local malls and campuses, where they speak with the public about joining the Army. Leads generated from the talks are given to local recruiters. The school also has a telephone work station for the school.

Last year, 5,041 Soldiers graduated from the school, which is the only one of its kind in the Army.

“We look for Soldiers with interpersonal skills,” said Staff Sgt. Charles Hunter, instructor. “The tactical and technical skills will come for them, but the big thing is for them to be able to communicate back and forth.”

About 75 percent of the students attending the school are selected by Department of the Army, according to Santana.

“This experience gives them confidence. If they fail, they have instructors to counsel them to get better,” said Sgt. 1st Class Mark Kinsey, curriculum developer for the school.

“Recruiters now receive training as ‘career counselors’.”

Sgt. 1st Class Charles Boyd, who is in his fourth year at the school, said that despite being DA-selected he is up for the challenge.

“I am excited to do it. To me it is just another challenge,” said Boyd, who will be assigned to a recruiting station in New Jersey following graduation. “We went out to a mall the other day to practice talking with people and I was really surprised how open they were to speak with us. Especially the kids, they were eager to talk about the Army.”

The Army chooses Soldiers in the top 10 percent of each military occupational specialty to go to recruiting school.

“We need Soldiers with extraordinary integrity, self-discipline and time management skills because when they get out there they will be by themselves and away from their Army installation,” Hunter said. “In a normal Army setting you see your first sergeant daily. As a recruiter you might see him week by week.”

Not all students attending the school are DA selected, however. Sgt. Cynthia Kamae, a student at the school who holds a logistics MOS, volunteered to become a recruiter.

“I like to help people achieve their goals,” she said. “The Army helped me achieve my goals and I wanted to give back.”

Staf Sgt. Antionette Pitts, who is in her third week of the course, said her main motivation in attending the school was so she could help today’s youth.

“It is not just about the numbers,” she said. “It is about helping individual young people make educated decisions about their future. A lot of them don’t know what they want to do, or which direction to go in. For me this is a way leading them in that right direction.”

“Recruiters now receive training as ‘career counselors’.”

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First Sgt. Dave Kramer, Honolulu Military Entrance Processing Station, explains an inprocessing survey to new Army recruit Matua Tuaolo. The survey allows new recruits to express comments or concerns regarding their recruiting and inprocessing experience, and provide necessary feedback to MEPS leadership and local recruiters.

Students may opt to receive counseling up to three times during the course, and are required to fill out an in-processing survey at the end of the week of evaluation, which is the only one of its kind in the Army.

Last year, 120 Army contracts were signed as a result of leads generated from the school.

For the school.

“Recruiters now receive training as ‘career counselors’.”

American Soldier and about a family’s assimilation into America, he said.

The gallery features photos of Shinseki from his days as a West Point cadet to his tours in Vietnam, his years in Europe, all the way up to chief of staff of the Army. Other memorabilia on display include a set of his Class A uniforms, a battle dress uniform and a scale model of a Stryker vehicle.

“We have a better Army because of General Shinseki,” said retired Gen. David A. Bratton, also a member of the Society. “We have a better America because of Gen. Shinseki.”

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“Recruiters now receive training as ‘career counselors’.”
Schools: Parents play vital role in their children’s education

1) Provide a quiet place to do homework.
2) Make sure children get a good night’s sleep and a good breakfast.
3) Take an interest in children’s schoolwork and talk with them about it—a homework.
4) Teach children respect for others and responsibility for their own behavior.

Schools, parents and the community need to acknowledge and congratulate all schools, students, teachers and parents who have worked hard to make improvements and meet NCLB.

There are big challenges ahead for Hawaii’s schools, but with support, hard work and positive changes, schools will get to where they need their students to be.

Federal voting aids readily available

WASHINGTON — The Federal Voting Assistance Program offers rolling out the steps to ensure all service members and their families who wish to can vote.

Polli Brunelli, the program’s chief, said the program has learned from experience and has put in place a system to make it relatively painless for service members and their families to vote in 2006 elections.

And, she said, service members and their families want to vote. They generally vote in greater percentage than the general population, Brunelli said. Military votes count, she said; absentee ballots decided a number of elections in 2004.

The program covers not only military personnel, but also DoD civilians and DoD contractors. It depends on dedicated officers and non-commissioned officers at unit level. Each unit has a voting assistance officer, and they are the primary points of contact.

A number of changes are being implemented in this election cycle. Some states will now send ballots to requesters via e-mail; others will fax the ballots. Each state is responsible for voting by its citizens, so the laws and programs offered vary from state to state.

Other changes include a revised Federal Postcard Application (FPCA) form. Brunelli said, “We have several blocks on there for [voters] to put alternative addresses if they are on the move. There is also a place to put their e-mail address. This is very important because local election officials want to be able to communicate to voters.”

This is particularly helpful for reserve-component personnel called to active duty. For instance, a Minnesota National Guardsman may go through training in Mississippi before deploying. The Guardsman can put the alternative address on the request for the ballot.

Brunelli’s office is working with the U.S. Postal Service to ensure expedited mail service for ballots. This started in 2004 with great success. Ballots will arrive to service members in September or October. To be sure votes arrive on time, Brunelli is telling service members to mail in their voted ballots the week of Oct. 8 to 14.

Brunelli said the biggest problem the program confronts is outdated addresses. Folks who have moved since the 2004 election need to submit an updated FPCA. If all things work perfectly—and they usually do—service members will receive their ballots from local election official and return them without a hitch.

“It doesn’t matter what ballot you get... vote it,” Brunelli said. “If the state ballot arrives after submitting a write-in ballot, they should vote that, too.”
Scientific research may lead to advancements that lessen injuries
Soldiers get during training

ARMY NEWS SERVICE

NATIEK, Mass. — Scientists at the U.S. Army Research Institute of Environmental Medicine (US-ARIEM) hope to improve warfighter performance while reducing injury. Problems with training in Soldier’s ability to do his job well, but can also result from injuries that impact not only a Soldier’s ability to do his job well, but can also result in a loss of quality of life.

According to Dr. Edward Zambraski, division chief, Military Performance Division, USARIEM, musculoskeletal injuries may impact not only a Soldier’s ability to do his job well, but can also result in a loss of quality of life.

USARIEM scientists hope to find ways to improve their knowledge of musculoskeletal injuries and the effects of non-steroidal anti-inflammatory drugs (NSAIDs) on the body. Scientists have extreme physical demands placed on their bodies, including the need to move rapidly while carrying heavy loads over difficult terrain. As a result, musculoskeletal injuries, which include injuries to bones, joints, ligaments, tendons, muscles and other soft tissues, are prevalent among the nation’s warfighters.

“Musculoskeletal injuries are one of the top medical problems reported by Soldiers, especially during their physical training,” said Dr. Edward Zambraski, division chief, Military Performance Division, USARIEM.

Musculoskeletal injuries may impact not only a Soldier’s ability to do his job well, but can also result in a loss of quality of life, and a possible disability discharge. By investigating the prevalence of musculoskeletal injuries and assessing how Soldiers are being trained, USARIEM scientists hope to find ways to improve Soldier performance while reducing injury.

Scientists also hope to reduce the downtime caused by Soldier injuries. Problems with training injuries have been studied most frequently during combat training (CET). It is not unusual for 25 percent of new and 50 percent of women basic trainees to experience a musculoskeletal injury.

USARIEM, in collaboration with the U.S. Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md., has been investigating basic training injuries since 1981.

Zambraski, a leading expert on the effects of NSAIDs on kidney function, said that much of Soldier use, and overuse, of NSAIDs is driven by their high rate of musculoskeletal injuries.

“In an effort to keep going, many warfighters rely on NSAIDs, such as dexprofen, aspirin and naproxen. These pain relievers are fine in small doses,” said Zambraski. “But problems arise when Soldiers take them too frequently or at too high a dosage. Zambraski explained that NSAIDs work by temporarily blocking the body’s natural production of prostaglandins (PGs). PGs promote inflammation and pain, but also perform other important and essential bodily functions. In the stomach, PGs protect the lining from acid. By taking too many NSAIDs, Soldiers put themselves at risk for ulcers or other gastrointestinal problems.

In the kidneys, vasodilator PGs widen blood vessels, helping to maintain normal blood flow and to protect kidney function.

According to Zambraski, one goal of USARIEM’s research program is to reduce musculoskeletal injuries, which would have the beneficial effect of reducing the need for NSAIDs among Soldiers.

This research is also examining the effects of other compounds that can reduce inflammation and pain, but not decrease the body’s production of beneficial PGs.

Right — Pfc Matthew Modler, 25th Infantry Division, Special Troops Battalion, stops to rest during an eight-mile tactical road march.

New requirement will impact active duty families enrolled in ‘Overseas Prime’

TRICARE MANAGEMENT ACTIVITY

FALLS CHURCH, Va. — Tricare policy requires active duty service members with overseas orders to verify command sponsorship for accompanying family members for enrollment in the Tricare Overseas Program (TOP) Prime, including Tricare Global Founder Overseas (TGO) Prime.

The policy also requires family members to verify with their sponsor to be eligible for enrollment into TOP Prime.

Beneficiaries may seek command sponsorship through service personnel channels. If service families without command sponsorship move overseas, they may pay costly out-of-pocket health care expenses, as well as furnish their own Tricare Standard, Tricare Plus and space-available care at military treatment facilities.

When Tricare Standard beneficiaries seek care overseas, they may have to pay the entire bill at the time of service and then file a claim for reimbursement with Tricare. Under Tricare Standard, family members must pay an annual deductible and co-share costs each time they get care outside of the military treatment facility. If command-sponsored families enrolled in TOP Prime or TGO have a newborn or adopt a child while overseas, they may enroll the child in Tricare Prime.

Sponsors that bring non-command sponsored family members with special medical needs to an overseas location, with no specialty support for those needs, may put their family member at unnecessary health risk.

For more information, beneficiaries may contact their overseas Tricare Service Center listed at www.tricare.osd.mil/overseas/index.cfm or the Tricare Area Offices serving their overseas region. Beneficia- ric counseling and assistance coordina- tion are also available to help at www.wrstrie- care.osd.mil/bacal.

Tricare, the Department of Defense agency that administers the health care plan for the uniformed services, retirees, and their families, serves more than 117 million beneficiaries worldwide.

‘Military Idol’ returns

SPC. TIERNEY HUMBERSON

The Troops at Schofield Barracks will hold auditions for the second Military Idol, Aug 9.

This year the competition, a spin off of television’s American Idol, will be held throughout military installations for a number of weeks. Soldiers must win the competition at their local installation to move on to the final round.

You could be the next Military Idol. You could be the next Military Idol and have the chance to be a vocalist and be in amateur singing competitions.

When the television show is on, much like the television show, the competition will be on. The competition, a spin off of television’s American Idol, will be held throughout military installations for a number of weeks. Soldiers must win the competition at their local installation to move on to the final round.

Tricare’s ‘Military Idol’ program will allow military personnel to participate in the competition. The competition provides an opportunity for service members and their families to showcase their musical abilities and win a chance to win a large cash prize.

This competition will be different from television’s American Idol in that it is open to active duty, reserve and National Guard. The competition will also include a social media component. The competition will be open to all active duty service members, reservists and family members.

Last year’s Military Idol representative for Schofield Barracks was Sgt. Simon Porter, who competed at the final level in Fort Gordon, Ga.

There are 94 days left to the final deadline. There will be 32 installations competing this year. Contests must be on active duty, have no adverse actions pending, compete as a vocalist and be in amateur status.

Today is the last day to sign up. You could be the next Military Idol.

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Fine art and original works prove this festival is not just another craft fair

HENRY AND BETHANY AIRD, Manapua Colvin

HALIEWA — Every piece of art tells a story and many pieces spoke volumes at the annual Haleiwa Arts Festival, last weekend, at Haleiwa Beach Park.

The festival caters to a diverse audience. It exhibited an eclectic mix of both refined and caricature artwork. Exquisite, delicate objects perched adjacent to booths of homespun crafts. Visually abstract and literal pieces provoked the eye, ear and sense of touch.

“We want to have a lot of new artists get the opportunity to show and tell, and the opportunity for the public to come and experience a lot of different styles and different kinds of art,” said Gary Anderson, executive director of the festival. “It’s not strictly a crafts fair; we have a broader variety of fine art and originals.”

From humble beginnings in 1998, the festival has grown from an initial pooling of 18 North Shore artists to 127. Juries select artists from near and far — still as near as historic Haleiwa town, but now as distant as the islands of Maui, Molokai and the Big Island; mainland locations like Idaho and Washington State; and even out of country, South America’s Uruguay. Some stumble upon the festival when touring the islands. In sheer size alone, the festival quickly is becoming one of Oahu’s biggest.

Many who exhibited their work were first-timers, the bulk returning artists. Some specifically set aside time to show at Haleiwa because the festival allows them to gross more revenue here than in several months of traveling the arts and crafts circuit.

“In the first two or three years, to get a dream started, takes a lot of human and economic capital,” Anderson explained. “That we’ve survived as long as we have, and receive recognition, is just great.”

The Artists

For the artists themselves, many said they hone their captivating works after years of roller coaster rides. Their passions ebb and peak, and there’s much intrigue along their journey, but eventually they find their creative voice.

Oils on wood panels and ink drawings are the chosen medium of Wheeler Army Air Field resident Christopher St. John.

With his wife Faith, a sergeant and cook with 3-25th Aviation, by his side, he defined his collection: “It presents itself as being naïve, but not. It’s figurative ... raw. A little bit on the faux naïve side.”

Throughout most of August, the Bethel Street Gallery will exhibit St. John’s work. The artist himself will present his collection “The Cloud Eaters,” the evening of Aug. 17. However, the St. Johns will soon support one another only in spirit. She deploys to Iraq with her unit in a few weeks.

“We came here on a nuclear submarine and took one look at this place [Hawaii] and said I’m not leaving,” explained John Critchfield who readily shares his stories while showing his koa wood bowls.

The retired sailor has been working with a variety of woods the last 15 years. “I happen to enjoy color and fabric, and I get over my shyness by telling people stories,” said Haleiwa resident Sonja Hagemann.

Still active with Schofield’s Hui O’ Na Wahine spouses club, the former military wife explained, “I have a dialogue with the creatures. My largest ingredient is imagination.”

Hagemann’s husband, David Berkmeyer, is a former paratrooper who’s lived off and on in Hawaii since 1959. He lends helping hands to Sonja, and then quietly slips away when she works the crowds, alive in her element.
28/07 Hawaiian Luau Lunch Buffet — *Taste of Hawaii* and one-of-a-kind entertainment from 11 a.m. to 1 p.m. at the Hale Ikena. For more information, call 655-8313.

Military id — Active duty soldiers, come show off your singing talent in the 2007 Voomerang. Applications are being accepted through tonight on Tropics. Military Id performances will be featured in the annual holiday production beginning Dec. 1 at 6:30 p.m. at the Hale Ikena.

Steak Night — Enjoy a juicy steak cooked on the grill with garlic mashed potatoes, vegetables and a cheddar cheese sauce.

Parents Night Out — Leave your kids with Child and Youth Services (CYS) from 5 to 8 p.m., Friday through Sunday, 10 a.m. to 8:30 p.m. for carpet cleaning. Regular library hours for more information, call 655-9143.

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PTA hosts statewide Civil Air Patrol encampment

Bob McElroy/Pohakuloa Training Area

POHAKULOA TRAINING AREA, Hawaii — Nearly 60 Civil Air Patrol cadets and leaders completed their annual statewide encampment here yesterday, marking the first time in more than five years that PTA has hosted the organization.

The group included 28 basic cadets who were attending their first encampment, and 19 staff members and leaders. The staff and leaders were those individuals who had attended at least one encampment. Cadets ranged from 12 to 18 years old.

From the moment their feet hit the ground, basic cadets were busy acclimating to the strict military regimen after being on summer vacation for several weeks. Instead of leisurely days at the beach, cadets endured long days that began with reveille at 6:30 a.m. and ended with lights out at 10 p.m.

In between those hours, senior cadets and adult leaders guided them through drill and ceremony, leadership classes and practical exercises, map and compass training, land navigation, first aid and aerospace education.

The classes and practical exercises were designed to prepare cadets for two of the three missions of the Civil Air Patrol (CAP): aerospace education and emergency services. Training and encampment fulfilled the third CAP mission: cadet programs.

According to CAP Maj. Valerie Hoke, the organization was established Dec. 1, 1941, less than a week before the Japanese attack on Oahu. During World War II the CAP supported the Army Air Forces. Following the war, President Harry S. Truman established the CAP as a federally-chartered beneficent organization. In May 1948, Congress passed a law that designated the CAP as the auxiliary of the new U.S. Air Force.

Toward the end of the encampment, Hoke reflected on the week and said it was the best encampment of the six she has participated in since she joined the CAP.

Both Hoke and Cadet Maj. Fu-miko Hedlund, the CAP camp commander, agreed the excellent cadet staff enabled the encampment to run smoothly.

“Sometimes it’s tough for the staff to come together, but not so this year,” Hoke said, noting that staff is usually composed of cadets from throughout the state who have never worked together.

Hedlund, who is the commander of the Kona CAP squadron, said that the weeks of preparation prior to the encampment were worse than the actual encampment.

“This was the best encampment I’ve been to,” Hedlund said. “It was a different environment and location than before, with cold weather and dryness. We were lucky we had a good staff; everyone did their job so well without being told.”

Hoke added that having a flexible schedule helped when things did not go according to plan, as did having a group of support staff cadets who showed excellent initiative.

“We had great cadets this year,” Hoke said. “Last year’s basic cadets were smart; this year they’re on the staff and they’re very impressive.”

Both Hoke and Hedlund praised the support they received from the PTA staff, especially the fire department, which assisted them with land navigation and search and rescue training, and the Natural and Cultural Resources branches, which gave the cadets a glimpse into the work of preserving, protecting and managing natural and cultural resources at PTA.

“This has been a great experience. It was a busy, sleep-deprived week, but also a lot of fun,” she said.

“Everyone at PTA was great,” Hoke said.

Hedlund joined the CAP in March 2003 at the urging of a close friend, who was a cadet commander.

“I didn’t want to [join at first]… I thought it was for geeks,” she said as she laughed.

Hedlund changed her mind shortly thereafter when she accompanied her friend to a CAP physical fitness test. As a runner, she liked the emphasis on physical training and joined the following week.

Since then, she has ascended through the ranks to become a major and is the Kona squadron commander. It is the CAP’s emphasis on training leaders that appeals to Hedlund.

“It is satisfying to know you have a positive effect on kids and will pass something down to them,” Hedlund said.

On a personal note, Hedlund also shared why she enjoys summer encampments.

“The encampments motivate you, get you to hang out with friends and cadets from other squadrons. And then there are the stories you get from encampments,” she said with a smile.

Both Hoke and Hedlund agreed theencampments motivate you, get you to hang out with friends and cadets from other squadrons. And then there are the stories you get from encampments, the week and said it was the best encampment of the six she has participated in since she joined the CAP.

Both Hoke and Cadet Maj. Fu-miko Hedlund, the CAP camp commander, agreed the excellent cadet staff enabled the encampment to run smoothly.

“Sometimes it’s tough for the staff to come together, but not so this year,” Hoke said, noting that staff is usually composed of cadets from throughout the state who have never worked together.

Hedlund, who is the commander of the Kona CAP squadron, said that the weeks of preparation prior to the encampment were worse than the actual encampment.

“This was the best encampment I’ve been to,” Hedlund said. “It was a different environment and location than before, with cold weather and dryness. We were lucky we had a good staff; everyone did their job so well without being told.”

Hoke added that having a flexible schedule helped when things did not go according to plan, as did having a group of support staff cadets who showed excellent initiative.

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With the end of the Summer 2006 encampment, Hedlund was reflective.

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Behind the scenes support

Of course, a festival of this magnitude does not succeed from sheer will. Many loyal patrons and community volunteers — not the least of which are Soldiers based out of Schofield Barracks — combine manual labor and economic capital to make the festival happen.

"Thank you, thank you, thank you, I cannot say it enough," said Joan Gossett, event coordinator, who praised the three days of manual labor provided by Soldiers of 540th Quartermaster to set up and tear down the grounds.

"They help us put up the smaller tents, all the banners, the signage ... everything you see within the white tents, basically. We are so very grateful, especially with everybody [about to be] deployed."

Artists pay booth fees, said Anderson, and fundraisers, private donations, business sponsors and funds from the City and County of Honolulu’s Office of Economic Development also help cover various expenses.

The festival may happen but once a year, but patrons of the arts need not sulk. In addition to Haleiwa, the arts thrive in quaint shops along Kamehameha Highway in Kahului, in Wiliwili’s Kapiolani Park — just about every other weekend — and in unpretentious Chinatown shops, fast becoming a trendy destination spot in downtown Honolulu.

Budding artists in north and south areas of Army installations can learn the tricks of the trade, too. The Arts & Crafts Centers at Schofield Barracks and Fort Shafter are open to bring out the artist in Department of Defense employees and their family members. Regularly, diverse media offer numerous opportunities to "talk story" via art.
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 TDM/TAD friendly. Contact OU at 449-6364, or aphick@ou.edu, or visit the Web site at www.goou.ou.edu.

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) facts taught at Boston 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.

Protestant Woman of the Chapel — A place to find laughter, hope and friends. Join our summer session on Tuesdays, now through August 15 at the Main Post Chapel from 9:10 to 11:30 a.m. in Room D-9. Free on-site childcare is available by reservation. For further information, call 206-8504.

Community Calendar — Do you have announcements of upcoming events, sports or activities that you would like to post in the Hawaii Army Weekly? If so, e-mail your information to community@hawaii.armyweekly.com at least two weeks in advance of your event or activity.

Community Calendar

from B-2

post chapel, beginning at 9:30 p.m. with a free meal, followed by children, youth, and adult bible studies of various topics.
Free childcare is available. To reserve a space, call 655-9307.

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ACS Volunteers — Free childcare at hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. Volunteering offers job experience and flexible hours. For more information, call 655-4227.

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Managing stress takes priority

**HOOAH4HEALTH.COM**  |  Web Release
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**Situation:** Situations that create stress are as unique as we are. Our personality, genes and experiences influence how we deal with stress. For some, a big family dinner may be stressful. Others might enjoy increased activity and responsibility, but find stress in other situations that are beyond their control.

**Fortunately:** Fortunately, many ways exist to combat stress, from taking a deep breath to readjusting the way we think while under stress. Each person should find what works for him or her, including these effective self-care tips:

**Take care of yourself.** Get good exercise, adequate sleep and regular, balanced meals. Exercise helps burn off the excess energy that stress can produce. Setting a regular bedtime and wake up time will force your body clock to set and combat the sleep disorder caused by stress, from taking a deep breath to readjusting the way we think while under stress. Each person should find what works for him or her, including these effective self-care tips:

**Develop friendships.** Having someone to confide in is important while on the job and relax. Always put yourself as a priority on your to-do list.

**Change your diet.** Don’t use sugar to get you through the day. Keep your blood sugar stable through the day. Take a break these down to sugars gradually. Take a small break every hour and relax.

**Limit your work hours.** Make sure your work doesn’t spill over into your private life. Those who consistently work long hours burn out quicker than the rest.

**Tackle easy tasks when you feel low on energy.** When necessary, learn to say “no” in a friendly but firm manner. Don’t overtax yourself with social functions, especially during the holiday season. Limit your work hours. Make sure your working life doesn’t spill over into your private life. Those who consistently work long hours.

**Take time for yourself.** Not everything on your to-do list must be done today. When you get through half the list, put it aside and do something relaxing. During the workday, take short breaks to stretch, walk, breathe slowly and relax. Always put yourself as a priority on your to-do list.

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**Ongoing**

**Golf for Food and Fun** — The “Golf for Food and Fun” event is held every Tuesday at Kogotki Golf Course, Fort Shafter. Tee times are from 2:10 to 5 p.m., and cost will be $12 per person for riding and $17 per person for walking, which includes 9-hole green fees, put 3 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 438-9567.

**101 Days of Summer** — Children can learn how to play golf during the 101 Days of Summer program. Each day of the summer, participating students can receive one free game of bowling for each paid game each day of the summer. Free games can be played any day from opening until 5 p.m. Grand prizes include a trip for four to Waimea, Hawaii’s fastest men, women, and children. See the Aloha Stadium Swap Meet line up. The series consists of monthly trial races on July 29 and Aug. 19, with a championship race slated for Sept. 3.

**BMX Track** — The BMX track on Wheeler Army Air Field is now open on Wednesdays from 5 to 6 p.m. and Saturdays from 10 a.m. to noon. For additional information, call 655-0883 or visit www.wheeler.army.mil/bmx.bmx_track.htm.

**Brazilian Capoeira** — A fun, friendly and exciting workout at Richardson Pool. This event is sanctioned by the Hawaii Women’s Rodeo Association (HWRA), and there is no fee. Parking is free too. Bring your family and a picnic lunch to enjoy the rodeo excitement.

**Polo Tournament** — Cowboys and cowgirls, head on over to the Honolulu Polo Club for the fifth annual Wahine Challenge Polo Tournament at the Waimanalo polo grounds, Aug. 13. Gates will open at 1 p.m., games at 2:30 p.m. Cost is $7 per person and proceeds benefit the Military Welfare Fund.

**Water Aerobics** — Water aerobics provide a safe and effective exercise alternative that improves your overall level of fitness without stress on the joints. For more information, call 655-1228.

**What’s Up Gymnastics** — SKIES Unlimited is partnering with What’s Up Gymnastics to offer a military discount program for all upcoming classes. What’s Up Gymnastics provides several classes to choose from, including recreational and competitive classes and the only indoor gymnastics wall on Oahu. Classes are provided for all ages, even as early as 1 year old. Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-5525.